

Winter 2015

PACIFIC PULSE

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Auld Lang Syne **18**

Pacific Pulse

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Pacific Pulse is a professional publication of U.S. Naval Hospital Guam. Its purpose is to educate readers on hospital missions and programs. This publication also draws upon a rich historical legacy to instill a sense of pride and professionalism among the Navy Medical Department community. Finally, it aims to enhance reader awareness of the increasing relevance of Navy Medicine in and for our nation's defense.

The opinions and assertions herein are the personal views of the authors and do not necessarily reflect the official views of the U.S. Government, Department of Defense, or the Department of the Navy.

Guidelines for Submissions:

This publication is currently published electronically each quarter. Please contact the Office of the PAO for deadline of present issue and submission details:
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Submission requirements:

Articles should be between 300 to 1000 words and present the active voice. Photos should be a minimum of 300 dpi (action shots preferred) and without hospital badges.

Subjects considered:

Feature articles (shipmates and civilians)
Quality of Care
R&D/Innovations
Missions/Significant Events
Community Outreach

This Month

Happy New Year from the Pacific Pulse! As we set new goals and prepare for transitions, we are reminded to reflect back and see just how far we have come. The Scottish poem-turned-folk song *Auld Lang Syne* is traditionally sung or played when the clock strikes 00:00 on the new year to bid farewell to the old. While the translation is indirect, it has most often been understood to mean, 'long long ago,' 'days gone by,' or 'old long since.' At such a time as that, the transition from one year to the next reminds us to look back at the past in order to sustain us for the future.

In our feature article, you'll read two stories of USNH Guam veterans who successfully navigated their tours here and continue to look back on the Island, Hospital, and shipmates with a sense of magic. Similarly to our transition to the new year, looking back at their admiration for Guam and USNH allows us to learn a lesson about all the magic that this island and our shipmates affords us.

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On the Web



Official Webpage

<http://www.med.navy.mil/sites/usnhguam/Pages/default.aspx>

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http://ice.disa.mil/index.cfmfa=site&site_id=169&dep=DoD



Commanding Officer Capt. Jeannie Comlish

Buenas and Hafa Adai, U.S. Naval Hospital Guam Team!

Happy New Year 2016! As I look back on 2015, I continue to be amazed at and humbled by the incredible work you do. Following the move into the new hospital, I compared our efforts to those of commissioning a ship where the crew goes through a series of sea trials. Sea trials are conducted to measure the ship's performance and general seaworthiness which, if successful, lead to the ship's certification for commissioning. For those of you who have been through sea trials, you know another term is a "shakedown cruise." If you were on board USNH Guam during 2015, you endured many trials, not the least of which were over 13 different inspections (mock or real) and assist visits, which probably made a lot of folks feel "shaken down." They seemed to occur back-to-back over the earlier months of 2015, and placed a lot of stress on our teams. Thank goodness our Caregiver Operational Stress Control Team (CgOSC) kept an eye on the command and offered several stress-relieving and fun events throughout the year to keep our spirits high.

Our Information Technology Management Department staff continue to work on what seem

like never-ending technology advancement and regulations. Cybersecurity has gained much focus and our small but dedicated team worked hard to get us through the Cybersecurity Inspection (CSI) and Authority to Operate (ATO). You may not know this, but our team was nearly the first in Navy Medicine ever to achieve a full ATO. Programs that were beyond our control meant that we could not achieve the full designation, but our team put forth Herculean attempts and they are to be commended.

The Laboratory Department was again successful in obtaining College of American Pathologists' Certification (CAP) and American Association of Blood Banks (AABB) certification. The Radiology Department was also successful in their radiation safety audit. The Safety and Occupational Health Departments underwent their triannual Safety and Occupational Health Medical Assessment (SOHME) and not only were successful, but several practices were cited as best practices overall, with remarkable improvement noted since our last inspection.

In addition to these departments, Facilities Management closed out nearly all of the many projects during our warrantee period. Some of the biggest projects, such as the smoke evacuation system, were finally closed this past month, in a large part due to the leadership of

Lt. Dan Gutierrez and his resolute team. Our Materiels and Resource Management Departments ensured USNH Guam did not incur a single Unauthorized Commitment (UAC) during FY 2015. This is due to a team with laser focus and attention to detail, and to the education of each of our department heads on this issue. The number of instructions which were reviewed, updated, or written was almost insurmountable, but the Human Resources Department personnel have been rock stars. In addition, the Patient Administration Department processed more medevacs and uploaded more Health Record Service Treatment Records (STRs) than any of our fellow Navy Medicine West partners. BZ!

I've purposely highlighted many of our non-direct patient care teams as a reminder that this ship must be kept afloat, not just by the great care we give every day to our patients and their families, but by everyone in supportive roles. Having said that, our clinical teams have seen numerous achievements as well. Just a few of the many accomplishments are a Dental Health Index of over 69%, Individual Medical Readiness for our Hospital personnel of over 95%, access to care for our patients in the top three in Navy Medicine in over six of the 12 months, and we earned the Center for Medicare and

Executive Officer

Capt. J. C. Nicholson



During my recent dive vacation to the Philippines, I had plenty of down time to enjoy a new book. The latest for me was one of Dr. Atul Gawande's earlier works before he published his well known Checklist Manifesto. Entitled *Better: A Surgeon's Notes on Performance*, it was a timely read given the high reliability journey that USNH and Navy Medicine are on. He highlights three core principles that he believes are the bedrock for success in medicine. First is diligence, the necessity of giving sufficient attention to detail to avoid error and prevail against obstacles. The second is the challenge to do right. Medicine is a fundamentally human profession and as such is forever troubled by human failings like greed, arrogance, insecurity and misunderstanding. The third requirement for success is ingenuity – thinking anew. It is not a matter of intelligence, but of character. It demands more than anything a willingness to recognize failure, to not paper over the cracks, and to change. It arises from deliberate, even obsessive, reflection on failure and a constant searching for new solutions. Dr. Gawande goes on to illustrate examples of each such as Dr. Ignac Semmelweis' diligence in the 1800s to get obstetricians to wash their hands in between patients to prevent "childbed fever", to the chal-

lenge of doing what's right when we are faced with chronic illness and end of life decisions, to the ingenuity of Dr. Virginia Apgar who as an anesthesiologist was dissatisfied with the seemingly random and capricious manner in which at-risk newborns were medically abandoned and developed the APGAR score to more objectively assess infants and drive improvements in their resuscitation and care.

All of the above was fine and good and made for an entertaining read; however, it was the afterword, the section that so many of us just skip, that really got my attention. He describes how the vast majority of us in the medical field will never make a ground breaking discovery or have anything close to a monumental influence on our profession. In fact, our enterprise is far less exciting and much more mundane. But no one, especially a physician, wants to believe that he or she is simply a white-coated cog in the medical machine, albeit a pretty successful machine all things considered. Dr. Gawande provides a prescription for us in the profession to help us make a worthy difference, for how we might become a "positive deviant." His first suggestion is to "ask an unscripted question." Ours is a job of talking to strangers. Why not ask the unexpected question and learn a little something about our patients, or for that

matter each other? We don't have to just focus on the chief complaint or the business at hand. The second suggestion is "don't complain." To be sure, we in the medical profession and in the Navy have plenty to gripe about. We all know what it feels like to be tired and beaten down. But nothing is more dispiriting than hearing folks complain. Resist it! It's boring, it doesn't solve anything, and it will only drag you down. If you find yourself in a conversation with a bunch of "Debbie Downers", try to be prepared with something else to talk about: an idea you read about, an interesting problem you came across, even the weather if that's all you've got. Just see if you can change the subject and keep the conversation going in a more positive and constructive direction. And if you do have a helpful suggestion or a potential solution to a problem, then by all means share it with someone. The third prescription for being a positive deviant is "to count something." Regardless of what you do in medicine, or outside of medicine for that matter, you should be a scientist in this world. In the simplest of terms,

Continued on next page, bottom



Command Master Chief

Robert Burton

Happy New Year!

Time to work off the holiday meals and work towards those New Year resolutions we made.

If you have read my articles you know my affection for history. Oddly enough, there is a flip side to this, my interest in science fiction. My background is growing up on a farm in Missouri, spending days in the field and on the tractor during the late 70's to early 80's. During the early 70's, Star Trek (the original series) was playing in the late afternoon after school. This is when the idea of

leaving the fields and joining the Navy to ride ships and live in far-away places first took hold. In the mid 90's, while researching some fact about the show, I came upon the fact that Gene Roddenberry had actually modeled Captain Kirk on C.S. Forester's nautical fiction character Horatio Hornblower. That began my journey into nautical historical fiction and Naval History which persist to this day.

Last year, Leonard Nimoy, who played Spock on Star Trek, passed away. During my first tour on Guam, the movie Star Trek VI: The Undiscovered Country came out in theaters. In one scene Spock discusses a painting from ancient earth mythology, *The Ex-*

pulsion from Paradise. When asked why he kept a copy of it in his quarters, he replied "to serve as a reminder to me that all things end."

It is of endings to which I speak. This Navy life has been great. It has taken me around the world and let me see and do things most Americans don't get to experience. It has not been without sacrifice, but one can't have everything. As this Navy life ends I look forward to a new journey that if all goes well, will once again follow the words of Robert Frost in "The Road Not Taken." "Two roads diverged in a wood, and I—I took the one less traveled by, and that has made all the difference."

Fair winds and following seas, CMC!

XO's Message—Continued from Page 4

this means you should count something. Whether it's the number of procedural complications you might have or the number of wrongly labeled specimens coming from a particular ward or clinic, etc., it doesn't really matter what you count as long as it is important and interesting to you. If you count something interesting, chances are you'll learn something interesting. Dr. Gawande's fourth suggestion is to "write something." It doesn't need to be a peer reviewed journal article or a textbook chapter.

It could be as easy as an article for the command newsletter, a regular post on your Facebook page or perhaps a poster board for the next command CPI fair. By offering your thoughts to an audience, even a small one, you make yourself part of something bigger. And finally, suggestion five for a life in medicine is to "change." Take a chance and be an early adopter. You don't have to embrace every new trend, but be willing to recognize inadequacies in what you do and seek out solutions. In a nutshell, you should "...find some-

thing new to try, something to change. Count how often you succeed and how often you fail. Write about it. Ask people what they think. And see if you can keep the conversation going."

I think Dr. Gawande's prescription is pretty straight forward. It doesn't seem to have much in the way of side effects and it just might be pretty effective in helping USNH raise the bar for patient safety and clinical quality. I am willing to be compliant with the treatment plan and become a positive deviant... how about you?

Medicaid (CMS) 5-Star national rating for superior patient experience on the Tricare Inpatient Satisfaction Survey (TRISS). The command also received its fifth consecutive Navy Surgeon General's Health Promotion and Wellness "Blue H" award!

U.S. Naval Hospital Guam has a long heritage of service to the community. This past year we were recognized as the large overseas command winner for three Flagship Awards: Navy Community Service Environmental Stewardship,

Campaign Drug Free, and Health, Safety and Fitness Flagship Award. We also received the Joint Region Marianas 2015 Sister Village Award for community service in the aftermath of Typhoon Dolphin.

With all these successes, we continue to remain focused on our day jobs, on a culture of safety, engaged leadership, and robust process improvement. We welcome our new Command Master Chief, Zachery Pryor and bid fair winds and following seas to Command Master Chief Robert "Pete" Burton. Our sea trials will officially end when our ship's final

test, Joint Commission and Inspector General Inspections occur early this summer. I am confident we will be successful and that our ship will stay on course thanks to this dedicated professional crew. As we look to the future, we know there will be continuing challenges in the face of a buildup of forces on the island and amidst increasing threats in the region. We will continue to innovate and be ready to support and defend our nation. Hooyah, USNH Guam!! UN DANGKOLO' NA SI YU'OS MA'ASE' and thank you for the honor to serve you.

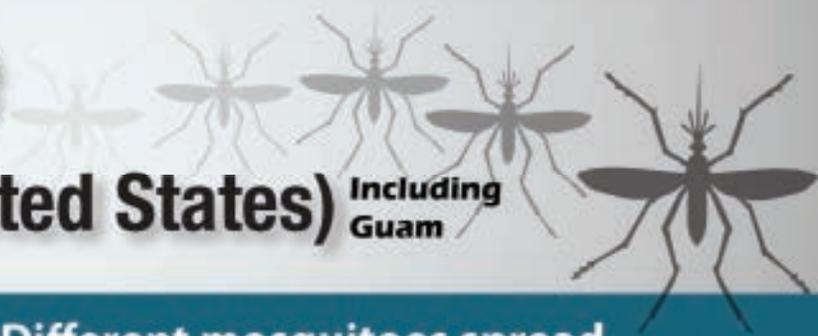


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NEW YEAR
NEW YOU



Mosquito Bite Prevention (United States) Including Guam



Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Type of Mosquito	Viruses spread	Biting habits
 <p><i>Aedes aegypti</i>, <i>Aedes albopictus</i></p>	<p>Chikungunya, Dengue, Zika</p>	<p>Primarily daytime, but can also bite at night</p>
 <p><i>Culex</i> species</p>	<p>West Nile</p>	<p>Evening to morning — do not bite at night</p>

Protect yourself and your family from mosquito bites

Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. All EPA-registered insect repellents are evaluated for safety and effectiveness.

Active ingredient	Some brand name examples*
Higher percentages of active ingredient provide longer protection	
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin , also known as KBR 3023 , Bayrepel , and icaridin	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart



* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.



Protect yourself and your family from mosquito bites *(continued)*



- Always follow the product label instructions.
- Reapply insect repellent every few hours, depending on which product and strength you choose.
 - » Do not spray repellent on the skin under clothing.
 - » If you are also using sunscreen, apply sunscreen first and insect repellent second.

Natural insect repellents (repellents not registered with EPA)

- EPA has not evaluated natural insect repellents for effectiveness.
 - » Examples of ingredients used in unregistered insect repellents include: citronella oil, cedar oil, geranium oil, peppermint oil, or soybean oil.

If you have a baby or child



- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months of age.
- Dress your child in clothing that covers arms and legs, or
 - » Cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
 - » Adults: Spray insect repellent onto your hands and then apply to a child's face.

Treat clothing and gear



- Treat items such as boots, pants, socks, and tents with permethrin or purchase permethrin-treated clothing and gear.
 - » Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
 - » If treating items yourself, follow the product instructions.
 - » Do not use permethrin products directly on skin.

Mosquito-proof your home



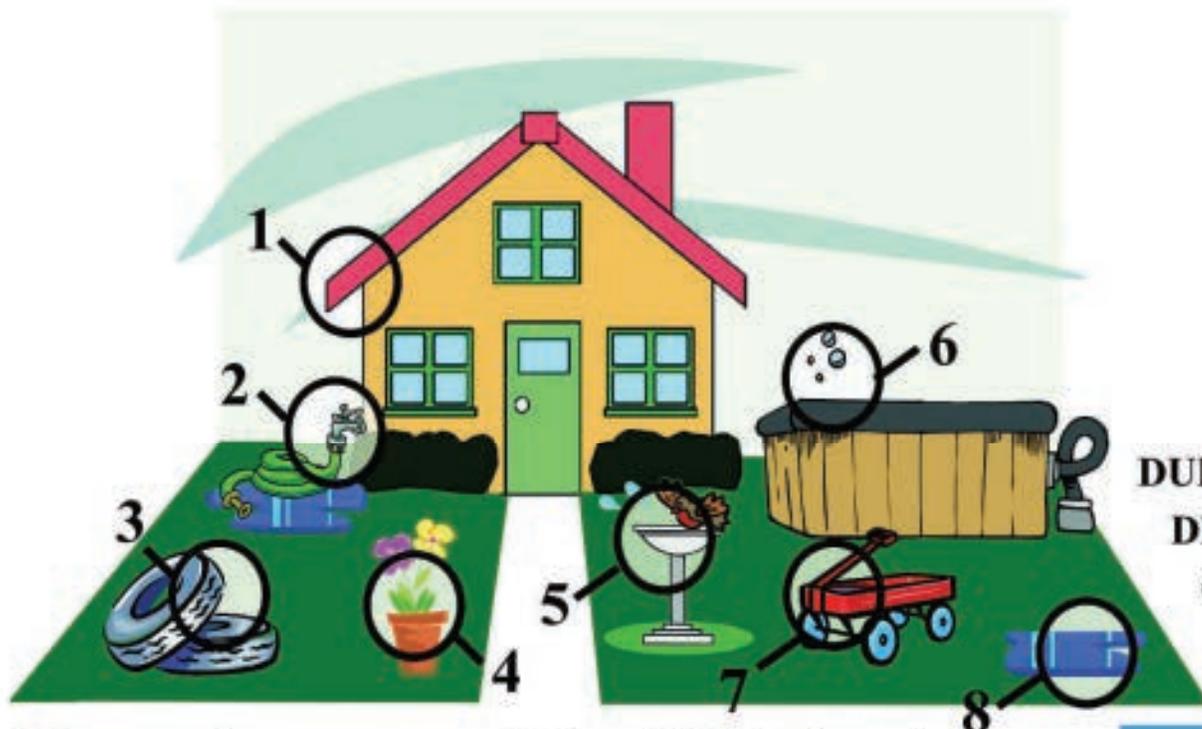
- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
- Use air conditioning when available.
- Keep mosquitoes from laying eggs in and near standing water.
 - » Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.

More steps to mosquito-proof your home and workplace

- The Aedes mosquito can transmit Zika, Dengue, and Chikungunya viruses. These mosquitoes bite, rest, and lay eggs both indoors and out. They mostly bite during the day.
- **To help prevent mosquito-transmitted illnesses, we must prevent mosquitoes from laying eggs in and near standing water. Check inside and outside your home to eliminate potential mosquito breeding sites.**
 - Aedes mosquitoes often breed in man-made containers near homes and occupied buildings.
 - To mitigate risk, take time once per week to empty and scrub, turn over, cover, recycle or throw out items which hold water (ie: tires, pet dishes, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers).
 - Remove fallen coconuts and husks. Fill tree holes and outdoor flower pots and saucers with sand.
 - Clean roof and rain gutters routinely (often enough to avoid obstruction).
 - Be aware that natural containers such as water-filled axils of plant leaves, cut sections of bamboo, crab holes, and sea shells may hold rain water.



Breeding Sites for the Aedes Mosquito



**DUMP IT
DRAIN IT
CLEAN IT UP**

1. Keep gutters clean
2. Repair leaky faucets
3. Eliminate debris that holds water
4. Drain excess water from plant pots and saucers

5. Change birdbaths twice a week
6. Maintain pools and spas; keep water from pooling on covers
7. Turn toys and equipment upside down to prevent water from collecting inside
8. Avoid overwatering

Help your community reduce mosquito-borne diseases like Zika Virus by keeping your property free from mosquito breeding sites.

Some Call Him “Chaps”

Since his arrival in January 2012, Chaplain John Thomson has been a driving force in the success of many of our command's programs. He is currently one of the few Hospital Chaplains in the Navy and has been an instrumental figure not just to our patients but to command staff. If Command Chaplains have a unique role in a hospital. They offer their expertise to a wide variety of people as they engage patients, patient families, and staff in spiritual dimensions. Chaplain services include counseling for marriage, bereavement, and emotional crises. The command's hospital chaplain service also provides daily Catholic Mass Sunday through Friday.

Chaplain Thomson is in charge of the overall Pastoral Care at the hospital, but he does much more for the command than these services. One of the largest areas Chaplain Thomson has been leading since his arrival is the command's volunteer program. Since 2012, the command has provided thousands of hours in support of local community projects. On December 2, 2015, USNH Guam was recognized and received the Navy Community Service of the Year Award for Large Overseas

Commands. This program has been a huge success and we hope to continue these efforts for years to come.

Most people don't realize that Chaplain Thomson was in the Marine Corps for five years prior to becoming a Navy Chaplain. He has also served in Fallujah, Iraq and has been deployed multiple times while as a Marine and as a Navy Chaplain. His total time in the military exceeds 20 years where he has positively impacted the lives of countless military personnel.

Besides spiritual counseling and managing the command's volunteer program, Chaplain Thomson started a command hiking club with Luis Martinez from the Health Promotions Section. These two gentlemen have dedicated many hours showing hospital personnel Guam's historical and off-the-beaten-path locations that most folks would never plan to visit. The hiking group visits different sites across the island with many locations unavailable to the general public as they require permission to enter.



The group usually has approximately 10-20 personnel participating in each hike and welcomes any newcomers who would like to join.

One of the many other talents Chaplain Thomson has been blessed with is being able to play musical instruments. This incredible skill has allowed Chaplain Thomson to become the primary Tuba player for the Guam Symphony. Guam's own symphony has been playing strong for 49 seasons and has approximately six events per year. The symphony is an all-volunteer group composed of musicians across the island and is led by Dr. Stephen Bednarzyk who is the Director and Conductor for this group. The Guam Symphony has been fortunate to receive guest performers from around the world and to showcase classical music to the people of Guam.

Chaplain Thomson has played in the Guam Symphony for the last couple of years and welcomes anyone who would like to attend these performances. There have been three performances for the 49th Season with three events left. These events range from free of cost to approximately \$10 per person and are a great way for children to get introduced in classical music and an orchestra. The initial event this year even included cultural music and dancing from an award winning local dance group.

The programs Chaplain Thomson supports have provided great benefit to the community and hospital. We encourage Naval Hospital Guam personnel to attend events such as the Guam Symphony, volunteer programs, and hiking trips as they are not just a great way to fill in your weekend but it also shows to the community that are hospital is involved in making Guam a better place.



Phone calls, Texting & Sleeping...



**IT
CAN
WAIT!**

by Luis Martinez
Condensed from information
Provided by the Navy & Marine
Corp Public Health Center

Mobile communications and driving while drowsy are linked to a significant increase in distracted driving, resulting in injury and loss of life. These issues distract a person's attention away from the primary task of driving. Consider the following for each of these concerns:

Distracted Driving: In 2010, driver distraction was the cause of 18% of all fatal crashes. 40% of all American teens say they have been in a car when the driver used a cell phone in way that put people in danger. Texting takes your eyes off the road for 4.6 seconds which, at 55 MPH, is like driving an entire football field blindfolded. In 2011, 3,331 people were killed in crashes involving a distracted driver, compared to 3,267 in 2010. Text messaging creates a crash risk 23 times worse than driving while not distracted.

Drowsy Driving: Each year, thousands of automobile crashes occur due to drowsy driving. Sleepiness or, as it is often referred to, drowsiness, is the irresistible urge to fall asleep. Drowsiness contributes to an increase in human errors in a variety of settings, including driving. Driving while drowsy impairs your reaction time, vigilance, attention, and information processing. Risk factors that contribute to drowsy driving crashes include: lack of sleep (quantity), lack of restful sleep (quality), use of sleep medications or any other medications that have a side effect of drowsiness, consumption of alcohol, and untreated or unrecognized sleep disorders. The following three population groups are at highest risk for driving drowsy: young adults (ages 16 to 29 - especially males), individuals with untreated sleep apnea syndrome and narcolepsy, and shift workers whose sleep is disrupted by working at night or working long or irregular hours.

Rules of the Road

- ◆ Set rules for yourself and your household regarding distracted driving.
- ◆ Know the law. Many states/areas/ military commands have laws/regulations that prohibit cell phone use and texting bans while driving.
- ◆ Lead by example. No one should text and drive. If you need to text or talk on the phone, pull over to a safe place.
- ◆ Plan to get sufficient sleep.
- ◆ Do not drink even small amounts of alcohol prior to driving.
- ◆ Limit driving between midnight and 6 a.m.
- ◆ If feeling sleepy, pull over and take a short nap (15 to 20 minutes) in a location such as a monitored rest-stop or well-lit area.
- ◆ Consult your physician if you regularly feel tired so he/she will be able to detect/manage any illnesses that can cause sleepiness (e.g., sleep apnea and narcolepsy).

Mosquito Bite Prevention for Travelers

Mosquitoes spread many types of viruses and parasites that can cause diseases like chikungunya, dengue, Zika, and malaria. If you are traveling to an area where malaria is found, talk to your healthcare provider about malaria prevention medication that may be available.

Protect yourself and your family from mosquito bites. Here's how:

Keep mosquitoes out of your hotel room or lodging

- Choose a hotel or lodging with air conditioning or screens on windows and doors.
- Sleep under a mosquito bed net if you are outside or in a room that is not well screened. Mosquitoes can live indoors and will bite at any time, day or night.
 - » Buy a bed net at your local outdoor store or online before traveling overseas.
 - » Choose a WHOPEs-approved bed net (like Pramax®): compact, white, rectangular, with 156 holes per square inch, and long enough to tuck under the mattress.
 - » Permethrin-treated bed nets provide more protection than untreated nets.
 - Permethrin is an insecticide that kills mosquitoes and other insects.
 - Do not wash bed nets or expose them to sunlight. This will break down the insecticide more quickly.
 - » For more information on bed nets: www.cdc.gov/malaria/malaria_worldwide/reduction/itn.html



Cover up!

- Wear long-sleeved shirts and long pants.
- Mosquitoes may bite through thin clothing. Treat clothes with permethrin or another Environmental Protection Agency (EPA)-registered insecticide for extra protection.



Use only an EPA-registered insect repellent

- Consider bringing insect repellent with you.
- Always follow the product label instructions.
- Reapply insect repellent every few hours.
 - » Do not spray repellent on the skin under clothing.
 - » If you are also using sunscreen, apply sunscreen first and insect repellent second.
- For more information: www2.epa.gov/insect-repellents

Natural insect repellents not registered with EPA

- In the United States, the EPA has not evaluated for effectiveness most of the commonly known natural insect repellents.
 - » Examples of ingredients used in unregistered insect repellents include: citronella oil, cedar oil, geranium oil, peppermint and peppermint oil, pure oil of lemon eucalyptus, soybean oil.
 - » CDC recommends that you use an insect repellent containing an active ingredient shown to be both safe and effective.



Use an insect repellent with one of the following active ingredients:

Active ingredient

Higher percentages of active ingredient provide longer protection

DEET

Picaridin, also known as KBR 3023, Bayrepel, and icaridin

Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)

IR3535



Some brand name examples*

(Insect repellents may be sold under different brand names overseas.)

Off!, Cutter, Sawyer, Ultrathon

Skin So Soft Bug Guard Plus, Autan (outside the United States)

Repel

Skin So Soft Bug Guard Plus Expedition, Skin Smart



If you are travelling with a baby or child:



- Always follow instructions when applying insect repellent to children.
- **Do not** use insect repellent on babies younger than 2 months of age.
- Instead, dress infants or small children in clothing that covers arms and legs, or cover the crib, stroller, and baby carrier with mosquito netting.
 - » Adults: Spray insect repellent onto your hands and then apply to a child's face. Do not apply insect repellent to a child's hands, mouth, cut or irritated skin.

Treat clothing and gear



- Use permethrin to treat clothing and gear (such as boots, pants, socks, tents) or purchase permethrin-treated clothing and gear. Read product information to find out how long the protection will last.
- If treating items yourself, always follow the product instructions.
- **Do not** use permethrin products directly on skin.

* The use of commercial names is to provide information about products; it does not represent an endorsement of these products by the Centers for Disease Control and Prevention or the U.S. Department of Health and Human Services.

Captivated



**by Paula Sue Vega
Hospital Corpsman 3rd Class, 1992-1994**

The year was 1992.

Four young corpsmen, who were stationed together at Long Beach Naval hospital arrived on the tiny island of Guam. Our sponsors met us up at the airport. They suggested a tour of the island instead of sleep, explaining it would help us adjust to the time change. They drove us around the entire island all day long. It was so exciting to us to explore our new home. We were captivated by the beautiful shores, beaches, the jungles, the little villages. Things sure were delightfully unfamiliar here. The first few days we attended an orientation to the island. We viewed a movie that depicted the history of Guam and WWII. I had no clue I had moved to an island with such a fascinating history.

When reporting for duty, Hospital Corpsman 3rd Class Carrie Sue Lelli and I were assigned to F-200. This was a catch-all ward for medical, surgical, pediatric, orthopedic, psych patients. If you were not delivering a baby, or in critical condition you were a patient on F-200. The pediatric rooms were up front, along with one viewing room for psych patients. There were about 7 double occupancy rooms lining each side of the halls, a padded quiet room and an open bay with 8 beds at the very end of the ward. This was a great place for any corpsman to gain experience. More than the experience I gained, I remember the sailors I served with and patients I cared for. The Corpsman and Nurses that I worked with were extraordinary

people. We were knowledgeable, skilled, amusing and always worked as a team. Even though we were very busy, I don't ever remember a bad day on the ward. We were more like a family. Carrie and I worked 3rd shift together. After getting off work, we would grab our rafts and head to the beach to spend most of the day sleeping on the beach. The duty we stood while on F200 meant calling in to the Nurse of the Day at 2:30pm to see if we had to report to provide extra support to the hospital. This meant working from 3:30pm until 7:30 am the next morning. They usually kept us very busy, so getting tired was not an option.

We weathered many typhoons together. Typhoon Gaye hit right around Thanksgiving time. The island was left without power. We didn't have any power to cook a turkey or the fixings, but many of us got together by candlelight for sandwiches, chips and drinks. It was a great Thanksgiving. Typhoon Omar was the most ruthless typhoon we ever experienced. Right in the midst of Omar, those of us who were off duty were evacuated out of the barracks. A portion of the roof was ripped off, and the hospital needed reinforcements to help move x-ray film, medications, equipment from the first and 2nd floor to higher ground. I can remember sloshing down the hall ways all night long. After the clear was given, I remember seeing my friends little red truck that was parked up on a hill, down at the bottom of the hill all smashed. I couldn't believe how powerful the winds could be. We would normally lose power and water for 1-2 wks. We also experienced a large earthquake

Below. The F200 crew pause for a group photo.



while there, an 8.3 on the richter scale, one of the strongest ever. It was frightening and I can remember my heart beating so fast out of my chest when the ground shook. We all assembled for the disaster and had to clean up our work areas. No one was hurt. I remember flooding of the roadways after the quake, also no power or water or showers for at least a week or more. Worse was the feeling you would get when the earth would begin to shake again with the aftershocks, hearts racing. They also had the 50th anniversary of the Liberation of Guam ceremony while I was there. I saw many World War II Veterans getting off the plane for the ceremony and it was very special time for the Island.



Above. Hospital Corpsman Vega is frocked by Capt. Lindsey

My favorite places to go were "The Jungle", which was an outdoor bar with live bands, "Lights" and the Onyx, which were dance clubs. There was a splendid outdoor garment market, that had many little shops, separated only by hanging curtains. We loved to shop there and "Townhouse" department store. We loved to go to breakfast at Kings restaurant. We loved to snorkel in the little cove at the bottom of the Spanish steps. Our eyes took in more beauty than we could have ever imagined.

My least favorite things about being on Guam was of course, the critters, cockroaches and snakes. I had never seen one before coming to Guam. They freaked me out every time, especially the ones that flew around recklessly. I never got used to seeing those critters scurry, slither or diving at my head. We did love the Geckos. Load shedding was also my least favorite thing. Our part of the island was shut off just about every day from 5-7pm to help conserve power for other parts of the island. This was the time I would wake up to get ready for work which meant no hairdryer or curling iron or set the alarm earlier.

It has been over 22 years since I have been to the island. I still think of it so lovingly. It is difficult to put into words how I feel about my time on Guam or the bonds I have made. I frequently dream at night of being sent back to the island. I am usually enjoying the beach when I realize I am missing parts of my uniform for the next day but the navy exchange is closed. I can irrefutably say that Guam will remain in my heart forever. Carrie and I have plans to visit again someday to see how things have changed.

Those who made my years on Guam so special, I thank you.



Above. The beach and marina in Hagatna have changed considerably in 25 years.



From left-to-right, top-to-bottom. 1. Hospital Corpsman 3rd Class Vega eats lunch in her barracks. 2. Hospital Corpsmen 3rd Class Nieves and Vega escaping a surprise downpour on Guam. 3. Hospital Corpsman 3rd Class Nieves ironing a shipmate's skirt before a night at *The Jungle*. 4. USNH Guam at the time, from overhead. 5. Everyone remembers their first 'Guam Bomb' 6. Hospital Corpsmen 3rd Class Vega and Lelli enjoy a gathering at the beach. 7. The F200 crew go bowling on Big Navy. 8. Hospital Corpsman 3rd Class Tarbox poses from the top of Nimitz Hill. 9. Hospital Corpsman 3rd Class Nieves gives up after failing a room inspection. 10. The overlook from the hospital onto Alupang Cove. 11. Typhoon Gaye hits the hospital complex 12. The F200 crew during a command photo.

Once a Corpsman, Always a Corpsman

by **David L. Dixon**
Hospitalman, 1967-1968

My name is David, but my memories remind me that I will always be HN Dixon.

I was stationed aboard U.S. Naval Hospital Guam from September 1967 to December 1968. My first 4 months there I was assigned to the pediatric clinic, but the rest of my tour was with the Aerovac Division. My duty was as liaison between the Naval Hospital and Andersen Air Force Base in order to receive and evacuate patients. There were only two corpsmen assigned to that division and my shipmate was Hospital Corpsman 2nd Class David Zajaczek from Cleveland, Ohio. We scheduled litter buses, ambulances, as well as corpsmen and nurses to tend to the incoming patients from Vietnam. We would have between 30 and 50 patients going back to the States and the same amount coming into Guam for treatment from the war zone. We averaged two planes a week.

One week, April 1968, we had a third plane. These casualties came from a crash landing of a troop transport plane on Wake Island. As luck would have it, HM2 Zajaczek was on leave in Japan that week. I was told to expect 113 casualties having only received first aid on Wake Island. I had set up to meet the plane at Andersen and received help from the Naval Station, Naval Air Station, and Marine Barracks with as many additional ambulances and corpsmen they could spare. I remember the 15 ambulances, 11 litter buses, and over 100 corpsmen from the hospital there to assist. The Executive Officer had rounded up 10 doctors and we all were there when that plane landed. Twelve patients disembarked that plane—we never did find out what happened with the rest of the troops. However, I am proud to say that Naval Hospital Guam was prepared for the 12 and would have been prepared for 120 if duty called. We had the best staff the Navy could offer at that hospital. I was very proud of all Naval personnel involved.

I lived at Asan barracks, which was made up of two-story quonset huts. I had my own room upstairs because I had to come back from the Aerovacs at all hours, day and night. Asan had its own enlisted club on the point. It had all you needed—mess hall, laundry, even an emergency room. I believe there were 12 buildings there, including three buildings with wards for patients.

In the summer of 1968, all on-island leave was suddenly cancelled and all corpsmen not on duty were sent to Asan to prepare an additional building by assembling hospital beds and other furniture. The USS Pueblo was captured off the shore of North Korea. We were prepared. I was impressed by the CO and the XO at the time. They were always willing to help. I also remember being lucky enough to spend time with Admiral Carlton B. Jones. He asked me if I would watch his grandson one evening while he and his daughter attended a function. I was really impressed with the two big blue stars embedded in his living room floor. These are just some of my memories of my time spent on that wonderful island.

The changes on the island now are mind-blowing. There was only one hotel on the island when I was there and now—look at the *resorts!* I would love to revisit the island, and some day I will. I saw pictures of the new hospital and I am impressed.

I recently received a ball cap with the seal of USNH Guam. Every time I wear that cap, I wear it with great pride. I don't think it's come off my head since I received it! I am so proud of my time in the Navy and my service on Guam. Thank you for your service to our country as well.



PREGNANT? Read this before you travel



What we know about Zika

- Zika can be spread from a mother to her fetus during pregnancy.
- Infection with Zika during pregnancy may be linked to birth defects in babies
- Zika is spread mostly by the bite of an infected *Aedes* species mosquito.
 - » These mosquitoes are aggressive daytime biters. They can also bite at night.
- There has been no local transmission of Zika in the continental US.
- There is no vaccine to prevent or medicine to treat Zika.



What we don't know about Zika

- If there's a safe time during your pregnancy to travel to an area with Zika.
- If you do travel and are infected, how likely it is that the virus will infect your fetus and if your baby will have birth defects from the infection.

Travel Notice

CDC has issued a travel notice (Level 2-Practice Enhanced Precautions) for people traveling to areas where Zika virus transmission is spreading.

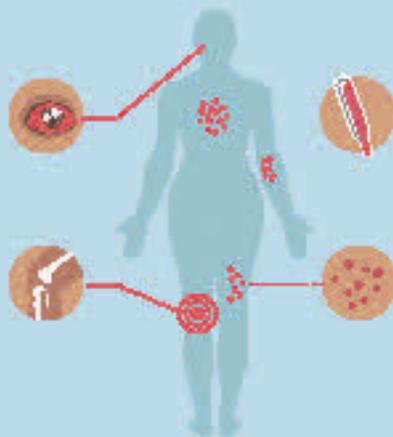
- For a current list of places with Zika outbreaks, see CDC's Travel Health Notices: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>
- This notice follows reports in Brazil of microcephaly and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant.
- Sexual transmission of Zika virus from a male partner is possible. If you have sex (vaginal, anal, or oral) with a male partner while traveling, you should use condoms the right way every time.

Symptoms of Zika

About 4 out of 5 people with Zika won't even know they have it. The illness is usually mild with symptoms lasting for several days to a week.

The most common symptoms of Zika are:

- Fever
- Rash
- Joint Pain
- Conjunctivitis



CDC recommends special precautions for pregnant women and women trying to become pregnant

Pregnant?

Pregnant women and their male partners should strictly follow steps to prevent mosquito bites.

To prevent sexual transmission of Zika, consider not having sex or use condoms the right way every time during pregnancy.

If you develop the symptoms of Zika, see a healthcare provider right away for testing.



Trying to become pregnant?

Women trying to become pregnant and their male partners should strictly follow steps to prevent mosquito bites.

Talk to your healthcare provider about plans to become pregnant.

Your Best Protection: Prevent Mosquito Bites

Clothing

- Wear long-sleeved shirts and long pants.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
 - Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
 - If treating items yourself, follow the product instructions carefully.
- Do NOT use permethrin products directly on skin. They are intended to treat clothing.



Indoor Protection

- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.



Repellent

Use Environmental Protection Agency (EPA)-registered insect repellents. When used as directed, these insect repellents are safe and effective for pregnant and breastfeeding women.

- Always follow the product label instructions.
- Reapply as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen before applying insect repellent.





Salute to Service

by Brayton Metzger



When Ray Oliver arrived on Guam in June of 2014, he was ready to spend his retirement in relaxation on a tropical island with his son, a Chief Master Sergeant stationed at Andersen AFB, and family. However, after just a few months it became obvious to Ray and his son that having too much free time was perhaps not as relaxing as they had imagined. Ray was at a crossroads, but thankfully his son offered a solution.

"My son was the one who encouraged me to volunteer at the USO", Ray says as he smiles and taps his finger on the desk in the Command Suite at Naval Hospital Guam. Ray is almost always in motion, but not the same type of motion of an exuberant twenty-something. There is a sense of purpose in everything Ray does, and it is especially apparent as he discusses his volunteer work across the island. He became involved with the USO in August of 2014, a few months after arriving, and it was his son who encouraged him to look there to volunteer his time.

The USO recently celebrated its 75th anniversary; their mission, "To lift the spirits of America's troops and their families", is one that Ray takes very seriously. He remembers vividly seeing Bob Hope and Ann-Margret, who volunteered with the USO, while serving in Vietnam, but he also remembers his experience upon returning home from war. "No one wanted to say 'thank you'", he recalls as he looks down to the floor. "That is why I volunteer, with the USO and here at the Naval Hospital with the American Red Cross." Ray spends three days per week at the Guam USO, cooking breakfast and lunch, and another three days at the US Naval Hospital as an American Red Cross volunteer. At the end of the week, he can put in over forty hours. The amount of time is the least of his concerns, though, "I want to give back to the service members; that is my purpose. I want to make sure they know they are appreciated."

Volunteering is not always glamorous work, and for those who are already serving in the military, it can be especially difficult. After working fifty or sixty hours in a week, sometimes the first thing most people are concerned with at the end of the week is a little relaxation. According to Ray Oliver, though, getting out and being active makes some of the other difficult aspects of military service a little easier.

"Anyone who is idle will miss their family and friends. If you get to know the locals, they'll become your family. That makes being far away from home easier. You become part of the island and part of the people." Now that Ray has been on Guam for over 18 months, he has become part of the island. His son is due to change duty stations in the near future, but Ray won't be following him this time. He plans to stay, continue volunteering his time to the USO and American Red Cross, and continue making those connections with service members, retirees, and their families. "I found a place to live, an apartment, in just one day because of the friends I've met here. I would not have been able to do that without the people I've met volunteering." There lies the most important lesson from Ray Oliver, the USO, and many other volunteer organizations around Guam. "The interaction is the best part of volunteering. I love to connect with retirees. We talk about memories serving in the military. And if it looks like a Corpsman is having a bad day, I love to make them smile."

Ray's dedication makes a very real and noticeable impact on the community. That is why he was awarded with the Volunteer of the Quarter award for the Guam USO, which then qualified him for the regional level award. Ray, though, downplays the accolades. He says that even if he wins or loses, he'll keep doing what he's been doing for the past 16 months, volunteering six days a week at the Naval Hospital and the USO.

Family Medicine Medical Home Port

Moving Forward in Navy Medicine

by Lt. Alexis McDermott and Lt. Cmdr. Andrew McDermott



There was a time in Family Medicine where every sneeze, snuffle, and headache required an appointment with a doctor. Not a problem unless you had to wait two weeks (or more) to get an appointment. Waiting two weeks can seem like a lifetime. In some cases, it was simply easier to go to the Emergency Department, even if you had to wait six hours to be seen.

Fast forward to 2016--we've learned a lot of things over the years. Not every sneeze, snuffle and headache needs a doctor. Let's be honest: a lot of these issues can be handled with over-the-counter remedies. Sometimes we simply need some *guidance* from medical folks, whether it be a corpsman, nurse, or if needed, a physician.

The Family Medicine Clinics at U.S. Naval Hospital Guam and Naval Base Guam (Branch Medical Clinic) are leading the way and making strides in Navy Medicine. They have made the Medical Home Port a highly accessible system with exemplary patient care. They live by the motto, "Right patient, seen at the right time, by the right person." Simply put: Not everyone needs to see a doctor, but if you do, they will get you in quickly to see one.

Regardless, they will see you when you need to be seen.

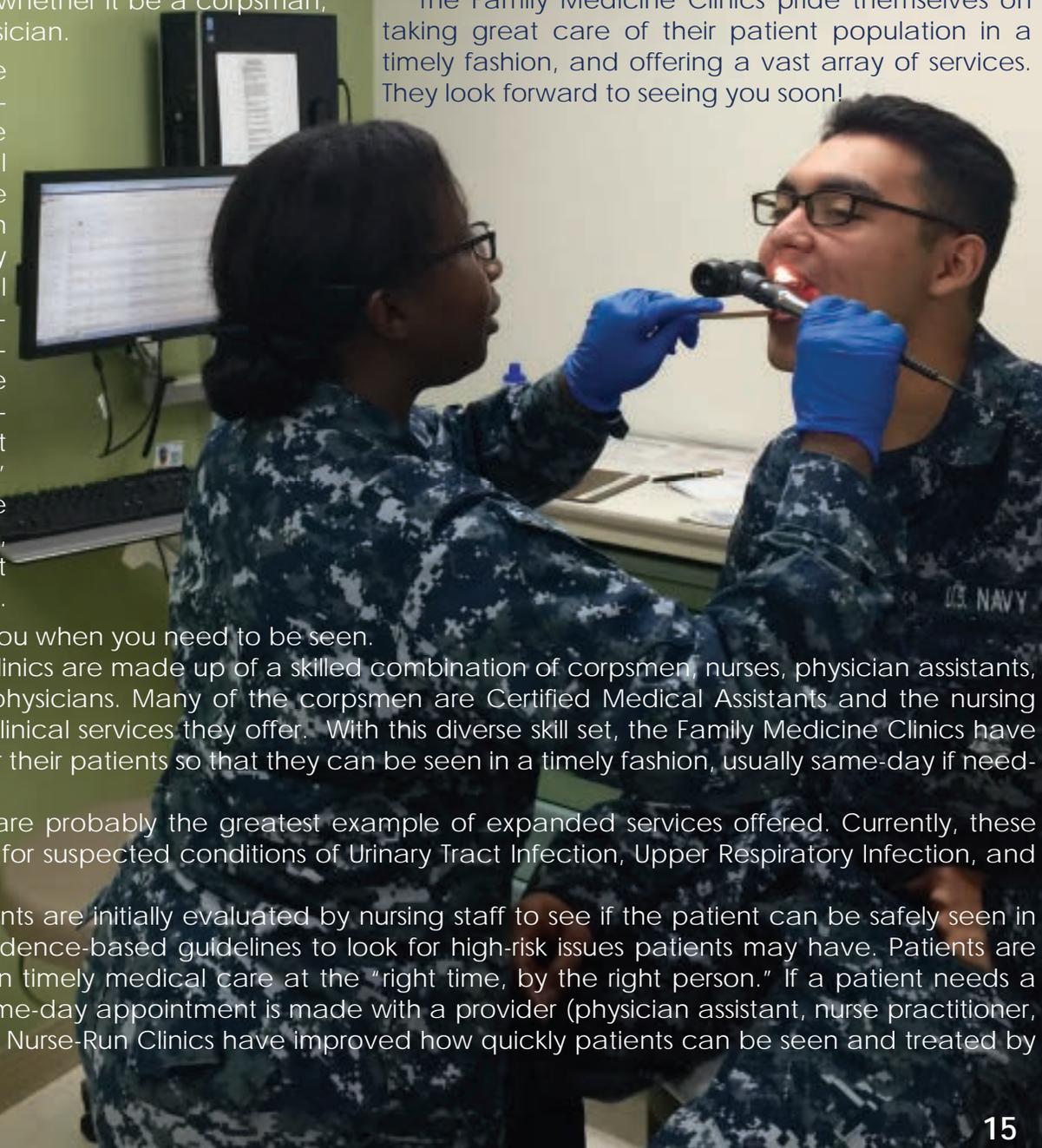
The Family Medicine Clinics are made up of a skilled combination of corpsmen, nurses, physician assistants, nurse practitioners, and physicians. Many of the corpsmen are Certified Medical Assistants and the nursing staff has a vast array of clinical services they offer. With this diverse skill set, the Family Medicine Clinics have expanded the services for their patients so that they can be seen in a timely fashion, usually same-day if needed.

The Nurse-Run Clinics are probably the greatest example of expanded services offered. Currently, these clinics offer examinations for suspected conditions of Urinary Tract Infection, Upper Respiratory Infection, and Vaginitis.

Each of these complaints are initially evaluated by nursing staff to see if the patient can be safely seen in this manner. They use evidence-based guidelines to look for high-risk issues patients may have. Patients are seen same-day and given timely medical care at the "right time, by the right person." If a patient needs a higher level of care, a same-day appointment is made with a provider (physician assistant, nurse practitioner, or physician). Overall, the Nurse-Run Clinics have improved how quickly patients can be seen and treated by medical personnel.

Additionally, the Family Medicine Clinics offer the Enhanced Medical Home Port. On weekends, from 10:00AM to 2:00PM, a walk-in clinic is offered at USNH Guam for acute/urgent care matters. The goal of this service is again, "right patient, seen at the right time, by the right person." Many times, the Emergency Department becomes an after-hours convenience for patients and the Family Medicine Clinics want their patients to come to clinics for care. The Enhanced Medical Home Port hours are aimed at taking care of their patients in a timely fashion, while keeping them out of the Emergency Department when it is not required.

The Family Medicine Clinics pride themselves on taking great care of their patient population in a timely fashion, and offering a vast array of services. They look forward to seeing you soon!



1 Great new social media features!

The new social media hub allows users to access several social media applications from one location. Users can be a part of the Military OneSource story by joining online communities, participating in fan discussions and contests, engaging in conversations on our Facebook and Twitter pages, and reading stories about military life from a “boots on the ground perspective” over at the Blog Brigade. Users can also keep up with the latest trends on our Pinterest boards

2 Up-to-date news and topic-specific information!

Users can find information on a wide variety of topics using different search functions and a new, easy to navigate layout. The topic pages are full of articles and resources on military life topics such as parenting, deployment, relocation, and much more. Topic pages offer related podcasts, live webinar schedules, and Really Simple Syndication (RSS) feeds so that users can stay on top of all the news related to a particular program.

1 **Military OneSource**

Abstract in this space. Explain the sorts of info available on these channels.

Military Community and Family Policy

Abstract in this space. Explain the sorts of info available on these channels.

Military Spouse Employment Partnership

Abstract in this space. Explain the sorts of info available on these channels.

BLOG BRIGADE

Milspace Politics: Where Do We Fit In?

by *Blog Brigade* on Thu, 18 Oct 2012

Hello, October: month of endless campaign ads, political rhetoric and healthy (or unhealthy) debate. Personally, I'm ready for this election to be over, just so that I can watch commercials about soap and potato chips, but I digress. As Americans, we are so lucky to have the right to free speech, the right to vote [...]

VIDEOS All videos



Military Spouse Employment Partnership

May 17, 2012 | 1:00 min

PODCASTS All podcasts

Making the Move Easier for Your Children

Listen (1:49 min) Transcript (PDF)

Keeping Your Kids Safe Online

Listen (1:49 min) Transcript (PDF)

How EIMP Can Help

Listen (1:49 min) Transcript (PDF)

MOBILE

Abstract here about staying connected. Go mobile!



2 

Whether you are a parent looking for information on child care or child development, or a pre-teen or teen looking for tips on saving money or ways to get involved in your community, we have what you need! Use these resources, tools, and articles to help you make more informed decisions for you and your family.

The Basics

- Policy and Legislation

Child Care

- Certification, Licensing, and Accreditation: Standards that Govern Child Care
- Backup Child Care
- Child Care Options
- Cost for Child Care
- Planning for Child Care as a New Parent

Infant/Toddler/Pre-school (birth - 5 yrs)

- Developmental Milestones
- Communicating with your Children

Children (6-8 yrs)

Teens (13-17 yrs)

- Moving
- Get involved
- Changing Schools
- Money Management
- Leadership for Teens
- After Graduation
- Communicating with Your Teens
- Youth Camps
- Fitness and Nutrition

Military Family Life

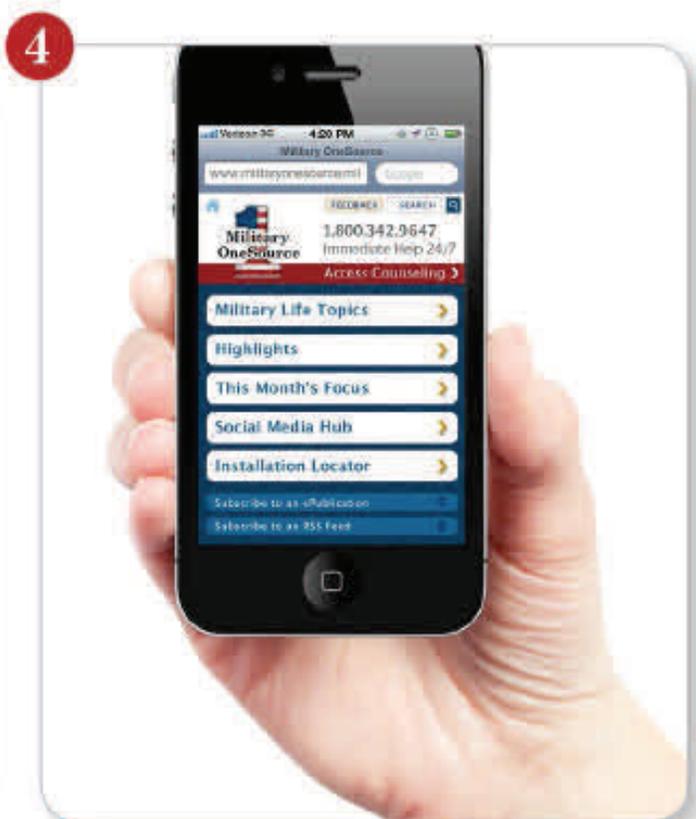
- Family Readiness System
- Deployment Issues
- Family Relocation
- School Support
- Exceptional Family Member

3 Access to Military OneSource favorites!

Articles, videos, podcasts, and a number of other great resources remain on the website, including the orderable materials now conveniently organized by program topic. Users can still access important services such as Health and Wellness Coaching and tax-filing assistance right on the site!

4 A mobile version for access on the go!

With on-the-go lifestyles and busy schedules, it's important to be able to access resources from anywhere, anytime. The new site offers a mobile version, which allows users to access military family program topics, links to their favorite social media applications, and an easy to use installation locator from a tablet or a smart phone anytime of day or night!



Department BRAVO ZULU

MULTI-SERVICE UNIT

The Pacific Pulse sat down with the Department Head of the Multi-Service Unit (MSU) to discuss what makes their workspace tick—and so successfully, at that. This MSU is awarded this month's Department Bravo Zulu!

Pacific Pulse: Tell us about your department. What is the range of work that occurs there?

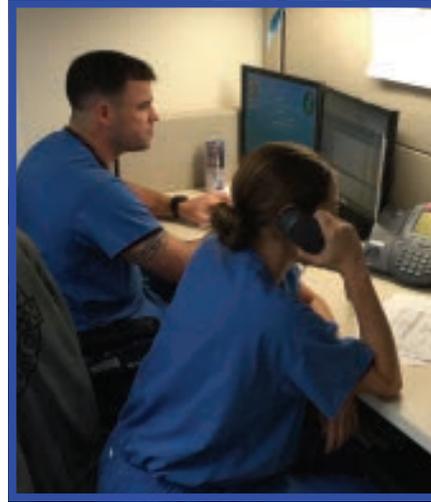
Lt. Clymer: The MSU at USNH Guam is a unique, challenging, and rewarding unit. The population that we are honored to serve is unlike any other in Navy Medicine. We care for patients ranging from a few days old to those at the end of life. We take care of all specialties that are offered here to include medicine, general surgery, orthopedics, mental health, urology, ear nose and throat, oral and maxillofacial surgery, obstetrics, and trauma patients. As a staff we are honored to take care of all of our beneficiaries. We have the pleasure of caring for our active duty members and their families and our amazing retired population. What makes us especially unique is our Veterans Administration and Civilian Humanitarian population. There have only ever been two or three hospitals on Guam, so we have a large civilian population that we care for as well. Needless to say our staff of physicians, nurses, and corpsmen leave USNH Guam much stronger clinically than they arrived.

PP: Tell us about your staff.

Lt.: I have the honor of serving with a staff of 40 healthcare professionals that range from 18 to 52 years of age. Family Practice Department physicians serve as our attending physicians on a weekly rotating schedule. Utilizing TeamSTEPPS, we are able to form strong interdisciplinary working relationships centered on trust, transparency, and most importantly, patient safety. When fully-staffed, we have approximately 19 nurses, to include our expert Clinical Nurse Specialist and myself as the Department Head. We have a civilian nurse and military nurses ranging from Ensigns fresh out of nursing school to very seasoned Lieutenant Commanders. The diversity of our staff allows for a wonderful learning environment and the staff members flourish here on the MSU. Our 18 Hospital Corpsmen are very strong and dependable. As a prior enlisted service member myself, I put a lot of trust in these staff and they have lived up to my high expectations. Most of the corpsmen are brand new to the Navy and fresh out of Corps School. With the outstanding training they receive from our staff, they become some of the best corpsmen in the fleet and I know they leave here ready to serve.

PP: What is the toughest thing about work on the MSU?

Lt.: The limited resources are most definitely the most challenging. We do not have access to Long Term Acute Care facilities, nursing homes, or inpatient rehabilitation center, such as other places more centrally located. As healthcare professionals we are committed to providing the safest patient-centered care that we can. We go above and beyond to care for our wonderful population and I assure you our staff works diligently and cohesively to provide world class care despite the challenges we face in the middle of the Pacific, where America's day begins.



PP: What do you most look forward to in coming to work?

Lt.: We are all honored to take care of a population that has sacrificed so much in service to our country. Most people do not realize that Guam has the highest percentage of volunteers in the United States Armed Forces of any state or territory. This provides a robust patient population with never-ending needs that keep us on our toes daily. Also, it is a pleasure to serve with an amazing

staff that has volunteered to do the same. The camaraderie on the MSU is second-to-none. This provides an environment of family that we all thrive on, especially being so far away from our loved ones in the states.

PP: We hear your senior staff gave the junior nursing staff Christmas off. Tell us about that.

Lt.: The Nurse Corps is fortunate to be approximately 30-40% prior enlisted. I believe this allows leadership to be especially mindful of the stressors and workload put on the enlisted staff. As the Department Head, my primary duty is to take care of my staff the best I can so that they can provide the best care that they can day-in and day-out. As we look at ways to increase morale and connect with our staff, our stellar Associate Director of Nursing Services (Cmdr. McMullen) and I decided that it would be a well-deserved Christmas present to allow all corpsmen to have Christmas off for special liberty. We covered the floor so that Christmas was a day off for our hard working staff. We have done this in the past, over the summer, and it always turns out to be much appreciated on a 24/7 hospital unit. My only regret is that I cannot do more to allow my staff to enjoy more time off on this beautiful tropical island that we call home.

PP: What type of staff member do you find is the best fit for working on the MSU?

Lt.: I have a little spiel I give to all my staff when they check in: First, you must be safe and honorable. If I cannot trust you then I have no place for you. We are entrusted to care for our patients when they are at their most vulnerable. With the increasing culture of safety we encourage open communication and collaboration among the ranks. Second, I need someone who is a team player and genuinely good person. As long as we can all work together in a professional and supportive working environment we can ensure that our patients are well taken care of. My door is open to all ranks for any reason. I have excellent support and enlisted leadership that allows my job to be very easy. Individuals who are assigned to the MSU are encouraged to “bloom where they are planted”. My job is to give my staff the tools to become strong nurses and corpsmen that will allow for career progression.

PP: Tell us about one of your proudest moments leading the MSU.

Lt.: The pride I feel as the Department Head is strong and unwavering. I began my time at USNH Guam in 2013 as a staff nurse on the MSU. After a year and a half or so I transitioned to the leadership position. I am proud that they honor me with the opportunity to serve as the DH. As I have stated prior, my goal is to advance their careers through guidance and mentoring. As long as I know I am doing all I can for them and they are providing stellar care then I can maintain pride in my job.

FROM THE GOAT LOCKER TO THE TIP OF THE SPEAR

Welcome Aboard, Command Master Chief!

Command Master Chief (SW/EXW/FMF)

**Zachary D. Pryor
United States Navy**



Master Chief Hospital Corpsman Pryor enlisted in the United States Navy in May of 1993 from Alliance, Nebraska. Upon completion of Recruit Training Command, San Diego, California he attended Hospital Corpsman "A" School and Operating Room Technician "C" School at The Naval School of Health Science, San Diego, California. Master Chief Pryor's duty assignments as an Operating Room Technician included Naval Medical Center San Diego (NMCSD), a deployment on the USS CLEVELAND (LPD-7), Fleet Surgical Team ONE (FST-1) and a deployment on the USS ESSEX (LHD-2).

In 2003 Master Chief Pryor attended Independent Duty Corpsman "C" School and Field Medical Service School at The Naval School of Health Science, San Diego, California. As an Independent Duty Corpsman he was stationed with 2nd Marine Division and served with 1st Battalion 2nd Marines with combat deployments to Iraq in 2004-05 and 2005-06 and served with 2nd Light Armored Reconnaissance. He also served at Naval Hospital Camp LeJeune's Wayne Carron and Camp Geiger Branch Medical Clinics. In 2008 he deployed as an Individual Augmentee (IA) with Naval SPECWARUNITTWO. In 2010 Master Chief Pryor graduated from the Senior Enlisted Academy and transferred to Norfolk/Virginia Beach where he served with Beachmaster Unit TWO (BMU-2) as both the SEA and IDC. He followed with a tour onboard the USS OAK HILL (LSD-51).

After selection to the Command Senior/Master Chief Program, Master Chief Pryor graduated from the Command Master Chief/Chief of the Boat course in 2014. He reported to DESRON 50, Manama, Bahrain in March 2014 where he currently serves as Command Master Chief.

Master Chief Pryor holds a Bachelor's of Science in Health Care Management from Touro University International and a Master's of Science in Educational Leadership from Trident University.

His warfare qualifications include: Enlisted Surface Warfare Specialist, Enlisted Expeditionary Warfare Specialist, and Enlisted Fleet Marine Force Warfare Specialist. His personal awards include Navy and Marine Corps Commendation medal (4 awards), Navy and Marine Corps Achievement medal (7 awards), Combat Action Ribbon and numerous unit and campaign awards. He is married and has three children.

Hafa Adai! We are your Naval Hospital Guam Ombudsmen. The Ombudsman Program was established in 1970 by Admiral Zumwalt. We are volunteers appointed by the Commanding Officer to serve as direct link between the Command and families of active duties for communication, information, referrals and feedback on families welfare. We can be reached via e-mail at usnhguamombudsman@gmail.com, phone (671) 483 9135, and Facebook at US Naval Hospital Guam Ombudsman. We are here to serve you and look forward to hearing from you!

**US Naval Hospital Guam
Ombudsmen**



- Emily Costabile, Kristoffer Knapp and Malina Hagen -