



Rounds

Eisenhower Army Medical Center

DECEMBER 2016

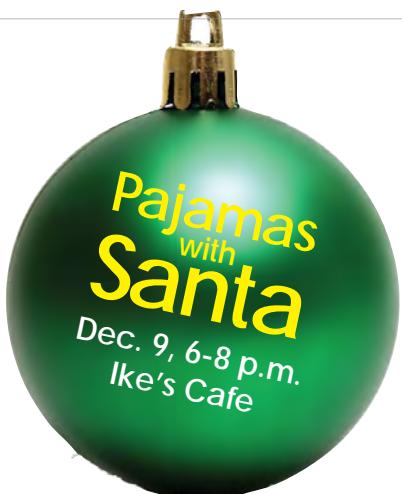
VIRTUAL HEALTH REAL MEDICINE

'RUN LONG FOR SHORT'

GOING HOME A DIFFERENT WAY

PARTY WITHOUT THE PUDGE

ICE? IN AUGUSTA?



CALENDAR

Dec. 1
SHARP Soldier/Civilian, 9:30 a.m. to 12:30 p.m., Auditorium

Dec. 6
EO Training for military, 3-4 p.m., Auditorium

Dec. 9
Pajamas with Santa, 6-9 p.m., Ike's Cafe

Dec. 22
Marriage 101 Class "Making Meaningful Connections," 9:30 a.m. to 3:30 p.m., Family Life Center, 338804 Academic Drive

Dec. 23
Training Holiday

Dec. 25
Christmas Day

Dec. 26
Christmas Holiday

Dec. 30
Training Holiday



Month December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Beef w/ Green Pepper Soup Teriyaki Chicken Beef Pepper Steak Vegetarian Egg Rolls Brown Rice Fried Rice Broccoli Stir-Fried Vegetables	2 Italian Wedding Soup Beef Stew Baked Tilapia Parsley Egg Noodles Steamed Rice Sautéed Asparagus Summer Squash	3 Mediterranean Vegetable Soup Salisbury Steak Herb Baked Flounder Cottage Fried Potatoes Brown or Wild Rice Mixed Vegetables Broccoli
4 Mushroom Barley Soup Hungarian Goulash Parmesan Tilapia Beef Gravy Steamed Rice Egg Noodles Peas and Carrots Catalina Blend Vegetables	5 Bean and Ham Soup Chicken Parmesan Meat Sauce White or Wheat Pasta Italian Roasted Potato Wedges Cauliflower Au Gratin Broccoli	6 Chicken Noodle Soup Savory Baked Chicken Beef Stroganoff Brown Gravy Steamed Rice Brown Rice Egg Noodles Whole Kernel Corn Brussels Sprouts	7 Beef w/Pepper Soup Honey Glazed Ham Herb Baked Flounder Pineapple Sauce Scalloped Potatoes Steamed Rice Brown Rice Glazed Baby Carrots Sautéed Cabbage	8 Chicken and Wild Rice Soup Oven Roast Beef Baked Salmon Brown Gravy Egg Noodles Potatoes O'Brien Steamed Rice Sautéed Asparagus Mixed Vegetables	9 Cream of Broccoli Soup Chicken Cacciatore Beef Lasagna Vegetable Lasagna White or Wheat Pasta Brown Rice Sicilian Mixed Vegetables	10 Tomato Basil Soup Turkey Tetrazzini Parmesan Crusted Tilapia Chicken Gravy Steamed Rice Steak Fries California Mixed Vegetables Baby Carrots
11 Cream of Potato Soup w/ Bacon Steak Ranchero Grilled Chicken Breast Rice Pilaf Mashed Potatoes Peas and Carrots Cauliflower Au Gratin	12 Mushroom Barley Soup Fried Chicken Savory Baked Chicken Baked Salmon Chicken Gravy Steamed Rice Potatoes and Herb Macaroni/Cheese	13 Italian Wedding Soup Beef Yakisoba Pork Adobo Vegetarian Egg Rolls Fried Rice Steamed Rice Brown Rice Steamed Broccoli Vegetable Stir-fry	14 Cream of Broccoli Soup Beef Yakisoba Pork Adobo Vegetarian Egg Rolls Fried Rice Steamed Rice Brown Rice Steamed Broccoli Vegetable Stir-fry	15 Chicken Tortilla Soup Chicken Fajitas Beef Fajitas Bean and Cheese Burritos Enchilada Sauce Refried Beans w/ Cheese Spanish rice	16 New England Clam Chowder Parmesan Baked Tilapia Beef Bulgogi Brown Gravy Lyonnaise Potatoes Steamed Rice Brown rice Sautéed Asparagus	17 Tomato Florentine Soup Baked Glazed Ham Baked Salmon Pineapple Sauce Wild, Steamed or Brown Rice Mashed Potatoes California Blend Vegetables
18 Chicken and Dumpling Soup BBQ Beef Sandwich Mexican Chicken Steak Fries Brown Rice Steamed Rice Sautéed Asparagus Riviera Mixed Vegetables Roll	19 Cream of Broccoli Soup BBQ Chicken Savory Baked Chicken Chili Macaroni Chicken Gravy Hopping John Rice Garlic Red Potatoes Sautéed Cabbage w/ Bacon Sautéed Cabbage Whole Kernel Corn	20 Chicken, Wild Rice Soup Meatloaf Spicy Honey Pork Loin Beef Gravy Mashed Potatoes Brown Rice Steamed Rice Green Beans w/ Potatoes Green Beans Cauliflower	21 Chicken Gumbo BBQ Ribs Fried Catfish Baked Catfish Macaroni and Cheese Steamed Rice Brown Rice Tomatoe w/ Okra Collard Greens w/ Ham	22 Beef w/ Green Pepper Soup Teriyaki Chicken Beef Pepper Steak Vegetable Egg Rolls Brown Rice Fried Rice Broccoli Stir Fried Vegetables Dinner Rolls	23 Italian Wedding Soup Beef Stew Baked Tilapia Parsley Egg Noodles Steamed Rice Sautéed Asparagus Summer Squash Dinner Rolls	24 Mediterranean Vegetable Soup Salisbury Steak Herb Baked Flounder Cottage Frieds Brown Rice Wild rice Mixed Vegetables Broccoli Dinner Rolls
25 Mushroom Barley Soup Hungarian Goulash Parmesan Tilapia Beef Gravy Steamed Rice Egg Noodles Peas and Carrots Catalina Blend Vegetables	26 Bean and Ham Soup Parmesan Chicken Meat Sauce White Pasta Wheat Pasta Italian Roasted Potato Wedges Cauliflower Au Gratin Broccoli	27 Italian Wedding Soup Beef Yakisoba Pork Adobo Vegetarian Egg Rolls Fried Rice Steamed Rice Brown Rice Steamed Broccoli Vegetable Stir-fry	28 Cream of Broccoli Soup Roast Turkey Baked or Fried Catfish Turkey Gravy Cornbread Dressing Mashed Potatoes Green Beans w/ Potatoes Green Beans Spanish Rice	29 Chicken Tortilla Soup Chicken or Beef Fajitas Bean, Cheese Burritos Enchilada Sauce Refried Beans w/ Cheese Spanish Rice	30 New England Clam Chowder Parmesan Baked Tilapia Beef Bulgogi Brown Gravy Lyonnaise Potatoes Steamed or Brown Rice Sautéed Asparagus	31 Tomato Florentine Soup Baked Glazed Ham Baked Salmon Pineapple Sauce Wild, Steamed or Brown Rice Mashed Potatoes California Blend Vegetables

Season of reflection, discernment, re-dedication, joyous celebration

Col. Michael A. Weber

Commander

Eisenhower Army Medical Center

Last month was very busy for us at Eisenhower Army Medical Center. It was a time marked by sorrows and celebrations. I am very grateful for my family at home and my Army family. Thanksgiving was a time for me to focus on all the blessings that we enjoy working at EAMC and living in the Augusta, Miami and San Juan communities. December is another season for holidays and I've already seen many decorations with lights twinkling through household windows.

This month starts a season of reflection, discernment, re-dedication and joyous celebration. As we spend time with friends and families over the next few weeks, let us continue to focus on our mission here at EAMC: the readiness and well-being of our service members, their families and beneficiaries. Please keep in your hearts the service members who cannot be with their

Take strength from those who 75 years ago on Dec. 7 at Pearl Harbor showed us how to face aggression and adversity.

families and friends; and their loved ones who stand and wait for their safe return because duty and commitment to the mission keeps them separated.

In this time of hope and joy, only a cursory scan of the news headlines reminds us that we live in a troubled and fractured world. Instead of despair, take strength

from those who 75 years ago on Dec. 7 at Pearl Harbor showed us how to face aggression and adversity. If you know someone who is a veteran or family member of a World War II veteran, please visit or call them this month and thank them for their service and sacrifice. EAMC is reaching out to our WW II veterans this month to recognize their service.

The Winter Solstice is Dec. 21, and marks the shortest day and the longest night of the year. By that time, EAMC will have completed a year under the HELOS reorganization and starting mission analysis for the HELOS 2.0 modification. The changes will be fairly minor and I am certain that we will adapt quickly.

I wish for us all a Merry Christmas, a happy Hanukkah and hope for us all a safe, healthy and prosperous new year. You all make EAMC my first choice for 5-Star care.

Army Medicine history tidbit

Both the AMEDD and the Army Medical Corps trace their origins to July 27, 1775, when the Continental Congress established the "Army Hospital," which was at then overseen by the "Director General and Chief Physician." Congress provided an Army medical organization only in times of war or emergency until 1818, at which point it created a permanent "Medical Department."



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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.

AUGUSTA UNIVERSITY PRESIDENT VISITS



Photo by John Corley

Dr. Brooks A. Keel, left, Ph.D., president of Augusta University, gets a bird's eye view of Fort Gordon from the roof of Eisenhower Army Medical Center with Commander Col. Michael A. Weber during a visit Nov. 7. While on post, Keel received overview briefs with the Cyber Center of Excellence, Eisenhower Army Medical Center, and NSAG. When visiting EAMC, Keel watched demonstrations of the Transcranial Magnetic Stimulation treatment for suicidal ideation as well as the hospital's virtual health capabilities. Located in Augusta, Georgia, Augusta University is a public research university and medical center dedicated to training the next generation of innovators, leaders and health care providers. EAMC's Graduate Medical Education program and Augusta University enjoy a close relationship in training health care providers for both military and civilian care.

'Run Long for Short' the Jennifer Short story

Kristin Moore

Clinical Supervisor, Department of
Emergency Medicine
Eisenhower Army Medical Center

Wednesday, Oct. 26, was a bittersweet day and the world's end to the incredible life of Jen Short, RN, Intensive Care Unit. She was the epitome of strength and faith who inspired us all to be better.

When I ran, I often thought about Jen and her family: "I should go visit, I should stop by, I wonder if they need anything."

Probably the same type of thoughts many of her friends and family might have had during this time of transition to hospice and cancer's end.

One day, God struck me with a thought: "Run Long for Short." I would take selfies while I ran and text Jen saying "I'm running long for Short!" She liked them (or so she said.) As I ran down the road during an Ovarian Cancer race, I noticed pictures of people along the course, who had died of cancer, a memorial every mile of the half marathon. I thought then, why wait for a memorial run? Let's do this as a support run now.

Going to work in the ER the next day, I mentioned it. The staff took off with it. In the next 30 minutes, I had Sgt. 1st Class Adams, the NCOIC, coordinating the race route and Capt. Adler, an ER RN, and Gwen Holt helping design the T-shirt and logo. I was given a heads up on the web site "booster.com." On this site, we were able to create and sell the "Run Long for Short" shirt, take donations and people could send daily messages and kind

"I could not be more proud of this team."

words to Jen ... and she could reply. We sold more than 100 shirts, raising \$3,500 in the 10 days the web site was up.

The turn out on race day of 100 people was phenomenal. We started the race at her apartment. The original plan was to have Jen come out and pass out drinks and visit with the participants. In the days leading to the event, however, she grew weaker. The night before the event, Will, her husband, called me and didn't think she would make it till the morning. We prayed for her strength and for her to hold on. She did, but was too weak to get out of bed.

The race route was then redirected that morning, runners and walkers would pass by her bedroom window while they cheered and spoke as she waved them on. Jennifer stayed awake and lucid, speaking to people as they came by outside, and inside her bedroom. The closure it gave to her and her family/friends was overwhelmingly needed and unforgettable.

On Oct. 26, at 6:45 a.m., Jennifer passed, wearing her "Run Long for Short" T-shirt but leaving behind her spirit, fight and eternal inspiration. We held her "Celebration of Life" party Nov. 19, her birthday. I could not be more proud of this team.



Courtesy photo



Courtesy photo

Jen Short's, husband, Will, and daughter, Lauren, center, are surrounded by runners and well-wishers Oct. 22 outside the Short's apartment.

NURSING EXCELLENCE AWARD RECIPIENT



Courtesy photo

Barbara Wall, right, receives her Nursing Excellence Award Nov. 9 from Col. Celethia Abner-Wise, chief nursing officer, Eisenhower Army Medical Center.

Nominated by Lillian Byrd, a coworker: Barbara Wall is an exceptional nurse. She puts patients first and helps wherever needed. She goes above and beyond, and often stays late to complete whatever our providers need. Too often people find excuses not to help ("that's not my job" or other excuses) but Wall will do whatever she can to help fellow staff and any patients she comes in contact with.

There have been times where I have been overwhelmed and needed help with administrative tasks and she will help me no matter what the job is. She has pulled charts and copied schedules numerous times to help me catch up.

I love that she is a team player and does whatever she can to foster that atmosphere. She also ensures that our hails and farewells are successful, including ordering cakes and food during her own time. She makes sure plaques and trophies are ordered and all our celebrations are successful. She is also a lieutenant colonel in the Reserves and manages to balance everything with so much on her plate. When she is at work, I know she has my back and our patients will get whatever they need.

PATIENT CARING TOUCH AWARDS



Courtesy photo

1st Lt. Amber Morton-Chism, right, receives her Patient Caring Touch Award Nov. 9 from Col. Celethia Abner-Wise, chief nursing officer, Eisenhower Army Medical Center.

Nominated by Ruth Haigh, spouse of a patient: 1st Lt. Amber Morton-Chism, 11W — How can words describe what this young woman has done for my family? My husband was hospitalized Sept. 29, 2015 for esophageal cancer removal. He was in your hospital until just before Thanksgiving (with complications). He was then moved to the Dublin VA Community Living Center until July 12, 2016. We feel we have had more than enough time to evaluate the service we have been given.

Your facility far exceeds any expectations anyone should have. From entering into the facility until you leave, everyone is kind, sympathetic, and more than happy to help you in any way. Now the nurses: WOW! Your hospital should be an example to all hospitals on how to treat patients and other staff members. Doctors are exceptional and nursing staff outstanding and brilliant.

Anytime Frank was falling ill, we both said to each other we need to go to Eisenhower Medical Center; that is where they always fix him.

see CHISM on page 10



Courtesy photo

Larissa Folk, right, receives her Patient Caring Touch Award Nov. 9 from Col. Celethia Abner-Wise, chief nursing officer, Eisenhower Army Medical Center.

Nominated by Megan Swanstrom, a patient: Laurissa Folk, Family Medicine Clinic (formerly in OB-GYN Clinic), was so amazing during my complicated twin pregnancy. She helped me get my initial referral to GRU and she jumped through hoops to get me an appointment when I returned to the area after leaving during my husband's deployment.

I had to be seen every week and, by the time the TRICARE region change went through, she had me an appointment three days after I got back. I was admitted 1 1/2 weeks later and had my babies at 27 weeks, 3 days. Thank you, Ms. Folk!

6 Virtual health continues to step forward at EAMC

Staff Reports

Virtual health programs increase access to care for patients, minimize travel for patients receiving specialty care and alleviate

health care workforce shortages.

As Eisenhower Army Medical Center vies to become the hub of Army Medicine's virtual health activities, the clinical staff here has already had an impact on read-

iness of deployed Special Forces as well as upcoming orthopedic cases at Fort Jackson, South Carolina.

The following is an update of EAMC's virtual health activities.

Deployed Special Forces treated from Eisenhower Army Medical Center

In August, EAMC staff physicians from General Surgery, Orthopedics and Critical care began providing 24/7 phone, video and email support to deployed 5th Special Forces Group medical personnel in the Middle East. The deployed personnel received virtual health equipment and training.

To date, four evacuations have been prevented by EAMC Orthopedic physicians' support to these deployed 18D medics. The clinical champions for this support are Lt. Col. Chris Colombo; Critical Care; Maj. Fred O'Brien, Orthopedics; and Lt. Col. Byron Faler, General Surgery.

This project is a team effort composed of staff from Blanchfield Army Community Hospital, Fort Campbell, Kentucky; EAMC, Landstuhl Regional Medical Center, Germany; and Regional Health Command-Atlantic. It's the first of its kind supporting deployed Soldiers with virtual health support through video, phone and email.



Have cart. Will travel.

Three state-of-the-art virtual health carts have been delivered to EAMC. One will be used in the simulation lab to train staff on various virtual health capabilities, including exam cameras, otoscopes and stethoscopes. These peripheral devices allow a distant specialist to see and hear in high definition, diagnostic quality. The other carts will be deployed to other MTFs so EAMC specialists can provide comprehensive consultations to patients at sites lacking specialists.

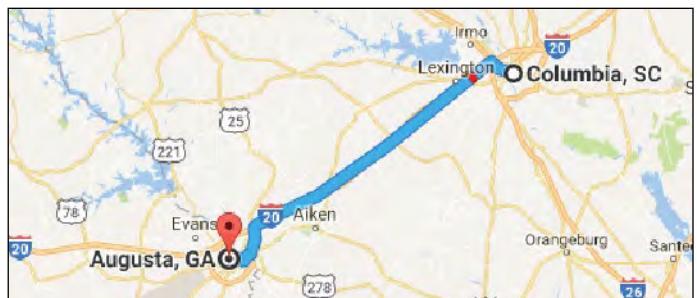


Virtual health doc online

EAMC recently hired a family medicine physician, Dr. Carolynn Warner, as a virtual health provider to support regional virtual health efforts. She is performing readiness evaluations, such as PHAs, Fit for Duty evaluations, as well as evaluating and treating non-urgent patients in remote emergency departments and primary care clinics.

Bringing AUSA up to speed

In October, EAMC Virtual Health Chief Dr. Joseph Wood and Col. Keith Wagner, EAMC's deputy commander for Patient Services, attended the annual Association of the United States Army meeting in Washington, D.C., along with BACH Commander Col. Telita Crosland and Maj. Daniel Yourk to present the work supporting 5th SFG deployed medical personnel. Wagner and Wood also presented a brief to the Fort Gordon chapter of AUSA on the topic of Virtual Health along with a live demonstration by connecting with BACH.



Virtual health shortens distance from Columbia

Eisenhower Army Medical Center's Orthopedics will begin providing virtual health consultations and post-op follow-up visits with patients from Moncrief Army Community Hospital, Fort Jackson, in January. For the second year in a row, EAMC was recognized with the American College of Surgeons' NSQIP award for safety initiatives and quality of care.

Patients will have their pre-op visits also performed via virtual health with anesthesia staff at EAMC. The project shows that initial consults, pre-op and post-op visits can effectively be done using virtual health and decreases the time patients need to travel from MACH. In this model, the patients will only need to make one visit to EAMC for their actual surgery.



Photo by John Corley

Drivers line up in the staff parking lot at Eisenhower Army Medical Center Oct. 29 for the drive-through flu immunization exercise where about 1,200 people received their flu shots from EAMC medical personnel.

Immunization events reach masses rapidly

Christopher Orose

Immunization Healthcare Branch
Defense Health Agency

Influenza activity in the United States usually peaks between December and March, but for military installations, the flurry of activity is mainly concentrated in earlier months, when influenza vaccine arrives and medical personnel start immunizing hundreds of thousands of people in a very short period of time.

The medical staff at Eisenhower Army Medical Center, Fort Gordon, GA, has been doing a mass immunization event for the past 10 years, and has shown the capability to immunize up to 75 percent of the installation population in a single day.

This year, over the course of two days,

more than 8,300 people received their annual flu immunization during the last week in October. The garrison-wide influenza immunization program targeted Active Duty Service members from across the services, Army National Guard and Reserve populations, DOD civilians, healthcare personnel and TRICARE beneficiaries.

A total of 6,985 uniformed personnel and DOD civilian employees were immunized on 26 October, according to Colonel Hee-Choon "Sam" Lee, U.S. Army, chief of Preventive Medicine at EAMC. Three days later, through a drive-through format, and an additional 1,200 people were immunized, about half of whom were children. Each immunization was properly documented after each event in the appropriate electronic tracking system.

"We had five lanes of traffic — four lanes for people to get vaccinated and one for people who needed further consultation with a provider after initial screening," Lee said. Any cars with children under the age of 10 were directed to the Family Medicine Clinic to get immunized there, Lee said.

The mass immunization event was conceived in 2007 by EAMC and Chin Wang, an Immunization Healthcare Specialist for the Defense Health Agency Immunization Healthcare Branch. More than 10,000 people were immunized in past one-day events — or approximately 1,000 people per hour.

Lee said the immunization events served three purposes — to immunize beneficiaries, to meet the demand for a rapid distribution method, and to meet the MEDCOM requirement to practice a Point of Distribution exercise in preparation for a possible influenza pandemic.

These training and exercise programs practice military pandemic influenza response plans, develop rapid response teams, test military healthcare personnel in pandemic influenza control and case management, train security personnel, and develop military public response campaigns in collaboration with national, regional and local civilian authorities.

"We utilize these venues to exercise the POD portion of pandemic response, and they continue to work very well," Lee said. "We upped the ante with the drive-through event, and that worked very smoothly as well. We demonstrated we can do the POD exercise in a competent and efficient manner. Everyone came together with one purpose and accomplished the mission brilliantly."



Photo by John Corley

A soldier on the medical staff at Eisenhower Army Medical Center shows a patient the syringe she's using to give him a flu shot at the drive-through immunization exercise Oct. 29 in the staff parking lot.

Going home a different way

Lt. Col. Rick Stevenson, chaplain,
Chief, Department of Ministry and Pastoral Care
Eisenhower Army Medical Center

"And having been warned in a dream not to go back to Herod, they returned to their country by another route." — Matthew 2:12

My hometown is in middle Tennessee. I believe it is slowly becoming a bedroom community for Nashville. I would have never believed anyone who would have said this when I was in high school. Back then, it took almost an hour to drive to Nashville and the time seemed to pass more slowly.

I graduated from high school and moved away from my hometown. I have lived in 12 different cities or towns since that time. I have returned home a few times each year, even when I lived on the west coast. Different routes lead me home depending from what town I am beginning my destination. The actual roads themselves have also changed. The gravel roads of my childhood have been paved and two lane highways have grown into four lanes.

We are never the same. Everything is different. New journeys cause that to happen.

Despite the improvements in the roads however, it takes longer to get to Nashville these days because of the increase in traffic. More people along for the ride.

The birth account of Jesus in Matthew's gospel differs from the one in Luke. The supporting characters in Luke's account are shepherds. Matthew has Magi who came from another country. Luke's story centers on the poor while Matthew's focuses on the

powerful.

In Matthew's birth narrative Magi from the east follow a star to their destination. Along the way they meet Herod who, unbeknown to the Magi, freaks out over their mission. Herod was very paranoid. He killed members of his own family whom he thought were after his power and he certainly didn't like these stories about the birth of a new king.

The Magi part company with Herod and eventually meet up with Jesus and his family. Having been told in a dream, the Magi return home a different way. To avoid Jerusalem, the largest city in the area, they probably had to go very far out of their way. The new route probably took them into very rural areas and made for an uncomfortable and possibly dangerous trip.

We have moments in our lives when we encounter change in profound ways. Perhaps it is a spiritual journey. Perhaps it is the birth of a child. Regardless of the type of event, we know the experience is a life changing moment. We are never the same. Everything is different. New journeys cause that to happen.

Equal opportunity in action

Sgt. 1st Class Ian J. Smith
Equal Opportunity Advisor
Eisenhower Army Medical Center

The U.S. Army will provide Equal Opportunity and fair treatment for military personnel and Family members without regard to race, color, sex (including gender identity), religion, national origin, sexual orientation and provide an environment free of unlawful discrimination and offensive behavior.

This is the definition that applies to all service members. Some may ask, what does this look like in our day-to-day operations? From my perspective, Eisenhower personnel exude these principles that are defined above. Our organization is an example of how diversity in our workforce produces outcomes that rival or go above and beyond other hospital organizations in the Department of Defense and our civilian counterparts.

Not only is our workforce diverse in all the categories stated in the Army EO definition, but we are an organization

diverse is a multitude of medical specialties, administrative, ancillary and logistical support. All these unique job specialties come together to execute our mission; provide consistent, high quality, comprehensive, accessible and safe healthcare while promoting wellness in our community. We all have a function to help accomplish our organization's mission and we do it very well. It takes understanding and trust that each of us is proficient in our training and apply our skills to carry out the mission of patient care.

Not one person or section can do it alone, and this type of teamwork parallels the expectations of how we work and treat each other regarding race, color, sex (to include gender identity), religion, national origin, sexual orientation. Dignity, respect and inclusion: those are basic founding principles to a successful team. Eisenhower is successful, our end results prove that time and time again. This shows that we are dynamically supporting the Army's EO mission; that is Equal Opportunity in action.



Editorial calendar, story/photo deadlines

January 2017 Dec. 9
Cervical Health Awareness
Thyroid Awareness

February 2017 Jan. 6
American Heart Month
African Heritage, Health Week
National Donor Day

March 2017 Jan. 22
Colorectal Cancer Awareness
National Nutrition Month
Sleep Awareness Week
American Diabetes Alert Day

April 2016 Feb. 26
Child Abuse Prevention
Sexual Awareness, Prevention

Party without the pudge

Capt. Brittney Piche, MS, RD, LD
Nutrition Care Division
Eisenhower Army Medical Center

The holidays are a time when our hearts are full from precious time spent with family. It is also a time when our bellies are full from office parties, family gatherings and our favorite holiday treats. Prevent the holiday weight gain with these tips:

- Don't skip meals during the day in preparation for a holiday meal. If you show up hungry, you will likely overindulge on sweet treats and exceed your calorie needs for the day. You're also confusing your metabolism by depriving your body of necessary fuel throughout the day. Instead, eat every 3 to 4 hours with plenty of high fiber foods like fruits, vegetables and whole grains to keep you satisfied and reduce cravings.
- Fill half of your plates with vegetables and salad, and allow yourself to use the other half of your plate to try small bites of the higher calorie items like casseroles and

desserts. This way, you'll get the necessary vitamins and minerals, as well as fiber to fill you up, preventing overeating the higher calorie items.

- Before going back for seconds, drink a large glass of water and wait at least 10 minutes. This will allow you the time to check in with yourself to decide if you really are hungry or if you are setting yourself up to be overfull.
- Keep up your exercise routine. Time off from work during the holidays is a great time to explore a new hobby and dedicate more time to your physical activity goals. Check out local parks and trails or organize a neighborhood flag football game. Exercise is a great way to demonstrate positive habits for the whole family.
- Don't wait until New Years Day to make



positive lifestyle changes. Small changes each day can make a big difference. Maybe it's switching from soda to water today, and tomorrow it's increasing your workout from 20 minutes to 30 minutes.

10 tips for driving on ice, snow even in Augusta

Safety Division
Eisenhower Army Medical Center

Ice? Snow? In Augusta? Not a chance. Not so fast. It's happened before. Two separate storm systems hit the Augusta area Feb. 11-13, 2014. According to the National Oceanic and Atmospheric Administration, "The most significant impact was felt across the Central Savannah River Area of Eastern Georgia, and across the Southern and Eastern Midlands of South Carolina. In those areas ... all of the rain that fell across this region fell as freezing rain, with many areas receiving between one half of an inch to as much as an inch of ice on every surface. Significant tree and power line damage occurred."

Whether you are a new driver or an experienced one, poor weather conditions can test your nerves and skills on the road. Studies show that nearly one-quarter of

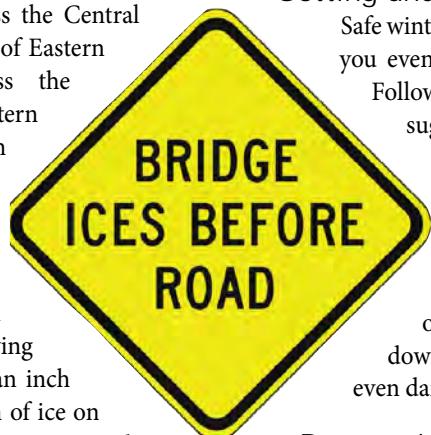
weather-related vehicle crashes occur on snowy, slushy or icy pavement. But there are a few steps you can take to ensure you, and your vehicle are ready for these adverse road conditions. Following these tips can help you get to your destination and back home safely.

Getting underway

Safe winter driving begins before you even get into your vehicle. Following the manufacturer's suggested maintenance schedule is important, but it carries more weight during the winter season when being stranded is not only inconvenient, but downright unpleasant and even dangerous.

Remove ice, snow

Clear all snow and ice from the entire vehicle — hood, roof, trunk, windows, lights and turn signal lights. It's important to make sure you can see and be seen by other drivers.



Inspect your vehicle.

Check your tires, wiper blades, fluids, lights, belts and hoses. Make sure tires are properly inflated and the tread is in good condition. Cold temperatures can lower tire pressure. Check monthly and top off as necessary.

Keep gas tank at least half full

Following this rule of thumb is good practice every day of the year to avoid the bad experience of running out of gas. But in cold weather months, you may need to change your route or could find yourself caught in a traffic delay, and you do not want to have the needle resting on empty in these scenarios.

With the car prepped for travel, keep these 10 driving tips in mind.

1. Reduce your speed. Adjust to changing conditions and allow extra time to reach your destination.
2. Keep windows clear. Switching on the air conditioner can remove moisture from inside the vehicle and improve defroster performance.

see ICE on page 11

10 Advanced degree adds value, contributes to mission

Lt. Col. John V. Kulig

Chief, Hospital Education & Training
Eisenhower Army Medical Center

Continued professional education, especially through advanced degree study, develops more valuable people as well as increases the depth of knowledge and experience brought to bear on the mission of Eisenhower Army Medical Center.

Last spring, Rudolph G. Newman, director of Clinical Nurse Transition Program, earned his Doctor of Nursing Practice from Walden University. A Doctor of Nursing Practice degree is a terminal professional degree in nursing practice with an emphasis on clinical practice-oriented leadership and management while striving to improve health care systems and serve patients of different populations within the community.

Newman, a native of Jamaica, began his journey shortly after high school by obtaining an associates degree in Agricultural Science from the College of Agriculture in Jamaica in 1989. Within that same year, he joined the United States Army as a PFC and completed Basic Training at Fort Jackson, South Carolina.

Newman started his military career as a Power Generation Mechanic and was assigned to the 156th Maintenance company in Nuremburg, Germany, and deployed to Desert Shield/Desert Storm from 1991-1992. After this brief deployment, he was stationed with the 194th Armor Brigade at Fort Knox, Kentucky, where he earned both Soldier of the Month and Soldier of the Quarter awards, and entered the noncommissioned ranks as sergeant. While on active duty, Newman took classes at McKendree College and Western Governors University in pursuit of a degree in business administration.

He decided to further his education while in the military and completed the Practical Nurse Couse with Phase II at Fort Gordon in 1994. He attended BNCOC in 1995 as well as Air Assault School in 1996 at Fort Campbell, Kentucky. The same year, he completed the Ward Master Development Couse, also at Fort Campbell.

While serving on active duty, he worked as an LPN from 1995-1998 at Blanchfield Army Community Hospital at Fort Campbell.

After his military career, he began

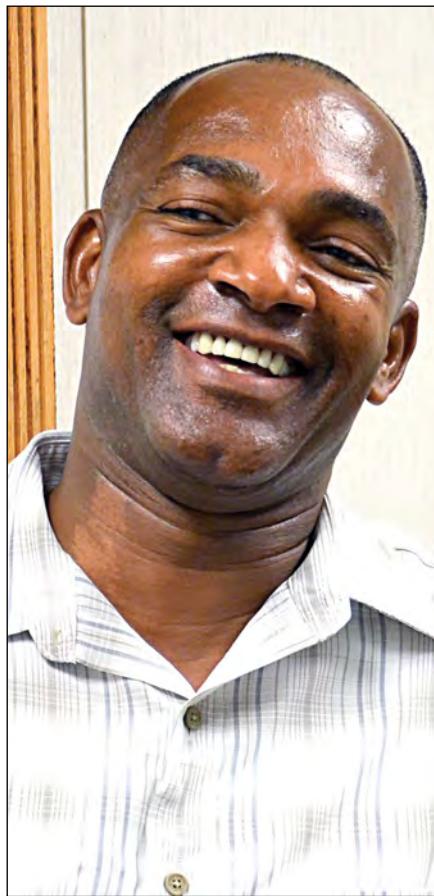


Photo by David M. White

Rudolph G. Newman, director of EAMC's Clinical Nurse Transition Program, discusses the 5/7/9 program in his office last August. Last spring, Newman earned a Doctor of Nursing Practice from Walden University.

working as an LPN contract Critical Care here EAMC for one year. Newman joined the EAMC Critical Care team where he

CHISM from page 5

Now, to Chism: Every day that we have had the opportunity to have her on our case, she has been amazing. I personally observed her several times both in my husband's room and in the hallway training other nurses. Wow, what an amazing way with people she has. One day a young male nurse came in with Chism to drain one of the many drains and he had a little problem. She never batted an eye lash; "No problem," she said "This is how I have found it a little easier for me." Never did this young man feel less than adequate but knew that he had done it wrong. She keeps

worked as a civilian LPN Staff Nurse from 2000-2010. During his ICU stay, Newman received his Associates of Science Degree at Augusta University and later became certified as a Critical Care Registered Nurse.

Newman is the recipient of numerous civilian awards and recognitions to include Nursing Excellence Award 2014, Nurse Researcher of the Year Award 2014, Nursing Excellence Award 2011, Reflection of Nursing Spirit Award 2011, and the Civilian Achievement Medal 2010.

In 2009, Newman earned a Master of Science degree in Nursing from Walden University, and worked as a Nurse Specialist at Eisenhower Army Medical Center. During this time he served in the South Carolina education system as an adjunct clinical instructor and as nursing supervisor at the State Medical Prison in Augusta Georgia until 2010. On Aug. 4, 2010, Dr. Newman became the director of the BG(R) Anna Mae Hays Clinical Nurse Transition Program at EAMC, TeamSTEPPS Master Trainer, Mock Code coordinator, Affiliation Agreement Coordinator for nursing, NSTP program coordinator, and instructor for multiple courses at EAMC.

Newman's publication "Frontline and Middle-Level Nursing Leader Transition Within the Military Health System" can be viewed at <https://goo.gl/TQqOHZ>.

Newman's completion of this milestone is an example of his outstanding professional achievements ... and there may be more on the horizon.

everyone's dignity a priority. She makes you feel well informed and at peace knowing she is on the job. She goes the extra mile for all her patients. You have a gem here with her. May God bless her and her family and your organization always.

Nominated by Frank Haigh, a patient:
Lt. Amber Morton-Chism, 11W — She goes above and beyond to all patients as well as colleagues. I have observed her teaching methods. Outstanding comes to mind. Everybody feels special around her. She goes out of her way for patients' dignity and comfort.

ICE from page 9

3. Give the car ahead of you extra space. Braking on a slippery surface requires more distance, so increase your distance with the car ahead. The recommended following distance on dry roads is three to four seconds. This should be increased to eight to 10 seconds for wet or icy roads.
4. Don't power up hills. Applying extra gas on snow-covered roads just starts your wheels spinning. Use lower gears to keep traction, especially on hills.
5. Make smooth, careful movements. Avoid skids by anticipating lane changes, turns and curves. Steering in icy conditions requires smooth and careful movements. Abrupt movements break traction and can start a skid. If your vehicle starts to skid, steer into the direction of the slide.
6. Accelerate and decelerate slowly. Applying the gas slowly when pulling out of the driveway or from a stop sign is the best way to regain traction and avoid slipping or sliding. It also takes longer to slow down on icy roads. So at intersections, allow for long, slow and steady stops to avoid skids.
7. Know your brakes. Locked wheels can make your vehicle slide or skid. If your vehicle has antilock brakes, which newer model cars have, push the brake pedal firmly and hold it down. The pedal will vibrate and pulse against your foot, but this is normal. Do not pump the pedal or remove your foot. The system is working as it was designed to work. If you do not have antilock brakes, still apply firm, steady pressure.
8. Do not use cruise control. When driving on a slippery surface, such as rain or ice, never use cruise control. You want to be able to respond immediately, if you start losing traction.
9. Use extra caution on bridges, ramps and overpasses. These areas are likely to freeze first and stay frozen during a winter storm.
10. Stay focused, alert and aware. Be aware of what's going on around you. Actions

by other vehicles may alert you to problems more quickly or give you time to react safely.

While preventative measures go a long way to keeping you safe on the road, unexpected weather or vehicle problems still arise. If an emergency should develop on the road, an emergency roadside kit with winter supplies is a valuable asset. Kit contents can include a cell phone and car charger; blankets; flashlight with extra batteries; a first-aid kit; drinking water; a small shovel; a sack of sand, cat litter or traction mats; windshield scraper and brush; battery booster cables; and emergency flares or reflectors.

Driving on ice and snow can be challenging, but it is possible to be a safe and prepared driver despite winter's less-than-optimal driving conditions. The key is to be aware and adapt to the conditions. And if it is really bad outside, and you do not have to go out, stay in. Enjoy the snow from indoors.

DECORATE SAFELY



- ☛ Holiday lights should be tested by a recognized lab such as UL or ETL.
- ☛ Keep holiday trees away from fireplaces and lighted candles.
- ☛ Purchase fresh, green trees with needles that are hard to pull from branches.
- ☛ Never use electric lights on a metallic tree.
- ☛ Keep candles away from other decorations and wrapping paper.

Military, civilian medical professionals offered advanced education at no cost

Military and civilian physicians, nurses, CBRNE specialists, health physicists, medical planners, and first responders can qualify for 22 CME or CNE credits at no cost by enrolling in the Medical Effects of Ionizing Radiation Course, taught by personnel from AFRRRI and USUHS.

This postgraduate-level course is designed to improve the operational capabilities by providing medical and operational personnel with up-to-date information concerning the biomedical consequences of radiation exposure, how the effects can be reduced, and how to medically manage casualties.

The three-day class will be Jan. 25-27 from 8 a.m. to 4 p.m., daily at Fort Gordon's Darling Hall.

To register, visit www.usuhs.edu/afrrri/meirregistration. There are no registration fees or tuition for any student. Civilians will need to arrange base access. For information, contact Nina Barr at 301-295-2950 or nina.barr@usuhs.edu, or 1st Lt. Theodore Thomas, at 706-787-2025, theodore.a.thomas.mil@mail.mil.



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NSN-8

Eisenhower
Army Medical Center

SHOULDER TO SOLDIER
WE KEEP OUR NATION READY



Shaun Minyard
J&J Services
At EAMC 2 years



Lorraine Taylor
Red Cross Volunteer
Volunteer for one year,
222 hours



First Lt. Cassandra
Strasburg, RN, medical
surgical pediatric floor. In
the Army 11 years,
at EAMC for two years



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