



Eisenhower Army Medical Center

We are Eisenhower

WE KEEP OUR NATION READY



Monique R. Walker, RN,
Population Health Nurse,
Family Medicine Clinic,
military veteran, at EAMC
18 months



Stephanie R. Fields, RN,
Family Medicine Clinic, Army
veteran, at EAMC 6 years



Maj. Ashley N.
Jefferson-Watts, RN, deputy
director, Practical Nurse
Course, Health Education
Dept., active duty 11 years, at
EAMC since August



Capt. Courtney R. Salter, RN
instructor, Practical Nurse
Course Instructor, active duty
16 years, at EAMC 2 years



Rounds
Eisenhower Army Medical Center
DECEMBER 2021 / JANUARY 2022

Staff braves North Pole-like weather Elves let off steam



Winter's bountiful produce basket

Capt. Jennifer West, MS, RD, LD
Clinical Dietitian
Eisenhower Army Medical Center

Oranges, pomegranates, kale, spinach, carrots ... what do these grocery basket items have in common? Hopefully, your answer is not "things I don't eat" and more along the lines of "foods that are in season."

If you recognize these fruits and veggies as winter crops then you're most likely to know they are more flavorful, usually less expensive and more environmentally responsible than other produce available but not really "in season."

What's 'eating seasonally?'

"Eating seasonally" means you prefer choosing produce typically harvested from the season that is currently occurring. For example, in the United States most tomatoes are grown in California in every season except winter. So, vine-ripe, juicy, red tomatoes are not typically something you would find easily in the middle of January. But during the summer, they are bursting from farmers' market baskets. On the other hand oranges, of which Florida is the top producer, are readily harvested as early as October and as late as March (that's an extra-long winter for us in the South). Bright and plump oranges, tangerines, grapefruits and other citrus are front and center at most grocery stores during the winter months.

Why is it important?

Seasonally produced foods taste better than their non-seasonal counterparts. Have you ever had strawberries in February? They're good, but not nearly as delicious as they are in June or July.

In addition to having more flavorful foods available, eating seasonally can help you save money, too. Foods that are grown and harvested at their peak ripeness usually taste better and have a better texture than their too-early picked counterparts.

When foods taste better we are more likely to eat them versus letting them spoil. Tossing out uneaten, wasted food is like throwing your money in the trash. Eating seasonally usually costs less during your shopping trip, too.

When foods are available seasonally, that means there is usually a surplus of supply. This surplus helps reduce the cost of the product. That

'Things I don't eat' versus 'foods in season'

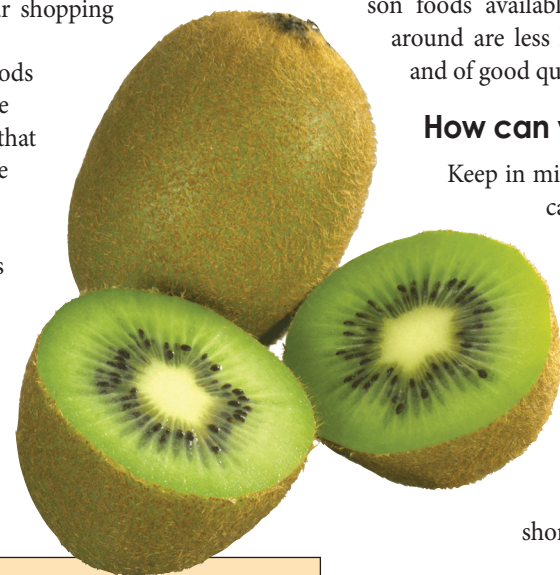
translates into more food at a lower cost. Additionally, if you are choosing locally sourced foods then the cost of transportation goes down, too – a win for your wallet and the environment.

In contrast, if you're absolutely set on making butternut squash soup in June and need that squash ... good luck finding it, and if you do, be prepared to pay premium price for it. There's simply less out-of-season foods available and those that are around are less likely to be affordable and of good quality.

How can you do it?

Keep in mind that where you live can make a difference in the foods available in your neighborhood produce section, but if you know even a few fruits and veggies from each season you'll be able to fill your basket easily. A short list of winter season

see **WINTER** on page 14



Scared of kiwi?

Staff reports

Kiwi fruit is a mystery to most people. Egg-shaped and sized, its fuzzy tan skin gives many pause.

"Maybe I'll just have the banana..."

But once you unlock the kiwi fruit's secret, you'll reach more and more for the strawberry-ish, citrus-like delight. It's certainly more interesting than that banana. And you can find them seasonally during breakfast in Ike's Café.

Kiwi fruit is high in vitamin C and provides excellent antioxidant protec-

tion. Once you know how to determine whether a kiwi is ripe, this delicious green (or golden) fruit is easy to peel and prepare. You can eat it plain or try it as an ingredient in salads, smoothies and more.

Is it ripe?

Check for blemishes. Kiwi fruit has olive green or brown skin covered in a thin layer of fuzz. Inspect the kiwi all over to ensure it has an even color on all sides. If you see spots that are darker in color or black, the kiwi may be rotten.

see **KIWI** on page 6

Rounds ★★★★★
Eisenhower Army Medical Center

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Editorial content is under the direction of and serves the mission of the EAMC commanding officer. Email: usarmy.gordon.medcom-eamc.mbx.pao@mail.mil.

November

Patient Safety Employee of the Month



Photo by Scott Speaks

Eisenhower Army Medical Center Commander Col. Heidi Mon, left, recognizes Vanessa Calloway, center, chief of Beneficiary Services, Managed Care Division Nov. 15 as the Safety Patient Employee of the Month for November as Command Sgt. Maj. Natashia Santiago looks on.

Patient Safety Division

A provider prescribed a biliblanket for a newborn during the Columbus Day holiday in October. A biliblanket is a portable phototherapy device used in the treatment of neonatal jaundice infants in the home.

A clinical staff member successfully faxed the documents as instructed from the note left on her desk without the name of the intended person, company, parents' contact information or the justification for the durable medical equipment.

After meeting with the patient safety manager, Vanessa Carlene Calloway, chief of Beneficiary Services in Eisenhower Army Medical Center's Managed Care Division, noted that it had been several days since the provider's request.

Calloway promptly telephoned the parents and discovered they had not received any correspondence from a home health or the DME company. She was able to research and find the company to which the fax number belonged.

Calloway's actions in obtaining the necessary medical equipment assisted in avoiding an adverse outcome for the newborn baby. The Chattanooga, Tenn., native then contacted the parents to ensure they understood how to use the equipment for optimal treatment. She also provided the parents with the emergency contact numbers for the durable medical equipment company and the hospital.

She began her career as a licensed practical nurse and has served in both civilian and military hospitals.

She provided exceptional customer service by contacting the durable medical equipment company to confirm delivery of the equipment.

RETAIL from page 13

specialty network pharmacy. You may also receive a phone call from an Express Scripts representative. They can help you move your medication to a new specialty network pharmacy that's near you.

If you fill a prescription at Walmart, Sam's Club, or community pharmacy leaving the network on or after Dec. 15, it will be a non-network pharmacy. This means you'll have to pay the full cost of your prescription up front. You'll also need to file a claim for partial reimbursement. Check out Filling Prescriptions to learn more. You can also refer to the TRICARE Pharmacy Program Handbook.

If you need to find a new network pharmacy, you can search for one on the Express Scripts website. You can also call Express Scripts at 1-877-363-1303 to help you find one close to you.

GENESIS from page 5

... and infuse it with further understanding of MHS Genesis and the nuances to it."

To be successful in the role of a Super User, it helps to understand how everyone else's roles work, added Air Force Capt. Jordan Serck, a nurse and element chief of the base operational medicine clinic at McConnell Air Force Base in Wichita, Kan.

"I can't just understand how Genesis works from a nurse's perspective," Serck said. "I also have to understand it from the doctor-provider perspective, the technician's, the front desk, even some of the specialty clinics [like] public health, optometry — I help with them as well."

Abraham explained how Super Users assist in the implementation of MHS Genesis "by either answering questions about the local work flow or helping users navigate the system." Subsequently, he said, some Super Users go on to become part of the MHS Genesis "Pay It Forward" program, going to locations targeted for near-future implementation and helping them prepare to go live.

Serck added how Super Users and end users only get so much from the computer-based training.

"The familiarity with the system really comes from hands-on experience and having somebody come over their shoulder to guide them through the process," he said.

"When we initially went live ... my primary job [became] making sure other people could do their primary jobs. Having a Super User who is knowledgeable in every role is absolutely key to success. Otherwise, people just get frustrated with the system and they would give up on the change."

So, it was especially fortunate to McConnell's new users that Serck had been through the training before. He had become a Super User at his former duty station, Travis Air Force Base in California, and had helped out with MHS Genesis trainings at several other bases in the meantime. McConnell's system came on line in April, and after a slow walk at the start, things are at a full jog right now, Serck reports.

"Nobody likes big changes, right?" he said. "But I could tell them what it was like, and lessons learned from my previous assignment at Travis, so that they could know this is actually a beneficial change in a lot of ways. I can tell you the ways that it made my life easier. I can tell you some of the challenges, and the way we make improvements, by letting [the Defense Health Agency] know we recommend a process improvement for this or that."

WINTER from page 2

crops to help get you started follows.

For a more extensive list, search online for the USDA's Seasonal Produce Guide. Get your basket ready for some wonderful, tasty, nutrient rich, wallet-friendly produce.

- ☐ Avocados
- ☐ Beets
- ☐ Collard Greens
- ☐ Grapefruit
- ☐ Kale
- ☐ Kiwi fruit
- ☐ Oranges

- ☐ Pears
- ☐ Pineapple
- ☐ Pomegranate
- ☐ Pumpkin
- ☐ Swiss Chard
- ☐ Winter squash (Acorn, Butternut, etc.)

SARESKY from page 7

although her job is still very similar to what she was doing prior to the course, she has started to ride with EAMC's Emergency Medical Services crew when they are short staffed. She also intends to do some off-duty employment with Augusta University's

Emergency Medical Services to keep her skills sharp.

Saresky does not intend to stop with her paramedic certification while in the Army. She intends to complete the Army Flight Medic Program then become a physician assistant who specializes in critical care patients.

Saresky is an outstanding soldier and junior leader within the ED. She is constantly encouraging any medic she encounters to take on the challenges of the paramedic program.

"It is a great opportunity for any soldier who wants to refine their skills and learn more about emergency medicine," she said.

VASQUEZ from page 7

Paramedic Course in April, held at Fort Bragg, N.C. During the course, Vasquez was thrown into a challenging schedule of class instructions during the day and ambulance clinical shifts during the night.

"First few weeks of the course where we started off with ambulance clinical were brutal and my sleep schedules were all over the place," Vasquez said. "But I got into a groove and just loved the every-day challenges the course threw at me.

"When classroom instruction would ease up, clinical would throw a punch, and vice versa, so I definitely had to find a happy medium in between," he said.

His skills on drug administration, intubation, and interpretation of electro cardiogram, were tested daily and pushed Vasquez to his limits when it came to attention to detail. And after long weeks of sleepless nights and clinical hours totaling more than 200 hours, Vasquez graduated and became a nationally certified paramedic.

Returning from the course, Vasquez did not hesitate getting back on the ground to use his new skill set from the paramedic course.

Vasquez shared the skills and knowledge he has acquired and used it to continuously train himself and his peers.

Shortly after his return, he was asked to assist in the intensive care unit of EAMC due to high number of patients.

He wishes to finish the remaining courses

to complete CCP-C, which would grant him the Additional Skill Identifier as F2, Army Flight Paramedic. Vasquez foresees moving up the chain and being stationed in many

different installations, whether it is CONUS or OCONUS. He will be an essential asset that any gaining unit would proud to have him among their ranks.

Eisenhower Troop Command



TOY



GIVEAWAY

December 15-16

10 a.m. - 4 p.m.

Troop Command BLDG 319

This toy giveaway is for ALL Eisenhower Active Duty Service Members and their Families



For more information call (706) 787-0200 or (706) 787-1116

Turn over an old leaf ...
Please recycle this magazine



Did I say smile more yet?

Col. Heidi P. Mon
Commander

Eisenhower Army Medical Center

It's the most wonderful time of the year again. The holidays are upon us and no matter how you celebrate them, I hope they will be filled with warmth, hope, rest, relaxation, love and joy. Although I've only joined this team a few short months ago, I consider you all my family, and I look forward to celebrating the best the season has to offer with you.

So many of us look to indulge over the next several weeks and then wait until the New Year to make resolutions so that next year will be better than this year. Why should we wait? If you want 2022 to be a better year than this year, let's not wait; let's start now.

Get outside more. Find a new hobby. Bake cookies. Make a change. Smile more. A lot more. Be excited. Do new things. Throw away or donate what you don't use or need anymore. Count to 10 slowly and think before saying anything mean. Unfollow negative people on social media. Go to bed earlier. Brush your teeth twice a day and floss. Don't gossip. Drink more water. Show more gratitude. Do things that challenge you. Be brave. Be adventurous.

If you want 2022 to be a better year than this year, let's not wait; let's start now.

Adjust your attitude. Change the way you look at things. Look for the good in all situations. Make a mistake, learn the lesson, and find new opportunities to grow. Choose not to stress. Worry less. Argue less. Return negativity with positivity. Give and accept hugs freely. Turn the lights off when you leave a room. Take the higher ground. Leave earlier and drive slower. Snuggle with someone you love. Be humble. Fill your tank before it reaches the one-quarter full mark. Replace the toilet paper roll if you use the last sheet. Watch a movie you loved as a kid. Take a vacation somewhere you've never been before. Eat

more fruit and veggies. Exercise. Smile more. Find something to like in each and every person. Laugh until your sides hurt. Pay it forward. Make your bed every day. Tell someone you appreciate them. Never send a nasty note through email. Call your parents (or anyone you love) more often. Smell the flowers. Did I say smile more yet? Sing in your car. Participate. Offer more suggestions. Limit criticisms of yourself and others. Buy flowers for someone. Buy flowers for yourself. Eat-More-Chocolate. Love yourself. Speak up. Buy a new outfit. Learn to say "hello" and "goodbye" in five different languages. Respect other's opinions. Hold the door open for people. Say thank you. Dance in the rain. Let other cars merge in front of you freely. Binge watch a series on Netflix or Hulu. Try Gate 6. Be patient. Plant a garden. Buy the person behind you at Starbucks a coffee. Pick up and discard trash you find outside. Apologize. Read a new book. Choose to love where you work and choose to make it better than it was yesterday. Don't stay the same. Do something — anything — that will make you proud of yourself.

Wishing you a very happy holiday season and a fantastic 2022!

— IKE6

Ike 7 says: New year, new perspective

Command Sgt. Maj. Natasha Santiago
Eisenhower Army Medical Center

I cannot believe I am writing this Rounds article to cover both December 2021 and January 2022. First off, I hope that everyone had a happy Thanksgiving.

As you read this, we are still very much entwined in the "holiday season" and with that being said, from Hector, PJ and I, we hope the remainder of your holiday season is truly special and that you, your family and friends continue to remain healthy and safe. This last year has been devastating for many people for so many different reasons. COVID-19 has taken a toll on the health care community, and as we reflect on the last year both personally and professionally, I want us all to take a moment to think about the awesome possibilities that lay

Re-establish ... short- and long-term goals ... personally and professionally...

ahead in 2022. They are endless.

I am not one for ringing in the New Year and establishing resolutions. But this year, I do think that I need to look at re-establishing some short- and long-term goals for myself both personally and professionally.

For me, goals help to keep me grounded and allow me to look at things from various perspectives. I am going to use 2022 to re-open my aperture and view things from a different lens.

Eisenhower Army Medical Center family, I do not know a team that has worked harder than you this last year.

I cannot begin to imagine what your work-life balance must be like. All I know is that I am going to challenge you to set a goal or two that will allow you to see things from a different perspective either personally or professionally, or both.

I am not the best at this, so I have work to do. I hope you will join me on this journey as well. I think it will be fun.

Thank you all for every single contribution you have made this last year in providing 5-Star health care to everyone who enters our footprint. Every single one of you is integral to the success of this organization.

Happy Holidays and Happy New Year!

— IKE7

Like a beating heart, continuous breathing, hand washing should be automatic

Did my doctor and nurse only wash their hands for 10 seconds?

Pat Barrett, RN
Infection Prevention and Control
Eisenhower Army Medical Center

Hand washing has changed since the mid-1980s. The Centers for Disease Control and Prevention published in 1985 the Guideline for Hand Washing and Hospital Environmental Control that included a recommendation for at least 10 seconds of hand washing. An example of how things have evolved: routine care such as taking a blood pressure did not require hand washing.

See 'Hand hygiene's role in patient care'
— page 11



Photo by Michelle Gigante

Now skip to 2002 when the CDC published the Guideline for Hand Hygiene in Health-Care Settings. In this Morbidity and Mortality Weekly Report recommended the time for

hand washing changed to 15 seconds. The recommendation also required care givers "[d]econtaminate hands after contact with a patient's intact skin (e.g., when taking a pulse

or blood pressure and lifting a patient)."

In the 2016 Clean Hands Save Lives Campaign, the CDC provided information see **HAND WASHING** on page 6

Who was Semmelweis?

Kimberly Kinney, MSN, APRN
Infection Prevention and Control
Eisenhower Army Medical Center

Select Eisenhower Army Medical Center clinics are currently participating in the Semmelweis hand hygiene project.

Ignaz Philipp Semmelweis, known as the "savior of mothers," was a Hungarian physician appointed chief resident of one of two maternity clinics at the Vienna General Hospital in Austria in 1847. He recognized that the mortality rate from puerperal fever — childbed fever — was much higher in the clinic staffed by physicians and medical students, than it was in the clinic staffed by midwives.

In the ward with the higher mortality rate, Semmelweis observed physicians and medical students visiting patients after performing autopsies, and



Courtesy photo

Ignaz Philipp Semmelweis was a Hungarian physician appointed chief resident of one of two maternity clinics at the Vienna General Hospital in Austria in 1847.

despite hand washing with soap and water, a distinct odor remained on the hands of those individuals.

Semmelweis recommended scrubbing

hands with a chlorinated lime solution prior to patient contact. This process reduced the incidence of fatal puerperal fever from 16 to 3 percent.

The Semmelweis hand hygiene project was developed in 2007 at Tripler Army Medical Center in Hawaii. The project encourages patients to be more involved in their care by allowing them to complete a simple form describing their observation of the staff providing their care performing, or not performing, hand hygiene.

Survey slips are provided to patients at the time of check-in. The patient places the completed slip in a collection box at the end of their visit. The slips are collected, and the data analyzed at the end of each month. The purpose of this project is to actively educate and involve patients in the prevention of the spread of infection, foster a medical center culture in which routine hand hygiene is the norm, and validate the data that is being collected by staff internal observations.

TRICARE pharmacy co-payments increase in 2022

TRICARE

FALLS CHURCH, Va. — Do you get your prescription drugs through TRICARE Pharmacy Home Delivery or at a TRICARE retail network pharmacy? If so, you'll pay anywhere from \$1 to \$8 more in copayments starting Jan. 1.

"Congress and the Department of Defense worked together on these cost changes as part of the National Defense Authorization Act for Fiscal Year 2018," said U.S. Public Health Service Cmdr. Teisha Robertson, a pharmacist with the Defense Health Agency's Pharmacy Operations Division. "The changes are part of a larger effort to help fund improvements in military readiness and modernize the TRICARE health care benefit."

These costs changes won't affect all beneficiaries. If you're an active duty service member, you'll still pay nothing for your covered drugs at military pharmacies, retail network pharmacies, and through home delivery. Co-payments for survivors of ADSMs will remain the same. Medically retired service members and their family members also won't see a change in their co-payments next year.

As described in the TRICARE Pharmacy Program Overview, TRICARE groups prescription drugs based on the medical and cost effectiveness of a drug compared to



other drugs of the same type. The cheapest, most widely available category is generic formulary drugs. This is followed by brand-name formulary drugs and non-formulary drugs. You'll see cost increases in all three of these categories. The new cost will depend on the type of pharmacy.

New co-payment changes

- TRICARE Pharmacy Home Delivery (Up to a 90-day supply)
- Generic formulary drugs will increase from \$10 to \$12
- Brand-name formulary drugs will increase from \$29 to \$34
- Non-formulary drugs will increase from \$60 to \$68
- TRICARE retail network pharmacies (up to a 30-day supply)
- Generic formulary drugs will increase from \$13 to \$14
- Brand-name formulary drugs will increase from \$33 to \$38

- Non-formulary drugs will increase from \$60 to \$68

It's important to note that you may only fill some brand-name maintenance drugs twice at retail network pharmacies. These are drugs that you take for long-term conditions. After the second refill, you must use home delivery or a military pharmacy. This doesn't apply when you fill short-term use drugs at retail network pharmacies.

Non-network pharmacies

Non-network pharmacy costs remain the same if you use a TRICARE Prime plan. With a TRICARE Prime plan, you'll pay a 50 percent cost-share after you meet your point-of-service deductible for covered drugs. For all other health plans, non-network pharmacy costs are as follows:

Generic formulary drugs and brand-name formulary drugs will cost \$38 (up from \$33) or 20% of the total cost, whichever is more, after you meet your annual deductible

Non-formulary drugs will cost \$68 (up from \$60) or 20 percent of the total cost, whichever is more, after you meet your annual deductible

Keep in mind, if you can use a military pharmacy, this remains your lowest cost option.

There's still no cost for covered generic and brand-name drugs at military pharmacies.

TRICARE retail network pharmacy changes in place

TRICARE

FALLS CHURCH, Va. — There are changes to the TRICARE retail pharmacy network now in place. On Dec. 15, CVS Pharmacy joined the TRICARE network. At the same time, Walmart, Sam's Club, and some community pharmacies left the network.

Express Scripts is the TRICARE pharmacy contractor. They manage the TRICARE retail pharmacy network under a contract with the Department of Defense. Express Scripts reached a new agreement that adds CVS Pharmacy to the network of pharmacies.

"Beneficiaries will continue to have many convenient and nearby in-network options," said U.S. Public Health Service Cmdr. Teisha Robertson, a pharmacist with the Defense Health Agency's Pharmacy Operations Division. "Express Scripts' partnership with CVS Pharmacy ensures

most beneficiaries have a network pharmacy located near their home or work."

The current TRICARE retail pharmacy network offers access to more than 59,000 pharmacies. With this change, nearly 90 percent of beneficiaries will have access to a network pharmacy within five miles of their home.

Walmart and Sam's Club have more than 5,300 locations nationwide. CVS Pharmacy has nearly 10,000 pharmacy locations. You can find CVS pharmacies inside many Target stores.

A group of around 3,000 community pharmacies will also leave the TRICARE network this year. But more than 14,000 community pharmacies will remain in the network.

Keep in mind that using home delivery or a military pharmacy are still lower cost options for you. You have to pay co-payments when you use home delivery or any

retail network pharmacy. Although these co-payments are set to change next year, it isn't because of this network change.

If you have a prescription at Walmart, Sam's Club, or any other impacted pharmacy, you need to transfer it to a new network pharmacy before Dec. 15. If you filled a prescription at one of the impacted pharmacies, you'll receive communication from Express Scripts. These communications will have recommendations on how you can fill your prescriptions at a new network pharmacy. You can also find a network pharmacy near you by visiting the Express Scripts website. CVS Pharmacy will be in the network starting Dec. 15.

Do you use specialty or limited distribution medications? If so, you'll get a letter from Express Scripts detailing how you can transfer your prescriptions to a new

see **RETAIL** on page 15

Mary E. Gaudette
 Librarian
 Eisenhower Army Medical Center

PEMSoft is a point-of-care resource designed to support evidence-based clinical decisions involving the treatment of pediatric patients ranging in age from the neonate stage through young adulthood.

Via PEMSoft's browse menu, clinicians can access more than 900 acute or chronic diseases, and conditions topics. Alternately, they can hone in on the curated lists of the top-50 basic emergency topics, the top-50 primary care topics, or the 100 latest updates to the site.

By clicking on a topic-related camera icon, users can view applicable content from PEMSoft's multimedia library of 120-plus videos or from its 2,750-plus collection of illustrations, photographs, ultrasounds, X-rays, MRIs, CTs,

radiographs and slideshows.

In addition to its collection of monographs, videos and images, PEMSoft features the following modules designed to expedite treatment decisions during pediatric emergencies:

Resus tools: An interactive tool for age-and-size-appropriate calculation of drug-dosage and equipment size for treating respiratory crises

Calc: An interactive tool for instant calculation of key clinical diagnostic equations and scores

Sign and symptoms: Problem-oriented and/or symptom navigation of PEMSoft's topic content

Formulary: Age-appropriate dosage and administration information for over 200 safe and effective pediatric emergency drugs

Procedures: Instructions for performing

common, minor pediatric surgeries

Quick reference: Access to safe, normative, and age-appropriate values for body chemistry and physiology

Triage: Condition-specific recommendations for the process of triaging five levels of common pediatric emergencies

Tox: Information covering the clinical presentation, toxicity mechanism, diagnosis, treatment, disposition, and prevention of common childhood poisonings

A link to PEMSoft is available in the "Databases" section of the Health Sciences Library's IKENet page. A link to instructions for installing its mobile app on either an Apple or Android device is available in the "Mobile Resources" section of the library's page. For assistance with or training on PEMSoft, email the librarian at mary.e.gaudette.civ@mail.mil or call 706-787-4446.

Lt. Col. Erik F. De Freitas, PharmD, MA, MPH
 Asst. Deputy Commander for Patient Services
 Eisenhower Army Medical Center

During a recent joint federal pharmacist seminar, Capt. Sandra Onye, chief of Inpatient Pharmacy at Eisenhower Army Medical Center, was presented with the Army Pharmacy Junior Officer Award. The virtual conference was held Oct. 24-26.

The conference is the largest of its kind for federal pharmacists, which include uniformed personnel and civilian counterparts.

Onye distinguished herself as an exceptional leader. With her dedication and extraordinary attention to detail in preparation for the spring 2021 Joint Commission survey. She proved herself to be an integral leader, developing, presenting and implementing 66 courses of action in response to a mock Joint Commission survey.

Her talent for multidisciplinary collaboration was key while serving as the Joint Commission coordinator for the Department of Pharmacy, resulting to zero high-widespread and high-pattern findings

on the SAFER matrix and no medication management findings.

She has been serving as the lead for implementation of Pyxis ES and MHS Genesis. Onye's passion for innovation combined with a continuous focus on patient safety has allowed for an emergence a confidence for these transitions within the Department of Pharmacy.

Ultimately, it has been in the last few months that has allowed her to distinguish herself as a leader, serving as the acting chief of the Department of Pharmacy. Leading a department of 90 employees and during a period that EAMC expanded, inpatient capacity for COVID-19 patients, she coordinated the supply of medications for these expansion wards in less than 48 hours.

She developed a process for procuring and dispensing of medications needed for to support the influenza like illness clinic. The result diminished the risk of ambulatory COVID-19-positive patients from coming into the hospital.

Onye's selection as the 2021 Army Pharmacy Junior Officer Award is great credit to herself, the Department of Pharmacy and Eisenhower Army Medical Center.



Courtesy photo

Capt. Sandra Onye, chief of Inpatient Pharmacy at Eisenhower Army Medical Center, was presented with the Army Pharmacy Junior Officer Award during a joint federal pharmacist seminar held virtually Oct. 24-26.

Look into the benefits of MHS-Genesis

Thomas J. Walsh
 MHS Communications
 Defense Health Agency

Editor's note: Training for the MHS-Genesis transformation at Eisenhower Army Medical Center is well underway. To learn about the WAVE-Gordon go-live activities, visit the HMS-Genesis site on IkeNet.

The roll out of MHS Genesis, the Military Health System's new electronic health records system, is bringing fundamental changes to military treatment facilities around the world. Among those tech experts helping to bring about the change, at both small clinics and major hospitals, the changeover is often called a "transformation."

From within those MTFs, a handful of new MHS Genesis users have been trained as "Super Users," who play an important role in assisting the new end users of the system - the actual caregivers and staff of an MTF and peers who will be the ones using MHS Genesis daily.

"The role of the Super User is to take their additional information, their training and

Super Users are a blend of military caregivers and civilians, from different medical disciplines.

the additional hands-on experience they get during their journey, to help an organization go through [the] transformation," said Kevin Abraham, change management team lead for the DOD Healthcare Management System Modernization Program Management Office in Rosslyn, Va. He's one of the people charged with deploying MHS Genesis around the world, and helping to foster the development of Super Users.

"The way a Super User does that successfully is [to] work with their middle management — a department head, a

clinic supervisor — to help understand and plan their local work flow," Abraham said.

"As we go live with MHS Genesis at a facility like we just did in Hawaii, these Super Users really are that first line of support. They're able to help their peers as they go through the transformation's first couple of days."

MHS Genesis is the new electronic health record system that the Military Health System, the Department of Veterans Affairs and the U.S. Coast Guard are implementing worldwide. It will allow a seamless exchange of current patient information among providers across the system.

Super Users always come from within a given MTF, and their number is about one for every 20 or so personnel, Abraham explained. They are a blend of military caregivers and civilians, from different medical disciplines.

"Every site is unique," he said. "Whether it's the layout of the building, how they're staffed, what their clinical capabilities are, [etc.]. To be effective, we want to foster that

see **GENESIS** on page 15

HEALTH RECORDS Remember When ...

... each time you moved to a new military treatment facility you had to start all over again?

MHS GENESIS is the next-generation health record that will help standardize processes at all military treatment facilities.

To learn more, visit www.health.mil/MHSGENESIS.

#genesisofGENESIS

The ethics of the holidays and beyond

Heather K. Cross, attorney advisor
Office of the Center Judge Advocate
Eisenhower Army Medical Center

With the holidays upon us, the following guidance highlights some common ethics issues encountered during the season. It does not cover every situation. For specific advice on your particular circumstances, contact the Office of the Center Judge Advocate located on the 11th floor.

Office parties

Office parties are unofficial events, and you may not use appropriated funds to pay for them.

An office may pool personal funds to host a party. In such cases, contributions must be voluntary. A supervisor should not solicit for contributions, or instruct a subordinate to solicit for contributions.

All employees, including supervisors, may contribute, and share food and refreshments at an office party.

Gifts

Best Practice: When organizing a gift exchange it is best to tell participants to

limit gifts to non-cash items with a value of \$10 or less — this generally allows supervisors and contract employees to participate. How do we get to this answer? The rules are as follows:

- Absent an applicable exception, supervisors may not accept gifts from subordinates or those who receive less pay. However, on occasions where gifts are traditionally given (holidays), supervisors may accept gifts (other than cash) from a subordinate, as long as it is valued at \$10 or less.
- Under most circumstances, there are no legal restrictions on gifts given to peers or subordinates. However, common sense and good taste should apply. Supervisors should also be wary and avoid any appearance of favoritism; \$10 or less is a good bench mark for everyone, so as to remain fair.
- Gifts from contractors to federal employees are generally limited to non-cash items worth less than \$20.
- For holiday gifts to contract employees, it is best to check with the contractor, since many contractors have codes of ethics that

are similar to federal rules and, therefore, may preclude the acceptance of gifts.

Fundraising in general

As a general rule, federal personnel may not engage in fundraising in an official capacity.

One exception is “by our own, from our own, for our own” internal fundraisers. Under this exception, you may have a fundraising event within the workplace to raise funds for the holiday party.

In such cases, you must comply with local policies, which at Eisenhower Army Medical Center is Commander’s Policy Letter 21.

Strictly prohibited fundraising

You may not solicit outside sources for contributions.

For military members, granting special favors, privileges, or entitlements (such as special passes, leave privileges, parking privileges or the wearing of civilian clothing) that are inducements to contribute are prohibited.

Games of chance or gambling, including raffles, are prohibited.

hands together covering all surfaces of hand and fingers for 15 seconds, at minimum. Disposable towels are used to shut off the water supply after drying hands.

Other entities such as the World Health Organization have recommended that cleaning your hands with soap and water should take around 20 seconds. Either time is acceptable. The focus should be on clean-

ing your hands at the right times.

Eisenhower Army Medical Center follows the CDC recommendations for hand hygiene aligned with COVID prevention recommendations that require 20 seconds of hand washing. Alcohol-based hand rub with 60-95 percent alcohol content is effective as long as used as directed on hands that are not visibly soiled.

HAND WASHING from page 4

on what patients should expect from their health care workers regarding clean hands. Alcohol-based hand sanitizers should be cover all surfaces while hands are being rubbed together for approximately 20 seconds. Soap and water is used as directed: after wetting the hands apply soap and rub

KIWI from page 2

See if the kiwi gives slightly to the touch. A ripe kiwi is mostly firm, but it will give slightly when you press it with your thumb. This indicates that the kiwi has reached its peak of sweetness.

If the kiwi is rock hard, it isn’t quite ripe. You should be able to press it in slightly.

If the kiwi gives too much, it is overripe. The kiwi should not feel mushy.

Smell the kiwi for signs of ripeness. A ripe kiwi will smell fruity and fragrant. The smell should be sweet, but not overpowering. If it is sickeningly sweet, the kiwi is probably overripe. If it has no scent at all, it may not be ripe.

It’s not quite ripe

If the only kiwi fruit available is hard and under ripe, ripen it on your kitchen counter at home. Simply place the kiwi fruit in a paper bag and leave it out at room temperature. In a day or two, it should be ready to eat.

Kiwi fruit releases an enzyme that causes it to ripen. Storing it at room temperature in a paper bag speeds the process.

You can add a ripe apple or banana to make it go even faster.

Don’t try it with a plastic bag. It’s important to have a little air circulation in the bag so that the kiwi doesn’t end up tasting bad or rotting.

Peel the kiwi

Rinse the kiwi. Place the kiwi fruit under cool running water to rinse away any dirt or debris. Even if it shows no visible dirt, it’s a good idea to rinse the kiwi in case it was treated with pesticides. Dry the kiwi when you’re finished.

You need a knife for this. Slice the kiwi in half lengthwise. Stand the kiwi on one end. Use a paring knife to slice it down the middle, so the kiwi is split into two lengthwise halves.

Now you might want a spoon. Scoop out the flesh with a spoon. If the kiwi is ripe, the flesh will come right out. Use the spoon to scoop close to the skin to separate it.

As staff bucks autumn chill, annual flu shot exercise posts boost in beneficiary participation

David M. White
Public Affairs Office
Eisenhower Army Medical Center

As barriers lifted at Eisenhower Army Medical Center’s drive-through flu vaccination clinic at 7 a.m., Nov. 6, the temperature slowly crept through the upper 40s with a steady, damp wind, gusting to 21 mph.

By Fort Gordon standards, it was cold.

Conditions were largely unchanged when the event closed in early afternoon. But, due to the perseverance, determination and long underwear of the EAMC staff, the number of beneficiaries served that Saturday increased over last year’s pandemic-shaped event.

During the five-hour exercise, 903 service members and beneficiaries were vaccinated, an encouraging 4 percent increase over 2020, when 871 beneficiaries made their



Photo by Scott Speaks

Traffic begins to build behind one of the first beneficiaries received their flu shot during Eisenhower Army Medical Center’s annual drive-through flu vaccination exercise on a brisk and breezy Saturday morning, Nov. 6.

way through the immunization stations.

The 2021 campaign was organized and executed by the full force by Army Public Health Nursing team, led by Capt. Jessica Simpson, OIC, and Sgt. Alice Tymes-Rudolph, NCOIC. Also assisting were professionals from occupational health, operational secu-

urity and the EAMC command staff.

All in all, more than 100 EAMC personnel participated in the exercise, including the incident commander, command leadership, screeners, logistics, vaccinators, MEDPROS data technicians, traffic controls, physicians, nurses, IMD technicians, operations personnel and safety managers.

Hand hygiene’s role in patient care

Terry A. (Ted) Newton, MHA, RN, CIC, FAPIC
Infection Prevention and Control
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Gloves? As an IV catheter is an extension of a patient’s vascular system and a Foley catheter is an extension of the patient’s urinary system, when you don exam or surgical gloves, they become an extension of your integumentary system.

(Editor’s note: For non-medical readers, the integumentary system is the skin, hair, nails, glands and nerves. The primary function of the integumentary system is to protect the inside of the body from elements in the environment such as bacteria.)

As such, medical gloves play an important role in the hand hygiene of the wearer. Safe patient care requires critical thinking, even when it comes to how and when medical gloves are worn.

Medical gloves are an integral part of patient care, but can become a source of cross-contamination if not used properly. In the 2007 edition of the Centers for Dis-

A requirement sometimes missed ... is the need to change gloves for multiple tasks.

ease Control and Prevention’s Isolation Guideline outlines measures to prevent cross contamination.

First, medical gloves should not be washed or have an alcohol-based hand rub applied to them for re-use. Re-use is also forbidden by the Occupational Safety and Health Administration Bloodborne Pathogen Standard. Second, if gloves become damaged

while in use, they must be removed immediately, hand hygiene performed and a new pair donned. Hand washing is required by the OSHA Standard when removing gloves if the gloves were contaminated with body fluid while wearing them.

A requirement sometimes missed, particularly while working with a patient in an isolation room, is the need to change gloves for multiple tasks.

If you must perform multiple tasks that require the use of gloves, remove and exchange your gloves for a new pair between each task, performing hand hygiene between each exchange. Otherwise, you risk potentially seeding organisms from one site to another, even if the organisms were not present. If the patient has more than one wound, do not assume the same organisms are present on all the wounds, or present at all. Each site requiring care also requires a new pair of gloves, including central lines, chest tubes, Foley catheter, wound dressings.

Consider this ...

Capt. Timothy Davis, clinical chaplain
Department of Ministry and Pastoral Care
Eisenhower Army Medical Center

As the past year has been fraught with an array of both local and global challenges, I am aware that some might be questioning their readiness to welcome in the coming celebratory season.

To whom this issue may concern: You are not alone.

Gallup, a premier source for data analytics, developed the Negative Experience Index and recently the firm published its 2020 results.

According to their survey of adults across 115 countries around the globe, "2020 officially became the most stressful year in recent history" and that "the world was feel-

ing the worst it had in 15 years."

As I read the report, I rushed to the conclusion that COVID was obviously responsible for all the world's suffering, but to my chagrin, the report concluded that the "pandemic is not entirely to blame for the world's emotional state. While 2020 may have been a record-setting year for negative emotions, the world has been on a negative

**"... 'gratitude' ...
is associated with
happiness ..."**

trajectory for almost a decade."

So, what are we to do? While sadly, there is no universal remedy for the world's emotional pain, there is yet something we can do as individuals that may potentially change the world around us. It is the practice of demonstrating "gratitude."

It is written in a sacred text that in all things, one should give thanks. As the holiday season rapidly approaches, we are presented with a cadre of opportunities to practice gratefulness.

Research in the field of positive psychology underscores the holistic health value in showing gratitude, highlighting that "gratitude," in itself, is associated with happiness." Practicing it increases feelings of personal contentment while improving interpersonal relationships.

This holiday season, I invite you to consider this.

Growing the paramedic ranks

68 Whiskeys train to enter ranks of nationally certified paramedics

Spc. Kaitlyn Saresky

Staff Sgt. Eric Rosenberg
NCOIC, Department of Emergency Medicine
Eisenhower Army Medical Center

Spc. Kaitlyn Saresky has been a medic for three years and only stationed at Fort Gordon. Since arriving at Eisenhower Army Medical Center, she has been using her skills as a medic in the Emergency Department.

Saresky has used her talents to treat thousands of patients within and outside the ED. She has taught Tactical Combat Casualty Care classes to other units throughout the Fort Gordon footprint as well as provided medical support during field training exercises. Her most recent accomplishment has been graduating from the Paramedic Program at Fort Bragg, N.C. Paramedic school was a goal Saresky set for herself and has accomplished it.

The Paramedic Program is a five-month accelerated program that covers advanced cardiac life support, international trauma life support, pediatric advanced life support, and other certifications required to become a nationally registered paramedic. She learned skills including drug administration, intubation and interpretation of electro cardiographs. The program included 200 hours of combined hospital and truck clinical hours in Fayetteville, N.C.

Since graduating, SPC Saresky has assisted in the ED and, see **SARESKY** on page 14



Photo by Staff Sgt. Eric Rosenberg

Spc. Kaitlyn Saresky, a medic in Eisenhower Army Medical Center's Emergency Department, stands ready in one of the hospital's ambulances Nov. 19.

Spc. Christopher Vasquez

Sgt. Woo Ram Kwon
NCOIC, Huber
Immunizations Clinic
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Spc. Christopher Vasquez has been a health care specialist, or 68W, at Fort Gordon, since July of 2020. Since his arrival at Eisenhower Army Medical Center's Connelly Health Clinic and Huber Troop Medical Clinic, he has demonstrated his proficiency and diverse knowledge in his military occupational specialty.

His well-versed skills ensured proper readiness care and documentations for all Soldiers who pass through the doors of CHC and Huber TMC. Vasquez and received recognition for both his work ethic and professionalism by Company Commander Capt. Gayle Benton.

[SPC Vasquez's] "energy and attitude radiated to his peers, encouraging others to thrive and continue the greatness within their section," Benton said.

Vasquez was tasked to assist in COVID-19 prevention missions, such as conducting on-site rapid test for service members, government employees and family members. In the midst of all this, Vasquez kept his motivation up to continuously improve his skills and getting ahead of his peers by seeking continuing education, both military and civilian.

Vasquez did just that when he attended the Critical Care see **VASQUEZ** on page 14



Courtesy photo

Spc. Christopher Vasquez, a medic in Eisenhower Army Medical Center's Intensive Care Unit, works to maintain a patient's IV pole after he returned from the paramedic course recently.

FISHER HOUSE



Courtesy Photo

Tiffany Shedd, a member of the local Lasagna Love Georgia Chapter, delivered seven pans of variety lasagnas, one pan of macaroni & cheese, two loaves of garlic bread, one loaf of French bread, one pan of brownies and one pack of chocolate chip cookies for the Fisher House families at the Fort Gordon Fisher House Nov. 12. Lasagna Love's motto is "From one neighbor to another, with love."



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.

December
Focus on solutions today rather than affixing blame.

January
Think of someone who likely feels like you see him or her as a vehicle.
What changes do you need to make in this situation?

88 *Holidays' Magic*



Photo by Scott Speaks

Rounds



Rounds

Eisenhower Army Medical Center's annual holiday tree lighting service, sponsored by the Family Readiness Group, took place in the hospital's fourth floor parade deck and lobby Dec. 3. Santa hears all the wishes.



Photos by John Corley

December 2021/January 2022

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