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February 2022

Vitamin B12 serves best in small amounts

Capt. Judy M. No, RD, LDN Clinical Dietitian Eisenhower Army Medical Center

Ideally the amount of B12 the human body needs is minimal. Adults generally need only 2.4 micrograms per day which is the National Institutes and Food and Nutrition Board's "Recommended Daily Allowance."

A necessary nutrient for the production red blood cells, B12 is a water-soluble vitamin. This means our bodies can efficiently excrete it out in our urine.

There are several other B vitamins, but B12 is the only water-soluble vitamin that can be stored in our body for a prolonged time in optimal conditions.

B12 is primarily stored in the liver. Since it is stored, a B12 deficiency is rare but not unlikely. It takes approximately 3-5 years for a B12 deficiency to occur compared to other B vitamins that may take weeks to months.

There are cases where B12 needs may be increased or require supplementation. These conditions may be determined by genetics, medical or surgical status, lifestyle choice or lifecycle stage. This would have to be determined by a medical provider.

Achieving the FDA's recommended daily allowance is easily achieved with a standard serving size of animal products such as milk, poultry, beef, pork, fish or fortified cereals.

For example, three ounces of salmon provides about 4.8 micrograms of B12 and one-half to 1 cup of fortified cereals offer a range of 2-6 micrograms, depending on the brand. B12 is also widely found in

B12 in excess daily amounts has an elevated risk of stroke, inflammation

over-the-counter supplements and a variety of energy drinks such as energy drinks in amounts of 100 percent to 1,000 percent at or above the RDA.

Supplements and energy products have so much B12 as there is no established tolerable upper limit. This means that there is insufficient evidence to determine a daily cut-off for the amount of B12 we should be consuming. B12 is determined to have low-potential adverse effects when consumed in high amounts based.

The consumer should be aware that B12 is not all benign because there is no established tolerable upper-level intake.

In some isolated research studies, B12 in excess daily amounts has an elevated risk of contributing to a stroke and causing inflammation in specific populations. In other studies, B12 in the form of daily oral supplementation or intramuscular injections of 1,000 micrograms have contributed to cystic acne and/or rosacea.

In the medical community, B12 has an established role in producing red blood cells and folate (another water-soluble vitamin found in green leafy vegetables and fortified cereals). The deficiency of either of these two vitamins results in a condition known as megaloblastic anemia, immature large red blood cells. Immature red blood cells cannot function properly to carry adequate oxygen to the body's tissues. The result: fatigue and weakness, among other symptoms. For this reason, B12 has been correlated with increasing energy with increased consumption.

It is unlikely, if you are consuming either dairy, meat products, and/or fortified cereals, that you would need a B12 supplement. The best option is to choose foods from various B12 sources, as mentioned above. Even vegans can get B12 from many fortified B12 cereals and grains.

If you think you might need a B12 supplement, consult with your Eisenhower dietitian for information.

References:

https://www.consumerlab.com/reviews/ Review_Best_B_Vitamins_and_Complexes_Energy_B6_B12_Biotin_Niacin_ Folic_Acid/bvitamins/

https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional



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Rounds is an official publication of Eisenhower Army Medical Center at Fort Gordon, Georgia, produced 11 times per year 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.

From personal experience

"I can attest to [the impact of toomuch B12] because I bought into the claims of B12 being that energy producer once upon a time.

"I felt low on energy so I purchased an over-the-counter B12 supplement containing 1,000 micrograms tablets I took daily.

"After a month, the result was no

change in my energy status. Still, I did develop cystic acne that wasn't there before taking B12.

"It is suspected that B12 in excess amount can promote the growth of an endogenous bacteria called Propionibacterium acnes in some individuals resulting in acne formation."

— By Capt. Judy No

Love what you love. Fix what you don't

Col. Heidi P. Mon Commander Eisenhower Army Medical Center

Love. Love is patient. Love is kind. Love is all around us. Love will keep us together, at least according to Captain and Tennille.

February is the month of all things red, pink and hearts, and a great time to celebrate all things "love."

Is there any subject more popular in literature and music? We use the word to represent a wide range of emotions from loving a certain movie or food to loving the special people in our lives like our family members.

I can honestly say I love Eisenhower Army Medical Center. It's true. Maybe not all day, every day, but when I think of our organization and the people who work here, I can truly say I love EAMC.

I'm hoping you can say the same, but if

"Love will keep us together."

you cannot, I ask you to take some time to understand why.

Once you can answer the "why," I ask you to do something about it. Sure, there are factors of all government work that may be less-than optimal and are worthy of grum-

bling a bit. But if there is truly something keeping you from looking forward to coming to work and enjoying the mission and people you work with, it is time for action.

You can recommend a new policy or a new process. Meet with a co-worker with whom you've had a disagreement with to hash out a solution. Ask the team at Ike's Café to make chicken finger Friday an everyday option. Or, maybe it is time for a change in your work environment. Is it time to apply for a new position either inside or outside of EAMC? It just might be.

Discontent breeds discontent, and I find it is almost as contagious as the omicron variant of COVID. Instead of complaining or feeling unhappy, let's make February the month that we work toward change to ensure each and every one of us love where we work and what we do. Happy February!

— IKE6

Ike7 says: month of love and an ugly house guest

Command Sqt. Mai. Natasha Santiago Eisenhower Army Medical Center

Happy New Year. It is February. We are well on our way into 2022, and I hope everyone had a truly happy and healthy holiday season.

It still does not feel like we are out of the holidays though does it? As we walk through the stores, the shelves are now lined in seas of red and pink. There are varieties of candies such as chocolate hearts, conversation hearts, chocolate roses, etc. that go on for what seem like miles.

Charles M. Schulz (you know, the one who gave us Charlie Brown) says, "All you need is love. But a little chocolate now and then doesn't hurt."

Valentine's Day I guess cannot come fast enough for some. In all reality, I absolutely enjoy this time of the year. It is just one more reason to indulge my absolutely large sweet tooth in all things cakes and candies, and I get to spoil my better half ... even though I don't need a specific day of the year to do that. He always deserves the best.

But, it gives us all just one more opportunity to spread joy, thanks and kindness to those we interact with on a daily basis.

Team, we entered 2022 with who I would consider a new unwelcome addition to the Eisenhower Army Medical Center family and that is COVID. Furthermore, I don't think that this house guest will be going anywhere anytime soon. Therefore, we must create opportunities to celebrate one another among the controlled chaos that we find ourselves in.

Day in and day out, you have been on the front line of this pandemic.

I saw this quote and it made me think of our team; "Love cures people — both the ones who give it and the ones who receive it," wrote Dr. Karl Menninger, psychiatrist and author.

Please, take time to celebrate the selfless individuals that you are this month. Thank you for your unwavering commitment, compassion and love you bring to the EAMC team. You continue to inspire me.

Happy Valentine's Day, and I hope you and your families continue to remain healthy and safe.

— IKE7

USA is nation of change makers. Go make some change

Staff Reports

The people of the United States are a nation of change makers, a nation of those who stand for equality and freedom. And each February during Black History Month, we honor the black Americans who came before us and still serve now.

standing for their dreams and rights, and making a difference for us all.

Originally founded as "Negro History Week" in 1926 by black American historian and author Carter G. Woodson, it recognized the contributions of African Americans to the country and fostered a better understanding of the black American experience.

In 1976, President Gerald Ford issued the first African-American History Month proclamation, calling upon the American people to celebrate the event each February.

Since 1986 "National Black (Afro-American) History Month" has lived as a time set aside by law to recognize the contributions of African-Americans to our nation.





Photo by John Corley

Soldiers direct traffic outside of Eisenhower Army Medical Center in the early days of the pandemic, February 2021.

From the deputy commander of Nursing's foxhole

Col. Ronald S. Gesaman Deputy Commander for Nursing & Patient Services Eisenhower Army Medical Center

The New Year has ushered in a new variant in our continued battle against COVID. As with every new challenge and chaotic twist COVID has thrown our way, the Eisenhower Army Medical Center team has responded exceptionally well and continues to exceed expectations in providing the best patient care imaginable.

I want to highlight a few examples of our compassion and excellence through the verbatim comments of our patients and fellow staff members.

• "My heartfelt thanks and gratitude [to] the teams in the ER and the ninth floor for their excellent care. I am a 30-year vet and the quality of care I received after being admitted was phenomenal. They treated me with dignity and respect, and were very professional. I want the hospital commander to know the people that take care of COVID patients are the best. My main nurse, Dakota Murphy, was excellent and

the night nurse. Please pass my comments to your staff and recognize them for their professionalism and going beyond the stand to take care of veterans."

• "I was treated in [the] ED [and] admitted to ninth floor for four days. Everything exceeded my expectations. The facility, the providers, nursing care, dietary treatment follow up. The reputation that military health care has is not fair. My care was exceptional. I wouldn't hesitate for a second

to seek emergency care at Eisenhower again. Dr. Tidwell and his group, 2nd Lt. Vanessa Jackson (nursing,) doctors for ED group all exceptional!!!"

- "The text method of pick up of scripts is excellent. No more hours of waiting in the hospital and no pink slip to further delay. Keep this going please. The entire pharmacy staff have been exceptional through this pandemic and I was impressed with Mr. Harden who first helped me in picking up my husband's meds and he made sure that I will be able to pick up my own meds prescribed from my doctor at AU."
- "The [alignment of the] entire radiology department, from the reception area to the folks taking the X-rays are always compas-

sionate and professional."

- "What can I say about the entire team in your DFAC at EAMC except OUTSTAND-ING! The holiday meals provided are a marvel to behold. The food, the staff, the decorations ... all superb. Exactly what we all needed during this difficult time against COVID."
- "I was treated for COVID on both the ICU and 9MSP. The professional, compas-

see FOXHOLE on page 8



Photo by John Corley

Civilian and military medical staff members ensure records are accurate in the COVID injection center during the early days of the pandemic, February 2021.

2022 DOD patient safety culture survey now open

Sean Chaderton

Chief, Quality Management Eisenhower Army Medical Center

Eisenhower Army Medical Center is participating in the Department of Defense Patient Safety Culture Survey, a web-based survey that asks for your opinions about patient safety and staff well-being in our facility. The survey is anonymous, and individual responses will not be tracked. Additional survey information is included below.

Your perspective is a vital component to understanding patient safety, staff well-being, and how we can improve within the MHS and at this facility. I ask for your support in this effort. Please set aside 10 minutes at your earliest convenience to share your feedback.

Editor's note: There are two separate surveys now open, one for DOD, the other for DHA. See articles for log-in information

To take the web survey, you must use a computer with internet access. The survey is not CAC enabled and can be accessed on non-GFE. If your work area computer does not have internet access, you may use computers in EAMC's fourth floor library.

Type in the hyperlink provided at the end of this article in your preferred internet browser. You will be asked to select our facility name from a series of drop-down menus based on where our facility is geographically. Select the following from these menus to accurately identify our facility:

Country: United States

State: Georgia

Installation: FT GORDON

Facility: AMC **EISENHOWER-FT** GORDON or Applicable Location/Clinic (Connelly or Huber)

Type the link into your web browser: https://survey2.zogbyanalytics.com/safety.

The point of contact for this survey is Andrea Chavous, patient safety manager, at 706-787-4103 and andrea.a.chavous.civ@ mail.mil or usarmy.gordon.medcom-eamc. mbx.patient-safety-office@mail.mil.

Help improve safety with Enhanced Army Readiness Assessment

Editor's note: There are currently two surveys in the field. Take both

Vincent L. Wilson

Chief, Safety and Occupational Health Manager Eisenhower Army Medical Center

Please take a few minutes to complete the Enhanced Army Readiness Assessment Program (eARAP) Survey. The purpose of the eARAP survey is to improve our safety culture by providing anonymous candid feedback to the hospital commander without fear of retribution. eARAP is web-based and can be taken anywhere in the world where internet access is available. no CAC or government computer is required.

As a member of the EAMC team, it is our shared responsibility to provide a safe environment for everyone who enters our facility.

Therefore, I am requesting you complete this survey in an effort to continue to provide 5-Star care. This survey is open to all EAMC employees including contractors.

Estimated end date is Feb. 3.

https://earap.safety.army.mil.

Login instructions to complete survey: Step 1. Go to the eARAP Home Page:

Courtesy photo

Step 2. Access code: w3Xnr!jM22zU@7 Step 3. Complete demographics info

Step 4. Select "Start Assessment"

Step 5. When complete, select "Submit"

The survey normally takes 10-12 minutes to complete. eARAP identifies "suspect data." Suspect data are personnel not taking the survey serious. Please take your time and read each question to let the Hospital Commander know what's on your mind.

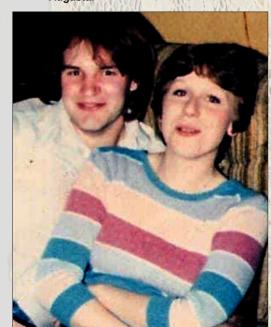
After completing the survey, you will have the opportunity to print a completion certificate. You cannot recover the certificate once the window is closed.

Who's your Valentine?



Shaffer and Kimberly Clark, July 19, 2014, The Marion Hatcher Center — Historic Downtown Jeremy Lerette, and Erin Lerette, RN, April 24, 2021, at "Overlook Ranch," Gibson, Ga.





Ron Gesaman and DJ Gesaman, September 1981, Salem, Ohio.



Joseph and Karen Bird, August 1984, Union Chapel, Richlands, N.C.





Albert and Sharon Blair, Aug. 7, 1993, Chicago

Jon and Hunter Hearn, Nov. 26, 2020, Columbia, S.C., engagement photo



Shannon McGinley Recupero and Stephen Recupero, MD, Oct. 3, 2020, at The Augusta Museum of History





Rounds

Consider this ...

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

"The tongue has the power of life and death," according to Proverbs 18:21 (NIV).

When we take hold of this simple principle, we also take hold of what may be the most powerful influencer of outcomes in our lives. Today, one does not have to look far to find messaging that speaks to the benefits of self-affirmation. To be certain, I largely agree with the media that encourages care for ones' self.

In my professional practice, I frequently echo these sentiments. I assert that it is beneficial to engage in self-talk that supports a sensing of one's own worth. However, I do question the limits to self-affirmation, guarding against the toxic thoughts that

would support attitudes of self-absorption.

It is likely a misstep to reserve all of a person's energy for the purposes of encouraging ones' self. In contrast, the emotional returns that can be realized as a result of building and maintaining mutually affirming relationships with others typically overwhelm the investment.

Perhaps, there is something we can learn from a group of people living on the other side of the globe.

Many South Africans embrace a social philosophy that reaches beyond a mere language of affirmation, toward an even more profound level of spiritual wellness in humanity.

They call it "ubuntu" and, according to Barbara Nussbaum, a Ph.D. psychologist, writer and speaker, wrote in an 2003 article, ubuntu is a way of life that seeks to honor the inherent worth of others. Nussbaum reported "Ubuntu acknowledges, among other things

Choose your approach toward deepening connections

that: Your pain is my pain. My wealth is your wealth. Your salvation is Mmy salvation."

As a result, ubuntu gives way to shared expressions of compassion, communal integrity and increased social harmony.

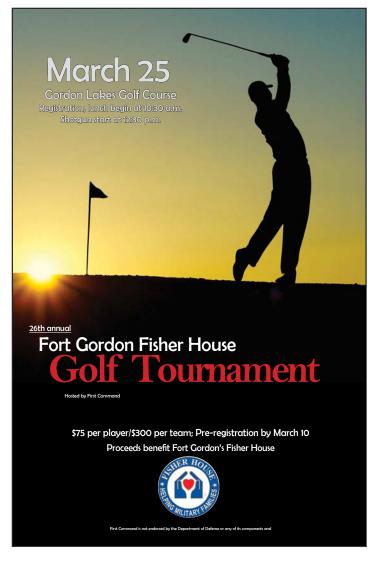
You have the power to decide what works for you. A new year presents us with new opportunities for holistic spiritual growth. I invite you to thoughtfully choose your approach toward deepening connections with others in 2022.

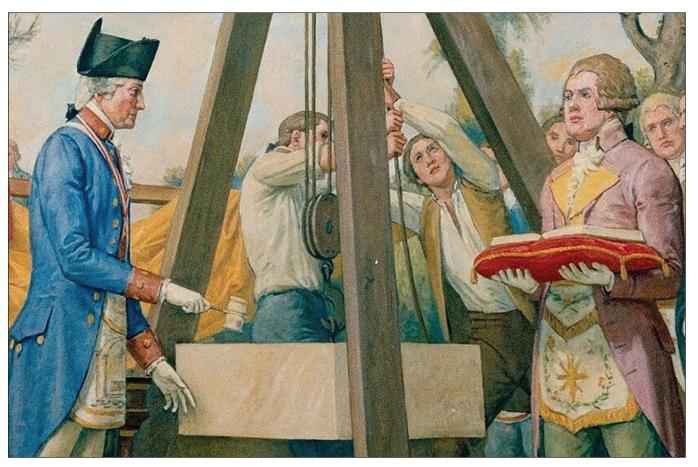
FOXHOLE from page 4

sionate, and caring manner I was taken care of is the only reason I am alive today. Bless you all!"

I have dozens more messages like these describing how phenomenal our teams are. Through all this, every department and section developed and implemented COVID-19 centric clinical quality guidelines, COVID-19 Care Team concepts, and instituted clinical safety guidelines ensuring the care of our COVID-19 patients exceeds all expected clinical outcomes.







George Washington laying the cornerstone for the US Capitol from a mural by Allyn Cox. (US Government Photo)

Presidents' Day honors all who served as president of US

Staff Reports

Presidents' Day was established in February 1885 as a way to honor George Washington for his contributions to the country. It was an unofficial holiday observed by most states until 1971, when the U.S. Congress passed the Uniform Monday Holiday Act, a bill that established a group of federal holidays that would all fall on Mondays. This was done to create more three-day weekends for the American workforce.

Rather than make Feb. 22, Washington's birthday, a national holiday regardless of what day of the week it fell on, the Uniform Monday Holiday Act declared that Washington's Birthday holiday would always be observed on the third Monday in February.

While the February holiday originally only celebrated George Washington, it officially became known as Presidents' Day in 1971, partially because many states already called it that, and partially because Abraham Lincoln's birthday was also in the month of February.

Today, the country honors its first president on the third Monday in February

— and not on Washington's real birthday. The holiday, now commonly called Presidents' Day, also honors Abraham Lincoln's birthday. The nation's 16th president was born on Feb. 12.

Presidential facts and 'firsts'

Kennedy still holds the record for the youngest person to be elected president. He was 43 when he took office. Kennedy is also the youngest president to die in office. He was assassinated in 1963 in Dallas. He was 46 years old.

Another presidential assassination actually put the youngest person in the office of the president. In 1901, Theodore Roosevelt, then the vice president, became president at the age of 42. He took office after William McKinley, the 25th president, was shot and killed in Buffalo, N.Y.

The first president to die in office, though, was William Henry Harrison. The country's ninth president only served 32 days, the shortest time of any president.

Another Roosevelt holds the record for the longest time in office. Franklin Delano Roosevelt, the 32nd president, held office for 4,422 days. After his death, the 22nd amendment was passed. It limited a person to two four-year terms as president.

Most Americans know the two Roosevelts were related. But they may not know how, exactly, they were related.

Franklin Roosevelt's wife, Eleanor Roosevelt was also his fifth cousin once removed. And Theodore Roosevelt, the 26th president, was Eleanor's uncle. That makes the two presidents distant relatives.

But they were not the first relatives to both serve as president. That title belongs to the Adams'. John Adams was America's second president. His son, John Quincy Adams, was elected as the nation's sixth president.

The Bushes are the other father-son presidential pair. George Herbert Walker Bush was elected as the 41st president. His son, George W. Bush, was the country's 43rd president.

Excerpted from history.house.gov, learningenglish.voanews.com and others

Rounds

Creating and updating an NCBI account

Mary E. Gaudette Librarian Eisenhower Army Medical Center

A division of the National Library of Medicine, the National Center for Biotechnology allows users to create individual NCBI accounts wherein they can save the searches and computations they have performed in any of the NCBI's 39 research databases (e.g., PubMed, MeSH, Nucleotide, Genome, etc.) and via its dozens of research tools (e.g., BLAST, ClinVar, COBALT, Genome, etc.).

Account holders can also create topic-specific citation collections, create and share a research bibliography with other NCBI account holders; export saved citations to reference management tools, such as Zotero and Mendeley; and expedite the updating and rerunning of searches by applying permanent search filters specific to the databases that they regularly use.

To create an NCBI account:

- 1. Go to https://www.ncbi.nlm.nih.gov/.
- 2. Click on the "Sign in to NCBI" link located at the top right of the Web page.
- 3. Click on one of the listed options, known as "third-party linking accounts."
- 4. Follow the directions for creating an NCBI account using the chosen option.

Current NCBI account holders who have not yet linked their accounts to a third-party account have until June of 2022 do so, after which time they risk losing all their saved data. third-party accounts available for linking to an existing NCBI account include Google, ORCiD, Microsoft, Facebook, and Login.gov accounts, just to name a few.

Note: CAC-holding military and government workers can use the Login.gov option to link to their NCBI accounts. Once they leave the military or government service, they would no longer be able to access



their accounts via Login.gov. Therefore, CAC-holders may want to consider using a third-party linking option that is not dependent on their government employment or military status.

Visit https://ncbiinsights.ncbi.nlm. nih.gov/ncbi-login-retirement-faqs/ for information on creating or updating an NCBI account, or email the librarian at mary.e.gaudette.civ@mail.mil.

Celebrating 121 years of Army Nursing

Ronald S. Gesaman

Deputy Commander for Nursing & Patient Services Eisenhower Army Medical Center

As we celebrate the 121st birthday of the Army Nurse Corps and plunge headlong into this new year, it is fitting and proper for us to reflect upon and acknowledge the great contributions and many sacrifices of our Total Force Army Nurse Corps team, veterans, and their families.

Nursing is one of the noblest professions and a calling to those who dare to shine their lights during some of the darkest and most complex times that this world has ever seen.

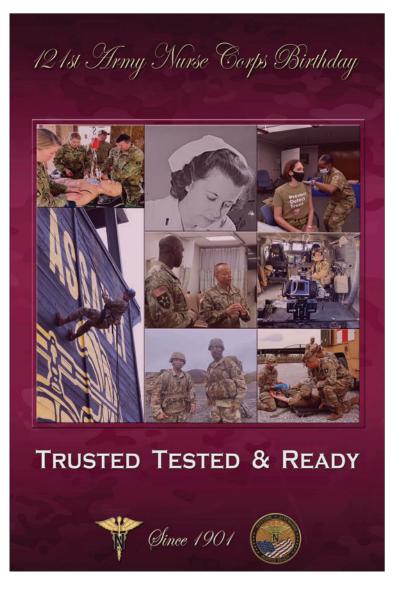
The Army Nurse Corps birthday celebration will be held Feb. 2. at 1:30 p.m. in Ike's Cafe

Florence Nightingale said "I am of certain convinced that the greatest heroes are those who do their duty in the daily grind of domestic affairs whilst the world whirls."

The ANC Chief, Brig Gen. Jack Davis said, "The year 2021 will stand throughout history as an example where our readiness, resilience and flexibility as an ANC were tried and tested; we demonstrated our ability to adapt and overcome."

No additional words are necessary to sum up the outstanding and heroic work the entire Eisenhower Army Medical Center nursing team has accomplished over this past year. But. I will say I am proud of all the entire EAMC nursing staff. I would serve with any of you, anytime, anywhere.

HOOAH!





'Ready, Reliable, Care' an evolution in quality care

R. Jody Reid, BSN, RN, Patient Safety Manager

Patient Safety Office, Quality Management Eisenhower Army Medical Center

As Eisenhower Army Medical Center transitions to the Defense Health Agency, so has the standardized communication bundle.

The formerly known MEDCOM High Reliability Organization Top 6 Communication Bundle, it is now referred to as DHA's Ready, Reliable, Care Standardized Communication Bundle.

Ready, Reliable, Care is the DHA-led effort to advance high reliability across the MHS to improve patient safety. HROs minimize risk and achieve positive outcomes despite operating in complex, high-risk environments.

Fortunately, DHA adopted most of the Top 6 practices already in place to include the daily leader safety brief, safety leadership rounds, unit-based huddles, surgical brief/debrief, and the universal protocol.

The most significant change with the adoption of the RRC bundle for EAMC is the I-PASS tool for handoffs and transitions of care which will replace Situation, Background, Assessment, Recommendation/Request. (See graphic below.)

It is well known that the risk for medical errors increases during transitions of care. The I-PASS tool is an evidence-based bundle of interventions designed to reduce miscommunication errors during these instances. It's a mnemonic that health care providers can use to systematically address crucial information during hand off.

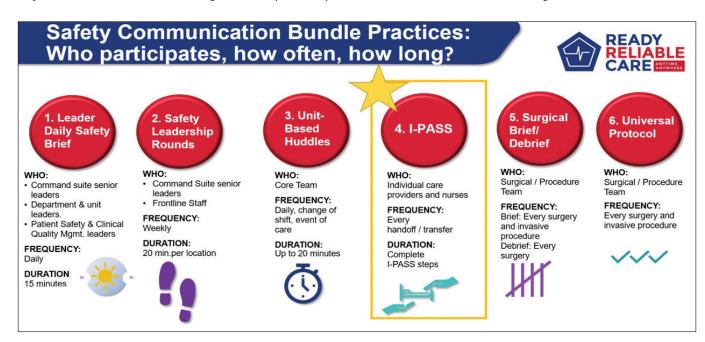
I-PASS stands for:

- Illness severity,
- Patient summary,
- Action list,
- Situational awareness and contingency planning,
 - Synthesis by the receiver

This tool is used during transitions of care, such as during change of shift handoff or an inter-unit or inter-facility transfer of care. As opposed to SBAR, the I-PASS tool concludes with a summarization from the receiver to ensure all information has been received and is understood.

Medical errors are still considered the third leading cause of death in the United States. It is up to all of us — every day, across every position — to make a personal commitment to embody these RRC principles. The goal is to create a culture of trust and safety as well as continuously improve our system, the health care experience for our patients, and simultaneously mitigating risk across our organization.

Over the next few weeks, the patient safety team will be visiting each clinical area to discuss and answer any questions regarding the Ready, Reliable, Care Communication Bundle changes that affect EAMC.



MHS-Genesis ramping up toward June go-live

MHS-Genesis leadership team

We are approaching "go live" for MHS-Genesis at Eisenhower Army Medical Center, June 2022, and there is a lot happening to get ready. MHS-Genesis will be the new electronic health record that will provide a single, continuous record of care. At this point, my expectation is that you are aware of the MHS GENESIS implementation.

EAMC is actively engaged in preparing

for the implementation, and will begin to conduct pre deployment activities to ready our facility and staff.

Over the next several months, we will significantly increase our efforts, and engage and train the individuals who will guide our move to MHS-Genesis.

Activities during this pre-deployment phase will help us begin to tailor and adapt MHS Genesis to the needs of our MTF, and are critical to setting us up for implementation success.

You will begin to hear more and more about MHS-Genesis as we get closer to go-live this June. This implementation is a significant change and the team recognizes change affects everyone differently. You are encouraged to absorb as much as you can, as early as you can, to understand the effect the MHS-Genesis implementation will have on the way we provide care to EAMC's patients.



