

VITAL SIGNS

NAVAL HEALTH CLINIC ANNAPOLIS

"Committed to Excellence Since 1845"

JULY 2014 TO SEPTEMBER 2014

Navy Medicine

INSIDE THIS ISSUE:

Bone Marrow Drive	1
Message from the CO	2
Physical Readiness	3
Navy Fest	5
BLS Program	5
Tough Mudder	6
Individual Augmentee	6
Awards/Promotions	7
Patient Safety Manager	8
Ombudsmen Corner	9
PA Week	9
Hispanic Heritage Month	10

LCDR David Myhre,
Interim PAO

HM2 Michael
Romero,
Assistant PAO

The Gift Inside of You...

The U.S. Naval Academy (USNA) hosted a bone marrow registry drive Sept. 18, collecting 2,014 new registrations into the C.W. Bill Young DoD Marrow Donor Program. Midshipmen from the Medical STEM extracurricular activity organized the bone marrow drive on campus with the assistance of the Midshipman Action Group as well as a cadre of Corpsmen from Naval Health Clinic Annapolis Brigade Medical Unit (NHCA BMU).

Midshipmen, staff, faculty and family members volunteered to enter their DNA, collected from a cotton Q-tip cheek swab, into the National Marrow Donor Registry to be available as a potential match for someone in need of a life-saving transplant. Within the first hour, there were approximately 1,250 new registrations in the program. By the end of the 4 hour collection period, a total of 2,014 entries were placed into the registry and set a USNA record for most collections in a single day.

NHCA's HM1 Curtis Wilson, HM2 Antonio Alicea, HM3 Michael Smith, HN Sean Barnes, HN Marquia Boulware, and HN Tyler Langley facilitated the collection of samples by distributing swab samples, provided instructions on the collection process, and ensured paperwork for the registry was completed correctly. The swab samples were sent to the C.W. Bill Young Donor Center in Rockville, Maryland for testing and registration. It is here that the DNA information is coded and stored in the Defense Department and National Marrow Donor Program registries. According to the center, more than 12,000 people are diagnosed each year with diseases that require an infusion of stem cells. More than 70 percent of blood cancer patients are unable to find an appropriate match within their own family and will require an unrelated donor.

Coincidentally and quite remarkably, during the same week of the USNA bone marrow registry drive, our very own Administration Department Head, LTJG Kawika Segundo was busy donating his bone marrow to a needy patient. In 2009, LTJG Segundo volunteered to have his HLA (human leukocyte antigen) tissue-type tested for the National Marrow Donor Program registry. Then in August 2014, he was contacted as a potential match for a young patient with Severe Aplastic Anemia who needed a bone marrow transplant immediately. Following a rerun of the original samples from 2009, he was contacted a month later and came out as the perfect match for this patient. After a couple of physicals and authorization from the medical center and our NHCA Chain of Command, LTJG Segundo was given the "green light" to proceed as a donor while at the same time the recipient was getting prepared to receive the marrow. **(Continued on page 2)**



LTJG Segundo in the recovery room after donating bone marrow

Message from the CO



Captain Sheherazad L. Hartzell
Commanding Officer
Naval Health Clinic Annapolis

I hope you would agree with me when I say it has been busy around here. We have had many visits from Navy Medicine East (NME) and others looking at the way we do business from fiscal (money) to Joint Commission to Medical Inspector General (MedIG) to the operations in pharmacy and lab. These visits show us where we are doing well and where we have opportunity to improve for our next patient.

The bottom line is that we have made significant strides to deliver quality and safe care and to make sure our patients have access to that care. Know that the patient experience plays an critical role in letting our patients know we care and are there for them.

- We recently completed our annual Command climate survey and our teams just finished conducting focus group discussions. Thank you for your time and honest input. We will have top issues that will be shared with you at Captain's calls.
- MHS review... Positives about our command... HEDIS metrics, well child visits, referral procedures. No negatives! Bravo!
- Construction projects from new clinic in Annapolis to trailers in Philadelphia to design in Lakehurst. Lots going on and we are on track.
- We are continually working to improve our processes and systems. Thank you for your work ethic!
- Remember that communication plays an important role in everything we do. Please speak up and prevent errors.
- Thank you for contributing to our command and for taking care of our patients. Even if you are not actually working with patients, you facilitate patient care and that is key. Our patients can see NHCA's commitment to excellence in how they are treated.
- Enjoy the upcoming holidays. Please take good care of yourselves. As our Surgeon General, Vice Admiral Nathan talks about Ship, Shipmate, Self...be safe and remember those who are standing the watch and pray for their safety.

Thank you and Happy Holidays!
CO sends

(Continued from page 1) During this critical preparation process, the young patient had to endure several days of chemotherapy in preparation to receive the donor's marrow. According to LTJG Segundo, "Without the much need bone marrow from the donor, the young patients prospect of survival would be bleak."

Although the harvest procedure required a short stay in a hospital and a few days of recovery, LTJG Segundo will quickly tell you the discomfort he felt was easily outweighed by the joy and pride knowing he was saving a life. Says Segundo, "Please get placed on the bone marrow registry as the satisfaction is immense. I can equate it to me giving a single dollar—and that dollar is worth a million dollars to the person receiving it and the parents and loved ones who so dearly love that person. Such a small investment for such a large return."

The C.W. Bill Young DoD Marrow Donor Center, has been in operation since 1991 and works exclusively with military personnel and their dependents, DoD civilian employees, Reservists, and Coast Guard and National Guard members to facilitate marrow and stem cell donations. For those of you who are interested in getting placed on the DoD and national bone marrow registry, please check out the C.W. Bill Young DoD Donor Program website @ <https://www.salutetolife.org/joinus.html>.

"Without the much needed donor marrow, the patient's prospect of survival would be bleak."

LTJG Kawika Segundo

Written by LCDR David Myhre with contributions from LTJG Kawika Segundo, NHCA and MC3 Nathan Wilkes, U.S. Naval Academy Public Affairs

Physical Readiness Assessment: How Ready Are You?

During the last week of October, the majority of Naval Health Clinic Annapolis will be tested to see how physically ready we are. This assessment is performed twice a year and should be considered one of the most important evolutions we partake in. All too often, we glance at the required Physical Readiness Test (PRT) Standards Chart and ask ourselves, "What do I need to pass?" Last quarter we discussed the importance of setting goals and continuously being hungry for whatever challenges we must conquer in order to achieve those goals. To strive for the minimum is a goal unbefitting that of a Navy Sailor. Captain John Paul Jones wrote in a letter to le Ray de Chaumont in 1778, "I wish to have no Connection with any Ship that does not Sail fast for I intend to go in harm's way." Our command, our Navy, is a ship. We fight together; we win together regardless of rate or rank. We all have sworn to protect this great nation and all her interests and in doing so, the minimum will never get you there, for this ship moves fast and we need you all to keep up.

We have two minutes to complete as many curl-ups as we can. Why stop early? You can rest in the down position. Take a break when needed, breath deep, exhale, dig inside and pull yourself up for a few more. A few pointers:

- If you weigh 200 pounds, don't choose a partner who might weigh 110 pounds.
- Keep your arms crossed across your chest, thumbs on your clavicle.
- Bring your buttocks in closer to your heels.
- Pull yourself up touching your elbows ANYWHERE between your knees and hips.
- Come down where your scapula (shoulder blade) touches the deck and shoot back up to repeat.
- Most importantly, BREATHE!! Tighten your core, exhale and pull yourself up.

We have two minutes to complete as many push-ups as we can. Why stop early? Though you can only rest in the up position, focus! When you are resting, tighten your core and breathe. Coming down, break the 90 degree plane and shoot up. Dig deep and push. A few pointers:

- Place hands and arms slightly wider than shoulder width.
- Point your left hand to approximately 1300 and your right hand at 1100.
- On your way down, your elbows should be pointing at a 45 degree angle from your body. This allows you to engage both your chest and triceps. (continued on page 4)



Physical Readiness Assessment

(continued from page 3)

The dreaded cardio... Most will be running the Naval Academy's Sea Wall this year and in doing so, you need to be prepared. Know that it will be a few degrees cooler by the time we run our PRT, so practice running with a hoodie or light jacket.



If you are planning to conduct your cardio portion using the alternate cardio options, be sure to PRACTICE. Do not think that the bike or elliptical is easier than the run and not practice to know where your threshold in caloric burn is. A few pointers during the cardio option:

- Practice running by doing short sprints while doing your run.
- Be sure to breathe while you do any cardio.
- Dig deep and focus. Bring music if you wish.
- Know the threshold you need to surpass whether it is lap time or calorie burn, and then...demolish it!

Remember that the minimum is never what you should strive for. Giving up is never an option. Keep pushing forward, digging deep, and keeping an eye on the word "NAVY" written on your gold PT shirt. If you need any assistance in your final preparations for the upcoming PRT, please do not hesitate to contact your Command Fitness Leaders listed below.

Hospital Point	Bancroft Hall	Branch Health Clinics
HM2 Couch	HM1 Palacios (CFL)	HMI VasquezLuna
HM2 Wescott	HM2 Baker	HMI Mosquera
HM3 Garganta	HM3 Garganta	HM1 Pruss
HM3 Griffin	HM3 Cortez	HM2 Pacheco
HM3 Burke	HN Paramore	
	HN Intal	

Written by HM2(FMF) Michael D. Couch

From the Navy Office of Diversity

When we participate in outreach activities, there are often opportunities to mentor and to be mentored. Seeking out individuals with like interests and like backgrounds is one way to gain support in one's personal and professional life, and the Navy encourages individuals to pursue activities that help with professional development as well as contribute to a healthy life-work balance. Individuals and organizations are encouraged to celebrate the diverse makeup of our Navy Total Force, and to participate in activities enhancing and embracing Navy diversity."

Navy Fest 2014



Do you love Navy football games? Do you love to tailgate? If you said yes to either or both and if you came to Navy Fest 2014, then you had a great time. The event was tailgating central with Navy vs Western Kentucky. The game was great, but the tailgate was even better. There was a great turnout including several VIPs: RADM Faison (Deputy SG), RADM Bono (NCR Medical Director), and RADM Stocks (USN Retired, former NCA Regional Commander) and our own CAPT Hartzell and CAPT Fry and the majority of the Health Clinic Annapolis Wardroom. The food was fantastic with a variety of classic tailgate foods to include brats, hamburgers, assorted snacks, drinks—and don't forget the 50lb roasted pig that made its inaugural debut this year! The food wasn't the only highlight, the games were great also. There was a sandwich making competition with prizes along with a team competition corn hole event. Overall, the event was loads of fun and the turnout was fantastic. It was a great way to relax and enjoy camaraderie with our fellow Medical, Dental, Nurse and Medical Service Corps officers.

Written by LT Jared Heal

BLS Program Exceeds Expectations

Did you know that in the last fiscal year our command's BLS program trained over 650 people in CPR? For a small command, this number is impressive, but looked at in context, it becomes even more significant. Before this year, that number has never been over 300, but this year our command taught 120 people in September alone. Under the leadership of the previous Program Director, HM2 Drew Lidster, and the Program Administrator, HM2 Timothy Anthony, the program branched off from merely teaching Friday morning classes in Lockwood Heaton, to teaching midshipmen on the Yard or security staff at Halligan Hall. The program was even asked to teach a class to staff at BUMED. With new equipment and enthusiastic instructors, the program is showing no signs of slowing down. HM2 Lidster's successor, HM2 Michael Romero, brings the same mindset of providing quality training to anyone who requests it. "HM2 Lidster and HM2 Anthony set this program up to succeed and now it's just a matter of continuing what they started. In the last year we've been getting a lot of requests for classes, but our instructors have really stepped up and have given our program a great reputation. Now that people know about this program outside of our clinic, there's no slowing down," says HM2 Romero. The command's BLS program is available to teach all military and GS employees.

For further information about the BLS program, you can contact HM2 Romero (michael.romero@med.navy.mil), HM2 Anthony (timothy.anthony@med.navy.mil), or the incoming Program Administrator, HM2 Estevan Colvin (estevan.colvin@med.navy.mil).



HM3 Smalls instructs HM2 Alicea on the proper technique for giving chest compressions

Annapolis Team Conquers Tough Mudder



L to R: HM3 Cortez, HN Pena, HM2 Loetz, HM2 Alicea, HM3 Rodriguez, DC2 Smartwood (USCG).

Several staff members from NHCA participated in, and successfully completed, the “2014 Capital Region Tough Mudder” race on Saturday, September 27th. **A Tough Mudder** is an endurance event in which participants, usually as a team, attempt a 10 - 12 mile long military-style obstacle course. It is designed to test mental as well as physical strength and its obstacles often play on common human fears such as fire, water, electricity, and heights. The main principles of the Tough Mudder revolve around teamwork and camaraderie. Throughout the course, participants must commit to helping others complete challenges, putting teammates before themselves, and overcoming fears. The events are untimed and an average of 78% of entrants successfully complete the course.

The first Tough Mudder challenge was held in the United States in 2010 and approximately 55 are held worldwide annually. To date, more than 1.3 million people worldwide have participated and 6.5 million dollars has been raised for the charities they work with, to include the Wounded Warrior Project in North America.

The event’s fun, challenge, and climate of giving back and gratitude for the sacrifices of service members are felt strongly as each person crosses the finish line and receives their headband signifying accomplishment and brotherhood. For those of you interested in participating in a future Tough Mudder, check online @ <https://toughmudder.com/events/find-an-event>.

Written by HM2 Craig Loetz

Individual Augmentee

We currently have two Individual Augmentees (IA) deployed. LTJG Nicole Kosakowski, a PA at BHC Earle is currently deployed to Afghanistan taking care of sailors and Marines at Camp Leatherneck and hopes to be home by Christmas. When not seeing patients, LTJG Kosakowski is learning all she can about the MEF in preparation for her future assignment to Camp Pendleton, CA. LT Doris Lam, a dental officer at NHCA is deployed to Camp Lemonnier, Djibouti as the Expeditionary Medical Facility Dental Officer and is set to return to Annapolis at the end of October. LT Lam has been busy on her deployment making the dental clinic a better place for the next IA and has also been busy in her off-time by forming a Camp Lemonnier Ultimate Frisbee league and kicking some “behind” in the judo club.



LT Lam, top row, third from the left.



LTJG Nicole Kosakowski

Promotions and Awards

Promotions

LT Robert Arthur (LCDR)
 LT Shanda Avent (LCDR)
 LT Danielle Muckenthaler (LCDR)
 LT Doris Lam (LCDR)
 LT Judith Silva (LCDR)
 HMC Charles Ramirez

Quarterly Awards

Mrs. Heather Howley, Junior Civilian of the Quarter
 Dr. Mimi Lum, Senior Civilian of the Quarter
 Dr. Patrick Perry, Contractor of the Quarter

Yearly Awards

Mrs. Heather Howley, Junior Civilian of the Year
 Mrs. Dolores Reyes-Gonzalez, Senior Civilian of the Year
 Mrs. Renee Hinmon, Contractor of the Year

Awards

LCDR Matthew Holcomb, MSM
 LT Courtney Coker, NCM
 LT Michael Terrenzi, NCM
 HMC Charles Ramirez, NCM
 HMC Charles Ramirez, NAM
 HMC Charles Ramirez, MOVSM
 HMC Jesse Tossetti, NCM
 HM1 Jean-Pierre Turnier, NCM
 HM2 Anthony Jones, NCM
 LT Amy Welkie, NAM
 MA1 Sidney Lindeke, NAM
 HM2 Timothy Anthony, NAM
 HM2 Andrew Brown, NAM
 HM2 Michael Couch, NAM
 HM2 Lyndale Dacosta, NAM
 HM2 Carl Gurley, NAM
 HM2 Isaac Kimble, NAM
 HM2 Tavarae Lewis, NAM
 HM2 Michael Romero, NAM
 HM2 Leslye Thompson, NAM
 HM2 William Tinsley, NAM
 HM3 Larhonda Fletcher, NAM
 HM3 Kayla Kirk, NAM
 HM3 Christopher Taylor, NAM
 HM2 Jonathan Parr, MOVSM
 HM1 Jose Palacios, FLOC
 HM1 Jonathan Pruss, FLOC
 HM2 Antonio Alicea, FLOC
 HM2 Craig Loetz, FLOC
 HM2 Denice Moore, FLOC

Awards (cont.)

HM3 Jalessa Lantern, FLOC
 HM3 Reginald Smalls, FLOC
 HN Kyle Feldpausch, FLOC
 HN Bailey King, FLOC
 HN Brandon Laurent, FLOC
 HN Scott Sabrina, FLOC
 HN William Troy, FLOC
 HM3 Aleksandr Kleynshvag, LOC
 HN Jacob Anthony, LOC
 Mr. Willie Arnold, Fifteen Years Service Award
 Ms. Lolaine Brianas, Twenty Years Service Award
 Ms. Anne Bowen, Five Years Service Award
 Mr. Tilbert Brymer, Thirty Years Service Award
 Mr. Scott Clapet, Five Years Service Award
 Ms. Yuklei Corcoran, Five Years Service Award
 Mr. Ruben Del Pilar, Ten Years Service Award
 Mr. Stephen Delucchi, Ten Years Service Award
 Mr. Emil Fabian, Ten Years Service Award
 Mr. Kenneth Fowler, Ten Years Service Award
 Ms. Judith Graff, Five Years Service Award
 Dr. Catherine Haslam, Five Years Service Award
 Ms. Susan Hennessy, Twenty Years Service Award
 Ms. Katrina Hill, Twenty-Five Years Service Award
 Ms. Heather Howley, Ten Years Service Award
 Ms. Tina Hughes, Thirty Years Service Award
 Mr. Robert Jones, Twenty-Five Years Service Award
 Mr. Jason Joy, Fifteen Years Service Award
 Mr. Lawrence Korman, Five Years Service Award
 Mr. Peter Kurtz, Twenty-Five Years Service Award
 Ms. Daisy Matthews, Thirty-Five Years Service Award

Awards (cont.)

Ms. Mildred Mayes, Ten Years Service Award
 Ms. Mary Rogers, Thirty Years Service Award
 Mr. Steven Rogers, Ten Years Service Award
 Ms. Jacqueline Trout, Five Years Service Award
 Mr. Joseph Van Brackle, Thirty Years Service Award
 Ms. Cynthia Williams, Five Years Service Award
 Mr. George Woronko, Five Years Service Award
 Ms. Rhonda Fowler, I-Day Award
 Ms. Judith Graff, I-Day Award
 Ms. Renee Hinmon, I-Day Award
 Ms. Mary Palombo, I-Day Award
 Mr. Dennis McClain, I-Day Award
 Dr. Jitendrakumar Modi, I-Day Award
 Ms. Dolores Reyes-Gonzalez, I-Day Award
 Ms. Jacqueline Trout, I-Day Award
 Mr. Harry "Ray" Wiles, I-Day Award
 Mr. Michael Winn, I-Day Award

Awards Legend

MSM: Meritorious Service Medal
NCM: Navy and Marine Corps Commendation Medal
NAM: Navy and Marine Corps Achievement Medal
MOVSM: Military Outstanding Volunteer Service Medal
FLOC: Flag Letter of Commendation
LOC: Letter of Commendation

A MESSAGE FROM THE PATIENT SAFETY MANAGER (PSM)



FLU SEASON IS AROUND THE CORNER



Some children 6 months through 8 years of age will require two doses of flu vaccine for adequate protection from flu.

Naval Health Clinic Annapolis is ready to vaccinate you and your loved ones against influenza. Everyone needs a flu vaccine (6 months and older) every flu season. Please review the facts regarding the flu and the vaccine:

- Influenza (flu) is a contagious respiratory disease that infects the nose, throat, and lungs and may lead to complications and hospitalization.
- The flu can also cause certain health conditions, like diabetes, asthma, and heart and lung disease.
- The flu vaccine is safe and has been given for over 50 years.
- A common misconception is that the flu vaccine can give you the flu; it cannot. The most common side effects are soreness at the injections site, low fever and aches.
- The nasal spray flu vaccine may cause congestion, runny nose, sore throat, or cough; this is not the flu.
- Please visit the website below for more information and a complete list of people who are recommended for flu vaccination: <http://www.cdc.gov/flu/protect/whoshouldvax.htm>.
- CDC Influenza Vaccine Information Statement-(08/19/2014) is another resource that our clinic will provide you for what you need to know about the vaccine.

We hope to see you and your family in our clinic soon for your flu vaccine!

Andrea Shafer

RN, BAN, C-EFM, RNC-OB

Phone: (410) 293-1342

Andrea.Shafer.ctr@med.navy.mil

Ombudsman Corner

Your Naval Health Clinic Annapolis ombudsmen, Ms. Nicole Couch and Ms. Dawn Segundo, serve as a liaison between the families and the command. Ombudsmen continue training throughout their entire time of service and are a great resource to have at your fingertips. With countless resources available, ombudsmen make sure they stay up to date with what is available to you and your families; anything from school to counseling, we have the right resources at hand and can send you where needed. Whether you think you'll need us or not, there will always be someone there should the need ever arise. No question or need is silly; we are here to support our Navy families and make sure you have what you need for this crazy, yet rewarding life we live. Feel free to contact us anytime at NHCAombudsman@yahoo.com or by phone 410-980-7165.



PA Week

PA Week is October 6-12, 2014. To celebrate the profession, here is a bit of history and the role of PAs both in the military and in the civilian sector.

The PAs were founded in the military

The Physician assistant (PA) profession was created to improve and expand healthcare. In the mid-1960s, physicians and educators recognized there was a shortage of primary care physicians. To help remedy this, Eugene A. Stead Jr., MD, of the Duke University Medical Center, put together the first class of PAs in 1965. He selected four Navy Hospital Corpsmen who had received considerable medical training during their military service. Stead based the curriculum of the PA program on his knowledge of the fast-track training of doctors during World War II. The first PA class graduated from the Duke University PA program on Oct. 6, 1967. ¹

Scope of Care

PAs practice in all 50 states and the District of Columbia. Almost half of PAs practice in family medicine/general practice or surgical subspecialties, accounting for about 20% each. Other practice areas include emergency medicine and internal medicine. PAs work an average of 40.57 hours and see an average of 70 patients a week. ²

The profession today

In 2014, Forbes magazine ranked the Master's Degree in Physician Assistant Studies as the number one degree for jobs, citing a 20% growth rate in the profession. PAs are one of the fastest growing medical professions, growing 219% from 2003 to 2013, and the number of certified PAs stood at 95,583 across the United States at the end of 2013.²

NHC Annapolis has five military PAs assigned:

LT Merilynn Cariaga, LT John Munyan, LT Amy Olson, LTJG Servio Wilches work in the Brigade Medical Unit.

LTJG Nicole Kosakowski of BHC Earle is deployed to Afghanistan.

1. <http://www.aapa.org/threeColumnLanding.aspx?id=429>

2. <http://www.nccpa.net/Upload/PDFs/2013StatisticalProfileofCertifiedPhysicianAssistants-AnAnnualReportoftheNCCPA.pdf>

Written by LT Amelia Olson



Check out our Facebook page for more photos from the command and updates on what's happening at the command.



If you would like to contribute an article or announcement to this newsletter, please email HM2 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 AOR 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.

Hispanic Heritage Month



Left: SSgt Marcos Beaza was the guest speaker for the event and related his experiences as a Mexican American.

Above: The USNA Latin American Studies Club danced.