



Robert E. Bush  
Naval Hospital

## Did you know?...

**Y**ou have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

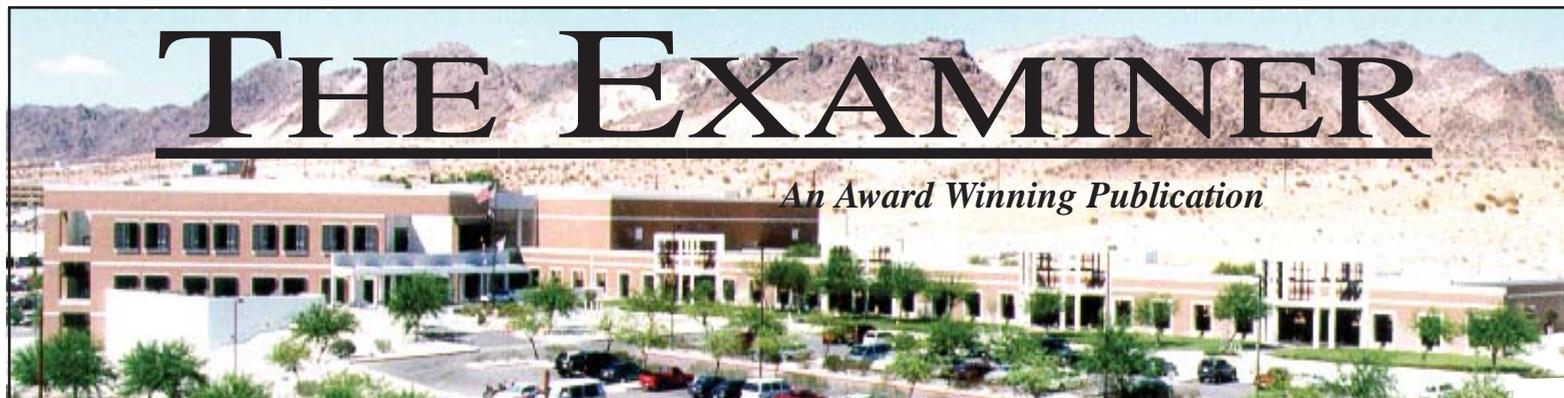
- \* Through the ICE website.
- \* The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at [complaint@jointcommission.org](mailto:complaint@jointcommission.org) Fax: 630-792-5636

The Joint Commission  
Oak Renaissance Boulevard  
Oakbrook Terrace, IL 60181

**T**o report Fraud, Waste and Abuse contact one of the below offices by calling:

Naval Hospital: 760-830-2344  
Combat Center: 760-830-7749  
NavMedWest: 1-877-479-3832  
Medical IG: 1-800-637-6175  
DoD IG: 1-800-424-9098

Commanding Officer  
Naval Hospital Public Affairs Office  
Box 788250 MAGTFIC  
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhtp/pages/default.aspx>

## Occupational Therapy Clinic Provides Hands-On Holistic Treatment

*Story and photos by Lt. j.g. Qianning Zhang, NHTP Public Affairs Office*

Occupational Therapy is a healthcare specialty with treatment plans designed to recuperate patients with physical, mental, and cognitive injuries. Its origins stem from the idea that dysfunctions are caused by multiple drivers such as one's socioeconomic status and the environment. Occupational therapy incorporates interdisciplinary knowledge to expand the scope of care. Dating back to WWI, occupational therapy emerged from an increased demand for combat stress casualty management. Formerly known as reconstruction aids, these clinical providers rendered treatment to wounded servicemen to reduce symptoms and restore confidence, both of which were critical to maintaining readiness.

Currently, there are 35 occupational therapists and 15 OT assistants in the Navy, most of

whom work in a pediatric capacity for schools overseas, and for neuromuscular-skeletal evaluators for rehabilitation purposes.

Lt Megan Kelly is NHTP's current occupational therapist, specializing in orthopedic upper extremity injuries. She also treats patients with functional and cognitive deficits as a result of traumatic brain injury or stroke. Her clinic sees approximately eight to 17 patients daily. Patients include active duty service members, retirees, and family members.

While patients follow customized treatment plans, the fundamental structure of OT sessions remain consistent. "We usually will have thermal therapy, followed by exercise for motion, manual motion, or scar massage. There may be some fine motor or upper body strengthening depending on the needs of the individual," Kelly explained.



**Lt. Megan Kelly, NHTP Occupational Therapist, assesses the shoulder mobility of 2nd Lt. Javier Arenas who was diagnosed with thoracic outlet syndrome.**

The success of a patient's recovery depends on interdisciplinary collaboration. Kelly works with Petty Officer Third Class Michael Deleon, who manages patient load and provides assistance. She also works with orthopedic surgeons, Lt. Cmdr. Meredith Neal and Lt. Cmdr. Michael Vanmanen. Kelly also collaborates with physical therapists, Lt. Cmdr. Tara Dariano, Lt. Joshua Mendoza, Lt. Matthew Orr, Ms. Erin Dorsey, and their aides to exchange ideas. They conduct group trainings twice a month and muster daily. The constant communication necessary to ensure optimal surgical and post-operative outcomes retains Occupational Therapy's interdisciplinary integrity.

Second Lieutenant Javier Arenas is one of Kelly's patients. He is new to the Marine Corps and recently completed The Basic School (TBS), during which an athletic trainer diagnosed him with thoracic outlet syndrome (TOS). "What initially led to the injury was muscle fatigue from an endurance course at TBS," Arenas recounted. "I immediately felt a sharp pain in my shoulder as soon as I got off the pull-up bar during PFT." He decided to seek treatment after a week with minimal signs of recovery.

Arenas commended the continuity of care due to the accuracy of diagnosis and his overall experience. "This is my fourth session. I've been coming here



**2nd Lt. Javier Arenas uses a latex resistance band to perform shoulder strengthening and mobility exercises in the NHTP Occupational Therapy Clinic.**

once a week doing some strength training exercises on the shoulder rotator cuff areas. They've been helping a lot," Arenas said.

The Occupational Therapy Clinic is located on the third deck of Naval Hospital Twentynine Palms within the vicinity of Chiropractic, General Surgery, and the Orthopedic wards. Beneficiaries are referred to Occupational Therapy for evaluation and treatment by their primary care providers, orthopedic surgeons, or ER doctors. Referrals are processed and booked through Physical Therapy's front desk.

Appointments can be made by calling the Occupational Therapy Clinic at (760) 830-2085/2075.

# Sailor in the Spotlight

## Petty Officer First Class Duncan Stewart



Petty Officer First Class Duncan Stewart was the Sailor of the Year for FY 2015. He is the leading petty officer for the Directorate of Surgical Services and has been at NHTP for almost three years. Stewart has been in the Navy for 17 1/2 years. Hometown is Thomasville, Georgia.

Prior to his assignment at NHTP, Stewart was the administrative LPO at the Substance Abuse and Rehabilitation Center in San Diego, a position he held for six years. He returned Sept. 30 from a five-month deployment aboard the USNS Mercy (T-AH-19) for Pacific Partnership 2016 during which he was assistant LPO for the Directorate for Administration. "It was amazing," he said upon disembarking from the Mercy. "It was a great experience. We got to help a lot of people and I learned a lot." Stewart said that if his fellow Sailors have the opportunity to go on Pacific Partnership, they should "definitely take it."

Stewart joined the Navy for the structure and opportunity to travel. "It has worked out well," he said. "I've seen most of the world. And I think I've done very well promoting to E-6 and

hopefully E-7 soon." Stewart's advice for junior enlisted Sailors: "Always try your best. If you want to make the military a career and be successful at it, give your best to the military and the military will give its best to you." To get ahead, Stewart recommends "study, study, study."

He suggests taking advantage of the Mentorship Program. "A good mentor will give you needed career advice. He or she will point you in the right direction, will help you make better career choices, or at least will have a lot more information for a more informed choice," Stewart said.

In the next five years Stewart said he wants to be selected for E-7 (Navy Chief) and to be working on his Master Chief selection. He is currently earning his Bachelor's degree in Healthcare Administration from Pennsylvania State University.

"If Chief doesn't happen for me, I'll be getting out and will become a hospital administrator," he said.

Hobbies include horseback riding and tennis.



Naval Hospital Twentynine Palms held its 2017 Strategic Planning Off-site meeting Nov. 9-10 at the Helen Gray Education Center in Joshua Tree, California. NHTP Executive leadership as well as representatives from the enlisted associations, and representatives for government service and contract staff, participated in the two-day planning session. The theme for this year's meeting was "Persistence, Passion, Innovative Creative Thinking...The Path to Continued Growth." In NHTP Commanding Officer Capt. John Lambertson's synopsis he noted: "Throughout the discussion we developed three strategic goals: 1) Knowledge Sharing--Simplify the development and management of accurate information; 2) You Matter! Motivated staff equals excellent customer service--Optimizing resources to enhance staff development and improve the patient experience; 3) Partnership Collaboration-- Better align and leverage enterprise processes and policies to provide the best standardized care across the region." The hospital commanding officer then asked, "Which one of these goals excites you personally? Which one would you like to help be part of and active in as we continue to grow our Command? Share your interest with your SEL and/or Director. To which goal would you like to offer your Persistence, your Passion, and your Innovated Creative Thinking? When the call for team members, supporters, and focus groups arrives, your interest will be shared with the respective Goal Champions."

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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# Preventive Medicine Corner

*Submit Questions/Concerns and Tanya Will Provide Answers*



## Tanya Stuckey

Dear Tanya,  
As I am far from my family this holiday season, and I can't help but reflect on what I am grateful for, I have been looking for a

way to give back for all of the wonderful care I have received since my Marine has been stationed here. Is there a volunteer program at the hospital that will allow me to gain experience and show others kindness and compassion as I return to school to work toward a degree in the medical field?

Signed,  
Helpful Hands

Dear Helpful,  
I am so glad to hear that you have had a positive experience here in Twentynine Palms and that you are ready to spread the cheer! Naval Hospital Twentynine Palms is proud to partner with the installation Red Cross staff to allow volunteers

to gain experience within specific areas of the hospital setting.

We would love to have you aboard as an integral part of the NHTP/Red Cross team!

You can contact the Red Cross for more information at (760) 830-6685 and to apply to be a Red Cross volunteer. Our volunteer coordinator here at the hospital will help you to determine what available positions will best fit the needs of the patients and assist you in defining your goals in the medical field.

Thank you for reaching out and for giving back through volunteering! Happy Holidays!  
--Tanya

## Celebrate But Be Cautious and Aware

By Tanya Stuckey

The holidays are fast approaching. There are meals to plan, gifts to buy, trips to organize and parties to attend. Be sure you are safe in your outings and mindful of your and loved ones' consumption of alcohol while enjoying the festivities. Set a plan in place before going out and either designate a driver or be prepared with contact information for a local transportation service--and never leave a friend behind!

If you are taking prescription or over the counter medications, know the contraindications when those medications are mixed with alcohol. In some cases, the consequences can be deadly. Be sure to read all warning labels and be aware of the

side effects before mixing any amount of alcohol with medication. If you are unsure if consuming alcohol is safe with your medications or any medical conditions, be sure to talk with your medical provider.

When it comes to drinking, more is not better. Our judgment is skewed, our inhibitions are lowered and our ability to make good/safe choices disappears. If you choose to consume alcohol, please be responsible and look out for others in your group. It is always a good idea to stick together with those you trust and ensure at least one person refrains from any and all substances that can impair the ability to make clear, well-informed decisions.

Wishing you and yours Happy Holidays and Safe Travels!

## Are you a candidate for the Pneumococcal vaccine?

There are three major types of pneumococcal disease: pneumonia - infection of the lungs; bacteremia - infection of the blood; and meningitis - infection of the outer lining of the brain and spinal cord.

According to the Center for Disease Control, more people in the United States are killed each year by pneumococcal disease than all other vaccine preventable diseases combined.

Talk to your doctor about getting vaccinated if you or family members are:

- Are younger than five years of age.
- Are older than 65 years of age.
- Have long-term health issues

such as diabetes; chronic lung disease; cirrhosis; alcoholism; and heart, kidney or liver disease.

- Have conditions that impact your ability to fight disease, such as Hodgkin's disease, lymphoma, leukemia, HIV infection, or AIDS.

- Receive long-term steroids, certain cancer drugs, or radiation therapy.

- Live in a nursing home or other long-term care home.
- Are older than 19 years of age

and smoke and/or have asthma.

Pneumococcal vaccines work. Because of the pneumococcal



vaccine that is given to children younger than five years of age, there are 80 percent fewer cases of severe cases of

this disease in children. A recent study also showed that patients in the hospital who had received

a pneumococcal vaccine were up to 70 percent less likely to develop serious cases of disease that could lead to death than those who had not.

Pneumococcal vaccines are safe. They may cause side effects but most don't last long and are minor, such as swelling where the shot is given. These side effects actually show that the vaccine is doing its job - getting your body ready to fight disease.

To learn more about pneumococcal immunizations, visit the Center for Disease Control's website at <http://www.cdc.gov/pneumococal/vaccination.html>



**NHTP Color Guard marching in Palm Springs Veterans Day Parade Nov. 11.**

## Awardees...

The following awards were presented during the First Friday Award Ceremony, November 4, 2016. Hospital Commanding Officer, Capt. John A. Lamberton, was the presenting officer.



*Lt. Laurabeth Brogden is presented with a Letter of Commendation citing her selection as NHTP Officer of the Quarter for the period of July 1 to Sept. 30.*



*Left: Dr. Lindsey Keeley is presented with a Letter of Commendation citing her selection as NHTP Senior Contractor of the Quarter for the period of July 1 to Sept. 30.*



*Ms. Amanda Cervantes is presented with a Letter of Commendation citing her selection as NHTP Junior Civilian of the Quarter for the period of July 1 to Sept. 30.*



*Petty Officer First Class Michele Richardson is awarded the Navy and Marine Corps Achievement Medal.*



*Seaman Mitchell Lindgren is presented with two Patient Safety Awards.*



*Petty Officer Second Class Regina Davis is presented with a Flag Letter of Commendation citing her selection as NHTP Junior Sailor of the Quarter for the period of July 1 to Sept. 30.*



*Petty Officer First Class Joshua Lukacovic is presented with a Flag Letter of Commendation citing his selection as Senior Sailor of the Quarter for the period from July 1 to Sept. 30.*



*Petty Officer Second Class Lillian Hunter is awarded the Navy and Marine Corps Achievement Medal.*



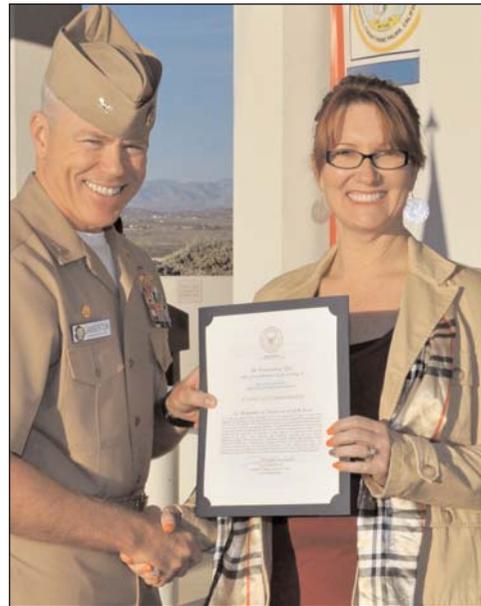
*Ms. Malori Harris is presented with a Letter of Commendation citing her selection as NHTP Junior Contractor of the Quarter for the period of July 1 to Sept. 30.*



*Lt. Maureena Sosa is awarded the Navy and Marine Corps Commendation Medal.*



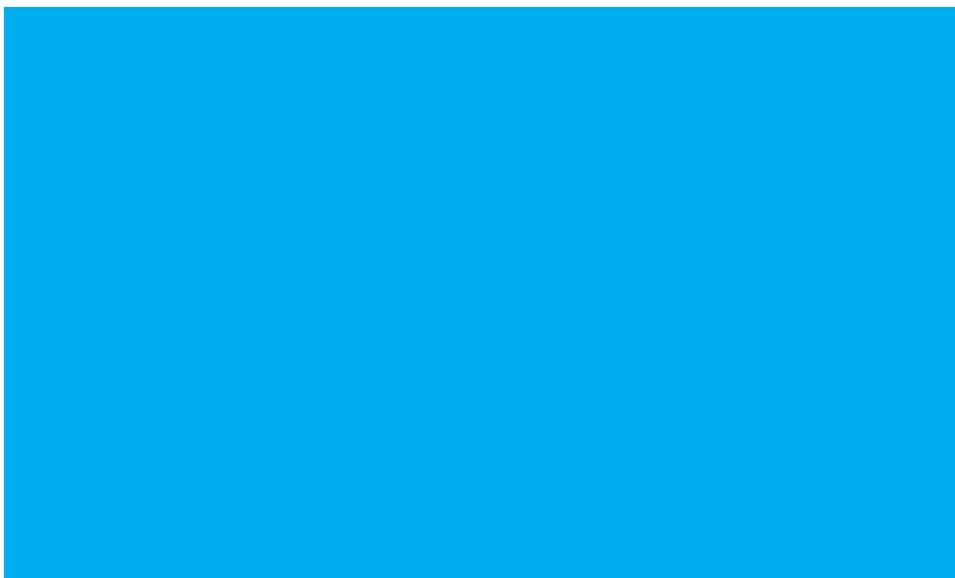
*Lt. Cmdr. Matthew Horner is awarded the Navy and Marine Corps Commendation Medal.*



*Ms. Tanya Stuckey is presented with a Letter of Commendation citing her selection as Senior Civilian of the Quarter for the period from July 1 to Sept. 30.*



Petty Officer Second Class Donald Fryer reenlisted Nov. 8 for three more years. Fryer, a culinary specialist, has been in the Navy seven years. Hometown is Santa Ana, Orange County, California. Reenlisting Officer is Lt. Michael Kantar. Fryer described his current position as “Jack of the Dust,” an obsolete enlisted rating used in the Navy Supply Corps that referred to the dusty atmosphere created by issuing quantities of flour and dried biscuit. It also refers to an earlier time when ship’s stores were preserved in salt. The Jack of the Dust would emerge from the storeroom covered in dust. The term is still used today on some ships as an informal title for a culinary specialist in charge of the canned-goods storeroom.



# Introducing New Staff -- Welcome Aboard!



**Lt. Cmdr. John Aylsworth**

Lt. Cmdr. John Aylsworth arrived from Naval Medical Center San Diego where he was Division Officer for in-patient ward, 5 East. "The people at Balboa are fantastic," Aylsworth said. "The time-management skills you have to learn to be a leader there are essential. So I'm departing Balboa well equipped with leadership skills." At NHTP, Aylsworth will be staff nurse in the Emergency Department. He's been in the Navy 17 years. Hometown is Seleh, Washington. His dad was a Navy corpsman before joining the Soil Conservation Service; and Aylsworth credits that influence for his desire to be in Navy medicine. He earned his Registered Nursing degree from the University of New Mexico, Albuquerque. He and his wife enjoy a family of five children ranging in age from five to 15. He has hiked the 49 Palms Joshua Tree hike and is excited to be here. Aylsworth plans to bring the family up from San Diego for more hiking and star gazing.



**Petty Officer Third Class Karol Chua**

PO3 Karol Chua arrived from Naval Medical Center San Diego where she spent the previous two years, first in the critical-care unit and then in the Emergency Department. She liked both assignments equally and appreciated the 12-hour shifts as opposed to clinic hours. She joined the Navy for the opportunities and benefits but was also attracted to Navy medicine by her registered-nurse sister. Chua has a Bachelor's degree in business which she earned from De La Salle-College of Saint Benilde, Manila, Philippines. She hasn't yet decided if the Navy will be her career and is taking it "one enlistment at a time," and said there's a 50 percent probability she will apply for a commission. Her interests in "C" School include radiology and respiratory therapy. Chua appreciates being assigned to NHTP for its proximity to Corona, California, where her family lives. Hobbies include badminton and most sports. She would like to add surfing to the mix.



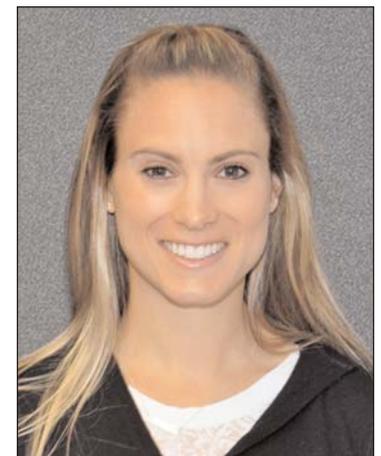
**Lt. j.g. Tanjji White**

Lt. j.g. Tanjji White is newly assigned as a staff nurse on the Multi-Service Ward. She arrived in September as an ensign and has a wealth of experience from being prior enlisted, attaining the rank of Chief Corpsman. She's been in the Navy "her whole bloomin' life," she says. Her family has a strong tradition of military service. Her dad was Air Force; her grandfather and many cousins all served in the U.S. Army; and her brother was Navy. She had originally wanted to become a pharmacist and earned a Bachelor's degree in chemistry before earning her RN degree from Northern Illinois University. White credits the success of her enlisted career on "the people who guided and mentored me." She got commissioned "to continue to provide care, work with Sailors and stay in the military." She was a career counselor during her last enlisted assignment at Great Lakes. Hobbies include enjoying the outdoors, reading and writing.



**Lt. j.g. Roy Couture**

Lt. j.g. Roy Couture arrived at NHTP, his first Navy assignment, from Officer Development School. His hospital experience includes working for 12 years as charge nurse in a busy emergency department in Las Vegas. He moved to Orange County, California, before deciding to rejoin the military. At 18, he had enlisted into the U.S. Army and worked in administration. "It was pretty surreal getting back in--pretty exciting," he said. "It was interesting being able to don the uniform again and work on my military bearing." At NHTP, he is a staff nurse in the Emergency Department. He earned his BA in Nursing from Syracuse University. Hometown is Taberg, New York. Unaccompanied, he's found a home in Twentynine Palms. "I'm about three miles outside the gate, so I think it will work out well," he said. Hobbies include golf and skiing. No stranger to the high desert climate, Couture expects a short adjustment period to the desert climate.



**Ms. Sara Ginolfi**

Ms. Sara Ginolfi is NHTP's new physical therapist assistant. She arrived from Bethesda, Maryland, where she worked for a home-healthcare company. Ginolfi earned her physical therapy credential from Montgomery College in Gaithersburg. She also has a communications degree from the University of Maryland. Ginolfi said she discovered physical therapy during a job search. "This is awesome," she said to herself on the first day of work. She likes helping people, seeing improvements in her patients' health, and "helping them get back to their life." She is familiar with the high desert from visiting a friend who is assigned to the Marine Corps Communications-Electronics School. "It's such a beautiful, majestic place," she said. "And people here are so much friendlier than they are in the Washington, D.C. area." Ginolfi has experience cheerleading, rowing and surfing. Current hobbies include competitive body building.

# Fall Means Uniform Change, Uniform Inspection, Command Photo



*Naval Hospital Twentynine Palms Commanding Officer, Capt. John A. Lamberton and NHTP Guidon Bearer, Petty Officer Third Class Jason Krieg.*



**Robert E. Bush Naval Hospital**



**Branch Health Clinic China Lake**



**Branch Health Clinic Bridgeport**

Naval Hospital Twentynine Palms is not just a Navy hospital in Twentynine Palms, California, it is also a Branch Clinic in China Lake and a Branch Clinic in Bridgeport. Among the efforts to greater unify the command, hospital leadership, in conjunction with the NHTP First Class Petty Officer's Association, established a Command Guidon that is displayed on the quarterdecks at NHTP, Branch Health Clinic China Lake and Branch Health Clinic Bridgeport. Petty Officer Third Class Jason Krieg is the first official guidon bearer. "I am happy to be the Command's first guidon bearer and the face of Naval Hospital Twentynine Palms," Krieg said. "This is important because it creates a symbol and gives the hospital a representation of our unity as a command. Being able to stand by the Commanding Officer as his guidon bearer is a privilege and an honor. I am humbled that I was chosen to be first and I hope to set an example for years to come."



*On October 27 Naval Hospital Twentynine Palms resumed the tradition of performing the twice annual uniform inspection around the NHTP flagpole. Marine Corps Air Ground Combat Center/Marine Air Ground Task Force Training Command Combat Camera assisted with photographic services and the Public Works Department provided the bucket-truck for the photographs.*

