

Pulse of the Pacific



Pacific Regional Medical Command

Imua: One Team

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The 19th Amendment granting women the right to vote was certified as part of the U.S. Constitution, Aug. 26, 1920.

Referred to as the Susan B. Anthony Amendment, it states, "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex."

The U.S. Congress designated August 26 as "Women's Equality Day" in 1971 to honor women's continuing efforts toward equality.

BREATHING EASIER

Pulmonologists at Tripler perform the first bronchial thermoplasty in the Department of Army and the State of Hawaii, helping severe asthmatics breathe a bit easier.

See page 5

EXCHANGING IDEAS

Six health care specialists from Hawaii visit Malaysia to share best practices, ideas and culture.

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Courtesy of Tripler Visual Information
Gina Snowden, yoga therapist, instructs a patient on proper yoga techniques, July 17. Snowden volunteers her time to give instruction as a way to cope with chronic pain.

Schofield increases access to care with new pain clinic

STEPHANIE BRYANT
Tripler Army Medical Center Public Affairs

SCHOFIELD BARRACKS, Hawaii — U.S. Army Health Clinic-Schofield Barracks presented its new Interdisciplinary Pain Management Clinic, or IPMC, to the post during an open house, July 17, here.

Schofield Barracks' IPMC is the Army's first satellite pain management clinic. Eventually, the same pain services offered at Tripler Army Medical Center will be offered at USAHC-SB. "The Army's Pain Task Force called for IPMCs to be placed at the major medical centers with the goal of supporting the (Warrior Transition

Units) and Soldiers, but we have a satellite, allowing our expertise and service to go to the Soldiers, instead of (having) the Soldier come to Tripler," said Maj. Brian McLean, chief, Pain Medicine and Interventional Pain Services, TAMC.

"Currently we provide acupuncture, medical

-See IPMC, page 7

Tripler's sim center receives ACS accreditation

Story and Photo by
STEPHANIE BRYANT

Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center's Medical Simulation Center received its second national recognition as it was awarded the American College of Surgeons accreditation in July, here.

Tripler's simulation center is the only center in the Pacific region and the third center in the Department

of Defense to have earned the ACS accreditation. It received its first accreditation from the Society of Simulation in Health Care in November 2011.

The official ACS accreditation title is the Level II - Basic Accredited Education Institutes.

Col. Stanley Zagorski, chief, General Surgery Services, TAMC, is the surgical simulation director. Zagorski said accreditation shows that the center is meeting proven national standards in the simulation training

education that Tripler provides.

"By attaining accreditation, the center at Tripler ensures our providers undergo training in a simulated, standardized and safe manner in order to optimize their skills before delivering patient care," Zagorski said. "Currently our training center's primary mission is to support graduate medical education."

When considering a simulation center for accreditation, ACS ensures

-See GME, page 8

Tripler's staff care for mock casualties during MASCAL exercise Operation Chianti, RIMPAC

Story and Photo by
STEPHANIE BRYANT
Tripler Army Medical Center Public Affairs

HONOLULU — As part of the U.S. Navy's Rim of the Pacific exercise, or RIMPAC, Tripler Army Medical Center participated in a joint-service mass casualty exercise, Operation Chianti, here, July 20.

The disaster scenario

involved a 9.5 magnitude earthquake that hit Chile generating a 25-foot tsunami, which devastated the island of Chianti leaving significant damage and numerous fatalities and casualties. TAMC staff immediately activated the mass casualty emergency operations plan while awaiting the first surge of patients to arrive by air and ground. Tripler and U.S. Army Health Clinic-Schofield Barracks treated 62 casualties during this Humanitarian Assistance/Disaster Relief MASCAL



exercise. The challenges this year were unique in that for the first time, as 23 civilian hospitals participated in MASCAL alongside Tripler.

Thomas Bookman, Emergency Manager and Medical Planning officer, Pacific Regional Medical Command, worked very

-See RIMPAC, page 8

Tripler honors Army Medical Corps as it turns 237

Story and Photo by
STEPHANIE BRYANT

Tripler Army Medical Center
Public Affairs

HONOLULU — Staff at Tripler Army Medical Center gathered for a cake cutting ceremony, July 27, as it celebrated the U.S. Army Medical Corps 237th birthday, here.

The U.S. Army Medical Department and the Medical Corps trace their origins to July 27, 1775, when the Continental Congress established the first Army Hospital to be headed by a "Director General and Chief Physician." Currently, the medical corps consists of more than 4,400 active duty physicians representing all the specialties and subspecialties of civilian medicine.

Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command and Tripler Army Medical Center, gave opening remarks for the ceremony and gave his medical corps staff praise for their hard work and dedication.

"Our Medical Corps has been instrumental in preserving and conserving that fighting strength, and being on the battlefields from the Revolutionary War to the current conflicts in both Iraq and Afghanistan," Gallagher said. "The Corps has been instrumental in working together to save lives, ... instrumental in the research, ... (helped) with reducing the suffering, (helped) stamp out diseases, (and worked to develop) cures. You are making a tremendous difference to the war fighters and I am honored to be your commander."



Pacific Regional Medical Command and Tripler Army Medical Center celebrated the U.S. Army Medical Corps' 237th Birthday with a cake cutting, July 27, on the Commanding General's Lanai at Tripler. Pictured left to right: Brig. Gen. Keith Gallagher, commander, PRMC and TAMC; Capt. Emilio Fentanes, Department of Medicine; Col. John Glorioso, acting deputy commander for clinical services, PRMC and TAMC; and Col. John Smyrski, guest speaker for the celebration and chief, Clinical Operations, PRMC.

Prior to the cake cutting, guest speaker, Col. John Smyrski, chief, Clinical Operations, PRMC, spoke to the audience about his personal experiences and the future possibilities of the Medical Corps and Army Medicine.

"We are in a unique environment, because we are changing our thought process from one of providing a health care system to a system of health," Smyrski explained. "That is really a paradigm shift for us as we look at not being reactive to prevention and keeping (our benefi-

ciaries) healthy."

Smyrski believes that because of this shift, the officers in the Medical Corps have an opportunity to influence how Army Medicine moves forward for the next generation. He challenged his fellow Corps officers to be proactive and think outside the box as Army Medicine charts its course for how it moves forward.

"Up until 9/11, we were providing health care to active duty and our beneficiaries, but really the focus of health care was on family members and retirees," Smyrski said. "Post

9/11, we had a real shift to ensuring medical readiness for our troops. On top of that we have had the opportunity, for better or worse, to deploy these last 10 years alongside our combat arms brothers and sisters and really prove our self worth."

"We should be proud of (our) heritage and the fact that we have been fighting alongside our brothers and sisters in arms for over two centuries," Smyrski said. "As I see things, it is only going to get better we are going to continue to move forward."

Pulse of the Pacific

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ARMY MEDICINE
Serving To Heal...Honored To Serve

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Courtesy of 168th Multifunctional Medical Battalion Public Affairs

Take a hike

DAEGU, Korea — Lt. Col. Robert Cornes, commander, 168th Multifunctional Medical Battalion, 65th Medical Brigade, leads members of the Pacific Medic Team to the top of Apsan Mountain, June 27, here. Col. Kelly Murray, commander, 65th Medical Brigade and MEDDAC-Korea, brought the Pacific Medic Team to Daegu to conduct the unit's quarterly training brief.

Apsan Park is one of the largest urban eco-parks in Daegu and has a Korean War monument.

Ask the Dietitian

CAPT. MARY STAUDTER

Tripler Army Medical Center
Nutrition Care Division

"How can I make my health a priority? I feel like I'm too busy to add anything extra on my plate."

We are often pulled in many directions. You may be a coworker, a boss, a spouse, a parent, a friend ... all day, every day. Sometimes there just doesn't seem to be enough time in the day to feel like you are doing any of these jobs well, much less all of them. Does this sound familiar?

For those of you who face this scenario on a regular basis, taking care of personal health often tends to be toward the bottom of the list of 'things to do.' Time management often requires prioritizing the many tasks you must accomplish.

Why then, when lack of health can put an immediate halt to your productivity, would you put taking care of yourself on the back burner? You only have one, irreplaceable body, and how well you take care of it directly affects how well you are able to fill your many roles.

If you often find yourself skipping meals and never finding time for exercise or sleep, it may be time to re-evaluate your schedule and find some way to squeeze these important components of your health into your lifestyle.

If eating breakfast is more of a luxury than an everyday occurrence, try some of the following convenient breakfast options:

- Granola bars (look for high fiber, low sugar brands)
- Yogurt (light yogurts have half the sugar content of regular)
- Fruit (eat an apple or a peach in the car on your way to work)

- Meal replacement shakes or bars
- Instant oatmeal (if you have a microwave, you can prepare this at work)
- Hard-boiled eggs and toast (boil a batch of eggs on the weekend so they will be ready to go throughout the week)
- Bring a container of cereal and a carton of milk to work to eat at your desk

Lunch is another meal that often gets tossed to the wayside. Having healthy lunches on hand requires planning. The best way to ensure you will get to eat lunch during a busy work day is to pack it for yourself the night before.

While your kids are packing their lunches for school, spend some extra time with them and pack one for yourself. Maybe make a little extra for dinner, so you can conveniently pack leftovers for your lunch the following day. Stock up on low-fat, low-calorie frozen meals, so you always have a healthy option with the push of a microwave button. Have plenty of yogurt and fresh fruits and vegetables available to snack on throughout the day.

Planning meals ahead of time will help minimize meal-skipping, which is essential to managing your weight and boosting your energy levels throughout the day.

According to the American College of Sports Medicine, it is nearly impossible to achieve and maintain weight loss without incorporating physical activity into your lifestyle. Physical activity offers benefits even beyond the calorie burn, such as decreased blood pressure, depression, risk of heart disease and diabetes, and an overall improvement in quality of life.

Although exercise can be difficult to fit into a busy lifestyle, once you experience the mood and energy-enhancing effects of exercise for yourself, squeezing it in to your schedule may not feel like

such a drag.

Exercise does not have to consist of time away from home and alone on the treadmill. Make physical activity a family affair by taking family walks or bike rides, playing with your kids in the park on the weekends, spending the time at your kids' soccer practice to get your evening walk or jog in.

Physical activity does not necessarily require additional time if you make it part of your lifestyle: walk quickly, take the stairs rather than waiting for the elevator, park in the back of the parking lot, take bathroom or water breaks every hour during the workday, and don't forget to laugh every now and then. Laughing is a mood-booster and it burns calories.

Incorporating exercise into your lifestyle does require motivation and dedication in order to remain successful. To help with this, find an exercise companion who will motivate you to get to the gym, try using a pedometer to assess your progress toward meeting your step goal, write out specific weight loss and exercise goals for yourself to post on your refrigerator, don't allow a few slip-ups in your routine to frustrate you to the point of quitting, and remember that every little bit of extra activity you do per day makes a positive difference in the long-term.

Despite the feeling that your health is just one of the many things you need to take care of, by recognizing its importance and following some of these survival guide tips, you may just be one step closer to thriving in this stressful world!



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

Soldiers in transition catch their breath – underwater

Story and Photos by

MAJ. JEFF PARKER

8th Theater Sustainment
Command Public Affairs

SCHOFIELD BARRACKS, Hawaii — Soldiers from the Pacific Regional Medical Command's Warrior Transition Battalion received their open-water scuba certification, July 22, as part of an ongoing outreach program supported by non-military organizations.

"This is a variation of our adaptive reconditioning program, which is our version of physical training," said Maj. Kirsten Graf, operations officer, WTB. "It's the stuff that helps Soldiers see that, 'I can do this.'"

The momentum and success following the first scuba certification course in May, and more recently in July, has Graf and other WTB staff members eagerly looking for support to offset the next course scheduled for mid-September.

"What we want our soldiers to get out of this program is, 'If I can go scuba diving, what else can I do?'" Graf said. "Our whole vision at the WTB is turning an illness or injury of a limiting event into unlimited potential."

The evolution of this particular outreach for the WTB's Soldiers in transition is as unique as some of the sea creatures seen by the Soldiers.

Not aware of the WTB's existence, local divers and scuba instructors Patrick Price, owner of Pearl Harbor Divers, and Lt. Col. Robert "Bob" Burmaster, were searching for a way to share their passion for diving by helping Soldiers exceed their expectations during a time when many are experiencing other competing life changes.

After receiving training from The Handicap Scuba Association's founder and dive master Jim Gatacre, in March 2012, and an initial start-up grant from the Wounded Warrior Project, Gatacre, Price and Burmaster were put in touch with the WTB.

To date, 24 Soldiers in transition and cadre received open water diving certifications from the two courses. Consist-

ing of class room and online instruction, and basic skills instruction in a pool, the course's culmination were four ocean dives at Kahe Point Beach, more commonly known as Electric Beach.

"The coolest part about scuba diving is learning a skill set, also being comfortable with it and actually going under the water," said Sgt. Leslie Gleston, WTB. "The first time in the pool (with scuba gear) just blew my mind. I'm not afraid of the water but to actually be able to breathe under water like a fish, not panic and look around and see everything; that's amazing."

Even with their similarities, each instructor's individual dynamics fuels their passion.

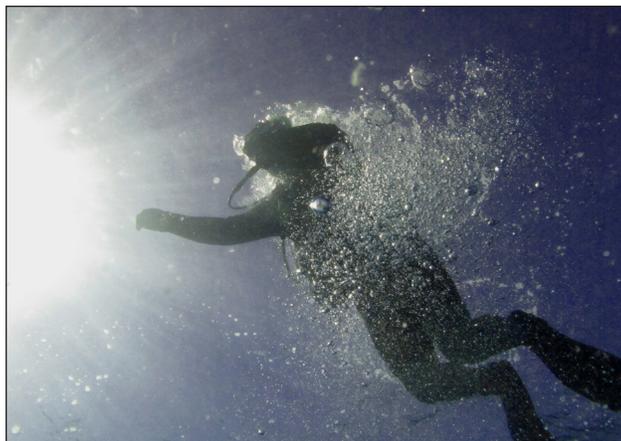
Price said his desire to provide encouragement to those people who could use a lift came through his own life changes. Enduring all the emotions following a motorcycle accident that tore his foot off, Price recalls his immediate reaction after regaining consciousness.

"I looked down and saw that my foot was not on my leg," Price explained. "(I) laid my head back and thought, I'm 23 years old, just finished a season of semi-pro football, I'm an avid skier, avid surfer, avid scuba diver ... and I'm not going to be able to do (any of those activities) anymore."

Looking back, Price alludes that had it not been for that accident, there are many skills and talents he would have never known he had, or further developed.

He's now paying it forward and helping Soldiers realize skills they too were unaware they have or activities they can continue to participate in despite their injuries.

"We've been wanting to do this for a long time," Price said. "It's a privilege to provide a service for Soldiers for the service (they've) provided us."



(Top Photo) A Soldier from Pacific Regional Medical Command's Warrior Transition Battalion rises from the depths during an open water scuba certification course, July 22, near Kahe Point Beach.

(Middle Photo) Scuba instructor Patrick Price (right), Pearl Harbor Divers, assesses Sgt. Leslie Gleston, WTB, PRMC, as he demonstrates required dive maneuvers during an open water certification, July 22, near Kahe Point Beach.

(Bottom Photo) Capt. Hernando Bello, cadre, WTB, PRMC, prepares to enter the water, July 18, during an open water scuba certification course at the Kaneohe YWCA pool.



View more photos online at www.flickr.com/TriplerAMC.

Tripler offers promising therapy for severe asthmatics

Story and Photo by
STEPHANIE BRYANT

Tripler Army Medical Center
Public Affairs

HONOLULU — By using radiofrequency energy, pulmonologists at Tripler Army Medical Center, here, are leading the way in the treatment of severe asthma for Army Medicine beneficiaries.

Dr. (Col.) Eric Crawley, chief, Pulmonary and Critical Care Medicine, TAMC, performed the first bronchial thermoplasty not only within the Army, but for the State of Hawaii April 12.

The Food and Drug Administration-approved therapy aids in asthma control in severe asthmatics, and may help the Army retain Soldiers who may otherwise be medically discharged.

The permanent procedure uses the radiofrequency energy to heat the smooth muscle lining in the bronchial tubes of the lungs decreasing the ability for the tubes to constrict, in turn reducing the occurrence and severity of asthma attacks.

The fairly new treatment is performed by a board-certified pulmonologist and consists of three sessions over the course of six weeks. The exciting option is directed at severe asthmatics who cannot manage their asthma well with medication.



Dr. (Col.) Eric Crawley (left), chief, Pulmonary and Critical Care Medicine, Tripler Army Medical Center, performs a bronchial thermoplasty on Spc. Thomas Richberg, April 12. Richberg developed asthma in 2007-2008 during a deployment tour to Iraq, and was the first patient in the Department of the Army and the State of Hawaii to receive the therapy that treats severe cases of asthma.

So far, Crawley said, TAMC has treated two patients using the therapy and are seeing encouraging results.

“In the near future TAMC’s Pulmonary Medicine is planning to perform a research study to determine if this technology may improve asthma control, so that service members with disqualifying asthma might be able to be retained on active duty,” Crawley said. “The first patient completed his final treatment May 30 and the second

patient (completed) his Wednesday. Several other patients are in the pipeline.”

Even though the therapy came too late to retain Spc. Thomas Richberg, food service specialist, 8th Military Police Brigade, 8th Theater Sustainment Command. Richberg was Crawley’s first bronchial thermoplasty patient and said he couldn’t be happier about being better able to manage his asthma.

The 26 year-old, who is originally from Savannah, Ga., developed

asthma during a deployment to Iraq in 2007-2008.

Despite being medically discharged from active duty because of the severity of his asthma, Crawley called Richberg right away when he heard about receiving the grant for the technology.

As Richberg continues to plan for his future after his expected discharge sometime next month, he is excited as he prepares to attend culinary school in North Carolina.

He can literally breathe a little easier because of his experience at TAMC’s Pulmonary Clinic.

“(After each session, staff from) the hospital’s Pulmonary Clinic called to check up on me and still call (to make sure I am doing well),” Richberg said.

Even though the therapy is showing promising results, it is not a cure for asthma.

“(Patients will) still have asthma and they will still have to take their medication,” Crawley said.

Although it is still too early to tell how much the therapy will ease asthma attacks for severe asthmatics, Crawley said based on the first patients, the therapy’s outlook is good.

“My hope is that if this is successful, we may be able to save tax payers money per patient (and) retain Soldiers who would have been otherwise separated,” Crawley said.

SAMC rallies PRMC staff to support local youth at track, field event

STEPHANIE BRYANT

Tripler Army Medical Center Public Affairs

WAHIAWA, Hawaii — Members of Pacific Regional Medical Command’s Sergeant Audie Murphy Club, or SAMC, pride themselves on their personal concern for the needs and welfare of Soldiers and their families. Because of this pride, club members spend a great deal of time volunteering.

For the second year, the club assisted with recruiting volunteers from PRMC to participate and support the annual Oahu Hershey Track and Field Meet that took place June 30 at Leilehua High School, here.

SAMC is a private U.S. Army organization for enlisted non-commissioned officers, who display leadership, professionalism, and overall general military knowledge.

The national Hershey games include the largest youth sports program of its kind in North

America, with hundreds of thousands of children competing every year. The meets are held across the country at the local and state level.

According to Sgt. 1st Class Erin Trudden, who is president of PRMC’s SAMC and noncommissioned officer-in-charge, Core Lab, Department Of Pathology and Area Laboratory Services, TAMC, the club agreed to volunteer and assist with organizing additional volunteers because they believe in the mission of the event.

“They are teaching kids to be healthy, active and disciplined all while creating a team and teaching them to care about their teammates and to support each other,” Trudden said.

SAMC rallied 55 volunteers, military and civilian, from the different units and departments within PRMC to support the worthwhile event.

“I (volunteered) because, as a SAMC member, we support any activities to promote teamwork, motivation, and improving the morale of the community,” said Master Sgt. Delores Kiyoshi,

SAMC member and NCOIC of Inpatients, Department of Medicine, Tripler Army Medical Center. “When (the) community asks for our support, we as SAMC members, provide that support.”

“(I enjoyed) seeing the kids drive and determination to win and how they supported each other and cheered each other on,” Trudden added.

Other key coordinators for the event also work at Tripler Army Medical Centers; Joe Washington, Patient Education, Department of Health Education and Training, and Jennifer King, Fusion Cell, Department of Psychology, TAMC.

SAMC members assisted with the broad jump and softball throw events, as well as providing support to security.

Trudden said at the end of the day the consensus amongst the PRMC volunteers was that “this is a truly amazing event that was not only rewarding to the heart and soul, but a lot of fun too.”

Tripler junior officers host meet and greet with DCN

1ST LT. AMBER CHIAPUZIO

*Tripler Army Medical Center
Junior Officer Council*

PEARL HARBOR, Hawaii — The Tripler Army Medical Center Junior Officer Council held a “Meet and Greet” Officer Professional Development luncheon with Col. Glenda Lock, deputy commander for nursing, Pacific Regional Medical Command and TAMC, June 23, at the Seven Palms Bar and Grille at the Navy-Marine Clubhouse, here.

More than 50 junior Army Nurse Corps officers from TAMC and U.S. Army Health Clinic-Schofield Barracks assembled for an afternoon of professional development, team building, mentorship and networking. The junior ANC officers were delighted to have the opportunity to get to know their DCN in a more informal setting.

Lock openly spoke about her personal experiences beginning with her route of entry into the ANC as a direct commissionee. She emphasized the importance of perseverance and adapting to changes in regards to personal career endeavors.

Lock offered the junior officers her coined phrase “stand in the door,” to always be ready to embrace



Courtesy Photo

Members of Tripler's Junior Officer Council listen to Col. Glenda Lock, deputy commander for nursing, Pacific Regional Medical Command and Tripler Army Medical Center, speak at the JOC's meet and greet, June 23.

future challenges and opportunities that may arise.

“It is vital to make sure your leaders are aware of your goals and that you are willing to exceed the standard to accomplish those goals,” Lock said.

Many of the junior officers in attendance expressed that they gained an immense insight and motivation from the words of wisdom provided by Lock.

“Hearing about Col. Lock's experiences, challenges and successes

encouraged me to continue to strive for my goals and reminded me that anything is possible as long as you are willing to be mentored and coached, and willing to continue to expand your knowledge and strive to be the best in your profession,” said 2nd Lt. Ashley Jefferson, who works in the Mother and Baby Unit at TAMC.

Attendees are looking forward to future JOC events and recommend them to nurses of all experience levels.

“I am looking forward to the next Junior Officer Council officer professional development. I think it's beneficial for both the new nurse and the ‘seasoned’ nurse,” explained 1st Lt. Rachele Axtell, who works in the general surgery ward at TAMC. “As a new nurse you need to feel supported, and as a nurse who has been in the field a few years it is important to share the insight and experiences you've had.”

The JOC has recently campaigned for new members in an attempt to revamp the program and expand its impact on the junior officers stationed in Hawaii.

JOC's executive officers are thrilled about the revitalization of the JOC and feel its reinstatement will be valuable for AMEDD officers in Hawaii.

“Professional development, mentorship and coaching are priceless commodities that we do not take for granted,” said Capt. Tanekia Taylor-Clark, president, JOC. “We plan to continue to provide a platform for junior AMEDD officers to grow, network, and positively contribute to our community.”

(Editor's Note: 1st Lt. Amber Chiapuzio is the Tripler Junior Officer Council historian.)



Courtesy of Tripler Army Medical Center Provost Marshal Office

Top cops

HONOLULU — Police Officer Jarrett Kaupiko (center) and police Lt. Edmund Thompson (center right), Department of the Army Civilian Police, Tripler Army Medical Center, were awarded a commanding general's coin from Brig. Gen. Keith Gallagher (center left), commander, Pacific Regional Medical Command and TAMC, Aug. 6, for quick action in the line of duty. Thompson dispatched Kaupiko in response to a request for assistance in Tripler's mountain side parking lot, July 31. A toddler was locked inside a vehicle and the mother needed assistance entering the vehicle. The doors were unlocked within five minutes of Kaupiko arriving at the scene. Also pictured police Col. Donald Devaney (left), Provost Marshal, TAMC, and police Maj. Roosevelt Taylor (right), chief, DACP, TAMC.

In Brief

HEALTH OBSERVANCES

Check out information on upcoming health observances for August online:

- Children's Eye Health and Safety Month, www.preventblindness.org
- National Breastfeeding Month, www.usbreastfeeding.org/NBM
- National Immunization Awareness Month, www.cdc.gov/vaccines/events/niam
- Psoriasis Awareness Month, www.psoriasis.org

SUBMISSION GUIDELINES

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

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

Health exchange marries experience, expertise, culture

1ST LT. MATTHEW TULLIA

*Tripler Army Medical Center
Dept. of Preventive Medicine*

KUALA LUMPUR, Malaysia — Army health care specialists from across Hawaii met with members of the Malaysian Armed Forces Health Services in a subject matter expert exchange, or SMEE, here, July 9-13.

The purpose of the exchange was to increase operational interoperability between MAFHS and U.S. Army Health Service Support with regards to services while enhancing military relationships and increasing partner capacity to ensure security and stability in the region.

The six-person team from Hawaii was comprised of public health, behavioral health and dental experts from Tripler Army Medical Center, U.S. Army Health Clinic-Schofield Barracks, Pacific Regional Dental Command and 18th Medical Command (Deployment Support).

“(The) team members devoted a great deal of time to sharing their challenges during deployment with their Malaysian counterparts, who will soon be deploying to the Bamiyan Province, Afghanistan,” said Dr. (Lt. Gen.) Dato’ Razak, MAFHS surgeon general.

MAFHS public health experts had much to learn from Lt. Col. Dennis Palalay, chief, Force Health Protection, 18th MEDCOM (DS), who briefed on the Department of Defense Occupational and Environmental Health Site Assessments, or OEHSAs, which assist with the characterization of various health hazards on base camps and areas occupied by coalition forces for acute and chronic health risks.

“OEHSAs provide vital information to commanders on the health of the force within their areas of operation and seek to minimize the occurrence of disease (and) injuries,” Palalay said.

Palalay’s brief was especially timely given that Malaysia has been dealing with the ongoing challenge of battling a life-threatening form of malaria.

“We discussed Malaysia’s history (with the) life-threatening form of malaria, and the fact that significant headway in a comprehensive control strategy of diagnosis, treatment,



Photo courtesy of 18th Medical Command (Deployment Support)

Pictured left to right are Lt. Col. Wendi Waits, chief, Behavioral Health Services, U.S. Army Health Clinic-Schofield Barracks; Lt. Col. William Greenwood, assistant director, Advanced Education in General Dentistry two-year program, U.S. Dental Activity-Hawaii; Capt. Megan Lichwardt, comprehensive dental resident, DENTAC-Hawaii; 1st Lt. Matthew Tullia, deputy chief, Health Physics, Tripler Army Medical Center; and Master Sgt. Debra Major noncommissioned officer-in-charge, Theater Patient Movement Center, 18th Medical Command (Deployment Support).

protection and surveillance was being made,” said Dr. (Brig. Gen.) Dato’ Ello, Senior Defense Public Health, MAFHS.

The SMEE was a perfect example of an information exchange and the benefit of sharing best practices.

U.S. Army Dental Activity-Hawaii’s dental experts were greatly impressed by the Malaysian contingent’s dental health model of a 10-week, seven person dental therapy program in the Bamiyan Province.

“The Malaysian deployments to Afghanistan have been exemplary,” said Lt. Col. William Greenwood, assistant director, Advanced Education in General Dentistry two-year program, U.S. Army Dental Activity-Hawaii. “This program is something that (Afghanistan’s) Ministry of Public Health should seriously consider instituting country-wide as part of their vision to increase access to overall health care.”

MAFHS and the U.S. Army’s in-theater dental health missions vary considerably. While MAFHS is primarily concerned with providing dental care and training to the local Afghan population, the U.S. Army is mostly interested in maintaining its own troops’ dental readiness and some detainee care that has yet to be turned over to the Afghan military.

“The U.S. Army’s dental team provided the MAFHS dental team with a good overview of (automated systems used to track medical readiness), in-theater data collection,

along with discussing the wide array of dental needs and equipment for a large deployed force,” Greenwood said.

The MAFHS and U.S. Army’s dental service use many of the same techniques, products, highly technical equipment, technical knowledge sites, language, and similar western training programs. According to Greenwood, interoperability would not be hard to accomplish beyond the different computer program software.

While the behavioral health services of MAFHS and the U.S. are as different operationally as their dental health services, the end-state mission of effectively evaluating and managing combat stress and post-traumatic stress disorder is the same.

Lt. Col. Wendi Waits, chief, Behavioral Health Services, USAHC-SB, provided a detailed description of the spectrum of combat-related psychological illness as well as a review of the best practices used by the Army.

At the week’s end, agreements were reached for collaborative efforts to continue. The week-long event succeeded at reinforcing strong relationships for future partnerships.

(Editor’s Note: 1st Lt. Matthew Tullia is the deputy chief of the Department of Preventive Medicine’s Health Physics Section at Tripler Army Medical Center.)

IPMC

from page 1

massage, pain physician evaluations and pain psychology, but we plan to expand to also offer chiropractic and interventional pain management services, as well as clinical pharmacy.”

Currently, TAMC’s IPMC sees more than 100 patients a day, while USAHC-SB sees approximately 100 patients a week; however, the plan is to expand. Schofield’s clinic is currently only serving active duty members, but the plan is to see family members and retirees in the near future.

“Pain is the most frequent reason that patients seek medical care,” said Col. Mary Krueger, commander, USAHC-SB. “More than 50 million Americans suffer from some sort of acute or chronic pain, (and) this leads to not only significant disability, but lost time from work and, also, lost quality of life, which is probably most important of all.

“Science has shown that really comprehensive pain management — the type modeled here at Schofield and TAMC — is the best way to approach solving these pain issues for these patients, returning them to (life and work),” she added.

Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command and TAMC, believes that the new satellite clinic is going to be a game changer in the treatment of acute and chronic pain of Soldiers and Warriors in Transition.

“You have to be excited about providing a new service at Schofield Barracks that, I believe, is going to change how Soldiers deal with pain in the future,” Gallagher said while addressing USAHC-SB staff. “Soldiers will no longer have to drive all the way down to TAMC (to get pain-management care).”

Gallagher encouraged Soldiers and staff to spread the word about the new clinic and its services.

“(This clinic) is in the art of healing,” Gallagher said. “They have the disciplines and the staff necessary to make this (clinic) a game changer for the Soldiers here at Schofield Barracks.”

GME

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that the faculty has the proper training and credentials and the curriculums are well developed and clearly stated. Additionally, the organization considers the feedback received on the training programs and how the faculty uses the feedback to make the training better.

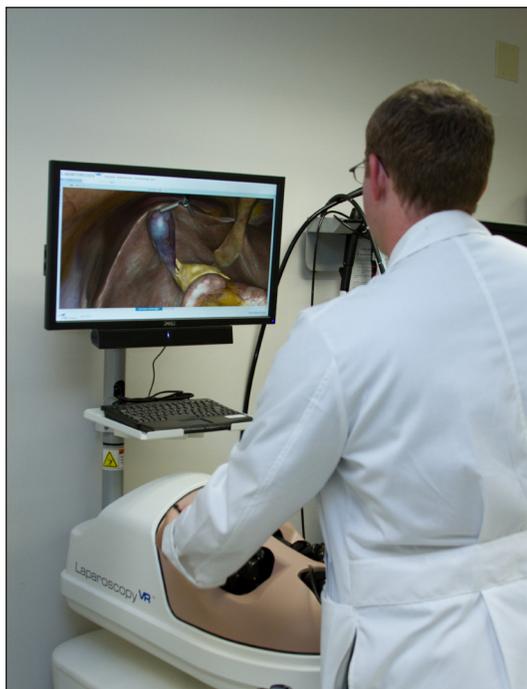
"We want to make sure that we are meeting and exceeding the national standards that are set by recognized organizations, such as ACS," said Ruth Andrews, medical simulation center, TAMC. "Patient safety is our ultimate goal.

"Before (interns) are seeing patients, they are up here practicing basic skills," Andrews added.

Half of Tripler's graduate professional health education programs are surgical programs. To support these programs, the center offers a variety of simulators from simple task trainers, such as suturing, all the way through the high-fidelity simulators, such as the SimMan 3G patient simulator, that allow training on many skills.

The center has come a long way since its origination in July 2008. In its first full year of operation, fiscal year 2009, the center clocked 6,576 hours. With two and a half months left in fiscal year 2012, the center has already clocked 9,402 hours.

The Central Simulation Committee, which was established to set goals of standardizing simulation-based training in Army graduate medical education programs and improving patient safety within the Army Medical Department, oversees Tripler's simulation center and the other nine centers throughout the Army.



Dr. (Maj.) Richard Delaney, general surgeon, Department of Surgery, Tripler Army Medical Center, practices a cholecystectomy, or gall bladder removal, on a laparoscopy simulation in Tripler's Medical Simulation Center, here, July 30. To support Tripler's graduate medical education programs, the center offers a variety of simulators from simple task trainers all the way through the high-fidelity simulators, such as the SimMan 3G patient simulator.

RIMPAC

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closely over the last two years with Toby Clairmont, director, Emergency Services for the Healthcare Association of Hawaii (HAH), and Lt. Cmdr. Patricia Serrano, deputy fleet surgeon, U.S. Third Fleet, to coordinate the exercise.

As mock patients were evaluated at Tripler, many other elements of the exercise were in motion.

The Hawaii Disaster Medical Assistance Team established a 50-bed Acute Care Module, or ACM, for 48 hours. Co-located on Ford Island with U.S. Navy elements and Tripler Deployable Rapid Assembly Shelter, the DRASH was used for casualty moulage, which is a process of applying mock injuries by means of rubber or latex molds. Approximately 130 casualties were moulaged and transported to the various medical facilities in the state.

"With the help of 18th (Medical Command), we had the DRASH operational in an hour and 10 minutes," Bookman said. "It went seamlessly."

For the first time, Tripler deployed their Special MEDCOM Response Team, or SMRC, Stress Management Team (SMRC-SM) & Pastoral Care Team (SMRC-PC). Tripler also utilized three ambulance buses and U.S. Army Garrison-Hawaii deployed two Handi-vans for transportation from Ford Island to HAH coalition hospitals.

In addition, two new systems were tested during the exercise: Hawaii Patient Assessment & Tracking System, or HPATS. In the event of a mass casualty event, the ability for both operations and the receiving hospitals to view the number of patients, and their corresponding acuity levels inbound prior to their arrival is an invaluable coordination and planning tool. HPATS can assist with the allocation and re-allocation of resources and support. With supervision from Christopher Crabtree, Program Development Coordinator, HAH Emergency Services, 22 healthcare facilities were trained in the basic use of HPATS and provided access to the system prior to the start of the RIMPAC exercise.

Hermes & Glimpse equipment, which was used in search and rescue operations.

"We staged casualties at two sites ... Ms. Shay Walden, Urban Search and Rescue Element Leader, then released her live find dog as well as the recovery dogs. The dogs located and personnel completed victim markings on five victims in approximately seven minutes. Location of all live and deceased victims were mapped and marked with coordinates, passing information along to Army National Guard Urban Search & Res-



Patients received by air transport are evaluated by staff at Tripler Army Medical Center's helipad, July 20, during Operation Chianti, a mass casualty exercise that was coordinated in conjunction with the U.S. Navy's Rim of the Pacific exercise. In addition to air transport, Tripler utilized three ambulance buses and U.S. Army Garrison-Hawaii deployed two Handi-vans for transportation from Ford Island to Health Care Association of Hawaii coalition hospitals.

cue so that stabilizing & rescue could begin." Bookman explained. "(The equipment) provided a live feed back to Navy (participants) could see it. The Army National Guard Urban Search & Rescue Team under the direction of Captain Aaron Blanchard rescued casualties from rubble piles."

"It was a big success," he added.

Brig. Gen. Keith Gallagher, commander, PRMC and TAMC, was the Incident Commander for the exercise and oversaw the activities from the PRMC/TAMC Hospital Command Center, or HCC, which provides command and control for internal and external disasters.

"These exercises enable us to work on procedures and scenarios that we don't (deal with) every day," Gallagher said. "When this kind of event really happens, the fact that we are up on the hilltop means that we have a responsibility to the community and we will take that responsibility seriously and do, I think, extremely well."

This year celebrates the 23rd RIMPAC exercise. More than 25,000 personnel on 40 surface ships, 6 submarines, more than 200 aircraft from 22 countries are participating.



Read more about RIMPAC at www.cpf.navy.mil/rimpac.