



MEDICAL MINUTE

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Serving the members of Tripler Army Medical Center and Pacific Regional Medical Command

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Staff Sgt. Michelle J. Rowan

Off to the Olympics

Sierra Payne, 3, high-fives Dawn Staley, a member of the 2000 Olympic Women's Basketball team. Staley and teammates Teresa Edwards and Ruthie Bolton-Holifield took time out of their schedules to visit with Tripler patients and staff Aug. 29. The team was in town to train before heading off to Sydney for the Olympics.

DMPC looking to highlight staff members who CARE

Staff Sgt. Michelle J. Rowan
Editor

Do you know someone who CARES? How about a person who is compassionate, attentive, responsive, enthusiastic and smiling?

Tripler Army Medical Center's Department of Ministry and Pastoral Care is looking to highlight Tripler staff members who display these qualities in their work environment through the CARES Program.

"We're looking to recognize those who go well beyond the average day-to-day performance of duty," said Chaplain (Maj.) J. Gregg Hickman, senior clinician for Tripler's DMPC. "We want to highlight those who convey a CARES attitude not only to patients and their families, but to

the people they work with as well."

Hickman said some examples of how a candidate may exhibit CARES qualities include taking that extra step to ensure a patient's comfort, being a go-getter who encourages others to follow their lead or always being cheerful and smiling.

"More than any of these things though, it's a genuineness in dealing with people," he said.

The award is presented quarterly to two Tripler staff members, one civilian and one military member, who are chosen out of a list of nominees by the Chaplains' CARES Awards Advisory Council.

While the council is responsible for choosing the final awardees, anyone can nominate a staff member for the award to include supervisors, co-workers, patients and their family members.

See **CARES**, page 6

ROTC cadets get head start during annual tradition

Kevin Neeson

TAMC Public Affairs Office

An annual tradition of providing a head start for nursing students took place this summer for Reserve Officer Training Corps (ROTC) cadets at Tripler Army Medical Center.

Maj. Doris Reeves of the Directorate of Health Education and Training is the coordinator of the Army ROTC Nurse Summer Training Program (NSTP) Clinical Elective for the first time this year and found the experience to be rewarding and challenging.

The NSTP brings ROTC nursing students from across the country to Army medical facilities to provide clinical experience in a hospital setting while introducing them to the duties, roles, responsibilities and experience of an Army Nurse Corps officer.

The competition for an NSTP in Hawaii, Korea or Germany is intense and only the top candidates nationwide with regional orders of merit and outstanding academic performance are allowed to choose where they will go, Reeves said.



Kevin Neeson

1st Lt. Nina McCoy, left, instructs ROTC Cadet Katie Tallman on adjusting patient Dale Peling's airway mask.

ROTC Cadet and Class Leader Lourdes Marrero hails from the University of Alabama in her home state. She chose Tripler for her NSTP because of its location in scenic Hawaii and has found

See **ROTC**, page 7

Feedback

A place to voice your opinions

What can be done to improve our organization?



Sgt. 1st Class Joseph Leblond, EO advisor — "As supervisors, our actions should prove to our soldiers that we have their best interests in mind. As soldiers, we must have faith in the chain of command."

Spc. Landy Pollock, Postpartum ward — "I think we should improve the morale for soldiers by getting them involved in different activities that the Army has to offer."



Leslie Peters, Director of Speech Pathology/Audiology — "We need a more responsive Civilian Personnel Office to be more responsive with our hiring needs. We have major staff shortages."

Cheryl Konkus, Health Education and Promotion Office — "We need a larger day-care facility for our employees. This has been proven to reduce employee absence and improve productivity."



1st Lt. Tiffany N. Williams, Labor and Delivery — "We need to increase the number of military or contracted nursing staff with a specific local agency to serve as a backup for staffing shortages."

If you would like to answer a feedback question, call 433-5785.

Do you feel the need for speed? Slow down for safety's sake

Margaret Tippy
TAMC Public Affairs Officer

I've done it and I bet you have too. You're leaving work at Tripler thinking about all the other things in life you now need to concentrate on ... "Did I put something out for dinner? Should I stop for gas? Do the kids have sports practice tonight?"

While your thoughts are elsewhere, you've pulled on to Tripler Hill and have begun descending. The whole time you're thinking, the car is picking up speed as gravity takes over. You come around the first curve in the neighborhood and BAAM!! It's a red light at Ala Mahamoe Street. You slam on the brake as hard as you can to stop. Sometimes you make it and sometimes you don't.

That's what happened to a neighbor of Tripler's who was pulling out from Ala Mahamoe Street making a left down the hill. A couple of cars were going so fast leaving Tripler, they couldn't brake fast enough to stop for the red light and ran right through it — almost taking this gentleman's life and car with them.

He was very shaken up by the experience and asked PAO to ask staff, patients and visitors to slow down.

So let's slow down out there, folks! And that applies to coming to work also — as in the race uphill in the mornings with drivers in the left lane who need to go straight up the hill but don't want to wait

their turn to get in the appropriate lane. They just slam into traffic in the right lane. That could be a disaster waiting to happen.

And how often has this happened? Soldiers running in formation or alone almost being run over by inconsiderate speeding motorists (WHO WORK IN A MEDICAL CENTER) where we heal people. Pretty ironic, don't you think?

We are in the business of healing, and we're driving like maniacs using a couple of tons of steel as if we have control over its stopping on a dime.

So, please, let's be careful out there and slow down.

The speed limit is 25 mph normally and 5 mph when passing troops in formation. (As one soldier said to me, "You can run faster than 5 mph," but the speed limit is the speed limit.)

Let's all be more considerate of one another.

Another issue is pedestrians and crosswalks. Let's practice "aloha" and let people cross safely.

The Provost Marshal Office staff offers a couple of tips and warnings when it comes to driving and parking.

The light near the VA parking garage on Mountainside needs to be obeyed by both drivers and pedestrians. When it is red and drivers want to enter the parking garage, they need to wait for the light to turn green. Ditto with pedestrians who want to cross the street. Drivers may receive a \$50 fine for running the red light and possibly a court date.

And finally, DO NOT PARK in handicapped parking spots unless you are authorized to do so. This, to me, is one of the ultimate signs of lack of consideration for others and just plain cruel. Our Security staff is going to begin ticketing unauthorized cars in these spots that will cost \$50 for each infraction.

Duty **Fullfill your obligations.**

"The essence of duty is acting in the absence of orders or direction from others, based on an inner sense of what is morally and professionally right ..."

- Gen. John A. Wickham Jr.
Former Army Chief of Staff

MEDICAL MINUTE

<http://www.tamc.amedd.army.mil>

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Device makes Waves in Urology Department

Lithotriper helps Tripler become Pacific's full-service kidney stone referral center

Suzan Holl

TAMC Public Affairs Office

Tripler Army Medical Center's Urology Department recently acquired an Extracorporeal Shock Wave Lithotriper (ESWL). The device is used to break up kidney stones by creating small shock waves focused at a particular area on the machine's table.

Using fluoroscopic x-ray guidance, a doctor can align the stone at the particular point where the shock wave is greatest. The waves pass through the soft tissue of the body. When they hit a crystalline structure like a stone, it is broken into tiny fragments that the patient can then pass out of the body.

"The procedure takes anywhere from 35 to 40 minutes," said Col. (Dr.) William Kennon, Tripler's chief urologist. A mild anesthesia is used during the procedure to keep the patient comfortable.

"It kind of feels like someone pounding on your back a few thousand times," he said. "However, it's a very safe procedure. After patients come out of the anesthesia, they get up

and go home." Kennon said a person can be back to work within 48 hours of having the procedure.

"Tripler is the stone referral center for the Pacific," he added. "We have patients that come to us from as far as Japan and Guam. Before we added the lithotriper, patients had to leave Tripler and go to Queen's Medical Center so I could do the procedure using their machine."

"Each time we went to Queen's, we were having to pay a large facility-use charge," Kennon said. Many retirees were also charged a co-payment.

Approximately 90 to 100 lithotripsy procedures are done at Tripler per year. Now that Tripler has it's own machine, the hospital saves \$200,000 per year, and patients no longer have to leave to receive the procedure.

Other methods for removing stones, such as lasers and the use of scopes, already existed at Tripler; the addition of the ESWL was the last step needed in making Tripler a full-service stone center. In addition, Maj. (Dr.) Bradley Schwartz, a board-certified endourologist specializing in kidney stone treatment, recently joined the urology staff. Schwartz completed his subspecialty fellowship training at the University of California, San Francisco.

news briefs

TAMC sponsors golf tournament - Tripler is sponsoring a Fall Golf Scramble Sept. 29 at Mamala Bay Golf Course on Hickam Air Force Base.

The tournament will be a four-player scramble with standard scoring system, and there will be a shotgun start at 12:30 p.m.

All entry forms complete with full payment must be submitted no later than Sept. 15. The entry fee is \$8 in addition to a green/cart fee of \$17(E1-5), \$22(E6-03), \$24(04-010) and \$33(DA civilians).

For more information, call Capt. Keith McWherter at 433-9131.

Adoption support group to meet - An adoption support group is set to meet Sept. 19 at 7 p.m. at the Family Resource Center, Building 648 on Schofield Barracks.

The group provides educational and social support to parents considering adoption or those who have already adopted. Topics of discussion include adoptive parenting, legal and entitlement issues.

For more information, call 656-1900 or e-mail friendsofadoption@hotmail.com.



Staff Sgt. Michelle J. Rowan

A visitor from Washington

Lt. Col. Joanne Hollandsworth, chief of Tripler's Community Health Nursing Department, explains the Joint New Parent Support Program to Patty Shinseki, wife of Army Chief of Staff Gen. Eric Shinseki, Aug. 28. During her visit to Tripler, Shinseki was also briefed on the Pacific e-Health Innovation Center and toured the Fisher House.

Tripler spotlight

TAMC Public Affairs Office

He's the kind of cop every place wants and needs. He's serious, compassionate and a professional. He's Tripler's own Officer Roosevelt Taylor, chief of Security, Provost Marshal's Office.

You can find him most days manning the desk in E Wing at the VA's renovated administrative section. He has worked for Tripler for more than 15 years.

"I like helping people out, being friendly, and working with patients, visitors and staff members," Taylor said smiling.

His most memorable experience happened five years ago. Taylor helped break the window out of a car to get twin babies out of the hot sun. Both babies were fine, thanks to Officer Taylor and our Security staff.

Taylor's hobbies include sports, spending time with his family, going to the beach and dancing.

His awards and achievements include Top Cop Award in 1995, 15-Year Pin, the Civilian Achievement Award and Exceptional Performance Award.

Taylor's goal is to "further my career in Law Enforcement."

Tripler and VA staff thank Officer Taylor for all he does.



Roosevelt Taylor

Peake nominated as new Army Surgeon General

U.S. Army Medical Command

A former infantry officer and graduate of the United States Military Academy, Maj. Gen. James B. Peake, has been nominated by President Bill Clinton for promotion to lieutenant general and appointment as the 40th Surgeon General of the U.S. Army and commander of the U.S. Army Medical Command (MEDCOM).



Maj. Gen. Peake

Pending Senate approval, Peake will replace Lt. Gen. Ronald R. Blanck who retired from active duty June 30 after four years as the Army's "top doc."

Peake, who was named acting MEDCOM commander on June 9, served in a dual position as commander of the U.S. Army Medical Department Center and School and commander of Fort Sam Houston, Texas, for the past four years.

A St. Louis, Mo., native, Peake received his bachelor's degree from West Point in 1966 and was commissioned a second lieutenant in the Infantry.

Following service in Vietnam, where he was awarded the Silver Star, a Bronze Star with "V" device and the Purple Heart with Oak Leaf Cluster, Peake entered medical school at Cornell University in New York. He was awarded a medical degree in 1972.

Peake served as deputy commander of the Army Medical Command for 17 months before moving into his present position. Prior to moving to Fort Sam Houston, he served as commanding general of Madigan Army Medical Center and the Northwest Health Service Support Activity in Tacoma, Wash., and commanding general of the 44th Medical Brigade and Corps Surgeon for the XVIII Airborne Corps at Fort Bragg, N.C. He also commanded the 18th Medical Command and the 121st Evacuation Hospital in Seoul Korea, where he also was command surgeon for the 8th Army.

A board certified thoracic surgeon, Peake is a Fellow of the American College of Surgeons; a Fellow of the Society of Thoracic Surgeons and a Fellow of the American College of Cardiology.

VA encourages use of GI Bill

Gerry J. Gilmore

American Forces Press Service

Can you imagine turning down \$20,000 in education benefits — especially if you paid for it in advance with cold cash and sweat equity?

Half of all service members eligible for Montgomery GI Bill benefits regularly do just that, according to Department of Veterans Affairs officials. Service members qualify for the Montgomery GI Bill benefits by contributing a nonrefundable \$100 per month throughout their first year of active service and successfully completing an active-duty "hitch."

Walking away from the benefit is a waste of great investment, VA officials said. At the current \$536 monthly benefit for 36 months of full-time schooling, the MGIB pays \$16 for every \$1 members must invest, Dennis Douglas, VA deputy director for education services told the American Forces Information Service.

He and other VA officials stressed

MGIB benefits do not have to be paid back, unlike student loans.

Recent changes to the Montgomery GI Bill make it even better, said VA spokesman Terry Jemison. The program, he said, now pays the cost of some preparatory courses for college and graduate school entrance exams. Also, eligibility has been expanded to some officer training school graduates and surviving spouses. Proposals now under consideration before Congress would increase monthly payments, he added.

The education benefit provides many military men and women with education opportunities that otherwise might not be available, according to Jemison.

"We owe them, I believe," Douglas said. "It really is an opportunity for us to honor them for what they did for this nation."

The VA maintains a website offering detailed information, application forms and FAQs covering the Montgomery GI Bill, earlier GI bills and other VA educational programs at <http://www.gibill.va.gov>.

Tripler nurse's puzzles help patients, staff

Staff Sgt. Michelle J. Rowan
Editor

Making learning fun is a constant challenge for educators today. When the topic is undesirable or overwhelming, keeping an individual's interest can be even more difficult.

Edna Pakele, a case manager with Tripler's Exceptional Family Member Program, has found a unique way to entertain and educate Tripler patients and staff on a variety of subjects through puzzles she creates.

Pakele, a registered nurse, first brought her word search puzzles to Tripler in 1993 while she was working on the hospital's psychiatric ward.

"I started making them as a tool for group therapy," said Pakele. She said the puzzle and its list of words would focus on a certain topic such as anger or abuse, which would then allow the patients to talk about feelings or experiences associated with the topic or words. "I used them to open a discussion on a certain topic. That way they are learning from each other and their self-esteem rises."

Pakele said the patients liked the puzzles so much she began setting additional copies out on the counter for patients who needed something to do during the day.

"At that point, something very strange started to happen," she said. "Not only were patients taking them, but then



Edna Pakele

people from all over the hospital started coming onto the ward to get them."

Pakele then began creating more puzzles to keep up with the demand and distributed them to different locations throughout Tripler for everyone to enjoy.

"There really is no age limits on the puzzles. They're for anyone young or old," said Pakele. She said her grandson, while in kindergarten, even took an interest in the puzzles and brought a few to school to share with his classmates.

"His teacher thought they were too hard, but the puzzles were just hard enough to be challenging. That is what got their attention," she said.

Tripler isn't the only place that has benefited from Pakele's hobby. Before being hired at Tripler in 1989, Pakele served for three years on the Waianae coast as a Volunteer in Service to America (VISTA) with the Chemical People where she focused on primary prevention of drug and alcohol abuse.

She began making the puzzles by hand to assist educating the community on the effects of drugs and alcohol. Pakele said the puzzles quickly became popular and a local newspaper even began printing them.

"People started coming up to me in the market and telling me how much they enjoyed the puzzles," she said. "I was glad

that people were enjoying them and perhaps even learning something from them."

Although an injury prevents her from making rounds around the hospital as much as she would like, Pakele said she still receives requests from various departments and estimates that she has created more than 500 puzzles over the years.

"The patients absolutely love them. They often ask for more," said Dr. Patricia Nishimoto, an oncology nurse at Tripler. Nishimoto said Pakele's puzzles help decrease the anxiety of patients as they receive chemotherapy and the anxiety of family members who wait for the patients.

"I also use them as a reinforcement of the teaching I have done with patients about how to deal with fatigue," said Nishimoto, who added she also uses them with staff as a fun way to help them remember massive amounts of information.

"Edna has been a golden treasure for our oncology patients. She is very generous with her time and expertise," she said. "She never hesitates when I ask for a special puzzle and will give up her free time at home to design the puzzles."

The 62-year-old nurse is even considering publishing a book with all of her creations.

"I need to do a lot of research first. I'm a nurse; I don't have a clue about publishing," Pakele said. "We'll just have to see where it goes. The puzzles have been so helpful here, I can't help but think they could also help other people."

Tripler Army Medical Center

- | | |
|----------------|---------------|
| Active duty | Inpatients |
| Air Force | Marines |
| Army | Mess hall |
| Caring | Mountainside |
| Chapel | Navy |
| Clinics | Oceanside |
| Coast Guard | Outpatients |
| Credit Union | Pink |
| Family members | Px |
| Flag pole | Retirees |
| Flower shop | Special place |
| Health | The best |
| Help | Tripler Hill |
| Hope | Veterans |

S H T L A E H E L P X R E I T
 R G N I R A C H A P E L D N H
 E F L O W E R S H O P E I P E
 B E C A L P L A I C E P S A B
 M D T M E B Y O S L L I N T E
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 E N L F D R A U G T S A O C S
 K N L S T N E I T A P T U O F

CARES

Continued from page 1

"I know they're out there; the hospital is filled with caring employees. That's not the problem. The goal is to recognize those caring individuals," he said. "We just need to get supervisors and others to take a few extra minutes to fill out the CARES nomination packets."

Hickman added that packets, which are only two pages in length, can be found on file in most departments, at the DMPC or by calling 433-5727. It is suggested to submit packets at least 30 days before the end of the quarter.

"We're really not trying to make it a long, drawn out procedure. We just want to make sure those who deserve recognition, get it," Hickman said.

For more information on the CARES Program, call 433-5727.

CARES AWARDEES

TAMC Public Affairs Office

Tripler Army Medical Center recently recognized its first two recipients of the CARES award.

The award, which recognizes two staff members per quarter, is given to those who display qualities such as being compassionate, attentive, responsive, enthusiastic and smiling.

Tripler's first military awardee is Maj. Greg Scholes, head nurse of the operating room.

Lt. Col. Donna Diamond, director of the OR and Central Materiel Section, said after reading the CARES criteria, Scholes immediately came to mind.

"He displays these qualities on a daily basis. He has been a source of inspiration to all staff members, regardless of status or position," she said. "Maj. Scholes approaches each day with enthusiasm and a motivating slogan each day."

Scholes, who said he was surprised to hear of his nomination, said to be recognized from all Tripler

staff has been the highest honor he has received yet.

"I have worked a lot of extra hours, and it's nice to be recognized for doing work and being a good person," he said. "... Tripler is a wonderful place to work, and it's our attitude like sugar that can make 'lemons' into lemon 'aide.'"

The civilian CARES award went to Dion Prisby, a licensed practical nurse in the Urology Clinic.

Prisby, who has worked on and off at Tripler for the past 18 years, said the award was a complete surprise.

"I had no idea I was even nominated. It was a nice surprise though," he said.

Prisby said he always treats all of his patients as he would want to be treated.

"I try to instill in people that they have to treat people with respect and kindness because one day they may find themselves in the patient's shoes," he said.

"Dion is absolutely invaluable to this clinic and the patients he sees," described Capt. Kathleen Desmond in Prisby's nomination packet. "I always see a smile on Dion's face when he greets a patient. What amazes me the most, is that it is always a genuine smile. He is truly happy to see that patient and have an opportunity to care for that individual."



Maj. Greg Scholes



Dion Prisby



Staff Sgt. Michelle J. Rowan

Family ties

Lauren Lodge, 11, poses in front of an oil portrait of her Great Uncle four times removed Brevet Brigadier Charles Stuart Tripler while visiting the medical center Aug. 29.

Lodge, who is from Alpine, N.Y., was visiting Hawaii for the first time and wanted to tour Tripler Army Medical Center since it was named after her distant uncle. She was accompanied by her father, Greg Lodge; stepmother, Heather Lodge; and stepsister, Madison, 1.

June 26, 2000 marked the 80th anniversary of a hospital in Hawaii being named after Tripler. Sept. 10, 2000, is the 52nd anniversary of Tripler being located on Moanalua Ridge.

the winner's circle

Promotions for August

Staff Sgt. Gregory Adams
Staff Sgt. Zachary Burk
Staff Sgt. Donnie Black
Lt. Col. Janice Carver
Lt. Col. Richard Elliston
Sgt. Delores Low
Capt. Megan Nichols
Col. Douglas Rinehart
Sgt. George Yacobellis
Awards
Sgt. Thien Doan - Army Achievement Medal
Roy Fermin - Commander's Award for Civilian Service

Sgt. Jesus Gutierrez - AAM
Alfred Headrick - Achievement Medal for Civilian Service
Spc. Yvette Malpartida - AAM
Spc. Victor Medinafeliciano - AAM
Staff Sgt. Stephen McDermid - Army Commendation Medal
Spc. Andra Phillips Jr - AAM
Lori-Ann Sayers - Ach. Medal for Civ. Svc.
Sgt. 1st Class Monique Washington - AAM

Chaplain's Corner: Facial expression, body language speak louder than words

Chaplain (Capt.) Albert Ghergich
Department of Ministry and Pastoral Care

"The heavens tell of the glory of God ... They speak without a sound or a word; their voice is silent in the skies, yet their message has gone out to all the earth, and their words to all the world." Psalm 19

Many years ago, when our nation was in its infancy, John Woolman ministered to a tribe of Native Americans in the upper Susquehanna River area in Pennsylvania. As he began to pray an interpreter that stood up to translate his words was asked to sit down. The chief, Papunehang, approached Woolman after the service. Through the interpreter he said of the prayer, in words that he could not understand, "I love to *feel* where words come from."

There's an old adage: it's not "what we say" but "how we say it" that leaves a lasting impression on people. In fact, we do not have to say anything at all to

communicate. Creation "speaks" without words yet leaves us in awe. A warm smile from a total stranger that we pass in the hallway brightens our hearts — even if no words are exchanged.

People form an impression of us before we ever open our mouths. Our facial expression and our body language tells them how we really feel about them. Take time to ask yourself, "What message am I sending to: my patients? my peers? my staff? or the person I pass in the hallway?" Like creation, we also "speak without words;" and a warm smile says a mouthful!

Department of Ministry and Pastoral Care news

• **FAREWELL:** to the DMPC Deputy, Chaplain (Lt. Col.) Irv Johnson. Chaplain Johnson is PCS'ing to Fort Sill, Okla. His warm smile and kind spirit will be missed throughout all TAMC.

• **HAIL:** to the new DMPC Deputy; Chaplain (Maj.) J. Gregg Hickman.

Chaplain Hickman comes to us from Fort Sam Houston, Texas.

• **HAIL:** to Chaplain (Capt) Albert Ghergich. Chaplain Ghergich recently completed the Clinical Pastoral Education (CPE) residency program at Brooke AMC.

• **HAIL:** to Chaplain (Lt. Cmdr.) Nestor Nazario. Chaplain Nazario recently completed the CPE residency program at Walter Reed AMC. The department is very excited to have a Navy Chaplain join the DMPC team.

Chapel Worship Schedule

Catholic Service:	Daily (M-F)	noon
	Saturday	5 p.m.
	Sunday	11 a.m.
Protestant Services:	Sunday	9 a.m.

For other religious groups, call DMPC at 433-5727.

The hospital chapel is located in the DPMC on the 3rd Floor, D Wing. A meditation chapel for personal prayer and devotion is open 24 hours a day on the 6th Floor, A Wing, Room 007.

ROTC

Continued from page 1

her experience to be excellent. "I got to do what I wanted to do," Marrero said. "I'm interested in pediatrics and I got to do it and I'm learning more than I would sitting in the classroom all day."

While at Tripler, students are assigned to a preceptor to assist them and share their own experiences as junior officers. Reeves praises the willingness of Tripler's junior officers to volunteer and provide valuable experience since many of them are graduates of the program themselves and have high praise for its success.

The students were exposed to a wide variety of experiences, mostly hands on in a variety of units. With an emphasis on medical and surgical skills, nurse cadets gained exposure in the operating room, lab, neonatal intensive care unit, labor and delivery, pain management, physical therapy and the pediatric clinic.

ROTC cadet Katie Tallman, a self-proclaimed Army brat who attends Creighton University, chose Tripler because of its reputation as a big medical center that would offer lots of experience.

Tallman credits the NSTP with giving her a leg up on the competition. In the fall semester, she will have her first school rotation in the ICU. Her experience here has put her a step ahead of her non-ROTC classmates.

The location did not hurt either, Tallman said. She too was enticed by spending the summer in Hawaii where she was fortunate to spend some off-hours snorkeling.

Through their experiences, Reeves emphasizes that the NSTP



Kevin Neeson

ROTC cadet Lourdes Marrero, left, administers to pediatric unit patient Nathaniel Anderson under the supervision of 1st Lt. Daniel Blaz.

promotes leadership and teaches the reasons behind procedures to allow for better decision-making and pathology skills.

Reeves expressed appreciation to the Tripler staff for their willingness to participate in the program.

The NSTP cadets trained at Tripler between July 19 and Aug. 24. A total of 22 participants reaped the benefits of the program, taking home with them a lifetime of experiences and fond memories.

Programs for diabetics help prevent loss of eyesight

Kevin Neeson

TAMC Public Affairs Office

Did you know that diabetes is a leading cause of new blindness in the United States, but less than 50 percent of people with diabetes have appropriate eye examinations?

In the past two years, Tripler Army Medical Center has launched two programs to help diabetics cope with their condition and prevent loss of eyesight.

Located in the Adult Medicine Clinic, the Holopono program has been in operation since March 1999. Coordinator Marianne Pelletier and Nurse Practitioner Jenell Pease manage Holopono, which means "success" in Hawaiian.

The goal of Holopono is to help people recently diagnosed with diabetes manage their condition. They provide Diabetes Outpatient Intensive Treatment (DOIT) three and a half-day sessions or EduPost, which involves education through the mail. These programs serve anyone who is eligible for care at Tripler or the Department of Veterans Affairs (VA) clinic.

Holopono is a joint effort between the

Department of Defense, VA, Tripler and Joslin Diabetes Center, a diabetic education center based in Boston. Holopono is a telemedicine program and once a patient is enrolled, he or she remains with the program for a year and progress can be tracked via the internet.

"The web-based program allows us to keep up with the Tripler population, and they can remain with the program even after they leave the island," Pelletier said.

As part of Holopono, those enrolled will now also be offered another new Tripler program, the Joslin Vision Network (JVN) project, which is administered by Kari-Jo Coll, a registered nurse.

The JVN project is an eye program research study designed to provide better access to eye care for people with diabetes.

Traditionally, those diagnosed with diabetes are scheduled for a regular vision exam to determine if their eyes have been affected. The exam requires dilation of the pupils and a waiting period to diagnose a problem that may not even exist.

The JVN project uses a computer-linked camera that takes six pictures of

each eye without dilation. For the patient, the process takes less than 30 minutes. The digital images are read by three separate doctors to determine the state of the eyes and if diabetic retinopathy is present.

The next step involves a letter being sent to the patient and their primary care physician to apprise them of the exam results and to recommend follow-up action.

The JVN program is a research project. It is currently looking for 200 patients over the age of 18, with either type one or type two diabetes to participate. Those undergoing regular diabetic eye exams with their physicians can also participate.

"The hardest thing has been getting the word out to the care providers so that we can get patients referred to the program," Coll said. "(Physicians) have so much to handle already so we've tried to keep the referral process as simple as possible."

The technology has other applications as well, according to Coll. Future uses could include diagnosing other eye problems and examining those patients whose eyes do not dilate well.

For more information, call 433-3243.

Soldiers to provide voting assistance

Office of the Center Judge Advocate

With Election Day rapidly approaching, time is running out to submit your Federal Post Card Application in order to receive an absentee ballot.

Unit Voting Assistance Officers have been appointed whose mission it is to provide assistance to all Army voters including family members, and DA civilian employees and their family members assigned to TAMC. For assistance in obtaining the Federal Post Card Application, or for general voting assistance, please contact the following Unit Voting Assistance Officers from your respective units: **Company A:** Sgt. 1st Class Steven Jedro – 433-7880, Staff Sgt. Claudette Dixon – 433-6636. **Company B:** Sgt. 1st Class Todd Gillman – 433-5834, Staff Sgt. Mark Nace – 433-6475, Sgt. Tomias Davis – 433-3220. **CENPAC VETCOM:** Staff Sgt. Eric Newsome – 257-1331. **DENTAC:** Maj. Mary Martin – 433-9191, Staff Sgt. David Talamantes – 433-3004.

If these personnel are unavailable, call Brian Cordell at 433-2108.



Staff Sgt. Michelle J. Rowan

Re-enlist

Sgt. 1st Class Riata Jones, B Company, Tripler Army Medical Center, re-enlists indefinitely Aug. 30 at the USS Arizona Memorial in Pearl Harbor. Jones along with five other Tripler soldiers re-enlisted in the early morning ceremony.

Other soldiers who re-enlisted were Staff Sgt. Keith Canty, Sgt. Richard Demers, Spc. Michelle Hauser, Spc. Kevin Lambert and Sgt. Matthew Tuttle.

For more information about re-enlistment options and benefits, call Sgt. 1st Class Elva Sanborn at 433-1451 or check out <http://stayarmy.com>.