

All Hands on Deck

Eisenhower responds to COVID-19

Kayla Hyde, a physician assistant, is on hand at Eisenhower Army Medical Center's Influenza-Like Illness clinic April 27. The ILI clinic stood up March 20 to screen patients for COVID-19 symptoms outside of the main hospital to help control the spread of the illness. Hyde joined EAMC five weeks ago for a position in the Family Medicine Clinic but is temporarily reassigned to the ILI clinic. (Photo by David M. White)

'The Change' Perimenopause to Menopause

Adaptation through nutrition, exercise

Lt. Col. Brenda D. White, MS, RD, LD, CSSD
Chief, Nutrition Care Division
Eisenhower Army Medical Center

The Every part of your body was in tune; the weight was perfect, abdominal area symmetrical, arms and legs firm, etc., etc.; then, it simply wasn't. Yes, this is an exaggeration, but it really appeared to have happen overnight. You know, the excess weight around your waist, slightly sagging skin, mood swings, hot flashes, night sweats, and the symptomatic list goes on and on. So, what happened?! Perimenopause arrived and took over the body you knew so well.

So, what is perimenopause? It's the "before menopause" phase of a woman's life. It may last for a number of years before actual menopause. Estrogen, that wonderful hormone that kept heart disease at bay for some, and other significant hormones, begin to fluctuate. The "ebb and flow" of these hormones causes these symptoms of perimenopause. This is what my mom called "The Change."

As you transition through perimenopause to menopause, eliminating or modifying certain lifestyle factors can make a big difference in your physical and mental well-being. These factors, may include eliminating cigarettes, modifying unhealthy food consumption, and getting off the figurative couch and exercising.

For instance, if you are a smoker, research indicates that smoking may actually speed up your path to menopause. The nicotine in cigarettes activates a gene, known as Bax, and when combined with its receptor, Ahr, can, overtime, lead to a steady decrease in estrogen. Other research indicate smoking increases those dreaded hot flashes. This simply means eliminating smoking from your lifestyle may prolong the onset of menopause and decrease those hot flashes that you may already be experiencing. Additionally, stopping this unhealthy habit may also decrease your risk of various diseases such as osteoporosis and heart disease.

Your 20-year-old self, who could gorge on French fries, hotdogs, donuts ... and not gain an ounce ... is history. You have to modify your dietary intake, not only due to perimenopause, but your overall health.

As you transition from perimenopause

to menopause, focus on food for its nutritive value; include fruit and vegetables, whole-grains, and low-fat dairy and proteins in your daily intake. Eat as though you are grazing. This simply means eat at least six or more "small" meals throughout the day. Decrease the amount of saturated fat, refined carbohydrates and caffeine you are currently consuming.

Protein, the muscle-building nutrient, becomes a necessity. It doesn't matter if you lift weights or do some type of resistance training, you will lose some muscle mass as you go through perimenopause to menopause. Therefore, add healthy, low-fat proteins, such as poultry (not the dark meat), egg whites over the yolk, and fish loaded with omega-3 fatty acids to your daily intake. You should consume at least six ounces of meat per day.

If you are total vegan, remember that B12 is only found in meat; so, add a B12 dietary supplement or consume foods fortified with B12, such as soy milk or whole-grain cereal sprayed with B12. Remember that B12 is essential for making red blood cells, and it has a key role in nerve and brain functions. Your ultimate goal is to consume complete protein plant sources such as quinoa, soy, buckwheat, or combine plant sources together to get the complete protein source. This can include a combination of rice and beans, bulgur with beans or peanut butter on whole-grain bread.

As protein is important, so are whole grains, and fruit and vegetables. These foods supply key vitamins and minerals, are low in calories, and contain wholesome fiber, as well.

One of the symptoms of perimenopause is weight gain. Fiber is important since it makes you feel full longer and you won't crave or eat quite as much. Your intake should consist of at least six to eight servings of fruit and vegetables per day. Limit your intake of carbohydrates to whole-grains and consume less refined carbohydrates. Additionally, isoflavones, found in some fruit and vegetables may decrease the number of hot flashes you may experience.

Your risk of osteoporosis increases with perimenopause. As estrogen decreases with perimenopause, so does the body's retention of calcium. Your doctor make recommend a calcium with vitamin D dietary supplement. You can also retain calcium from calcium-rich foods. Add at least two

Eat as though you are grazing ... at least six or more "small" meals throughout the day.

servings per day of low-fat/low-sugar dairy products, such as milk, yogurt and cheese.

Research indicates consuming caffeine may lead to an increase in hot flashes, causing an imbalance of certain hormones, such as homocysteine (i.e. osteoporosis risk increases), and an increase in the stress hormone, cortisol, which may lead to an increase in weight gain.

Consuming caffeine may also decrease certain vitamins and minerals such as calcium and magnesium.

Water, water, water cannot be emphasized enough. Drink it even if you are not thirsty. I've gotten into the habit of drinking 16 ounces before I arrive at work, 16 to 24 ounces at work, and at least 12 ounces

see **CHANGE** on page 8

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.



Looking into experience for perspective on mission

Col. Carlene A.S Blanding
Commander

Eisenhower Army Medical Center

We are seven weeks into our new “normal.” In the past seven weeks each of you can attest to the sheer grit and endurance it has taken for us to operate so far out of our comfort zone. I have had the unbelievable opportunity to speak with many teammates across our organization who volunteered to work in areas and have shared how their experiences have shaped their deeper understanding of the mission of Eisenhower and new found respect for Eisenhower as a family unit that comes together to meet the challenges of an unknown enemy.

Each of you should be proud of the role you have played in helping our organization rise to the challenge.

As we continue the mission of taking care of our beneficiary population, let us not forget the many activities in this month designed to celebrate and honor the strength and resiliency of women, bring about cultural awareness and prepare us for the pending changes within our ranks. This month we celebrate Women’s Health and our mothers. We solicit your support and involvement through the many virtual



Photo by Capt. Gayle Benton

Col. Carlene Blanding, right, EAMC commander, makes a point to speak with team mates from across the hospital’s footprint to assess how shared experiences inform their understanding of the mission.

events scheduled to bring awareness to the health and wellness of women.

Asian-American Pacific Islander Heritage will be celebrated all month to continue cultural awareness and honor the significant contributions and legacy of our fellow brothers and sisters in arms.

As we welcome our new teammates who joined the EAMC family last month, we will bid farewell to many others such as Command Sgt. Maj. Omar Mascarenas,

Mission

Provide high quality, complex, patient-centered health care services, and deliver military readiness through sustained medical education and multidisciplinary care.

Vision

Deliver Readiness while providing a 5-Star patient experience

Priorities

- Readiness
- Cultivate an organization-wide quality and safety culture
- Sustain medical education activities
- Deliver 5-Star patient experience
- DHA transition

Troop Command CSM. We thank him for his commitment and selfless service to the Eisenhower team.

Thank you for all you do to make Eisenhower an organization where people feel valued and are treated with dignity and respect.

We are Eisenhower.

—Ike 6

Thoughts from the command sergeant major

Command Sgt. Maj. William Allen
Eisenhower Army Medical Center

Fort Gordon and Cyber Center of Excellence Command Sgt. Maj. Delia Quintero visited the Eisenhower family April 24. After a whirlwind, two-hour tour and capabilities brief, she left with a newfound respect for the amount of work and number of missions we take on and excel in.

She received an overview brief, which showed our medical capabilities, regional partners, training initiatives, and all three battalion teams. Next, she toured Ike’s Lounge, Building 327, a Behavioral Health initiative to allow the EAMC staff to have a place away from their normal duty area to be able to relax and rebuild their resilience.

In Building 38716, she witnessed a Combat Lifesaver demonstration by Sgt. Miguel Flores, who treated a simulated casualty, and briefed by Sgt. 1st Class Matthew Wolf. Enlisted service members led this tour and I am very proud of the way they all represented themselves and the organization.

Although COVID-19 has made social distancing the new nor-



Photo by Command Sgt. Maj. William Allen

Command Sgt. Maj. Delia Quintero (left, foreground), Fort Gordon and CCoE CSM, is briefed by Sgt. 1st Class Matthew Wolf April 24 about the capabilities of Eisenhower Army Medical Center’s Combat Lifesaver Training while Sgt. Maj. John Wright (left, background), and Command Sgt. Maj. Omar Mascarenas (right, background) observe and listen.

mal, it is still imperative that we find ways to tell our story and show off all the hard work and 5-Star care we provide to patients and each other.

4 What is COVID-19 and why does it matter

Maj. Heather Pomerantz, MD
Chief, Infectious Disease Service
Eisenhower Army Medical Center

Human existence requires a constant battle against familiar infections such as seasonal influenza, strep throat and the common cold which are continually circulating in the population. However, infections not previously seen in humans occasionally emerge.

Historical examples include HIV, swine flu, Ebola, and severe acute respiratory syndrome, known commonly as SARS. These infections tend to jump from an animal species to a human host thereby allowing for potential human-to-human transmission.

Typically, humans do not contract infections from other species, but when this happens, the human immune system is challenged by novel, or new, microorganisms and the results can be devastating. This scenario developed in December 2019 when a novel coronavirus, COVID-19, surfaced in Wuhan, China, and rapidly developed into the global pandemic we face today.

Currently, more than two million confirmed cases exist worldwide. The United States documented more than 600,000 cases with approximately 15,000 patients in the State of Georgia as of April 15.

What is the difference between endemic, epidemic, and pandemic, and why does this terminology matter?

Endemic diseases exist consistently in a particular geographic area. Malaria represents an endemic disease which was eradicated in the United States 70 years ago, but still exists throughout many countries in South America, Africa and Asia.

Epidemic diseases define a category of infections that are actively spreading. Seasonal influenza (“the flu”) remains an excellent example of an epidemic that spreads throughout the world from region to region over the course of a defined period of time (one year).

Pandemics although similar to epidemics in scope, affect large portions of the world at the same time.

Terminology assists epidemiologists in describing diseases which allows the world populations to brace for the significant impact these diseases impart to the global community.

The COVID-19 pandemic presents a notable burden to society on many levels from the minimally affected to the gravely ill. Estimates suggest that up to 80 percent of people infected exhibit minimal to no symptoms while 4 percent of the infected

patients suffer fatal outcomes. The burden lies with the 80 percent of the minimally symptomatic infected population in that they must actively limit social exposure to reduce the risk for the remainder of the population.

Symptomatic disease develops over a broad period of time typically between two to 14 days. This critical period permits the potential spread of disease to anyone who contacts the asymptomatic infected individual. Symptomatic individuals seeking confirmation testing consume valuable resources which ultimately strains the laboratory logistical supply chain on a global level.

Hospitalized and gravely ill patients requiring aggressive and lifesaving treatments challenge the capabilities of hospitals around the world. Ultimately, countries unable to control the spread of COVID-19 experience higher death rates among their populations.

The COVID-19 Pandemic represents a global responsibility. Every member of every nation across the globe must actively participate in efforts to reduce the rate of disease progression. Currently, no vaccines or proven treatments exist to combat the effects of COVID-19 therefore, the only available weapon is prevention.

Round

RODRIGUEZ ARMY HEALTH CLINIC



Photo Grissel Rosa, USAG Buchanan PAO

Spc. Silverio Favela III, second from right, food inspector with the Fort Buchanan, Puerto Rico, Veterinary Treatment Facility, reenlisted for four more years of service in the United States Army April 13. Capt. Guisele Ballarini, second from left, VTF OIC, administered the Oath of Enlistment in the small, socially distant, outdoor reenlistment ceremony at the U.S. Army Garrison Fort Buchanan Headquarters.

Ballarini also presented Favela’s wife, center, Emily Y. López, with a Certificate of Appreciation in recognition of her support and sacrifice. The Rodriguez Army Health Clinic Commander Lt. Col. Rachel J. Wienke, far right, safely presented Favela with a Coin of Excellence by dropping it into his hand from the plastic case. The USAG Buchanan Commander Col. Joseph Corcoran, and the Garrison Command Sgt. Maj. Heriberto Quintana, also commemorated the occasion. The Favela family, including Emily, and, son Silverio Favela IV, are preparing to PCS to Hawaii.

May 2020

The importance of women in this society is indisputably huge without suspicion. Their significance stretches far beyond child-bearing. Studies reveal that women are largely responsible for the overall healthiness of families and societies and the health of women is totally linked to this process. One famous slogan sums it up, "Healthy Women, Healthy World." If women are not healthy, our entire society is burdened. Due to this fact, it is utterly important to maintain, encourage and empower healthy living among women.

Regular preventive care is one of the most important ways to maintain your health over time. If you wait to see a doctor only when you notice a problem, it may be too late. During every phase of a woman's life, there are vital preventative health care measures to follow in an effort to supply early detection of medical problems.

Countless women perhaps may neglect health care exams for a various number of reasons. Nevertheless, the end result boils down to whether or not one desires to make themselves a priority. Women often spend an immeasurable amount of time and energy caring for others, while abandoning the self-care they need and deserve.

Eisenhower Army Medical Center, Preventive Medicine, Public Health recognizes and values the importance of women's health and takes pride in joining the efforts



of other public health authorities to educate and empower women to take steps toward living healthy lives.

The main mission of the Army Public Health Nurse Staff with this article is to communicate the necessary health and health care of and for women and to serve as a reminder for women to make their health a priority and build positive health habits for life. Their aim is to embrace most health care issues from

global to the local perspective.

According to a National Health survey in 2018, 13.4 percent of women age 18 or older are in fair to poor health.

Health issues and concerns that are unique to women are:

- Gynecological disorders
 - Pregnancy issues
 - Infertility issues
 - Other issues related to women's overall health and wellness; i.e., violence against women and menopause.
- The World Health Organization views the top 10 women's health issues as:
- Cancer: breast and cervical
 - Reproductive health: sexual and reproductive
 - Maternal health: care during pregnancy
 - HIV: increased AIDS among young women
 - Sexually transmitted infections
 - Violence against women
 - Mental health
 - Non-communicable diseases
 - Being young
 - Getting old

All of which, if not properly addressed, could lead to devastation in health among women.

Today, it is recognized that women endure numerous health disorders that

see **WOMEN** on page 11

EZproxy: access library's e-resources remotely

Mary E. Gaudette
Librarian

Eisenhower Army Medical Center

Working from home these days? Not to worry. With a personal EZproxy account, you can easily access the Eisenhower Army Medical Center's Health Sciences Library's subscribed electronic resources from most any place in the world, whether using a PC or MAC, a personal laptop or an EAMC government laptop.

When at work and using your workstation PC, direct IP authentication allows you to automatically access the Library's IKENet page, its A-Z List of E-Resources, and its locally subscribed databases. However, when you are working remotely, direct IP authentication is not possible, and you need an authenticating proxy service, such as EZproxy, to provide a bridge to the resources. Also, because of recent network updates made by DHA, even when

working in-house on a government-issued laptop, you now need an EZproxy account to access the resources.

In addition to providing access to the library's locally subscribed resources, EZproxy, along with your CAC, will also enable remote access to the AMEDD Virtual Library's resources, such as DynaMed, STAT!Ref, CINAHL and Up-to-Date.

If you do not already have one, you can apply for an EZproxy account by providing the librarian the following information:

- 1) Your first name, middle initial, last name;
- 2) your Eisenhower or Dental Activity badge number (Not that information from your CAC);
- 3) the expiration date on the badge;
- 4) your mobile phone number;
- 5) your office phone number;
- 5) your government email address; and
- 6) the name of the department in which you work.



On the receipt of ALL requested information, the library staff will send you your EZproxy user-name and password along with applicable instructions and links. Your EZproxy account will be valid until such time as you out-process from Fort Gordon.

To apply for an EZproxy account, send an email to the librarian at mary.e.gaudette.civ@mail.mil.

5-Star virus fight under the Big Top

Maj. Ben Arthur, MD
Sgt. 1st Class Jeremy Trapier
 Advanced ILI Clinic
 Eisenhower Army Medical Center

Eisenhower Army Medical Center actively responded to the COVID-19 pandemic by vastly changing many hospital operations, including health care delivery. Creating the Influenza-Like Illness clinic outside the main building was one of the first and most significant of those changes, and has served to protect both EAMC employees and patients. The hospital commander's intent for this clinic was to provide a safe and effective location to screen, test and treat patients who may be infected with COVID-19 using a process and location that to — the maximum extent possible — prevented the virus from entering the hospital.

EAMC established the ILI clinic March 20 as a drive-through operation and transitioned into specialized tents about a

see **BIG TOP** on page 8



Photo by David M. White

Spc. Bryan Espana, left, from PAD, and Maj. Greg Kelts, MD, from ENT, take care of medical records during a quiet time at Eisenhower Army Medical Center's Influenza-Like Illness clinic April 27.

COVID-19: My experience

Col. Thomas R. Lovas, DO
 Eisenhower Army Medical Center

I became aware of a novel coronavirus, also known as COVID-19, originating from Wuhan, China, in mid-February. I tracked the progression of the disease as an observer until Feb. 27, when, at 29,000 feet, a call came from a flight attendant requesting medical assistance for a young passenger.

I responded to the call and encountered a young man who presented signs of a vasovagal response due to an overwhelming fear of flying. COVID-19 immediately became real to me as I attended to his needs and reflexively questioned him about foreign travel. He recovered as we sat together and talked about his life and family. He attended

college in Atlanta while his entire family lived in Taiwan.

Initially, COVID-19 represented to me a news story to monitor but, as the number of confirmed cases mounted it rapidly began to consume daily life. News channels covered the disease progression continuously and people started to consciously stockpile essential items. Reality set in as the worldwide number of COVID-19 cases rose and the death rate climbed. COVID-19 arrived on our shores as a pandemic without defined rules, specific treatment options or timeline to resolution. The ensuing weeks presented unimaginable global challenges and altered the manner in which we interact as a society. The planet shuddered under the weight of a microscopic adversary.

Today, the nations of the world support one another as we share our COVID-19 experiences. The global community strives to contain the threat of this pandemic. Lessons learned from our struggles promise to shape responses to future events and their outcomes. COVID-19 represents a highly complex concern and we, the members of the global community, possess the power to reduce the negative impacts of the disease. Our collaborative efforts define the character of our species as sanitation employees, retail workers, health care specialists and countless others rally together to conquer the COVID-19 pandemic crisis. We exist on this planet as a collection of people from different walks of life but, no one is completely alone: people helping people.

Adding hospital beds also means augmenting staff

Staff Reports

The Eisenhower Army Medical Hospital nursing team has united to demonstrate why the nursing profession consistently ranks as the No. 1 most trusted profession.

Since April 2 nurses performing a variety of roles from around the facility banded together to accomplish what seemed like an overwhelming task, expanding to 150 inpatient bed capability in a matter of weeks.

Maj. Cristina Caruso, the inpatient clinical nurse specialist and now the head nurse for the 9th floor, initiated the inpatient nursing skills training effort. After rapid identification of the fundamental skills needed to support both medical/surgical and the still unknown COVID-19, she coordinated a small team to conduct the training.

While it may be easy to assume any nurse is interchangeable that mindset discredits the many ways nurses develop a specialized skillset required to provide quality and safe patient care. The challenges of transitioning to the inpatient setting, generating system access and coordinating schedules cannot be underestimated.

“Despite initial trepidation,” Caruso said, “many of EAMC’s nurses coming through the skills fair left orientation saying, ‘I’m quickly remembering this from



Photo by Maj. Cynthia Leiden

Eisenhower Army Medical Center’s Outpatient staff get hands-on practice April 17 starting peripheral IVs and obtaining blood specimens from a mannequin arm. The simulation center has two arms that provide a flash of blood for a realistic experience for the trainees.

nursing school.”

The nurses of EAMC responded to the call, placing the patient and the mission first. Nurses from all settings — administrative, primary care, specialty care, and surgical services — answered the

call to support the inpatient services expansion plan.

To date 198 nurses have taken the skills refresher training with 55 completing their skills competency check-off, qualifying to augment the inpatient mission if/when the COVID-19 surge impacts EAMC.

“Most impressively,” Caruso said, “these nurses are accomplishing this refresher while simultaneously sustaining their current workload and staffing the Influenza-Like Illness clinic and 2/7 nurse hotline.”



Photo by Maj. Cynthia Leiden

Eisenhower Army Medical Center’s Teria Thomas, standing, leads the instruction on point-of-care testing. The trainees learned how to use and maintain the glucometer to test capillary blood glucose levels April 17 in the simulation lab.

It seemed like an overwhelming task to expand Eisenhower to 150 inpatient bed capability in a matter of weeks.

8 Managing stress in times of crisis

Capt. Nancy Hausterman
Capt. Jesse Goldblatt
Capt. Ryan Sever

Clinical Psychology Residency Program
Eisenhower Army Medical Center

A global pandemic might cause people to act in ways they normally would not. Some may buy food or hygiene products in excess, while others might create comics or hand-washing memes. We might try to understand COVID-19 by comparing it to our own personal history with the flu, watching hours of news coverage or reading articles online. It is difficult to cope with uncertainty, but there are ways to manage unpleasant feelings by focusing on what we already know.

It is easy to focus solely on physical health during an international pandemic, but it is equally important to consider mental health and how the current situation is impacting us psychologically. It is essential to manage stress as best you can. By focusing on wellness and using healthy stress management strategies below, we can work to traverse these uncertain times as calmly as possible:

Performance Triad: nutrition, physical activity, and sleep

Eating a balanced meal, doing 30 minutes of moderate-intensity exercise (brisk walking/jogging, yardwork, cleaning), and getting a full night's sleep can lower the risk of medical or behavioral health conditions and improve mood. Experimenting with family recipes or new cooking techniques, using at-home exercise plans, and prioritizing sleep can have significant impacts on our physical and mental well-being.

Healthy lifestyles do not have to be put on hold because gyms are closed. As an alternative to in-studio classes, many establishments are offering free virtual classes that can be done at home and without equipment. Some commercial fitness centers are offering various solutions, including daily live (and virtual) classes via Facebook pages.

Social support

Social distancing does not prevent us from being there for others or seeking comfort from those who care about us. Thankfully, in this day and age there are ways to stay in touch with each other,

including phone calls, text message, and video chat. While it may not be the same as going to a restaurant with friends or a movie theater with family, social interaction can reduce the strain of isolation and keep us connected to one another.

If technology is troublesome, consider writing a letter to family, friends or distant relatives to keep them involved in your life.

Stay informed

Identifying facts is important in times of stress. The spread of misinformation, opinion and gossip is difficult to sift through and contributes to feelings of worry, fear and confusion.

The Centers for Disease Control and Prevention, the World Health Organization, and reliable, trusted news outlets keep us updated with recent data and advise us on how best to protect ourselves during this time. It is easy to get overwhelmed by the endless amounts of information on social media that may cause us to think the worst.

Focusing on trusted resources and limiting time spent scrolling through social media can help reduce anxiety.

CHANGE from page 2

during my workout, and another 16 ounces when I get home. No, you don't have to drink this much, but if you exercise, drink at least 64 ounces or more each day.

Staying physically active is important. Exercise can help with stress, weight loss,

and the decrease in muscle mass, bone mineral density, and the risk of various diseases that may accompany perimenopause.

Research indicates that you should do some type of resistance (weight-bearing) exercise and cardiovascular exercise; resistance exercise at least two days per week for 30 minutes and, for most healthy women,

at least 150 minutes per week of cardiovascular activity, such as walking, running, elliptical or stairs.

"The Change" can be a more adaptable journey by modifying your lifestyle with your food intake, adding that wonderful thing known as exercise, and eliminate certain risk factors.

BIG TOP from page 6

week after opening. To date, the ILI Clinic Team evaluated more than 1,500 patients and collected more than 250 samples for COVID-19 laboratory testing.

EAMC leadership reports that the process delivered approximately 60 percent of all positive COVID-19 samples from the entire facility. The ILI Clinic Team represents a combination of dedicated providers, nurses, medics, pharmacists, techs and administrators. They voluntarily put aside their roles inpatient administration, Troop Command, and nearly every clinical

environment in the organization to ensure the success of this vital mission.

Since its inception, the ILI clinic and staff has represented an admirable example of teamwork, respect and flexibility. They provide valuable feedback that allows EAMC leaders to constantly improve the processes while consistently providing the best care possible for the greatest number of patients. Currently, the EAMC ILI Clinic presents itself as well-established model for others to emulate.

The ILI Clinic staff continuously demonstrate that perseverance and dedication remain a top priority. Enduring cold morn-

ings, hot afternoons, strong winds and thunderstorms defines the commitment of the individuals who deliver health care to this unique patient population in an effort to reduce the spread of COVID-19.

— About the reporters:

Maj. Ben Arthur, MD
OIC, Advanced ILI Clinic &
Assistant Program Director,
Family Medicine Residency Program
and

Sgt. 1st Class Jeremy Trapier
NCOIC, Advanced ILI Clinic &
NCOIC, Department of Soldier and
Family Medicine

More to fire extinguishers than knowing where it is

Lorena Woolard

Safety Division

Eisenhower Army Medical Center

A portable fire extinguisher is an active fire protection device for the sole purpose of extinguishing incipient stage fires to reduce property damage and save lives. They are placed in all businesses (restaurants, retail, hospitals, hotels, and even vehicles). Although they are a lifesaving piece of equipment, the masses do not fully understand them.

How did PFEs come to existence? According to Britannica, "... A primitive hand pump for directing water at a fire was invented by Ctesibius of Alexandria about 200 BCE, and similar devices were employed during the Middle Ages. In the early 1700s devices created independently by English chemists Ambrose Godfrey and French C. Hoppfer used explosive charges to disperse fire-suppressing solutions. English inventor Capt.

George Manby introduced a handheld fire extinguisher — a three-gallon tank containing a pressurized solution of potassium carbonate — in 1817..." (Britannica, 2020).

In accordance with the National Fire Protection Association 10 and 101, PFEs shall have their designated holding space, with zero obstructions. One must be able to see it, and able to get a hold of one within 50-ft (for class B) to 75-ft (for class A) of any location in a building. They must not be stored on the floor; they must hang no lower than four inches from the flooring and no higher than five feet from the top of the PFE. It must be visually inspected at least monthly to ensure it is serviceable and annually, the PFEs must also be weighed and retagged by a certified technician.

PFEs come in many sizes and it is historically noted that it takes approximately

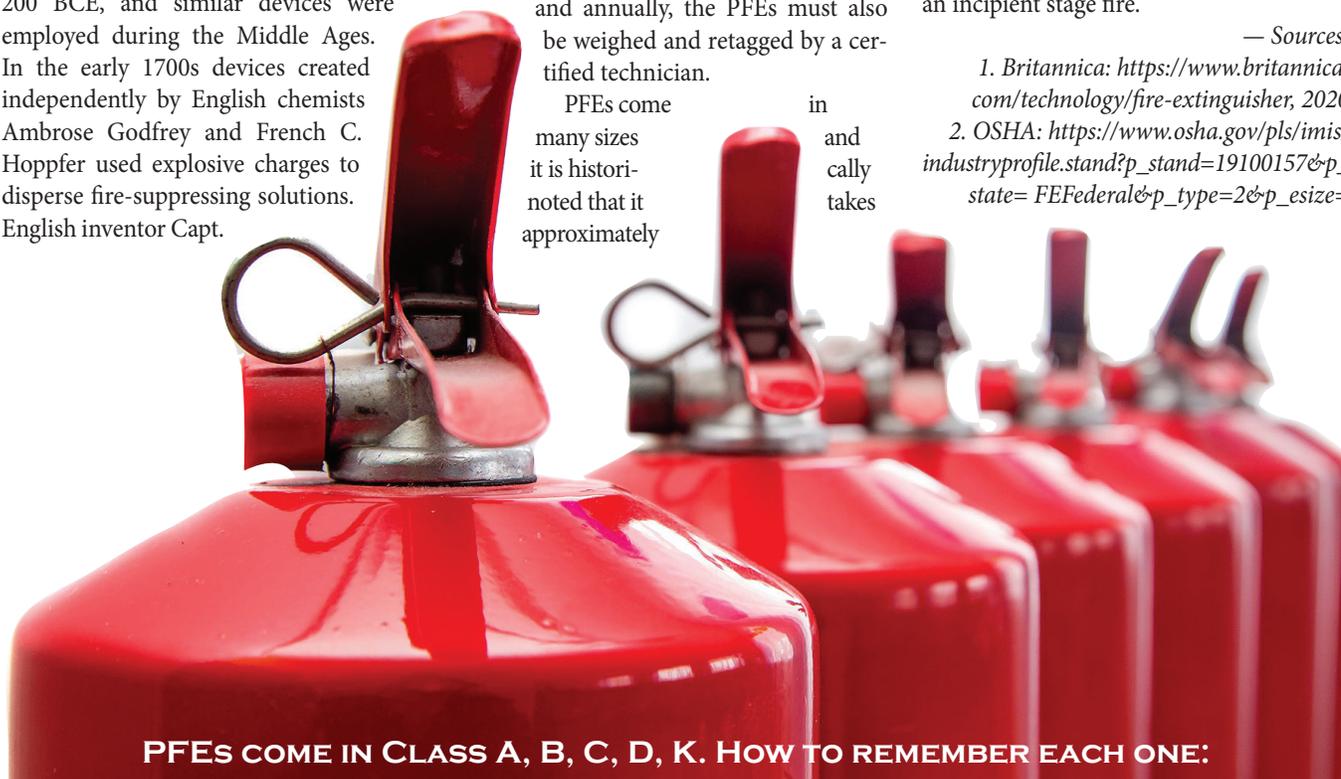
3 to 4 20-pound PFEs to extinguishing the incipient stage fires. As an example, a 20-pound ABC PFE will only extinguish for 8-25 seconds. That is not a long time, so knowing P.A.S.S. (Pull, Aim, Squeeze and Sweep) is crucial.

Federal compliance is a must, OSHA can cite \$7,000 per each PFE discrepancy. In FY 2019, OSHA conducted 535 inspections, and wrote up 699 citations in reference to PFE, totaling \$912,990, according to an OSHA 2020 report.

No matter if on or off duty, everyone should always know where the closest PFEs are, make sure they are serviceable, and know how to use one when extinguishing an incipient stage fire.

— Sources:

1. Britannica: <https://www.britannica.com/technology/fire-extinguisher>, 2020
2. OSHA: https://www.osha.gov/pls/imis/industryprofile.stand?p_stand=19100157&p_state=FEFederal&p_type=2&p_size=



PFEs COME IN CLASS A, B, C, D, K. HOW TO REMEMBER EACH ONE:

<u>Class Type</u>	<u>Extinguishers What Type Fire</u>	<u>Remember How</u>
A	Combustibles	Anything that turns into ASHES after fire
B	Flammable liquid or gas	Stored in BARRELS
C	Energized electrical fire	Electrical CORDS
D	Metallic Fire	Only certain metals are flammable, such as sodium, potassium, uranium, lithium, plutonium and calcium.
K	Cooking Fires	KITCHEN

Spiritual resilience facing a pandemic

Capt. Rex Hipp, chaplain clinician

Department of Ministry and Pastoral Care
Eisenhower Army Medical Center

I have connected with many health care providers over the past few weeks who have asked a similar question, “Chaplain, what’s the encouraging word of the day during this COVID-19 crisis?”

My go-to question before an answer is to ask the provider, “What is your spiritual practice, and are you practicing that practice on a regular basis?”

It’s suggested we exercise a spiritual practice for at least 20 minutes a day. Suggested spiritual practices can be anything you do whole heartily with sincerity, such as prayer, meditation or reading a sacred text. In addition, it can be singing, praying aloud, dancing ... even taking a walk in nature.

**Spiritual renewal
strengthens your
immune system ...
it’s good for you all
around.**

One of my favorite Psalms is Psalm 22:22-26, which reads, “I will declare your name to my brethren; In the midst of the

assembly I will praise you. You who fear the Lord, praise him! All you descendants of Jacob, glorify him, And fear him, all you offspring of Israel! For he has not despised nor abhorred the affliction of the afflicted; Nor has he hidden his face from him; But when he cried to him, he heard. My praise shall be of you in the great assembly; I will pay my vows before those who fear him. The poor shall eat and be satisfied; Those who seek him will praise the Lord. Let your heart live forever! (Psalm 22 NKJV).”

Spiritual renewal strengthens your immune system, and it’s good for you all around.

Your spiritual energy is contagious, and my prayer is that we all are providing positive spiritual energy and renewal for ourselves, our friends, our family and our patients.

Liaison Officers keep all on same page

Sgt. 1st Class William Carlyle

Operations and Security NCOIC
Eisenhower Army Medical Center

COVID-19 response required the March 5 activation of the Installation Operations Center in conjunction with the Hospital Command Center.

Eisenhower Army Medical Center Operations maintains the responsibility of training and providing Liaison Officers to the IOC. They are a vital link between EAMC and Fort Gordon Installation operations center. They provide up-to-date situational information by dissemination to and from EAMC across Fort Gordon and Gillem Enclave.

**They conduct daily
briefs to the Fort
Gordon senior mission
commander, garrison
commander and
tenant units.**

The EAMCLNOs are the voice of the hospital commander to the installation. While working as EAMC LNOs, Staff Sgt. Kenton Emanuel and Sgt. 1st Class Khalidra Sibert receive daily updated data from EAMC Operations. With this data they conduct daily briefs to the Fort Gordon senior mission commander, garrison commander and tenant units on key public health information, key actions or requests for assistance to support COVID-19 response efforts.

The EAMC LNO has played a major role in coordinating services for inspections and proper cleaning services of facilities on the installation rendered “dirty” due to confirmed COVID-19 cases of assigned personnel. LNOs’ vital role is being responsible for requesting logistical support from installation tenant units or agencies, such as DPW or DFMWR, to ensure that Eisenhower remains fully mission capable.

They have been pivotal in coordinating assistance with child care coordination for health care personnel, and requesting tents and support for the Influenza-Like Illness clinic and pharmacy operations. They ensure tenet units are kept up to date with day-to-day operational changes EAMC makes in COVID-19 response.



The Monthly Mindset Minute is a tool you can use to continually implement an Outward Mindset in your work with others. Simply take a minute to read the application tool below and just do it.

MAY:

Identify the primary customer of your work. Is it an external or internal customer?

Ask yourself: how well served does this customer feel? Do something to improve that answer.

Patient Safety Employees of the Month



Photo by David M. White

Eisenhower Army Medical Center Commander Col. Carlene A.S. Blanding, left, recognizes Theodore Tutson, a Medical Instrument Technician in the Cardiology Clinic for his years of meaningful experience and life-saving attention to detail.

Patient Safety Division

Theodore Tutson, a Medical Instrument Technician in Eisenhower Army Medical Center's Cardiology Clinic, has served in this position for more than a decade. His major focus involves setting up and performing cardiovascular stress tests; one of the riskier diagnostic tests. While on active duty, Tutson served as an LPN.

Leaning on this experience, Tutson has extended the capabilities of the clinic. He reviews the stress testing consults daily and promptly alerts the clinic physician when he senses a test should either be postponed or further reviewed by the cardiologist on call prior to the test.

He is a subject matter expert in this discipline and trains the incoming resident house staff. Over the past 5 years — more than 1,000 tests — no major adverse outcomes have occurred on his watch.

On March 25, a patient had an abnormally slow heart rhythm and was referred by his primary care physician for a treadmill stress test to evaluate symptoms of dizziness and shortness of breath.

Tutson's keen sense of awareness in this instance allowed the clinic physician to promptly evaluate the patient, noting a complete heart block and intermittent sinus arrest.

The treadmill test was performed successfully and safely. The patient was admitted to the hospital that day and underwent placement of a pacemaker the following afternoon.

Without Tutson's tried and true, safety-focused methods, the likelihood of a bad outcome in this case would have been significantly higher. Tutson's impeccable work ethic and attention to detail quite possibly saved the life of a retiree.

TJC coordinator named

Eisenhower Army Medical Center is in the window for its periodic Joint Commission survey. All accredited health care institutions undergo an assessment every three years to ensure compliance with quality standards and, therefore, maintain its accreditation.

Page Lewis was named EAMC's Joint Commission coordinator in February and will work to ensure EAMC's practices are in line with Joint Commission requirements. Although she is new to the position, Lewis is no stranger to EAMC having worked on 9MSP, and, more recently, on 13 East, the Inpatient Behavioral Health unit.

The Augusta native has been with EAMC since November 2012. She has also worked at Womack Army Medical Center in Fort Bragg, N.C., and Dexheim Health Clinic in Germany.

"These experiences give me insight into many areas of inpatient and outpatient care," Lewis said.



Photo by David M. White

Page Lewis, Eisenhower Army Medical Center's Joint Commission coordinator

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are unique to them and not characteristic for their male equivalents. It is therefore imperative to not disregard the distinct requirements of women to sustain good health, and dodge possible risks and vulnerabilities.

The number one killer among American women is heart disease. It is imperative that women are aware of this fact and act accordingly. There are simple steps women can take toward more heart healthy living and lower their health risks.

- Manage your weight. Carrying extra weight can put extra stress on the heart and blood vessels.
- Quit smoking and avoid secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Reduce stress and improve your sleep by getting enough quality sleep.

In the awakening of the current COVID-19 pandemic it is important in women's health and for all individuals to protect themselves and others from this dangerous disease by exercising:

- Proper hand hygiene
- Practicing social distancing
- Practicing respiratory etiquette
- Covering mouth and nose with face cover when around others
- Clean and disinfect frequently touched surfaces

EAMC is the home of the 5-Star Care and, along with the Army Public Health Nursing mission, enables total force readiness through prevention, promotion and protection. The vision is to sustain, and enhance ready fit soldiers and all military beneficiaries that prosper in the surrounding communities.

*Compiled by Preventive Medicine, Public Health
Eisenhower Army Medical Center*



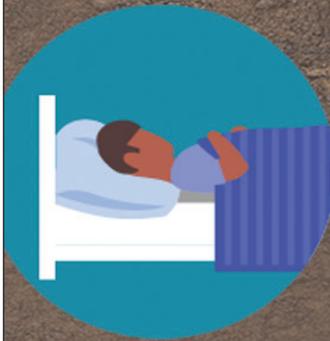
Eisenhower
Army Medical Center



We are Eisenhower

FIGHTING COVID-19 AT EVERY TURN

If you are sick, help prevent
the spread of COVID-19



Stay home
except to get
medical care



Separate
yourself from
other people
in your home



Call ahead
before visiting
medical
facilities



Clean your
hands often
with soap
and water