

NAVAL HOSPITAL CAMP LEJEUNE "We Build Strength Through Caring"

SCUTTLEBUTT

VOLUME 2 ISSUE 6

JUNE 2012

NHCL's Partnership with II MEF Saves Lives

Story by Hospitalman Dillon Winstead

U.S. Navy personnel with Camp Johnson Branch Medical Clinic pour ice and water onto a simulated heat casualty as part of Hot Weather Standard Operating Procedures (HOTSOP) training, aboard Camp Johnson, N.C., April 11. HOTSOP training was conducted to prepare for the upcoming heat casualties in the summer months.

U.S. Marine Corps photo by Lance Cpl. Bryce J. Burton



Farewell From CMC

Sadly, this will be my final entry into the Scuttlebutt. Command Master Chief Edward Moreno (FMF/SW) will be arriving July 1. Before I leave, I wanted to take the time to thank each and every one of you for all the hard work and support you have provided in the 10 months that I have been your acting CMC. I have truly enjoyed my time and have learned so much in the process. I will cherish this past 10 months for the rest of my life.

As the command goes forward, I encourage each of you to seek every opportunity to grow personally and professionally. Your dedication to the command and mission proves that there is nothing you can't do. I am confident in saying that the new CMC will exhaust every effort to ensure that you reach your full potential and goals. Don't stop just because things get difficult. True success is not easy; it takes hard



Hospital Corpsman Senior Chief Timothy Hanley (FMF/SW/AW) Command Master Chief, Acting Naval Hospital Camp Lejeune

work, dedication, and deliberate planning. All of which you proved under my tenure.

Memorial Day is our holiday. It is a time for everyone to stop and pay respect to those who have gone before us to ensure the freedoms of this great nation. The price of freedom is not cheap. Soldiers, Sailors, Marines and Airmen have given their lives in support of the founding principles of America. As you are enjoying your much deserved holiday, please keep them and their families in your thoughts and prayers.

Lastly, this upcoming holiday also marks the beginning of the summer for most of us. I urge you to be extra vigilant when planning outdoor activities. You are all too important to the mission and your families to fall prey to poor planning or risky decision making.

It has been my extreme honor and pleasure to serve as your acting CMC.

Celebrating Lab Week



Courtesy photo by Jamie Young

The following is an excerpt of an article written on May 15

By Hospital Corpsman 3rd Class Jacob Wemette NHCL Laboratory

Anatomic and clinical pathology laboratories have been used for centuries as the place where the hard-fast rules of scientific method intrinsic to chemistry, biology, and many other sciences come together to provide a health care provider an invaluable tool in assisting the sciences of diagnosis and treatment.

It's a fast paced environment, and even one minuscule mistake could have drastic consequences so, it's no surprise that our lab staff let their hair down once in a while. Once a year, to be exact, during National Medical Laboratory Professionals Week, laboratories around the country, while dutifully keeping up with their work load, spend a little time coming together as a team and celebrating being one of the most valuable tools in assisting physicians in the treatment of patients. Lab week is one of the great ways we remember we're all part of a team. If you're in the lab, clinic, wards, or any part of the hospital support staff, we all want the same thing; a happier, healthier patient leaving our hospital.



Join the Conversation!

NHCL's Facebook Fan Page
is open to everyone!

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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LIFE and Leisure

By Erin Ayers and Regina Edwards
Mental Health Department

Leisure time? What's this? Leisure activities to relax? Who has time for that?

As therapists at one of six Naval Hospital Camp Lejeune Mental Health clinics, we see service members working long hours, often consumed by their jobs and multiple deployments. One of our tasks is to bring balance into their lives by decreasing stress and anxiety through the alternative treatment method of recreational therapy.

Is it easy to change given the level of military stress? No, but can we teach Marines and Sailors how to give it a try? Roger that!

The Leisure Interventions and Functional Experiences (LIFE) program is a leisure-focused outpatient program designed to maximize each service member's rehabilitation potential through active recreation and leisure pursuits. The LIFE group meets for 90 minutes, one day a week, for eight weeks. This recreation therapy group covers multiple topics, including: social skills, communications, leisure education, stress management, and coping skills. Goals include: improvement of free time and leisure planning, emotion regulation, and improvement of relationships between family and significant others. All games and activities done in the group have a therapeutic purpose behind them. Patients are referred by their mental health provider. The program has been very well received across Marine Corps Base Camp Lejeune.

What is a recreation therapy group like? Almost all groups begin with an icebreaker activity. This helps get the group members talking, and it initiates creative thinking. The "Social Ball" is one of the best icebreaker activities that gets everyone out of their seats and answering uncommon questions. After the icebreaker, the group will play a game or do an activity that will focus on a topic such as stress management. One of the most popular games is "Play-doh Pictionary" which focuses on leisure education.



Courtesy photo

Tools used in Naval Hospital Camp Lejeune's Mental Health Department Recreational Therapy group, Leisure Interventions and Functional Experiences (LIFE) program.

During this game, group members take turns creating positive leisure activities out of play-doh for their team members to guess. Not only does this game give the service members ideas for leisure activities, it also works on team building and communication.

Not only is the group intended to help service members recover, it provides a time to forget about their stressors, relax, and laugh a little. Service members shared that they enjoy the activities that the group offers.

Are we going to make Marines and Sailors find their inner child? No, but it might be nice to remember some days when you were carefree - days without stress, time constraints, inspections and deployments. A respite time to learn skills and improve on some old ones is something worth considering.

So good to go, let the games begin!

Branch Clinic's Give Back and Clean-up

By Raymond Applewhite
Public Affairs Officer

Sailors from the six Naval Hospital Camp Lejeune branch medical clinics joined forces to do their civic duty when they forfeited their liberty time to clean-up trash along a two-mile stretch on Lake Cole Rd. in Jacksonville on April 26. The branch clinics recently adopted Lake Cole Rd. as part of North Carolina's Adopt-A-Highway Program. The Adopt-A-Highway Program, which was established in North Carolina in 1988, is one of the nation's largest volunteer programs.

Hospital Corpsman 2nd Class Dominique Martin, a general duty corpsman assigned to Camp Johnson Branch Medical

Clinic participated in the directorate's first clean-up effort and noted, "It felt great to get out with the different clinics of the directorate and do something worthwhile for the community. Not only were we able to get something so rewarding accomplished, but we were also able to build camaraderie amongst the corpsman as well."

It took 44 branch clinic volunteers approximately two hours to cover half of the two-mile stretch, and at the end they collected 67 bags of trash. The safety of the Sailors and passing motorists is paramount. The city provided all of the volunteers with gloves, safety vests, and tools to pick up items such as paper products, cigarette butts, rags, soiled diapers, clothing etc.

SEE ROADSIDE page 8

NHCL's Partnership W

By Hospitalman Dillon Winstead
Internal Medicine Department

Another summer day on Marine Corps Base Camp Lejeune, the sun is high and the heat continues to rise along with humidity in the air. A group of Marines have been engaged in group physical training (PT) for over an hour with short periods of rest despite these inclement conditions. One of these young Marines in particular has been ignoring his canteen and after over an hour of strenuous exercise is beginning to feel nauseous, his breathing is becoming weak and his heart is beating rapidly. He feels disoriented and his shirt and skin is drenched with perspiration. He becomes weak and unsteady on his feet.

As two corpsmen notice and start towards the Marine to assess him, the Marine falls over flat on his face and the two jump into action. One grabs his med-bag from inside the truck and starts to run towards the Marine. The other goes to the back of the truck where the coolers are packed with ice, cold water, two bed sheets and two towels. He grabs a cooling unit that contains ice-water sheets and towels and he runs towards the field where the other corpsman has already checked the Marine's rectal temperature and verified his airway. He whispers, "108 degrees," to the other as he starts to cut away the Marine's shirt, "Good to go. Let's start the 'burrito' method."

Although the above is only a hypothetical situation, the treatment is all but hypothetical. The "burrito" method is when one corpsman wraps the ice-water sheet around the unconscious Marine's body, leaving the head exposed, and the other wraps the towel around the Marine's head. After 30 to 60 seconds they put the sheet and towel back in the ice-water and quickly grab the other ice-water sheet and towel and rewrap the Marine. The Marine would then be loaded into the safety vehicle where the ice-water sheet and towel cycle continues, and the rectal temperature is assessed every five minutes until the Marine cools to 102 degrees. The safety vehicle meets the ambulance and turns over the now "normal" Marine for transport to the Naval Hospital, where he would be evaluated for his Exertional Heat Injury (EHI), which in this case was a heat stroke.

Because of the education and efforts by Naval Hospital Camp Lejeune's branch medical clinic staff, and the partnership with the II Marine Expeditionary Force (MEF) the treatment methods for EHI have significantly improved; saving lives. Tactical vehicles now maintain coolers loaded with ice water, bed sheets, and towels.

"On the grounds of each branch clinic, an EHI treatment station was built by NHCL Facilities Management Department," said Director of the Directorate of Branch Clinics (DBC) Cmdr.



Courtesy photo by Lt. Cmdr. Timothy Drill

Naval Hospital Camp Lejeune Camp Johnson Branch Medical Clinic staff provide cooling to simulated heat casualty during part of Hot Weather Standard Operating Procedures (HOTSOP) training aboard Camp Johnson, N.C. April 11.

Lynn Carlton "The area was built to ensure the quick and thorough treatment of EHI injuries, and safety of the corpsmen treating the patients."

The treatment stations are self-contained and consist of the EHI treatment supplies, a wooden platform and a camouflage netting to provide shade for the patient and staff.

"The wooden heat deck platforms were built to be ergonomic attentive," noted Lt. Cmdr. Timothy Drill, the department head of the Camp Johnson Branch Medical Clinic and facilitator for the construction of the platforms.

Heat stroke patients are checked for a rectal core temperature. Patients whose temperatures are over 102 degrees Fahrenheit are cooled with a "burrito" or "taco" method, vice spraying water and using fans.

With II MEF Saves Lives

In addition to the “burrito” method used above, the “taco” method is more commonly used when there is a water spigot available. The Marine is placed on a sheet with ice packed around the Marine, and additional corpsmen hold the sides of the sheet upwards similar to a taco to hold the ice close to the Marine. The corpsman then lightly sprays the Marine with water from a hose. A corpsman assesses the Marine’s rectal temperature every five minutes.

“Morbidity and mortality are directly linked to time and temperature,” stated II MEF Surgeon Capt. Steven Blivin (Dr.), who spearheaded the change in EHI treatment methods as the senior medical officer for NHCL’s branch medical clinics in 2009. “Using spray bottles and fans for treating exertional heat stroke takes one hour to cool from 108 degrees to 102 degrees. When using ice and water, it takes 15 to 20 minutes.”

Although these treatments have been utilized throughout the NHCL’s six branch medical clinics for the past three years, recently, Hospital Corpsman 3rd Class Michael Wilson began leading a team of branch clinic staff who train II MEF corpsmen and clinicians.

“The DBC spearheaded this process improvement initiative to promote a high quality of care for EHI treatments,” noted Drill. “We plan to implement training and education throughout the commands aboard Camp Lejeune and Marine Corps Air Station New River.”

The branch medical clinics also developed a Hot Weather Standard Operating Procedures (HOTSOP) video led by Drill and illustrated by Hospital Corpsman 2nd Class Anthony Turner. This EHI video details heat injuries and how to prevent them, and is a great baseline to start for the training.

“Through strong relationships, the Naval Hospital and the II MEF Surgeon Capt. Steven Blivin collaborated on this initiative to ensure the high quality of training for all corpsmen throughout the Naval Hospital and II MEF,” explained Carlton. “Although it is only spring, we are already seeing heat injury casualties. Our education and treatment methods have decreased the number and the severity of heat injury casualties.”

Blivin agrees that the prevention training works noting that the number of Camp Lejeune area Marines with heat strokes, particularly the number of Marines treated during outpatient visits and hospitalizations has significantly decreased.

An EHI is a common injury to Marines and Sailors exerting themselves in hot, humid, low wind environments. EHI is affected by multiple contributing factors relating heat loss to metabolic and environmental heat accumulation. Environmental risk factors can include exertion in high wet bulb globe temperatures (WBGT), wearing restrictive clothing or equipment, competition, peer pressure, or when individuals are pushed beyond their ability. There are also personal risk factors such as fatigue and stress, inadequate nutrition and hydration, medications and supplements, pushing beyond comfortable physical exertion, working out beyond a safe level of physical training, voluntary dehydration, prior EHI’s, or if a Marine or Sailor uses laxatives and diuretics for rapid weight loss.

The spectrum of EHI ranges from simple heat cramps to life threatening heat stroke. Heat stroke is a severe, life-threatening condition, resulting in a total failure of the thermoregulatory mechanism causing an excessive rise in body temperature.

The best way to understand a heat stroke and to recognize the differences between heat exhaustion and heat stroke is to know the signs and symptoms. The signs and symptoms of heat exhaustion and heat stroke can be identical — respirations may be deep and rapid at first, then shallow and almost absent. Nausea, dizziness, and weakness can occur. Heat stroke is a less common but more serious medical emergency due to its 10% to 20% mortality rate in patients treated with methods not involving ice. The major difference is that heat stroke may involve a change of mental status - disorientation, combativeness, or unconsciousness.

Most heat strokes occur during physical fitness tests (PFT’s), unit runs of three miles or less, unit marches of six miles or less, and field activities.

Prevention is key. Proper fluid intake, a balanced diet, wearing proper clothing (non restrictive - where air circulation is allowed especially at your waist, neck, and lower legs), proper acclimatization, and following the Marine Corp Base’s Heat Condition Flag Warning System all mitigate EHI risk.

Deputy Public Affairs Officer Anna Hancock contributed to this article.

An area with ergonomic wooden platforms under a camouflage netting that creates a cool, shady area, was built by Naval hospital Camp Lejeune’s Facilities Management Department at each branch medical clinic for staff to use when treating heat injuries.

Courtesy photo by Lt. Cmdr. Timothy Drill

HOSPITAL ROUNDS

Attention NHCL staff:

Please show your support to NHCL's Family Medicine resident's at the Family Medicine Residency Graduation on **June 29, 9:00 a.m.** at **Marston Pavilion**. The guest speaker is Marine Corps (Ret.) Master Sgt. William "Spanky" Gibson. Call **450-3138** to RSVP by June 25. Military attire: uniform of the day. Civilian: appropriate attire. Reception immediately following.

NHCL staff members are invited to attend...

The Commanding Officer's Change of Command Ceremony

June 8

1:00 p.m.

Marston Pavilion

Shuttle services will be available for staff.

Join us as NHCL's Commanding Officer Capt. Daniel Zinder, (Dr.), will be relieved by Capt. David Lane (Dr.).

Stay tuned to the intranet for details.

The **Junior Enlisted Association (JEA)** is selling JEA t-shirts for \$10.00. Proceeds go towards future JEA activities, community relations events, and to support the organization. Contact the JEA Public Affairs Officer Hospitalman Kara Nicoli at **450-3071** for more information.

EFMP Program Can Help You

The **Exceptional Family Member Program (EFMP)** is a mandatory enrollment program (OPNAVINST 1754.2D / SECNAVINST 1754.5B) for all active duty personnel who have family members with special needs. The goal of EFMP is to assist military families in managing the dual demands of a military career and the special needs of a family member. An exceptional family member includes a family member enrolled in DEERS who possesses a diagnosed physical, intellectual or emotional need that requires specialized medical or educational services. The program is designed to assist the sponsor with assignment to a duty station where appropriate services necessary to support the family member(s) are available.

For more information about the EFMP program, please contact **450-4131**.

Retirees Thank Zinder for Serving



U.S. Navy photo by Hospitalman Lauren Robshaw

Members of Fleet Reserve Association (FRA) Branch 208 and the Camp Lejeune Military Retiree Council present Capt. Daniel Zinder, commanding officer, with plaques of appreciation during a surprise visit to the Naval Hospital on May 1.

Lt. Cmdr. Carrie Hall (Dr.), Internal Medicine Department, was selected for the 1st quarter, 2012 Medical Staff of the Quarter.

Join us in congratulating her for all of her hard work and dedication to the Navy and our patients!

Bravo Zulu Lt. Cmdr. Hall!

NHCL's Lab Open Saturdays

To better serve our beneficiaries, Saturday appointments are available for routine laboratory tests from 8:00 a.m. — 12:00 p.m. Call **450-4622** to make your Saturday appointment.

Did you know?

Naval Hospital Camp Lejeune and Marine Corps Base Camp Lejeune **collected** approximately **77.5 pounds** of unused or expired medication at the recent Drug Take-Back event, reducing the possibility of drug abuse and environmental contamination. For more information on future events or proper medicine disposal, call **450-3064**.

Congratulations NHCL Staff!

2012 Member of the Quarter, 1st Quarter Awards

Nicholas Hafertepen, Civilian of the Quarter (Category I)

Delores Fonte, Civilian of the Quarter (Category II)

Jodi Bannigan, Contractor of the Quarter

Lt. **Clint Bullman**, Officer of the Quarter

Hospital Corpsman 1st Class **Jason Houchins**, Sailor of the Quarter

Hospital Corpsman 2nd Class **Paul Trusdell**, Junior Sailor of the Quarter

Hospitalman **Kara Nicoli**, Blue Jacket of the Quarter



U.S. Navy photo by Hospitalman Matthew Heefner

Naval Hospital Camp Lejeune Members of the Quarter, 1st and 2nd Quarter pose for a photo with the Commanding Officer Capt. Daniel Zinder (center) at a command awards ceremony at the galley May 15.

2012 Member of the Quarter, 2nd Quarter Awards

Frank Blasi, Civilian of the Quarter (Category I)

Sonya Carpenter, Civilian of the Quarter (Category II)

Ruby Burnside, Contractor of the Quarter

Ensign **Tamara Belin**, Officer of the Quarter

Hospital Corpsman 1st Class **Richard Neilsen Jr.**, Sailor of the Quarter

Hospital Corpsman 2nd Class **Joseph Williams**, Junior Sailor of the Quarter

Hospitalman **Roger Lisk Jr.**, Blue Jacket of the Quarter

Navy Commendation Medal

Hospital Corpsman 2nd Class **Robert Mackey**

Hospital Corpsman 2nd Class **Philip Seisman**

Hospital Corpsman 1st Class **Thomas Buchanan**

Hospital Corpsman 1st Class **Brian Motley**

Hospital Corpsman 1st Class **Tanya Robinson**

Lt. **James Hinkle**

Cmdr. **Melissa Barnett**



U.S. Navy photo by Hospitalman Lauren Robshaw

Naval Hospital Camp Lejeune Sailors pose for a photo at a command awards ceremony at the flagpole May 17. Awards earned included Navy Commendation Medals, Navy Achievement Medals, an Air Force Air Medal, a Defense Meritorious Service Medal, a Purple Heart and Military Outstanding Volunteer Service Medals.

Navy Achievement Medal

Hospital Corpsman 3rd Class **Dale Deeken**

Hospital Corpsman 3rd Class **Sammuel Jackson**

Hospital Corpsman 3rd Class **Christopher Jones**

Hospital Corpsman 3rd Class **Joshua Phillips**

Hospital Corpsman 3rd Class **Michael Wilson**

Hospital Corpsman 2nd Class **Lawren Fruedenthal**

Logistics Specialist 1st Class **Kristen Janke**

Lt. **Bradford Mullins**

Air Force Air Medal

Hospital Corpsman 2nd Class **Timothy Sutherland**

Defense Meritorious Service Medal

Lt. Cmdr. **Corey Jenkins**

Purple Heart

Hospital Corpsman 3rd Class **Jason Merrithew**

Military Outstanding Volunteer Service Medal

Hospital Corpsman 2nd Class **Roderick Ward**

Hospital Corpsman 2nd Class **Joseph Williams**

Bravo

Zulu

Sacred Space and Sacred Events

By **Cmdr. Steven Dundas**
Command Chaplain

St. Francis of Assisi said, “We have been called to heal wounds, to unite what has fallen apart, and to bring home those who have lost their way.” When Francis was converted he restored a small chapel that had fallen into disuse without the help of the church. That little chapel, San Damiano is now a sacred place when pilgrims of many faiths go to encounter the Holy.

We are blessed with the sacred at Naval Hospital Camp Lejeune. This is a place where people come for healing of body, mind and spirit. What we do here is sacred because we do it for the love and care of people, human beings, people whose lives matter to someone, people who have often been beaten down by life, illness, injury trauma and war. Ours is a holy calling.

Last week we rededicated our renovated Chapel to the service of God’s people here at NHCL. It is a place of solace, a place set apart for those who are weary and heavy laden. But it is not the only sacred place in this hospital.

We also celebrated National Nurses Week. I was able to go with Capt. Nancy Pearson, directorate of nursing services, to many of our wards and clinics to do a “Blessing of the hands.” Nurses have a special place in the sacred. They minister to people in body, mind and spirit and create a sacred space in the lives they touch. Of course all who take part in the ministry of healing here create those sacred moments - physicians, technicians and administrative staff. Our patient rooms, operating rooms, birthing suites, emergency room bays and intensive care unit rooms all have times where they become sacred places, not because they were designed that way, but because of the love and care shown by our staff in them, in times of life and death makes them so.

ROADSIDE from page 3

Hospital Corpsman 1st Class Jeremiah Johnson, the highway clean-up representative and leading petty officer of Camp Geiger, worked closely with the NC Department of Transportation Highway Maintenance to establish the location of the clean-up, and the maintenance of the two-mile stretch of road to ensure the safety of the clean-up personnel.

“Having been part of the highway clean-up for most of my career at multiple duty stations, it’s a simple way to give back to the community, provide an avenue for junior Sailor’s to work

closely with their leadership, and work together as a team to beautify the community.” Johnson added. “When my daughter asks what I’m doing at the clean-up I tell her that I’m out saving the turtles by picking up trash!”

Hospital Corpsman 1st Class Jeremiah Johnson, Branch Clinics, contributed to this article.



Photo courtesy by Lt. Cmdr. Timothy Drill

Sailors from the six Naval Hospital Camp Lejeune branch medical clinics volunteer to collect trash along a two-mile stretch on Lake Cole Rd. in Jacksonville on April 26. The branch clinics recently adopted Lake Cole Rd. as part of North Carolina’s Adopt-A-Highway Program, one of the nation’s largest volunteer programs.



Photo courtesy by Lt. Cmdr. Timothy Drill

Working together to clean-up trash along a two-mile stretch on Lake Cole Rd. in Jacksonville, Sailors from the six Naval Hospital Camp Lejeune branch medical clinics volunteer their time on April 26 to give back to the local community. The branch clinics recently adopted Lake Cole Rd. as part of North Carolina’s Adopt-A-Highway Program.