



UNC  
SCHOOL OF MEDICINE

# **RDI Handbook**

**Your Guide to Everything Inside and Outside of  
the Hospital!**

## Where Can I Eat? And When?

### 1). La Terrace Café (1<sup>st</sup> Floor of Children's Hospital)

Opens: 6:30 am

Closes: 9 PM

Serves:

Burgers and Chicken nuggets

Pizza and pasta

Sushi (actually not bad)

Cashew Chicken, Beef and Broccoli, Egg rolls, etc.

Typical Southern cafeteria fare (fried chicken, macaroni & cheese, mashed potatoes)

Lighter fare (grilled meat and vegetables)

12 AM – 4 AM: can call (919) 966-1278 and place order

Takes approx. 30 min

Menu

<http://intranet.unchealthcare.org/intranet/hospitaldepartments/nfs/retail/overnight-dining-1.html>

Tip: The difference in the number of customers between 11:50 am and 12 pm for lunch can be staggering, so plan ahead.

### 2). Corner Café aka "The Truck Stop" (Ground Floor of Children's Hospital)

Opens: 7 am (M-F)

Closes: 2 pm (M-F)

Serves:

Breakfast burritos

Burrito bowls (a hospital favorite without a doubt)

Sandwiches

### 3). The Overlook (2<sup>nd</sup> Floor of Neuroscience Hospital – same floor as the main ORs)

Opens: 11 AM (M-F)

Closes: 6 PM (M-F)

Serves:

Hot sandwiches (paninis) and soups

Hot pizza (best pizza in hospital)

Make your own salad (might cost you a mint, though)

More extensive dessert options

Smoothies

Tips:

If you go between 12-1, plan to wait for a while

There is an ordering kiosk outside Overlook  
**Where can I eat (and when)? continued...**

4). "The Beach" (Outside From the 2<sup>nd</sup> Floor of the Hospital)

Opens: 6 am (M-F)

Closes: 3-5 pm (varies by food service) (M-F)

Houses:

a). Greens

7am-3pm

Serves:

Breakfast to order:

- 1). Pancakes
- 2). Omelets
- 3). BACON!!

Lunch: Southern fare

- 1). Burgers
- 2). Hotdogs
- 3). Chicken Wings
- 4). Sides: macaroni & cheese, fried okra, greens

b). Chick-fil-A

7am-3pm

Serves:

Biscuits/Chicken minis/Hashrounds  
Chick-fil-A Sandwiches and nuggets  
Fries

c). Change-it-up Counter (Restaurants may vary)

10:30am-3pm

Monday & Thursday: Mediterranean Deli

Tuesday: Indian

Wednesday: Italian Pizzeria III

Friday: Bandidos Mexican

Serves:

Varies by type of food

d). Other independent vendors (AKA pre-packaged and just pick up)

Cosmic Cantina (burritos, etc)  
Mediterranean Deli (gyros, falafel, salad, etc)

5). Starbucks (Ground Floor of the Cancer Hospital)

Open 24 Hours

Serves: C'mon. Really? Who hasn't been to a Starbucks?

**How do I pay for all of this delicious food?**

All venues accept cash and credit cards, of course

Freedom Pay (also accepted everywhere)

You can get a white tag by grabbing a form from the Terrace Café

Also separate kiosks located near some eating establishments

**20% discount** everywhere except at The Beach

Some vending machines also accept (hello, late night snacks!!)

How do I replenish funds?

Freedompay.com

Can do manually or set up automatic replenish

(Caution: do not use a credit card because they will charge you a cash advance fee)

Replenish at kiosk outside La Terrace Café or Starbucks

**What if I don't want hospital food?**

1). **Tarheel Takeout**

Website: tarheeltakeout.com

Delivers food from various restaurants in Chapel Hill for a nominal fee

Takes approximately 1 hour

2). **Takeout Central**

Website: takeoutcentral.com

Delivers food from various restaurants in Chapel Hill for a nominal fee

Takes approximately 1 hour

3). **Insomnia Cookies**

Website: insomniacookies.com

Will deliver until 3 AM

Will make a terrible shift a lot more manageable (and call calories don't count)

4). **Grub Hub**

Website: Grubhub.com

Restaurants vary in terms of hours

## **Where to eat when at WakeMed**

### **Jamaican Jerk Masters**

1909 Poole Rd, Raleigh, NC 27610 (919) 231-7697

Amazing Jamaican food. Would get on the way to Wake at least twice a week

## **So seriously, there is parking somewhere, right?**

Below is a list of all parking decks. Make sure to park in the parking deck assigned to you, even on weekends. **(Caution: they DO ticket if you park in another deck. Also, they DO ticket and OFTEN for speeding on Manning Drive, even at 6am. Be mindful.)**

### **BTD—Bell Tower Deck**

Coveted lot  
Closest to the hospital; behind the hospital  
Near Kenan Football Stadium

### **PD—Cardinal Deck**

In front of UNC Hospitals  
Quasi-merged with Dogwood Deck (patient/visitor parking)  
Covered walkway almost the entire way

### **JD—Jackson Deck**

In front of UNC Hospitals  
Covered walkway almost the entire way

### **CD—Craig Deck \*usually for residents**

Across the street from UNC Parking Office  
Shuttle runs in the AM (not usually necessary)  
Closest to UNC Cancer Hospital  
(Easiest way to enter the hospital in the AM is through the entrance on the ground floor of the Cancer hospital. \*You will need your badge to get in this way if it's before 7am).

### **S11— Near “Dean Dome” (Dean Smith Center)**

Shuttle runs in the AM/PM

### **Park & Ride Lots:**

Friday Center	Eubanks Rd	Carrboro Plaza
Chatham County	Jones Ferry Rd	
MLK Blvd	Southern Village	

### **Point-to-Point (P2P):**

Shuttle service offered by public safety. Can reach them at: **919-962-7867**.  
Not a service you can use daily, but helpful if it's late at night and you don't feel comfortable walking to your car alone.

### **Emergency Parking:**

We are issued an emergency parking pass every year, but it is unclear how often it has had to be used. The spaces are located on Medical Drive, behind the Hospital/Main Office area.

## **What is “LMS”, and is it just a Covert Way to Get You Fired?**

It can feel this way sometimes; that is normal.

“LMS” is actually the Learning Made Simple... okay, sure...

This is where we do all of our online learning for the **Hospital**.

You are required to do several of the courses every year (and/or at clinical privilege reappointment time).

It's a good idea to check this system periodically to see if you have any upcoming deadlines (but if you don't, the “LMS people” know where to find you).

Common Lessons include:

- HIPAA requirements
- OSHA requirements
- Bloodborne pathogens, etc
- Explanation of codes, etc.
- Fire and Hazardous Materials Safety

**\*They will not renew your annual contract if you do not complete the mandatory LMS modules so please do not forget to complete them, especially around the month of June every year.**





**Apps both for hospital-specific stuff and medicine-related stuff:**

Epocrates

Helpful for medications

UpToDate

Helpful for everything; I'm sure everyone is familiar.

NCCN guidelines

Super helpful for oncology services as it provides algorithms for diagnosis, surveillance and treatment of malignancies.

Medscape

Quick and easy-to-read explanations of medical conditions.

Can be particularly on surgical service to review steps in a surgical procedure.

"Measure"

Simply a ruler on your phone, but can be very helpful to measure wounds on your physical exam.

TrueLearn

Smartbank question to prepare for in-service exam. Particularly useful for surgery; the surgical department pays for your annual membership if you are a surgical resident.

\*NCBI - not an app, but recommend making an NCBI account (to log onto PubMed, etc).

With an NCBI account, you can set up PubMed to automatically send you journal articles on relevant topics at specific time intervals.

*Example:* set it to receive new articles about "pulmonary hypertension" the first Monday of every month (or week). This can help you stay up to date on topics that interest you, or for issues related to the rotation you're on to help you impress your attendings.

**Life Outside of the Hospital**  
**(Let's face it—also crucially important)**

**Place to get haircut/hair supplies**

1. Barbershops
  - a. Cut Above
  - b. Midway
  - c. Whos Next
  - d. Black Wall Street--Durham
  
2. Hair styling:
  - a. Taji Natural Hair Styling
  - b. Jennifer Cheek at Carmen (Aveda Salon at Southpoint Mall)
  
3. Hair Products
  - a. Sally Beauty Store
  - b. Beauty Smart
  - c. Beauty World

**Where to get hair done:**

1. Flash and Flare Healthy Hair Salon
  - a. 1725 Carpenter Fletcher Road, Suite 402 Durham, NC 27713 (919) 908-7206  
She does phenomenal blow outs on natural hair. Also does relaxed. Very professional.
  
2. Ebony Hoskins (Durham)
  - a. <https://www.instagram.com/thedollhouse2015/>
  
3. Beverley Moore
  - a. [https://www.instagram.com/moore\\_by\\_beverly/](https://www.instagram.com/moore_by_beverly/)
  
4. Beleza Couture Studio
  
5. YesHer Studio (Elaine)
  
6. The Heir Salon (Kindale) - natural and curly hair

### **Where to get nails done:**

1. Soho Nail Lounge
  - a. 5318 McFarland Dr Suite 140, Durham, NC 27707 (919) 864-9636
  - b. Best quality in the area (in my opinion)
  
2. Lee Spa Nails
  - a. 6815 Fayetteville Rd #104, Durham, NC 27713 (919) 405-7110
  - b. Best atmosphere. Good quality. Has a bar :)
  
3. Le's Sanctuary Nail Salon
  - a. 4723 NC-55, Durham, NC 27713

### **Houses of Worship:**

1. New Hope Church
  - a. 7619 Fayetteville Rd, Durham, NC 27713
  - b. <https://www.newhopechurch.org>
  
2. World Overcomers' Church
  - a. <https://www.worldovercomers.church>
  
3. Kings Park International Church
  
4. Union Baptist Church in Durham
  
5. Southside Church of Christ in Durham

### **Doctors (especially PCPs and OBGYNs)/Dentists**

1. Chapel Hill OB-GYN
  
2. Research Triangle Dental in Durham (recommend Dr. Lopez if you can get in with him!)

### 3. Holman Dentistry in Chapel Hill

## Give me Food!

### Best Places for BBQ (this is NC after all):

The Pig (Weaver Dairy Road)—**closed on Sundays**

The Pit (Raleigh)

Allen and Sons (15-501 South, Chapel Hill) real deal, vinegar-based NC style

Q Shack (Durham): this is where you go if you want real non-NC BBQ (beef brisket)

### Best Mexican Food:

If you are from Texas, things have gotten better, but you are going to miss this

If you want queso, look for “cheese dip” (and don’t get your hopes up)

Chubby’s Tacos (multiple locations that are all very small)

Fiesta Grill (Hwy 54 West leaving Carrboro)

Chuy’s (North Hills Raleigh and one in Cary near 55 and 540)

Uncle Julios (Near Southpoint Mall)

Los Tres Magueyes

### Best concentrated area for “good eats”:

Downtown Durham (A “foodie’s” delight)

Some local favorites:

- 1) Dos Perros
- 2) Dame’s Chicken & Waffles
- 3) Mateo’s Tapas
- 4) BeYu Cafe
- 5) M Kokko

Durham:

- 1). Bottle 501 Wine bar/Beer. No food.
- 2). Namu
- 3). Kokyu Southpoint

Chapel Hill:

- 1) Franklin Street

- 2) Lantern Restaurant
- 3) Sunrise Biscuit Kitchen- nationally recognized
- 4) Hawthorne and Wood--East 54

Carrboro:

- 1). Acme
- 2). Glass Half Full

Food trucks (Various locations)

- 1) Notable: *Parlez vous crepe—crepe truck*
- 2) Food truck rodeo (every year there are food truck rodeos in Durham, Cary, and Raleigh)

**Ethnic Foods:**

Mediterranean:

Mediterranean Deli (Franklin Street, Chapel Hill)

Jamaican:

Urel's - Durham  
Golden Krust - Durham

Indian:

Mint – Franklin Street  
Chola Nad (South Indian)—Franklin Street  
Vimala's Curryblossom Café  
Nazara – in Cary (frequently voted best in the triangle)

Korean:

Min Ga (Franklin Street, Chapel Hill)

Thai:

Bangkok 54 (Hwy 54 East, Durham)  
Thai Cafe (University Drive, Durham)

Vietnamese:

Lime & Basil (Franklin Street, Chapel Hill)

Sushi:

Akai Hana (Carrboro)  
Sake Bomb (Durham)

## Spicy 9 Sushi (Chapel Hill)

### **Bars/restaurants that are more diverse:**

1. True Flavors
2. Dames Chicken and Waffles
3. Zwelis
4. The palace international
5. Beyu Caffè
6. Saltbox Seafood Joint (restaurant and food truck)
7. Boricua Soul
8. Nolia Coffee
9. Mama Dip's
10. Al's Burger Shack
11. Big C's Waffles in Durham
12. Unscripted (hotel, lounge, rooftop pool)
13. West End Billiards (pool tables, shuffleboard, bocce, TVs)
14. West End Wine Bar (locations in Durham and Chapel Hill)
15. Pour Taproom (board games and patio)

### **Best Ice Cream:**

Blue Bell

Transplant from Texas

(can be bought at Kroger, Walmart, and Walgreens)

Maple View Farm (<http://www.mapleviewfarm.com>)

Excellent place for eating ice cream outside in the spring and summer

Kiosk at University Place

The Parlour

### **Places to get speciality food items:**

1. H Mart for Korean food
2. Li Ming's for Chinese food
3. Compare Foods for Latino/Caribbean food

### **Best Farmer's Market:**



### **What is a Farmer's Market, you ask?**

A place to get local veggies, cheese, meat, seafood, etc.

Carrboro: Downtown (Wednesdays, Saturdays)

Chapel Hill: usually in University Place parking lot (Tue 3-6 pm; Sat 8a-12pm)

Raleigh: **NC State Farmer's Market (arrive early for parking)**

### **Best Shopping**

The Streets at Southpoint

Great shopping and lots of mainly chain restaurant choices

Crabtree Mall (Raleigh)

Tanger Outlets (Mebane)

### **Best "cultural stuff":**

Chapel Hill:

Chelsea Theatre (Timberlyne) shows independent and foreign films

**(Fair warning: cash or check only)**

Silverspot Cinema (University Place; also has some nearby restaurants, such as Bartaco and Trilogy)

Durham:

Carolina Theatre (Downtown): shows independent and foreign film

DPAC (Durham Performing Arts Center): Concerts! Broadway Shows!

Museum of Life & Science (great for kids and big kids alike)

Cary:

Booth Amphitheatre (preCOVID: Ben Folds)

Raleigh:

Museum of Art

Museum of Natural History

Museum of History

Marbles Kids' Museum

PNC Arena – Concerts!

Red Hat Amphitheatre (preCOVID: Sara Bareilles)

Walnut Creek Amphitheatre (preCOVID: Billie Eilish; Ariana Grande)

### **Diversions:**

Umstead Day Spa, Cary, NC  
Massage Envy

### **Sporting Events:**

Carolina!! (Basketball {women and men}, football, baseball, soccer, etc.)  
Duke (basketball, football, etc.)  
Durham Bulls baseball!!! (fireworks on the weekends)  
North Carolina Central (football, basketball)

### **Outdoors:**

There are countless places to go hiking/running/kayaking/etc.  
This is why many people move here, and none of us leave  
Ask anyone and they can give you their favorite locations:

**Jordan Lake:** free access between Labor Day and Memorial Day  
**Duke Gardens:** great place for a picnic; beautiful flowers; ducks; koi fish  
**Duke Forest:** great place to hike  
**“The Farm”:** UNC Faculty Recreation Club (Chapel Hill)—pool, tennis  
**American Tobacco Trail**  
**Eno River**  
**Lake Johnson** in Raleigh

### **State Fair (How could you forget this?)**

Pre-Covid, this occurred generally some time in October and lasts nearly 2 weeks or 2 full weekends

If it can be fried, it will be (If you're on a diet you are entitled to a day off!)

If you like to people watch, this is a goldmine.