

Pulse of the Pacific



Pacific Regional Medical Command

Imua: One Team

Volume I, Issue I

DECEMBER 2011

This month has been set aside for Soldiers and their families to enjoy the holidays. Commemorations and ethnic observations were cut down from more than 100 to a more manageable level reducing the burden on affected offices and allowing a greater effort to be put in for priority commemorations.

November's commemoration focused on American Indians and their rich history with the Army.
See page 8

JOINT AUTISM SUPPORT

Medical clinics and health care providers work hand-in-hand with EFMP to provide support to families with autistic children.
See page 5

DISASTER RELIEF

Two Tripler Army Medical Center Public Health Officers deploy in support of Hurricane Irene and Tropical Storm Lee in New York.
See page 7

WHAT'S INSIDE

Notes from the Top.....	2
Ask the Dietician.....	2
MEDDAC-Korea.....	3
Schofield Barracks Health Clinic.....	4
Employee Spotlight.....	4
Warrior Ohana Medical Home.....	5
MEDDAC-Japan.....	6
Warrior Transition Battalion.....	7
In Brief.....	8

HI simulation center receives national nod

STEPHANIE BRYANT
Tripler Army Medical Center Public Affairs

HONOLULU — The Medical Simulation Center, here, recently achieved the Society for Simulation in Healthcare accreditation.

TAMC is the second simulation center in the Department of Defense to achieve this accreditation and the only one in Hawaii and Pacific region.

Ruth Andrews, the simulation center's administrator, said the center's main focus is graduate medical education programs, but they support all graduate professional health programs such as nursing, physicians assistant, and even staff training.

The center has a variety of simulators from simple task trainers all the way through the high-fidelity simulators that allow training on many skills.

"The old paradigm used to be 'See one; Do one; Teach one,' and now it's moving toward 'Simulate one; Do one; Teach one,'" said Maj. Taylor Sawyer, medical simulation director. "This (evolution) is very important (to medical training)."

Sawyer explained that right out of medical school a lot of the residents haven't experienced or performed any procedures.

Andrews said this is why simulation is so important now in medical training facilities.

"In simulation, you can practice as often as you want without risk of injuring anyone," Andrews said. "You use it to build your skills and your knowledge."

"The bottom line is patient safety," she added.

Sawyer said the validation is a

-See SSH page 8



New screening helps Korea-based Soldiers

HARVEY HALL, RN
Area II RESPECT-MIL,
MEDDAC-Korea

U.S. ARMY GARRISON-YONGSAN, Korea — The Yongsan Health Clinic started a new screening program in July 2011 and its successes are mounting.

The Re-Engineering Systems of Primary Care and Treatment in the Military program, more commonly referred to RESPECT-MIL, is designed to screen service members, including KATUSAs, or Korean Augmentees to the U.S. Army, for depression and post traumatic stress disorder.

Initially piloted in Fort Bragg, N.C., RESPECT-MIL is now pres-

ent in 32 out of 37 Army posts, to include overseas locations in Europe and Korea. Since the program's inception in 2007, more than 1.1 million service members were screened for depression and PTSD. About 13 percent of those visits were positive for either a possible depression and/or PTSD assessment. Of those who had positive screens, about 1 percent had a risk for suicide.

Initial screening is provided by medics and nurses. The screening information is then presented to a primary care manager (PCM) who can determine if any treatment options are needed. Each case is individualized, confidential and assessed according to the needs of the service member.

PRMC aims to improve reach with publication

PACIFIC REGIONAL MEDICAL COMMAND
News Release

HONOLULU — If you're reading this, you're looking at just one of the exciting new initiatives underway at the Pacific Regional Medical Command.

The Pulse of the Pacific, a monthly newspaper published by PRMC's Strategic Communication and Public Affairs Office, is a brand new digital publication meant to keep health staff and Soldiers, and most importantly the region's beneficiaries up-to-date on health-related news.

Other initiatives include adopting a regional logo and crest instead of using Army Medical Command's or Tripler's; setting up separate

-See PULSE page 4



For more information, contact the RESPECT-MIL office at DSN 725-5119 or visit www.pdhealth.mil/respect-mil/index.asp.

PRMC 6 charges staff, patients to strive for best

BRIG. GEN. KEITH GALLAGHER

Commanding General, Pacific Regional Medical Command and Tripler Army Medical Center

Aloha, I want to thank the Pacific Regional Medical Command public affairs team for producing our first ever Pulse of the Pacific newspaper.

This medium will serve as another conduit for information flow, interest stories, and health promotion and services.

The Pulse of the Pacific's primary function will be to illuminate the accomplishments of our great physicians, nurses, administrators, NCOs, Soldiers, Airmen, Sailors, and civilians throughout the Pacific.

Think of what services you want more information on or what stories you want told in this newspaper. Let the public affairs office know.

We aim to provide the best quality care that we can and we want to make sure our patients and their families know.

We measure our performances in our HEDIS, ORYX and Patient Satisfaction Surveys (APPLS). I urge our beneficiaries to take the time to reply to these surveys. Let us know how we're doing on ICE at ice.disa.mil or post a comment on one of the clinics' Facebook walls.

We cannot improve without knowing how we're doing.

I also ask that our health care providers to look collectively at their clinics, departments or patient care unit scores and determine how you're contributing to the collective outcome results.

Each and every one of us must work hard to build a culture of patient safety, quality and responsiveness, respect as individuals, high performance and even higher competence, trust, and pride that we have exhausted our energies and resources to care for our patients.

Our system of health staff members are honored to care for the men and women and their families of our active duty armed forces because the service members are the ones exerting the muscle movement for our nation in support of overseas contingency operations. We are honored to care for them as well as our veterans who have served before us.

Finally, I have set our vision of being the #1 medical team in the universe. This is not a lofty vision but one that is most definitely achievable when each of us exerts the drive and energy that focus on the patient.

Stay strong and resilient during this holiday season. Take the time to recharge your batteries and always be safe.

I look forward to working with all of you in 2012! Mele Kalikimaka. **PRMC 6**



Gallagher

—Ask the Dietician—

CAPT. JOY METEVIER

*Tripler Army Medical Center
Nutrition Care Division*

“What are the most important things to know about managing holiday weight gain?”

Health professionals estimate three to seven pounds as the average weight gain for most Americans during the November to January holiday season.

While this may seem like a high estimate, it takes a mere 300 calories, or 2 holiday cookies, per day to pack on the pounds.

Watchfulness and a realistic plan are the best ways to prevent unwanted weight gain. Here are a few tips for navigating the parade of holiday parties and food focused get togethers:

1. Be realistic. Make your goal weight maintenance vs. weight loss over the next few months.

2. Get feedback. Research shows that continual monitoring and feedback will allow you to make small corrections through the week.

Weighing yourself a few times per week allows you to correct a one pound increase as soon as it creeps on.

Another great tool are smart phone applications such as “Calorific” or “Burn the Turkey.” These provide immediate feedback on how to adjust diet and exercise to keep energy balanced through the day.

3. Avoid grazing. Small bites of food through the day can have a big impact. Try chewing sugar

free gum while you are cooking or when you are finished with a meal to avoid “picking” on food outside of meal time.

4. Manage portions. Use appropriate serving utensils for casserole and starch dishes (they should be no more than a one-cup serving), serve on 7-9” plates and pre-slice desserts to encourage smaller portions.

If you are still hungry, wait at least 15 minutes before deciding to go back for more.

This will give you time to decide if you truly want more and will keep you from making an impulsive decision to grab that third serving of pie.

5. Avoid drinks with calories. Holiday punch, eggnog, alcohol and soft drinks can add hundreds of calories to your day. It is a good practice to avoid any drink with more than 10 calories per serving.

6. Add activity. Make a basketball game, an afternoon walk or few games of Wii a part of your family tradition.

The important thing to remember is that your behaviors are ultimately what determine weight gain.

Going into the holiday season with a plan and sense of awareness puts you ahead of the game and makes it more likely that you will maintain weight during the holiday season.



To submit a question for “Ask the Dietician,” send an email to joy.metevier@us.army.mil.

Pulse of the Pacific

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www.tamc.amedd.army.mil

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ARMY MEDICINE
Serving To Heal...Honored To Serve

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Comments or submissions for the Pulse of the Pacific should be directed to the editor at 808-433-5783 or by email at medcom.prmc.pao@gmail.com.

Tele-Medicine officially opens its doors in HI

JAN CLARK

Pacific Regional Medical
Command Public Affairs

TRIPLER ARMY MEDICAL CENTER, Hawaii — The culmination of a year-long endeavor came to fruition Nov. 28 with a grand opening ceremony as Pacific Regional Medical Command's Tele-behavioral Health (Tele-Medicine) officially opened its doors, here.

"This event represents partnership; between regional commands, local commands, facilities and providers of different disciplines; all working towards a shared common goal -- that is to provide behavioral health care to service members and their dependents throughout the Pacific and outlying distant areas using tele-health technology," said U.S. Public Health Services Corps Lt. Eduardo Cua, director, Tele-behavioral Health and Surge Support.

"It's hard to believe, but we live in the most isolated population center in the world. It is thousands of miles from the Hawaiian Islands to anywhere else," said Dr. Ray Folen, chief, Department of Psychology, TAMC. "It is 2,400 miles from here to California. Japan is more than 3,800 miles away.

"Add the fact that PRMC's area of responsibility covers 52 percent of the Earth's surface," Folen continued. "Tele-health is not an option for us. It is an absolute necessity."

In line with the Army chief of staff's directive to provide all



Tripler Army Medical Center Visual Information/SORAYA ROBELLO

Chaplain (Col.) Sherman Baker provided a blessing before the ceremonial lei was untied, officially opening the doors to tele-medicine, at the Tele-behavioral Health grand opening ceremony, Nov. 28 at Tripler Army Medical Center.

Soldiers with behavioral health screening and treatment, redeploying Soldiers from the installation participated in a Virtual Behavioral Health pilot conducted in the fall of 2009.

Through the pilot program, which divided into thirds for counseling options; face-to-face; high bandwidth video tele-conferencing, known as VTC; or low bandwidth Defense Connect Online, or DCO, it was discovered that these alternate means of reaching Soldiers were well-received with VTC encounters rating equal with respect to quality and acceptance.

The program is also effective in reducing barriers to care, stigma,

travel time and costs; as well as improving health care outcomes.

This pilot demonstrated the potential to streamline and improve behavioral health access for Soldiers by identifying symptoms and the risk of suicide and treatment options to improve patient outcomes.

"I want to thank General Jones publicly for his vision and his collaboration with the Western Region and the command there at the time and all the steps that it has taken for us to be able to say this is proof of principal and it does work. Soldiers (service members) like it. And that's a tough sell, because if you look at behavioral health and you look at the stigma that is out there, get-

ting past the "what are you going to think about me is a challenge," said Brig. Gen. Keith Gallagher, commander of PRMC and TAMC.

"Soldiers like it, and in many cases prefer it. The bottom line is that PRMC has a service to offer, a capability to provide," Gallagher continued. "With every redeployed unit virtual tele-behavioral health is leveraged. It is available and offered to those service members who want to use it.

"Today, the tele-behavioral health cell is a robust operation serving Soldiers, Sailors, Marines and Airmen as well as their dependents worldwide," Gallagher said. "In the Pacific, we offer care to Schofield Barracks patients, the TAMC community as well as Japan, Okinawa and Korea.

"In addition, the TBH cell has responded to the behavioral health needs in Alaska, Texas and Kansas and partnerships are being forged in the neighbor islands to support our Guard and Reserve components," he said.

"We at TAMC and PRMC are proud to have here on the TAMC campus the means to meet the needs of our service members and their families during this critical time for the Army and sister services."



Read about how MEDDAC-Japan is utilizing the new Tele-Medicine Clinic on page 6.

Dental Cmd improves HI's Soldiers' access to care

PACIFIC REGIONAL
DENTAL COMMAND
News Release

HONOLULU — The Pacific Regional Dental Command has teamed with Tripler Army Medical Center to make access to dental care easier for Soldiers stationed in Hawaii. PRDC is automating the telephone system and offering dental text message appointment reminders.

Starting Dec. 7, Soldiers now only need to dial "4DENTAL," or 433-6825, to reach any Army dental clinic in Hawaii, to include Schofield Barracks, Na Koa, and Tripler

Army Medical Center dental clinics.

The two initiatives began in June 2011 as a Lean Six Sigma project launched by David Vreeland, chief, Strategy and Innovation, who is assigned to the Pacific Regional Dental Command headquarters.

"The days of dialing 10 different phone numbers in an effort to reach one of the three Army dental clinics located in Ha-

waii are over," Vreeland said. "Soldiers will no longer hear a busy signal or the phone ringing endlessly without being answered. Soldiers will now select the clinic they are assigned to through an automated voice prompt system."

The Pacific Regional Dental Commander, Col. Randy Ball, is the U.S. Army Dental Command's strategic objective owner, whose mission is to increase access and

continuity of care to our Warriors.

"One phone number for our patients to access any of our dental clinics will certainly simplify the process to reach my staff," Ball said. "We knew reaching our staff was at times difficult. Our intent is that by increasing the ability for Soldiers to contact our clinics will result in decreasing the appointments that are failed or unfilled. A phone call telling us you cannot make a scheduled dental appointment will enable us to give that appointment to another Soldier."

In conjunction with automating

-See **DENTAL** page 8





Tripler Army Medical Center Public Affairs/STEPHANIE BRYANT

Fleet Forces commander visits SBHC

SCHOFIELD BARRACKS, Hawaii — Navy Adm. John Harvey, center, commander, U.S. Fleet Forces Command, walks down a hall in the Warrior Transition Clinic, Schofield Barracks Health Clinic, Dec. 9 reading notes left by Soldiers who have passed through the clinic during their transition process. Harvey received an in depth tour of the SBHC with stops at clinics that focus the majority of their care on the Warrior Transition Battalion Soldiers. Also pictured left to right: Col. Joseph Bird, commander, SBHC, Lt. Col. Ellen Barksdale, chief of Clinical Nursing, SBHC, and Tammy O'Neill, nurse manager, Warrior Transition Clinic and Concussion Clinic, SBHC.

PULSE

from page 1

public Internet and private Intranet sites for the region; and utilizing social media and networking sites such as Facebook, Flickr and Twitter to better reach beneficiaries and to provide another outlet for two-way communication.

“Our intent for the Pulse of the Pacific and our upcoming projects are to cover the events, programs and services that affect everyone in the region; not just one specific medical treatment facility or one specific geographical location,” explained Jan Clark, strategic communication director, Pacific Regional Medical Command.

The Pacific region is vast; covering approximately 52 percent of the Earth’s surface, its medical facilities are primary health care providers for military personnel, families and veteran beneficiaries.

“Our beneficiaries routinely travel within the Pacific region for medical care, whether assigned to MTFs in Japan, Korea or the Hawaiian Islands.” Clark said. “We want to keep our patients informed of regional advances and initiatives.”

If you have any suggestions for features, other content or want to recommend a health care employee (military or civilian) for recognition, email the editor at medcom.prmc.pao@gmail.com or call 808-433-5783.

TAMC nurse celebrates 50 years of service

SGT. TERRANCE BANDY

Tripler Army Medical Center
Public Affairs

TRIPLER ARMY MEDICAL CENTER, Hawaii — There aren’t many people who have proof of their dedication with a track record of 50 years, but Inez Remigio, licensed practical nurse, does.

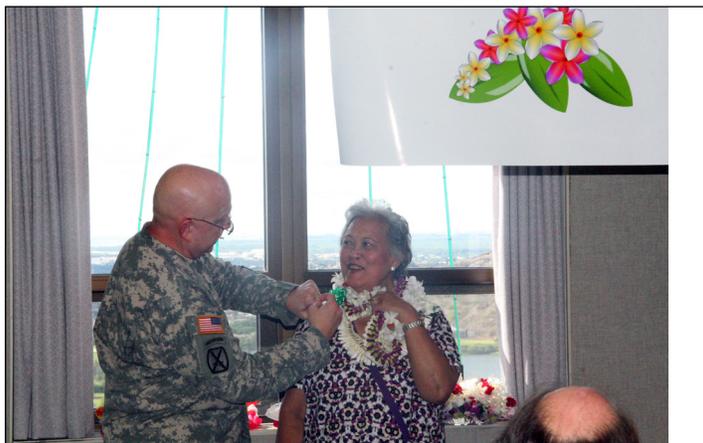
Remigio celebrated her 50th year of federal service to the nation and Tripler Army Medical Center, Nov. 27.

Born Jan. 29, 1940, Remigio started her medical career shortly after finishing school. After completing a 12-month training program, she started working for the State of Hawaii, eventually finding work at Tripler after following a friend’s suggestion.

“So much has changed,” she said, pointing out a few major things she’d seen over the years.

The biggest change she’s seen? The advances in technology.

At one time the message system was with the use of tubes. If you had a message for another department you would place it in a tube



Pacific Regional Medical Command Public Affairs/STEPHANIE RUSH

Inez Remigio, dermatology nurse, receives her 50-year federal service pin from Col. Wendell Holladay, chief, Department of Nursing, at Tripler Army Medical Center, Nov. 30. Remigio has worked in dermatology for the past 40 years.

with the department’s number and the tube would be routed to them through vacuum piping. Laughing, she recalled how the tubes would get backed up and no messages would get to anyone.

Remigio’s first assignment was with the female surgical ward. Single and working the midnight shift she soon decided that the hours were

not for her.

Asking for a change, she was given the chance to work in various wards. Remigio worked in the surgical clinic, adult medicine clinic, immunizations, the emergency room, podiatry, proctology, and finally dermatology, where Remigio stayed for more than 40 years.

“People ask me when I going to

retire and I simply say, ‘not yet’” she explained. “At the age of 71, I (still) enjoy coming to work.”

Thinking back over the other changes of the hospital Remigio says one of the more interesting changes was the pharmacy robot. The robot would deliver medications after being programmed routes around the hospital.

Other memorable changes were the locations of the wards and the moves they’ve made. The emergency room was once located where the VA clinic is. The patient would need to be wheeled up the hill to surgery each time. The command suite was the original library and the morgue used to be on the first floor.

“Medicine, instruments, procedures and technology have helped so many patients over the past 20 to 25 years.” Remigio explained. “The most memorable thing over the last 50 years (will) remain to be the staff and doctors.”



Know a PRMC employee who should be recognized?
Email medcom.prmc.pao@gmail.com to let us know!

Medical 'home' clinic viable alternative in HI

**PACIFIC REGIONAL
MEDICAL COMMAND**
News Release

KAPOLEI, Hawaii — It's no secret why patients love the Warrior Ohana Medical Home, a community-based primary care clinic conveniently located in the Kalaeloa area, here.

At its heart, the WOMH is health care the way it should be — easy to access, patient-centered, team based and quality focused. It is one of 21 community based medical home clinics located around the continental U.S. and Hawaii.

Community based medical homes are Army-run, primary care clinics located off-post in the communities where Army families live. They are inspired by patients' ideas and suggestions about how health care should be. This concept of patient centered health care is being adopted across both military and civilian health care systems.

For Jeanette Ayala, a Navy spouse whose husband is assigned to the USS Chosen, making the switch was a no-brainer. The year has been one of changes; Ayala and her husband moved here from Japan in March, and in July, their son

Stephan was born.

"My family lives in Kalaeloa, so it's really convenient," she explained. "But what I really like is the idea behind the medical home. It feels like I'm in my hometown clinic with one doctor for the entire family. I feel like the level of care is better because they know me better."

Each patient has a team of doctors and nurses who work with that patient to promote a spirit of health and wellness.

"We went to the clinic to kind of try it out, and the decision to switch was made almost immediately," Ayala said. "Everyone from the front desk personnel to the nurses to the doctor, were patient and took the time to answer every question. They wanted to make sure we were knowledgeable about everything related to our care. You could just tell everyone enjoyed their job, cared about you and your well-being."

To better serve patients, the WOMH partnered with the Armed Services YMCA to operate a Keiki Waiting Room, a -cost child care center for children ages 6 weeks through 12 years, in August.

"Patients expressed to me



U.S. Army Garrison-Hawaii Public Affairs/AIKO BRUM

Care coordinators Divina Richardson (right) and Yolanda Richardson, both licensed practical nurses, manage the front desk at the Warrior Ohana Medical Home in Kapolei. The medical facility opened earlier this year and offers an alternative medical facility for retirees and families living in Hawaii.

many times that this is a service they are accustomed to at both Schofield Barracks Health Clinic and Tripler Army Medical Center," said Mary Nilges group practice manager, WOMH. "Our patients) have told me they would really appreciate it if we could have a waiting room, here, also. It is a much-needed service."

Enrollment is open to families of active duty service members and retirees. Retirees must have TRICARE Prime coverage and be under age 64.

To enroll, family members

should visit the nearest TRICARE Service Center at Joint Base Pearl Harbor-Hickam (offices on both Hickam and Pearl Harbor sides), Schofield Barracks Health Center or Tripler Army Medical Center.

The service centers are open Monday-Friday, 7:30 a.m.-4:30 p.m.

For questions regarding enrollment, contact (888) 874-9378.



Visit www.armymedicine.army.mil/cbhmh to learn more about Army Medicine's community-based medical home program.

Pediatric Dept. assists families with autism resources

STEPHANIE RUSH

*Pacific Regional Medical
Command Public Affairs*

TRIPLER ARMY MEDICAL CENTER, Hawaii — To continue supporting and caring for families who have children with an autism spectrum disorder, the Developmental Pediatrics Clinic held a conference with more than 50 parents of autistic children in attendance this past October.

"These families from our military community have extraordinary needs for information, support and opportunities for networking with other families," said Alan Gamble, the conference's coordinator. "This is in addition to the extensive, evidenced based educational, medical and behavioral care needed for the child with autism."

The first half of the conference focused on how to support and develop siblings of an autistic child and the effects raising an autistic child can have on a marriage. During the second half, a panel of subject matter experts presented information and answered questions on the care of an autistic child and the family.

Surveys collected after the conference indicated those in attendance found the conference to be extremely helpful by letting families with autistic children meet not only with resource providers and care givers, but also with other families with autistic children.

"I felt more at ease (meeting) others who are going through the same things I'm going through," one respondent said.

Respondents appreciated being updated on current medical research and learning more about what resources the Army provides.

"This is a wonderful initiative. Please sustain and broaden," another respondent said. "We're out there and can benefit from any service that teaches, validates and supports parents like us."

After lunch, which was provided for by the Department of Ministry and Pastoral Care, families stayed long past the conference's end sharing stories with other families.

Gamble is a clinical social worker who works in the Developmental Pediatrics Department with Project ASSIST (Augmentation of Special-needs Services and Information for Students and Teachers) and with the Pacific Regional Medical

Command's Exceptional Family Member Program, under the Department of Pediatrics.

The pediatrics departments work hand-in-hand with Family and Morale, Welfare and Recreation's EFMP to provide comprehensive resources for families with autistic children. The clinics provide medical support and services, while FMWR's EFMP provides social events that improve social skills and give parents a forum to meet with other parents.

Gamble also teaches classes for families who have received a new diagnosis of autism or who are new to Hawaii and seeking care.

In addition to the conference held in October, Gamble's department worked with the Department of Ministry and Pastoral Care and FMWR's EFMP to offer a Strong Bonds weekend program specifically catered to families with autistic children this past March. The offices plan to team up again to re-offer the program in February or March, 2012.



Want to join a local Autism Support Group? Contact your local Exceptional Family Member Program to find out when they meet and information on upcoming events.



Family Member/Lindsey O'Field

A rider and his horse attempt a jump while competing in the 63rd annual BG Sams Cup Equestrian Competition, Nov. 13, at Baji Park, Tokyo. The yearly event pairs Soldiers from MEDDAC-Japan with medical and dental students from local universities. Showa University took the cup home for the second year running; their seventh win in the past decade. More than 50 students competed in this year's event.

Showa students win 63rd BG Sams Cup

CAPT. JAMES JUNE
MEDDAC-Japan

TOKYO — Each year, a group of medical students meet at Baji Park in Tokyo's Setagaya Ward to compete in the annual equestrian competition named for the Army general who shared a passion for both horse riding and health care.

This year, the 63rd annual BG Sams Cup Equestrian Competition, Nov. 13, attracted future doctors, dentists and pharmacists from seven medical schools.

More than 50 riders from Showa, Tokyo Medical, Jikei, Keio, Yamanashi, and Shinshu medical universities and Nippon Dental University, competed for the prized trophy.

The idea for an equestrian event involving only medical students was the brainchild of the Japan Medical, Dental and Pharmaceutical Equestrian Federation (JMDPEF). The organization, which formed in 1920, created the annual tradition in order to allow the students to compete among themselves.

The organization holds five competitions annually, with the BG Sams Cup as the culminating event each year.

The event is sponsored by the BG Sams Army Health Clinic (AHC) and coordinated with Dr. Toshikazu Takagi, president, JMDPEF.

Each BG Sams Cup event is attended by a group of Soldiers assigned to the clinic who conduct the opening and closing ceremonies, in-

teract with the competitors between events, and present the BG Sams Cup trophy to the winning team at the end of the day.

Brig. Gen. Crawford Sams served as the chief of the Public Health and Welfare Section in Japan after World War II and was instrumental in improving the treatment of diseases in Japan.

A longtime fan of horseback riding, the general established an equestrian competition for medical students in 1949 and donated a trophy which remains on display at the BG Sams AHC clinic throughout the year.

The event is challenging for the riders because they do not compete with their own horses. After a short time training with the horse they are assigned, the riders are then required to ride the horse through a twisting course consisting of 10 sequential jumps in the riding arena.

They are scored based on their total time and number of successful jumps, with a time penalty assessed for each jump missed. The team with the fastest average time wins the event.

The course this year proved more challenging with several riders being injured after falling during a jump or being thrown from their mount when the horse hesitated in a jump.

At the end of this year's competition Showa University claimed the victory and the BG Sams Cup for the second year running, and the seventh time in 10 years. Mr. Yamazaki, a 3rd year Pharmacy student, for best individual performance.

Japan's behavioral services expand

MAJ. JOHN HAMMER

*BG Crawford F. Sams Health Clinic,
MEDDAC-Japan*

CAMP ZAMA, Japan — U.S. Army Medical Activity Japan has increased its comprehensive medical care for the U.S. Army Japan community.

This month, Behavioral Health Services expanded its patient care options with the addition of the Tele-behavioral Health and Surge Support (TBHSS) team at Tripler Army Medical Center in Hawaii.

Up until October, beneficiaries had to travel to either U.S. Naval Hospital Yokosuka or Yokota Air Base to receive psychiatric or specialized psychological treatment. This meant spending an entire day and additional money on traveling.

Behavioral Health Services now connects Camp Zama beneficiaries to this specialized behavioral health care to additional providers in Hawaii who can further identify and treat their clinical needs.

TBHSS was established to provide behavioral health services to remote locations around the world using secured video-teleconference technology. Beneficiaries can now receive the same behavioral health treatment at Camp Zama without the time and cost of traveling across Japan.

The TBHSS team consists of one psychiatrist, 10 psychologists, three psychology technicians, and health care administration and technological support staff who work closely with MEDDAC-Japan to deliver assessments, psychotherapy, consultation, and medication prescriptions.

Referrals to TBHSS are coordinated through Behavioral Health Services. All eligible beneficiaries can receive behavioral health treatment through a referral by their primary care manager at MEDDAC-Japan, or by calling Behavioral Health Services directly at 263-4610 or (046) 407-4610.



WTB Soldiers donate to Toys for Tots

STEPHANIE BRYANT

Tripler Army Medical Center Public Affairs

SCHOFIELD BARRACKS, Hawaii — Soldiers from the Warrior Transition Battalion gathered together Dec. 2 to collect toys to fill a sleigh, here.

Master Sgt. Charles Owens, Warrior Transition Battalion, originally built the sleigh that he tows behind his motorcycle in 2004. Every year since, except for last year when he was deployed, he has rounded up toys for Toys for Tots.

Owens, a Reservist from 9th Mission Support Command, was injured during his deployment last year and is now serving in the WTB.

"This year is very special because it is the wounded warriors stationed in Hawaii who are donating and giving," said Owens. "I think that is special. They are so used to having people take care of them; this is there opportunity to give back to the local community."

The toys are being donated to children living in Hawaii and don't go outside of the islands.

The sleigh that Owens and wife, Joanie, have built this year is a renovated version of the original sleigh from 2004. This year's sleigh has more than 500 lights on it and is decorated in honor of the holidays.

Owens, who has been in the Army for 27 years, says when he drives down the road he gets a great response from others.

"People honk and wave at me as they drive by," said Owens. "I think seeing the sleigh really gets people in the holiday spirit."

However, more important are the toys that fill the sleigh. This year Owens asked for toys for



Tripler Army Medical Center Public Affairs/STEPHANIE BRYANT

Sgt. Luke Harvey, Warrior Transition Battalion, helps load and organize a sleigh full of toys at the WTB Headquarters on Schofield Barracks, Dec. 2. Soldiers from the unit came together with donations of toys to fill a sleigh created by one of their comrades, Master Sgt. Charles Owens.

teenagers.

He explained that he feels like children age 12-15 years old can be overlooked and makes an extra effort to buy gifts geared towards older children.

Sgt. Luke Harvey, WTB, donated money to Owens' effort for the purchase of more toys.

"The holidays are very important to me. I come from a big family. I know what is like to go without and there is no greater gift than giving,"

Harvey said. "Just to know that the money I donated will buy a toy that will put a smile on some child's face makes it all worth it."

The toys donated by WTB Soldiers filled Owens' sleigh for his ride in the 37th Annual Street Bikers United Toy Run, Dec. 4, which ended at Kapiolani Community College where members of the U.S. Marine Corps and Toys for Tots Hawaii were collecting toys for the organization.

HI public health officers deploy, assist hurricane victims

STEPHANIE BRYANT

Tripler Army Medical Center Public Affairs

TRIPLER ARMY MEDICAL CENTER, Hawaii — In late October two of Tripler Army Medical Center's U.S. Public Health officers traveled to New York State to provide aid to residents suffering from the devastation left by Hurricane Irene and Tropical Storm Lee.

In the last week of August, Hurricane Irene devastated eastern New York State, just days before Tropical Storm Lee moved in and caused historic flooding in the region.

Lt. Eduardo Cua, director of TAMC's tele-behavioral health program and U.S. Public Health officer, and Lt. Cole Weeks, TAMC's Department of Social Work and U.S.

Public Health officer, were both on call in October and received the tasking to travel to New York to help establish an infrastructure in support of the local disaster relief.

For both of the officers, this was their first deployment for the U.S. Public Health Service.

"It is kind of a two-part mission," said Cua. "I was part of the first group for the (six-month) mission so our job was to establish an infrastructure to provide disaster case management services to the residents of the affected counties."

Cua, who spent his two and a half weeks in the town of Owega, NY, said the town had been devastated by flooding from Tropical Storm Lee.

"The people were so close knit

and tied to their community," he said. "For me, from the behavioral health stand point, the thing that sticks out in my mind was watching people pick up the pieces of their lives and their amazing resiliency."

Weeks said the deployment was an eye-opening experience for him, as well.

"As a public health officer, it was a good opportunity to see how a multi-disciplinary team can deploy to areas in need and provide assistance," said Weeks.

Cua agreed it was the best collaboration between federal, state and county agencies that he has ever witnessed.

"(Federal Emergency Management Agency) came up with a list of people whose homes were

destroyed, had major or minor damage and my team went door to door," explained Cua. "We went out to those homes, made sure that they were able to register with FEMA and made sure they had been to the disaster recovery center. The team helped them get clothing, heaters and other essentials."

Cua and Weeks look forward to future deployment opportunities.

"This is part of our service and mission," said Cua. "We want to be able to get out there to promote and advance care to people who would have normally gone without care."

"We all have a lot of expertise and skills in the office and we can provide and make a difference for Soldiers and family members," said Weeks. "(Deployments) provide another area to utilize our skill set in the field and in more remote and isolated areas."





Tripler Army Medical Center Public Affairs/STEPHANIE BRYANT

TAMC honors American Indians

TRIPLER ARMY MEDICAL CENTER, Hawaii — Christine Panther, a community member, performs a Hoop Dance at the National American Indian Heritage Month observance, Nov. 16 in the Kyser Auditorium, here.

Read more about TAMC's observance at www.army.mil/article/70526 or about American Indians in the Army at www.army.mil/americanindians.

SSH

from page 1

representation of the center's significance to TAMC.

"The accreditation validates education that the people who are doing the simulations provide," he said. "The data that the residents who use the program accumulated assisted us in getting the accreditation. It validates the training that they are doing. It shows that (the center) is of a high level and been reviewed by people outside of Tripler and found to be good."

Andrews and Sawyer said this SSH accreditation is just the first step for the center. They want to help the center meet the same standards as other accredited simulation centers.

Now, the center is working toward an accreditation with the American College of Surgeons.

"We want Tripler to be in line with all the other facilities that are doing medical and/or surgical simulations," Andrews said. "A lot of times people look at training as training and do not directly link it to patient care. For us, we are really involved in patient care."

TAMC's simulation center is open 24/7 to students who get special permission.

"We try to work with residents and staff who work all different shifts," Andrews said. "They can practice as much as they want."

In fiscal year 2011, the TAMC Medical Simulation Center clocked more than 7,500 training hours.

In Brief

SUBMISSION GUIDELINES

Do you know of a Pacific Regional Medical Command employee who recently received a promotion (military only), an Army Commendation Medal or higher level award or a Commander's Award for Civilian Service?

Employees who are receiving awards and/or promotions during the first quarter of the fiscal year (Oct.-Dec. 2011), will be listed in the January edition.

Send submissions to medcom.prmc.pao@gmail.com.

HEALTH OBSERVANCES

Check out information on upcoming health observances for January online:

- Cervical Health Awareness, www.nccc-online.org
- National Glaucoma Awareness, www.preventblindness.org
- National Birt Defects Prevention, www.nbdpn.org
- National Radon Action, www.epa.gov/radon/nram
- Thyroid Awareness, www.aace.com
- National Folic Acid Awareness Week (Jan. 8-14), www.folicacidinfo.org

MARTIN LUTHER KING BIRTHDAY

The Army takes time each January to honor and celebrate the legacy of Martin Luther King, Jr. Check with your local equal opportunity or equal employment opportunity office about scheduled observances.



Tripler Army Medical Center Public Affairs/STEPHANIE BRYANT

Residents, medical students and staff use the medical simulation center at Tripler Army Medical Center, Hawaii, to hone their skills. Recently, TAMC's simulation center achieved the Society of Simulation in Healthcare accreditation, the second Department of Defense facility to do so.

DENTAL

from page 3

the telephone system, all dental clinics in Hawaii now offer Soldiers the ability to schedule their annual exams by phone. Soldiers will no longer have to use walk-in sick call hours and incur long wait times in the clinics to get their annual exam completed.

The original clinic phone numbers will remain active until April 1, 2012 but will play a voice message reminding patients of our new telephone number -- 4DENTAL (433-6825).

"(Text reminders) have been used at Schofield Barracks Health Clinic for over a year," Vreeland added. "The system is the work of Lt. Col. Ger-

maine Oliver, Schofield Barracks Health Clinic, who assisted us to offer the same service to our dental patients assigned in Hawaii. We asked our patients what they want and they want text message reminders. We will send a text message reminder out to those patients that consented to receive the text 24 hours before their appointments and again 2 hours before their appointment."

"We will make every effort to ensure scheduled appointments are kept by our patients," Ball said. "Text messaging is today's Soldiers daily technology, so we adapted to the times and the



needs our beneficiaries."

"We lose hundreds of thousands of dollars each year in lost appointment opportunities when our patients fail to keep their scheduled appointment," Vreeland said.

Both Ball and Vreeland said the purpose of these advances is to increase the readiness of the war fighters here in Hawaii.



Want to know more about Pacific Regional Dental Command? Visit their website at <http://www.tamc.amedd.army.mil/offices/PRDC/PRDC.html>