

# SCUTTLEBUTT

Volume 2 Issue 3

MARCH 2012

## Conquering **Tough Mudder**

*NHCL Sailors Promote a Command Climate of Fitness  
While Running for a Cause*

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Courtesy photo

*Run for Warriors, a team of Naval Hospital Camp Lejeune Sailors, cross the finish line at the self-proclaimed world's toughest race, Tough Mudder in Washington, Ga., Feb. 11.*

**Inside: FRG Fleeting Fundraiser — Patient Safety; Check Back Tool**

# Be Our Best Resource

For the past 11 years, our lives have been consumed with combat readiness and taking care of our wounded Sailors, Soldiers and Marines. That focus will never change but as this country starts taking steps to a post war military, another focus will have competing interest.

Downsizing the force will quickly rise to the forefront of everything we do. Doing more with less will once again become the phrase of the day. As this new era unfolds, Sailors need to know how to protect their careers and ensure continued employment.

The more we “right size” the Navy, the more we hear of programs to ensure we are keeping the right people. The programs range from Perform to Serve, Continuation Boards, Enlisted Retention Boards, Physical Readiness Program and so on. All of these programs are designed to select Sailors who are living by our Corps Values of Honor, Courage and Commitment.

Additionally, they remind us daily that we have certain conditions of service. Failure to meet these conditions could leave us scrambling for our careers. The two most prominent conditions of service that destroy careers are failing to meet



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

physical readiness standards and alcohol related incidences. We are here to help and have programs in place to help your career stay on track.

The Fitness Enhancement Program was established for any Sailor that is having problems meeting requirements. It incorporates body conditioning, physical training and nutrition education to get us into a healthy lifestyle. It is not only designed for those who have failed previous PFAs, but also for any individual who needs assistance in staying ready. Remember if you stay ready, you never have to get ready.

Alcohol consumption can be harmless in moderation, remember the simple rule of 0-0-1-3. Zero drinks if under 21, zero drinks if driving, one drink per hour and no more than three drinks per event. The chain of command,

DAPA, SARP and mental health counselors are here for personnel who have lost control or have turned to alcohol or other substances to cope with life stressors.

Our personnel are our best resource. You are crucial to this country, the mission and each other. Please make smart decisions and never be too proud to ask for help.

## Recognizing African American History Month

February marked African American History Month. One link to local Navy and Marine Corps history details African American Marines through their experience at Montford Point, Camp Johnson. From 1942-1949, approximately 20,000 black service members attended a segregated basic training. Two service members, Sgt. Maj. Edgar R. Huff, the first African American promoted to the rank within the United States Marine Corps, and Sgt. Maj. Gilbert H. “Hashmark” Johnson, are exceptionally noteworthy for their dedication and unyielding contributions to Marine recruits and future Marine Corps training at Camp Lejeune. In 2011, President Obama signed legislation to facilitate a congressional gold medal award in honor of the Montford Point Marines.

In March, NHCL will recognize Women’s History Month. Stay tuned for information from NHCL’s Diversity Committee about upcoming events and programs.



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**NHCL’s Fan Page  
is open to everyone!**

**[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 to get ‘insider info’

Commanding Officer, NHCL

**Capt. Daniel J. Zinder**

Editor-In-Chief

**Raymond Applewhite**

Managing & Layout Editor

**Anna Hancock**

Graphic Designer

**Kelly Pursel**

Contributing Writer

**Lt. Cmdr. Timothy Drill**



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# And The Winners Are...

By Calvin Leatherwood  
Quality Management Department

During the recent Naval Hospital Camp Lejeune Continuous Performance Improvement Expo (CPI), I witnessed a room full of excited staff members. Each proud to display their contributions and achievements. After reviewing the outcomes of their planning and execution, I could only think of one word, "Exceptional!"

Of the seventeen initiatives that staff submitted to be evaluated, the following process improvements received Excellence Awards: **Patient Administration Medical Boards Process** for Best Business Practice PI; **Camp Johnson Branch Clinic Patient Satisfaction Attainment Process**, Honorable Mention; **Main Operating Room Surgical Code Delay Process** for Best Quality Health Care PI; **Biomedical Risk Levels Identification Process**, Honorable Mention; **Human Resources Department Civilian and Contractor Indoctrination Process**, **Lean Six Sigma PI** for Best Leading People PI.

These three category winners created a cost avoidance and savings of \$100,000.00. They were catalysts for increased effectiveness, quality health care, and reducing redundancy.

These are vivid demonstrations of the excellence pursued at NHCL. Congratulations to all recipients as well as the myriad of departments validating that excellence is not an act, it's a habit.



*Naval Hospital Camp Lejeune Excellence Award winners and honorable mentions: Medical Boards team, Camp Johnson Branch Clinic team, Main Operating Room team, Biomedical team, and Human Resources team pose with Commanding Officer Capt. Daniel Zinder after accepting their awards Feb. 23.*

## KIDBASE Helps Children During Emergencies

By Lance Cpl. Jackeline M. Perez Rivera  
Marine Corps Base Camp Lejeune

When a child with special medical needs faces an emergency, it is imperative that paramedics have as much information as possible, as quickly as possible.

North Carolina's Department of Health and Human Services' KIDBASE, the Kids Information Database Access System for Emergencies, is an alternative method to provide that information to medical personnel. The program was developed to help ensure children with special medical needs receive the appropriate care in emergencies.

KIDBASE is a medical information form where parents and their children's physicians provide information about their child's health needs. Once the form is completed, parents make and keep copies of it, and distribute it to the child's school or daycare while keeping a copy with their child in their backpack.

"I think (this program) will be a saving grace for some of these kids," said Navy Lt. Cmdr. Malissa Wickersham, a family nurse practitioner with Naval Hospital Camp Lejeune. "It would definitely help their care."

While it was developed for medically fragile children, it can be beneficial for children with various degrees of need.

"When people think of special needs children, they think of children with cerebral palsy or seizure disorders," said Wickersham. "(KIDBASE) is not limited to just those families. It can be used for children with Down syndrome, autism, learning disabilities (or other conditions)."

The program also helps children who are dependent on special technologies such as a ventilator, pacemaker or ventriculoperitoneal shunts, among others.

"Giving children the care that they need for their specific condition is something that would greatly benefit (the child)," said Wickersham. "(KIDBASE) helps streamline and provide more efficient and effective care for the child's needs."

The program also helps children with uncommon conditions, added Wickersham. It would notify medical staff of a condition they may not have thought of and provide contact information for the child's specialist, who can assist with developing a plan of care.

Wickersham feels that the program is well thought out and could go a long way to relieving a parent's concern.

"It gives these families a sense of security," said Wickersham. "It's an absolutely wonderful program. I think it's a great asset."

KIDBASE forms are available on [ncems.org/kidbase](http://ncems.org/kidbase).

*This article is reprinted with permission from The Globe, as published on Feb. 16.*

# Overcoming To

By Anna Hancock  
NHCL Public Affairs

In between climbing the Berlin Walls and Everest, Hospitalman Apprentice Nathaniel Hardy, Naval Hospital Camp Lejeune's Camp Johnson Branch Medical Clinic, felt his body temperature dropping; calf muscles tightening.

"I looked over and I saw Batman! And I said, 'Hey Batman! Can you help me, Batman?'" said Hardy.

Hardy was not traveling the globe and he certainly was not dreaming. He was almost 4 miles in the intense Tough Mudder event. The Berlin Walls were a set of slick, 12-foot high climbing obstacles; Everest was a greased quarter pipe that in order to climb, racers had to gain a running start lock hands with another racer at the top of the pipe, and be pulled over. Hardy was soaked in wet mud while dredging through a tree-laden field during 28-degree Fahrenheit weather. Hardy's plea for help fell upon the ears of fellow runners dressed in superhero costumes.

"It was cold. I was tired and I felt myself falling. Then here came Batman," Hardy continued. "Batman saved me! Then said, 'You're welcome, fellow citizen,' and just ran off."

"We were all thinking, 'Did that just happen?'" laughed Chief Petty

Officer Christopher King, Pediatrics Department and Run for Warriors team organizer.

## Teamwork is Key

Run for Warriors is a team of NHCL Sailors who together endured the grueling 12-mile Tough Mudder event in Washington, Ga. Feb. 13. Team participants include NHCL Emergency Department staff Hospitalman Apprentice Amanda Jones, Hospitalman Apprentice Juan Carlos Flores, Hospitalman Jesus Terrazas; former NHCL Sailor Hospitalman Arvin Jayson Pamplona; King and Hardy. Tough Mudder, one mile shy of a half-marathon, is an international race with 25 obstacle events created by the British Special Forces. Lauding itself as the toughest event on the planet, Tough Mudder is designed to challenge even the strongest-willed, mentally and physically prepared athletes. In fact, organizers require each racer sign a Death Waiver when registering. Locations are chosen around the world in the toughest climates, highest altitudes, and most substandard environmental conditions. The end goal being to raise funds to support the non-profit organization Wounded Warrior Project.

The team raised \$750.00 in five days to donate to the WWP, but King decided to take the team's goals even further. With cause to not only raise donations, King and the team trained



# Tough Mudder; For a Cause

*"...I looked over and saw Batman, and I said, 'Hey Batman! Can you help me, Batman!'"*

and raced to promote NHCL's command climate of fitness, and honor those who serve in America's armed forces. Furthermore, the team used Tough Mudder to kick-off what they hope to be a traveling team of Sailor-athletes participating in events across the country.

## Promoting the Fitness Ethos

It has long been withstanding that the Navy's culture of fitness encourages a mission-ready force. In Dec. 2009, Navy Rhumb Lines noted that mission readiness and operational effectiveness are built upon physical fitness of the individual; therefore it is crucial that all Navy personnel maintain personal physical readiness through regular exercise and proper nutrition.

Not only is this an ethos that guides all Naval Hospital Sailors, the Run for Warriors team exemplifies it.

"This year's team formed by word of mouth. Sailors [joined] who wanted to show the culture

of fitness for the command," explained King.

Training for an event like this demands the most optimal physical fitness condition. It requires a nutritionally balanced diet and vigorous work out routine. Most importantly, it requires teamwork.

Often finishing each other's sentences when swapping stories, the team all agreed with King as he continued explaining how the team built camaraderie which in King's words "can't be measured."

"Our team supported each other, stayed fit," said King. "Even if you said you can't, that's what the team is for – the team says you can."

## Event Day; Crossing the Line

The event kicked off with "Mud Mile," a maze of seemingly shallow mud-filled trenches that had actual depths of up to five feet. After pulling each other out and through mud piles, covered with mud from head to toe, the team was taxed by the "Arctic Enima."

"This was by far the worst event for me," said Jones. "I was freezing already, soaked in mud. This required us to jump into a giant trash dump filled with water, layered three inches thick with ice, and I remember standing on the top screaming 'I don't want to do it! I can't do it.'"

Jones was looking not only into the icy water, but out about halfway in between the dumpster, at the wooden plank that forced the racers to fully submerge into the icy water, before swimming another few feet to get out of the water.

"Then I hear King screaming at me, 'Get in the water! You can do it!' and I jumped," said Jones. "I swear I have never been so cold in my life. But I did it."

The rest of the event included obstacles such as "Fire Walker," a field of blazing kerosene-soaked straw with flames reaching up to 4 feet; "Hay Bale Pyramid," a 15-foot climb to the top, and subsequent jump into a lake; and "Electroshock Therapy," a field of live wires that could produce a 10,000 volt shock.

To keep racers motivated, the National Anthem blasted through the sound system every

20 minutes, reminding everyone why they were there.

Although the team finished the event with an impressive time of about three hours 30 minutes, they stressed how the goal of Tough Mudder event itself was not the timing; it was simply crossing the finish line.

"You could have asked anyone running beside you for help and they would have given it," said King. "But at this point [near the end of the race], we were mentally exhausted, physically beat down, but you think 'You're almost there!'"

The team noted how running alongside wounded warriors, those whom the event supports, was humbling and motivating.

"The wounded warriors have a heat that they run, and when you see a double amp[utee] run beside you," explained King.

"Your complaints don't matter," finished Jones.

"It doesn't matter what our time was, as long as we finished..." said King.

Then Hardy continued, "As long as everyone finished."

To find more information about joining Run for Warriors and future race events, contact Chief Petty Officer Christopher King at [christopher.king2@med.navy.mil](mailto:christopher.king2@med.navy.mil).



Courtesy photos

# HOSPITAL ROUNDS

## DAPA is Here to Help You!

By Chief Hospital Corpsman Mary Weiss-Brandenburg  
Nursing Services Directorate

The job of the command Drug and Alcohol Program Advisor (DAPA) is to help service members. There are three types of referrals that may be utilized: **Self-Referral**, **Command Referral** or **Post-Incident**.

Self-Referral is a one-time event personally initiated by the member by disclosing the nature and extent of their problem to one of the following qualified self-referral agents: DAPA, Commanding Officer, XO, OIC or CMDCM, Navy drug & alcohol counselor, DoD medical personnel (including LIP), Chaplain, Fleet & Family Support Center counselor.

Command Referral is initiated by the member's chain of command and may be based on any credible factor such as hearsay, personal observation, or noticeable change in job performance.

Post-Incident is an offense punishable under UCMJ or civilian laws, committed by a member, where in the judgment of the member's Commanding Officer, the offender's consumption of alcohol was a contributing factor.

Contact one of Naval Hospital Camp Lejeune's DAPAs for more information: **Hospital Corpsman 1st Class Barbara Ortega, 450-3215**; **Chief Machinist Mate Richard Jackson, 450-3710**; and, **Chief Hospital Corpsman Mary Weiss-Brandenburg 450-4959**.

## Red Cross Volunteer Month Lunch and Learns

Join the Naval Hospital Camp Lejeune's Red Cross station to celebrate National Red Cross Volunteer Month. Open house will be held all day in the main office on **March 1**, and themed, hour-long Lunch and Learn sessions will take place on **March 8, 15, 22 and 29** in the Family Medicine Conference Room from **11:00 a.m.—12:00 p.m.** Themes include: the beginning of the Red Cross, emergency communication, services and the International Red Cross. Contact **Rosemary Dow**, Assistant Station Manager at **450-4596** for more information.

## Navy Marine Corps Relief Society 2012 Fund Drive

March 1—31

NMCRS supports active duty Sailors, Marines and family members through interest free loans and grants, and serves as a first responder organization to active duty in emergency situations. Financial donations are crucial to support the organization. Donations can be made via cash or check. For more information contact Lt. j.g. **Janine Badic 450-3514**.

## Taking Charge of the Patient Experience



U.S. Navy photo by Anna Hancock



U.S. Navy photo by Anna Hancock



U.S. Navy photo by Hospitalman Lauren Robshaw

Naval Hospital Camp Lejeune staff members, placed at every main intersection throughout the hospital, assist patients, visitors and guests with getting them to their destination while the hospital lobby (quarterdeck) is closed during the construction and renovation project that began on Feb. 6.

With the goal in mind to provide an excellent patient experience, each Sailor and NHCL staff member has remained diligent in helping patients navigate the hospital, as patients get to familiar medical clinics and services, by traveling unfamiliar routes. Staff have received an overwhelmingly positive response about their willingness to help and dedication to the patients on NHCL's Facebook Page. The renovation project is expected to be complete in July 2012.

# Doctor's Orders, Say What?

## Patient Safety Awareness Week March 4 - 10

By Lindy Eatherington  
Patient Safety and Quality Management Department

The patient safety movement has a defined goal to prevent healthcare associated harm. Interesting, isn't it that the Hippocratic Oath which originated in the 5th Century BC includes in part, "...never do harm." The more modern adaptation can be credited to Thomas Sydenham which translated from Latin says, "First, do no harm."

Patient Safety Awareness week is the first week of March each year and this year's theme is, "Be aware for safe care." Naval Hospital Camp Lejeune's patient safety team will engage staff in activities to raise awareness of patient safety concepts and tools to promote safe practices. The team kicked off PSA week early with a Patient Safety poster contest in January and plan to have multiple activities during PSA week.

How can NHCL staff raise awareness and "Be aware for safe care?" By educating patients and staff. Ensure patients have the

tools to ask their care-givers questions. Staff should validate that what is said is what the patient heard, and that what the patient heard, he or she understood. How can this be done? By using the Check Back tool as recommended by TeamSTEPS, a teamwork system designed for health care professionals by the U.S. Department of Health and Human Services Agency and the Health Care Research and Quality. Check Back promotes information flow from the sender to the receiver and back to the sender to confirm that what providers say is what patients hear.

Health care can be difficult to understand. It has a language that is learned by health care professionals and then spoken by those same professionals to each other. Many times when health care professionals use their learned language with patients, it is not understood. Living room language is the goal for communicating with patients. Using analogies or examples to make points can literally be a lifesaver for patients.

Next time you use one of those PhD words to a patient, use Check Back to validate that what you said was understood.

# Fleeting Fundraiser Fortifies FRG

By Lt. Cmdr. Timothy Drill  
Camp Johnson Branch Medical Clinic



*A fleet of nine plywood ships and one boat moored on the front lawn of a Naval Hospital Camp Lejeune staff member's house during a fundraising event hosted by NHCL's Family Readiness Group (FRG) throughout the month of Feb. The FRG supports the families of deployed hospital personnel.*

Throughout the month of February, numerous households of Naval Hospital Camp Lejeune staff who live aboard Camp Lejeune woke up to a fleet of nine NHCL Family Readiness Group (FRG) plywood ships and one boat adorning their front yards. Devised as a "Fun fundraiser," NHCL FRG members and

volunteers devoted countless hours preparing and "mooring" the fleet across base housing, resulting in over \$700.00 in donations.

Vickie Boucher, FRG secretary and treasurer, and her spouse Lt. Cmdr. Dan Clark created the cut-out vessels. FRG "Special ops" deckhands, identified as Modern Outboard Moving Services (MOMS), under the cover of night, distributed the fleet from house to house. Families who received the fleet were provided a newsletter, "The FRG Times" that provided an explanation of the event and directions of how to have the ships sail from their fescue to some other patch of grass.

According to committee Co-Chairs Krystyn Case and Joan Drill, the idea sparked a huge interest from several Marine Corps families surrounding the harbored flotilla to participate as a "dry-dock" and provide the convoy a night of refueling and liberty. Passersby and citizen chatter quickly relayed the arrival of the convoy throughout neighborhoods, all too eager to sponsor the fleet for a night. Maybe next time Marines!

As the armada drifted along the coast of New River, many smiles and stories describing the meadows of watercraft brought a proud feeling of community.

The FRG relies on contributions received through activities and community events to support families of deployed hospital personnel. The FRG committee thanks everyone who donated and volunteered to make this adventure a success.

To volunteer or for more information about opportunities, ideas and events, email [frgnhcl@gmail.com](mailto:frgnhcl@gmail.com).

# TBI Awareness; Prevention

By Deborah Waun

Defense and Veterans Brain Injury Center

Naval Hospital Camp Lejeune

March is Brain Injury Awareness month. Traumatic Brain Injury is a major health issue in the United States and worldwide. According to the Centers for Disease Control and Prevention, 1.7 million U.S. people sustain a TBI each year; of those, 52,000 die and more than 275,000 are hospitalized and 1.4 million are treated and released from an emergency department. TBI encompasses injuries ranging from mild to severe and can affect thinking or memory, movement or mobility, speaking or understanding, and personality or mood. You might hear about TBI being on the rise among members of the armed forces and others serving or working in areas of conflict, such as Afghanistan and Iraq. But more-common events, such as car accidents, falls, and sports collisions, can also cause TBI with a range of effects.

Some TBI symptoms may appear right away, while others may not be noticed for days or months after the injury, or until the person starts resuming their everyday life and more demands are placed upon them.

In many cases, TBI can be preventable. The following are

only a few tips for minimizing the risk of sustaining a TBI both on the battlefield and at home: wear helmet or other appropriate head gear when on patrol or in other high risk areas; wear safety belts when traveling in vehicles; verify target and consider potential for ricochet prior to firing weapon; employ the buddy system when climbing ladders or working at heights; always buckle your child into a child safety seat, booster seat, or seat belt (depending on the child's height, weight, and age) in the car; wear a helmet and make sure your children wear helmets when riding a vehicle that exposes your body and playing sports; avoid falls in the home by using a step stool, installing handrails on stairways, using non-slip mats in the bathtub and on shower floors, etc.; and, keep firearms stored unloaded in a locked cabinet or safe, storing bullets in a separate secure location.

The best prevention for veterans to avert the long-term effects of a brain injury is to recognize the symptoms of a TBI. Once the symptoms are identified, an individual should take basic precautionary measures, such as rest and professional medical help, in order to begin the healing and recovery process until a more specific diagnosis can be made.

Service men and women give so much to protect this country and they deserve to come home to a happy and healthy life. Creating awareness about TBI will help ensure their long term health.

## Starnes Awarded Top EM Honor

Pvt. Victor Barrera

Marine Corps Base Camp Lejeune

Emergency preparedness is always on the front of everyone's minds when natural disasters are predicted, such as Hurricane Irene or the tornado that passed through the area last year.

However, people may put their minds at ease knowing that diligent emergency managers, like retired Master Chief Mark S. Starnes, the emergency manager for Naval Hospital Camp Lejeune, are always hard at work preparing for any disaster that may strike.

For Starnes' hard work, he was awarded the R.A. Pate award during his trip to the 23rd annual North Carolina Trauma & Emergency Symposium in Wilmington, N.C., Feb. 10.

The award is presented to an individual for their hard work in emergency preparedness.

"I was just attending the symposium and was also at the ceremony," said Starnes. "When I was called up there it, was a surprise."

For those who nominated him as a recipient however, Starnes' dedication to both his job and the surrounding community made him more than eligible for the award.

Starnes coordinates disaster plans with Marine Corps Base Camp Lejeune as well as Onslow County. Just recently he

worked with the state's bioterrorism unit for county education. Soon, Starnes plans on working with the New Hanover Regional Medical Center with an active shooter and evacuation scenario.

Starnes' motivation for work and helping others can be traced back to his time as a corpsman in the Navy.

"I retired as a master chief after doing 30 years in the Navy," said Starnes. "You just have to accomplish the mission and try to give it 100 percent."

Working with the community is a big part of what Starnes does. He has developed such a great partnership with the Onslow Memorial Hospital that they have agreed to share disaster planning resources, so that in their time of need, they can reach out to each other for help.

Even though Starnes just recently won the R.A. Pate award, he does not plan on slowing down his work as the emergency manager for the naval hospital.

"It's all about the mission and the people who work with me," said Starnes. "I couldn't do it alone. It's a team effort. If I could, I would copy this award and award it to everyone who works here. They're all my support."

*Excerpts of this article are reprinted with permission from The Globe, as published on Feb. 23.*