

# Wrapping up School Screenings Suicide Prevention Month

*Rounds*   
Eisenhower Army Medical Center  
SEPTEMBER 2021



Jolie reacts to a tone in the headphones during her hearing test at Eisenhower Army Medical Center's Aug. 7 school screening.

# Craving caffeine? How much is enough?

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

Like most humans, I cannot imagine starting the day without a cup of coffee. I like the taste and, of course, the stimulating “wake-up” effect of its primary ingredient, caffeine.

Caffeine, theophylline, and theobromine are three alkaloids found within the compound, Methyl xanthine. These alkaloids naturally occurs in numerous plants. Each alkaloid varies in its stimulant and potency effects. All are used in various products such as beverages, weight-loss drugs or dietary supplements, or prescribed/over-the-counter pharmaceuticals. Of the three alkaloids, caffeine is the most researched and used by consumers.

Caffeine’s best facet is its stimulant effect. It actually competes with the sleep hormone, adenosine, for a binding spot on specific receptors in the brain. When caffeine binds to these receptors, the culminating effect is the release of adrenalin, the “fight or flight” hormones. The mind and body become more alert, often with energy to spare.

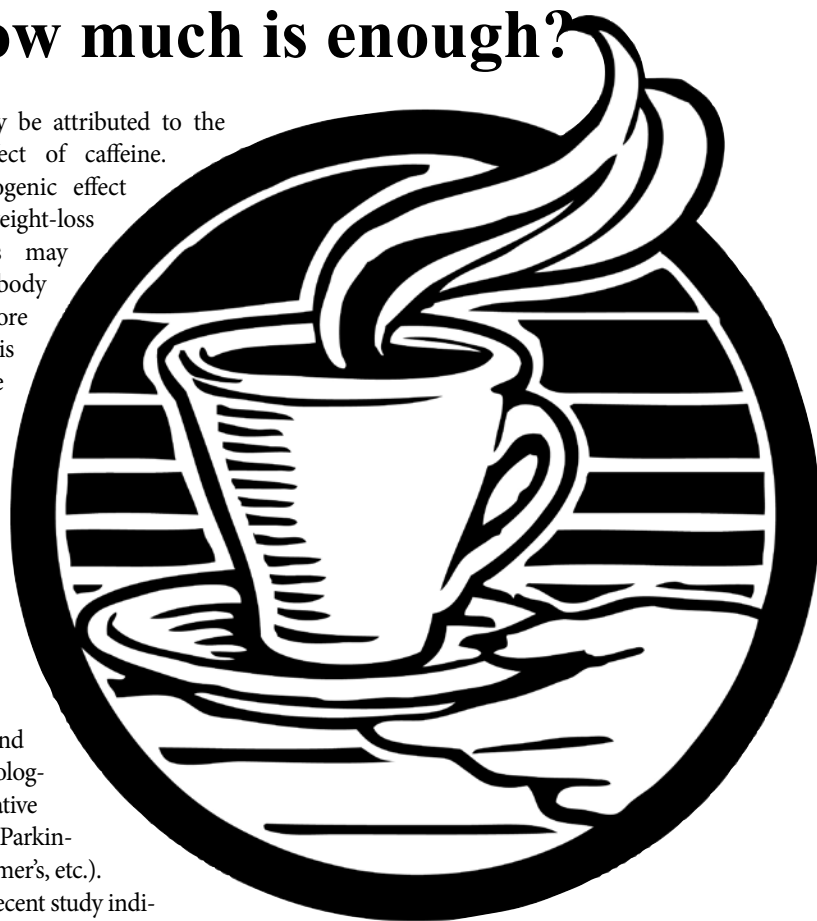
Research indicates that caffeine does have some possible health benefits if consumed responsibly, as well as certain risks. The Food and Drug Administration recommends no more than 400 mg per day and the American College of Obstetricians and Gynecologists recommend no more than 200 mg per day for pregnant women. The possible health benefits and risks include the following:

- If consumed in moderation, within the recommended limits, caffeine may enhance your cognitive capacity (the ability to think more clearly).
- Caffeine’s effect on heart health was assessed in both Framingham Heart and the Cardiovascular Health Study, and Atherosclerosis Risk in Communities Study. The overall results indicate that caffeinated, black coffee may decrease risks of heart disease. Of note, consuming more than the recommended 300 to 400 mg of caffeine per day is not recommended. Research is ongoing.
- Caffeine and other energy derivatives are often added to dietary weight loss supplements. Research does not indicate that caffeine causes significant weight loss. However, minimal weight loss with

caffeine may be attributed to the diuretic effect of caffeine.

The thermogenic effect of certain weight-loss supplements may cause the body to burn more calories. This may be attributed to the amount of caffeine and other derivatives added as ingredients.

- There is limited research on caffeine and certain neurological degenerative diseases (i.e. Parkinson’s, Alzheimer’s, etc.). However a recent study indicates consuming caffeinated coffee at recommended amounts may decrease long-term risk of both Alzheimer’s and Parkinson’s disease.
  - Research indicates that large amounts of caffeine for pregnant women — greater than the recommended 200 mg per day of caffeine — may be harmful to both the mother and fetus, as caffeine can cross the placenta.
  - Drinking caffeinated beverage late at night effects sleep.
  - Consuming caffeinated beverages with a multi-vitamin/mineral supplement (i.e. B complex, calcium, vitamin C, etc.) may have a diuretic effective. The B vitamins and vitamin C are water soluble.
  - Many energy drinks can have three times the amount of caffeine recommended per day, but may also contain other caffeine derivatives such as guarana, yohimbe or bitter orange.
- Caffeine’s content varies based on your selection. Some choices are:
- 1 cup of brewed coffee has about 100 mg of caffeine; Instant coffee may average 50 mg or more.
  - Espresso has about 70 mg of caffeine.
  - Black tea can range from a mere 50 mg to



- more than 75 mg of caffeine.
- A 12-ounce can of soda can range from 50 to greater than 80 mg of caffeine.
- Energy Drinks can range from 80 to more than 180 mg of caffeine.

Enjoy your caffeinated beverage, but limit the amount you are consuming to the recommended 400 mg per day.

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# 5-Star family: ‘Everyone didn’t blink’

**Col. Heidi P. Mon**  
Commander

Eisenhower Army Medical Center

*I’m proud to share an email drafted by our very own Department of Medicine chief, Lt. Col. Nicholas Orr, following an eventful evening last week.*

*His report highlights the collaboration and teamwork this organization excels at each and every day. I could not be more proud to have joined this family.*

*Thanks for all you do each and every day.*  
— IKE 6

• • •

Great case overnight from Winn Army Community Hospital, [Fort Stewart]; I must pass [it] along.

I was on call for cardiology last night at [Eisenhower Army Medical Center]. At approximately 0230, I received a call from Lt. Col. Chris Mattson from internal medicine at Winn. He had a senior, male active-duty officer with concerning chest pain (unstable angina).

All Savannah-area hospitals were on divert. Although the mileage is outside of typical range for safe transit, I agreed with the need for transfer to a facility with cath lab capability. We discussed medical ther-

## ‘Frankly, dust off kicks ass ...’

— Lt. Col. Nicholas Orr,  
chief, Department  
of Medicine, Eisenhower  
Army Medical Center

apy and transport.

We both agreed that air would be safest option due to transit time and possible evolving acute coronary syndrome.

Civilian air was red due to weather. Mattson was unfazed. Within 20 minutes, he arranged a military EVAC via Hunter Army Air Field, 3rd Infantry Division, Combat Air Brigade. Dust off was wheels up from WACH within the hour; cited [flight time of] 46 minutes.

I arrived 10 minutes before the patient. EMS and Fort Gordon Police Department were already in place to support aircraft landing and patient transfer. I clocked wheels down at 45 [minutes].

Frankly, dust off kicks ass in my humble opinion.

While the MEDEVAC was enroute, Capt. Wes Hutto, an EAMC IM resident,

worked with the nursing supervisor to arrange bed and patient registration. He then coordinated with the ER staff to have labs and ECG ready to cook when the patient arrived.

The ER and EMS staff were on their game. I watched the flight medic give an impeccable report to Dr. Hutto. It was obvious that Maj. Matt Esposito, flight surgeon, Hunter Army Air Field, had trained them well.

My job was easy; I said hello to the patient, awaited his bloodwork, corroborated his story and signed him out to Dr. Susan Noe as I finished my week of call. It was a good thing [the patient] came our way without delay due to the finding of a critical stenosis.

Rewind 24 hours. Maj. Brian Pomerantz, Dr. Bob Jeschke and the Deputy Commander for Clinical Services’ lane are piecing together a team for the Cardiac Catheterization Lab in a time of critical staffing, knowing we can’t be without them during this unprecedented time of network hospital diverts during the pandemic.

The case is ongoing at the moment but I can’t stress enough how this was a team effort. We never know when a case like this will arise but I’m glad everyone didn’t blink.

Thank you to everyone involved.

# Ike 7 says: Ship your oars and take care of yourself

**Command Sgt. Maj. Natasha Santiago**

Eisenhower Army Medical Center

I hope you are taking a few moments to read this and take a knee. The entire team has rowed extremely hard this summer.

I am happy to say we have now made it to September. Fall will be upon us shortly: Sept. 22 to be exact. When I say this, many laugh at me because here in the CSRA, it may seem like an extension of the summer, but, there will be distinct changes.

Elizabeth Lawrence, author of A Southern Garden and other works, writes: “Everyone must take time to sit and watch the leaves turn.”

Trust me, they do change colors and fall off of the trees here in Augusta. But, with all of the busyness in our lives, with

## The entire team has rowed extremely hard this summer.

just the blink of an eye, we can miss something this simple.

This month as we get ready to transition seasons, I would like all of us to focus on self-care. Take time to do something that

brings you joy each and every day. Pick up a new hobby, continue with a favorite time, watch a football game (maybe NY Giants Football), or go for a walk or a run. Maybe reading is something you enjoy. Take time to do that.

Many of us like spending time with our friends and family. This helps in re-charging our batteries.

Just make sure with the environment we are in that you do it safely and plan it out.

Being socially distanced does not mean we have to be socially isolated.

Always remember that taking a knee, talking to someone or taking time for yourself are not signs of weakness. They are key indicators that you care about yourself, and that you are practicing self-care. We care about you. Have a great month.

# Army Behavioral Health Specialists' role

**Sgt. Jaela Clark, NCOIC**  
Outpatient Behavioral Health Services  
Eisenhower Army Medical Center

The Soldier's Creed instills the belief that "I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills."

To support the brothers and sisters in arms, Behavioral Health Specialists, 68Xs, provide the skills and techniques to be mentally tough.

At Eisenhower Army Medical Center, an array of services is available to service members and their families. Behavioral health services include inpatient, outpatient and intensive outpatient services, as well as the Family Advocacy Program and specialized care for substance use.

Behavioral Health Specialists provide many of the supplemental, auxiliary and support services under the supervision of a licensed behavioral health professional. 68Xs not only conduct clinical interviews, triage and risk assessments, but they also perform specialized mental status evaluations and psychological testing.

**68Xs, provide the skills and techniques to be mentally tough.**

Another fundamental role of 68Xs is facilitation of psychoeducational and therapeutic groups. 68Xs are required to maintain specific training requirements and demonstrate competence in various professional and ethical domains. As they progress, the demands and requirements for each skill level increases in complexity, specificity and supervisory skill, with minimum client hours ranging from 200 to 750 client-contact hours.

68Xs often pursue specialized training to expand their breadth of knowledge. Com-

monly, technicians obtain a certification as Drug and Alcohol Counselor, indicating they have been trained in providing specialized counseling services for those in treatment for substance use. Training for this certification entails a two-week individual counseling course and a two-week group counselling course.

These specialists have opportunities to expand their knowledge and provide care in unique situations. Beyond treatment and

administrative services, they are responsible for developing Combat Operation Stress Control support plans, training subordinates in foundational and advanced cognitive behavioral techniques, and supervising daily operations across professional settings.

68Xs ensure the health of the fighting force and lead by example. By emphasizing knowledge and skill, they maintain the discipline and toughness idealized by the creed of the soldier's profession.

**AWESOME!** **WOW!**

**Be a Local**

**SUPER HERO**

**Volunteers needed!**

**Eisenhower Army Medical Center will host the**

**Richmond County Schools**

**Volunteer Program**

**Join us at one of the trainings to learn how you can be a mentor or volunteer for local children at Richmond County Schools.**

**All trainings will be at 10-11 a.m. at the EAMC Auditorium!**

**August 23**

**September 13**

**October 25**

**For more info, or to RSVP call: 787-0200**

# Be prepared with helpful information

**Dr. Norma J. Charles**

Clinical Psychologist/RTF Clinical Director  
Eisenhower Army Medical Center

Suicide is one of those topics that is often “the elephant in the room.”

Suicide is usually complex due to a combination of hopelessness, helplessness and painful suffering. Although the subject matter is a sensitive one for some, the opposite should be true.

Talking about the subject may help soothe those who have lost loved ones by suicide, provide teachable moments about how to support those affected by loss, and equip and enhance the therapeutic skills of those in the field of behavioral-mental health to help survivors of suicide. Conversations provide assessment and development of valid methods for prevention of suicide and support for all affected by such a traumatic incident.

## Prevention

Prevention means not shying away from conversations about feelings: the what, when, why and how. Prevention is also about assessing the needs of those affected by suicide.

## Suicide is the 10th leading cause of death in the United States.

Prevention is about gaining some understanding of suicide and possible tools to prevent it or decrease such trauma to those left to grieve its occurrence. Prevention is simply about having conversations although they may be uncomfortable.

Suicide is the 10th leading cause of death in the United States, according to a 2019 report by the Centers for Disease Control and Prevention. Ninety percent of all people who die by suicide also suffer from a mental health diagnosis at the time of their death. The diagnoses of depression or bi-polar disorders are often associated with deaths by suicide are depression or bipolar disorders, according to a Solace article in 2006.

A few suicide prevention tips from helpguide.org, 2020.

- Express concern and speak up: “I have

been worried about you lately.”

- Respond quickly, particularly when in a crisis. Ask about plans, means or previous thoughts or attempts.
- Offer help and support. Escort the identified person for help to appropriate professional care providers.
- Seek guidance and debrief with someone for yourself.

## Prevention resources

Numerous resources are available in most communities, hotlines, and social media to assist in the prevention of losing a love one or friend by suicide. Examples of such resources include but not limited to the following:

- The American Association of Suicidology, which is an organization dedicated to the understanding and prevention of suicide.
- The National Suicide Prevention Lifeline, 1-800-273-8255.
- The Suicide Prevention Networks
- Your local crisis center
- Local Survivors of Suicide support groups
- Support groups offered by various agencies such as hospitals or hospice agencies.

## September is also National Recovery Month

# Residential Treatment Facility celebrates 12th anniversary

**Theresa A. Brisker**

BH Nurse Educator/RTF Intake Coordinator  
Eisenhower Army Medical Center

National Recovery Month is an annual observance celebrated every September since 1989. This year the Eisenhower Army Medical Center’s Residential Treatment Facility celebrates its 12th anniversary.

Recovery Month collaborates with approximately 200 Recovery Month planning partner organizations that represent local, state and national organizations dedicated to prevention, treatment and recovery. Mental health and substance use disorders affects the military families and all other communities nationwide.

The focus of National Recovery Month this year is to celebrate all people who make the journey of recovery possible by embracing the 2021 theme: “Recovery is for everyone: Every person, every family, every community.”

Recovery Month spreads the message that people can and do recover every day. The impact of mental health and substance use disorders is apparent in our military community, 8.3 percent of the total force diagnosed with mental health disorder. More than 40 million adults in the U.S. percent have an anxiety disorder. Approximately 7 percent of children aged 3-17 experience issues with anxiety each year.

Throughout the month, people become more aware of and are able to recognize the signs of mental health and substance use disorders. People in need of recovery services are encouraged to seek help. Managing the effects of these conditions helps individuals achieve healthy lifestyles, both physically and emotionally.

The Recovery Month observance continues to highlight lives affected by mental health and substance use disorders by raising awareness and educating communities

about effective services. The Fort Gordon community and Eisenhower family are invited to join in celebrating National Recovery Month Sept. 8 and the commemoration of the 12th anniversary of EAMC’s RTE.

The RTF has provided 5-Star addiction and mental health care treatment for more than 3,000 service members worldwide. The Behavioral Health Service throughout the pandemic has provided mental health counseling and teaching for service member, family members and Soldiers for Life. They developed a wellness team and created a Serenity Room, 13W, to help enhance the Eisenhower Team resiliency skills.

In September, and throughout the year, Recovery Month spreads the message that:

- Behavioral health is essential to health.
- Prevention works.
- Treatment is effective.
- People can and do recover.



Photo by Scott Speaks

Eisenhower Army Medical Center's student nurses strike a quick pose in between hearing evaluations at the Aug. 7 school screening.



Photo by Scott Speaks

Sharon Blair flashes a smile during the screening event.



Photo by Scott Speaks

Eley Faulk, left, and Ranisha Remice greet families as they begin the screening process Aug. 7.



Photo by Scott Speaks

Tammy Price, Paulina Cassidy, Rhona Capers, Alexandria Cassidy, Judge Carter and Stefani Williams team up to help with school screenings Aug. 7.

# eyes ears teeth food

**Sharon M. Blair, MSN, RN**  
Chief Nurse Executive, DCCS  
Eisenhower Army Medical Center

The third and final school screening for Back-to-School 2021 wrapped up Aug. 7 with high demand and equal supply as Eisenhower Army Medical Center's semi-annual concentrated effort to help children and parents meet a large requirement for entering Georgia schools.

In Georgia, for students entering school for the first time, parents or guardians are required to ensure their child or children receive a four-point screening: ear, eye, dental and nutrition. Often this can be a timely process requiring three to four different appointments for young Georgian students.

One of the many benefits of receiving care at EAMC is the "one-stop shop" are the school screening events. Typically held on designated Saturdays over the summer and again in January, school screening offers all four screenings during the same event. This multidisciplinary approach ensures young patients have a healthy start to their school journey and they meet timely admission requirements set by the state of Georgia.

The key strategies for the Saturday school screenings include:

- Provide access to wellness appointments.
- Meet requirements for school admission set by the State of Georgia.
- Time saving in reducing parent/guardian time away from work.
- Reduce absenteeism from school.
- Cost effective for families.

An additional bonus, this screening can detect possible problems with young beneficiaries' vision, hearing, teeth and nutrition. The screening can assist in identifying those who may need follow up or additional intervention — from an early age — to better meet the child's needs.

The feedback from EAMC's school screenings has been extremely positive from participating families. An integral part of EAMC's mission is to provide medical readiness through quality, timely and safe health care. Part of providing soldier readiness is ensuring their families have the quality care then need. The EAMC staff is honored to contribute by offering Saturday school screenings four times a year.

The winter edition of school screenings is tentatively scheduled for January.



Photo by Scott Speaks

Brothers Cooper, left, and Jace hold still ... mostly ... during a dental screening at Eisenhower Army Medical Center's Aug. 7 school screening.



Photo by Scott Speaks

Sharon Blair, right, Chief Nurse for Executive Medical Services, and Soldier and Family Care, provides a screening update to EAMC commander, Col. Heidi Mon.



Photo by Scott Speaks

Jolie, right, gets direction on what to expect for her hearing test from student nurse PV2 Jackson Ball Eisenhower Army Medical Center's Aug. 7 school screening.

## Download Express Scripts mobile app for convenient prescription service

### TRICARE Communications

Looking for an easier way to manage your prescriptions? Tired of waiting at a pharmacy to pick up your medications? The Express Scripts mobile app can help you access your TRICARE pharmacy benefit and securely manage the medicine you take.

“The mobile app is convenient, accessible, and simple for you to use,” said U.S. Public Health Service Cmdr. Teisha Robertson, a pharmacist with the Pharmacy Operations Division at the Defense Health Agency. “It’s like a pharmacy-on-the-go. It lets TRICARE beneficiaries refill and track their prescriptions anytime and anywhere.”

The mobile app is free. You can visit the Apple App Store or Google Play Store to download it.

To get started, log in to the app with your TRICARE Express Scripts username and password. If you don’t have an account, you can register for one. Once you’ve signed in on your phone, you can use the app to:

**Order prescriptions.** You can view which prescriptions are due for refill or renewal, and reorder medications. If you have any questions about your order, you can connect with a pharmacist 24/7.

**Track orders.** You can track your current order’s estimated ship date and then track the order in transit.

**Set up automatic refills.** If your medications are eligible, you can set up and manage automatic refills through the app. Express Scripts will refill and ship prescriptions when 25% of your current prescription is remaining. That way, you never run out of medication.

**Pay bills.** You can make secure payments from the mobile app. The app will show your current balance on your account. You have several payment options as well as the option to set up automatic payments.

**Manage medications.** You can set dose reminders that alert you to take your medication. This will help you stick to a steady routine and be less likely to miss a pill.

**Move prescriptions to home delivery.** If you have an existing prescription at a military or retail network pharmacy, you may be able to request home delivery. You can see which medications are eligible for home delivery within the mobile app. As stated in the TRICARE Pharmacy Program Overview, you can get up to a 90-day supply of most medications mailed to you for the applicable copayment with free standard shipping with home delivery. You can also see if your medication is covered through home delivery by using the TRICARE Formulary Search Tool. Keep in mind, some limits on home delivery may apply overseas.

Do you have questions about your pharmacy benefit or prescription costs? Be sure to check out the TRICARE Pharmacy Program Handbook and TRICARE Costs and Fees Sheet.

### August

## Patient Safety Employee of the Month



Photo by Maj. Sean Kiley

**Second Lt. Tiana Harris, RN, center, on 11West at Eisenhower Army Medical Center, is recognized for her quick, perceptive action in treating a patient with a previously undiagnosed cardiac problem. Making the presentation in mid-August are Col. Heidi P. Mon, commander, EAMC, and Command Sgt. Maj. Natasha Santiago.**

### Patient Safety Division

Second Lt. Tiana Harris noticed a patient’s heart rate drop to the low 30s during a medication pass as the patient was swallowing.

Harris assessed that the patient was asymptomatic and that the heart rate immediately improved to normal rate afterward.

The Atlanta native notified her preceptor, the charge nurse and provider, and returned to the patient to recreate the event by having the patient again swallow while being monitored via telemetry monitor.

Her keen eye and prompt action helped the provider to further diagnose the patient’s pre-hospital admission syncopal episode. The new finding led to a cardiovascular consult. The patient was immediately transferred to another facility for a procedure that could not be performed at this facility.

Harris’ actions act had a direct result in the patient’s direction of care.

She earned a bachelors of science in Nursing and is currently pursuing a MSN-leadership at Augusta Medical University. Her goal is to complete the Critical Care Course, become an ICU nurse and, become a Certified Registered Nurse Anesthetist.



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

# Of backpacks and rucksacks

**Kashieem Averill**

Family Readiness Support Assistant  
Eisenhower Army Medical Center

Each year the Soldier and Family Readiness Group holds a back-to-school backpack donation drive to help prepare the children of Eisenhower Army Medical Center's service members with colorful backpacks and some required school supplies to ensure they are prepared for a wonderful school year.

This year, with the support from Operation Homefront and many sections in the hospital, the FRG was able to help out 57 children with new backpacks and school supplies.

There is great joy in seeing the little ones' faces when they are presented with their new backpacks stuffed with goodies.

Many thanks to those who donated backpacks filled with school supplies.



Courtesy photo

First grader, Celeste, 6, and her eight-year-old brother, Caleb, third grade, are ready with their new backpacks, chocked-full of school supplies, for this year's first day at Freedom Park Elementary School.



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.

**September:**  
Being "in the box" impacts our ability by sympathetic with people and not see a coworker as a person, professionally or individually.  
Today, do one thing for this person that will be helpful to them.



Courtesy photo

Four-year-old MaKayla is very happy and ready for her first day of Pre-K at Freedom Park Elementary School.



Courtesy photo

Five-year-old Liyah beams in her new backpack, ready for kindergarten at Freedom Park Elementary School.



## Award-winning books available through in-house library

**Mary E. Gaudette**  
Librarian  
Eisenhower Army Medical Center

Among the hundreds of print books and thousands of Ebooks available to Eisenhower Army Medical Center staff from the Health Sciences Library are dozens of prize-winning titles. Prizes vary from those awarded strictly for medical works, such as the British Medical Association's annual prizes for outstanding literature in various specialties, to those such as the Pulitzer Prize and the National Book Critics Circle Award. These are given by organizations committed to recognizing excellence in writing and publication.

Currently the HSL print and Ebook collections contain titles that have won the following awards or have been runners-up for them:

- BMA — six titles, including the BMA 2019 Medical Book of the Year, Travel Medicine
- Pulitzer Prize for General Nonfiction — six titles

- Phi Beta Kappa Award in Science — two titles
- National Book Award — one title
- National Book Critics Circle General Nonfiction Award — seven titles
- Royal Society Science Book Prize — 13 titles
- British Psychological Society Popular Science Prize — one title
- British Psychological Society Text Book — one title
- PEN/O.E. Wilson Literary Science Writing Award — 14 titles
- C. Wright Mills Award — one title
- Bancroft History Prize -two titles
- Wellcome Trust (a health research foundation) Book Prize for Non-Fiction — 14 titles

Several of the titles housed in the collections have been multi-award winners, with the greatest number of accolades accruing for Siddhartha Mukherjee's *The Emperor of All Maladies: A Biography of Cancer*, which took the top Pulitzer and PEN/O.E.



Wilson honors and was a runner-up for several other prizes.

An EAMClibrary account is required for checking out any of the HSL's print books, and an EZproxy account is necessary to access any of the Ebooks.

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](mailto:mary.e.gaudette.civ@mail.mil).



# Revolutionary War lessons from Cowpens National Battlefield

**David M. White**  
Public Affairs Office  
Eisenhower Army Medical Center

Senior officers and enlisted from Eisenhower Army Medical Center, Fort Gordon, Ga., and Moncrief Army Health Clinic, Fort Jackson, S.C., attended a Staff Ride professional educational tour July 23, to the Cowpens National Battlefield, Cowpens, S.C. More than 40 people attended.

A Staff Ride, according to the Army University Press website, is a historical study of a campaign or battle that envisions a systematic preliminary study, an extensive visit to campaign sites, and an opportunity to integrate lessons derived from each. A significant component of this detailed study is the analysis of the terrain over which the action took place and the effect of that terrain upon the battle or campaign. It is this three-dimensional visualization of the battlefield that separates a staff ride from a battle analysis.

The historians from Combat Studies Institute at Fort Leavenworth, Kan., were Charles “Chuck” Collins, lead, and Troy Lewis, assistant. Scott Woodard, a historian from the Medical Center of Excellence in San Antonio, gave an on-site presentation of medical equipment, techniques and practices commonly employed during the Revolutionary War era.

According to Charles McBarron’s book, *Battle of Cowpens and the National Park Services’ Cowpens National Battlefield website*, “The Battle of Cowpens, January 17, 1781, took place in the latter part of the Southern Campaign of the American Revolution and of the Revolution itself. It became known as the turning point of the war in the South, part of a chain of events leading to Patriot victory at Yorktown. The Cowpens victory was won over a crack British regular army and brought together strong armies and leaders who made their mark on history.”



Photo by David M. White

**One of two historians from the Combat Studies Institute at Fort Leavenworth, Kan., Troy Lewis, left, explains troop movements and terrain during a Staff Ride July 23 to the Cowpens [S.C.] National Battlefield. Col. Charles Haislip, Eisenhower Army Medical Center’s Chief Medical Officer, looks on.**



Photo by David M. White

**Master Sgt. Jessica Conner, NCOIC, Radiology, Eisenhower Army Medical Center, hefts a Revolutionary War-era British Land Pattern Musket or “Brown Bess,” during a July 23 Staff Ride to the Cowpens [S.C.] National Battlefield. The Brown Bess weighs approximately 10 pounds.**



Photo by Capt. Gayle Benton

**Medical Center of Excellence historian, Scott Woodard, shows a Revolutionary War-era cupping device. Similar devices still have medical applications today.**



Photo by David M. White

**Staff Ride participants from Fort Gordon’s Eisenhower Army Medical Center and the Fort Jackson, S.C., Moncrief Army Health Clinic pose for a group photo outside of the Cowpens [S.C.] National Battlefield interpretive center July 23. Nearly 40 people attended.**



**Eisenhower**  
Army Medical Center

**We are Eisenhower**  
WE KEEP OUR NATION READY



Capt. William H. Clodfelter, Ph.D.; chemistry, Chief of Core Laboratory, Department of Pathology and Laboratory Services; at EAMC 21 months, active duty 25 months



Carol D. Berry, Patient Administration Division/Coding Section; at EAMC for 17 years (5 as a contractor and 12 as a GS civilian)



Sgt. 1st Class Zachary S. Babino, NCOIC; Department of Pathology and Area Laboratory Services; at EAMC for three months, in the Army for 19 years



Dr. Julie Cooley, PharmD, BCNP; Chief, Nuclear Pharmacy Department of Pharmacy; 7 years at EAMC

