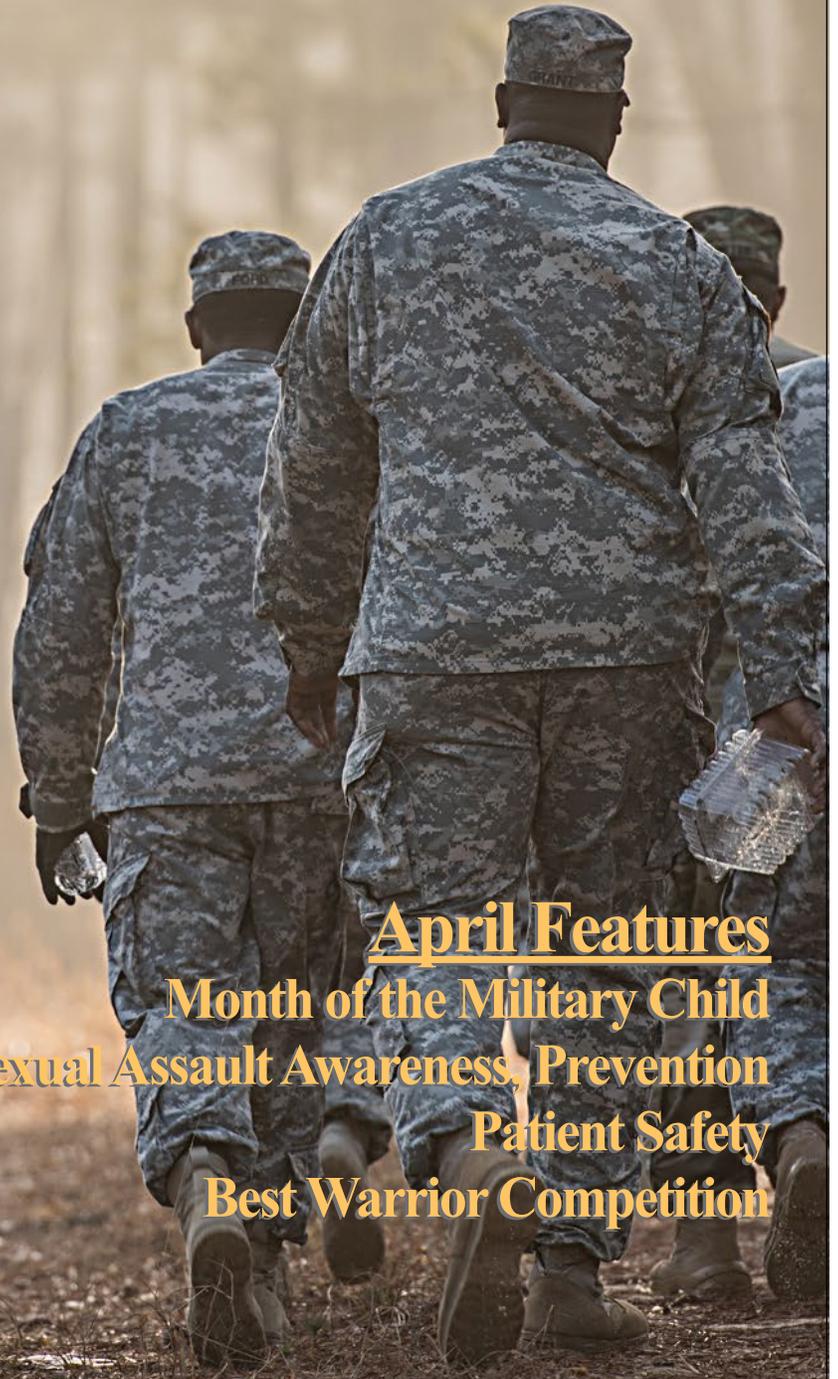


Rounds

Eisenhower Army Medical Center



APRIL 2016



April Features

Month of the Military Child
Sexual Assault Awareness, Prevention
Patient Safety
Best Warrior Competition

Members of the cadre move to an exercise point during EAMC's Best Warrior competition Feb. 1. Read the story on page 10.

CALENDAR

April
Sexual Assault Awareness and Prevention Month

Month of the Military Child

Patient Safety Awareness Month

April 1
WTB Fun Run, behind Victory Fitness Center (formerly known as Gym 3) Bldg. 25510, Brainard Ave., 6:30-7:30 a.m.

April 5
Fire Evacuation Class, Fire Department, 8-9 a.m.

Safety Officer & HAZCOM Coordinator, EAMC Auditorium, noon-2 p.m.

April 8
WTB Fun Run, behind Victory Fitness Center (formerly known as Gym 3) Bldg. 25510, Brainard Ave., 6:30-7:30 a.m.

April 9
BOSS Spring Combatives Tournament, Warrior Fitness Center (Gym 6), 7 a.m. to 4 p.m.

April 13
SHARP Training, EAMC Auditorium, 5-8 a.m.

April 15
Fort Gordon Hunter Hayes USO Concert, Barton Field, 7:30-9 p.m.

April 15
Holocaust Remembrance Day/ Days of Remembrance, EAMC Auditorium, 11:30 a.m. to 12:30 p.m.

WTB Fun Run, behind Victory Fitness Center (formerly known as

Gym 3) Bldg. 25510, Brainard Ave., 6:30-7:30 a.m.

April 16
Medical Specialist Corps Birthday
Splash and Dash 2016, Indoor Pool BLDG 21608, 9 a.m. to noon

April 20
Military Resilience Training for Families, Family Outreach Center, building 33512 (behind Woodworth Library) Rice Road, 9 a.m. to noon

see **CALENDAR** on page 14

Round

April 2016

IKE's Cafe		Menu April				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Cream of Broccoli Soup Chicken Cacciatore Beef Lasagna Vegetable Lasagna White Pasta Wheat Pasta Brown Rice Sicilian Vegetables Steamed Broccoli	2 Tomato Basil Soup Grilled Chicken Breast Parmesan Crusted Tilapia Chicken Gravy Steamed Rice Steak Fries California Veggies Baby Carrots
3 Cream of Potato Soup w/ Bacon Swiss Steak w/ Brown Gravy Turkey Tetrazzini Rice Pilaf Mashed Potatoes Peas and Carrots Cauliflower Au Gratin	4 Mushroom Barley Soup Fried Chicken Savory Baked Chicken Herb Baked Mahi Mahi Chicken Gravy Steamed Rice Potatoes and Herb Macaroni and Cheese Mixed Vegetables Sautéed Cabbage	5 Ital. Wedding Soup Beef Yakisoba Sweet and Sour Pork Egg Rolls (Veggie) Fried Rice Steamed Rice Brown Rice Steamed Broccoli Stir Fry Vegetables Dinner Rolls	6 Broccoli Soup Roast Turkey Baked Catfish Fried Catfish Turkey Gravy Cornbread Dressing Mashed Potatoes Gr. Beans w/Potato Green Beans Summer Squash	7 Chicken Tortilla Soup Chicken Fajita Beef Fajita Bean, Cheese Burrito Enchilada Sauce RF Beans w/ Cheese Spanish Rice Brown Rice Peppers and Onions Chuckwagon Corn	8 Clam Chowder Parmesan Baked Tilapia Beef Bulgogi Brown Gravy Lyonnaise Potatoes Steamed Rice Brown rice Sautéed Asparagus Glazed Snow Peas	9 Tom. Florentine Soup Baked Ham Slices Baked Salmon Pineapple Sauce Wild Rice Steamed Rice Brown Rice Mashed Potatoes California Blend Vegetables
10 Chicken Dumpling Soup Philly Cheese Steak Mexican Chicken Steak Fries Brown Rice Steamed Rice Sautéed Asparagus Riviera Mixed Vegetables	11 Broccoli Soup BBQ Chicken Savory Baked Chicken Chili Macaroni Chicken Gravy Hopping John Rice Garlic Red Potatoes Sautéed Cabbage, Bacon	12 Chicken, Wild Rice Soup Meatloaf Spicy Honey Pork Beef Gravy Mashed Potatoes Brown Rice Streamed Rice Green Beans, Potatoes	13 Chicken Gumbo BBQ Ribs Fried Catfish Baked Catfish Mac and Cheese Steamed Rice Brown Rice Tomatoes w/ Okra Collard Greens w/Ham	14 Beef w/ Green Pepper Soup Teriyaki Chicken Beef Pepper Steak Vegetable Egg Rolls Brown or Fried Rice Broccoli Stir Fried Vegetables Dinner Rolls	15 Italian Wedding Soup Beef Stew Baked Tilapia Parsley Egg Noodles Steamed Rice Sautéed Asparagus Summer Squash Dinner Rolls	16 Mediterranean Vegetable Soup Salisbury Steak Baked Flounder Cottage Fries Brown Rice Wild Rice Mixed Vegetables Broccoli Dinner Rolls
17 Mushroom Barley Soup Hungarian Goulash Parmesan Tilapia Beef Gravy Steamed Rice Egg Noodles Peas and Carrots Catalina Blend Vegetables	18 Bean and Ham Soup Parmesan Chicken Meat Sauce White Pasta Wheat Pasta Italian Roasted Potato Wedges Cauliflower Au Gratin Broccoli	19 Chicken Noodle Soup Savory Baked Chicken Beef Stroganoff Brown Gravy Steamed Rice Brown Rice Egg Noodles Whole Kernel Corn Brussel Sprouts	20 Beef, Pepper Soup Baked Honey Glazed Ham Slices Herb Baked Flounder Pineapple Sauce Scalloped or Oven Roasted Potatoes Glazed Baby Carrots Sautéed Cabbage	21 Chicken, Wild Rice Soup Oven Roast Beef Baked Salmon Brown Gravy Egg Noodles Potatoes O'Brien Steamed Rice Sautéed Asparagus Mixed Vegetables	22 Cream of Broccoli Soup Chicken Cacciatore Beef Lasagna Vegetable Lasagna White Pasta Wheat Pasta Brown Rice Sicilian Vegetables Steamed Broccoli	23 Tomato Basil Soup Grilled Chicken Breast Parmesan Crusted Tilapia Chicken Gravy Steamed Rice Steak Fries California Veggies Baby Carrots
24 Chicken Dumpling Soup Philly Cheese Steak Mexican Chicken Steak Fries Brown Rice Steamed Rice Sautéed Asparagus Riviera Mixed Vegetables Dinner Roll	25 Cream of Broccoli Soup BBQ Chicken Savory Baked Chicken Chili Macaroni Chicken Gravy Hopping John Rice Garlic Red Potatoes Sautéed Cabbage, Bacon Sautéed Cabbage Whole Kernel Corn Cornbread	26 Chicken, Wild Rice Soup Meatloaf Spicy Honey Pork Loin Beef Gravy Mashed Potatoes Brown Rice Streamed Rice Green Beans, Potatoes Green Beans Cauliflower Dinner Rolls	27 Chicken Gumbo BBQ Ribs Fried Catfish Baked Catfish Macaroni and Cheese Steamed Rice Brown Rice Tomatoes w/ Okra Collard Greens w/Ham Collard Greens Cornbread	28 Beef w/ Green Pepper Soup Teriyaki Chicken Beef Pepper Steak Vegetable Egg Rolls Brown Rice Fried Rice Broccoli Stir Fried Vegetables Dinner Rolls	29 Italian Wedding Soup Beef Stew Baked Tilapia Parsley Egg Noodles Steamed Rice Sautéed Asparagus Summer Squash Dinner Rolls	30 Mediterranean Vegetable Soup Salisbury Steak Herb Baked Flounder Cottage Fries Brown Rice Wild Rice Mixed Vegetables Broccoli Dinner Rolls

April blooms with activities, remembrances, joyous services

Col. Michael A. Weber
Commander

Eisenhower Army Medical Center

Where did the time go? We sure accomplished a lot in March. The highlights for me were our Women's History Month Program and hosting the Regional Health Command Atlantic's Best Medic Competition.

Happy 108th birthday, Army Reserve.

BG Place and I were very impressed with our region's elite soldier athletes. CSM Price and I wish our region's champions the best of luck as they compete for the MEDCOM top honor. Please support and encourage our champions and start your preparation for next year's competitions.

April will be even busier than March. We will start the month with a very robust proclamation signing and Sexual Assault Awareness Month Program April 1 in the 1st floor auditorium.

April is also the Month of the Military Child. April 5 is National Gold Star Spouses Day and April 7-14 we observe Holocaust Days of Remembrance.

Volunteer Appreciation Week is April 10-16. April 22 is Earth Day and April 23 is the Army Reserve Birthday: happy 108th, Army Reserve.



Photo by Wesley P. Elliott

Sgt. 1st Class Erick James, left, Army Emergency Relief campaign representative; Col. (Dr.) Michael A. Weber, EAMC commander, and Command Sgt. Maj. Thurman L. Reynolds, EAMC Troop Command command sergeant major, pledged donations to kick off of the 2016 Army Emergency Relief Campaign at EAMC March 18.

Passover (Pesach) will be celebrated April 22-30. Chag Pesach Kasher VeSameach!

We all must remember that Monday April 18 is this year's Federal Income Tax filing deadline. The Fort Gordon commu-

nity has free expert help available for your income tax preparation needs.

We are going to make April a great month as we celebrate our families and community. You make EAMC my First Choice for 5-Star Care.

FISHER HOUSE



Courtesy photo

Derek Nelson, center, regional director, IHG Army Hotels, and Chuck Sourbeer, left, IHG Army Hotels, present a donation of \$25,000 to the Fort Gordon Fisher House which was received by Francisco Cruz, Fort Gordon Fisher House manager, right, March 9.



April 2016 • Vol. 1, No. 7

Rounds is an official monthly publication of Eisenhower Army Medical Center at Fort Gordon, Georgia, produced by the EAMC Public Affairs Office for and about the staff of the hospital and the military members, family members and beneficiaries who choose EAMC for their Five-Star Health Care.

Editorial content is under the direction of and serves the mission of the EAMC commanding officer. Email: usarmy.gordon.medcom-eamc.mbx.pao@mail.mil.

Cover photo by John Corley

EAMC Employee of the Year is TMC4 LPN

David M. White

Public Affairs Office

Eisenhower Army Medical Center

Marc Belgin, a licensed practical nurse at TMC4, has been named Eisenhower Army Medical Center's Employee of the Year.

According to the citation by Michael A. King, RN, TMC4's clinical nurse OIC, Belgin's numerous and varied contributions to the EAMC mission lead to his recognition.

"During the post's flu shot campaign," according to King's write-up, "Belgin recognized that the clinic's supply of Flu Mist was getting ready to expire. He was able to give all of the Flu Mist before they expired, and

he took the time to educate Soldiers on why they didn't need the injection" and could receive the mist as a comparable substitute.

"This process saved the clinic/hospital \$1,616.30," reported King.

Belgin has been at EAMC for almost two years, coming to the Augusta area after 18 years working in acute care in the Riverside, California, area.

"My identical twin was stationed here [at Fort Gordon] and was getting ready to retire in the area so I moved here to be closer to him," said Belgin. "Working in medicine, I can work almost anywhere. And, as a bonus, I get to work with Soldiers."

Professionally, Belgin is active on two committees: Infection Control and Documentation committees.

"His knowledge in using AS-U-Type, a software program that increases productivity in documentation, is being shared with his peers as a best practice for Standardized Documentation," reported King.

Belkin, who served in the Army as a med tech for three-and-a-half years, is not a man who waits for things to happen.

"He is a self-starter who, without hesitation, will ask for special projects to improve the patient's care," said King. "A new MMR/Varicella initiative was implemented for soldier readiness which caused 4,000 soldiers to become RED or 'not ready,' in MEDPROS. Belgin took on this new initiative by ordering more than 600 labs for titers, giving close to 200 vaccinations and placing numerous phone calls to Soldiers to remind them to report for lab work."

Belgin likes the demands of day-to-day, hands-on medical care. "It's challenging and ever-changing," he said.

"I'm not going to get bored sitting at a desk for eight hours a day," he said. "It's challenging every single day and there are [always] different people."

When comparing and contrasting Georgia with California, Belgin mentioned, of course, the humidity as well as the cost of living and the slower pace.

"The people are friendlier and warmer in general," he said. "I think the slower pace gives people the time to just say 'hi'"

Belgin said he chose the medical field because working with people has always interested him and, regardless of the well-deserved recognition, it's clear that interest has never faded.



Photo by David M. White

Marc Belgin, a licensed practical nurse at TMC4, has been named Eisenhower Army Medical Center's Employee of the Year.

National Nurses' Week

May 12, the final day of National Nurses Week, is the birthday of Florence Nightingale (1820-1910). The English nurse became known as the founder of professional nursing, especially due to her pioneering work during the Crimean War (1853-1856). Due to her habit of making rounds at night, Nightingale became known as "The Lady with the Lamp."

National Nurses Week was first observed in October 1954, the 100th anniversary of Nightingale's mission to Crimea. May 6 was introduced as the date for the observance in 1982.

 **Eisenhower**
Army Medical Center
Nurses' Week observances

Opening Ceremony Closing Ceremony

May 6, 9:30-10:30 a.m. May 12, 1-2 p.m.

EAMC Auditorium EAMC Auditorium

'Good Catches' help improve patient safety

David M. White

Public Affairs Office

Eisenhower Army Medical Center

Something just felt wrong.

The Eisenhower Army Medical Center's Emergency Department staff was treating a stroke victim who was within the four-hour window for stroke reversal through the use of tPA, a clot-busting drug. As nurse Agnieszka "Aggie" Sellers was preparing the medication, the size of the vial didn't seem right to her and, upon double checking, she discovered a 50ML vial that should have been a 100ML vial.

"It was an error in stocking," Sellers said. Had the wrong concentration been administered, the patient would have received a double-strength dose, exacerbating an already critical condition.

Sellers' "good catch" prevented a serious medication error. She later filed a Patient Safety Report on the incident and the pharmacy reviewed its tPA stocking process with the staff.

"We can all learn from mistakes and protect patients," Sellers, who has been a nurse for 10 years, said. "Experience counts but ... professionals continue to learn."

The web-based PSR system is a voluntary, confidential, non-punitive reporting system that gives military treatment facility medical personnel the ability to anonymously report medical events that impact the safety of patients. Voluntary event reporting is a passive form of vigilance for near misses or unsafe conditions.

"Filing a PSR is as simple as clicking on an icon on your computer desktop," said Amanda Newton, a patient safety manager at EAMC. All clinical computers have the icon on the desktop and there is also a button on IKEnet's home page that links to the patient safety page.

PSR "good catches" can be identified in areas including clinical processes or procedures; device, equipment or supply problems such as malfunctions or availability; falls; or unsafe administration of blood or blood products.

"The target," Newton said, "is zero preventable harm. We strive to achieve this by having a PSR program that is transparent. Through teamwork and communication, we work to improve patient safety across all clinical activities as well as empower the entire staff — regardless of rank, position

or job title — to openly and honestly participate in the reporting process."

Making a "good catch" sometimes is as simple as something doesn't smell right ... literally something doesn't smell right. This was the case when Shawna Dryden, a certified nursing assistant in EAMC's OB/GYN department, was preparing an indicator

solution for a Pap smear.

As she was mixing the solution, she noticed a different smell than what she was used to. The solution calls for acetic acid, which is a weak acid usually found in household vinegar. The liquid she opened did not have a smell and Dryden knew
see **GOOD CATCH** on page 13

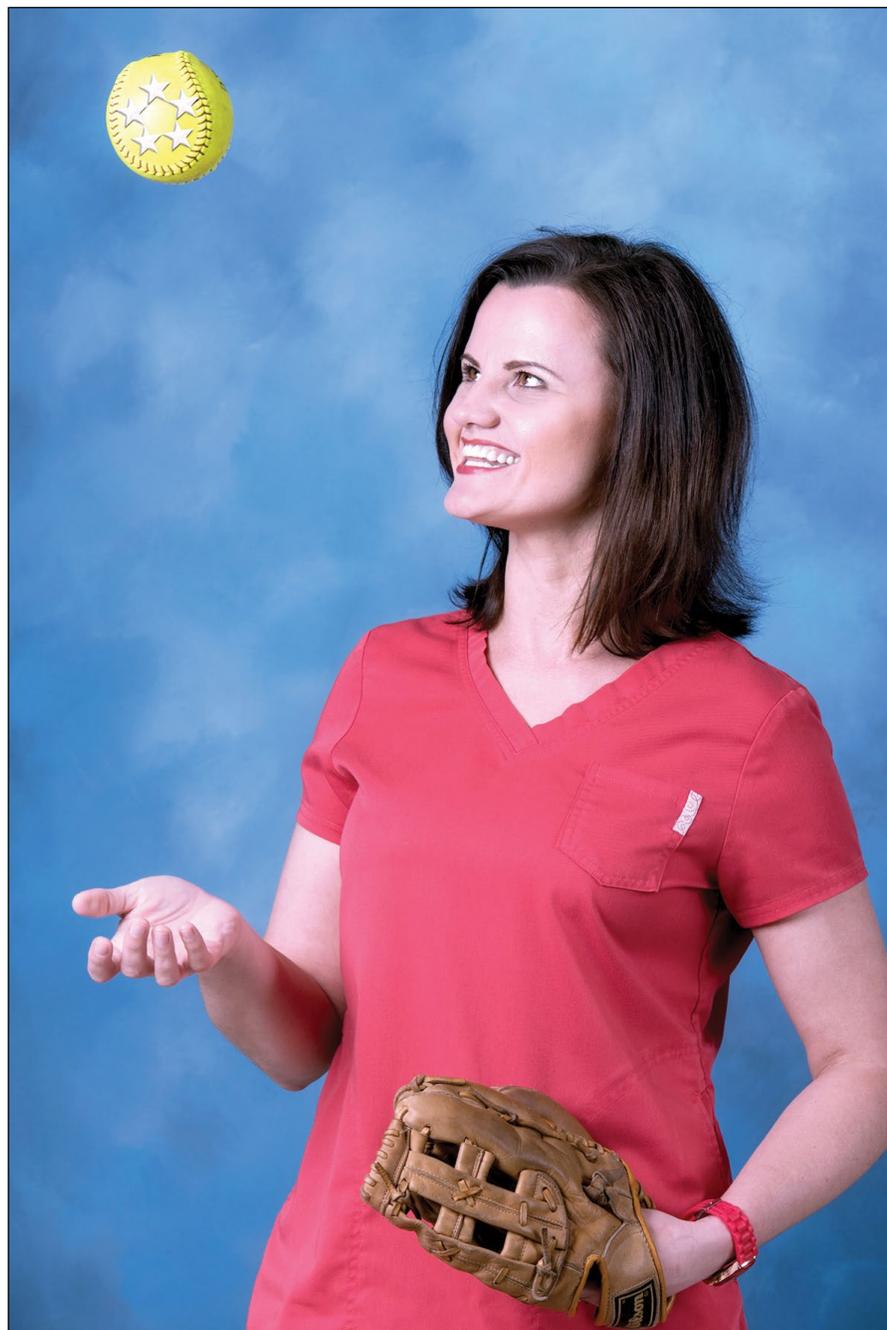


Photo by John Corley

Agnieszka "Aggie" Sellers, a nurse on Eisenhower Army Medical Center's Emergency Department staff, made a "good catch" while treating a stroke victim who was within the four-hour window for stroke reversal through the use of tPA, a clot-busting drug. As a result of her actions and the Patient Safety Reporting system, changes were made that improved EAMC's patient safety culture. Sellers is one of many who have made a difference by filing a PSR online.

In praise of military children and their parents

Maj. Rick Stevenson, chaplain
Department of Ministry and Pastoral Care
Eisenhower Army Medical Center

April is the month of the military child. It began when Casper Weinberger was Defense Secretary and was established to spotlight the important role children play in the Armed Forces community.

The theme this year is “Young Lives, BIG Stories”. I think it is an appropriate time for parents, and all of us, to reflect on the unique lives of our military children.

Our military children are truly remarkable beings. They are not only resilient but they carry an understanding of the world that opens them to the future. Part of the reason they understand the world and the various regions of our great country so well is because they have lived all over it.

I was reminded of a military child a few weeks ago when the actress Julianne Moore was on television presenting the Academy Award to this year’s best actor.

Do you know she is a military child? Her dad, Col. Peter Moore Smith, was a JAG officer and paratrooper. She was born at the old Womack Army Community Hospital at Fort Bragg, North Carolina. Last year when she won her Oscar, she thanked her dad for “showing her the world.”

I think a fun activity parents can do with

their children is to Google “Military Brat” and go to the Wikipedia entry. You’ll have fun going over the list of people who grew up in the military for at least part of their lives. Amy Adams, Christina Aguilera, Faye Dunaway, Jackson Browne, Newt Gingrich, Shaquille O’Neal, Lionel Richie, Rachel Smith (Miss USA 2007), Bruce Willis, ABC News anchor Elizabeth Vargas, Reese Witherspoon and Tiger Woods are just a few of the names you and your children may recognize on that list. That’s just the list from the Army.

Those of us who grew up in the 1970s might find it interesting to know all three original members of the band *America* were children of airmen. NPR news anchor Renee Montagne is the daughter of a Marine and none other than Luke Skywalker himself, Mark Hamill, is the son of a sailor.

I grew up as a civilian. The first real military family I became close to was Glen and Jo Ann Buford. Glen had served as a medic in Vietnam and he retired as a major. Their son, Brian, was a friend of mine in college, way back in the early 1980s. It was a three-hour drive for me between my parent’s home in Shelbyville, Tennessee, and my college in Jackson. The Buford’s lived exactly half way between the two locations. They were always good to provide a free meal

and usually a movie on a fancy new invention called a VCR. Sometimes their house would turn into a hotel for me if I looked a little too tired to make the rest of the trip. I always felt at home at the Buford’s house more than any other place outside my own home. I think their 20 years in the Army is partly responsible for their gracious hospitality.

Military children are special. One of the reasons they are special is because of their parents. They model the sense of values our service members live and it gets passed to them.

As you enter this month of the military child, reflect on the blessings our military children bring to your life. Who knows? Some day that child might be standing on a stage holding an Oscar, thanking you for showing them the world.

Familiar words, important reminders

Bob Meloche
Safety Manager
Eisenhower Army Medical Center

Spring is here and most of America sprung forward embracing daylight saving time. With that, we find ourselves on the precipice of the 101 Critical Days of Safety. This is also an opportunity to take a step back and remind ourselves of basic, seasonal safety tips.

Unless this is your first trip to the rodeo, you should know to minimize your sun exposure and apply sunscreen that is at least SPF30. Apply sun screen at least 20 minutes prior to sun exposure, and reapply according to manufacturer’s recommendations.

Alcohol is a depressant. Irresponsible

alcohol use or alcohol abuse can lead to very depressing experiences. A DUI is a career-changing experience, and none of it is positive. If you are unable to handle alcohol responsibly, don’t handle it at all.

Planning a road trip? Use the Travel Risk Planning System, <https://trips.safety.army.mil>. Multiple drivers and adequate rest stops make the trip far more pleasant.

Solid execution of risk management principles is an excellent defensive strategy. Use what you know and learn what you need to know. You haven’t experienced spring since this time, last year. Every spring activity deserves a well-executed risk management process. Make it a spring to remember, for all the right reasons.

Rounds
Eisenhower Army Medical Center

Editorial calendar, story/photo deadlines

May 2016	April 18
	<i>Better Hearing, Speech Month</i>
	<i>National Stroke Awareness</i>
	<i>Hand Hygiene Day</i>
	<i>Women’s Check-up Day</i>
	<i>Hurricane Preparedness Week</i>
June 2016	April 22
	<i>Men’s Health Month</i>
	<i>Fireworks Safety (through July 4)</i>
	<i>Rip Current Awareness (June 7-13)</i>
	<i>World Sickle Cell Day (June 19)</i>
July 2016	May 27
	<i>Juvenile Arthritis Awareness</i>
	<i>World Hepatitis Day (July 28)</i>
August 2016	July 8
	<i>Children’s Eye Health & Safety</i>
	<i>World Breastfeeding Week (Aug. 1-7)</i>
	<i>Contact Lens Health Week</i>
	<i>(Aug 24-28)</i>
September 2016	August 12
	<i>Suicide Prevention Week (Sept. 4-11)</i>
	<i>Patriot Day 9/11, National Day of</i>
	<i>Service and Remembrance (Sept. 11)</i>
	<i>Childhood Obesity Awareness Month</i>

Don't just sit there ... do something

David M. White

Public Affairs Office

Eisenhower Army Medical Center

For the last three hours, Kevin, not his real name, had been sitting crookedly in a chair at the kitchen table finishing up his taxes. As he was rounding up the final papers, he dropped a paper clip on the floor. Without getting up, Kevin leaned over in the chair and, when he ducked his head under the table, he sneezed, cracked the back of his head on the underside of the table and a pain like the slam of a baseball bat grabbed his lower back.

He rolled to the floor and took inventory. He couldn't feel the bump on his head. All he felt was the torment from his lower back that pinned him to the floor.

No one is immune to lower-back pain.

Most low-back pain is acute, or short term, and lasts a few days to a few weeks. It tends to resolve itself with very little treatment, according to the National Institute of Neurological Disorders and Stroke.

The vast majority of low-back pain is mechanical, meaning that sprains and strains account for most acute back pain, according to NINDS. Sprains are caused by overstretching or tearing ligaments, and strains are tears in tendon or muscle. Both can occur from twisting or lifting something improperly, lifting something too heavy, or overstretching. Such movements may also trigger spasms in back muscles, which can also be painful.

"Unfortunately, low back pain will affect a majority of individuals in their lifetime," said Maj. Jason B. Alisangco, DO, director, Primary Care Sports Medicine, Eisenhower Army Medical Center. "The back constantly supports a lot of weight from the upper body as well as aids in the daily movement linkage of the upper and lower extremities."

Low-back pain is rarely related to serious underlying conditions, but when these conditions do occur, they require immediate medical attention, according to NINDS, and

"Unfortunately, low back pain will affect a majority of individuals in their lifetime."

— Maj. Jason B. Alisangco, DO, director, Primary Care Sports Medicine, EAMC



include infections, tumors and kidney stones.

"Treatment of acute back pain with self-treatment," Alisangco said, "would include acetaminophen and non-steroidal anti-inflammatory drugs, known as NSAIDs; heat; and encouraging activity. Bed rest is not recommended."

In general, the NINDS recommends the following treatments for acute lower back pain:

- Hot or cold packs have never been proven to quickly resolve low-back injury; however, they may help ease pain and reduce inflammation for people with acute, subacute or chronic pain, allowing for greater mobility among some individuals.
- Medications: A wide range of medications are used to treat acute and chronic low-back pain. Some are available over the counter; others require a physician's prescription. Analgesic medications are those specifically designed to relieve pain. They include acetaminophen and aspirin.

- Nonsteroidal anti-inflammatory drugs, commonly known as NSAIDs, relieve pain and inflammation and include over the counter options such as ibuprofen, ketoprofen and naproxen sodium. Several others, are available only by prescription.
- Creams or sprays applied topically stimulate the nerves in the skin to provide feelings of warmth or cold to dull the sensation of pain. Topical analgesics reduce inflammation and stimulate blood flow.
- Activity: Bed rest should be limited. Individuals should begin stretching exercises and resume normal daily activities as

soon as possible, while avoiding movements that aggravate pain. One of the worst things you can do is stay in bed, according to VA/DOD Clinical Practice Guidelines on low-back pain.

- Strengthening exercises, beyond general daily activities, are not advised for acute low back pain, but may be an effective way to speed recovery from chronic or

subacute low back pain.

Perhaps the best treatment for low-back pain is prevention in the first place by using proper body mechanics to avoid jolts or strains to the back muscles, maintaining the correct posture and lifting objects properly.

"We must think about performance training back pain as, 'Back to core and core to back,'" Alisangco said. "Improving your core musculature will aide in the proper support the back needs to stay fit, flexible and strong."

- Always stretch before exercise or other strenuous physical activity.
- Mom was right: Stand up straight. Don't slouch when standing or sitting. The lower back can support a person's weight most easily when the curvature is reduced. When standing, keep your weight balanced on both feet.
- At home or work, make sure work surfaces are at a comfortable height.

see **BACK PAIN** on page 15

LABORATORY SPECIALISTS WIN BEST WARRIOR COMPETITION

Photos by John Corley
Story by Wesley Elliott
Public Affairs Officer
Eisenhower Army Medical Center



Sgt. Nicole J. Van Niekerk, Department of Pathology, relaxes after the six-mile ruck march during the Eisenhower Army Medical Center Best Warrior competition at Fort Gordon, Ga., Feb. 1.

The Eisenhower Army Medical Center held an organization-wide Best Warrior competition to select the most qualified Soldier and Non-Commissioned Officer to represent EAMC at the regional Best Warrior competition Feb. 1.

Medical laboratory specialists (68K) Spc. Raymond R. David and Sgt. Micheal Baines earned their Soldier and NCO of the year titles after a tough three-day challenge.

David described the contest as “brutal, but the competition from

see WARRIOR on page 14



The Eisenhower Army Medical Center NCO of the year Sgt. Micheal Baines, left, Department of Pathology, navigates his squad during the EAMC Best Warrior lane training competition on Fort Gordon, Ga., Feb. 1.



Spc. Daniel Ryan, Emergency Department, provides small arms cover for squad movements during the Eisenhower Army Medical Center Best Warrior competition lane training on Fort Gordon, Ga., Feb. 1.



Spc. Natasha E. Clark, second from left, Department of Pathology, works with a team to carry a litter and simulated patient as part of the lane training for the Eisenhower Army Medical Center Best Warrior competition at Fort Gordon, Ga., Feb. 1.



Sgt. Hector D. Guzman-Ospina, Patient Administration Division prepares for the land navigation course as part of the Eisenhower Army Medical Center Best Warrior competition on Fort Gordon, Ga., Feb. 1.

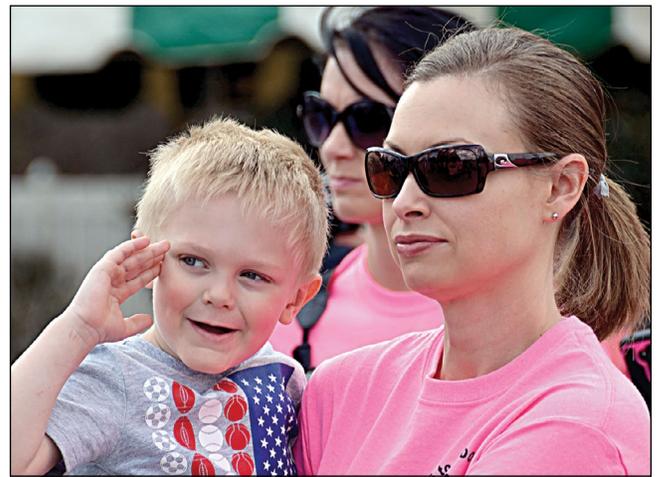


The Eisenhower Army Medical Center Soldier of the year Spc. Raymond R. David completes the fifth mile of the six-mile ruck march in the Eisenhower Army Medical Center Best Warrior competition on Fort Gordon, Ga., Feb. 1.



Photos by Wesley P. Elliott

For the fourth year in a row, runners from Millen, Ga., completed a relay that began at Fort Benning, Ga., and ended at Fort Gordon, Ga., to raise money and awareness for the Fort Gordon Warrior Transition Battalion and the Fort Gordon Fisher House on March 13. The runners completed more than 250 miles in a relay-style run concluding at the Fort Gordon Fisher House where they were greeted by the Eisenhower Army Medical Center Commander, Col. Michael A. Weber, and the Fisher House Manager, Francisco Cruz. The team raised more than \$3,000 during the four-day run.



Rounds

FOR PEAK PERFORMANCE, REACH ALL TARGETS AND + GOALS

GET **8 HOURS OF QUALITY SLEEP** PER 24 HOUR PERIOD

AIM FOR **10,000 STEPS PER DAY + 5,000 ADDITIONAL STEPS** (SPREAD THROUGHOUT THE DAY)

INCLUDE AT LEAST **2 DAYS OR MORE RESISTANCE TRAINING PER WEEK + 1 DAY AGILITY TRAINING**



EAT AT **LEAST 8 SERVINGS OF FRUITS & VEGETABLES PER DAY**

GO CAFFEINE **FREE 6 HOURS** (BEFORE BEDTIME TO RESET SLEEP)

RE-FUEL **30-60 MINUTES** AFTER STRENUOUS EXERCISE

INCORPORATE AT LEAST **150 MINUTES + 75 MINUTES** MODERATE AEROBIC EXERCISE (PER WEEK) VIGOROUS INTENSITY

April 2016

Month of the MILITARY Child

From deployments to new schools, military children are faced with unique challenges that ordinary youth their age never experience. Their ability to adapt to present and future changes deserves our respect and admiration.

To recognize the hard work and applaud the courage of military children, the Department of Defense has deemed April as the Month of the Military Child. Children of service members who serve at Eisenhower Army Medical Center shared some of their thoughts about being a Military Child.



Emily, 3 years old

Being the child of a Service Member is like dancing. I get to twirl all over the place!

My favorite thing about my mommy being a Service Member is that she gets to wear boots every day! I like boots!

Having the right information always important

TRICARE.mil Staff

When it comes to your health, information is important. Your doctors need information about your medical history and the need for information continues as long as you need care. The Military Health System is making it easier for you and your providers to get the information you need, all from one resource - the Virtual Lifetime Electronic Record Health Information Exchange Initiative.

Access to your information is important to all of your providers, regardless of where you receive care. Through our private and



secure network, only authorized healthcare professionals will access your health care information. The information exchanged is already part of your TRICARE benefit. If you are active duty, your information is

already shared through VLER HIE.

Non-active duty beneficiaries can choose if they want to participate. If you don't want your information accessed by your doctors in VLER HIE, you can opt out. Once you opt out, the MHS will not be able to share your information, even in case of an emergency.

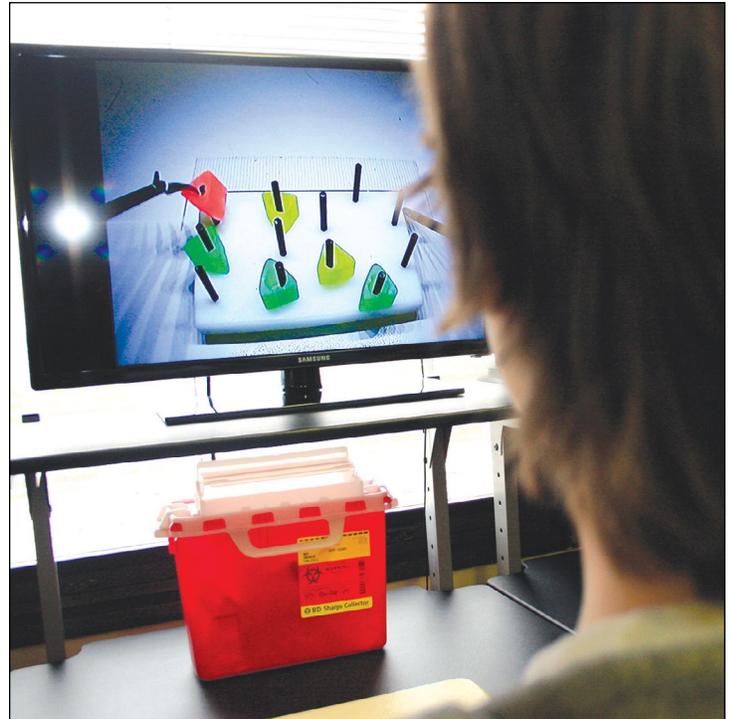
To opt out, you can go to TRICARE.mil, download and complete the VLER Opt-Out (In) Letter template, then mail it to the address provided on the letter. If you choose to opt out now and change your mind later, you may opt back in.

12 Local middle, high school students visit EAMC clinics, sim lab

About 30 middle and high school students from the Burke County Academy of Success visited Eisenhower Army Medical Center March 4 where they got a first-hand look at Army life in a medical setting. The students and their teachers visited several of EAMC's clinics, learned about specific Army medical jobs and had a chance to tackle some of the equipment in the hospital's simulation lab.



A student from the Burke County Academy of Success manipulates a set of laparoscopic surgical arms in Eisenhower Army Medical Center's simulation lab during a visit March 4.

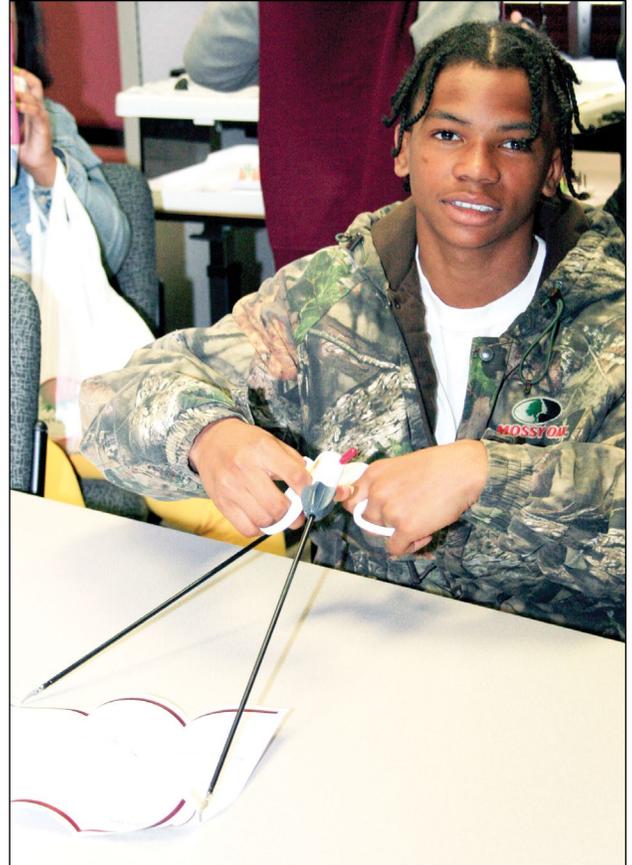


Photos by David M. White

As the student in the photo on the left manipulates the laparoscopic surgical arms, he is looking at the screen, above, to see what exactly what he is doing.



A student from the Burke County Academy of Success reacts to a video of a colonoscopy procedure in Eisenhower Army Medical Center's simulation lab during a visit March 4.



A student from the Burke County Academy of Success manipulates a set of laparoscopic surgical arms to unfold a brochure during a visit March 4.



A Proclamation

Col. Michael A. Weber
Commander

Eisenhower Army Medical Center

Whereas, Sexual Assault Awareness and Prevention Month is a time to build on existing momentum and certify all Service members, DOD civilians, contract personnel and family members know, understand, and adhere to service values and standards of behavior in order to eliminate sexual assault, and other inappropriate behavior for our community; and

Whereas, each member of our DOD community has a unique role in preventing and responding to inappropriate behaviors and the crime of sexual assault. We must identify our part in stopping these crimes starting with our own awareness and knowing when and where to safely intervene; and

Whereas, the theme for the Depart-

ment of Army's 2016 campaign, Sexual Assault. Sexual Harassment. Not in Our Army." Aligns with the Department of Defense's 2016 Campaign, Eliminate Sexual Assault: Know Your Part. Do Your Part" emphasizing that the entire DOD community must be committed to advancing an environment where sexist behavior, sexual harassment, sexual assault and retaliation against those among us who report such activities is not tolerated, condoned or ignored.

NOW, THEREFORE, I do hereby proclaim April 2016 as

Sexual Assault Awareness and Prevention Month

throughout the Eisenhower Army Medical Center, and call upon all personnel and their families to act. If we see unfolding behaviors or conduct that potentially could lead to sexual assault, we need to step in to prevent it. We each need to add our actions into the effort that will end this crime.

Eliminate sexual assault: Know your part, do your part

Sexual Assault Awareness and Prevention Month in April is recognized across the country by both civilian and military communities. This month offers an opportunity to build on existing momentum to eliminate this crime and ensure all Service members are treated with dignity and respect, and can operate without fear of retaliation.

- Eliminate Sexual Assault: Every Service member, at every level in our military, must know, understand and adhere to Service values and standards of behavior in order to eliminate sexual assault and other inappropriate behavior.
- We continue to strive for an environment where professional values, team commitment, and respect define how we treat one another at every command, in the workplace, and throughout our military community.
- Know Your Part: Each member of our DOD community has a unique role in preventing and responding to sexual assault. We must recognize our part in stopping this crime, starting with our own awareness and knowing when and where to intervene.
- Each day we can take steps to foster a culture of dignity and respect with proper ethical behavior, even when no one is watching.
- Do Your Part: We have to act. If we see a crime or inappropriate behavior unfolding, as bystanders, we need to step in to stop or prevent it.
- To prevent sexual assault, every member of the DOD community must be committed to advancing an environment where sexist behaviors, sexual harassment, and sexual assault are not tolerated, condoned or ignored.

Pledge to eradicate sexual harassment and sexual assault, 2016

I will condemn acts of sexual harassment and sexual assault.

I will not disregard obscene gestures, language or behavior.

I will cautiously intervene whenever I see potentially risky behaviors.

I will have the courage to challenge my peers and superiors when their judgment is compromised.

I will build an environment where dignity and respect is the norm and sexual harassment/assault are not accepted.

I will support those who report these crimes and will report all occurrences of real and apparent acts of retaliation.

GOOD CATCH from page 5

right away that something was off.

After consulting with the clinic registered nurse, they found that trichloroacetic acid, which is used in chemical peels and the treatment of warts, had been improperly stored. The correct solution was used and the patient received a routine test.

As a result of Dryden filing a PSR, the clinic made procedural changes to prevent this occurrence from happening again.

"Be brave enough to stop and ask questions when something doesn't seem right," Dryden, who has been at EAMC for nine years, five as active duty, four as a civilian, said. "If I don't get answers that I feel comfortable with, I'll ask again."

Filing a PSR was easy, she said. "There was not a lot of paperwork."

"The process is simple," said Alice Pace, an EAMC health systems specialist. "We encourage everyone who encounters an experience where we can improve patient safety to take a few minutes to file a report.

"Everyone ... especially patients ... benefits from the input," Pace said.

CALENDAR from page 2

April 21

Antiterrorism/Force Protection Seminar, Darling Hall IOC Room 300

2016 National Volunteer Week Celebration, Gordon Conference and Catering Center, 1-3 p.m.

April 22

WTB Fun Run, behind Victory

Fitness Center (formerly known as Gym 3) Bldg. 25510, Brainard Ave., 6:30-7:30 a.m.

EAMC Quarterly Retirement Ceremony, EAMC Auditorium, 10 a.m. to noon

SHARP Reporting Procedures and Investigations Training, 513th BDE's Motor Pool classroom Bldg. 13700, RM C101, 10 a.m. to noon

April 22-23

2016 Earth Faire, April 22; and Earth Faire 5KRun/Storybook Walk – Fort Gordon 5k Run Series, April 23

April 28

Cyber CoE Monthly Town Hall, Signal Theater, 1-2 p.m.

Marriage 101 Class "Making Meaningful Connections," Family

Life Center, 338804 Academic Drive, Fort Gordon, 9:30 a.m. to 3:30 p.m.

April 29

68K - Lab Phase II Graduation, EAMC Auditorium, 10-11 a.m.

WTB Fun Run, behind Victory Fitness Center (formerly known as Gym 3) Bldg. 25510, Brainard Ave., 6:30-7:30 a.m.

WARRIOR from page 9

the other Soldiers gave me motivation.”

“The ruck march was tough because Sgt. [Nicole] Van Niekerk was quick. I had to run to keep ahead of her for most of the course,” said Baines.

“We were really impressed with this year’s competitors and the amount of dedication and drive our Soldiers and NCOs showed during the evaluation,” said competition coordinator, Sgt. 1st Class Morris Porter.

Porter explained that they evaluated physical conditioning, warrior tasks, battle drills, orienteering, weapons proficiency, individual knowledge and personal appearance to determine the best candidates for the regional Best Warrior competition.

“With going to school full time, my Army duties, my wife, and preparing for the competition, it’s great to be recognized for the work,” said Baines.

The Eisenhower competition was designed to challenge nominated Soldiers and NCOs by focusing on Soldier tasks



Spc. Natasha E. Clark, Department of Pathology, rests between events at the Eisenhower Army Medical Center Best Warrior competition on Fort Gordon, Ga., Feb. 1.

such as drill and ceremony, including an in-ranks inspection, hands-on evaluations, day and night land navigation, weapons qualification, a ruck march, and a formal board interview.

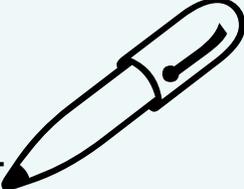
The Regional Health Command-Atlantic Best Warrior competition will be held March 28 through April 2, hosted by EAMC at Fort Gordon.

For the upcoming regional competition the two EAMC competitors plan to train. David plans to train for the ruck march and be more confident in his preparation.

Baines plans to train harder. “I don’t feel I put everything into the [EAMC] competition, I want to be better, stronger, and more focused on knowledge. I don’t want there to be any excuses.”

EAMC Best Warrior competitors included Spc. Natasha E. Clark, Department of Pathology; Spc. Daniel Ryan, Emergency Department; Sgt. Nicole J. Van Niekerk, Department of Pathology; and Sgt. Hector D. Guzman-Ospina, Patient Administration Division.

Sexual Assault Awareness events for April

1 

Proclamation Signing
Guest Speaker:
Timothy Jones,
Navy Veteran
EAMC Auditorium
11 a.m. to 12:30 p.m.

12-13

Counter Act Class
Bldg. RC001 (Installation
SHARP Office)
8 a.m. to 4 p.m.



SHARP Run/Walk
EAMC Flag Pole
5-6:30 a.m.

13



BACK PAIN from page 7

- Sit in a chair with good lumbar support and in the proper position and height for the task. Keep shoulders back. Switch sitting positions often and periodically walk around the office or gently stretch muscles to relieve tension. A pillow or rolled-up towel placed behind the small of the back can provide some lumbar support. During prolonged periods of sitting, elevate feet on a low stool or a stack of books.
- Wear comfortable, low-heeled shoes.
- Sleeping on one's side with the knees drawn up in a fetal position can help open the joints in the spine and relieve pressure by reducing the curvature of the spine. Always sleep on a firm surface.
- Don't try to lift objects that are too heavy. Lift from the knees, pull the stomach muscles in, and keep

the head down and in line with a straight back. When lifting, keep objects close to the body. Do not twist when lifting.

- Maintain proper nutrition and diet to reduce and prevent excessive weight gain, especially weight around the waistline that taxes lower back muscles.

Kevin, not his real name, wrenched his back badly and the pain cost him two days of work simply because he didn't pay attention to the needs of his back. He sat for too long without taking a break to walk around and stretch. He slouched when he sat and he bent over improperly to pick up a simple paper clip.

Granted there wasn't much to be done about sneezing and bumping his head on the underside of the kitchen table, but the train-wreck that led up to the debilitating low-back pain Kevin experienced could have been avoided, easily and simply.

Risk factors for developing low back pain

- Age: The first attack of low back pain typically occurs between the ages of 30 and 50, and back pain becomes more common with advancing age.
- Fitness level: Back pain is more common among people who are not physically fit. (Yes, you, Weekend Warrior.) Moderate daily physical activity helps ward off low back pain.
- Weight gain: Being overweight, obese or quickly gaining significant amounts of weight can put stress on the back and lead to low back pain.
- Genetics: Some causes of back pain, such as ankylosing spondylitis, a form of arthritis that involves fusion of the spinal joints leading to some immobility of the spine, have a genetic component.
- Occupational risk factors: Having a job that requires heavy lifting, pushing, or pulling, particularly when it involves twisting or vibrating the spine, can lead to injury and back pain. An inactive job or a desk job may also lead to or contribute to pain, especially if you have poor posture or sit all day in a chair with inadequate back support.
- Backpack overload in children: Low back pain unrelated to injury or other known cause is unusual in pre-teen children. The American Academy of Orthopaedic Surgeons recommends that a child's backpack should weigh no more than 15 to 20 percent of a child's body weight.

March**Patient Safety Employee of the Month**

Dr. Ina Norsworthy, pharmacist, was selected as Eisenhower Army Medical Center's Patient Safety Employee of the Month for March. The presentation was held March 3.

A resident of Appling, Georgia, Norsworthy self-reported a near-miss event in the Patient Safety Reporting tool. A patient being seen for diabetes follow up appointment mentioned he was scheduled to have a CT done the following Monday, and was unsure if the procedure was with or without contrast. The patient is currently taking metformin and was not given instructions to stop therapy (recommended per guidelines to be stopped 48 hours prior to any procedure with contrast). She located the imaging order in Composite Health Care System and noted it was with contrast, then instructed the patient to stop metformin prior to procedure.

Norsworthy, a clinical pharmacist, did her undergraduate studies at Georgia College & State University, and graduate pharmacy studies at Mercer University.



Photo by John Corley

Dr. Ina Norsworthy, left, the Patient Safety Employee of the Month for March, poses with Col. Michael A. Weber, Eisenhower Army Medical Center's commanding officer at her recognition ceremony March 3.

The Patient Safety Employee of the Month Award recognizes any civilian, clinical or non-clinical, and military personnel assigned to Eisenhower Army Medical Center who has demonstrated a commitment to patient safety, and helped prevent an event or situation that could have been harmful.

Conferees are nominated by their peers or supervisor. Nominations must be received by the Patient Safety Office before the 15th of the month. Nominees are presented to the Patient Safety FMT monthly meeting for selection. Winners are recognized by the commander and receive a premium parking space for one month. They will also be featured in the EAMC newsletter "Rounds."

The nomination form is located on the Patient Safety SharePoint page on IKEnet. Email your completed form to amanda.s.newton.civ@mail.mil or alice.e.pace.civ@mail.mil.



Eisenhower Army Medical Center



SHOULDER TO SOLDIER

WE KEEP OUR NATION READY



1st Lt. Breslin T. Fitch, RN
11 West and PCU
Soldier since May 2014



Larry Williams
Computer Specialist II
IMD
At EAMC since Sept. 2014



Lisa Callands
Operating room tech
Plastic Surgery Clinic
At EAMC since Jan. 2001



Michael Quagliano
Red Cross Volunteer
Human-Animal Bonding
570 volunteers

