In 2000 Rex Healthcare and the 394-bed Rex Hospital in Raleigh became a wholly-owned subsidiary of UNC Health Care. Rex Healthcare provides a wide range of healthcare services to the Triangle region of North Carolina. Rex is one of a select few accredited cancer centers in the state and is one of less than ten hospitals in North Carolina to offer the highly advanced diagnostic capabilities of a Positron Emission Tomography (PET) scanner. PET is particularly useful in the diagnosis and treatment of cancer, as well as for the diagnosis of heart disease and Alzheimer’s disease.

The main Rex campus is a 62-acre site located in west Raleigh and includes a 140-bed Rex Rehabilitation and Nursing Care Center. Rex Cancer Center offers comprehensive inpatient and outpatient services for cancer patients. Rex expanded its programs and services for women with the opening of a new Women’s Center in the summer of 2005. Additionally, Rex Wellness Center, Rex Emergency Department (which currently sees over 50,000 patients per year), and Rex Heart and Vascular Center are located on the main campus. Rex Wellness Centers in three cities offer cardiac and pulmonary rehabilitation programs.

Rex Women’s Center

The Rex Women’s Center delivers more than 5600 babies annually, and includes the Rex Family Birth Center, a 40-bed maternity center. In addition to the 40 rooms, there is a fully equipped operating room for C-sections. The Birth Center is family-centered with specially trained staff, offering a comforting birth environment that is home-like, private and safe. Their 40 private rooms have been recently refurbished and have amenities such as a convertible sleep chair for the mother’s partner, a rocking chair, a private bath with shower, television with VCR and a private telephone. Each family decides how long the new baby will stay in mom’s room and when it will return to the nursery. Twenty-four hour rooming-in is available for parents who choose that option. The Center offers a myriad of classes on a variety of topics including breastfeeding, exercise, and preparing for childbirth, and each first-time breastfeeding mom receives a visit from a lactation consultant before going home. Car seat safety is especially important for newborns, and the Center has certified trained safety technicians who will evaluate car seats and teach new parents how to correctly install the seat.

Special Care Nursery

Rex has an 18-bed, Level III-A nursery with ability to care for babies down to 29-30 weeks’ gestation. The nursery is staffed 24/7 by a team of four neonatologists, multiple nurses, and other developmental specialists. Currently they offer CPAP and conventional ventilation with ho high frequency vents, nitric oxide, or ECMO. Also available are skilled neonatal respiratory therapists and pediatric subspecialists as needed. Infants with more extensive medical care needs can be immediately transferred to either the WakeMed NICU or the UNC NICU, depending on individual conditions.

UNC Maternal Fetal Medicine at Rex

MFM at Rex offers obstetrical care for women with pregnancies complicated by maternal disease such as diabetes or hypertension, or any problem with the fetus such as congenital abnormalities. The service provides specialists in diagnostic techniques and complicated surgeries for both the mother and the fetus. Services include:

* Maternal-fetal medicine faculty physician for maternal-fetal consultation, high risk pregnancy prenatal care for patients delivering at UNC who live Wake County and eastward, prenatal diagnosis (ultrasound, fetal echo, CVS, amniocentesis), Rex inpatient consultation
* Nurse practitioner for maternal-fetal consultation, diabetes complicating pregnancy co-management, initial diet consultation, self-testing instruction and glycemic control follow up
* Genetic counselors for preconception counseling for genetic disorders, AMA, prior fetal anomalies, aneuploidy screening, and testing including NIPT
* UNC Perinatal Mood Disorder Clinic with UNC Department of Psychiatry, currently seeing patients 3 days per week, to increase to 5 days per week

Staffing includes three full-time sonographers, a maternal-fetal faculty physician, a nurse practitioner, and a genetic counselor. The Director of this service is *Dr. William Goodnight*.

Laboratory

Rex Healthcare Laboratory is a full-service diagnostic laboratory located within Rex Hospital. The Laboratory is accredited by the Joint Commissions Accreditation of Healthcare Organizations (JCAHO) and the College of American Pathologists (CAP). There are many areas of specialty within the laboratory, including: anatomic pathology, cytology, transfusion services, chemistry, microbiology, hematology and coagulation. They have the capability to conduct genetic and antepartum testing options such as CVS, amnio, NSTs and BPPs.

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Other Services at Rex

Other services on the main Rex campus include a sleep disorders center, a pain management center and an inpatient Hospice unit. Rex has its own blood bank, Rex Blood Services which offers a fixed site as well as two bloodmobiles. Rex Breast Care Center performs over 1,400 mammograms per month and offers IMRT, stereotactic breast biopsies, core needle biopsies with a highly personalized level of care. Rex Mobile Mammography, founded in 2001, is the only Triangle-based mobile unit visiting sites within a 50-mile radius making it easier for uninsured/underinsured women to receive a mammogram.

More than 975 physicians and surgeons are on the Rex Medical Staff. Rex’s Information and Resource Center, HealthNet, provides more than 3,000 physician referrals a year to the community, in addition to scheduling numerous classes and community programs.

Rex Healthcare of Cary consists of a 27,000 square foot Rex Wellness Center, plus Rex Pediatrics and Rex Urgent Care. Full radiology services including CT, Dexa bone density scans and screening mammograms are available as are Magnetic Resonance Imaging (MRI) diagnostic services. Additional services include the Rex Diabetes Education Center, Heart & Vascular Diagnostics, Sleep Disorders, Laboratory and Outpatient Rehabilitation Services, Rex Pediatrics of Cary, Rex Urgent Care of Cary, and the Rex Surgery Center of Cary, a four-bed state-of-the-art outpatient surgery center.

*Updated: 12/16/20*