

Lowcountry Beacon

Public Health Offers More than an Ounce of Prevention



Inside:

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- Public Health: An Ounce of Prevention
- Department in the Spotlight: Preventive Medicine
- Health Promotions & Wellness: Heart Disease Prevention
- Safety: Preventing Workplace Accidents
- News from the Neuropsychologist: Brain Injury Awareness
- Educational & Developmental Intervention Services (EDIS)



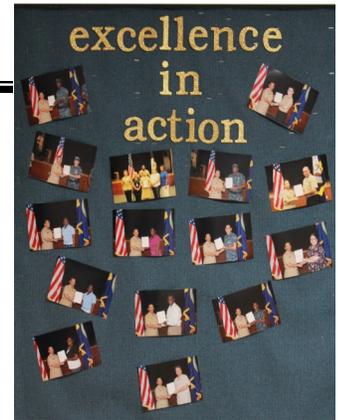
Excellence in Action

January, February

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Excellence in Action is an employee recognition program designed to recognize a staff member who 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 or leave a comment in the Interactive Customer Evaluation (ICE) system by asking clinic staff for a comment card or visiting www.ice.disa.mil and typing "Naval Hospital Beaufort" into the search bar.

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<p>Lowcountry Beacon</p> <p><i>An authorized publication of U.S. Naval Hospital Beaufort</i></p> <p>CAPT Joan R. Queen, MSC, USN <i>Commanding Officer</i></p> <p>CAPT Melanie Merrick, MC, USN <i>Executive Officer</i></p> <p>CMDCM Leroy Hatcher <i>Command Master Chief</i></p> <p>Ms. Regena Kowitz <i>Public Affairs Officer</i></p>	<p><i>Contributors:</i></p> <p><i>Lt. Cmdr. Timothy Powell</i></p> <p><i>Lt. Chahn Chess</i></p> <p><i>Lt. Christon Duhon</i></p> <p><i>Lt. Tom Nelson</i></p> <p><i>Lt. Ana Soper</i></p> <p><i>Lt. j.g. Kerry Miller</i></p> <p><i>HMC Amanda Hughes</i></p> <p><i>Ms. Mae Armstrong</i></p> <p><i>Ms. Susan Beasley</i></p> <p><i>Ms. LeeAnn Dodge</i></p> <p><i>Ms. Susan Hollingsworth</i></p> <p><i>Ms. Triena Johnson</i></p> <p><i>Ms. Ivette Moore</i></p> <p><i>Mr. Jimmie Toler</i></p> <p><i>Ms. Ethel Wallace</i></p>	<p><i>The Lowcountry Beacon is published by the U.S. Naval Hospital Beaufort Public Affairs Office and is an authorized publication for our patients, members of the military service and staff. Contents and views expressed in the Lowcountry Beacon are not necessarily endorsed by the United States Government, Department of Defense or the United States Navy.</i></p> <p>U.S. Naval Hospital Beaufort Public Affairs Office 1 Pinckney Boulevard, Beaufort, South Carolina 29902</p>
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*Capt. Joan R. Queen
Commanding Officer*

A Message from the CO

Prevention is the Key to Good Health

In health care, one of the most important words we can have in our vocabulary is “prevention.” It’s a simple word with a short definition that means to prevent or hinder, but when it comes to managing our health, its impact can have far-reaching effects.

When it comes to your health, prevention is key to optimizing your well-being. If you are generally healthy and have no chronic medical conditions, you probably want to keep it that way. If you do have a chronic medical condition, managing that condition to keep it from worsening is important to your well-being. At Naval Hospital Beaufort, our providers and support staff are your partners when it comes to maintaining good health and mitigating the effects of disease, illness, or injury.

Medical Home Port, our primary care clinic, is your first line of defense when it comes to managing your health care. By keeping up with your annual exams, you can discuss any concerns or changes in your health with your primary care manager (PCM). Additionally, your PCM can recommend appropriate health care screenings based on any physical changes you may be experiencing as well as those indicated by your age and other personal factors. Prevention screenings such as mammograms, colonoscopies, blood work and other tests are so important in detecting diseases in their early stages so that you and your PCM can work to ensure that you have the best possible outcome for your health. According to the American Cancer Society, early detection for patients with breast cancer saves thousands of lives each year and regular screenings for colon cancer can actually prevent the disease altogether.

We also have several specialty clinics and support services that complement the care our patients receive in Medical Home Port. One of the great things about being a patient at Naval Hospital Beaufort is that you can see your provider, have any x-rays completed, blood work drawn, and pick up your medications all without leaving the hospital. If your PCM determines that you need to see a specialist, we have orthopedics and podiatry, general surgery, obstetrics and gynecology, mental health, physical therapy, immunizations, and optometry all right here at Naval Hospital Beaufort. We make it easy to maintain good health and manage chronic diseases.

The Immunizations Clinic provides an important service by offering vaccines and education to all beneficiaries about vaccine preventable diseases. During flu season, patients can walk in anytime Monday through Friday, 7:30 a.m. until 3:30 p.m., to receive their influenza vaccination, no appointment needed. Keeping your vaccines up to date is one of the best ways to prevent disease and illness.

Our Health Promotion Department and Fitness Center here at the hospital are also a great resources for those looking to get fit and live healthier lives. If you want to quit smoking, lose weight, learn healthy habits and more, we offer classes, resources, and information to help you on your journey. The Fitness Center at Naval Hospital Beaufort may be one of the best kept secrets in the Tri-Command. Located on the 2nd deck at the end of the Health Promotion Department’s hall, the center features an aerobics area, equipment room, and locker room/shower facilities. In addition to treadmills, stationary bikes and elliptical trainers, various machines and free weights are available for strength training and group fitness classes are offered several times a week. All of this is available to our staff and beneficiaries to help promote healthy lifestyle choices so that you can achieve and maintain your optimal state of good health.



Our Mission

To be a committed partner in the delivery of quality and compassionate patient and family centered health care while maintaining operational readiness.



A Note from the XO



*Capt. Melanie J. Merrick
Executive Officer*

Prevention as a Way of Life

During a recent Code Blue drill, the staff on the inpatient ward worked diligently to save a simulated patient with an air-way obstruction and subsequent cardiac arrest. Their efforts were successful and during the out-brief, I learned that the hospital-wide response to the drill was good and the corpsmen were amazed that the Chaplain had responded, even arriving before the crash cart. I found this amusing because the Chaplain's office is in the basement so he had to run up six flights of stairs to arrive at the scene of the drill. Later, as I was thinking this over, I considered that even though we often call for the Chaplain when all other options have been exhausted or efforts failed, it's probably not a bad idea, ultimately, to seek out the Chaplain before calling for the crash cart and before we need his services.

Prevention can go a long way in any field. From the medical side of the house, taking an aspirin a day has a proven benefit for protection against heart disease and wearing sunscreen will help prevent sunburn and the lasting effects of sun damage to our skin. For personal safety, wearing approved personal protective equipment will help prevent most industrial injuries and wearing a seat belt and observing posted speed limits while driving will prevent serious injury in the event of a motor vehicle accident. For our emotional well-being, we can take long walks, enjoy a hobby, participate in sports or join other group activities. For mental health, we find ways to reduce stress or engage in healthy outlets that allow constructive means to process our reactions to stress. Of course, for spiritual health, we turn to the Chaplain or to our choice of faith leader for guidance and instruction.

Finding the right balance in life is tricky. My experience has been that I become focused on one aspect and tend to neglect another or at least place it on hold for a period of time. The most obvious example is when I gear up for the Physical Fitness Assessment (PFA) by running, doing dreaded curl-ups, and avoiding desserts for about a month or two. Then, when the PFA is over, I start skipping my work-outs, usually only one or two a week, but then I find myself going a week or two with no work-out and eating more desserts than fruits or vegetables. Needless to say, I'm back to square one for my physical fitness but I'm usually also making progress on another project I may have kept on the back-burner while I was focusing on the PFA.

Luckily, life is seasonal and I feel like I get a second, third, or fourth chance to redeem myself with any resolutions I've made and haven't quite accomplished yet. My advice is to set goals for your physical, emotional, mental, educational, social, and spiritual lives and work towards those goals, even if only a little bit at a time. If you find yourself feeling overwhelmed, don't give up on your goals, but do take time to reassess your approach in achieving them. While you may not wind up exactly where you thought you would, with any luck you will enjoy the journey and be all the richer for your travels. You don't have to travel alone, either. There are plenty of professionals and friends who are more than willing to make the trip with you, including the Chaplain, your primary care provider, and all the coaches in your life. And remember, always wear sunscreen.

From the Desk of the CMC

Preventing PRT Injuries

Here at Naval Hospital Beaufort, every Sailor participates in a Physical Readiness Test (PRT) twice a year. Prior to the PRT every Sailor should put together a plan to successfully complete the PRT and meet the Navy standards outlined in OPNAVINST 6100.1H (Physical Readiness Program). Included in your plan should be ways to prevent injuries. I've put together a few suggestions to help you get through your next PRT:

- Start slowly and gradually build up to a sustainable level of performance. Don't just run 1.5 miles every six months.
- Warm up and stretch for 10 to 15 minutes before and after each vigorous workout to prevent strains and sprains. Talk to your command physical-fitness coordinator for ideas about establishing a program.
- Don't use alcohol prior to or during fitness training. Alcohol accelerates dehydration, reduces performance, impairs judgment, and increases willingness to take unnecessary risks.
- Drink plenty of cool water to prevent dehydration. When it's hot, schedule your activity during the coolest part of the day or exercise indoors where it's air conditioned.
- Jog on established jogging paths where available. When jogging on roads, run against the traffic flow.
- When listening to music on your iPod, iPhone or any other listening device while jogging, play the device at a low volume with one ear bud out, so you can still hear what's going on around you.
- Light-colored clothing and reflective clothing (during reduced-visibility conditions) are required while jogging on base.

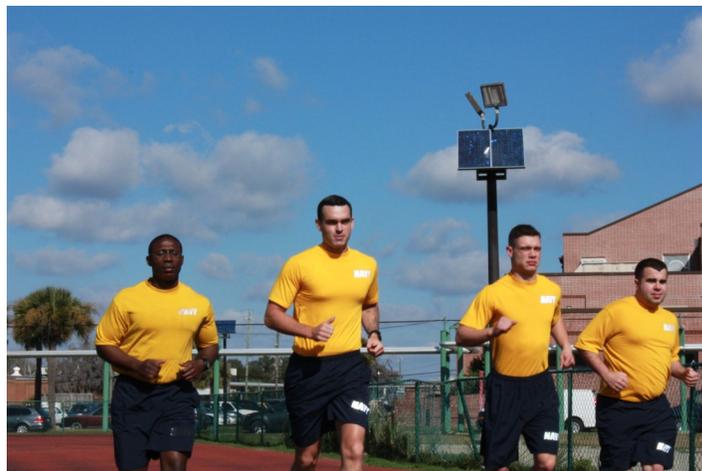
If you do get injured, seek medical attention ASAP. If you wait the injury could possibly become worse.

Throughout the Navy, during PRT cycle, many Sailors are getting injured by improperly preparing for the PRT. These injured Sailors didn't follow a few simple guidelines for injury prevention. Do the right things to prevent unnecessary injuries.

For more information on injury prevention and preparing for the PRT please contact your Command Fitness Leader or refer to OPNAVINST 6100.1H (Physical Readiness Program).



*CMDCM Leroy Hatcher
Command Master Chief*



Chaplain's Corner



Lt. Cmdr. Timothy Powell,
Naval Hospital Beaufort's
chaplain

"Flooding, Flooding, Flooding"

By Lt. Cmdr. Timothy Powell

Those of us with shipboard time know the IMC phrase "Flooding, Flooding, Flooding," which normally means there's a leaky pipe and not that the ship is sinking. Nevertheless, much of the training aboard ships is designed with prevention in mind, because prevention saves ships.

Likewise, all areas of our lives benefit from preventative measures we thoughtfully implement. Certainly, if we were able to magically look at what could have been, we would see the outcomes of decisions for taking preventative measures would have been less costly in the long run than decisions delaying prevention. To illustrate, *U.S. News & World Report*, April 27, 1992 published an article entitled "The Cost of Not Putting a Finger in the Dike"; the article reads:

For most of the last decade, Chicagoans who worked in the Loop, the booming downtown business district, could easily ignore the city's budget crisis; Washington's cutback of aid to cities didn't seem to hurt business. Last week, they learned one price of neglecting the underpinnings of all that economic growth. A quarter billion gallons of murky Chicago River water gushed into a 60-mile network of turn-of-the-century freight tunnels under the Loop and brought nearly all businesses to a soggy halt. It turned out that a top city official had known about the leak, but, acting for a cash-strapped government, had delayed repairs costing only about \$50,000. The final cost of the damage could run higher than \$1 billion.

This article has several interesting points, but the one most interesting to me involves the lack of communication. The one person – the top city official – who could have prevented the flooding seemed disconnected with the downtown business owners. Though the story is silent regarding who else knew of the leak – if anyone – it clearly does not mention community awareness meetings designed for discussing the potential crises and potential preventative solutions.

The point I am making is that communication is critical for prevention. We are not, nor are we intended to be, isolated beings. We are designed for interpersonal involvement. Whether you define that as family, community, tribe, or whatever, we potentially live better – qualitatively – when we are with others. And, to do this successfully, requires good communication. This affords us opportunities to bounce ideas, decisions, and aspirations off others, and that gives us sanity checks and other thoughts to consider so we can make better decisions and avoid damaging ones.

Proverbs 11:14 (KJV) reads, "Where no counsel is, the people fall: but in the multitude of counselors there is safety." Counselors referenced here are not referring to today's clinical types because they simply did not exist then; rather, those referred to are people of wisdom embedded in their communities that everyone could seek advice from. Perhaps the most well know biblical example is Solomon, whose wisdom and advice was of such high quality that even royalty traveled hundreds of miles to hear. People of similar wisdom are still among us; some are clinical counselors, some are pastors, some practice law, and some are our family members. Our challenge is to connect ourselves to our communities and discover who we can trust for advice. Then, we can engage in conversations that help us prevent bad decisions through well-talked out options.

When was the last time you shared your wishes, hopes, and dreams with a close friend or spouse? When was the last time you prayed about something with them? Sharing and praying are two forms of communication that are quality mediums of communication – and they are effective and free.

If you don't have anyone you feel comfortable speaking with, give me a call (843-228-5417) and we will set a time to meet. You can also find my office in the NHB basement.

Sincerely,
Chaplain Powell

An Ounce of Prevention...

By Regena Kowitz, Lt. Chahn Chess, Lt. Christon Duhon, Ms. Ethel Wallace, Lt. Tom Nelson, Mr. Jimmie Toler, Ms. Ivette Moore

As the old adage goes, “an ounce of prevention is worth a pound of cure.” The directorate at Naval Hospital Beaufort that best embodies this saying is our Directorate of Public Health (DPH), whose many departments specialize in helping keep active duty service members, retirees, their family members, recruits, and civilian employees healthy across the Tri-Command, which is comprised of Naval Hospital Beaufort, Marine Corp Air Station (MCAS) Beaufort, and Marine Corps Recruit Depot (MCRD) Parris Island. The Public Health Directorate includes Preventive Medicine, Industrial Hygiene, Occupational Health, Immunizations, Audiology, and Health Promotions who work in concert to prevent disease, illness, and injury.

Preventive Medicine

When it comes to preventing illness and disease, one of the most active departments at Naval Hospital Beaufort is, of course, Preventive Medicine. From training drill instructors and recruits about preventing communicable diseases to inspecting chow halls and child development centers (CDC) on base, the Preventive Medicine Department entire purpose is to keep the Sailors, Marines, families, and civilians within the Tri-Command healthy and disease-free. The Preventive Medicine Department is made up of different teams that each fulfill an important role in disease prevention.

The Environmental Team provides a very important service to active duty, retirees, and family members alike by inspecting different base facilities for sanitation and habitation. Thanks to their work, they ensure that the places you eat on base are serving food that’s been prepared in a sanitary manner to prevent the spread of food-borne illness. They also inspect the CDCs to ensure that your children are spending their day in a safe and healthy environment by inspecting their kitchens and diaper changing areas. And, when it’s time to swim, they also ensure that the water in



NHB Staff prepare to conduct a SHOTEX for Marines at MCRD Parris Island to provide influenza vaccinations as a preventive measure against seasonal influenza. Immunizations play an important role in maintaining operational readiness.

base swimming pools is clean and clear.

The Epidemiological Team functions much like detectives as they study communicable diseases, drug-resistant organisms, and other occupational and environmental health conditions in order to monitor and prevent the spread of disease. They are one of the busiest teams in

the department, spending a large part of their time keeping active duty service members healthy and recruits fit for training. Because recruits come to MCRD from all over the world and active duty service members deploy and train in many foreign climes,

there is the chance they could bring diseases endemic to the countries they’ve been in to Beaufort. A large part of what the Epidemiological Team does is monitor recruits and active duty service members for communicable diseases and, if one is found, determine how it was contracted and prevent its spread.

The Etymology Team gets to catch and study bugs, focusing on those that carry and spread disease. One of their main tasks is to monitor and track the diseases spread by “nuisance pests,” particularly mosquitoes, which are ever present in the South Carolina Lowcountry. Mosquitoes,

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An Ounce of Prevention...

because of their potential to spread disease, are collected throughout the Tri-Command so that preventive medicine technicians can identify them and determine which diseases they may carry. They collaborate with the Beaufort County Public Health Department to ensure that they collect, identify, and get rid of pests that carry disease.

Day in and day out, the Preventive Medicine teams works hard to keep the Tri-Command healthy and disease free.

Audiology

Naval Hospital Beaufort's Audiology Department supports the Tri-Command with hearing conservation and diagnostic testing/treatment services. They are capable of supporting patients of all ages, from toddlers to recruits and retirees.

The Audiology Department plays an important role in preventing hearing loss for active duty personnel by providing a baseline hearing test for each recruit

The Audiology Department plays an important role in preventing hearing loss for active duty personnel by providing a baseline hearing test for each recruit at MCRD as they begin their military careers.

at MCRD as they begin their military careers. Every recruit receives a preventative hearing brief prior to weapons training and qualification. Between the two audiologists and the five audiology technicians, the department processes over 600 recruits weekly; they ensure that Sailors, Marines, and civilian personnel, working within the Tri-Command and enrolled in a hearing conservation program, receive their annual hearing test to monitor their hearing.

“By monitoring the active duty and civilian personnel routinely working around hazardous noises, my department helps support operational readiness by verifying the Warfighter has the communication



abilities needed to accomplish their mission and return to their families capable of holding meaningful conversations,” said LT Chris Duhon, one of two audiologists working at the naval hospital.

According to Duhon, his department works closely with the hospital's Occupational Medicine and Industrial Hygiene departments. Additionally, his Department works with local command leadership and their safety personnel to facilitate the annual required testing and training for

individuals in the hearing conservation program. If a patient's hearing has degraded over time, the Audiology Department provides targeted intervention and education to help prevent further hearing loss from exposure to hazardous noises.

If active duty members are discovered to have a hearing loss, the audiologist will conduct a diagnostic exam to determine the likely cause of the hearing loss. Upon referrals to medical doctors, *temporary* hearing losses are often treated using surgery or medication. Counseling about noise induced hearing loss and/or hearing aids can help those with a permanent hearing loss.

The department also provides services to our youngest beneficiaries. They can provide hearing screenings to all dependent children and limited diagnostic testing for those aged one year and older.

The department also provides services to our youngest beneficiaries. The Audiology Department is able to offer hearing screenings to dependent children, and for those aged one year and older they can provide limited diagnostic testing as well.

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An Ounce of Prevention...

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Immunizations

Another department within DPH that focuses on preventing disease is the Immunizations Department.

“It’s always better to prevent a disease than treat it,” said Ethel Wallace, a registered nurse who works in the Immunizations Clinic.

“Immunizations, one of the greatest sources of disease prevention, is done through vaccines, which can protect both the people who receive them and those with whom they come into contact. It’s not just for babies and young children, adolescents and adults need them as well.”

Wallace likens the role vaccines play in keeping people healthy with eating nutritious food, exercising, and getting regular medical examinations. Vaccines are one of the most convenient, simplest, and safest preventive care measures available.

According to Wallace, vaccines are responsible for the control of many infectious diseases that were once common in this country and around the world including polio, measles, pertussis (whooping cough), mumps, tetanus, and Haemophilus influenza type b (Hib). Vaccines eradicated smallpox, one of the most devastating diseases in history. Over the years vaccines have prevented countless cases of infectious diseases.

“Preventing diseases before they start help people live longer, healthier lives,” said Wallace.

Maintaining immunity is an essential part of prevention, so it’s important for patients to check with their primary care provider (PCM) or the Immunization Clinic to find out if your immunizations are up to date. The Immunizations Clinic can provide pa-



tients with a copy of their immunizations record as well. For military families, it’s also a good idea to keep an updated copy of each family member’s immunization record on hand, particularly during moves when it may be needed for school and daycare registration.

For military families, it’s also a good idea to keep an updated copy of each family member’s immunization record on hand, particularly during moves when it may be needed for school and daycare registration.

Industrial Hygiene

Industrial Hygiene is one of the Naval Hospital Beaufort’s behind-the-scenes departments, whose vital function is to ensure work spaces throughout the Tri-Command are safe for employees. The department operates offices at both Naval Hospital Beaufort, which is the primary point of contact for services provided to MCRD, and Branch Health Clinic (BHC) MCAS Beaufort.

“Defined, industrial hygiene is the art and science dedicated to the anticipation, recognition, evaluation, communication, and control of environmental stressor in, or arising from, the workplace that may result in injury, illness, impairment, or affect the well being of workers and members of the community,” said Lt. Tom Nelson, industrial hygienist and department head.

In practice, one of the goals of industrial hygiene is determining the potential for workplace hazards and identifying ways to prevent them. The Industrial Hygiene Department at Naval Hospital Beaufort provides several services to protect the health of employees while following guidelines and regulations. In addition to monitoring air and noise in various workplaces and identifying and evaluating potential hazards, they also provide information and guidance to area leaders regarding occupational health and safety programs.

Occupational Medicine

Another department that often flies under the radar while providing crucial services to the Tri-Command is Occupational Medicine. This department serves an important role in preventing workplace illness and injury by providing health

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An Ounce of Prevention...

screenings for active duty and certain civilian employees, as determined by the Occupational Safety and Health Administration (OSHA). They also monitor employees who work around occupational hazards on base and ensure there are no adverse health effects related to exposure.

“We conduct pre-employment and return to work physical exams, provide evaluation and treatment of work-related injuries, and conduct surveillance and licensure as directed by the Navy Bureau of Medicine and Surgery, federal, and state requirements,” said Jimmie Toler, department head for Occupational Medicine. “We also conduct work-site visits to ensure compliance with health and safety regulations.”

The department is staffed by personnel certified in occupational medicine who bridge the gap between work and health. They also work closely with the hospital’s Safety and Industrial Hygiene Departments to provide consultation to leaders and human resources staff within the Tri-Command, lending their expertise to keep base employees healthy and safe.

Health Promotion

One of Public Health’s most popular and well known departments is Health Promotion. The goal of this award-winning department is to assist in the prevention of disease by promoting a healthy lifestyle.

Health Promotion’s staff ensures that Sailors, Marines, their families, and civilian staff have access to the tools and information they need to achieve and maintain their optimal health. The department offers several classes on a variety of topics including tobacco cessation, weight management, healthy heart, and diabetes education. Throughout the year, the department also hosts health and wellness fairs and open house events in partnership with Marine Corps Community Services Semper Fit and Health Promotions programs as well as community health organizations to ensure that resources and information are being shared with our beneficiaries throughout the Tri-Command.

The department is also home to one of the Tri-Command’s best kept secrets – a fully equipped fitness center. In addition to several cardio machines and a variety of weight equipment, there’s an aerobics room where several group fitness classes are held throughout the week, as well as changing rooms and showers. Best of all, the hospital’s fitness center is rarely crowded, making it an ideal place for beneficiaries to fit some exercise into their day to increase their overall health and fitness. Anyone interested in signing up for classes or learning more about group fitness can call 843-228-5344.

Working Together

Individually, each department within the Directorate for Public Health provides an invaluable service for beneficiaries within the Tri-Command to help prevent disease, illness, and injury. Together, they provide unparalleled support for the Lowcountry’s military community and civilian support staff to keep us all in fit fighting shape for work and for life.



Capt. Melanie Merrick, executive officer at Naval Hospital Beaufort, has fun with the warrior rope challenge at a recent Health Promotion Open House. The event was held Feb. 14, 2013, to highlight American Heart Month and promote heart-healthy activities, including fitness and healthy eating.

Department in the Spotlight: Preventive Medicine

By HM1 Gregory Hadley and Regena Kowitz



Preventive Medicine staff inspecting an ice machine at NHB.

The Preventive Medicine Department provides technical and professional community and environmental health services by advancing force protection through operational readiness, quality health services, and by providing a positive impact through outstanding environmental and community sanitation practices.

The department is broken into several teams, each providing an important function when it comes to disease prevention. The Environmental Team conducts monthly and quarterly habitability and sanitation inspections at facilities on local bases. The Epidemiological Team collects and analyzes information about communicable diseases, drug resistant organisms, occupational and environmental epidemiological based health conditions. The Entomology Team monitors and tracks different nuisance pests, particularly disease-carrying mosquitoes so they can help get rid of them.

Preventive Medicine also provides a wide range of training within the Tri-Command and to the Fleet at large to communicate different public health risks and help others combat the spread of disease. From teaching basic sanitation techniques to drill instructors and recruits to ensuring the employees at base restaurants and chow halls properly handle food, they work hard to prevent the spread of a variety of illnesses and diseases.

Collaboration with different departments within the Directorate of Public Health and other agencies within the Tri-Command is a vital part of their work because disease and illness don't limit their spread to just one unit or group. In order to ensure that all individuals living and working within the Tri-Command remain healthy, it's vital that Preventive Medicine partner with area leaders to conduct inspections and train all personnel.

The Preventive Medicine team is an eclectic group of professionals who proudly serve the Tri-Command and wholeheartedly embrace their job of keeping everyone healthy.

Ombudsman's Corner

NHB has a new Command Ombudsman, Ms. Andrea Eubank and an assistant Ombudsman, Ms. Rocio Zarandona. The Ombudsman office hours are:

- Monday and Wednesday, 0900-1200 (Ms. Andrea Eubank)
- Tuesday and Thursday, 0900-1200 (Ms. Rocio Zarandona)
- Friday, 1300-1600 (Ms. Andrea Eubank)

Ms. Eubank is available to assist families anytime day or night. In the near future, she will be sending a monthly newsletter with different command functions for members and their spouses to attend along with other valuable information. If any active duty service members have questions or would like to setup a meeting for themselves or their spouse, you may contact Ms. Eubank at 228-5631 (office), 321-2076 (cell), or andrea.eubank@med.navy.mil.

If you're looking for some fun things to do with the kids during spring break and summer, here



are a few resources to contact:

Marine Corps Community Services (MCCS)

- www.mccs-sc.org.
- Provides services to all families in the Tri-Command, including our Navy families. Check out their website to explore different classes, camps, and sports activities for kids and families.

Beaufort County Parks and Leisure (PALS)

- www.bcgov.net/departments/community-services/pals
- Provides summer camps (with extended hour options for working parents) as well as sports activities throughout the year.

Boys & Girls Clubs of the Lowcountry

- www.bgclowcountry.org
- Offers summer camps and year-round activities for kids.

YMCA of Beaufort County

- www.ymcabeaufortcounty.com
- Offers summer camps, sports, and year-round activities for kids.

Sailor in the Spotlight: HM2 Sean McKay

Name: HM2 (FMF/SW) Sean A. McKay

Hometown: Bozeman, MT

Years of Naval Service: 7 years (this month)

Time Onboard: 1 Year, 2 months (9 months IA in Guantanamo Bay, Cuba)

Work Center: Preventive Medicine

What do you enjoy most about your job? Overall I enjoy the variety of things we do, the people we get to interact with, and the places we can go. Whether its reading tuberculosis skin tests, treating recruits, retrieving ice samples for bacteriological testing, or conducting environmental health assessments of a food facility, barracks, playground and barbershop; we travel and interact with people all over the tri-command. It is an awesome experience to look around the magnifying glass of patient care and see the overall public health picture in the community.

What do you do in you off duty time? I chase my son around the house, the yard, or the park (sometimes with my 1 year old daughter on my shoulders); hang out with my best friend, my wife; work on school for my bachelor's



degree; and pray that God will bless the time I have in every aspect of my life.

Favorite Movie: "Braveheart"

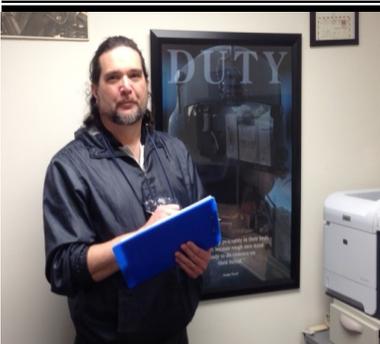
Favorite Food: In the winter, my wife's homemade chicken noodle soup and in the summer, grilled Korean BBQ short ribs.

Share something interesting about yourself: My anniversary and my daughter's birthday are on the same day and come around once every four years (Leap year day).

What his supervisor, Lt. Chess, has to say: HM2 McKay is definitely a Sailor that you want on your team. He consistently demonstrates a selfless attitude and remarkable attention to detail that are just a few hallmarks of his performance. He just returned from an awesome tour in GTMO, having come to us from PMT school. I am sincerely glad to have him here and look forward to his contribution to our growth in the Preventive Medicine Department.

HM2 McKay is not only a hard charging PMT and Corpsman, father and husband, he's also attending school to become a Chaplain. He's doing great things and I only expect the same in the future.

Civilian in the Spotlight: Mr. Kristopher Legge



Name: Kristopher Brian Legge

Hometown: Huntington, WV

Work Center: Preventive Medicine, Directorate of Public Health (DPH)

Favorite food: Pizza

Share something interesting about yourself: I've worked for Navy Medicine for nearly 27 years; 20 years in the Hospital Corps, and 7 years as a DoD Contractor. I continued my ancestral tradition by bringing new skills and abilities to the military by serving in a USMC pilot project for Tactical Rescue as well as DoD projects for viral research and vaccines.

What his supervisor, Lt. Chess, has to say: Kris Legge has been a stalwart of the Preventive Medicine Department for so long. He has been a key part of the success we have achieved at multiple levels and a foundational piece of our departmental continuity in the Tri-Command region throughout the years.

His personable nature, eclectic professional viewpoint, and sincere commitment to outstanding performance have had a direct impact on the quality of work we produce and the high level of respect that our department has achieved.

What do you enjoy the most about your job?: I love the challenge of being a "Disease Detective" and helping others.

What do you do in your off time?: I volunteer as a CERT Instructor to educate others on community/disaster preparedness.

Favorite movie: Star Wars

Health Promotion & Wellness: Heart Disease Prevention

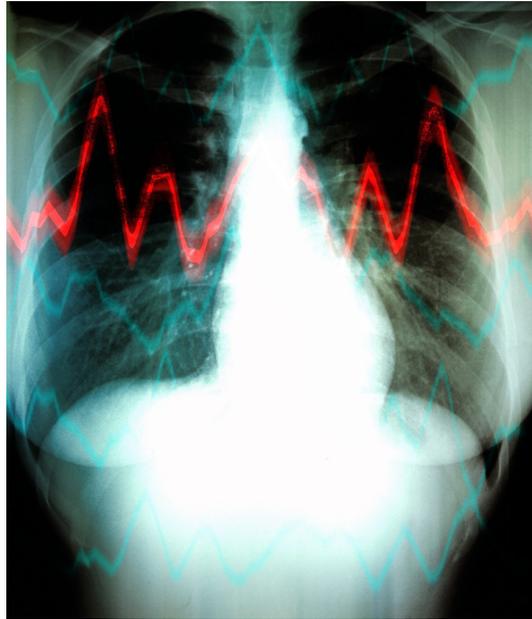
By Ivette Moore

In America, all persons regardless of age, sex, ethnicity and family history are at high risk for Heart Disease. According to the “National Vital Statistics Reports,” which was published in 2011 by the Centers for Disease Control (CDC):

- About 600,000 people die of heart disease in the United States every year—that’s 1 in every 4 deaths.
- Heart disease is the leading cause of death for both men and women. More than half of the deaths due to heart disease in 2009 were in men.
- Coronary heart disease is the most common type of heart disease, killing more than 385,000 people annually.
- Every year about 935,000 Americans have a heart attack. Of these, 610,000 are a first heart attack. 325,000 happen in people who have already had a heart attack.
- Coronary heart disease alone costs the United States \$108.9 billion each year. This total includes the cost of health care services, medications, and lost productivity.

The CDC also says that diabetes, high blood pressure, high LDL cholesterol are key risk factors for heart disease. About half of Americans (49%) have at least one of these three risk factors. But it is important to recognize that lifestyle choices can also put people at a higher risk for heart disease.

Being overweight and obese, poor diet, physical inactivity, smoking and excessive alcohol use can increase the risk. The good news is that heart disease can be prevented by changing or avoiding certain behaviors.



Here are some tips to protect your heart:

- Eat a healthy diet that is low in salt, low in total fat, saturated fat, and cholesterol, and rich in fruit and vegetables.
- Increase the amount of daily exercise, 30-60 minutes per day of aerobic activity will do the trick. Exercise reduces the bad cholesterol (LDL) and increases the good cholesterol (HDL).
- Don’t smoke, if you do smoke, quit as soon as possible.

Cigarette smoking promotes atherosclerosis and increases the levels of blood clotting factors.

May is Physical Fitness Month so here are a few reminders about how physical activity – or lack of it – can impact your overall health including heart disease:

- Physical inactivity is related to the development of heart disease.
- Lack of exercise can impact risk factors including obesity, high blood pressure, high triglycerides, a low level of HDL (good) cholesterol, and diabetes.
- Regular physical activity can improve risk factor levels.

To achieve and maintain a healthy weight and keep your heart healthy, the Naval Hospital Beaufort Fitness Center offers a variety of fitness programs dance aerobics, group walks, circuit training, strength training and body fat analysis.

For a current class and event schedule contact the Health Promotion Department at 228-5344/5486.

Safety: Preventing Workplace Accidents

By Sue Hollingsworth

Experts in the safety and risk management fields suggest that over 85% of workplace accidents are caused by unsafe

acts versus unsafe conditions. Based on our local mishap statistics, unsafe acts account for well over 90% of our occupational injuries. Employers are indeed responsible for providing safe work environments, but as employees, we are equally responsible for exercising good judgment, following safe work practices, and (dare I say it?) using common sense.

There are literally thousands of safety laws, acts, rules and regulations that are applicable to our command. Do you need to memorize all of them in order to prevent accidents? Absolutely not! That's where the "common sense" aspect comes in.

Unsafe Conditions

Unsafe conditions are fairly easy to identify because they are physical or visible. If you see a situation, or piece of equipment, or an environment which looks like it could hurt you or someone else, then you need to take action. Simple acts such as wiping up spilled coffee or placing a tag on broken equipment can prevent injuries. If something is beyond your immediate control to correct - report the concern to your supervisor (or the supervisor of the operation/area). Let someone know!

Unsafe Acts

Unsafe Acts are a little trickier. They are behavior-based and not always as obvious to detect. Here are a few examples:

- Rushing to complete a task. While we strive to be efficient in performing our duties, we still need to perform them safely and effectively. When we get in a hurry, we tend to take shortcuts, take chances, and bypass safety rules (that are in place

The message here is preventing workplace accidents is everyone's responsibility. Be aware of your environment. Report unsafe conditions. Do not engage in unsafe acts.

for good reason). Beyond the risk of injury, the time it takes to correct errors made in haste reduces our overall efficiency and increases the cost of doing business.

- Distraction. We all have busy lives that can cause us to become distracted when we're working which can increase our risk of injury. Consider all the safety campaigns about distracted driving, cell phones, texting, etc., which lead to major vehicle accidents. The workplace is also loaded with distractions that can result in the same negative outcome. When you're at work - focus on what you're paid to do.
- Horseplay. The workplace is just that – a place to "work", not play. Boisterous behavior or seemingly innocent practical jokes can lead to injury (and disciplinary action).
- Negative Attitude: Similar to being distracted, having a negative attitude about your job, your assignments, your supervisor or your co-workers can lead to a negative outcome. Again, think of safe driving campaigns, particularly "road rage". Same principles apply. You get angry and frustrated which leads to errors which lead to injury. Although it can be difficult during trying times, you are responsible for keeping your emotions in check.

The message here is preventing workplace accidents is everyone's responsibility. Be aware of your environment. Report unsafe conditions. Do not engage in unsafe acts. Everyone wants to go home in the same condition they came to work in – or better. You can make that happen.



DAPA Debrief: Preventing Problems Drinking

By HMC Amanda Hughes

Excessive alcohol use, including underage drinking and binge drinking (drinking 5 or more drinks on an occasion for men or 4 or more drinks on an occasion for women), can lead to increased risk of health problems such as injuries, violence, liver diseases, and cancer. Below are some good questions and answers to know if you may have an alcohol issue and then what you can do to prevent it from becoming a problem.



- Individuals who plan to drive, operate machinery, or take part in other activities that require attention, skill, or coordination.
- Individuals taking prescription or over-the-counter medications that can interact with alcohol

How do I know if I have a drinking problem?

Drinking is a problem if it causes trouble in your relationships, in school, in social activities, or in how you think and feel. If you are concerned that either you or someone in your family might have a drinking problem, consult your personal health care provider.

Drinking is a problem if it causes trouble in your relationships, in school, in social activities, or in how you think and feel.

According to the Dietary Guidelines for Americans, it is not recommended that anyone begin drinking or drink more frequently on the basis of potential health benefits because moderate alcohol intake also is associated with increased risk of breast cancer, violence, drowning, and injuries from falls and motor vehicle crashes.

How do I know if it's okay to drink?

The current Departments of Agriculture and Health and Human Services most recent edition of *Dietary Guidelines for Americans* recommend that if you choose to drink alcoholic beverages, do not exceed 1 drink per day for women or 2 drinks per day for men. According to the guidelines, people who should not drink alcoholic beverages at all include the following:

- Children and adolescents.
- Individuals of any age who cannot limit their drinking to low level.
- Women who may become or who are pregnant.

What can I do?

Talk to your Medical Treatment Provider, the Command DAPA, CMC, OIC/CO, or Chaplain. All of these individuals have resources to help you before you make a poor decision based on excessive alcohol consumption. Knowing your limits and preventing a potentially detrimental life changing event before it happens is the key to preventing problems with alcohol.

For more information about alcohol and public health, visit:

<http://www.cdc.gov/alcohol/about.htm>

For information on the Navy's drug and alcohol policies and programs, please contact your Command DAPA HMI Carlos Aguilar at (843)228-5499.

News from the Neuropsychologist: Traumatic Brain Injury (TBI) Awareness

By Lt Ana Soper, PhD

How do I know if I've had a TBI, or if someone I care about has had a TBI?

The best way to know for sure is to seek medical care. Immediately following a possible injury (for example, a blow to the head where the person becomes unconscious), it is best to seek this help urgently (through ER, sick call, or your primary care manager). If you get appropriate care sooner than later, you can prevent problems from persisting.

Another advantage to seeking care right away is improved accuracy in terms of diagnosis. You might be surprised to learn that there is debate among professionals as to how best to diagnose a TBI months to years "after the fact." Diagnosis can also become challenging in a combat environment, where individuals who experience an "adrenaline rush" or "fight-or-flight response" may well feel dazed or confused as a result of that alone.

Your healthcare provider can help you get to a specialist who can provide more information about whether the injury experienced might be classified as mild, moderate, or severe – which can predict prognosis and treatments needed.

If I'm experiencing memory and attention problems, does that mean I've had a TBI?

Memory problems can also be due to a lot of factors, including life stress, chronic military operational stress, feeling down or unmotivated, recent heavier alcohol use (effects of alcohol on memory and attention can stay "on the brain" even when we're no longer acutely intoxicated), or childhood attention and learning problems that carry over into adulthood, among many other factors. It's good to talk to your



Lt. Ana Soper, PhD,
staff neuropsychologist at NHB.

doctor about this if you are experiencing new or increased memory problems so we can help you.

What Will Happen After a TBI?

The time it takes to heal after a TBI depends on the individual, the nature of the injury (mild, moderate, or severe), the number of concussions, and other conditions that may exist.

If your doctor says you experienced a **single** concussion or mild TBI, the research suggests that it is rare that people don't fully recover .

What Will Help Your Recovery?

- Get plenty of sleep
- Avoid alcohol and illegal drugs because they can have a differential effect on limiting the functioning of an individual who has experienced a TBI
- No physical activity if it results in pain (a headache), or until cleared by a medical professional
- Avoid situations that could result in further blows to the head:
 - Wear your seatbelt
 - Wear your bicycle helmet
 - Avoid multitasking while driving or cycling (no cell phone conversations or texting!)
 - Avoid contact sports

Treatment: Next Steps

Neuropsychological evaluation has a major role in diagnosis, treatment, rehabilitation, and educational and vocational planning for individuals who have experienced TBI. Neuropsychological assessment is used to show the ways in which a person can or cannot perform certain functions or tasks like learning, memory, and concentration that are dependent upon brain activity and that form the necessary building blocks of suc-

(Continued on page 17)

News from the Neuropsychologist

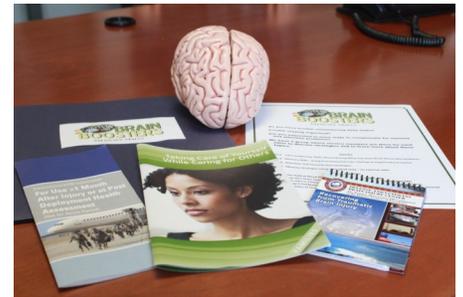
(Continued from page 16)

successful living in the individual's daily life.

In addition to diagnosing TBI, the evaluation tells us about what types of supports or workplace and academic accommodations may be needed and beneficial. The tests conducted are very sensitive to the kind of problems that people might have after experiencing a TBI. Neuropsychological tests usually involve paper-and-pencil or computer-based measures and are not physically invasive. The results of the evaluation are often the first step in developing an effective treatment plan and in getting you the additional resources and referrals you need. In some geographic areas, cognitive rehabilitation is available, which teaches the individual strategies to compensate for memory and attention problems.

What are some websites for learning about TBI treatment ideas?

- Defense and Veterans Brain Injury Center: www.dvbic.org
- The South Carolina Vocational Rehabilitation Department: www.scvrd.net



Command in the Community: Keeping Beaufort Beautiful



NHB Sailors, civilians, and families volunteer for the annual Grinding of the Greens.

Sailors, civilians, and family members from NHB often volunteer for community activities, including those that help keep Beaufort beautiful! Recently, members of the NHB family volunteered for both Grinding of the Greens and Adopt-a-Highway.

Grinding of the Greens is an annual Christmas tree recycling effort, which hospital staff have been volunteering for over the past 16 years.

NHB staff have also been helping keep the section of Ribaut Road from the hospital's entrance to the Parris Island bridge free of debris quarterly since at least 1998.

When it comes to the local community, NHB staff work hard to make a positive and clean contribution.



The NHB Adopt-a-Highway volunteers.

Patient Safety: Workplace Infection Prevention

By Ms. Susan Beasley, Infection Preventionist

Working in a healthcare environment ensures we will come into contact with patients or co-workers who can act as potential sources for infection. Forming good prevention habits and practicing them routinely will serve to protect our health and the overall health of our workplace environment.

Let's start by focusing on how germs are transmitted. Typically germs that can cause infection are transmitted by 3 methods: contact spread, airborne spread, or droplet spread. Contact spread illnesses can be transmitted by touching a sick person or touching contaminated items in the environment like phones, keyboards and patient items. Airborne illnesses are transmitted by breathing in germs from the air that has been contaminated by someone with an airborne type of illness. Droplet transmission occurs when we are exposed to the respiratory secretions coughed by someone infected with droplet-transmitted germs. Most of the illnesses that we might be exposed to at work are either contact- or droplet-transmitted. Routinely applying proven prevention methods will provide us with an added layer of protection.



Proven Ways to Prevent Infection

- **Hand hygiene** – The spread of many illnesses can be prevented with regular hand hygiene. To be effective hand hygiene requires at least 15 seconds of friction. Hand sanitizers are usually more accessible than sinks and take less time than hand washing; the sanitizers are actually preferred over soap and water for most tasks. However, soap and water should be used when your hands become visibly soiled or contaminated, before handling food and after using the bathroom.

- **Skin integrity** – Skin is the largest organ in our

body. In fact, intact and healthy skin is one of our best barriers to infection. We shed skin cells and bacteria continuously- at the rate of almost 8 pounds per year! Daily bathing helps to reduce the growth of pathogenic bacteria (bacteria that can produce infection). Cuts and abrasions should be covered with a dressing. Wear gloves for direct contact with patients or environmental contamination.

- **Uniforms and work clothes**- Uniforms and work clothes serve a dual purpose. They help contain the skin cells and bacteria our bodies shed into the work environment and protect us from environmental contamination resulting from patient care and contact with environmental surfaces. Upon arrival home from work remove work clothes and wash hands before holding children and preparing food. Change work clothes daily.

- **Vaccines**- Get a flu vaccination every year. Tetanus, diphtheria and pertussis (whooping cough) boosters are due every 10 years.

- **Avoid touching eyes, nose and mouth**- This is a simple but often overlooked method of preventing the spread of infection-especially at work. Our hands have frequent contact with contaminated equipment and environmental surfaces. Keep hands and fingers away from your face.

- **Workplace cleanliness**- Reduce clutter to allow for adequate cleaning of the environment. Keep surfaces free of dust. Disinfect reusable equipment and environmental surfaces; to be effective disinfectants must remain wet for the contact time stated on the label.

Respiratory etiquette- Cover coughs with a tissue or cough into your upper arm. Dispose of contaminated tissues in waste containers. Sanitize hands after coughs and sneezes.



NHB on the Move

Hails

Dec., Jan., Feb.

HR Bolanos, Eriberto
 HR Brown, Caitlin
 HR Crawford, Casey
 HR Edwards, Beverly
 HR Kramlich, Brianca
 HR Kutella, Corbin
 HR Lafferty, John
 HR Newman, Daniel
 HR Pace, Deonta
 HR Washington, Vaughn
 HA Counterman, Robert
 HA Faller, Ashley
 HA Gibson, Cory
 HA Rowe, Savanna
 HA Snellgrove, Sterling
 HA Stafford, Dylan
 HA White, Donovan
 HN Blotz, Krystal
 HN Harrison, John
 HN Maple, Stephen
 HN Munn, Nicholas
 HN Sibley, Andrew
 HN Solomon, Cameron
 HM3 Critelli, Justin
 HM2 Eubank, Joshua
 HM2 Gonzalez, Jorge
 HM2 Tyler, Tia
 MM2 Reyes, Andrew
 HM1 Fleck, David

HM1 Garcia, Viviana
 HM1 Guidry, Julian
 LT Beahm, Lance
 LT Brown, Sharon
 T Crosby, Anna
 LT Duhon, Christon
 LT Hinley, Danette
 LT Soper, Ana
 LT Tallent, Sarah
 LT Valentine, David
 LCDR Hagan, Helen
 LCDR Hagan, Jack
 CDR Williams, Michael

Farewells

Dec., Jan., Feb.

AOAN Freese, Joseph
 AZC Whittington, William
 CS1 Hicks, Thomas
 HN Bullock, Ian
 HN Davis, Anthony
 HN Davis, Christina
 HN Farrington, James
 HN Faulkner, Steven
 HN Ferrell, Christopher
 HN Geter, Edwin
 HN Hendrix, Sarah
 HN Horsting, Gina
 HN Horsting, Gregory
 HN Hostettler, Lucas
 HN Otwell, Michael

HN Rodriguez, Mario
 HN Schweitzer, Matthew
 HN Williams, Garret
 HN Wrightsman, Zachary
 HM3 Caballeros, Rudy
 HM3 Ferriola, Danielle
 HM3 Frazier, Corey
 HM3 Harper, Ethan
 HM3 Presnell, Brandon
 HM3 Rauch, Robert
 HM3 Riffenburg, Erica
 HM3 Rodriguez, Chris
 HM3 Russo, Shaun
 HM3 West, Delphan
 HM2 Anderson, Jarmayel
 HM2 Camblor, Tomas
 HM2 Ho, Hoa
 HM2 Holmes, Dennis
 HM2 Morris, Adam
 HM2 Oens, Robert
 HM2 Paul, Christopher
 HM2 Walker, Christopher
 HM1 Esquibel, Anthony
 HM1 Keast, Chad
 HM1 Thomas, Patrick
 HMC Bunmeema, Prayot
 MAC Warren, Gary
 MM2 Ford, Justin
 LT Doss, Brenda
 LT Rausa, Rebecca
 CAPT Williams, Thomas



Homecomings

Dec., Jan., Feb.

HN Jordane Coquin
 HN Serena Yesenoski
 HM2 Sean McKay
 HM3 Michael Clifton
 HM3 Justin Foster
 HM3 Donald Tate
 HM3 Rex Villao
 HM3 Haley Williams
 HMC Michael Davis
 LT Ronald Brower
 LT Chahn Chess
 LCDR Elizabeth Reeves

Deployments

March, May

HM2 Precious Herndon
 HM1 Earl Bercide
 HM1 Windy Green
 LT Ana Soper
 LCDR Michael Maughon

Sailors of the Quarter



Senior Sailor of the Quarter
 HM1 Bundrick



Junior Sailor of the Quarter
 HM2 Miller



Blue Jacket of the Quarter
 HN Santos

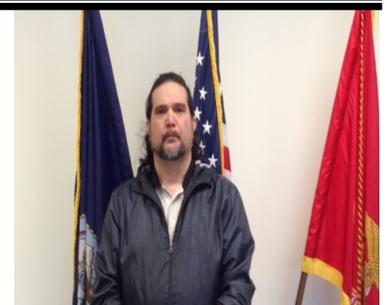
Civilians of the Quarter



Senior Civilian
 Ms. Catharine Greene



Civilian
 Ms. Monica Masanto



Contractor
 Mr. Kristopher Legge

Educational & Developmental Intervention Services: “W” Sitting

By Sue Mongeon, occupational therapist

As parents and caregivers, we want our children to have strong and healthy bodies with good posture and strong muscles. To achieve that goal, we want to be aware of a sitting position children sometimes use called “W” sitting. In this position, the child sits on their bottom with knees bent, legs wide and rotated facing away from the body much like the shape of a w. They prefer this position because it widens the base of support and is easy to maintain while playing with a toy without exerting muscle strength from the trunk.



An example of “W” sitting.

Excessive use of this sitting position can lead to delayed development of postural control and stability, and motor skills as well as orthopedic problems. During the growing years, it puts undue stress on the hip abductors, hamstrings, internal rotators, and heel cords which could lead to permanent shortening of these muscle groups affecting coordination, balance and development of motor skills.

Some common orthopedic problems from “W” sitting are weakness in the trunk muscles, sway back posture, turned in feet, and tight hip and leg muscles. This position for play can become a habit, so it is important for parents to teach them to sit appropriately when they see them in this position. Appropriate sitting positions are side sitting (legs to the side), long sitting (legs to the front), tailor sitting (legs crossed), or sitting on a cushion or stool. It is important to be consistent as possible not allowing them to “W” sit sometimes and then correcting at other times. They will learn quickly when you say, “Fix your legs” and then help them to transition to an appropriate sitting position.

For more information contact the Educational & Developmental Intervention Services (EDIS) Program at 843-228-5276 or visit <http://physical-therapy.advancweb.com/Article/does-your-child-w-sit.aspx>.



An example of side sitting
(legs to the side)



An example of long sitting
(legs to the front)



An example of tailor sitting
(legs crossed)