

# Lowcountry Beacon

## New Beginnings



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- How to Get the Most Out of Your Visit to the Vet
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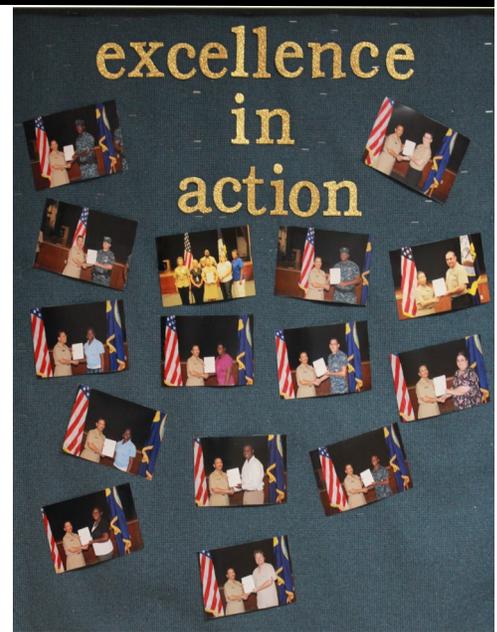


# Excellence in Action

March, April, May

LCDR Laura Bradford  
 Mr. William Brady  
 Ms. Denise Brown  
 Ms. Barbara Butcher  
 Mr. Christopher Calvert  
 Ms. Jeanine Darville  
 HM2 Jeffrey Day  
 Ms. Wanda Gehlken  
 Ms. Melissa Horton  
 HM3 Samuel Howell  
 Mr. Heath Johnson  
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 Mrs. Regena Kowitz  
 HN Joseph Kuhns  
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Ms. Catherine Lennon  
 HN Grant Marcinkowski  
 Ms. Kimberly Monroe  
 Mr. Peter Munson  
 HN Damon Prince  
 LT Ivette Schmiede  
 LT Stacey Scotton  
 Ms. Sandra Smith  
 HM2 Roberto Songco  
 LCDR Timothy Stacks  
 HN Travis Strote  
 Mrs. Rose Thatcher  
 CDR Gregory Their  
 Mr. David Torman  
 Mr. Maurice Williams  
 Ms. Teresa Wilson  
 Ms. Laura Whitacre



Excellence in Action (EIA) 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 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](http://www.ice.disa.mil) and typing "Naval Hospital Beaufort" into the search bar.

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<p><b>Lowcountry Beacon</b></p>	<p><i>Contributors:</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>
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Capt. Joan R. Queen  
Commanding Officer

# A Message from the CO

## New Beginnings

As I write this message, it is with a sense of excitement and a hint of sadness. After having been the Commanding Officer of Naval Hospital Beaufort for the past three years, this summer I will not only turn over command of this wonderful hospital to a new CO, but I am also retiring from the Navy after 30 years of service.

My experience as the CO of Naval Hospital Beaufort has been rewarding beyond measure and I have truly enjoyed being part of the naval hospital family and the Beaufort community, for the two are indelibly intertwined. So many of our Sailors have embraced living in the Lowcountry, and our civilian staff firmly anchors this hospital to the community. From marching in community parades, to attending ceremonies held by various civic organizations, and attending community festivals, I will be taking with me so many wonderful memories of my time here in Beaufort. For those of you who are new to the Beaufort area, arriving this summer during “PCS season,” I encourage you to embrace this community so that you too can fully enjoy this new and enriching duty station.

As I prepare to leave Beaufort and begin the next chapter in my life, I am looking forward to using everything I have learned from my time in the Navy as I enter the civilian workforce. The Navy has prepared me well, and over the past 30 years, I have learned a great deal about leadership, discipline, pride and of course, honor, courage, and commitment. While there is much to do in the surrounding community, this duty station can also offer an opportunity for personal and professional growth. There are so many opportunities to get involved with the command including the various ball committees, becoming a Victim Advocate with our Sexual Assault Prevention Response Program, joining the Coalition of Sailors Against Destructive Decision, and so much more. All you need to do is ask your chain of command how you can get involved and they’ll get you pointed in the right direction.

Our strong partnership with the Tri-Command and Marine Corps Community Services (MCCS) offers opportunities for embarking on new adventures and making new friends. Programs such as the Single Marine & Sailor Program, Outdoor Recreation, and Information, Tickets, and Tours, provide opportunities to travel to new locations and meet those with similar interests. Marine Corps Family Team Building, with locations at MCRD Parris Island and MCAS Beaufort can help you enhance family readiness and make new friends with the many classes and workshops they offer.

Educational opportunities abound as well, and shore duty is the perfect opportunity to stretch your knowledge and expand your intellectual growth. There are several local colleges and universities that active duty service members and their family members can attend, whether you’re interested in a degree or just taking a course for fun. Who knows...you may even find a new career along the way. The MCCS Lifelong Learning and Education Program is great place to start if you want to learn more about educational opportunities.

Beaufort is a wonderful place to begin anew no matter where you are in your career or personal life. Yes, life here is a little slower than other places, but that gives you the opportunity to take a moment, take inventory of where you are and chart the course to where you want to be. There is a always time for new beginnings, even after a thirty-year career. As I close this chapter in my life and reflect on where I’ve been, I can honestly say I am forever grateful to those I have met along the way – whether we traveled for just a few moments or many weary miles together, I have learned something from everyone I have met on this journey.

Fair Winds and Following Seas,  
Capt. Joan Queen



### 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*

## When One Adventure Ends Another Begins

Whenever I attend a wedding, funeral, retirement, or graduation, I am reminded of the cycles and stages of our lives and the lives of our families and friends. The late spring and summer seasons are prime times when our calendars are filled with graduation reminders and many in the military pack their belongings for yet another Permanent Change of Station move. Each move usually requires self reflection as we sort through our belongings and consider whether it is worth packing the same items for yet another household goods shipment. I ask myself whether I really need to keep so many knick knacks from my travels but they serve a purpose as memorabilia from past tours and tokens of the places I have served around the country and around the world.

Collecting trinkets is a long cherished Navy tradition and we extend that tradition by honoring our shipmates with the presentation of a shadow box at their retirement ceremony. Historically, the items in the shadow box are a reflection of the individual being honored and the tradition came about as a way to allow the Sailor to disembark from their final cruise or ship before their shadow crossed the bow. The shadow box itself was sent ashore after the Sailor had landed safely ashore.

Most of us look forward to new adventures, whether as a PCS move or after achieving a goal, such as graduation or retirement. Every time I pack my belongings and set my sights on a new duty station, I am reminded of the lyrics from the band Semisonic's song Closing Time, "Every new beginning comes from some other beginning's end." This summer, we say farewell to many Officers, Enlisted, and Civilians who have called Naval Hospital Beaufort their home for many years. They have left their mark on our command and on all of us. We will be forever grateful for their service and for the positive and lasting impact they have made on Naval Hospital Beaufort and Navy Medicine.

I bid "fair winds and following seas" to each and everyone who is departing this summer. May your new beginnings be enriched by the experiences you had at Naval Hospital Beaufort, your latest beginning's end.



# From the Desk of the CMC

## A New Tool to Reduce Irresponsible Alcohol Use

Here at Naval Hospital Beaufort, the majority of Sailors who do consume alcohol do so responsibly. There have been, on occasion, a handful of Sailors who don't make the best choices when it comes to alcohol consumption, but NHB now has a new tool to use to help reduce the irresponsible use of alcohol. As a part of the Navy's aggressive efforts to provide Sailors with the resources they need to make responsible choices, the Navy has approved the use of alcohol detection devices (ADDs) to promote safety, provide education and awareness, and complement other unit efforts to promote responsible use of alcohol and deter alcohol abuse.



*CMDCM Leroy Hatcher  
Command Master Chief*

Under the new OPNAVINST 5350.8, random ADD inspections are authorized for all on-duty service members who are assigned to a Navy unit during normal working hours. While at work, Sailors must be able to carry out their assigned duties. Sailors who drink too much late into the night could report for duty under the influence of alcohol and place themselves and their shipmates at risk.

Here are a few facts you may want to know about the program:

- ADDs are to be used only as an educational tool that complements command initiatives to deter irresponsible use of alcohol and to assist with identifying Sailors who may require support and assistance with alcohol use decisions.
- The information gathered from testing cannot be used as evidence for disciplinary proceedings. However, commanding officers may use ADD results as a basis to further evaluate a service member's fitness for duty through use of a Competence for Duty examination.
- In any case where the ADD-indicated reading is 0.02 percent BAC or greater, the service member should be retested after a 20-minute waiting period.
- A service member whose ADD-indicated reading is 0.04 percent BAC or greater will be classified as not ready to safely perform duties.
- A service member may be referred to the Drug and Alcohol Program Advisor for any reading of 0.04 percent BAC or greater. Command referrals to the DAPA are not considered alcohol-related incidents.
- A service member, who has previously completed alcohol rehabilitation treatment, with an ADD indicated reading of 0.02 percent BAC or greater shall, at a minimum, be referred to the DAPA.
- Sailors who refuse to submit to an ADD inspection may face appropriate disciplinary or administrative action.



Naval Hospital Beaufort has received several ADDs and in the near future designated Sailors will be trained and educated in the proper use and handling of these devices. Upon the establishment of written guidance, the devices will be put into action and used randomly, encouraging Sailors to drink responsibly and discourage alcohol abuse.

# Chaplain's Corner



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

In his book “The Power of Now” Eckhart Tolle tells a story called *The Beggar*. It reads thus:

“A beggar had been sitting by the side of the road for thirty years. One day a

stranger walked by.

"Spare some change?" mumbled the beggar.

"I have nothing to give you," said the stranger. Then he asked: "What's that you're sitting on?"

"Nothing," replied the beggar. "Just an old box. I've been sitting on it for as long as I can remember."

"Ever look inside?" asked the stranger.

"No," said the beggar. "What's the point, there's nothing in there."

"Have a look inside," insisted the stranger.

The beggar, reluctantly, managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold.

Using his story, Tolle encourages readers to look inside themselves for the “gold” that will change their lives. It is a good point, that is, if one finds the “gold”. Indeed, the beggar’s life of begging is transformed into one of wealth; which is a welcomed circumstance to everyone impoverished in today’s economy — figuratively speaking. Additionally, I believe Tolle’s story resonates with people because people sometime find themselves wishing for new beginnings — including me.

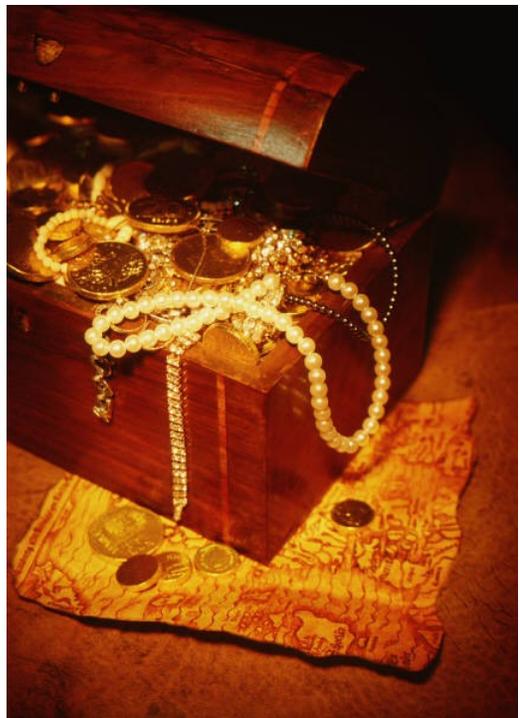
All joking aside and with complete honesty, I recall times wishing I had new beginnings—fresh starts, do-over’s, clean slates. But as hard as I wished, I always found myself surrounded by my all-too-familiar circumstances I had wished would change.

## “The Beggar”

By Lt. Cmdr. Timothy Powell

And, with complete honesty, it was only through very hard work and trying many times over, that my circumstances changed; but, even then I found myself starting a new chapter of life instead of starting life over. So I conclude—for me at least—that gaining new beginnings is linked closely to beginning anew again and again. Or said another way, new beginnings often result from perseverance. (I say “often” instead of “always” because there are examples of people winning the lottery or finding fresh starts. But if one plays the odds of getting a fresh beginning through winning the lottery or trying afresh with perseverance, I think the odds favor perseverance.)

Perhaps the “gold” within us is the “grittin-out” perseverance needed to scale un-climbable mountains. Perhaps we need to give ourselves permission to try-try-try-again. Perhaps the muscle behind the kinds of perseverance that bring us to new chapters of life is Faith. Perhaps Faith’s key is found in Philippians 4:13 —“I can do everything through him [Christ] who strengthens me. NIV” My encouragement to you this quarter is to go for the gold with perseverance so you can begin a new chapter in your life or, in those rare cases, a new beginning in life.



# New Additions: Prenatal Care at NHB

By Regena Kowitz and Lt. Cmdr. Deidra Foreman

At Naval Hospital Beaufort, if there is one department that specializes in new beginnings, it's the Obstetrics and Gynecology (OB/GYN) Clinic. This is where the majority of our TRICARE Prime patients receive their prenatal care and prepare for the birth of their new baby, who will be delivered at Beaufort Memorial Hospital. Whether you're a first time parent or you're a pro, the OB/GYN department is here to meet your health care needs every step of the way.

"The OB/GYN clinic offers routine and high risk obstetrical care to meet the varied needs of our patients, routine gynecological care, and basic evaluation and treatment of infertility," says Lt. Cmdr. Deidra Foreman, physician and department head for the OB/GYN Clinic. Foreman has been a physician for seven years and has been at Naval Hospital Beaufort for the past three years.

In addition to the clinic's four physicians, the OB/GYN team is comprised of two registered nurses, two licensed practical nurses, five hospital corpsman, and two front desk staff who help deliver care to every patient. On average, a patient can expect to have nine appointments at the clinic throughout their pregnancy, however, this can vary depending on whether or not the pregnancy is high risk.

## Getting Started

According to Foreman, in order for patients to begin their prenatal care, they need to contact their primary care manager (PCM) to have pregnancy test ordered and performed by the naval hospital's lab. Even if you've already had a positive pregnancy test at home, the hospital needs to verify the results and



*Lt. Cmdr. Deidra Foreman, the department head for the OB/GYN Clinic, is one of four physicians who provide prenatal care for expectant mothers and performs deliveries at Beaufort Memorial Hospital.*

***"The OB/GYN clinic offers routine and high risk obstetrical care to meet the varied needs of our patients, routine gynecological care, and basic evaluation and treatment of infertility," — Lt. Cmdr. Deidra Foreman, physician and department head for the OB/GYN Clinic***

confirm the pregnancy. As soon as that is done, your PCM will place a referral to the OB/GYN clinic for prenatal care. Once the referral has been received, one of our nurses will contact you to set up your first two appointments.

"All of our patients go through an orientation or 'set up' process where they meet with their designated OB nurse who reviews the services we provide in detail and also what to expect," says Foreman.

During this appointment, which lasts about an hour, you can expect to complete paperwork, the nurse will go over your medical history, and additional lab work will be ordered. The second appointment, which is called a "new OB" appointment, will be with one of the clinic's physicians.

"At the new OB visit, your provider will obtain your medical history and perform an exam," says Foreman. "If you are overdue for a PAP smear, that will also be performed during this appointment. At

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# New Additions: Prenatal Care at NHB

the end of the visit, an ultrasound is performed to verify the due date. At all subsequent visits, a Doppler is used to measure the baby's heart rate and any issues that you might have are discussed.”

Subsequent prenatal visits will be scheduled so that you see each of the four providers at least once. The reason for this is to ensure that you are familiar with the different doctors because there is no way to know in advance which provider will be on call when you go into labor.

## *Prenatal Care*

The goal of prenatal care is to ensure a healthy pregnancy and successful delivery. Part of your prenatal care will involve specific tests and procedures, the first of which was your positive pregnancy test.

At every visit, you can expect clinic staff to get your weight, measure your blood pressure, and listen to fetal heart tones among other things. Additionally, according to Foreman, between 15 and 22 weeks, a

***The goal of prenatal care is to ensure a health pregnancy and successful delivery. Part of your prenatal care will involve specific tests and procedures, the first of which was your positive pregnancy test.***

genetic screening for Down Syndrome, Trisomy 18, and Spina Bifida is offered.

One of the procedures expectant parents are most excited about is the ultrasound because it gives them a chance to “see” their baby. At the naval hospital, every patient will normally have two ultrasounds performed during pregnancy. Certain patients who are considered high risk may require more than two ultrasounds to monitor the growth of the baby.



The first ultrasound is done early in the pregnancy to confirm the due date. The second is an anatomy ultrasound, which is typically done at 20 weeks in the Radiology Department. If the radiology tech performing this ultrasound can see the gender, then he or she will generally inform the parents, but we do not perform ultrasounds specifically to determine the gender. The goal of the 20 week ultrasound is to make sure all of the organs are developing normally.

During pregnancy, patients are encouraged to be active participants in their care and to maintain a healthy lifestyle.

“I think it is important for every pregnant woman to be proactive in their care,” says Foreman. “She should not be afraid to ask questions at each appointment, and it’s ok to bring a list. I also encourage every pregnant woman to read a book or articles about pregnancy so that she understands the changes that are occurring in her body and what to expect. Our clinic gives every patient a pregnancy and childbirth book at the initial visit which provides really good basic information. The American

Congress of Obstetricians and Gynecologists also has a website that provides patient information.” ([www.acog.org/For%20Patients.aspx](http://www.acog.org/For%20Patients.aspx))

“Additionally, every pregnant woman should continue to follow a healthy diet, get adequate sleep, and drink plenty of water,” adds Foreman. “If she was athletic or very active prior to pregnancy she can continue to exercise with some modifications. Smokers should work on quitting prior to conception, but if a patient does not quit prior to pregnancy, quitting once the pregnancy is discovered will certainly improve the outcome.”

*(Continued on page 9)*

# New Additions: Prenatal Care at NHB

*(Continued from page 8)*

Sometimes during pregnancy, a patient may become ill or injured. When this happens, staff in the OB/GYN Clinic can guide your care.

If you have a question or concern between appointments or if you are feeling ill, you should contact your nurse. After discussing your concerns, your nurse will determine if you need to be seen and provide you with further guidance based on the nature of the concern and any symptoms you may be experiencing. It's important to call your nurse first rather than walking into the clinic for the following reasons:

- You may need to go to the lab for tests before seeing your provider.
- A physician may not be available immediately due to being on call at Beaufort Memorial or providing care to other patients and you may need to be scheduled a little later in the day.
- You may be instructed to go directly to the emergency room or labor and delivery instead of going to the clinic.
- Your nurse may be able to make recommendations or provide medication without you having to come in for an appointment.

***If you have a question or concern between appointments or if you are feeling ill, you should contact your nurse.***



## *Preparing for Delivery*

During pregnancy, ideally between the 28<sup>th</sup> and 32<sup>nd</sup> weeks of pregnancy, it's a good idea for expectant parents to tour Labor and Delivery at Beaufort Memorial Hospital, which is where all Naval Hospital Beaufort OB patients will deliver. Beaufort Memorial, which is just a few miles down the road from the naval hospital, offers tours of Labor and Delivery the 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month, at 7 p.m., starting at the Birthing Center. For more information, you can contact Labor and Delivery at 522-5176.

Also around the 28<sup>th</sup> week, the following tips are recommended by the OB/GYN Clinic staff:

- Obtain a car seat and learn how to use it.
- Pre-register with Beaufort Memorial Hospital to ensure a smooth admission.
- Attend breast feeding classes (even if you are only thinking about it).
- Attend a childbirth education class.
- Plan for care of older children during labor and delivery.
- Do your daily "fetal movement counts" (kick counts).
- Start considering plans for anesthesia during labor, and post-partum birth control.

As you prepare for the newest addition to your family, remember, the OB/GYN Clinic at Naval Hospital Beaufort, our providers, nurses, corpsmen, and support staff are all committed to helping you have a healthy and successful prenatal and delivery experience!

# Continuous Process Improvements: “Just Do Its”

*By Kaffee Stallings-Ray and Lt. Kenya Hester, RN*

What is a “Just Do It” (JDI)? A JDI is an improvement you have made within your department/division without using a formal Continuous Process Improvement (CPI) methodology such as “Plan-Do-Check-Act” (PDCA) or Lean Six Sigma (LSS).

Anytime you identify a problem, you know what the solution is, you implement the solution, and the solution results in an improvement, that is a JDI. JDI’s can include actions such as redesigning the location of equipment so that work flow is more efficient or modifying an existing form so that necessary documentation is captured. JDI’s generally are not rocket science, but simple common sense steps that can be implemented to drive improvement of the product and services you provide.

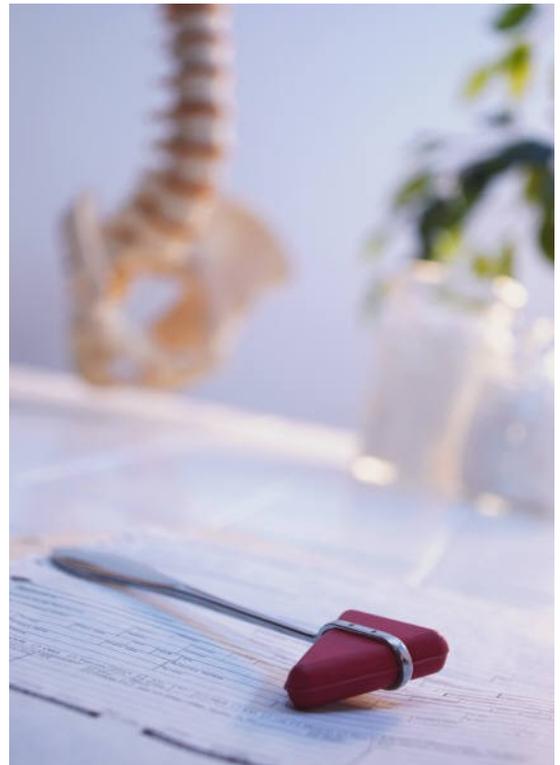
Many of you are doing great things within your department to facilitate improvement with the care and services you provide, but they are usually done behind the scenes. For the most part, our patients, coworkers, and visitors don’t see the effort that goes into making our processes, and ultimately patient care, better. One way we can share what we are doing to continually improve is to share our CPI projects on a Story Board, which can be as simple as a brief list of statements about your JDI’s. The

Orthopedic Department recently made a change in their workflow, which is an excellent example of a JDI.

The Orthopedic Department had only two computers for seven corpsmen. This caused a variety of problems within the department such as longer patient wait times, lack of accountability for staff documentation, and an overall delay in documenting patient information. Quite often, the corpsmen had to wait to input crucial patient data such as vital signs and allergies or rely on another staff member to do so. Additionally, patient vital signs were occasionally taken in the waiting area, potentially compromising auditory privacy. Through brainstorming, Lt. Hester and her staff identified a possible solution, which was to purchase four mobile computer carts to rotate between eight exam rooms (one cart for two exam rooms). This endeavor proved to be cost effective, process efficient, and successful. This CPI project led to:

- Decreased patient waiting time
  - ◊ Patients are now escorted into exam rooms upon arrival where vital signs and documentation is completed.
- Decreased risk for lack of auditory privacy
  - ◊ Patient information is discussed in the exam room
- Increased staff accountability for patient documentation
- Increased overall patient satisfaction

The CPI Office is interested in hearing about your JDI’s and assisting you in sharing their success so other departments can adopt initiatives that improve our processes and enhance the delivery of quality patient care. To learn more, please contact the CPI Office of the Quality Management Department at 228-5303 or email Mrs. Stallings-Ray.



# Department in the Spotlight: OB/GYN Clinic

By Regena Kowitz

Naval Hospital Beaufort's OB/GYN Clinic provides comprehensive obstetric and gynecological care to both TRICARE Prime and Standard patients. Clinic staff consists of four physicians, two registered nurses, two licensed practical nurses, five hospital corpsman, and two front desk staff.

The OB/GYN Clinic provides prenatal care to expectant mothers, managing their health care needs from the early stages of pregnancy through to the birth of their child and six-week postpartum visit. While all prenatal care, to include lab and ultrasound procedures, is provided at the naval hospital, all deliveries are conducted at Beaufort Memorial Hospital. On average, the OB/GYN Clinic provides prenatal care to approximately 250 patients every month.

In addition to obstetrics, the clinic also provides gynecological care ranging from well woman visits to treating benign gynecological conditions.

The OB/GYN Clinic offers many services and procedures to include:

- Basic contraceptive management
- IUD/Nexplanon insertions
- Hysterectomies
- Colposcopies
- Basic infertility management and initial work-up

Location: 2<sup>nd</sup> floor, east wing

Hours: Monday-Wednesday, Friday, 0730-1600;

Thursday, 0730-1130

Phone: 228-5345/5348

## By the Numbers

- **Total Patient Visits—37,651**
- **Total Babies Delivered — 359**

*Totals are for calendar year 2012*

## Sailors of the Quarter



Senior Sailor of the Quarter  
MA1 Nevico



Junior Sailor of the Quarter  
HM2 Chenot



Blue Jacket of the Quarter  
HN Trader

## Civilians of the Quarter



Senior Civilian  
Mr. Fred Schmidt



Civilian  
Ms. Ester Hill



Contractor  
Dr. Scott Moore

# Sailor in the Spotlight: HM2 Tia Tyler

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**Name:** HM2 (SW) Tia Cherrelle Tyler.

**Hometown:** I am an army brat. I was born in Racine, WI but my home is Hinesville, GA.

**What do you do in your off duty time/hobbies:** I like cooking, going to the movies and what most females enjoy....shopping!

**Favorite movie(s):** Love and Basketball, Shooter, Lincoln Lawyer.

**Favorite food:** French fries.

**Years of naval service:** It will be 8 years on the 22 of this month.

**Time onboard:** 4 months on the 15th of this month

**Work center:** OB/GYN.

**What do you enjoy most about your job:** What I enjoy most about my job is being able to help others the best I can. And if I can't be of assistance, I will make sure that person is taken care of. Since I've been in this clinic the most rewarding time has been with new mothers being able to see their babies for the first time on the ultrasound. I look forward to one day being able to experience that myself.

**Share something interesting about yourself:** Growing up I never thought I would join the military. My dreams were set on modeling and going to college. I attended a modeling school in Jacksonville, FL when I was 16 and tried out for their agency and was accepted. I didn't take on jobs like I wanted to because I was set on finishing high school. I had always thought about it after high school, but I focused on getting myself accomplished and felt modeling would always be a possibility. I joined the Navy a month after high school and here I am 8 years later having seen some parts of the world and I have no regrets. I am truly thankful for all that I have accomplished and look forward to serving many more years.

# Civilian in the Spotlight: Ms. Jodie Linn

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**Name:** Verna (Jodie) Linn.

**Hometown:** Originally from Kansas — military dependent child and wife — Beaufort, SC is now hometown.

**Time onboard:** At Naval Hospital Beaufort 18 years 4 months (10 months prior civil service as school nurse).

**Work center:** OB/GYN Clinic.

**What do you enjoy most about your job:** Caring for pregnant mom's and helping them understand the amazing transition they are going through, hopefully making it easier.

**What do you do in your off duty time/hobbies:** Read, spend time with family and friends, movies, volunteer for Church and CAPA.

**Favorite movie(s):** Bells of St. Mary.

**Favorite food:** Ice cream (does that count as a food?).

**Share something interesting about yourself:** Married my high school sweetheart (I was 15 when we met) while we were still in college (in separate states). Been married for 38 years (in a couple of weeks). Both son-in-laws are named Brian. Have 2 daughters who each have one son and one daughter. I was an only child of an only child until I was 13, then I had 2 brothers and 3 sisters (by marriage).



# Health Promotion & Wellness: Get Fit & Give to Charity

By Ivette Moore

After 8 long hours of work it is very difficult to have the energy, motivation and desired to join an exercise class or start your individual workout. You may feel drained, exhausted and unmotivated to do the extra work. If this sounds familiar to you, it means it is time for you to find ways to stay motivated and stay on track. No matter what your health and fitness goals are, it is time for you to revisit your personal fitness goals, think about how far you have come and set yourself on a path to a new beginning with your exercise routine. In the search for ways to stay motivated, open your mind to something a little different.

I have found technology to be a very powerful tool to help me stay motivated. Not only does technology allow you access to your favorite music and videos while working out, but it also gives you easy access to thousands of health and fitness programs. And don't forget it can also keep you connected to the latest trends in health and fitness.

There are many free health and fitness apps worth downloading from "My Fitness Pal" and "Gain Fitness" to the newest "Navy Operational Fitness Fueling Series" (NOFFS) App. But one app that is helping people around the world is the "Free Charity Miles" app. The Free Charity Miles app converts your minutes of exercise into dollars, while raising awareness of your favorite charity. Turn on the app at the start of your workout, select a charity and go. It's that simple! Here are a few of the charities that you can support with the app:

## *The Wounded Warrior Project*

The Wounded Warrior Project helps thousands of injured warriors returning home from the current conflicts and helps provide assistance to their families. Through the "Free Charity Miles" app, every mile you earn by running, cycling or walking is donated as cash to the Wounded Warrior Project.

## *Feeding America*

Feeding America and Zumba® Fitness' "The Great Calorie Drive™" let's you do more than just burn calories...you can donate them! Zumba® will donate \$0.14 for every 750 calories (for the first three classes you check in to).

## *Habitat for Humanity*

Habitat for Humanity believes that every man, woman and child should have a decent, safe and affordable place to live. They build and repair houses all over the world using volunteer labor and donations. They will earn money for every mile covered. Walkers and runners earn 25¢ per mile; bikers earn 10¢ per mile. With every minute you exercise more money goes to those in need for a safe home.

## *The Partnership for a Healthier America*

The Partnership for a Healthier America (PHA) is devoted to working with the private sector to ensure the health of our nation's youth by solving the childhood obesity crisis. PHA brings together public, private, and nonprofit leaders to broker meaningful commitments and develop strategies to end childhood obesity. Let's move and increase awareness of the childhood obesity crisis.



# Safety: Safety in a New Work Environment

By Sue Hollingsworth



To promote personal safety and minimize the risk of injury, new procedures often require new work habits. When reporting to a new work environment (whether, a new command or a temporary assignment to a different department), be prepared to adjust your work habits. To adjust safely to a new procedure:

- **Recognize potential hazards** associated with performing a new procedure.
- **Understand the new procedure's purpose.**
- **Know the precautions** to take when performing the procedure, including what personal protective equipment (PPE) to use (gloves, protective eyewear, gowns, etc.).
- **Know the procedure's steps** and in what order to perform them.
- **Practice the new procedure under supervision** before doing it on your own.
- **Ask your supervisor** if you have any questions about a new procedure, and ensure you fully understand the response.
- **If PPE is indicated**, select and use the appropriate PPE, ensuring you have a good fit. Inspect PPE before using to ensure it will protect you properly. Know how to remove it safely without getting contaminated by hazardous substances. Clean and store it properly after use.

In January 2012, a study conducted by the Bureau of Labor and Statistics (BLS) revealed that the “median number of years that wage and salary workers had been with their current employer was 4.6.” This means that the average civilian worker experiences fairly frequent changes in their work environment and new ways of doing things.

Chances are that the military member will be involved in the same basic occupational category from duty station to duty station, but they must adapt to different ways of getting the job accomplished, involving variables such as:

- Reviewing and understanding local policies, procedures, and protocols.
- New and different types of equipment or lack of equipment used at the last duty station.
- Availability of familiar instruments, tools or other resources.
- Emergency response procedures.
- Acclimation to the physical and local environment.

***To promote personal safety and minimize the risk of injury, new procedures often require new work habits. When reporting to a new work environment (whether, a new command or a temporary assignment to a different department), be prepared to adjust your work habits.***

and verify that the “trainee” understands the correct and safe way to perform the task. As the instructor, you are expected to consistently perform your duties and tasks using good safety habits, avoiding shortcuts that deviate from safe practices. Pass these good safety habits along to our new members so their new beginning at Naval Hospital Beaufort is safe and accident-free!

If you are the one responsible for orientation and training for staff members, you are the role model for safety. Create a learning atmosphere in which the trainee feels at ease to ask questions. Observe

# DAPA Debrief: Alcohol Rehabilitation & New Beginnings

By HMC Amanda Hughes



addiction is affecting their lives, the addict themselves often don't see, or refuse to see, how their behavior has changed as a result of alcohol abuse. Alcohol rehabilitation is generally the last thing on their minds at the time.

Staff members who desire counseling or treatment resulting from drug and/or alcohol abuse, may initiate the process by disclosing the nature and extent of their problem to a qualified self-referral agent. Those self-referral agents are:

- Command DAPA
- CO/OIC
- CMC
- Navy Drug and Alcohol Counselor
- Medical Personnel
- Chaplain
- Fleet and Family Service Center Counselor

**D**rug and alcohol abuse and the incidents they cause greatly impair Navy readiness and quality of life in terms of lost work days, deaths, injuries, and disciplinary incidents resulting from Uniform Code of Military Justice (UCMJ) and civil criminal infractions. The abuser's shipmates and family, as well as the abuser, suffer the consequences of alcohol abuse.

Therefore, a voluntary self-referral process for drug and alcohol abuse has been instituted.

If you are having issues with drugs and/or alcohol it's important to remember that rehabilitation is not an act of giving up — it is an act of surrender.

Understanding how alcohol abuse drastically changed your life and relationships with family members and friends is the first step in acknowledging your disease. When someone is in the throes of their addiction — in this case alcohol — it is often difficult for them to gain a clear perspective of exactly what their addiction and their resulting behavior is doing to them and those around them — family members, friends, co-workers and acquaintances. The addiction and the compulsion to have another drink completely overtakes common sense and a clear decision-making process.

While family members and friends will try to talk to their loved ones about how their alcohol abuse and

***If you are having issues with drugs and/or alcohol it's important to remember that rehabilitation is not an act of giving up — it is an act of surrender.***



***For information on the Navy's drug and alcohol policies and programs, please contact your Command DAPA HMC Hughes at 228-5579 or HM1 Aguilar at 228-5499.***

# How to Get the Most Out of Your Visit to the Vet

By Maj. Stephanie Hall, USA, DVM

**W**hether you're new to the area with pets, or you've been here for a while and have new pet, the Veterinary Treatment Facility at MCRD Parris Island provides services to keep your pet healthy.

To help you understand more about the appointment system, the following information explains the system the Parris Island Veterinary Treatment Facility uses to schedule your pet so they see the person who can help them the most. All appointments can be scheduled through our appointment line at 228-3317.

## **Technician Appointment (15-20 minutes)**

For routine care of healthy animals, your pets' appointment will be with one of our veterinary technicians. Routine care typically includes a brief overall physical examination, a rabies vaccination, a distemper combination vaccination, heartworm testing (for dogs), FeLV/FIV testing (for cats), and deworming of puppies and kittens. If the technician sees that your pet has a problem at this appointment, he or she may ask you to schedule a follow-up appointment with a doctor. If your pet needs to have blood work done, either for medication refills or FAVN rabies titer testing, this is the type of appointment you need to make.

## **Wellness Visit (15-30 minutes)**

A wellness visit is an appointment in which the animal is not having any problems but the pet owner just wants to get them "checked out." Requests for this type of appointment are sometimes made when a pet owner buys a new puppy or adopts an animal and wants to find out if there is anything wrong that they should know about. This examination is also done by a veterinarian. Sometimes there is a large demand for

appointments for sick pets and we do not have availability for healthy check-ups with the doctor. If this is the case and your pet is not having any problems, you can always take your pet to see an off-base vet for a wellness exam.

## **Sick Call Appointment (20-30 minutes)**

*Minor sick call.* If your pet is being seen for a health certificate or minor health problem such as a first time ear infection or skin rash.

*Major sick call.* If your pet has a recurring medical problem, such as an ear infection that keeps coming back, or has symptoms that could indicate a major illness, such as lethargy, vomiting, diarrhea, or lameness, you will need an appointment to discuss your pet's problem with a doctor.



You will first meet with a veterinary technician who will take your pet's vital signs (temperature, pulse, respiration, and weight) and will ask you a few questions about the pet's history, current medications and food, and to find out why

you are bringing your pet in to be seen. You will then discuss your concerns with the veterinarian who will examine your pet and may recommend further diagnostics or treatments.

## **Acute Appointments**

These appointments are for animals that are suddenly severely ill. Examples might include: an older pet that has been vomiting intermittently for several weeks and suddenly became very lethargic that morning; or an active animal that was playing in the yard, yelped, and then suddenly wouldn't bear any weight on one of their legs. The problem is not life-threatening but it is urgent and the pet needs to be seen on the same day. If we have available sick call appointments on that

*(Continued on page 17)*

# How to Get the Most Out of Your Visit to the Vet

(Continued from page 16)

day, we will schedule you in one of those times. If we do not or feel that your pet may need services that we cannot offer in our clinic, we will refer you to a see a veterinarian off-base so that the pet can be seen as soon as possible to treat the problem.



## Emergencies

Parris Island Veterinary Treatment Facility is not equipped to treat most true veterinary emergencies. This means that if an animal needs emergency life-saving care such as cardiopulmonary resuscitation (CPR), treatment for a heat stroke, acute respiratory arrest, severe bleeding, if the animal has fallen from a tall building, or has been hit by a car, that animal's medical care will need to be performed by an off-base clinic. We recommend you proceed to the nearest veterinary clinic. We do this because we want the best treatment for your pet.

## Surgery and Dental Procedures

We are not currently offering surgery or dental procedures in our facility. We hope to be offering these services in the near future.

## A Note About Military Working Dogs

One of our primary missions is to provide veterinary medical care for Military Working Dogs. Needless to say, we make every effort to schedule our military animals so that meeting their needs does not prevent your pet from getting the care they need. However, if a Military Working Dog team gets deployed on short notice or injured, we may have to delay or reschedule your appointment so that we can take care of them.

# Command in the Community: Visit to the VAMC



**O**n May 24, fourteen Sailors and one civilian employee from the Tri-Command enthusiastically came together to participate in the Ralph H Johnson VA Medical Center's

(VAMC) Memorial Day ceremony and to visit Veterans receiving care at the VA hospital.

The event, which was organized by Lt. Ana Soper of Naval Hospital Beaufort, bridged the gap of generations between today's service members and DoD employees with Veterans who served in past eras, honoring the sacrifices our Veterans have made. The Sailors stood at attention while the pledge of

allegiance was read by a combat Veteran, and many remarked on what a stirring touch was added by the presence of those from the Tri-Command. The Tri-Command visitors then proceeded to the inpatient units to visit with and include the Veterans there. All present will always remember this very special day and the cheer it brought to all involved.



*NHB Sailors spent Memorial Day at the Ralph H. Johnson VA Medical Center in Charleston spending time in the company of veterans.*

# August is National Immunization Awareness Month

By Ms. Ethel Wallace, RN



- [www.cdc.gov/vaccinesafety](http://www.cdc.gov/vaccinesafety)
- [www.cdc.gov/vaccines/vac-gen/why.htm](http://www.cdc.gov/vaccines/vac-gen/why.htm)

August is the beginning of the busy season for Naval Hospital Beaufort's Immunization Clinic. Immunizations for Influenza start toward the end of August and administering vaccines to school aged children and those in day care also increases at this time.

Immunizations should be kept current and records of immunization should be available to beneficiaries. These records should be kept with other important medical papers and presented to the primary care manager (PCM) when annual physicals are done for transfers, as well as school and daycare registration, to ensure that all immunizations and the record itself are up to date. These records should always be presented to the immunization clinic when getting an immunization to further ensure it is up to date with the most recent immunizations. A copy of your immunization record may be obtained from the Immunization Clinic, your doctor's office, the local health department, or wherever you receive your immunizations.

August has been designated as National Immunization Awareness Month. It is also the fifth year that the Department of Defense (DoD) has joined forces with the Center for Disease Control (CDC) to increase awareness of immunizations over the life span of someone's life. The DoD is not only concerned about their soldiers being deployed, but is equally concerned about their beneficiaries; infant, children, adolescents and adults. Immunizations is crucial for the health and wellbeing of all; active duty, employees, and retirees.

In spite of the wealth of information available about vaccine-preventable diseases and the benefits of immunizations, some still have concerns about immunizations. Many parents, as their child's advocate, choose not to immunize or select only certain immunizations. They fail to realize that their children may come in contact with someone who has also refused immunizations and has contracted one of the deadly vaccine-preventable diseases. This country welcomes people from around the world including those who may be susceptible to or carry a vaccine-preventable disease.

There has also been such a drastic reduction in vaccine-preventable disease that many people wonder if there is still a need for immunizations. It is important to emphasize that it is compliance with the vaccine schedule established by the CDC that has caused this reduction, but many of these diseases still exist. The CDC offers good information for those with questions about the safety of vaccines and why they are still necessary on the following web pages:



# NHB on the Move

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## Hails

*Mar, Apr, May*

HR Amanda Carmack  
HR Ryan Kerr  
HR Brianca Kranlich  
HR Zachary Moseley  
PSSR Emilio Rodriguez  
HA Katherine Cox  
HA Ricardo Crooks  
HA Colleen Gardella  
HA Johnny Gonzalez  
HA Lamar Hines  
HA Brandon Lopez  
HA Tamar Nipps  
HA Brettani Plyler  
HA Anthony Robinson  
HA Brian Smith  
HA Elizabeth Woldridge  
HN Justin Anders  
HN Michael Bogнар  
HN Vanessa Bong  
HN Bryan Calzada  
HN Carlos Douglas  
HN John Harrison  
HN Andrew Kapalong  
HN Ryan Moore  
HN Patrick Porch  
HN Ashton Sarver  
HN Justin Weaver  
HN Daniel Fredell  
HM3 Zachary Brice  
HM3 Martin Finnerty  
HM2 Jacob Gill  
HM2 Josh Henderson  
HM3 Seth Johnson  
HM3 Weng Ong  
HM3 Elliott Reid  
HM3 Daryl Stotts  
HM3 Michael Taylor  
HM3 London Teal  
HM2 Christopher Cade  
HM2 Tenesha Jeffery  
HM2 Christopher Lockhart  
HM2 Eddie Walker  
HM2 Yvonne Williams-Barker  
MA2 Justin Allen

HM1 Larry O'Neal  
HMC Maurice Cornish  
LTJG Ashley Ray  
LCDR Willie Brown  
LCDR Reginald Middlebrooks  
LCDR Kevin Michel  
Ms. Mary Craven

## Farewells

*Mar, Apr, May*

HN Justin Babbdodd  
HN John Christenburg  
HN Joshua Gregg  
HN Kevin Kijowski  
HN Candice Lee  
HN Kati Manuel  
HN Michael Manuel  
HN Shane Manuel  
HN Adriana Mirandarodriguez  
HN Matthew Reagan  
HN Maderrius Robinson  
HN Grant Truitt  
MASN Nathaniel Jamison  
AS3 Phillip Gable  
HM3 Matthew Dehaven  
HM3 Ryan Johnson  
HM3 Todd McCowan  
HM2 Brandon Andriot  
HM2 Jazmin Avila  
HM2 Craig Katzaman  
HM1 Daniel Flaherty  
HM1 Allen McFadden  
HMC Toby Fancher  
LT Steven Cone  
LT Camia Lasdulce  
LT Derrick Randle

## Homecomings

*Mar, Apr, May*

HM2 Christopher Lockhart  
HM3 Nichole Sanchez  
LTJG Rachel Smith

## Deployments

*Jun, Jul, Aug*

HM3 Jaime Garciaalvarez  
HN Jennifer Kerfoot  
HM1 Jose Dominguez  
HM1 Conward Bundrick

# Educational & Developmental Intervention Services: Motor Skills in Early Language and Social Skill Development

By LeeAnn Dodge

**M**ovement is a baby's first way of communicating and producing social interaction. In many cases this is accomplished by using their motor skills to look at, point at, move towards, or go get an object of interest. A baby can use several motor skills through non-verbal forms of communication to begin developing their early language and social skills. These motor skills include:



**Head control and eye gaze stabilization.** In order to look at objects of interest and interact with people in the environment socially, a child first needs to develop adequate head control. This includes holding their head in midline when sitting with support or on their own and maintaining their balance in these positions during neck movements like turning their head right and left in order to look around their environment.

**Trunk control and arm use.** In order to begin pointing and interacting with objects of interest that can be used to shape non-verbal communication or social interaction, a baby needs to be able to stabilize their trunk in a desired position, such as sitting, while using their arms to engage. Their trunk stability needs to be adequate to reach outside their base of support and use both hands to manipulate a toy in their desired position.

**Movement through space:** Whether this is crawling or walking, a child's ability to move through their environment opens up several doors for a child to communicate or interact socially. For example, now that the baby can move towards the object they like to communicate about, they can go get these items and bring them back to the person they'd like to socialize with in order to facilitate that social interaction themselves. For many babies, movement through their environment is their first opportunity to initiate social interactions.

It is during these early motor skills that kids learn language skills like:

**Joint attention.** This is the ability to coordinate their attention between a family member or caregiver and another object. They do this by looking, pointing, or moving towards a toy and then looking, gesturing, or vocalizing back to the person they are socially interacting with. A delay in demonstrating joint attention through motor tasks is one of the early warning signs that a language delay may follow.

**Reciprocating babbling.** This is the baby's ability to repeat back vowel or consonant vowel sounds. For many babies, communication with parents and caregivers changes dramatically once they are able to reciprocate back these vowel and consonant vowel sounds. They achieve the ability to participate in reciprocating babbling by attaining an upright posture through sitting skills that allow for the increased expansion of the rib cage, increased respiration, and increased ability to produce phonation. Once producing sounds through reciprocating babbling a baby further learns to control the sounds they are making through motor exploration such as mouthing toys. For example, the sound produced changes when a child vocalizes with a toy obstructing their airway because they are mouthing it. These sounds will change in different ways based on the size and shape of the toy being mouthed and allow babies early exploration of how to make the sounds they are producing. A delay in reciprocating babbling is also a warning sign that a language delay may follow.

Motor delays in acquisition of skills such as head control, trunk control, independent sitting, exploring toys in sitting with both hands and mouth, crawling, and walking can limit a baby's ability to achieve motor based early language, social interaction, and even cognitive milestones. These limitations in other developmental areas demonstrate how motor skills shape early learning in many other domains of development and highlight why many kids that are unable to achieve these motor milestones also show delays in other areas.

If you have concerns about your child's motor development or for more information, contact the Educational & Developmental Intervention Services (EDIS) Program at 228-5276.