What's New in Public Health

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NMCPHC Field Activity Education & Training

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Mental Health and Suicide Prevention Toolbox

Understanding suicide warning signs and risk factors can help identify those at risk, allow for early intervention and prevent suicide. Mental Health and Suicide Prevention Month serves as a way to promote psychological health and suicide awareness and prevention, and encourage Sailors, Marines and civilian personnel to access behavioral health and emotional well-being resources when needed. The resources in this toolbox are designed to assist with fostering an environment free from the negative attitudes that can be associated with reaching out for help with life’s challenges. Health promoters, command leadership, command Suicide Prevention Coordinators (SPCs), behavioral health providers, primary care and other specialty providers, corpsmen, as well as chaplains, are encouraged to use these resources and promote positive coping skills, reaching out for help before stress feels unmanageable and utilizing available helping resources. Click here to learn more >>

If you or someone you know is in immediate danger or contemplating suicide, call 911.

The Key to Measuring Nurse Advice Line Effectiveness

The Nurse Advice Line (NAL) acts as a pressure relief valve by keeping non-emergency issues out of the emergency room. Advice Line nurses provide health care advice, redirect non-urgent issues to the right level of care and direct patients with urgent care issues to the right facilities. These activities should improve access to care, decrease unnecessary resource use and reduce costs. The U.S. Navy Bureau of Medicine and Surgery (BUMED) asked NMCPHC’s Health Analysis department to examine NAL usage focusing on call volume, booking success rates and warm transfer success rates. Click here to learn more >>

Quick Hit – Superbugs: Join the Fight!

A “superbug” is a type of bacteria that causes illness that cannot be easily treated because of the bacteria’s resistance to antibiotic medicines. Bacteria are microscopic organisms that live in almost all environments and life forms on Earth. Some bacteria are beneficial, like the types that live naturally in your digestive tract and help to break down food. Some bacteria are harmful (“germs”, “bugs”) and can cause mild to severe illness. Click here to learn more >>
Population Health Motion Graphics

The Population Health (PH) Directorate at NMCPHC released its new motion graphics that showcase how the directorate produces targeted resources and provides actionable data to operational and medical leadership to inform decisions and support mission readiness throughout the Navy and Marine Corps. PH optimizes and supports force health protection and readiness by providing epidemiologic services to support disease and injury prevention programs, analyzing clinical data to assess quality and availability of care, and developing health promotion and wellness programs to enhance readiness and promote healthy behaviors and lifestyles. Click here to learn more >>

Hazardous Materials Information Resource System (HMIRS)

The NMCPHC Industrial Hygiene Department helps manage and coordinate the Navy and Marine Corps participation in the Department of Defense (DoD) Hazardous Materials Information Resource System (HMIRS). HMIRS is the DoD repository for Safety Data Sheets (SDS) and related information on hazardous materials and currently contains over 550,000 product records. Click here to learn more >>

DRSi Newsletter: The Reporter

The Reporter is a monthly newsletter for Military Treatment Facility (MTF) and shipboard public health staff, including users of the Disease Reporting System internet (DRSi). Each issue highlights monthly trainings, department updates, guidance and news to ensure timely recognition and control of infectious diseases. Click here to learn more >>
NSMRL Researcher Presents Findings on Circadian Rhythms at MHSRS

Can performance deficits be reduced by locking operators to a circadian phase through the use of controlled light exposures? This was the subject of findings presented by researchers from the Naval Submarine Medical Research Laboratory (NSMRL) at the Military Health System Research Symposium (MHSRS) on August 27, 2017. Circadian rhythms are like a biological, 24-hour clock that cycles between sleepiness and alertness at regular intervals and tracks physical, mental and behavioral changes responding primarily to light and darkness in an environment. [Click here to read more]>

Meningococcal Disease Surveillance Protects the Health of U.S. Forces

Scientists from the Naval Health Research Center (NHRC) discussed the role that ongoing meningococcal disease surveillance plays in force health protection during MHSRS on August 27, 2017. Meningococcal disease – a severe, contagious and sometimes fatal illness that infects the lining of the brain, spinal cord and other vital organs – can devastate the health and readiness of U.S. military personnel. Because of the disease’s threat to service members, the DoD has mandated that all personnel be vaccinated against the disease. [Click here to read more]>

Post-Traumatic Stress Disorder (PTSD) 101

According to the U.S. Department of Veterans Affairs (VA), about six of every 10 men (or 60%) and five of every 10 women (or 50%) experience at least one trauma in their lives. The traumas can range anywhere from being in a major motor vehicle accident, seeing someone pass away violently or, in the case of some service members, being exposed to combat. Most of the time, when exposed to those kinds of conditions, people will have certain sets of symptoms which usually last a month. However, when the symptoms persist for months up to years, the person can be classified as having PTSD. [Click here to read more]>

‘Be Prepared’ Isn’t Just a Scout Motto as Peak Hurricane Season Arrives

Hurricane Harvey has ushered in peak hurricane season — the period from mid-August to mid-October when the large, swirling storms are usually the most frequent and dangerous. With scientists at the National Oceanic and Atmospheric Administration predicting higher-than-normal activity this year, now is the time to prepare for health care needs during severe weather. TRICARE experts recommend making a list with your physician’s name and contact information, medications with dosage and frequency and type and model number of medical devices. Those with chronic health conditions or issues with vision, hearing or mobility should get medical alert tags or bracelets and identify how they will get to safety.

Click here to read more>>

Naval Hospital Bremerton Advocates the Importance of Sleep – You Lose if You Don’t Snooze

Whether trying for a quick snooze, occasional siesta or attempted slumber, Sailors and Marines are continually at risk for the actual health threat of insufficient sleep. Vice Adm. C. Forrest Faison III, Navy Surgeon General and Chief of BUMED, recently indicated that worsening sleep habits are a definite hazard to wellness. "Sleep has been identified and prioritized as a leading Health and Wellness Department and disease prevention goal. Sleep is an important element of health and well-being just like nutrition and physical fitness. Adequate sleep is necessary to fight off infection, support the metabolism of sugar to prevent diabetes, perform well in school and work effectively and safely," said Trish Skinner, Naval Hospital Bremerton Health and Wellness Department health educator. Click here to read more>>
DRSi Webinar – Influenza Surveillance

September 26

The Preventive Medicine Program and Policy Support (PPS) Department of NMCPHC is part of a tri-service group that hosts monthly training sessions for MTF and shipboard public health staff, including users of DRSi. In this training, participants will learn to describe the significance of influenza in terms of public health; describe current surveillance and reporting activities within the military; and identify a contact person for additional questions. The training is approximately 30 minutes long and is conducted online with an accompanying dial-in phone number. [Click here to learn more]>

Tobacco Cessation Facilitator Training

October 24

Tobacco cessation courses are offered at a variety of locations including ashore and afloat commands as well as MTFs. The Tobacco Cessation Facilitator Training course equips individuals with the knowledge and skills required to become tobacco cessation facilitators at their local command in order to assist others with quitting tobacco. The course will familiarize attendees with individual and group treatment program approaches as well as the counseling skills and knowledge to effectively help tobacco users quit their addiction. In this course, attendees will learn the components of the American Cancer Society’s Freshstart® tobacco cessation program as well as additional topics useful for conducting tobacco cessation, such as facilitation skills and behavior change. Attendees will also receive materials and guidance to execute tobacco cessation programming at the local level. [Click here to learn more]>
Navy Entomology Center of Excellence (NECE)

NECE offers training to DoD pest management professionals to include pesticide applicator certification (approved by the U.S. Environmental Protection Agency to satisfy federal training and certification requirements for pesticide applicators); DoD pesticide applicator recertification; operational entomology training (preparing preventive medicine personnel to establish a public health pest management program); and shipboard pest management (NECE serves as the Navy program manager for shipboard pest control). Click here to learn more>>

NEPMU-2

The mission of NEPMU-2’s Education and Training Department is to provide fleet and staff training, leadership and management to ensure that required professional certificates for occupational, environmental and preventive medicine professionals are met throughout the Navy and Marine Corps. Click here to learn more>>

NEPMU-5

The mission of NEPMU-5’s Education and Training Department is to provide external and internal education and training, ashore and afloat, while maintaining training logistical support for deploying Forward Deployable Preventive Medicine Unit (FDPMU) teams in support of operational commanders worldwide. Services offered include CANTRAC and specialized education & training in support of Navy military and civilian personnel assigned within this unit’s area of responsibility (AOR), ashore and afloat. Click here to learn more>>

NEPMU-6

The Education and Training Department of NEPMU-6 offers courses throughout the year including (but not limited to) food safety manager’s course, laboratory identification of malaria training, DoD pesticide applicator certificate refresher course, shipboard pest management training and Navy ship sanitation certificate program. Click here to learn more>>

NEPMU-7

NEPMU-7 provides force health protection courses throughout the year including (but not limited to) operational entomology training, shipboard pest management and food safety manager’s/supervisor’s course. Click here to learn more>>