

Lowcountry Beacon

Pharmacy Renovation Nears Completion

On the Cover
Pharmacy staff viewing the renovation progress.

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A Message from the CO

*Capt. Joan R. Queen
Commanding Officer*

For this edition of the Lowcountry Beacon, I want to focus on a topic that is important to all of us—time. It’s something I’m sure many of us wish we had more of, and intangible though it is, time is priceless. I am ever mindful of the importance of timeliness in all manner of situations. Whether it’s being on time to work, being on time for an appointment, reducing the amount of time patients and staff have to wait for services at Naval Hospital Beaufort, or taking the time to prepare for a hurricane, making the most of the hours in each day is beneficial to us all.

Why is it important to be on time at work? It’s crucial to be on time for work because being late can have a ripple effect. When you arrive late, you just might be holding up other people from doing their job because they require something from you to get it done. This, in turn, can hold someone else up. The same goes for accomplishing work-related tasks in a timely manner. When you don’t meet deadlines, other people might not be able to meet theirs. When people get behind, stress can be the result, creating a less than optimal work environment. The simple act of being on time can help reduce that stress, ensure everyone accomplishes what they need to do, and lead to a greater sense of job satisfaction.

Why is it important to be timely with your medical care? Like being late for work, being late for an appointment can have an impact on others. If you are late and still have the opportunity to be seen, your tardiness could potentially make the provider late for their next appointment, and so on. Or, you might have to reschedule, which means you will have to spend more of your time coming back for a new appointment. Additionally, addressing any health-related concerns should always be done in a timely manner. There are many medical conditions where an early diagnosis can often make a tremendous difference in treatment choices and ensuring a positive outcome. Being timely with your health and your health care can have a positive impact on your overall well-being.

One of the ways we are working to save time here at Naval Hospital Beaufort is with our pharmacy renovation. By adding additional windows and upgrading our equipment, our wonderful pharmacy staff will be able to serve patients better and reduce wait times at the pharmacy.

One last word on time – it’s hurricane season, and it is time to be prepared. Make sure you and your family know where you’re going and what to do if you need to evacuate. Know how to weather-proof your home. Ensure that you have a hurricane kit ready and, if you are taking any medications, that you visit our pharmacy to ensure you have enough to last several days. You can visit the NHB website for links to more information on hurricane preparedness.

Being mindful of time and managing it well can have a beneficial impact on all aspects of our lives. So, I encourage everyone to do their best to be on time no matter where you’re going and no matter what you’re doing. And, if you are late, apologize; it’s a simple act of common courtesy that lets others know you care about the impact you’ve had on their time.

In closing, I would like to say thank you to all of our wonderful patients and staff for making my time here at NHB exceptional!



Our Mission

To provide safe, efficient, effective patient and family centered health care while ensuring operational readiness.



A Note from the XO



*Capt. Edward D. Simmer
Executive Officer*

Part 2: Naval Hospital Beaufort, Part of a Great Community

In the last issue, we looked at some of the many ways Naval Hospital Beaufort (NHB) and its staff are supported by the Greater Beaufort Community. In this issue we will cover the “rest of the story”: some of the ways NHB and the people who work here give back to the community.

NHB has a number of official and unofficial ways we support the community. We have “Adopted a Street”, and are responsible for keeping Ribaut Road clean between the hospital and the bridge to Parris Island. You will regularly see groups of volunteer hospital staff along the road picking up trash to help keep our community looking nice. We also maintain the Fort Frederick State Heritage Preserve. This 1730’s historic British Fort is next to our base. It was relatively unmaintained for several years, however volunteers from the hospital now maintain the grounds, and our Chief Petty Officers Association recently rebuilt the informational kiosk on site. Our volunteer Command Historian regularly leads tours of this and other historic sites on our base. The tours are open to the public by calling 228-5306.

Another way we support our community is with the NHB Choir. Our Choir is a very talented group that lends their collective voice to many events around the community. They will be featured in this year’s 9/11 ceremony on the Beaufort Waterfront. Members of the Command also volunteer at local school career days, showing students opportunities both in the medical field as well as with a career in the Navy.

We also have many individual staff members who volunteer in many ways throughout the community. This includes several in leadership positions with the Beaufort Water Festival, many who work with other charitable organizations, and individuals who work to help those who are less fortunate in our area.

One of the most important ways we support the community is with our Honor Guard. The Honor Guard is made up of NHB Sailors, all of whom are volunteers. Selection is competitive. The Honor Guard renders military honors at over 200 Veterans’ funerals per year, ensuring those who have served their country receive the final respect they deserve. They also perform at many local events and celebrations, as well as at Colors every Friday in front of the hospital. They are some of the sharpest Sailors you will see!

As you can tell, we live and work in a great community. Indeed we could not succeed in our mission without the great support we receive from so many people in this area. As members of that community ourselves, we try to give back. Time is one of the greatest gifts we can give, since unlike money or things, we cannot make more of it, and I am very proud of the many great people on our staff who give of their time, talent, and energy to help make Beaufort even better.

Are You Registered to Vote?

The Command Voting Assistance Officer (VAO) ensures that military members and families understand their voting rights. Additionally, the VAO provides information on how to register to vote and absentee voting. The VAO provides accurate non-partisan voting information and assistance as directed by the Uniformed and Overseas Citizens Absentee Voting Act. If you need voting assistance, please contact HMC Amanda Hughes at 228-2388 or via email amanda.hughes@med.navy.mil



A Word from the CMC

What time is it? It's game time! This game chant is echoed throughout arenas and stadiums everywhere. It motivates players and gets them focused on the task at hand. Now, I ask you, "what time is it?" Hopefully your response would be, "It's career time!" That's indeed correct. "It's career time!"

I need everyone to be enthusiastically motivated and focused on their career, starting from day one. So often we wait until the end of our first enlistment before we get serious about our careers. Those times are long gone. We have to be engaged in our career development as though our life depends on it. And, in reality, it does. If you are not involved from day one, you will get left behind in today's Navy. There are several resources available to assist you in getting your career on track, including your LPO's, CPO's, Retention Team Leaders, and Command Career Counselors.



CMDCM(SW/FMF)
Tyrone Willis

Firstly, let me be clear on one thing: you are in charge of your own career. Not your Career Counselor, LPO or your CPO – you are. They are clearly resources that will assist you in navigating your career, but remember, you are the captain of your own ship. Secondly, utilize proper time management. Don't procrastinate. Set goals and timelines to achieve milestones. Lastly, stay the course. Don't waiver. Regardless of the troubled waters of life, with the proper training and navigational equipment, you can and will reach your career destination. Now that's what time it is!

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Lowcountry Beacon

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U.S. Naval Hospital Beaufort*

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Chaplain's Corner



The Power of Holistic Care and The Hope It Can Bring

By Lt. Jennifer Dolder

When patients come to Naval Hospital Beaufort or the Branch Health Clinics, we as a team have the opportunity to focus on treating them as a whole person.

Usually the focus for a given service member, family member, or recruit is on the physical aspect of that given individual or family member. However, as a team we also can provide holistic care for everyone we serve; realizing each individual is not just a physical being but a whole person with mental, emotional, social and spiritual needs. Each of us plays a powerful role in providing for those needs.

For example, everyone who walks in or out of the north wing of the hospital has an opportunity to flash a smile and quick hello to our veterans sitting in the waiting room. This little action can have a powerful affect on showing that we respect them and are proud of their past duty as service members. These actions can speak to their social and emotional needs.

From the moment our patients enter the hospital, we have an opportunity to make them feel welcome and a part of the NHB family. Individuals going to the pharmacy or a given clinic at NHB, MCAS, or MCRD are all social beings and the treatment we show them behind the counters or in the hallways can have a tremendous affect on their attitude, emotions and even their mental thoughts. Although there are limitations when dealing with recruits, a small word of encouragement can go a long way when attending to their medical needs.

Part of the holistic approach to care is looking at all facets of the individual and determining which other parts of their whole being can also be addressed during their physical healing. It can be as simple as allowing an individual to express their concerns and be willing to actively listen and validate those concerns. It could be taking the time to explain in layman's terms what they might also experience after an opera-

tion that addresses the mental and emotional side affects. Or it could be asking them if they have a spirituality or social group that brings them support and hope in their life.

Addressing the holistic person can simply be done by giving them hope during their time in your office, in the waiting room, or in the hospital room. Hope can touch on the mental, emotional, social and spiritual aspects of the patient, which, in turn, I believe can enhance the physical recovery process and outlook for the patients.

Many who come to the hospital are dealing with illness, which oftentimes can also have them feeling down, lost and in grief. Giving them hope is a powerful ingredient in caring for their needs. Hope can be expressed either in our being or doing; that is, hope can be expressed in your encouraging presences where there is no need for words or a given action.

We can all play an integral part of caring for our patients in a holistic manner just by seeking to take the time to show our patients that we see their whole person, want to care for them and give hope to them while they spend time with us here at NHB .



MA2 Laquinton Lee and Chaplain Dolder

Pharmacy Renovations Near Completion

By Regena Kowitz, Cmdr. Mark Travis, and Lt. Cmdr. Russell Wiegand

Built in 1949, Naval Hospital Beaufort is one of the oldest hospitals in Navy Medicine. So, it is only understandable that it might be time for this grande dame of military health care to receive a little makeover. In April, the hospital began an extensive pharmacy renovation to improve efficiency, modernize operations, and reduce wait times. Three years in the making, pharmacy staff and patients have long anticipated the pharmacy's remodel, which is expected to be completed in late September or early October.

"The pharmacy had not been renovated in decades and we determined that space limitations were adversely affecting pharmacy operations, particularly workflow, and a renovation would provide significant improvements," said Cmdr. Mark Travis, director for clinical support services.

Once it was determined that a renovation was required, the lengthy process was spearheaded by Mr. Bill Muthig, supervisory facilities engineer, and Mr. Shelton Stancil, department head of base operations. This involved extensive work obtaining funding for the project, selecting a design for the new pharmacy, and awarding of the construction contract. The contract was awarded to GKK Works, and pre-construction on this \$1.63 million project began in fall 2010.



Lt. Cmdr. Russell Wiegand points to the new pharmacy windows.

"The renovation will dramatically improve the workflow within the pharmacy itself."

- Cmdr. Mark Travis, director for clinical support services.

Prior to renovations, there was insufficient space behind the pharmacy's four windows for modern equipment and storage of medications and supplies.

Large systems, like the Accumed automatic pill counting machine, were simply placed wherever they could fit, with the result being a less than optimal floor plan. With the old pharmacy layout, staff were essentially working like rats in a maze.

"The renovation will dramatically improve the workflow within the pharmacy itself," said Travis.

"There will be less movement of personnel for each prescription processed due to more direct access to the pharmacy systems and medication shelving with the new layout. We will no longer have areas of the pharmacy that are 'single use' only, allowing multiple personnel access at a given time. This will also diminish the potential for medication errors by eliminating excess processes, movements and distractions."

Equipment upgrades will not only decrease the workload for staff, but will also improve patient wait times and their overall pharmacy experience. One of the major changes will be the replacement of the Accumed with the Parata Max, which stores the

(Continued on page 7)



HM3 Justin Simoneaux working in the temporary pharmacy.

Pharmacy Renovations Near Completion



Hospital Corpsman First Class Wesley Corwin and Senior Chief Hospital Corpsman Troy Murphy in the temporary pharmacy.

same amount of medication using less space. The new pharmacy was designed with the Parata Max in mind so that it fits perfectly and leaves plenty of room to navigate the work space. It's also a much more efficient system, saving staff time and energy. Currently, the Accumed only counts the pills leaving pharmacy staff to retrieve bottles, fill them, and label them before the pharmacist checks the prescription. But the new system will change all that.

“The Parata Max will considerably decrease the workload,” said Travis. “Among its many advantages is that it counts the medications, fills the bottles, labels and caps the bottles, so they are completely ready to be checked by the pharmacist prior to dispensing.”

Another equipment upgrade which will improve patient care is the new automated queuing system, the Qflow, which provides numbered tickets letting patients know their place in line. Not only is the new system web-based, which can be accessed from any computer in the pharmacy, it has more flexibility. One major advantage to the new system is that it can be modified to re-call patient numbers out of sequence. This will give pharmacy staff more leeway in

reducing patient wait times by allowing patients who have been waiting longer than others not to get bumped by incoming patients.

The Qflow also has the option of printing messages on the tickets, allowing pharmacy and hospital staff a way of relaying pertinent information to patients, such as changes in the pharmacy schedule.

A structural change that will have a positive impact is the addition of more windows, including one that is wheelchair accessible.

After the renovations are complete, Naval Hospital Beaufort will boast a streamlined and highly efficient pharmacy with the most modern systems available

“We’ve increased the number of service windows by 50 percent,” said Lt. Cmdr. Wiegand, pharmacy department head. “By adding two new windows, we will be able to more quickly check patients in and greet them immediately when they arrive at the pharmacy.”

Over the last three years, pharmacy wait times have seen a gradual decrease from peak wait times of approximately 45 minutes to less than 20 minutes. With all the new efficiencies incorporated into the remodel, these already excellent wait times will see an additional decrease in the amount of time a patient spends waiting for their medications. The goal, once the new pharmacy is open for business, is to have 100 percent of patients waiting 15 minutes or less.

After the renovations are complete, Naval Hospital Beaufort will boast a streamlined and highly efficient pharmacy with the most modern systems available. Add that to an outstanding staff of active duty and civilian pharmacists and pharmacy technicians, and you have the makings of pharmaceutical excellence.

New medication bottles waiting to be filled.



Sailors of the Quarter



Senior Sailor of the Quarter
MA1 J. L. Brown



Junior Sailor of the Quarter
HM3 C. A. Gurung



Blue Jacket of the Quarter
HN D. Ollis

Civilians of the Quarter



Senior Civilian
Mr. D. S. Gamboa
MCRD Dental Services



Civilian
Mr. Anthony Moore
MCRD Recruit Medical Readiness



Contractor
Ms. Likita L. Jackson
MCRD Dental Services

Staff Education and Training

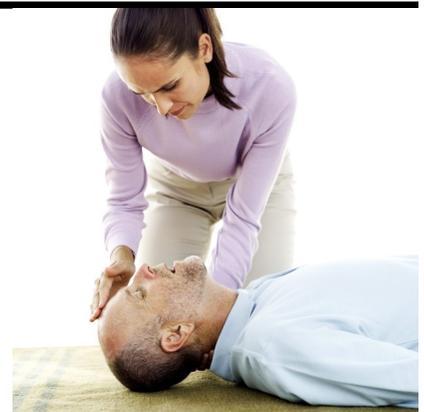
Upcoming dates for Command Orientation:

- Sep. 12-19, 2011
- Oct. 3-7, 2011
- Nov. 14-21, 2011

Department Head Course:

- Sep. 21-23, 2011

Upcoming Basic Life Support Classes:



BLS Instructor

- Oct. 11, 2011
- Nov. 1, 2011
- Dec. 1, 2011
- Jan. 16, 2012

BLS Health Care Provider

- Oct. 12, 2011
- Nov. 2, 2011
- Dec. 2, 2011
- Jan. 17, 2012

BLS Health Care Provider
(Renewal)

- Oct. 13, 2011
- Nov. 3, 2011
- Dec. 3, 2011
- Jan. 18, 2012

For more information or to sign up, call Staff Education and Training at 228-5282.

Sailor in the Spotlight: HM1 Donna Patrick

By HMCS Troy Murphy

Where is your home town?

Olathe, Colorado

How many years of naval service do you have?

18 years, 0 months

How long have you been aboard NHB?

1 year, 10 months

Where do you work?

Leading Petty Officer Operations Services (Recruit Medical Readiness, Acute Care Area, Operations, Supply, and Recruit Sick Call).

What do you enjoy most about your job?

Having the opportunity to train and interact with Junior Sailors.

What do you do in your off-duty time/What are your hobbies?

Volunteer with a variety of community programs, play sports, go to the beach, travel, and spend time with my

three kids.

What is your favorite movie?

It's a tie between Mamma Mia and Lord of the Rings.

What is your favorite food?

Steak!

Share something interesting about yourself!

When I retire from the Navy, I would like to own my own bar.

What the supervisor has to say:

Leading Chief for the Acute Care Area, HMC Danny White, states, "HM1 Patrick is an Outstanding Sailor who truly embodies the highest qualities of Deck Plate leadership through her tireless servitude to our Navy, our Sailors, our community and the Naval Hospital Beaufort Family."



Civilian in the Spotlight: Mr. Michael Fields Cook, Sr.

By HMCS Troy Murphy



Where is your home town?

Talladega, Alabama

How long have you been aboard NHB?

3 Years, 8 Months

Where do you work?

Naval Hospital Security

What do you enjoy most about your job?

Helping the employees and

visitors entering Naval Hospital Beaufort.

What do you do in your off-duty time/What are your hobbies?

Mentor young men; work with Beaufort County Social

Services to support needy families.

What is your favorite movie?

"The Wizard of Oz."

What is your favorite food?

Fried Catfish

Share something interesting about yourself!

I was adopted at age 9 and raised by a single parent.

What the supervisor has to say:

LT Ruppel, Naval Hospital Head of Security states, "Officer Cook exudes pride and professionalism. He gives a great first impression to those entering our gates."

Health Promotion & Wellness

The Semi-annual Physical Fitness Assessment (PFA): How to Achieve the Highest Score!

By Ivette Moore



As the Navy is called to intensify operational tempo based on current world-wide mission requirements, it is imperative for Sailors to be physically fit. Physical fitness

of Sailors and Marines is an essential and critical component of operational readiness and meeting deployment schedules. The Navy's culture of fitness encourages a mission-ready force by sustaining an effective physical readiness program which enables year-round health and well-being.

Tips to get ready for the PFA:

- *Get your numbers* - Your first step to prepare will be determining what time and numbers you will need to meet for your PFA. Find out what time you will need to hit for your 1.5-mile run. In most cases, this time is based on your age and weight. You will also need to decide the approximate amount of sit-ups and pushups you need to perform.
- *Start exercising* – Make exercise part of your daily routine. Start slowly, devising a simple workout plan that won't tire you out too quickly. You will want to include running. Run on either a track or treadmill, although a treadmill will provide you with a timing mechanism to help ensure you reach your goal time. If you already work out on a daily basis, try timing yourself during your normal run. You may be surprised to find you need improvement in some areas.
- *Watch what you eat* - Exercising alone will not be enough to make sure you are in shape and meet your target weight. You will also want to monitor your calorie intake. This doesn't mean you have to go on an all-out diet; just watch what you consume and cut out certain items. Avoid items like soda, fatty foods and anything that contains sugar. Also, try to control your portions when you eat meals.

By making small adjustments to your diet, you will already be on your way to your target weight.

- *Be persistent* - If you start preparing for the PFA six weeks before the actual run and fitness test, that doesn't mean you can drop off after a week or two. You need to remain active and stay consistent with your workouts. Continue to eat healthy and drink plenty of water. Don't forget to work sit-ups and pushups into your daily routine as well, because they are an important part of the test.
- *During the run*- Following all of the steps above should help you easily prepare for the PFA, although it won't help you when you are actually performing the test. While you are running, it will be best for you to choose a pace or technique and stick with it. Some people choose a steady pace and keep to it throughout the run, while others sprint or run short distances and then walk or jog for the others. Usually the steady pace is the one that wins in the end.

The physical readiness program promotes sustained mission readiness. Mission readiness and operational effectiveness are built on the physical fitness of the individual; therefore, it is crucial that all Navy personnel maintain personal physical readiness through regular exercise and proper nutrition.

Regular physical activity has a number of proven positive health benefits to include improved heart health, lower blood pressure and a decreased risk of osteoporosis, diabetes, colon cancer and stroke. Physical fitness also encourages mental health benefits such as improved sleep, energy and stress relief.

For more information on how to improve your PFA contact your Command Fitness Leader at 228-5006 or Health Promotion at 228-5344.



Security Brief

The Importance of Being Vigilant

By the NHB Security Department

This year, September 11, 2011, marks the ten-year anniversary of the terrorist attacks on the World Trade Center, Pentagon, and Flight 93's foiled attempt at hitting a target in our nation's capital. If it were not for the brave passengers and crew of that flight, more tragedy would have ensued. Fortunately, America is resilient and resolute, as evidenced in our dedication to stopping terrorism.

As this year's anniversary approaches, we need to remain vigilant to things that seem out of the ordinary. Security is everyone's responsibility. As a reminder, report anything suspicious to authorities, whether you are at work, home or somewhere in between. Report any packages you are not expecting or ones that just don't look right (i.e. excessive postage, exposed wires, etc.). Report any persons acting suspiciously. Don't forget to report suspicious vehicles; they can be, and have been, used as bombs. These things may be harmless, but the only way to find out is to report it so it can be investigated.

Why would anyone want to attack Beaufort? The answer is simple. Beaufort is a prime candidate for ter-

rorism because WE MAKE MARINES and because no one would expect them to. Nothing would shock the world more. We, as a country, cannot afford to fall back into the "it will never happen here" mentality that we had prior to the attacks of 2001. We need to protect ourselves, our military brothers and sisters, and our community at all times. Terrorists are no longer just Al-Qaeda or Taliban, they are homegrown too as seen with the incident at Fort Hood.

As we observe the ten-year anniversary of 9/11, remember one thing — the war on terror is not over. However you plan to observe this anniversary, observe it with a resolution to remember the fallen ten years ago. Honor them by doing your part in not allowing another 9/11 to happen and renew your dedication to the mission.



HM3 Allen vigilantly checks ID cards at the front gate.

Patient Safety



HR Autumn Fairbanks demonstrates proper hand hygiene.

Hygienic Hand Washing

By James Weiss

The prime objective of the Naval Hospital Beaufort Patient Safety program is to create a culture and environment that promotes patient safety throughout the organization. Patients can be their own best advocate by understanding the benefits and risks of all elements of their care. One of the most important patient safety concerns is proper hand hygiene. Here's what patients should know:

- Hand hygiene is the single most effective means of preventing infection both in the hospital and at home.
- All staff should wash their hands or use hand sanitizer before patient contact; after contact with blood, body fluids, or a contaminated surface; before invasive procedures; and after removing gloves.
- Hand hygiene can be performed with soap and water or hand sanitizer that is worked

into the hands vigorously for at least 15 seconds. Providers should perform hand hygiene prior to touching a patient.

- Patients can play a key role in helping prevent the spread of infection by practicing proper hand hygiene themselves and by asking or reminding their provider to properly cleanse their hands.

Time to Fall Back

By Sue Hollingsworth

The end of daylight saving time is near and there are several safety activities to keep in mind when turning those clocks back. On Sunday, Nov 6, at 2:00 a.m., we revert back to Eastern Standard Time, so set your clocks back one hour on Saturday night, Nov 5, before bedtime. Here are several suggestions on how to spend that “extra” hour that you gain:

1. Smoke and carbon monoxide detectors – Change the batteries. After replacing the batteries, ensure you test the alarm. Additionally, the Consumer Product Safety Commission recommends replacing smoke detectors every 10 years and carbon monoxide detectors every 5 years. According to the National Fire Protection Association, two-thirds of home fire deaths occurred in homes without a smoke alarm or a properly working smoke alarm. Don’t forget to check detectors in recreational vehicles and boats.
2. Conduct a home fire drill that includes every family member, especially children. Demonstrate and practice the primary exit route and ensure you cover an alternate route if the primary is not available. Include establishing a “muster site” or meeting place home that is a safe distance away from the structure where all family members assemble once they exit.
3. Check your home fire extinguishers to ensure they are charged and ready to go. If you don’t own one, time to go shopping! At a minimum, there should be one in the kitchen area, on each level of multi-level dwellings, garage, and most outbuildings.
4. Clean out your medicine chest. Discard expired or obsolete medications.
5. If you have a disaster supply kit, conduct an inventory (water, food, flashlights, batteries, first aid supplies, blankets, etc.). Check for expired supplies. Make sure flashlight batteries are working and spares are available. If you don’t have a kit, it’s a good time to assemble one!
6. Pedestrian Safety: Adjusting to the earlier darkness takes time. The National Highway Traffic Safety Administration (NHTSA) recommends that pedestrians carry a flashlight or attach reflective materials to clothing, backpacks, briefcases, etc., to increase visibility. Don’t depend on the traffic signal to protect you; motorists may also be distracted while adjusting to the new time. Avoid jaywalking and crossing between parked vehicles. Walk on sidewalks whenever possible. If you must walk on the street, face traffic.
7. Motorists: The NHTSA suggests that drivers adjusting to the new time change, the change in light, and distracted driving increases risk of death and injury on the road. Motorists (as always) should remain alert for pedestrians. Be aware of children walking or playing near roadways. Keep windows, windshield and mirrors clean to maximize visibility. Ensure your defrosters and windshield wipers are functioning properly.
8. Hazardous materials: Check your home, garage, and outbuilding storage areas for hazardous materials that are outdated, no longer used, or in poor condition. Ensure the remaining hazardous materials are stored correctly – away from heat sources, correctly labeled, and out of reach of children or pets. Dispose of chemicals properly. Contact Beaufort County Waste Management at 525-7054 for guidance if you’re unsure.
9. Have your heating system inspected to ensure safe operation. Clean or change filters if applicable.



On Sunday, Nov 6, at 2:00 a.m., we revert back to Eastern Standard Time, so set your clocks back one hour on Saturday night...

So, after you’ve completed the safety tips above, enjoy that “extra hour” of sleep.

Safety

Do You Know What to Do in the Event of Code Red?

Check Your Area Posted NHBFT 11320/3 Form: Hospital Fire Emergency Procedures

September is identified nationally as Fire Awareness (National Preparedness) month by the U. S. Fire Administration (USFA). The USFA recommends everyone have a comprehensive fire protection plan that includes smoke alarms, sprinklers and practicing a fire escape plan at home, work or away on travel.

At Naval Hospital Beaufort, we have implemented NHBINST 11320.2L Fire Regulations to guide us on fire emergency procedures. Everyone must be involved to protect lives and property. The command policy in response to a fire

emergency is to "defend in place" (an alarm in one section of the hospital does not require the evacuation of the building), and employ the acronym



"RACE." **R**escue: remove patients, visitors and staff from the immediate vicinity of the fire. **A**larm: call "Code Red" aloud. Activate nearest alarm pull box, dial 9-911 and provide type and location of fire.

Contain: close all doors and windows IF there is ample time and personnel are not in immediate danger. **E**xtinguish: use proper extinguisher IF fire is essentially contained (in a trash can, for example) AND only IF you have been trained to do so.

Our fire announcements are bilingual and transmitted over the public address system. In the event of an alarm you will hear "**Code Red**" and location twice in English followed twice in Spanish. This will continue until silenced by the

Fire Department or further instructions are transmitted.

**September is
National Fire
Awareness
Month**

If ordered to evacuate, **EVACUATE!!!** Take patients and visitors with you! Follow EXIT signs and evacuation routes posted throughout the hospital. Proceed to your designated parking lot

muster site so designated staff can ensure that all are accounted for.

The Command Fire Marshal and Area Fire Wardens train command personnel in responding to fire emergencies. We practice our fire response plan through drills and actual alarms. Become involved; be responsible, get to know your area Fire Warden. They have a wealth of knowledge that they can share with you.

Command Fire Marshal

Command in the Community

Naval Hospital Beaufort's Honor Guard

When the time comes to show a little patriotism at a community event, Naval Hospital Beaufort's Honor Guard is standing by and ready to assist. Currently, the Honor Guard performs at retirement ceremonies, local parades on Memorial and Veterans' Days, change of command ceremonies, and even memorial services and funerals. The 27 members of the Honor Guard are comprised of all ranks and travel throughout South Carolina and parts of Georgia performing for the community and other tenant commands. They train every Wednesday to keep their skills sharply honed.



Members of the NHB Color Guard performing at the Military Order of the Purple Heart's wreath laying ceremony on Aug. 8, 2011, MCRD Parris Island.

DAPA Debrief

Underage Drinking: Time to Change the Culture

By HM1 Barrington Hamilton



Alcohol is the most widely used substance of abuse among America's youth. A higher percentage of young people between the ages of 12 and 20 use alcohol than use tobacco or illicit drugs. A 2005 National Survey on Drug Use and Health estimates there are 11 million underage drinkers in the United States. Nearly 7.2 million of those are considered binge drinkers, those who typically drink more than five drinks on occasion, and more than two million are classified as heavy drinkers.

Alcohol dependence rates are high-

est among young people between ages 18 and 20, and they're not even old enough to drink legally. Most people who start drinking before age 21 do so when they are about 13-14 years old. Research shows that young people who start drinking before the age of 15 are five times more likely to have alcohol problems later in life. That's why it's TIME to start talking about underage drinking now!

Underage drinking is everybody's problem and its solution is everyone's responsibility. Unfortunately, too many people see underage drinking as a rite of passage—kids just being kids. The reality is that our young Sailors are being harmed

by underage drinking. We can no longer ignore what alcohol is doing to our greatest assets. The adverse consequences of underage drinking are wide-ranging; they include adverse career changes, risky sexual behavior, injuries to themselves and others, and even death. In fact, each year, more than 5,000 deaths of people under age 21 are linked to underage drinking.

Underage drinking is a preventable problem, one we can solve if each of us does our part. For too long, underage drinking has been fueled by denial, inaction, and acceptance. That changes today. The TIME to make those changes has come.

For information on the Navy's drug and alcohol policies and programs, please contact your Command DAPA HM1 Morris at (843) 228-5683.

EFMP & Overseas Screening Programs

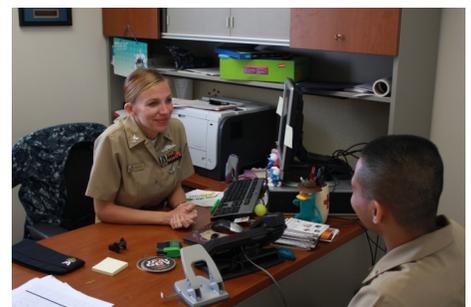
New Coordinator for the Exceptional Family Member and Overseas Screening Programs

By HM1 Jennifer Knuth

HM1 (EXW/FMF) Jennifer L. Knuth is now the Exceptional Family Member Program (EFMP) Coordinator for Navy personnel within Tri-command. If any families would like to check their status, make updates, or enroll, they can contact HM1 Knuth for an appointment.

HM1 Knuth also manages overseas screenings for the Tri-command for all active duty and their dependents, suitability screenings for anyone going to sea duty or "C" schools, and suitability screenings for active duty Navy personnel coming off of a Limited Duty Board.

Questions regarding any of these programs or requests for appointments can be made by calling 228-5332 or stopping by Patient Administration on the 3rd Deck of the Naval Hospital.



HM1 Knuth busy at work

Historic Highlights

What Time Is it? A History of Nautical Timekeeping

By HMC Amanda Hughes

The use of the bells to mark the time stems from the period when seamen could not afford a personal time piece (i.e. - a watch) and, even if they could, they had no idea on how to tell time with such an instrument. In the early days, time was kept with an hourglass and the bells were rung manually. Later, after the development of accurate ship's clocks in the nineteenth century, chronometers were developed that would announce time by automatically ringing bells.

Since the advent of chronometers, the science of measuring time accurately has continued to improve; but the method for announcing time with bells has essentially remained unchanged. It's used today almost exactly as it was in the British Navy of the 17th and 18th Centuries.

The Watch

Onboard a ship, a *watch* is a period of time, usually four hours, during which one part of a ship's crew is on duty. For obvious reasons, the officers and crew who tend to the working of a ship for this four-hour period are also referred to as "the watch."

How the watch works

Rotation relieves the old watch from fatigue and keeps the new

watch on its toes. This rotation pattern repeats throughout the 24-hour period that comprises a day. Since a watch lasts four hours, there are six watches during the day. Three watches, or twelve hours, pass during the morning hours from midnight to noon and three watches pass during the evening hours, from noon to midnight.

How the watch counts time

The watch has responsibility for keeping track of time and announcing the time to the rest of the crew. For purposes of telling time on board ship, the day starts at midnight, or 12:00 a.m., with the midnight watch, called the *middle watch* in nautical parlance. After the first half hour on duty, the watch rings the ship's bell for the first time. Thereafter, it continues to ring the bell and to announce time at regular one-half hour intervals throughout its four-hour watch. After four hours on duty, at 4:00 a.m. The Middle Watch is relieved by the second watch of the day, called the *morning watch*. This rotation process continues day and night.

The Bells

Just as the day is divided into six equal four-hour watches, each watch is divided into eight equal half-hour increments. Every half

hour, the watch on duty rings a bell to announce the time of day. The bell is rung in such a way that it represents the number of half-hour intervals that have elapsed since the watch came on duty.



How is this done? A series or group of claps is rung in rapid succession, forming a pattern of alternating claps and pauses. The number of claps in the group is equal to the number of half-hour intervals that have elapsed since the watch came on duty; therefore, a group's pattern is distinctive and unique for each half-hour the watch will sound.

Bells are rung starting with the first half-hour after a watch begins. Each half hour thereafter the number of claps in a group is increased by one. Therefore, the number of ship's bell claps heard when the bell is sounded is equal to the number of half-hour intervals that have elapsed since the watch began. Hearing two bell claps would mean that two half-hour intervals or one hour have elapsed since the watch went on duty.



Naval Hospital Beaufort Historical Tours

Did you know Naval Hospital Beaufort is home to several historic sites? If you're interested in learning more about Beaufort's role in our nation's history, NHB is offering tours the third Saturday of every month at 10:00 a.m. To sign up, simply contact the PAO at 228-3046.

TRICARE Tips & Information

Time to Know More About Your TRICARE Benefits

By Richard Tyson

TRICARE offers comprehensive, affordable health coverage to more than 9.6 million eligible beneficiaries worldwide. It is an enormous military health benefits system and because of its complexity, many beneficiaries may be unsure of all the benefits and programs available to them. Here is two benefits that everyone using TRICARE should know about.

Electronic Explanation of Benefits

TRICARE beneficiaries can sign up and receive an explanation of benefits (EOB) electronically and eliminate the cost and clutter of paper EOBs. A TRICARE EOB is an itemized statement that shows what action TRICARE has taken on a beneficiary's claim. The benefits of using electronic EOBs include:

- Security: The number-one form of identity theft is through physical mail.
- Convenience: Access to the website is 24 hours a day, seven days a week.
- Speed: Beneficiaries no longer have to wait for mail delivery.
- Storage: Eliminate clutter! Four years of electronic EOBs are kept on file.
- Environment: Electronic EOBs save trees and reduce carbon emissions.

Beneficiaries can sign up to receive EOBs by going to www.myTRICARE.com. Log into myTRICARE Secure by clicking the "Secure Sign-In" button. When the myTRICARE secure home page appears on the left side of the home page, click the "Select Your EOB Preferences" button. Under the "Would you like to check your EOBs online rather than receive them in the mail?" question, click "Yes." Click the "Submit" button at the bottom of the page.

Hospice Care, Zero Deductible

Hospice care is a zero-deductible benefit for all TRICARE beneficiaries. It gives TRICARE beneficiaries access to personal care and home health aide assistance. It initially provides two 90-day periods of care, followed by an unlimited number of 60-day periods.

Each period requires prior authorization from the beneficiary's regional health care contractor.

Not all care is covered by the hospice benefit. Individual hospices may charge for some items, such as outpatient medications or inpatient respite care. Charges for medical care not related to the terminal illness fall under the beneficiary's basic TRICARE benefit. For more information about the hospice benefit, beneficiaries can contact their regional health care contractor or their TRICARE Area Office (www.tricare.mil/contactus).

Beneficiaries can view a list of covered TRICARE services on TRICARE's website, www.tricare.mil/mybenefit/home/Medical/IsItCovered. You can also visit your local TRICARE Service Center, or call 1-800-444-5445.



Medical Home Port and RelayHealth: Accessing Your Health Care Anytime, Anywhere!

By Regena Kowitz, Lt. Diane Davis

Time is a precious commodity, and even though it's vitally important, making time to schedule medical appointments and communicate with your health care provider can be a challenge in today's busy world. Naval Hospital Beaufort is always looking for ways to improve the quality of patient care and make it more accessible than ever.

Naval Hospital Beaufort recently combined Family Practice, Pediatrics, and Internal Medicine to improve continuity of care for patients and their families with the new Medical Home Port. Now, the hospital is offering patients a convenient option for staying in touch with their Medical Home Port provider. Patients can use any Internet connection to access a secure messaging system by RelayHealth, which has been contracted by Navy Medicine to provide this service. This new system uses 128-bit encryption and patients can use it to request medication refills, get lab results, request non-urgent medical appointments, and easily communicate with their provider.

Another feature patients will find useful is the ability to create a personal health record, which is beneficial for those with chronic medical conditions. While not an official health record, the RelayHealth system will be able to provide patients with a record of their prescriptions, lab results, diagnoses, and more.

Using RelayHealth, patients can send and receive messages to and from their providers from the comfort of their home, any time of the day or night. Whether it's a question about a lab result or medication, or something else entirely, all the patient will need to do is log on to the system and send the message. Within 3 business days, they'll receive a reply. It's that simple.

When used for booking non-urgent appointments, patients will be able to request three different appointment choices. After the appointment request is sent, patients will receive a follow-up email, notifying them which of the three appointment times they were given. The system will also be able to send patients appoint-

ment reminders. Using this system to book appointments means there will be no more waiting on hold, and if patients don't have time to make an appointment during the day, they can easily make their request after hours.

Patients will also be able to access a comprehensive health education library on numerous medical conditions and diseases. This is a multi-media site, so information is presented in the form of video, images, and text.

To sign up for RelayHealth, patients just need to provide their Medical Home Port team with their email address and they'll receive an invitation. Each adult user must have their own unique email address to ensure patient privacy, but parents may include minor children under their user information.

The combination of Medical Home Port and RelayHealth is making quality patient care more accessible than ever.

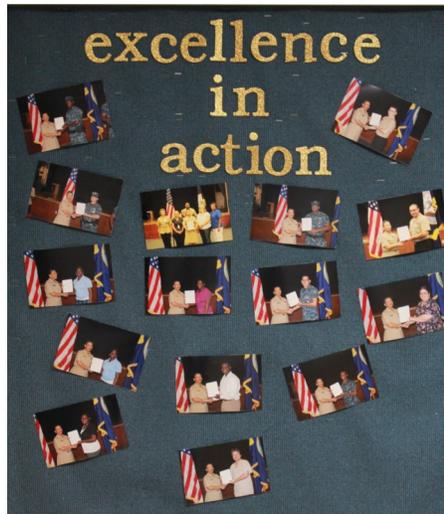
***Using RelayHealth,
patients can send
and receive
messages to and
from their providers
from the comfort of
their home, any time
of the day or night.***



Excellence in Action

LCDR Larry Schmiege
LCDR Jack Page
LT Mayra Porano
LT Pamela Edwards
LT Ivette Schmiege
LT Mary Long
LTJG Amanda Bush
HM1 Anthony Esquibel
AO1 Anthony Lupinetti
HM2 Jeffery Day
HM2 Mario Lara
HM2 Edgar Tucker
LS2 Leonard Dumas
LS2 Kalie Liesenfeld
HM2 Roberto Songco
HM2 Thorin Mayba
HM2 Jose Dominguez
HM2 Raymond Vaclavik
MA2 Justin Ford
HM3 Maria Angel
HM3 Jerry Harris
HM3 Ryan Roe
HM3 Christopher Chiswick
HM3 Rudy Caballeros
HM3 Todd McCowan
HN Phillip Edwards
HN Joshua Cornell
HN Daniel Ollis
HN Donald Tate
HN Javon Bryant
HN Leon Tillman
HN Fernando Lopez
MASN Billy Atwater
MASN Brandon Campbell
MASN Coty Watson
HA Kiara Jenkins
HA Ronald Hammitt
HA Marcus Hill
HA Kiara Jenkins
Ms. Kimberly Abron
Ms. Michelle White
Ms. Lisa Smith
Ms. Teresa Smith
Ms. Dana Wernsing

Mr. Henry Meise
Mr. Terry Costakis
Mr. Michael Breece
Mr. Hassel Estep
Ms. Trena Johnson
Mr. Joseph Cochran
Ms. Jerri Youmans
Ms. Jeanne Kelly
Ms. Tammi Lyng
Ms. Nicole Washington
Ms. Adrienne Guenther
Mr. James Danigelis
Ms. Kenya Moultrie



Ms. Cynthia Searles
Mr. Anthony Gomez
Mr. Brian Callahan
Ms. Mae Armstrong
Ms. Janyra Palacio
Ms. Cheryl Arnold
Ms. Angela Gates
Mr. Aaron Epps
Ms. Amy Luce
Ms. Michelle White
Mr. Jimmy Dodson
Ms. Jessica Greene
Ms. Triena Johnson
Mr. Peter Munson
Ms. Sandra Smith

Ms. Evelyn Dickson
Dr. George Moses
Ms. Dona Onks
Ms. Cindy Goodson
Mr. James Flowers
Ms. Suzanne Patterson
Mr. Chris Short
Ms. Amanda Martin
Ms. Mae Armstrong
Mr. Gregory Pierce
Ms. Dana Wernsing
Ms. Deborah Murray
Ms. Margie Lockamy
Mr. Maurice Williams
Ms. Monique Royal
Mr. Paul Askew
Ms. JewelDawn Johnson
Mr. Anthony Ingram
Dr. Chris Murphy
Ms. Abigail Morris
Ms. Jeanine Darville
Ms. Joanne Morris
Ms. Jill Pall
Mr. Bryan Lee
Ms. Michelle Graham
Ms. Rosemary Holmes
Ms. Angela-Marie Torinese
Ms. Paulette Goodman
Ms. Kimberly Mickel
Ms. Amanda Martin
Ms. Kaffee StallingsRay
Ms. Jennifer Palmer
Ms. Paula Latson
Ms. Danielle Diltz
Ms. Michelle Habets
Ms. Julia Dawson
Ms. Amy Luce
Mr. James Benac
Mr. Frank Morgan
Orthopedic Staff
APU Staff
Laboratory
OB/GYN Staff
Multi-Service Ward Staff

Excellence in Action is an employee recognition program designed to recognize a staff member that has excelled in performance or attitude. To recognize a staff member for the Excellence in Action (EIA) program, fill out an EIA card located near ballot boxes throughout the hospital.

NHB on the Move



Hails

June, July, August

HMC Thomas Gerfy
HMC Daniel White
HMC John Turbeville
YN1 Javoris McCutchen
HM2 Emanuel Smith
HM2 Craig Katzaman
HM2 Valerie Waugh
HM2 Brandon Phelps
HM2 Andrew Foster
HM2 Alexandra Gail
HM2 Joshua Flagg
CS2 Jeffrey Jenkins
AD2 David Hall
AD2 Kenya Little
AT2 Michael Wisnefski
AME2 Christopher Hixon
HM3 Brian Lyles
HM3 Kirby Reynolds
HM3 Todd McCowan
HM3 Anderson Gaston
HM3 Kyle Viau
AM3 Joshua Dresner
AM3 Christopher Miller
AO3 Zackary Morin
LS3 Brian Snowden
HN Robert Carlos
HN Marcus Joyner
HN Dennis Lown,
HN Joseph Burette
HN Sebastian Addo
HN Christopher Bucheli
HN Andrew Closson
HN Christopher Santos
AMAN Sean Coats
AMAN Joshua Kunik
AMAN Keith Sammons
HA Michael Manuel
HA Robert Pilat
HA Danielle Tannous
HA Kevin Williams
HA Ashley Avery
HA Damon Prince
HA George Marcellus
HA Hamilton Wicker
HA Jonathan Bush
HR Autumn Fairbanks
HR Ricardo Lopez
HR William Murphy
HR Deondra Summers

HR Kristoph Kosicki
MASR William Marck IV
MASR Christian SanchezTorres
CAPT Thomas Williams
CAPT Vicki Edgar
CDR Carol Smith
CDR Heather Gnau
CDR Abe Brown
LCDR Joel Wemette
LT Jodi Phillips
LT Niko Vahamaki
LT Anna Beck
LTJG Rachael Martinez
LT Angelina Brannon
ENS Sarah Hull
ENS Scott Fuselier
Ms. Theresa Morris
Mr. Tony Brown
Mr. Brady Smith
Mr. John Robeson
Mr. Dennis Deguzman
Ms. Tracy Jones
Ms. Ivonne Riestra
Ms. Geraldine Hagood
Ms. Brenda White
Mr. Robert Daniel
Ms. Renee Hardy
Ms. Lawanda Myers-Smith
Ms. Regena Kowitz
Mr. Rieko Roberts
Mr. Joel Myers
Ms. Nina Stevenson
Ms. Kia Singleton

Farewells

September, October, November

CAPT Robert Schlegel
CAPT Leo Prusinski
CDR Nelida Toledo
LCDR Tracy Swanson
LCDR Gilberto Balderas
LT Katheleen Handlers
LT Eva Reed
HM1 Barrington Hamilton
AT1 Jason Sandidge
HM2 Damion Morris
HM2 Jonisoncarl River

HM2 Jerimy Tanner
HM3 Anthony Flowers
HM3 Jered Kotschwar
HM3 Jonathan Harrington
HM3 Trevor Wagoner
HM3 Kimjonard Hugo
HN Charlie Murphy
HN Timothy Jansen
HN Amy Campbell
HN Thomas McCulloch
HN Adam Fletcher
HN Charles Brooks
HM3 Wade Kotschwar
HN Fernando Lopez
HN Corbin Taylor
HN Kendal Bush
HN David Douglas
HN Zachary Mayo
HN Cawontay Kegler
HN Timothy Dozier
HN Kayla Blum

Deployments

June

HM3 Joseph Call

July

LT Adrian Felder
HM2 Jarmayel Anderson
ENS Amanda Ault
HM3 Roberts Oens
HM2 Joseph McDaniel
HM1 Allen Mcfadden
HM2 Richard Solano
CDR Richard Biggs
LT Bradley Davis

August

LTJG Joseph Labarbera

Homecomings

June

HM1 Ioana Champagne
LTJG Eva Reed
HM3 Pareja Napoleon

July

HM1 Prayot Bunmeema
August
HM1 Steven Kendrick
HN Brittney Salter
September: USNS Comfort
HM2 Juan Sanchez
HM3 Francisco Guzmanyepes
HM3 Delphan West
HM3 Jennifer Nuehring
PS1 Gregory Magness
LCDR Arcelia Wicker
ENS Neil Termine
HM1 Carlos Aguilar
HM1 William Russell
LS2 Alvin Williams
HM2 Jason Givens
HM3 Joshua Cotton
HM3 Henri Solomon
HN Ian Michael Bullock
HN Lucas Hunter
HN Bryan Pellegrino
HN Matthew Mcguire
HN Joseph Dyar
HN Justin McGrary
HN Adam Hanke
HA Jessica Keene
HN Zachary Delph
HM3 Samuel Howell
HA Erique Lynn
HA Joshua Callahan
HN Jesse Burdine
MASR Stephanie Broussard
LCDR Thomas Hernandez
HM2 Darren Miller

Ombudsman's Corner



Greetings Naval Hospital Family and Friends! I hope you all had a wonderful summer and for those of you with children, that the school year is off to a great start.

Mrs. Kelly Morris, Naval Hospital Beaufort Command Ombudsman, in action.

We have received a donation of greeting cards that will be available in the

Ombudsman office. They are “miss you” type cards, and would be good to send to those that are deployed or for those of you who are deploying to take with you and send back to your loved ones.

Thank you to those of you who attended and helped to make our first annual NHB Friends and Family Welcome Social at the CO's house a successful event! Our next quarterly NHB Friends and Family event will be sometime in late November or early December so please watch for additional details.

Your Command Ombudsman,
Kelly
NHBombudsman@med.navy.mil
843-228-5631 (office)
843-476-0949 (cell)

Save the Date!

New Office Hours

Mondays 9:00 a.m.—2:00 p.m., and by appointment

Upcoming Events

- Oct 22: Navy Ball



USNS Comfort

Upcoming deployment and homecoming information

- NHB Homecoming Celebration:
 - Sep 14, 2:00 p.m.: Join hospital staff in welcoming home all our Sailors who've recently returned from deployment.
- Mid October: Pre through Post Deployment Brief (additional details to follow).
- Oct 25, 6:30 p.m.: Homecoming and Reunion Audio Brief. If you have a loved one who will be returning from deployment before the end of the year, please plan to join this audio conference.