UAB Medical West
Surgical Services

The Surgical Services center at UAB Medical West makes getting the advanced care you need more comfortable and convenient. The nurses and staff are committed to providing you with the best care that our hospital has to offer. Our surgery center provides a wide range of state of the art procedures, provided by a team of highly qualified and board-certified surgeons and a well trained staff of surgical nurses and technicians.

All surgical procedures are performed in the Surgical suites located on the third floor of the hospital. Many benefits arise from having a hospital-based surgery center. For instance, full hospital services are readily available and easily accessible, including a 24-hour lab and radiology department. This allows for ancillary medical support services to be offered to patients. This also allows a smooth transition from outpatient to inpatient.

Our Surgical Services are comprised of three departments: Same Day Surgery, the Operating Room, and Recovery. All three play a vital role in keeping the surgery process efficient and maintaining organization throughout the surgical center. All three departments work closely together to ensure each patient’s procedure goes as smoothly as possible. Kay Weeks, Administrative Director of Surgical Services, had much to say about the surgical services departments. She said, “Our staff is incredibly compassionate. We work together as a team, and we are absolutely focused on quality patient care.”

GROWING

With the addition of the new Ambulatory Surgery Center, which is scheduled for completion this fall, the surgical department will be immensely modified and enhanced. The additional surgery center will supplement the operating room and will allow for more major procedures. The hospital will also gain additional rooms, which will allow for more procedures without utilizing OR space. This will ultimately shorten the wait time for patients to have these procedures.

COMFORTING

UAB Medical West offers many opportunities to help comfort and reassure both the patient and their family members. A waiting room is available for family members to relax while the patient is in surgery. The waiting room has a TV, vending machines, magazines, and complimentary coffee to make the family feel comfortable. A volunteer is available to answer any questions. A chaplain is always available, as well as a chapel, for patients’ or families’ spiritual needs.

CARING

Although working in a surgical center is always full of challenges, it definitely has its rewards. Kellie Whitson, Charge Nurse of Same Day Surgery, said, “It is such a wonderful and overwhelming feeling to see a patient’s physical improvement after surgery, as well as their emotional improvement. All of their apprehensions and anxieties quickly disappear as they overcome their illness.” Patient April Stacey said, “Everybody is great. Every time I have had surgery at UAB Medical West, the care and nurses have been great. I have been coming to this hospital since I was a child.”
This year, almost 600,000 people are expected to die from cancer, which equals about 1,500 deaths a day. Cancer is the second most common cause of death, exceeded only by heart disease. These are statistics we can’t ignore. In honor of Cancer Control month, UAB Medical West hopes to educate others about the risk factors of contracting cancer, as well as ways to prevent it.

Cancer can be defined as a group of diseases characterized by uncontrolled growth and the spread of abnormal cells. These cells continue to grow and spread until they cause pain or blockage.

Cancer can develop through several internal and external risk factors. Internal factors consist of genetics, hormones, and immune conditions. External factors include tobacco use such as smoking, chemicals such as pesticides, and radiation. Another risk factor is your age. According to the American Cancer Society, 76% of all cancers are diagnosed to people age 55 or older. Elderly people have a weaker immune system, so their resistance to the disease is lower.

Many steps should be taken in order to prevent yourself from developing cancer. For example, dietary fiber should be a part of your every day diet. Dr. George Perrine, Oncologist at UAB Medical West, said, “Everyone should strive to follow the Five-a-Day program, meaning they should incorporate five servings of fruits and vegetables into their daily diet.” He also explained that eating foods high in Vitamin A, such as tomatoes or red bell peppers, was important, because these foods are good antioxidants and reduce the risk of cancer by promoting an overall healthy lifestyle.

Dr. Perrine explained that early detection is the most important element to curing and preventing cancer. He said, “We can cure many forms of cancer. However, the cure rate is directly related to early detection.” 

A typical day for Candi begins before she ever gets to work. “Every morning I pray that God will use me to take care of my patients.” Candi explains that although there are no ‘typical’ days in ICU, she does perform many tasks on a day-to-day basis. Some of these include educating patients and their families about their disease and condition, assisting the physician in procedures, keeping patients comfortable while helping to manage their pain, and continually assessing patients. Candi said, “The challenging part is efficiently completing these tasks in spite of the factors beyond our control.”

Candi recalls her very first critically ill patient as one of the most memorable moments of her life. The patient was a middle-aged man who had been severely injured in an automobile accident when he lost control of his truck. He was in a coma and on a ventilator because he couldn’t breathe on his own. The experience was so intense, because she realized that any slight wrong move could cost the man his life. “I was proud that he was my first critical patient, and that I quickly learned to be an efficient RN. I was completely focused on my duties, and knew that every second counted in trying to keep this man alive.”

Although being an ICU nurse has its challenges, Candi feels the rewards far outweigh the obstacles. “The most rewarding part about being a nurse is to see patients walk back into the ICU to say ‘thank you.’ Regardless of the outcome, it is the most rewarding feeling to hear families and patients sing our praises not only for being a compassionate nurse, but for being a caring person.”
REHABILITATION SERVICES AT UAB MEDICAL WEST

Injuries and illnesses don’t just affect the body—they impact your entire life. To help you regain strength and confidence, UAB Medical West provides a comprehensive rehabilitation program to patients recovering from a broad range of injuries and illnesses, including orthopaedic injuries, stroke, amputations, neurological disorders, and other conditions. A compassionate, dedicated team of specialists will work with you to improve your independent living and self-care skills, movement and communication, strength and endurance, and much more.

The goals of UAB Medical West rehabilitation services are to assist patients with improving strength, endurance, balance, and coordination; to help them reach their maximum potential in returning to normal activities; and to educate them and their family so that everyone can adapt to the patient’s healthcare needs.

Each patient in the inpatient rehab unit benefits from 24-hour care provided by a team of skilled, experienced professionals. Patients work with nurses, a rehabilitation physician, physical therapists, occupational therapists, speech therapists, and a rehabilitation case manager. The members of this team work together closely to provide comprehensive care and to help the patient return home as soon as possible.

Patients in the outpatient rehab unit receive care in occupational therapy, physical therapy, and speech therapy based on their physician’s referral. Each patient receives one-on-one individualized treatment for his or her specific diagnosis and needs. The outpatient rehab unit specializes in wound care, back injury or pain, stroke recovery, and orthopaedics.

For more information on rehabilitation services offered at UAB Medical West, please call our Rehabilitation department at (205) 481-7288.

WELCOME ABOARD!
The Newest Additions to the UAB Medical West Physician Staff

Dr. Quynh Lu-Lewis is a native of Da Nang, VietNam. She graduated from the University of California at Santa Barbara and attended medical school at the University of Tennessee at Memphis Medical College, where she also completed her internship in Internal Medicine. She completed her residency at Virginia Commonwealth University-Hanover. Dr. Lu-Lewis is board certified in Family Medicine.

In her spare time, Dr. Lu-Lewis enjoys classical piano, oil painting, and pencil drawing. She especially enjoys spending time with her husband and daughter.

Dr. Lu-Lewis has joined the staff at Medical West Vance Health Center. To schedule an appointment with Dr. Lu-Lewis, please call 996-WEST.

Dr. David Fuller is a native of Chattanooga, Tennessee. He graduated from the University of Tennessee at Chattanooga and attended medical school at Mercer University School of Medicine. He completed his internship and residency at Carraway Methodist Medical Center. Dr. Fuller is board certified in Internal Medicine.

In his spare time, Dr. Fuller enjoys spending time with his children.

Dr. Fuller has joined the distinguished staff of the Emergency Department at UAB Medical West.

Dr. Michael Rosemore is a native of Brewton, Alabama. He graduated from the University of South Alabama and attended medical school at Southeastern College of Osteopathic Medicine. He completed his internship at Southeastern Medical Center and his residency at the University of Alabama at Birmingham Hospital. Dr. Rosemore is board certified in Family Medicine.

Dr. Rosemore has joined the staff of Medical West Hueytown Health Center. To schedule an appointment with Dr. Rosemore, please call 996-WEST.
SUPPORT GROUPS

TOUCH Support Group
(Today Our Understanding of Cancer is Hope)
Whether you have just been diagnosed with cancer, or have received treatment and are trying to prevent recurrence, the TOUCH forum can help. This group is facilitated by the Chaplain and meets at Noon on Level C in the Professional Office Building at UAB Medical West and is open to the community. This group meets May 5, June 2, and July 7, 2006.

Grief Support Group
UAB Medical West provides a Grief Support Group to aid those who have lost loved ones. The Chaplain and local ministers facilitate these meetings. The meeting takes place on Level C in the Professional Office Building and is open to the community. This group meets May 12, June 9, and July 14, 2006 at 11:30 am and May 22, June 26, and July 24, 2006 at 5:30 pm.

Diabetic Education
Get the latest information about diabetes and learn how you can take charge of your condition, rather than letting your diabetes control you. Class will be held from 6:00 - 7:00 pm in the Conference Dining Room, Level C, in the Professional Office Building at UAB Medical West and is open to the community. This group meets May 25, June 22, and July 27, 2006.

Alzheimer’s Support Group
This group meets at 6:00 pm in the Civic Room, Level C, in the Professional Office Building at UAB Medical West and is open to the community. This group meets on May 1, June 5, and July 3, 2006.

SENIOR CARE EVENTS

Senior Care Exercise Class
Join us on May 19, 2006 from 8:00 am-8:55 am, June 13, 2006 from 8:00 am-8:45 am, and July 19, 2006 from 8:00 am-8:55 am at the Bessemer YMCA. Exercise classes include low impact aerobic activity, water aerobics, and strength exercises to increase bone density. (You must be a member of Senior Care to attend). Please call the YMCA at 426-1211 to register.

Senior Care Beginners Computer Class
Learn basic computer skills such as internet browsing, e-mail, and Microsoft Word. To register, or for more information, call Senior Care at 481-8500. (You must be a member of Senior Care to attend). This class meets on May 4, June 8, and July 6, 2006 from 8:00 am to 10:00 am in Suite 202 of the Professional Building.

Senior Care Advanced Computer Class
Learn how to create letters, fliers and more using Microsoft Word. To register, or for more information, call Senior Care at 481-8500. (You must be a member of Senior Care to attend). This class meets on May 18, June 22, and July 20, 2006 from 8:00 am to 10:00 am in Suite 202 of the Professional Building.

Senior Care Scrapbooking Class
Bring your scrapbook and blank pages as well as your photographs, and we will provide the rest! To register, or for more information, call Senior Care at 481-8500. (You must be a member of Senior Care to attend). This class meets on May 24, June 28, and July 26, 2006 from 8:00 am to 10:00 am in Suite 202 of the Professional Building.

COMMUNITY EVENTS

Child-Birthing Classes Series
The child-birthing classes will be taught in a series of five classes from 6:00 pm-8:00 pm and are provided by the Women's Center. The classes in Series 1 will be held April 27, May 4, May 11, May 18, and May 25, 2006. The classes in Series 2 will be held June 1, June 8, June 15, June 22, and June 29, 2006. The classes in Series 3 will be held July 6, July 13, July 20, July 27, and August 3, 2006. For more information, please call the UAB Medical West Women's Center at 481-7180.

LifeSouth Blood Drive
Join us on June 13, 2006 from 7:00 am-4:00 pm at UAB Medical West and help save someone’s life! The blood that you donate will be used within our community. Each donor will receive a gift from UAB Medical West, as well as a T-shirt from LifeSouth.

Look Good...Feel Better
Look Good...Feel Better is a nationwide program sponsored by the American Cancer Society offered to female cancer patients undergoing chemotherapy or radiation treatment and experiencing appearance-related side effects. The purpose of this program is to teach cancer patients a variety of beauty techniques to enhance their appearance. Join us on May 10, June 14, or July 12, 2006 at 12:00 pm. Lunch will be provided.

For more information on any of these events, please call 481-8500.

To take advantage of these great opportunities, call 481-8500 to join the Senior Care program!