

# Rounds

Eisenhower Army Medical Center



MARCH 2018



**BRAIN  
INJURY  
awareness  
month**

**GO  
FURTHER WITH  
FOOD**

**THIS IS  
POWER  
TAP**

# CALENDAR

## **March 1**

Enlisted Medical Corps Anniversary  
DTMS/Swank new managers training, first floor auditorium, 9-10:30 a.m.  
SHARP/Soldier-Civilian Annual Training, first floor auditorium, 9:30 a.m. to 12:30 p.m.

## **March 3**

2018 Father-Daughter Sock Hop, Nelson Fitness Center, 5-8 p.m.

## **March 5**

ACE suicide prevention, first floor auditorium, 9:30-11:30 a.m.

## **March 6**

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

## **March 7**

Leadership Augusta/Columbia County "Military Day," various locations on Fort Gordon, 7 a.m. to 5 p.m.

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

## **March 9**

Employee Assistant Program training for civilian

employees, families, ASAP training room, noon to 1 p.m., Brown Bag session: "Conflict Resolution in the Workplace."

## **March 12**

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.

## **March 13**

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

Threat Awareness and Reporting Program, first floor auditorium, 1-3 p.m.

## **March 15**

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

SHARP/soldier-civilian annual training, first floor auditorium, 9:30 a.m. to 12:30 p.m.

Women's History Month Fort Gordon Command Program, Alexander Hall, 1-2 p.m.

## **March 16**

DTMS, Swank Health Managers Training, first floor auditorium, 9-10:30 p.m.

EAMC Women's History Month, first floor auditorium, noon to 1 p.m.

## **March 19**

ACE suicide prevention, first floor auditorium, 1-3 p.m.

## **March 20**

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

## **March 21**

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

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

## **March 28**

Army Substance Abuse Program, first floor auditorium, 3:30-4 p.m.

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

## **March 29**

SHARP/soldier-civilian annual training, first floor auditorium, 9:30 a.m. to 12:30 p.m.

## Dental cleanings can save time, money, even your life

Round

### TRICARE

Chances are you know someone who only gets their teeth cleaned every few years. You may even be that person. But, frequent and regular cleanings are more important than most people think. Beyond helping to maintain a bright and clean smile, regular cleanings help your overall health in many ways. If you're enrolled in the TRICARE Dental Program, you are covered for yearly diagnostic and preventive services, giving you even more reasons to visit the dentist.

According to the Centers for Disease Control and Prevention, nearly 30 percent of all adults in America live with untreated tooth decay.

"When tooth decay isn't treated, it can lead to cavities and even tooth loss," said Col. James Honey, chief of the TRICARE Dental Care Section at the Defense Health Agency.

During a 12-month period, the TDP covers two routine teeth cleanings.

If noted on the claim form that you're pregnant or have a registered, covered chronic medical condition, then a third routine teeth cleaning is covered during a 12-month period.

Normal dental cleaning visits generally follow a similar format. First, a dentist or hygienist reviews your medical history with you. If you're due for X-rays, these images will

help detect decay or changes in your mouth. Next, the dentist or hygienist will remove plaque, tartar and stains from your teeth. Polishing the teeth and applying fluoride are the final steps.

If you're age 18 or younger, the dentist may consider placing sealants

onto the back teeth to help prevent cavities on the chewing surfaces. The TDP covers sealants for permanent molars through age 18.

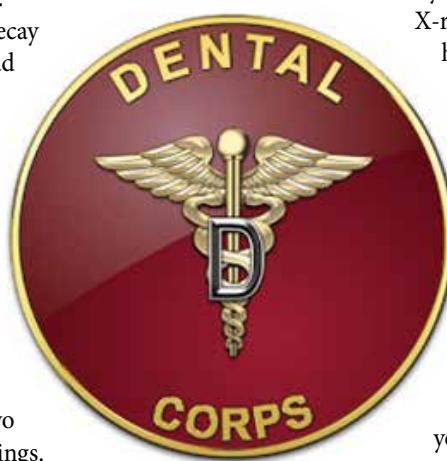
A healthy mouth may lower your risk for some serious medical issues, including stroke and heart disease. Early signs of certain medical conditions may be visible in the mouth, including oral cancers. For these reasons, the dentist inspects your mouth, lips, jaw and throat.

The dentist will also look for signs of gum disease, also called periodontal disease. Gum disease is an infection in the tissues that hold teeth in place. Nearly half of all adults age 30 or older show signs of gum disease, which is the leading cause of tooth loss in adults. Finally, the dentist checks for proper tooth alignment and biting, chewing and swallowing patterns.

Don't let another year pass. Make an appointment for your next cleaning now. Do it for your teeth, your wallet and your health.

For information about all dental plans, visit Dental Plans on the TRICARE website.

March 2018



# Resilience key to 5-Star Care at Rodriguez

**We are an unbreakable team,  
free from distraction and  
focused on providing a 5-star  
experience to our patients.**

**Col. David E. Ristedt**

Commander

Eisenhower Army Medical Center

The message for this edition of Rounds magazine is Resilience. Command Sgt. Maj. John Steed and I have just returned from visiting our teammates at Rodriguez Army Health Clinic at Fort Buchanan in Puerto Rico where we were struck by the absolute dedication they have to the mission and each other.

We heard story after personal story detailing survival, care for family, care for neighbors and selfless service in the quick return to work, despite the devastation at their homes. Many of our teammates are still without power in their homes, but they continue to focus on those even less fortunate and band together to support each other until circumstances improve across the island.

The clinic and the staff's actions are lauded by patients, community leaders and commonwealth leaders as RAHC and its staff continue to be critical to the recovery of the community and the territory.

Resilience, caring for one another and



Courtesy photo

**Command teams from Regional Health Command-Atlantic, Eisenhower Army Medical Center, and Rodriguez Army Health Clinic at Fort Buchanan, Puerto Rico, stand in front of a downed tree in the RAHC's parking lot in early February. The tree fell during last September's Category 5 Hurricane Maria.**

selfless service are the foundation of "We are Eisenhower."

Together, we are an unbreakable team, free from distraction and focused on providing a 5-star experience to our patients. This concept was driven home time after time as we engaged with our teammates at RAHC and their patients and community leaders. The service members and civilians embodied every aspect of our Courtesy Pledge despite incredibly challenging and dangerous times.

I think we can all take heart that these

great health-care professionals took stock of their commitment to each other and are delivering 5-Star Care.

As always, thank you for all you do every day for each other and our patients. We must stay focused on readiness and turn our attention to our upcoming Joint Commission visit.

By maintaining vigilance and continuously improving our standards, we will be ready for anything. Because, "Together, We are Eisenhower."

Rounds



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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.

## GME program's charter renewed

**Staff reports**

The Accreditation Council for Graduate Medical Education notified Eisenhower Army Medical Center's Designated Institutional Official Jan. 28 that a determination on accreditation status has been made.

The ACGME has given full continued accreditation status to EAMC and found

zero citations regarding Institutional Requirements.

The continuation of this fully accredited status speaks highly of the organization's general approach to delivering high-quality medical education and of the commitment of the hospital leadership's to fully supporting the training environment at EAMC.

March 2018



As the most senior and junior Army Nurse Corps officers present, retired Col. Janice Nelson, right, and 2nd Lt. Annelies Heni have the honor and privilege of participating in the traditional cake-cutting ceremony held Feb. 3 at the Army Nurse Corps's 117th birthday celebration at the Doubletree hotel in Augusta.



Col. Celethia Abner-Wise, right, Chief Nursing Officer, presents Lt. Col. Michael Corbin, 11 West Clinical Nurse Officer in Charge, a door prize: the Nurse's Prayer made by Capt. Mariacristina Caruso, Adult-Gerontology Clinical Nurse Specialist, at the Army Nurse Corps's 117th birthday celebration Feb. 3 at the Doubletree in Augusta.



Retired Col. Becky Douglas, standing, former director of the Practical Nurse Course, chats with retired Maj. Portia Cornelious, who serves as a Department of the Army civilian, continuing her service teaching practical nurse students. They attended the Army Nurse Corps's 117th birthday celebration Feb. 3 at the Doubletree in Augusta.



Lt. Col. Tamara Funari, left, chief, Hospital Education and Staff Development; Lt. Col. Maria Shelton, director, Practical Nurse Course; and Capt. Ebonique McClinnihan, instructor, Practical Nurse Course pose during the social hour before the formal program and breakfast at the Army Nurse Corps's 117th birthday celebration Feb. 3 at the Doubletree in Augusta.

## EAMC leads with novel therapy for behavioral health, neurological conditions

**Christopher E Hines, MD, FAPA**  
Chief, Outpatient Behavioral Health

**Scott R. Mooney, PhD, ABPP**  
Clinical Research Director &  
Board Certified Neuropsychologist  
Neuroscience & Rehabilitation Center  
Eisenhower Army Medical Center

It is fitting that at Fort Gordon, with its emphasis on technological excellence, Eisenhower Army Medical Center is discovering new ways to use technology in the treatment of soldiers' behavioral health.

Transcranial Magnetic Stimulation, also called TMS therapy, was approved by the U.S. Food & Drug Administration in 2008 as a safe and effective medical procedure for patients with depression who have not previously benefitted from antidepressant medications.

EAMC's Outpatient Behavioral Health Service is one of only four sites in the Army using TMS and has been treating soldiers since 2014. Capitalizing on Faraday's law of electromagnetic induction, TMS therapy provides electrical energy to a magnetic coil that delivers pulsed magnetic fields that are able to penetrate through the skull to selected brain regions, altering brain activity.

Depending on where the magnetic coil is placed and whether or not repetitive high- or low-frequency stimulation is used, alterations in brain activity can result in enduring changes in mood. Experientially, a doctor or member of their staff, places the magnetic coil gently on the patient's scalp in pre-defined areas.

TMS therapy is noisy with repetitive



Courtesy photo

**The TMS Therapy Research team uses a separate research chair that incorporates stereotactic neuro-navigation and sham (placebo-like) treatment.**

clicking noises much like an ordinary MRI machine makes. A comfortable chair and hearing protection are provided to minimize discomfort.

A typical course of TMS Therapy involves a one-hour session per day, five days a week for six weeks. Most patients who benefit from TMS therapy experience results by the fourth week of treatment. Some patients may experience results in less time, while others may take longer.

TMS is not effective for all patients with depression. Patients with a history of seizures or ferrous metal in their head that cannot be removed are generally not eligible for TMS therapy.

The most common side effect occurring

while undergoing TMS therapy is headache, occurring in approximately 23 percent of patients. Seizures (sometimes called convulsions, epilepsy or fits) have also been reported with the use of TMS therapy although this is thought to be a very low risk. More than 95 percent of patients who start TMS therapy are able to finish the entire treatment course of 20-30 total sessions.

Outside of depression, promising research in TMS therapy for a myriad of psychiatric and neurological conditions is underway. At present, research studies have been conducted to determine safety and effectiveness of TMS therapy for mania, panic attacks, obsessive-compulsive disorder, schizophrenia, drug cravings, neurological conditions such as migraine and other chronic bodily pain.

EAMC-OBHS can provide TMS therapy to as many as 14 active-duty service members with depression per day with two regular TMS machines.

The TMS therapy research team uses a separate research chair that incorporates stereotactic neuro-navigation and sham (placebo-like) treatment. There are currently three research studies underway, investigating (1) if TMS therapy results in changes in sleep problems, (2) effectiveness of TMS therapy for rapid stabilization of suicidal thinking and (3) efficacy of TMS therapy for PTSD in service members with a history of concussion.

**22nd anniversary**

# Fort Gordon Fisher House Golf Tournament

**March 23 • Gordon Lakes Golf Course**

**Registration and lunch begin at 10:30 a.m.**  
**Shotgun start at 12:30 p.m.**

**\$75 per player • \$300 per team •**  
**Pre-registration by March 12**

**All proceeds benefit the Fisher House**

Register Online: [www.HSAFisherHouseGolf.com](http://www.HSAFisherHouseGolf.com)



# Team Shaw's vet clinic with a little help from Fort Gordon

Airman 1st, Class BrieAnna Stillman  
20th Fighter Wing Public Affairs  
Shaw Air Force Base, S.C.

Team Shaw not only takes care of people, but also their furry and scaly friends. The veterinary clinic at Shaw Air Force Base, S.C., cares for many base animals, from military working dogs, personal pets, and hamsters at the child development center.

While the clinic is primarily led by civilians, soldiers like Staff Sgt. Constance Nicholsbingham, Fort Gordon Public Health noncommissioned officer in charge, come to the clinic two to three times a week to not only assist veterinarians, but also to check up on military working dogs and other animals on base.

"The Shaw kennels are some of the cleanest kennels I've seen in my whole military career, so security forces members do a great job," said Nicholsbingham.

Part of Nicholsbingham's job is to make sure the health and welfare of the animals assigned to Shaw is adequate by assessing animals and their living quarters.

Dr. Leland Raymond, 20th Medical Group veterinarian, said serving on base is more of an honor than serving off base because he gets to directly work with service members.

"I enjoy being able to serve folks who have given their own service and I'm able to do that by taking care of their animals," said Raymond.



Photo by Airman 1st Class BrieAnna Stillman

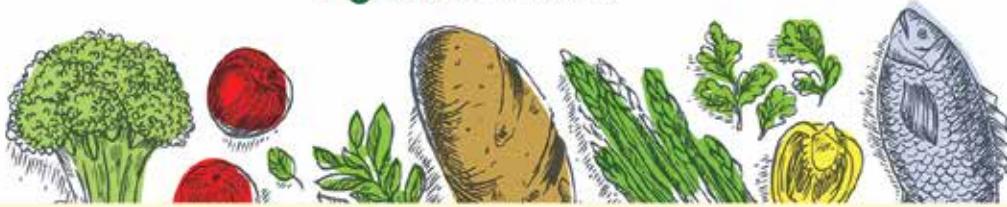
**Army Staff Sgt. Constance Nicholsbingham, left, Fort Gordon Public Health noncommissioned officer in charge, works with Denise Wade, 20th Medical Group animal health assistant, to insert a microchip into their patient at Shaw Air Force Base. S.C., Feb 7. The Shaw vet clinic is able to conduct x-rays, ultrasounds and blood work.**

Both Raymond and Nicholbingham want Team Shaw to know they are available and have the capability to perform x-rays, ultra

sounds, blood work, lab work, implant microchips and hopefully will be able to conduct surgeries in the near future.

**MAR 2018**

**National**  
**BRAIN**  
**INJURY**  
**AWARENESS MONTH**



# GO FURTHER *with* FOOD

NATIONAL NUTRITION MONTH® 2018



## 'Going further with food' does not necessarily include a picnic basket

**Capt. Lori Maggioni, MS, RD**  
Nutrition Care Division  
Eisenhower Army Medical Center

For National Nutrition Month 2018, Academy of Nutrition and Dietetics encourages everyone to "Go Further with Food." Whether it's starting the day off with a healthy breakfast or fueling before a workout, the foods you choose can make a real difference. Also highlighted this month are ways you can reduce food waste.

According to the United States Department of Agriculture, food waste occurs when an edible item goes unconsumed. This can happen for many reasons. Retailers like grocery stores may throw out foods, such as fresh fruits and vegetables, due to how they look; or consumers may leave food on their plates due to large portion sizes. Other examples include buying too much produce, which causes it to spoil before being used, or not using foods before their "best by" dates and throwing them out as a result.

Another term you might hear about is "food loss." It's defined as the amount of food that is available for human

consumption after it's been harvested but goes uneaten. This could result from agricultural conditions, such as damage from pests or improper storage conditions. It even includes food loss from cooking, which occurs when foods shrink in size. Food waste is just one aspect of food loss. Both are important but as consumers, we have more control over food waste.

### Food waste is important

According to the Eat Right Foundation's State of America's Food Waste Report for 2016, "The average American throws away 50 percent more food today [2016] than in 1970. In 2010, Americans threw away 133 billion pounds of food with an estimated net [value] of over \$130 billion. To bring these statistics to a more relatable level, the average American tosses out around 300 pounds of food each year. The USDA estimates that the amount of wasted food in 2010 translated into 141 trillion lost calories, which equates to over 1,200 calories wasted per person every day."

Wasted food is important on many levels and it impacts all parts of the food supply

chain. For example, the cost for producing food that goes uneaten affects farmers and business owners, as well as our economy. Consumers are faced with higher food prices and lose money when food spoils at home or gets thrown out as plate waste. Food waste also negatively affects the environment as much of the food that is tossed out winds up in landfills.

Not all food that is wasted can be saved and eaten, but most food waste can be prevented, especially at home. Planning meals and snacks in advance is a good place to start and will help you use the foods you already have on hand. Check to see what food you have in the refrigerator, freezer and pantry first. These items can inspire ideas about what recipes to make for the week. List the ingredients you don't have so that when you go to the store you will only buy what you need.

### Help prevent food waste:

- Buy only the amount of food that can be eaten or frozen within a few days

see FOOD on page 9



Photo by John Corley

**Maj. Julie Hess**

Photo by John Corley

**Capt. Brittney Piche**

Photo by John Corley

**Capt. Emily Sanchez****Hometown**

I grew up in a military family, so I really do not have a "home town." My dad was a Special Operations C-130 pilot, so we moved around a lot while I was growing up.

**Where is your favorite place to eat in the CSRA?**

TakoSushi (best sushi in Augusta), Whiskey Bar (great hamburgers), Pho Bac (Vietnamese — their Pho is delicious)

**Other hobbies and interests?**

I love plants and gardening. Running/cycling (road and mountain), and reading.

**Hometown**

Johns Creek, Ga.

**Favorite restaurant or type of food?**

Anywhere I can eat all the noodles.

**Favorite nutrition topics?**

Eating disorder, performance nutrition.

**Any special certifications?**

Working on my 200-hour Yoga teacher training.

**Free-time activities (hobbies)?**

YOGA! Distance running, hanging with my goldendoodle and labradoodle, traveling.

**Person you'd like to have a meal with or meet?**

My grandma that passed away when I was 5. I'd love to get to know her better.

**Off the record with nutritionists**

- I've been eating Chobani Flip Coco Loco yogurt for breakfast every day for the past three years.
- I wish my parent(s) would quit eating so much meat.
- What food is a guilty pleasure? I don't believe in guilt surrounding food.
- The most exotic food I have bought here in Augusta is Jackfruit.
- The most exotic food I have bought while traveling is ostrich in Namibia.

- A guilty pleasure is a toss up: home-made mac n' cheese and Belair Donut's croissant donut. It's pretty amazing.

- I'm happy for everyone to know I bought Cinnamon Toast Crunch cereal (for my boyfriend, I promise!) but frozen Cool Whip is a guilty pleasure.

- I hated blueberries! Until I was 21, I refused to eat blueberries, then on a whim, I ate a fresh blueberry from our local farmer's market and fell in love.

- I bought produce from the discount section. Can't beat half price avocados!

- My mom had pretty good taste [as I was] growing up, never fed me livers or anything.

- As a kid, I hated anything with mushrooms with white-hot passion but now I can't get enough.

- As a kid, I hated Brussels sprouts with white-hot passion but now I can't get enough.

- I hated Brussels sprouts, too. Love 'em now.



Photo by John Corley

**Capt. Lori Maggioni**

Photo by John Corley

**1st Lt. Jennifer West**

Photo by John Corley

**Deanna Shade****Hometown**

I am a military brat but Georgia is now home.

**Favorite restaurant or type of food?**

Vic's On the River in Savannah. My husband and I had our wedding reception there. The shrimp and grits will change your life.

**Favorite nutrition topics?**

Public Health Nutrition. Helping military families find ways to improve their overall health is incredibly rewarding.

**Any special certifications?**

I have my Certificate of Training in Adult Weight Management and am a Board Certified Specialist in Pediatric Nutrition

**Person you'd like to have a meal with or meet?**

Amelia Earhart: It would be fascinating to hear about her adventures as a pioneer in the aviation industry. I'm also curious to know what she liked to eat on those long solo flights.

**FOOD from page 7**

- Place foods that spoil quickly within sight
  - Store fruits and vegetables properly: Separate produce that is known to cause others to ripen too quickly
  - Get creative with leftovers. Transform meals into soups, salads or sandwiches
  - Donate extra food that is still safe to eat to a local food pantry
  - Consider composting
- This year's theme for National Nutrition

**Hometown**

I was born in California and lived in Michigan, but I claim Washington as my home state.

**Favorite restaurant or type of food?**

I'm getting to know the local restaurants since we just moved here in October. So far we love FarmHaus Burger and TakoSushi.

**Favorite nutrition topics?**

I'm into functional nutrition and critical care.

**Free-time activities (hobbies)?**

I really enjoy cooking, being outside and exploring new areas. We are excited to do some float-downs on the canal this summer.

**Person you'd like to have a meal with or meet?**

I've been to Alice Waters' restaurant, Chez Pannise, and it was the experience of a lifetime. I idolize her approach to health, cooking.

Month encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you "Go Further with Food," while saving both nutrients and money. Improving overall well-being requires a commitment to healthful lifestyle behaviors, emphasizing lasting and enjoyable eating practices, and regular physical activity. To find a personalized plan that works best for you and your family, consult a registered dietitian.

**Hometown**

West Palm Beach, Fla.

**Favorite restaurant or type of food?**

I love all Thai food.

**Favorite nutrition topics?**

Nutrition informatics, pediatrics, nutrition support

**Any special certifications?**

Certified Nutrition Support Clinician

**Free-time activities (hobbies)?**

Playing volleyball, board games and gardening.

**Person you'd like to have a meal with or meet?**

The chef Ina Garten, hopefully we could cook together on her show.

*Eisenhower Army Medical Center Nutrition Clinic is located on the 11th floor and offers a variety of group classes and one-on-one counseling sessions to meet individualized nutrition goals. For an appointment, call 706-787-2243, 706-787-3081 or visit IKEnet.*

# Humanitarian mission: A dietitian's role, a first-hand account

**Capt. Lori Maggioni, MS, RD**  
Nutrition Care Division  
Eisenhower Army Medical Center

On Sept. 20, Hurricane Maria struck the northeast Caribbean as a Category 5 storm, causing catastrophic damage and a major humanitarian crisis. It is regarded as the worst natural disaster on record in Dominica and Puerto Rico.

Maria is the third-costliest hurricane in history with roughly \$100 billion in damages. The official death toll stands at 64 but actual deaths may be more than 1,050, according to the New York Times and other news sources.

The Professional Filler System is used by the U.S. Army to fill voids in medical personnel when a unit deploys on a combat or humanitarian mission. On Sept. 27, I was assigned to the 14th Combat Support Hospital out of Fort Benning, Ga., and on Sept. 30 we were mobilized to Humacao, Puerto Rico, through the Defense Support to Civil Authorities Disaster Relief Mission. Previous DSCA missions used military personnel during times of natural and man-made disasters, law enforcement support and other domestic activities normally carried out by civil authorities.

Our team of more than 200 soldiers set up a 44-bed hospital inside a basketball arena with OR, ER and ICU capabilities in one of the hardest hit areas of the island.

Over the next six weeks, we provided medical and surgical services to more than 1,700 patients. The ER was by far the busiest, at times seeing more than 100 patients per day.

Our mission in Puerto Rico was two-fold: (1) provide life-saving and life-sustaining medical care; (2) assist the regional



Courtesy benningnews.org

**1st Lt. Caitlin O'Connor, RN, from Fort Hood, Texas, right, helps other soldiers from the 14th Combat Support Hospital unload more than 40,000 FEMA humanitarian food rations and MREs during humanitarian relief efforts Oct. 7-Nov. 22 in Puerto Rico following September's Hurricane Maria.**

hospitals operating at limited capacity in getting back up and running.

As the Army dietitian on this humanitarian mission, I worked hand-in-hand with my NCO to lead our department and provided expertise and guidance to five junior Nutrition Care Specialist 68Ms. Our team oversaw feeding for patients and soldiers, and screened for acute malnutrition in the post-natural disaster environment. During three community outreach healthcare clinics in Maunabo and Yabucoa, P.R., we provided nutrition support and education

to more than 150 patients.

Disease outbreak and acute malnutrition are the major public health concerns in emergencies and natural disasters. Hurricane Maria destroyed close to 80 percent of Puerto Rico's crop value, left 60 percent of the island without water and almost the entire island without electric power. This had devastating impact on food security and chronic disease management. We focused our nutrition outreach for at-risk population groups including infants, women who were pregnant or lactating, and the elderly.

Public health nutrition uses a broad-based problem-solving approach to confront complex health issues. A large portion of my responsibility while in Puerto Rico was to facilitate the distribution of more than 40,000 humanitarian food rations. I worked closely with the 14th CSH chaplin, Federal Emergency Management Agency and the Puerto Rican National Guard to coordinate food and water delivery to schools, churches, dialysis centers and volunteer organizations most affected by the hurricane.

Readiness is the Chief of Staff of the Army and the Army Surgeon General's No. 1 priority. Our job as Army dietitians is to improve

see HUMANITARIAN on page 14



Courtesy photo

**Soldiers from the 14th Combat Support Hospital pose with local volunteers outside of a community clinic set up in Yabucoa, Puerto Rico, last fall to aid in humanitarian relief efforts in response to September's Hurricane Maria.**



Courtesy photo

**Caroline Mulstay, right, rescue manager for the Aiken, S.C., Equine Rescue, shows soldiers touring AER how race horses are identified with a number tattoo on the inside of their upper lip. Mulstay is also the equine trainer for the Saratoga WarHorse-Aiken.**

Rounds

## Veterans' discover healing power of thoroughbreds

**Mary Katherine Philipp**  
Director  
Saratoga WarHorse-Aiken

Saratoga WarHorse offers a once-in-a-lifetime opportunity for active duty military personnel and veterans looking to get their life back on track. It offers a new experience that is a vastly different approach from traditional talk therapy.

The program was founded in Saratoga Springs, N.Y. In 2014 it was established in Aiken, S.C., where it has found tremendous support in the community. The program, including lodging, transportation and meals, is offered with no cost to the soldier and takes place at Aiken Equine Rescue.

The setting provides a safe, confidential and positive environment. No equine experience is necessary and the powerful connection with the horse is on the-ground, meaning not through riding.

To date, SWH has assisted more than 800 veterans through the program.

The process facilitates a profound personal connection between veteran and an off-the-track thoroughbred racehorse, "unlocking" a part of the veteran that may have been closed down for years. The unique and powerful approach of SWH has been described by veterans as "life-changing beyond words."

SWH was founded to assist veterans

and active-duty military personnel who are experiencing invisible, psychological wounds such as post-traumatic stress, traumatic brain injuries, military sexual trauma or perhaps difficulty transitioning.

Recognizing a significant parallel between a soldier's life and the life of a racehorse, SWH created a three-day, peer-to-peer, action-based, equine-assisted experience that culminates with a powerful connection between off-the-track thoroughbred racehorses and veterans.

The hope is that this experience and connection will empower service members to

see HORSES on page 15

March 2018

# NORTHCOM looking inward after huge hurricane season

**Scott Maucione**  
Federal News Radio

After a historically disastrous hurricane season in 2017, the Defense Department is trying to figure out how to better respond to future hurricanes.

U.S. Northern Command just finished an internal review on how to best respond to hurricanes, especially when they are in different geographic areas, NORTHCOM Commander Gen. Lori Robinson told the Senate Armed Services Committee Feb. 15.

"We just finished an internal NORTHCOM lessons learned conference. We are going to go out to [the office of the secretary of defense]. The conversation that we had is 'Is there a difference between Texas, Florida and Puerto Rico?' So you've got state, state and island. What can we learn out of that and can we think about that differently," Robinson said.

NORTHCOM plays a support role to FEMA and the state governors where the disasters occur.

Puerto Rico has been especially on the mind of some lawmakers, as large swaths of the island are still without power months after being devastated by Hurricane Maria.

"We need to think much harder about the role that DOD plays in future hurricanes because we know they are coming," Sen. Elizabeth Warren (D-Mass.) said.

Robinson noted that every hurricane has its own attributes.

"One of the characteristics of this

hurricane season was there were five hurricanes. People forgot about Nate and we forgot that Ophelia was out there. But the fact of the matter is Puerto Rico is an island and that's different than Texas and that's different than Florida, that's different than other things we have seen. One of the things we are going to go back and look at, we did an internal review inside my command, we're going to it inside the department," Robinson said.

helping the states and territories affected by the hurricanes.

Robinson said an interagency and state review is needed to find out if the states were able to request the equipment and services they needed to make the most impact.

NORTHCOM sent thousands of troops to hurricane-affected areas and sent the hospital ship USS Comfort to Puerto Rico.

Hurricane season took a big toll on the Coast Guard, which shined through the five hurricanes.

The Coast Guard Cutter USCGC James is still stationed in Puerto Rico running command and control for the area after Hurricane Maria left the territory in the dark.

"Harvey exploded in the central Gulf of Mexico. It was a weak category one and then within 24 hours it exploded to be strong category four and then it just hovered off the coast of Mexico between Corpus Christi and Houston and bringing an unprecedented 52 inches of rain," Coast Guard Commandant Paul Zukunft told Federal News Radio in January. "As soon as it imploded we were already starting to move forces. Getting them as close to the scene as possible."

Zukunft said the Coast Guard saved a total of 12,000 lives during hurricane season. The service was able to harness social media and work with the National Security Agency to find people stranded on rooftops or in need of medical attention.

## NORTHCOM plays a support role to FEMA and the state governors where the disasters occur.

The review will look to see if force structure is set up appropriately and if NORTHCOM has the equipment it needs.

"We provide niche, unique capabilities that, as an example, the Guard might not have. And [we] ensure that we have it positioned at the right place at the right time to be there when it's necessary," Robinson said.

Defense Secretary Jim Mattis gave Robinson carte blanche for what she needed in

## 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](mailto:angela.b.seehusen.vol@mail.mil)



# Competition reinforces readiness requirements

**Lt. Col. Ross Davidson**  
Commander  
Troop Command

Three noncommissioned officers and six soldiers competed in the 2018 Eisenhower Army Medical Center Best Warrior Competition, Feb. 2 here at Fort Gordon.

The event challenged competitors in a variety of mental and physical tasks, including Army Physical Fitness Test; written essay; practical exercises in first aid, land navigation, weapons disassembly and assembly; and reaction to Chemical Biological Radioactive Nuclear attacks.

Candidates also appeared before a panel of senior NCOs who tested them with questions on current events, U.S. history, wear and appearance of the Army uniforms and insignia, and drill and ceremony.

Sgt. James Phillips, 68K Medical Laboratory Specialist from the Pathology Department, and Spc. Fitzgerald Rodriguez, Pharmacy Specialist from the Pharmacy Department, achieved the highest scores to win the competition for their respective categories. Phillips and

see **BEST WARRIOR** on page 14



Courtesy photo

**Sgt. James Phillips** 68K Medical Laboratory Specialist from the Pathology Department, demonstrates effectively downgrading a tourniquet to a field pressure dressing during the Best Warrior Competition Feb. 2 here at Fort Gordon. Phillips and Spc. Fitzgerald Rodriguez, Pharmacy Specialist, won the competition for Eisenhower Army Medical Center. They will move to regional competition March 25-29 at Fort Stewart, Ga.

# Urgent care is now easier to access

## TRICARE

As of Jan. 1, most TRICARE Prime enrollees no longer need a referral for urgent care visits and point-of-service charges no longer apply for urgent care claims. This change replaces the previous policy that waived referrals for the first two urgent care visits per year. Active-duty service members should continue to visit military hospitals and clinics for care. ADSMs enrolled in TRICARE Prime Remote who do not live near a military hospital or clinic do not need a referral when seeking an urgent care visit.

"We wanted our service members' families and others to have easier access to urgent care," explained Ken Canestrini, acting director, TRICARE Health Plan within the Defense Health Agency. "Beneficiaries can visit an urgent care center right away, anytime they have a need."



If you use TRICARE Select or any other TRICARE plan, you may visit any TRICARE-authorized provider, network or non-network, for urgent care.

Urgent care is care you need for a non-emergency illness or injury requiring treatment within 24 hours. Examples of urgent care conditions include a sprain, rising temperature or sore throat. It isn't an emergency and doesn't threaten life, limb or eyesight.

If you're unsure whether to seek urgent care, call the 24/7 Nurse Advice Line at

1-800-TRICARE (874-2273) - Option 1. You'll speak with a registered nurse who can answer your questions and give advice. The nurse can also assist you with finding a provider and scheduling an appointment.

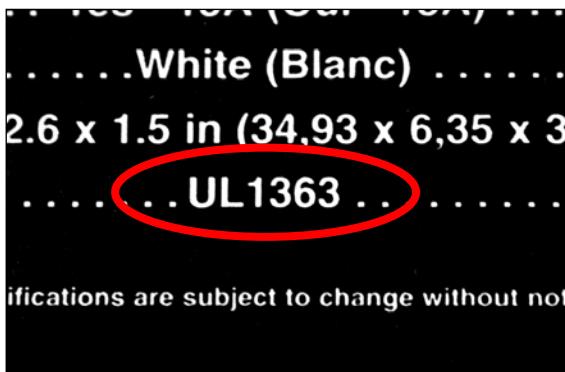
If you need care after hours, while traveling or if your primary care manager is unavailable, urgent care is a great option. Contact your regional contractor to help you find an appropriate urgent care facility or provider. You may also use the TRICARE provider search tool.

Any TRICARE Overseas Prime enrollees requiring urgent care while TDY or on leave status in the 50 United States and the District of Columbia, may access urgent care without a referral or an authorization, but the ADSMs must follow-up with their PCM in accordance with applicable DOD and Service regulations concerning ADSM care outside MTFs.

# Avoid the shock of your life



A surge protector providing power to patient-care-related electrical equipment within six feet of a patient must be a medical-grade, special-purpose, relocatable power tap, listed UL 1363A or UL 60601-1.



A surge protector that provides power to non-patient care electrical equipment located more than six feet from a patient, but still within the vicinity of a patient must be a hospital-grade, relocatable power tap, listed as UL 1363.



Any UL-listed surge protector can be used in business offices, corridors, lounges, day/break rooms, dining rooms and similar areas within Eisenhower Army Medical Center. However, these may not be used within a patient-care space.

Once the UL number can no longer be identified, the surge protector must be replaced with a new, clearly marked, surge protector.

— Source: Chuck Lewis, Safety and Occupational Health Specialist, Eisenhower Army Medical Center

## SAFETY DIVISION



Photo by John Corley

Staff Sgt. Benson R. Ray Jr. is recognized as the Safety Employee of the Month for February by Col. Andrew Friedman, deputy commander, Eisenhower Army Medical Center, Jan. 29. Ray, from the orthopedic department, is the first noncommissioned officer to turn in accident reports within 24 hours. The safety office allows 72 hours for reporting an accident/incident. According to the citation, Ray "is proactive instead of reactive to ensuring that staff members are taken care of when it comes to safety."

## HUMANITARIAN from page 10

readiness of the warfighter through health and nutrition.

Increasingly, the U.S. military is being called upon to provide medical support for U.S. forces, coalition forces and civilian populations in operations other than war. Army dietitians are ready and available to assist in a broad range of missions including peace operations, humanitarian assistance and disaster relief

## BEST WARRIOR from page 13

Rodriguez will represent EAMC during the Regional Health Command – Atlantic Best Warrior Competition March 25-29 at Fort Stewart, Ga.

The Best Warrior Competition transcended simply being a competition, a title or a trophy. The competition provided a platform to reinforce Army Warrior Training skills. It required immediate leaders to teach, coach and mentor their subordinates in preparing them to succeed not only in competition but in increasing the overall competence of the organization. It built spirit de corps throughout the organization. Competitors cheered and encouraged others to compete at their best.

These attributes create the foundation of a culture of excellence in which leaders invest in their subordinates and teams cheer each other to success. We Are Eisenhower.

Please wish Phillips and Rodriguez good luck as they prepare for the next phase of the Best Warrior Competition. Let them know the entire EAMC team is behind them.

## HORSES from page 11

move forward with their lives by increasing their sense of hope, well-being, optimism and confidence in coping with stress. The connection between veterans and rescued or retired thoroughbreds can result in life-affirming healing. It is an experience that can help both the service member and the racehorse find a new purpose in their lives.

Prior to their interaction with the horse, groups of five to seven veterans form a significant bond of camaraderie among themselves, learn about the silent language of the horse and what to expect when carefully paired with the horse.

Military veterans and racehorses, each a warrior in their own right, share similar emotional needs. The predator-prey connection is made successful by use of emotional awareness, self-restraint and trust. After going through the program, many SWH participants report an increased sense of awareness, calmness, peace and empowerment.

A professional photographer will provide a disc of photos and a video of your experience free of charge. Participants will be lodged in a comfortable, private room at the Hilton Garden Inn in Aiken.

*If you or someone you know would like to learn about this program, call SWH Aiken at 803-306-6400, the SWH Aiken veteran program facilitator, Tom Diaz at 803-646-9513 or visit the website at [www.saratogawarhorse.org](http://www.saratogawarhorse.org). SWH is a 501(c)3 nonprofit organization.*



Courtesy photo

Both Sgt. Maj. Joshua Smith of Fort Gordon, with his horse, Party Barn, have benefited from participating in the Saratoga WarHorse program in Aiken, S.C. The following is their story, through Smith's words:

"This is my thoroughbred. His racing career was short and he was sent for slaughter. This farm rescued him. We are both here searching for something. He had never seen another horse (except for races), never stood on grass and had only met a handful of humans (trainer, jockey, etc). His entire life has been spent in concrete isolation. The spots all over him are bites from the other horses on the farm because he doesn't know how to be a horse. He raced until the winning stopped and then tossed away with no clue what he was and where he fit anymore (the similarities are endless). Connecting with him wasn't easy. He didn't want me there and I wasn't sure I needed to be there. But when [the connection] happened, it was amazing. He gave me a gift, and asked nothing in return. There were no expectations of fake smiles (me) or nostril snorts (him). In the moment, we were just two creatures that understood and passed no judgment."

**TRAVEL RISK  
TRIPS**  
PLANNING SYSTEM

The poster features a large photograph of four soldiers in camouflage uniforms kneeling in a dry, open landscape under a hazy sky. A military helicopter is visible in the upper left corner. Overlaid on the image is the text "Eisenhower Army Medical Center" in a serif font, with four five-pointed stars above the word "Eisenhower". Below the main image, the text "SHOULDER TO SOLDIER" is written in large, bold, yellow letters, followed by "WE KEEP OUR NATION READY" in white letters.

**Eisenhower**  
Army Medical Center

**SHOULDER TO SOLDIER**  
WE KEEP OUR NATION READY

Four young women, identified as Red Cross volunteers, are shown in individual portrait frames. They are all wearing blue polo shirts with a Red Cross logo and a name tag that reads "Red Cross Summer Volunteer". A U.S. Army star logo is positioned between the third and fourth volunteer portraits.

Chrissy Marty, 2017 Red Cross Summer Volunteer

Jordan Armstrong, 2017 Red Cross Summer Volunteer

Naiya Kim, 2017 Red Cross Summer Volunteer

Alexandria Coleman,  
2017 Red Cross Summer  
Volunteer