March 2012

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.

Charette Dies — *Page 9*

Kupke: Navy's Civilian Psychologist of the Year

By MC1 Elizabeth St John
NMCP Public Affairs

Naval Medical Center Portsmouth's Dr. Thomas Kupke has been named the Navy's Civilian Psychologist of the Year for 2011. Kupke, the Psychology Department's training director, was recognized by his peers in Navy Clinical Psychology. Kupke has now received the award twice, the first time in 2008.

The award brings recognition for his work that culminated in the Psychology Department's pre-doctoral internship program receiving full accreditation from the American Psychological Association. The unprecedented accreditation is for seven years — the maximum length of time granted.

"This is a stunning accomplishment for a program that is a little more than a year old," said Rear Adm. Elaine C. Wagner, NMCP commander. "Congratulations to Dr. Kupke for the significant impact his accomplishments have made and will continue to make to the Navy health care system."

Capt. Kevin R. Kennedy, NMCP's Director for Mental Health, agreed. "We are extremely proud of the work that Dr. Kupke and our training team have done and continue to do! An amazing amount of work went into our internship being fully accredited. What makes this accomplishment truly remarkable is that it came on the heels of the department's full accreditation for the Navy's-first Post doctoral fellowship program in Clinical Psychology. These two programs will have a lasting positive legacy not only for the professionals who are trained but also for the many many service members that receive care from the clinicians trained at Portsmouth"

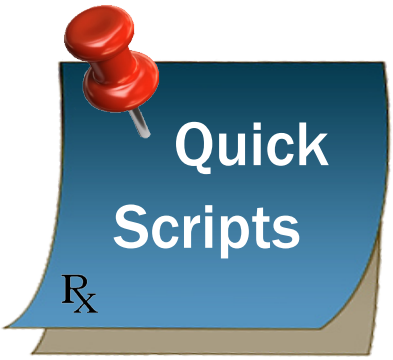
Kupke also had a hand in the Psychology Department's post-doctoral fellowship program, the only one in the Navy, also receiving full accreditation from the APA in 2010. Both programs being accredited translates into improved access to mental health care for service members and makes NMCP the primary

— *See* **KUPKE**, *Page 7*

HN Volunteers for Sexual Assault Awareness Video

HN Jonathan Dottin from the Day of Surgery Unit was in the spotlight March 16 when he volunteered to be in a CNO-directed video for Sexual Assault Awareness Month. A Navy video team, led by Lt. Shawn Eklund from Washington, D.C., set up in the post-anesthesia recovery area to get the shots of Dottin saying his lines for two videos. The team visited eight commands in two days to shoot the videos, which will air in April when Sexual Assault Awareness Month is observed.

Photo by Rebecca A. Perron



Spring 2012 PFA Cycle

Weigh-ins will be conducted April 16 - May 3 in the Command Fitness Office, Bldg. 3, 5th floor, 6 a.m. to 4 p.m. daily.

Runners/swimmers are required to perform their PRT within 10 days of weigh-in. Weigh-ins for bike/elliptical must be done 24 hours prior to event.

Those who use the bike or the elliptical for the cardio portion must call 953-5082 starting April 9 to schedule a time slot.

Testing begins April 17. May 3 is the last day for weigh-ins and medical waivers.

Get Ready to Vote

It's not too late to register and request absentee ballots for Presidential preference and state primaries held in April, May and June. Voters from these states should visit www.fvap.gov to view the Primary Election Calendar, register and request their absentee ballot. Those who have not received a ballot 30 days prior may submit the back-up Federal Write-In Absentee Ballot at www.fvap.gov.

Many states allow forms to be submitted electronically or give online ballot access. Voters should check their state's election website for information on candidates, elections, contact information, and links to their local election offices.

Contact NMCP's voting assistance officer, Lt. Bartholomew, at 953-5994 for assistance.

Run for The Dream

The USO is supporting the 2nd annual Run for The Dream, an 8k Fun Run/Walk, Kids Fun Run, and Half Marathon to support the Armed Forces Wounded Warrior Program.

The run is in Colonial Williamsburg and 600 volunteers are needed for various duties on May 18, 19 and 20.

For more information, or to sign up to volunteer, visit www.runforachievable-dream.com/uso, to sign up to volunteer through the USO.

Get Away on Liberty Shuttles

MWR will be offering shuttles this spring and summer to fun destinations such as Busch Gardens, Norfolk Tides games and the beach.

Trips are open to active duty and one guest 18 years or older. Tickets for Busch Gardens and Norfolk Tides can be purchased in the ITT office in Bldg. 3. Call 953-5081 for more information.

Naval Medical Center Portsmouth is on Facebook and Twitter

facebook

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 charitable organization servicing those who benefit the Hampton Roads Naval Medical Community. We 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.

Chaplain's Ministry in Afghanistan Earns Him Bronze Star

Story and Photo by SN Nina Howard
NMCP Public Affairs

Lt. Cmdr. Bennett C. Sandford, a chaplain in the Naval Medical Center Portsmouth Pastoral Care Residency program, was awarded the Bronze Star Medal for meritorious achievement and combat heroism on March 16. He received the award for unparalleled religious ministry during a 10-month deployment to Afghanistan from June 2010 to April 2011.

Sanford visited special operations force teams from Special Operations Task Force-West in 16 different locations throughout western Afghanistan. He was able to visit each team about three times.

He was primarily based at Camp Lotten outside of Herot, but providing support for the 1,400 special operations Marines found him traveling more than 6,500 miles to personnel spread out over 220,000 square miles.

Sandford's pastoral visits were normally three to five days depending on available flights. The visits required him to schedule 40 flights and to participate in 30 tactical ground combat movements, an aggressive schedule that exposed him to direct enemy fire.

"There was at least seven specific occasions when I was in the middle of enemy fire," Sandford said. "When I heard the whistle of the rocket coming for the first time in Afghanistan, it definitely woke me up, and then running to a hardened structure through machine gun fire was rather interesting."

Sandford said he didn't realize at the time that he was in so much danger.

"I thought I was totally safe to be honest," Sandford said. "The Marines had engaged the enemy, so I thought they had ducked for cover or run away. I had no idea somebody was still shooting at us. I probably shouldn't have moved."

Being in combat areas meant Sandford worked alongside medical teams, providing casualty care to Marines or Afghanis who had been injured.

"One time, I sat with an Afghan father whose son had been shot," Sandford said. "I just let him talk and cry. He was so distraught, so I actually got to pastor him."

But not every visit around the region was in the middle of hostile situations. He also conducted worship services which included communion, one-on-one counseling and prayers. He also assisted his service members with a little of everything, from construction at the site to stocking supplies.

Some of the time was devoted to relationship building, whether it was while he was working alongside the Marines or during workouts in one of the makeshift gyms.

"That helped build rapport and gave them an easy way to talk to me," Sandford said. "When we're doing something, it's easier to communicate."

One way Sandford helped the Marines feel at ease was to converse over a cigar.

"I would always make sure I had a supply of cigars to share with the guys," Sandford said. "Standing around at night, staring at the stars, we'd smoke a cigar together and have a good talk. All of these different ways allowed me to connect with them and give them a safe place to download."

Sandford said he was grateful for the opportunity to work with the special operations community.

"I thank the folks that I worked with," Sandford said. "The special operations community is a unique place to operate as a chaplain. This was an opportunity to come alongside mature adults and just support them in what they were doing."

And, he too was grateful to have been awarded for his effort.

"Receiving the Bronze Star is an honor, especially because it came from a Marine Corps unit, which was pretty humbling."

Since returning from the deployment, Sanford began the residency program at NMCP and recently learned he will be assigned to NMCP as a staff chaplain in October.

Lt. Cmdr. Bennett C. Sandford, a chaplain in the NMCP Pastoral Care Residency program, displays his award in the chapel after receiving the Bronze Star during a command award ceremony March 16.

National Nutrition Month Brings Health Fair, Crews into Shape Challenge to NMCP

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

The Health Promotions Department at Naval Medical Center Portsmouth participated in National Nutrition Month with a health fair on March 12 to highlight some of their programs and offered the 12th annual Crews into Shape Challenge.

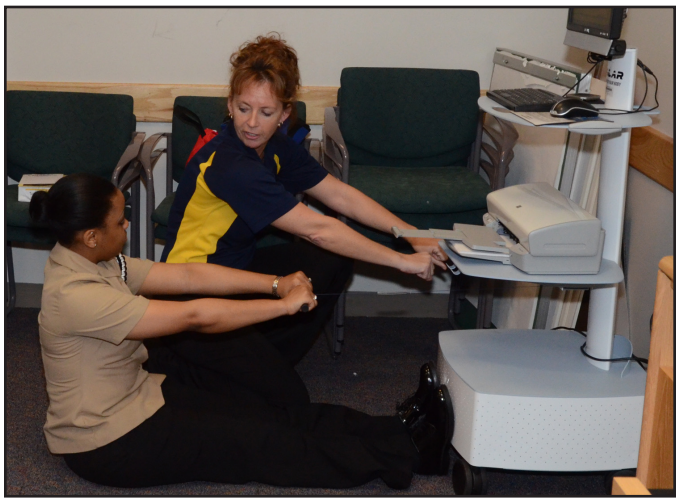
Interactive displays presented information about portion control, Choose my Plate, which replaced the food pyramid, supplements, energy drinks and models of the amounts of calories, fat, and sodium that are contained in various foods.

Another display had a five-pound piece of yellow rubbery sheeting that was fake fat, meant to simulate what the body fat looks and feels like.

"We would like to help our customers get healthier by improving their nutrition, exercise and other healthy habits," said Hospital Corpsman 3rd Class Satia Walston, leading petty officer for the Wellness and Health Promotions departments.

One display addressed poor diet habits, showing that a diet high in salt, sugar or saturated fats, along with decreased physical activity, zaps energy and actually increases cravings for more salt, sugar or saturated fat foods. Their suggestion is to break the cycle by limiting these foods and make healthier choices, like vegetables and fruits, whole grains and low fat foods, and to drink enough water each day.

Other departments participated in the health fair, including Command Fitness which offered courtesy body fat measurements, and Dental which had a display on dental health, with handouts of toothbrush, paste and floss.



Jacqueline Stiffler, MWR Fitness Coordinator, administers a Flexibility Test to HM3 Satia Walston, Leading Petty Officer for Wellness and Health Promotions, during the health fair.

"National Nutrition Month and Crews into Shape come at a good time, as it is after the holidays and cold weather," said Alice G. Fitzpatrick, community health specialist and weight management program manager for NMCP. "It is spring and people are going to shed the layers. People see this as a time to get in shape for their swimsuits and summer clothes."

HM3 Angelica Hernandez, left, and HM3 Satia Walston at the display on healthful foods during the Nutrition Fair on March 12.

Crews into Shape is a Department of Defense challenge that is sponsored by the Navy-Marine Corps Public Health Center. The four-week challenge is March 4 to 31 and is open to all DOD beneficiaries. The challenge involves setting goals, such as losing, maintaining, or gaining weight with teams of two to 10 tracking points for healthy eating and exercise habits.

Each week, each of the 14 teams in NMCP's challenge turn in their point lists, with the prize of hitting their goals and picking up some healthy habits.

"It's all about increasing awareness and trying to keep everyone healthy," Fitzpatrick said.

For more information about programs from Wellness and Health Promotions, visit their website at www.med.navy.mil/sites/nmcp/wellness.

A medical center patron peruses some handouts during the Nutrition Fair on March 12 in Bldg. 2.

March is National Kidney Month

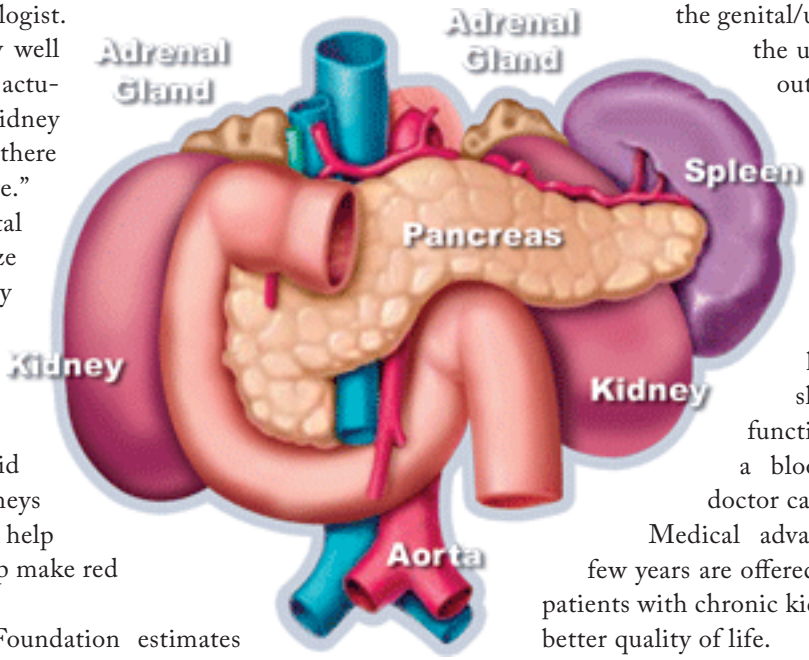
Know the Risks of a Silent Killer

By MC1 Elizabeth St John
NMCP Public Affairs

March is National Kidney Month and an appropriate time to focus on the risks and warning signs of chronic kidney disease. According to the National Kidney Foundation, one out of every nine Americans suffers from kidney-related disease. It is often referred to as a "silent killer."

NMCP has one of the Navy's largest nephrology clinics, serving approximately 780 patients per month. This includes patients from all branches of the service as well as their family members. For the smaller patients, pediatric specialist is on staff, since kidney disease can affect a person at any age.

"Approximately 10 to 20 percent of the country has chronic kidney disease, and it's estimated that 50 percent of them are undiagnosed," said Dr. James Fletcher, a Naval Medical Center Portsmouth nephrologist. "You can actually feel very well for a long time before you actually get symptomatic from kidney problems and, at that time, there is usually significant damage."



The kidneys are vital organs, each about the size of a fist, that perform many functions to keep the blood clean and chemically balanced. They act as filters, keeping what the body needs and getting rid of what it doesn't. The kidneys help control blood pressure, help keep bones healthy and help make red blood cells.

The National Kidney Foundation estimates that more than 526,000 Americans are currently receiving treatment for kidney failure. This includes more than 367,000 dialysis patients and 158,000 people with functioning kidney transplants. Every month, the number of Americans waiting for kidney transplants increases. About 83,000 patients are currently awaiting transplants.

Fletcher said the most common signs of chronic kidney disease are a general feeling of fatigue or illness and unexplained high blood pressure. Other symptoms to watch out for include an increased need to urinate, nausea, vomiting, poor appetite and unexplained weight loss. Diabetics and those who already have high blood pressure are at the greatest risk for developing chronic kidney disease.

National Nutrition Month is also observed during March. Good nutrition and maintaining a healthy weight are vital to preventing chronic kidney disease.

"Obesity can cause kidney disease," Fletcher said. "If your body is a Ford Escort and you have a oil filter for a Ford Escort and you gain more and more weight and now you're a bigger car and you're trying to put that filter on a Buick sedan, it can keep up for a while but the size of that filter was not designed for the larger body."

Fletcher emphasized that early detection is the key and he would rather see a patient who suspects kidney problems and have it turn out they are fine rather than a patient waiting years to come in and have progressed kidney disease.

"If you think something is going on, have it checked out," he said. "It's much easier to prevent kidney disease or slow the decline than it is to try and fix it. It will not be a wasted visit," he said.

Dr. Alison Christie, a surgeon in NMCP's Urology Department, stressed that pain anywhere in the genital/urinary tract or blood in the urine should be checked out right away. She also stated certain patients need regular kidney function tests.

"Anyone who is diabetic should have their kidneys checked regularly. If you have high blood pressure you should have your kidney function monitored. That's a blood test your primary doctor can do."

Medical advancements in the last few years are offered at NMCP are to help patients with chronic kidney disease maintain a better quality of life.

"From a urologic (surgical) perspective, the biggest advance has been starting a robotic surgery program, which gives us the ability to perform more minimally invasive surgeries on the kidney," said Christie. "This means shorter recovery time and less postoperative pain for patients."

Fletcher said that new medications help kidney patients with anemia feel better; new medications in the transplant sector help transplanted kidneys last longer and reduce complications after surgery.

Chronic kidney disease often goes undetected; know the risks, warning signs and symptoms. For more information, visit www.kidney.org.

Social Work Month Recognizes Profession Helping Others

Lt. Caleb Steele
NMCP Licensed Clinical Social Worker

The growing profession of social work is nationally celebrated during the month of March. A profession rooted in human rights and philanthropy, social work is continually expanding, particularly within the Uniformed Services.

Lisa Davies-Morris, Naval Medical Center Portsmouth acting department head of Social Work, recognizes the importance of the social work role in acknowledging the inner strength and resilience of each person that crosses her path.

"During my decade of working in the NMCP Social Work Department, I have become increasingly aware of how many people have been truly inspirational in being able to overcome tremendous adversity and subsequently lead empowered, productive lives," Davies-Morris said.

A special thank you to all of our social workers and the health care team dedicated to the treatment of those we serve!

Social workers recognize the connection between physical health and other dynamics, such as emotional well-being, social support and mental health. Social workers can assist in alleviating problems which have the potential to adversely impact the process of healing, problems including trauma, poverty, fear, violence, addiction, a lack of social support and pain.

"What I enjoy most is the opportunity to introduce patients to social work's unique 'big picture' approach to care — our beloved 'systems theory' — while helping them to deal with their own personal situations," said Bonnie Kroll, a clinician with seven years of experience at NMCP. "They can do this by tapping the emotional and psychic resources hidden within themselves."

Social workers advocate for patients using the tools of education, therapy, psychosocial assessment as well as community resource referrals, and are excited to help patients enhance their quality of life through the continued partnership between excellent health care and psychosocial treatment.

Social workers also serve outside of traditional medical settings where stress-related conditions are common and the emphasis is placed on preventative mental health.

"Operational social work is an opportunity to create positive change in places where service members need it the most," said Lt. Jaclyn Fischer, liscenced clinical social worker.

Social workers are experienced in working with a variety of issues, including the psycho-social impact of debilitating disease, abuse and neglect and traumatic injury, as well as grief and bereavement services. They can help guide service members through their most challenging times and help them feel like they not only survived but also prospered under adversity.

"The basics of human behavior in the social environment are a focus of any social worker, and in a war zone, the focus remains the same," Fischer said. "The differences in an operational setting are environment-specific stressors and access to care, which support the dire need for social workers to have 'boots on the ground,' or a physical presence, in order to best understand and help struggling Sailors and Marines in their times of need."

Active duty and civilian social workers at NMCP are honored to serve their beneficiaries. They may have complex problems unique to military life; however, they are also known for an extraordinary ability to overcome and adapt to challenging circumstances.

NMCP's Social Work Department is located in Bldg. 3, 4th floor, and can be reached at 953-5861. Consults can be phoned in directly or sent through the CHCS electronic referral system.

Photo by SN Nina Howard

Fisher House Vice Chairman Visits Staff, Wounded Warriors

Audrey Fisher, Vice Chairman of the Board of Trustees of the Fisher House Foundation (fifth from left), shares lunch with Fisher House staff, Wounded Warriors and family members during her visit March 6 to show her appreciation for the sacrifices of service members. The Fisher House provides free lodging to military families and veterans who receive treatment at NMCP.

Bone Marrow Registration Drive Held

With a swab on the inside of the cheek, Apheresis Technician Eric Allen gathers saliva from HN William Erhard during a Bone Marrow Registration Drive on March 2. Erhard will be listed with the C.W. Bill Young Department of Defense Marrow Donor Program, which was named for the congressman who initiated the National Marrow Donor Program and the DoD program for unrelated donor marrow transplants. Active duty service members, their dependents, DoD civilian employees, Coast Guard, National Guard, and Reservists, ages 18 to 60, are eligible to participate.

Photo by MC1 Elizabeth St John

KUPKE — *Continued from page 1*

being accredited translates into improved access to mental health care for service members and makes NMCP the primary training site for psychological programs within Navy Medicine.

"Dr. Kupke is the first two-time winner of this award, and while we like to spread the wealth in giving this recognition, there was no denying his accomplishments this year," said Capt. John Ralph, Psychology Specialty leader and deputy commander for Behavioral Health, Walter Reed National Military Medical Center. "A few short years ago, Portsmouth had no psychology training programs. While many people had a hand in this accomplishment, the lions work was done by Dr. Kupke.

"As our community grows, the only way we've been able to even come close to meeting demand has been to grow our training programs, particularly those at Portsmouth," Ralph continued. "Getting these programs accredited is arguably the most important accomplishment in the Navy psychology community over the past decade."

Kupke credits his entire team for the fact that NMCP now has the largest training program in the Navy for clinical psychologists.

"It's an honor to receive this award, but it's largely a reflection of what the psychology training team here accomplished, more so than me," Kupke said. "To go from no training activity to become the largest training activity in the Navy was a major step for us."

Kupke knew that getting the internship program accredited last year would be a difficult endeavor. The application itself consisted of 500 pages.

"To some extent I was the architect, but an architect only ends up with a pile of papers," Kupke joked. "Until you have the people who actually put everything in motion you don't have a product. It was much easier being the architect than doing all the heaving lifting, getting everything to work out. It was clearly a team effort."

Now, thanks to Kupke, the Psychology Department plans to graduate seven interns and two post-doctoral fellows per year.

New DoD Website

Military Kids Connect

Check out the Department of Defense's new website for children who are experiencing the challenges of military deployments. The site is for kids, tweens and tweens between 6 and 17 and provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return.

The site helps children of deployed parents cope with the stress, changing responsibilities, and concern for the safety of their parents.

Visit www.militarykidsconnect.org.

A Look at Patient Safety from All Perspectives

Story and Photos by MC1 Elizabeth St John
NMCP Public Affairs

It was a sea of staff, patients and family members in the main passageway of Bldg. 2 as various departments and branch clinics set up their displays during Naval Medical Center Portsmouth's Patient Safety Awareness Fair March 7.

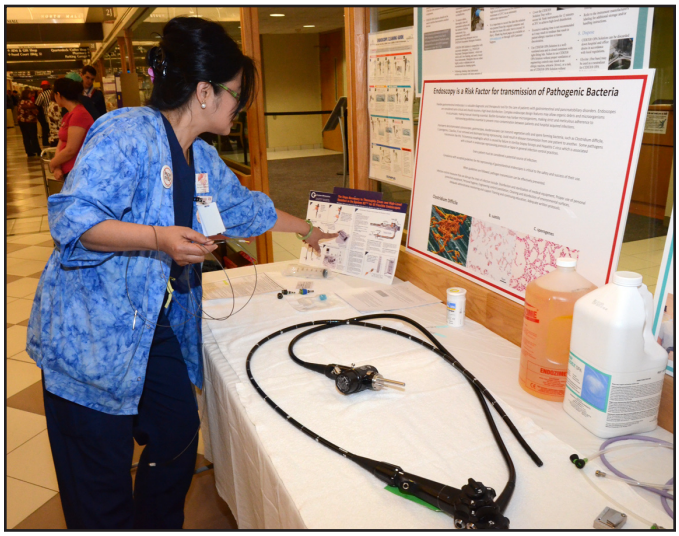
Among the 48 entries demonstrating patient safety were representatives from Branch Health Clinic Boone, Main Operating Room, Laboratory, Vaccine Health Care Center, Gastroenterology and the Immunizations Department.

Staff stressed the importance of preventing falls, cleaning equipment properly and counting all surgical instruments — both before and after surgery. But there were also a couple of displays about topics that don't normally spring to mind when one thinks about safety.

"Lack of handwashing is the number one cause of illness in the world," said Shirley Davis, nurse consultant with Infection Control. "Germs grow on your hands. That's why it's really important to wash your hands. The CDC estimates that one third of nosocomial (hospital-acquired) infections could be prevented by just plain handwashing."

The Infection Control display afforded the opportunity for patients and staff to see all the germs on their hands under an ultraviolet light. Then they washed their hands and looked again to see the difference. Davis said everyone was "amazed" at the difference.

Another aspect of patient safety is keeping patients medical information from falling into the wrong hands. This is where HIPAA, the Health Insurance Portability and Accountability Act, comes into play.



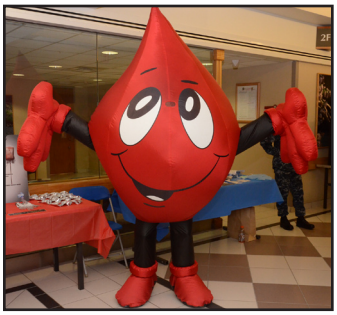
Zenaida Limon from the Gastroenterology Clinic demonstrates proper Endoscope processing and explains the many precautions that must be followed to ensure the Endoscope is ready for the next patient.

The Department of Quality Management presented "The Table of Shame," challenging those who passed by to see if they could spot everything wrong with the patient prepped for surgery.

"It's more than just protecting patients from fall, spills and wrong surgery sites," said Lt. Lucrecha Calleance, Patient Administration division officer.

"Here at NMCP, we do our very best to maintain the privacy of their information and to prevent their information from becoming compromised in any way," she added. "If we don't protect their personal information and their private health information, it's just as damaging as them falling on a wet floor."

NMCP's Patient Safety Awareness Fair was held in conjunction with the nationwide 2012 Patient Safety Awareness Week Campaign. The theme this year was "Be Aware for Safe Care."



The Laboratory Department's drop of blood was a big reminder of the caution needed anytime blood is drawn from a patient. He attracted a lot of attention at the fair.

Infection Control set up a box with an ultraviolet light to show staff and visitors just how dirty their hands are. The CDC estimates that one third of hospital-acquired infections could be prevented by just plain handwashing.

Staff Mourn Charette's Passing

Master Chief Hospital Corpsman William Charette, for whom Naval Medical Center Portsmouth's Charette Health Care Center is named, died on March 18 due to complications after surgery. Charette last visited NMCP during the dedication of the Charette Health Care Center on April 30, 1999.

NMCP staff observed a moment of silence and placed a wreath under his portrait on the Quarterdeck March 22 at 1:30 p.m., which coincided with his funeral in Florida.

HMCM William Charette during the dedication of the Charette Health Care Center on April 30, 1999.

Charette was awarded the Medal of Honor for gallantry by President Dwight D. Eisenhower on Jan. 12, 1954. He was one of five enlisted Sailors to receive the nation's highest military medal for valor during the Korean War.

While serving with the Marines of Fox Company, 2nd Battalion, 7th Marines in 1953, Charette threw his body on top of a patient during a grenade attack on Marine Outpost Vegas. In separate incidences, Charette used his battle vest on a patient, used parts of his own uniform to dress wounds and stood up in a trench to tend to a patient during gunfire.

In May 1958, while on board USS Canberra, Charette had the honor of representing Korean War veterans in selecting World War II remains to be placed in the Tomb of the Unknowns in Arlington National Cemetery.

Charette's duty stations included the Naval Hospital in Charleston, S.C.; 1st Marine Division, Korea; USS Quillback; USS Triton; Fleet Ballistic Missile Training Center, Charleston; USS Daniel Webster; Naval Hospital, Orlando, Fla.; USS Simon Bolivar; and at the Recruit Dispensary, Orlando, where he retired on April 1, 1977.

Photo by SN Nina Howard

NMCP staff observe a moment of silence and place a wreath for retired Master Chief Corpsman William Charette below his portrait at the Quarterdeck. The moment of silence coincided with his funeral in Florida.

Patient Safety Fair Poster Contest Winners Announced

Rear Adm. Elaine C. Wagner, NMCP commander, congratulates winners from Branch Health Clinic Boone: HM1 Kwajalien Webb, HM2 William Pigford, HM3 Jeremy McCullum, HM3 Steven Holmes, HN Porsacha Stokes and Lt. Jeff Miles (not pictured).

Rear Adm. Elaine C. Wagner, NMCP commander, announced the winners of the 2012 Patient Safety Fair Poster Contest March 8 and presented certificates to the teams who won in Bldg. 1.

"The competition from each of the 48 groups was truly inspiring and speaks volumes about our staff," Wagner said. "They have been recognized for their exceptional commitment to patient safety by engaging our patients in effective, positive partnerships and for ensuring that NMCP remains the "First and Finest!"

First place went to Boone Branch Health Clinic for their display of "Prevention of Harm from Falls-Hospital, Home, & Community."

The Main OR earned second place for "The Count," which emphasized the importance of counting all instruments and sponges before and after surgery.

Third place was awarded to the Emergency Medicine Department for their display "Appropriate Administration of Acetaminophen."

CMDCM Morgan Retires after 30-Year Career

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

March 9 was a big day for Command Master Chief (SW/AW) Carl E. Morgan, who capped off a 30-year career with a retirement ceremony in the auditorium. Morgan, the CMC for Navy Medicine East and Naval Medical Center Portsmouth, was surrounded by more than 300 family members, friends and NMCP staff as he said goodbye.

Those in attendance included his son, Lance Cpl. Carl J. Morgan; Force Master Chief Sherman Boss, Navy Bureau of Medicine and Surgery; Capt. John Fuller, Morgan's former commanding officer on board USS Mason; and Command Master Chief (SW/AW/FMF) Terry Prince, the Command Master Chief for the Navy Medicine National Capital Area and Walter Reed National Military Medical Center.

Rear Adm. Elaine C. Wagner, commander of NME and NMCP, presided over the retirement ceremony and presented Morgan with the Legion of Merit. Morgan chose Rear Adm. Alton L. Stocks, former commander, as the guest speaker because of the time the pair spent working and traveling together and Stocks' sense of humor.

"Today, we bid fair winds and following seas to a sailor's Sailor, a loyal shipmate and a trusted friend," said Stocks, who is currently the commander of Navy Medicine National Capital Area and Walter Reed National Military Medical Center.

Prior to speaking about Morgan and his career, Stocks presented him with a gag gift – a box of Honey Buns and a six-pack of beer, because Stocks knew he has always been a fan of lime-flavored beer.

Morgan also received a shadow box containing mementos reflecting his career, presented by Master Chief Hospital Corpsman Dana R. Goodwin, NMCP deputy CMC, and a Replica 1851 Civil War Navy Revolver presented by Senior Chief Hospital Corpsman Marsell Brown of Plans, Operations and Medical Intelligence.

After the ceremony, Morgan reflected on his career, one that began and ended at NMCP.

"It was awesome to have NMCP as my first and last command," Morgan said. "It was like everything had come full circle. They say you can never go back, but it was great to be able to finish up at the same place I started and see the big differences and the changes from when I was an E-1 to when I retired as a master chief."

After completing basic training and Hospital Corpsman "A" School in 1982, he reported to NMCP, which was then known as Naval Regional Medical Center Portsmouth.

He then attended Basic Lab Technician "C" school and served at naval hospitals in Millington, Tenn., and Yokosuka, Japan.

After seven years of duty at medical commands, Morgan attended Basic Enlisted Submarine and Independent Duty Corpsman School in Groton, Conn. He reported to USS Gurnard in San Diego and experienced numerous deployments in the Western Pacific.

Morgan graduated Summa Cum Laude with a Bachelor of Science in Health Care Management from Trident University International. He was awarded the Meritorious Service Medal, the Navy

Rear Adm. Alton L. Stocks, commander, Walter Reed National Military Medical Center, and former commander, NME and NMCP, and CMDCM (SW/SS) Carl E. Morgan share a laugh over a gag gift of Honey Buns and some beverages.

Rear Adm. Elaine Wagner, NMCP commander, presents CMDCM (SWS/SS) Carl E. Morgan his Certificate of Retirement.

HMCM (SW/SS ceremo

CMDCM (SW/SS) Carl E. Morgan is piped aboard for his retirement ceremony.

Commendation Medal (three gold stars) and the Marine Corps Achievement Medal (three gold stars) among other awards.

In December 2005, Master Chief Morgan was selected for command master chief, reporting to USS Mason in Norfolk and then became the CMC for Base Command Group in Al Asad, Iraq. In 2009, Morgan reported to NMCP and NME.

Morgan plans to casually look for a job in the area and if he hasn't been hired in a few months, he will head back to school.

HMCS Marsell Brown presents CMDCM (SW/SS) Carl E. Morgan with a retirement gift — a Replica 1851 Civil War Navy Revolver — from the Chief Petty Officer's Mess.

CMDCM (SW/SS) Carl E. Morgan watches on from the background as his flag is folded during his retirement ceremony.

(SCW/SW/AW) Dana R. Goodwin, deputy CMC, presents CMDCM S) Carl E. Morgan with his shadow box during his retirement ony.

HMCM (SCW/SW/AW) Dana R. Goodwin salutes CMDCM (SW/SS) Carl E. Morgan after presenting Morgan with his flag.

Lifestyle Changes Improve Health, Inspire Others

By Cathy Heimer
Jet Observer

Dr. Melvin S. Farland has a highly effective motivational tool that he keeps in his office at the NAS Oceana Branch Health Clinic. The physician maintains a "You Can Do It" board, with before and after photos of at least 10 patients, who have been successful in their quest to lose weight, lower cholesterol or blood pressure and even decrease medications.

One of his biggest success stories has been retired Air Force Lt. Col. David P. Hawkins, 54, who, with diet and exercise, has gone from a 44 to a 32-inch waist, as well as lowering his blood pressure and cholesterol to the point of not needing medications or monthly monitoring.

Photo by Harry Gerwien

Retired Air Force Lt. Col. David P. Hawkins has his blood pressure checked by Dr. Melvin S. Farland at the Oceana Branch Medical Clinic on March 6. Because of his lifestyle changes, including diet and exercise, Hawkins has lost weight and reduced his cholesterol and blood pressure to the point where he no longer needs medication to control either.

"David continues to inspire me as a physician to motivate other patients in doing the same or at least controlling their current chronic medical problems. By showing his pictures and sharing his story, other patients are slowly changing their life also," said Farland.

The physician himself has been inspired by his patient's transformation. "He keeps me in check. I was overweight myself and have lost weight because of David," said Farland.

Hawkins' transformation began in July 2009, nearly a year after his retirement. While active duty, Hawkins served as the executive director to the Air Force's Director of Intelligence and as he was preparing to attend the general's retirement at the Pentagon that summer, he explained, "I felt somewhat embarrassed about what I had let myself become."

In just a year, his weight had ballooned to 230 pounds and his blood pressure averaged 130/80. Farland had been warning his patient for nearly a year that he needed to take better care of himself and Hawkins decided it was time to follow that advice.

And Hawkins had another reason for changing his lifestyle; his father had a major heart attack at age 49; a second one killed him at age 68. He shared other similarities with his dad – both were retired military and both had high blood pressure. Although "we had the same lifestyle," Hawkins admitted he wasn't concerned about the family history until he ended up in the emergency room earlier that year, with a serious case of dehydration from a diuretic he was taking.

"It was one of those where the 'lights came on' and I said, 'You know, if you don't change your way, you won't see 60,'" explained Hawkins.

Although he fought the idea of medication, it was during his tour at the Pentagon the flight surgeon told him, "it was time to bite the bullet and do it." He -

This photo of Hawkins was taken a year after his retirement from the Air Force. He had ballooned up to 230 pounds with a 44 inch waist.

egan taking blood pressure medication in December 2001 and over time, his daily dosage of Lisinoprol had slowly crept from 5 to 40 milligrams by July 2009. At the same time, he was also taking 40 milligrams of Lipitor for his high cholesterol, which still averaged over 200.

After his retirement, Hawkins put his intelligence background to good use, working with Distributed Common Ground/Surface Systems, an enterprise to interlink intelligence information to the widest number of people possible. He works for Spectrum Comm Inc., assigned to the Joint Chiefs of Staff J2 (Intelligence), located at Naval Support Activity Norfolk.

Farland wasn't the first doctor to strongly recommend Hawkins make some changes in his lifestyle. "I was always being told 'you're borderline — exercise and diet,'" said Hawkins. While he made some attempts at change, the retired officer admits it wasn't wholehearted — until that summer.

So with Farland's guidance, Hawkins "went back to the basics" by increasing his physical activity and watching his

— *See* **LIFESTYLE**, *next page*

LIFESTYLE — *From previous page*

diet. He knew he had to severely cut back on alcohol consumption." I did not want to believe how bad it messed with your blood work numbers," he said.

While Hawkins admits "It sounds corny, but every day I would get up and say, 'I'm not drinking today.'"

He's often been asked how much did he drink and answers, "a couple of beers a day, some wine with dinner. And then there are some times on the weekend, you go over that amount."

"Growing up in the military when I did, in the fighter squadrons, it was just common — you worked hard, you played hard," said Hawkins.

While he was able to stick to his "rule" of not drinking, Hawkins admits to struggling with the diet part of his new lifestyle. "It took a long time," he said.

Three months into it, he said he wasn't exactly seeing the change he expected and he asked himself, "Why am I doing this?"

Although he wasn't seeing immediate change, he chose to stick with his regimen. He also joked how his wife Carol told him he would succeed because of his stubbornness.

Carol had been concerned about his health and was glad to see the transformation, said Hawkins. She also made sure there were healthy meals with fresh fruit and vegetables and "she never nagged me when I started to slip," he said.

After three months of hard work, Hawkins said "it just started to click," and what he first noticed was how much "bulk" he was losing from his body. At the same time, his waist and neck sizes were decreasing, as was his blood pressure and cholesterol.

Another benefit to the lifestyle change was fewer visits to Farland to monitor blood pressure and cholesterol levels, going from monthly to quarterly visits and then to every six months.

He added daily bike riding to his routine, and he now averages up to 40 miles on weekends. Hawkins also keeps busy with Waggin Tails Labrador Retrievers, a dog-breeding business. The dogs, who are part of their family, also require a lot of time, attention and exercise — something else that keeps him active.

By October 2010, he was off the Lisinoprol and was able to monitor his blood pressure at home; it now averages 112/78. By December 2011, he could stop taking his Lipitor and his fasting glucose level also returned to normal.

Hawkins has plenty of motivation for sticking to his new lifestyle — his two sons and daughter. "My daughter wants me to walk her to the altar when the time comes," he said.

While he admits the transformation wasn't easy, the results have been worth it. "You've got to make time to take care of yourself. By making time now, you're probably making more time for yourself in the future," said Hawkins.

Recovering Warrior Task Force Focus Groups Come to NMCP

Photo by Deborah Kallgren

Members of the Recovering Warrior Task Force visited Naval Medical Center Portsmouth March 12. Task Force Members participated in focus groups with recovering warriors and their families. The focus groups provide RWTF with a real understanding of the experiences of recovering warriors and the programs offered to them and their families. Here, members are flanked by Capt. James Hancock, left, and Capt. Darin Via, right.

American Red Cross Volunteen Program

Do you have a son or daughter between 14 and 17 who wants to volunteer at NMCP this summer? Then the Red Cross Summer Youth Program is perfect for them. The program runs from June 25 to Aug. 24. Both parent and teen must have full base access (Military ID Card).

Orientation

June 18 and 20 in the Orthopedics Conference Room, 3rd Floor Bldg. 3 from 8:30 a.m. to noon. Parents/guardians must attend the first day of orientation.

Applications

Pick up at the Red Cross Office Bldg. 3, 4th Floor, Room 4.1-147, beginning April 16. They must be completed, returned to and reviewed by Red Cross staff between 8 a.m. and 3 p.m. no later than May 18.

For additional information, contact the Red Cross Office at 953-5435.

March is National Colorectal Cancer Month

Be Aware of Risks of Second Leading Cancer Killer

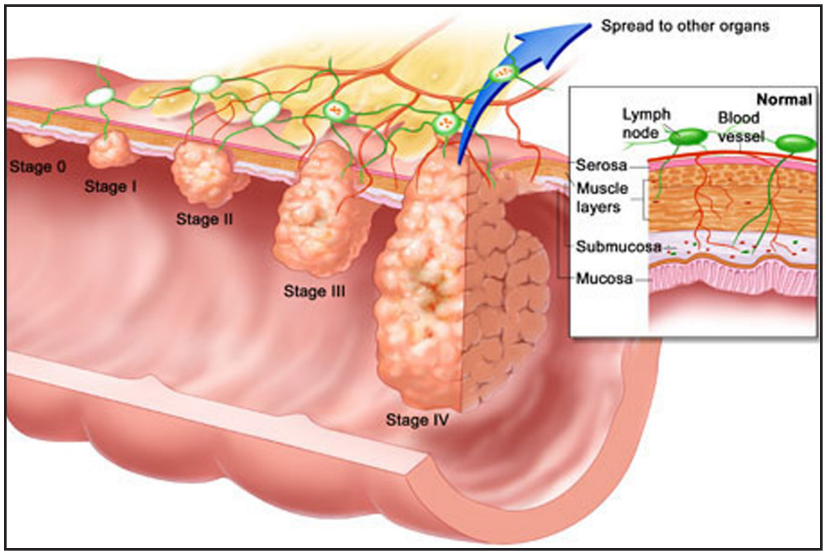
Zenaida D. Limon, RN
Gastroenterology Clinic

March is Colorectal Cancer Awareness Month. It's an illness no one likes to discuss. And, for many of us, colorectal cancer is embarrassing to talk about. The Gastroenterology Clinic is marking its 6th year of campaigning for colorectal cancer.

Colorectal cancer still seems to be on the list of unmentionables. And, it is still the second most prevalent cancer in the U.S. and one of the most preventable cancers as well. There is a 90 percent cure rate when colon cancer is detected early. Screening colonoscopy detects and remove growths in the gut can reduce the risk of death from colon cancer. Colorectal cancer is preventable, and is easy to treat and often curable when detected early.

The American Cancer Society recommends both men and women begin having screening tests at age 50. Some recommend that African Americans begin screening at age 45. People with certain digestive diseases (such as ulcerative colitis) or a family history of colon cancer may need earlier and more frequent testing. Once a baseline colonoscopy has been established, the procedure is repeated only once every 10 years for most people- unless a polyp or other medical problem is discovered during the screening.

Colon cancer screening can detect polyps and early cancers. Such screening can detect changes that can be treated before symptoms develop. Regular screenings may decrease deaths and prevent pain caused by colorectal cancer. Colon cancer screening is as effective as breast cancer screening when it comes to saving lives.



The Gastroenterology Clinic advocates colorectal cancer awareness for cancer prevention. There are several types of screenings and a simple test can have a life-long impact. There are different ways to screen for colon cancer:

• Colonoscopy every 10 years - A colonoscopy is similar to a sigmoidoscopy, but it allows the entire colon to be viewed. You will usually be mildly sedated during a colonoscopy.

• Double-contrast barium enema every five years

• Fecal occult blood test (FOBT) every year - a stool test that examines your bowel movements to check for blood. if results are positive, a colonoscopy is needed

• Flexible sigmoidoscopy every five years. This test uses a flexible small scope to look at the lower part of your colon. Because it only looks at the large intestine, it may miss some cancers. Most health care providers recommend that the stool test and the sigmoidoscopy be used together.

• Virtual colonoscopy every five years

• Yearly FOBT plus sigmoidoscopy every five years - this combination is preferred over the two tests alone

There is not enough evidence to determine which screening method is best. Colonoscopy is the most thorough method, but it takes longer, requires sedation, is slightly riskier (rarely, the bowel can be perforated), and is much more expensive than a sigmoidoscopy

Most early colorectal cancers produce no symptoms. This is why screening for colorectal cancer is so important. Some possible symptoms, listed below, do not always indicate the presence of colorectal cancer, but should prompt a visit with your physician and a check-up:

There has been a drop in colorectal cancer deaths mainly due to efforts to educate people about the disease and the risk factors associated with it.

Know the latest facts about the number two cancer killer in the United States. Know your risks. Know your screening options.

Symptoms of Colorectal Cancer

-New onset of abdominal pain
-Blood in or on the stool or a change in stool caliber or shape
-A change in typical bowel habits, constipation, diarrhea

Staff Stuffs 4,100 Plastic Eggs for Command Egg Hunt

HM3 Jonathan Bozeman was among the staff who turned out to stuff eggs for the Command Egg Hunt.

HM1 Tiaira Williams, left, and HM1 Yolinda Ellison stuff plastic eggs for NMCP's annual Command Egg Hunt on March 31.

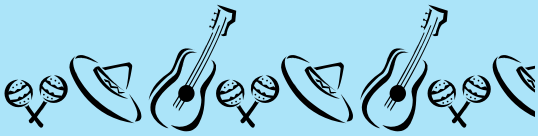
Photos by SN Nina Howard

Staff volunteered to stuff plastic eggs March 16 for NMCP's Egg Hunt. Participants multiplied like you know what to stuff the eggs with goodies.

LSC (SW) Erwin Ratuita is one of the many volunteers who put candy into more than 4,100 plastic eggs in preparation for the annual Command Egg Hunt.

OAKLEAF AUCTION

Silent & Live



"FIESTA FRIDAY"

April 27

6 to 9:30 p.m.

Sandbar Club at NMCP

$25/person

Cash Bar

ALL ARE WELCOME TO JOIN US FOR DINNER, GAMES AND GREAT ITEMS TO BID ON!

All proceeds support the good works of the Charity Fund, benefiting the Hampton Roads Naval Medical Commands.

RSVP by April 23rd

karen.oudekerk@gmail.com

Each paid guest will receive 1 free drink ticket (beer, wine or soda). The first 50 people registered receive a commemorative glass.

Sailor of the Quarter

As leading petty officer of the Laboratory Department, Hospital Corpsman 1st Class (SW) Juan Ramirez led more than 216 personnel in the performance of 5,200 phlebotomies and shipments of 20,000 specimens monthly, resulting in a 0.1 percent error rate. As command assistant VIP coordinator, he managed and trained 28 Sailors to assist 60 flag and general officers to various medical appointments. Ramirez ensured hospitality and professionalism throughout the process, directly supporting the command's customer service strategic pillar. As the directorate's sponsor coordinator, he supervised 19 sponsors in the mentorship of 17 newly reporting staff members in the familiarization to the command and initial permanent change of station check-in process and career guidance.

Junior Sailor of the Quarter

As assistant leading petty officer of 43 enlisted Sailors, Hospital Corpsman 2nd Class (SW) Antoinette M. Saunders displayed superb administrative skills and exceptional managerial abilities in support of three high acuity critical care units. Her proactive decision-making ability and leadership were vital to the delivery of quality care to 300 beneficiaries. In addition, Saunders expertly tracked and updated training and readiness requirements for 193 military and civilian personnel, which contributed to an overall 98 percent directorate readiness.

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

Blue Jacket of the Quarter

As platform manager for the Plans, Operations and Medical Intelligence Division, Hospital Corpsman 3rd Class (SW) Apriljoy F. Platon administratively prepared 20 health services augmentation program Sailors for deployment to worldwide assignments in support of overseas contingency operations. Each deployer received exceptional customer service directly contributing to an individual medical and administrative readiness rate of 100 percent. Additionally, she selflessly coordinated with 14 directorates and community volunteers to package and distribute 81 care packages for deployed Sailors during the holiday season, ensuring our shipmates were not forgotten and received support from the home front.

Sailor in the Spotlight

HA John A. Santos

Hometown: Chicago

Years of Naval Service: 13 months (7 months at NMCP)

Job Title: Staff corpsman, Inpatient Pediatrics

What do you like most about your job? "I like seeing my patients go from sick to being health and them saying 'thank you'after being discharged. It is the best feeling in the world."

What do you do in your off duty time/hobbies? Play guitar

Favorite movie: The Expendables

Favorite food: Adobo

Why was he nominated as Sailor in the Spotlight? "HA Santos is a stellar performer, praised by both enlisted and officer leadership alike," said Lt. Allyson Whalen. "Since his arrival on the unit, HA Santos has shown enthusiasm and dedication to duty seldom seen in such a junior member. He went above and beyond during Joint Commission preparation, he personally went through all the rooms ensuring no expired supplies and/or equipment remained on board."

Civilian in the Spotlight

Debra Tatum

Hometown: Norfolk

Years of Naval Service: 24 years (19 at NMCP)

Job Title: Medical Clerk, Inpatient Pediatrics

What do you like most about your job? Working with and helping patients and staff.

What do you do in your off duty time/hobbies? Cooking and baking.

Favorite movie: Any comedy

Favorite food: Soul food

Why was she nominated as Civilian in the Spotlight? "Mrs. Tatum is an essential asset to the 4B PEDs team," said Lt. Allyson Whalen. "As the unit medical clerk, Mrs. Tatum provided great support in preparation for the recent Joint Commission survey. She is a great resource for families, unit staff and providers. Her commitment to superb customer service and dedication to the unit places her in the Spotlight!"

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

Civilian of the Quarter

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

Jeffrey Hastings
Category I Clinical

Jeffrey Hastings, a medical assistant at Branch Health Clinic Dam Neck, has a diverse and well-balanced experience in the military health care system with 28 years in the patient care field. Hastings recently attained an Audio Certification from the Navy - Marine Corps Public Health Center and assumed the responsibility for the Hearing Conservation Program at Dam Neck.

He helped Branch Health Clinic Oceana with audiograms while their audiology booth was being installed and assisted a command at Naval Station Norfolk for 45 days while their booth was undergoing maintenance.

Hastings also trains new medical assistants and gave staff spirometry equipment familiarization in preparation for the beginning of an onsite spirometry program.

Karen Graham
Category II Clinical

Karen Graham, a pediatric nurse practitioner at Branch Health Clinic Oceana, manages a large patient load, currently more than 1,100 patients. She is proactive in teaching hospital corpsmen and medical assistants key assessments skills in patients with complex diseases.

Graham has adapted well to new administrative procedures, such as Relay Health, taking on additional patients, training new nursing staff and mentoring corpsmen through learning a new system.

She is an active member of the National Association of Pediatric Nurse Practitioners and the Nurse Practitioner forum at NMCP. While acting as the nurse practitioner representative of the Civil Service Nurse Working Group at NMCP, she facilitated basic life support training to providers as an instructor.

Sarah Montague
Category I Administrative

Sarah Montague, an administrative support clerk in the Physical Therapy Department, works as an administrative assistant to the department head with duties including greeting visitors, answering calls, and preparing correspondence, directives, reports, meeting minutes and work requests. Montague is the DHMRSI timekeeper for 54 employees in the Physical Therapy Department and four Branch Health Clinics.

Montague evaluates patients to ensure timely care and works to support PT staff at all times, frequently working outside her position description. She tracks staff workloads and adjusts schedules to ensure maximum patient benefit is achieved. She reviews consults and gathers documentation pertinent to the patient's consult, giving insight to providers and ensuring patients receive the best care.

March Awards

DEFENSE MERITORIOUS SERVICE MEDAL

Capt. Andrew Spencer

MERITORIOUS SERVICE MEDAL

Capt. Timothy McCullough
Capt. Jesse Lee
Cmdr. Paul Durand
Cmdr. Angela Earley
HMCM Dana Goodwin
HMCM (FMF) Donald True

NAVY & MARINE CORPS COMMENDATION MEDAL

Cmdr. Richard Adcook
Cmdr. Steven Cobery
Cmdr. Rees Lee
Cmdr. Joseph Taddeo
Capt. Michael Wagner
Lt. Cmdr. Jennifer Curry
Lt. Cmdr. Christiaan Mamczak
Lt. Cmdr. Robert Propes
HM1 (SW/FMF) Certo Brand
DC1 (SW/AW) Booker Haynes
MA1(SW/AW) Darren Villano

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Angela Bailey
Lt. Cmdr. Lorena Griffin
Lt. j.g. Michael Messick, Jr.
Ensign Matthew Brooks
HM1 Jonel JeanPierre
HM2(SW) Jessica Biniecki
HM2(FMF) Josue Garcia
HM2(FMF) Thomas Janowski
HM2 Yasmina Johnson
HM2 Bethany Swogger
HM3 Jamie Harris
HM3 Wendy Kent
HM3(SW) Christopher Loy
HM3 Emmanuel Love

NAVY MERITORIOUS CIVILIAN SERVICE AWARD

Bruce Staples

Peter Horn
Category II Administrative

Peter Horn, Risk Manager in the Risk Mangement/ Patient Safety Department, has been a valued employee for many years. Horn is credited with the successful implementation of the BUMED-directed electronic Patient Safety Reporting (PSR) System. Considering the size of NMCP, patient load and constant change of leaders at all levels, setting this new program in place was a huge undertaking and a tremendous success.

Horn was also instrumental in developing an Adverse Patient Event Notification/Checklist to give guidance to those needing to report an adverse event. Horn serves as directorate Civilian Nurse Rep, directorate representative on the Health Insurance Portability and Accountability Act Compliance Committee, member of the Command Infection Control Committee and speaker at all command trainings.

Photo by MC3 (SW) Anna Arndt

Shipmate of the Month

Photo by MC1 Elizabeth St John

HM3 Angelica Hernandez
HN Luke Austin
HN Van Nguyen
HN Andrew Barry
HM2 Luis Medinareyes
HN Matthew Lamont
HN Leonard Ebba
HN Jerred Denny
HN Guillermo Guerrero
HA Thaddeus Young

Officer of the Quarter for 1st Quarter Awarded

NMCP's Officers of the Quarter for the First Quarter 2012 were presented their certificates by NMCP Commander Rear Adm. Elaine C. Wagner during a ceremony March 8 in Bldg. 1.

Recognized were (front, from left) Lt.j.g. Lynette Galgano, Lt. Joanna Krause, Lt. Cmdr. Jeffrey Hockett, Cmdr. Sylvia Nagy, and (back row from left) Lt. Jose Mercado, Cmdr. Lanny Littlejohn and Ensign Cory Nackos.

Photo by SN Nina Howard