August 2011

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.

Laser Eye Surgery Wait List Reduced — *Page 6*

Mass Casualty Drill Simulates Radiological Attack

By MC1 (SW/AW) Steven J. Weber
NMCP Public Affairs

An explosion, lots of smoke and the sounds and sights of dozens of injured was the scene at Naval Medical Center Portsmouth on Aug. 11. Fortunately, the scenario was a drill. The more than four-hour long exercise was meant to gauge rapid response teams and how well they worked together during a mass casualty incident.

The drill began with a simulated explosion aboard a medical transport bus that was transferring medical evacuation patients from overseas. The bus was near the galley when an explosion occurred, resulting in 42 casualties. The explosion was caused by an improvised radiological dispersal device, or "dirty bomb."

— *See* **DRILL**, *Page 1*

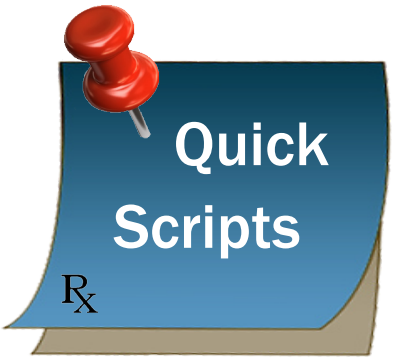
Photo by MC1 (SW/AW) Steven J. Weber

A survivor of the simulated mass casualty is taken to triage by first responders during the exercise on Aug. 11. The drill was the first of such a large scale ran at NMCP in a few years.

Color Guard Presents Colors at Tides Game

Photo by MC2 Riza Brigham

The NMCP Color Guard presented colors before the Norfolk Tides "Navy Appreciation Night" game on Saturday, Aug. 6. Six Navy recruits took the oath of enlistment on the field, the U.S. Fleet Forces Band performed and spectacular fireworks capped off the evening.



Quality Day Set for Oct. 11

All NMCP staff members who are involved in clinical practice are encouraged to attend the Quality Day Symposium at the Greenbrier Conference Center on Oct. 11. Three nationally recognized speakers will be featured.

The one-day symposium will address personal accountability for the quality and safety of patient care provided at NMCP. CME/CE units will be awarded.

For more information or to register, visit https://intranet.mar.med.navy.mil/qdayconference.

CONSEP Comes to NMCP

The Career Options and Navy Skills Evaluation Program is scheduled for Oct. 3 to 6 from 7:30 a.m. to 4 p.m. in classroom 3. Submit approved request chits to HM1 Brown or HM2 Schilling (Dental), or HM1 Mattocks (Women's Health).

CONSEP empowers Sailors to make educated and informed decisions, regarding their Navy career and civilian employment choices. The four-day course is meant for first termers with one to six years of service.

Used Magazines, Books

The American Red Cross is asking for books and magazines to be donated for use in waiting areas in wards, clinics, the pharmacy and the emergency room. Donations can be left at the Information Desk on the 1st or 2nd floor of Bldg. 2 or can be brought to the ARC office on the 4th floor of Bldg. 3.

Radiology Conference

The Department of Radiology will host its 2nd Annual "Radiology for the Primary Care Provider" conference Sept. 28 to 30 in the NMCP Auditorium.

Register by emailing course coordinator Bridget Wakefield at bridget.wakefield@med.navy.mil or call 953-7461.

Annual Picnic Set for Sept. 2

The MWR is having its annual command picnic Sept. 2 from 11 a.m. to 2 p.m. The festivities will include activities for kids of all ages and one of the best BBQ caterers' in the business. They have perfected the art of cooking chicken and with a whole pig roast that is sure to impress the taste buds!

Ticket prices are $5 a person. Children 3 and under are free. MWR representatives have the tickets available for purchase.

Activities will include Kids Korner (animal balloons, bounce houses, etc.), Diversity Committee Booth, JEA Booth, FCPOA Booth, and cornhole and tug-a-war tournaments.

Naval Medical Center Portsmouth is on Facebook and Twitter

www.facebook.com/NMCPortsmouth

http://twitter.com/NMCP1

Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to medical, dental, nurse, and medical service corps — active and retired — officers and their spouses in the Hampton Roads area. The club is a social and benevolent organization and are always happy to welcome new members.

For membership information, email tidewater.oakleaf@gmail.com.

NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Ombudsman Team is here to help those attached to NMCP or its branch health clinics when you or a family member are preparing to deploy!

The monthly pre-deployment brief is held the 3rd Tuesday of each month at 9:30 a.m. 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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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.

Those who wish 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, with photos submitted separately from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.

Commander's Corner

Farewell NMCP

NMCP shipmates, I would like to take this opportunity to thank you for the hard work and dedication you have exhibited during my 17-month command tour. I am marveled by your commitment to patient care and your willingness to provide the best possible medical service to the most deserving of patients; those who serve or have served and their families.

As a unit, we have accomplished a great deal; we developed a strategic plan encompassing six pillars to guarantee our success as a medical treatment center and an organization; we deployed countless Sailors to war in support of national interests; and we continued to provide phenomenal patient care to our more than 100,000 beneficiaries.

I leave here being proud of everything you do daily. I started my career at Naval Medical Center Portsmouth, and have embraced every opportunity throughout my career to return to the "First and Finest." I am honored I have been able to serve as your commander and am humbled by your performance and superb dedication to quality patient care.

In closing, I ask that you continue to provide the same expert performance for Rear Adm. Elaine Wagner as you have provided for me. Continue being ready, provide exceptional patient care and customer service, ensure you are educated in your profession and are the best possible at what you do.

I'm very proud to have served as your commander, and I know you will continue doing great things into the future.

Thank you and I look forward to continuing to serve with you in the greatest Navy to ever sail.

A. L. Stocks

Stocks Represents Navy Medicine at LA Navy Week

Rear Adm. Alton L. Stocks, Naval Medical Center Portsmouth commander, was the senior medical officer representing Navy Medicine during Los Angeles Navy Week from July 25 to 31.

Stocks toured the University of California, Los Angeles; the Los Angeles County and University of Southern California Medical Center; and a Habitat for Humanity site. He visited the Oprah Winfrey Network and the sets of Grey's Anatomy and General Hospital.

Photo by MC1 Brett Custer

Rear Adm. Alton L. Stocks, NMCP commander, presents a command ball cap to the grandson of actress Constance Towers during a visit to the General Hospital television show set July 28 during Los Angeles Navy Week 2011.

At UCLA, Stocks examined shared initiatives with medical center personnel in humanitarian assistance, family care programs and Wounded Warrior care.

"UCLA plays an outstanding role in supporting the military's mission while providing high quality care to service members and their families," Stocks said. "We look forward to continuing the conversation with shared initiatives with UCLA in the future."

Stocks met with medical personnel at LAC+USC Medical Center and Navy Trauma Training Center facilities. The NTTC provides instructional and clinical trauma exposure that enhances personal team and knowledge skills to Navy hospital corpsmen, nurses and physicians.

"The exceptional dynamic between LAC+USC and NTTC provides Navy Medicine personnel the necessary training they need before they deploy," Stocks said. "Because of this training, our corpsmen, who are often deployed with Marines in the battlefield, can save lives that may not have otherwise been saved."

During his visit to the Habitat for Humanity site, Stocks met with volunteering Sailors, Habitat for Humanity key leaders and the recipient family.

"Wherever we live, we're proud to serve in any capacity we can and we are truly a global force for good," Stocks said. "Navy Medicine takes the American presence forward."

Also during Navy Week, Stocks and the Summer X-Games medical staff discussed shared initiatives both Navy Medicine and sports medical teams face related to emergency medicine and traumatic brain injuries.

Stocks Visits Comfort Sailors in El Salvador

Photo by Senior Airman Kasey Close

Rear Adm. Alton L. Stocks eats lunch with Sailors aboard USNS Comfort while the hospital ship is in El Salvador for Continuing Promise 2011.

Photo by MC2 Eric C. Tretter

Rear Adm. Alton L. Stocks speaks at an all hands call on board USNS Comfort while the hospital ship was in Acajutla, El Salvador, for Continuing Promise 2011.

Rear Adm. Alton L. Stocks, NMCP commander, watches a Salvadoran boy demonstrate proper hand-washing techniques during a tour at the Escuela Barra de Santiago medical site in El Salvador. USNS Comfort was there as part of Continuing Promise 2011, a five-month humanitarian assistance mission to the Caribbean, Central and South America.

Photo by Staff Sgt. Courtney Richardson

Rear Adm. Alton Stocks, second from left, watches personnel from USNS Comfort play soccer with a Salvadoran team while the hospital ship stopped in El Salvador to render humanitarian assistance.

Photo by MC2 Jonathan Davis

Virginia Beauties Visit NMCP Wounded Warriors

By MC2 Nikki Smith
NMCP Public Affairs

Photos by MC2 Nikki Smih

Miss Virgina Elizabeth Crot, Miss Roanoke Valley Outstanding Teen Andolyn Medina, and Miss Roanoke Valley Outstanding Preteen Sydney Carmony visited the Wounded Warrior Battalion–East Detachment at NMCP on Aug. 5. While visiting, they spoke and ate lunch with wounded warriors, performed songs and toured the Wounded Warrior Patriots' Inn.

The Wounded Warrior Battalion–East Detachment at Naval Medical Center Portsmouth received a visit Aug. 5 from Miss Virginia Elizabeth Crot, Miss Roanoke Valley Outstanding Teen Andolyn Medina, and Miss Roanoke Valley Outstanding Preteen Sydney Carmony.

While at NMCP, the ladies took a tour of the Wounded Warrior Patriots' Inn, spoke with wounded warriors, performed songs, and ate lunch in the galley. Crot sang "Amazing Grace," while Medina sang "Hero" by Mariah Carey. Crot, 23, from Chesapeake, also brought along a large donation of clothing and toiletries for the detachment.

"This is the least that I could do for our troops," Crot said. "These guys make so many sacrifices, and I wanted to give back to them. I really enjoyed being here and talking with all of them."

"It was really awesome to meet her," said Pfc. Nicholas Pratt, a Marine from the battalion. "She was fun to talk to and very down-to-earth. It's really nice that she took the time to come out to visit us."

Scenes for First Responder Video Taped at NMCP

Photo courtesy of Andy Backowski Photography

A video crew from Venture Media shot scenes for a video for Navy Personnel Command inside the Emergency Room at Naval Medical Center Portsmouth Aug. 5. Scenes for the video, "Critical Lifelines: The Role of the First Responder in Behavioral Emergencies," were shot at several locations around Hampton Roads.

NMCP's Emergency Department has a starring role in the video on suicide prevention aimed at first responders. Naval Personnel Command is producing the video, which will be released as a training tool later this year. In it, a service member becomes overwhelmed by work and life events and threatens to take his own life. His wife calls 911, and the Sailor is transported to NMCP.

Cmdr. Frank Dos Santos assisted the video crew in the Emergency Department, and Cmdr. James Denley portrayed himself as the chaplain.

See What You've Been Missing

Story and photos
by MC1 Elizabeth St John
NMCP Public Affairs

Since Naval Medical Center Portsmouth's Refractive Surgery Program began in 1998, approximately 60 to 70,000 service members have been able to return to their duties in the field with greatly improved vision, some with the best vision they have ever had.

The refractive surgery center at NMCP, the largest in the military, treats about 3,000 patients a year. But many people were discouraged from even starting the process to get on the list because the wait time for most was typically two to three years.

That is, until now.

"The wait list is shorter than ever," said Dr. Edward Levine, Refractive Surgery Program director and program founder. "The time you have to wait is at a historically low level. Don't not apply just because you think the wait list is too long."

Corneal refractive surgery or laser eye surgery is a fairly quick procedure where the cornea is reshaped, thereby correcting nearsightedness, farsightedness and/or astigmatism. The average wait time now at NMCP for most applicants is only six to eight months.

"We eagerly encourage all active duty military members who are interested in having corneal refractive surgery to apply and be added to our waiting list," said Mary Mitchell, surgical coordinator, Refractive Surgery Program. "Our goal is to provide the surgery to everyone who wants it and everyone who qualifies for the program."

NMCP performs two types of corneal refractive surgery. PRK, or photorefractive keratectomy, involves non-surgical incisions, a series of fine laser ablations to re-sculpt the cornea. With LASIK, laser-assisted in situ keratomileusis, the laser creates a thin flap that is lifted off the surface of the cornea, the underlying surface is treated with the laser and then the flap is put back in place.

Levine explained the visual outcomes are identical for the two types of surgery. He said the majority of patients will qualify for both, and they can choose which one they want. LASIK has additional criteria; mainly patients need a thicker cornea if they are having LASIK. PRK is recommended for those with dry eyes.

Dr. Edward Levine marks a patient's cornea before his refractive surgery at the NMCP Ophthalmology Clinic. This ensures the eye is properly aligned during the procedure, which takes less than 10 minutes.

Dr. Edward Levine, Refractive Program Surgery director and program founder, re-shapes a patient's cornea during a PRK surgery at the Ophthalmology Clinic at NMCP.

"It was a quick procedure," said Operations Specialist 1st Class (SW/AW) Dedrick Grayson, Joint Forces Command. "I'm glad I had it done. It's a mild and easy process."

"I loved it," said Information Systems Technician 2nd Class (SW) Carol Tsung, technical operator at Naval Computer and Telecommunications Area Master Station Atlantic. The staff "prepared me for everything. It was a little scary but it's very exciting for me to have corrected vision. It's the most awesome thing ever."

Tsung, who had the surgery six months ago, also pointed out the money-saving benefit of the surgery; no more having to buy contacts over and over or a pair of new glasses every few years.

But for forward-deployed service members, the surgery has proven to be much more than just something that makes their daily lives more convenient or saves them money over time. It has proven to be mission essential.

"People who we have treated who have gone to the field say it's a godsend," said Levine. "They give us specific exam-

— *See* **Laser**, *next page*

Riding Smooth:

Segways Provide Security Alternate Transportation

By MC1 Elizabeth St John
NMCP Public Affairs

In 2001, The Segway Company adopted its name from the word segue, meaning to move smoothly and unhesitatingly from one state, condition, situation or element to another.

Thus was born the Segway Personal Transporter — the first self-balancing transportation device.

The NMCP Security Department has been using this unique device for the last couple of years for events where large crowds are expected, such as those for viewing downtown Norfolk firework from Hospital Point during Harborfest and on the 4th of July, and the Elizabeth River Run.

"The Segways have allowed us to interact with the public at a more personable level," said Master-at-Arms 1st Class Breanna Palmer, Anti-Terrorism Force Protection/Physical Security leading petty officer. "People are curious and ask questions about them, and they tend to become more comfortable with security when we are approachable."

The Segway gives NMCP security easier and quicker access to people and areas than a patrol car would be able to.

"They are beneficial in the field," Palmer said. "The fact that they are compact and can be taken into the grass, or through crowds of people, allows us to respond quickly to a place where a full-sized vehicle may not to be able to."

Segways are battery operated and can last about three hours if doing a lot of stop-and-go traveling and, if taking it easy, they can last up to five hours.

"It gives us a great mode of transportation when we're doing our special events, which is when we normally use them," said Master-at-Arms 2nd Class Jonathon Walter, Auxiliary Security Force LPO. "It's kind of like having a bike patrol, just on Segways. They are very easy to use."

A Segway is fairly easy to maneuver; the movement is completely dependent on the rider. To move forward, the rider leans slightly forward. To go backward, the rider leans slightly backward. Of course there is the inevitable training, which must be done before being allowed to operate these eco-friendly personal transportation devices.

"Individuals will get a one-on-one lesson with someone who already knows how to operate the Segway," Palmer said. "The training consists of the basics of starting, stopping, steering, how to maintain balance and trouble shooting."

There is one drawback to these zero-emission and easy-to-use vehicles.

"It's kind of hard to affect an apprehension with it," Walter said. "We haven't had to do that yet. But we've brainstormed how we would do it if we had to."

Segways can reach speeds up to 12.5 miles per hour and have a range of up to 24 miles.

Photo by MC2 Riza Brigham

MA1 Breanna Palmer, ATFP/Physical Security leading petty officer and assistant antiterrorism officer demonstrates the Segway outside of Bldg. 1.

Laser — *Continued from previous page*

ples of how it has been a life saver. Individual service members have credited having the surgery with saving their lives."

Levine added that patients as consumers are benefitting because the procedure keeps getting better and better with advanced technology. But he also pointed out that while it only takes a few minutes, it is surgery and should not be taken lightly.

"It's a major, permanent surgery" he said. "It should be approached with respect and caution. Someone should only proceed if they're highly motivated to rid themselves or reduce their reliance on glasses or contact lenses."

Considering Laser Surgery?

Potential corneal refractive surgery patients must have at least one year left in the service at the time of surgery. To begin the process, patients should schedule a routine appointment with the Optometry Department at their nearest branch health clinic. The patient's medical record and the Navy Refractive Surgery Consult Form must be taken to the appointment. The doctor will complete a section on the form before it must be signed by the patient's chain of command. The form can then be faxed to the Refractive Surgery Clinic at 953-6136 for inclusion in the waitlist database.

A copy of the form can be found at www.med.navy.mil/sites/nmcp/Patients/Ophthalmology/Pages/RefractiveSurgery.aspx.

Leadership Development Continuum Graduates 56

Story and photo
by MC2 Riza Brigham
NMCP Public Affairs

"Know where you came from, know where you are going."

Those were some of the words of wisdom Naval Medical Center Portsmouth deputy commander Capt. Darin Via told the 56 graduates of the Leadership Development Continuum during the graduation ceremony for NMCP's first LDC July 29.

The 14-week program is geared toward first class petty officers who are chief petty officer selection board-eligible, teaching them Navy heritage and tradition, policy and procedure, and leadership. It is a combination of phase one and two of the new CPO 365 program.

The three-phase training process created by Master Chief Petty Officer of the Navy Rick D. West aims to improve the induction process for new chief petty officers. The third and final phase is chief petty officer induction.

The first class petty officers were divided into eight groups called ships. Each ship competed against the rest in academics, leadership and team-building skills. Sailors from team USS Constitution won the title "Best Ship" and were presented a plaque during the ceremony.

"Dividing us into ships is a great way to add more camaraderie among the group," said Legalman 1st Class Robyn Burton. "The ships were competitive with each other, and there was a sense of pride that grew as more time went on."

Building quality leadership skills in each Sailor is important to the program, according to CMDCM (SW/SS) Carl E. Morgan, NMCP command master chief.

"In order to lead, you must be able to follow," Morgan said. "Discipline, teamwork, communication and learning the principles behind becoming an effective leader is key."

"We tried to build them up to the leadership roles and responsibilities required to be a chief petty officer," said Senior Chief Hospital Corpsman (SW/AW/FMF) Kevin Kennovin, Public Health Services senior enlisted leader, who oversaw the creation and development of the LDC program. "We're trying to frontload the information given during induction and build that keel of information with the history and foundation of the Navy."

The inaugural program's curriculum was developed by the Chief's Mess Their goal was to get "back to the basics."

"During phase one, we took them back in time," Chief Hospital Corpsman Dianna Fricke said. "For instance, we reminded them that you can't teach people how to march if you don't know how to march yourself. We also re-introduced them to rules and regulations regarding uniforms and other inspections that (are) a part of being in the Navy."

Phase two was divided into two areas of leadership. Leadership 1 reviewed policies and procedures, taking care of their Sailors and writing evaluations. Leadership 2 included in-depth training on career tools such as Career Development Boards and Perform to Serve.

"We gave them more tools and options to further their career," Kennovin said, "while reminding them of where we have come from and where we need to go.

"And our Chief's Mess charges each one of them to come together as a group and pass this information on to their junior Sailors," Kennovin added. "Because it is those Sailors who will help them to one day put on anchors."

Hospital Corpsman 1st Class Maria Decena said the experience was valuable for all participants as they work towards making Chief Petty Officer.

"LDC showed us that we have numerous people who want to help and genuinely care about us and our growth in the Navy," Decena said. "Showing us that also showed us the importance of giving our junior Sailors the same sense of security. Thinking about it, that is the definition of the saying we all have heard — 'Sailors taking care of Sailors.'"

Via echoed the same sentiment during his remarks at the graduation.

"As leaders, we must care about the continued production of quality leaders," Via said, "so they can one day take over our watch and keep the Navy moving forward."

Of those 56 graduates of the inaugural LDC program, 12 made chief.

Fifty-six first class petty officers graduated from NMCP's first Leadership Development Course July 29, a 14-week course geared toward chief petty officer selection board-eligible Sailors.

FCPOA, CPOA Take Dodgeball Rematch Seriously During LDC

HMCS (SW/AW/FMF) Marsell Brown takes his best shot at a first class petty officer during a rematch game between the Chief Petty Officers Association and the First Class Petty Officers Association on July 21. Brown said the friendly competition was a way to show the FCPOA that the Chiefs Mess is always a source for mentorship and support but, "we still enjoyed beating them at dodgeball."

Photos by MC1 (SW/AW) Steven J. Weber

Members of the First Class Petty Officers Association's team react as they are pummeled with dodgeballs during the game July 21. The rematch was requested by the Chief's Mess after losing to the FCPOA the week prior during the first dodgeball game.

NMCP's First Class Petty Officers Association and Chief Petty Officers Association went head-to-head in a series of dodgeball games at the gym, July 21, with the CPOA winning three out of five games. The friendly games were an activity coordinated as part of NMCP's first Leadership Development Continuum.

Congratulations to NMCP's 2011 Chief Petty Officer Selectees

YNC (Sel) Renee L. Bass
HMC (Sel) Elizabeth Gracie
HMC (Sel) Kendra Green
HMC (Sel) April Harrison
HMC (Sel) Jessica Johnson
HMC (Sel) Harun Lucas
HMC (Sel) Brandon Mccray
HMC (Sel) Lasonya McDonald
HMC (Sel) Milagros Torres
HMC (Sel) Selinda T. Simmons
HMC (Sel) Melissa Leonard
LSC (Sel) Robert Brunell

Woof Walk Held during Dog Days of Summer

Story and Photos by MC2 Riza Brigham
NMCP Public Affairs

Portsmouth Fitness and Sports sponsored the inaugural Woof Walk on July 23 at Naval Medical Center Portsmouth — the two-mile event aimed to bring families together for a fun fitness activity.

Despite it being held in the dog days of summer, more than two dozen owners and pets participated. The perimter of the base was used for the walking path, with a stop in front of Bldg. 1 that offered a rest in the shade from the 94-degree heat.

At the end of the walk, cold water, dog bisuits and bananas were waiting, along with an award ceremony for those who had participated in the BFF Challenge during the week prior to the walk.

The group begins the trek at the Bldg. 276 gym.

MWR's Jackie Stiffler, Jennifer Hendrix, Zeny Hernandez and Skip Foy agreed the first-ever Woof Walk was a success, but they will hold the next event in cooler weather.

Miniature Dachshund, Winter, and "dad" Gerry Yumul from NMCP's Radiology Department began their walk with Winter leading the way, barking nonstop. By the end, Winter had had enough and demanded Yumul carry him.

Brittany Bailey and her German Shepherd, Bruiser, take a well-deserved rest in the shade after participating in MWR's first Woof Walk.

Woof Walkers round the bend to the finish line.

Most of the two dozen participants just before the walk began.

MWR Introduces NOFFS Program to ShipShape, Fitness Classes

Story and photos
by MC2 Riza Brigham
NMCP Public Affairs

Despite a Sailor's requirement to maintain physical fitness in order to achieve operational readiness, some have difficulty sticking to a good exercise and nutrition program. There are space constraints aboard ship. There may not be enough equipment for Sailors deployed to Iraq or Afghanistan. Time constraints can affect everyone, even those on shore duty.

The Navy Operational Fitness and Fueling Series program, introduced in June 2010, provides training resources that tackle these issues. NOFFS teaches exercises and offers the required nutritional guidance to help Sailors make positive choices.

Jennifer Hendrix, MWR fitness specialist, front, teaches the class to use exercise bands, one of the techniques in the NOFFS program, during an exercise class Aug. 17.

"Sailors said they wanted a workout program that would take away the guesswork of how to exercise, what to eat and to maximize their efforts in the process," said Jaqueline Stiffler, MWR fitness coordinator for Norfolk Naval Shipyard and NMCP. "They also wanted an exercise program they could use while deployed that wouldn't cause injuries."

NOFFS evolved in 2009 after Navy fitness experts began a review of then-current exercise programs. The goal was to decide how best to improve performance and reduce training injuries among Sailors. With the help of 750 Sailors, command fitness leaders and other health professionals, data was gathered from organized focus groups, personal interviews and surveys.

The Center for Personal and Professional Development partnered with Athletes' Performance Institute, a fitness industry leader, for all aspects of the design — resulting in a program containing four exercise series. These series are submarines (small training space), surface ships (moderate training space), large deck ships (large training space) and group physical training. The categories are further broken down to tailor different fitness and physical capability levels, providing opportunity for challenge and fitness growth for all participants.

The exercises replicate activities Sailors conduct in their operational duties, such as lifting, pushing, pulling and carrying.

"API looked at the primary movements Sailors use on ships and determined that developing strength and endurance to push and pull is a major area to focus on," Stiffler said. "And when you think about it, we use these movements all the time, like when grocery shopping, mowing the lawn and vacuuming the house."

Through the Navy Fitness website NOFFS link, participants can also design a specific meal plan to lose, maintain or gain weight.

NOFFS instruction has already been implemented into the ShipShape program and introduced in other exercise classes. NOFFS classes will be offered to all service members beginning in September.

"It was very well received," said Jennifer Hendrix, NMCP fitness specialist, referring to a recent exercise class she held which incorporated NOFFS. "A few class participants told me they liked the simplicity and the variety of exercises they were shown."

Lt. j.g. Louis Washington, business manager for the Directorate of Nursing Services, said the program and the exercise bands were very useful.

"It's better than stretching or exercising on your own," he said. "If you don't have an instructor, the cards can help you with variety and proper technique. The exercises are more challenging than you'd think."

NMCP MWR fitness leaders were trained in early 2011 and will train all command fitness leaders before the end of the year.

NOFFS series-specific instruction cards and "fit kits" are available for check out at NMCP's main gym in Bldg. 276. The kits come with flexibility straps and resistance bands. The instruction cards include step-by-step instructions and demonstration photos.

They offer various stages of progression, both in exercise and intensity levels. Only command fitness leaders who have taken the NOFFS instructor course can check out the group exercise kit. Individuals can check out "fit kits" and series instruction cards.

Photo by MC2 Nikki Smith

NMCP Sailors and an Emergency Medical Services member from Norfolk Navy Shipyard place a patient onto a litter during a mass casualty drill. Forty-two patients were triaged, decontaminated and then transported to the emergency room.

Photo by MC2 Nikki Smith

Right: Smoke fills the air around a survivor lying in the grass as first responders work their way to him.

Below: Emergency Medical Services assess "injuries" sustained by a "patient" during the mass casualty drill.

DRILL — *Continued from page 1*

The fire department immediately rescued casualties from the "burning" bus and took them to the Emergency Room nearby for triage as NMCP personnel set up a decontamination tent and used radiation detectors to examine and identify injured in need of decontamination.

"Being prepared for emergencies is critical to mission readiness for NMCP," said Cmdr. David C. Collins, director for Administration. "Preparing for multiple emergencies happening simultaneously is more difficult, but is just as important."

Areas tested in the drill were the coordination and response from the federal fire response team, along with many of NMCP's departments, including Security, Communications, Command and Control, the Emergency Department, and the Emergency Response Team.

Several wards including Labor and Delivery and the Intensive Care Unit were tested, along with Radiation Health, the Special Psychiatric Rapid Intervention Team, the morgue and the Armed Forces Blood Program. Each department and unit coordinated with each other as they dealt with the simulated casualties.

The mass casualty exercise was similar to one conducted in February as part of the annual nationwide Solid Curtain/Citadel Shield exercise, but was scaled up to include processes that must occur when the patient is within the hospital. A drill of this magnitude, which requires the coordination of virtually all departments within the medical center, had not been held at NMCP for a few years.

"A single emergency can temporarily disrupt services; however, multiple emergencies that occur concurrently or sequentially can adversely impact patient safety and the command's ability to provide health care, treatment and services for an extended length of time," Collins said. "The intent of this drill was to exercise all areas of the hospital."

During less extensive drills, the scenario would end with patients taken to the Emergency Room and would last about 90 minutes. With such a full-scale drill, patients were taken to various wards after assessment for their injuries and received appropriate simulated care.

"Overall, the exercise was very successful," Collins added. "The command was able to test our ability to communicate across a very large spectrum of departments. Knowing that we can do it will only add to the system and readiness."

Photo by MC1 (SW/AW) Steve J. Weber

Above: A "survivor" in the mass casualty drill hangs out a bus window while awaiting medical attention.

Left: Emergency room doctors at Naval Medical Center Portsmouth examine a mass casualty drill participant, portraying a critically injured patient.

Photo by MC2 Nikki Smith

Firefighters and Emergency Medical Services members transport a victim to the triage area.

Photo by MC1 (SW/AW) Steven J. Weber

Photo by MC2 Nikki Smith

Right: An injured survivor of the mass casualty drill waits for first responders to assess his injuries. NMCP staff and fire department, and Norfolk Naval Shipyard Emergency Medical Service responded to the drill involving the detonation of an improvised radiological dispersal device.

Photo by MC1 (SW/AW) Steven J. Weber

Comfort Brings CP11 to El Salvador for 10 Days

USNS Comfort departed Acajutla, El Salvador, on July 24 after spending ten days in port during the seventh mission stop of Continuing Promise 2011, providing medical, dental, veterinary and engineering services to the country.

The team of U.S. and partner nation medical professionals diagnosed and treated 8,257 patients during the mission stop at all three sites.

"The El Salvador mission stop is a great one," said Cmdr. William Scouten, a Naval Medical Center Portsmouth pediatrician on board. "I was here in 2005, and this is one of the countries where they actually have a fairly robust health care system. We see that here with all of the health education being conducted outside of the site by our host nation partners."

In addition to general medicine and dental care, patients received optometric and pediatric care, as well as physical therapy treatment. Four Salvadoran medical providers worked side by side with the embarked CP11 team at the three medical sites.

"It's an extreme honor to be here," said Air Force Capt. Kristine Andrews, a pediatric resident from NMCP. "I'm having a wonderful time, and I'll take many of the lessons that I've learned here back with me."

The CP11 team performed 113 surgeries, filled 14,077 prescriptions and saw 2,318 optometry patients. The CP11 veterinary team treated 380 animals at 14 different sites throughout El Salvador, bringing the total number of animal care sites for the mission to 92. The Seabee and Marine Corps construction team completed engineering projects at two different schools in the country.

Air Force photo by Staff Sgt. Courtney Richardson

Air Force Capt. Kristine Andrews, an NMCP pediatrician, explains common flu symptoms to a patient's mother at the Polideportivo medical site in Acajutla, El Salvador, July 15. The Acajutla site was one of three set up for medical care during Comfort's visit. During the stop, more than 8,257 patients were treated on the ship and ashore.

Photo by MC2 Jonathen E. Davis

Capt. Michael Mazzilli, an NMCP anesthesiologist, examines the inside of a woman's mouth at a pre-screening vital signs station at the Instituto Nacional Acajutla July 14.

Air Force photo by Senior Airman Kasey Close

HN Ronald Lavalle, Naval Dental Clinic Sewells Point, teaches a Salvadoran child about proper dental hygiene at the Escuela Barra de Santiago medical site on July 22.

Photo by MC2 Eric C. Tretter

HN Jamie Lee, NMCP Multi-Service Wards, holds a patient at the Instituto Nacional de Acajutla medical site in Acajutla, El Salvador, on July 17. The other patients are waiting to see a doctor, after standing in line to receive the paperwork they need to move forward in the process.

Comfort Makes Second to Last Stop in Costa Rica

USNS Comfort arrived in Puntarenas, Costa Rica, July 28 for its eighth of nine mission stops during Continuing Promise 2011. CP11 staff had a few days of liberty before beginning the 11 days of medical, dental, veterinary and engineering services in the country on Aug. 1.

While in Costa Rica, the crew triaged 8,376 patients. A majority received medical and dental care at medical sites in Puntarenas and Barranca, and an additional 139 patients were brought on board Comfort for surgery. This brings the total number of patients seen to date to more than 63,000.

On the first day of this stop, a line extended the length of a city block, as nearly 500 people waited in the heat to see a doctor. Many waited for several hours; some had been in line for days. One by one, each patient filed into a health clinic set up in a rugged Puntarenas gym.

Cmdr. William Scouten, a Naval Medical Center Portsmouth pediatrician and the director of the crew's medical services, said the line was much smaller than they had seen in other countries. He also said that the patients seen in Costa Rica arrived with less severe ailments and were in better health.

"The majority of the people we have seen here arrive with problems such as hypertension, diabetes and gastrointestinal disease such as diarrhea," Scouten said. "These are much less severe cases than what we dealt with in other countries. We can definitely attribute that to the high level health care that is provided in Costa Rica."

Patients who needed surgery did not have to wait in line, but were contacted by the Health Ministry and bused to the Comfort.

After leaving Costa Rica, the Comfort will travel to Haiti for its final stop before returning to the United States.

Photo by MC1 Brian A. Goyak

Air Force Capt. Stacy Donnelly, NMCP Pediatrics, examines a child at the Barranca Municipal Gym medical site in Barranca, Costa Rica, on Aug. 4.

Photo by MC1 Brian A. Goyak

Cmdr. William Scouten, an NMCP pediatrician, answers questions for the local media at the Barranca Municipal Gym medical site in Barranca, on Aug. 4.

Air Force photo by Senior Airman Kasey Close

HM2 Tanya Carr from NMCP puts a band on a patient before entering the Barranca Municipal Gym medical site in Barranca Aug. 5.

Photo by MC1 Brian A. Goyak

A child watches as HM1 Kimberly Edwards, Norfolk Naval Shipyard Dental Clinic, cleans his mother's teeth at the Barranca Municipal Gym medical site on Aug. 6.

Healthcare Resolutions Program Provides Assistance, Answers

By Sandy Saunders
NMCP Healthcare Resoltions

The best way to establish the essential physician/provider-patient relationship is through open communication and mutual trust. That goal led to the establishment of a Healthcare Resolutions Program at Naval Medical Center Portsmouth.

The Healthcare Resolutions Program provides a non-legal venue to resolve complex health care disputes, issues or concerns at the lowest level and earliest opportunity, ensuring a fair resolution process for all involved parties in a confidential and neutral setting.

The emphasis of the program is to assist the organization in "doing the right thing" when there are unanticipated or unintended outcomes of care, treatment, and services. The Special Assistant for the Healthcare Resolutions Program promotes an environment of transparency where concerns are discussed openly and honestly, system vulnerabilities are recognized, and a commitment is made to process improvements.

The Special Assistant becomes involved with patients and providers at the time of service delivery with typical interventions surrounding unanticipated or unintended outcomes of care, delayed diagnosis or misdiagnosis, documented or perceived medical or medication errors, patient-provider communication breakdowns, sentinel events, deaths, and whenever a patient is dissatisfied with their quality of care.

Additionally, the Special Assistant helps NMCP staff by providing disclosure training and coaching for practitioners. Early intervention is critical to achieving meaningful resolutions.

"In the past, NMCP has addressed patient issues to try to make their care as positive an experience as possible," said Capt. Darin Via., NMCP Deputy Commander. "Now we have a formal program that will assist our providers and our patients. It takes our commitment to quality health care to a higher level, and supports Navy Medicine's mission regarding patient and family-centered care."

While the program is fairly new at NMCP, the concept is not. The National Naval Medical Center in Bethesda, Md., was among the first hospitals to implement a Healthcare Resolutions Program. Other major hospital systems have adopted programs similar to Bethesda's.

"I serve as a compassionate face and voice of the organization when trust may be compromised, and a communication channel, change maker and dispute handler. I am a resource for patients, families, providers and the organization that assists in surfacing and resolving health care issues, said Sandy Saunders, NMCP's Special Assistant. "I facilitate and advocate for fair processes impartially and without bias."

Conversations are held privately so discussions about issues or conflicts affecting patient care at NMCP can be candid.

For more information or to schedule an appointment, call (757) 953-1493 or e-mail sandra.saunders@med.navy.mil.

Sandy Saunders heads the Healthcare Resolutions Program at NMCP. Saunders is a Navy retiree who has undergone intensive training to serve in this role. Even though she is employed by NMCP, she serves in a neutral capacity to resolve issues and concerns through dialogue and mediation.

Two Training Conferences at Portsmouth Renaissance

Sept. 13 – 16

To be added to the Autism Conf. wait list, contact Glenda Lewis-Fleming: Glenda.Lewis-Fleming@med.navy.mil

Autism and the Military Child Training Symposium

Autism and the Military Child

Sept. 13 – 14

Focus: A training symposium on autism spectrum disorders, with a specific emphasis on the needs of military children.

Who Should Attend: Anyone interested in ASDs to include Military family members and professionals who provide services and care for military beneficiaries.

43rd annual Macklin Symposium

Humanitarian Assistance

Sept. 15 – 16

Focus: To review challenges of HA efforts, discuss disaster medicine training requirements, and foster cooperation among the various stakeholders supporting HA efforts worldwide.

Who Should Attend: All who are interested in, or those who may be tasked with providing/organizing HA efforts.

Register for the HA Conference at: http://www-nmcp.mar.med.navy.mil/feedback/HAC/Registration.asp

Back-to-School Safety Day Offers Tips to Parents, Kids

Story and photos
by MC2 Riza Brigham
NMCP Public Affairs

As summer vacation comes to an end and children prepare to head back to school, thinking about back-to-school safety should be as important as back-to-school shopping. Naval Medical Center Portsmouth's Safety Department hosted the annual Back-to-School Safety Day Aug. 17, providing a one-stop shop of information for parents and children.

"This is always a popular event here at the hospital," said Lusi Moore, Occupation and Safety health manager. "We have great participants this year who have awesome safety tips to pass on to parents and their kids."

The event featured community organizations and representatives from NMCP departments sharing their best safety tips. Participants included the Vaccine Healthcare Center, Pharmacy Department, Nutrition Department, Dental Department, YMCA Portsmouth, Portsmouth Police Department, Chesapeake Police Department, GEICO, Navy Federal Credit Union, AAA, the Children's Museum of Virginia, American Red Cross, and Navy Region Mid-Atlantic Fire and Emergency Services from Norfolk Naval Shipyard.

The Chesapeake Police Department offered Ident-A-Kid child identification record kits to parents who requested them. The kit contains a pamphlet where parents can store their child's recent photo, fingerprints and other important information needed in an emergency.

NMCP nutritionists understand the challenge parents face getting their children to eat healthful lunches and snacks.

"One thing we are really stressing today is back-to-school nutrition," said Nicole Famularo, Virginia Tech dietetics student who volunteers with the Nutrition Department. "We suggest parents talk to their kids about what they eat while at school, whether packing a lunch or buying one, and make the healthiest choices possible either way."

In addition to nutrition, NMCP Dental Department encouraged good dental hygiene following healthful eating, addressing the challenge parents face in keeping their kids' teeth healthy when away from their toothbrush.

Donna Jordan, Portsmouth Police Department Crime Prevention Specialist, passes out bags of goodies during Back-to-School Safety Day.

"Many kids don't brush their teeth at school," said Hospital Corpsman Third Class (SW) Sopi Lork. "But what they could do is drink or rinse with water after eating lunch or sugary snacks."

Shelby Valente said the event was a great place for parents to inform themselves and their children of everyday dangers and areas of concern that school-aged children can come across. Valente was there with her son, Dominick, 8.

"I always stress taking care with regard to the usual things — crossing the street and dealing with strangers," Valente said. "I haven't talked to my kids about stuff like bullying. The booth here had great information about that subject, and I will definitely talk to my son more about it when we get home."

Moore estimated about 200 children and their parents attended the Back-to-School Safety Day event and went home with valuable information.

"So many of us are parents," Moore said. "After a summer of having our kids safe at home, we need to remind ourselves, as well as our kids, of safe, proper behavior when they go off to school."

Chesapeake police officer V.M. Simpkins helps Joshua Benton get his fingerprints recorded in his "Ident-A-kid" Child Identification Record.

Looking for PSD?

Personnel Office Moves to More Convenient Location

Story and photo by MC2 Nikki Smith
NMCP Public Affairs

After four years of planning, Naval Medical Center Portsmouth's Personnel Support Detachment made the move from Bldg. 272 to the main hospital complex Aug. 9.

PSD is now located in Bldg. 3 on the 9th floor. The new location allows more convenient access for customers, and frees up their former location to be used for a new TRICARE Call Center.

A customer service representative at NMCP's new PSD location answers a Sailor's questions about BAH.

"We've had more customers since we moved," said Chief Personnel Specialist (SW/AW) John Hibbs, senior enlisted leader for PSD. "This location is much more convenient for our largest customer base, which is hospital personnel. It's also better for the retirees who have appointments here, and our wounded warriors. Instead of having to drive to another building after their appointment, we're right here for them now."

Hibbs said the transition was smooth and a much needed upgrade. He worked hand in hand with Lt. Kristina Chenery, PSD division officer, to plan the design for their new location. While designing the new space, Hibbs and Chenery wanted to ensure there was enough room for customers to meet with clerks.

"We want our customers to sit down with a clerk and get a one-on-one interaction," Hibbs said. "We want the customer to know they have the full attention of the clerk so they are getting what they need."

With the move complete, upgrades are planned. As well as adding to patient waiting rooms to make wait times more enjoyable, new equipment will cut down on those waits.

"We have a need for a third ID Card lab due to the increase in customers," Hibbs said. "We are hoping to add that soon."

Leonard Thurman, PSD military pay technician, said he was pleased with the change.

"This is a better environment for us," Thurman said. "It is laid out better, and much more accessible for everyone."

For more information about PSD's services, call 953-5634.

6th Annual Out of the Darkness Community Walk

Sponsored by the American Foundation for Suicide Prevention

Join NMCP's Team Mental Health
Saturday, Sept. 10 at 8:30 a.m.
Mount Trashmore in Virginia Beach
Contact team coordinator Lt. Jennifer Shippy at 953-5257 or jennifer.shippy@med.navy.mil for more information about joining NMCP's team.

Survivors Of Suicide
Hampton Roads Support Group

For details about the Hampton Roads Walk, or to register individually or for another team, visit visit www.sos-walk.org.

This walk promotes good mental health and is especially for anyone who has been touched by depression or suicide. Help raise awareness of the disease of depression to prevent the tragedy of suicide.

DSS Recognizes GS Employee Super Stars

By Capt. Peter Roberts
Director of Surgical Services

The Directorate for Surgical Services recognized eight of its federal civilian employees with cash awards July 28 in recognition of exceptional job performance and contribution to Naval Medical Center Portsmouth's strategic plan, also known as the Pillars. These awards differed slightly from the standard civilian awards process in that workers recognized their co-workers directly.

"It was a great outpouring of mutual respect," said Capt. Peter Roberts, DSS Director. "People were proud to nominate those they work with."

More than two dozen nominations were submitted and those selected were members who perform substantially beyond expectations regularly and best epitomized the six pillars. The DSS staff embarked on a two-day mobile prize patrol complete with an enlarged check and a new pillar badge for each recipient.

Photo by MC1 (SW/AW) Steven J. Weber

The winners were Terri Bowesl, Neurosurgery; Jessie Conroy, Dermatology; Bill Douglas, Pain Medicine; Jim Drewiske, Ambulatory Surgery Center; Jaime Harris, Occupational Therapy; Kelley Jacobson, Orthopedics; Rita Rountree, Women's Health (pictured); and Diane Salsbury, Ophthalmology.

Photo by MC2 Nikki Smith

Magdycz Pinned Legion of Merit

Gen. Martin Dempsey, Army Chief of Staff, pins Col. William Magdycz, residency director of the Otolaryngology Clinic, the Legion of Merit medal Aug. 15. Magdycz was awarded the medal for his exceptional service during the nine years he worked at Naval Medical Center Portsmouth. He was also given his retirement certificate, shadow box displaying his Army achievements and letters of appreciation for him and his wife thanking them their faithful service.

Chudley Receives Purple Heart Medal

Rear Adm. Mark Handley, Commander, First Naval Construction Division and Naval Construction Forces Command, presented a Purple Heart Medal to Construction Electrician 3rd Class Aaron Chudley for injuries sustained while in Afghanistan.

Chudley was barricading a strongpoint construction site with his Seabee battalion when a sniper shot him in the abdomen, penetrating his body armor. He was medevaced from Helmand Province and arrived at Naval Medical Center Portsmouth on Aug. 15, where he is currently undergoing treatment and rehabilitation.

Photo by MC2 Riza Brigham

Sailor of the Quarter

As leading petty officer for the Substance Abuse Rehabilitation Program Portsmouth, Logistics Specialist 1st Class (SW/AW) Catherine Butler provided mentorship and guidance to 18 Sailors on a daily basis. Her leadership resulted in the completion of more than 305 assessment interviews. As leader instructor for IMPACT, she delivered 40 hours of classroom training to more than 40 active-duty personnel regarding the dangers of addiction. She also trained more than 75 newly appointed DAPAs on the management and administration of the command alcohol and drug abuse program and addiction warning signs.

Junior Sailor of the Quarter

As assistant leading petty officer of the general laboratory, Hospital Corpsman 2nd Class Tiffany M. Peltier led 40 technicians in processing 350,000 complex laboratory tests which directly contributed to medical assessments and diagnoses. She also implemented a plan to cross train nine personnel which improved productivity by 30 percent. As departmental career counselor, she mentored 172 personnel and administered 58 career development boards. Her efforts resulted in five re-enlistments, five perform-to-serve approvals and three C-School packages.

Blue Jacket of the Quarter

As laboratory technician at Branch Health Clinic Oceana, Hospital Corpsman 3rd Class Katherine A. Stafford skillfully performed more than 4,700 complex laboratory procedures with a less than two percent error rate. She operated and maintained lab equipment worth $150,000 with no supervision. As the training petty officer, her coordination of departmental training significantly contributed to the professional development of nine personnel.

Civilian in the Spotlight

Photo by MC1 (SW/AW) Steven J. Weber

Lusi Moore

Hometown: Philadelphia

Years of Naval Service: 31 years (10 years at NMCP)

Work Center: Safety Department

Job: Occupational Safety and Health Manager

What do you like most about your job? My favorite part of the job is supervising and managing Safety Specialist. Our team consists of incredibly professional people who are committed and dedicated to customer service. I am very proud to have such a great team.

What do you do in your off duty time/hobbies? I enjoy gardening and cooking.

Favorite movie: Pirates of the Caribbean (I love Johnny Depp!)

Favorite food? Spanish food.

Why was she nominated as Civilian in the Spotlight? "Ms. Moore has led several successful campaigns and has consistently worked behind the scenes to ensure the success of the Safety Department, as well as the members within the department," said Art Vogel, NMCP's safety manager. "She is proactive in every task she undertakes. She is sought out as a subject matter expert command-wide."

Sailor in the Spotlight

Photo by MC1 Elizabeth St John

HM2 Samson Olufunsho Oluwole

Hometown: Olathe, Kan.

Years of Naval Service: 10 years (four years at NMCP)

Work Center: Preventive Medicine

Job Title: Leading Petty Officer/Preventive Medicine Technician

What do you like most about your job? The people I work with.

What do you do in your off duty time/hobbies? Play soccer, lift weights, fish and eat out.

Favorite movie: The Godfather

Favorite food: Medium rare steak with mashed potatoes and asparagus

Anything else interesting about yourself that you would like to tell us? I take piano lessons on weekends.

Why was he nominated as Sailor in the Spotlight? "HM2 Oluwole is a well-rounded Sailor who is willing to take on any task no matter how large or small to benefit his Department, Directorate, his fellow Sailors and the Command," said Lt. Julia Nefczyk. "He works behind the scenes to manage several large programs, as well as assisting with the Command Fitness Program. His contributions have been invaluable."

Civilian of the Quarter

Barbara Hughes
Category I Administrative

Barbara Hughes, principal advisor to the Officer in Charge regarding civilian personnel management at Adm. Joel T. Boone Branch Health Clinic, provides exceptional customer service, and goes above and beyond to help those around her. Serving as PDPP liaison for the BHC Boone triad, Hughes coordinated mandatory training with Navy Medicine East representatives, ensuring all personnel were educated on the changes to their pay systems.

Working to promote employee recognition, she reviewed and revised 20 awards for civilian and active duty. Her exceptional knowledge of civilian personnel matters and compassionate customer service have made a direct impact on mission accomplishment for the BHC Boone triad.

Barbara G. Cailteux-Zevallos
Category II Administrative

Barbara G. Cailteux-Zevallos, a nurse specialist and resuscitative medicine training coordinator, provides oversight and management of all resuscitative medicine training courses, as well as supervising seven enlisted personnel and one civilian employee. Cailteux-Zevallos was instrumental in training 650 Department of Defense medical personnel and personally trained four Navy Medicine physicians to become advanced cardiac life support course instructors.

Dedicated to high-quality instruction, she provides guidance and mentorship to new instructors. Cailteux-Zevallos' skilled training ensured properly trained instructors are in place to provide deploying personnel the tools they need to treat the wounded, ill and injured.

Cailteux-Zevallos is committed to excellence and supports the Command's new strategic plan — the Pillars — by ensuring all staff are trained to care for the sick and wounded in the hospital and the field.

Photos by MC2 Nikki Smith

Andy Wyatt
Category I Clinical

Andy Wyatt, an Occupational Health health technician at Branch Health Clinic Sewells Point, accurately ensures performances and reports any discrepancies in the training of corpsman, civilian and other Occupational Health staff. Wyatt is dedicated team oriented employee. He effectively controls quality and completion of work, and has increased the operational tempo dramatically.

While working at the clinic, Wyatt has established himself as a highly proficient health technician always performing without hesitation to the needs of our patients. The operational tempo of the clinic has increased exponentially over the last three months, and Wyatt has excelled in keeping up with the demand.

August Awards

MERITORIOUS SERVICE MEDAL

Capt. William Cogar
Cmdr. Ziad Aboona
Cmdr. David Hardy
Cmdr. Amy O'Boyle

NAVY & MARINE CORPS COMMENDATION MEDAL

Capt. Jose Almaguer
Cmdr. James Lynch
Cmdr. Charles Reninger
Cmdr. Jamey Sarvis
Lt. Cmdr. Paul Albers
Lt. Cmdr. Jeffrey Hockett
Lt. Cmdr. Steven Holley
Lt. Cmdr. Abigail Marter
Lt. Walter Davis
Lt. Brent Driskill
Lt. John Landis
Lt. Sarah Ledford
LSC(AW/SW) Benita Bear
HMC Dina St Claire
HMC Paul Gilgallon
HM1 Amanda Mosley
HM2 Feng Xu

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Gregory Pomicter
Lt. Emad Daniel
Lt. Patrick Driver
Lt. LaDonyia Graham
Lt. Todd Gregory
Lt. Nicholas Guzman
Lt. Susan Hinegardner
Lt. Daniel Smith
Lt. Anthony Venegas
Lt. j.g. Demetrius Brown
Lt. j.g. Sarah Rushnow
Lt. j.g. Amanda Scott
HM1(EWS) Stephani Crosby
HM1(AW/SW) Jamie Banks
HM1(FMF/SW/AW) Kenneth Gracie
HM1 Gladys Jenne
HM1 Brenda Quintero
HM1(SW/AW) Clarence Savage
HM1(SW/AW) Delita Tolbert
HM1 Amber Vandyke
HM2 Marcia Baker
MA2 Gorman Clay
HM2 Valerie Griggs
HM2 Kristen Pollard
HM2 Brandin Terry
HM2 Casey Thompson
HM3 Michael Castle
HM3(SW) Dustin Eckhart
HM3 Chynita Motley
HM3(SW) Tamika Sherman
HN Shane Dixon
HN Ryan Hammond

Sarah Cullen
Category II Clinical

Sarah Cullen serves as charge nurse of the Internal Medicine Ward. While providing quality care to patients and their families, Cullen manages nine staff members per shift and actively seeks out opportunities to train junior nurses and corpsmen.

Dedicated to safe patient care, she was a key player and advocate during the shift from task nursing to team nursing, and independently created an educational pamphlet about the roles and responsibilities of team nursing. She is the go-to nurse for process improvement and change initiatives. Cullen also implemented a turnover tree, which provides a new way to pass information to staff members during rotating shifts.

Shipmate of the Month

Photo by SHSN Sarah Vargas

HN Joshua D. Allard, DCSS
HA Daniel J. Allen, DMS
HN Jessica L. Camacho, DPC
HN Marvina M. Saballos, DPE
HM3 Kimberly A. Whitfield, DSS
HM3 Wesley P. Harris, DNS
HA Annetta M. Rivera, DMH
HM3 Marc G. Alvaran, DPHS
HM3 John C. Orr, DDS
SH3 Sherry A. Rudolph, DFA

Officer of the Quarter Awardees Recognized

Photo by MC2 Nikki Smith

Rear Adm. Alton L. Stocks, Naval Medical Center Portsmouth commander, presented Officer of the Quarter awards Aug. 18. Senior and junior selectees were: Medical Corps: Cmdr. Frank Dos Santos, Lt. Cmdr. James Nederostek, Lt. Jennifer Cunningham; Dental Corps: Capt. Carol Barone-Smith, Lt. Cmdr. Richard Adcook; Medical Service Corps: Cmdr. David Hardy, Lt. Adonias Rosario; Nurse Corps: Lt. Jeffrey Miles, Ensign Amy Starling.