University of Tennessee College of Medicine Chattanooga
Graduate Medical Education Programs
Resident Assistance Programs (including AIRS) and Support Services

Health and Wellness offered through Erlanger Work Force
- Annual PPD skin tests
- Hepatitis B immunizations
- Evaluation and treatment of work-related injury

Other Erlanger health and wellness services provided include:
- Erlanger Work Out Facility (Elevator A, next to First Tennessee Bank, on the 2nd floor – accessible 24 hours each day.
- The facilities include treadmill, bikes, Stairmaster, and weight equipment.
- The code to the keypad is 348. The rooms are only available for Erlanger employees, residents, and medical students. Do not give out the code to others.

The University of Tennessee offers the following:
- The University of Tennessee College of Medicine Chattanooga has a reciprocal arrangement with the Student Activities Office at UTC that provides for residents at the UT COMC to participate in the UTC activities and programs.
- For a minimal fee of $51 per year, residents are eligible to participate and utilize services and facilities. Residents must show verification of payment of the $51 fee by bringing a receipt from the UTC Business Office to the ID Office in the UTC Student Center.
- UTC facilities residents can use include an outdoor pool, eight lighted tennis courts, two indoor tennis courts, six modern racquetball courts, a library, a gym, and bookstores.
- Contact the GME Office at 778-7442 regarding the procedure to obtain a UTC ID.

The Chattanooga YMCA organization offers residents special pricing for exercise facilities and programs:
Another Erlanger component, the Chattanooga Life Style Center, located in downtown Chattanooga, offers the following:

- Part of the Erlanger Health System
- Offers more than 250 distinct programs to include a balanced integration of preventative, rehabilitative, therapeutic, fitness, and educational services.
- Located downtown (778-9400)
- Partnered with the Sports Barn
- [www.erlanger.org](http://www.erlanger.org)

The Sports Barn Fitness Center offers the following to residents:

- “Fun and Fitness in a medical based facility”
- Special pricing for residents at corporate rates –
  - Individual .............................. $64 per month
  - Family ................................. $89 per month
  - Individual Well Fit .................. $88 per month
- Must sign a 12-month commitment
- Two locations –
  - Downtown Chattanooga (301 Market Street, Chattanooga, TN 37402, 423-266-1125)
  - East Brainerd (6148 Lee Highway, Chattanooga, TN 37421, 423-855-0091)
- Free passes are available so you can visit the facilities.

Siskin Fitness Center (located in Siskin Hospital just across from the Erlanger Emergency Department) offers the following to residents:

- Special Pricing available via automatic bank drafts:
  - Individual .............................. $35 per month
  - Family ................................. $55 per month
- Hours:  Monday – Friday, 5:30 AM – 9 PM
  - Saturday, 8 AM – 6 PM
  - Sunday:  1 – 6 PM
- No children under 16 unless they have a specific disability.
- Aquatics:  The aquatics area at the Fitness Center at Siskin Hospital has a variety of pools that are specifically designed to meet the many needs associated with fitness.

  * The Lap Pool can be used for swimming or walking. Underwater treadmills allow you to walk or run with little stress to your joints.

  * The Exercise Pool features several levels to allow members of different heights
to exercise at the optimal water depth.

* The large Whirlpool is perfect for loosening up or relaxing after a good workout.

* Fitness Center members have access to the Siskin Hospital Therapeutic Pool during posted hours. This pool's warmer temperature relaxes the body and eases joint pain.

- Aerobics, Groups, and Classes
- Free passes will be given to the incoming residents so you can see the facilities.

**Aid to Impaired Residents Program (AIRS)**

- Confidential program that functions in cooperation with the Tennessee Medical Foundation’s Physical Health Program
- Designed to assess psychological or substance abuse problem(s) that may be affecting a resident’s health or academic performance
- Residency positions of individuals entering the AIRS program are protected until the resident receives the advocacy of TMF PHP and is ready to continue training.
- The GME Program works with the resident and the hospital to maintain financial support through payroll benefits during the resident’s absence
- Health insurance benefits are available to assist with treatment costs
- Referrals may be made confidentially by a health care provider, co-worker, family member, friend, or the resident.
- Full description of the AIRS program is available on the Online Resident Handbook: [www.utcomchatt.org/dept/dept.asp?dpage=impaired](http://www.utcomchatt.org/dept/dept.asp?dpage=impaired)
- Chair of the local AIRS Committee: Dr. Robert Fore (778-6956 o or Robert.Fore@erlanger.org)
- Other committee members –
  - Dr. Jon Cohen (899-0024 or pager 550-0655)
  - Pam Scott (778-7442 or pam.scott@erlanger.org)
  - Dr. Roland Gray (615-467-6411 or rolandg@e-tmf.org)

Dr. Gray is the Medical Director of the Tennessee Medical Foundation program for impaired physicians. His address is:

Roland Gray, M.D.
216 Centerview Drive, Suite 304
Brentwood, TN 37027-3226

Residents and program directors can contact him by email or phone.

**Mental Health/Counseling**

- The resident health insurance plan provides benefits for mental health and counseling services.
Residents can contact Dr. Jon Cohen for initial evaluation or referral to another psychiatrist/psychologist for evaluation or counseling (899-0024 office or 550-0655 pager)

**Computer Graphics**
- John Stroud, Computer Graphics Specialist
- 778-7815 (phone)
- [john.stroud@erlanger.org](mailto:john.stroud@erlanger.org)
- Located in Suite 102 Whitehall Building
- Office hours (7 AM – 3 PM, Monday through Friday)
- Services include –
  - Photography for presentations and publications
  - Poster layout and printing for research presentations

**Computer Access**
- Workstations available in the Medical Library (Erlanger 2nd Floor)
- Internet access via Erlanger network computers in the library and throughout the hospital
- Resident call areas have computer access to the Erlanger network and the internet
- Electronic access to the library and its services from outside computers
- [Online Resident Handbook on the Internet: www.utcomchatt.org](http://www.utcomchatt.org) and click on the Online Handbook menu link
  - Online access to rotations, call schedules, duty hours, and anonymous resident completed evaluations for rotations, faculty and the overall program –
    - [www.new-innov.com/suite](http://www.new-innov.com/suite)
    - Institution login: UTC
    - User name: first initial last name (example: jdoe)
    - Password: at first, same as the user name

**Medical Library Services**
- After hours access for physicians and medical students
- Medical databases, electronic journals, and literature searches
  - UpToDate
  - PubMed w/linked full text
  - Cochrane Library
  - Ovid Search Gateway
- Access from home via a VPN (Virtual Private Network) client software and registered library and internet account through Erlanger Health System
- Copying at no charge
- Interlibrary loans
- One-on-one assistance from library staff in preparing PowerPoint presentations, locating and scanning images, etc.
Library website: [http://www.erlanger.org/Medical_Library/default.asp](http://www.erlanger.org/Medical_Library/default.asp)

Chattanooga residents have access to the electronic databases and products of the medical library in Memphis (through the main medical school campus)

- Langhorne Waterhouse, Director of the Erlanger Medical Library, assists residents in obtaining the necessary login, barcode, and PIN to access the UT Memphis library resources

**Nuts and Bolts Research Methods Conference and Curriculum**

- Annual one day conference in September (September 19, 2008)
- Covers basic concepts needed to be involved in research an scholarly activity
- Presentations from the conference are available online for reference
- Resource list for researchers is available online

**Support Organizations**

- **Erlanger House Staff Association**
  - Non-profit organization for residents
  - Provides camaraderie and support for residents
  - Annual social events
  - Annual philanthropic work for charities
  - Advocacy organizations for residents with the institutions and GME Office
  - Annual dues to support the House Staff Association activities allow residents and families to participate in all social functions (e.g., Welcome Riverboat party, Christmas Dance and Awards, etc.)

- **Erlanger House Staff Alliance**
  - Non-profit organization for spouses of residents training in Chattanooga
  - Provide support systems and family activities
  - Promote friendships
  - Organize service projects for the community and Erlanger Health System
  - Special interest in benefiting women and children

**Erlanger Security**

- Erlanger provides on-site Erlanger Police on a 24-hour basis, seven days a week.
- Security Office is located on the Erlanger 1st Floor, between the main corridor and the F Elevators.
- Police Dispatch #: 778-7614.
- Security Administration #: 778-7648.

Policy originally approved 7/1/2004.

Reviewed/Revised June 2008