



MEDICAL MINUTE

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

February 2001



Staff Sgt. Michelle J. Rowan

A group of servicemembers rush a patient from a UH-60 Black Hawk helicopter to the field hospital during a mass casualty exercise as part of Pacific Warrior 2001. More than 300 Tripler soldiers participated in the exercise.

Pacific Warrior tests soldiers' field skills

Staff Sgt. Michelle J. Rowan
Editor

More than 300 Tripler Army Medical Center (TAMC) soldiers joined 1,400 active duty and reserve servicemembers from the U.S. Army, Air Force, Navy and Marine Corps for a joint medical field exercise Jan. 23-Feb. 10 in Hawaii.

The two-week exercise known as Pacific Warrior 2001 was sponsored by the Pacific Regional Medical Command and involved more than 20 military units, a majority of which flew in from the Mainland to participate.

Although the Pacific Warrior scenario

placed the "deployed" servicemembers in Korea, a Schofield Barracks training area suitably served as the main field site where personnel's main mission was to set up and operate an 84-bed Deployable Medical Systems (DEPMEDS) Hospital.

With its tent-like appearance, the DEPMEDS may look unlike any medical facility most have seen, but it comes complete with the same amenities such as laboratory, radiology, pharmacy, patient wards, operating rooms and emergency medical treatment sections.

While much of the exercise took place

at the Schofield site, six other Hawaii locations including Wheeler Army Airfield, Hickam Air Force Base and Hilo Air Field were used during Pacific Warrior as medical evacuation staging areas.

This allowed participants to replicate the levels at which a patient would be evacuated beginning with the place of injury until their arrival at the appropriate care facility such as the DEPMEDS or even being evacuated back to the "Mainland," said Col. Maureen Coleman, exercise chief of staff.

See **PACWAR**, page 5

FEEDBACK

A place to voice your opinion
What kind of changes involving the military would you like to see be made by the new administration?



Spc. Tyrone Rollins, Military Personnel Division — "I feel that the new administration should focus on the military family and our pay increases."

M. Kelly, Department of Radiology — "I would like to see an increase in pay, and they should raise military retirement pay."



Sgt. Cedric Carr, Occupational Therapy Clinic — "I would like for the new administration to focus on Army values — in particular 'selfless service.'"

Staff Sgt. Tony L. Harris, Personnel Administration Center — "I would like to see better housing and pay."



Staff Sgt. Jeff Vaughn, Department of Radiology — "I would like to see an increase in pay and more money for housing. I would also like to see the budget get done in a timely manner."

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

COMMANDER'S CORNER

Tripler, TRICARE win awards

Maj. Gen. Nancy R. Adams
PRMC/TAMC Commanding General

I am so proud of the staffs of Tripler Army Medical Center, Schofield Barracks Health Clinics and the TRICARE Pacific Lead Agency. Your dedication and hard work were recognized at the 2001 TRICARE Conference held Jan. 22-25 in Washington, D.C. TRICARE Pacific Region and Tripler Army Medical Center received awards for healthcare access standards.

TRICARE Pacific Region won the regional access award, and Tripler tied with the National Naval Medical Center, Bethesda, Md., for the Military Treatment Facility (MTF) Access Award. Both organizations and the Region received plaques and \$50,000.

The Tripler plaque reads "... Presented in Recognition of the High Level of Access Provided to Your Patients During Fiscal Year 2000."

It is the work of everyone — from the phone clerk to the doctor — who contribute to patient access. This award belongs to everyone on staff.

Access awards are based on organiza-



Maj. Gen. Adams

tions meeting the TRICARE Access Standards for TRICARE Prime enrolled patients. TRICARE Prime beneficiaries are entitled to be seen within 24 hours for urgent care, seven days for routine care and no more than 30 days for wellness, follow-up or specialty care appointments.

We as an organization exceed these standards routinely. I want to thank you for everything each and everyone one of you do day in and day out, 24 hours a day, seven days a week assisting the medical center and clinics stay at or exceed the standards.

I am exploring possibilities of using the award money in a manner beneficial to all the Tripler Ohana to improve quality of life in staff work areas. I welcome your ideas. You can give me your recommendations by calling 433-3658.

Please continue providing our patients with quality healthcare. Everyone deserves a pat on the back for a job well done!

CSM's Handshake of Concern

February "Back to Basics"

for the record

In January's *Medical Minute*, Lt. Col. Rosemary Kyte, Tripler's chief of the Information Management Division, was inadvertently left off of the list of staff members who were inducted into the Order of Military Medical Merit.

"Lights, Camera, JCAHO ..." Tripler prepares for 2001 visit

Margaret Tippy
TAMC Public Affairs Officer

Most of you are very much aware that in late 2001, Tripler Army Medical Center is due for a Joint Commission on Accreditation of Healthcare Organizations (JCAHO) Survey. "Lights, Camera, JCAHO: Accreditation By Performance And Outcome" is the theme selected for Tripler this year.

We are surveyed every three years and have done extremely well during the past two JCAHOs, said John Henry, director of

See JCAHO, page 3



Staff Sgt. Michelle J. Rowan

Dummy wranglers

**U.S. Air Force
Maj. Jerry Harms,
9019th Air
Reserve
Personnel Center,
sorts and pre-
pares man-
nequins for use
during Pacific
Warrior 2001.**

**More than 300
mannequins were
brought in to play
casualties for the
exercise.**

CARES Award recognizes staff

Suzan Holl
TAMC Public Affairs Office

Is there someone in your department who deserves to be recognized for doing more than a good job? Maybe it's because they always have a smile when they greet you, or their willingness to lend a hand or volunteer their time when there is a shortage of staff. Why not let the rest of the hospital and patients know what great people work here at Tripler by nominating them for the CARES Award.

CARES, an employee recognition program, is run by a partnership between the Chaplains Office and the Command Sergeant Major.

Every other month, a civilian, enlisted soldier and officer will be selected for the award. All recipients will have their photo placed on a wood display area at the Oceanside Lobby entrance. Winners receive a prime parking space for two months.

The goal for 2001 is to consistently have three winners every other month. Entry forms are prominently displayed in a see-through display holder in all departments and clinics. Pick one up and fill it out. Return the completed entry form to your department NCO.

JCAHO: Monthly themes highlight requirements

Continued from page 2

Tripler's Quality Services Division (QSD) and a member of the JCAHO Steering Team. Tripler scored a perfect "100" in 1998 and a "99" in 1995. Also, in 1998, Tripler received "Accreditation with Commendation" which recognizes excellence in the organization, not perfection (as achieving perfect performance in healthcare is virtually impossible).

Since those visits, scoring techniques have changed in some areas so Tripler staff needs to be aware of those changes. For example, JCAHO is no longer recognizing organizations with "Accreditation with Commendation" as a distinction.

To that end, the Tripler JCAHO Steering Team has a 2001 JCAHO Continuous Survey Readiness and Preparation Plan with monthly themes.

Look for JCAHO information and educational tools in Tripler's *Medical Minute* each month and also on the Tripler JCAHO Intranet Page. Scroll to the bottom of the page and click on the JCAHO Logo.

January's theme was Infection Control and Stephen M. Yamada Tripler's Infection Control officer, Staff Sgt. Timothy F. DeWitte, noncommissioned officer in charge of Infection Control, and Capt. Daryl L. Elder, head nurse of Central Materiel Services, who dressed up as the Infection Control "Princess," did a great job of educating the staff.

Elder passed out infection control material in costume while DeWitte and Yamada made sure posters were visible at medical center entrances, provided Helpful Tips on the Composite Health Care System (CHCS) email and sponsored an Infection Control Contest.

Future monthly themes include Employee Competency by Human Resources Functional Management Team (FMT); Performance Improvement, QSD; Pain Management, Assessment of Patients FMT; Reducing Medical Errors, Risk Management Committee; Conscious Sedation & Anesthesia, Care Of Patients (COP) FMT; Environment Of Care (EOC),

EOC FMT; Restraints, COP FMT; Patient Safety, Institute for Healthcare Improvement (IHI); "One Last Look," all Tripler staff; 100 Percent Supervisor Review and update of Human Resources Competency Files, all Tripler staff; and finally "Lights, Camera, JCAHO!"

Two External Mock Surveys are scheduled in March and August 2001.

Changing requirements and standards need to be emphasized in the following areas: Home Healthcare Standards; Medical Records; Patient Education Competency; and a big emphasis on Pain Management Standards and Patient Safety - both evolving requirements.

Formed in 1951, the Joint Commission is dedicated to improving the quality of the nation's healthcare through voluntary accreditation. Achieving accreditation recognizes Tripler's commitment to providing high quality services.

For more information, Henry may be reached at 433-6864 or John.Henry@amedd.army.mil.



Capt. Michael Watson of Tripler practices his suturing technique on a pig's foot during the nursing round robin training.



Photos by Staff Sgt. Michelle J. Rowan

Navy HM3 Dimetri Wilker (left) of Naval Hospital Bremerton talks Staff Sgt. Nick Palmer through how to take cspine precautions on Capt. Paul Huddleston during training as part of Pacific Warrior 2001.

IN TRAINING

Before heading into the tactical portion of Pacific Warrior 2001, participants took part in field medical training, which included training in areas such as airway management, cardiac emergencies and IV therapy.

At right, Lt. Col. (Dr.) Paul Cordts ensures Sgt. Erin Johnson has the right needle for a procedure.

Below, during the Battlefield Care Course, Lt. Col. (Dr.) Dan Robie shows students a pig trachea, which was used to teach students how to perform a "cric," a procedure used to provide an emergency airway.



Participants used pigs' feet to practice their suturing technique.



PACWAR: Services work together

Continued from page 1

She added that Korea was the choice setting for the scenario because the 300-plus Tripler soldiers participating in the exercise are on what is known as Professional Filler System (PROFIS) status.

These soldiers would be among the first to deploy to Korea in the event of a conflict, said Coleman. She added that the idea behind the exercise was to place the soldiers into a situation that would be similar to what they would experience there.

"It's very important that (the exercise is) realistic. If the personnel participating don't treat this as if it were absolutely real, they will get nothing out of it," said Coleman.

Although a majority of the exercise's casualties were mannequins, observer trainers evaluated medical personnel and made sure they took measures as if the patients were real. Coleman said this included anything from putting in chest tubes and taking X-rays to getting blood work and hooking up IVs.

The exercise did have its share of live patients as operating room staff conducted about 50 surgeries during the exercise.

While the live surgeries gave the surgeons and operating room staff an opportunity to test their skills in the field, Coleman said having real participants with real ailments was important for another reason.

"When soldiers see how they will be taken care of on the battlefield, it really builds their confidence," she said, "because the soldiers know that if they get hit, they will be taken care of."

In addition to training on their field skills, participants of

Pacific Warrior also received a chance to work hand-in-hand with other services, which would be a possibility if deployed on a real world mission.

"I think we all learned a lot from each other on how each service performs different tasks," said Spc. Laquitha Fuller of Schofield Barracks' Acute Care Clinic. "Despite our differences, we really came together as a team and worked well together."

Staff Sgt. Paul O'Neil of Tripler's Physical Therapy Clinic said Pacific Warrior was a new experience for him.

"It was the first time I've worked in a field setting like this," he said. "It definitely gives you a better appreciation of the bigger picture and what it must be like to be thrust in a real world situation."



The DEPMECS was set up at a Schofield Barracks site.



Staff Sgt. Michelle J. Rowan

Above, a dismounted soldier leads a convoy of vehicles back into the training area during Pacific Warrior 2001. At right, staff prepare a patient for surgery.



TRISARF provides addiction treatment

Triservice Addictions Recovery Facility

Did you know Tripler was home to a drug and alcohol addiction treatment facility?

The Triservice Addictions Recovery Facility (TRISARF) provides treatment for all TRICARE beneficiaries including active-duty servicemembers, 18 to 64 years of age.

TRISARF offers "partial hospital level" treatment that emphasizes individualized care and a variable length of stay in the program. The average length of stay is four weeks. Patients may be requested to stay a shorter or longer length of time based on their treatment plan and progress.

TRISARF has an interdisciplinary staff comprised of Army, Air Force, Navy and civilian healthcare providers. These staff members make up the Treatment Team. With the input of the Treatment Team and the patient, a treatment plan is formed that is comprehensive and tailored to fit each patient's needs.

TRISARF views addiction as a disease characterized by the repetitive, compulsive, and maladaptive use of mood altering substances having a profound and pervasive impact on every aspect of a person's life, (i.e. biological, psychological, social and spiritual). Addictive illness is treatable but recovery is an ongoing process that requires formal treatment and a commitment to self help for continued abstinence and sobriety. TRISARF is the initial step in this journey for many people in recovery.

The staff at TRISARF focus on numerous areas of treatment to include: daily group psychotherapy, individual counseling, self help recovery groups/organizations (e.g. Alcohol and/or Narcotics Anonymous), relapse prevention education, family counseling, spiritual counseling, healthy living, and assistance with smoking cessation. Nutritional support is also offered.

In addition to offering the treatment program, TRISARF trains military healthcare professionals in the assessment, diagnosis and clinical intervention of substance use disorders.

Health care providers who identify potential candidates that may benefit from the services offered at TRISARF, can refer by sending an SF513 electronic consultation to TRISARF or by calling TRISARF's Consultation Liaison Service at 433-6098 for an appointment. Individuals concerned about chemical addictions issues should make an appointment to see their primary care manager or contact the Alcohol and Drug Prevention and Control Program (ADAPCP) at 433-8700 for a screening appointment.



Staff Sgt. Michelle J. Rowan

Happy 100th!

Col. Stephanie Marshall (right), deputy chief of Nursing, and 2nd Lt. Maria Hert play the traditional parts of most senior and junior nurses who get to slice into a cake celebrating the 100th anniversary of the Army Nurse Corps Feb. 2 at Schofield Barracks. Tripler nurses conducted a ceremony at the hospital earlier in the day and then brought the celebration out to the field so those participating in Pacific Warrior could join in the festivities. A fun run and luau slotted for Feb. 18 were also planned in celebration of the anniversary.

Officers receive excellence award

Suzan Holl

TAMC Public Affairs Office

Capt. David A. Condon and Capt. Donald R. Neff, two Tripler Army Medical Center junior officers, will receive the 2000 Medical Service Corps Award of Excellence. The award is scheduled to be presented to the officers this spring in Washington, D.C. during Junior Officer Week.

The Award of Excellence provides personal recognition to junior Medical Service Corps (MSC) officers who make significant contributions to the AMEDD mission and perform in an exceptionally outstanding manner. Since 1982, the award has been presented to active-duty junior officers in each of the following categories: Health Services, Health Sciences, Health Services Maintenance Technician, U.S. Army Reserve and the Army National Guard.

Condon and Neff are being recog-

nized for their outstanding achievements in the Health Services and Health Sciences categories respectively. Condon was nominated by Maj. Gen. Nancy R. Adams, Commanding General of the Pacific Regional Medical Command and Tripler Army Medical Center.

Currently, he serves as the general's aide-de-camp. Prior to his tour at Tripler, Condon served as a platoon leader, company executive officer and assistant battalion S3 in the 325th Forward Support Battalion, 25th Infantry Division (Light), Schofield Barracks.

Neff is the assistant chief of Social Work Services at Tripler. Previously, he served in the same capacity at MEDDAC - Fort Carson, Colo. While assigned to Fort Carson, Neff served a 12-month tour in Bosnia with Operation Joint Endeavor. Col. Linda Jellen, Chief of Social Work at Tripler, nominated him for the award.

MINISTRY MOMENT

Tripler DMPC to hold annual Prayer Breakfast Feb. 22

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

Annual Prayer Breakfast

U.S. Army Medical Command Chaplain Chaplain (Col.) James Durham will be the guest speaker at Tripler Army Medical Center's annual Prayer Breakfast. The Prayer Breakfast will be held on Feb. 22, in Tripler's Dining Facility from 6:30 to 7:30 a.m. (normal meal fees apply). For more information call 433-5727.



Durham

Feb. 14 is Valentine's Day

***Who was St. Valentine?** One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young, single men — his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

According to one legend, Valentine actually sent the first

'valentine' greeting himself. While in prison, it is believed that Valentine fell in love with a young girl — who may have been his jailor's daughter — who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed 'From your Valentine,' an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure.

* Information obtained from HistoryChannel.com.

Interesting facts about Valentine's Day:

270	Year of St. Valentine's death
498	Pope Gelasius declares Feb. 14 as St. Valentine's Day
1415	Oldest known valentine, still in existence, written by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London.
1 billion	number of Valentine cards that will be sent this year
2.6 billion	number of Christmas cards sent
85%	percentage of Valentine Cards purchased by women

Attention staff and patients

Check out the Daily Protestant Devotions, noon - 12:15 p.m.; and the Thursday Bible Study, 4 to 4:30 p.m., both in the Meditation Chapel, wing 6A.

the winners' circle

Re-enlistments

Sgt. 1st Class Todd A. Gillman
Sgt. Frankie Ash Jr.
Staff Sgt. Luis Colon
Sgt. Stephen M. Robbins
Sgt. Donald Dickerson
Sgt. Phyllis C. Dickerson
Staff Sgt. Thomas Perkins
Staff Sgt. Brian Greene
Staff Sgt. Warren Parker
Spc. Jennifer Hulings
Spc. Elton Edwards
Spc. Thien H. Doan
Spc. Sara J. Lawson
Spc. Tymon D. Reed
Sgt. Francie M. Davila
Sgt. Waleska Perezlewis
Sgt. Randall Donovan
Staff Sgt. Robert E. Smith
Sgt. John M. Gonzalez
Staff Sgt. Odessa T. Fisher
Spc. James C. Whelan
Staff Sgt. Gustave W. Blache Jr.
Sgt. Darell W. Kindle Jr.
Spc. Natasha Cook

Sgt. Stephan Pendarvis
Spc. Sharlotte Hallford
Sgt. Christopher M. Sabin
Sgt. Timothy L. Harper
Sgt. Bryan C. Pickeral
Sgt. Drenon W. Busbin
Sgt. 1st Class John C. Hart
Sgt. Glenn G. Wilson
Spc. Maya T. Gavinellison
Staff Sgt. Jo Ann R. Early
Sgt. Reginald Rubin
Sgt. 1st Class Carolyn J. Jones
Spc. Liela M. Yee
Sgt. Lonard Woosley

Promotions

Maj. Deborah Crawford
Maj. James Tuten
Sgt. 1st Class Dave B. Francis
Sgt. 1st Class Gerald Thomas Jr.

Awards

Col. David Ellis — Legion of Merit
Capt. Maurice McIver — Meritorious Service Medal
Capt. John Stitch — MSM
Master Sgt. Keith Burroughs — MSM
Staff Sgt. Bobby Thacker — MSM



Courtesy photo

Re-enlist

Commanding General Maj. Gen. Nancy R. Adams presents Troop Commander Col. Felipe Casso with a retention award as Sgt. 1st Class Elva Sanborn of Tripler's Retention Office looks on. The award recognized Tripler's re-enlistment accomplishments during fiscal year 2000.

OB/GYN sets new rules regarding children in clinic

TAMCPublic Affairs Office

Tripler Army Medical Center's Obstetric & Gynecology Clinic (OB/GYN) staff has instituted new rules regarding children in the clinic to safeguard everyone's health. Several patients and children have been injured or exposed to infectious diseases in the clinic in recent months. To maintain a safe clinic environment, the following policy is now in effect.

* Children over the age of 12 weeks and under the age of 12 years cannot be accommodated in the clinic during normal duty hours.

* Children normally cannot be accommodated in the Antepartum Diagnostic Center (ADC) during monitoring or ultrasound appointments. However, a limited number of evening family ultrasound appointments may be available to accommodate "big brothers and sisters." Please call the ADC at 433-2850 for availability.

* To enable soon-to-be big sisters and brothers the opportu-



nity to share in the experience, children over the age of 3 may come to an evening family OB appointment to hear the baby's heartbeat. This appointment is best scheduled between 24 and 32 weeks. Another adult needs to be with the patient for this appointment who can assist with the children.

* Please do not bring children who are sick into the clinic as they often have illnesses that are easily spread to others. The most serious risks from sick children are Chicken Pox, Parvo Virus and Rubella (German measles) which are contagious before the rash or sores appear. These illnesses can be spread to adults who are not immune and can cause birth defects in the unborn babies of women who have the disease while pregnant.

* For follow-on appointments after babies are born, please bring only the newborn baby, secured in an infant carrier or stroller, to the postpartum appointment.

* If patients need assistance finding childcare before their appointments, please call the head nurse at 433-5927 or the assistant head nurse at 433-5926.

news briefs

Research registry now available

— In an effort to support nursing knowledge worldwide, the Honor Society of Nursing, Sigma Theta Tau International, now provides the Registry of Nursing Research as a complimentary source on its website.

The registry is an electronic, searchable database which contains more than 13,000 studies, and allows nurse researchers from around the world to submit information about their research electronically.

Clinicians, students, teachers and others are now able to search the database for a specific researcher, data or keywords.

The registry is available at www.nursingsociety.org/library.

Straub schedules women's 10K run — The 24th annual Straub Hawaii Women's 10K Run/Walk will take place March 4.

The 6.2-mile event will begin at 7 a.m. at Kapiolani Park and is open to all women 6 years old and over. Participants will receive a t-shirt, rose and are eligible for other prizes such as gift certificates to local shops.

Entry fee is \$25-30 or \$18 for groups of more than 10.

For more information, check out

Straub's website at www.straubhealth.com or call 522-4395.

Want to volunteer? — Tripler's Public Affairs Office occasionally receives phone calls from various non-profit community organizations asking for volunteers. If you are someone who would like to volunteer your time, but are not sure where you would be most needed, call the Public Affairs Office at 433-5785.

Spouses' club offers scholarships — The Hui O'Wahine Enlisted, Officer and Civilian Spouses' Club, which serves Fort Shafter, Tripler Army Medical Center and Camp Smith, is offering two scholarships to high school seniors graduating in 2001.

Any child of a club member or active duty, reserve, retired or deceased Army soldier living in Hawaii may apply.

Rules and applications may be picked up at the Fort Shafter Thrift Shop on Tuesdays and Fridays from 9 a.m. to 1 p.m. Completed applications are due March 15.

For more information, call Ann Marie Reilly at 262-1117.

Drub Lab creates video —

Tripler Army Medical Center's Forensic Toxicology Drug Testing Laboratory (FTDTL) staff has created a unique video explaining operations of the lab from specimen collection to result reporting.

We want to educate commanders about the extensive procedures we follow to make sure test results are accurate, said Lt. Col. Mark Bruins, commander of FTDTL.

The 24-minute video describes in detail what procedures are in place and reviews the criteria for reporting a specimen as positive for a drug or drugs as well as the extensive quality assurance involved in reporting test results, Bruins said.

For information about obtaining a copy of the video, Bruins may be reached at 433-5176 or emailed at bruinsm@tamcft.tamc.amedd.army.mil

Tripler's Lab is the only Department of Defense Lab that can claim absolutely no false positive test results. There are a total of six DoD Labs around the world with Tripler's being the largest one, Bruins said.