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LCDR David Myhre,
Interim PAO

HM3 Michael Romero,
Assistant PAO

HM2 Lidster Moves Onward and Upward

After almost ten years in the Navy, Hospital Corpsman Second Class Drew Lidster will be going in a new and exciting direction. This fall he will attend the New York Medical College as part of the Medical Service Corps In-Service Procurement Program (MSC-IPP). This program will give him the chance to earn a Masters in Public Health with a concentration in Environmental Health Science, while guaranteeing him a commission as a Lieutenant Junior Grade upon graduation.

HM2 Lidster has known he wanted to become an officer in the public health field ever since serving as the Preventive Medicine Representative (PMR) for 3rd Marine Regiment in Hawaii from 2007 to 2010. The idea of working to make the community safe appealed to him, but the path would be a long one. After leaving Hawaii, Lidster went on to Preventive Medicine Technician (PMT) school and



graduated first in his class. He chose orders here at Naval Health Clinic Annapolis and began working at preparing himself for submission of an officer candidate package. Despite being deployed to Afghanistan, he completed his undergraduate degree in 2012. His path to success was long and arduous, but thankfully, he was not left to fend for himself. The command's Environmental Health Officer (EHO), LT Courtney Coker, mentored him along the way and CDR Matthew Holcomb, NHCA Director for Administration, helped set-up inter-

views with Medical Service Corps officers in the area. He attributes the help of his leadership as being what made his package so strong.

The Masters program will take 24 months to complete, after which, he will go to Officer Development School (ODS) in Newport, Rhode Island for five weeks. Upon completion of ODS, he will be sent to his first command as an Environmental Health Officer. "I think with my prior enlisted PMT and Navy knowledge, mixed with the graduate education, I will become an officer that can better lead my Sailors and help them further their careers."





Captain Gordon Smith
Executive Officer
Naval Health Clinic Annapolis

Message from the XO

NHC Annapolis Team,

Spring has finally arrived in Annapolis! I guess it's true that, "No winter lasts forever, no spring skips its turn." We're all accustomed to constant change in our lives, both at work and home. Our challenge is always to adapt, manage and make the most of the opportunities that change presents. Planning ahead and setting goals for success now will enable us to reap the rewards in the future, much like the bulbs planted this past winter are producing the flowers we see now. As I prepare to transfer and till some new ground for myself, I petition each of you to set goals, make plans, work hard and seize your chance to ride the changes, in your work, with your family, to whatever destination you desire. Take your turn, just as every spring does!

I am proud to count myself among you all.



Junior Enlisted Clubs Making a Difference

From day one in the Navy, we're told to take care of our Shipmates. Groups like the Junior Enlisted Association (JEA) and the Coalition of Sailors Against Destructive Decisions (CSADD) are designed to do exactly that.

The JEA's mission is "to promote camaraderie and morale throughout the junior enlisted" and to "provide for the welfare of the JEA community." Participation in local events is stressed, as the JEA desires to not just provide for its Sailors, but also for the community.

While the JEA is community

oriented, CSADD is focused on the personal level. Its mission statement is to "create a culture in which our Shipmates are helping Shipmates maintain a course of success through good decision making."

CSADD recently held an alcohol awareness fair to educate the command on the consequences of abusing alcohol and encouraged responsibility in decision making. They also organized an indoor soccer match and plan to have similar events in the future.

At some point in our lives we've probably heard some

variation of the proverb, "Idle hands are the devil's workshop." By engaging junior Sailors and presenting opportunities to stay involved in the community, the JEA and CSADD are working hard to ensure that idleness is never an excuse for getting into trouble. Perhaps even more importantly though, they're ensuring that if a Sailor does get into trouble, they have a support group to set them back on track.



Annapolis Light House

The NHCA dental department has been making a habit of volunteering monthly and January was no different. In conjunction with Light House, a local organization that provides both shelter and support for the homeless, they prepared 150 bagged meals that Light House went on to distribute.

If you're interested in volunteering with Light House, you can find out more information at their website: <http://www.annapolislighthouse.org>.



The Multi Cultural Committee

It was a busy quarter for the Multi Cultural Committee and new chairwomen, HM2 Denice Moore and HM3 Tyheria Phillipsoden, had big shoes to fill after the departure of HM2 Megan Lopez. Under their new leadership, the MCC has continued to thrive and the committee held their first Heritage Fair in January. The fair featured food and presentations from myriad cultures and gave the command an opportunity to show just how diverse our staff is. The event was a huge success and will no doubt lead to similar events in the future. February was African-American History Month and featured HM3 Reginald Smalls singing “Lift Every Voice and Sing,” as well as a spirit dance by Ms. Diana. March celebrated Women’s History, Irish-, and Greek-American heritage. Our Commanding Officer, Captain Sheherazad Hartzell, spoke about her deployment to Iraq and kept the entire audience captivated throughout her presentation. The event also included a rousing celebration of women trailblazers that included staff portrayals of women like Sandra Day O’Connor, Susan B. Anthony, and Helen Keller.

April was the “Holocaust Days of Remembrance”, and May and June will celebrate Asian American, Pacific Islander, and Caribbean Island heritage. Multi Cultural Committee events are a great chance to not only celebrate our own heritage, but to learn about and enjoy the diversity that makes up our Navy team.



Individual Augmentee

Lieutenant Doris Lam, NHCA Dental Officer, is currently deployed to Camp Lemonnier, Djibouti. Before leaving, she went through Individual Augmentee training at Fort Jackson, SC, where she learned to fire numerous weapons and even earned a rarely given out coin from her drill sergeant. She has been enjoying her time so far and has even gotten the chance to perform oral surgery on working dogs. Great job LT Lam!



Health Fair



Behavioral Health: Beyond Mental Health

Behavioral Health is more than merely diagnosing mental disorders and providing therapy; Behavioral Health also focuses on promoting psychological health and wellness. Licensed Clinical Psychologists are behavioral health specialists who encourage and empower their clients to accept individual responsibility for their choices, behaviors, and lifestyle. Psychologists educate clients by providing knowledge and techniques that contribute to the maintenance of mental health and the prevention of mental disorder and dysfunction.

What does Behavioral Health have to do with Primary Care patients?

Every moment of our lives, our brains process a complex system of thoughts, emotions, and behaviors. Our brains determine how we think, how we feel, how we behave, and how we understand our everyday experiences. There is a direct relationship between brain function and behavior; the way our brains operate affect our behavior, *and* the way that we behave affects the way our brains operate – it goes both ways.

Stress can interfere with the relationship between our brain and our behavior; between our mind and our body. Your patient's ability to cope with stress determines the quality of their behavioral and emotional health. Stress can be understood as anything that puts a demand on a person's ability to cope with physical and/or mental challenges. An important part of how patients cope with stress is how well they learn to solve problems, accept life's challenges and frustrations, communicate with others, and get help when they need it. Sometimes in life people get overwhelmed by stress either because a particular life event was so painful or traumatic; or because a person experienced an accumulation of so many little stressors that they have depleted their resources and become worn out.

The Behavioral Health Solution

The focus of Behavioral Health is on helping people develop **health-promoting behaviors**, which includes healthy ways of thinking, healthy ways of emotionally reacting, and making healthy behavior choices that promote wellbeing.

Health-promoting behaviors include: 1) exercise or physical activity, 2) nutritional strategies, 3) lifestyle adjustment [adequate sleep, satisfying work, etc.], 4) monitoring and maintaining positive thinking and attitude, 5) health responsibility behaviors [responsible alcohol consumption, using seatbelts when driving, correct use of prescribed medications, etc.], and 6) maintaining healthy relationships and interpersonal support.

The US Navy is actively integrating primary care medicine and psychological/behavioral health. By working in collaboration with your Primary Care Manager and Behavioral Health Consultant/Psychologist to address significant challenges to health such as smoking, diet, alcohol use, sedentary lifestyle and accidents, you may resolve lifestyle issues while promoting health with no negative side-effects.

Submitted by:

Valerie Galante, Ph.D. Dr. Galante is a Licensed Clinical Psychologist working as a civilian contractor at the Branch Health Clinic-Earle in Colts Neck, NJ.

AWARDS

Quarterly Awards

Ms. Lolaine Brianas, Senior Civilian of the Quarter
 Ms. Yolanda Estep, Junior Civilian of the Quarter
 Ms. Donna Trolian, Contractor of the Quarter
 HM1 Jose Palacias, Senior Sailor of the Quarter
 HM2 Antonio Alicea, Junior Sailor of the Quarter
 HM3 Reginald Smalls, Blue Jacket of the Quarter

Yearly Awards

Dr. Jitedrakumar Modi, Senior Civilian of the Year
 Mr. Richard Moesch, Junior Civilian of the Year
 Ms. Andrea Shafer, Contractor of the Year

Awards

HM1 Enrique Mosquera, NAM
 HM2 Shalia Brown, NAM
 HM2 Kirklando Lee, GC
 HM2 Megan Lopez, NCM
 HM2 Denice Moore, GC
 HM3 Elliot Burke, GC
 HM3 Amir Buzimkic, NAM
 HM3 Michael Romero, NAM
 HN Brittany Booth, NAM, GC
 Ms. Eva Miller, LOA

Awards Legend

NCM: Navy and Marine Corps Commendation Medal

NAM: Navy and Marine Corps Achievement Medal

GC: Good Conduct Medal

LOA: Letter of Appreciation

Ombudsman Corner

Happy spring to everyone and I hope it is goodbye to winter in Annapolis. We were sad to say goodbye to Will Lopez and I will be leaving at the end of May. Your new NHCA Ombudsmen will be Nicole Couch and Dawn Segundo. They are eager to serve and will meet you at our Command Picnic on 20 May. Come and enjoy the fun while watching the Blue Angels fly.

Resource

School Liaison Officer – Ms. Carol Mohsberg (410) 293-2641
 carol.mohsberg@navy.mil

Supports inbound/outbound school transitions
 Provides information on local schools
 Provides information on graduation requirements
 Home school linkage/support
 Post – secondary preparation (scholarships/financial aid)
 Referral to military and community agencies
 Deployment support

Renee Smith
 NHCA Ombudsman
 (410) 980-7165
 NHCAombudsman@yahoo.com

A MESSAGE FROM THE PATIENT SAFETY MANAGER (PSM)

Our Patient Safety Awareness theme for 2014 is, "Navigate Your Health...Safely." Patient's health is a journey often starting with a diagnosis. The National Patient Safety Foundation has teamed up with the Society to Improve Diagnosis in Medicine (SIDM) to develop and disseminate educational materials for clinicians, health systems, and patients. The educational information is to help better understand and prevent diagnostic errors.



Reducing Diagnostic Error/ Patients and Families

The list below is initial suggestions, acknowledging that diagnosis involves not just the patient and the provider, but other members of the health care team as well as the clinic environment.

1. Be a good historian and trust your own judgment. Keep records of your symptoms, when they started and how they responded (or not) to treatment.
2. Take advantage of cancer screenings recommended by the United States Preventive Services Task Force (USPSTF).
3. Make sure you know your test results and keep accurate records of them.
4. Don't assume no news is good news. Follow up with your provider regarding your test results and consults.
5. Speak up and ask:
 - a. What else could it be?
 - b. What should I expect?
 - c. When and how should I follow up if symptoms persist or worsen?
 - d. What resources can I use to learn more?
 - e. Is this test worthwhile? Can we wait?
6. Don't assume the health care system will adequately coordinate your care. Be proactive, keep your own records, and assist with coordinating your care.
7. Provide feedback about diagnostic errors to providers and organizations.
8. Understand that diagnosis always involves some element of uncertainty.
9. Get a second opinion regarding serious diagnoses or unresolved symptoms.
10. Take advantage of help and support such as support groups, patient safety staff, patient advocates, and online forums.



Andrea Shafer

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Naval Health Clinic Annapolis

COMMAND GOALS



Check out photos from recent events such as the Breast Cancer Walk and the command's and children's holiday parties on Facebook!



If you would like to contribute an article or announcement to this newsletter, please email HM3 Michael Romero at Michael.Romero@med.navy.mil or call him at 410-293-3617 or ext. 1790

1. READINESS

- Decrease total shore MRI rate in the NHCA AOP to below 11%.
- Establish an organized, recurring audit and improvement process for command MEDIG program and TJC requirements.

2. VALUE

- NHCA can decrease purchased care by 10% by 31 Dec 2014.

3. JOINTNESS

- Maximize opportunities for resource sharing and collaboration within Joint Areas of Operation.
- Leverage joint initiatives to optimize Access to Care for our beneficiaries culminating in reduction in purchased care.

Crews Into Shape

Those that work in the medical community are well aware of the importance of a healthy diet and exercise, but sometimes it's easier to give the advice than to take it. During the month of March, 64 of our staff, spread throughout 9 teams, participated in the Crews Into Shape challenge as a way of encouraging healthy choices. The Navy and Marine Corps Public Health Center sponsors this challenge every March in conjunction with National Nutrition Month and its goal is to motivate participants to eat more fruits and vegetables, drink more water, and exercise habitually. Unlike other programs with similar goals, Crews Into Shape is not meant

to drastically shock someone into a pattern of diet and exercise. Rather, it is gradual and meant to encourage



Crews Into Shape

participants no matter where they are in their lives.

Teams receive points by meeting their weight goal, eating fruits and vegetables every day, and exercising. The winning team, Tight Assets, was

led by Ms. Zera Menard. Ms. Menard attributes the encouragement the team gave each other as the most valuable experience. In addition to their program-mandated weekly meeting, their team also ate lunch together every day, so they were able to keep each other accountable on the diet portion of the challenge.

While the challenge may be over, diet and exercise are still important. "It's crazy how much fitness takes a backburner in many people's lives. These things don't stop mattering after Crews Into Shape ends. It's about making a life change and creating a healthy routine," says Dig Deep team leader, HM2 Michael Couch.