

# NHCL

Naval Hospital Camp Lejeune

## Scuttlebutt



4

*(Above) Naval Hospital Camp Lejeune (NHCL) Hospital Corpsman 3rd Class Catherine Martin (back left), Capt. Nancy Pearson and Calvin Leatherwood judge the performance initiative submitted by NHCL's Branch Medical Clinics (BMC) featuring improvements to hot weather standard operating procedures during the 2013 Performance Improvement Expo on the naval hospital quarterdeck Jan. 8.*

U.S. Navy photo by Hospitalman Matthew Heefner



2



7



8



8

# CMC Corner

Naval Hospital Camp Lejeune Sailors,



Master Chief (AW/SW)  
Edward Moreno  
Command Master Chief

Want to know more about what's going on Navy-wide? Here are a few notable items I think will interest you. My door is always open if you have any questions.

## 1. Fleet RIDE - PTS changes NAVADMIN 021/13

This NAVADMIN announces changes to the Fleet Rating Identification Engine (Fleet RIDE) Perform To Serve (PTS) module.

Below Master Chief Perket, Enlisted Community (ECM)

gives a simple and to the point breakdown.

- Sailors with green card time greater than 24 months beyond Projected Rotation Date (PRD) are not required to have a PTS quota to negotiate orders and will not be able to apply in PTS.
- Applications will be auto generated (populated) 15 months prior to a Sailor's PRD by the system. This is a flag (tool) for Career Counselors to see they must apply the Sailor at 12, 11, and 10 months prior to PRD. This action is the same as the auto generation for Soft End Active Duty Obligated Service (SEAOS) today.
- This will help eliminate erroneous request made in Fleet RIDE or PTS for Sailors who do not need a quota to negotiate orders.
- Rates < 102% should have no issues getting approvals (assuming no detractors). HM 98% = We are good.

## 2. Taxes Made Easy: VITA Provides Free Income Tax Assistance to Personnel

The Volunteer Income Tax Assistance/Electronic Filing (VITA/ELF) program is currently in place to ensure service members and their dependents receive the support they need to file correctly and on time. Also, the Marine Corps Base Camp Lejeune Tax Center is open for all active duty and dependents. Power of Attorney may be required. Call 451-3030 or visit the tax center at building 50 Lucy Brewer St. for more information.

## 3. The Navy's Learning and Development Roadmap (LaDR)

Learning and Development Roadmaps (LaDR) are just what the name implies - a roadmap through the Enlisted Learning and Development Continuum from the Delayed Entry Program through Master Chief. The principle focus of career development

is to standardize an advancement plan by featuring the existing skills of your rating necessary to be successful in the Navy.

## 4. Navy Enlisted Classifications (NEC's) in the Spotlight - For more information, contact NHCL's career counselor.

HM-8432 Preventive Medicine Technician (PMT) PMT's assists Medical Department Officers in the performance of Preventive Medicine and Occupational Health Programs for Navy and Marine Corps forces ashore and afloat. Instructs medical and nonmedical personnel in preventive medicine, industrial hygiene, environmental health and occupational health matters.

HM-8402 Submarine Force Independent Duty Corpsman Sub-IDC's serves as the Medical Department Representative (MDR) aboard submarines and at various isolated duty stations ashore independent of a medical officer. Additionally, when assigned ashore they serve primarily as non-physician health care provider at fixed medical treatment facilities.

CMC Out!

## Join the Conversation!



Ask a question. Leave a comment.

Tell us a suggestion!

Read the latest about NHCL!

If you're not online, you're out!

[www.facebook.com/nhclejeune](http://www.facebook.com/nhclejeune)

## scut·tle·butt

*n.*

1. Slang for spoken communication; through the grapevine

2. Nautical

a. A drinking fountain on a ship; gathering place

b. A forum for NHCL staff and beneficiaries to get 'insider info'

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# NHCL Staff Recognized for Members of the Year 2012



U.S. Navy photo

Naval Hospital Camp Lejeune staff members (left to right) **Edith Lafrazier**, Civilian of the Year (Cat II); **Eugene Pankey**, Contractor of the Year; **Lt. Lisa Cook**, Officer of the Year; **Hospital Corpsman 2nd Class Joseph Williams**, Junior Sailor of the Year; **Hospital Corpsman 1st Class Kelton Mathis**, Sailor of the Year; **Donna Jackson**, Civilian of the Year (Cat I); and **Capt. David Lane**, commanding officer pose for a photograph at the 2012 Members of the Year award ceremony held in the galley Jan 25. **Hospitalman Michael Alvarez**, Blue Jacket of the Year was not pictured.

## Navy Medicine Comptroller Advises Fiscal Responsibility



U.S. Navy photo by Hospitalman Matthew Heefner

The Bureau of Medicine and Surgery's Deputy Chief for Resource Management and Comptroller Joseph Marshall spent the day at Naval Hospital Camp Lejeune Jan. 17 as part of Marshall's audit readiness training for all Navy Medicine commands in preparation for the 2014 Department of Defense (DoD) financial audit. Marshall educated NHCL staff members on the importance of the audit, what is required to support the audit and how everyone in the command has an active role in not just the audit, but in fiscal responsibility. Among the items reviewed, Marshall and his team evaluated the standard operating procedures for all financial transactions, key metrics and all processes that support fraud control.



U.S. Navy photo by Hospitalman Matthew Heefner

# Deliberate Excellence

By Calvin Leatherwood | Quality Management Department

*“The culture of performance improvement is quickly moving towards an aggressive pursuit of quality patient care...”*

*- Calvin Leatherwood, PI manager*

There was an air of excitement and professional confidence on the Naval Hospital Camp Lejeune quarterdeck Jan 8. The second annual 2013 Performance Improvement Expo was the culmination of what I like to call deliberate excellence or an exhibition of planned change.

More than 20 performance initiatives were displayed with 18 evaluated for content, creativity and impact. The performance initiative judging categories were Business Impact, Quality Health Care and Experience. Each performance initiative highlighted excellence from NHCL’s departments and directorates including the Intensive Care Unit (ICU), Post-Anesthesia Care Unit (PACU), Laboratory, Family Medicine Clinic, Camp Johnson Branch Medical Clinic, Multi-Service Ward (MSW) and the Deployment Wellness Center.

Our judges Capt. Nancy Pearson, Lt. Cmdr. Kathleen Colter and Lt. j.g. Luis Garcia were left with the difficult task of determining our stand out performance initiatives. Almost two hours later the results were tabulated and bragging rights for another year had been sealed. Congratulations to our winners and thank you to all the contributors for your time and talent to this successful event.

The culture of performance improvement is quickly moving towards an aggressive pursuit of quality patient care which to me is deliberate excellence!

## 2013 Performance Improvement Expo Results

### BUSINESS IMPACT CATEGORY

#### First Place Winner

##### Directorate of Resource Management/United Business Office

*Project summary:* Third Party Insurance Collection - a Lean Six Sigma project resulting in more than \$250,000 increase in Other Health Insurance (OHI) recoupment, a 32% increase in OHI claims submitted, and the reduction of 679 man-hours from the process.

##### Honorable Mention: Department of Clinical Support Services/Laboratory

*Project summary:* 5S Reorganization - laboratory reorganization utilizing Lean Six Sigma tools to staff effectiveness and space utilization.



### QUALITY HEALTH CARE CATEGORY

#### First Place Winner

##### Directorate of Branch Clinics/Camp Johnson Branch Medical Clinic

*Project summary:* Heat Exertion Treatment - a heat exertion and injury treatment initiative not only resulted in decreased heat related injuries, it is a model for training and heat injury treatment impacting over 180,000 people through video and a Navy-wide publication. More than 6,000 staff and permanent personnel have been directly affected by initiative results.

##### Honorable Mention: Directorate of Medical Services/Orthopedic Spine Clinic

*Project summary:* The establishment of an Orthopedic Spine clinic dramatically decreased deferment to network services and impacted a 7 figure medical expense outlay. The clinic was a medical resource in high demand from local beneficiaries.



### EXPERIENCE CATEGORY

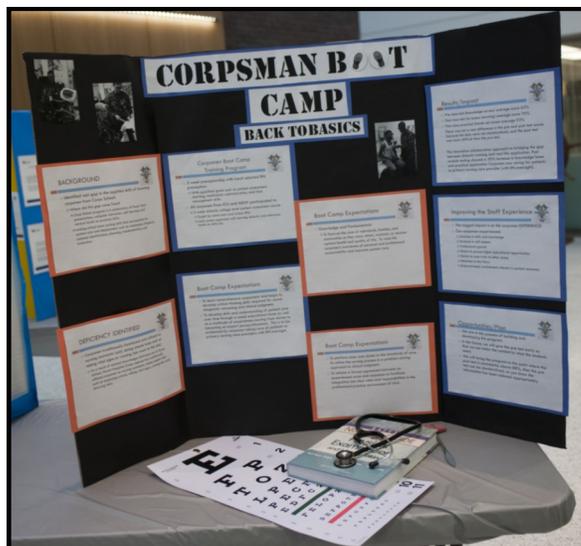
#### First Place Winner

##### Directorate of Nursing Services/Multi-service Ward

*Project summary:* Corpsman Boot Camp - an innovative collaborative approach to bridging the gap between didactic training and real life application. Post module testing showed a 30% increase in knowledge base and practical application. Corpsmen are now caring for patients as primary nursing care provider (with RN oversight) thus increasing their professional confidence and effectiveness.

##### Honorable Mention: Directorate of Nursing Services/Intensive Care Unit

*Project summary:* Partnering for Experience - through patient education and connectivity, the team developed an initiative that increased family support access which positively impacted the patient experience and enhanced patient-centered care.



# HOSPITAL ROUNDS

NAVAL HOSPITAL CAMP LEJEUNE

## Staff Yoga Class

**Mondays 4:20-4:55**  
&  
**Thursdays 12:15-12:50**  
NH Chapel

Starts  
February  
4



**PLEASE ARRIVE ON TIME**

Sponsored by:  
Naval Hospital  
Health  
Promotion &  
Wellness  
Department

### Your Instructors:

Stacy M. Lamb  
AFAA Certified Group  
Exercise Instructor and  
Personal Trainer  
910.450.3752

Ann-Marie Vaughan  
RYT200 and  
iRest Yoga Nidra Level 1  
Trained Teacher

Updated on Jan 17 2013

*Breathe, Relax,  
Reduce Stress,  
Strengthen, and Stretch*

### Everyone Welcomed!

An introduction to basic postures and breathing techniques with supportive, clear instructions and assistance.

Please wear comfortable clothes that allow for full range of motion and that provide adequate coverage while you bend and move. Bring your own mat if you'd like, but equipment is provided!

It is more comfortable to practice yoga on an empty stomach, please eat lightly in the minutes or hour before class, then make sure you eat a healthy meal afterwards.

## Applewhite and Cox Still Serving

Naval Hospital Camp Lejeune staff members Raymond Applewhite and Valerie Cox were among the 40 retired service members honored during the 2012 Heroes at Home Still Serving Awards at the Paradise Point Officers' Club aboard Marine Corps Base Camp Lejeune Dec. 11. Applewhite and Cox were nominated by their peers for demonstrating outstanding commitment to volunteer and community service throughout the year. Bravo Zulu!

## NHCL Offers Online Services

Tired of calling to make an appointment or find out a lab result? Then Visit Relay Health online at [www.relayhealth.com](http://www.relayhealth.com) and save some time!

At [www.relayhealth.com](http://www.relayhealth.com), you can:

- Make appointments
- Email your primary care medical team
- Request lab results
- Access health information
- And more!

Register today!

## Attention NHCL Staff Members:

NHCL's Emergency Management Department will soon offer a new mass communication tool called **LiveProcess** to ensure staff members receive instant communication during an emergency. Stay tuned to the command intranet for details on when and how to register your portable device or cell phone.

## NOSC Chili Sale

Celebrate Fat Tuesday with the Naval Officer Spouse Club (NOSC) and have chili, chips, toppings and a drink for a \$5.00 minimum donation!

**Feb. 12**

**10:30 a.m. - 1:30 p.m.**

**main elevators, first floor**

One hundred percent of the proceeds are used to support local Navy commands through equipment, education, deployment support, command morale building or work space improvement.

## Register for a Free Heart Health Course

February is Heart Healthy Month. According to the Center for Disease Control and Prevention (CDC), heart disease is the leading cause of death in the U.S. Learn how to protect yourself and register for NHCL's Heart Healthy course. Call NHCL's Health Promotion Department at 451-3712 for more details. All TRICARE beneficiaries welcome.

love your heart

American Heart  
Association®



# Meditation Improves Sleep, Reduces Anxiety

By Gayla Elliott and Regina Edwards  
Mental Health Department

**M**a'am, are you a hippie? This is one of the responses we receive when we introduce meditation to service members as a comprehensive approach to reducing stress, anxiety, depression and Post Traumatic Stress Disorder (PTSD) or to help improve sleep and relaxation. Let's make this very clear. NO, we were not at Woodstock! Do we really look that old? If you meet or know us, please do not answer that question.

As therapists, we realize the value in different forms of therapy. Whether these forms of treatment are ancillary or primary, they contribute to the holistic approach that we are committed to offering our patients. Frankly, we acknowledge that talk therapy may have its limits so we offer additional treatment options.

What types of treatment? How successful are these treatments? Here at Naval Hospital Camp Lejeune, we offer a wide variety of services, many of which might be considered alternative therapies since they do not involve medication or traditional behavioral or psychotherapeutic approaches. Preceding *Scuttlebutt* articles have discussed art and recreation therapy. As well as spiritual health and wellness, Integrative Restorative (IRest) treatments and acupuncture. Now let's talk more about the new generation of treatment – meditation. Meditation falls under this umbrella of “non-traditional” approaches, and it is growing and being recognized by mental health practitioners as a valuable tool in reducing common symptoms of many psychological disturbances.

Our meditation groups are simply designed. We use meditation music as a soothing backdrop while incorporating several other components that work well together. For instance, one component is to focus attention on breathing, which is one of the most universal tools in meditation, or to try a number of techniques to help focus the mind and let go of ruminating thoughts. Progressive relaxation is another component, which is a methodical release of muscle tension, moving from the top of the head all the way down to the toes.

This method of meditation acknowledges the mind and body connection. As the mind lets go of thinking fearful or angry thoughts, the body relaxes and lets go of muscle tension. As the body relaxes, the nervous system begins to restore a sense of equilibrium by no longer pumping cortisol (a stress hormone) into the bloodstream. When the flow of stress hormones are reduced, the mind can relax even more deeply, allowing the participants to experience moments of calm and peace.

Meditation is a *practice*. Group members are encouraged to practice regularly so that the brain begins to find the pathway back to a peaceful state more easily as the techniques are repeated. At times, meditation allows service members to experience epiphanies or moments of clarity and insight from the shift in consciousness inherent in meditation. For those caught in a “fight or flight” mode from traumatic experiences, meditation can offer a way out.

Many of the group members tease that meditation is an opportunity to zone out. Actually, that is a pretty good description because as thoughts are released and the mind rests, a woozy or dream-like state can be experienced by some. It can also help patients relax and sleep at night. Those that practice meditation have reported a reduction in obsessive or ruminating thoughts, an increased feeling of control over emotions, and diminished reactivity to environmental triggers. Some patients have reported that meditation is their treatment of choice because once they learn the techniques, they are free tools they can use anywhere and they are a prescription drug-free alternative to reducing anxiety and emotional pain.

“Be nothing, do nothing, go nowhere” is a mantra that for a few minutes one can indulge in while meditating. So take time out from the pre-deployment trainings, inspections and field duty to join us or practice on your own. As to our ages and era in which we grew up, well, one of us did see the Rolling Stones on their Steel Wheels tour many moons ago and she ain't no Honky-Tonk Woman!

*For more information on dates, times and sessions, please call 450-5486.*



U.S. Navy photo by Hospitalman Matthew Heefner

## Former Blue Angel Motivates Staff

*Naval Hospital Camp Lejeune's Executive Experience Committee invited Former Navy Capt., Blue Angels pilot and motivational speaker John Foley to address the board of directors, department heads and staff members on performance, innovation, trust and teamwork on Jan. 28. Foley's messages - to focus on a center point and take an inward look for outward results - were conveyed as NHCL's commanding officer challenged staff members to evaluate their skill sets and levels of productivity and think about how staff can work together to be innovative and part of positive change.*

# Residency Program Receives Accreditation, Zero Citations

By Rae Griggs  
Family Medicine Clinic



ACGME  
ACCREDITED

Naval Hospital Camp Lejeune's Family Medicine Residency program (CLFMR) maintained accreditation through the Accreditation Council for Graduate Medical Education (ACGME) according to the official report released from the ACGME review committee Dec. 3, 2012. As with the Joint Commission, the ACGME has specific guidelines that must be met. The official report commended the residency program and noted the program's substantial compliance with ACGME regulations.

The CLFMR program, led by Program Director Dr. Phyllis MacGilvray, received a five year accreditation

– the maximum time ACGME is allowed to award the program – and zero citations according to the report.

The five year accreditation is a first for CLFMR. The program historically received three year accreditations because of its relative youth in relation to the other four Navy Family Medicine Residency programs. CLFMR was the second Navy Family Medicine Residency program to achieve this five year accreditation goal.

In past reviews, the review committee recommended several areas that need improvement. For this review, the program received zero recommendations or citations. CLFMR is the first Navy Family Medicine program to achieve this goal!

Bravo Zulu team!

## IA SPOTLIGHT



Courtesy photo

NHCL's Nurse Corps Officer Cmdr. Steven Yaden, a Navy individual augmentee (IA), meets with medical professionals in an Afghan medical facility in Kabul, Afghanistan. This is Yaden's second tour as an IA medical advisor.

## DID YOU KNOW?

Naval Hospital Camp Lejeune's active duty and reserve Sailors stand ready to fulfill individual augmentee (IA) billets alongside worldwide operational forces at all times. On average, 20 NHCL Sailors are forward deployed per month.

**IA SAILOR:** NHCL's Nurse Corps Officer Cmdr. Steven Yaden

**DUTY:** Military Training Advisory Group Medical Advisor

**MISSION:** To develop a sustainable health care system in Afghanistan. Serve as mentor and advisor to coalition forces and Afghan nationals to improve the country's medical system. Train and advise nursing principles and practices from preventive medicine to long term care for chronic medical conditions.