

Rounds

Eisenhower Army Medical Center



APRIL 2018



National Medical Laboratory Professionals Week

Occupational Therapy Month

Spring brings new generation of fire ants



CALENDAR

April 3

Equal Opportunity Training, first floor auditorium, 8-9 a.m.

Army Substance Abuse Program, first floor auditorium, 3-4 p.m.

April 4

Military Resilience Training, first floor auditorium, 8-10 a.m.

April 5-8

Masters Tournament

April 5

DTMS/Swank new managers' training, Bldg. 38803, 9-10:30 a.m.

April 8

Army Substance Abuse Program training for Soldiers, Alexander Hall, 1-2 p.m.

Army Substance Abuse Program training for Soldiers, Alexander Hall, 2:30-3:30 p.m.

April 10

Junior Enlisted Development Program, first floor auditorium, 6-7 a.m.

ACE suicide prevention training, first floor auditorium, 10 a.m. to noon

Threat Awareness and Reporting Program, first floor auditorium, 2-3 p.m.

April 11

Special Olympics, Barton Field, 10 a.m. to 4 p.m.

April 12

Noncommissioned Officer Professional Development, first floor auditorium, 6-7 a.m.

SHARP/Soldier-Civilian Annual Training, first floor auditorium, 9:30 a.m. to 12:30 p.m.

April 16

Medical Specialist Corps' Birthday

Sexual Assault Awareness Month Program, first floor auditorium, 9 a.m. to 1 p.m.

April 17

Army Substance Abuse Program, first floor auditorium, 8-9 a.m.

Threat Awareness and Reporting Program training, Alexander Hall, 10-11 a.m.

Equal Opportunity Training, first floor auditorium, 3-4 p.m.

April 18

Military Resilience Training for families, Family

Outreach Center, building 33512 (behind Woodworth Library) Rice Road, 8-10 a.m.

April 20-22

Strong Bonds Married Couples Training, Location TBD, all day. For information, call 706-787-6667

April 23

ACE suicide prevention training, first floor auditorium, 9-11 a.m.

April 25

Leadership Development Program, first floor auditorium, 4-5 p.m.

April 26

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

SHARP/Soldier-Civilian Annual Training, first floor auditorium, 1-4 p.m.

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

Noncommissioned Officer Development Program, first floor auditorium, 3-4 p.m.



A poem about culture

Master Sgt. Ian J. Smith
Equal Opportunity Advisor
Eisenhower Army Medical Center

People live and celebrate individuality,
However, I am able to bring individuality into totality.

Society

I bring people together, setting the norms from within,
A society of people, expressing their connection.
A tight nit chain, clasps through endless links,
All my people, sharing my customs with affection.

Music

The banging of drums, the melody of the horns,
I am conveyed through the conversation of sound.
A story of melody expressed with instruments as my pen,
Rhythm and lyrics keeping our people bound.

Family

People live and grow up together, sharing my ways,
Celebrating my traditions and conveying feelings.
They are given a sense of...being,
In this world of multiple human beings.

Story

I transcend the written word and simple spoken tongue,
Continuing the story of where my people come from.
An expression of heritage handed down through generations,
A never ending story, teaching what they can become.

Language

I am a unique tongue, a sound in a dialect,
Spoken either through text, or audible through speech.
Hundreds of different arrays in which instruct my ways,
Translated to all who embrace me and never out of reach.

Bloodline

In my name and for my honor,
A legacy is created, and transmitted down.
Through generations of people I can go beyond bloodlines,
Those who know me well, keep me close and renown.

Religion

Ingrained in the soul, incorporated into practice,
I have been assimilated into their daily environment.
Deity or divinity, it is not out of my reach,
I accompany you through your journey of enlightenment.

Cultural heritage is what I seek to be,
A finely crafted art through you, but expressed by me.

— Editor's note: Master Sgt. Ian Smith wrote this poem while in Equal Opportunity Advisor school.

Evaluate processes to ID areas for improvement

Col. David E. Ristedt

Commander

Eisenhower Army Medical Center

Throughout my career, I've always considered April to be the beginning of the "summer season" where we get set to say farewell to some of our teammates, survive the underlap and welcome a number of new civilian and military staff. This year is shaping up to be much of the same with a few additional opportunities to showcase our talents, highlighted below.

We are certainly going to miss those who leave the team but know that, through the absolute professionalism and dedication of our entire staff, Eisenhower and our patients will continue to receive 5-star care. Because together, "We are Eisenhower."

Later this spring or early summer, we are looking forward to a visit from the Joint Commission. This will be an outstanding opportunity to showcase our 5-star experience to an external audience and learn how we may even be able to improve.

Together, we continue to make a difference in the lives of our Soldiers, Sailors, Airmen, Marines, family members, and retirees.

I know we focus on "continuous survey readiness," but I'm going to ask every staff member to refresh themselves on understanding the standards (many have been modified since the last survey) and identifying where we need to take action to tighten our processes now.

In addition, we expect a visit from the Clinical Learning Environment Review team to evaluate our residency programs' compliance with their guidelines. These and all other validation visits help us see ourselves and ensure we are complying with patient safety and quality standards. Let's show them our best.

Finally, I want to take a minute to thank everyone for their efforts toward our training requirements. We've still got some work to do but Command Sgt. Maj. John Steed and I recognize the tremendous progress that has been made. I've challenged your supervisors and the senior leaders in the organization to make sure we are proactively managing training requirements so we schedule training during your duty day and reduce the "hey you's" that have plagued us. Predictable and scheduled training will lead to greater efficiency and compliance which should improve staff satisfaction and reduce disruption of clinics and patient care. That is the goal and something I hope to hear positive comments about over time.

As always, thank you for providing 5-star care to each other and our patients. Together, we continue to make a difference in the lives of our Soldiers, Sailors, Airmen, Marines, family members, and retirees.

Together, We are Eisenhower.

National Nutrition Month event recap



Courtesy photos



March was National Nutrition Month and Eisenhower Army Medical Center's Nutrition Care Division took every opportunity, including hosting yoga classes and nutrition counseling booths at Ike's Cafe and Fort Gordon's Child Development Centers, to spread the word about the importance of responsible nutrition habits.



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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.

ON THE COVER: In Eisenhower Army Medical Center's occupational therapy department, 1st Lt. Corinne Mackiewicz, occupational therapist, provides guidance to Sgt. Michael Grizzle, occupational therapy assistant, on the proper wear and care of a custom-fabricated splint. April is Occupational Therapy Month. (Photo by John Corley)



Study to refine medicine admin processes selected for national conference presentation

Capt. Maria-Cristina Caruso

Adult-Gerontology Clinical Nurse Specialist
Eisenhower Army Medical Center

The Tri-Service Nursing Research Program issued a call last December for medical facilities to share information on their research projects during the Evidence-Based Practice Research Dissemination Course in San Antonio, April 30 through May 3. A TSNRP board selected the most interesting abstracts, choosing a few for either a podium or poster presentation, or both.

After review with Col. Celethia Abner-Wise, Eisenhower Army Medical Center's Chief Nursing Officer, 1st Lt. Danica Fernandez and 1st Lt. Jung Kim, both clinical staff nurses, and I submitted our abstract on a Process Improvement Project for consideration. The EAMC project was to determine improvements to reduce medication administration errors. It was selected to be presented as a poster at the course.

The TSNRP is part of the Uniformed Services University whose mission is "to facilitate nursing research to optimize the health of military members and their beneficiaries."

The TSNRP supports nursing research and evidence-based practice relevant to military nursing through education and training, and provides funding for projects through grants. The program hosts an Evidence-Based Practice Dissemination Course annually. At the course, military nursing leaders and clinical experts share research and EBP projects that have been successful in improving nursing practices.

The main role of the Clinical Nurse Specialist is to improve nursing practice and patient outcomes.

When the Patient Safety office and the 9MSP leadership showed me the number of medication administration errors occurring on 9MSP, I did my best to help. I reviewed what was published in various medical journals looking for something creative that we had not tried yet.

A few articles discussed "direct observation" audits of the medication administration process as a way to decrease errors and improve staff understanding of safe medication administration. A nursing peer uses an audit tool and shadows

the staff member from the time the nurse reviews the medication order to the time the medication is obtained from the medication room (or pharmacy), is administered to the patient and documented in the electronic medical record.

The ward already had a medication audit tool that the staff had been using; however, it was outdated and some of the questions were a bit vague. The team updated the tool to reflect the process of medication administration as outlined in our current nurse practice policy. Fernandez and Kim reminded the day and night shift staff members to complete at least eight audits over a two-month period. We reviewed the findings bi-weekly.

At the end of the two-month period — Dec. 1 to Jan. 31 — audits were coming back nearly perfect. This showed the staff was more aware of the process of safe medication administration and was doing better following the process. We solicited feedback from some of the staff members regarding the usefulness of the audit tool in refreshing their understanding of the medication administration process, and all the feedback we received was positive.

The upcoming presentation is a great opportunity for us to share one project that

see **STUDY** on page 5

FRG VOLUNTEER OF THE SECOND QUARTER



Photo by John Corley

Sgt. Charlene Browne, LPN, Bravo Company, is the NCOIC on 11 West. She has been a soldier for eight years and at Eisenhower Army Medical Center for five. She has been named as the Family Readiness Group's Volunteer of the Second Quarter for her help with the Adopt-a-School program as well as numerous events with the FRG.

HAS A HEALTHCARE PROVIDER RECENTLY TOLD YOU THAT YOU HAVE PREDIABETES OR TYPE 2 DIABETES?

We are conducting research on how healthcare providers tell patients about a diagnosis of prediabetes or Type 2 diabetes and how patients change their behavior in the six months following that conversation.

If you are between 25 and 64 years old, and you would like to volunteer to participate or have questions about the research study, please contact Angela Seehusen 706.524.2953 or angela.b.seehusen.vol@mail.mil



'Keeper of Books' named Fort Gordon volunteer of the year

David M. White

Public Affairs Office

Eisenhower Army Medical Center

An early draft of her citation for 2017 Red Cross Volunteer of the Year at Fort Gordon listed her duties as "bookkeeper." Christina Klosson knew that wasn't right. She is the "keeper of the books" at the Spouses and Civilians Club's Thrift Shop.

"I organize and manage the donated books," she said with a laugh. "I'm the only one who likes to do it."

Klosson has been volunteering at the Thrift Shop for nine years. She also has more than three years volunteer time at Eisenhower Army Medical Center's ICU and Occupational Health departments as well as an additional year in Behavioral Health.

At the Thrift Shop, "my main focus is sorting, pricing, stocking and organizing donated books," she said. "I also assist with customer service and retail in both the consignment and retail areas."

Klosson also serves as a greeter in the ICU waiting area.

"I assist with scheduling visitations based on patient and visitor needs and preferences," she said. "She also helps with clerical duties as needed."

Slowed by polio, Klosson doesn't let it sideline her. "I like meeting and talking with people," she said. "I like feeling useful and giving back" to the military community.

Her husband, Klark, is an Army veteran and retired from a general services position as well as a job with a military contractor.

Her love for volunteer work is being passed down to her granddaughter, Kaylee, who was a Red Cross youth summer volun-

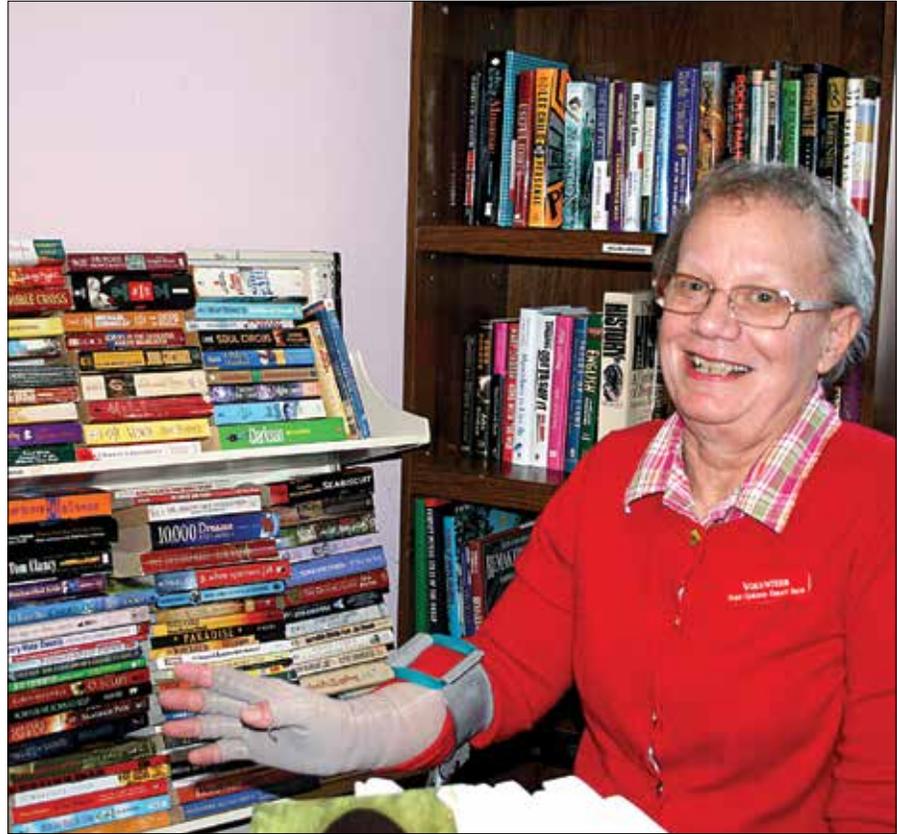


Photo by David M. White

Christina Klosson explains the organization of the books for sale at the Fort Gordon Thrift Shop March 13. Klosson was recently named Fort Gordon's 2017 Volunteer of the Year. Originally listed on her citation as "bookkeeper," Klosson said, "No, I'm the keeper of the books," as she enjoys cataloguing and organizing the book section of the Thrift Store. Klosson has volunteered there for nine years. She has also volunteered for the Red Cross at Eisenhower Army Medical Center.

teer at EAMC for the last two years.

In addition to her volunteer work at Fort Gordon, Klosson has more than a quarter century of volunteer time with the Boy Scouts and Girl Scouts of America, and

Goodwill Industries.

"There is always something to be done, regardless of your ability," she said, "and you never know the impact you will have."

"Besides," she said, "it beats sitting at home."

STUDY from page 4

is helping improve safe medication administration. We also will have an opportunity to hear professional leaders speak about research being conducted that may change or is already changing the way we provide nursing care to our military members and beneficiaries. The goal is to bring the information back to Eisenhower and implement the best ideas here to improve our practice.

We look forward to sharing this project in San Antonio. In the meantime, we are still tracking Patient Safety Reports to determine if these improvements continue to decrease medication error rate.



Do you know your laboratory?

Brenda Z. Arnett, MT

Point of Care Testing Coordinator
Eisenhower Army Medical Center

At some point during health care services, you have likely found yourself in the laboratory, also known as the Department of Pathology. It is one of the places in the hospital where you know a needle will be involved. What you see when your blood is drawn is only a very small piece of a much bigger puzzle.

The blood draw is actually called a venipuncture, which is performed by certified

in house. There is a LabCorp employee in the section who deals with LabCorp-only specimens and issues. On a monthly basis Shipping and Receiving processes an estimate of more than 10,000 patient specimens from both internal patients and patient samples from other military treatment facilities.

Samples, once collected, may end up in one of many departments of the laboratory. One of those sections is the Core Lab. The Core Lab is integral to the mission of the Department of Pathology which operates

importantly, the abnormal.

Another section of the laboratory that relies on “skilled eye” is anatomical pathology, which includes histology and cytology.

Histologist and cytology techs prepare tissue samples for the cytologist and pathologist to view through a microscope. The cytologist reviews slides of samples then sends them to a pathologist for final review and diagnosis.

The pathologist which most people think of as the medical examiner or some version of a mad scientist performing autopsies in a dark, desolate, basement corner of the hospital. However, it is the pathologist who renders the diagnosis for any tissue that is taken from the body, including skin biopsies to large resections for cancer.

The pathologist has the final say as to whether the tissue is cancer (malignant) or not (benign) and, more specifically, what type of cancer. The pathologist works in conjunction with surgeons and oncologists to ensure patients get the right diagnosis and, subsequently, the best treatment for their disease.

Another very important area of the laboratory is the blood donor center.

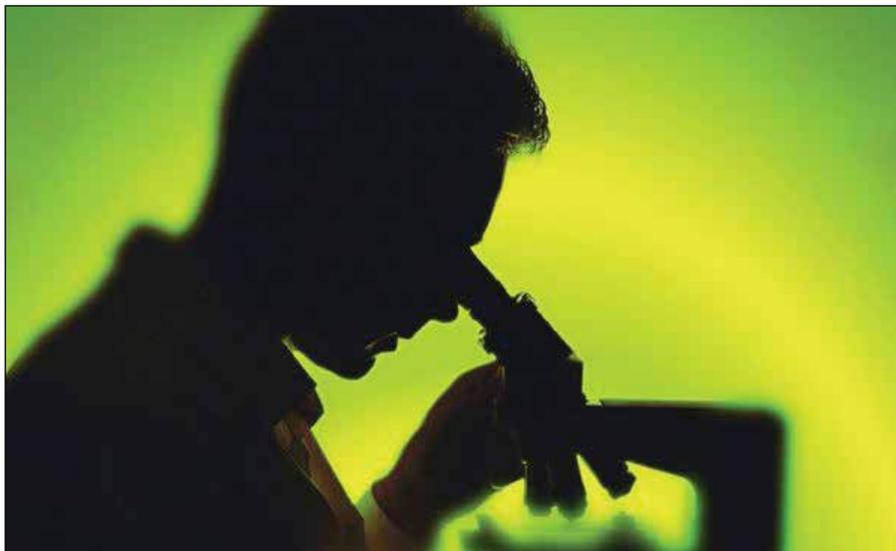
The blood that patients receive for accidents, illnesses or surgeries comes from selfless people who take the time to donate their blood.

Blood provides the life-saving cells and fluids patients need in a time of crisis. Since blood is considered a pharmaceutical drug, it requires a prescription from a health care provider and is regulated by the U.S. Food and Drug Administration.

Blood units are collected in many blood donor centers. When a unit of blood is collected, specimen tubes are also taken. The FDA requires testing on a large variety of transmissible diseases to include Hepatitis B and C, HIV, West Nile Virus, Syphilis and Chagas Disease. The blood is also tested to determine what type the donor has. There are four basic blood types: A, B, O and AB. These types are inherited through the genes people get from their biological parents. Once testing is complete and the disease testing is all negative, the units are labeled and sent to hospitals for use.

At the hospital, when a patient needs

see **LAB** on page 11



File photo

phlebotomist. They are taught the anatomy of the veins, arteries and nerves during their training. They have to have the ability to see without sight, so to speak, seeing internally.

The phlebotomy section is part of the Pathology Support Services that is responsible for not only collecting of the samples, but the processing, distribution and sometimes shipping samples to the many sections in the lab and reference labs throughout the country.

At Eisenhower Army Medical Center's lab, shipping and receiving is one of the busiest sections of the whole laboratory. Specimens received from 13 other military installations are accounted for, logged in, labeled and distributed by the two employees in the section. Those employees are also responsible for shipping tests to various reference labs for tests that are not performed

services 24/7/365. Staff perform more than 5,000 STAT (short turnaround time) samples from critical care areas such as, emergency room, operating room and cardiac cath lab.

The Core Lab consists of tests in hematology, coagulation, semen analysis, clinical microscopy, urinalysis, chemistry, therapeutic drug monitoring, endocrine testing, and comprehensive emergency toxicology and psychotropic drug testing services. Staff uses high-throughput analyzers, such as the \$5 million automated chemistry platform that was recently installed, which allows for the efficient delivery of vital patient services.

Many tests, however, must be performed by a staff member with a skilled eye, or eyes that look through microscopes that enable them to see the normal and, most



Photo by John Corley

Members of Eisenhower Army Medical Center's occupational therapy department pose for a staff photo with some of the OT tools as they preparation for April's Occupational Therapy Month. Shown from left to right, top row, are Meric Powell, occupational therapist; 1st Lt. Corinne Mackiewicz, occupational therapist; Denika Brown, medical support assistant; Sgt. Michael Grizzle, occupational therapy assistant. Bottom row is Christina Swenson, certified occupational therapy assistant; Ron Dearth, occupational therapist; and Teneshia Geiger-Davis, certified occupational therapy assistant.

Round

Occupational therapy: holistic rehabilitation born of WWI

Capt. Joshua Springer
 Chief, Occupational Therapy
 Eisenhower Army Medical Center

Occupational therapy's earliest roots can be traced back to World War I. Civilian women, known as reconstructions aides, are historically credited with an influential role in the creation of the occupational therapy profession.

Hired by the War Department, their task was to provide treatment in the form of occupation to enable service members experiencing wounds and battlefield neurosis to return to the battlefield. Early advocates believed that engagement in purposeful activity positively influenced one's moral character and ability to heal from war-inflicted wounds.

The earliest images of reconstruction aides often depict soldiers actively engaging in carpentry, wood working, leather tooling, gardening and basket weaving. The tireless work of these women ultimately led to the foundation of the American Occupational Therapy Association.

For more than 100 years, occupational therapists have played a significant role in the areas of behavioral and mental health, orthopedics, ergonomics, prosthetic design and innovation, burn rehabilitation, education, and community-based care.

Today, occupational therapy is a steadfast health care profession aimed at enabling individuals to live a "full" life through engagement in activities they want and need to do, despite any physical, psychological, cultural or environmental barriers. These everyday tasks are called "occupations" and are the building blocks for physical, psychological, emotional and spiritual health. Occupations can be grouped into three main categories: tasks the individuals needs to do (e.g., basic self-care), tasks the individual is expected to do (e.g., work and school activities) and tasks the individual wants to do (e.g., leisure pursuits).

OT asserts that pursuing occupations shapes daily life experience, thereby contributing to one's overall health and well-being.

As part of the United States military, occupational therapists maintain significant roles in orthopedics, traumatic brain injury, burn rehabilitation, prosthetics, inpatient services, community re-integration and substance abuse treatment. Additionally, the United States military has positioned occupational therapists in Combat and Operational Stress Control units, on military posts and down-range, to prevent, recognize, reduce and manage behavioral health disorders such as combat and operational stress reactions.

Here at Eisenhower Army Medical Center, occupational therapy practitioners are highly knowledgeable, nationally board certified health care professionals that promote optimal health and well-being through a holistic examination of the individual. Using the same tenets at the early reconstruction aides, OTs strive to help individuals with or without disabilities perform, modify or adapt their desired activities to live healthier, happier and more productive lives for many years to come.



Communication that needs no interpretation

Lt. Col. Kyle L. Welch, chaplain

Chief, Department of Ministry and Pastoral Care
Eisenhower Army Medical Center

Henri Nouwen, a Dutch professor, Catholic priest, writer and theologian, penned these powerful words concerning empathy: "When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares."

The capacity toward friendship or brotherly love of this kind is what every person needs in a battle buddy. This is certainly true in our hour of need when life or battlefield trauma occurs and one's life is forever changed in profound ways.

The hospital halls give witness to care of this kind as providers, friends and loved ones stay the course to offer support to the healing process or bring comfort through palliative care. A facet of holistic care assumes this action of empathetic response as part of pastoral care. But it is certainly not exclusive to the chaplain's provision of care. From injury to the path of recovery, interventions of many battle buddy caregivers support the holistic healing process of the physical, psychological and spiritual wounds associated with life.

Recently, I observed firsthand the "tender hand of empathy" as demonstrated by a member of the nursing staff. She responded

This response needed no interpretation for this action conveyed what words could never communicate.

quickly and attentively to the pain heard echoing throughout the ward. I, too, witnessed the excruciating pain as evident

by the cries and cringing facial features worn by the patient suffering in pain. This response required an interpreter on hand to facilitate the communication process supporting treatment. However, I observed another response. The nurse leaned closer to the patient hearing his cries and placed her tender hand on his arm and began gently caressing his arm; that seemed to bring immediate relief.

From her empathetic reflexes flowed genuine compassionate care. This response needed no interpretation for this action conveyed what words could never communicate.

Be that friend with empathy and lend a divine, tender hand. Therein healing begins.





US ARMY TRAINING AND DOCTRINE COMMAND (TRADOC)

AT LEVEL I Awareness Training must be completed annually

Go to <https://jkodirect.jten.mil> and take
Course #JS-US007-14 to complete training.

Must be completed by all soldiers, DoD civilians,
and contracted employees IAW contract.

All TRADOC units report percentage of training
completed during AT Awareness Month (August).

IET soldiers and DAC new hires must receive
AT Level I Training by an AT Level II Officer.

Going on vacation, PCS, or TDY out of the U.S.?

All OCONUS travel requires current
AT Level I training and Area of
Responsibility (AOR) brief. This includes
family members 14 years or older
prior to traveling on official orders.




25 new Performance Triad coaches ready to get to business

Lt. Col. Ross Davidson

Troop Commander

Eisenhower Army Medical Center

The Performance Triad is a comprehensive plan that focuses on key actions that influence health: sleep, activity and nutrition. On Feb. 27, 25 staff members from Eisenhower Army Medical Center participated in a full-day P3 Coaching Course.

The course produced P3 coaches to serve as advisors and mentors to the EAMC staff by providing basic overview of P3 tenets to optimizing sleep, activity and nutrition toward improving, not only health, but also performance.

Promoting an active lifestyle cannot be accomplished by sitting in a classroom. The P3 Coaching Course included a block of instruction at Victory Gym dedicated to strength training. Incorporating resistance training into a healthy lifestyle improves and maintains strength, agility, power and speed.

Students learned the proper form and technique of the “Essential Seven for

The program continues to grow by promoting a healthy lifestyle throughout the organization.

Strength” exercises. They also practiced their coaching skills by observing others perform the movements correctly. The

course concluded with small-group discussions focused on healthy eating habits, creating effective sleep habits, and understanding the pros and cons of nutritional supplements.

The groups also developed action plans to promote the P3 lifestyle throughout EAMC in their respective departments and sections.

Over the past 18 months, EAMC has trained approximately 75 soldier and civilian P3 Coaches. The program continues to grow by promoting a healthy lifestyle throughout the organization.

For information, contact Lt. Col. Tammy Funari or Lt. Col. Ross Davidson.

The Essential Seven

1. Push (Push-up or Bench Press)
2. Pull (Row)
3. Vertical Push (Overhead Press)
4. Vertical Pull (Pull-Ups)
5. Squat (Body Weight or Weighted)
6. Lunge (Body Weight or Weighted)
7. Core (Plank, V-Ups, Bird Dog)



Courtesy photo

Staff Sgt. Sean Clemmons performs the bird dog exercise as Master Sgt. Augustus Francis, right, provides positive feedback to his technique during the Performance Triad Coaching Course Feb. 27 at Victory Gym, Fort Gordon. At the conclusion of the one-day course Eisenhower Army Medical Center gained 25 new P3 coaches to provide basic overview of the P3 tenets to optimize sleep, activity and nutrition toward improving, not only health, but also performance.

Fire ants: the pests that keep on pestering

Bob Meloche
Safety Manager

Eisenhower Army Medical Center

Living in the south, fire ants are literally part of the landscape. They are an invasive species, they build unsightly mounds, and their bite and subsequent sting can range from irritating to life threatening, depending on the body's reaction to the venom.

What can be done to eradicate the menace? Options range from spot treatment of mounds, to professional treatment of your entire landscape. Should you choose to engage in chemical warfare with *Solenopsis invicta* (the red imported fire ant,) the most common choice involves some sort of ant poison, sprinkled onto or around the mounds.

Should you choose to use a topical poison dust or poison granular application, ensure you take the time to read the application instructions. Apply only the recommended amount of product.

Adhere to the product handling and use precautions. Wear all of the appropriate personal protective equipment. Failure to do so, could easily result in wasted

product, lackluster results and potentially harmful or deadly side effects.

Pay close attention to the storage and disposal instructions. These chemicals can be harmful if absorbed through the skin or swallowed, and can cause moderate but temporary irritation to the eyes. The chemicals are often very toxic to fish, aquatic invertebrates and aquatic plants. Follow the manufacturer's directions regarding proper disposal of containers or excess product.



Bystanders play more of a role than I thought

Pfc. Regan Riggs

2nd Brigade Combat Team, 3rd Infantry Division
Fort Stewart, Ga.

Editor's note: This is a personal commentary of Pfc. Regan Riggs' experience while attending Army Mind's Eye II training in Fort Stewart, Ga. It was originally published Feb. 12.

My name is Pfc. Regan Riggs and I'm a cavalry scout serving as a unit public affairs representative for 6th Squadron, 8th Cavalry Regiment, 2nd Armored Brigade Combat Team, 3rd Infantry Division at Fort Stewart, Ga..

I had the privilege to sit in on 2nd ABCT's Mind's Eye II train-the-trainer

course from Jan. 18 to Feb. 1.

Mind's Eye II is an Army program that focuses on the prevention of sexual harassment and sexual assault within the Army. It is also a program that was developed for Soldiers, by Soldiers here at Fort Stewart and was adapted from the current Bystander Intervention Training.

So why another program? How is this program different from the already existing programs?

Before I took this course, I thought of two perspectives of sexual assault/harassment: the victim and the offender. After observing Mind's Eye II, I learned that bystanders play more of a role than I thought.

Another difference between Mind's Eye II training and other programs is the trainers do not have to be a certain rank to be facilitators. Unit leaders chose their most influential Soldiers in their formation in order to give Soldiers a level of comfort and trust within their ranks. This program is an interactive approach to leader training focused on individual decision making and professional identity.

Monique Ferrell, director of the Army's SHARP Program, explained to me that this program would essentially be the Army's primary prevention initiative to prevent sexual harassment and sexual assault. Instead

see **ASSAULT** on page 11

February

Patient Safety Employee of the Month

Patient Safety Division

Due to her quick pick up on a patient's questionable lab report, Dr. Karen Shou, Internal Medicine, has been selected as the February Patient Safety Award recipient.

The treatment plan for a patient who was admitted for exertional rhabdomyolysis included administering IV fluids along with checking CK



Photo by John Corley

Dr. Karen Shou, Internal Medicine, receives the Patient Safety Award for February, March 8, from Col. David Ristedt, Eisenhower Army Medical Center's commanding officer.

(creatinine kinase) levels to prevent kidney damage.

Shou noticed that a serial CK level did not decrease as expected (the level dropped much quicker than expected). Without checking with her attending physician or senior resident, she immediately called the lab and instructed them to run the labs again. Her clinical intuition was spot on: the initial lab results were, in fact, wrong, and the level of CK was dangerously high. IV fluids were appropriately and aggressively restarted. This was a Near-Miss/Close-Call event.

Shou's hometown is Herndon, Va., and she has been an internal medicine resident at Eisenhower Army Medical Center since July 2017. Shou earned a Bachelor of Science in biology from Virginia Commonwealth University with her medical training from Edward Via College of Osteopathic Medicine in Blacksburg, Va.

Her hobbies include drawing cartoons, designing homemade cards, reading and hiking. Bilingual in English and Mandarin Chinese, Shou is working toward finishing her internal medicine residency with an eye to being accepted into Hematology-Oncology sub-specialty.

LAB from page 6

blood, a sample of blood is collected from the patient so the lab can determine the patient's blood type. The patient is then matched with the correct blood. More testing, called compatibility testing, is done to make sure it is safe for the patient. When the blood is needed, nurses come to the blood bank to pick up the units especially for that patient and then transfuse the patient.

Here at EAMC, the blood used is collected by Kendrick Memorial Blood Donor Center on Fort Gordon or other military bases. KMBC is part of the Armed Services Blood Program that ensures blood is available for all military operations around the world.

For information on the blood-donation program, visit: www.militaryblood.dod.mil.

ASSAULT from page 10

of sexual harassment and sexual assault being the focal point, Mind's Eye II would illustrate to Soldiers what "right" looks like, in hopes of changing the culture and stopping problems before they manifest. The intended goal is to increase positive and healthy behaviors by targeting prevention at all levels of the total force.

During class, the instructors gave us several scenarios and asked us what we would do if a situation would occur. I realized that I had no idea what I would or should do. One thing I realized was that the outcome could be dependent on whether or not I decided to be a silent bystander.

I distinctly remember one of the Soldiers saying, "If you do nothing, you are just as guilty as the offender."

This phrase stuck with me. I felt convicted.

How could I be guilty if I simply choose to mind my own business and not intervene? Well, the answer is simple.

Sexual assault affects Soldier's trust, cohesion, unity, and esprit de corps. I am responsible for protecting my brothers and sisters anytime and anywhere.





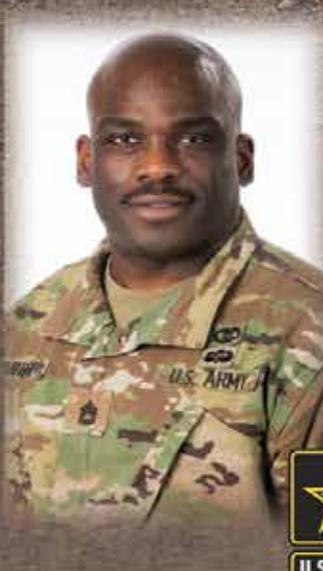
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Jovon Powell,
2017 Red Cross
Summer Volunteer



Sgt. 1st Class Corey T.
Hunter, Perioperative
Nursing Services NCOIC,
in the Army for 17 years,
at EAMC for a year



Deanna C. Shade, MS,
RD, LD, CNSC,
Informatics Dietitian,
at EAMC 1 year and 3
months



Maggie Peterson,
2017 Red Cross
Summer Volunteer