

Pulse of the Pacific



Pacific Regional Medical Command

Imua: One Team

Volume 1, Issue 6

MAY 2012

May is Asian-Pacific Islander Month. Asian-Pacific Americans have been in the United States for more than 150 years; however, little is known about their history.

A common American perception tends to lump all Asians together into one racial group, without distinct ethnic and cultural differences, but the term "Asian-Pacific American" actually identifies individuals from at least 29 different countries, each with a unique historical and cultural heritage of its own.

CIVILIANS OF THE YEAR

Top civilians from MEDDAC-Japan, Tripler Army Medical Center and U.S. Army Health Clinic-Schofield Barracks proceed to compete for the MEDCOM level Civilian of the Year.

See page 2

BIDDING ALOHA

Command Sgt. Maj. Tuileama Nua, senior enlisted advisor, Western Region Medical Command and former senior enlisted advisor, Pacific Regional Medical Command, retires after 35 years of service.

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TAMC NICU discharges smallest preemie

Story and Photo by

STEPHANIE BRYANT

Tripler Army Medical Center
Public Affairs

HONOLULU — To the complete joy of his parents, baby Aidan, a premature twin, who spent 126 days in Tripler Army Medical Center's Neonatal Intensive Care Unit, finally joined brother Declan at home following his discharge April 20, here.

Chief Warrant Officer 2 James Klinkenberg, a geospatial technician with 70th Engineer Company, 65th Eng. Battalion, 130th Eng. Brigade, and his wife, Brandi, underwent successful in vitro fertilization at TAMC in July 2011. They were excited to find out that they were having twin boys, but the pregnancy didn't go exactly as they had hoped.

"We went in for our 20-week ultrasound to see how the twins were doing and found out I had a-typical pre-eclampsia, (a condition related to increased blood pressure and protein in the mother's urine)," Brandi said.

Brandi was able to carry the twins to 26 weeks when the doctors decided the babies needed to be delivered ahead of schedule. Brandi underwent an emergency cesarean section Dec. 16, 2011.

James said the whole situation changed very quickly.

"They said we wanted to (deliver) the babies now and we just kept thinking 'It's too early,'" he said.

-See NICU, page 8



Tripler Army Medical Center Public Affairs/STEPHANIE BRYANT

Happy Nurses Week!

TRIPLER ARMY MEDICAL CENTER, Hawaii — From left to right, nurses Genevieve Laguana, Jina Mozdy, Spc. Raymond Lytle and Capt. Jamil Matthews compete in a bear crawl event during the Nurse Olympics, held during Nurses Week, May 10, here. Twelve teams from across the hospital gave it their all in a relay race that also included a monkey walk, bladder toss, crab walk, and specimen carry.

Check out more photos from the Nurse Olympics online at www.flickr.com/TriplerAMC.

Nurses Week is celebrated each year, beginning May 6 and ending May 12, the birthday of Florence Nightingale, the founder of modern nursing.

TAMC's psychiatry residency program earns accreditation, increase in residents per year

**PACIFIC REGIONAL
MEDICAL COMMAND**

News Release

HONOLULU — The Department of Psychiatry, Tripler Army Medical Center, received notification that its residency-training program received a five-year reaccreditation by the Accreditation Council for Graduate Medical Education's Residency Review Committee, April 24.

Tripler's General Psychiatry residency training program is only one of two Army Psychiatry GME residency

programs and produces 40 percent of all Army psychiatrists.

"This accreditation is important because it means our residency program has the highest standard a program can receive," said Lt. Col. Stephen Morris, the residency program's training director. "It's an external validation of the good work that's being done here, of the curriculum, the faculty, residents and the program overall."

In addition to the reaccreditation, Tripler's residency program was also

-See ACGME, page 7

Region's 2011 Civilians of the Year announced

PACIFIC REGIONAL MEDICAL COMMAND
News Release

HONOLULU — Pacific Regional Medical Command announced and recognized its top three civilian employees at a recognition ceremony, April 4, at Tripler Army Medical Center's Kyser Auditorium, here.

Each year, three categories of civilians are eligible for the award. The three honorees for 2011 include:

- Diana Yoshida, protocol assistant, PRMC and TAMC (Category I: GS-8 and below, non-supervisory)
- Lianne Whang, management analyst, MEDDAC-Japan (Category II: GS-9 and above, non-supervisory)
- Dr. Robert Neufeldt, Family Medicine, U.S. Army Health Clinic-Schofield Barracks (Category III: GS-14 and above)

Diana Yoshida

As the protocol assistant, Diana Yoshida provided direct administrative and technical support for 51 protocol events, increased efficiencies as the executive medicine manager for the PRMC, and successfully managed 1,357 general and flag officer and their family's healthcare visits, averaging 6.9 visits per day from January 1, 2011 to December 31, 2011.



Yoshida

Lianne Whang

As the Chief of MEDDAC-Japan's Clinical Services, Lianne Whang provided critical support and oversight during the Business Operations Review and Analysis and transition to a Patient Centered Medical Home during the 2011 calendar year.



Whang

Dr. Robert Neufeldt

As the officer-in-charge of the Family Medicine Clinic at U.S. Army Health Clinic-Schofield Barracks, Dr. Robert Neufeldt oversees the day-to-day operation of the largest clinic at Schofield.



Neufeldt

Despite its vast size, the Family Medicine Clinic routinely excels in areas of productivity, population health, patient satisfaction and access to care, due to Neufeldt's outstanding leadership.

Each of the recipients' diligence, attention to detail, and dedication to mission accomplishment greatly contributes to the success of PRMC.

Each recipient of the 2011 Civilian of the Year award was presented with a Commander's Award for Civilian Service, a cash award and will proceed to be in the running for the MEDCOM 2011 Civilian Employee of the Year program.

Winners at the MEDCOM level will be announced later this year.

Operations SGM urges NCOs, leaders to focus on the 'good moves'

SGT. MAJ. TIMOTHY SLOAN
Pacific Regional Medical Command Operations

While home on leave, I went to a high school football game with an old friend, Jeff. His son, Cameron, played on the defensive squad. Playing defense, Cameron rarely had a chance to touch the ball.

On this one particular play the punter kicked the ball short and good. Cameron finally had his chance.

The ball landed softly in his hands. Cameron scanned the field, took one step to the right then one step to the left before being clobbered by 10 guys from the other team.

He didn't advance the ball one inch! Jeff and I looked out onto the field not saying a word. We sat there silently as the referee untangled the pile of players climbing off of Cameron.

I was feeling badly for Cameron since the play was a disaster.

About that same time, however, Jeff turned to me with a big smile on his face, punched me in the side and said, "Did you see those two good moves?"

A loving father is the only

one who could have seen his son's good moves rather than the fact that his son just got tackled by everybody but the cheerleaders.

That is how you must learn to see your Soldiers.

You have to be able to see their "good moves." Too often we bring an air of negativity to our leadership style. We talk down to or in a condescending manner to

our Soldiers rather than celebrating our Soldier's talents and accomplishments.

Our thoughts and expectations wield tremendous power in the lives of our Soldiers.

We may not always give them what they want but we can always give them what they need. Your Soldiers work hard for the Army, for the unit and for you. Take the time to let them know you appreciate their hard work.

Acknowledge and recognize the talents of your Soldiers. Whether it is an award, a coin, a handshake, pat on the back or simply an encouraging word; if you create a more positive atmosphere in your workplace, your Soldiers will grow exponentially.



Sloan

Pulse of the Pacific

Pacific Regional Medical Command
www.tamc.amedd.army.mil

Commander
Brig. Gen. Keith W. Gallagher

Communication Director
Jan Clark

Editor
Stephanie Rush



ARMY MEDICINE
Serving To Heal...Honored To Serve

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US, Korea take to the fields in Friendship Week

Story and Photo by
CHUCK YANG
Brian Allgood Army
Community Hospital

U.S. ARMY GARRISON-YONGSAN, South Korea

— The 2012 Korea Augmentee to United States Army (KATUSA) and U.S. Soldier Friendship Week was held here, April 16-19.

Friendship Week is held each year to foster unit cohesion, camaraderie and to exchange cultural knowledge between KATUSA and U.S. Soldiers.

Each USAG-Yongsan-based unit competed in sporting events to include soccer, softball, ssirum (Korean wrestling), a five-kilometer team run, team jump rope and tug-of-war.

Nine teams participated in this year's competition to include: 176th Finance Battalion; 595th Maintenance Company; 1st Signal Brigade; Headquarters and Headquarters Co., USAG-

Yongsan; 22nd Aviation Bn.; 65th Medical Bde.; 94th Military Police Bn.; 501st Military Intelligence Bde.; and Headquarters and Headquarters Bn., 8th Army.

The weeklong festivities kicked off with an opening ceremony at Lombardo Field. The ceremony included a performance by the 8th Army Band and precision drill by a Republic of Korea Honor Guard.

Col. Rafael De Jesus, commander, 65th Medical Brigade and MEDDAC-Korea, returned the commander's flag, which the unit had held onto for the previous year as the 2011 Friendship Week winner.

Each event required a diverse make up of participants, which helped the Soldiers bond as one team, regardless of rank, position or gender.

To prepare for the games, unit commanders established training schedules



U.S. and KATUSA Soldiers from 65th Medical Brigade give it their all during the tug of war competition during the 2012 Friendship Week. Cheering them on is Lt. Col. Derek Zitko, operations officer, 65th Medical Bde.

week in advance.

Despite taking first place in the five-kilometer run, second place in softball and the Team Work Challenge, 65th Medical Brigade did not take home the commander's flag for the second year running.

Friendship Week is a great opportunity for Korean and U.S. Soldiers to bond together and develop teamwork skills in a morale-boosting environment.

KATUSA was established in July 1950 during the Korean War, and the bond

between two nations has developed as one of the strongest military alliances in the world.



View more photos at www.flickr.com/usag-yongsan.

Ask the Dietitian

STAFF SGT. NATALIE DAVIS
Tripler Army Medical Center
Nutrition Care Division

"I always feel like I'm too busy to eat and then struggle to choose the right foods on the go. Do you have any advice?"

Surveys indicate that the average American adult eats 4.8 meals per week in restaurants. It can be difficult to eat right while juggling a busy lifestyle.

With a few tricks and helpful tips, you can be better prepared to choose wisely while dining out,

know how to find healthy alternatives, and how to avoid hidden or empty calories.

First, it is a good to become familiar with restaurants that provide healthy food options and nutrition information. Most large restaurants and fast food chains have nutrition information posted online. Using a smart phone app, such as MyFitnessPal can also be a helpful tool.

You want to look for meals that are 700 calories or less and snacks that average 300 calories.

Next, know your best picks for different types of restaurants. For

instance if you're going to eat Mexican food, try choosing a burrito or soft taco with grilled veggies, chicken, fish or steak. Choose plain white rice versus chow mein noodles or fried rice when eating Asian food.

For fast food, opt for a grilled chicken sandwich, hamburger or veggie burger with tomato and lettuce, or a grilled chicken salad with reduced-fat dressing.

Choose locations that will allow you to make substitutions, such as vegetables and fruit instead of fries.

Always ask to have condiments "on the side" in order to avoid too many calories from high-calorie sauces.

It's important to always plan ahead. Don't let yourself hit the road at 4 p.m., with a growling stomach and two hours until dinner time. Pack some trail mix with dried fruit, nuts and seeds, baby carrots or fresh fruit.

If you have a hard time getting in the habit of eating breakfast at home, a bagel with nut butter, dry ready-to-eat cereals, a sports bar, string cheese, yogurt, and milk are easy to grab options from a convenience store.

Finally, beware of hidden calories in drinks. Drink calories pack a large amount of empty energy that doesn't fill you up.

Replace these calories with diet or low-calorie beverages, using nutrition facts labels as a guide.

Remember, it is possible to make healthy food choices while away from home. You simply have to plan ahead, make substitutions, pack snacks, and read labels.

MEAL	OPTION 1	CALORIES	OPTION 2	CALORIES
Breakfast	16 oz orange juice (OJ)	200	12 oz Trop 50 OJ	70
Morning snack	24 oz Rock Star	390	Red Bull Total Zero	0
Lunch	20 oz Coke	240	24 oz Coke Zero	0
Afternoon snack	32 oz PowerAde	240	PowerAde Zero	0
Dinner	16 oz sweet tea	200	16 oz green tea	10
Late night snack	2 x 12 oz beer	300	2 x 12 oz light beer	110
TOTAL		1,570		190

Beverages often have hidden calories. Drink calories provide a lot of empty energy but don't fill you up. Choose wisely to save hundreds of calories a day.



To submit a question for "Ask the Dietitian," send an email to joy.metevier@us.army.mil.

Pacific Armies strengthen ties during medical conference

Story and Photo by

SGT. 1ST CLASS KEVIN BELL

U.S. Army-Pacific Public Affairs

BANGKOK, Thailand — The 22nd iteration of the Asia-Pacific Military Medicine Conference (APMMC) began in the Thai capital April 30.

Nearly 500 military medical professionals from over 40 nations are attending this year's conference, which is co-hosted by the Royal Thai and the United States Armies.

APMMC provides a forum for military health-care providers to discuss topics, issues, and concerns of military medical significance with allied and friendly countries in the Asia Pacific region.

The conference theme this year is "Diversity is Our Strength: Regional Security through Collaboration." APMMC runs from April 30-May 4.

"The APMMC is the single most beneficial, multi-lateral conference that we host here in the Pacific. The opportunity to bring professionals from around the Pacific as well as around the World together here in Bangkok enables each of us to gain a greater understanding of each others' strengths and challenges," said Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command, Tripler Army Medical Center and command surgeon, U.S. Army-Pacific.

A large number of military medical topics are being discussed, such as influenza, HIV, emerging infectious diseases, malaria, preventive medicine, deployment health for peacekeeping operations and other contingency operations, military medical aid to civil agencies, health service support, combat medicine, triage and casualty evacuation, medical readiness, behavioral health, Wounded Warrior Care, medical technology, medical training, simulation training and research and medical interoperability.

Areas of special emphasis include nursing, veterinary medicine, and medic/noncommissioned officer development.

"Through discussion, adult learning and col-



Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command and Tripler Army Medical Center, is interviewed by a Thai television station following the opening ceremony of the 22nd annual Asia-Pacific Military Medicine Conference, which began in Bangkok, April 30.

legality we learn and grow from the many professional presentations and posters and build a greater intellect and capacity that we return to our nations for further learning and implementation," Gallagher said.

"The ability to put a name to a face and to have an email and a phone number means we can talk and write one another for years to come. We'll also know one another when we train together in exercises or in support of a humanitarian disaster," he added.

Participants will also get hands-on with some of the latest medical technology thanks to a number of medical displays set up by civilian medical companies.

Nations attending include Australia, Bangladesh, Belgium, Brunei, Cambodia, Canada, Comoros, Federated States of Micronesia (FSM), France, Germany, India, Indonesia, Japan, Kiri-

bati, Laos, Madagascar, Malaysia, Maldives, Mauritius, Mongolia, Nepal, New Zealand, Pakistan, Palau, Papua New Guinea, People's Republic of China, Philippines, Republic of Marshall Islands, Russia, Samoa, Singapore, Solomon Islands, South Korea, Sri Lanka, Thailand, Timor Leste (East Timor), Tonga, Tuvalu, Vanuatu and Vietnam.

World Health Organization representatives are also participating.

"The fact that this is the Army's 22nd in a row conference speaks volumes to its sustainability and continued growth. This conference ranks among the best in the world for bringing quality speakers, lessons learned about combat, humanitarian assistance operations, and the sharing of best practices in delivery healthcare in urban and remote areas will undoubtedly help mankind," Gallagher concluded.

MEDDAC-Japan civilian earns prestigious national award

PACIFIC REGIONAL MEDICAL COMMAND

News Release

CAMP ZAMA, Japan — Yoshiko Shibuya, administrative officer for MEDDAC-Japan's Civilian Personnel Liaison Office, was awarded the 2012 Federal Asian Pacific American Council Excellence in Individual Achievement award, May 3.

She has distinguished herself as an individual who fosters an innovative and harmonic environment between the military and the Asian

Pacific American civilian community.

Following the earthquake and tsunami disaster that ravaged Japan in March 2011, Shibuya worked diligently to ensure that support was given to both the military and local civilian population who were affected by the natural disaster.

When she noticed that many



Shibuya

members of the local civilian population were in need of medical immunizations, Shibuya worked hard to justify and develop a system that allowed local nationals to receive immunizations from the U.S. humanitarian assistance effort.

Shibuya regularly volunteers her time to assist coworkers with translating and understanding emails, announcements, policies and other documents to help bridge the language barrier.

She also works closely with the chief of Resource Management to

help develop and implement new training and job opportunities in the MEDDAC-Japan community.

Shibuya has distinguished herself by continually making significant contributions to America in the areas of equal opportunity and public service both within the civilian community, Army Medicine and the U.S. Army.



For more information about the Federal Asian Pacific American Council, visit www.fapac.org.



Tripler Army Medical Center Visual Information Command Sgt. Maj. Tuileama Nua (center right), and his wife, Anita (center left) are joined by Brig. Gen. Keith Gallagher (left) and Maj. Gen. Phillip Volpe (right) after Nua's retirement ceremony, April 27, 2012.

PRMC bids aloha, honors CSM Nua's 35-year career

STEPHANIE BRYANT

Tripler Army Medical Center Public Affairs

HONOLULU — A retirement ceremony for Command Sgt. Maj. Tuileama Nua, senior enlisted advisor, Western Region Medical Command and former senior enlisted advisor, Pacific Regional Medical Command, and his wife, Anita, was held at Tripler Army Medical Center, April 27.

Nua joined the Army in July 1977 and will retire May 31 after 35 years of service to the U.S. Army.

Brig. Gen. Keith Gallagher, commanding general, PRMC and TAMC, hosted the ceremony as Nua and his wife stopped over in Hawaii on their way home to the islands of American Samoa.

Maj. Gen. Philip Volpe, commanding general, WRMC, presided over the ceremony. Nua and Volpe have served together multiple times throughout Nua's career. During Volpe's remarks, he listed off key events in history that showed just how much of the Army's evolution Nua witnessed during his service to the nation.

"During (Nua's) first term of enlistment, the President was Jimmy Carter and the first Apple computer went on sale; the cost of a gallon of gas was 65 cents and our Army was rebuilding from the strains of the Vietnam War and our biggest threat (was communism)," Volpe explained.

But through the changing of the nation and the Army, Nua, seeming always larger than life, stayed true to his Army values. Most importantly was his commitment to Soldiers.

"Nua has been a role model for Soldiers and a staunch advocate for their success and development as men and women of character," Volpe said. "He was all about Soldiering and 'service above self.'"

Volpe made sure he acknowledged the 25 years of service that Nua's wife, Anita, also contributed.

"Anita gave much more than she ever received," Volpe said. "She is the epitome of an Army wife and a shining example of selflessness."

When Nua and his wife arrived back in Hawaii, he was asked what he would miss most about his military career. Nua commented that it was very easy to answer.

"I did not hesitate to say the Soldiers, the camaraderie, the big family atmosphere, caring for our service members, their families, and most of all ... looking out for each other while serving this great nation," Nua explained.

Over the years, Nua supported many Army initiatives overseas. He deployed to Grenada in support of Operation Urgent Fury and he also participated in Operation Desert Storm/Shield in Southwest Asia.

Now, Nua is returning to the islands of American Samoa and taking his life and military experiences with him.

Nua said he plans to enter a life of public service with political focus on healthcare and education for the people of American Samoa.



View more photos of the retirement ceremony online at www.flickr.com/TriplerAMC.

Tripler's new employee gyms promote healthy lifestyle, resiliency

Story and Photo by

STEPHANIE BRYANT

Tripler Army Medical Center Public Affairs

that purpose. If you get tired physically, you get tired mentally and emotionally."

Resiliency has many key components, but PRMC's Resiliency Team wanted to start with the basics.

"People are coming off shifts late and we wanted to have a place for everybody to work out," said Howard Reyes, regional program supervisor, (Army Medicine) Care Provider Support Program, Pacific Regional Medical Command. "When you are physically fit or you have had a good work out, it just seems to make everything else a lot easier, including your mood and emotions."

One of the PReFiT rooms features cardio equipment, weights and CrossFit equipment, while the other PReFiT room features only cardio equipment at this time.

In addition to the fitness areas, Gallagher reminded staff that the side walk loop around the outside of the hospital now connects and encouraged them to utilize that as well.

"Physical training and physical fitness is helps you clear your mind, but most importantly it keeps you healthy," Gallagher said.

HONOLULU — A ribbon cutting ceremony for new Tripler Army Medical Center employee fitness rooms took place April 24, at 11:30 a.m.

The fitness centers are just one part of Tripler's new "Be Well" campaign, which promotes healthy lifestyles for TAMC staff. A big part of it is resiliency. Resiliency refers to one's ability to quickly recover from change or misfortune.

"Part of resiliency is being physically fit," said Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command and TAMC.

Gallagher encourages his staff to talk to one another, talk to the professionals at TAMC and to do things that get them to where they think and cope with the stress of their career experiences.

"A part of (learning to cope) includes physical fitness and physical training," Gallagher explained. "These (Provider Resiliency Fitness Training (PReFiT) areas) will help serve



Master Sgt. Wallace Carmichael, operations, Pacific Regional Medical Command, works out on Cross-Fit equipment in one of Tripler Army Medical Center's Provider Resiliency Fitness Training (PReFiT) areas. The areas are part of a new strategy, the "Be Well" Campaign, promoting wellness, healthy living and resiliency for TAMC staff.

PRMC begins training all staff to embrace, build 'Culture of Trust'

ANN BERMUDEZ
Army Medicine

Trust is the glue that holds an organization together. Whether you are trying to establish a relationship built on trust with your patients, trust with your employees or trust between co-workers, effective communications built on honesty and transparency must be established.

Army Medicine launched the Culture of Trust initiative in 2010 to enhance and sustain a high level of trust for the purpose of improving the health and well-being of the Army and the health-care environment.

Since 2010, Culture of Trust has begun being implemented throughout Army Medicine, at all levels and at all locations.

"The purpose of Culture of Trust is to take a look at the organization from top to bottom and find out where trust is not as high as it needs to be and then do what we need to do to elevate that," said Dr. Claudette Elliott, Trust Enhancement and Sustainment Task Force director. "The focus of this initiative is to devise a number of things that will increase the level of trust, which then increases decision making and productivity."

Trust will permeate all facets of Army Medicine. Trust will be woven into the fabric of current initiatives in the Comprehensive Behavioral Health System of Care; Patient Centered Medical Home; Comprehensive Pain Management Campaign Plan; and Medical Management Center.

Every initiative aimed at improving patients' health-care experiences, outcomes, the health of our people and readiness of our Soldiers will be founded on a Culture of Trust.

According to Elliott, research indicates that increasing trust exponentially improves organizational effectiveness.

High-trust organizations achieve more with less. High-trust personnel are able to better focus on achieving the mission.

The intention and focus of this initiative is to intentionally increase and

sustain trust with all Army Medicine personnel, stakeholders, customers and patients.

"Trust is important to all relationships but especially in the patient/provider relationship," Elliott said. "Army Medicine has some of the best health-care professionals in the world and they do an excellent job in providing care." Elliott explained that trust is ongoing and like any relationship, it needs to be worked all the time.

Creating a culture of trust in any organization requires commitment to many trust-building actions over time. The intention is to instill a high level of trust throughout all elements of Army Medicine forever.

"A big piece is family, taking a look at how we provide service to our customers and then standardizing that customer service across the board. Standardize signage, standardize greetings, badges," Elliott said. "Training will be a little part of the Culture of Trust initiative. Developing trust-based relationships, skills and behaviors, and aligning those with revamped policies and procedures to elevate and maintain a high level of trust will be the major focus."

The Culture of Trust is an enduring effort that is an organizational culture change and will support Army Medicine well into the 21st Century.

Wondering when your nearest military medical facility staff will go through Culture of Trust training?

Staff at Hawaii's Tripler Army Medical Center and the Warrior Ohana Medical Home are currently attending training through May. Training for U.S. Army Health Clinic-Schofield Barracks will be scheduled for August.

The Trust Enhancement and Sustainment Task Force is working with MEDDAC-Japan's and MEDDAC-Korea's command groups to schedule training in each area.

(Editor's Note: This article originally ran in the December 2010 edition of the Mercury. Additional information provided by Pacific Regional Medical Command Public Affairs.)



MEDDAC-Japan/SGT. ROBERTO GOUVEIA

MEDDAC-Japan's top Soldiers recognized

CAMP ZAMA, Japan — Col. Kathleen Ryan (left), commander, MEDDAC-Japan, stands with Sgt. Tramaine Carey (center) and Spc. Cindy Cantu (right), who were recognized as Noncommissioned Officer of the Quarter and Soldier of the Quarter, respectively, April 26.

In Brief

ARMY COMMENDATION MEDAL

Congratulations to Maj. Keng Wu, Sgt. Gerald Lacambra and Cpl. John Fisher for receiving the Army Commendation Medal for expiration term of service (ETS). They were presented their awards April 26 by Col. Kathleen Ryan, commander, MEDDAC-Japan.

HEALTH OBSERVANCES

Check out information on upcoming health observances for May online:

- Arthritis Awareness Month, www.arthritis.org
- Hepatitis Awareness Month, www.hepatitisfoundation.org
- Lupus Awareness Month, www.lupus.org
- Melanoma/Skin Cancer Detection and Prevention Month, www.melanomamondays.org
- Mental Health Month, www.mentalhealthamerica.net

- National Asthma and Allergy Awareness Month, www.aafa.org
- National High Blood Pressure Education Month, www.nhlbi.nih.gov

SCHOOL IMMUNIZATIONS

The Family Medicine Clinic at Tripler Army Medical Center will be open Saturday, June 2 and 23 from 7:30 a.m.-1 p.m. to provide school immunization services for children ages 4-18. For more information, call 808-433-1119.

SUBMISSION GUIDELINES

Have an event you'd like listed here? Do you know of a Pacific Regional Medical Command employee who recently received an Army Commendation Medal or higher-level award or a Commander's Award for Civilian Service?

Send submissions to medcom.prmc.pao@us.army.mil.

Tripler uses cutting-edge procedures to manage pain

Story and Photo by
STEPHANIE BRYANT

Tripler Army Medical Center Public Affairs

HONOLULU — The use of spinal cord stimulators to treat chronic pain has evolved recently at Tripler Army Medical Center, here.

In 2011, the Food and Drug Administration approved the use of spinal cord stimulators using a percutaneously delivered paddle lead and a pulse generator that senses a patient's position. The approval of these devices made a nice addition to TAMC's Integrative Pain Management Clinic.

The clinic, priding itself on trying to reduce the use of opiates to treat pain, had already been performing spinal cord stimulator implants using cylindrical leads.

The spinal cord stimulators use leads, which are wires that go from the stimulator device to the spinal cord, to deliver signals that will interrupt the feeling of pain.

Tripler's Dr. Phillip Lim, pain management physician, IPMC, who performed the first paddle lead implant in Hawaii at Tripler in February, said a lot of patients say it feels like a massage when the neurostimulator is activated.

"A few patients have even moaned from relief when I turn on the stimulation," Lim said with a laugh. "The technology has gotten so good over the years (with spinal cord stimulators)."

Maj. Brian McLean, chief, Pain Medicine and Interventional Pain Services, said this treatment is for patients with severe neuropathic pain, who have exhausted all other avenues of relief and treatment.

"We start with a three to seven day trial using a temporary lead similar to an epidural," McLean explained. "We do not want to (implant) a permanent lead unless the trial offers them at least 75 percent pain relief and improvement in function."

For Maggie Peeler, who recently received a permanent cylindrical lead implant, the spinal cord stimulator promises her relief from lower back and leg pain after an injury 10 years ago.



Dr. Phillip Lim, right, pain management physician, Integrative Pain Management Clinic, Tripler Army Medical Center, reviews an x-ray screen as he places cylindrical leads in a patient who suffers from chronic neuropathic pain, a chronic pain that results from an injury to the nervous system. In 2011, the Food and Drug Administration approved the use of percutaneous spinal cord stimulators using a paddle lead. The paddle leads require the patient to recharge the battery less frequently and it send s energy more directly to the spinal cord. Lim performed the first paddle lead placement in Hawaii at Tripler in February.

Peeler said after her five-day lead trial when they removed the temporary lead, she realized how much pain she had learned to live with and was anxious to receive the permanent lead.

"The procedure is done on a large number of patients for a wide variety of neuropathic pain reasons," McLean added. "It is a very powerful tool to help with chronic pain and unlike medications and injections, it's not temporary relief, it is continuous, long-lasting relief."

More than 90 percent of the leads placed at Tripler are percutaneous. The paddle leads use less energy meaning patients recharge the battery less frequently. The cylindrical leads send energy everywhere, all around it, while the paddle leads sends energy to just the spinal cord.

"(In addition to the lead advancements), the new batteries are sensor batteries and will sense

the patient's movement and adjust stimulation based on the position of their body," McLean said.

McLean said the important thing for beneficiaries to know is that the IPMC can provide pain relief without pain medications.

"Our goal is to not just improve their level of pain, but their function," McLean explained.

The spinal cord stimulator has also aided in retention and readiness.

"Soldiers have even deployed with the spinal cord stimulator in," McLean said. "It saves the Army from discharging a Soldier with severe chronic pain."



View more photos of this surgery at www.flickr.com/TriplerAMC.

ACGME

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granted a cohort increase from 28 total trainees to 32.

"Only one other psychiatry residency training program, military or civilian, in the entire country received an increase in total trainees," explained Col. C.J. Diebold, chief, Department of Psychiatry. "(This) will enable us to train more Army psychiatrists."

This increase in cohorts and the ability to train additional Army psy-

chiatrists is important because psychiatry continues to be at least 25 percent under strength Army wide according to Morris.

"After a decade-long war, behavioral health needs have really become the forefront of the Army," Morris said. "As the needs have grown, our need for excellent psychiatrists has grown. It's been hard to keep up with the demand.

"The ACGME looked at our request to grow the program, and they approved it," Morris continued. "Al-

lowing more residents into the program will allow to better meet the need (for more psychiatrists.)"

The ACGME is a private professional organization that is responsible for the Accreditation of post-MD medical training programs within the U.S. It ensures the quality of approximately 8,400 accredited residency and fellowship programs in 121 specialty and subspecialty areas of medicine.

"It's that external validation, that a national accreditation body has

given us their highest seal of approval," Morris said. "This really is a reflection of excellence throughout the hospital, from the residents to the staff, to the leadership and support staff. When (the ACGME) looks at the program, they look at everything. This accreditation is a huge accomplishment for us all."



For more information on ACGME, visit www.acgme.org.



Pacific Regional Medical Command Public Affairs/JAN CLARK

MEDDAC-Japan takes home several awards

HONOLULU — The Best Quality Health System in the Pacific for 3rd and 4th quarters, fiscal year 2011 and 1st quarter, fiscal year 2012, were only a portion of the awards presented to MEDDAC-Japan during the Pacific Regional Medical Command Commander's Conference, held in Waikiki, here, April 11-13.

MEDDAC-J also won top honors for Best Patient Satisfaction of Health-care Providers and Best Diabetic Management of Enrolled Population.

Pictured left to right are Brig. Gen. Keith Gallagher, commander, PRMC and Tripler Army Medical Center; Col. Kathleen Ryan, commander, MEDDAC-Japan; and Lt. Col. Amy Brinson, Deputy Commander for Administration, MEDDAC-Japan.

NICU

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Maj. Joseph Hudak, chief, Neonatal Intensive Care Medicine, TAMC, who has been involved in the twins' care since birth, said they were not developing normally and there was concern that the twins were under stress.

Aidan and Declan were delivered just a little over 3 1/2 months early. Aidan was born at just 14 ounces, while Declan, the older of the two, was born at 1 pound, 10 ounces.

"Aidan, at 14 ounces, is the smallest birth weight infant to survive and be discharged from Tripler that we can identify," Hudak said.

Hudak explained that infants born as small Aidan and Declan run the risk for many complications after delivery.

"For infants that premature, being born is often too much for their bodies to handle," Hudak said. "The mother does a lot of things for the baby before it's born. (For example) the kidneys don't have to work well because the placenta is doing their work and the lungs do not do any work because they are not used before they are born.

"A stay in any ICU is a roller coaster ride and it is extremely

stressful for families," Hudak added.

As they faced many difficult decisions and situations with their babies, James and Brandi found that the NICU staff was there to support them during their difficult time.

"December 16 changed everything and all at once the doctors and nurses became our closest family and the people we relied on most," Brandi said, who spent every single day in the NICU that her sons were there.

"They became so important because we were looking to them to show us how to hold our children and care for them," James added.

Declan, who was discharged March 30, did not get to stay in Tripler's new single-room NICU like Aidan, but the parents were very happy with the renovations. They said they enjoyed the privacy and noise reduction that the new rooms offered.

Even though Aidan and Declan are at home with their family, they will still see their NICU family frequently.

"We have a follow-up clinic especially for the NICU babies every Monday afternoon," Hudak said. "They will be seen by their pediatrician, but we will follow infants like Aidan and Declan for months after



Brandi Klinkenberg dresses her son Aidan, a premature twin, who spent 126 days in Tripler Army Medical Center's Neonatal Intensive Care Unit, while Chief Warrant Officer 2 James Klinkenberg, looks on with Aidan's twin brother, Declan, to be discharged April 20. Aidan, weighing just 14 ounces at birth, and Declan, born weighing 1 pound, 10 ounces, were delivered more than three months early, Dec. 16, 2011. Aidan is the smallest infant (by birth weight) to survive and be discharged from Tripler. James Klinkenberg is a geospatial technician with 70th Engineer Company, 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, based at Fort Shafter, Hawaii.

they are discharged."

Hudak said his job is very rewarding but not for the reasons one might think.

"It's not rewarding that the size of the baby we have been able to discharge is smaller, it's more rewarding in the fact that this family had two infants that should never have been born as small as they were, but

here we are seeing both of them going home and they are doing great," Hudak explained. "The part I enjoy is that this whole family, the family we started with, is still here and going home. James and Brandi get to enjoy their new babies."

"They are my miracle babies, from conception to birth," Brandi said. "They are just little miracles."