



NAVAL HOSPITAL OAK HARBOR

Commanding Officer: CAPT E. D. Simmer
Executive Officer: CAPT J. B. Comlish
Command Master Chief: HMCM G. A. Shelton

NOVEMBER 2013

Mission:
Caring for People

Vision:
*Build Your World Class
Medical Neighborhood*

2014 Goals:
*Maximize: Quality and
Value, Readiness and
Jointness, Patient and
Staff Satisfaction*



Naval Hospital Oak Harbor Directors

DCSS: CDR McKenzie

DDS: CDR Moon

DFA: LCDR Morrison

DMS: CAPT Gasper

DNS: CAPT Pruett-Baer

DPHS: LCDR Flores

DRM: LT Zeiler

DSS: CDR Ancona

Senior Flight Surgeon:

CAPT Chapman



Public Affairs Officer

Sharon McIntyre

360-257-9554

Changes coming to Naval Hospital Oak Harbor

By: Capt. Edward Simmer, Commanding Officer, Naval Hospital Oak Harbor

Since it opened in 1968, Naval Hospital Oak Harbor (NHOH) has been a key part of Naval Air Station Whidbey Island (NASWI) and the entire Whidbey Island community. Today we serve more than 20,000 active duty service members, retirees, and their families.

Medical practice, and the people we serve has changed significantly since we opened 45 years ago, and NHOH has adapted over the years to ensure we continue to provide the very best care to those who rely on us. The Medical Home Port (MHP) model of care is a recent example of a successful adaptation implemented to meet our beneficiaries' health care needs. MHP established a team approach to care, comprised of providers, nurses, and support staff, ensuring the highest quality of care and patient satisfaction.

Building on this success, we will be implementing the following changes to NHOH:

Transitioning the Urgent Care Center into an Expanded Medical Home Port Primary Care Center

Creating an expanded, state-of-the-art Birthing Center

Moving surgery (still performed by Navy Surgeons) and non-maternity inpatient care to civilian partner hospitals.

Our MHP teams help those who rely on us stay healthier and have access to their care team whenever they need it, which has resulted in a significant decrease in the need for non-maternity inpatient care. Our Urgent Care Center also has had a significant decrease in utilization, since most people are now healthier and can get an appointment with their regular provider when they need it (generally on a same-day basis).

NHOH is committed to improving mission readiness, providing value and quality health care by maximizing the redistribution of resources. This transformation will be implemented through a phased approach. Through an exhaustive analysis, it was determined these changes will maximize services while reducing unnecessary costs.

For example, converting urgent care, where patients are seen by a doctor they likely do not know and have never seen before, to an expanded Medical Home Port with evening and weekend hours will ensure patients can be seen by the team they know and trust. Similarly for inpatient care and surgery, having our doctors provide these services at civilian partner hospitals will expand the care we can provide while allowing us to convert underutilized inpatient space into a much needed state-of-the-art birthing center.

We have already started working on the changes, and our goal is to have them completed as soon as possible, with a completion date scheduled for April 2014. I am excited about the future as I am convinced that these changes will ensure Naval Hospital Oak Harbor continues to meet our mission of "Caring for People" while ensuring the readiness of our forces and their families for years to come!

We invite you to visit our website (<http://www.med.navy.mil/sites/nhoh/Pages/default.aspx>), give us a call (360-257-9974) or stop by if you have questions or would like more information.

Movember brings awareness to men's health
By: Sharon McIntyre, NHOH Public Affairs

During the month of November, a movement entitled "Movember" is responsible for the sprouting of moustaches on thousands of men's faces.

The Movember effort raises awareness about men's health programs, specifically prostate and testicular cancer. The goal is to bring awareness to gender specific health issues and encourages men to join the movement by growing a mustache during the month of November. The partners work together to support programs embracing education, survivorship and research.

It is essential to be proactive with your personal health. If you cannot make it through the night without emptying your bladder, the urination stream is slower than normal or you notice blood in your urine you need to make an appointment with your Primary Care Manager. These symptoms may be signs of prostate enlargement. Prostate enlargement is not life threatening and could be a result of your age. However, it could also be a prelude to a more serious health condition such as prostate cancer. It is important that you discuss these issues with your provider as soon as you experience any of these symptoms. For prostate cancer, early detection is your best defense.

If you have a family member, father or brother, who has been diagnosed with prostate cancer at a young age, you are considered to be at a higher risk for developing prostate cancer. African-American men are also at a higher risk for this disease.

Testicular cancer is not as common as prostate cancer but is the most common cancer among men between the ages of 15 and 34. Again, the key is to increase your self-awareness of the signs. The American Cancer Society recommends a physician exam during your annual physical. To heighten your personal awareness: Feel for any lumps during your warm shower. Check to see if one testicle is enlarged or tender, normal size testicles may vary slightly in size. If you find a lump, make an appointment for an examination. Testicular cancer, if diagnosed early is often curable.

Men have higher mortality rates for all the leading causes of death because they do not take preventative action. By taking the time to pay attention to changes in your health and seeing a doctor when you notice something unusual will help protect your overall health and life expectancy.

Are you ready to grow your mustache to support this very important program? Active Duty personnel will need to refer to the grooming standards in the U.S. Navy Uniform Regulations pages 2-9 to ensure compliance.



OR Staff: Mike Miller, HM3 Staiger, HM2 Jenkins and HN Donovan

Naval Hospital Oak Harbor Procedures for Inclement Weather
By: Sharon McIntyre, NHOH Public Affairs

Weather on Whidbey Island is getting ready to change. It is not uncommon to experience snow and ice as early as Thanksgiving in the Pacific Northwest. It is time to familiarize yourself with how Naval Air Station Whidbey Island (NASWI) and the hospital operate during inclement weather conditions.

Naval Hospital Oak Harbor (NHOH) takes direction from the NASWI Emergency Operations Center.

If the Base is on a two hour delay, all routine appointments during the first two hours of the working day (7:30-9:30 a.m.) will have to be rescheduled. If the base is closed for the entire day, then all routine appointments that were scheduled for that day will have to be rescheduled. The TRICARE Regional Appointment Center will make every effort to contact patients who are affected and reschedule their appointments. If you are signed up for Relay Health, a message will be sent to your e-mail address. It is easy to register for Relay Health. Visit www.relayhealth.com and click on Register. Follow the prompts and select a password. After completing the registration process, you will need to select your current primary care provider as your doctor. Please allow 24 hours following registration for Naval Hospital Oak Harbor to process your application.

The Urgent Care Clinic will be open and available for non-emergent patients during their normal working hours: 7 a.m. to 11 p.m. Monday through Friday and 8 a.m. to 8 p.m. Saturday/Sunday and Holidays.

Labor and Delivery is open 24/7 for our expectant patients. Please call the Labor and Delivery Ward at 257-9777/9778 and let the staff know you are on your way. Please drive carefully and watch your footing when walking in the parking lot.

NHOH will post closure information on the NHOH Web page <http://www.med.navy.mil/sites/nhoh/Pages/default.aspx>, Facebook, <http://www.facebook.com/pages/Naval-Hospital-Oak-Harbor/164574516897309> and the base information line at 360-257-1080. Our main concern is patient safety. If the roads are hazardous, we don't want our patients taking unnecessary risks for routine appointments.



Top places in your home, workplace or favorite restaurant that can make you sick

By: Sharon McIntyre, NHOH Public Affairs

Most of us are aware that covering your cough, staying home when sick, getting a flu shot and washing your hands often can help keep you safe from the flu virus. However, there are many forgotten places in your home that can make you sick.

Did you know that the soap dispensers you use to follow the golden rule to avoiding the flu can actually give you the flu? The soap dispenser carries many germs and should be cleaned often or invest in a hands-free soap dispenser. Placing a hand sanitizer in your purse or child's back pack can help keep your hands free of bacterial germs that can cause an array of illnesses.

Bathroom door handles carry the same germs as the soap dispenser. When leaving the restroom, open the door with the same paper towel you used to dry your hands. At home, make it a priority to wipe down the handle often with a disinfecting wipe especially if you have small children.

When is the last time you cleaned out the reservoir of your trusted coffee pot? Studies have found this to be one of the top five germ havens in your home or workplace. Clean it monthly. Place four cups of vinegar in the reservoir and let it set for about a half hour, run it through the cycle then follow with three rinses to remove the vinegar residue.

Restaurant Menus can be a safe haven for flu viruses for up to 18 hours. Wash your hands after you order from the menu and before you reach for the bread basket. Don't let the silverware touch your menu.

Think of all the greasy hands that have grabbed that condiment dispenser to spice up the fries or hamburgers. Wiping them down prior to pumping the contents onto your plate is recommended.

The Commissary and grocery stores have identified the risks associated with grocery cart handles. Utilize the wipes provided as you enter the store to wipe down the cart handle and seat.

Lemon wedges in your tea? Are you sure they have been properly washed? When the wait staff is busy, they don't always have time to wash their hands in between serving tables. You may want to skip the lemon wedge next time.

Don't forget about your pets. Their water bowls need to be sanitized frequently with hot soapy water or run through the dishwasher. Disinfect their pet toys with a mild bleach solution. Many stuffed toys washed can be sanitized by placing them in the washing machine weekly. Check the label to see if they can be washed.

Everyday living exposes us to all kinds of germs. Most of us do not have the time to sanitize our home on a daily basis. By keeping hand sanitizer and disinfecting wipes within reach, you can help keep you and your family healthy during the flu season and all year long.

2013 HEALTH OBSERVANCES AND RECOGNITION DAYS:

NOVEMBER

- 1-30 Alzheimer's Disease Awareness
- 1-30 Bladder Health
- 1-30 COPD Awareness
- 1-30 Diabetes
- 1-30 Diabetes Eye Disease
- 1-30 Epilepsy Awareness
- 1-30 Family Caregivers
- 1-30 Healthy Skin
- 1-30 Home Care and Hospice
- 1-30 Hospice/Palliative Care Month
- 1-30 Jingle Bell Run/Walk
- 1-30 Lung Cancer Awareness
- 1-30 Pancreatic Cancer Awareness
- 1-30 Prematurity Awareness
- 1-30 Sexual Health

DECEMBER

- 1 AIDS DAY (World)
- 2-6 Older Driver Safety Awareness Week
- 1-31 Safe Toys and Celebrations
- 1-31 Safe Toys and Gifts



UPCOMING EVENTS FOR DECEMBER AND JANUARY

- 13 Holiday Potluck , Command Conference Room, 1100-1300
- 14 Kid's Holiday Party, Rocky Point, 1000-1300

December Health Education Calendar

<http://nhohintranet/dph/HealthPro/Calendars/Dec13HealthEdCalendar.pdf>

January Health Education Calendar

<http://nhohintranet/dph/HealthPro/Calendars/Jan14HealthEdCalendar.pdf>

AROUND THE HOSPITAL



Bereavement Ceremony



Candle lighting



LT Boerste, LCDR White, and LT Caudle



Bereavement Ceremony



Veteran's Day Parade Downtown