



# MEDICAL MINUTE

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

April 2002

## Staff members rescue woman

Staff Sgt. Michelle J. Rowan

Editor

Lives are saved every day at Tripler Army Medical Center by its crew of healthcare professionals, but on March 16 it was a couple of non-medical staff members that came to the aid of a troubled woman and ultimately saved her life.

The caring attitude and quick thinking of Sgt. 1st Class Elva Sanborn, Tripler's retention counselor, with assistance from Spc. Jonathon Clark, a chaplain's assistant with the Department of Ministry and Pastoral Care, and Kevin Carter and Rene Bacalso of Jacobsen Laboring Service, helped prevent a distraught woman from jumping off a third-floor lanai after a Saturday chapel service.

The woman might have been successful with her attempt had it not been for Sanborn, who first noticed the upset stranger during the 5 p.m. Catholic Mass at the Tripler Chapel.

"She walked in during mass and sat down next to my daughter," said Sanborn, who then saw that the woman was crying and upset. "I reached over and gave her a hug, and then I told her I'd talk to her more after mass."

When the service ended, Sanborn again approached the woman.

"She seemed pretty depressed. I just felt like something was really wrong, and she was not in the right frame of mind," the NCO said.

Sanborn then suggested the woman speak with one of the chaplains. After talking with a chaplain for about 15 minutes, the woman told Sanborn she felt OK and that she was going to go back into the chapel and pray.

"You can go ahead and go home," Sanborn said the woman told her. Something told her that the woman shouldn't be left alone though, so Sanborn told her she'd wait for her to finish and even offered to bring her back to her home.

"That's when she made her move," Sanborn said.

Upon entering the chapel, the woman took off running over to a side door, which led to the out-



Staff Sgt. Michelle J. Rowan

## TEAMWORK

During the Nuclear, Biological, Chemical (NBC) skills portion of annual Common Task Testing (CTT) April 10, two Tripler Army Medical Center soldiers work together to make sure all buttons and snaps of their mission-oriented protective posture (MOPP) gear are fastened correctly. Most Tripler Army Medical Center soldiers conducted the required training during the first two weeks of April on Tripler Hill.

April is a busy month for Tripler troops. In addition to CTT, soldiers also took their semi-annual Army Physical Fitness Test April 1-12. For more on the month's activities, check out page 5.

See **RESCUE**, page 4

# FEEDBACK

A place to voice your opinion  
**How valuable is Common Task Testing (CTT)?**



**Sgt. Ray Figueroa, Dept. of Surgery, Neurosurgery Section** — “CTT is very important. It helps soldiers build confidence in their skills. It also develops cohesion and teamwork among soldiers. Overall, it makes you a better soldier.”

**Sgt. 1st Class Dave Francis, Dept. of Psychiatry** — “CTT is very valuable. When you work in patient care and you don't have the time to do this training often, it's good to take the time and train up. After all, we are soldiers first.”



**Sgt. 1st Class Charleszetta Jay, Dept. of Family Practice and Emergency Medical Services** — “If we look at what's going on in the world today and think about where we'll be in five to 10 years, it would be in everyone's best interest to learn and be as proficient as possible in all tasks.”

**Spc. Ken Moran, Dept. of Preventive Medicine** — “The day-to-day routine of a soldier may not include the basic combat skills that are required of every soldier. CTT is an excellent way to refresh these skills.”



**Sgt. 1st Class Gary Campbell, Dept. of Health Education and Training** — “CTT is very valuable. As soldiers, we should be proficient in these skills at all times. We're not always going to work in a hospital; our next assignment could be to a field unit.”

## COMMENTARY

# Are intruders digging around in your digital dumpster?

**Lt. Col. John H. Quigg**  
 Army News Service

**I**s a hacker or foreign agent rooting around in your digital backyard at home?

Systems administrators protect you at work, but when you get home, look in a mirror — this is the systems administrator who protects your home computer. How good are you? Even if you are digitally savvy, are your children? Your spouse? Would they open an attachment or get into an online chat with a stranger?

Today your position makes you a candidate for any number of people trying to leverage or target you and your organization. Using a home computer requires some of the same considerations as operating a car in Europe in the 80s. You had to open the hood, the doors, and check under the car to make sure you didn't: A) have a bomb, and B) bring it on post. Without that same attention to detail, a home computer system can be compromised and used against you.

Computer protection requires extra effort and the consequences of failure are dire. We tend to think that our home lives are separate from work, but the Internet provides an alternate avenue of approach for those who would do us harm.

The first thing attackers or agents of foreign governments will do is recon the target. Do you own land? Many property transactions are public record with all your contact and tax information. Driver's licenses, social security numbers, phone numbers, and addresses are easily obtainable from any number of online sources. With this information it is rather simple to assume an

identity — not to take out credit cards or to purchase things (although that is an everyday criminal threat), but to monitor your activities (dialing in to your credit card company with SSN, mother's maiden name, address, etc ... to vouch for an identity and get a list of transactions tracing your activities and location for the last 30 days), get background information, or to masquerade as you (calling the night shift and pretending you can't remember your password — it happens all the time in the business world.)

How much of your personal information is on the Internet already? Within the last month, police discovered a plot to steal military retirees' identities. The alleged criminal found his information by using the Internet to search public records in various courthouses where the retirees had filed their DD Form 295s.

Take the test — go to an Internet search engine (ask the kids) and type in your name, your spouse's, and your children's. Some of you will be amazed at just how much “private” information there is about you on the Internet. Avery minimal scan on a general officer yielded that his staff had done a wonderful job of removing useable official information from the net. As a VIP, however, much of his personal life was out there. His mother-in-law's funeral write up, for instance, listed his wife's name, nickname, children, addresses, spouses, etc ... Mine gave up a list of conferences attended, CGSC list, etc ... and there are much better tools available.

Does your biography mention your foreign language skills? A good hacker will add that language to their password-crack-

See **COMPUTER**, page 3

# Medical Minute

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

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# Schofield VTF notices increase in parvo cases

**Sgt. Daniel Jones**

Schofield Barracks Veterinary Treatment Facility

The Schofield Barracks Veterinary Treatment Facility (VTF) has recently noticed an increase in cases of a life-threatening canine virus among the Schofield community's pet population.

Parvo virus is a highly contagious virus that often occurs in puppies 6 to 16 weeks of age, but has been known to infect older dogs. Parvo virus is not contagious to cats or humans.

Signs of the parvo virus include vomiting and bloody diarrhea with a very foul odor. If these signs are seen in your puppy, you should take them to a civilian veterinary clinic immediately.

The parvo virus is a serious infection that can lead to death. The younger the dog, the greater chance it will not recover from the virus. The virus sometimes attacks the heart muscle, causing myocarditis (inflammation of the heart muscle). Dogs that recover from parvo are often weak, making them more susceptible to other diseases. Death from the parvo virus may result from dehydration, overwhelming bacterial infection, internal hemorrhage, or heart attack.

The virus is transmitted through the feces of an infected dog.



Dogs infected with the parvo virus can shed the virus in feces for up to 2 weeks. The virus can be carried on dogs hair and feet as well as live on contaminated rugs, bedding, shoes, yard, and other objects for up to 6 months or more. The most effective disinfectant is a 1:30 dilution of bleach in water.

The best protection against this virus is to have your pet vaccinated. The Schofield Barracks VTF recommends vaccinations be given at 8, 12, and 16 weeks of age. Some breeds like rottweilers, pit bulls, and shepherds need to be vaccinated at 20 weeks as well. Vaccinations against parvo should be given annually after the initial puppy vaccinations. Puppies remain highly susceptible to parvo until 2 weeks after the last injection of the immunization series. The VTF also recommends that puppies be isolated from other unvaccinated dogs or dogs that are at high risk, as well as areas where other dogs may have been until the vaccination series is complete.

The Schofield VTF provides the recommended vaccinations at low cost to authorized personnel.

For more information, call the Schofield Barracks VTF at 433-8531/8532 or stop by the clinic during normal operating hours. Operating hours are Monday through Friday from 8 a.m. to 4 p.m.; closed from noon to 1 p.m. on Tuesdays. Phones are not answered on Tuesdays, which are our walk-in days.

## COMPUTER: Secure

Continued from page 2

ing program. The list is endless but the point is that you need to be mildly paranoid about what information is available out there.

When you link to the Internet, do you use a personal firewall? If you link via your government computer, your machine is protected by the Army's network, but from home if you dial up via a commercial Internet provider there is almost no protection. Because of limited reach off post, your digital presence and security is dependent on your own personal home defenses — how good are yours?

Most of us need to be "connected" and available no matter where we are, and technology has made great leaps to help us maintain our connection. Wireless systems keep us in touch with the office no matter where we go, but how secure are they? "Mine is secure," you say. Are you sure?

Most are good solutions, as wireless goes, but the only thing they encrypt is e-mail traffic. The calendar information is out in the open when it goes across the airwaves — not an issue for some, but the higher your position, the more interesting your schedule is to those who would do you harm. Make sure that intruders aren't rooting around through your digital dumpster — balance and mitigate your risks to reduce threats to yourself, your family, and the Army.

**Editor's note:** Lt. Col. John Quigg is the Army Network Security Improvement Program chief with the Office of the Army Chief Information Officer, G-6.

**GSM's  
HANDSHAKE OF  
CONCERN**



**April**

**"Train to standard; not to time"**

## LETTER TO THE EDITOR

### Patient raves about excellent care

*The Public Affairs Office received a call from Annette Vincent, a family member living on the Big Island, who wanted to share her recent experience at Tripler as an inpatient. The following is what she had to say about her three-week stay:*

"I spent three weeks in the ICU (intensive care unit) recently, and just wanted to let everyone know

how wonderful the staff is here. From the doctors and nurses to the cleaning lady — everyone went above and beyond. I specifically want to recognize (Maj.) Dr. (Richard) Gullick, my surgeon, and an operating room nurse, who helped calm me before my surgery. The staff here is awesome and needs to be recognized more. Thank you for taking care of me.

**— Annette Vincent**  
Family member

# RESCUE:

Continued from page 1

side lanai. Unsure of what was happening, Sanborn quickly chased after the woman.

"By the time I made it outside, she had already climbed over the side of the wall," she said.

Without hesitation, 5-foot, 2-inch Sanborn ran over and threw her arms around the woman's waist to keep her from falling. As she desperately tried to keep her hold on the woman, Sanborn began calling for help.

"I just began yelling 'Help me! Help me! Somebody help me!'" Sanborn said. "At the same time though, I was thinking, 'I just can't let her go.'"

Fortunately, Clark was just inside finishing up in the office when he heard Sanborn's screams.

"I ran out onto the lanai, and I saw little Sergeant Sanborn just holding onto this lady, and the lady was on the other side of the lanai." Clark said. "I was just shocked."

With Clark's added strength, the two were able to lift the woman back to the other side of the lanai wall, but the woman wasn't going to give up that easily.

"We tussled a little," Clark said. "She was pretty strong."

From the ground, Carter and Bacalso, who were working on handicap stalls in the parking lot outside the D-wing, looked up and saw the commotion.

"I heard someone screaming, and I looked up and saw the woman on the other side of the balcony," Carter said. He said the two automatically began making their way toward the door to head upstairs, but thought that they may not make it upstairs in time.

"I thought it might be too late by the time we got there, but we couldn't really do much from on the ground," he said. "If she would have fell, we wouldn't have been able to catch her."

So the two Jacobsen employees and another onlooker made their way up to the third floor to help. On the way, Carter called security from his cell phone and asked for assistance.

It took all five to restrain the woman, and she was still struggling to get away, Sanborn said. Finally, security personnel arrived on the scene to transport her to



Staff Sgt. Michelle J. Rowan

**Sgt. 1st Class Elva Sanborn talks to a soldier about his reenlistment options. Sanborn's quick thinking helped save a troubled woman's life March 16.**

the Emergency Room.

Although it seemed as though the situation was under control, Sanborn didn't want to leave the woman alone and asked her husband to pick up her 3-year-old daughter so she could head over to the ER.

"I just wanted to make sure she had someone with her. I wanted to make sure she was OK and to comfort her," the retention counselor said. She stayed by the stranger's side until about 10 p.m. when the woman was admitted and sent to a ward.

Although Sanborn was shaken by the event, she said it really wasn't until the next day that she realized how close the woman came to falling.

While it was happening, I really didn't take the time to let what happened sink in. I was just concentrating on helping her," she said. "I am so glad that Spc. Clark was there because I don't know how much longer I could have held on. I was losing the battle."

Clark said he too was grateful for the way things turned out, and said things could have gone a lot differently.

"The next day I thought, 'What if I had been in the kitchen cleaning the coffee pots or pitchers instead of being in the office?'" he said. "I wouldn't have heard her screams, and the woman could have died."

Clark also said he was thankful that Sanborn happened to be there that day.

"Sergeant Sanborn doesn't usually worship at the chapel. That's the miracle part of it," he said. "She could have been anywhere else. There was a reason she was here, and that was to save this lady's life."

## Army reviews weight control regulation

Joe Burlas

Army News Service

While the Army is currently reviewing its rules governing the weight control program in Army Regulation 600-9, don't expect to see any changes before fiscal year 2003.

That guidance and a message to stick to the current policy were sent to senior noncommissioned officers last week by Sgt. Maj. of the Army Jack L. Tilley in a "SMA sends" e-mail.

"Don't let your soldiers get caught up in the speculation about changes to the program," he stated. "Rest assured that any decisions we make will be driven by what's best for the health of our soldiers and the readiness of our Army."

Last updated in 1986, the latest review was partly prompted by a Government Accounting Office report and a DoD directive for the armed services to get more standardized programs across each. Currently, weight control and fitness standards are developed and implemented independently by each service.

Another reason for the review, said Lt. Col. Margaret Flott, chief of the Individual Readiness Policy Division, G-1, is the Army knows more about health issues and physical fitness based upon medical science than it did years ago.

"When I joined the Army, we did physical training in combat boots and fatigues," Flott said. "Soldiers no longer wear combat boots when doing PT because we now know that practice is not healthy."

The Army is still in the information-gathering stage of the review, said Lt. Col. Linda Williams, a G-1 Health Promotion Policy staff officer.

Following a field test, recommendations for any changes will be staffed at both the Army headquarters and major command levels before any changes might be made, Williams continued.

"We are reviewing our current policy to determine whether changes should be made and what they should look like," Williams said.



Photos by Staff Sgt. Michelle J. Rowan

Staff Sgt. Raoul Clarke (left) grades Sergeants 1st Class Phillip Thompson and Walter Hurley as they assess a casualty during Semi-Annual Combat Medic Skills Validation Testing (SACMS-VT) on Tripler Hill April 10.



Three Company B soldiers begin the push-up event of the Army Physical Fitness Test (APFT) April 10 at the Fort Shafter Flats ball field. Soldiers from Companies B and C took the semi-annual APFT the week of April 8-12 while Co. A soldiers tackled the test April 1-5.

# ARRMMY TRAINING

*Tripler Army Medical Center soldiers were required to complete two activities in April — Common Task Testing (CTT) and the Army Physical Fitness Test. Those 91W soldiers also had to pass an additional event — Semi-Annual Combat Medic Skills Validation Test (SACMS-VT). This new requirement is comprised of eight medical tasks to include trauma assessment, advanced and basic airway, CPR and extraction tasks. Soldiers in the 91W military occupational specialty are required to complete the testing twice a year to help keep them proficient in their MOS.*

# Pediatric staff touches children's lives

**Margaret Tippy**

TAMC Public Affairs Officer

Rays of sunshine streaming into a room with an ambience of warmth and goodness and a positive energy aura – that's what being in a room with Lt. Col. (Dr.) Charles Callahan, chief of Tripler Army Medical Center's Department of Pediatrics, and Kelley Lee, Tripler's Child Life specialist, is like.

They have a Pollyanna-itis attitude of being unceasingly cheerful and always looking for rainbows – just like the star of the 1960s movie *Pollyanna* – Hayley Mills.

Anything seems possible. The sky's the limit when it comes to the needs of the children cared for at Tripler – outpatient, inpatient, siblings of patients – these two have big plans to meet their needs.

Lee – who looks like she still needs a high school hall pass – is an energetic and loving Child Life specialist – who was made for this job. She has a master's degree in Child Development, worked an internship in North Carolina, and started out at Kapi'olani Medical Center.

She's been at Tripler for a little more than a year working with children who are in the hospital or visiting the hospital, and she, "loves what I do. I don't have typical days – each one is a different challenge with different children and different problems."

Child Life Programs "facilitate coping and the adjustment of children and families in three primary service areas: providing play experiences; presenting developmentally appropriate information about events and procedures; and establishing therapeutic relationships with children and parents to support family involvement in each child's care," according to the American Academy of Pediatrics.

"I think it's safe to say that Kelley's first mission when she got here was to revitalize the Inpatient Child Life Program," Callahan said. "She personally renovated the Play Room on the seventh floor (on the Pediatric Ward). It was a non-functional area that she converted into a place that kids want to go (to)."

Lee's first major impact was on Tripler's inpatient pediatric population who needed long-term care – the oncology and infectious disease patients, and the Pacific



Staff Sgt. Michelle J. Rowan

**Bree Shimizu, a volunteer with the Child Life Program, helps Rhiannon Oyape with an activity book in the Tripler Pediatric Clinic's waiting room. On the wall behind the two is one of the Child Life Program's recent additions, a train with different puzzles and games to keep children busy while waiting for their appointments.**

Islander children who are hospitalized for long periods of time, he said.

"When the JCAHO (Joint Commission on Accreditation of Healthcare Organizations) Mock Surveyor came in November, ... she spent a lot of time looking in the Play Room and really quizzed Kelley on – for example – the infection control toy cleaning program. When she was finally finished, she stepped back and said, 'That's the best program I have ever seen for this anywhere,' and I thought that was a real kudo to Kelley," Callahan said.

"The next focus is in two directions – ambulatory patients at Tripler, and then kids who are not patients or not patients yet," he said. "How can we reach out and touch the lives of those children who are here as bystanders as well as our community."

Callahan wants a unified vision for the entire hospital "of making the experience of the hospital for children a positive one, and one where health is promoted." The two of them have named it "TLC" or

"Touching the Lives of Children."

For example, the children may be at Tripler because their mother has cancer or their brother has a doctor's appointment – whatever reason they're here – how can we make their time here profitable, he said.

"We want to branch out into Radiology, doing more pre-surgery education with outpatients (in) all these other areas," Lee said.

Callahan said Tripler has 35 percent of Pediatric Specialists in the state of Hawai'i, and 21 percent of hospital beds dedicated to kids.

"That's different than any other MED-CEN (medical center) probably in the Department of Defense because just about everywhere else 'You can say, well, we'll just go downtown.' We are downtown," Callahan said. "So we have to offer kids here a level of care that is the same or better than what they'd receive at Kapi'olani Medical Center For Women and Children."

Another exciting program Lee is work-

See **TLC**, page 7

# CEO selected as AMEDD team of year

TAMC Public Affairs Office

Tripler Army Medical Center's Clinical and Economic Outcomes (CEO) Team was recently selected as the U.S. Army Medical Department's 2001 Information Management Team of the Year for 2001.

The award-winning team is comprised of 12 staff members who developed and continue to upgrade the CEO, a web-based information system. The team includes retired Col. (Dr.) George Underwood, Daniel Imamura, Dr. Edward Jai (now employed on the Mainland), Wes Kawakami, Ernest Pang, Carmen Pilien, Joel Tanaka, Alan Toma, Mildred Ignacio, Lt. Col. Charles Callahan, Lt. Col. Reed Christensen, Lt. Col. Paulette Williams and Lt. Col. James Hickey.

The CEO is a secure program that takes patient data from Tripler's current computer systems and organizes the information to help physicians, administrators and other healthcare professionals better monitor their specific patient populations, said Underwood, the CEO's project manager and director of the Medical Informatics Section of Tripler's Information Management Division.

He said one of the main uses of the CEO is to help primary care managers (PCMs) manage their patient populations, specifically those with one of two target diseases - asthma and diabetes.

"We chose these diseases because they are two very common diseases at Tripler, and the Department of Defense and Department of Veteran's Affairs have collaborated on joint clinical practice guidelines for these conditions," Underwood said.

Through the CEO, PCMs can view their entire patient population and then focus on those with either asthma or diabetes.

"This is the first time PCMs have been able to do this," said Underwood. He said with this program, physicians can quickly see information relating to the patient's disease management such as if the patient is getting required tests done, how their lab results came back and if they've gone through education on their disease. "We're able to point out very quickly to the PCM which patients are at risk of particular complications associated

with their underlying condition," he said.

There are also screens that show PCMs how they compare anonymously with other physicians in their department when it comes to various aspects of their patients' care.

"This allows the doctors to see how they compare with their peers with the hope that they will use this information to look at their own practice and make improvements where appropriate," Underwood said.

In addition to the PCM view, the CEO also has a separate view for department administrators. With this view, department chiefs can access their clinic or provider group and compare their practitioners' performance to see who's doing well and who might need further education.

"The intent here is to improve the practice of the physician," he said.

Callahan, chief of Tripler's Department of Pediatrics, said the CEO has been extremely helpful in monitoring the treatment of asthma in children.

"The CEO provides continuous real time information on how our providers are doing in managing asthma, both in pediatrics and across the system," he said. "We can demonstrate improved documentation of compliance with the national guidelines for asthma therapy without the tedious work of chart reviews. It is an extremely useful tool."

A third view of the CEO was created for care or case managers. Through this view, care managers can see which patients make frequent visits to the Emergency Room or their assigned clinic. They can also review the most commonly seen diagnoses within the clinic or what the common reasons for hospitalization are. This will allow the clinic care managers to concentrate on patients who may need additional attention and hopefully improve quality of care while reducing costs, said Underwood.

"When a patient presents, we want to be able to look at trends," said Hickey, chief of Nursing Informatics. "It might be that the patient is not taking medication correctly ... Whatever it is, we want to find out what they need to keep their visits down so more people will be able to access care."

## TLC: Groups can adopt, fix up pediatric rooms

Continued from page 6

ing on is having groups and units adopt rooms at Tripler. More than 12 groups are currently lined up.

"Most of them are spouse's groups representing all branches of military service," Lee said. "These groups will adopt a room. It can be either a treatment room in the (Pediatric) clinic or the ward rooms. They would each adopt a room, adopt a theme, finance and do the work and put this room together for a more child-like environment. They have to think of young or old (children), boy or girl.

"We don't want some 14-year-old to say

'I don't want to be in the Winnie the Pooh Room.'" Lee said laughing. "We've had some wonderful ideas so far ... an art room where they can put different frames up with Plexiglas so they could slide different artwork in and out, and one group wants to do a room with a helicopter theme."

Also planned are a "Tropical Rainforest" Room and an "Underwater Room," Lee said.

Only certain paints and fabrics may be used to comply with hospital regulations and standards so Lee and other key staff members plan to meet with the groups interested to spell out what is permissible and what isn't. For example, if a group wants to

buy bedding and curtains for a room, they would need everything in triplicate - one set in the room, one set ready to go, and one set in the laundry, Callahan said.

"And we'll thank each group with a nice plaque outside each room," Lee said. "It's community involvement and that's what it's all about."

"It's really very exciting! ... Communities are looking for things like this to do and it can really make a difference in the lives of kids," Callahan said.

Lee may be reached at 433-6825 for anyone wanting more information on adopting rooms.

# Civilian recruiter focuses on hard-to-fill positions

**Heather Paynter**

TAMC Public Affairs Office

Areatha Jones is in the business of helping people at Tripler Army Medical Center, but not in the way one might think. She's not a technician or a nurse, but she is instrumental in getting these valuable personnel into available, hard-to-fill positions at Tripler.

Jones is a civilian recruiter running a one-woman job center, but her mission is specialized. "We are focusing on the hard-to-fill positions," Jones said.

Specialties such as nursing, MRI technicians, diagnostic radiology technicians, and non-medical positions such as computer specialists and engineers are the focus of Jones' efforts. Personnel with these backgrounds are encouraged to make an appointment if they are interested in working at Tripler.

"I'm flexible," she said. "If you can't

come in for an appointment until six, then I'll wait for you, or if you have to come in on a weekend, I'll be here."

Applicants must have a resume on disk and hard copy in hand when meeting with Jones. "Office of Personnel Management rules restrict me from writing the resume for them or restructuring it in any way, but I will help them upload it into the computer," she said.

Applying for a position at TAMC can sometimes be confusing and often frustrating compared to the application process at a civilian hospital. Thus creating the need for Jones. "I guide them through the process," she said.

Since she began working at Tripler in February, she has assisted more than 60 people including those she helps over the phone and through email. According to Jones, helping these people find employment in their field is incredibly rewarding.

"It's awesome," she said. "When



Heather Paynter

**Tripler's new civilian recruiter Areatha Jones guides Tripler applicants through the hiring process.**

someone is seeking something and I can help them with that, it feels great."

Interested applicants may make an appointment with Jones or may come in on a walk-in basis Tuesdays and Thursdays from 10 a.m. to 1 p.m. Her office is located at TAMC on the second floor of the E Wing, oceanside.

For more information or to schedule an appointment, please call 433-9098 or e-mail [Areatha.Jones@amedd.army.mil](mailto:Areatha.Jones@amedd.army.mil)



## Ask the Doc . . .

*Those with depression may need counseling, medication*

TAMC Family Practice Clinic

**Q: Over the past few weeks, I've become down in the dumps, and nothing seems to cheer me up, not even the things I used to like to do. I have problems sleeping, eating and concentrating. I'm always feeling low on energy no matter how much sleep I do get. It's starting to affect my work performance, and I feel badly that I can't seem to 'get over it.' Sometimes I feel so worthless that I wish I could just disappear.**

**A:** It sounds like you have symptoms of depression – sadness, changes in sleep patterns and/or appetite, loss of interest in pleasurable activities, feelings of guilt or worthlessness, decreased energy and difficulty in concentrating. Depression can even lead to thoughts of wanting to not be alive, to developing plans to commit suicide and to suicide itself. Everyone gets down in the dumps and unmotivated every once in a while, but when these feelings persist for two or more weeks, it may be a sign of a problem. For those who operate heavy machinery and/or ammunition, it is important to get help before lapses in concentration and focus cause an accident. If you begin having thoughts of hurting yourself, it's important to get help immediately rather than drive on.

Depression is a biological disease, just like diabetes or high

blood pressure, and has a strong genetic component. If your own family members suffer from depression, you in turn are more at risk. Depression is not a moral or personal shortcoming – often the depressed soldier can't just 'snap out of it' as much as he or she wants to. Those suffering from depression may need short or long-term medication in addition to counseling. Some types of soldiers, such as aviators, may need temporary duty modifications due to the high level of focus needed for their jobs and the incompatibility of antidepressant medications with flight skills. A dangerous myth about depression is that talking about suicide may encourage a soldier to develop or actually carry out plans. In fact, soldiers thinking about suicide are often looking for help and may be relieved that another soldier asked about it or brought it up. Always let others in your chain of command know if a buddy is having thoughts of hurting himself or herself. Alcohol abuse may cause similar symptoms as such seen in depression. It is difficult to treat depression while a soldier is abusing alcohol, and a program like the Army Substance Abuse Program is often needed to properly treat depressed soldiers with alcohol problems. Every soldier is important to the Army, and depression can keep you from living up to your very best potential. Seek help if you think you may have a problem before depression gets the best of you.

# April is Occupational Therapy Month

## Therapists help patients master 'skills for job of living'

**Capt. Lauri Duesler**

TAMC Occupational Therapy Clinic

National Occupational Therapy (OT) Month is April 2002, as designated by the American Occupational Therapy Association (AOTA). Occupational therapists are stationed at Tripler Army Medical Center and Schofield Barracks Health Clinic for those needing OT services.

The following are the top 10 ways to define Occupational Therapy in 15 words or less.

**10.** Occupational therapy is working collaboratively with people to facilitate independence and wellness in an individual's life.

**9.** Occupational therapy is a "client centered" approach to achieve everyday health through functional activities.

**8.** Occupational therapy assist peoples of all ages with disabilities to become independent in their daily lives.

**7.** Occupational therapy promotes the health and well-being of individuals in society through participation in meaningful occupation.

**6.** Occupational therapy is the promotion of life-long health and well-being to facilitate productive living.

**5.** Occupational therapy means improving the quality of life by implementing everyday activities into the program.

**4.** Occupational therapy practitioners help individuals develop skills necessary to perform daily activities.

**3.** Occupational therapy provides the tools to break down barriers to an individual's independence.

**2.** Occupational therapy provides you with balance of independence at home, at work, and at play.

**1.** Occupational therapy is ... "Skills for the Job of Living."

Now that you have a better understanding of what occupational therapy is, take an activity that is very important to you. Try to imagine life without the ability to perform that activity. Using the definitions stated above the occupational therapy role is helping individuals regain function and independence in everyday activities.

The historical roots of occupational therapy in America dates back to the early twentieth century to rehabilitate soldiers following WWI. It was found that "purposeful occupations" such as crafts helped patients recover more swiftly from injuries and illness, both physical and mental. Thus, it was that Occupational Therapy derived its name.

Within the military community, occupational therapists can be found working in hospitals, Combat Stress Control Units, Troop Medical Clinics and a number of other settings. There are 76 occupational therapists and more than 100 occupational therapy assistants in the Army today. Occupational therapy personnel are contributing tremendously in the area of health promotion, disease and injury prevention and wellness programs for soldiers and their families. Research in ergonomics



Staff Sgt. Michelle J. Rowan

**Staff Sgt. Barri Land of Tripler's Occupational Therapy section, measures the range of motion of a patient's wrist.**

### Occupational Therapy Open House

**April 17 from 12:30 to 2:30 p.m.**

Come and see what Occupational Therapy is all about. Prizes will be awarded for the person with the strongest grip.

OT is located on the 3rd floor, F wing.

and biomechanics are helping to improve soldier readiness and performance as well as to design better, safer equipment and training for our Army.

Today, there are more than 100,000 occupational therapists and occupational therapy assistants practicing in the U.S. They are helping people master the "Skills for the Job of Living." To learn how occupational therapy can help you, visit the 'consumer' section of the American Occupational Therapy Association's web site at [www.aota.org](http://www.aota.org) or contact personnel at Tripler's Occupational Therapy Clinic, 433-5232.

# MILPO soldiers use off time to coach kids

**Staff Sgt. Michelle J. Rowan**

Editor

Three Military Personnel Division (MILPO) soldiers recently used some of their spare time to benefit local military children by volunteering to coach a youth basketball team.

Although the three NCOs had no children of their own on the team, Staff sergeants Stephen McDermid, Norma Robles and Thaddus Pittman took on the task of coaching the group of 10 rambunctious youngsters, who were known as the Titans.

"We heard that they needed volunteers," said McDermid, who is NCOIC of the Enlisted Records Branch. "It was an opportunity to do something for others. If you've got the free time, why not?"

McDermid then enlisted the aid of coworkers Robles, NCOIC of the Enlisted Management Branch, and Pittman, Officer Records clerk.

"I thought it would be fun. I love kids," said Robles, who like McDermid had never coached before.

Pittman, on the other hand, brought years of coaching experience to the team.

"I have done this for many, many years," said the NCO of his 12 years of coaching experience.

Beginning back in December, the trio along with Robles' husband, retired 1st Sgt. Tim Robles, began conducting practices twice a week with their team of 6 to 8 year olds to prepare them for the 8-game season, which began in January.

"When we started, some of the kids didn't even know how to dribble," said Robles. "This was first time many of them had even played the game. We had to teach them the very basics."

Very quickly into the practices, the coaches realized the task at hand might be more work than what they first thought.

"It definitely took a lot of patience," McDermid said. "We had to realize that we're dealing with kids whose attention span is gone like that."

Pittman added, "A lot of times, their minds were anywhere, but on what we were trying to show them."

Although it took a few weeks for the coaches and players to get adjusted to



Staff Sgt. Michelle J. Rowan

**Staff Sgt. Stephen McDermid gets the Titans ready to perform drills during a practice in February at the Tripler Gym.**

each other, Pittman said toward the middle of the season, everyone started pulling together.

"We struggled at first, but it was fun. They adapted, and we drove on," McDermid added. "They were really great kids."

While the games didn't quite pan out how the coaches hoped with the Titans losing five of the season's eight games, the four all said there was something more important than winning.

"It was a learning process for everyone. We all had fun," McDermid said.

Pittman said the most rewarding part of the season was seeing the children use the things they learned in practice during a game.

"There's just something about seeing them try to learn the sport. And when one of them does something we've been teaching them, it makes me so proud," he said.

The coaches weren't the only ones who were glad they decided to volunteer.

One of the player's parents, Staff Sgt. Nancy Rivera, said the coaches really made a difference in the children's lives.

"They are so wonderful. The kids loved them," said Rivera. "They (the four coaches) didn't have to do this. They could be doing something else with their time, but they chose to help these kids."

When the team played its final game March 16, the NCOs said they were sad to see the players go.

"It got to a point to where you looked forward to practices and games," said McDermid, who plans on coaching a team next year.

"We'll definitely miss the kids. It's been great," said Pittman, who also would like to continue coaching.

Robles enjoyed the basketball experience so much she volunteered to coach a youth baseball team this spring and also wants to help out with youth track and field activities when that season arrives.

# Red Cross honors Tripler volunteers

## Heather Paynter

TAMC Public Affairs Office

"Volunteers are so important," said Rita Salvanera, Tripler Army Medical Center's Red Cross station coordinator. "They are vital to the everyday running of the hospital."

To honor these valuable volunteers who have contributed a minimum of 30 hours during the past year, an awards breakfast was held March 15 in Tripler's Dining Facility. In recognition of their exemplary service, Elizabeth George was named Volunteer of the Year for 2001 and Amie LaMarr was named Young Adult Volunteer of the Year.

Approximately 50-60 volunteers, including doctors, nurses and those who perform administrative duties, attended the annual event. Others who contribute their time include students receiving academic credit for time spent at the hospital, full-time mothers or housewives and those wanting to experiment with a new career.

The number of breakfast-attendees is deceiving being that 204 people, ages 14 to retired, performed 20,352 hours of service at Tripler last year. Breaking down the numbers, Salvanera concluded that this was the equivalent of 10.6 full-time personnel. If these personnel worked for an average of \$12 per hour, the money saved by Tripler in 2001 is approximately \$244,224. Considering many of the volunteers are professionals with years of experience, this number may be on the low side.

"That's how vital these (volunteers) are," Salvanera said.

Salvanera said the breakfast is a way to acknowledge the importance of these volunteers. "Many of them don't expect anything in return, but they're happy to be recognized," she said.

According to Salvanera, volunteers are always in demand.



Julie McBane

**Red Cross Hawaii State Chapter CEO Roger Dickson recognizes Tripler's Red Cross Volunteer of the Year Elizabeth George during the March 15 awards breakfast.**

Applicants must be at least 14-years-old and are welcome to stop by and pick up an application packet at Tripler's Red Cross office located on the first floor in Room 1B109 across from the Dining Facility, Oceanside. Office hours are from 9 a.m. to 1 p.m. and Salvanera can be reached at 433-6631.

## THE WINNER'S CIRCLE

### Reenlistments

Sgt. William CoelloSanchez  
Staff Sgt. Walter Marshall  
Sgt. MaryAnn Arnold  
Sgt. Delores Huffman  
Spc. Lydon Banmally  
Sgt. Pablo Sanchez  
Cpl. Presley Aroca  
Staff Sgt. Toby Appleton  
Spc. Steven Bednar  
Sgt. Hayward Bell III  
Sgt. Douglas Mayes II  
Staff Sgt. Mason Plaisted  
Staff Sgt. Kimberly Wrice  
Staff Sgt. Michael Bucceri  
Sgt. Carin Thompson  
Sgt. 1st Class Russell Almendarez  
Staff Sgt. Angela Mack  
Sgt. Joycelyn Forde  
Sgt. Shelly Sorrell  
Staff Sgt. Samuel Jones  
Spc. Tomeka Hutchings  
Sgt. Sean Fittro  
Sgt. Ladrakeus Martin

Sgt. Rodrick Partida  
Staff Sgt. Erica Willis  
Spc Stevick Joseph  
Sgt. Tito Windham  
Staff Sgt. Howard Palmer  
Staff Sgt. Lionell Hicks

### Extensions

Spc. Clatice Barrot  
Spc. Anthony Keane

### Promotions

Col. Deborah Stetts  
Staff Sgt. Mark Schiffinger  
Sgt. J Canterbury  
Staff Sgt. Jude Santarina  
Sgt. Kerry Maynard  
Sgt. Vincent Pryce  
Sgt. Charity Heights  
Maj. Jennifer Constantian

### Awards

Maj. Bruce Chen - Meritorious Service Medal  
Master Sgt. Michael Thompson - MSM  
Sgt. 1st Class Timothy Johnson - MSM  
Stanley Batalona - 35-year service pin  
Ross Newmann - 30-year service pin

Hope Cooper-Oliver - 20-year service pin  
Fuiuilotu Filimona - 15-year service pin  
David Harris - 15-year service pin  
Armando Oakes - 10-year service pin  
Melissa Womack - 10-year service pin

### Air Assault

1st Lt. John Ament  
Staff Sgt. Linwood Russell

### Nominees who will represent Tripler at the Federal Excellence Awards Luncheon June 5

Mary Latham - Federal Employee of the Year (Prof., Admin., Tech.)  
Irene Nitta - Federal Employee of the Year (Clerical and Asst.)  
Lt. Col. Susan Smith - Military Officer of the Year  
Margaret Tippy - Federal Manager/Supervisor of the Year  
Sgt. Pablo Sanchez - Enlisted Service Member of the Year  
Vickie Rogers - Exceptional Community Service Managed Care Division - Federal Organizational Excellence

## NEWS BRIEFS

**Breast Cancer Survivors' Group continues meetings** — Tripler Army Medical Center's Breast Cancer Survivors' Group meets the first and third Thursdays of every month at 9 a.m. in the Radiation Therapy Section's conference room. Radiation Therapy is located on the first floor of Tripler's D wing.

For more information, call Cam Klein at 942-4054.

**Fort Shafter Vet Clinic holds Saturday Clinic** — The Fort Shafter Veterinary Treatment Facility will hold a Saturday Vaccination Clinic April 20 from 8 a.m. to noon.

Pet owners may call 433-2271 to set up an appointment. Walk-ins are also welcome, but will be seen on a first come, first serve basis. Sick calls will not be seen on this day.

The clinic is open to military ID cardholders to include active duty servicemembers, family members, retirees and Reserve/National Guard personnel on active orders.

For more information, call the clinic at 433-2271.

**Medical records courier service begins** — A medical records courier service between Tripler Army Medical Center and certain Schofield Barracks Health Clinics began this week for enrolled patients. The service automatically delivers medical records for Tripler specialty clinics and Schofield Optometry Clinic appointments scheduled 48 hours in advance. The goal is to streamline the process for patients.

Patients will no longer have to stop by clinics and pick up medical records. This applies to the following clinics:

- \* Schofield Troop Medical Clinic patients with Tripler specialty clinic appointments whose records are not kept at a Battalion Aid Station – call 433-8200 with any questions. Examples of specialty clinics include Tripler Orthopedics, Physical Therapy and Occupational Therapy Clinics.

- \* Schofield Family Practice Clinic patients with Tripler specialty clinic appointments – call 433-8448 with any questions.

- \* Tripler patients who have appoint-

ments at Schofield Optometry Clinic – call 433-6076 with any questions.

The process will be automatic as long as appointments are scheduled at least 48 hours prior to the appointment.

**AER Campaign ends April 24** — The 2002 Army Emergency Relief campaign will end April 24. AER, which has been supporting soldiers and their families for more than 60 years, provides emergency financial assistance to Army personnel, active and retired, their family members, widow(er)s and orphans.

For more information, contact your unit/department representative or Capt. J.K. Weaver, Tripler's AER campaign project officer, at 433-1711.

**Fourth of July rodeo set** — The Naturally Hawaiian 4th of July Rodeo will be held July 4 at 2 p.m. at Town & Country Stables in Waimanalo.

The rodeo, which will include music,

dancing and bull riding, will benefit Therapeutic Horsemanship of Hawaii, a non-profit organization.

For more information, call 259-5354.

**AKO users can forward e-mail** — Army Knowledge Online (AKO) users can automatically forward their AKO e-mail to any other e-mail address a user selects. Users can do this by clicking on the "personalize" button after they log on, and then choosing "user profile."

AKO officials set up the forwarding rule because they said they realized most AKO e-mail accounts complement, rather than replace, soldiers' local post and AOL- or Hotmail-type accounts, said Harold Tucker, AKO systems architect.

"Considering how often soldiers move around," added David Hale, AKO webmaster, "it is a significant advantage for them to have one e-mail address that does not change as they move from post to post or from mission to mission."



Julie McBane

## GOING TO THE DOGS

Manolo Morales of Channel 2-KHON highlighted Tripler's Human Animal Bond Program during the channel's March 19 morning show. Some of the program's volunteers, roughly 11 dogs and two rabbits, arrived at Tripler in the early morning hours that Tuesday to be a part of the show. Check out next month's issue of the *Medical Minute* for a closer look at the popular program, which is sponsored by the American Red Cross.