



Robert E. Bush
Naval Hospital

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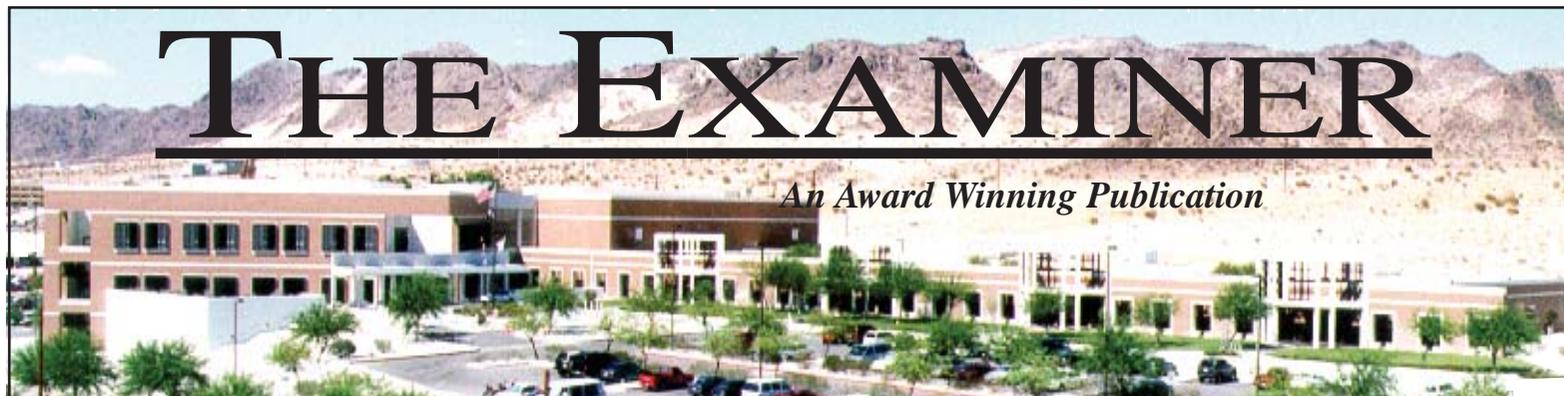
- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at complaint@jointcommission.org Fax: 630-792-5636

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



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



Medical Service Corps detailers from the Navy Personnel Command visited NHTP July 1-2 to provide career advice and insight into the promotion process. L-R: Lt. Cmdr. Kathryn Barbara and Cmdr. Jody Dreyer met with approximately 30 MSC officers. "The command climate here is good," Barbara said.

New Business Manager Arrives with Wealth of Experience

By Dave Marks, NHTP Public Affairs Officer

Lt. Cmdr. Todd Hlavac (pronounced, La-vach) brings a wealth of experience to his new position as NHTP Director, Healthcare Business. This mustang officer attended nursing school after spending nine years enlisted, the first three years as a quad zero corpsman, then as a physical therapy tech for six years. He was accepted into the Nurse Candidate Program and shortly after earning his registered nursing degree from Mount Mary College, Yankton, South Dakota, re-entered the Navy as a Nurse Corps officer. That was in 2003. Things usually go better with two. And Hlavac had a study mate and ally while attending nursing school, Sandra, his wife. Hlavac met Sandra at his first enlisted

duty station, Naval Air Station Pensacola. "I was working in the ICU, she was working on the labor deck. A mutual friend got us together," he said. They've been married 22 years and have lived in Menafee, California, since 2004.



Lt. Cmdr. Todd Hlavac arrived from Naval Medical Center San Diego to take charge of the NHTP Healthcare Business Directorate.

New CMO Position Anchors NAVMED Mission

Naval Hospital Twentynine Palms has a new Director. The Chief Medical Officer is a new position and new directorship that promises to "allow clinical communities at NHTP, the Region and BUMED to work together more seamlessly and quickly share information, spotlight best learnings and key issues and drive improvements in patient safety and quality," according to a handout describing the position.

Lt. Cmdr. Mark Lund is NHTP's new Chief Medical Officer.

Lund recently arrived from Naval Health Clinic Cherry Point where he was a department head and a family practice provider. He is currently assigned to the NHTP Medical

Homeport Blue Team as a family-practice provider.

"This new position allows us to really focus on patient safety and quality," Lund said. "If there is a common issue that is occurring across the enterprise, now there's a better way of getting information to the command level and to the provider level to ultimately provide the safest care for our patients," he said.

The new Chief Medical Officer position overlaps the Medical Executive position and the Quality Manager position. The Chief Medical Officer position provides physician representation to other committees and offices that currently oversee *Continued on Page 7. Please see Chief Medical Officer*

Sandra is now a civilian RN working in an endoscopy center. Hlavac knew exactly what to expect when orders arrived for NHTP. He was a staff nurse in the NHTP Pediatric Clinic from 2009 to 2012. "I enjoyed working

with kids," he said. Admittedly nervous at first, "I ended up loving it," he said. He's a learner, as they say. While enlisted he worked on his general education studies, knocking out the prerequisites for nursing school. "Here I am in my 40's and I just finished my Master's degree in Business Administration," he said. "I've graduated in my teens, in my 20's, in my 30's and now I've just earned another degree." He earned the MBA through the Naval Post Graduate School involving distance learning. "It was difficult," he said, "going from a nursing background into a business field. But it was very rewarding." With about 30 other students who ranged from U.S. Marine Infantry officers, to

Continued on Page 7, please see "Hlavac."

Sailor in the Spotlight

Hospital Corpsman Second Class Regina Davis



Hospital Corpsman Second Class Regina Davis was selected as Sailor of the Quarter for the period, April to June 2016. Hometown is Corona, California. She's been in the Navy five years and wanted to join because she grew up with a cousin who is a U.S. Marine. "He always talked about a Navy corpsman he deployed with," Davis said. "I always knew I wanted to do something medical to help people; and I was always interested in the military; so being a corpsman has worked out well for me.

HM2 Davis is a natural leader. She is currently the Lead Petty Officer for the OBGYN Clinic. She's vice-president of the NHTP Second Class Petty Officer Association; she's secretary of the Morale Welfare and Recreation Committee; she's a member of Sailors Against Destructive Decisions; she's on the Diversity Committee, the Navy Ball Committee and was on the Corpsmen Ball Committee. "The Corpsman Ball turned out so great! I'm

really proud of that," she said. And she's assistant command fitness leader (FEP). When HM2 Davis is not leading FEP, she enjoys volunteering at the local food bank.

Her advice to new corpsmen: "Be open minded. See what the Navy is about and don't take people's word--find out for yourself. And make the most of it!"

Hobbies include working out and hiking in Joshua Tree. "It's so pretty there. I don't think people get out there often enough," she said. Davis also enjoys going to Balboa (her first duty station) to go bike riding or just to relax at the beach. She said she's reading more, lately too. Her goal is to be a Navy Chief Petty Officer in 10 years. Her mentor made it in nine years; so she's both determined and hopeful.

HM2 Davis' husband is HM2 Patrick Davis, assigned to the 3rd Battalion, 7th Marines.



Hospital Corpsman Third Class Gabriel Donahue reenlisted Aug. 3 for three more years in a ceremony at the NHTP flag pole. Capt. John A. Lambertson, NHTP Commanding Officer, was the reenlisting officer. HM3 Donahue is a laboratory technician and has been in the Navy five years. Hometown is Camp Hill, Pennsylvania.



Hospital Corpsman Third Class Eric Mosey (left), Assistant Lead Petty Officer for the Medical Home Blue Team, and Ms. Keiada Theodule, Medical Clerk, presented Lt. Cmdr. Nathaniel Rial a Game of Thrones sword and shield during his goodbye luncheon on Aug. 26. Dr. Rial is leaving the Navy to return to private practice. (Photo by Lt. j.g. Qianning Zhang)

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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,

I have noticed that although I do not feel my age most of the time, there are things that I cannot do as well or as quickly as I used to. Just in the last few years, I am having more difficulty handling the extreme tem-

peratures, noticing I am not as graceful as I once was and I am experiencing joint pain where I once felt strong. I suppose some things just come with getting older, but how can I stay active when I am having pain and losing balance?

Signed,

Young at Heart

Dear Young at Heart,

Those who have lived active lifestyles are best equipped to deal with the changes that come with maturity. This is not a sign to stop doing the things that keep you active, but there may be a need to modify exercises or even venture into the unknown of new activities. Being active doesn't mean you have to run marathons or sign up for the

next Tough Mudder competition. Walking, golf, yoga, Tai Chi and modifications to your regular activities can keep you on the track to good health while protecting your bones, joints and improving your balance.

Talk with your healthcare provider and be sure you are medically cleared to exercise. Know the difference between pain and discomfort and always seek medical attention for pain before pushing on with activities. Talk to a personal trainer and ask to attend new classes or groups on a trial basis before committing to a long-term membership. Most trainers will be glad to accommodate and will even find variations of exercises that will fit your specific needs.

--Tanya

Life Can Be Tough But You Are Tougher

By Tanya Stuckey

Through the years, I bet you can recount times where you've really been thrown a curve ball. Some times are harder than others and take longer to get through, but you have made it this far and have proven that you have what it takes to survive and maybe even thrive!

Some people find it more difficult to recover from traumatic events; others have practiced healthy coping skills and appear to be extremely resilient. What is the difference? You may find that those who are most resilient have a support system that consists of people they trust, openly

communicate with and who encourage loved ones to seek help when things are getting difficult to handle on their own.

Being in a military community, you are part of an enormous extended family with an abundance of support resources. Get out and make a connection with others. You are not alone. Create a plan in times of clarity. Take care of yourself physically, emotionally and spiritually. Eat well, sleep well, exercise regularly, practice gratitude and know where you (or those you care about) can turn when additional help is needed.

If you or someone you know is in immediate danger, call 911. If you or someone you know is contemplating suicide, seek assistance immediately by going to the nearest Emergency Department, contacting the Military Crisis Line at 1-800-273-8255, or the Marine DSTRESS Line at 1-877-476-7734. Chaplains and counselors can be found at each unit, your primary care clinic, mental health clinic and through MCCS Behavioral Health.

Train to protect your mental health with the same motivation you train your body to prevent illness and injury.

NHTP Offers In-House Mammograms



The NHTP Radiology Department celebrated its new mammography imaging service with a ribbon-cutting ceremony Aug. 11. Please contact your primary-care manager (PCM) or the Breast Health Nurse (Ms. Shannel Matthews) for a referral.



In Medical Home Port Blue and Gold Teams, on Wednesdays WE WEAR PURPLE! Our staff members wear purple for awareness of different ailments, diseases and conditions, such as: Pancreatic cancer, lupus and Alzheimer's disease. --HM3 Jazmin Sherrod

Awardees...

The following awards were presented during the First Friday Award Ceremony, Aug. 5, 2016. Hospital Commanding Officer, Capt. John A. Lamberton, was the presenting officer.



Cmdr. Gray Dawson is awarded the Meritorious Medal for his achievements as Director of Medical Services, and Chair, Medical Executive Committee, from Aug. 2013 to Sept. 2016.



Lt. Cmdr. Jerald Cook is awarded the Navy and Marine Corps Commendation Medal for meritorious service in the superior performance of his duties while serving as Occupational Medicine Physician, Occupational Health Department, from Oct. 2013 to Aug. 2016.



Ms. Holly Aguilar is presented with a Letter of Commendation upon her selection as Senior Civilian of the Quarter for the period of Apr. 1, 2016, to June 30, 2016.

Hospital Corpsman Third Class Kelvin Escobar reenlisted for three more years Aug. 25. Escobar, originally from New York City, has been in the Navy seven years. He is currently a quad zero corpsman on the Medical Home Gold Team. Reenlisting Officer is Lt. Adam Vandenboom. Escobar has orders to attend Preventive Medicine Technician "C" School in San Antonio, Texas.

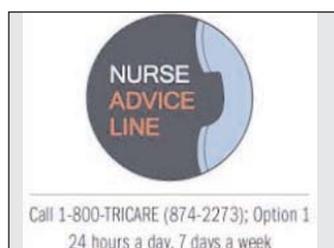


Best of the Best Award

The Best of the Best Award recognizes exceptional customer service as determined through patient surveys, comment cards, ICE comments and emailed praise.

Left: Mr. Colby Thorp accepts a Best of the Best Award on behalf of the Information Management Department.

Right: Hospital Corpsman Third Class Jaimey Monroe accepts a Best of the Best Award on behalf of the Multi-Service Ward.





Ms. Heidi Heard is presented with a Letter of Commendation upon her selection as Junior Civilian of the Quarter for the period of Apr. 1, 2016, to June 30, 2016.



Mr. Steve Landin is presented with a Letter of Commendation upon his selection as Junior Contractor of the Quarter for the period of Apr. 1, 2016, to June 30, 2016.



Lt. Blake Lyman is awarded the Navy and Marine Corps Achievement Medal for superior performance of his duties while serving as physician assistant, Adult Medical Care Clinic, from Oct. 2013 to Aug. 2016.



Hospital Corpsman First Class Denecia Weeks is awarded the Navy and Marine Corps Achievement Medal for superior performance of her duties while serving as Leading Petty Officer, Laboratory Department, from Dec. 2013 to Aug. 2016.



Lt. Gary Sears is awarded the Navy and Marine Corps Commendation Medal for meritorious service in the superior performance of his duties while serving as Comptroller and Director of Resource Management from Jan. 2013 to Aug. 2016.

MORE THAN One Million people living with Hepatitis C **DO NOT KNOW THEY ARE INFECTED**

LIVER DAMAGE FAILURE CANCER

Many people can live with **HEPATITIS C** FOR DECADES WITH NO SYMPTOMS

3 IN 4 people with Hepatitis C were born during these years

Left untreated, Hepatitis C can cause:

People born from **1945-1965** are **5X MORE LIKELY** to have Hepatitis C

HEP C Blood Test

BORN FROM 1945-1965?

GET TESTED FOR HEPATITIS C

Introducing New Staff -- Welcome Aboard!



Lt. Leonardo DeGuzman

Lt. Leonarda DeGuzman, NHTP's new Comptroller, arrived from Naval Health Clinic, Hawaii, where she was head of Patient Administration for three years. She's been in the Navy eight years. Hometown is Honolulu, Hawaii. She had earned her MBA while working as a social worker prior to entering the Navy. She applied for and was accepted into the Naval Health Services Collegiate Program. "In my previous command, I discovered an interest in logistics and finance and consequently attended the 11-week course. So this is my first duty station as a comptroller." Lt. DeGuzman earned her undergraduate degree in sociology with a minor in ethnic studies from the University of Hawaii. She earned a Master's degree in social work and was a social worker for four years while she was also working on her MBA. She earned her Healthcare Administration degree from Marymount College, Virginia. Hobbies mainly involve travel with her husband.



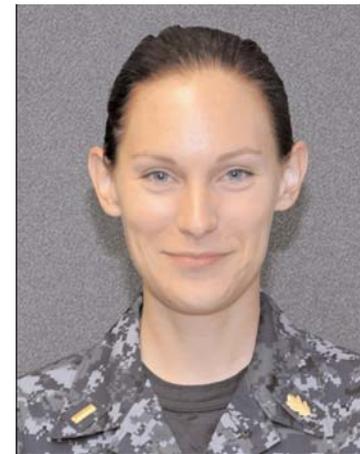
Lt. Cmdr. John Hoyos

Lt. Cmdr. John Hoyos arrived at NHTP from a Duty-Under-Instruction program in San Diego where he earned his Doctorate of Nursing Practice. A psychiatric mental health nurse practitioner, he'll be working in Behavioral Health in the new AMCC. He's been in the Navy 20 years, 16 years in active-duty status. Hometown is West-point, New York. He's not a fan of camping and is attracted to nautical service and running water. "I knew in the Navy, a deployment to Afghanistan notwithstanding, I would have running water and I wouldn't have to do any military-style camping," he said. He entered the Navy as an electronics technician and was picked up for an ROTC program. Lt. Cmdr. Hoyos loves to read. He recently sold his motorcycle and enjoys the companionship of his dog as well as his wife, both of whom enjoy hiking. "I'm a learner and I also love to drive," he said. He enjoys finding winding roads and figuring out where they go.



Lt. Cmdr. Danielle Robins

Lt. Cmdr. Danielle Robins is NHTP's new Gold Team department head. For four years she was a U.S. Marine Corps communications officer and worked closely with a large Navy medical contingent. "I had a lot of Navy medicine exposure at a battalion level and I really enjoyed their mission," she said. "But I still wanted to take care of Marines." So she attended the Uniformed Services University of the Health Sciences and emerged a Navy family-practice physician. She earned her undergraduate degree (international relations) from Georgetown University. She arrived from Camp Pendleton where she was Regimental Surgeon, HQ Regiment, 1st MLG. "It was awesome," she said. "It was the best of both worlds: Navy Medicine but lots of Marine Corps time and exposure. Lt. Cmdr. Robins looks forward to returning to full-scope family medicine. Hobbies include knitting, reading and possibly getting back into jujitsu. She holds a blue belt.



Ens. Amanda George

Ens. Amanda George was an emergency-room nurse for two years before opting for Navy Medicine. Before that she was an Air Force medical laboratory technician, four year active, four years reserve. "I knew how the medical field worked in the military, and I liked it," she said. When recruiters talked to her about a Navy career, she was receptive. "My whole family, back to the Revolutionary War, have been military, so they were absolutely tickled pink," George said. She earned her RN degree from Radford University near the Blue Ridge Mountains and earned her undergrad biology degree from Virginia Tech. She arrived in mid August and "loves the dry heat." She doesn't miss the humidity and mosquitoes at all. "You can drive in any direction and find something major to do," she said of the high desert. Hobbies include hiking and reading. "I love a good mystery or sci-fi." George is happy to be back in California, having left Turlock when she was eight.



Lt. Mary King

Lt. Mary King arrived from a DUINS (duty under instruction) degree program at Seattle Pacific University where she earned her clinical nurse specialist degree. She's assigned to the Maternal Infant Nursing Department (MIND) as a perinatal clinical nurse specialist. She earned her Bachelor of Nursing Science degree from Loyola University, Chicago. Hometown is Winthrop, Illinois. Here with husband and daughters, the family anticipates moving into base housing. Lt. King arrived in mid-August and said the heat and "lots of brown everywhere" take getting used to. With a full-time job and two small children she says hobbies are not a priority, but "watching movies, reading, exploring areas of interest and baking are her favorite pastimes. Her goals include 'further development of my CNS role and continuing to have a flourishing marriage and family.'" She's looking forward to being utilized by her department. Long-term, she's looking forward to greener pastures.

“Hlavac,” continued from Page 1.

pilots, to Navy commanding officers, they met Wednesdays on 32nd Street in San Diego for video teleconferencing. Hlavac said that with that range of students he got to see all sides of the Navy.

With MBA in hand, when the opportunity at NHTP opened, he asked himself, why not?

Previous to this assignment, Hlavac was division officer for the Orthopedics Department at Naval Medical Center San Diego.

Hometown is Lesterville, South Dakota, population: 128. Hobbies include golf and spending time with family.

Hlavac’s advice to corpsmen and junior officers: “Don’t let anyone discourage you from your goals. Plain and simple. No matter what you do, no matter what position you get put into, you may not like it but keep the end goal in mind that this is getting you to the next step.”

Hlavac says he’s not sure what the future will bring. His five-year plan involves completing this rotation and then seeing what comes next. “At the moment, I’m still having fun,” he said.

Chief Medical Officer, continued from Page 1

patient safety, Lund said. “There’s a lot of information from which we can learn,” Lund said. “The CMO role will help to open up discussions throughout the enterprise and around the world which will allow us to identify trending issues. The bottom line is to achieve maximum flow of information, from the deck plate to the highest echelon, to maximize patient safety and the highest quality of care we provide to our patients,” Lund said.

NHTP Makes History with First Continuous Process Improvement Fair

August 25, 2016, Robert E. Bush Naval Hospital made history with the command's 1st Annual Continuous Process Improvement Fair. Continuous Process Improvement is an integral part of the foundation to our success concerning healthcare innovation, high-quality safe patient care and staff development. The 18 projects exhibited a wealth of knowledge, diversity, skill and work ethic that is demonstrated on a continuous basis at NHTP. We are honored to be key players in this history-making event by cultivating the culture of a High Reliability Organization, by way of the Process Improvement Strategic Initiative Team and the 1st Annual Process Improvement Fair.-- Lt. Cmdr. Bettina Solwazi and Lt. Cmdr. Matthew Horner.



Ms. Lindsey Keeley is presented with the 1st Place Gold Plaque, representing Project Lead, Lt. Cmdr. Nathaniel Rial, for the project, “Pharmacist-Led Diabetes Clinic Improves Glycemic Control in Poorly-Controlled Diabetes.”



Ms. Moriah Thompson Co-Lead with Lt. Cmdr. Jerald Cook and team member Chris Queen, is presented with the 2nd Place Silver Plaque for the project, “Tuberculosis Screening.”



Lt. Marshall Faulds accepts the 3rd Place Bronze Plaque on behalf of Project Lead, Lt. Cmdr. Matthew Horner, and team members Cmdr. Chris Abbott, HM2 Ruben Sanchez, HN Alexander Sutton, HM3 Veronica Vargus and HN Hyun Kim, for the project, “Optometry Support for BHC China Lake.”



Ms. Arletta Frieslie



Ms. Lindsey Keeley



Ms. Tanya Stuckey



Mr. Chris White

These Performance Improvement Fair participants were also singled out for recognition. Award presenter is NHTP Commanding Officer, Capt. John A. Lambertson.



Lt. Cmdr. Todd Hlavac



Ms. Mary Ellen Hogan



HM3 Jacemine Dorcenvil



Ms. Moriah Thompson



HN Joshua Herrin



Lt. Amanda Boudreaux



HN Jose Lopez



Ms. Catherine Winsor

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