



## APRIL 2012

The Days of Remembrance for victims of the Holocaust for 2012 are April 23-30. The U.S. Holocaust Memorial Council was established in 1980 by public Law 96-388.

The council coordinates an annual, national civic commemoration of the Days of Remembrance, held in the nation's capital.

## AUTISM AWARENESS

April is Autism Awareness month, a time for the public to gain knowledge about autism and the autism community.

See page 4

## CAR SEAT SAFETY

Tripler staff members, military police and local community members join forces to offer a car seat safety check for military families, March 17.

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## HI MEDAL OF HONOR

Hawaii honors service members who were killed while deployed in a ceremony at the State Capital, March 28.

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# Military's, Oahu's first single-room NICU opens doors at Tripler Apr. 3

JAN CLARK

*Pacific Regional Medical Command Public Affairs*

**HONOLULU** — The completion of the first of a two-phased renovation project for the first in the military and first on-island single room Neonatal Intensive Care Unit at Tripler Army Medical Center was celebrated with a blessing and lei ceremony, here, April 3.

In her opening remarks, Col. Sarah Lentz-Kapua, chief, Pediatric Inpatient Services, spoke of the years-long process of mak-

ing the Patient Centered-Family Centered NICU a reality.

“Ten years ago, in 2002, I made my initial request to the command at that time, for a little more space and a true renovation of our 1989 vintage NICU and was given approval to move forward.”

“Having to build in two phases has proven a challenge, but babies had

to be left in place during construction of phase one.

Our short-term goal was to build using the then relatively new concept of Patient Centered-Family Center care,” Patricia Wilhelm, nurse manager, NICU, echoed Lentz-Kapua’s words when she spoke of the long hours of planning. “From the very beginning, this has been a collaboration between the physicians, the nurses, consultants, bright minds from out-



-See NICU, page 8

# Secure message system hits region, connects patients, docs, 24/7

PACIFIC REGIONAL MEDICAL COMMAND

News Release

**HONOLULU** – Patients at Pacific Regional Medical Command primary care clinics have a new way to keep in touch with their health care team.

Long gone are the days where you had to wait on hold to talk to a health care professional, or schedule an appointment to ask your doctor a question. Army Medicine’s Secure Messaging System, powered by RelayHealth, brings your health care team to you, wherever you are, any time of day, allowing you to safely send a message to your doctor or nurse from the comfort and privacy of your own home.

With RelayHealth, patients can contact their primary care clinic to request prescription renewals, receive test and laboratory results, request appointments and referrals, get guidance from your medical team by email, consult with your medical team regarding non-urgent health matters, avoid unnecessary office visits and telephone calls, and access valuable health information online.

“Our patients feel they have an increased level of access to (doctors and nurses),” explained Dr. John Marshall, Internal Medicine Clinic, Tripler Army Medical Center. “They don’t have to wait for a certain clinic or office to open in

-See RELAY, page 8

# TAMC urges patients to make wishes known 4/16

LT. COL. MATTHEW STUDER

*Tripler Army Medical Center*

**HONOLULU** --Tripler Army Medical Center will join other healthcare facilities around the country this Monday, April 16, to recognize the fifth annual National Healthcare Decisions Day.

One may ask, “What is National Healthcare Decisions Day, and how does this pertain to my health?”

The answer is quite simple, and highlights the importance of patient-centered care and open dialogue between patients, their families, and their healthcare providers.

National Healthcare Decisions

-See NHDD, page 7

# CG: Effort to stay resilient is continuous

**BRIG. GEN. KEITH GALLAGHER**

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

Spring is here! Enjoy the wonderful springtime weather and especially the cherry blossoms in Japan. The very hectic pace that we all live causes me to reflect and ask you to continue to work towards maintaining a high level of resiliency at all times.

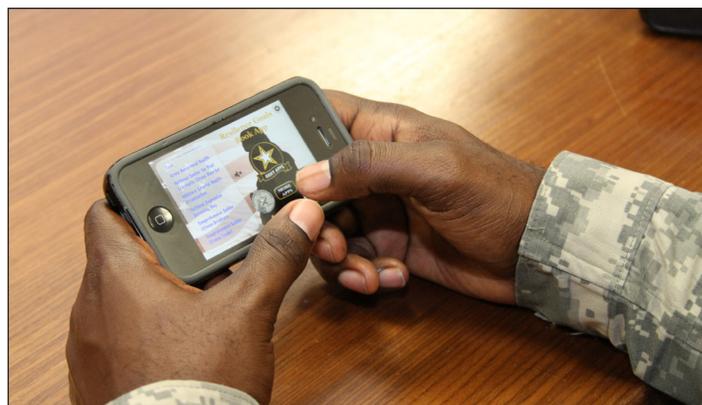
It is up to you to keep these levels high through access to the Comprehensive Soldier Fitness modules available online at <http://csf.army.mil>. Please learn to recognize that your candid responses to key stressful events can help you with post-trauma growth and greater understanding rather than spiraling in the opposite direction.



Gallagher

You must go forth, IMUA, and work at this--it is not automatic but a deliberate effort between you and your supervisor to keep the resiliency high. Talking to one another, a chaplain, your chain of command, a supervisor, and our health care professionals at our military medical treatment facilities or even in our community are also very helpful; I want you to take the time to do that. Just ask. Ask your supervisors or even my commanders, deputies, Command Sgt. Maj. William Franklin, or me. We are here to help.

Also, you owe it to yourself, your family and your colleagues and Soldiers to maintain a strong level of resiliency. I ask that you understand that this mission never ends. You always work on post-trauma growth and resiliency-building. The military lifestyle and culture are tough, demanding, emotionally draining, and exhausting at times. It also has many rewards. It is up to you and all of us to maintain our resiliency and



Courtesy Image

A digital, interactive version of the printed CSF Resiliency Goals Book, which was first released in 2010, is available as an app on iPhones, iPads and Android mobile devices.

know when our tank is empty. Let someone know and escort them to help when you see this emptiness in any of our Soldiers, civilians or contractors.

If you are spent or exhausted, then it's time to recharge your batteries through efforts with a chaplain, behavioral health specialists,

friends, taking leave or time off and so forth. I don't want anyone to feel that they must always be here day and night. We have a bench and I need you alert, rested, and respite for the day's work. Talk to your supervisors immediately if you feel

-See CSF, page 5

# SGM: Always aim to encourage, build up others

**SGT. MAJ. TIMOTHY SLOAN**

*Pacific Regional Medical Command Operations*

It is amazing how people respond when they know that you are rooting for them, that you are in their corner, wanting them to do well. Oftentimes, they become willing to change when they know you are not trying to condemn them, that you are not trying to put them down or make them feel bad about themselves. I have found that a true correction always inspires Soldiers to want to do better.

Your words have the power to put a spring in

somebody's step, to lift somebody out of defeat and discouragement, and to help propel them to victory.

Understand that everyone needs encouragement, no matter how successful he or she appears. Every time I receive positive feedback from Soldiers who I have helped along the way, it energizes me and encourages me to do better; it does something deep down on the inside that lets me know my life is significant and that I have been able to make a difference in this world.



Sloan

The people around you need that sort of encouragement from you.

Learn to give compliments and recognition freely and openly. Learn to be friendly and avoid anything that exudes the attitude that you are so important that you cannot take the time for the people around you. Instead, make everyone you come into contact with, from your coworkers, peers, subordinates, friends and family feel important.

My goal at PRMC is that no Soldier in this unit should have any doubt that they are vitally important to the organization and that I am proud of who they are and what they do every day.

## Pulse of the Pacific

*Pacific Regional Medical Command*  
[www.tamc.amedd.army.mil](http://www.tamc.amedd.army.mil)

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**ARMY MEDICINE**  
Serving To Heal...Honored To Serve

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## Regional Dept. of Social Work enhances patients' well-being

STEPHANIE BRYANT

Tripler Army Medical Center  
Public Affairs

**HONOLULU** — The Department of Social Work, or DSW, at Tripler Army Medical Center and U.S. Army Health Clinic-Schofield Barracks, provides comprehensive social work services to all Pacific Regional Medical Command beneficiaries.

Each March, the nation recognizes professional social workers and this year's theme is "Social Work Matters."

According to Warren Aoki, Family Advocacy Program supervisor, SBHC, the military social work mission is to enhance the social well-being of all personnel entitled to care and to ultimately enhance mission readiness.

"To meet our mission we have a high-quality staff of licensed professional clinical social workers, marriage and family therapists, mental health specialists, social work administrators and clerical staff," Aoki said. "(We have) active duty social work officers and civilian providers, who provide discharge planning services, domestic violence and child abuse and neglect intervention, and those who provide individual, marital and family therapy."

Aoki said besides the DSW at

TAMC and USAHC-SB, there are social workers employed in other departments and clinics, such as in the Exceptional Family Member Program, Psychology, Psychiatry, and the Warrior Transition Battalion.

Social workers assist families dealing with end-of-life issues, grief and loss issues; those facing the challenges of chronic medical conditions or acute traumas and injuries; children dealing with abuse and neglect and their parents; and couples coping with the strain of multiple deployments and other common issues that military couples experience.

DSW has been involved in a number of innovative pilot projects.

In 2010, the Family Advocacy Program, in conjunction with the 25th Infantry Division and the 8th Theater Sustainment Command, aligned clinical social workers to improve communication and collaboration between primary care providers and the chains of command.

Currently, DSW is embedding FAP social workers within the military police stations at Schofield Barracks and Fort Shafter during weekend hours to improve coordination between social work and law enforcement to increase access to care when responding to police calls.



Pacific Regional Medical Command Public Affairs/JAN CLARK

### Hippity-hop

**HONOLULU** — Children were in for a treat at the annual Easter Eggstravaganza held at the Tripler track, here, March 31.

Nearly 200 employees from Tripler Army Medical Center and U.S. Army Health Clinic-Schofield Barracks and their families participated in races, games; decorated cookies; ran and played in jump houses; hunted for Easter eggs; and even had a chance to meet the Easter Bunny.

## Ask the Dietitian

CAPT. JOY METEVIER

Tripler Army Medical Center  
Nutrition Care Division

*"Are there any diet plans or recipe books you suggest?"*

While there are many programs on the market that are safe and effective, I find one approach to healthy eating, the volumetrics approach, to be among the best.

This term was first applied to nutrition in the '90s by Dr. Barbara Rolls, former president of the Obesity Society and nutrition/behavior science researcher.

Through her years of study, she came to notice that people tend to eat the same volume or weight of food at each meal, regardless of how densely the calories are packed. It

was not the amount of fat, carbohydrate or protein that dictated a person's food intake, but the amount of food.

Translating this to a meal, a person served a high-fat granola cereal (about 175 calories per half cup) will eat the same two-cup serving even if served a low calorie wheat cereal (about 120 calories per half cup) and feel the same level of satisfaction. This is a 220 calorie difference!

This is not always the way humans behave with food, but rather a learned behavior over time.

Toddlers and young school children, for example, when allowed to freely graze, will eat less of a high-calorie food (i.e., peanut butter crackers and cheese) innately sens-

ing the energy these calorie-dense foods provide.

On the other hand, if allowed to graze on something less calorie-dense, like orange slices, they will eat more, again sensing the need to consume a higher volume to meet their energy needs and feel satisfied.

Unfortunately, most adults have lost touch with these hunger-fullness indicators and eat based on environmental cues and an expected volume of food. So an adult will tend to eat the same amount of food, no matter if it is a plate of energy-rich lasagna or low-energy fruit salad.

These are important principles to understand when trying to create satisfying meals that help to manage weight.

So how do these scientific principles translate into a diet plan? Simply put, choose high-volume, low-calorie dense foods. Learn to adapt your recipes and meals to include a base of fruit or vegetables and lean meats, as these foods are high in fiber, water and protein and are therefore lower in calories. Omit the calorie dense sugars and fats and find substitutions.

For further guidance, recipes and meal plans check out "The Ultimate Volumetrics Diet," by Barbara Rolls coming out this month. In my opinion it is a must have.



To submit a question for "Ask the Dietitian," send an email to [joy.metevier@us.army.mil](mailto:joy.metevier@us.army.mil).



Warrior Transition Battalion/CAPT. CHRISTINE LEE

## Mahalo nui loa

**SCHOFIELD BARRACKS, Hawaii** — The Warrior Transition Battalion's Lt. Col. Stanley Garcia, commander, and Command Sgt. Maj. Joshua Amano hosted the second quarter 2012 fiscal year WTB Appreciation Breakfast at the Nehelani, here, March 30. Brig. Gen. Keith Gallagher, commanding general, Pacific Regional Medical Command and Tripler Army Medical Center, who was the guest speaker at the breakfast, thanks Soldiers, families and the military and civilian staff of the WTB for their continued support and dedication toward the healing and recovery of Wounded Warriors.

Gallagher presented achievement awards to various staff members of the WTB and personally thanked everyone for their outstanding service in facilitating the care, recovery, and transition for Soldiers assigned to the WTB.

# HI's pain docs help geriatric patients relieve lumbar pain

**STEPHANIE BRYANT**

*Tripler Army Medical Center  
Public Affairs*

**HONOLULU** — Tripler Army Medical Center's Department of Integrative Pain Management, here, completed the first minimally invasive lumbar decompression in Hawaii, Jan. 20.

Maj. Brian McLean, chief, Pain Medicine and Interventional Pain Services, Tripler Army Medical Center, said the MILD procedure is for a very specific person; those with lumbar spinal stenosis who are not candidates for open surgery.

"(Our typical patient is) a person who either does not want an open surgery or is too sick or too old to undergo the anesthesia for an open surgery," McLean explained.

According to McLean, lumbar spinal stenosis is a narrowing of the lower spinal canal, which may cause

pain and numbness that limit a person's ability to walk or stand. It is usually found in people over 50 years of age.

The traditional procedure to treat LSS calls for 2-4 inch incision and cut away the bone and ligaments causing the pressure. McLean said the state-of-the-art MILD procedure is done with light sedation instead of general anesthesia and does not require sutures, instead utilizing derma bond, or skin glue, to close the puncture sites.

"Patients are able get up and walk and move the next day," McLean said.

McLean said the safety studies on the procedure not only show that there is a lower risk of bleeding, complications and infections, but the patients feel better within a few days, reducing recovery times and hospital stays.

Tripler's Dr. Phillip Lim, pain management physician, is one of four physicians at

TAMC trained to perform the surgery and was the first doctor in Hawaii to perform the procedure.

"It's always nice to be the first one to do something, but, more importantly, it allows us to be able to offer more (treatment options) to the patients," Lim explained. "We want to offer them more chances at getting better."

Lim said the procedure is a good addition to the many treatments that the IPM department offers because it is an innovative technique that provides a minimally invasive surgical option in a population of patients who may not have had any other option before.

"At the end of the day, it's all about function and quality of life," Lim added. "Can you imagine something as simple as the MILD procedure to make it able for (patients) to go for a walk without pain?"

# April: Chance to educate masses on autism

**CAPT. TODD HEER**

*Tripler Army Medical Center*

**HONOLULU** — April is Autism Awareness month, a time for the public to gain knowledge about autism and the autism community.

Autism spectrum disorder (ASD) is a range of complex neurodevelopment disorders, characterized by social impairments; communication difficulties; and restricted, repetitive and stereotyped patterns of behavior.

Signs and symptoms begin to show up early in life from one to three years of age, but according to a 2006 issue of the Journal of Developmental and Behavioral Pediatrics, the average age of diagnosis is five years.

The number of reported cases of autism is currently on the rise. However, it is not clear whether

this is due to better detection and reporting of autism, an actual increase in the number of cases, or a combination of both.

According to the Center for Disease Control, about 1 in 88 American children are diagnosed within the autism spectrum disorder.

This is a 78 percent increase compared to a decade ago. The report also stated that certain population groups have higher trends, and that boys (1 in 54) are typically more affected than girls (1 in 252).

There is currently no defined cause for autism, or a specific treatment for the disorder. This is one of the most devastating aspects of autism, which often leaves the parents of autistic children with a feeling of helplessness.

However there are many support groups, and therapies (occupational, speech, early intervention serv-

ices and applied behavioral analysis intervention) with evidenced-based treatments that have been shown to increase the quality of life for the person affected by autism.

Tricare is leading the way for providing services to persons with autism through its Extended Care Health Option Autism Services Demonstration program. This program provides a specified number of ABA therapy hours per week at a cost set by the service member's pay grade.

Additionally, the Army has a partnership with respite care providers to allow parents and caregivers of a person with autism time to recharge and take a break; something that these parents and caregivers often forget are unable to do.

Another resource available to service members and Department of Defense civilians is the Excep-

tional Family Member Program, a mandatory enrollment program that works with other military and civilian agencies to provide a comprehensive, coordinated, and multidisciplinary approach for medical, educational and community support services to families with special needs.

Some of the many activities this month around the world include: World Autism Awareness Day (April 2), fundraisers, and autism walks such as the Walk Now for Autism Speaks in Honolulu (April 21).

*(Editor's Note: Capt. Todd Heer works in the Nutrition Care Division at Tripler Army Medical Center.)*



For more information on EFMP, visit <http://efmp.amedd.army.mil>.

# Gumi Cha unveils new ER for USFK patients

**CHUCK YANG**

*Brian Allgood Army  
Community Hospital*

**GUMI, South Korea** — Gumi Cha Medical Center held an unveiling of newly renovated emergency department ceremony, March 27, here, and reconfirmed their commitment to provide patient-friendly access to compassionate health care to United States Forces Korea Soldiers and family members.

The new emergency department also has a private room designated only for USFK service members.

Col. Rafael De Jesus, commander, 65th Medical Brigade/MEDDAC-Korea, along with Soldiers from 168th Multifunctional Medical Battalion and 19th Sustainment Command participated in the ceremony.

Gumi Cha Medical Center is the primary medical center for Camp Carroll and Area IV that provide a variety of medical services for USFK Soldiers and beneficiaries covered under the Tricare system.

Dr. Michael Choe, director of

international clinic and emergency department, Gumi Cha, and a long time partner to the USFK community, gave a brief history and capabilities of Gumi Cha prior to the ceremony.

“Gumi Cha Hospital offers outpatients and inpatients care as well as emergency service,” Choe said. “We provide care to the USFK beneficiaries from Camp Carroll, Camp Walker, Camp Henry, and in the Gumi area.”

After the plaque hanging ceremony ended, a group of U.S. Soldiers toured the main facilities in the hospital including the emergency center and magnetic resonance imaging center while Choe explained about each center’s functions and capabilities.

“It’s good to know that we have a long-term relationship with our host nation partner hospitals, and Gumi Cha’s expansion of services and facilities benefits our family members and service members here in Area IV, more than any other medical facility,” De Jesus said.



19th Expeditionary Sust. Cmd./PFC. SUNG-JUN LIM

Dr. Michael Choe (right), director of emergency department and international clinic, introduces Gumi Cha hospital’s facilities to Col. Rafael De Jesus (center), commander, 65th Medical Brigade, and Col. Jonathan Leong, command surgeon, 19th Expeditionary Sustainment Command, March 27.

Gumi Cha Hospital’s international clinic has assisted U.S. Soldiers and their dependents with various medical services since 2004. Gumi Cha also functions as a Wartime Host Nation Support Hospital, meaning the facility provides civilian resources and assistance for the reception, staging, onward movement,

integration, and sustainment of U.S. forces in times of crisis or war.

“So far, we have had a very good relationship with the USFK as well as local foreigners,” Choe said. “I expect that in the future, there will also be a strong relationship and medical care provided to the people in this area.”

## CSF

from page 2

that this is the case and we’ll craft solutions. Ensure you maintain balance in your life; however, this is never automatic but again your efforts will ensure this happens. Supervisors, check!

We want to help, but need you to ask for it and I assure you that you’ll get it.

If you see a coworker, family member, or friend who is working too hard and needs help, then talk to them and execute actions delineated on the ACE card (Ask your buddy, Care for your buddy, Escort your buddy).

If you cannot do these things, then I ask that you seek help immediately and contact one of my commanders. This is our duty as Soldiers and service members and I dare say as Department of the Army civilians.

Services are available for you here in Hawaii at Tripler Army Medical Center, U.S. Army Health Clinic-Schofield Barracks, and the Warrior Ohana Medical Home; in Korea at

the Brian Allgood Army Community Hospital and its health clinics; and in Japan at the BG Crawford F. Sams U.S. Army Health Clinic. Use these services because they are great and make a tremendous difference in your resiliency.

I also ask that every one of us get to know one another at work. In both the work place and at home, the 10-12 people around you include your neighbors, superiors, subordinates, colleagues and teammates. Everyone is on the same team. Find out their strengths and challenges. We need everyone on the team day in and out and while on leave, day off, or traveling.

I sincerely need you and everyone on the team. We stand ready to help.

Help me build resiliency in our workplace--it is that important! Serving to heal ... honored to serve! Imua. PRMC 6



MEDDAC-Japan/SGT. KARI HENDRICKSON

## MEDDAC-Japan takes home trophy

**CAMP ZAMA, Japan** — Congratulations to MEDDAC-Japan, which won the intramural basketball season and the basketball championship tournament, here, March 15.

Pictured, clockwise from top left: Sgt. Maj. Henry Myrick, Sgt. 1st Class Edmond Burnsed, Staff Sgt. Vincent Wright, Spc. Michael Recasino, Sgt. Michael Wylie, Sgt. Ivan Woodard, Jonell Rosa, Lt. Col. Amy Brinson, Spc. Eric Blue, Haile Austin, Spc. Gene Siner, and Spc. Jevon Sleet. Not pictured is team member Shingo Harukawa.



For more information on ACE, visit <http://go.usa.gov/mwK>.

# Tripler, USAG-HI, local community join forces to offer car seat safety check

STEPHANIE RUSH

Pacific Regional Medical Command  
Public Affairs

**SCHOFIELD BARRACKS, Hawaii** — Thirty-three of the youngest members of the military ohana on Oahu are riding a little bit more safely after their parents had their car seats checked out, here, March 17.

The car seat safety check was sponsored by Tripler Army Medical Center's Pediatrics Department; Schofield Barracks' Military Police, Directorate of Emergency Services, U.S. Army Garrison-Hawaii; and the Keiki Injury Prevention Coalition, or KIPC, a statewide community-based organization committed to preventing and reducing injuries to children in Hawaii.

Aimed at expectant parents and parents with young infants, toddlers, preschoolers or school-aged children, anyone attending left not only with their car seat inspected and properly installed, but also with resources and tips for keeping children safe as passengers in motor vehicles.

Volunteers ranging from police officers to health care professionals to parents who want to help educate others on car safety were on hand to answer questions and help parents understand their particular car seat and how it best works within their car.

"We just bought a new car seat because our son Aspen is getting too big for his current one," explained new mother Kendi Farr. "We didn't want to install it incorrectly."

Kendi and her husband, Petty Officer 2nd Class Eric Farr, Naval Information Operations Command-Hawaii, knew just who to turn to for assistance with installing Aspen's new car seat.

Eight months ago, shortly before Aspen was born, Cindy Sanekane, a pediatric physical therapist at Tripler Army Medical Center's Developmental Pediatrics department, showed the Farris how to install their first car seat.

Sanekane has been a licensed child passenger safety technician for 11 years and is the primary point of contact for the car seat fitting station at Tripler, through the Department of Pediatrics.

According to NHTSA's National



Pacific Regional Medical Command/STEPHANIE RUSH

Robert Lee (right), Traffic Division, Honolulu Police Department, explains car seat safety to Scott Anderson at a car seat safety check held March 17. Scott and his wife, Air Force 1st Lt. Becky Anderson, 792nd Intelligence Support Squadron, are expecting their first baby, April 6.

Center for Statistics and Analysis, research has found child safety seats reduce fatal injuries by 71 percent for infants (younger than one year) and by 54 percent for toddlers (one-four years old) in passenger cars involved in accidents.

However, if the car seat isn't installed correctly or parents don't know how to use them properly, it can all be for naught.

"I thought, 'I'm not an expert,'" Kendi said. "I'd rather have trained people showing us how to use the car seat."

According to Cindy, approximately 72.6 percent of car seats are not installed properly or misused, which can potentially lead to critical injuries in the event of a motor vehicle crash.

"Community education is the primary purpose of the car seat check events," Cindy explained. "We want to educate families on how to safely transport their children."

The first mandatory child restraint use law was implemented in Tennessee in 1978. Since 1985, all 50 States and the District of Columbia have had child restraint use laws in effect.

"Military police and gate guards frequently observe child seat safety issues while at the gate and while patrolling," said Patrick Rodrigues, community relations officer for Schofield Barracks' Provost Marshal Office, DES, USAG-HI. "The most common issues are children not fastened in properly,

children out of their car seats, or children secured in the car seat positioned in the front of the vehicle when there is a seat available in the rear."

DES participates in these outreach events for the safety of the general public and hopefully reduce the number of injuries sustained during car accidents. Holding community events around the island makes it easier for parents to get their car seat checked out in a location that's more convenient for them.

DES hopes to schedule a similar car seat safety check at Fort Shafter to make it more convenient for families living in the south region.

"Community events occur throughout the year, sponsored by KIPC and the various other hospitals and organizations that are also car seat fitting stations," Cindy explained. "These community events occur all over Oahu from Waianae to Honolulu to Kailua/Kaneohe. Families can access the schedule through the KIPC website.

"If families cannot access appointments at TAMC in a timely manner, they can call any of the other car seat fitting stations on the [KIPC website](http://www.kipc.org) to schedule appointments through those facilities," she continued.

## CAR SEAT INFO & RECOMMENDATIONS

The following are courtesy of the National Highway Traffic Safety Administration:

- Select a car seat based on your child's age and size, and choose a seat that fits in your vehicle and use it every time.

- Always refer to your specific car seat manufacturer's instructions; read the vehicle owner's manual on how to install the car seat using the seat belt or the Lower Anchors and Tethers for Children (LATCH) system; and check height and weight limits.

- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.

- Keep children under 12 in the back seat.

- A rear-facing car seat is the best seat for a young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.

- A forward-facing car seat has a harness and tether that limits your child's forward movement during a crash.



Visit [www.nhtsa.gov/safety/CPS](http://www.nhtsa.gov/safety/CPS) for more information on keeping children safe when on the road.

## — In Brief —

### ARMY COMMENDATION MEDAL

The following MEDDAC-Japan personnel were awarded the Army Commendation Medal in December 2011:

- Sgt. Marcus Foreman
- Sgt. Dylan Meyer
- Spc. Michael Robida
- Sgt. Ivan Woodard

### COMMANDER'S AWARD FOR CIVILIAN SERVICE

Etsuko Kaneko, MEDDAC-Japan, was presented with the Commander's Award for Civilian Service, Dec. 15.

### ACHIEVEMENT MEDAL FOR CIVILIAN SERVICE

Noriko Kosukegawa, MEDDAC-Japan, was presented with the Achievement Medal for Civilian Service, Dec. 15.

Tomomi Yamanaka, MEDDAC-Japan, was presented with the AMCS, Feb. 1.

### COMBINED FEDERAL CAMPAIGN

Congratulations to MEDDAC-Japan for earning the CFC Platinum Award.

MEDDAC-Japan's command team wants

-See BRIEFS, page 8

# Tripler's fallen warrior among 24 to receive HI Medal of Honor

**STEPHANIE BRYANT**

*Tripler Army Medical Center  
Public Affairs*

**HONOLULU** — Twenty-four service members who deployed from Hawaii, who died in 2011 in Iraq or Afghanistan, were honored with a Hawaii Medal of Honor at the State Capital during a ceremony, March 28.

Among the honorees was Staff Sgt. Christopher Newman, behavioral health specialist, Department of Psychology, Tripler Army Medical Center, who was killed when his convoy was struck by an improvised explosive device in Afghanistan, Oct. 29, 2011.

Rep. Calvin K.Y. Say, house speaker for the Hawaii House of Representatives, gave the opening remarks for the ceremony and welcomed the families and military units as they honored the fallen warriors.

"We truly mourn your loss," Say said. "Every one of us owes

you a great debt, one that we can never fully repay."

Hawaii State Governor Neil Abercrombie, who presided over the ceremony, spoke of the great character of the warriors and encouraged our commitment to one another.

"Those who we honor and acknowledge today are those who are rich in character," Abercrombie said. "The issues with which conflicts have ensued and (an) individual's commitments up to and including their very lives are large in scope, but our acknowledgment is individual and personal.

"Let our commitment to one another as human beings, our commitment to those core values that make up the very basis of our humanity our life, invulnerable," Abercrombie added.

Accompanying Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command and TAMC, several members of Tripler's Troop Com-

mand attended the event in support of Newman, to include Sgt. 1st Class Russell Lane, behavioral health noncommissioned officer-in-charge, PRMC, and Newman's former NCO.

"I was very, very impressed with the ceremony and really touched by the effort they put in to honoring the Soldiers and their families," Lane said. "I was not aware they gave out awards like this."

Lane said that since Newman's family could not be in attendance that the state will mail a DVD copy of the ceremony to Newman's spouse along with the award.

"Just knowing him the way I did, and that he sacrificed his life for something he believed in, I know that he would have been really proud, surprised and happy to see the amount (of) accolades," Lane said. "It is a great feeling to know that my state and my country honor (our fallen warriors) this way."

## NHDD

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Day is intended to inspire, educate and empower the public and providers about the importance of advance healthcare planning. Too often, patients and their family members do not communicate their concerns, values and wishes regarding future healthcare decisions with their healthcare providers.

Admittedly, this is a very personal, potentially complex, and at times challenging discussion. At issue are considerations of what healthcare a patient would want and not want, and who they would wish to speak on their behalf if they were unable to do so.

As such, National Healthcare Decisions Day hopes to raise awareness about the importance of this dialogue between patients, families, and providers.

All patients have the right, as set forth by Congress in the 1990

Patient Self-Determination Act, to articulate their future healthcare wishes in writing in the form of an "advance directive."

Patients should be empowered and encouraged to openly communicate their wishes regarding future healthcare and/or end-of-life care they would like to receive. In addition, they have the right to designate a family member, relative or friend to speak on their behalf if unable to do so.

These wishes may be formally documented in an advance directive, which is a legal document reflecting these advance care decisions.

Medical evidence supports this dialogue and the importance of advance healthcare planning. In a 2008 issue of the *Journal of the American Medical Association* and 2010 issue of *BMJ*, research was published that found these discussions can improve end-of-life care and patient quality of life, and re-

duce stress, anxiety, and depression in surviving family members.

However, according to the U.S. Agency for Healthcare Research and Quality, despite this data, less than half of severely or terminally ill patients evaluated in a study had an advance directive in their medical record and only 12 percent of patients with an advance directive had received input from their physician in its development. Additionally, between 65 and 76 percent of physicians whose patients had an existing advance directive were not aware that it existed.

We should all, patients and providers alike, be aware of the healthcare rights and choices of individuals and do all we can to promote autonomy through patient-centered care.

National Healthcare Decisions Day serves as an important day to recognize that early healthcare discussions and decisions are impor-

tant and will positively impact both the care we give and the care we receive.

Want more information on National Healthcare Decisions Day or how to create an advance directive?

Representatives from Tripler Army Medical Center's hospital ethics team will be available at both of the hospital entrances, Monday, April 16, 8 a.m.-noon, to provide additional information and answer questions. An additional discussion about advance healthcare decisions is scheduled for Wednesday, April 18, noon-1 p.m. in the 10th floor oceanside conference room. Everyone is welcome.

*(Editor's Note: Lt. Col. Matthew Studer is the chief of Pediatric Cardiology and associate chair of the Ethics Committee at Tripler.)*



For more on National Healthcare Decisions Day, visit [www.nhdd.org](http://www.nhdd.org).

## NICU

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the respiratory therapists, the pharmacists, (and) the social workers. Everybody has had a say in how we designed it, from the very beginning in 2007 to where we are at today.

"Every one of my nurses has trained on every piece of equipment, every device and participated in an eight-hour simulation training, which was phenomenal," Wilhelm said. "It allowed us time to work out all of the kinks, learn the equipment, how to work it together as a team, so that the Team-STEPPS concept played out very well. I know that when we open these doors today and move patients, we are

ready."

In part, what makes this NICU unique is the noise reduction/sound proofing that has been installed in the ceiling and floor. Because most of the babies here would under ideal conditions still be in mother's womb, sound levels are kept to neonatal standards. With dimmer light capabilities and a device to monitor sound level, the rooms provide the optimal environment for babies' hearing, growth and overall development.

Another key element allowing for private rooms for baby and parents is the technology that allows nurses to monitor rooms from other locations on the ward.

"With the new monitor system, our nurses can be comfortable being in one room knowing that they have another baby in another room that they are responsible for," Wilhelm said. "We have built in the technology that allows the alarm system from the monitors to reach the devices our nurses carry that will tell them when there is an alarm and a baby needs them."

Directing his words to the NICU staff, TAMC Commanding General, Brig. Gen. Keith Gallagher emphasized that "what we want to take away is that this was built with the patient in mind, with the patient at the center of everything we do. And, as we migrate to



Pacific Regional Medical Command/JAN CLARK  
Cutting the maile lei to commemorate the completion of the first half of renovations to Tripler's Neonatal Intensive Care Unit are Col. Sarah Lentz-Kapua (left), chief, Pediatric Inpatient Services, Vickie Laubach (middle), clinical nurse educator, NICU, and Maj. Joseph Hudak (far right), chief, Newborn Medicine, as Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command and TAMC, looks on, April 3.

a Patient Centered Medical Home model throughout the entire Army and Department of Defense, this certainly sets the tone.

"Lastly, it is all about sav-

ing lives," Gallagher said. "You do that better than anyone else, I think, on the island, in the country and the world. You save lives and you do it very well."

## RELAY

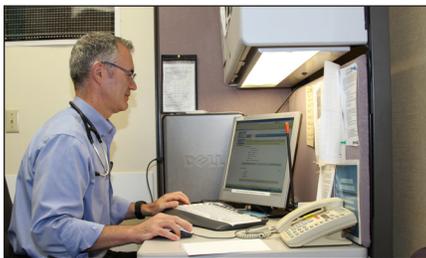
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order to call, or wait on hold when they do call; they can send us a message in the middle of the night."

The new system isn't only benefiting patients. RelayHealth makes communication more efficient for doctors and nurses.

"What I find most beneficial about (RelayHealth) is that I don't have to play phone tag with patients," Marshall said. "Sometimes I just want to tell a patient what their lab results were, but I won't want to leave a voice-mail. This way I can take the time to send one message and I know the patient will get it."

"Our nurses spent a considerable amount of time on the phone each day, answering patients' questions," Marshall continued. "In theory, if a patient is using RelayHealth to send in their questions or request a referral or appointment, they're not calling in, and the nurses can then spend that time with a patient."



PRMC/STEPHANIE RUSH

Dr. John Marshall, Internal Medicine Clinic, Tripler Army Medical Center, uses Army Medicine's RelayHealth system to communicate securely with patients at any time of the day.

The Army began implementing RelayHealth in its medical treatment facilities across the globe in 2011 and currently, every region has at least one clinic already using the system.

RelayHealth is already in place at several PRMC primary care clinics to include the Internal Medicine and the Warrior Ohana Medical Home in Kapolei.

Tripler's Family Medicine clinic has started the roll-out with a few providers initially.

The Pediatric clinics and the U.S. Army Health Clinic-Schofield Barracks' Aviation Medicine, Family Practice, Pediatric and Troop Medical clinics are expected to complete the roll out of the system by early August.

In just a few short months, every Army primary care clinic in the Pacific will have RelayHealth fully implemented.

The Brian Allgood Army Community Hospital, Seoul, Korea; and Korea's USAHC-Camp Casey, USAHC-Camp Humphreys, USAHC-Camp Walker, and USAHC-Yongsan along with Japan's BG Crawford F. Sams U.S. Army Health Clinic are scheduled to begin implementing RelayHealth in the near future.

RelayHealth is a completely secure portal that is compliant with the Federal Health Insurance Portability and Accountability Act, or HIPAA. Encryption technology and a stringent privacy policy protect your personal information more securely than either the telephone or regular email.

Your information is only accessible by you and your health care team.

## BRIEFS

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to especially recognize the outstanding contributions of Sgt. Marcus Foreman, who served as the campaign's coordinator.

### HEALTH OBSERVANCES

Check out information on upcoming health observances for April online:

- Alcohol Awareness Month, [www.ncadd.org](http://www.ncadd.org)
- National Donate Life Month, [www.organdonor.gov](http://www.organdonor.gov)
- National Minority Health Month, [minorityhealth.hhs.gov](http://minorityhealth.hhs.gov)
- Occupational Therapy Month, [www.promoteot.org](http://www.promoteot.org)
- STI Awareness Month, [www.ashastd.org](http://www.ashastd.org)

### NAME CHANGE

Effective Dec. 13, 2011, the Schofield Barracks Health Clinic's name

changed to U.S. Army Health Clinic-Schofield Barracks. All services, programs and phone numbers have remained unchanged.

### PRMC SOLDIER/NCO OF THE YEAR

The Pacific Regional Medical Command named Sgt. Gary Horne as the Noncommissioned Officer of the Year and Sgt. Terence Siemon as the Soldier of the Year for 2011 in a ceremony, March 23. Both Horne and Siemon work at U.S. Army Health Clinic-Schofield Barracks.

### SUBMISSION GUIDELINES

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](mailto:medcom.prmc.pao@us.army.mil).