

Rounds

Eisenhower Army Medical Center



APRIL 2017

MONTH OF THE MILITARY CHILD

page 5

Hearing Loss is Treatable

Occupational Therapy/
Recreational Therapy Month

National Medical Laboratory
Professional Week



CALENDAR

April 3

ACE Training, EAMC Auditorium, 9-11 a.m.

April 4

EO training for military, EAMC Auditorium, 2-3 p.m.

ASAP, EAMC Auditorium, 3-4 p.m.

April 5

Resilience training, EAMC Auditorium, 8-10 a.m.

April 6

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

April 11

2017 Family Readiness Symposium, Gordon Conference, Catering Center, 8:45 a.m.-2:30 p.m.

April 12

Resilience training, EAMC Auditorium, 8-10 a.m.

Special Olympics Games, Barton Field, 10 a.m. to 3 p.m.

The Living Last Super, Bicentennial Chapel, Brainard Avenue, 7-8 p.m.

April 13

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

The Living Last Supper, Bicentennial Chapel, Brainard Avenue, 7-8 p.m.

April 14

DTMS, Swank health managers training, EAMC Auditorium, 9-10:30 a.m.

EAMC EO Observance — Holocaust Remembrance Day/Days of Remembrance, EAMC Auditorium, 11:30 a.m. to 1 p.m.

TARP, EAMC Auditorium, 1-3 p.m.

April 16

Medical Specialist Corps Birthday

Easter Sunrise Service, Freedom Park, 6:30-8 a.m. (A volunteer spiritual fitness run at Barton Field, 8 a.m.)

see CALENDAR on page 6

Rounds

April 2017

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

Religions, secular observances peppered throughout April

Col. Michael A. Weber
Commander

Eisenhower Army Medical Center

Last month went by like a flash! We accomplish so much together that I wonder if people outside of our Eisenhower Army Medical Center family can believe it.

The highlights for me were our Women's History Month Program and our weeklong performance evaluation under the RHC-A's comprehensive OIP.

March was also a time of transition as we bid farewell to Brig. Gen. Ronald Place and welcomed Brig. Gen. R. Scott Dingle as our new commanding general of Regional Health Command-Atlantic. Dingle is looking forward to inspecting EAMC and meeting the dedicated professionals who choose to make EAMC their first choice for employment.

Place is working with the Defense Health Agency to develop the strategy and plans to implement the transformation of the Military Health System mandated by the National Defense Authorization Act 2017.

April will also be a very busy month. We will start the month with a proclamation signing for the Sexual Assault Awareness Month Program April 3 in the fourth floor lobby at 11 a.m. April celebrates the Month of the Military Child. April 5 is National Gold Star Spouses Day. The nation observes Holocaust Days of Remembrance April 7-14, and EAMC's observance will be April 14 at the first floor auditorium from 11:30 a.m. to 1p.m. Passover (Pesach) will be celebrated during April 10-18 Chag Pesach Kasher



Photo by Scott Speaks

Dr. David Wilkie, a physician at Eisenhower Army Medical Center, talks to Megan Gordon, Miss South Carolina USA 2017, about different treatment therapies available to patients during a tour of the hospital March 17.

VeSameach. Easter is on Sunday, April 16 and Fort Gordon will hold a sunrise service at Freedom Park Pavilion at 7 a.m. April 22 is Earth Day and April 23 is the Army Reserve Birthday: Happy 109th Army Reserve. Volunteer Appreciation Week is April 23-29 and Fort Gordon will hold its celebration on Friday, April 28 from 1-3 p.m. at the Fort Gordon Conference Center.

We must all remember that Tuesday, 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. The tax return filing deadline is usually April 15; however, due to April 15th falling on a Saturday and Washington, D.C., Emancipation Day holiday being observed on April 17 instead of April 16, Tax Day falls on the following business day, which is Tuesday.

Let's make April a great month as we welcome new teammates and celebrate with our families and community. You make EAMC my First Choice for 5-Star Care.

'5-Star Health Care' promotions evolving

Scott Speaks

Public Affairs Officer

Eisenhower Army Medical Center

Born of a desire to establish a values-based bedrock for the "5-Star Health Care" marketing activities, and build upon a foundation laid by a task force and focus groups, Eisenhower Army Medical Center's Public Affairs Office is developing the next evolution of the EAMC's marketing slogan.

"Marketing campaigns evolve and mature," David M. White, EAMC's marketing specialist, said. "The '5-Star Health

Care' slogan has been in place for about 24 months and it has grown into an effective tagline. Now is the time to refine it, and add additional depth and dimension."

The first steps were to define the values of "5-Star Health Care" that resonate with the people — clinical and administrative — who are charged with delivering the promise inherent in the expression.

"Both the task force and the focus groups ultimately characterized five values that embody EAMC's efforts in meeting its mis-

see **5-STAR** on page 12



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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

EAMC nurses selected to attend leadership symposium

Staff Reports

Three nurses from Eisenhower Army Medical Center have been selected above their peers across the Regional Health Command — Atlantic to attend the CJ Reddy Leadership Course, the Army Nurse Corps' premiere leadership symposium.

Capt. Suin Ellison, Capt. Sunnie Murray and Capt. Olabowale Olaigbe will attend the course in Falls Church, Virginia, April 3-7.

These Soldiers were nominated by their respective supervisors, Lt. Col. Shane Crask, Lt. Col. Tamara Funari and Maj. Tinika Nixon.

All nominees were compared to their peers' reviewing evaluations, APFT data and their Officer Record Brief, and junior officers with outstanding leadership and clinical skills were selected.

The CJ Reddy course is held annually for company-grade officers who consistently demonstrate outstanding clinical and leadership attributes worthy of recognition by the Chief of the Army Nurse Corps.

The C.J. Reddy Leadership Conference was named in honor of Col. Charles J. Reddy, a long-time Army nurse most noted for his leadership qualities and enthusiasm for developing junior leaders. During his tenure, Reddy specialized in clinical practice, education, administration, and support and research.

The conference was first organized and held in June 1992 with the goal of encourag-

ing junior officer leadership development. During the course, attendees are provided the opportunity to meet and work with

ANC officers in key leadership positions, allowing them to gain a unique insight into the future of Army nursing.



Photo by David M. White

Capt. Suin Ellison, left, and Capt. Sunnie Murray shown in Eisenhower Army Medical Center's 6th floor recovery area March 15, are two of the three nurses selected to attend the Army Nurse Corps' premiere leadership symposium, the CJ Reddy Leadership Course, to be held in Falls Church, Virginia, April 3-7. The third EAMC nurse selected, Capt. Olabowale Olaigbe, was unavailable at the time of the photograph.

ON THE COVER:

Jacob Christopher Caruso Jr., 12 months, "documents" his care prior to his ENT procedure at Eisenhower Army Medical Center March 1 as he sits on the lap of his father, Jacob Christopher Caruso Sr.

According to his mother, Capt. Maria-Cristina Caruso, an Adult-Gerontology Clinical Nurse Specialist here, "our son needed bilateral PE tubes due to chronic effusions and ear infections. He received five-star health care from every individual, from the same-day surgery reception desk to discharge."

— Photo courtesy of Capt. Maria-Cristina Caruso.

Mark your Calendar

May 6-12

AMERICAN NURSES ASSOCIATION

**Nursing: The Balance of
Mind, Body, and Spirit**



Inpatient pediatrics back at EAMC

Mary Lewis Black, MD

Chief, Pediatrics, Department of Family and
Community Medicine
Eisenhower Army Medical Center

Inpatient pediatrics has returned to Eisenhower Army Medical Center. In the recent years, many pediatric inpatients have been transferred to other hospitals.

“In the past we were able to readily transfer patients to the Children’s Hospital of Georgia but that hospital has become so busy that Children’s is often completely full with more than a dozen children waiting to be admitted during the busy season,” Col. Amanda Forristal, Army nurse, deputy commander for Inpatient Services, said.

Due to the growing population with the cyber command at Fort Gordon and in the Augusta community in general, inpatient pediatric care is a resource EAMC needs to provide for its patients.

“We have geared up the staff to be able to care for the kids here at EAMC. Inpatient pediatric care also helps our family medicine residents be prepared for the spectrum of patients they will be caring for when they complete their residency,” Lt. Col. Jason S. Lanham, chief, Department of Family and Community Medicine, said.

In addition, staying at Fort Gordon offers many advantages.

“Eisenhower provides a more convenient location for active duty soldiers and their families. It also allows for great continuity of care,” Col. Dean A. Seehusen, deputy commander for Medical Services, said.

Pediatric patients are seen by the same family physician teams that care for them

see **PEDIATRICS** on page 14



Photo by Sgt. Ashley Wilson

Dr. Vanessa Miller, left, a physician in Eisenhower Army Medical Center’s Family Medicine Clinic Jan. 31, waits to examine the ears of Giselle, 2, daughter of Sgt. Ashley Wilson, NCOIC, Exchange Pharmacy.

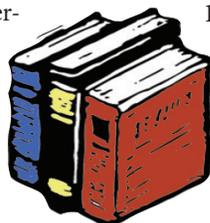
‘Reach Out and Read’ now available in Community Care, Family Medicine clinics

Mary Lewis Black, MD

Chief, Pediatrics, Department of Family and
Community Medicine
Eisenhower Army Medical Center

By the first six years of life, 95 percent of the brain is formed. Thus, what happens during a child’s first years of a child’s life sets the stage for the rest of their life.

Reach Out and Read is a



national non-profit organization that promotes child development by increasing childhood literacy and school-readiness.

This program originated in Boston in 1989 and has grown tremendously since this time.

Currently ROR provides books for 4.7 million children and families in more than 5,800 clinics throughout the

United States. ROR’s goal is to encourage and enable parents to read to their child by offering them the proper skills and tools.

At every well-child check-up children between the ages of six months and five years is given a new, age-appropriate book to keep. Parents are provided with tips on how to engage their child in learning using the book.

The Community Care Clinic has been

see **READ** on page 15

7 qualities of effectiveness

Capt. Christopher Hart, chaplain
Eisenhower Army Medical Center

The Lenten season has started and I believe some of you are already abstaining from certain things. For some, it's putting away certain things each day throughout Lent and for others, it is giving away certain things to be a blessing to others.

Whatever ways you are observing the season of Lent, I applaud your offering your very best, knowing that everything we do is for a spiritual purpose according to our faith traditions.

Therefore during this season, I challenge you to make every effort to add these seven qualities of effectiveness to your spiritual habits. They will beget and increase productivity in every area of your lives.

In reading my devotion recently, I found in the scripture where these qualities were mentioned (2 Peter 1:5-8) as follows: Goodness; Knowledge; Self-control; Perseverance; Godliness; Kindness and Love.

Goodness is our morality and integrity as a person, a quality recognized in our conducts and character. As we consecrate

ourselves and abstain from certain things, ask yourself where is my morality and my integrity as staff, as a supervisor, as a leader or just as a person? If you are struggling with this question, perhaps it is time to make this quality part of your life.

Knowledge is the skill we acquire through experience and education, a state of knowing and awareness with a clear perception of fact and mental apprehension. Whenever we're in doubt of handling situations or things that offend us, look out for the lesson or lessons life is bringing your way. It's knowledge.

Self-control is simply the ability to control oneself. It's a very humbling quality and an attribute that we ought to exhibit on a daily basis working in a Military Treatment Facility regardless of position or rank. With self-control, we'll be able to process our emotions before it reflects our behavior towards others.

Perseverance is a continued effort to do something despite difficulties, failures and oppositions. The key to not quitting or giving up is perseverance. It takes patience and endurance to keep moving

on when all odds are against you or when you don't feel like it anymore. It's called doing the "Right Thing" for yourself, your organization, your family and the people we're called to serve.

Godliness is more than just believing in a deity or the divine. It's the importance of living a moral life that enables us to function and relates with others in a very respectful, dignified and caring way regardless of race, gender or belief system while influencing people's life positively.

Kindness is the quality of being friendly and generous towards other. Sometimes it means going out of your way to be nice to someone or to show someone that you truly care about their wellbeing. This is highly needed in such a workplace like this as we offer our best taking care of our patients and their family members.

Love is not just the feeling of strong affection for a person. It is the agape love, the ability to love your neighbor as yourself, your patients as yourself and your coworkers as yourself. It is the kind of love that is not based on any conditions, the kind that transcends all evil, envies, hatred, jealousy and revenge.

CALENDAR from page 2

April 18

EAMC Quarterly Retirement Ceremony – Rehearsal, EAMC Auditorium, 1-2 p.m.

EO training for military, EAMC Auditorium, 2-3 p.m.

ASAP, EAMC Auditorium, 3-4 p.m.

April 19

Resilience training, EAMC Auditorium, 8-10 a.m.

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

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

April 20

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

Days of Remembrance, Alexander Hall, 1:30-2:30 p.m.

April 21

EAMC Training Day, EAMC Auditorium

April 22

2017 Earth Faire and Spring Flea Market, Barton Field, 9 a.m. to 1 p.m.

April 24

ACE Training, EAMC Auditorium, 9-11 a.m.

April 26

Resilience training, EAMC Auditorium, 8-10 a.m.

Sexual Assault/Harassment 3rd QTR Training – Services for Family Members, HHC 7th SC(T) classroom, Building 21716, 9 a.m. to 3:30 p.m.

April 27

Installation FY17 Quarterly Awards Ceremonies, Alexander Hall, 9-10 a.m.

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

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

Sexual Assault Awareness and Prevention Month Command Program, Alexander Hall, 1:30-2:30 p.m.

April 28

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

TARP, EAMC Auditorium, 1-3 p.m.

2017 Month of the Military Child Celebration, Barton Field, 4:30-7:30 p.m.

April 29

Earth Faire and Spring Flea Market, Barton Field, 9 a.m. to 2 p.m.



Editorial calendar, story/photo deadlines

<i>May 2017</i>	<i>April 14</i>
	<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>
<i>June 2017</i>	<i>May 12</i>
	<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>
<i>July 2017</i>	<i>June 9</i>
	<i>Juvenile Arthritis Awareness</i>
	<i>World Hepatitis Day (July 28)</i>
<i>August 2017</i>	<i>July 7</i>
	<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>

Hearing loss can be treated

I SAID: HEARING LOSS CAN BE TREATED

Terrie Ziegler, Audiologist

EENT/Audiology

Eisenhower Army Medical Center

More than 36 million American adults have some degree of hearing loss. Hearing loss is an increasing health concern in this nation that is often preventable. Taking time to see an audiologist for regular hearing screenings and knowing the signs of hearing loss can protect your hearing.

Have you stopped going to restaurants and social gatherings? Do you keep to yourself when in noisy environments? If you answered yes, you may have a hearing problem. Signs of hearing loss include: trouble hearing conversation in a noisy environment such as restaurants, difficulty or inability to hear people talking to you without looking at them, or a constant ringing in your ears.

The first step in treatment of a hearing problem is to get your hearing evaluated by an audiologist. A hearing evaluation will determine the degree of hearing loss you have and what can be done. Although most hearing loss is permanent, an audiologist can determine the best treatment, which may include hearing aids, assistive listening devices and hearing rehabilitation.

Active duty military personnel generally receive annual hearing conservation testing during their PHA. A Soldier will automatically be referred to the Audiology Clinic for a hearing evaluation if this testing shows a change in hearing or a change in hearing profile. Diagnostic hearing evaluations, profiles with duty recommendations and hearing aid services are available at the Eisenhower Army Medical Center's Audiology Clinic.

Family members of active duty personnel are eligible for hearing evaluations in the Audiology Clinic, but are not eligible for hearing aid services through the clinic. They are usually eligible for hearing aids through TRICARE and will be referred to a local network provider for hearing aid services.

The Retiree-At-Cost Hearing Aid Program at EAMC is designed to help military retirees purchase state-of-the-art hearing aids at a significant savings. For example, a set of hearing aids (one of the best avail-

able) that retails for about \$5,000 costs a retiree as little as \$755 or about an 85 percent savings compared to retail costs.

Services for the hearing evaluation, hearing aid fitting and follow-up hearing aid checks are part of the retiree health benefits and are available at no cost. The program is open to all military retirees who have hearing loss.

Also, retirees may be eligible to receive hearing aids from the Department of Veterans Affairs and in most cases;

there are no costs to the veteran.

The Audiology Department can provide information about VA services or you may contact the VA directly at 1-877-222-8387 or 1-800-827-1000.

Dependents of retirees are not eligible for hearing aid services from military treatment facilities (including RACHAP) or from TRICARE. The family member is eligible for hearing evaluations and the audiologist can provide them with information about hearing aids.

For information or to schedule an appointment, call 706-787-7822 or 706-787-7155. The Audiology Clinic is located on the second floor of the hospital in the EENT Clinic.

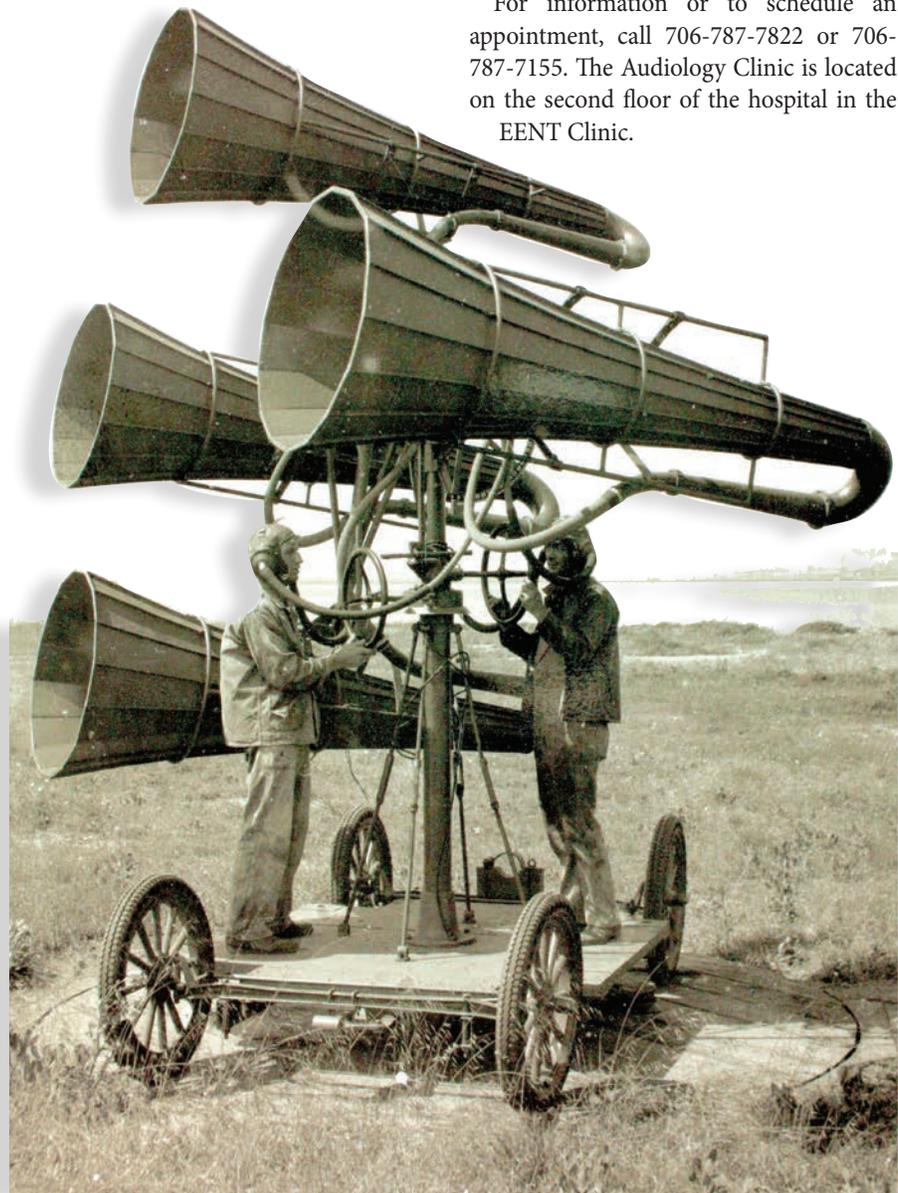


Photo courtesy of Richard Arthur Norton

An ear trumpet was used during World War I to detect the sound of incoming airplanes in this undated photograph. Today's hearing aid technology is somewhat more advanced and doesn't require two mules to move it from place to place.

Care with a holistic, customized approach

Maj. Matthew Samonte

Chief, Occupational Therapy
Eisenhower Army Medical Center

Occupational therapy, colloquially known as OT, helps Soldiers, family members and retirees participate in the activities

of daily living through the therapeutic use of everyday activities.

April is Occupational Therapy Month. At Eisenhower Army Medical Center, there are 16 occupational therapists and assistants who treat more than 18,000 patients each year.

People recovering from injury, whether physical or mental, sometimes need help to regain the everyday skills necessary for work, play or leisure by using a variety of interventions tailored to that individual's needs.

see **OCCUPATIONAL** on page 9



Photo by John Corley

Capt. Joshua Springer, right, occupational therapy assistant chief, guides Patricia Fieldings through active-range-of-motion exercises in the Eisenhower Army Medical Center's Outpatient Occupational Therapy Clinic March 1 while 1st Lt. Corinne Mackiewicz looks on.

Recreational Therapy isn't all fun and games

Cynthia E. Rhodes

Certified Therapeutic Recreation Specialist,
Inpatient Behavioral Health
Eisenhower Army Medical Center

Recreational therapy, also known as therapeutic recreation, first arrived at Eisenhower Army Medical Center in the spring of 2008.

Not a new profession, recreation was used as therapy in the 1850s. The credentialing process began in 1956 and, in 1981 the National Council for Therapeutic Certification solidified the professional contribution requiring national certification.

Certified Therapeutic Recreation Specialists are required to remain active within the field and obtain continuing education units that keep them abreast of the new and most trending developments within the field. And as the baby boomers continue to age, the field of recreation therapy is expected to continue to grow as the need

see **RECREATION** on page 15



Photo by David M. White

This dog really will eat your homework. 1st Sgt. Maverick, the first military working dog to work full time in an inpatient psychiatric facility, loves fishing paper out of the trash can when he's not providing therapeutic care March 7 in Eisenhower Army Medical Center's Occupational Therapy Clinic.

OCCUPATION from page 8

Occupational therapists, through an individualized evaluation, with the patient and family members determine the person's goals that may be as simple as relieving pain to accomplishing more complicated goals of recovering from memory loss.

Other occupational therapy services may include comprehensive evaluations of the individual's home and other environments, such as the workplace, to make recommendations for adaptive equipment and training on its use.

OTs have a holistic perspective on treating

the individual. They will focus on adapting the environment to fit the person and ensure the person is the center of treatment.

OT is different from physical therapy due to a specialization in psychological conditions such as personality disorders or dementia. They perform ergonomic assessments of work, home or wherever the patient regularly dwells to prevent chronic conditions and recommend adaptations to fit the environment to the individual.

OTs also specialize in combat stress control — reducing the stress of service members — while deployed in a combat zone to maintain and multiply the fighting force. They also specialize in concussive care for individuals who have mild traumatic brain injury and the post-concussive symptoms, including memory loss, anxiety and sleep disturbances.

OTs specialize in upper extremity evaluation and treatment of elbows, forearm, wrist and finger injuries, and illness.

In short, OTs assist people recovering from injuries in regaining the skills needed to stay as independent as possible, and offer the specialized support and services to people of all ages. For OTs, the end focus is on the patient's quality of life ... and doing what it takes to make it better.



Photo by John Corley

With a family member looking on, Spec. Aaron Valmores, right, is evaluated by a staff occupational therapist March 1 in the Eisenhower Army Medical Center Outpatient Occupational Therapy Clinic after his recent cubital tunnel release surgery.

Regular training key to readiness, 5-star health care

Lt. Col. Ross Davidson
Troop Commander
Eisenhower Army Medical Center

It is safe to say everyone knows, from the Chief of Staff of the Army on down through subordinate commanders, that "Readiness is the No. 1 Priority." This priority can appear lost at times when providing

world-class health care to our beneficiary population.

Readiness and health care delivery are not mutually exclusive. In fact, they are complementary.

Our purpose is to provide 5-Star Health Care while attaining and sustaining the necessary skills to be a ready and relevant medical force.



Photo by Sgt. 1st Class Bountieng Somsamayvong

Sgt. Brody Elliott verifies the azimuth during a land navigation course Feb. 7 in Training Area 26 on Fort Gordon.

Readiness and health care delivery are ... complementary.

Nearly 20 percent of our Eisenhower Soldiers are assigned to Professional Filler System, more commonly known as PROFIS positions, to fill medical positions in other units. Additionally, at least 10 of our Soldiers are deployed around the world fulfilling those PROFIS requirements.

It is incumbent upon the Eisenhower team of military and civilians that we ensure our personnel sustain the requisite

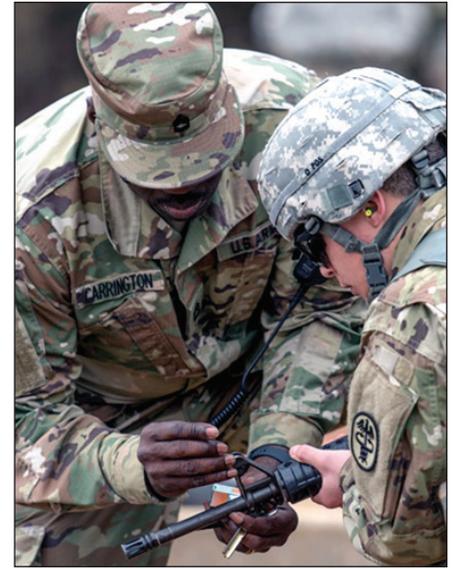


Photo by Sgt. 1st Class Bountieng Somsamayvong

Sgt. 1st Class Marco Carrington assists Sgt. Brody Elliott during M16 Zero Range Feb. 8 at Ranges 9 and 9A on Fort Gordon.

level of readiness at all times. Every month there are training events to fine-tune our readiness. These are not distractions from our medical mission but enhancements to our commitment as Soldiers and civilians serving the nation.





Photo by John Corley

A surgical team takes a “time out” from a surgical procedure to ensure all of the proper elements are in place — doctors, nurses, technicians, equipment, medicines, supplies and, especially, the patient — in this August 2010 file photo. Checklists, procedures and attention to detail are essential to ensuring patient safety.

‘United for Patient Safety’ rededicated staff to ensuring patient safety

Patient Safety Division

Everyone in the health care process plays a role in delivering safe care, and by uniting together and sharing that common goal, everyone can make a difference in patient safety. From patients to care providers, from the front lines to the command suite, from the patient to the patient advocate; all are united in the goal of keeping patients and those who care for them free from harm.

Eisenhower Army Medical Center celebrated Patient Safety Awareness Week

March 12-18, with theme of “United for Patient Safety.” Sponsored by the National Patient Safety Foundation, this week recognizes EAMC’s commitment to patient safety and promotes awareness among staff, patients and community.

Patient safety is a serious public health issue. Like obesity, motor vehicle crashes and breast cancer, harms caused during care have significant mortality, morbidity and quality-of-life implications. They adversely affect patients in every care setting. Although patient safety has already

advanced in important ways, there is much more work to be done.

During the week, EAMC staff participated in activities to quiz their knowledge about patient safety, and emphasized their commitment to the reduction of harm.

“I am proud of the work that our staff does every day,” Amanda Newton, RN, Patient Safety manager, said. “I hope all of our staff took time during Patient Safety Awareness Week to learn a bit more about patient safety science and what they can do to ensure the delivery of safe care.”



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www.facebook.com/DDEAMC

HOTELS MAKE FISHER HOUSE DONATION



Courtesy photo

Alexis Mathews, right, representing IHG Army Hotels — Fort Gordon, presents a check to the Gordon Fisher House manager Francisco Cruz March 16. The donation was raised by team members of IHG Army Hotels — Fort Gordon who, for the past two months, made donations that benefit the Fisher House and allowed them to wear jeans at work in return.

sion of “[providing] consistent, high quality, comprehensive ... health care,” White said.

The values — professionalism, empathy, teamwork, expertise and safety — “not only represent what we work so hard to deliver every day,” White said, “but they also serve as aspirational values, setting the bar as a reminder that, today, we can always be a little better than yesterday.”

The values are communicated through the rallying cry: “We are Eisenhower.” In the initial roll out of the campaign, photos of EAMC staff — both clinical and administrative — will be used to convey the espoused values, reinforced by a quote from the featured staff member.

“We are Eisenhower’ presents the message that the staff is confident in the professional and expert care it delivers,” White said. “The staff cares about delivering high-quality medical care and is dedicated

to understanding the needs of the patient first and working together to deliver that care in a safe, assuring setting.

“To that end, we would like for the staff to volunteer to be featured, and to tell their stories,” White said.

“We are Eisenhower” does not replace “The Home of 5-Star Health Care,” however.

“I believe we have made a good investment in the ‘5-Star’ approach,” Col. Michael A. Weber, EAMC’s commanding officer, said. “There’s a lot of good-will built up in the phrase and it’s served as a real work-

horse. I think this is the right time to take the next step and clearly proclaim our message.”

If you’d like to be considered to be featured in the “We are Eisenhower” campaign, send an email with your complete contact information, a recent photo and availabilities to usarmy.gordon.medcom-eamc.mbx.pao@mail.mil.

If selected, you will be contacted by a member of the public affairs office to discuss a convenient time for a photograph in your work place.

For information, call 706-797-3400.



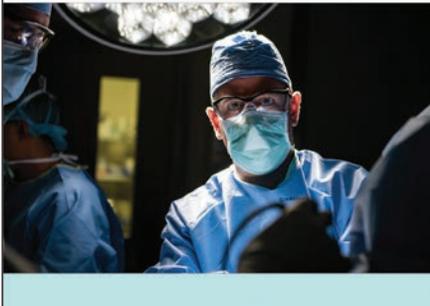
Eisenhower Army Medical Center

Home of 5 Star Healthcare

PROFESSIONALISM • EMPATHY • TEAMWORK • EXPERTISE • SAFETY



WE ARE EISENHOWER



April is Sexual Assault Awareness
and Prevention Month

WATCH THIS SPACE

OUTPATIENT NUTRITION CLINIC MOVING

Late Spring/Early Summer • 11th floor

Individual Medical Nutrition Therapy counseling for malnutrition, weight loss, diabetes, heart health, kidney disease and other nutrition-related conditions

Group Nutrition Education sessions for performance nutrition, weight loss, diabetes and heart health



Clinic hours:
7:30 a.m. to 4 p.m.
Monday-Friday

Services currently
available on third floor

It's what's inside that counts

David M. White

Public Affairs Office

Eisenhower Army Medical Center

When making a diagnosis, the physician often learns what's going on inside the body by studying what comes out of the body. That's where the medical laboratory professional plays a key role in helping provide quality care to the patient.

At Eisenhower Army Medical Center, there are 150 medical laboratory professionals working three shifts, 24/7. Each year, these professionals – both military and civilian – perform 800,000 tests at EAMC. In the main lab, they are involved with 52,000 patients annually. At Connelly Clinic, they treat 13,000 per year, according to Brenda Arnett, a medical technologist and the Point-of-Care Testing coordinator in the Department of Pathology.

April 23-29 is National Medical Laboratory Professionals Week, a time to “inform and educate medical colleagues and the public about the medical laboratory and the impact of having these dedicated, skilled professionals have on the overall patient care,” according to the National Society for Histotechnology website.

EAMC's labs, located on the first floor of

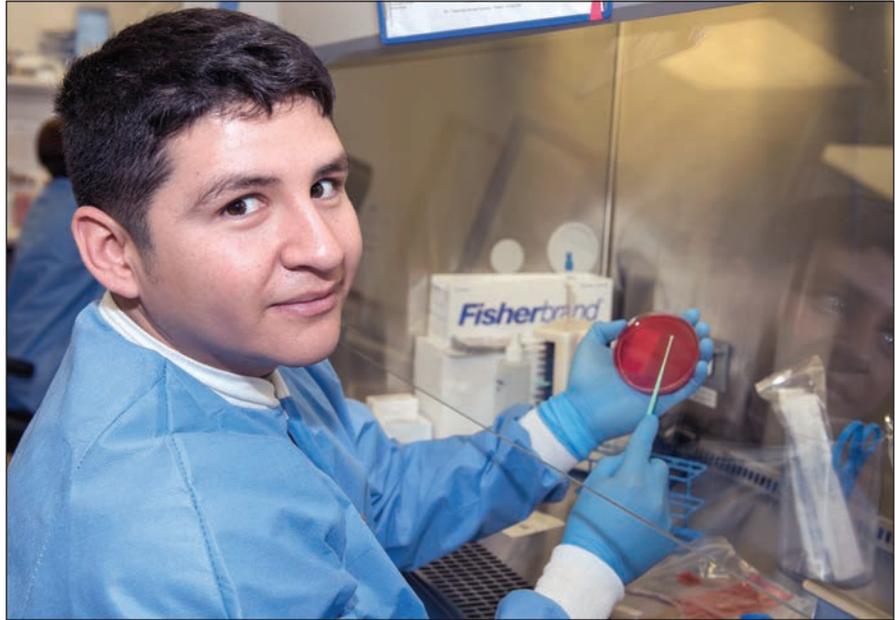


Photo by John Corley

Spc. Martin Mora is training to become a Medical Laboratory Specialist. He works all sections, but is shown in the Microbiology Section. He has been at Eisenhower Army Medical Center since October 2016.

the hospital, receives, analyses and reports on biological samples from EAMC's clinics and inpatient care as well as from hospitals around the Regional Health Command – Atlantic. They also take responsibility for testing on some samples for the Centers for Disease Control in Atlanta.

People who work in this field require education beyond high school, either an Associate of Applied Science or Bachelor of Science degrees. In addition to the educational requirements, certification as a Medical Laboratory Technician, Medical Laboratory Technologist or Clinical Laboratory Scientist is also required. This new requirement is mandated by the laboratories' accreditation body, the College of American Pathologist. Many of the civilians in EAMC's labs received their initial training during prior military service.

For instance, Aliscia Hurdle joined the Army in 1997 and spent her entire active duty at EAMC in the labs. When she left active duty in 2002, Hurdle stayed on as a civilian medical lab technician. She is currently what she calls a “generalist,” performing varied lab duties in the Connelly Clinic.

Hurdle said she recommends the field. “There is a range of openings [in the indus-

Each year,
Eisenhower Army
Medical Center's
medical laboratory
professionals perform
800,000 tests.

try],” she said, “and the salaries are good ... as is the stability.”

Besides, Hurdle said, being a veteran, I am still helping Soldiers.

Nadene Ramsey, also a medical lab technician, is in the hematology section of the Core Lab. She has been at EAMC for 22 years in addition to 12 years of prior military service. After her basic training, she went to the U.S. Army Medical Department Center and School at fort Sam Houston, Texas. She later earned her Associate Degree from what was then Augusta Technical College.

see LABS on page 14



Photo by John Corley

Donovan Julian, pathology technician, Eisenhower Army Medical Center's Anatomic Pathology Laboratory, has been a part of the Department of Pathology as a Soldier and now a civilian. He has been a part of lab since 2008.

— NURSES STATION, CONT'D —



Courtesy photo

Capt. Monica Steadman serves as a Clinical Staff Nurse on the Inpatient Behavioral Health Unit. She possesses an excellent grasp of care concepts and an innate ability to transfer these concepts into practice and, in March, passed the Psychiatric & Mental Health Nursing Board Certification.

— Col. Celestia Abner-Wise,
chief nursing officer

LABS from page 13

“It’s interesting being able to help doctors,” Ramsey said. “We diagnose diseases and solve problems. Sometimes we know [what’s going on with the patient] before the doctor.”

A native of Jamaica, Ramsey served at Walter Reed, and in Alaska and San Francisco before her husband, also a Soldier at the time, was assigned to Fort Gordon. Although she knows of opportunities to

take her skill, training and experience elsewhere within the industry, she’s never thought about it.

“I’m used to the military/civilian work [environment],” she said.

And, as some routines in the lab become more automated, she knows those with the deepest skill sets and experience will still be a valuable asset to the medical team that helps physicians know what’s going on inside a patient. And ... as your mother always told you: It’s what’s inside that counts.

EAMC’s laboratory services are in two sections:

Anatomic pathology

- (histopathology, examination of intact tissue under the microscope, such as biopsies;
- cytopathology, examination of single cells or small groups of cells, such as pap smears

Clinical pathology

- blood bank services
- core lab and special chemistry (including blood glucose or blood sugar, and

enzymes that are released into the blood by damaged or diseased organs)

- hematology, the cellular components of blood
- coagulation or blood clotting, known as hemostasis
- urinalysis and body fluids other than blood, examined to determine chemical content as well as cellular components
- microbiology to assist in the diagnosis of infectious diseases caused by bacteria and viruses



YEEHAW!

April 22, 2017
DDEAMC Staff Parking Lot
1:00 – 3:00 PM

Dwight D. Eisenhower Army Medical Center

BIKE RODEO

The Bike Rodeo is a rootin’-tootin’ good time geared towards teaching kids of all ages important bicycle safety skills and behaviors.

Event Includes:

- Bike and Helmet Inspection
- Starts and Stops
- Avoiding Hazards
- Scanning and Signaling
- Games
- Prizes
- Parade



Please bring your bike and helmet



WANTED: Volunteers

Please contact LTC Davidson
787-3468/ross.a.davidson.mil@mail.mil



PEDIATRICS from page 5

as outpatients and are familiar with their entire past medical history. Pediatricians serve as consultants. Discharge medications can be sent straight to the pharmacy and picked up prior to discharge. Once discharged, the medical team can easily follow up on all ongoing medical issues as EAMC’s outpatient clinics use the same electronic medical record system as the inpatient wards.

Pediatric inpatients stay in private rooms on the 9th floor and their families are encouraged to stay with them. There is pediatric-specific equipment and the staff strives to make the environment child friendly.

Physicians, nurses and respiratory therapists receive ongoing pediatric-specific continuing medical education to maximize their pediatric skill sets.

The department is hiring additional family medicine and pediatric physicians to continue to grow their mission. Since the initiative started in May 2016, pediatric admissions to the family medicine service are up 52 percent, Toni S. Cosby, chief, Clinical Business Operations, Managed Care Division, said. “We are excited to offer this service to our families.”

March

Patient Safety Employee of the Month

Patient Safety Division

Lynda Scaffè, a pharmacist in the inpatient pharmacy, was nominated Eisenhower Army Medical Center's Patient Safety Employee of the Month for March. The presentation was held March 1.

Scaffè, who was nominated by her supervisor, demonstrated an exceptional act of service for her good catch of a patient safety event. She calculated a special pediatric dose of antibiotic for an 8-year-old patient with acute perforated appendicitis seen in the ER. A syringe was made for pickup by the Emergency Room.



Photo by David M. White

Lynda Scaffè, a pharmacist working in Eisenhower Army Medical Center's inpatient pharmacy, is recognized by Col. Michael A. Weber, EAMC commanding officer, as the Patient Safety Employee of the Month for March. The presentation was held March 1 in the EAMC inpatient pharmacy.

Later, the physician admitting the patient post-surgery called the pharmacy to request the dose and frequency. Scaffè informed the physician that the dose was every 8 hours. It was at this point Scaffè realized the original pre-op dose had not been picked up.

She checked with the ER to make sure the Omni cell dose of 3.375gm — the adult dosage — had not been administered. After clearing that with them, she contacted the OR staff to inform them the patient's pediatric antibiotic dose was still in the pharmacy, they were told the antibiotic had been administered in the ER. Scaffè showed the physician the dose that had not been picked up from pharmacy. Since the patient was in the recovery room, the physician took the dose to discuss with the surgeon about dosing the patient while in the PACU.

The patient was given the dose in the PACU and the medication was ordered for continuation while in the hospital. These discussions lead to continuing improved communication among the parties involved.

READ from page 5

offering this resource for the past several years and the Family Medicine Clinic recently obtained resources to join the program, too. Doctors and nurses in the Community Care and the Family Medicine clinics have been trained in this program and are now bringing Reach Out and Read to both clinics.

"We are excited to provide this resource for our families, and hope it will motivate parents read to their children frequently at home and instill of great love of books for our military children," Maj. Mary DiGiulio, chief, Family Medicine Clinic, said.

RECREATION from page 9

for holistic and alternative treatments also increases.

Worldwide, there are more than 15,000 CTRS in a variety of healthcare and recreation settings. They are employed more and more by treatment facilities that recognize the importance of treating and maintaining the physical, mental and emotional well-being of their patients. CTRS also seek to reduce depression, stress and anxiety as well as building confidence and effective social skills.

At EAMC there are currently three full-time CTRS.

Suzanne Brooks, one of the three CTRS, works in the Residential Treatment Facility and is focused on the importance of a healthy leisure lifestyle for our service members with addictions. Much of her work teaches patients that they can learn to enjoy life again without the use of mind-altering substances. Although much of her work occurs in the classroom, she requires groups in their third and fourth weeks of treatment to plan community-reintegration activities to help them realize the importance of planning healthy alternatives.

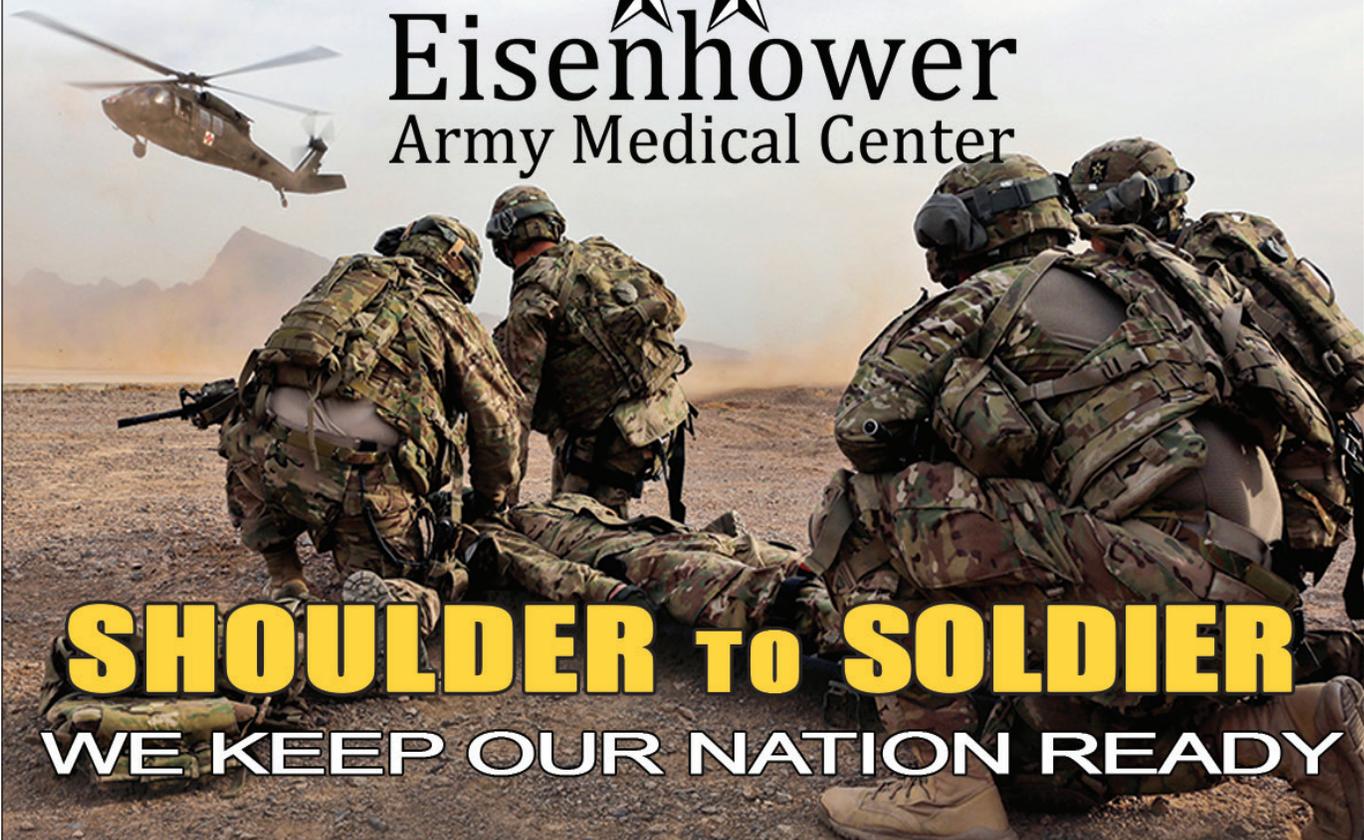
Another, Latonya Jones, CTRS, works in the Traumatic Brain Injury Clinic. Many patients with TBI suffer from anxiety, persistent headaches and memory loss along with a host of other symptoms. Jones' interventions all possess a therapeutic purpose, helping patients better manage the symptoms of their trauma such as decreasing isolation, increasing social interaction, improving moods and learning various coping techniques. She also coordinates and facilitates therapeutic community-reintegration outings for patients as well as those participating in our three-week Functional Recovery Program. This program provides service members with a holistic approach to treatment in addition to traditional medical care.

The recreational therapist's goal is to provide patients a sense of hope, something that is vital as they further work to improve their quality of life, particularly after traumatic experiences.

— *Editor's Note: (From the article's author, Cynthia E. Rhodes, a Certified Therapeutic Recreation Specialist in EAMC's Inpatient Behavioral Health: "I work in the acute psychiatric unit and practice animal-assisted therapy with 1st Sgt. Maverick, the first military working dog to work full time in an inpatient psychiatric facility. Because of my work in AAT, I have made presentations at both military and civilian national conferences. [Feel free to greet Maverick unless he is working with a service member.] I use a variety of game and puzzle activities to improve symptoms of depression and anxiety.")*



Eisenhower Army Medical Center



SHOULDER TO SOLDIER

WE KEEP OUR NATION READY



Stephanie Miller
Health Services Auxiliary
Volunteer since 2014



Capt. Taccarra R.
Linson, RN, on 11 West
Soldier for 11 years



Pedro A. Myles, Physical
Therapy Assistant, EAMC
Physical Therapy Clinic
At EAMC for one year



Cornell Coleman,
A.J. Services
At Eisenhower for
16 years

