



December 2010

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



First Snow Blankets
NMCP — Page 16

Operation Bright Light Puts Glow on Patients' Faces

STORY AND PHOTOS BY
FC3 JOVANTE' L. WASHINGTON
NMCP Public Affairs

Anticipation was in the air as spectators waited for the motorcycle club Rolling Thunder (Chapter 5) and American Legion (Post 284 of Colonial Heights and Post 146 of Hopewell) at Naval Medical Center Portsmouth Dec. 12. The occasion: The 12th annual Operation Bright Light.

It's always a treat for the pediatric patients because the groups arrive with Santa, bearing gifts.

Nearly 300 toys were given to children in the Pediatric Ward and Emergency Department. Acting as Santa's elves were the Junior Enlisted and First Class Petty Officer associations, NMCP's American Red Cross, and NMCP's Child

Life Specialist Chris Brogan.

The motorcycle riders traveled from across Virginia, meeting in Portsmouth to travel together to the medical center. Capt. Darin Via, deputy commander, NMCP, welcomed the cyclists and thanked them for their kindness and generosity.

Then on to the gift giving. First stop: the Emergency Room. Santa Rick, a member of the American Legion, presented gifts to several children

there.

Among those helping hand out toys was a board member of the Rolling Thunder chapter.

"We do this event not only for the children, but for the families and military members as well,"



Jennifer Mancini looks on as daughter Drew receives a gift from Santa Rick of motorcycle group Rolling Thunder

Linda "Scootz" Carr said. "We

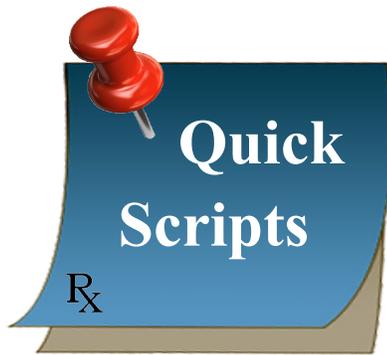
— See **BRIGHT LIGHT**, page 9



Photo by FC3 Jovante' L. Washington.

NMCP Frocks Petty Officers

Naval Medical Center Portsmouth frocked 61 Sailors to first, second and third class petty officer during a ceremony in the auditorium Dec. 7. Thirty-five were selected for E-4, 11 for E-5 and 25 for E-6.



Give the Gift of Life

Blood donations are always needed. The needs downrange and for our hospital patients do not recognize Holiday downtime. For more information about donating, contact the donor recruiter at 953-1686 or e-mail Ralph.peters@med.navy.mil.

Federal Postcard Applications Delivery by Jan. 15

DoD Directive 1000.4, Section 5.2.1.6 requires the delivery of Federal Postcard Applications by Jan. 15 of each calendar year to eligible voters and their voting age dependents.

FPCAs can be collected from NMCP's voting assistance officer, Lt. Bartholomew, who is located in the NMCP Police Department, Bldg 3, 1st deck. FPCAs can also be obtained by visiting www.fvap.gov.

Remember to include e-mail address, a phone and fax number on the

FPCA. General information on the Voter Assistance Program is available at <https://intranet.mar.med.navy.mil/Voting/index.asp>

SAVI is now called SAPR

SAPR stands for Sexual Assault Prevention and Response. The name change aligns with the mission of the program, underlining the importance of both prevention and response.

To report a sexual assault, contact NMCP's duty victim advocate on call 24/7 at 314-8805 or the installation duty victim advocate at 438-3504.

Those interested in becoming a victim advocate at NMCP, contact Lt. Amy Zaycek at 955-6608 or amy.zaycek@med.navy.mil, or HMCS Sonia Bethea at 383-5624 or Sonia.Bethea@med.navy.mil.

Indoor Soccer Tourney

2011 Portsmouth MWR Winter In-

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<http://twitter.com/NMCP1>

door Soccer Tournament 5 on 5 play (including goalie) starts Jan. 11. Contact 953-7108 or joseph.powers2@med.navy.mil for more info. Registration deadline in Jan. 4.

4-on-4 Flag Football Tourney

The 4-on-4 Flag Football Tournament kicks off Jan. 18 to 20 at 4 p.m. Five player rosters must be submitted by Jan. 11. Tournament is open to active duty, DoD civilians, retirees, dependants 16 & up, Portsmouth MWR contractors and reservist.

For more information, contact Jody Powers at 953-7108 or joseph.powers2@med.navy.mil.

Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to Medical, Dental, Nurse, and Medical Service Corps (active duty and retired) officers and their spouses in the Hampton Roads area. The club is a social and benevolent organization.

We are always happy to welcome new members. For more information on membership, contact Heidi Schmidt at livermoresweetheart@hotmail.com.

NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Command Ombudsman Team is here to help when you are attached to NMCP or any of its outlying clinics and you or a family member are preparing to deploy!

Pre-deployment brief is held at 9:30 a.m. on the 3rd Tuesday of each month in the chapel.

Email us to join our Ombudsman email tree and learn the latest news.

NMCPombudsman@med.navy.mil
or
757- 953-1973

THE COURIER

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DEPUTY COMMANDER
Capt. Darin K. Via
COMMAND MASTER CHIEF
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MC2 Riza B. Caparros
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The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708, and is published monthly by the Public Affairs Office.

The Courier provides an avenue to circulate all newsworthy information the NMC Portsmouth staff has to offer.

Anyone who wishes to submit an article or news information for publishing should contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at deborah.kallgren@med.navy.mil.

Submissions should be in Word format. Photos should be a separate submission from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Building One, Third Deck, Rm. 308.

COMMANDER'S CORNER

This time of year, our attention is naturally drawn to the activities of the holiday season. For some of us, this will mean taking time to relax and reflect and to gather with family and friends. For other NMCP staff members, this season will be spent far from home while on deployment.

We are all one team at the "First and Finest" and no matter where your holiday is spent or how you celebrate, I ask that you keep all of your shipmates, be they a uniformed service member, general schedule employee or contract employee,

in your thoughts and hearts. Keep safety in your plans be they spent traveling or at home. Take time to relax and give thanks for family, friends and shipmates and for being part of Navy Medicine.

Our Navy truly is a Global Force for Good and because of NMCP, the world is a safer and more secure place for many individuals. I am proud of each and every one of you and what you continue to do for our most deserving patients.



A. L. Stocks



Safe Harbor Provides Non-Medical Care Management

BY GEORGIA MONSAM
NMCP non-medical care manager

Lollie Merencillo and I are extremely honored and humbled to be a part of the Wounded Warrior Care Team at Naval Medical Center Portsmouth. Being a non-medical care manager is exactly what the title states, but not as easy as it sounds. While medical case managers and physicians are taking care of the medical needs of Sailors, we are supporting the non-medical needs of both the wounded warrior and the family.

Non-medical support covers a wide range of needs, including bedside travel, pay and personnel issues, coordination of benefits, such as Traumatic Servicemen's Group Life Insurance, Social Security and Veterans Affairs, legal and guardianship issues, transition assistance, and education and employment. We also help identify peer mentors for transitioning service members through the Navy Safe Harbor Anchor Program.

Ours is a unique position. As lifelong advocates, we support wounded warriors and their families through all phases of recovery, rehabilitation and reintegration. Our support lasts long after they leave the medical treatment facility and wherever their continued military and post-military career and life takes them.

For wounded warriors, and equally as important their family members, knowing they have support

whenever and wherever they need it alleviates a lot of anxiety and allows them to focus on recovery.

Between the two of us, Lollie and I have more than 54 years of naval service. This is the most rewarding career either one of us has had. It is personally and professionally gratifying to know that the Department of Navy and the Defense Department has empowered us to make a difference in someone's life. We know that we can not change what has happened to the wounded warrior and family, but we can make a difference in their journey to recovery.



Photo by Rebecca A. Perron

Georgia Monsam, NMCP non-medical care manager with Safe Harbor, and HM2 Danielle Lowe of Patient Administration, speak with HMCM Robert Spencer, deputy command master chief, Nov. 29 as they hand out information about the Safe Harbor Program. Tables were set up near the exchange on Nov. 29 and 30 so representatives from various programs who help wounded warriors could hand out information materials and speak with service members.

NMCP Galley Re-Opens to a Full Crowd

By MC2 RIZA CAPARROS
NMCP Public Affairs

One door was shut as two were opened. On Nov. 22, 960 people walked through a new double-door entryway to eat lunch at Naval Medical Center Portsmouth's galley, finally closing the door to seven months of construction, renovations and updates to the 11-year-old dining facility.

"This is a very proud day for our galley staff and our hospital," said NMCP commander Rear Adm. Alton Stocks, before a ceremonial ribbon was cut. "The real benefit to me is it provides much better service for our patients, wounded warriors, returning veterans and everyone who dines here – because of the open facility, because of the signage, because of the height of the serving lines, because of the lighting and the better flow of traffic."

"I am very proud and grateful to all those who helped make this happen," he added.

The renovation improved plumbing, drainage systems, exhaust hood and other fire suppression systems, as well as the layout and traffic flow of patrons as they received their food in the serving lines. Experts assessed structural and architectural issues and incorporated a logical layout for culinary staff and customers. Efficiencies drove the

process.

"We designed the project so it would function better for all the people serving here and eating here," said Joseph Bovee, principal architect for the renovation. "The final design opened up the area so it could accommodate for a larger number of people, the front door is prominent, and the signage leaves no questions for what line to get into."

Cmdr. Connie Scott, associate director for Administration said the goal was to make the galley as comforting and as close to home as possible while still functioning as a hospital cafeteria.

"We had a large selection of color schemes to choose from, and we tried to choose a design that would not date itself because it is such a huge investment," she said.

Key players in the project were relieved and satisfied with the project completion. Scott said she is "absolutely ecstatic."

"My guys and I love our new space," said Culinary Specialist 2nd Class Dywon Hall, galley captain. "It is easier to run daily operations and maintain. There is less clutter on the food trays and less traffic on the floor."

Naval Facilities Engineering Command Mid-Atlantic managed the planning, design and construction of the renovation.

"I came here to eat before the renovations began," said Capt. John Heckman, NAVFAC MIDLANT executive officer. "The lines were congested and people were confused about where to go. I can see how the galley is such a significant project here at the hospital because it improves the quality of life for the hospital. This is now a very inviting place to come to eat, and I am really proud of what we've accomplished."

Galley equipment manager Josh Marcum was the direct liaison between contractors and DFA. He also was in charge of purchasing equipment, the design and layout of the new space, the setup and breakdown of the temporary service line and the transition to the new space.

From the operational standpoint, this new design is great, Marcum said. "The flow of traffic is better in the service lines, but it is also better behind the scenes in the kitchen area where food is being prepared. Both sides of the house work together, so if one is more efficient, so is the other."



Photos by FC3 Jovante Washington.

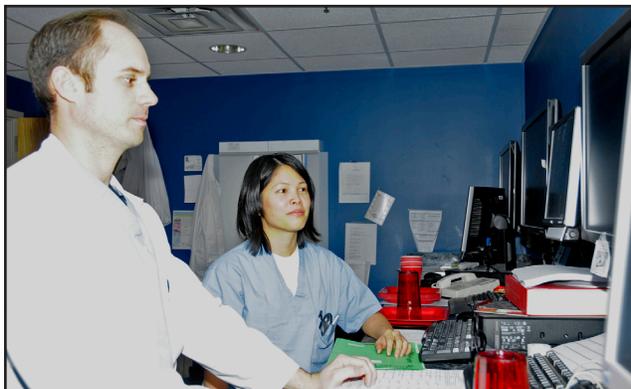
Rear Adm. Alton L. Stocks, right, is joined by key players at Naval Medical Center Portsmouth's official galley re-opening as he cuts the ceremonial ribbon, Nov. 22. Joining Stocks, from left, are Cmdr. Rolfe Ashworth, Public Works Officer, Joseph Bovee, lead architect, Chyna Surratt, contract project manager, CS2 Dywon Hall, galley captain and Capt. John Heckman, NAVFAC MIDLANT executive officer.

— See GALLEY, next page

Ortho Fellow Program Earns Accreditation

STORY AND PHOTO BY MC2 RIZA CAPARROS
NMCP Public Affairs

Naval Medical Center Portsmouth's physician assistants have something to brag about. As of September 2010, the Orthopedic Physician Assistants Fellowship Program is accredited – an honor bestowed on only those programs that meet the stringent guidelines set by the Accreditation Council for Graduate Medical Education.



Lt. Clay Ward and Lt. Melissa Liwanag look over an X-ray while discussing a patient's care.

ACGME is a private, nonprofit council and independent accrediting agency that evaluates and accredits medical residency programs in the United States. NMCP's program is the second orthopedic fellowship program to be accredited nationwide, and the first DOD-wide to receive this recognition.

Orthopedic Physician Assistant Fellowship Program director Lt. Cmdr. Kerri Browne, who led the charge for the program's accreditation, said the accomplishment was a big deal for the program and advances the quality of program's training and education.

"This accreditation holds us to a higher level of stan-

dards," said Browne. "It is a validation that the program is within standards of the ACGME, which are very high and well respected. A fellow graduating from this program is highly marketable and skilled in his specialty."

There are currently two physician assistant fellows filling fellowship billets in NMCP's Orthopedics Department. A fellow is a physician or physician assistant who enters a training program in a medical specialty, usually in a hospital or academic setting.

"It feels great," said Capt. Daniel Unger, medical director of the program. "With this accreditation, it speaks volumes about NMCP's training and how innovative it has been over the years to meet the needs of the medical community and the Navy."

"There is certainly a great deal of pride in being associated with the first accredited Orthopedic PA Fellowship within DOD," said Lt. Clay Ward, one of the fellows. "This program has a great reputation, so being awarded accreditation will serve to even further validate the hard work put into the orthopedic training PA's receive here at NMCP."

Lt. Melissa Liwanag, the other fellow, described the program as challenging, yet extremely rewarding.

"There is a good mix of academic days, labs, clinic time and OR time," Liwanag said. "It's a great environment to gain both didactic (book) and clinical knowledge that would otherwise take years of on-the-job training to learn and master."

"Eighty percent of patients who are seen in the Orthopedics Department involve muscular-skeletal injury," added Unger. "The presence of physician assistants in the department has a huge impact on access to see a competent muscular skeletal provider as soon as possible, thus making PA's a great force multiplier in the specialty."

GALLEY— *Continued from previous page*

In addition to the new space, a new menu was added. The specialty bar area will serve part of that new menu by rotating dishes on Mondays; including pizza, gyros, and Philly cheese steaks. Tuesdays will be a taco bar. Thursdays there will be a potato bar.

The \$1.9 million renovation contract was approved in September 2009 with the stipulation that the project would be completed in a year. It came in five months ahead of schedule because of the physical separation of the temporary service line and the construction site.

An enthusiastic lunch crowd of 960 came for the special lunch of steak and crab legs following the official cutting of the ribbon.



Independent Duty Corpsmen Gather, Network

BY MC2 RIZA CAPARROS
NMCP Public Affairs

Naval Medical Center Portsmouth gathered Independent Duty Corpsmen stationed throughout Hampton Roads for a conference Nov. 29, aimed to support their educational requirements and to bridge the gap between IDCs and the support staff they have at NMCP.

IDCs are enlisted Sailors who serve as medical officers on board ships and on the ground with the Marines. They serve as the “doc” to all ranks when space doesn’t allow a full medical contingent.

“They have trained to handle injuries and trauma on a ship or on the ground working with Marines acting as independent providers,” said Lt. (Dr.) Matthew Moore, who coordinated the conference.

“This conference is a perfect example of NMCP’s commitment to the fleet,” said Cmdr. Thomas Craig, operational forces medical

liaison. “Bringing the IDCs here allows them to become more familiar with the system they are using to support them on the decks.”

Networking was an important part of the daylong conference because IDCs rarely have such an opportunity to meet face-to-face with the medical specialists they refer their patients to. Lectures were presented by specialists in orthopedics, ENT, dermatology, occupational health, ophthalmology, women’s health and IDC ethics, covering issues they would likely encounter as sole medical practitioner of their command.

“IDCs have a unique position being, many times, the only medical support for their crew,”

said Moore, who also serves as officer-in-charge of corpsman training and IDC support at Branch Health Clinic Dam Neck. “They often run into the basic problem of ‘to refer or not to refer’. This conference is giving them informa-

IDCs are called ‘Doc’

IDCs serve as the medical department representative aboard surface ships, with the units of the Fleet Marine Force, and at various isolated duty stations ashore independent of a medical officer. They perform patient care, diagnostic procedures, advanced first aid, basic life support, nursing procedures, minor surgery, basic clinical laboratory procedures, and other routine and emergency health care. They can be assigned to ships, diving commands, Fleet Marine Force, submarines, special operation commands, SEABEES and various other isolated shore activities of the Navy and Marine Corps.

tion they need to better make that determination, while having the opportunity to actually speak to the specialist in person as well.”

Approximately 40 of the 85 IDCs attending the conference work at the medical center. Each received six continuing medical education credits. They must complete 15 annually.

HM1(SW/FMF) David Talmadge, IDC of Patrol Coastal Crew Mike at Joint Expeditionary Base-Little Creek attended the conference to “knock out some CME credits,” but found he gained more than just educational units.

“This conference is very beneficial to me because I have not only learned some new techniques to use during treatment, I also got contact information for people I can turn to if I have questions.”

Talmadge said being an IDC presents choices that are “fantasti-

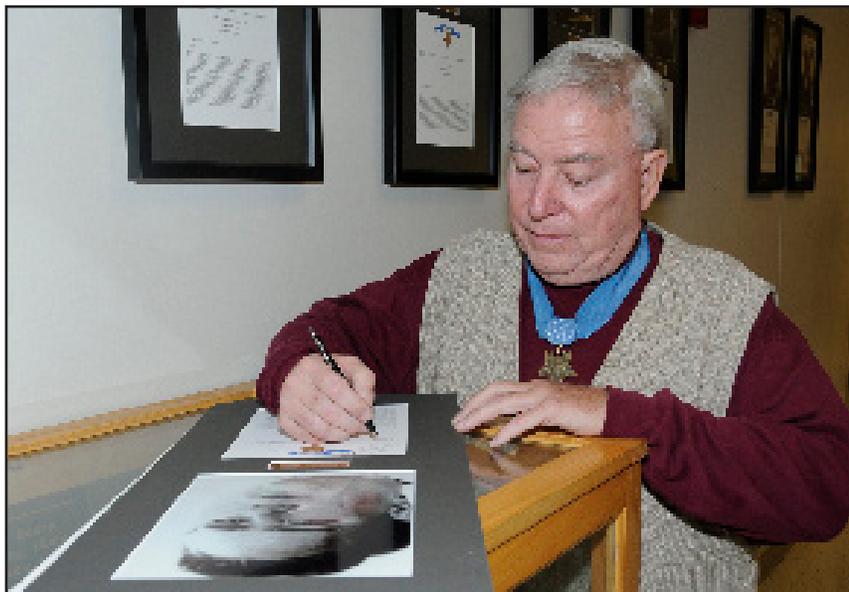


Photo by Rebecca A. Perron

Retired Army Col. Don Ballard was the featured speaker Nov. 29 at NMCP’s Independent Duty Corpsman conference. Before being commissioned in the Army, he was a Navy hospital corpsman. He received the Medal of Honor for his actions in Vietnam. Here, he is signing the photo that hangs in the hallway of Bldg. 3 that describes the heroism that led to him receiving the medal.

— See IDC, next page

Tree Planted in Memory of Inge

A tree was planted along the Bldg. 3 waterfront Nov. 19 in memory of Lt. Eric Inge, a resident physician in the Psychiatry Department, who passed away Feb. 13. The tree was planted by 10 of his colleagues. Capt. Gail Manos, Mental Health's senior medical officer, said, "The tree is a symbol of his life and a living remembrance of how he will always be cherished in our hearts and minds here at NMCP."



Photo by FC3 Jovante' L. Washington.

Patriots Inn Gets Early Gift from NEXCOM

Rear Adm. (Sel) G.C. Robillard, top left, commander, Navy Exchange Service Command, presents Rear Adm. Alton L. Stocks, NMCP commander and residents of the Patriot Inn an Xbox 360 Kinect and games on Dec. 20. Also in the photo are Lt. Cmdr. Daniel Wensel, head of Patient Administration; Jennifer Phillips and Brian Miller, vendor representatives for Microsoft; and Patriot Inn resident Lance Cpl. Jose Galvan.



Photo by MC2 Riza Caparros

The Kinect, Microsoft's newest gaming technology, actively integrates voice and full-body sensing into games, providing an alternate means of physical therapy for some patients.

IDC — *Continued from previous page*
cally hard."

"It is important that we IDCs keep our training up to date and continue to increase our knowledge so we know what to do in that emergent situation," he said.

"Most of the fleet's IDCs operate independently on small ships or as part of the Fleet Marine Force," said HMCM(SW) Michael Hedden, fleet medical master chief, Fleet Forces Command. "Educational CMEs are sometimes a challenge when out to sea or while serving with the FMF. Internet connectivity and operational tempo makes obtaining the required CME credits a hurdle that is difficult to cross."

Addressing that problem while minimizing disturbance to command optempo was critical to the success of the conference, Moore said.

Among the clinical lectures, attendees heard from

one of their own.

Retired Army Col. Donald Ballard received the Medal of Honor while serving as a corpsman in Vietnam prior to commissioning into the Army. He is one of two living Navy corpsmen who received the medal. Ballard fearlessly threw himself upon a live hand grenade to protect his comrades from the deadly blast. The grenade failed to detonate and he continued treating Marine casualties.

During his talk, Ballard told the IDCs to "work diligently and without fear.

"Take pride in the fact that you are a corpsman," Ballard said, "and always do whatever you can do to provide the best health care to your patients. Continue your education and keep progressing so the next guys have it better than you do, like my generation did for yours."

NMCP Sailors Support Toys for Tots Program

HM1(FMF/CAC) Aldrin Augustus, HN Nichola Jefferie, HM3 Vonetta Craigen and HM2 (FMF/CAC) Daniel Guillen collect toys for the Marine Corps Reserve Toys for Tots program Dec. 5 at Chesapeake Square Mall. Twenty-four volunteers from NMCP and its outlying clinics have volunteered their time to collect toys for the program during the month of December.



Photo by MC2 Riza Caparros

Special Guests Visit For Peds Hematology/Oncology Party

STORY AND PHOTOS
BY DEBORAH R. KALLGREN
NMCP Public Affairs Officer

Santa and Mrs. Claus made an appearance at Naval Medical Center Portsmouth to visit children during the 11th annual Pediatric Hematology and Oncology Clinic's Christmas party on Dec. 10.

The annual party gives chronically ill children, their siblings and parents an opportunity to share a special moment during the holidays with others who understand what they are going through.

A festive atmosphere permeated the party's activities, which included magician Rob Westcott who entertained the kids with magic tricks and a bunny.

Each child who sat on Santa's lap received a present and a candy cane.

Their photos were taken so their family would have a memory keepsake

from the event. Reinforcing positives is important for families who have to deal with disease daily.

During the party, children hung a large red ribbon honoring survivors and patients currently under treatment. All the children were invited to place a ribbon on the tree for them and their families to signify their own struggle.

Finally, a large gold ribbon was placed on the tree in memory of patients who have passed on and earned their "Angel wings."

The party is an opportunity to step out of their daily disease management and reflect on a struggle fought by many and to find support in knowing they are not alone.



The magician even pulled a live rabbit out of a hat and let the kids pet the bunny afterward.



Santa and Mrs. Claus visit with each child at the party and give them a present and candy canes.

BRIGHT LIGHT — *Continued from page 1*

want them to know that we care for each and every one of them and appreciate what they do for our country each and every day.”

The group then visited the Pediatric Ward upstairs where 17 presents were handed out much to the surprise and joy of Santa’s smaller admirers.

At a reception in the galley afterwards, Mike Walton, Rolling Thunder chapter president, said, “We’ve been doing (Operation Bright Light for 12 years) and Christmas in July since 2002. It’s always well worth it to hand out these toys and see the looks on the children’s faces, and as long as I am president here at Rolling Thunder, I’ll continue to do so twice a year, every year.”

Walton then presented an award to Brogan for his long recognized dedication and support.

Thomas Smith, station manager for NMCP’s ARC office, concluded the occasion by thanking the supporters and leading the applause for Santa Rick.

About 75 participated in the event, with many looking forward to doing it again next year. Any remaining gifts and toys were donated to the Pediatric

Ward to give to patients throughout the year.

Operation Bright Light is one of two events Rolling Thunder holds at NMCP during the year. The bikers also give patients a similar holiday experience for their “Christmas in July” event. The group’s main mission is to educate the public about issues regarding prisoners of war and service members missing in action. They are also dedicated to helping American veterans from all wars.



The Montejano family with Santa Rick.



Above: Chris Brogan, NMCP’s child life specialist, talks to Santa and a member of Rolling Thunder during Operation Bright Light.

Above left: A mother smiles as Santa Rick hands a gift to her son while waiting to be seen in the Emergency Department.

Left: Capt. Sandra Hearn, associate director, Department of Medical Services, a member of Rolling Thunder and Santa Rick greet Jacob Whitaker and a family member with a gift as they visit pediatric patients.



Safety Fair Promotes Sound Holiday Season

STORY AND PHOTOS
BY MC2 RIZA CAPARROS
NMCP Public Affairs

Encouraging safe holiday celebrating, Naval Medical Center Portsmouth held a Traffic Safety/Responsible Use Fair Dec. 14, providing information to help enjoy a safe and happy holiday season without the problems that come with the use of alcohol combined with poor judgment – such as drinking and driving.

Representatives for the Sexual Assault Prevention and Response Program were present, as well as a domestic violence prevention educator from Fleet and Family Support Center Norfolk. During the event, they offered advice to staff, patients and visitors who stopped to view displays and pick up information.

“We’re here to help promote the alternative to drinking and driving,” said Hospital Corpsman 2nd Class(SW) Erica Strausbaugh, NMCP SARP program representative. “We want people to realize that they don’t need alcohol to have fun over the holidays.”

“This fair is wonderful,” said Sandra Deans, an NMCP patient who stopped at the display tables with her 17-year-old niece, India. “It is important that kids are ex-

posed to these positive messages about sobriety as early as they are able to comprehend them and with repetition. Hopefully, the messages are engrained in their heads, and they do the right thing when the

said.

Besides drinking and driving, FFSC Domestic Violence Prevention Educator Brigitte Williams said there also comes the higher risk of sexual assault with in-



Sandra Deans and her niece India talk about a drinking and driving poster displayed at the Safety Fair, Dec. 14, at Naval Medical Center Portsmouth. During the event tables were set up offering tips about safe practices while celebrating the holidays.

time comes.”

Deans said her niece will soon be driving, so she pointed out a particular poster on display that had a young woman before and after a drunken driving accident. The “after” photo showed the woman with a burnt face and missing one eye.

“These pictures are gross, but they get the point across,” India

created drinking taking place this time of year.

“We have many sources available to help sexual assault victims,” Williams said. “If something should happen, the victim is NOT alone. We are here to help and walk him or her through the process toward recovery.”

Besides brochures and pamphlets, there were recipes for “mocktail” non-alcoholic drinks. Other trinkets were handed out, all with safety slogans or messages on them. Although they represented different safety issues, the representatives’ messages were basically the same.

“If you fail to plan, you plan to fail,” said Strausbaugh. “The ultimate goal is to have everyone make a plan and stick with that plan so everyone can have a safe holiday.”

2011 March Exam Cycle EAP Schedule

The scheduled dates and locations for the upcoming NMCP Enlisted Advancement Program review course are held at the NHSH Schoolhouse.

HM2 to HM1, Jan. 10 to 14

HM3 to HM2, Jan. 31 to Feb. 4

HN to HM3, Feb. 21-25

To enroll, electronically, submit an approved request chit, and if applicable, a copy of the most recent profile sheet to NMCP-EAP@med.navy.mil. Requests may also be faxed to 953-0666. Seats are limited and will be filled as approved requests are received.

McGavern, Monsour Receive Leonard Award

STORY AND PHOTO
By FC3 JOVANTE L. WASHINGTON
NMCP Public Affairs

Since 1998, the Uniformed Services University of the Health Sciences has given the James J. Leonard Award for Teaching Internal Medicine to two Naval Medical Center Portsmouth staff members. The award recognizes staff members who act as assistant professors for Internal Medicine Clerkship students who spend six weeks at NMCP participating in the Internal Medicine Ambulatory Rotation program.

The 2010 recipients are Lt. Cmdr. Megan McGavern, Department of General Internal Medicine, and Cmdr. Michael Monsour, Department of Nephrology.

The award reflects the recipient's dedication to teaching and is partly drawn from student feedback. The award was presented to McGavern and Monsour on Nov. 15 by Lt. Cmdr. Thomas Hicks, division head, Internal Medicine Clinic, and USUHS Clerkship Director for Internal Medicine at NMCP.

McGavern received the best staff attending award while Monsour received for best block preceptor award.

"It feels good knowing that we are recognized for what we do," said Monsour after having found out about this honor. "I never expected to receive this



Lt. Cmdr. Megan McGavern, Department of General Internal Medicine, and Cmdr. Michael Monsour, Department of Nephrology, were recipients of the 2010 James J. Leonard Award for Teaching Internal Medicine, an honor given to staff members who act as assistant professors of Internal Medicine Clerkship students.

award because to me, teaching is just part of the job."

"I feel privileged to be nominated by my students for this great honor," McGavern said. "It really makes me remember what it was like to be a medical student and shows that all of the skill, dedication and practice really do pay off."

Stocks Visits Dental Clinic to Frock Five Sailors

Rear Adm. Alton L. Stocks, NMCP commander, frocks Branch Dental Clinic Norfolk staff members during a visit on Dec. 9. From left, Stocks, HM3 Kenyon Alvarez, HM3 Angela Norfleet, HM3 Rafeal Ramirez, HM2 Beatriz Gardner, HM1 Yashonda Strong and Command Master Chief Carl Morgan.



Photo by Gary Gammon

Macklin Symposium: Lessons Learned from Combat Medicine

STORY AND PHOTOS BY
FC3 JOVANTE' L. WASHINGTON
NMCP Public Affairs

Naval Medical Center Portsmouth hosted the 42nd annual Macklin Symposium Nov. 30. This year's focus, "Leading Edge Combat Medicine," covered lessons learned from those who cared for the injured and sick on the battlefield.

The symposium is named for Rear Adm. Thomas Macklin, NMCP commander from 1963 to 1964. It was established in 1966 to honor Macklin's support of operational forces on land and sea, as well as his focus for continuing medical education for all medical corps personnel.

More than 250 nurses, doctors, civilian staff and visitors attended. Rear Adm. Alton L. Stocks, NMCP commander, opened the event.

"It is my privilege to open the 42nd annual Macklin Symposium," Stocks said. "This year's topic is to provide a series of introductory lectures on combat-medicine lessons learned to personnel who are likely to deploy. We hope to use this lecture series as the core for a predeployment course to be produced locally."

Jo Ann Adams, health professional education training program coordinator for Director, Professional Education, served as the program coordinator.



The 42nd annual Macklin Symposium was held at NMCP Nov. 30, covering lessons learned from those who cared for injured and sick on the battle field. The symposium was established in 1966 in memory of Rear Adm. Thomas Macklin, CO of NMCP in the 1960s.

"This year, our purpose is to educate providers with the latest in lessons learned from those who have previously forward deployed," Adams said. "They have learned valuable knowledge not available in the class-

room setting."

Topics ranged from critical emergency department lessons to ethical dilemmas and other crises in deployed medical environments.

Cmdr. John York, director of Interventional Radiology, spoke about the use of radiological equipment new to the battlefield.



Margaret Macklin Lordi, left, daughter of Adm. Macklin, who the symposium is named for, stands with Jo Ann Adams, symposium program coordinator, and Rear Adm. Alton L. Stocks, NMCP commander, while there is a short recess during the daylong event.

"It is a pleasure to be a part of facilities serving members on the front line," York said. "Through our experience and practice, we have now increased the survival rate of patients with normally traumatic life threatening injuries to 98 percent."

Capt. James Ritchie, medical director for the Simulation Center, and clinical facility in the Department of Emergency Medicine, hosted the event and concluded the day. "It is my honor to host this year's event," said Ritchie. "It is my hope that through this event and future events alike, all of our predeployment staff are better prepared to serve abroad. I hope that the profusion of lessons learned will be viewed as worth the effort to learn and share before-hand, so that all of our members may better serve those who defend this great nation all over the world."

Macklin's daughter, Margaret Macklin Lordi, attended the daylong symposium.

"I have been attending these wonderful events since they began in 1966 and have only missed five to date," she said. "I think that it is remarkable and outstanding how far Naval Medicine has advanced since my father commanded here at the hospital. And it is an ongoing and tremendous honor to see his memory living on and reaching so many."

Nurse Anesthesia Program Graduates 6 during ceremony

BY REBECCA A. PERRON
NMCP Public Affairs

The 2010 class from the Navy Nurse Corps' Nurse Anesthesia Program graduated Dec. 8 during a ceremony held in the chapel. The six nurses completed the 20-month clinical phase that began in June 2009 at Naval Medical Center Portsmouth, and they are now heading to nurse anesthetist positions across the country.

Prior to coming to Portsmouth, the six completed 13 months of classroom study in a tri-service environment at National Naval Medical Center, Bethesda, Md. Then the 20 or so Navy members split up for the clinical training phase at NMCP, Naval Medical Center San Diego and Naval Hospital Jacksonville, Fla.

The program provides graduate education for nurse anesthetists and requires them to independently provide quality anesthesia care in diverse settings throughout the world. The rigorous curriculum integrates scientific principles with anesthesia theory and practice, and stresses unique aspects of the military health care system.

"This program is challenging," said Lt. Cmdr. Nathaniel Clark, the class adjutant who has 15 years of naval service. "This course is probably the hardest thing I've ever done. With the 60-to-68 hour work weeks, a lot of duty, a lot of learning, all of the clinical skills to perform – it's very demanding, just like any medical training program.

"And it's stressful on family life," Clark added. "For my family, it's almost like I've been on a long deployment, because even when I was home, I was studying, and my wife had to entertain the kids so I wouldn't be disturbed."

Clark described their long days, which usually began at 5 a.m. when they arrived to set up the operating room and medications for the day's patients, beginning rounds at 6 a.m. They prepped three to five patients for surgery, and set up IVs, later inducing anesthesia and seeing their patients through their procedure.

At 5 p.m., they began workups for the next day's patients, finally going home at 7 p.m. But their day was not over until they got in a few hours of studying. Plus they each stood duty two weekends a month.

Everyone is not cut out for such a rigorous program, according to Cmdr. Kevin Buss, director of Nurse An-

esthesia Clinical Training, but those who learn early on the high level of responsibility and standards that are expected of them.

"Their role in the military setting is more demanding than the typical civilian CRNA," Buss said. "They are the main provider of anesthesia to those in the military, where a doctor normally has the role of anesthesiologist in the civilian setting."

At the beginning of the clinical phase, Buss said their role was to assist staff anesthesiologists with intubation, administering medications or assessing status of the patient. The clinical part of the course is divided into five semesters, so the objective of each is to move them along to more and more independence in their role.

"By the end, they were in charge of completing the anesthesia for each procedure from beginning to end, and the staff anesthesiologist moved to the role of monitoring the student," Buss said. "They could assess pre-operation status, develop the plan for the anesthesia based on the



Photo by Jovante' L. Washington

The six graduates from the 2010 Navy Nurse Corps' Nurse Anesthesia Program are, from left, Lt. Philip L. Grady, Lt. Cmdr. Nathaniel R. Clark, Lt. Cmdr. John E. Lenahan, Lt. Jose A. Mercado, Lt. Freddie L. Simpkins and Lt. Brian G. Blazina.

procedure, and decide the type of anesthesia necessary, and then take care of all post-operation assessments."

With the course complete, the six have passed the nurse anesthetists certification requirements set by the American Association of Nurse Anesthetists, and are considered Certified Registered Nurse Anesthetists.

The program falls under the Uniformed Services University of the Health Sciences. Until October, the program had been administered through Georgetown University in Washington, D.C., and attached to the Naval School of Health Sciences at Portsmouth until the school consolidated with other enlisted medical training programs in San Antonio.

Pediatrics Academic Team Wins Williamsburg Cup

STORY AND PHOTO
By DEBORAH R. KALLGREN
NMCP Public Affairs Officer

For the second time in four years, Naval Medical Center Portsmouth's team has won The Williamsburg Cup in the "Pediatric Allplay" academic competition held Oct. 31 in Williamsburg at Pediatrics 2010, a continuing education conference for medical practitioners in Virginia.

The academic competition featured teams of four from all pediatric education programs in Virginia including NMCP, Children's Hospital of the Kings' Daughters, the Medical College of Virginia, University of Virginia and Inova Fairfax Hospital. The teams were simultaneously asked a series of 40 multiple-choice

we had the lead," bragged NMCP team member Lt. Luke Krispinsky, a pediatric resident.

"After about nine or 10 questions, we were ahead, and held the lead for good," echoed team member Capt. Nicholas Carr, also a pediatric resident. Carr is one of several Air Force officers at the naval medical center, carrying on the cross-service partnership that began after Hurricane Katrina devastated Keesler Air Force Base in 2005.

He joked, "I am the lone outsider," but quickly added that the Portsmouth team was successful because they'd worked together for so long.

"Wekneweachothers' strengths," said team member and pediatrician Lt. Missy Buryk.

Ultimately, the NMCP team

They were happy to get all the hematology and oncology questions correct, because their program director, Capt. Tim Porea, an oncologist, was in the audience.

"I know he was proud. He was smiling from the back row," Krispinsky said.

The team attributed their success to their study habits and the unique features of a military medicine.

Buryk said the win "reflects on how good (NMCP's pediatric) program is. The program prepares us well for our future careers."

Krispinsky agreed, saying the program "fosters independence. Our attending (physician) makes us think as if we were at a remote duty station and be prepared with what we could face."

Carr added, "It gives you a chance to be a leader and the opportunity to do things that you would never do in a civilian program."

The fourth member of the NMCP team, Lt. Michelle Jardon-Aites, is in her first six months as a pediatric intern. She, Carr and Krispinsky are considering teaming up again for next year's competition. Buryk, who is awaiting the results of her board certification exam, will be ineligible next year.

Jardon-Aites said, "I feel lucky that I could be a part of something that not only represents our program and our hospital, but military medicine as a whole. Being able to represent us well gives me a sense of pride that I can't quite express. Winning the cup was just an added bonus!"

Some of their satisfaction in winning the trophy is beating the CHKD team in Norfolk. "It's a friendly competition with folks across the river, and it assures our patients that we are giving them the best care," Krispinsky said.



Rear Adm. Alton L. Stocks, NMCP commander, congratulates the winners of the Williamsburg Cup, from left, Lt. Luke Krispinsky, Lt. Missy Buryk, Air Force Capt. Nicholas Carr and Lt. Michelle Jardon-Aites. This is the second time in four years that NMCP has won the trophy.

questions to which they responded electronically. Points were deducted for wrong answers.

"By a quarter of the way through,

smoked its nearest competitor by about 1,000 points to win the 2010 trophy.

The team did no preparation.

Baker Marks 40 Years of Federal Service

George Baker was presented an award for 40 years of civil service on Dec. 6 by Rear Adm. Alton L. Stocks, NMCP's commander, during a ceremony in the Safety Department. Baker enlisted in the Navy in 1968, serving for four years, and then entered civil service in 1973 at the Norfolk Naval Shipyards. He has worked in the Safety Department since 1993 and retires Jan. 1, 2011.

PHOTO BY MC2 RIZA CAPARROS



90 Years of Federal Service Among Them

PHOTOS BY FC3 JOVANTE' L. WASHINGTON

Rear Adm. Alton L. Stocks, NMCP commander, presents certificates to staff who have reached 30 years of federal service.



Doreen Barnes worked at the Norfolk Naval Shipyard from 1980 to 1993 and at NMCP since. Barnes works in Outpatient Records and, "loves her job and has no plans of leaving anytime soon."

Right: Myra G. Lewis, Information Management Department, has worked at NMCP for nine years. She spent the previous 21 years at Oceana Branch Health Clinic, Fleet Industrial Supply Center and Environmental Health Center.



Jeannette V. Roberts, Admissions, has worked at NMCP since 1989. Her previous commands include Fort Clayton, Panama Canal Zone; Fort Dix, New Jersey; Augsburg, Germany; McGuire Air Force Base, New Jersey; and branch health clinics Dam Neck and Oceana.



Wasp Sailors Bring Toys to NMCP Peds Patients

STORY AND PHOTOS
BY REBECCA A. PERRON
NMCP Public Affairs

Two crewmembers from USS Wasp distributed presents to patients hospitalized in the Pediatric Ward at Naval Medical Center Portsmouth on Dec. 13 after collecting the gifts through an angel tree on the ship.

The idea for the donation was Machinist Mate 1st Class (SW/AW) Nalini Martin's, who was accompanied by Machinist Mate 2nd Class Jens Howlett. About 100 tags were placed on the angel tree where members of the crew could choose what age group they would purchase a toy for.

The pair also brought bags full of character

Band-Aids, coloring books and crayons courtesy of 10 members of the ship's First Class Petty Officer Association. Dozens of presents were donated, although only a handful of children were in the unit the day of the visit. Leftover presents will be distributed to children who are in the ward during the holidays.

Martin and Howlett departed NMCP, heading for the Child Development Center at Norfolk Naval Station. They had sponsored eight children there as well through the angel tree. They had collected toys, clothing and shoes for these kids.

This is the second year that Martin has spearheaded the toy and clothing collection. She had the idea last year when she was stationed at the Mid-Atlantic Regional Maintenance Center in Norfolk.

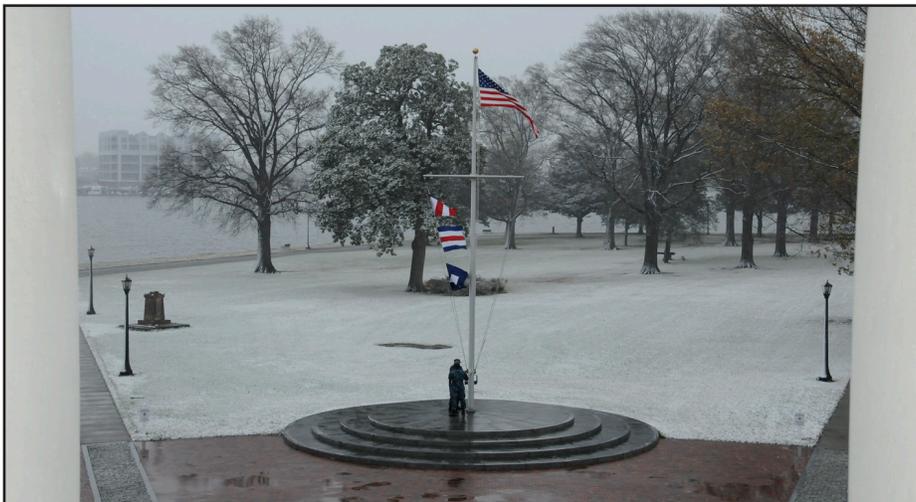


MM2(SW/AW) Nalina Martin from USS Wasp leans in to wish a two year old a Merry Christmas after presenting her with a new toy.



MM2(SW/AW) Jens Howlett and MM1(SW/AW) Nalini Martin, USS Wasp crewmembers, watch a six-month-old play after handing a toy to dad.

First Snow of the Season Blankets NMCP



Sailors prepare the flagpole in front of Bldg. 1 on Dec. 13 during morning colors as the first snow of the season falls. Hospital Point gleams and downtown Norfolk is barely visible across the Elizabeth River.

As temperatures remained below freezing for most of the day, NMCP's landscape received an early Christmas coat to kick off the season!

Photo By Jovante' L. Washington

Remembrance Service Helps Families of Lost Infants Cope during Holidays

By REBECCA A. PERRON
NMCP Public Affairs

Naval Medical Center Portsmouth's Bereavement Team held a Candle Lighting Remembrance Service in NMCP's Chapel Dec. 10 to bring together families who had experienced the death of an infant, hoping to help them cope with their loss during the holidays. The service was open to families who had lost infants through miscarriage, ectopic pregnancy, stillborn death and newborn death.

The interfaith service included music, words of encouragement and a moment of remembrance for each infant as candles were lit in their memory. The service also included prayers, readings and the singing of "Amazing Grace" and "It Is Well With My Soul."

According to Sharon Evans, a bereavement advocate nurse, this type of service has not been held at the medical center for more than 10 years.

"Dealing with this during the holidays is a huge issue for the families," Evans said. "This type of service is a way for them to find a way to appropriately cope during the holidays – a way for them to remember their infant at this time of year. Some of them wonder how to get through when they have the feeling of an 'empty chair at the table.'"



Letondra Brookins speaks about her daughter, A'Miracle Thorraya, who she lost more than two years ago. Lt. Laura Boerste, a bereavement nurse advocate who had read the opening prayer, stands nearby to offer support.

The Bereavement Team has recently focused more intent and purpose on doing things to remember those lost.

"These services give families an opportunity to be with other families who understand," said Lisa Morris-Davies, assistant department head for the Social Work Division, "and give them an opportunity to plug into resources they might not have had before."



Photos by FC3 Jovante' L. Washington

Mother and father of the Cortez Family light a candle during the Candle Lighting Remembrance Service in NMCP's Chapel Dec. 10. The service was meant to bring together families who had experienced the death of an infant.

Approximately 50 attended the service; members of each family lit a candle for each child and spoke about their loss.

"This brings comfort and helps us know someone shares our pain," said Letondra Brookins, who lost a daughter more than two years ago and read the Prayers of Petition during the service. "It helps to share stories and pictures, by talking and having such a strong support group.

"The holidays will be hard, but this will make it easier," Brookins continued. "It helps us to remember her and know she will never be forgotten."

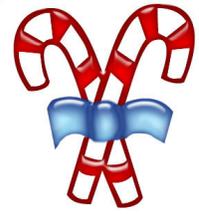
Alia Kinsler lost a daughter a few months ago, and was grateful for the chance to come together with other families to remember.

"This shows that beyond the initial loss, the hospital really cares for us, and they want to help us through this difficult time," Kinsler said. "It really helps that they continue to reach out to help with the loss."



NMCP's Holiday Party

Dec. 3 at the Norfolk Marriot



Photos By FC3 Jovante' L. Washington

A group of NMCP employees and friends dress to the nines for the evening's festivities.



NMCP Command Master Chief Carl E. Morgan addresses party guests before dinner and dancing TO encourage a safe and fun evening for all.



NMCP deputy commander, Capt. Darin Via, helps select the name of a raffle winner with the help of a member of the MWR committee.



Party-goers enjoyed a dinner buffet before hitting the dance floor.



Norfolk's historic district Waterside Marriot was the location for NMCP's 2010 holiday party. Guests enjoyed a buffet dinner, music, dancing and a raffle for prizes ranging from gift cards to a 40" LCD television.

DECEMBER AWARDS

BRONZE STAR MEDAL

Lt. Eric Shafer

MERITORIOUS SERVICE MEDAL

Capt. Denise Johnson
Capt. Nancy Reeves
Cmdr. Sean Barbabella
Cmdr. Jody Dreyer

NAVY & MARINE CORPS COMMENDATION MEDAL

Cmdr. Ramesh Durvasula
Lt. Cmdr. Sue Howell
Lt. Cmdr. Monte Wilber
Lt. Karen Alexander
HMC(FMF) Jody Tison
HM1 Nancy O'Reilly
HM2(SW) Jon Antoine

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Laura Boerste
Lt. j.g. Carolyn Weiss
HMC(FMF/SW/CAC) Eric Smith
HM1(SW) Patrick Brock
HM1(FMF) Sheila Green
HM1(FMF) Bernard Ibe
CS2 Jose Castro
HM2 Melissa Cason
HM2 Maria Fonseca
HM2(SW/FMF) Alfredo Guerra
HM2 Courtney Golgart
HM2 Maryjoy Ibe
HM2 Annette Lovett
LS2(SW/AW) Melissa Jones
HM3 Javon Chisley
HM3 Edward Hefferman
HM3 Don Sands, III
HM3 Ashley Tangen
MASN Daniel Cortes

40 Recognized during Command Award Ceremony

Bravo Zulu to the 40 awardees recognized during the Nov. 23 award ceremony. Presented during the ceremony was one Bronze Star, four Navy and Marine Core Commendation medals,

eight Navy and Marine Corps Achievement medals, 21 Letters of Commendation, two Good Conduct medals, and seven various plaques for Senior and Junior Officer of the Quarter.



Shafer Receives Bronze Star

Lt. Eric Shafer received a Bronze Star Medal for meritorious service while serving in Afghanistan from May 21 to Nov. 15, 2009. Shafer led a team of 66 hospital corpsmen and two physicians who provided medical care to more than 400 Marines and Sailors.

During a 96-hour, 18-km. route, he was exposed to numerous small arms engagements and IED attacks, in which he dismounted his vehicle and ran 300 meters under heavy fire to direct field medicine procedures. He treated eight combat casualties, eliminating medical evacuation requirements.

He also treated 77 Afghani civilian and security force personnel and worked with a local hospital to improve medical care for Afghans.



Photos By Jovante L. Washington

SHIPMATE OF THE MONTH



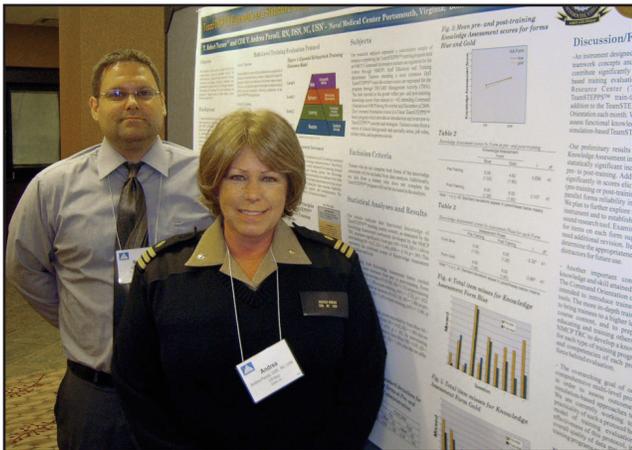
HN EDGAR MAGALLENZ, DSS
 HN ROBERT C. WILLIAMS, DFA
 HM3 JOHN D. VORNBROCK, DDS
 HN DANIEL P. SHANAHAN, DCSS
 HN RAYMOND C. JUDENE, DNS
 HM3 JERE D. VALFOR, DMH

HM3 WILLIAM C. CRUZ, DMS
 HN EDUARDO D. ESTRADA, DPHS
 HM3 LARANDA D. HOLT, DPE
 HN MATTHEW A. OLDHAM, DPC
 HN DANIEL T. LILIU, DQM

Parodi, Turner Win Best Paper Submission Title

STORY AND PHOTO BY MC2 RIZA CAPARROS
 NMCP Public Affairs

Cmdr. Andrea Parodi, head of Nursing Research and Consultation Services, and Robert Turner, NMCP Team Resource Center senior consultant, were announced winners of the “Best Paper Submission” award during the 2010 MODSIM World Conference



Expo on Oct. 13 in Virginia Beach.

Their winning paper, “Theoretically-driven infrastructure for Supporting Healthcare Teams Training at a Military Treatment Facility,” describes and measures the value of a comprehensive evaluation protocol so it can be integrated into any training program.

“Without a comprehensive outcomes analysis, there is no way to determine what impact the training program has had,” Turner said. “Our goal was to report ongoing successes and challenges in such a way that other MTFs can learn and build upon the information reported.”

Parodi and Turner have worked together for more two years, but this is the first time they have co-represented on a medical paper. They both agreed being recognized at the conference was a huge honor.

“There were many fascinating papers represented at the conference,” Parodi said. “To have our paper recognized as best in the Health and Medicine track was simply phenomenal and is a very rewarding experience.”