

Rounds

Eisenhower Army Medical Center



JANUARY 2018



Pajamas with
Santa

Jan. 1

New Year's Day

Jan. 2

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

Junior Enlisted Development Program, EAMC auditorium, 4-5 p.m.

Jan. 3

Junior Enlisted Development Program, EAMC auditorium, 4-5 p.m.

Noncommissioned Officer Professional Development, EAMC auditorium, 4-5 p.m.

Jan. 4

DTMS/Swank new managers training, Defense Collaboration System (Online), 9-10:30 a.m.

Jan. 8

ASAP Training for Soldiers, Alexander Hall, 1-2 p.m.

ASAP Training for Soldiers, Alexander Hall, 2:30-3:30 p.m.

Jan. 10

Leadership Development Program, EAMC auditorium, 6-7 a.m.

Leadership Development Program, EAMC auditorium, 4-5 p.m.

Jan. 12

Training Day (MLK)

Jan. 15

Martin Luther King Jr. Day

Jan. 16

Junior Enlisted Development Program, EAMC auditorium, 4-5 p.m.

Jan. 17

Noncommissioned Officer Professional Development, EAMC auditorium, 4-5 p.m.

Noncommissioned Officer Professional Development, EAMC auditorium, 6-7 p.m.

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

Jan. 18

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

Jan. 19

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

Jan. 25

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

Nutrition tips for new year and all year 'round

1st. Lt. Jennifer West, MS, RD
Nutrition Care Division
Eisenhower Army Medical Center

The new year is upon us and now is a great time to set goals for improving your health. Many people aim to change their exercise or eating habits. If you are at a loss where to start, or need some help making SMART (specific, measurable, achievable, realistic, time-bound) goals, the following tips will help increase your chances for long-term success.

Avoid quick fixes

Fad diets and dietary supplements are often marketed to people hoping to lose weight, fast. They are also designed to make money, can be expensive and possibly even harmful. You may lose 5-10 pounds in a week by following a strict diet and taking a "fat burner" supplement, but when you return to your regular eating habits and stop taking the supplement, odds are you'll gain the weight back in no time, plus more. Making long-term changes can help regulate your weight with lasting effects. Eating a diet high in vegetables, fruits, whole grains, lean proteins and low-fat dairy is a good start for reaching a healthy weight and improving overall health.

Create a rainbow on your plate

(No, not Skittles.) Eating a wide range of colorful fruits and veggies increases the variety of vitamins, minerals and antioxidants our bodies need to work

best. Choosing dark leafy greens, bright orange and red peppers, or even deep purple vegetables like eggplant or beets is a great way to add some color to your dish. Your SMART goal could be: "I will add three colorful toppings to my salad at lunch at least four days per week during the month of January."

Ditch trans-fats

Trans-fats, often disguised by the name "hydrogenated" or "partially-hydrogenated" oils, are the most damaging to heart health — they raise LDL (lousy) cholesterol and lower HDL (healthy) cholesterol, raising your risk of heart disease. Under current nutrition fact labeling regulations, a manufacturer can label a food "zero trans-fat," as long as it contains less than 0.5 grams per serving. Check ingredient lists for partially or fully hydrogenated oils to avoid even small amounts of trans-fats, which can add up over time.

Drink more water

Our bodies are approximately 70 percent water and even the slightest dehydration can impact our energy levels, brain power, blood pressure and digestion. Your weight in pounds divided by two is roughly the amount of fluid ounces you should aim to drink per day. For example: a person who



weighs
150 lbs. (150
÷ 2 = 75) should
drink at least 75 oz.
non-alcoholic, caffeine-free
fluids per day.

Jazz up plain water by adding natural flavors like a squeeze of lime or lemon, some fresh mint or cucumber slices. Your SMART goal may be: "I will drink one glass of water before each meal for at least five days this week for the next two weeks."

Meet with a professional

Registered dietitians can help you identify and overcome barriers to healthful eating, develop healthy eating plans that are right for you and help you make SMART goals for long-term success.

Get started on your health and nutrition resolutions today by scheduling an appointment with an Eisenhower Army Medical Center dietitian. Stop by the Nutrition Clinic on 11-East, or call 706-787-2243.

Teammates, together, 'We Are Eisenhower'

Col. David E. Ristedt
Commander

Eisenhower Army Medical Center

Happy New Year! 2018 will prove to be a pivotal year for Eisenhower Army Medical Center, Fort Gordon and the Joint Medical Force.

The Cyber Center continues modernization as do our processes across the installation to support the readiness and training mission.

At the end of this fiscal year, the Defense Health Agency assumes a much larger role in the direct management of our health care facility. Despite the uncertainty and potential for friction, Command Sgt. Maj. John Steed and I relish the opportunity to provide clarity of mission and focus on the outstanding

quality care you deliver every day.

In that vein, the priority for EAMC for 2018 is to focus on "Care," care for each other and care for our patients.

"Care" is why we come to work.

Readiness and 5-Star Care delivery are the natural outcomes when we work as a team. To our patients, we are the Home of 5-Star Health Care, delivering the quality and breadth of services to maintain health and readiness.

Internally, "We are Eisenhower." Every member of the team is a critical component of our collective success and represents all other member of the staff in the eyes of our patients and their family members. Our internal "care" for 2018 is to encourage staff to act in accordance with the

Courtesy Pledge CSM Steed and I signed in mid-December.

We strongly believe that, when every member of the Eisenhower team accounts for their actions, "We are Eisenhower" becomes a powerful concept to highlight positive behavior while also providing opportunities to identify areas where we can improve "care" to each other and our clients. We are empowering everyone reading this message to help us live by the pledge, honor excellence and hold each other accountable.

I remain extremely proud to be your commander, and appreciate each and every member of the team. Let us start 2018 with a clear sense of purpose.

Together, "We Are Eisenhower."

TAKE THE COURTESY PLEDGE



Photo by David M. White

Eisenhower Army Medical Centers Command Sgt. Maj. John Steed, left, and Commander Col. David E. Ristedt after signing EAMC's Courtesy Pledge in Ike's Cafe Dec. 12. The pledge is a promise by EAMC's leadership, care teams, military, civilians and contractors to focus on care for each other and care for our patients. "Care is why we come to work," said Ristedt, "delivering quality and breadth of services to maintain health and readiness."



Rounds
Eisenhower Army Medical Center

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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.



DWIGHT D. EISENHOWER ARMY MEDICAL CENTER
"The Home of 5-Star Care"

COURTESY PLEDGE

We create the environment where staff is inspired and empowered to deliver 5-Star care to fellow employees and patients with compassion, honesty and integrity.

We pledge to cordially greet each teammate, patient and visitor; ensuring all have a sense of being "home"

We pledge to treat everyone with courtesy, dignity, and respect.

We pledge to provide exceptional, high quality, compassionate care.

We pledge to accept and respond in a timely manner to every correspondence in written, verbal, or electronic form.

We pledge to provide personalized assistance when doing so does not compromise care to others.

OUR GOALS

Determined to provide high quality, complex, patient-centered healthcare services

Deliver readiness through sustained medical education and multidisciplinary care

Enthusiastically perform our daily duties while working with the best health care partners

Attend to the needs of our patients, their Families, and each other

Motivated to excel in our work ethic, drive innovation, and continue education in our chosen professions

Care for our community, each other, and the mission

TOGETHER "We Are Eisenhower"

JOHN H. STEED
CSM, USA
Command Sergeant Major, DDEAMC

DAVID E. RISTEDT
COLONEL, MC
Commander, DDEAMC

Council welcomes all junior officers for development, fellowship

1st Lt. Chelsey Cahoon, RN

9 MSP

Eisenhower Army Medical Center

Eisenhower Army Medical Center's junior officer council fosters and develops intradepartmental relationships and support systems among EAMC staff to help improve communication and promote professional development. The JOC also discusses and exchanges hospital-related information, reviews issues presented to the council and promotes awareness of military standards. JOC is not just for the nursing staff; it is for any junior officer, regardless of discipline.

The JOC meets the first Wednesday of

The Junior Officers Council

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every month at 7:30 a.m., in the

IKE's Café conference room.

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This upcoming year the JOC is planning professional development classes including how to prepare for promotion boards, military ball customs and courtesies,

PROFIS options and many others.

The JOC has adopted Barton Chapel Elementary school to mentor the youth of the surrounding area.

The council is also seeking suggestions and opportunities to welcome incoming officers and support them while they become familiar with the greater Fort Gordon area.

Find the JOC on Facebook at EAMC JOC. Meeting dates, time and locations, along with social events are posted there. Reminder emails are also sent out at the end of every month.

The next meeting will be Jan. 10 in the IKE's Café conference room at 7:30 a.m.

Changes TRICARE costs now in place

TRICARE

Starting Jan. 1, there may have been changes to your health care costs, depending on when your sponsor joined the service and your TRICARE health plan. Beneficiaries will fall into one of two groups, Group A or Group B. Because the group designation is based on when your sponsor joined the service, you can't choose or change your group with any action (for example, switching plans or failure to pay).

Group A, Group B defined

- Group A: If your or your sponsor's initial enlistment or appointment occurs before Jan. 1, you're in Group A. This includes all current and eligible beneficiaries.
- Group B: If your or your sponsor's initial enlistment or appointment occurs on or after Jan. 1, you're in Group B.

Adjusted costs for 2018

Within each plan and beneficiary category, each group (Group A and Group B) will have different enrollment fees and out-of-pocket costs. Active duty family members in either group who are enrolled in TRICARE Prime and TRICARE Select pay no enrollment fees. All current beneficiaries and new enrollees will continue to get preventive care visits at no cost.

If you have a premium-based health plan, you'll continue to see your yearly premiums adjusted each year on Jan. 1 as they have in the

past. Additionally, those in premium-based plans will have Group B cost-shares regardless of when the sponsor first joined the service.

View costs for active duty family members using a TRICARE Prime plan or TRICARE Select plan, costs for retired service members, their families and others, and other TRICARE changes on the TRICARE website.



MOVEMENT-TO-HEALTH RAFFLE WINNERS



Photo by John Corley

The winners of the Organization Day raffle are Eric Wessling, left, Physical Therapy, who won a FitBit Activity Tracker; Eleanor Simpkins, Logistics, who won an activity tracker, and Morgan Reeves, RN, GI Clinic, who won a BPA-free, glass water bottle. The raffle was held Nov. 17 during the Movement-to-Health Rodeo. The three winners were randomly chosen from among all who completed all of the Movement-to-Health stations.

David M. White
Public Affairs Office
Eisenhower Army Medical Center

Medical students and researchers at Eisenhower Army Medical Center have a powerful tool at their fingertips in the Health Sciences Library, just off the fourth floor lobby. But the hidden jewel is that the library is open to the public as well.

“The library is a complete literature resource for medical education,” Marybeth Gaudette, the health sciences librarian, said. “But our librarians and our services are available to patients, family members as well as EAMC staff.

“We have access to 6,600 medical journals and data bases,” Gaudette said. “These are medical and Army databases and journals. In addition to resources available through the Interlibrary Loan program, there are many e-books and e-journals users can access.”

Institutions such as EAMC’s Health Sciences Library employ specialized health sciences librarians who “are information professionals, librarians or informaticists who have special knowledge in quality health information resources,” according to the Medical Library Association. “[Health sciences medical librarians] have a direct impact on the quality of patient care, helping physicians, allied health professionals, administrators, students, faculty and



Photo by David M. White

Marybeth Gaudette, Eisenhower Army Medical Center’s Health Sciences Librarian, gets to know the depth of the library’s collection Dec. 14. Gautette has been a EAMC since October.

researchers stay abreast of and learn about new developments in their fields.”

Although EAMC’s library never skipped a beat, the medical librarian position has been vacant for more than 24 months. Gaudette stepped into the role last October.

But this daughter-of-a-Marine’s route to health sciences librarian has a number of interesting twists and turns, including an undergraduate degree in dance and time as a court reporter. She earned graduate degrees in Library Science and Information Science from Indiana University in Bloomington, Ind.

Gaudette has been a librarian at Prince Albert Parkland Health Region in Saskatchewan, Canada, the United Arab Emirates University in Abu Dhabi and later served as the Director of the UAE’s National Medical Library. She returned to the states in 2013 to set up and direct the Health Sciences Library for the newly established Alabama College of Osteopathic Medicine, Dothan, Ala., after which she worked for 18 months at Fort Gordon’s Woodworth Consolidated Library. Prior to coming to EAMC, she served as a Health Sciences Librarian at the Air Force School of Aerospace Medicine at Wright-Patterson Air Force Base, Ohio.

She had her sights on returning to Augusta for a while, simply because she loves the area, from the multiple historical societies to the classical music scene where she has performed with the Augusta

Better decisions through medical librarians

In one Veterans Administration study (eight hospitals) where clinical searches were conducted by librarians, health professionals said about search results:

- 95% — useful to direct patient care;
- 89% — reinforced a mode of treatment;
- 49% — influenced the advice to patient and family;
- 49% — altered the mode of treatment;
- 30% — influenced the choice of treatment;
- 30% — affected the choice of drugs;
- 16% — affected the choice of tests;
- 14% — influenced the diagnosis.

(Jemison, K, et. al., 2009)

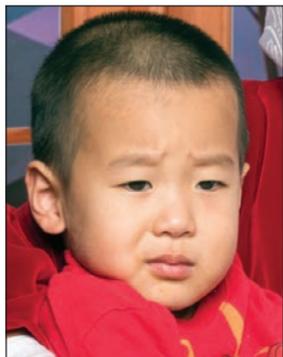
A study in 118 hospitals with more than 16,122 participants found that

- 95% reported that information provided by a librarian resulted in better informed clinical decisions
- 48% changed advice given to a patient;
- 33% changed the choice of drugs;
- 25% changed a diagnosis;
- 23% changed the choice of tests;
- 12% changed post-hospital care or treatment as a result of using resources and services provided by librarians or the library (Marshall, JG, et. al., 2013)

see **RESEARCH** on page 11

see **LIBRARIAN** on page 11

Pajamas with Santa



Children of all ages enjoy Eisenhower Army Medical Center's Family Readiness Group's Pajamas with Santa event Dec. 1 in Ike's Cafe, following the Christmas Tree lighting near the EAMC flagpole. This seasonal event always brings smiles to everyone's face ... except the littlest ones who have yet to grasp the concept of Santa and Mrs. Claus.

Photos by John Corley

The ministry of ‘intentional’ presence in practice

Capt. Christopher Hart
Chaplain Clinician
Eisenhower Army Medical Center

As I walk around the hospital making my pastoral care visits, people often ask me what the chaplain actually does in the hospital, apart from praying and reading the Bible to patients and their family members.

Some ask if I have to talk to all the patients. I always respond by saying yes, what the patient or their family member requests from me as a chaplain is what I will provide for them.

Some will request prayer and some will request that I read the scriptures to them for comfort. However my major role as the hospital chaplain is to provide what I call the Ministry of “Intentional” Presence to patients, their family members and also to the medical team.

I see the look in people’s eyes when I use the phrase “Intentional Presence” and many have asked me what it means.

It simply means that I purposely offer my presence to my patients. I don’t have to wait for them to call for me before they can receive a visit from me.

Working as a hospital chaplain has broadened my knowledge on pain and suffering. I have learned to empathetically come alongside patients during pain, suffering, grief and loss by just being intentionally present.

I don’t even have to say a word to them.

The ministry of “intentional” presence that I provide as chaplain at Eisenhower

They ... agreed together to come to sympathize with him and provide comfort to him.

Army Medical Center, could be likened to the story of Job’s three friends, Eliphaz the Temanite; Bildad the Shuhite and Zophar the Naamathie.

When they heard about Job’s pain, suffering and the trouble that had come upon him, they made an appointment and agreed together to come to sympathize with him and provide comfort to him. This is what I call the Ministry of “Intentional” Presence.

In the book of Job, chapter 2, verse 13, it is written “So they sat down with him upon the ground seven days and seven nights, and none spake a word unto him; for they saw that his grief was very great (KJV).”

As I develop an effective pastoral care plan that enables me to assess and engage my patient’s emotional and spiritual needs, I am able to journey with my patients as I come alongside them empathetically providing emotional and spiritual support to them as needed.

Empathy, according to Marshall B. Rosenberg in his book, *Nonviolent Communication*, is getting in touch with life energy coming through another person and staying connected with it.

For me, this is the key to my pastoral care ministry through intentional presence. Sometimes in life, when we experience difficult situations and challenges, it can lead to discouragement which is a negative emotion that makes us sometimes feel as if all hope is gone.

As we start this new year at EAMC, let us remember the Ministry of Intentional Presence. Showing empathy and compassion to our patients, family members, coworkers and even our own families will help motivate and enhance our morale.



Like us. Follow us.
www.facebook.com/DDEAMC



EAMC Honor Guard assists school in flag-raising ceremony

1st Sgt. Cody Nixon
Sgt. Charlene Browne
Kashieem Averill
Troop Command

Eisenhower Army Medical Center

The Fort Gordon Adopt-a-School Program partners Fort Gordon military units with local Richmond County schools to provide mentorship to students. The Fort Gordon Schools Liaison Office coordinates the overall program. Eisenhower Army Medical Center has volunteered to assist at Glenn Hills High, Glenn Hills Middle, Glenn Hills Elementary, Barton Chapel Elementary and Meadowbrook Elementary Schools.

Glenn Hills Elementary School invited the EAMC Honor Guard to assist in a Flag Ceremony Dec. 1. The Honor Guard provided instruction to a select group of students on the proper way to fold, unfold and raise the national colors. Once the flag was raised for the day, 1st Sgt. Cody Nixon led the school in the Pledge of Alliance.

After the ceremony, all Soldiers participated in classroom discussions about their jobs and experience in the Army. The students asked questions to get a better understanding of what military life is like. At the end of the visit, a group of Soldiers challenged a fifth grade class in a friendly push-up contest.

The Adopt-a-School partnership is a great opportunity for Soldiers, civilians and family members to volunteer in the community.

To become a part of the Adopt-a-School Program, there are three prerequisites before volunteering in any of the schools: complete a background check, conduct an online mentors training and attend a Richmond County Volunteer Training session.

The next available Richmond County Volunteer Trainings will occur Jan. 11, and 25, from 10–11 a.m. in EAMCs first floor auditorium.

For information, contact Kashieem Averill, Kashieem.t.averill.civ@mail.mil or 706-787-0200.



Courtesy photo

Soldiers from Eisenhower Army Medical Center's Honor Guard instruct a select group of students from Richmond County's Glenn Hills Elementary School on the proper way to fold, unfold and raise the national colors Dec. 1. Once the flag was raised for the day, 1st Sgt. Cody Nixon led the school in the Pledge of Alliance.

WINTER DRIVING TIPS

How To Drive Safely On Icy Roads

Note: Above photo not typical Augusta winter driving conditions

Bob Meloche
Safety Manager
Eisenhower Army Medical Center

Frosty weather started here in Augusta back before Christmas and, while it doesn't happen very often, snow and ice have visited the Central Savannah River Area in the not-too-distant past, snarling traffic and emptying grocery store shelves of bread, milk and tomato soup.

It's never too early to review the tried-and-true tips for foul winter-weather driving.

Check the weather

If you choose to warm up your vehicle before you drive, help prevent carbon monoxide poisoning by never leaving a vehicle running in an enclosed area, such as a garage. In fact, the Consumer Product Safety Commission warns that a car running in an attached garage is never safe, even with the garage door open.

If the forecast looks iffy, wait out the storm if possible. If you must travel, share your travel plans and route with someone before you leave.

If you become stranded in an unfamiliar area, do not leave your car. Use flares or reflective triangles in front and behind the car and make sure the exhaust pipe is not blocked by snow, mud or any object.

How to avoid a crash

You've done all you can to prepare your car, you've checked the weather, but suddenly you find yourself driving in a slippery mess. If visibility is severely limited due to a whiteout, pull off the road and don't even attempt to drive farther until conditions improve.

- If possible, avoid using your parking brake in cold, rainy and snowy weather
- Do not use cruise control in wintery conditions
- Look and steer in the direction you want to go
- Accelerate and decelerate slowly
- Increase following distance to 8 to 10 seconds
- If possible, don't stop when going uphill
- Keep your gas tank at least half-full
- If you do get stranded, don't try to push your vehicle out of snow

Don't leave home without these

In an emergency situation, in addition to a full tank of gas and fresh antifreeze, National Safety Council recommends having these with you at all times:

- Properly inflated spare tire, wheel wrench and a sturdy jack
- Shovel
- Jumper cables a tool kit
- Bag of salt or cat litter for better tire traction or to melt snow
- Flashlight and extra batteries
- Reflective triangles or flares
- First aid kit
- Windshield cleaner
- Ice scraper and snow brush
- Matches in a waterproof container
- Scissors and string or cord
- Nonperishable, high-energy foods like unsalted nuts, dried fruits and hard candy
- Blankets, mittens, socks and hats

Winter road trips — even short ones — are great ways to celebrate with family and friends. Being prepared can ensure a safe and happy time is had by all.

TRICARE changes, network providers

TRICARE

On Jan. 1, the three previous U.S. TRICARE regions consolidated into two. New regional contractors will administer the TRICARE benefit for the East (Humana Military) and West (Health Net Federal Services, LLC) Regions. Due to these changes, it's possible that your primary care manager will no longer be in network.

What can you do? First, check to see if your PCM is still in network. If you're enrolled in TRICARE Prime and are being assigned a new PCM, your regional contractor will notify you. If enrolled in a plan other than TRICARE Prime, you should also check to see if your specialty care providers will remain in network. Remember that your out-of-pocket costs are lower

when using a network provider.

The 2018 TRICARE Network Provider Directories are now available when using the online Find a Doctor provider search tool.

Establishing a relationship with a PCM is important so that you have easier access to routine care and the specialty providers and hospital of your choice.

You may also make a request to your provider to remain in the network.

LIBRARIAN from page 5

Choral Society and in Augusta University opera productions.

But it's Gaudette's day-to-day activities where she contributes most to the mission of EAMC.

"I love the interaction with the nurses,

doctors and researchers, she said. "Unlike a repetitive university setting, there is something different every day."

Residents and clinical staff have access to the Health Sciences Library 24 hours a day, seven days a week. For everyone else, regular hours are weekdays from 8:30 a.m. to 4:30 p.m.

A part of EAMC's Education Department, which shoulders the responsibility for training professional health care providers in the Uniformed Services University and various civilian medical educational institutions, the Health Sciences Library is an essential resource for preparing health care givers now and into the future.

RESEARCH from page 5

A systematic review of 28 studies demonstrated a range of impacts including:

- 37-97% impact on patient care;
- 10-31% impact on diagnosis;
- 20-51% change in choice of tests; and
- 27-45% change in choice of therapy (Weightman, AL, et.al., 2005)

Avoid adverse events with information from medical librarians. In a large study across more than 110 hospitals:

- 13% avoided misdiagnosis and adverse drug reactions;
- 12% reduced medication errors;
- 6% avoided patient mortality (Marshall, JG, et.al., 2013)

Health care professionals reported benefits as a result of information from search requests in eight Veterans Administration hospitals:

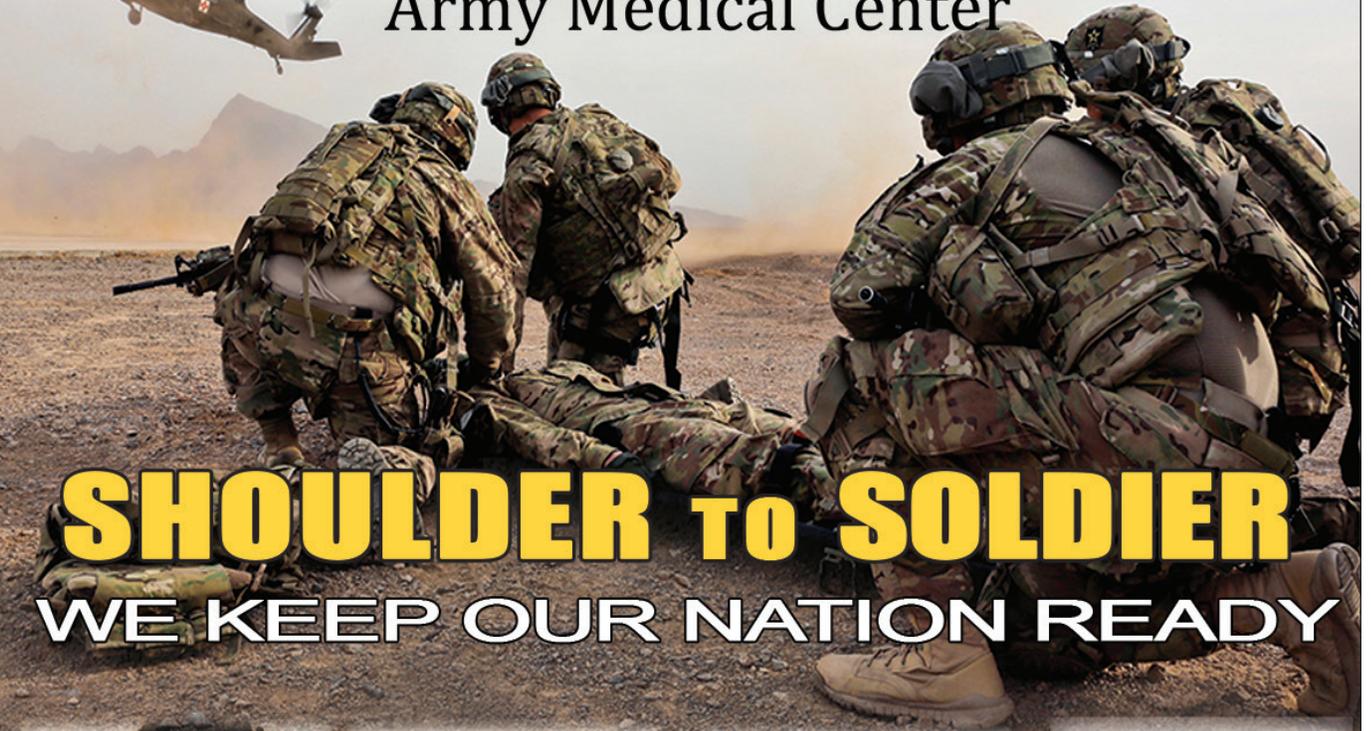
- 3% avoided adverse events or complications, while
- 8% avoided patient mortality (Jemison, K, et. al., 2009)

— Source: Medical Library Association





Eisenhower Army Medical Center



SHOULDER TO SOLDIER

WE KEEP OUR NATION READY



Robert Phinney, Allied Universal Security. At EAMC for 2 1/2 years



Melissa Hendrix, Safety Division. At EAMC for 3 years



1st Lt. Jennifer W. Regan, RN, Telemetry and Progressive Care Unit. At EAMC for 2 years, Soldier for 15 years



Amelia Churillo, 2017 Red Cross Summer Volunteer

