

2015 Defense Health Information Technology Symposium

Army Medicine Health Readiness



“Medically Ready Force...Ready Medical Force”

Why we are here



https://www.youtube.com/watch?v=4yhvKFxYv_Y

“Medically Ready Force...Ready Medical Force”



Agenda

- Army Medicine – A day in the life
- Army Medicine Priorities
- Enhanced Health Readiness Platforms
- The Performance Triad
- Connected Health
- Final Thoughts



“Medically Ready Force...Ready Medical Force”

Army Medicine



Mission: Army Medicine provides responsive and reliable health services and influences Health to improve **readiness**, **save lives**, and advance **wellness** in support of the Total Force, Military Families, and all those entrusted to our care

Vision: Strengthening the health of our Nation by improving the health of our Army



LTG Patricia D. Horoho
Army Surgeon General and
Commanding General, US Army
Medical Command

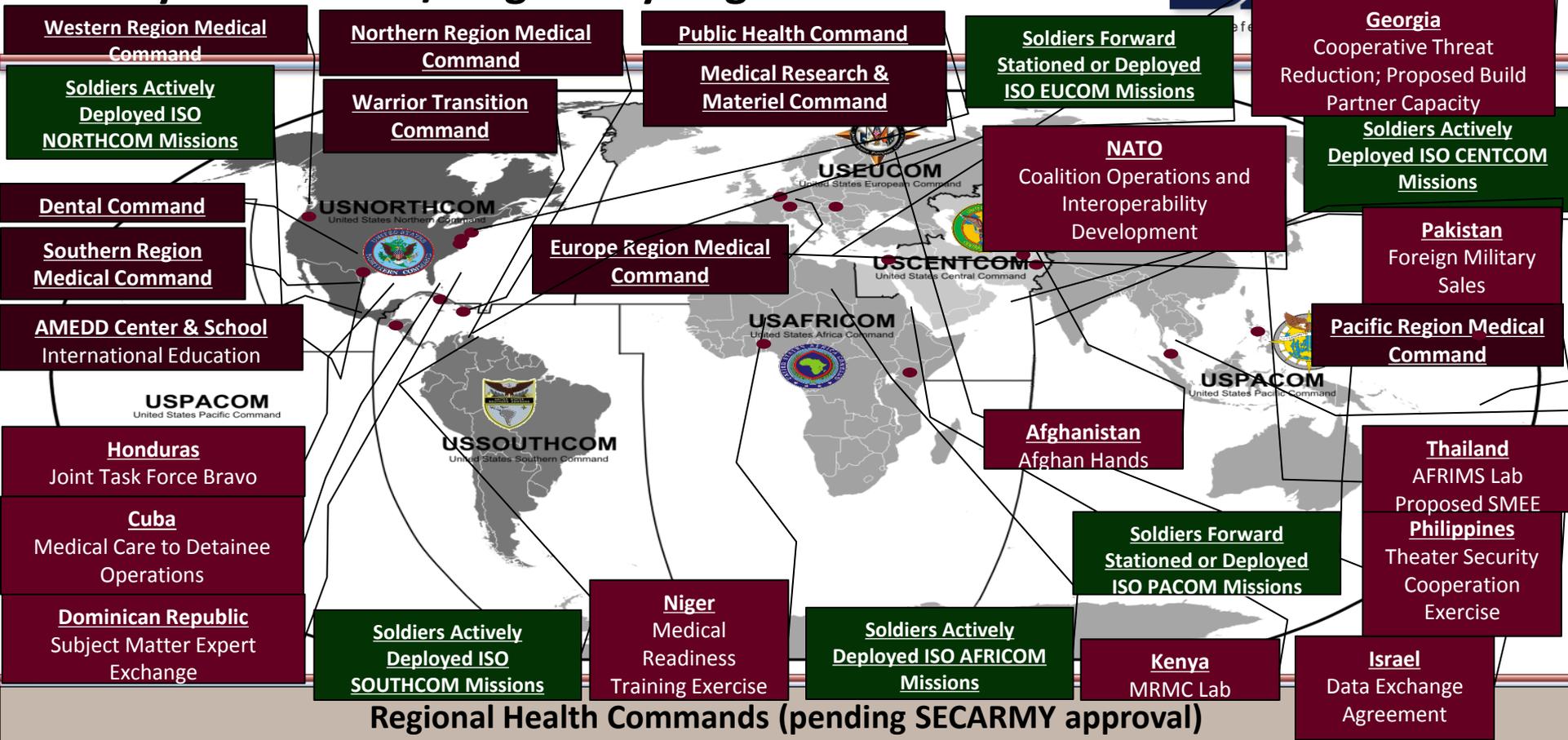


CSM Gerald C. Ecker
Command Sergeant Major US
Army Medical Command

“Medically Ready Force...Ready Medical Force”

Army Medicine

Globally Committed / Regionally Aligned



Regional Health Commands (pending SECARMY approval)

CONUS aligned to Corps – OCONUS aligned to ASCC = Health Readiness to Total Army

Average Day in Direct-Care MEDCOM



48,773 Encounters



71 Births



84,806 Laboratory Procedures



57,365 Outpatient Pharmacy Prescriptions



12,852 Radiology Procedures



7,901 Telephone Consults & Electronic Messages



1,083 Beds Occupied
253 Patients Admitted



Dental Services
24,915 dental procedures



Veterinary Services
3,097 Veterinary Outpatient Visits
\$23.3 Million of Food Inspected
401 Food Safety Visits



Medical Logistics Services
150,000 Supply Transactions
2307 Medical Maintenance WOs



Deployments
1,232 Soldiers Deployed

“Medically Ready Force...Ready Medical Force”

Excellence in Action



- 148 GME programs
- Nurse-Anesthetist Graduate program-ranked No.1 by US News
- Physical Therapy Graduate program-ranked No. 5 in the Nation
- Army-Baylor MHA program-ranked No.7 in the Nation
- Physician Assistant program - ranked No.11 in the Nation
- 95% First time board pass rate for Army physicians (National average 86%)
- Gen Surgery board certification rates highest in WA, GA, HA, & TX (#1 & #3)
- Dental specialty board pass rates average greater than 90%
- Army Medical Department Center and School - world's largest medical training facility (35,000 graduates per year)
- Emergency Medical Technician (EMT) certification pass rate for Army Combat Medics (95%) (National average 70%)
- Oversees \$1.4 billion in research and development
- Promotes health and science diplomacy around the world

“Medically Ready Force...Ready Medical Force”



Army Medicine Priorities



Health Readiness Platforms



Daily Actions in Support of a Senior Mission Commander to Ensure *Readiness & Health of the Force*



Daily Medical Skills Readiness to Ensure *a Ready and Deployable Medical Force*

MTF-Based Training Programs, Collective/Team Training, Training of Deployable Unit Personnel, Medical Readiness & Profiling, MTF-Based Research Programs, Leader Development (64% of AMEDD Leaders), Proximity to Soldier Population to Prevent Loss of Training Hours/Days, A Beneficiary Population that Contributes to Case Complexity

“Medically Ready Force...Ready Medical Force”

What this means to the Army



Movement from Healthcare → Health is a movement to wellbeing

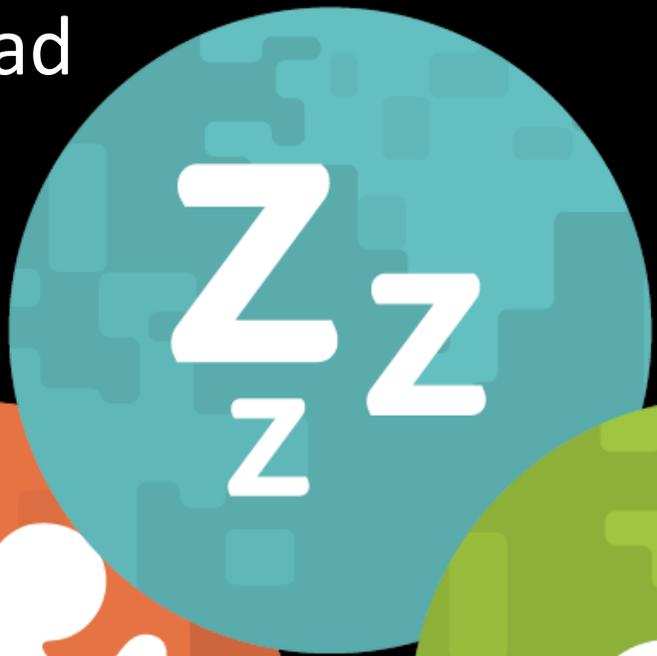
- Wellbeing is Readiness
- Wellbeing is Resiliency
- Wellbeing is Cognitive Dominance

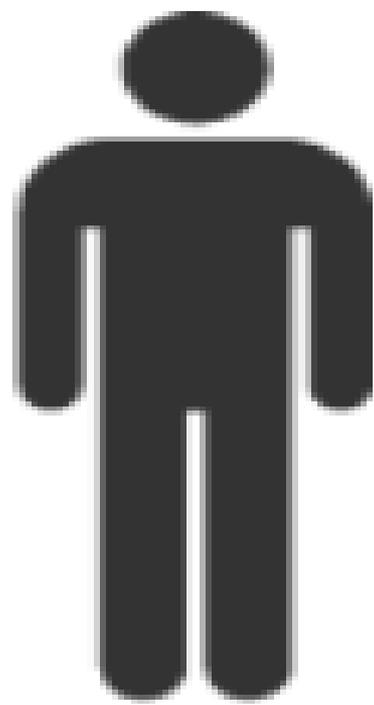
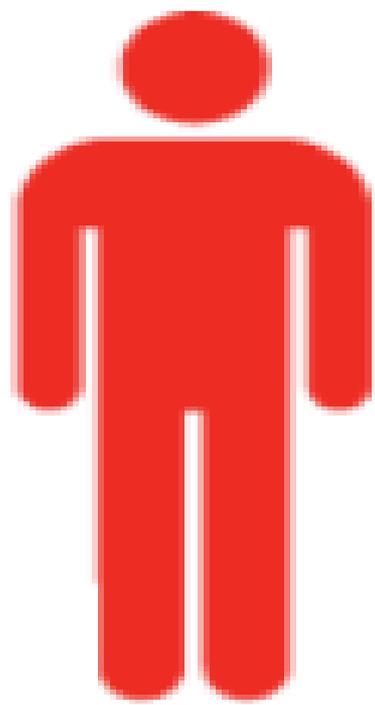


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Performance Triad

Fun with numbers

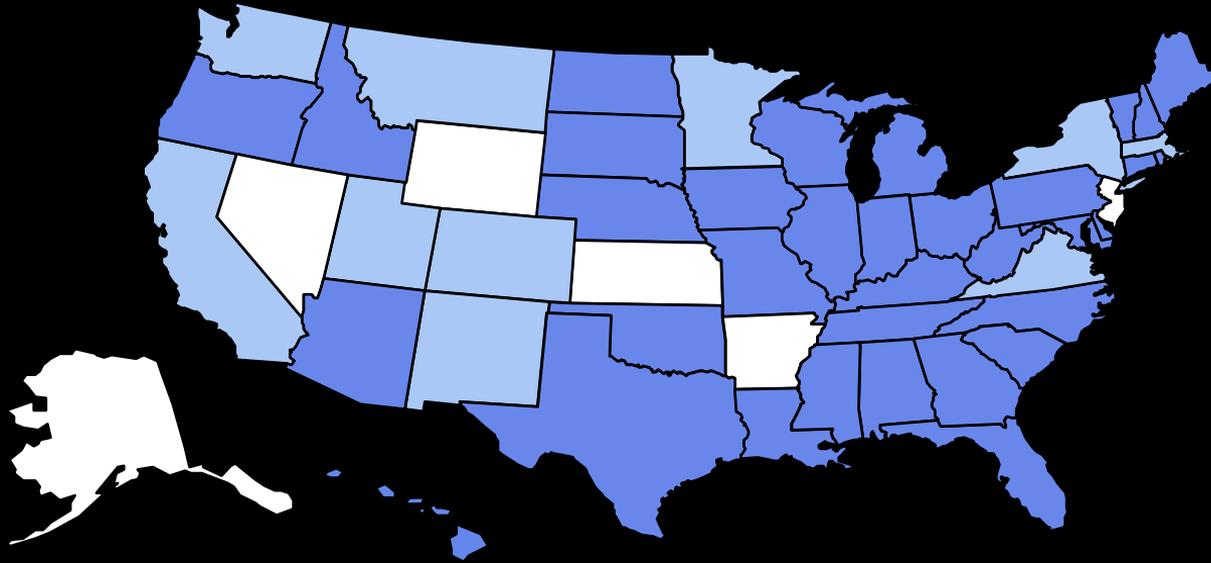




Obesity Trends* Among U.S. Adults

BRFSS, 1990

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



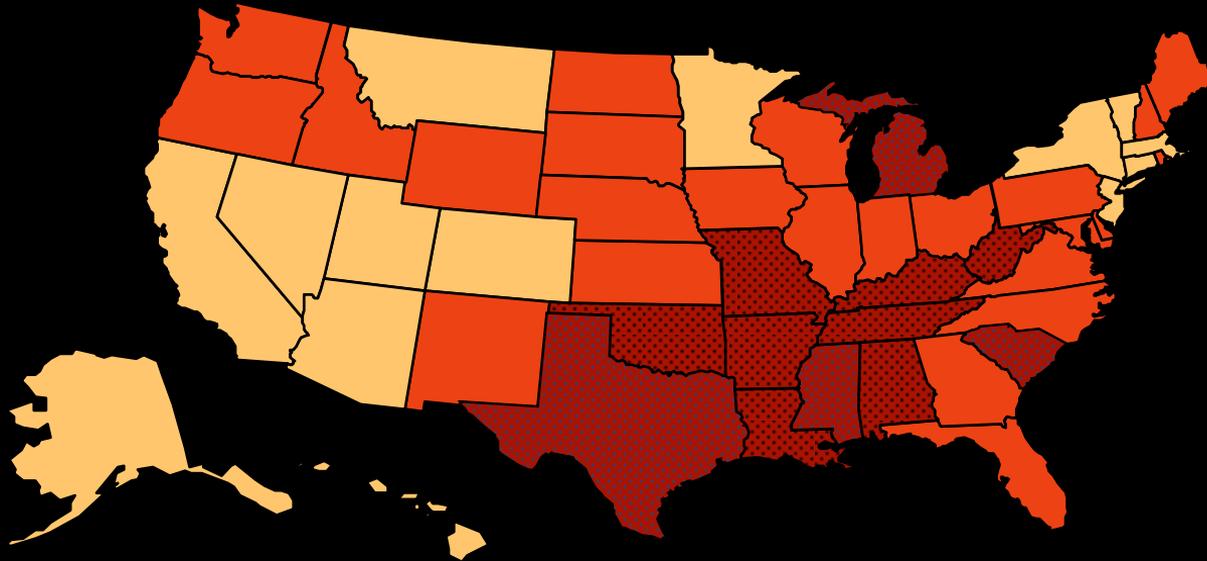
■ No Data ■ <10% ■ 10%–14% ■ 15%–19% ■ 20%–24% ■ 25%–29% ■ $\geq 30%$



Obesity Trends* Among U.S. Adults

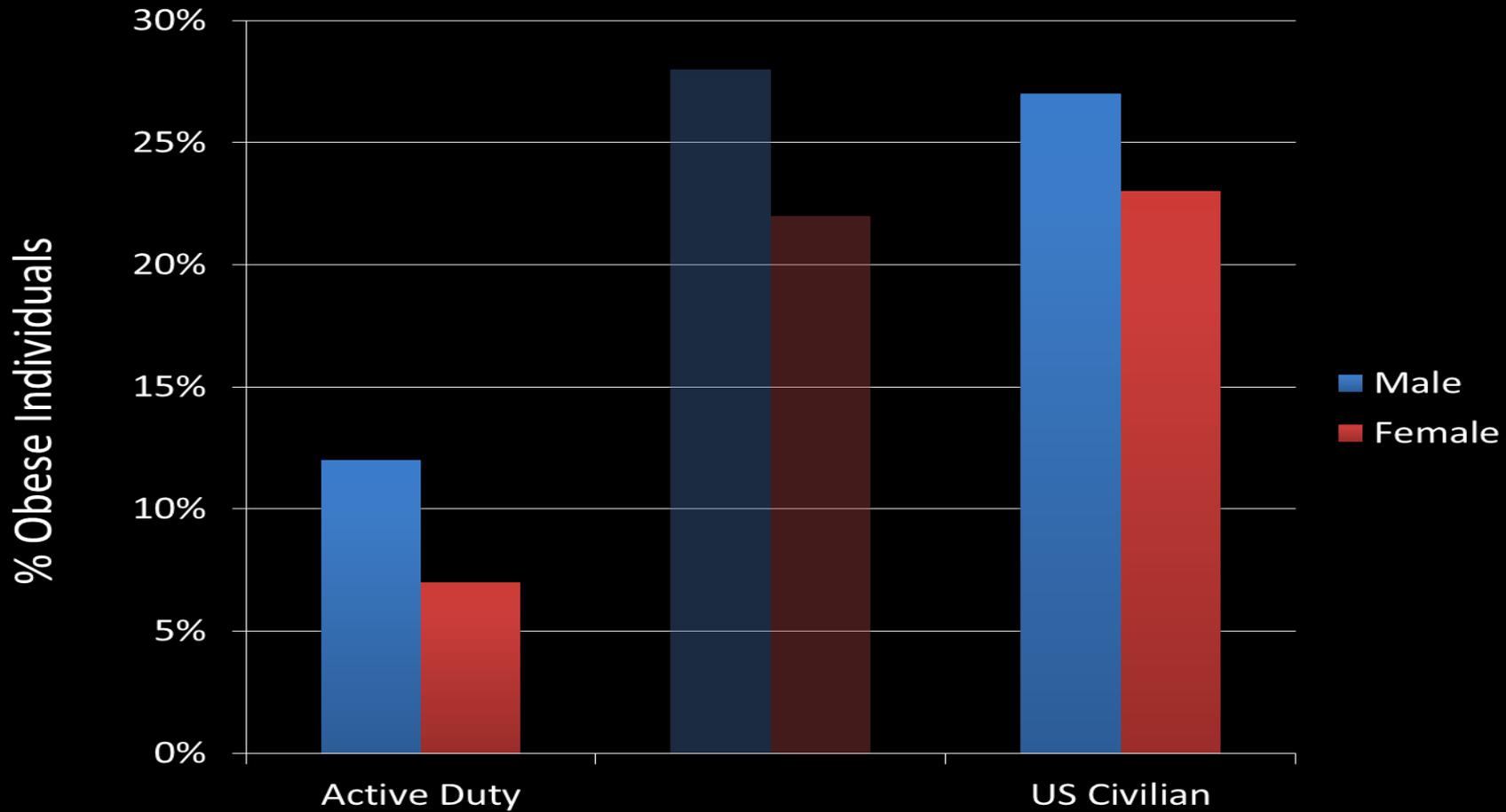
BRFSS, 2010

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



■ No Data ■ <10% ■ 10%–14% ■ 15%–19% ■ 20%–24% ■ 25%–29% ■ $\geq 30\%$





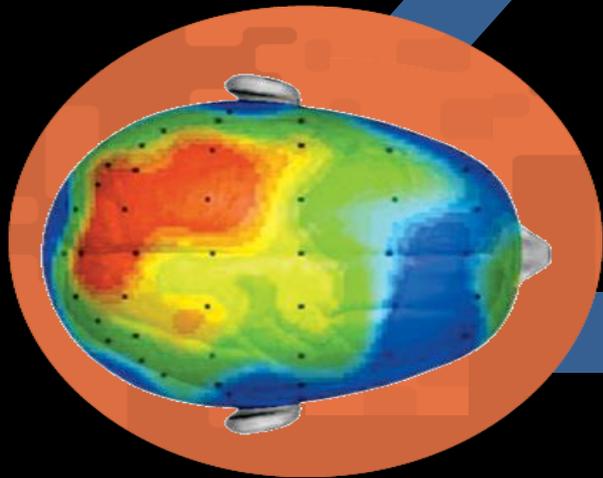
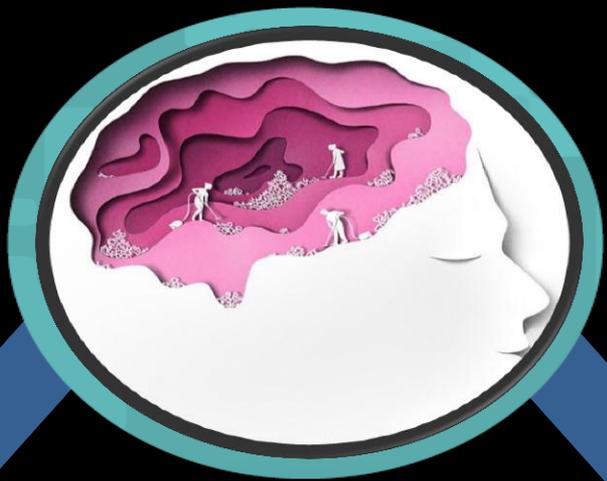


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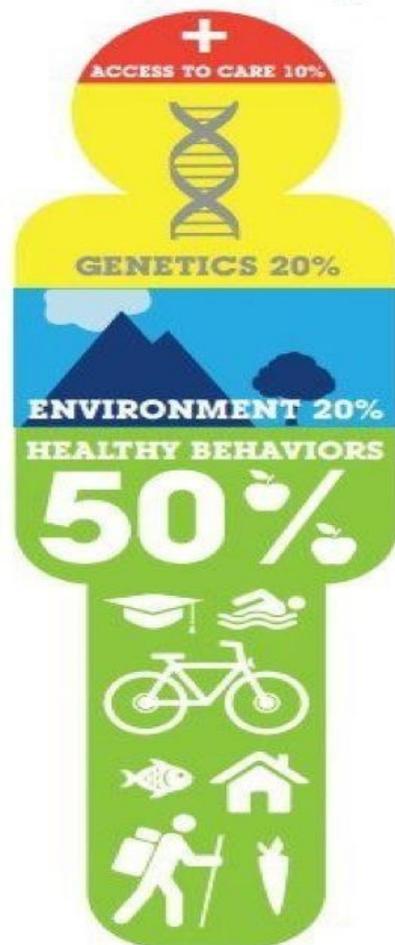
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20%

0.08



What **Makes** Us Healthy



What We **Spend** On Being Healthy



fitbit Dashboard | Log | Community | Premium | STORE

SMART DAILY DECISIONS KEEP ME MOVING!

100% of 70,000 weekly steps

LOG FOOD | LOG ACTIVITY | TRACK WEIGHT

Activity

- 10551 steps taken today (53% of goal of 20,000)
- 1 floor climbed today (7% of goal of 15)
- 5.3 miles traveled today (69% of goal of 8.00)
- 1674 calories burned (50% of goal of 3,325)

WALK TO AND FROM WORK +11,295

IN MY TARGET CALORIE ZONE!

	TARGET	ACTUAL
Calories Burned	2750 CALORIES	1324 CALORIES
Calories Consumed	2250 CALORIES	1905 CALORIES
Calorie Balance	500 CALORIE DEFICIT	581 CALORIE SURPLUS
Physical Activity	0:45 HRG MIND	0:25 HRG MIND
Steps Taken	8000 STEPS	2989 STEPS
Sleep Duration	8:00 HRG MIND	6:02 HRG MIND
Weight	Current Weight 183 LBS JAN 5, 2012	I have lost 4.4 LBS NOV 17, 2011
Heart Rate	HRG IN ZONES 0:46	ZONE 1 0:01 2% ZONE 2 0:04 9% ZONE 3 0:27 59%

Need to change your Change Weight Measure

Today 9:00 AM

Took 1000 steps at 9:00 AM

At 9:00AM, you took 1002 steps

10 min Jog 11:03 AM

10 min workout at 11:03 pm

Activity: Jog

By making exercise fun, you will do more and get more out of your workout. Even if you are just going for a walk, consider establishing a goal ahead of time. For reference, the Golden Gate bridge is 1.7 miles from end to end.

time active 24 min | calories 452 cal

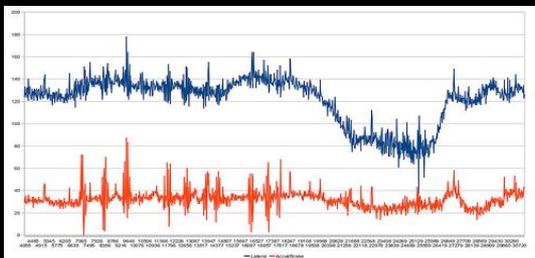
time active 9 min | calories 103 cal

SEPTEMBER 24 - 30

STEP IT UP | WEAR | CONSISTENT BEDTIME

Details | Patterns

Data



Information



Actions & Decisions



Knowledge







*Shift
Key*





AT&T

2:15 PM

AliveECG

00:26

60 BPM

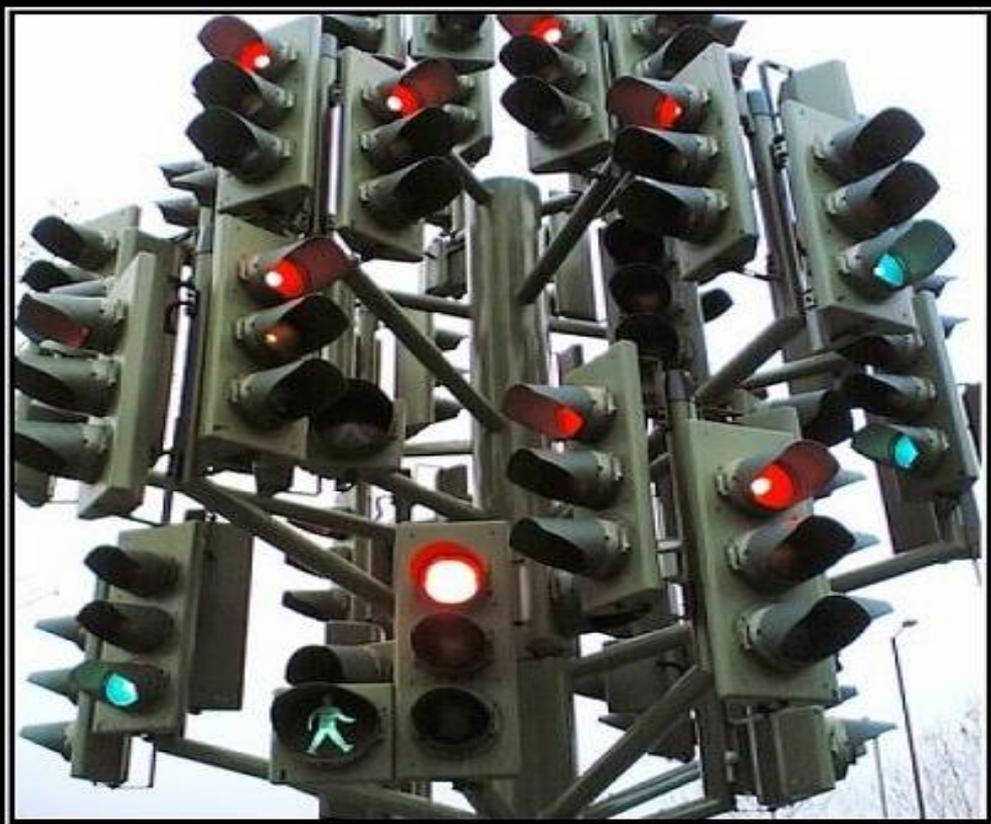
25 mm/s 10 mm/mV

Transformation through EHR Modernization



We have the opportunity to save time,
save resources, and most importantly,
save lives.

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Final Thoughts



**The Strength of the Nation is our Army,
The Strength of our Army is our Soldiers,
The Strength of our Soldiers is our Families,
This is what makes us *Army Strong!***