

Pulse of the Pacific



Pacific Regional Medical Command

Imua: One Team

Volume 1, Issue 12

NOVEMBER 2012

November is recognized as National Native American and Alaska Native Heritage Month.

The term "Native American" is used to describe 504 recognized tribes, including 197 Alaskan Native groups such as the Eskimos and the Aleuts.

About 100 of these tribes have become extinct since the arrival of Europeans on American soil. There are roughly 300 Indian reservations in the United States, the largest of which is the Navajo Reservation, which extends throughout 16 million acres in Arizona, New Mexico, and Utah.

DIABETES OUTREACH

Tripler will host a Diabetes Awareness Health Fair, Nov. 17 to help beneficiaries better understand diabetes and how to thrive with the disease.

See page 3

WATCH OUT FOR RSV

The fall and winter brings an increase in respiratory syncytial virus, which can cause serious illness in infants and young children.

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Doyle assumes command of PRMC, TAMC as Smith heads to San Antonio

TRIPLER ARMY MEDICAL CENTER
News Release

HONOLULU — Soldiers, staff, family members and government civilians, along with local leaders, gathered at Tripler Army Medical Center, Nov. 1, to bid farewell to Col. J. Anson Smith, outgoing commander of Pacific Regional Medical Command and TAMC, and to welcome the incoming commander, Brig. Gen. Dennis Doyle.

Smith has commanded PRMC and Tripler since Oct. 4 when Brig. Gen. Keith Gallagher, the previous commander, retired.

Under Gallagher's command, Smith had served as the PRMC Chief of Staff since June 15, 2010.

"When there is a change of command it is understood that a fluid transition of leadership and continuity of the mission are paramount to continued success," explained Lt. Gen. Patricia Horoho, U.S. Army Surgeon General and commander, U.S. Army Medical Command. "A leader must set clear expectations and share their visions. It is committed and contemplative leaders that never lose sight of providing the best care anywhere to our Soldiers and their families."



Tripler Army Medical Center Public Affairs/STEPHANIE BRYANT
Lt. Gen. Patricia Horoho (right), U.S. Army Surgeon General and commander, U.S. Army Medical Command, passes the Pacific Regional Medical Command colors to Brig. Gen. Dennis Doyle as he takes command of the region and Tripler Army Medical Center, Nov. 1, at the TAMC Flag Pole.

Smith has been selected to serve as the G3 (operations officer) of Southern Regional Medical Com-

mand at Fort Sam Houston, Texas. He said he has
-See DOYLE, page 8



Tripler Army Medical Center Public Affairs/STEPHANIE BRYANT

Making new friends

WAHIAWA, Hawaii — Lt. Gen. Patricia Horoho, U.S. Army Surgeon General and commander, U.S. Army Medical Command, greets students at Ike Piliialoha, Wahiawa Elementary School's new school-based behavioral health building, Oct. 31, here. Ike Piliialoha opened Aug. 22 and is the result of a partnership between Tripler Army Medical Center, The Queens Medical Center and Hawaii State's Department of Education.

Read more about the program at www.army.mil/article/86214/.

Tripler honors fallen behavioral health staff

Story and Photo by
STEPHANIE BRYANT

Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center hosted a Wreath Laying Ceremony and Fallen Comrade Tribute at the National Memorial Cemetery of the Pacific, here, Oct. 29.

The wreaths were laid in memory of Lt. Col. David Cabrera and Staff Sgt. Christopher Newman, the first behavioral health specialists to be killed in the overseas contingency operations. The ceremony was held on the one year anniversary of the death of the two Soldiers.

Cabrera and Newman were killed in action in Afghanistan on Oct. 29, 2011. They were two of 17 people killed on a busy road in Kabul when a Taliban suicide bomber carrying some 1,500 pounds of explosives rammed into an armored military bus.

Sgt. 1st Class Russell Lane, noncommissioned officer-in-charge, behavioral health specialist product line, Pacific Regional Medical

-See WREATH, page 8

Tripler takes home top award for healthy workplace

Story and Photo by
STEPHANIE BRYANT

Tripler Army Medical Center Public Affairs

KANEOHE, Hawaii — Tripler Army Medical Center was presented with a Psychologically Healthy Workplace Award at a Hawaii Psychological Association's luncheon, Oct. 19 at the Koolau Ballrooms, here.

This is the 13th year that HPA, in cooperation with the American Psychological Association, has established the "healthy workplace" awards in Hawaii, but the first time that Tripler has applied for recognition.

The program recognizes organizations statewide that have demonstrated excellence in the implementation of psychologically healthy work policies and practices. Tripler took top honors in the military organization category.

Along with an application, Tripler had to undergo a site visit from HPA representatives in order to be eligible.

"Win or lose, this process allowed us to learn about what we are doing right and what we aren't doing right," said Richard Ries, resiliency subject matter expert, Care Provider Support Program, PRMC. "There are bottom-line values (to participating in a program like this) such as employers that do a lot to support their employees' psychological and holistic well being reduce costs across the board, reduce attrition and turnovers, and increase productivity levels."

Some of the categories that were examined during the site visit and as part of the application were employee growth and development, employee involvement in decision making, work-life balance and health and safety.

"Tripler is an amazing place to work," said Dr. Daniel Kopf, member of the HPA who was part of the site visit. "The application (for the award) that they gave us was literally 50 to 60 pages long."



Pacific Regional Medical Command leaders pose for a photograph after the Hawaii Psychological Association's Psychologically Healthy Workplace Award luncheon, at the Koolau Ballrooms and Convention Center in Kaneohe, Oct. 19. Pictured left from right are Richard Ries, resiliency subject matter expert, Care Provider Support Program, PRMC; Howard Reyes, supervisor, CPSP, PRMC; Col. J. Anson Smith, commander, PRMC and TAMC; and Dr. David Brown, chief, Behavioral Health, PRMC. Tripler was invited to apply for the American Psychological Association's national Psychologically Healthy Workplace Award competition based on their state-level win.

Some of the programs and services that make Tripler, which has around 4,000 employees total, such an employee-friendly place to work include employee fitness rooms, resiliency classes, on-site day care, numerous training opportunities and benefits such as tuition reimbursement.

"(The programs and services Tripler provides) all around makes for a better, more productive, well-rounded staff," explained Howard Reyes, supervisor, CPSP, PRMC. "It shows the things (Tripler's leadership) are emphasizing really promotes employee participation, and health and wellness make a big difference in the hospital and the productivity of our staff"

Additionally, competing for awards such as

these offer organizations like Tripler the opportunity to network with other local organizations and share their knowledge and programs.

Tripler was invited to apply to the American Psychological Association's national Psychologically Healthy Workplace Award competition.

Learn more about the Hawaii Psychological Association and the selection and awards criteria at www.hawaiipsychology.org.



View more photos from the Psychologically Healthy Workplace awards ceremony online at www.flickr.com/TriplerAMC.

Pulse of the Pacific

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

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ARMY MEDICINE
Serving To Heal...Honored To Serve

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Contents of this publication are not necessarily the official views of, or endorsed by, the Department of Defense, Department of the Army, U.S. Army Medical Command or the Pacific

Regional Medical Command.

The Pulse of the Pacific is published monthly by the Strategic Communication and Public Affairs Office, Pacific Regional Medical Command, 1 Jarrett White Road, Honolulu, Hawaii 96859.

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@us.army.mil.

Ask the Dietitian

CAPT. MARY STAUDTER

Tripler Army Medical Center
Nutrition Care Division

"How do I know if I'm at risk for diabetes? What are some ways I can determine if I need to make changes in my life to prevent developing diabetes?"

With November being National Diabetes Awareness Month, this is the perfect time for you to take a look at your numbers and determine if it might be time for a change.

First of all, determine if you are at risk for diabetes by asking yourself some of the following questions:

- Are you overweight or obese?
- Do you lead a sedentary lifestyle?

- Do you have high cholesterol?
- Do you smoke?
- Do you have a family history of diabetes?
- Have you had gestational diabetes (diabetes during pregnancy) in the past?

Your age, race, and ethnicity can also impact your risk level.

Not sure of your personal risk core? The American Diabetes Association has a Risk Assessment tool at www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/.

If you are at high risk or have already been diagnosed with diabetes, be sure to develop a plan of care with your physician to maximize your treatment success.

Regular check-ups (at least an-

nually), lab work, blood pressure monitoring and nutrition education are all important components of treatment.

If you have not had your HgbA1c or cholesterol panel checked in the past year, now would be a good time to make arrangements to get that done.

Whether you have diabetes or are at risk for developing diabetes, you could most likely benefit from making a few dietary and lifestyle changes.

If you are overweight or obese, losing just 5-10 percent of your body weight can make a big difference in your lab values.

Perhaps start by replacing sugary drinks with sugar-free options and cutting down your portions of

high-calorie items to replace with lower calorie, nutrient-dense foods like vegetables and fruit (check out www.choosemyplate.gov for recommendations and additional guidance).

To emphasize the importance of healthy lifestyles for diabetes management, Tripler Army Medical Center will be hosting a Diabetes Awareness Fair open to all eligible beneficiaries, Nov. 17, 10 a.m.-3 p.m. in the Anuenue Cafe.

For more information on the health fair, read the article below, or call 808-433-4950.



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

Tripler to host wellness fair, reaches out to diabetic patients

TRIPLER ARMY MEDICAL CENTER

News Release

HONOLULU — Tripler Army Medical Center will be hosting a wellness fair in honor of Diabetes Awareness Day, Nov. 17, 10 a.m.-2 p.m., here.

The diabetes fair will take place in Tripler's Anuenue Café and is open all eligible beneficiaries. The theme of this year's fair is "Do You Know Your Numbers," which will focus on A1C and cholesterol levels. Both of the tests determine if a patient is diabetic, or at risk of developing diabetes.

The fair will offer attendees the opportunity to meet with vendors from the Defense Commissary Agency and visit Army Public Health Nursing demonstration booths about topics such as foot exams, blood pressure screening, body mass index screening and speak with patient educators about a variety of topics to include disaster planning for diabetics.

In addition to the numerous resources inside the Anuenue Café, the Naval Health Clinic Hawaii Health Promotion mobile "Wellness on Wheels" van will be on site outside the Oceanside entrance of the hospital offering A1C cholesterol tests for patients who want to find out their numbers.

"It is important for diabetic patients to understand there is a lot more than just (diet) that impacts your numbers, and it is more than eating right and showing up to your appointments," explained Mary Eiger, fair coordinator and dietitian, Nutrition Care Division, TAMC. "Many things impact your diabetes. It is a lifestyle and there is a culture to diabetes."



Carl R. Darnall Army Medical Center Public Affairs/PATRICIA DEAL
Tripler will host a diabetes wellness fair, Nov. 17, 10 a.m.-2 p.m., outside the Oceanside entrance of the hospital. Naval Health Clinic-Hawaii's Health Promotion mobile "Wellness on Wheels" van will be on site to offer A1C cholesterol tests for patients who want to find out their numbers.

Because diabetes becomes a patient's lifestyle, Eiger encourages patients with diabetes to bring their families to the event because it will offer education for family members as well.

This is the second year that Tripler has hosted a diabetes fair and according to Hope Cooper-Oliver, nurse and patient/diabetic educator, TAMC, it was well received last year.

Cooper-Oliver said that the incidence of diabetes is high in Tripler's patient population and it is important that the hospital provide the latest information and education for its patients.

"It is important for our beneficiaries to have

resources from different vendors all in one place so we can provide one-stop-shopping for information and education," Cooper-Oliver said. "I try to coach patients and know it is a lot of work, but it is better to own and not let it own you. (Diabetics) need to take care of (themselves) to be healthy."

In line with the Army Surgeon General's vision and campaign to influence the life space of Army Medicine's beneficiaries, Eiger said the fair's purpose is to educate people on ways to negotiate their life outside of Tripler when they are dealing with diabetes.

Medical staff put in long hours, sweat, prepare to earn coveted Expert Field Medical Badge

Story and Photos by
STEPHANIE RUSH

Pacific Regional Medical
Command Public Affairs

HONOLULU — Nearly 30 medical personnel from various units and commands on Oahu have been meeting in the pre-dawn and post-dusk hours before and after work over the past several weeks.

The Soldiers, hailing from Tripler Army Medical Center, Public Health Command-Pacific, U.S. Army Dental Activity-Hawaii and 18th Medical Command-Deployment Support, are hoping their long hours and hard work will pay off and earn them the right to wear the Expert Field Medical Badge during the next course offering program, which begins Oct. 29.

Candidates from across the region to include Korea and Alaska will join Hawaii-based Soldiers at Schofield Barracks to vie for the honor of wearing the badge.

“(The) EFMB is signifies exceptional competence and outstanding performance of medical personnel,” said Capt. Tanekkia Taylor-Clark, who is participating in the training when she’s not on duty as the clinical nurse officer in charge, General Surgery Ward, TAMC. “It is an honor to be able to compete for such a prestigious badge.”

Established in 1965, the EFMB is a highly-coveted and sought-after Department of the Army-level special skill award for the recognition of exceptional competence and outstanding performance by field medical personnel. The test measures an individual medical Soldier’s physical fitness, mental toughness and ability to perform to standards of excellence in a broad spectrum of critical medical and Soldier skills.

“It is a rigorous test that challenges the mental and physical abilities of the Soldiers seeking it,” explained 1st Lt. Matthew Tullia, who served as the training officer in charge and is the deputy chief, Health Physics Section, Department of Preventive Medicine, TAMC. “While not a test of the most cutting-edge technologies and medi-

cal practices, the EFMB is a test of the basic tenets, which form the foundation of modern military medicine and Soldier skills, specifically in a combat field environment.”

Participants are tested on medical, evacuation, communication and combat skills. They also must successfully complete a written examination, a 12-mile march and day and night land navigation courses.

For many, working on earning the EFMB is a way to be challenged outside of today’s typical medical environment.

“The training 1st Lt. Tullia coordinated for us has been very helpful,” said 1st Lt. Rachel Hanlon, registered nurse, General Surgery Ward, TAMC. “I’ve gotten to work on Soldier tasks that I don’t normally get to practice in the hospital (setting).”

Prior to sending its Soldiers to an official EFMB course, units are required to help prepare and train its participants. Since late August, EFMB hopefuls have been meeting three days a week, spending more than 60 hours total learning the ins and outs of the EFMB qualification course from eight current EFMB holders who served as volunteer instructors.

“After I earned my EFMB in Korea, I felt an obligation as a badge holder to return to Tripler and train other Soldiers to earn the EFMB,” Tullia said. “I wanted to conduct the most thorough and comprehensive training possible to motivate (TAMC’s) Soldiers to see past the 15 percent pass rate and empower them to earn this coveted badge.”

The training, while grueling, is designed to challenge Soldiers under conditions designed to replicate the fog of war.

“Only a small population of medical personnel has earned the EFMB,” Taylor-Clark said. “As a nurse, the EFMB is important to me because it reminds me that I am a Soldier first ... physically and mentally tough.”



First Lt. Matthew Tullia (left), deputy chief, Health Physics Section, Department of Preventive Medicine, Tripler Army Medical Center, instructs Capt. Kyle Zahn, registered nurse, Emergency Department, TAMC, on the proper technique to successfully decontaminate his hands using an M291, an activated charcoal skin decontamination kit. Knowing how to decontaminate the hands and face is one of required tasks that must be completed in order to earn the right to wear the Expert Field Medical Badge.



Coworkers on Tripler Army Medical Center’s General Surgery Ward, 1st Lt. Rachel Hanlon (left), registered nurse, and Capt. Tanekkia Taylor-Clark, clinical nurse officer in charge, practice donning their protective masks, a warrior task that must be completed in under nine seconds in order to earn the right to wear the Expert Field Medical Badge.

DID YOU KNOW?

The Expert Field Medical Badge isn’t just for medics or personnel involved with direct patient care.

Any Soldier, regardless of rank, who has a medical military occupation series or medically-related position within Army Medicine, to include veterinarians, dentists, lab technicians, health care administrators, officers in training at the Uniformed Services University of the Health Sciences and Army officers enrolled in the Health Professions Scholarship Program, and warrant officers who are assigned to an air ambulance unit, are eligible to earn and wear the EFMB.

Learn more about the EFMB in Army Regulation 672-10.



View more photos from the EFMB training in Hawaii at www.flickr.com/TriplerAMC.

Awareness, prevention key to stopping spread of RSV

**PACIFIC REGIONAL
MEDICAL COMMAND**
News Release

HONOLULU — Even with Hawaii's moderate temperatures, the fall and winter seasons usher in an increase in colds and respiratory infections, to include respiratory syncytial virus, a common infection that can cause more serious illnesses in some patients.

Respiratory syncytial virus, or RSV, is a respiratory virus that infects the lungs and breathing passages. RSV is a common cause of bronchiolitis (inflammation of small airways in the lungs) and pneumonia in infants and young children, but it can cause respiratory illness in people of any age.

"Although RSV infects thousands of people each year, certain individuals are at risk for severe disease," explained Dr. (Maj.) Megan Kloetzel, deputy chief, Department of Preventive Medicine, Tripler Army Medical Center. "This includes premature infants, children under two years old with chronic heart or lung disease, people age 65 or older, or people of any age who have a weakened immune system."

According to the Centers for Disease Control, RSV infections generally occur in the United States from November to April. However, the timing of the season may differ among locations and from year to year.

Symptoms of an RSV infection



Proper hand washing, covering one's mouth when sneezing or coughing, and not sharing utensils are some of the best ways to help prevent the spread of seasonal colds, including respiratory syncytial virus, a common infection that can cause more serious illnesses in some patients.

are similar to other respiratory infections. A person with an RSV infection might cough, sneeze, and have a runny nose, fever and decrease in appetite. Wheezing may also occur.

In very young infants, irritability, decreased activity and breathing difficulties may be the only symptoms of infection.

According to the Pediatric Infectious Disease Journal, an estimated 125,000 infants in the United States each year are hospitalized with severe RSV, which is the leading cause of infant hospitalizations. By the age of two, almost all children are infected with RSV at least once.

"RSV is a virus that causes epidemics of cough and colds every year," explained Dr. (Col.) Martin

Weisse, chief, Department of Pediatrics, TAMC. "Most kids get a very runny nose and frequent cough, with or without fever. About one out of 10 babies with RSV may need to be in the hospital, and then usually for one to three days. RSV is spread like other cold viruses, so hand-washing and use of hand-sanitizers will decrease spread."

According to the CDC, infants, children and otherwise healthy people infected with RSV usually show symptoms within four to six days of infection. Most will recover in one to two weeks. However, even after recovery, very young infants and children with weakened immune systems can continue to spread the virus for one to three weeks.

Currently, there is no vaccine to protect against RSV. To help prevent the spread of RSV, people who have cold-like symptoms should:

- Cover their mouth and nose when coughing or sneezing
- Wash their hands often with soap and water for 15–20 seconds or use alcohol-based hand sanitizer when hand washing is not available
- Avoid sharing cups and eating utensils with others
- Avoid spending time with infants, young children or other high-risk patients while ill
- Refrain from kissing others

Tricare beneficiaries who are concerned about RSV or would like a family member to be evaluated should schedule an appointment with their primary care provider.

For pediatric patients, call your clinic or your doctor's office if your child is breathing too fast or is having trouble breathing, isn't eating and drinking well, or has fever for more than a couple of days.

A prompt emergency room visit is warranted if the affected individual is turning blue, has severe difficulty breathing or very rapid breathing, has periods of no breathing (apnea), is lethargic, or is unable to tolerate fluids by mouth for hydration.



Learn more about RSV and view Frequently Asked Questions at www.cdc.gov/rsv.

In Brief

9A PROFICIENCY DESIGNATION

For their significant contributions to the advancement of nursing science and knowledge in their particular field, the Office of the Chief, Army Nurse Corps, congratulates the following awardees:

- Col. Sarah Breckenridge-Sproat, Chief Nurse, Tripler Army Medical Center
- Lt. Col. Michael Schlicher, Chief, Center for Nursing Science & Clinical Inquiry, Pacific Regional Medical Command and TAMC

The purpose of the "A" Proficiency Designator is to recognize the highest level of professional

achievement within each AMEDD Corps' specialty or sub-specialty.

HEALTH OBSERVANCES

Check out information on upcoming health observances for November online:

- American Diabetes Month, www.diabetes.org
- COPD Awareness Month, www.lung.org
- Diabetic Eye Disease Month, www.preventblindness.org
- Lung Cancer Awareness Month, www.lungcanceralliance.org
- National Alzheimer's Disease Awareness Month, www.alz.org

- National Family Caregivers Month, www.thefamilycaregiver.org
- National Healthy Skin Month, www.aad.org
- National Stomach Cancer Awareness Month, www.nostomachforcancer.org

SUBMISSION GUIDELINES

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

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

Retired Sailor overcomes bleak diagnosis, stays positive

Story and Photo by
STEPHANIE BRYANT

Tripler Army Medical Center
Public Affairs

TRIPLER ARMY MEDICAL CENTER, Hawaii — Starting at age 50, it is encouraged that everyone get regular colonoscopies, an examination that use a fiber-optic camera to view your lower gastrointestinal tract, to screen for colon cancer.

In September 2011 when Daniel Shockley, a retired Sailor living on Oahu, went for his annual physical exam at Spark M. Matsunaga Veterans Affairs Medical Center, he thought besides a little weight loss, he had a clean bill of health.

Since Shockley had just turned 50, he was referred to a Hawaii Pacific Health clinic in downtown Honolulu for his first colonoscopy.

Due to his hectic work schedule, Shockley rescheduled the screening a couple times and it wasn't until May 8, 2012, when he got the colonoscopy.

"They usually schedule colonoscopies for 1-hour blocks of time, but they found so much wrong during mine that he had to spend a lot of time documenting and taking pictures," Shockley explained. "What they found was approximately 100 polyps embedded throughout my colon, rectum and anus. And at the traverse colon, the junction between the large and small intestine, they found a large tumor that was creating an 80 percent blockage."

Shockley was referred to Tripler Army Medical Center's general surgery clinic, and the week following the screening, he met with Susan Donlon, a certified genetic counselor at Tripler.

Donlon performed DNA tests on Shockley and within three weeks the tests had come back confirming that Shockley has a gene mutation known as Adenomatous Polyposis Coli, which increases a person's risk of developing colorectal cancer. As a result of the mutation, Shockley was diagnosed with Attenuated Familial Adenomatous Polyposis, a condition in which numerous polyps form mainly in the large intestine.

"I knew surgery was inevitable and I was willing to accept the

worst case scenario the whole time," Shockley said.

On July 13, Shockley underwent a total proctocolectomy with ileostomy surgery, which removed portions of his large intestine to include the entire colon, rectum and anus.

Shockley spent about two weeks in Tripler's general inpatient surgery ward recovering before he was able to go home. It was nine weeks before he was able to go back to work.

Lt. Col. Ronald Gagliano, chief, Colon and Rectal Surgery and director, Surgical Research, TAMC, performed Shockley's surgery and has followed up with him to ensure he is not only well-informed, but also well-educated.

"He knew nothing of his disease and its many facets before we met and our team (at Tripler) began his personal education in order to promote effective counseling regarding his diagnostic and therapeutic options," Gagliano explained. "Finally we educated him regarding his genetic situation so that he could choose (how to best) inform his family. By giving him great care, we essentially treat an entire family cohort."

"(Dr. Gagliano and his team) have passion for what they do, and my care was phenomenal," Shockley expressed. "I cannot say enough good things about my stay and the care they provided."

Gagliano is very pleased with Shockley's recovery thus far and attributes it to his attitude.

"I tend not to think about things I can't control," Shockley explained. "Medical issues are not something I can control, but what I can control is my attitude and after 51 years on God's green earth my positive attitude has gotten me this far and I am not going to change it."

Because of Shockley's surgeries, he now has an ostomy pouching system, a prosthetic medical device that provides a means for the collection of waste. Nina Lum, certified wound, ostomy and continence nurse, TAMC, who helped care for Shockley throughout his recovery, echoed Gagliano's remarks.

"Shockley's resilience in the face of challenges including his tremendous enthusiasm for life, regardless



Daniel Shockley (right), a retired Sailor living on Oahu, meets with Lt. Col. Ronald Gagliano (center), chief, Colon and Rectal Surgery and director, Surgical Research, TAMC, and Nina Lum, certified wound, ostomy and continence nurse, TAMC, to discuss recovery and post-operative care following his proctocolectomy with ileostomy surgery, which removed portions of his large intestine to include the entire colon, rectum and anus. In mid-2012 Shockley was diagnosed with Attenuated Familial Adenomatous Polyposis, a condition in which numerous polyps form mainly in the large intestine and increases the risk of colorectal cancer.

of setbacks, certainly played a huge role in his recovery," Lum said. "He has always maintained a positive outlook, been fully engaged in his care from the beginning, reached out to the ostomy community not only for support, but also to offer support and advise based on his personal experience.

"He is selfless in trying to reach out to others," Lum added.

Shockley has embraced his diagnosis and challenged it from the start. He acts as a patient advocate and an ambassador for colon cancer awareness.

"(I want to) share my story with others on behalf of those patients that have gone before me and who were unable to share their story," Shockley explained. "My catchphrase is 'AFAP-Seize the disease!'"

Shockley wants to spread the information about his diagnosis and experience so he can inspire others to get the screening and be aware of the condition. Additionally, there is not a lot of information about AFAP available, so he hopes that talking about his diagnosis will help the medical community.

"By maintaining a positive attitude, the opportunity for a success story is much higher," Shockley said. "This in turn allows me a better chance of overcoming adversities I am faced with during my lifetime."



Do you know what screenings are recommended at what age? Find out at www.cancer.org.

Schofield ACC increases providers, aims to reduce wait times

DR. DAVID FLOYD

*U.S. Army Health Clinic-Schofield Barracks
Acute Care Clinic*

SCHOFIELD BARRACKS, Hawaii — U.S. Army Health Clinic-Schofield Barracks' Acute Care Clinic will shift its hours of operation to 7 a.m.-6:30 p.m. starting Nov. 4.

This slight shift in hours is part of a new staffing model that will increase the number of providers available to serve beneficiaries, and will significantly decrease the wait time.

"By bringing these additional resources to bear, we believe that we can assist the patients in taking control of their health, rather than just responding to illness or injury," explained Col. Mary Krueger, commander, USAHC-SB. "These professionals can provide proactive, preventative interventions to help the patient maintain the highest state of health.

"This model is in sync with the surgeon general's focus on nutrition, activity, and sleep as fundamental principles to address as we move

from a health care system to a system of health," Krueger added.

The clinic provides care to active duty and retired military personnel, their family members, and other Department of Defense and Tricare beneficiaries.

The ACC offers beneficiaries living at Schofield Barracks a walk-in clinic for same day treatment of eligible patients with acute illnesses and injuries. The ACC, which is not an emergency room, provides care for a variety of acute conditions from sprains and fractures to lacerations, asthma attacks and burns.

"The providers in the Acute Care Clinic bring a diverse background of clinical experiences that combine to form a great team that delivers exceptional urgent care to our Soldiers and their family members," said Col. Jennifer Walker, deputy commander for clinical services, USAHC-SB. "They are different from the primary care providers in our Troop Medical, Family Medicine, and Pediatrics clinics, in that they don't focus on prevention and wellness as much as those acute

injuries and illnesses that come up unexpectedly."

If an injury or illness is not considered urgent or acute, it is strongly encouraged that patients see their own primary care manager to ensure continuity at Schofield's Family Practice, Pediatric and Troop Medical clinics, which often have available same-day appointments for its assigned patients.

The ACC will ensure that every patient receives the right level of care and is available for urgent needs.

For severe injuries or potentially life-threatening conditions such as chest pain, possible stroke, heat injury, poisoning, or loss of consciousness, patients are advised to call 911 or go directly to the nearest ER.

The Acute Care Clinic is located in Building 684 on the first floor of USAHC-SB. Access is via the ACC front door facing the entry driveway from Waianae Avenue.

(Editor's Note: Dr. David Floyd is the chief of the Acute Care Clinic, USAHC-SB.)

Medical staff kick off their shoes, explore physical therapy

STEPHANIE RUSH

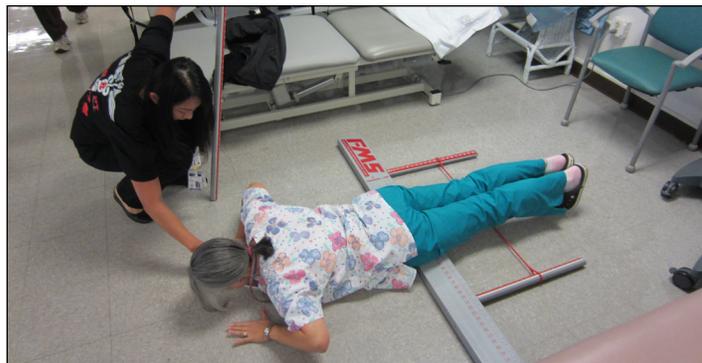
*Pacific Regional Medical
Command Public Affairs*

SCHOFIELD BARRACKS, Hawaii — More than 50 U.S. Army Health Clinic-Schofield Barracks staff members gathered in the Physical Therapy Clinic, here, to participate in a variety of activities during an open house, Oct. 24.

Staff in attendance took part in and learned about agility drills; lifting techniques; functional movement screening; running shoe selection; TRX, or suspension training; and Wii balance training.

The open house provided the perfect opportunity for USAHC-SB staff to learn more about the available physical therapy services, meet the staff and tour the clinic, which has grown and expanded services over the past year.

"I was curious about the what, who and where patients experience when going to physical therapy for care," said Dr. Amy Lumeng, a physician at the Troop Medical Clinic, USAHC-SB, who attended the open house. "I was glad to meet the physical therapy staff and match faces with names, many of whom I knew from reviewing my patients' physical therapy notes."



U.S. Army Health Clinic-Schofield Barracks/MAJ. CARRIE STORER

Dr. Zhan Suzuki (left), physical therapist, U.S. Army Health Clinic-Schofield Barracks, performs a functional movement screen on Ginger Marcellus, chiropractic technician, USAHC-SB, at an open house, Oct. 24.

There were more than professional benefits to be had for attending the open house.

"I got great, personalized advice about running shoe selection and (was) challenged by the Wii balance board," Lumeng said. "The physical therapy staff kept (the open house) fun and interactive."

While the activities kept participants interested, they served a dual purpose.

"The open house was really well done," said Col. Mary Krueger, commander, USAHC-SB. "(The staff) showcased several physical therapy modalities which support

the surgeon general's performance triad, (stressing the importance of) activity, nutrition and sleep management.

"Staff in the clinic performed functional movement screens on participants to test flexibility, strength, and balance," Krueger continued. "(These) scores can help predict those at higher risk of injury. Even better, there are exercises that patients can participate in to improve their scores, and therefore reduce their risk of injury in targeted way."

According to Maj. Carrie Storer, officer in charge, Physical Therapy and Chiropractic clinics, USAHC-

SB, physical therapists examine, evaluate and treat patients with a wide variety of injuries and chronic pain, with the goal of restoring function, reducing pain and preventing injury.

"Musculoskeletal injuries, resulting from training or overuse, are the primary cause of outpatient medical visits and hospitalizations among Soldiers," Storer said. "(The Physical Therapy) Clinic has a highly skilled staff who can provide a wide variety of treatment options for all patients experiencing neurological and musculoskeletal complaints.

"Hopefully, other (USAHC-SB) staff members walked away with a better understanding of what kind of patients we see, what kind of treatments we use, and how we can work with them corroboratively to develop plans for a shared goal of creating healthier, satisfied patients," Storer continued.

The open house was just one of several events held throughout October in recognition of National Physical Therapy Month.

Other events held during the month include a presentation on available physical therapy services to the Family Practice Clinic, a back education class and a running form analysis class.

WREATH

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Command, had been Newman's supervisor prior to his deployment, and was asked to escort Newman's body back to his hometown of Shelby, N. C. for his funeral.

"The important thing is not how long one lives but what one does within his life time," Lane said. "While down range he was given the nick name Big Country. He was given that name not only for his 6-foot-6-inch size but also because of the size of his heart. He was always thinking of others."

"Staff Sgt. Newman only lived to the age of 26 but his presence and influence were profoundly felt by his peers, leaders, community and family," Lane added.

Unlike Lane, Lt. Col. Derrick Arincorayan, social work consultant to the Army's Surgeon General and chief, Department of Social Work, TAMC, did not know Cabrera very well, but he managed the taskers that deployed social workers



Col. Jacqueline Chando (left), commander, Troop Command, and Lt. Col. Derrick Arincorayan, social work consultant to the Army's Surgeon General and chief, Department of Social Work, TAMC, place wreaths at the National Memorial Cemetery of the Pacific, here, Oct. 29, as part of a tribute to the lives of Lt. Col. David Cabrera and Staff Sgt. Christopher Newman, the first behavioral health specialists to be killed during overseas operations.

overseas and takes each deployment tasker very seriously.

"(Cabrera) was (given) a prestigious assignment as an instructor at the Uniformed Services University of Health Sciences in Bethesda, Md., prior to his deployment,"

Arincorayan explained. "As far as being directed to be assigned to a deploying unit, Cabrera really was protected from being selected from any deployment because he was not assigned to the U.S. Army Medical Command.

"(However, being an officer who would not accept no for an answer and having a sense of duty to care for Soldiers on the battlefield, Cabrera was able to persuade his cadre of supervisors to release him for a six month deployment," Arincorayan added.

Arincorayan reminded the Soldiers and staff in attendance how importantly it is to honor and remember fallen comrades.

"If there are any lessons learned from deaths of these brave men, it is that we must not only remember the way they died but most important remember how they lived," Arincorayan said. "Courage, compassion, selfless service, loyalty and duty to country are the values they displayed the day they were killed. These values are the fibers that are woven in the fabric of the uniforms that we wear today."



View more photos from the Wreath Laying Ceremony at www.flickr.com/TriplerAMC.

DOYLE

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been humbled by the opportunity to command the region, even for a short time.

"The accomplishments of (PRMC and TAMC) have many and they have been phenomenal," Smith said. "They have been the front runners of many of Army Medicine's initiatives.

"I want to thank (everyone) for all your professionalism and support and it has been my honor to serve with you," Smith added.

Smith said he believes that Doyle is the perfect choice for the region and Tripler as the national security strategy shifts to focus on the Pacific region.

Doyle, who has already served the U.S. Army for 30 years, said that in 1995 when he visited Hawaii to participate in the Honolulu Marathon, he knew he wanted to serve here one day.

"It will be my pleasure to work side-by-side with each of you, our service and (Veterans Affairs) partners, as we write and execute the future for health support in the Pacific theater," Doyle said.

Doyle said he plans to continue the tradition and standard of excellence set by the previous command team.

"Since 1907, this great medical center has been a shining beacon of health care and comfort in the Pacific basin," Doyle said. "Together we will ensure it remains the best and most powerful medical center and regional medical command



Tripler Army Medical Center Public Affairs/STEPHANIE BRYANT

Col. J. Anson Smith (left), outgoing commander, Pacific Regional Medical Command and Tripler Army Medical Center; Lt. Gen. Patricia Horoho (center), U.S. Army Surgeon General and commander, U.S. Army Medical Command; and Brig. Gen. Dennis Doyle, incoming commander, salute the flag during the playing of the National Anthem at the PRMC and TAMC change of command ceremony, Nov. 1.

in the world."

Tripler Army Medical Center is the home of the Pacific Regional Medical Command. In addition to Tripler and Troop Command, PRMC

includes U.S. Army Health Clinic-Schofield Barracks, U.S. Medical Activity-Japan; U.S. Medical Activity-Korea; and the Warrior Transition Battalion stationed at Schofield Barracks.