

TRIPLER 360

FEBRUARY 1, 2012



PLEASE READ

ENERGY CONSERVATION

Did you know our energy bill last year was \$10 million?

A major impact of escalating energy expenditures is that the more money we spend on wasted electricity and water in our work areas, the less money we have to spend on needed equipment and services that directly or indirectly support our mission.

Read full article on page 4.

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TAMC head, neck docs use robot to increase patients' quality of life

Story and Photos by
Stephanie Bryant
TAMC Public Affairs

TRIPLER ARMY MEDICAL CENTER—In May of 2011, the da Vinci Surgical System was embraced by two of Tripler Army Medical Center's otolaryngologists. The robot, which was first purchased in 2009, has been used to support a variety of surgical specialties.

Otolaryngology is a branch of medicine and surgery that specializes in the diagnosis and treatment of ear, nose, throat, and head and neck disorders.

Lt. Col. Joseph Sniezek, chief, Otolaryngology, Department of Surgery, TAMC, and Lt. Col. Christopher Klem, chief, Head and Neck Surgery, Otolaryngology, Department of Surgery, TAMC, are excited that the robot has found its way to head and neck surgery. Since last May, the specialists have performed about eight thyroidectomies and about a dozen Trans Oral Resection Surgeries, or TORS.

"These are surgeries we are familiar with, but



Lt. Col. Joseph Sniezek, chief, Otolaryngology, Department of Surgery, Tripler Army Medical Center, explains how to operate the controls of the da Vinci Surgical System. The surgeon sits at the console and looks through two eye holes at a 3-D image of the procedure, meanwhile maneuvering the arms with two foot pedals and two hand controllers.

(now) we have a new tool," Sniezek said. "It takes a little different thought process for how to approach it ... it sort of is a fresh way to do a surgery that we do all the time and the patients do better, so it is exciting."

Tripler is the first Department of Defense medical treatment facility and the first hospital in the

state of Hawaii to do these two types of head and neck surgeries using the robot.

One of the major advantages of using the robot to perform these surgeries is dramatically better cosmetic results.

It is a very difficult area of the body to access, Sniezek explained.

"We would have to do



Diabetes Tip: Five tips for game day

Diabetes Clinic

Here are five diabetes tips for Game Day:

1. *Don't play on an empty stomach.*

Eat a small, balanced meal or snack before you leave home to watch the game. If you arrive at a party hungry, you'll be more likely to overindulge.

2. *Examine the playing field.*

Study ALL of the selections, and think about what you are going to have before you put anything on your plate.

If you taste something that you don't enjoy, leave it on your plate-don't finish it!

3. *Focus on the fundamentals.*

Choose raw vegetables first. Broccoli, baby carrots, cauliflower, and tomatoes are good choices that are usually on the buffet table. Take only a small spoonful of dip or skip it entirely.

Choose lean proteins that are not breaded or fried. Select chicken, veggie or turkey burgers, or baked beans.

Take only a small portion of cheese - 1oz is approximately 5-7 small cubes.

Eat chips and crackers in moderation. Don't eat

them straight from the bag, put some on a small plate and don't load them down with creamy mayo-based dips.

If you want to eat a high-fat or high-calorie item- like wings, pizza or nachos-take a small portion and put it on your plate last, after you've filled up the space with healthier options.

Remember to regularly check your blood sugar the day of the game.

Try not to hang out near the food to avoid grazing.

4. *Stay hydrated.*

Stick to calorie-free drinks so that you can eat your calories, instead of drinking them.

Drink only moderate amounts of alcohol (2 drinks for men, 1 drink for women).

5. *Go for the extra point!*

Before the game, play your own game of flag football, or participate in some other type of physical activity. Regular exercise is key to managing your diabetes.

If you ate more carbs or more food in general than you planned for during the game, shake it off. Don't replay the error; instead, make a plan to get back on track and stick to it.

Chaplain's Thought of the Week

Chaplain (Col.) Sherman Baker
Command Chaplain, PRMC

"Thank you for this Beautiful Day . "

Reflection: Just before leaving for school, little Noah's mother was saying the morning prayer. "Heavenly father, thank you for this beautiful day." "But," interrupted his mother, "there is going to be a storm with rain, lightning and thunder. That's not a beautiful day." "I know," was the quick reply. "We just can't judge a day by the weather."

There are some days when the last possible thing we can do is to find something beautiful. We awaken to discover that a loved one is critically ill, we feel overwhelmed by the tough schedule we are facing, the children are out of

control and the sink is overflowing because the plumbing is stopped-up. What next? Can anything else go wrong?

Perhaps it is time to listen to the Psalmist: "This is the day the Lord hath made; let us rejoice and be glad in it." Throughout the Psalms we often read about the difficult, demanding and discouraging days they faced. What did they do? They spoke to God honestly and took their problems to him and plead for his help. And every time, at the end of the psalm, they were rejoicing.

Prayer: Eternal God our father, we know that you are bigger than every problem we face and have solutions for each of them. May we see your beauty in all things we pray.



Chaplain ministry is available 24 hours a day. Patients desiring to see a Chaplain should call 433-5727 or ask your nurse to contact the Chaplain for you. After duty hours, a Chaplain may be contacted through the Information Desk at 433-6661. Chapels are located on D-Wing, 3rd floor.

TAMC partners with Queens to test model of care at off-post school

Stephanie Bryant
TAMC Public Affairs

TRIPLER ARMY MEDICAL CENTER—Since 2008, the School Behavioral Health Team from the Child and Adolescent Psychiatry Services, here, has been providing a comprehensive array of school-based behavioral health programs and services to support military students, families, and community.

From its establishment, the team has supported five on-post schools on island; two on Schofield Barracks, two on Wheeler Army Airfield, and one on Marine Corps Base Ha-

waii, Kaneohe.

The SBHT is comprised of a multidisciplinary team that consists of two child and adolescent psychiatrists, five social workers, and two psychologists.

“(The SBHT clinicians) try to promote a social emotional health at the school,” said Dr. Stan Whitsett, SBHT clinical director. “We figure that if the climate a child is spending 6-8 hours a day in is healthy, then the child has a better chance of thriving.”

Whitsett said since the teams’ integration at the middle school on WAAF and the elementary school on MCBH, there has been a 50 percent reduction in behavioral reports at those schools, which are

used to document behavior issues in school.

“The last few years that we have been there, the mentality and the feeling of the school have changed dramatically,” said Mindy Delmonico, SBHT administrative officer.

Recently, the diverse team has started supporting five of the island’s child development centers, but more uniquely, a public school off-post; Wahiawa Elementary.

The SBHT has wanted to support the public, off-post schools since its origin, but because of federal regulation they had not been able to make the move.

Delmonico said the reason the expansion is now possible is because

Queens Medical Center, who admires the SBHT model of care, offered their support for collaboration.

Queens built a parallel team to the SBHT and the SBHT trained them on their model of community behavioral health. With TAMC covering Department of Defense beneficiaries and Queens supporting the non-DoD children, Whitsett said they will be able to “provide blanket behavioral health services to any child who needs it at this elementary school.”

“Wahiawa is a trial for us,” Whitsett explained. “We are testing a clinical model of service delivery that is dependent on a partnership that has, as far as we know, never

See SBHT on page 5

DPW Sewer Line Project

The installation Directorate of Public Works will be repairing a main sewer line along Krukowski Road through April 3, 2012.

This is a major line which needs to be replaced from the warehouse entrance road down to the front gate area and there will only be one-way outbound only traffic along Kru-

kowski Road between 9 a.m.-3 p.m. Monday-Friday between the dates listed. Prior to 9 a.m. and after 3 p.m. normal traffic lanes will be open.

This line has been a problem for some time and it’s repair is required to prevent a major line failure.



TAMC Public Affairs

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Please send submissions for the TRIPLER 360 newsletter to TAMCPublicAffairsOffice@amedd.army.mil. All submissions must be received by Tuesday to be included in the Wednesday edition.

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pretty radical procedures like big incisions to open the face or splitting the jaw in half," Sniezek explained. "The robot allows us to just use the arms of the robot and a camera placed through the mouth, a natural orifice, and then we can resect the tumor without having to split the mandible or do facial incisions."

Sniezek added that this applies to the thyroidectomies as well because instead of removing the thyroid through the neck, in certain cases they can enter through the arm pit.

For TORS, Klem said the recovery time is much quicker for the patient and typically less chemotherapy and radiation are required.

"When we talk about recovery, we talk about speech and swallowing," Klem said. "So far, since this is a relatively new procedure, studies are showing that speech and swallowing is much better than for open surgery for this type of resection.

"The quality of life and overall function has been much, much better with this type of minimally-invasive surgery followed by lower dose radiation therapy," he added.

Sniezek and Klem are excited about the possibilities that this technology gives surgical specialties.

Sniezek said after the technology was created in the early 1990s, the Defense Advanced Research Projects Agency became very interested in supporting it because of its potential to allow surgeons to operate remotely on Soldiers wounded on the battlefield.



A simulation tool is set up on the da Vinci Surgical System table for surgeons and residents to practice on. Two of Tripler Army Medical Center's Otolaryngology specialists began using a robotic surgical system called the da Vinci in May 2011 to perform head and neck surgeries on qualifying patients.

"You don't have to be in the same room to control the robot," Sniezek said. "You can be on another continent ... It would allow a surgical specialist here at Tripler to operate on a wounded warrior in Afghanistan."

In December 2011, Klem and Sniezek started doing head and neck surgeries at Queens Medical Center in Honolulu and one of the surgeries involved the robot.

"This is a great resource sharing agreement between Tripler and Queens, that I think is a great example of the partnership between military and civilian medical re-

sources," Sniezek said.

Tripler and Queens use the same kind of robot to perform the surgeries.

"I think it is important to get the word out that military medicine has the same cutting edge treatment for these difficult cancers as anyone does," Klem said.

"We are committed to staying on the cutting edge of advancements in surgical treatments, particularly for cancer therapies," Sniezek added. "Tripler is offering the very latest in techniques and technologies that are available."

Energy conservation works at home, office

Courtesy of the Directorate of Public Works,
U.S. Army Garrison-Hawaii

Energy conservation. Most of us do it at home — turning off lights when we leave a room, setting the thermostat a few degrees higher or turning the air conditioner (AC) off completely when we leave the house for the day.

These are simple actions that most people do without much thought at home, because we pay for the electricity. As we all know, electricity is not cheap and continues to increase in cost, rapidly in Hawaii.

The incentive to conserve is obvious; it saves money. Besides that, many people conserve to help

reduce the use of limited resources, these being water, electricity and dollars.

Notice a recurring theme here? Money is the largest single driver behind the bulk of conservation.

We take simple actions to conserve at home, why not at work?

Do you know the main reason why the largest driver behind most conservation is removed?

It's because the electricity and water is free at work. Or, is it?

Well, not really, but we don't pay the bill, right?

Wrong, again. We pay taxes don't we? Then we pay for those resources at work, as well.

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been achieved anywhere else.”

Since the beginning of the current school year, the SBHT has been building its case load at Wahiawa Elementary and currently each team supports about 10 children.

“I have been a clinician for close to 30 years now,” Whitsett said. “I have practiced in virtually every setting that a psychologist can practice in and I have never seen services work as well as these do. The model works, and works well.”

The SBHT falls under the leadership of Child, Adolescent and Family Behavioral Health Offices of the U.S. Army. The model originated in Hawaii at TAMC by Dr. Michael Faran, the current director of CAF-BHO, back in the early 90s.

In addition to the schools on island, the SBHT community model of care is currently being used at Joint Base Lewis McChord, Wash.; Fort Campbell, Ky.; Fort Carson, Colo.; Fort Meade, Md.; as well as Landstuhl and Bavaria Medical Department Activity, Germany.

ENERGY

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The other impact of escalating energy expenditures is that the more money we spend on wasted electricity and water in our work areas, the less money we have to spend on needed equipment and services that directly or indirectly support our mission.

Shutting down the energy monsters. Here at TAMC, users do not turn their computers off when they leave for the day because the Information Management Department pushes updates and keeps our computer systems secure. However, that doesn't mean users should leave their peripheral devices on all night or over the weekend. Take a few extra moments to turn off your monitor, speakers or printer.

If you have extra computer systems that are not on the network or other electronic equipment, turn it off when it's not in use.

Limiting cold air. If your office has controllable air conditioning units, make sure the last person leaving the office turns the AC off. If you can't turn the AC off, consider having the temperature changed to 72-74 degrees. Not only will you no longer need to keep a parka in the office, but you'll be

helping TAMC possibly save thousands of dollars a year in utility costs.

Flipping the switch. Lighting is generally the second largest electricity user in an office. Turning those things off every time you leave the office for more than a few minutes saves money.

The old myth of leaving the lights on being cheaper than turning them off and back on is not true. There is no appreciable surge when you turn a light on, so the moment you turn a light off it is saving electricity and money.

We are all familiar with Compact Fluorescent Lightbulbs or CFLs, those twisty, ice cream cone looking bulbs. If you haven't changed your bulbs to these yet, do so right away. They really do save electricity.

A general rule is to get a CFL with a wattage that is 25 percent of the incandescent it is replacing, so a 25-watt CFL replaces a 100-watt old-fashioned incandescent bulb.

At eight hours per day, one of these bulbs saves about \$39 per year. On top of that, they produce considerably less heat, so there is a slightly lessened heat load on the AC, which saves more.

Monitoring unseen usage. Ghost loads is the electricity many

electronic devices use, even when turned off. The only way to combat this electricity drain is to plug devices into a power strip and switching them off when those items are not in use. This action applies to nearly every electronic device we use, even cell phones, iPods and similar chargers.

Be careful not to plug into power strips items like your cable box, fax machine, telephone or other items with programming, which may be needed even when no one is there. Ghost loads can account for 6-8 percent of a home's total electricity use.

In the office your computers, speakers, copiers, printers and other devices should be plugged into these power strips and save even more electricity.

You do it at home, so do it at work. Though dollars may be a prime incentive for conserving, the dollars we spend within TAMC are substantial. We need to work together to conserve these resources.

(Editor's Note: This article was updated and localized by the Tripler Army Medical Center Public Affairs Office. It was originally published in the Hawaii Army Weekly's Sustainability insert, Oct. 10, 2008.)

Tricare pharmacy contractor delivers services

Tripler Army Medical Center

News Release

TRIPLER ARMY MEDICAL CENTER— The Tricare Pharmacy Home Delivery is the least expensive option when not using the military pharmacy. It is safe, convenient and easy to use.

Tricare has an ongoing partnership with Express Scripts, Inc. (Express Scripts) to provide the Tricare Pharmacy Home Delivery and Tricare Retail Network Pharmacy services.

Prescriptions may be mailed to any address in the United States and its territories, including temporary and APO/FPO addresses. If you are assigned to an embassy and do not have an APO/FPO address, you must use the embassy address. Prescriptions cannot be mailed to private foreign addresses. Refrigerated medications cannot be shipped to APO/FPO addresses.

Beneficiaries may receive up to a 90-day supply for most medications via home delivery for minimal, or in some cases, no out-of-pocket costs. Once registered, refills may be requested by mail, phone or online.

It is recommended using the home delivery option for prescriptions needed on a regular basis when you do not have access to a MTF pharmacy. If you need immediate relief from a pain medication or antibiotic, you should have your prescription filled at a military pharmacy or retail network pharmacy.

Converting Prescriptions from a Retail Network Pharmacy

You can reduce your out-of-pocket costs by moving your current retail maintenance medication prescriptions to Tricare Pharmacy Home Delivery using the Member Choice Center. You can quickly and easily convert your prescriptions to the home delivery option in approximately five minutes. Call 1-877-363-1433 or visit www.express-scripts.com/Tricare and click on “Learn more about Home Delivery.”

Tricare Retail Network Pharmacy

If you need a prescription filled right away and are unable to get to a military pharmacy, you can visit one of the more than 60,000 Tricare retail network pharmacies. Tricare retail network pharmacies are available in the United States, Guam, the Northern Mariana Islands, Puerto Rico and the U.S. Virgin Is-

lands.

They are not located in any other overseas areas. At retail network pharmacies, you can fill prescriptions (up to a 30-day supply of most prescription medications) for minimal out-of-pocket costs. It is recommended to use a retail network pharmacy for new prescriptions your health care provider has required you to start taking immediately if you are unable to go to an MTF Pharmacy.

Using a retail network pharmacy is easy. Simply present the pharmacist with your written prescription, along with your uniformed services identification card. If you have any difficulties having your prescriptions filled at your local retail network pharmacy, you should contact Express Scripts, Inc.

Non-Network Pharmacy

At non-network pharmacies, you will pay full price for your medication and must file a claim for reimbursement. Reimbursements are subject to deductible or out-of-network cost-shares and Tricare-required copayments. All deductibles must be met before any reimbursement can be made.

If you are filling prescriptions in the United States, Guam, Puerto Rico, the U.S. Virgin Islands, or the Northern Mariana Islands, visiting a non-network pharmacy should be your last option. Instead, find a retail network pharmacy near you.

If you are filling prescriptions in an overseas area (other than one of the U.S. territories listed above) you may have prescriptions filled at host nation pharmacies. Host nation pharmacies are considered to be non-network pharmacies and you will be expected to pay up front and file a claim with the overseas claims processor for reimbursement.

Patient Costs for Various Pharmacy Benefits

Active duty service members (including activated Guard/Reserve members) pay nothing for covered prescriptions. In some cases, service members may have to pay up front and file a claim for a full reimbursement.

For all other beneficiaries, prescription costs are based on the type of medication and where it is filled.

See **PHARMACY** on page 7

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New Prescription Costs

Effective Oct. 1, 2011, generic medications changed to zero copayment when filled through Tricare Phar-

macy Home Delivery.

It is easy to convert retail prescriptions to the Tricare Pharmacy Home delivery option with the Member Choice Center. Call 1-877-363-1433 or visit <http://express-scripts.com/Tricare/> to activate your account.

Comparison of Patient Out-of-Pocket Costs for Each Tricare Pharmacy Point of Service

Type of Pharmacy	Formulary Drugs		Non-formulary Drugs
	Generic	Brand Name	
Military Pharmacy (up to a 90-day supply)	\$0	\$0	Not Applicable
Home Delivery (up to a 90-day supply)	\$0	\$9	\$25 *
Retail Network (up to a 30-day supply)	\$5	\$12	\$25 *
Non-Network (up to a 30-day supply)	Prime Beneficiaries: 50 percent cost share after point of service deductible has been met. All Others: \$12 or 20 percent of the total cost, whichever is greater, after the annual deductible is met		Prime Beneficiaries: 50 percent cost share after point of service deductible has been met. All Others: \$25 or 20 percent of the total cost, whichever is greater, after the annual deductible is met

*unless you establish medical necessity http://pec.ha.osd.mil/forms_criteria.php



Medical Oncology RN crowned First Princess

HONOLULU—Amanda Wong (second from the right), Medical Oncology registered nurse, Tripler Army Medical Center, participated in the 2012 Narcissus Pageant, Jan. 7, at the Blaisdell Concert Hall. Wong placed first runner up, crowning her First Princess.

The pageant was sponsored by the Chinese Chamber of Commerce. (Courtesy Photo)



Register for the Great Aloha Run Today @ grealoharun.com

\$30 Individuals
\$15 Active Duty

Entry Deadline:
31 January 2012

For more info call:
808.528.7388



President's Day
20 February 2012

Did you know [Army Public Health Nursing \(APHN\)-Hawaii](#) is on Facebook? Like their page for helpful tips, ask a question, or find out what community engagements they have going on.



THIS VALENTINE'S DAY *Make the Perfect Match*

Did you know that there are 8 different blood types? Blood types are specifically matched between the donor and recipient for a safe transfusion.

All Blood Types Are Needed



GIVE BLOOD

Find out more about your blood type and match by visiting

www.militaryblood.dod.mil

ASBP
Armed Services Blood Program
808-433-6148



Ft Shafter Physical Fitness Center Zumba Fitness Winter/Spring Kickoff!

Thursday, February 23, 2012

1730-1830; 1830-1930; \$4 each class/per hr. (cash only)
for DoD civilians/retired military/Reservists/DoD contractors –
Active duty/family members w/ID free
(must present ID at sign in)

Instructors: Allison Nofzinger, Linda Pietsch,
Mercy Martin, Mary Anne Vea, Kris Young, Marsha DeLaney
Cumbia, Salsa, Hip Hop, Reggaeton/Merengue, Bollywood,
Hot Hula

Call 438-1152 for more info





TAMC National Prayer Breakfast

28 February 2012

Meal starts at 0630, Program begins 0700hrs

TAMC Anuenue Café

No Host Breakfast
(\$2.00 Meal Coupon Available)

Guest Speaker:

Chaplain (COL) Mike Tarvin
Medical Command Chaplain

Everyone Is Invited to Attend

For More Information,
please call 433-5727

Volunteers Needed

I am on active duty status or a DOD beneficiary.
I am 18 – 65 years old.
I am overweight.
I am able to exercise on a stationary bicycle.

If this describes you, you may be right for our new exercise study conducted at Tripler AMC!

Purpose of the Study

- To examine the effects of exercising while playing interactive video games versus exercising while watching television.

Length of Participation

- The exercise phase of the program is 4 months.

What is involved?

- We will do assessments (measurements and questionnaires) at the beginning, middle, and end of the 4-month period.
- The number of times you choose to exercise on the stationary bicycle during the 4 months is up to you.

Benefits

- Exercise while playing video games or watching television in a small, supervised environment.
- Research staff will show you how to use the equipment, track your progress, and stock your favorite video games.

Principal Investigator: MAJ Melba C. Stetz, Department of Psychology

Call 433-1651 for more information

NEW HOURS at the Anuenue Café



MONDAY-FRIDAY STARTING NOVEMBER 7th

Breakfast

Self Serve: 0600-0930

Grill: 0600-0815

Grab and Go: 0700-1030

Lunch

Grill: 1100-1300

Main line: 1100-1330

Self Serve: 1100-1430

Grab and Go: 1100-1300

Dinner

Main line: 1600-1730

Grab and Go: 1730-2230

Night meal: 2230-0200

Hickam Family Health Clinic Active Duty Acute Care

Beginning Jan. 1, 2012 the 15th Medical Group at Joint Base Pearl Harbor Hickam will institute a new active duty appointment program, replacing the walk-in system known as Sick Call.

As of Jan. 1, 2012, walk-in services will cease in the Family Health Clinic. All Active Duty Sick Call in the Family Health clinic will be by appointment only. Please call 448-6000 between hours of 7:15-8 a.m. to schedule a sick call appointment. Closure of walk-in Sick Call ensures that active duty members will no longer have to wait in the clinic to receive an appointment.

Service members who feel they are too sick to call for an appointment or feel their illness is an emergency can seek medical attention at Tripler Army Medical Center's Emergency Department.

Active Duty supervisors: Prior to having your Airmen seek medical attention, supervisors can exercise the option of allowing personnel to stay home for up to 24 hours. In accordance with AFI 41-210, *Patient Administrative Functions*, Paragraph 3.6.4 states that, "Unit commanders and supervisors have the authority to grant up to 24 hours of sick status at their discretion if a member's illness/injury does not require medical treatment facility intervention. If the illness/injury persists beyond 24 hours, then the commander or supervisor must refer the member to the MTF for treatment and subsequent quarters authorization." Some examples of non-emergent illnesses for adults are colds, cough, stomach ache, or nausea and vomiting for less than 24 hours.

The 15th Medical Group at Joint Base Pearl Harbor Hickam is committed to delivering the ultimate health care experience. Please partner with us to manage your health care needs.