Preparing for ‘a new day for parking’!

Parking Garage 5: The biggest garage on campus – and in Kansas

Heralded as the largest parking garage in Kansas, the 722,857-square-foot superstructure known as Parking Garage 5 (PRG 5) has reached a major construction milestone: last month’s topping-off ceremony, marking the last panel of pre-cast concrete set on the exterior.

Located at the corner of 38th and Cambridge streets, just north of the new Cambridge North Tower, the 2,069-vehicle parking facility will serve both The University of Kansas Hospital and the University of Kansas Medical Center when it opens in July 2017.

Parking spaces will be allocated among patients, visitors, physicians and employees.

“The garage will greatly alleviate some of the parking issues we’ve been experiencing for quite some time,” said John McDonough, the hospital’s vice president of facilities services and real estate development. “We move 6,000 people around every day; it will be a new day for parking on the main campus.”

The building’s concrete structure is six stories high and two city blocks in length. Each floor of the garage is flat, with a speed ramp at the north end.

“This layout minimizes engine idle times, affords efficient entry and exit and is easy for motorists to navigate,” said McDonough.

The entire garage contains tall floor-to-floor heights, maximizing cross ventilation and allowing ADA van access on every level. There are five elevators, and glass-clad stairway towers are located in each corner of the garage. An enclosed pedestrian bridge will connect it to the new Cambridge North Tower, which opens in a year.

By the Numbers: Patient growth

As the largest single hospital in the area, The University of Kansas Hospital cared for more people last year – both inpatients and outpatients – than ever before.

1,411,323

Total inpatient discharges

<table>
<thead>
<tr>
<th>Year</th>
<th>Discharges</th>
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<tbody>
<tr>
<td>2011</td>
<td>38,111</td>
</tr>
<tr>
<td>2012</td>
<td>39,357</td>
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<td>2013</td>
<td>43,091</td>
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<td>2014</td>
<td>47,590</td>
</tr>
<tr>
<td>2015</td>
<td>51,849</td>
</tr>
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<td>2016</td>
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1,356,279

Total outpatient encounters

<table>
<thead>
<tr>
<th>Year</th>
<th>Encounters</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>707,769</td>
</tr>
<tr>
<td>2012</td>
<td>910,172</td>
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<td>967,925</td>
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<td>2014</td>
<td>1,129,542</td>
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<tr>
<td>2015</td>
<td>1,267,741</td>
</tr>
<tr>
<td>2016</td>
<td>1,356,279</td>
</tr>
</tbody>
</table>

*Includes discharges, observations, extended recovery and procedure
**Events**

- **Stress and lack of sleep** – The amount of sleep you get is significantly connected to the ways your body deals with stress. In this program, explore how high levels of stress interfere with how long we sleep and the quality of sleep’s essential healing powers. The session is 1-2:30 p.m. Thursday, Jan. 5, or 10-11:30 a.m. Wednesday, Feb. 1, at Turning Point: The Center for Hope and Healing in Leawood. Call 913-574-0900 to register.

- **Managing pain (before it manages you)** – The 11-week program is for people living with chronic pain. Attendance at all sessions is recommended but not required. The program will explore a range of issues involving chronic pain and pain management, from “Your Brain on Pain” and “The Role of Hope” to “Acupuncture 101.” The sessions are noon-1 p.m. Wednesdays, Jan. 11-March 22, at The University of Kansas Hospital’s Spine Center Conference Room. Call 913-574-0900 to register.

- **Mindfulness-based cancer care** – This eight-week program is for cancer patients, caregivers and survivors. It teaches mindfulness meditation and relaxation techniques that are shown to benefit the mind and body when offered in a structured and supportive environment. The classes are 4-5:30 p.m. Thursdays, Jan. 12- Feb. 16, at The University of Kansas Hospital’s Spine Center Conference Room. Call 913-574-0900 to register.

- **Brain/neurological support** – Neuroscientists each month discuss brain tumors and brain vascular/aneurysms. The brain tumor support group is 6-7 p.m. the first Tuesday of each month, while the brain vascular/aneurysm group meets 6-7 p.m. the second Tuesday of each month. Sessions are at the KU Clinical Research Center in Fairway. For details, contact Nancy Sullivan, RN, 913-945-6436.

**PROGRAM SPOTLIGHT**

**At 10, Silver City finds new ways to help**

Silver City Health Center, the University of Kansas School of Nursing’s nurse-run safety net clinic, is celebrating 10 years providing affordable healthcare in Wyandotte County.

As part of its growth, the clinic this fall expanded services to include pre- and postnatal care through the School of Nursing’s nurse-midwifery program, as well as new geriatric primary care.

“Our goal is to be the patient-centered medical home for many in our community,” said JoAnn Peterson, DNP, director of the clinic, which is located in the heart of the Argentine neighborhood and treats about 1,400 patients each year during approximately 4,000 office visits.

The new services, she added, “will help us reach our ultimate goal of improving the health and enhancing the quality of life for underserved and vulnerable citizens of Wyandotte County.”

As the primary faculty practice clinic for the School of Nursing and the School of Health Professions, Silver City has access to skilled nurse practitioners in a variety of specialties. The new services also reflect a potential to make the clinic more financially stable while helping more patients.

“We recognize we were referring pregnant patients elsewhere because we did not offer prenatal care,” Peterson said. “We also found that many of the families in our area include several generations, and geriatric primary care services are limited.”

The new Nurse-Midwifery Clinic, a complement to primary health services for women, offers prenatal and postpartum care, and care for newborns up to 28 days. Expectant mothers receiving care from nurse-midwives at Silver City deliver at The University of Kansas Hospital, with support from Obstetrics and Gynecology residents.

The new geriatric practice, meanwhile, is a chance to expand Medicare preventive wellness visits, chronic care management, transitional care following hospitalization and home visits.

“My passion is caring for older adults,” said Carol Buller, DNP, who joined Silver City in July. “We are focusing not only on the management of chronic conditions but also on helping them maintain a functional level that contributes to their quality of life.”

**EXPOSURE**

**Pharmacy partnership**

The University of Kansas Medical Center hosted Academic Day on Dec. 1, giving faculty and staff from the schools of Health Professions, Medicine, Nursing, Pharmacy and Pharmacy Practice a chance to network. The day featured an Interprofessional Preceptor Summit for faculty, preceptors and trainees from across the medical center, Lawrence campus and neighboring communities. Among those participating: School of Pharmacy student Maggie Ramirez (from left), Pharmacy Department Chair Dave Henry and Robert Emerson, PharmD, the school’s associate dean.
In the News
A recap of recent articles, TV segments and other media coverage of the region's leading academic medical center

The rise of 'gray market' drugs – KQTV, Dec. 6. The growing trend of synthetic drugs was the topic of a St. Joseph seminar as health experts and community leaders try to stay ahead of the curve. "For the longest time, drugs were sold on street corners," said Stephen Thornton, MD, medical director of The University of Kansas Hospital Poison Control Center. "Well, now they are distributed over the internet. People call them the gray market and literally go to websites…. There are very smart organic chemists who, unfortunately, keep making new and different substances."

Cures Act would boost KC cancer research efforts – Kansas City Business Journal, Dec. 5. The 21st Century Cures Act would provide $4.8 billion over 10 years in National Institutes of Health funding and bolster cancer research efforts in Kansas City. Roy Jensen, MD, director of The University of Kansas Cancer Center, described the bill as a 'shot of adrenaline' to the areas of cancer research outlined in the cancer moon shot. Research in childhood cancer, drug resistance and immunotherapy would see a larger piece of the funding pie. "We're going to be very competitive for a number of these types of initiatives," Jensen said. "We do quite well in a number of those areas. I think it will be good for us."

Near the top for family medicine – WIBW-13, Dec. 5. The University of Kansas School of Medicine is ranked second nationally for its family medicine program, according to the American Academy of Family Physicians. Each year, the academy recognizes the top 10 medical schools based on the greatest percentage of graduates going into family medicine. The University of North Dakota is first.

New hope to prevent Alzheimer's – McClatchy Washington Bureau, Nov 26. Researchers at The University of Kansas Alzheimer’s Disease Center have established the facility as one of the top research centers in the nation dedicated to attacking Alzheimer’s disease. At the center, the focus is Alzheimer's prevention, delaying or stopping the disease by looking precisely into how exercise, experimental medications and diet (especially a Mediterranean diet) may boost the metabolism of the body to fight or protect against the disease.

Lung cancer spotlight
The University of Kansas Cancer Center’s annual Shine a Light on Lung Cancer, held last month at the Westwood Campus, allowed patients such as Charles Smith to discuss poignant tales of survival, while physicians reviewed the latest advances in treatment. Despite progress, lung cancer remains the No. 1 cause of U.S. cancer death, claiming more lives than colon, breast and prostate cancers combined.

News Briefs
Royals gift supports ‘Family Dugout’
Thanks to a generous donation from the Kansas City Royals, The University of Kansas Hospital’s Cambridge North Tower, slated to open in a year just north of the hospital, will sport a baseball-themed waiting room designed for families and children. Royals Charities is donating $200,000 to support the waiting room, which will be called the Kansas City Royals Family Dugout. The new space will be designed as a family room co-branded between the Royals and the hospital.

"With this baseball theme, we want the room to be a place where families and children can feel comforted and be surrounded with familiar faces, like Sluggerrr," said Tammy Butterfield, development director for Fund Development at the hospital. "We’re incredibly grateful to the Royals for this generous gift, which will make the Family Dugout possible," she added. "And we can’t wait to open it next year."

The Royals have supported several enhancements at the hospital since their 2011 partnership, including the Pea Pod measuring system in the Neonatal Medical Home and the Angel Eye camera system in the Neonatal ICU.

"Both projects are perfect examples of not only the Royals commitment to our hospital, but also the Royals dedication to improving the health of children in Kansas City," Butterfield said.

Stroke quiz spots early signs of disease
Want to know your odds of suffering a stroke in 10 years? 30 years?
   The University of Kansas Hospital has created a quick online health risk assessment that considers various risk factors — such as your weight, blood pressure, tobacco use and cholesterol levels — and calculates your odds of developing a stroke later in life.

The test, called the Stroke HealthRisk Assessment, is at kumed.healthtools.healthgrades.com/stroke. It takes about 10 minutes to complete. The results page also offers steps you can take to lower your risk of stroke.

The assessment is in partnership with Healthgrades. Our hospital worked with the organization earlier this year to create a similar assessment for heart disease.

Stroke is the fifth leading cause of death for Americans. It claims almost 130,000 U.S. lives each year, or one out of every 20 deaths.
As symptoms of Parkinson’s disease worsened, Jack McDonald, 68, was out of options. Our team treated him with a leading-edge brain surgery, pioneered at The University of Kansas Hospital. His symptoms reduced, he wrote a book for his grandchildren called “Poppo’s Electric Brain.”

What happened here saved my life

Be a part of saving lives. Visit giving.kumed.com and learn how you can support the medical breakthroughs happening here.

Jack McDonald, 68, Parkinson’s disease patient
Grandfather, author, “Poppo’s Electric Brain”