

INSIDE THIS ISSUE:

**UAMS CELEBRATES
10 YEARS IN THE
'NEW' PATIENT
TOWER**

The UAMS Fitness Center expanded its class offerings in December. Now members can attend early-morning, lunch or afternoon classes — a flexible schedule that is making many UAMS employees happy.

The Fitness Center offers six classes a day, Monday through Thursday, in the new studio located in Room 2202 in the Daniel W. Rahn Interprofessional Education Building. Hour-long classes are offered at 6 a.m., 4:30 p.m. and 5:30 p.m. Thirty-minute classes are offered at 11 a.m., 11:30 a.m. and noon.

“The response to the classes has been incredibly positive,” said Adam Carter, interim manager of the Fitness Center. “We’ve been pleased with the member response to the types of classes offered as well as the overall participation.”

Offerings include Yoga, Barre, Zumba and the 30-minute core and AGL (abs, glutes and legs) classes that target a specific part of the body.

FITNESS CENTER CLASSES PROVE POPULAR WITH EMPLOYEES



Yoga classes are among the most popular ones offered at the Fitness Center. The Fitness Center offers six classes a day, Monday through Thursday.

“Both the Yoga and Barre classes are proving to be the most popular,” Carter said.

Summer Mote, education assistant director of academic services, has been attending the Yoga and Barre classes once or twice a week since they started in December.

Mote, who has been a member of the Fitness Center since 2010, said she appreciates having access to the classes. The Yoga classes, in particular, force her to move her body and stretch, which is helpful during her third trimester of pregnancy.

Both Kelly Gardner and Nikki Courtney are new Fitness Center members who joined so that they could take advantage of the classes.

Courtney likes the total body training classes, while Gardner is a fan of Yoga and Barre, especially the lunchtime Yoga classes.

For Courtney, the fast-paced nature of the classes is part of what appeals to her.

“Working out in class settings makes the workouts go by more quickly and easily,” she said.

Gardner finds that a mid-day workout improves her entire day.

“I sit at a desk all day,” Gardner said. “I love being able to take a break and stretch out in the middle of the day. It also clears my mind and increases my productivity in the afternoon.”

UAMS CELEBRATES 10 YEARS IN THE 'NEW' PATIENT TOWER

Ten years ago, on Jan. 16, 2009, Gov. Mike Beebe stood in the unfinished space we now know as the Hospital Lobby Gallery and said, "This place is magic." The occasion was the dedication of our new 540,000-square-foot, \$200 million hospital.

Over the next two days, 300 patients, including 34 tiny babies in the neonatal intensive care unit (NICU), were moved into the new hospital in a carefully orchestrated transition that began early on Saturday morning and ended late Sunday afternoon.

The Emergency Department left its home of more than 50 years on Sunday morning, and the first patients arrived at the new hospital within minutes.

"We are fortunate to work in this beautiful facility," said Richard Turnage, M.D., chief executive officer and senior vice chancellor for clinical programs. "Ten years after opening, our employees, patients and their families are still benefitting from the careful planning and attention to detail that went into its design."

In addition to patient rooms, the new hospital added seven new operating suites, 34 private exam rooms in the Emergency Department, 58 private neonatal intensive care units, a new landing pad for helicopters and 1,000 additional parking spaces.

"This facility has provided an opportunity for us to expand and enhance our clinical programs, paving the way for our designations as a Level I Adult Trauma Center and a Comprehensive Stroke Center by The Joint Commission," said Turnage. "Additionally, we have expanded and upgraded our operating suite since the hospital opening, allowing for dramatic growth in our orthopaedic and transplant programs. None of this would have been possible without this building."

Weeks before the actual move, supplies were packed and stored in large yellow plastic storage crates specially designed to be stacked and rolled from the old hospital to the new. Planning for the move was more tedious and time-consuming than the actual move, which was over in a matter of hours. Before any patients were moved, 2,000 medical devices, 900 computers, 1,000 telephones and fax machines and 300 printers had to be connected and tested.

On the two move days, UAMS staff outfitted in long-sleeved red t-shirts with "I AM on the Move" across the back helped transport patients and all their belongings in wheelchairs or on stretchers. Each patient was escorted by a doctor, a nurse and other health care professionals such as respiratory therapists. Once in their new private rooms, nursing staff oriented them and their families to the new space, pointing out the private baths, pull-out couches for overnight visitors and the options for keeping the window shades up, using a light-dimming shade, or using the black-out shade.

"The change from the old hospital to the new was dramatic, particularly for our neonatal patients," said Ginny Smith, director of nursing for the Women and Infants Service Line. "The parents were thrilled to have their own private space, and we could see almost immediately that the babies were calmer and more relaxed in the quieter private rooms."

"The care we provide today is so much more sophisticated than what we were able to do in the crowded space of the old NICU," she said. "It's hard to think that was only 10 years ago. If you ask any of our NICU families about the facilities we have now, they'll tell you how much they appreciate having their own space to care for their child."



Babies in the neonatal intensive care unit (NICU) were the first patients to be moved into the new hospital.



UAMS staff wore long-sleeved T-shirts with "I AM on the Move" as they helped transport patients from the old hospital to the new one. The move took two days.

OUTPATIENT CLINIC REOPENS AFTER RENOVATIONS



The UAMS Allergy, Endocrinology, Podiatry, Pulmonary and Renal clinics are housed in the space that used to be the Internal Medicine North clinic.

The former location of the Internal Medicine North clinic has been completely renovated over the past eight months and reopened Jan. 2 as the new home for the UAMS Allergy, Endocrinology, Podiatry, Pulmonary and Renal clinics.

The new 10,000-square-foot space has 17 exam rooms, two gender-neutral handicap-accessible rest rooms, a patient education room, clinician work space and a staff break room.

Physicians, staff, patients and families have all been extremely pleased with the new space.

“This is so much better than our former clinic,” said Sharday Parker, clinical services manager. “The exam rooms are a lot bigger, and it’s a lot easier to accommodate patients in wheelchairs. The new color schemes and lighting make everything look clean and bright too.”

“The Outpatient Center is one of our priorities right now,” said Tim Hill, chief operating officer for the Integrated Clinical Enterprise. “This building has been neglected for many years simply because we didn’t have the space to move clinics during renovation. Once we moved the orthopaedic clinics to off-site locations, we’ve had a bit more flexibility and have been able to upgrade clinic space. We started on the first floor with the former ortho clinic, which now houses internal medicine and ortho trauma, leaving room to modernize the space on the north side of the second floor.”

Outpatient Clinic continued on page 4

KIDS GET FREE EYE EXAMS, GLASSES



Katie Brown, O.D., gives student Fily Galicia-Chavez an eye exam on Martin Luther King Jr. Day. Nine organizations, four UAMS departments and two local schools united to provide the opportunity for free eye exams and glasses to students in Little Rock and the surrounding areas.

IN MEMORIAM

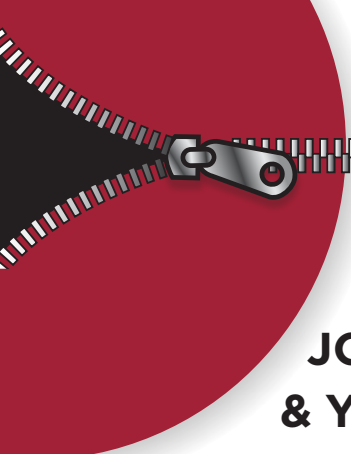
STEVEN STONEKING, 65, OF JACKSONVILLE, DIED DEC. 27, 2018. HE RETIRED IN JULY 2018 FROM UAMS, WHERE HE HAD WORKED AS A SKILLED TRADESMAN IN THE PHYSICAL PLANT.

ROBERT WILLIAMS, 48, OF JACKSONVILLE, DIED DEC. 30, 2018. HE WAS A SENIOR IT ONSITE SUPPORT SPECIALIST AND AN INTEGRAL PART OF THE UAMS WORKSTATION SUPPORT TEAM FOR MORE THAN 20 YEARS.

REGGIE ATKINSON, 64, OF LITTLE ROCK, DIED JAN. 13, 2019. HE WAS A CAMPUS CONSTRUCTION COORDINATOR.

HOWARD ASHLEY TED BAILEY JR., 94, OF LITTLE ROCK, DIED JAN. 21, 2019. HE WAS A FORMER CLINICAL PROFESSOR OF OTOLARYNGOLOGY AND FORMER HEAD OF THE DIVISION OF OTOLARYNGOLOGY.

VISIT THE IN MEMORIAM INTRANET SITE, [HTTP://INSIDE.UAMS.EDU/INMEMORIAM/](http://inside.uams.edu/inmemoriam/), FOR FULL OBITUARIES ON UAMS EMPLOYEES AND STUDENTS WHO HAVE PASSED AWAY.



JOIN TEAM UAMS FOR BLUE & YOU FITNESS CHALLENGE



The **Blue & You Fitness Challenge** is almost here! In its 15th year, the Challenge provides UAMS with an opportunity to rally together for fitness and compete against other teams of our size.

This year the Challenge has a brand new theme and has added strength training to the list of eligible exercises.

In the past, participants completed the Challenge by earning points, but this year participants must log at least 30 days of exercise to earn a certificate. Each person has the opportunity to earn Team UAMS up to 276 points!

Members of Team UAMS will be eligible to win some special UAMS merchandise.

REGISTRATION IS OPEN UNTIL FEBRUARY 28.

Take the first step by ...

1. Going to blueandyoufitnesschallenge-ark.com
2. Selecting "Register Here"
3. Choosing "I want to join an existing group"
4. Entering our group code: UAMS
5. Completing the entry form

That's it!

When the Challenge starts on **March 1**, you'll start logging your exercise.



If you wish to form a team for the internal department challenge, you will be able to do so during registration for the UAMS team — pending approval. Once your team is approved, you can add your own participants from those who have registered. Please ask their permission before adding them to your internal team.

Outpatient Clinic continued on page 4

In addition to the clinics, directory signage, lobbies, the lab and certain restrooms in the Outpatient Center have been renovated over the past several years.

To schedule an appointment with one of the physicians practicing in the new clinic, call the UAMS SmartCare appointment line at 686-8749.

ACCOLADES

Leah Blackwell, R.N., who works on H4-Trauma/Surgical/Cardiovascular ICU, has been selected as the **February DAISY of the Month**.

Natalie Cannady, manager of the Fitness Center, has been named director of the newly created UAMS Wellness Program. **Adam Carter** has been named the Fitness Center's interim manager.

Yasmin Griffin, a patient service associate in the Women's Unit in PRI, has been named the **February BEE of the Month**, an award by the Center for Nursing Excellence that honors non-nurse staff who provide exceptional care for patients and families.

Jason Guell, an MRI technologist, received the **Golden Mug for January** as the staff member at the Cancer Institute whose work deserves special recognition.

E7 Med Oncology/Transplant was selected as the **Outstanding Area of the Month for February**.