



Robert E. Bush
Naval Hospital

Did you know?...

You have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

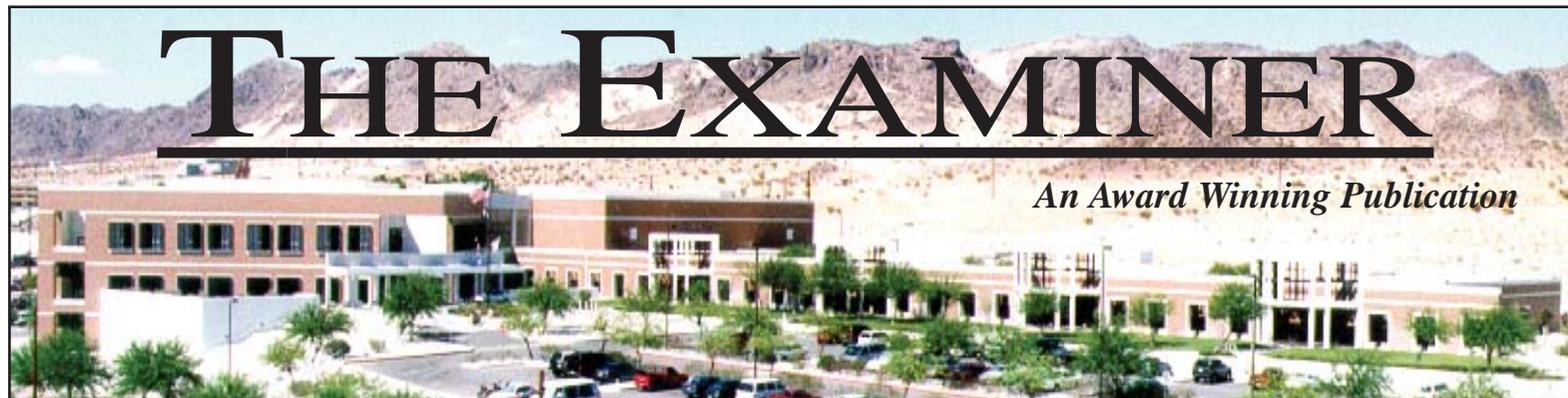
- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at complaint@jointcommission.org Fax: 630-792-5636

The Joint Commission
Oak Renaissance Boulevard
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Medical IG: 1-800-637-6175
DoD IG: 1-800-424-9098

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



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

NHTP Radiology Expands Services, Offers MRI, Mammography

By Lt. Cmdr. Christine McDonald, NHTP Radiology Department Head;
Photos by Dave Marks

NHTP patients will no longer have to make the long drive for an MRI referral once the new GE 1.5 Tesla MRI unit goes online. Scheduled to become operational in early 2016, patients will be able to obtain their MRI results without leaving the hospital.

The NHTP Radiology Department is transforming into a state-of-the-art imaging center

on par with the services offered at much larger medical centers.

NHTP's dedication to patient care goes beyond providing patients with a high-end MRI scanner able to produce superior diagnostic images. The addition of the "Caring Suite" feature allows patients to experience patient-centered care with a customized environment. With the tap of a button, the Caring Suite enables patients to choose lighting, music, images and video during their MRI session. The customized wall lighting and ceiling video display helps keep

patients relaxed and entertained and the large MRI access port is designed to alleviate anxiety and feelings of claustrophobia.

Mammography. New mammography services will also be available in-house. In 2016, female beneficiaries, age 40 and older, will be invited to obtain

tive recalls. Once enrolled in NHTP's women's imaging program, patients can confidently know their breast screening examinations will be stored digitally and can be easily recalled for comparison both at NHTP or at another duty station. Before beginning mammography exam-



On Aug. 27 the MRI unit was hoisted from the Emergency Dept. parking lot to an access panel on the NHTP roof.



The MRI unit was lowered through the roof into what would become the NHTP MRI suite.



Alicia Armenta, newly hired MRI technician, poses in the new NHTP MRI suite with the newly installed and calibrated GE 1.5 Tesla MRI unit.

their breast cancer screening examinations at NHTP on the new Hologic Selenia Dimensions Mammography system. This ergonomically designed machine provides improved comfort through more even compression across the breast while taking exceptionally fast and detailed digital images using low radiation.

Ultimately, this new Mammography system will allow radiologists at NHTP to detect early breast cancer and decrease the rate of false posi-

inations at NHTP, patients should visit the Radiology Department to complete a Record Release Form to request prior mammograms be sent to NHTP.

Computed Tomography (CT). NHTP's efforts to continue offering premier medical services while improving patient safety also extends to its CT scans. Currently, NHTP is in its first year of offering low dose Lung Cancer Screening CT with the

Continued on Page 2, please see Radiology.

Radiology, continued from Page 1.

goal of identifying low-grade cancers that can be potentially cured long before they become clinically evident. To qualify for this program, patients must be between the ages of 55-80, have a 30-pack per year history of tobacco use and have smoked within the last 15 years. NHTP is currently using a multidisciplinary approach within the hospital and is working with Naval Medical Center San Diego to develop extended lung cancer screening and preventive services within the military treatment system.

Fluoroscopy. In addition to expanding its technological advances for adults, NHTP has also adopted the National Image Gently Campaign Standards, which provides pediatric patients with safe, high quality examinations with the minimum effective-radiation exposure. In November 2015, NHTP installed both pediatric and pulsed fluoroscopic software which decreases the radiation dose by nearly 50 percent. This dose-reduction technique is accomplished in children less than eight years old by removing a grid within the fluoroscopic machine and in adults and children by delivering timed bursts of radiation to reduce overall radiation exposure.

Radiography. With the addition of the RadPRO Delinia X-ray Acquisition System in September 2015, NHTP's radi-

ology technicians have decreased patient wait times and improved technicians' workflow through wireless Digital Radiography. This technological advancement accelerates examinations, improves image quality and assists with decreasing the patient dose within the radiology suite; and its portability allows technicians to bring this high level of care to patients with limited ambulation in the Emergency Department or to the inpatient ward.

Ultrasound. One of the most common radiological examinations performed at NHTP on both adults and children is ultrasound. Just over a year ago NHTP purchased two new Siemens Acuson Ultrasound machines. These machines allow for improved image quality and more accurate ultrasound examinations--which exceed the American Institute of Ultrasound in Medicine (AIUM) examination requirements.

NHTP Radiology is proud to offer an array of technologically advanced diagnostic tools to our patients. We are thankful for the efforts of many individuals from multiple departments and the command as a whole who enabled this transformation and made this imaging revolution possible. By investing in the latest technology and adapting to the cultural changes around us, NHTP continues to provide its patients with the best possible medical care and treatment outcomes.



Hospital Corpsman Second Class Serrita Coleman (Orthopedics/General Surgery Dept.) offers up a heaping serving of goodwill, friendship and holiday spirit at the Thanksgiving potluck Nov. 19. The Wardroom Mess provided vegetables. The Chiefs Mess provided desserts. The First Class Petty Officer Association provided mash potatoes and other side dishes. The Second Class Petty Officer Association provided turkey, ham and drinks. The Junior Enlisted Association provided casseroles.

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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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Patients seen in October -- 10,619

Appointment No Shows in October -- 848

In October we had an 9.3 percent no-show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out. On Facebook, search: Naval Hospital Twentynine Palms.

To make an appointment call -- 760-830-2752

To cancel an appointment call -- 760-830-2369

Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Dear Tanya,

I am seven months pregnant. Is it still safe to get the flu shot? I read that infants under 6 months should not get the shot, so I am worried about harming my baby. Signed,

Expecting Mom

Dear Expecting Mom,

First, Congratulations! The CDC recommends pregnant women get the flu vaccine and they say it is safe for expectant mothers during any trimester. Receiving the influenza vaccine during pregnancy not only shields the mother, who is more susceptible to severe illness from the flu due to changes in the immune system, but can also protect her unborn child for six months after birth.

Side effects experienced by pregnant women following the vaccine are the same as those experienced by others receiving the influenza vaccine. They are generally mild and include soreness, redness, and/or swelling from the shot, fainting, headache, fever, muscle aches, nausea and/or fatigue. If side effects occur, they usually begin soon after the

shot is given and generally last from one to two days.

For more information on the flu vaccine, contact NHTP Immunizations Clinic @ (760) 830-2843 or go to the Center for Disease Control's website <http://www.cdc.gov/flu/consumer>.

Flu Shots at NHTP

Naval Hospital Twentynine Palms is offering flu shots to all TriCare beneficiaries. We encourage you to stay healthy and take advantage of this preventive medicine health service. Flu shots will be available at NHTP Clinic A during the following times: Nov. 16 through Dec. 30. Mon, Wed, Fri: 7:30 a.m. to 3:30 p.m. Tues: 7:30 a.m. to 6 p.m. Thurs: 9 a.m. to 6 p.m. Except holidays and weekends. Get the shot, not the flu.

Eliminate Tobacco and *EVERYTHING* Gets Better

By Tanya Stuckey, Public Health Specialist

I realize this is a controversial topic and that's why I love talking about it! Tobacco use has the ability to touch everyone, not just the user. The cost of tobacco products is continuing to increase, medical costs (financial and physical) are weighing heavily, and second-hand smoke (or vapor) is a hot button. Whose rights are taking priority? As long as you're not in close proximity, does smoking outside really hurt anyone? What's the big deal with vaping; it's safer than smoking, right?

Do any of these questions get you thinking about where you stand on tobacco use and whether it's an individual's right to smoke, dip or chew whenever and wherever the urge strikes?

During WWII and even into the Vietnam era, military members were given cigarettes with their daily rations. It's no wonder there are still people who believe smoking is "cool" but it isn't the use of tobacco products that we want our youth to emulate as they aspire to follow in the footsteps of the warriors before them, it's the patriotism, honor, courage and commitment

along with the the goals of being a fit, war-fighting machine.

It's ironic. We encourage our comrades to eat well, maintain a healthy weight, workout and build strength and stamina to fulfill the duties of a military career, yet we continue to normalize the use of tobacco products that are incompatible with maximum performance. This reminds me of the dieter who works so hard to lose a few pounds and rewards him/herself with a heavy dessert.

Indulgence may feel good in the moment, but it ultimately thwarts healthy efforts. Tobacco use in any form is a leading impactor on combat readiness including everything from run time to wound healing and infection.

Navy Medicine is tobacco-free and is a health and wellness role model. Laws passed at the federal, state and local level prevent tobacco use in public places such as restaurants, stores and government buildings.

Some tobacco users argue their right to legally consume tobacco products are being infringed

upon.

Nearly all 50 states have established tobacco-free policies that include smokeless tobacco. The goal is to reduce access to and use by minors with the net result of creating a healthier population of non-smokers. The debate of where to draw the line is ongoing. There appears to be an effort to create a new societal norm that would save money and our health.

There is ample research to support the view that second-hand smoke is dangerous to those around us. There is also a growing body of research on the effects of vapor produced from e-cigarettes and vaping units--including research on heavy metal toxicity, accidental poisoning, overall health effects and explosion risks from lithium batteries. As a result, the DoD treats electronic devices the same as tobacco. The Air Force has banned them entirely and Navy Medicine bans their use on all Navy Medicine property.

This is where I have witnessed the controversy first-hand. It

See, Quit Tobacco, above

Quit Tobacco, continued from below

appears to rest with whose research you read. Stillblowingsmoke.org warns users that the unregulated chemicals (as many as 7000) used to create flavored "juice" in vaping vials increases the risk of eye and throat irritation, lung inflammation and asthma risk. Research sponsored by tobacco leader, R.J. Reynolds acknowledges that the long-term health affects are unknown, but are likely to be less harmful than traditional cigarettes. Let's not leave out our associates that are protecting the bystanders by keeping their tobacco-use personal by dipping or chewing. Are they harming anyone other than themselves? Well, I would suggest that their loved ones

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would be able to answer that question best. According to oralhealthamerica.org, one can of dip has the same nicotine level as five packs of cigarettes and can be deadly if consumed by a child or an animal. It is obvious where I stand on this topic and you wouldn't expect anything different from your Health Promotions staff or Public Health Department. Ultimately the decision to use tobacco lies with the individual. If and when you or a loved one is ready to quit, the resources are here to support you.

For more information on tobacco cessation programs, contact NHTP Health Promotions Tobacco Cessation Program: (760) 830-2814.

SHOULD YOU GET A FLU SHOT?

YES – if you are 65 or older; or if you have heart disease, diabetes, severe anemia, or cancer – regardless of your age.

YES – pregnant women.

YES – allergy to eggs and latex

NO – 6 months and younger.

It's safe and your best protection against the flu. NHTP Clinic A is offering Walk-in Influenza Vaccine for TriCare beneficiaries on:

16NOV- 30DEC
(Closed 26-27Nov and 24-25Dec)
Mon, Wed, Fri: 0730-1530
Tues: 0730-1800
Thurs: 0900-1800

2X3
Smith's Family
Properties

Awardees...



Lt. Marie Chiong is awarded the Navy and Marine Corps Commendation Medal “for meritorious service in the superior performance of her duties while serving as Division Officer, Family Medicine Blue Team, and Charge Nurse, Emergency Department, NHTP, from Nov. 2012 to Nov. 2015. Lt. Chiong led 22 staff in the care of 3,770 beneficiaries maintaining 95.7 percent access to care. Her efforts contributed to the National Committee for Quality Assurance Level Three Accreditation. She additionally dedicated 1,728 hours to the Sexual Assault Forensic Examination (SAFE) Program and developed a drill template adopted by Navy Medicine West. Lt. Chiong’s distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect great credit upon herself and are in keeping with the highest traditions of the United States Naval Service.”



Lt. j.g. Devon Cassidy is awarded the Navy and Marine Corps Achievement Medal “for professional achievement in the superior performance of her duties while serving as Shift Charge and Staff Nurse, Multi-Service Ward, NHTP, from Oct. 2012 to Nov. 2015. Lt. j.g. Cassidy’s expert leadership abilities helped oversee the nursing care during 3,682 encounters and collaborated with providers to increase bed capacity from 30 percent to 65 percent. She was instrumental in the re-opening of the Ambulatory Infusion and Wound Care Clinics on the Multi-Service Ward saving the command over \$377,000. Lt. j.g. Cassidy’s personal initiative, perseverance and unswerving devotion to duty reflect great credit upon herself and are in keeping with the highest traditions of the United States Naval Service.”



Curtis Hargrove accepts the Best of the Best Award for the NHTP Operations Management Dept. for the Fourth Quarter, FY 2015 (external customers). This award is testament to excellent customer service as derived from patient satisfaction surveys, Tricare outpatient satisfaction surveys and/or Tricare inpatient satisfaction surveys. The NHTP command’s Customer Service and Patient Relations Program tabulates these surveys and the department having the best feedback from patients and beneficiaries is designated as “The Best of the Best” department of the Quarter with a large yellow celebratory banner.



Ms. Jessica Woffard, NHTP Radiology Dept., is presented a Federal Length of Service Award “in grateful recognition and appreciation of your 15 years of faithful service to the federal government.”



Mr. James Knapp, NHTP Patient Records Dept., is presented a Federal Length of Service Award “in grateful recognition and appreciation of your 10 years of faithful service to the federal government.”



Mr. Colby Thorp, Information Management Dept., is presented a Federal Length of Service Award “in grateful recognition and appreciation of your five years of faithful service to the federal government.”



Lt. Cmdr. Russell Saari accepts the Best of the Best Award on behalf of the Orthopedics/General Surgery Dept. for the Fourth Quarter, FY 2015 (internal customers). This award is testament to excellent customer service as derived from patient satisfaction surveys, Tricare outpatient satisfaction surveys and/or Tricare inpatient satisfaction surveys. The NHTP command’s Customer Service and Patient Relations Program tabulates these surveys and the department having the best feedback from patients and beneficiaries is designated as “The Best of the Best” department of the Quarter with a large yellow celebratory banner.

Trying to kick the habit and become tobacco free?
Feeling stressed and overwhelmed?
Have trouble sleeping?

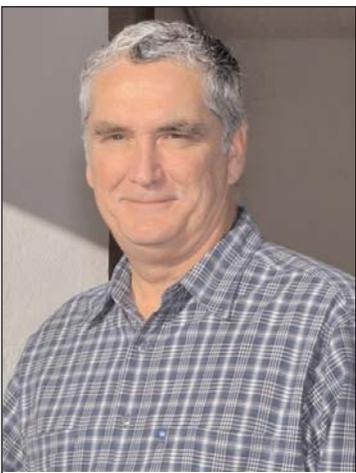
Healthy Life
NEXT EXIT

The hospital's Health Promotion and Wellness Program offers one on one assistance. For more information call 760-830-2814

**NURSE
ADVICE
LINE**

Call 1-800-TRICARE (874-2273)
Option 1
24 hours a day, 7 days a week

Capt. Mason Continues Journey That Began As Seaman Apprentice



Mr. Matthew Jung, NHTP Public Health Directorate, is presented a Federal Length of Service Award "in grateful recognition and appreciation of your five years of faithful service to the federal government."



Mr. Christopher Young, Public Health Directorate, is presented a Federal Length of Service Award "in grateful recognition and appreciation of your five years of faithful service to the federal government."



Lt. Derek Owens, Post Anesthesia Care Unit (PACU), is recognized for his conspicuous contributions to patient care and safety.



Capt. Mason's sisters, Rosie McNeal (left), Cecila Aquiler, and brother-in-law Oscar Aguiler, travelled from the Outer Banks of the Carolinas to attend the transition ceremony (which was also their sister's birthday).

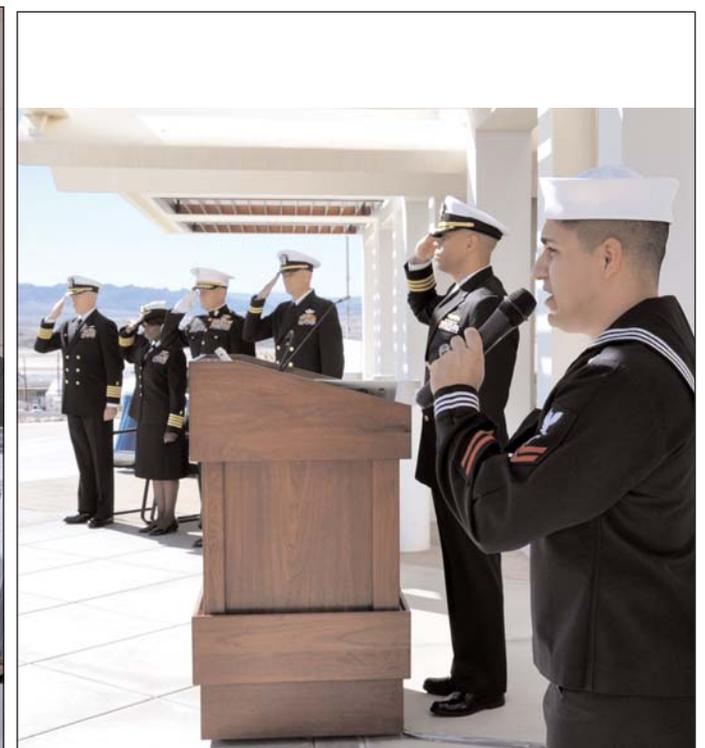


Guest speaker, MCAGCC Commanding General, Maj. Gen. Lewis A. Craparotta, holds a congratulatory letter from the White House signed by President Obama.

Capt. Sandra Mason, former NHTP Executive Nurse, former NHTP Director of Nursing Services (April 2012 - Nov. 2015), former U.S. Marine Gunnery Sgt., was decidedly not piped ashore during a transition ceremony Nov. 17. The ceremony marked a transition from military to civilian life, culminating 41 years of military service that began in 1974 when she enlisted into the Navy as a seaman apprentice. Not one to be satisfied with the status quo, Boatswain's Mate Mason applied to Personnel School in 1977. Eleven years later, as a USMC Gunnery Sgt., she spent a year juggling Administrative Chief duties at Headquarters, U.S. Marine Corps, Washington, D.C., with being a student at American University. As the duty day ended and everyone else was heading home, she drove across town to attend class. She saved up her annual leave for her hands-on clinical training for her Registered Nursing degree. In 1988, Capt. Mason was commissioned an ensign in the Navy Nurse Corps. Her first assignment as a Navy nurse was at Naval Hospital Oakland. NHTP Commanding Officer, Capt. John A. Lamberton, officiated the transition ceremony and said, "This is a celebration of a continuing journey.... It is her personal growth plan through which she has taught herself the meaning of service to others, and her willingness to face adversity with pride, determination, and a desire to show others a path to their own individually successful future." Capt. Mason has been accepted into a Master's of Business Administration program at Pepperdine University. Her current goal is to become a healthcare organization chief executive officer.

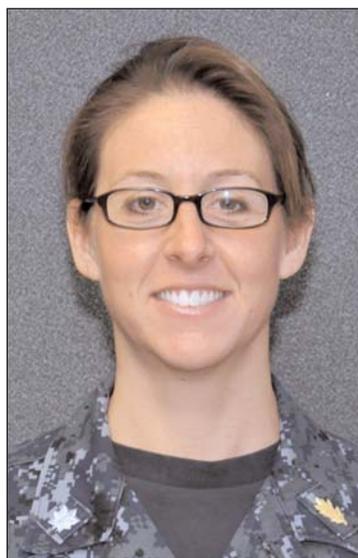


HMC Andrew Gonzales, HMC Danell Dumas and Capt. Sandra Mason hold the gifts presented from the Chiefs Mess.



Hospital Corpsman Second Class Anthony Juarez sings the National Anthem.

Introducing New Staff -- Welcome Aboard!



Cmdr. Rebecca Navarrete
Cmdr. Rebecca Navarrete arrived from Naval Branch Health Clinic, Naval Base San Diego, where she's been a Nurse Practitioner/Senior Medical Officer for the past three years. She's been in the Navy over 17 years. Originally from Litchfield, N.H., Cmdr. Navarrete now considers Oceanside, Calif., home. She earned her undergraduate degree from Quinnipiac University, Hamden Conn., and her Master's degree (Nurse Practitioner) in 2010 from the University of San Diego. A women's health specialist, Cmdr. Navarrete is back to full scope healthcare, caring for children and the older population. "I love it!" she says. "I love helping people and making a difference in their lives." Her husband, Chuck, is the business manager for a Catholic Church and her two children, 18 and 23, have left the nest. Hobbies include "anything outdoors"



Lt. Nichole Kang
Lt. Nichole Kang is our new clinical psychologist in Behavioral Health. She arrived from Naval Medical Center Portsmouth where she was a clinical psychology intern. Previously, Lt. Kang graduated from the Uniformed Services University of the Health Sciences. She earned her undergraduate degree from Cal State, Long Beach, with dual degrees in psychology and criminal justice. Hometown is Orange County, Calif. "I'm excited to come back to California," she said. Lt. Kang isn't new to the Navy, having worked as a clinical research associate at Cedar Sinai Hospital in Los Angeles prior to her appointment at USUHS. For hobbies Lt. Kang says she enjoys, "anything involving the outdoors, whether it's kayaking, roller blading or bike riding." Musical taste involves "anything from oldies to modern recent pop," she said.



Lt. Carolyn Hine
Lt. Carolyn Hine arrived from the 1st Dental Battalion, Camp Pendleton, where she was Operations and Training Officer. Before that, she was earning her Master's degree in Healthcare Administration from Baylor University, as well as a Master's degree in Business Administration. Lt. Hine has been in the Navy seven years. She graduated from the Naval Academy with a degree in chemistry. Hometown is Wilmington, Del. At NHTP, she's the Staff Education and Training Department Head. She's found a home in Yucca Valley where she lives with her two dogs, a miniature golden retriever poodle mix and a cairn terrier pug mix. An avid hiker, she says she's happy to be here because she likes the hospital environment and loves the beauty of the desert. "I'm a big Patriots football fan, so Sundays are kind of sacred for me."



HMC Janette Holmes
HMC Janette Holmes arrived from a three-year assignment aboard the USS Kearsarge, a Wasp-class amphibious assault ship out of Norfolk, Va. She was Leading Petty Officer (LPO) for both the medical and dental departments. She's been in the Navy 18 years and this is her third tour at NHTP. In 2000-2003 she was an NHTP X-ray tech, having earned her official certification. In 2010 she returned to be LPO for the Nursing Services Directorate and then became the Career Counselor. In her third iteration at NHTP, she's LPO for Materials Management and Staff Education and Training. Her husband, Gunnery Sgt. Lucas Holmes, is assigned to the 3rd Light Armored Reconnaissance Battalion. He and kids, Cirsten, 14, Mikayla, 10, and Lucas, 6, are glad mom is home. "They still have yet to let go of me," she said. Hobbies include sewing and quilting.



Lt. j.g. Kendra Foreman
Lt. j.g. Kendra Foreman is NHTP's newest registered nurse on the Multi-Service Ward. She arrived from Naval Medical Center San Diego where for the past three years she worked on the in-patient mental health ward. "I loved it," she said of the assignment. "I'm working to be a nurse practitioner for mental health," she said. Hometown is Birmingham, Ala. She's been in the Navy 21 years. She began her Navy career as an Operations Specialist and excelled in that career field for 14 years before being selected for the Medical Enlisted Commissioning Program. "The MECP is an awesome program," she said. Foreman advises anyone interested in the program to find a mentor who has been through the process. Her husband of 10 years, Claude, works for ExxonMobil. Hobbies include scrapbooking, skating, volleyball, "anything outdoors."

Teresa Turbyfill Wins Federal Civilian Nursing Excellence Award



The NHTP Color Guard marched in the Palm Springs 19th Annual Veteran's Day Parade Nov. 11, marching from Ramon Road to Alejo Road along Palm Canyon Drive. Top left (L-R): Hospital Corpsman Third Class Vince Lo (Adult Medical Care Clinic), Hospital Corpsman Second Class Kenny Henry (NHTP Pharmacy), Hospital Corpsman Third Class Veronica Lazaro (NHTP Optometry Clinic) and Hospital Corpsman Sydney Oakley (NHTP Maternal Infant Nursing Dept.).



Ms. Teresa Turbyfill

Ms. Teresa Turbyfill, Infection Preventionist in NHTP's Public Health Directorate, will be traveling to San Antonio, Texas, to accept the 2015 Military Health Service Federal Civilian Nursing Excellence Award in the Junior Leadership (GS-07-11) category. She is the only Navy nurse to be awarded this distinction; and as such, is an example for all nurses who strive for excellence while embodying the principles of caring, technical expertise and leadership. "She works well with staff; they trust her, and she offers assistance rather than criticism," said Cmdr. Wendy Stone, NHTP Director for Public Health. Ms. Turbyfill's selection was based in part on the "no findings" rating received from the recent Joint Commission/Medical Inspector General Survey of the Infection Control and Prevention Program. She was also instrumental in the development and execution of the NHTP Ebola Plan. Ms. Turbyfill earned her Master's degree in Nursing Education and Nutrition from Jacksonville University, Jacksonville, Fla., and her registered nursing degree from Point Loma Nazarene University in San Diego. She is currently studying to achieve her certification in Infection Control, which requires hands-on experience before candidates are eligible.



Culinary Specialist Second Class Javonnice Beall mans the breakfast burrito station during the Second Class Petty Officer Association fund raiser Nov. 16. The NHTP Galley remains closed until mid January 2016 due to the Seismic Damper Project.



NHTP Commanding Officer, Captain John A. Lamberton instituted the Sea Star Award to celebrate and commend hospital staff (military, civilian and contract) who exhibit extraordinary customer service skills. Patients, beneficiaries and staff nominate individuals who are not only skillful in their technical expertise, but who go the extra mile with smiles, concern for the individual's welfare, and a welcoming attitude. When you see an NHTP staffer with a Sea Star on their hospital badge, you can trust that customer service and patient welfare is their highest priority.

Above: Medical Home Port Blue and Gold Teams (L-R): HN Braden Hunter, HMC Chief Villanueva, HN Kiara Kiper, HMC Madonna MacKnight, HM3 Jazsmin Sherrod, HM1 John Tugman, Ms. Danyatesa McGhee.



The NHTP OB/GYN Clinic proudly display their Sea Star Awards, a testament to excellence in customer service.

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