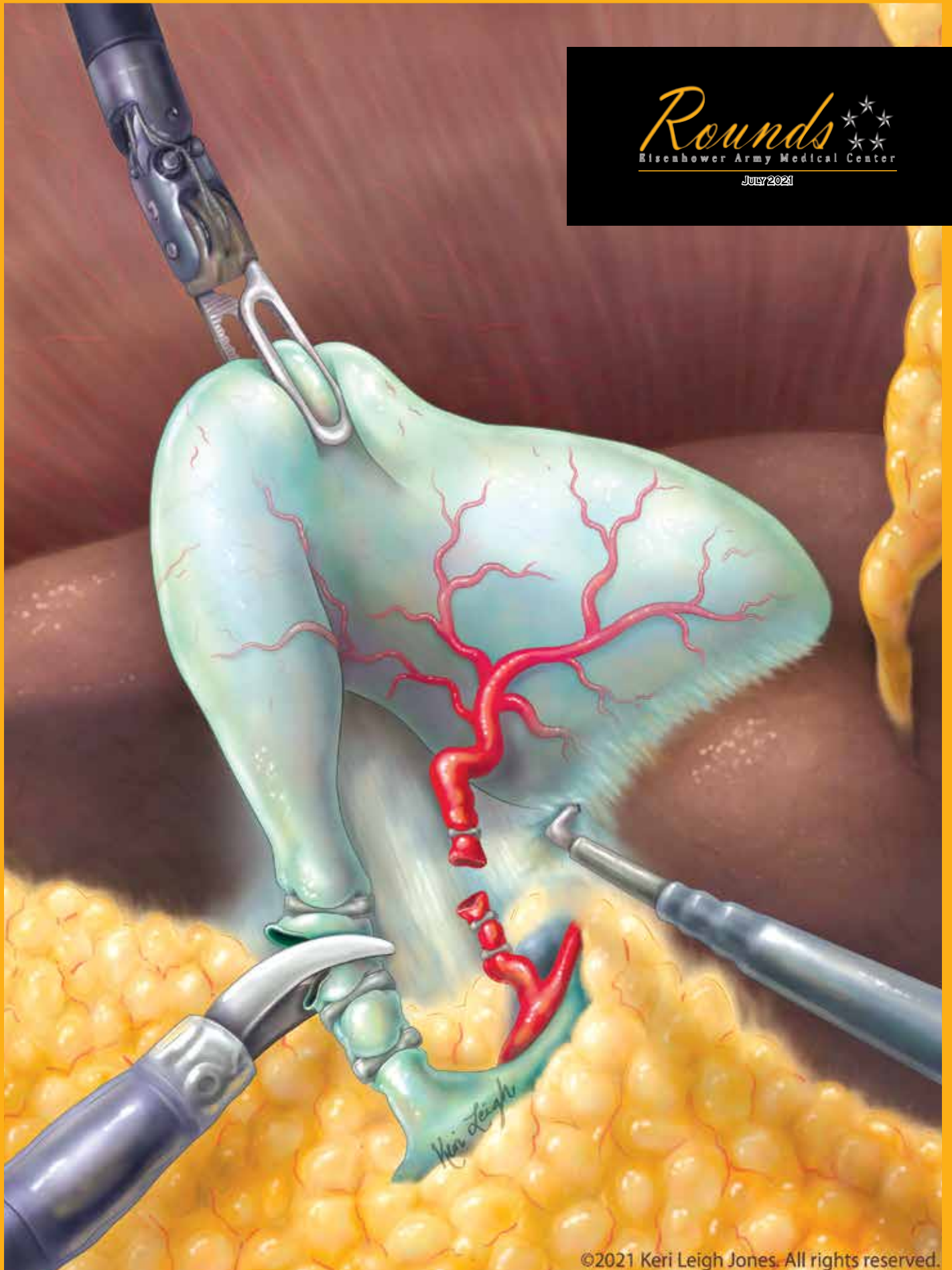


Rounds

Eisenhower Army Medical Center

JULY 2021



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Hydration: more science than visiting a water buffalo

Capt. Jennifer West, MS, RD, LD
Interim Chief, Clinical Dietetics,
Nutrition Care Division
Eisenhower Army Medical Center

Summertime is a wonderful time to be outdoors. Going to the beach, kayaking, playing at the park, hiking, and other outdoor activities are in full swing. Summer months also mean hotter temperatures and it's a prime time to remember the importance of staying properly hydrated.

Hydration is important year round, but when hot and humid weather approaches it becomes even more important. Hot weather and increased physical activity can increase fluid loss through sweat. Our bodies are mostly water (about 60-70 percent) and many organs rely on a proper water balance to function. Water is a nutrient used in every cell in our body, helps regulate body temperature and assists in flushing waste from our system, among other functions. In adults "a loss of 2 percent" of body weight due to dehydration has been shown to have detrimental effects on performance" and in children "the negative side effects of fluid loss begin to occur at a 1 percent decrease in body weight. Signs of dehydration can include dry mouth, headaches, muscle cramps, decreased urination and dark urine color, dizziness, lack of energy, confusion, and irritability.

Is the solution to just drink more water? The short answer is yes, but the real answer is a little more complex.

It's a good idea to estimate how much your body needs to begin with and then increase your fluid intake as needed. A general rule of thumb is to take half of your current body weight and use that number as the amount of ounces of fluids you need per day. For example, a 180-pound person would need approximately 90 ounces of fluids per day. Now, this doesn't mean that this individual should literally drink 90 ounces of fluids.



Photo by Spc. Austin Reil

1st Lt. Paige Runco assigned to U.S. Army Medical Department Activity, Bavaria, hydrates during the MEDDAC Bavaria Best Warrior Competition at the Grafenwoehr Training Area, Germany, April 11, 2021.

Rather, it means that a total of 90 ounces of fluids should come from beverages and foods consumed throughout the day.

Approximately 20 percent of our fluid needs are met through foods such as fruits, vegetables, soups, dairy and calorie-containing beverages. However, the remaining 80 percent of fluids should come from no-calorie or low-calorie beverages.

Additionally, if you are exercising or doing anything that causes you to sweat a little — or a lot — more, consider drinking a sports beverage to replace lost electrolytes and fluids. Electrolytes are essential minerals, such as sodium, phosphorus and potassium that play a vital role in hydration status, and muscle and nerve functions.

To prevent dehydration and promote adequate hydration here are a few tips to

keep in mind:

- Carry a reusable water bottle with you to sip on throughout the day. Refill as needed.
- Flavor plain water with fruit (lemon, lime or strawberries) or herbs (mint or parsley) to make it more enjoyable.
- Freeze water in bottles overnight to allow the drink to stay colder for a longer period of time.
- Avoid alcohol and caffeinated beverages as these promote fluid loss.
- Eat fruits and vegetables that have a high water content. These include cucumbers, tomatoes, bell peppers, watermelon, strawberries, cantaloupe and grapes.
- Replace fluids lost during physical activity. It's recommended to weigh yourself before beginning an activity and once again when you are done. For every pound lost, replace with 16 ounces of fluids.

Staying hydrated will keep you enjoying the summer activities you like to do. Remember to drink beverages throughout the day and eat plenty of fruits and vegetables to support your fluid needs. Cheers!

Resources: American College of Sports Medicine, American Heart Association, Sports Nutrition: A Practice Manual for Professionals, 5th ed.

Rounds 
Eisenhower Army Medical Center

July 2021
Vol. 6, No. 10

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 5-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.

 **SHARP** SM
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

On the cover: Illustration combines the main steps of a laparoscopic cholecystectomy into one image: division of the cystic artery, division of the cystic duct, and dissection of the gallbladder from the liver. (Illustration by Keri Leigh Jones, MSMI, CMI)



Last note from desk of commander, IKE 6

Col. Carlene A.S Blanding
Commander

Eisenhower Army Medical Center

Thank you for an exceptional two years as your commander. On July 9, 2019, I had the great honor and privilege of assuming command of the Dwight David Eisenhower Army Medical Center team.

On that day, I made a promise to the Eisenhower team that I would lead with integrity focusing on three imperatives: 1) Readiness as the building block and the lens through which we operate; 2) Communication as the driver for strategic understanding and awareness and 3) Fostering a creative environment to meet today's challenges. Twenty-four months later I can say with certainty that, as a team, we have exercised these three imperatives in numerous ways.

The past 24 months have brought unprecedented challenges nationally and globally. COVID-19 pandemic, the most critical health care crisis in modern history, racial and extremism tension, and domestic terrorism, to name a few.

The COVID-19 pandemic forced us to reshape our thinking and re-configure how we deliver safe, quality care; maintain readiness and training; maintain effective



Photo by David M. White

Col. Carlene A.S Blanding listens to staff at Eisenhower Army Medical Center's inaugural "Speak up, Eat up" Feb. 5, 2020, just weeks before the COVID-19 pandemic changed day-to-day operations countrywide.

communication; maintain our learning platforms; and remain safe in the process. We were pushed out of our comfort zone and forced to develop out-of-the-box

thinking to meet these challenges. Our engagement in addressing these challenges were not without learning and growing

see **IKE 6** on page 8

Ike 7 says: 'Change gives us branches'

Command Sgt. Maj. Natasha Santiago
Eisenhower Army Medical Center

June has come and gone, and we are now into the month of July. Can you believe it?

This month I want to focus on change. Pauline R. Kezer says, "Continuity gives us roots; change gives us branches; letting us stretch and grow and reach new heights." There are many changes that will be occurring within the next 30-45 days here at Eisenhower Army Medical Center.

Today, you will see many of our Soldiers wearing corporal rank. They have been laterally appointed from the rank of specialist based on a new Army directive preparing them to transition to the rank of sergeant. This very outward change represents their potential for increased responsibility. Please empower them as well as everyone

within our facility to work to the top of their credentials.

Another change that may be less outward to the organization as a whole is the transition we are making as part of Wave II to the Defense Health Agency as we officially become the Augusta Market.

There have been many moving parts over the last few months. I hope that, by the end of July, we should be fully transitioned and be functioning as a market within the DHA. This is not to say there will not be some bumps along the road as we continue to navigate this new terrain, but, it is nothing our team cannot handle.

The last change we will see within the month of July is preparations for the upcoming EAMC change of command, Aug. 2, where we will bid farewell to my

amazing battle buddy, Col. Carlene A.S Blanding, and welcome another phenomenal Army leader, Col. Heidi Mon. This is a change that, as all changes of command do, will impact the core of the EAMC family.

Personally, I'm going to miss my boss. I think we can all relate to this anonymous quote, "We don't meet people by accident. They are meant to cross our paths for a reason."

Change is not always easy. We are all affected by change, whether at work, in our home lives, or with our families or friends.

As is my habit, I always end with a tasker: reflect on the fondest memories you have of Col. Blanding. When you see her, make sure you share those thoughts with her. Always focus on the positives, and eliminate as much negative as you can. Change will continue to happen around us, but I know there is not anything the EAMC Team cannot handle.

Welcome new nurse leaders to Eisenhower

Introducing: Col. Sheila J. Webb, RN, MHA, CNOR
Assistant Deputy Commander for Nursing
Eisenhower Army Medical Center

Col. Sheila Webb is a native of Sumter, S.C. She began her military career in 1999 after graduating from Lander University's ROTC program where she received a Bachelor's of Science degree in Nursing and commissioned as a second lieutenant. She holds a Master's in Health Administration from Webster University.



Courtesy photo

Col. Sheila J. Webb, RN, MHA, CNOR, recently came to Eisenhower Army Medical Center as the Assistant Deputy Commander for Nursing.

Prior to assuming the role of the assistant deputy commander for Nursing, Eisenhower Army Medical Center, Webb served as the chief, Perioperative Services, Fort Belvoir Community Hospital, Fort Belvoir, Va.; director, Practical Nurse Course, San Antonio Military Medical Center, San Antonio, Texas; chief of Perioperative Services and 3SL program manager, Kimbrough Ambula

see **WEBB** on page 9

Introducing: Lt. Col. Jean Williams
Chief Nurse Executive for Inpatient Services
Eisenhower Army Medical Center

Lt. Col. Jean Williams is a native of Haleiwa, Hawaii. She started her Army career as an enlisted signal Soldier and later direct commissioned as a second lieutenant in the Army Nurse Corps after earning a Bachelor of Science in Nursing from the University of Illinois at Chicago. She later earned a Master of Science in Administration from Central Michigan University.



Courtesy photo

Lt. Col. Jean Williams recently came to Eisenhower Army Medical Center as the Chief Nurse Executive for Inpatient Services.

Williams is a board-certified Nurse Case Manager and also serves as a deputy consultant to the Surgeon General for Nurse Case Management and Medical Surgical Nursing.

She has served in various roles throughout her career to include: USAREC bri-

see **WILLIAMS** on page 9

Recipes? From a medical library?

Wealth of recipes available from library

Mary E. Gaudette
Librarian
Eisenhower Army Medical Center

A little known fact about the Eisenhower Army Medical Center Health Sciences Library is that its users can access hundreds of recipes that promote healthy and delicious eating. Among the library's print and e-book collections are resources that include:

- Recipes for gluten- and dairy-free diets;
- Recipes for increasing fiber intake;
- Recipes to help prevent and control hypertension, diabetes, and heart disease;
- Recipes to assist with and maintain weight loss;
- Recipes related to the health benefits of cultured foods (i.e., kimchi, yogurt, etc.);
- Recipes to help manage autistic and ADHD behaviors;
- Recipes to help improve sports performance;

- Recipes for people undergoing cancer treatment, and
- Recipes to reverse the physical damage caused by alcoholism.

To explore this bonanza of recipes, access the Library's catalog at <http://opac.libraryworld.com/opac/signin?libraryname=EAMC%20HSL>.

When the "Sign In" screen displays, type "EAMC HSL" (without the quotation marks) in the "Library Name" field. Then click on the "Sign In" button — no password is required.

From the catalog's home page, performing an "All Words" search on the term "recipes" will currently return records for 20 print books and 18 e-books that contain recipes related to each book's health topic.

Diets discussed and recipes featured range from the exotic, such as regional recipes from the Barossa Valley of Australia, to specialized nutrition plans, such as a 10-step plan for lowering blood pressure in four weeks.



Doing a "Subject Includes" search on the term "diet therapy" will return additional titles containing recipes specific to dozens of different health conditions.

An EAMC library account is required for permission to check out any of the print books discovered by the search, and an EZproxy account is necessary to access any of the e-books. If you need to register for either or both accounts, contact the librarian at 787-4446, or send an email to mary.e.gaudette.civ@mail.mil.

Medical illustrator poised, ready to tell visual stories

David M. White
Public Affairs Office
Eisenhower Army Medical Center

“Scientific illustrators are essential to the communication of scientific information,” according to Philadelphia’s Franklin Institute, “because of their ability to translate ideas into visuals that can be used to communicate information to a broad range of audiences.”

As a teaching hospital, Eisenhower Army Medical Center has an ongoing need for a medical illustrator, which is an esoteric profession to begin with. There are currently “about 2,000 medical illustrators in the world, according to the Association of Medical Illustrators,” Keri Leigh Jones, MSMI, CMI, said.

‘I like the challenges and the research.’

— Keri Jones, MSMI, CMI

When a vacancy here opened recently, Jones leapt at the opportunity. A recent graduate of Augusta University, Jones, who is trained in 2-dimensional and 3-D illustration and animation, has a bachelor’s degree in cell and molecular biology, and a master’s in medical illustration. She is trained in molecular, cellular, anatomical, and pathological sciences and skilled in visual story-telling to a wide range of audiences using a variety of media and techniques.

“The first medical illustrator in the contemporary sense,” according to the Association of Medical Illustrators, was, arguably, the Renaissance’s foremost genius, Leonardo Da Vinci.

However, illustrators in some form have been exploring and recording the inner



Photo by John Corley

Keri Leigh Jones, MSMI, CMI, Eisenhower Army Medical Center’s new medical illustrator and animator has actually been here since mid-October. A native of Augusta, Jones graduated from Augusta University with a bachelor’s degree in cell and molecular biology, and a master’s in medical illustration.

workings of the human body for eons.

“Medical illustration for instruction first appeared in Hellenic Alexandria during the 4th century BC or early 3rd century BC,” according to the AMI.

Although not an inveterate doodler, Jones did exhibit what she calls “a God-given talent” for illustration. With a high

interest in science and her illustrator’s skill, Jones was pushed by these twin currents in her life toward medical illustration.

I’ve always had “the talent and interest in art and drawing,” Jones said, so this was a natural place to “merge art and [my love for] science.”

At EAMC since mid-October of last year, Jones has been working closely with the pediatric sexual assault prevention team, and a few doctors and residents. But she has a bit of excess capacity and wants residents, doctors, nurses and other faculty’ to know she’s available to help with research, presentations, medical training and education, and patient education to enhance EAMC’s 5-Star health care.

“I like the challenges and the research,” she said. “[Medical illustration] is a good and meaningful thing for me to do.”



Health Services Auxiliary suspends operations

David M. White
Public Affairs Office
Eisenhower Army Medical Center

Quietly in January of this year, the Health Services Auxiliary decided to suspend operations.

“Our membership has slowly been declining over the years and recruiting new members has been difficult,” said Aimee Davis, who presided over the final board meeting. “This year several of our board members were PCSing and a few more board members who have served for many years had decided to step down and pursue other opportunities.

“We just didn’t have enough members willing to fill all of the open board positions,” she said. “It was a sad and difficult decision.”

Once known as the Medical Center Officers Wives Club, according to an article in the April 1989 edition of *The Examiner*, Eisenhower Army Health Service Region’s newspaper, the organization reported a name change. According to then-President Lyn Tippens, the new name, the Health Services Auxiliary, would not change the organizations’ initial mission.

“The primary reason for the name change,” said then-Senior Advisor Sally Bussey in the *Examiner*’s 1989 article, “was to indicate what we do and what we’re about, and the fact that we are an auxiliary to the medical center and the DENTAC. It also permitted us to open our membership to anyone interested.”

Over the years, the HSA has devoted its energy to raising money used to “provide philanthropic support for items needed to improve the well-being and comfort of patients or their families,” according to an informal history of the HSA by Linda Yehle, EAMC’s Red Cross representative and HSA’s longtime treasurer. “These items would be unobtainable through the military system and were approved for purchase through the chain of command. In 1989 the largest moneymaker was taking and selling photos of newborn babies.”

In April of 1993, EAMC’s Fisher House opened its doors for the first time, according to Francisco Cruz Jr., Fisher House manager, and HSA set its sights on supporting that cause.

Beginning in 1996, HSA has mounted an annual golf tournament that became its largest fund raiser, generating thousands of

dollars each year.

In addition to the golf tournament, “we have held biannual bake and plant sales near Valentine’s Day and at the end of October near Halloween,” Davis said. “We also have held biannual book fairs at EAMC — one in the fall and one in the spring. Due to COVID, we had to cancel our book fair and bake sales starting in the spring of 2020.”

According to Yehle’s history, “In recent years items provided [by the HSA included] toys and toothbrush kits for children going through school screening, brain games for Behavior Health, refreshments for patients going through chemotherapy, meals for the Residential Treatment Facility, cancer survivor booklets, coins for those who have completed substance addiction treatment program at the RTF, and stress balls for the [Traumatic Brain Injury] clinic.”

But with the HSA’s suspension of activity, these philanthropic activities will cease.

“I am so proud of the hard work we have done as an organization to raise money and give back to our military community and the Fort Gordon Fisher House,” said Davis. “My favorite memories will be the Fisher House Golf Tournaments over the years. The support we have had from those who have donated prizes, our sponsors and our golfers who came back year after year meant so much to us. I will really miss those tournament days and the feeling of all of us out at Gordon Lakes having fun while raising money for such a wonderful cause.”

From Cruz’s perspective, he recognizes the

‘HSA has ... given me the opportunity to lead, serve and give back to the military community here ...’

— Aimee Davis, president, Health Services Auxiliary

importance of the HSA’s contributions and efforts on the Fisher House’s bottom line.

“The hope is that other individuals/groups or organizations [will] step up,” Cruz said.

Davis is grateful for the intangibles provided by her participation in the HSA.

“HSA has been a social and philanthropic organization that has given me the opportunity to lead, serve and give back to the military community here on Fort Gordon and at the Fort Gordon Fisher House,” she said. “I have also been able to meet and work alongside some of the amazing men and women who have been members of HSA.

“I am thankful for the friendships I have made over the years.”



Photo courtesy of Health Services Auxiliary archives

Eisenhower Army Medical Center’s Health Services Auxiliary’s holds a board meeting March 21, 1990 to discuss an upcoming event. There are no identifications of those pictured.

Juneteenth: newest recognition of significant historical event

Sgt. 1st Class Daniel G. Hauser
Equal Opportunity Advisor
Eisenhower Army Medical Center

Recently, there's been a significant uptick in questions about Juneteenth. Because it's not a part of most history classes, you may have found yourself asking why the United States now celebrates this unusually named holiday.

On June 19, we commemorate the oldest-known celebration of the end of slavery in the United States known, in

short, as Juneteenth.

The nation's Civil War ended May 9, 1865. Union Soldiers on June 19, 1865 relayed the message that formerly enslaved African-Americans in Galveston, Texas, were now free.

Two and a half years earlier, President Abraham Lincoln's Emancipation Proclamation stated that all people enslaved in states rebelling against the Union "shall be then, thenceforward, and forever free." However,

even after the war, skirmishes, scattered resistance and slavery continued in Texas, where there had been no large-scale fighting or a significant presence of Union troops.

In the period following what is now known as Juneteenth, slavery was outlawed by the 13th Amendment to the United States Constitution in December 1865. Since then, this nation has undergone great periods of change — which continue even now — to strive toward achieving the dreams of the founding fathers and fellow Americans.

We honor and remember Juneteenth and the lessons of history; we want to educate our nation, our military, and our Eisenhower Army Medical Center team. We encourage each of you to reflect upon the promises of freedom and continue to work together toward equity and opportunity. On Juneteenth, we also honor the generations of Americans whose unpaid labor and service built our nation. And, we reaffirm our commitment to develop and inspire current and future generations to serve in our honorable profession, one which honors and protects dignity and respect for all people.



Photo courtesy of Smithsonian Institution

Juneteenth celebration in 1900 at Eastwoods Park (Austin [Texas]History Center via National Museum of African American History and Culture)

**Appointment Only
No Walk-ins**

2021 SCHOOL SCREENINGS

July 17, July 24, Aug. 7 • 7:30 a.m. - 2 p.m.

All children must be eligible for care at Eisenhower Army Medical Center and enrolled in DEERS (current in Eisenhower DEERS system at least one week prior to screening)

Please remember to bring:

- ID Card or Current proof of DEERS registration
- Medical Records (if not at Eisenhower)
- Immunization Record (Shot Card)
- Eye Glasses / Hearing Aid
- Medical Power of Attorney (if applicable)
- Sports physicals available by appointment

COVID-19 shots available for kids 12 years and older

Call 706-787-7300 to schedule your appointment

IKE 6 from page 3

pains. And yet we approached these challenges in creative and innovative ways, as on-going works in progress and an excellent commitment to delivering high-quality, 5-Star health care. Of that I am, and will continue to be proud of your daily commitment to achieve excellence.

EAMC has and continues to demonstrate excellence, commitment and dedication to our core mission of delivering readiness through 5-Star health care. It is evident by the extremely successful triennial Joint Commission survey, and the continued recognition by the American College of Surgeons with

their NSQIP awards. We maintained a readiness posture above 85 percent and hosted Army-level training — the first of its kind — on the installation. These are team efforts that required the entire team's support and attention to detail, from housekeeping to the command suite, from our most junior employee to our most senior.

This has been one of my most fulfilling and rewarding assignments. I thank each of you for sharing this time and space with me; your unwavering support' and for allowing me to lead this great organization through some of the most difficult times in our Army and our country. Eisenhower will forever hold a special place in my heart. We have accomplished

a lot in this short two years and you should be proud of all your accomplishments.

On Aug. 2, at 8 a.m. on Barton Field, I will relinquish command to Col. Heidi Mon. I am confident that you will provide her the same great support you gave to me during the past two years.

Eisenhower is a star in the crown of Army Medicine and I know that with your support, Col. Mon will take this command to the next level.

Team Eisenhower, you inspire me daily. Continue demonstrating 5 -Star excellence in all you do.

We are Eisenhower.

IKE 6

Mission

Eisenhower Army Medical Center provides military readiness through sustained medical education and multidisciplinary care to deliver consistent, high-quality patient-centered health care services for soldiers, family members and retirees.

Vision

To be the medical center of choice delivering readiness while providing 5-Star health care experiences.

Purpose

Values-based organization providing medical readiness through quality, timely, safe health care; and exceptional medical education.

Priorities

- COVID response
- Readiness optimization: Ready medical force/ medically ready force
- Organizationwide quality and safety culture cultivation
- Medical education activities sustainment
- 5-Star patient experience
- Transition to the DHA Augusta Market



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WILLIAMS from page 4

nurse, 5th Recruiting Brigade, Fort Sam Houston, Texas; Emergency Medical Technician Branch Chief, Department of Combat Medic Training, Fort Sam Houston; Warrior Transition Unit nurse case manager, Fort Belvoir, Va. and Fort Lewis, Wash.; clinical staff nurse, Surgical Services, Walter Reed Bethesda, Md.; ICU Stepdown and PACU, Madigan Army Medical Center, Fort Lewis, Wash.; PROFIS staff nurse 47th Combat Support Hospital, Tikrit Iraq.

Williams' military education includes: Intermediate Level Education, AMEDD Officer Advanced and Basic Courses; Instructor Training Course; AMEDD Cadre Training Course; AMEDD Head Nurse/OIC Leadership Development Course; Action Officer Development Course; Lean Leader; Supervisor Development Course.

Her awards and decorations include the Meritorious Service Medal with three oak leaf clusters, Army Commendation Medal with four oak leaf clusters, Army Achievement Medal with one oak leaf cluster, Meritorious Unit Citation, National Defense Service Medal with bronze star, Iraqi Campaign Medal with two bronze stars, Global War on Terrorism Service Medal; Non-Commissioned Officer Professional Development Ribbon; Army Service Medal; Overseas Service Ribbon; Parachutist Badge.

Williams is the daughter of Theodore and Felipa Williams and proud mother to a son.

WEBB from page 4

tory Care Center, Fort Meade, Md.; nurse consultant, United States Army Medical Material Agency, Frederick, Md.; clinical nurse officer in charge of the Operating Room and Sterile Processing Department, 121st Combat Support Hospital, Yongsan, Korea; operating room logistics coordinator, San Antonio Military Medical Center, San Antonio, Texas; clinical nurse officer in charge of the Operating Room and Sterile Processing Department, 115th Combat Support Hospital, Leesville, La.; clinical staff nurse, Operating Room, Eisenhower Army Medical Center, Augusta, Ga.; clinical staff nurse, Moncrief Army Community Hospital, Columbia, S.C.

She deployed to Iraq from 2006-2007 with the 21st Combat Support Hospital in support of Operation Iraqi Freedom.

Military education includes: The Army Medical Department Officer Basic and Advanced Courses, AMEDD Captains Career Course, Clinical Head Nurse Course, Entry Level Executive Nurse Course, Instructor Training Course, Intermediate Level Education Course, Lean Leaders Course, Perioperative Nursing Course. She also holds certifications in Level II Program Management and Operating Room Nursing.

Her awards and decorations includes: The Bronze Star, the Meritorious Service Medal (3 OLCs), Army Commendation Medal (3 OLCs), Army Achievement Medal, National Defense Service Medal, Iraq Campaign Medal, Global War on Terrorism Service Medal, Korean Defense Service Medal, Army Service Ribbon, and Army Overseas Ribbon (2nd award). She is also a recipient of the AMEDD Order of Military Medical Merit (O2M3).

Webb is married to retired Navy Master Chief Petty Officer David Hall.

June**Patient Safety Employee of the Month**

Photo by Scott Speaks

Eisenhower Army Medical Center's Deputy Commander Col. Brandon Pretlow, left, recognizes Spc. Dontrell R. Mickle, a 68D surgical technician, for his consistent assertiveness in his operating room duties and responsibilities in the name of 5-Star patient care.

Patient Safety Division

Spc. Dontrell R. Mickle routinely demonstrates excellent patient safety practice and critical thinking skills. Mickle, an Eisenhower Army Medical Center 68D surgical technician, is consistently assertive in his operating room duties and responsibilities.

He was selected over other surgical techs to scrub in on a complicated robotic-assisted bilateral inguinal hernia case. Mickle did an outstanding job and his skill set was beneficial to the patient.

Thanks to Mickle's competence, he found an unsterile/unprocessed Da Vinci 12mm scope on a sterile shelf. The patient-care item was immediately taken out of service and an in-service was conducted.

The scope was reprocessed for the patient's surgical procedure.

Mickle, a native of Navasota, Texas, also has uncovered wrapped items that were found to be damaged due to normal wear and tear. He immediately informed his chain of command, had the items removed and reprocessed immediately.

He also takes the initiative to check equipment to prepare for the next week's cases. The entire OR team is constantly being notified of his selfless service in morning huddles.

Mickle's commitment to patient care has helped eliminate infection issues for EAMC's surgical patients.

Hazardous activities sprout anew in summer

Compiled by Vincent L. Wilson

Chief, Safety and Occupational Health Manager
Eisenhower Army Medical Center

Summer is here and the Covid-19 restrictions are finally easing. It is that time of year for dusting off the grill and preparing for that backyard cook out. The sun is shining bright and the weather invites us all to don swim attire, sunscreen and sunglasses.

We made plans all year 'round and now we can finally take that vacation we promised the kids. The warmer climate invites us to explore and enjoy nature at its best. However, this is the time of year we must stay vigilant.

During the summer, mishaps increase due to additional activities. It is also a time of celebration, recreation, staying awake longer hours and driving more miles than your body has the energy for. The following safety tips are provided to make your summer journey a safe and happy one.

Drinking, driving, distractions

Driving after drinking is deadly. Yet it continues to happen across the United States. If you drive while impaired, you could get arrested, or worse. You may be involved in a traffic crash that causes serious injury or death. In every state, it is illegal to drive with a BAC of 0.08 or higher. Yet in 2019, one person was killed in a drunk-driving crash every 52 minutes in the United States.

The National Highway Traffic Safety Administration reported 10,142 alcohol-related fatalities in 2019 from motor vehicle traffic crashes in which at least one driver had a blood alcohol content of 0.08 or higher. Totaling 28 percent of fatalities for that year.

Every year 1.5 million impaired drivers are arrested yet only one arrest is made for every 772 occurrences of driving under the influence of alcohol or drugs. Repeat offenders account for a high number of alcohol related crashes. America is at a crucial point where we must all do more as communities and as individuals if we are to make significant declines in the number of alcohol- and drug-related crashes.

An estimated 660,000 drivers per day use their phone while driving, leading to 1.6 million crashes occur annually. Texting while driving is six times more likely to cause an accident than driving under the influence. It takes three seconds after the

driver's attention has been diverted from the road for a crash to occur. Texting while driving results in 400 percent more time in diverting driver's attention from the road.

Bicycle safety

- Remember to use arm and hand signals
- Ride with traffic, not against it
- Always wear an approved bicycle helmet
- Avoid riding at night if possible
- If you must ride at night, install front and rear lights on your bicycle and wear reflective clothing

Walking and jogging safety

- Execute warm up exercise prior to walking, jogging or running
- Jog, run or walk on sidewalks facing traffic; exercise caution when jogging, running or walking near roadways
- Choose good shoes for jogging, walking or running
- Wear loose clothing with light colors. In the evening use reflective clothing
- Drink plenty of fluids (water or sports drink) before and during a walk, jog, or run
- Watch for signs of heat stroke in hot weather
- Jog, run or walk in a familiar area; carry a whistle or cell phone
- Allow a cool-down period

Water safety

Pool

- Use an approved safety cover and keep the pool covered when not in use
- Never allow children access to the pool without adult supervision
- Fence and lock your pool (consider installing a water-surface-tension alarm)

Diving safety

- Always test water depth before diving
- If you are unable to see below the water's surface, don't dive
- Never dive into rivers or other moving bodies of water
- Keep your arms extended above your head when diving
- Always swim with a partner
- Never allow young children to swim without adult supervision



- Never swim when you are tired, under the influence of alcohol, drugs or medication
- Know and observe your swimming limitations and capabilities
- Avoid swift-moving water. If caught in a current, swim with it and angle toward shore or the edge of the current
- Observe warning signs
- Stay out of the water during thunderstorms and severe weather

Heat ailments

Heat cramps occur after several hours of physical exertion in the heat.

Symptoms: Painful muscle spasms usually in the legs or abdomen.

Treatment:

- Get out of the heat and into the shade
- Hydrate with water or sports drink
- Stretch/massage the muscle

Prevention:

- Acclimatize to the environment so your body adapts to the heat
- Hydrate with water or sports drink before and during exercise
- Avoid exercising during hottest part of the day
- Wear light, loose clothing and use sunscreen

Heat exhaustion occurs due to loss of

SUMMER from page 10

water and salt through sweat

Symptoms:

- Headache, nausea, dizziness, weakness, and cool, clammy skin.

Treatment:

- Stop and rest
- Hydrate and get into a cool room or shade.
- Loosen clothing and apply cool wet towels or pour cool water over the head

Prevention:

- Same as heat cramp prevention

Heat stroke is a serious condition when the body's cooling system stops working and core temperature rises to dangerous levels. If ignored, heat stroke can lead to death.

Symptoms:

- Red, hot and dry skin

- Rapid but weak pulse
- Rapid but shallow breathing
- Confusion, faintness, staggering, hallucinations

- Unusual agitation or coma

Treatment:

- Reduce body temperature by cooling the body
- Remove unnecessary clothing
- Apply water, cool air, wet sheets or ice on the neck, groin and armpits to accelerate cooling
- Seek medical attention immediately

Prevention: Same procedure concerning heat cramps or heat exhaustion

Summer cookouts

- Place grill in well-ventilated area and away from children's play area
- Wear fitted clothing so loose clothing doesn't contact fuel or fire

- Stand up wind when lighting the fire
- Do not use flammable liquids to start the fire or to relight the coals
- Be in attendance at all times

Fire works

- Never allow children to play with or ignite fireworks
- Read and follow all warnings and instructions
- Be sure people are out of range before lighting fireworks
- Only light fireworks on a smooth, flat surface away from the house, dry leaves and flammable materials
- Never try to relight fireworks that have malfunctioned
- In case of a malfunction or fire, keep a bucket of water/garden hose or fire extinguisher at the ready.



MHS GENESIS = CONNECTED
COORDINATE CARE FOR PATIENTS
ON AND OFF THE BATTLEFIELD





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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