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Inside this Issue:

Admiral's Call by the Surgeon General of the U.S. Navy Vice Admiral Adam. M. Robinson, Jr.	2
"The Hidden Casualties of War: Moving to Solutions" Symposium, May 7—8	3
BUMED Perinatal Advisory Board Brings Patient Safety Into Focus	4
Sailors Bring Medical Care to Honduran Villages	5
Pet Visitation — Making Rounds, Sharing Love at NH Jax	5
Optometry Team Aboard Comfort Preps for CP09	6
Cmdr. Awarded Bronze Star Medal for Service in Iraq	7
EMF-Kuwait Duo, Perrich Garner Awards at NH Pensacola	8

Item of Interest:

Nutrition Makes a Stand in Navy Fitness. With the spring Physical Readiness Test cycle, the Navy is ensuring Sailors are aware of the fitness of healthy living and diet. The ShipShape program is specifically designed to provide basic information on nutrition, physical activity, and techniques to lower and maintain an acceptable body weight. Commands interested in starting a ShipShape program can go to the Navy Marine Corps Public Health Center (NMCPHC) site at <http://www-nmcphc.med.navy.mil/>

Navy Medicine Commemorates Social Worker Awareness Month

By Christine Mahoney, Bureau of Medicine and Surgery Public Affairs

WASHINGTON – March was designated by the Reagan Administration in 1984 as National Social Work Month and Navy Medicine marked the occasion with a celebration at the Bureau of Medicine and Surgery (BUMED) on March 31 in the Rotunda of historic landmark Building Two, with this year's theme entitled, "Social Work: Purpose & Possibility".

"Social Work Month 2009 spotlights the contributions Navy Social Workers have long made", said CAPT Robert Koffman, Director, Deployment Health, Bureau of

Medicine and Surgery (BUMED). "Social workers have truly added value to the Navy Medicine community. As we move forward, we are going to increasingly rely on the capability set Navy social workers provide to our Sailors, Marines and their families."

Navy Social Worker's primary function is to assist service members, retirees and their respective families to function at their highest potential in every aspect of their lives. "Our social workers are responsible for maintaining and im-

(Continued on page 3)



WASHINGTON—Capt. David Kennedy (Ret.), MSW, became the Navy's first social worker officer in 1980, spoke about his service as a social worker during his time in the Navy at the Bureau of Medicine and Surgery's event marking Social Worker Awareness Month March 31. The theme for the event was Navy Social Work: Purpose and Responsibility. *U.S. Navy photo by Christine Mahoney*

Admiral's Call by the Surgeon General of the U.S. Navy Vice Admiral Adam. M. Robinson, Jr.

Navy Medicine's Operational Stress Control Program Helps Building Resilience

Navy Medicine provides a continuum of psychological health care to service members throughout the deployment cycle – pre-deployment, during deployment, and post-deployment. To accomplish this, Navy Medicine engages at several levels: from Commanding Officer, to small unit leaders, to individual service members, and of course, with family members. We are committed to making psychological health services available to all who need them – when they need them. The Operational Stress Control (OSC) program is just one of our many programs. Its focus is to build resilience in our Sailors and Marines and in their family members.

Illness is painful – emotionally, socially and spiritually. Emotional illness also carries the added burden of stigma, which hampers our men and women from seeking the care that they need, the care we provide, that will assist them to full recovery and full function. Surveys of active and reserve Sailors serving in OIF and OEF revealed two significant challenges related to the stigma of seeking mental health support. First that it might have adverse affects on their careers and second that they will be looked upon differently.

DoD policy changes regarding the impact of mental health care on security clearance screening and separation due to personality disorder associated with PTSD are welcome organizational advances in removing mental health stigma. Reducing the stigma associated with seeking help for psychological health issues requires changing perceptions both within individuals and in the command culture. The BUMED Psychological Health Program is part of the Navy and Marine Corps comprehensive strategy designed to reduce mental health stigma for Sailors, Marines and their families. Stigma reducing interventions span three major fronts: (a) education and training for individual Sailors and Marines that normalizes mental health care, (b) leadership training to improve command climate support for seeking mental health care, and (c) encouragement of care outreach to individual Sailors and Marines.

In FY 08/09 OSC personnel trained over 2200 non-mental health care providers in operational stress control, including stigma reduction. They also trained 1200 Senior Navy leaders on these same issues at Personal Readiness Summits. Because we're targeting sailors at every point in their careers,



722 students at the Navy's Command Leadership School and 541 students at the Navy's Senior Enlisted Academy received OSC Awareness Training. BUMED had funded the OSC training of more than 5700 Reservists by the Psychological Health Outreach Coordinators hired by the Reserve Component Commands (RCC).

OSC training has also been incorporated into the training cycle for all deploying Navy Individual Augmentees and post-deployment OSC Training is delivered at Returning Warrior Workshops.

We are at the forefront of supporting and promoting emotional and mental health treatment. We will continue to encourage and support our Sailors and Marines to seek out and receive this treatment to the fullest.



SAN DIEGO -Hospital Corpsman 2nd Class Ivy Gaskins files a sample by type in the Naval Medical Center San Diego Blood Bank Feb. 17. Proper storage and confirmation of blood type ensures patients receive the correct specimen and protects them from potentially serious reactions to receiving the wrong blood type during transfusion. All of the blood products in the NMCSDBlood Bank are screened for diseases. Blood type is confirmed before being stored, shipped, or injected into patients. *U.S. Navy photo by Mass Communication Specialist 3rd Class Jake Berenguer*

“The Hidden Casualties of War: Moving to Solutions” Symposium, May 7— 8

**Co-Hosted by Naval Hospital Pensacola and
The University of West Florida Center for Applied Psychology**

The deadline for registration for “The Hidden Casualties of War: Moving to Solutions” Symposium is May 1. The University of West Florida Center for Applied Psychology and Naval Hospital Pensacola will co-sponsor the second deployment mental health symposium May 7-8 at the UWF Center for Fine and Performing Arts, Building 82.

The symposium is recommended for community-based mental health professionals, government and uniformed health care providers and those with an interest in deployment mental or behavioral health. The 2-day event will include tools and strategies to assist providers in diagnosing and treating trauma and stress that occur during and after the deployment cycle.

Mental health experts will share their tools and strategies for diagnosing and treating military members and their families who have been adversely impacted by the Global War on Terrorism. Deployment-related topics will include post traumatic stress disorder, traumatic brain injury, insomnia, spirituality, substance abuse, coping with loss, parent-child relationships and pain management.

To register or for details, contact the UWF Center for Applied Psychology at 473-7307, e-mail CAP@uwf.edu or visit www.uwf.edu/CAP/DeploymentMentalHealth.

Social Worker continued...

(Continued from page 1)

proving our Sailors and Marines mentally, physically, and spiritually to enable mission readiness. They provide counseling, psychosocial education, advocacy, intervention, research, and programmatic support for the person, family, group and organization to self actualize,” said Rear Adm. Karen Flaherty, SHCE, USN, Deputy Chief Wounded III-Injured Warrior Support, BUMED.

Social workers have been a part of the Navy Medicine team for 29 years. Among the honored guest was Navy Medicine’s very first uniformed social worker Capt. David Kennedy (Ret.), MSC, USN, who now serves as Program Analyst, for the Office of Family Policy/Children and Youth, Office of the Secretary of Defense. Kennedy joined the Navy as a social worker and Medical Service Corps officer in 1980.

Kennedy stated, “I am happy to see the Navy recognized how value Navy Medicine social workers are and our numbers will be increasing in the future so we can better serve our beneficiaries.”

Navy Medicine Social Workers have the opportunity to practice in unique environments. Not only can social workers be found at Navy Fleet Family Service Centers and our medical treatment facilities, they also deploy and serve on the front lines of combat.

“Navy Medicine social workers are critical members of our Navy team. They understand the individuals, and they understand the environment in which few have ever lived. They are the experts in managing complex behavioral and psycho-social aspects of a per-

son and provide extraordinary case management,” Flaherty said. The war has clearly identified the important role social workers play.”

There are approximately 1,170 social workers currently serving in Navy Medicine, 24 of which are active duty, four reservists, approximately 750 civilians and 400 contractors. According to Flaherty, the number of social workers will be increasing in the future to meet the ever-growing needs of Sailors, Marines and their families.

The event was organized by the Navy Medicine Social Worker Month Committee:

- Lt. Joseph Ford, MSC, USN, Social Work Month 2009 Committee Chair and Senior Analyst, Deployment Health
- Charles Gould, Director, Navy Substance Abuse & Rehabilitation Program
- Dr. Carolyn Gravely-Moss, Clinical Analyst, Content Analysis Team;
- Karen Karadimov, Director, Psychological Health for Navy Reserve
- Cynthia Logan, Program Manager, Content Analysis Team
- Senior Chief Hospital Corpsman Robert Myers, Action Officer, Emerging Health Policy
- Dr. John Russotto, PH-TBI Clinical Consultant
- Doris Ryan, Public Affairs Office
- James Sutton, Clinical Analyst, Content Analysis Team
- Kirsten Woodward, Coordinator, Navy Medicine Family Programs

The event is the first in a series of events to highlight our social workers’ current efforts and work. Future events will be included in the command’s plan of the week.

BUMED Perinatal Advisory Board Brings Patient Safety Into Focus

By Douglas H. Stutz, Naval Hospital Bremerton Public Affairs Office

BREMERTON, Wash. - Naval Hospital Bremerton recently hosted the Bureau of Medicine and Surgery Perinatal Advisory Board (PAB). The meeting brought together a wide range of specific medical field specialists from numerous military treatment facilities to brainstorm ideas and enhance training towards the ultimate goal of improving patient safety and enhancing quality care.

"Our overall goal is to concentrate on patient safety throughout the whole continuum of care," said Cmdr Con Yee Ling, BUMED PAB coordinator. "We make recommendations using evidence-based health care that will benefit not just Navy-wide military treatment facilities but also DOD medical commands."

"Our own advisory board mirrors that of BUMED PAB in that it is a multi-disciplinary group that includes members from OB/GYN, Anesthesiology, Family Medicine, Nursing, and Pediatrics," said Cmdr. Janine Wood, Navy Nurse Corps, of NHB's Northwest Beginnings Family Birth Center. "Having our BUMED PAB governing body here gave us the opportunity to conduct training, share thoughts and information. The time spent became a very posi-

tive networking tool to go over the pluses and the pitfalls that we all encounter in doing our jobs."

"Patient safety when delivering babies is the primary focus of the Perinatal Advisory Board," said Lt Cmdr. Jeffrey Martens, NHB general pediatrician and command PAB chairman. "The key is that PAB is multi-disciplinary. All the players involved brought their own expertise which greatly increases our collective ability. We work locally, but at the BUMED level, the PAB centralizes and gathers from all Navy military treatment facilities (MTFs) what's working and what is not working. Sharing information and ideas are integral."

According to Martens, PAB acts as a clearing house. A report card system has been put in place to identify areas useful to focus on for MTFs, and see if progress is being made and goals are being met. "We're doing well with what we have now in regards to the processes in place and we will get new initiatives and start working on them," noted Martens. "For example, some of the newer things we've implemented are two-day new-born follow-ups for everyone and post-partum depression screening, which has been rolled out Navy wide."

Martens explained that one of the big initiatives covered over the week was to standardize training,



BREMERTON, Wash. - Members of Bureau of Medicine and Surgery Perinatal Advisory Board conducted cutting edge training at Naval Hospital Bremerton using the Mobile Obstetric Emergency Simulator. The multi-disciplinary PAB group, that included members from OB/GYN, Anesthesiology, Family Medicine, Nursing and Pediatrics, convened to conduct training, share information and brainstorm on methodology to improve patient safety and continue the enhancement of quality care. *U.S. Navy photo by Douglas H. Stutz*

where everyone is communicating and training the same way. "We did a demonstration using the Mobile Obstetric Emergency Simulator (MOES), which is cutting edge training developed at Madigan Army Medical Center. Being close to MAMC and interacting with them has given us the benefit of being

(Continued on page 6)



AGUACATAL, Honduras - Navy dentist Cmdr. David Reiter and Hospital Corpsman 2nd Class Amy Brown remove an upper molar from a villager in Aguacatal during the Beyond the Horizon humanitarian assistance exercise in Honduras April 1. Reserve component doctors, nurses, and hospital corpsmen from Operational Hospital Support Unit, Dallas are providing medical services to six different Honduran villages during the two-week exercise. *U.S. Navy photo by Mass Communication Specialist 2nd Class Ron Kuzlik*

Sailors Bring Medical Care to Honduran Villages

By Mass Communication Specialist 2nd Class Ron Kuzlik,
Navy News Service

SOTO CANO AIR BASE, Honduras - U.S. Navy personnel from Operational Health Support Unit (OHSU) Dallas, Texas, completed two days of medical services to over 700 villagers in Agua Salada, Honduras, as part of their commitment to Beyond the Horizon 2009 – Honduras.

From March 25 to April 4, the Navy team of 32 Reserve component doctors, nurses, dentists, optometrists, pharmacists and hospital corpsmen are providing general medical care and diagnosis, dental check-ups and extractions, eye exams, prescription services and preventative care lessons to six different villages in rural Honduras.

"The main purpose of the mission for OHSU Dallas is training: deploying to an austere environment, providing care and redeploying safely," said Lt. Cmdr. Deborah Greubel, a Navy doctor overseeing the unit's efforts in Honduras. "In the middle of this deployment, our team touches the hearts and minds of the Honduran people. In return, they welcome us graciously and share with us their culture and kindness."

Pet Visitation — Making Rounds, Sharing Love at NH Jax

By Loren Barnes, Naval Hospital Jacksonville, Fla., Public Affairs Office

JACKSONVILLE, Fla. - There's nothing like a belly rub, hugs and kisses to make your hospital visit less stressful. Just ask Molly! No Molly isn't a patient she's part of the Naval Hospital Jacksonville (NH Jax) staff and she has the hospital ID to prove it.

Four-year-old Molly and her 18-month-old side-kick Teddy are Cavalier King Charles Spaniels owned by Cmdr. Deborah Roy, assistant director of nursing at NH Jax.

Molly and Teddy are the first two dogs in the hospital's new Pet Visitation program. Both Molly and Teddy are exceptionally well-trained, well-behaved and just plain adorable. Either of them can take a special place in the hearts of young and old alike as they and Roy make their rounds visiting patients, visitors and staff.

"The dogs provide a positive diversion from the normal hospital environment and help folks feel more at home," said Roy, who initiated the new program here. "Many

patients and visitors reminisce about their own pets and their impact in their life," she said. "The visits provide stress relief and a positive interaction that does not involve the medical illness they are being treated for."

Recognizing that some people are not dog people and others have allergies, Roy said the pets are never introduced to patients, visitors or staff without their permission or if it would medically inappropriate.

The hospital is currently looking to expand the program with volunteers who might want to involve their dogs in the program. There are some guidelines for participants Roy said, mainly regarding health and temperament. Dogs must be at least one year of age and all breeds are welcome. All dogs must have received their Canine Good Citizen certification. This is a simple obedience test available through the American Kennel Club. Go to AKC.org for information. Dogs must be on year-round flea/tick and heart worm prophylaxis, and must be healthy. All dogs will be evaluated by the NAS Jacksonville veteri-

In this remote sites access to health care is limited. "Most of the remote sites we visit here are in great need. Medical care is sparse, even the most basic of needs are unmet. Water is a rare commodity, electricity a luxury. An act as simple as giving a pair of glasses changes tremendously the quality of life of these gracious people."

The health care teams hopes that their work leaves a lasting impression and would foster goodwill among the two nations.

"There were a lot of needy people who desperately needed our help," said Hospital Corpsman 2nd Class Roger McCune of Parsons, Kan. "I'm hoping that what we're doing here continues to foster a positive image of the United States and our armed forces with the Honduran people."

Operational Health Support Unit (OHSU) Dallas is one of the Navy Reserve's medical field units.

Like the New Horizons program which began in the mid-1980s, the U.S. Southern Command-sponsored Beyond the Horizon program deploys U.S. military engineers and medical professionals to Caribbean and Central and South American nations for training and to provide humanitarian support. Missions for 2009 include Colombia, Dominican Republic, Jamaica, Honduras, Suriname and Trinidad & Tobago.



NAVAL HOSPITAL JACKSONVILLE - Molly helps relieve some of the stress of patient Rose Thurman while visiting the Emergency Room. U.S. Navy photo by Loren Barnes

narian yearly for a health check. Dog owners also must be approved. They will be interviewed for the

(Continued on page 7)

Optometry Team Aboard Comfort Preps for CP09

By Airman 1st Class Ashley Garcia, USNS Comfort Public Affairs

USNS COMFORT, At Sea - The optometry clinic aboard hospital ship USNS Comfort (T-AH 20) is preparing for its four-month deployment to various countries in Latin America and the Caribbean in support of Continuing Promise 2009 (CP 09).

CP 09 is a humanitarian and civic assistance mission that will offer support by conducting medical, dental, veterinary and engineering assistance programs afloat and ashore in response to host nation requests and requirements.

The clinic's mission is to provide glasses to locals in the countries and to educate them about proper eye care.

"We're here to make sure they have the corrections necessary to begin reading and to take care of their health long after we're gone," said Navy Lt. Joseph Osmond, Comfort optometrist.

The optometry clinic consists of three doctors and three technicians who will make up two teams. The teams will go into the country daily to screen and treat patients, while one doctor remains on board to treat crew members.

"We expect to see one hundred twenty patients per doctor; there are three doctors going ashore, so anywhere between three hundred sixty to four hundred patients per day," said Hospital Corpsman 2nd Class Johnathan Martinez, Comfort optician. "The clinic's goal is to examine up to thirty thousand patients by the end of the mission."

The teams will have several pieces of equipment with



them ashore: an auto refractor, which measures the cornea and helps determine the prescription; a slit lamp, which offers a close-up view of the eye, lens and retina; a tonometer, which measures eye pressure and can be used as a screening tool for glaucoma; and a binocular indirect ophthalmoscope, used to dilate a patient's eye. Doctors will carry a kit ashore each day with 220 reading glasses.

Sunglasses and lubricant eye drops will also be provided. The team has 12,500 pairs of sunglasses to distribute throughout the mission. They expect to see a lot of patients with significant light sensitivity and dry-eye syndrome since they are close to the equator. Patients of all age groups will be examined.

"We really want to focus on the children. We want to keep track of the numbers of kids ten and under we examine so that we can order ready-made glasses for their next mission," said Osmond. "There is also almost a universal need for reading glasses for people that are over forty years of age."

Perinatal continued...

(Continued from page 4)

able to pick that training up and pass along."

"The MOES can be programmed to simulate any number of emergencies in dealing with a newborn," continued Martens. "The principle is based on the same type of simulators used in Naval Aviation. Instructors can't turn off the jet's engines to see what happens and then respond, but they can do it in a flight simulator. The MOES gives us the opportunity to deal with emergencies we might see rarely, and get the necessary training in how to handle them. The MOES gives us the opportunity to get everyone involved and practice emergency, as well as routine, infant deliveries on an artificial pediatric patient that can show symp-

toms and even respond to simulated treatment. We go through all the steps involved - from the onset where a receptionist might have to page for the doctor - how long does it take to respond and be on scene? How long for a corpsman to go and return for medication if needed? How long does it take for help from Pediatrics to arrive? By making the scenario as realistic as we can, instead of just going through the motions, everyone gets to hone their skills. The hands-on training and shared feedback in a training yet real environment helps to improve individual and team skills as well as practice new clinical processes before any actual scenarios crop up with actual patients. There are a myriad of lessons to learn."

The lessons learned have consistently rendered positive results

for those in need. Last year, NHB delivered 668 babies, which equates to approx 56 babies a month.

Martens attests that another important area that the PAB focuses on is patient satisfaction. "We give everyone a survey to fill out," said Martens. "The feedback we get, which is generally real-time, helps us ensure we are doing all we can for our patients. At NHB we receive incredible kudos. The corpsmen also get rave reviews. We care and need to hear from our patients. Our Northwest Beginnings Family Birth Center is a central reason why we are here. We're here for them. Delivering babies is a big part of our facility. The birth process is complex. Our goal is to ensure it's done well and as safely as possible."

Cmdr. Awarded Bronze Star Medal for Service in Iraq

Provided via Naval Hospital Pensacola, Fla., Public Affairs Office

BAGHDAD, Iraq – Cmdr. Jeff Plummer was awarded the Bronze Star Medal for exceptionally meritorious service during Operation Iraqi Freedom while serving as Deputy Director for Health Affairs at the Multi-National Security Transition Command – Iraq (MNSTC-I).

Conducting over 50 combat missions throughout Iraq, Cmdr. Plummer led a team of Army, Navy and Air Force medical officers and non-commissioned officers advising/mentoring the Iraqi Ministry of Defense (MoD) Joint Forces Surgeon General Office, and the Ministry of Interior (MoI) Health Directorate.

On his watch, significant Health Service Support capability was transferred from Coalition to Iraqi control. The first Iraqi MoD Military Hospital at Al Muthana was opened on January 19, 2009, enabling key inpatient services in the capital city of Baghdad. Medical supply warehouses were expanded in Taji,

Kirkush and Numaniyah ensuring support for a growing medical logistics system.

Plummer directed high-level engagements by senior Coalition Advisors with the Iraqi Minister of the Interior, resulting in governance changes that better recognize health services.

In addition to constructing seven clinics for the MoI National Police, MNSTC-I Health Affairs outfitted National and Border police with ambulances and supplies, and advised MoI forces on establishment of medical logistics procedures.

Achieving a significant milestone for the developing Government of Iraq, Plummer organizing a first ever dinner conference between the leaders of the Ministry of Health, MoD and MoI. Hosted by the MNSTC-I Commanding General and Chaired by Deputy Prime Minister Rafi Al Isawi, and orthopedic surgeon, this event was lauded as a major first step toward cross-ministerial cooperation for the developing healthcare infrastructure.



BAGHDAD – Army Col. Stephen Salerno awards the Bronze Star Medal to Navy Cmdr. Jeff Plummer on Feb. 15 for service during Operation Iraqi Freedom. Plummer served as Deputy Director for Health Affairs on the Joint staff of the Multi-National Transition Command-Iraq. U.S. Navy photo by Lt. Cmdr. R. Conway

Selected for promotion to Captain, Plummer returns to duty as Officer-in-Charge of the Naval Branch Health Clinic at Naval Air Station Whiting Field near Pensacola.

Pet Therapy continued...

(Continued from page 5)

program and will attend the American Red Cross (ARC) orientation program at NH Jax.

After all the criteria have been met the dog's handlers are asked to volunteer for at least one hour per month. Roy said that is the ideal amount of time for the dog's rounds. "It takes about one hour to complete a set of rounds and dogs get tired around that time."

Pet therapy has been used for years in many places throughout the medical field," Roy said. "Some of the places we see pet therapy being used are in nursing homes (as visitors or as resident pets), physical rehabilitation programs, and hospital-based visitation. Dogs have been used as assistance animals for years and serve as companions as well as helpers for everyday activities. Seeing-eye-dogs help the blind navigate through society. There are even dogs that can sense seizures in their owners before the owners feel the warning signs. Dogs are helping young readers feel more comfortable with their reading and speaking skills. There are service dogs trained to assist people through traumatic events. For instance, dogs were used to assist aid and rescue workers during the 9/11 tragedy in New York City. Dogs are helping our returning soldiers through the Paws for Purple Hearts program, where service members with Post Trau-

matic Shock Syndrome (PTSD) are training service dogs. This helps train needed dogs for service work while helping the soldiers work through their own experiences.

The Pet Visitation program at NH Jax has already resulted in many positive comments from patients, visitors and staff. From people commenting on "what a neat idea" the program is to remarks on how it "brightened my day."

Staff has also benefited from departmental visits. "One quick stop to pet the dogs provides a brisk relief from the challenges of the day and helps to refuel them," Roy said, noting that she's received numerous requests from departments for therapy visits.

Studies on the medical benefits of interactions with pets, while not offering definitive evidence, have been largely positive. According to the CDC pets can decrease your blood pressure, cholesterol levels, triglyceride levels and feelings of loneliness. Pets can increase your opportunities for exercise and outdoor activities and opportunities for socialization.

Of course, most pet owners would say that their pet's biggest benefit is their capacity for unconditional love. Molly and Teddy have plenty of that to share and lots of people to share it with.

EMF-Kuwait Duo, Perrich Garner Awards at NH Pensacola

From the Naval Hospital Pensacola, Fla. Public Affairs Office

PENSACOLA, Fla. - Naval Hospital (NH) Pensacola's chaplain and a staff Nurse Corps officer were recognized in an awards ceremony March 27 for their efforts while deployed with Expeditionary Medical Facility-Kuwait, and the hospital's director of Industrial Hygiene, Pam Perrich, was the recipient of the Navy Meritorious Civilian Service Award.

Lt. Cmdr. Doran Kelvington was presented the Navy and Marine Corps Commendation medal by Acting Commanding Officer Capt. Roger Houk, director of branch health clinics at NH Pensacola, and Ens. Donald Wood received the Navy Achievement Medal for efforts while serving seven-month deployments with the Camp Arifjan-command hospital. EMF-Kuwait's mission is to provide combat force health sustainment for incoming and out-going personnel of Operations Enduring/Iraqi Freedom (OEF/OIF).

Kelvington earned the award for his service as EMF-K chaplain. His efforts in conducting more than 100 formal counseling sessions to assist with treatment plans for the Mental Health Department, the teaching of spirituality classes, and 97 visits to the various command sites throughout Kuwait earned the chaplain kudos from EMF-K's Commanding Officer, Capt. E.C. Wagner.

Wood participated in the nursing care of more than 3,000 patients; and mentored junior corpsmen with a continued focus on their advancement preparations. He also served as assistant Quality Manager of EMF-Kuwait where he developed a tracking database for command quality control reports.

Perrich earned the NMCS award from the hospital's Commanding Officer, Capt. Maryalice Morro, during the awards ceremony March 27.



NAVAL HOSPITAL PENSACOLA, Fla. - Ens. Donald Wood (left) is presented with the Navy & Marine Corps Achievement Medal for his service with Expeditionary Medical Facility-Kuwait by the Acting Commanding Officer Capt. Roger Houk March 31. U.S. Navy photo by Rod Duren

During June 2007 to April 2008, she shared duties as Acting Director of Public Health, prior to the return from deployment of the director, Capt. Wes Farr.

Navy Medicine East, the Navy hospital's direct-reporting command at Portsmouth, Va., hand-selected her to conduct the triennial IH program assessment of NH Jacksonville, Fla., in 2008.

Additionally, Perrich spearheaded development of a performance improvement plan that reduced the average number of days by more than half (48 to 21) to process and deliver IH survey reports. While acting director, the IH department earned a 93 percent customer satisfaction rating from commands throughout the region.

Her leadership received accolades from the Navy Safety and Occupational Health Program evaluation last October which found the overall program management of IH "worthy of emulation," wrote Morro.



NAVAL HEALTH CLINIC NEW ENGLAND, Newport, R.I.—LT. Cmdr. David Hicks, OD, was awarded the Navy Junior Optometrist of the Year Award, 2008, by the Armed Forces Optometric Society, which took place in Atlanta, GA, on March 4. Dr. Hicks is the Division Officer of Optometric Services at Naval Health Clinic New England, Newport, R.I. He also supervises an Optical Support Unit that consistently ranks in the top 5 for productivity for all Department of Defense Optical Support Units. Other clinical duties include mentoring 3 student doctors per quarter and establishing an educational program for them that entails weekly grand rounds, procedural training and optical fabrication, and conducting aviation exams for over 35 Officer Candidate School classes yearly. U.S. Navy photo by Kathy MacKnight



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