

Spring
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MANAGED CARE CONTRACTING NEWSLETTER

UAB
HEALTH SYSTEM

Medicine that touches the world.

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North Pavilion



UAB's Women and Infants Center: Labor and Delivery Service



The Women and Infants Center will connect to the North Pavilion to the east and eventually west to the new Children's Hospital, now under construction.

Family-centered Birthing Rooms and Private RNICU, Nursery Rooms

UAB Hospital's 400,000-square-foot Women and Infants Center, scheduled to open in 2010, is designed to offer a comfortable, family-friendly atmosphere and an expert medical staff in a state-of-the-art facility.

"Our labor and delivery service will marry the physical comfort, ease of use, and family celebratory atmosphere often associated with giving birth in a community hospital with access to the highest level of obstetrical and neonatology resources for mothers and babies," says the center's Director of Development Roberta Shapiro, MPH, MBA.

Patients will enter the ground floor of the facility under a covered vestibule with convenient valet or on-site short-term parking. This floor features an emergency delivery and newborn-care room that will handle births in progress for which there is insufficient transport time to reach the third-floor labor and delivery area.

"The labor, delivery, and recovery rooms offer a homelike birthing experience," Shapiro says.

The facility is one of the first hospitals in the Southeast with all-private neonatal intensive care nursery and continuing care nursery rooms. It also offers private labor, antepartum, postpartum, and gynecology patient rooms. The private-room design should result in improved patient progression, increased patient and staff satisfaction, enhanced maternal-infant bonding, and decreased infection rates.

"Rooms for mothers and neonatal ICU rooms – including specialized isolation rooms and rooms designed for twins and triplets – all are designed to further enhance the family atmosphere," she says.

Improved Survival, Lower Morbidity

"Incredible advances in medical knowledge and technological development

have resulted in an astonishing improvement in survival and decreases in morbidity for pregnant women and their newborns. This is particularly true for mothers and babies at high risk for adverse outcomes," says Division of Fetal and Maternal Medicine Director William W. Andrews, PhD, MD.

"Our existing facilities, housed in buildings that were constructed 70 to 80 years ago, cannot continue to provide the sophisticated support required for state-of-the-art maternal-fetal medicine and neonatal care," Dr. Andrews says. "This new facility will position us to accommodate evolving, cutting-edge approaches to obstetrical and neonatal care for the women of Alabama."

The labor and delivery area includes sleeping quarters for a parent or support person, 4 caesarean section operating rooms, 13 maternity evaluation rooms, 17 labor, delivery, and recovery rooms, a 5-room postanesthesia recovery suite, and infant resuscitation stations.

"We want people to make the Women and Infants Center the first choice for their obstetrical care. We have some of the best neonatologists and obstetricians in the world available 24 hours a day to care for pregnant women and newborns," Shapiro says.

Ophthalmology at UAB Health Center, Hueytown

The UAB Department of Ophthalmology now offers comprehensive eye care at the UAB Health Center, Hueytown.

Ophthalmologists Lanning B. Kline, MD, Ronald A. Braswell, MD, and Deepak Raja, MD, see patients Tuesday or Wednesday afternoons at the Health Center.

"Since we opened in January, we have had overwhelmingly positive feed-

back from patients and clinic staff," Dr. Braswell says. Ophthalmologists offer routine eye care exams and care for complicated conditions such as glaucoma, cataracts, macular degeneration, and more.

Plans to add comprehensive eye care to the Hueytown center began a couple of years ago, when Hueytown Health Center Director John Holcomb, MD, recognized that many of his patients

needed this service and found the drive into Birmingham daunting, says Dr. Braswell. "We investigated and found Hueytown to be an economically feasible option for our patients and for us." The Health Center offers easy access and parking and is very convenient for patients. For appointments, contact the Department of Ophthalmology at 205.325.8620.

UAB Division of Cardiothoracic Surgery Adds Robot-Assisted Heart Surgery



Chris Akins, MD

Robot-assisted heart surgery sounds like something from a science-fiction movie. But in real life, a UAB cardiac surgeon is using the revolutionary, robot-based da Vinci Surgical System to perform minimally invasive mitral valve repairs and replacements that allow patients to recover in days instead of weeks. "People love it," says Chris Akins, MD, cardiac surgeon and an expert on the procedure. "There's nothing better than a happy patient, and when you can tell someone that you can fix their heart problem with less pain and scarring, that's the best."

UAB is one of only a handful of hospitals in the United States that regularly perform robot-assisted heart surgery, which also can be used for coronary anastomosis during cardiac revascularization.

Dr. Akins joined the UAB Division of Cardiothoracic Surgery in January and is one of the foremost authorities on the da Vinci system. He has been per-

forming the procedure since 2001 and has completed more than 300 surgeries with the machine.

With robotic cardiac surgery, the surgeon uses the da Vinci computer console, which provides 3-D, high-definition camera images of the surgical field and exact control of the machine's robotic arms. Every move of the machine is a move made by the surgeon, aided by miniaturized wristed instruments maneuvering in precise, seamless movements that mimic the dexterity of the human hand and wrist.

Robotic assistance enables Dr. Akins to repair mitral heart valves with small incisions. The pairing of a state-of-the-art robotic surgical technology and Dr. Akins' expertise translates to the most advanced minimally invasive cardiac surgery available today.

Many Advantages

One out of every 10 people has leaking valves. A mitral valve repair is performed through a few small incisions on the right side of the chest, rather than opening the entire chest cavity. Other advantages include minimal blood loss, less scarring, and less pain. The delicate touch of the machine also reduces disruption of other organs and tissues near the heart.

"When you tell a patient that they need heart surgery, they are immediately afraid of the incision," Dr. Akins says. "But then when you tell them you can perform the surgery robotically, they are very happy. The true fear of heart surgery is the long incision. It's

the scarlet letter of heart surgery. But with robot-assisted heart surgery, nobody has to know you've had surgery at all.

"I love seeing my patient's face light up when I tell them they won't have to be cut open", he says.

Robot-assisted heart surgery is a viable option for many people in need of mitral valve repair and other complex cardiac surgery. To find out how the da Vinci surgical system can help you, contact UAB HealthFinder at 934-9999 or call 1-800-UAB-8816 to make an appointment with Dr. Akins.



Cardiac surgeon Chris Akins is one of the foremost authorities on the robot-based da Vinci Surgical System.

UAB Heart Answers

UAB Health System (UABHS) is launching a new online community.

This past February, the Web site uabheartanswers.org went live and provides articles, videos, and podcasts on a wide range of heart-related topics, such as preventing heart disease, coping with life after a cardiac event, and understanding gender-related differences in heart disease.

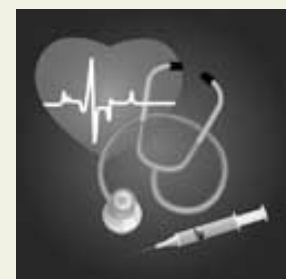
Users may register and select the topics they would like to learn more about. They'll receive e-mails with a monthly Heart Answers e-newsletter tailored to their interests as well as

"e-blasts" with breaking news on heart disease research, prevention, and therapies.

UABHS designed the site to help people with a heart disease diagnosis and their loved ones learn more about the condition, as well as for those who are concerned about their risk for heart disease and are interested in strategies for prevention. Users also can take a quiz to measure their heart health and access UABHS's extensive online Heart Health Library.

Information on the Heart Answers site is updated regularly, and users

who sign up for the e-newsletter will be the first to know when new information is available.



John Faulstich Named CFO of UAB Health System



CFO John Faulstich

John Faulstich has been named Chief Financial Officer (CFO) of UAB Health System, effective April 2009. In this role, he will oversee the financial affairs for a health system which handled over 400,000 patient visits at its hospitals

and outpatient clinics during the 2007-2008 fiscal year.

Faulstich has been a financial health system leader since 1984. He was senior vice president of finance and CFO the Cleveland-based Sisters of Charity of St. Augustine Health System, Inc. until 2008. The Sisters of Charity of St. Augustine Health System is comprised of 20 diverse ministries, including five wholly owned and joint ventured hospitals in Ohio and South Carolina with a total of over 1500 beds, foundations, elder care services, and outreach organizations. His duties included high level oversight and governance, strategy, contracting, treasury, and merger and acquisition activities for the system. During his time at St. Augustine, he oversaw the system move from a holding company model to an operating company model, eventually entering a joint operating venture with University

Hospitals and Health Systems of Cleveland in 1999. He also developed and implemented a strategy to consolidate and manage information systems functions for three hospitals in the St. Augustine system, generate \$5 million in annual savings and improved effectiveness.

Faulstich received his bachelor's and master's degrees in accounting science from the University of Illinois. He was born and raised in Peoria, Illinois. He and his wife Lynne have been married 31 years and have three adult children.

The UAB Health System encompasses all of UAB's patient care activities, including UAB Hospital, the Callahan Eye Foundation Hospital, UAB Highlands, The Kirklín Clinic®, UAB Health centers, VIVA Health insurance company, and affiliates Medical West and Baptist Health Montgomery.

Integrated Multidisciplinary Clinical Care Program for Cancer Patients

Coordination in New Care Model Results in Efficiencies

In a traditional care model, a physician makes a diagnosis of cancer, and then the patient may consult with a surgeon, have a biopsy, undergo definitive surgery, then see a medical oncologist and a radiation oncologist. The process can take 8 to 12 weeks.

"We created a more efficient, coordinated patient care model in which patients see the appropriate clinicians during their first visit and have a treatment plan at the end of the day," says Martin J. Heslin, MD, the UAB Comprehensive Cancer Center's (CCC) associate director of clinical programs. Dr. Heslin also is professor of surgery and chief, Section of Surgical Oncology.

The Integrated Multidisciplinary Clinical Care Program (IMCCP) provides a smooth, family-friendly experience for patients undergoing consultation and treatment for cancer. "Patients are frightened, and the most important piece of information that we give them with the first phone call is that someone is looking after them from that moment on," Dr. Heslin says.

Patient Care Coordinator

A site-specific patient care coordinator contacts each new patient after referral

and makes sure the patient has had an appropriate level of testing. Before the patient arrives for his or her first-day clinic, the coordinator assembles medical records and ensures that all necessary laboratory work, computed tomography scans, and other tests and pathology reviews are complete.

A volunteer CCC Ambassador greets all new patients, orients them to the clinic area, provides general information to help navigate the system, and escorts patients to each appointment.

Seamless Visit

Patients experience a seamless first-day visit because the care coordinator schedules appointments, organizing diagnostic evaluations and multidisciplinary consultations. During this single day, patients have an initial consultation with appropriate specialists, who may include a medical oncologist, radiation oncologist, surgeon, or other therapists.

"Patients receive counseling on treatment options the same day as their first visit," Dr. Heslin says.

The first five programs incorporated into IMCCP are gynecologic oncology, leukemia and lymphoma, otolaryngology, breast, and gastrointestinal cancer, with the goal of integrating all cancer programs within a year.

"In addition, we maximize patient care by integrating traditional treatment with opportunities to participate in clinical trials for those patients who are eligible," Dr. Heslin says.

The IMCCP also is developing the Patient Navigator Program, which will assist underserved and underinsured patients by providing a personal guide who can help them handle the psychological, emotional, and financial challenges that accompany a diagnosis of cancer.

"Coordinated care benefits everyone – patients, referring physicians, and treating physicians," Dr. Heslin says.



Marty Heslin, MD

Now at Highlands: UAB Sleep/Wake Disorders Center



Susan Harding, MD

The UAB Sleep/Wake Disorders Center, now located at UAB Highlands Hospital, provides clinical evaluation, diagnostic procedures, and treatment and management for more than 90 sleep disorders.

Previously based at the Center for Psychiatric Medicine, the Sleep/Wake Disorders Center is an eight-bed unit that features comfortable beds in a noninstitutional setting. Sleep diagnostic procedures are offered every week-night.

Medical Director Susan M. Harding, MD, professor of medicine, says a multidisciplinary medical staff evaluate patients for sleep apnea, gastroesophageal reflux during sleep, the

effect of sleep deprivation on health, sleep-related epilepsy, unusual sleep behaviors, and many other sleep problems. The center has had continuous accreditation through the American Academy of Sleep Medicine since 1985, with its most recent accreditation completed in 2008. Center research includes an NIH grant to study the relationship between hyperaldosteronism and sleep apnea. Many opportunities exist for collaborative research because sleep impacts cardiovascular, neurocognitive, and hormonal systems, Dr. Harding says.

“Highlands is a great location, and we have wonderful support from the hospital,” she says. “UAB has been a leader in sleep medicine for more than 20 years, and last year we performed 1475 sleep procedures despite interrupting our services to move here. This is an exciting field of medicine. Treatment for sleep disorders can help patients’ quality of life and potentially improve other health outcomes.”

UAB and other shift workers often are evaluated for work-associated problems that include sleep deprivation and circadian timing issues. “A person working at night often tries to change to his or her family’s schedule

on off days – that’s like traveling to Paris and back every weekend – and these shifts can affect cognitive skills and the ability to stay awake,” she says.

The center also evaluates airline pilots and others for verification that they can maintain wakefulness. Day-time sleepiness may be a result of a sleep disorder.

Dr. Harding says many people do not sleep the 8 hours needed for optimal health and function. “Most adults need that amount of sleep. Those who habitually get less sleep tend to die at a younger age of cardiovascular problems.”

Teenagers, she says, “probably require 9 hours of sleep and often don’t get that much, perhaps because of their social schedules and early school starting hours.”

Attending medical staff at the center includes Dr. Harding and Jeffrey W. Hawkins, MD, clinical assistant professor, both of the Division of Pulmonary and Critical Care Medicine; David A. Calhoun, MD, professor, Division of Cardiovascular Disease; and Jennifer L. DeWolfe, DO, assistant professor and epileptologist, Department of Neurology.

Check it Out

UAB Health System
www.uabhealth.org

UAB Magazine
www.uab.edu/uabmagazine/

Travelers’ Health Clinic
<http://start.tripprep.com/uabtraveldoc/>

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