



## JUNE 2012

Our nation's leaders established the Continental Army 237 years ago, beginning a rich heritage of successfully defending this great country and her citizens.

Today, we celebrate the continued honor, loyalty and bravery of our Soldiers in this noble calling. Our Soldiers remain Army Strong with a deep commitment to our core values and beliefs.

We are "America's Army: The Strength of the Nation."

## EARNING THE EFMB

Six of PRMC's finest from Tripler and Schofield Barracks earn their Expert Field Medical Badge after a grueling qualification program held in Korea. See page 4

## CEREMONY-PACKED SUMMER

Almost every military medical treatment facility have changes of command and changes of responsibility ceremonies scheduled this summer. See page 5

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# Tripler's Cystic Fibrosis Center hosts educational, social event for families

**STEPHANIE RUSH**

*Pacific Regional Medical Command Public Affairs*

**HONOLULU** – Members of the military's tight-knit cystic fibrosis community gathered at the Hale Koa hotel in Waikiki, here, May 25, for Cystic Fibrosis Family Education Day.

Currently, there are 20 families living on Oahu with a family member with the life-threatening genetic disease.

According to the Cystic Fibrosis Foundation, cystic fibrosis causes mucus to build up and clog some

of the organs in the body, particularly the lungs and pancreas. The mucus allows bacteria to get stuck in the airways, which can lead to inflammation and infections often resulting in permanent lung damage.

Across the Pacific, if a child stationed in Guam, Japan or Korea is suspected to have cystic fibrosis, they're brought to Hawaii to get tested. If the patient does have CF, the family is most often relocated to a duty station that has CF care options available.

As the only accredited



Tripler Army Medical Center Visual Information | JOHN BILLON  
Isabel Stenzel Byrnes (left) and Anabel Stenzel, twin sisters living with cystic fibrosis, spoke about their personal experiences growing up with and living well with CF at the CF Family Education Day, May 25.

Cystic Fibrosis Center in Hawaii, Tripler Army Medical Center conducts sweat tests, which

has been considered the "gold standard" for

-See CF DAY, page 7

# Art helps cancer patients, families cope

**STEPHANIE BRYANT**

*Tripler Army Medical Center Public Affairs*

**HONOLULU** — Patients and their families joined staff from Tripler Army Medical Center, May 11-12, to participate in the sixth annual Oncology on Canvas.

The art program is one of many therapeutic methods that Tripler uses to help its cancer patients and families cope. This year, despite graduation and Mothers Day events,

more than 175 people attended the art event in the hospital's 10th floor conference room.

According to Dr. Pat Nishimoto, adult oncology clinical nurse specialist, TAMC, the event originated as result of the hospital's lack of avenues to help service members cope. Nishimoto said active duty service members have a natural "suck it up and move on" mentality and a lot of cancer patients were not dealing with

their diagnosis.

"When (active duty patients) go through treatment, a lot of them continue to go to work and (they continue their daily roles always wanting to) give 110 percent," Nishimoto explained. "They don't talk about cancer and they don't take time to reflect on the fact that they have been diagnosed with a disease that could be

-See ART, page 8



# Family therapy program improves family relationships

**STEPHANIE BRYANT**

*Tripler Army Medical Center Public Affairs*

**HONOLULU** — A family-focused therapy program has been adopted recently by Tripler Army Medical Center with the intent to

improve military family relationships.

Researchers and providers from the Child and Adolescent Psychiatry Services, School Behavioral Health Team and Child and Adolescent Psychology Services, here, have

been collaborating with the Mayerson Center for Safe and Healthy Children at Cincinnati Children's Hospital Medical Center to adapt a therapy called Parent-Child Interaction Therapy, or PCIT, for use with military families.

Medical research has shown that there is a gap in treatment and resiliency-building for military families with young children. PCIT, which is not a new therapy, uses

-See PCIT, page 8

# Safety shouldn't take a summer vacation

**BOB VAN ELSBERG**

*U.S. Army Combat Readiness/  
Safety Center*

**FORT RUCKER, Ala.** — What better time of the year is there for taking vacations than summer?

The days are long, the temperatures are warm and the urge to get away — whether it's for sightseeing or visiting friends and family — is too hard to resist.

But before you head out, remember safety!

## **Vehicle maintenance**

You may be ready to hit the road, but what about your vehicle?

Have you checked the tires for proper air pressure and wear? What about checking that spare to make sure it's properly inflated? And then there are your fluid levels.

Low engine oil, brake and transmission fluid or coolant can strand you beside the road short of your destination.

If you're a Soldier, make sure your vehicle has passed a unit safety inspection.

If you're not a mechanic, be sure to visit your favorite garage for a good pre-travel check. After all, it's better your car starts the trip with a quick visit to the garage than ends up with a long, expensive stay in one.

Also, getting where you're going is like practicing marksmanship; you're only as good as your aim. Be sure to complete a TRIPS assessment at <https://safety.army.mil/trips> to hit the mark for safety.

## **Sightseeing**

Enjoying your "eyeball tour"

of the great mesas out west or the beautiful mountains on the Blue Ridge Parkway? Just remember, you tend to go where you look.

If you're driving on a mountain road gawking at a beautiful valley below, you may get there sooner than you think.

Take advantage of scenic pullouts to gaze at the scenery and take pictures.

It's better to pull off the road where it's safe than run off the road where it isn't.

## **Some like it hot**

What would summer be without the sun? Nice, toasty rays to tan the skin and warm the spirits. Still, today's tan can turn into tomorrow's cancer.

The folks at the U.S. Army Public Health Command advise sunbathers to apply sunscreen with a sun protection factor of at least 30 a good 15 minutes before heading out into the sun.

Make sure you apply it everywhere it's needed, including the face, lips, hands, arms, shoulders, ears, back of neck, under the chin and top of the head.

Also, unless you want to end up looking like burnt toast, avoid getting your daily dose of sunshine between 10 a.m. and 4 p.m.

Thirsty? Think twice about slaking that desire with soda or other caffeinated drinks, energy shots or adult beverages.

While they may be refreshing at the moment, they're diuretics that actually remove what your body needs most — water.

You've heard, "What goes in must



Courtesy of Family and Morale, Welfare and Recreation Command  
**Before you hit the road this summer, visit your local Auto Shop on post or your favorite mechanic for a pre-travel safety check.**

come out." With hydration, it's the other way around: What comes out (sweat) must be replaced by what goes in (water).

The USAPHC recommends you drink at least eight to 10 cups of water per day, 10 to 12 if you're really having fun in the sun.

## **Wet and wild**

Water and watercraft are another fun mix during summer vacations.

However, boozing and boating can leave you floating, or maybe dead. Because there are no marked lanes or stoplight-controlled intersections, boating puts you in the center of 360 degrees of danger.

Can you afford to be less than fully alert? Also, while it's great to be in the water, it's not so wonderful when the water is inside you.

Never go out on the water with-

out wearing a properly fitted, Coast Guard-approved personal flotation device, otherwise known as a life jacket.

Should you not know how to swim, land unconscious in the water or become fatigued trying to swim to safety, your life depends on that jacket.

While you're filling up your vacation with fun, don't forget to add a little composite risk management.

Keep an eye out for hazards and assess them, then come up with a plan to stay safe and use it.

The last part, supervise and evaluate, is what you do when you come home, rest in your easy chair and remember what a good and safe time you had.

After all, coming home alive is part of the plan!

## **Pulse of the Pacific**

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

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# Ask the Dietitian

**CAPT. JOY METEVIER**

Tripler Army Medical Center  
Nutrition Care Division

“How can I use the nutrition label on food to make better choices?”

How do you determine what food ends up in your shopping cart on your weekly trip to the commissary?

Is it the price or the health claims on the front of the package, or simply the fact that you always buy that product?

If you attempt to buy foods that meet current nutrition guidelines, it may require a dictionary, a nutrition degree and a few hours of label reading. The following article seeks to help the health-conscious consumer feel less overwhelmed while standing in the aisles.

The nutrition facts panel, required for most prepared foods, such as breads, cereals, canned and frozen foods, snacks, desserts, drinks, etc. (optional for raw produce and fish) is the FDA’s method for communicating lots of information in a concise matter. The label is standardized so once you become familiar with it, you can easily pick out the information that is most important to you.

The Academy for Nutrition and Dietetics lists the following tips for navigating the food label:

### Start with the Serving Size

- Look here for both the serving size (the amount for one serving) and the number of servings in the package.
- Compare your portion size (the amount you actually eat) to the serving size listed on the panel. If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

### Let the Percent Daily Values Be Your Guide

Use percent daily values (DV) to help evaluate how a particular food fits into your daily meal plan:

- Daily values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5 percent DV of fat provides 5 percent of the total fat that a person consuming 2,000 calories a day should eat.
- Percent DV are for the entire day, not just one meal or snack
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100 percent DV.

### The High and Low of Daily Values

- 5 percent or less is low. Aim low in total fat, saturated fat, trans fat, cholesterol and sodium.
- 20 percent or more is high. Aim high in vitamins, minerals and fiber.

### Limit Fat, Cholesterol and Sodium

Eating less fat, cholesterol and sodium may

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

Sample label for Macaroni & Cheese

Amount Per Serving		% Daily Value*
<b>Calories</b> 250    Calories from Fat 110		
<b>Total Fat</b> 12g		<b>18%</b>
Saturated Fat 3g		<b>15%</b>
Trans Fat 3g		
<b>Cholesterol</b> 30mg		<b>10%</b>
<b>Sodium</b> 470mg		<b>20%</b>
<b>Total Carbohydrate</b> 31g		<b>10%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 5g		
<b>Protein</b> 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

  

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

⑥ **Quick Guide to % DV**

• 5% or less is Low

• 20% or more is High

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Courtesy of U.S. Government

The nutrition facts panel is the FDA’s method for communicating lots of information in a concise matter. The label is standardized so once you become familiar with it, you can easily pick out the information that is most important to you.

help reduce your risk for heart disease, high blood pressure and cancer.

- Total fat includes saturated, polyunsaturated, monounsaturated and trans fat. Limit to 100 percent DV or less per day.
- Remember to aim for low percentage DV of these nutrients: sodium, saturated fat and trans fat.

### Get Enough Vitamins, Minerals and Fiber

- Eat more fiber, vitamins A and C, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- Choose more fruits and vegetables to get more of these nutrients.
- Remember to aim high for percentage DV of these nutrients.

### Additional Nutrients

You know about fat and calories, but it is important to also know the additional nutrients on the Nutrition Facts Panel.

- **Protein:** Most Americans eat more protein than they need, so a percentage daily value is not required on the label. Eat moderate portions of lean meat, poultry, fish, eggs,

low-fat milk, yogurt and cheese, plus beans, peanut butter and nuts.

- **Carbohydrates:** There are three types of carbohydrates: sugars, starches and fiber. Eat whole-grain breads, cereals, rice and pasta plus fruits and vegetables.
- **Sugars:** Simple carbohydrates or sugars occur naturally in foods such as fruit juice (fructose), or come from refined sources such as table sugar (sucrose) or corn syrup.

### Check the Ingredient List

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. This information is particularly helpful to individuals with food sensitivities, those who wish to avoid pork or shellfish or limit added sugars or people who prefer vegetarian eating.



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



MEDDAC-Korea/CHUCK YANG

Three Expert Field Medical Badge candidates complete the final test, a 12-mile foot march, earning their EFMB. Statistically, less than 3 percent of Army Medical Command possess the EFMB.

## Top medical personnel earn Expert Field Medical Badges

WALTER HAM IV

*Eighth Army Public Affairs*

**WARRIOR BASE, South Korea** — U.S. Army medics participated in the Expert Field Medical Badge qualification course at this base near the Korean Demilitarized Zone, May 1-18.

The EFMB qualification program challenges medics under conditions designed to replicate the fog of war.

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

For this year's EFMB program, 254 Soldiers from 65th Medical Brigade, 2nd Infantry Division, 19th Expeditionary Sustainment Command, 1st Signal Brigade, 35th Air Defense Artillery Brigade, 501st Military Intelligence Brigade, and the Pacific Regional Medical Command served as evaluators, training cadre, staff and support personnel.

Cycle I began with 104 candidates from units across the Korean peninsula, as well as units from Japan and Hawaii. Soldiers unable to complete the badge had another opportunity to earn the badge during Cycle II, which ran from May 21-31.

At the EFMB graduation ceremony, here, May 31, Maj. Gen. Edward Cardon, commander, 2nd Inf. Div., pinned the coveted badges to all 19 graduates.

Cardon congratulated awardees for their hard

work and commended each with commander's coin of excellence.

Of the 19 recipients of the EFMB, four were from Tripler Army Medical Center (Sgt. Tommy Brown, Maj. Joseph Hudak, Staff Sgt. Amanda Miller and 1st Lt. Matthew Tulia) and two were from U.S. Army Health Clinic-Schofield Barracks (Sgt. Adam Church and Staff Sgt. Shane Giltner).

Addressing the graduates, Eighth Army Command Sgt. Maj. Rodney Harris said Army medics had performed a critical mission on the Korean Peninsula for more than 61 years.

"Our medical professionals continue to play a vital role here, staying ready to fight and win if necessary while providing world class health care for our service members, civilians and families in armistice," Harris said. "Following this training program, all medics will return to their units better trained to survive on the battlefield, to treat casualties and conserve the fighting strength of our forces."

Harris added that the medics demonstrated Eighth Army's commitment to maintaining security on the Korean Peninsula and stability in Northeast Asia.

"Holding this EFMB course near the Korean DMZ is another example of our commitment to staying ready to fight and win on Freedom's Frontier," Harris said. "Nothing is more important to our readiness than our ability to provide prompt medical care on the battlefield."

*(Editor's Note: Chuck Yang, MEDDAC-Korea, contributed to this article.)*

## Tripler surgeon honored with 'Mahalo Award'

STEPHANIE BRYANT

*Tripler Army Medical Center Public Affairs*

**HONOLULU** — One of Tripler's own recently received the Mahalo Service Award from the Hawaii Speech-Language Hearing Foundation.

The award was given to Lt. Col. Joseph Sniezek, chief, Otolaryngology, Department of Surgery, Tripler Army Medical Center, April 12, during the annual Hawaii Speech-Language-Hearing Association convention.

The Mahalo Service Award recognizes non-HSHA members who have made meaningful contributions to serving patients or students with communication disabilities.

Dr. Pauline Mashima, chief, Speech Pathology, TAMC, nominated Sniezek for the award because she felt he was the perfect candidate for the award after working with him for the past 11 years.

"Dr. Sniezek inspires members of his team including (Ear Nose and Throat) staff and residents, speech-language pathologists, audiologists, and a corps of support staff, by serving as an exemplar of professionalism, dedication, and commitment to excellence with the goal of providing the best we have to offer our patients," Mashima wrote on his nomination form. "He has been a champion of our efforts to develop guidance for cognitive-communication rehabilitation for (speech-language pathologists) working with service members returning from Iraq and Afghanistan with mild traumatic brain injury."

Sniezek, who has served as the chief of Otolaryngology for the last 4.5 years, was honored by his nomination and selection.

"It's an incredible honor to be nominated and receive this award," Sniezek said. "It is also very humbling because the folks who nominated me are truly world class speech pathologists who are defining the way that (traumatic brain injury) patients throughout the (Veterans Affairs) and (Department of Defense) are treated and rehabilitated."

"It makes me incredibly proud to know that this work is being done right here at TAMC and we are truly leading the (Army Medical Department) in this regard," Sniezek added.



Sniezek

## In Brief

### CEREMONIES

The following changes of command and changes of responsibility are scheduled this summer:

- Col. Bret Ackerman to Col. Robert Forsten, Brian Allgood Army Community Hospital, June 8, 9 a.m., Lombardo Field, U.S. Army Garrison-Yongsan, South Korea
- Command Sgt. Maj. Raymond Price to Command Sgt. Maj. Andrew Rhoades, BAACH, June 8, U.S. Army Garrison-Yongsan, South Korea
- Col. Rafael De Jesus to Col. Kelly Murray, MEDDAC-Korea, June 19, 8 a.m., Knight Field, U.S. Army Garrison-Yongsan, South Korea
- Col. Joseph Bird to Col. Mary Krueger, U.S. Army Health Clinic-Schofield Barracks, June 26, 11 a.m., USAHC-SB Pavilion, Schofield Barracks, Hawaii

Col. Kathleen Ryan relinquished command of MEDDAC-Japan to Col. Vivian Huston, June 7. Next month's issue of the Pulse of the Pacific will have coverage of the changes of command and changes of responsibility.

### SCHOOL IMMUNIZATIONS

The Family Medicine Clinic at Tripler Army Medical Center will be open Saturday, June 23 from 7:30 a.m.-1 p.m. to provide school immunization services for children ages 4-18. For more information, call 808-433-1119.

-See BRIEFS, page 7



Courtesy of MEDDAC-Japan

## Top Army nurse visits MEDDAC-J

**CAMP ZAMA, Japan** — Maj. Gen. Jimmie Keenan (right), chief, Army Nurse Corps and commanding general, Public Health Command, shakes hands with Sgt. Tramine Carey, May 7. Keenan, along with Public Health Command's Command Sgt. Maj. Gerald Ecker, visited MEDDAC-Japan as part of their visit throughout the Pacific region.

Throughout the visit, Keenan highlighted the importance of reaching out to influence the white space of the lives of patients to truly improve their health. She also challenged leaders to provide timely and direct performance feedback to their subordinates, especially during the Army's downsizing.

# Tripler's Occupational Health personnel provide medical assessments on Big Island

**JAN CLARK**

*Pacific Regional Medical Command Public Affairs*

**TRIPLER ARMY MEDICAL CENTER, Hawaii** — Members of the Department of Occupational Health, here, traveled to the Big Island May 7-11 to provide medical assessments for government employees working there.

The biannual trip sends three staff members from TAMC to Kilauea Military Camp, Pohakuloa Training Area and the Hawaii Air National Guard Heliport where assessments are made to ensure employees are fit to perform the demands of their positions.

While each location brought different requirements due to positions held there, all those evaluated were sent for pre-screening, to include lab work, based on job description prior to their scheduled appointment.

"Once they arrive for their appointment, I check their vital signs and do a quick medical history, making sure nothing has changed, like medications, tobacco use, or if they have had an injury in the past year," said Ginger Velarde, staff registered nurse. "For the police officers and firefighters we also provide cardiac assessment,

which includes their cholesterol testing, lipid profile and check for diabetes. We check to make sure their blood pressure is within normal limits."

The second step in the process is administered by George Alba, clinical nurse, who performs an initial screening, reviewing results of lab tests and highlighting any changes in the job description that require further testing or examination.

"These government positions are those that are required by law for yearly physicals," Alba said. "We review their job descriptions, their medical histories and ensure our physician knows of any changes prior to examination. This way, we keep those working here on the Big Island fit and healthy to perform their jobs."

One of the benefits of these visits is that conditions that need correcting are found. An even bigger benefit is the level of trust that has developed between the Occupational Health staff and the employees who are seen here.

"They come to us with their concerns, their worries that they are being exposed to something, like jet fuel fumes, without using a respirator because they can smell the fumes," said Dr. Clarissa Burkert, chief of Occupational Medicine. "We arrange for the TAMC industrial hy-

gienist to travel here to measure the concentration of the fumes that the workers are exposed to. By taking measurements with monitoring devices placed on the concerned individuals, we can advise them whether they need respirators to prevent illness."

The trickle down effects of budget cuts are obvious in that some of those with previously specialized job tasks are now being asked to perform additional functions, to cover for staff reductions. They then have to be evaluated for their new exposure risks.

While those receiving evaluations preferred to speak offline only, the overall consensus was that occupational health staff traveling to the Big Island saved them time away from the job and the government money. With 157 government employees the cost of sending them for temporary duty would be high.

"Our biggest value is that we go out into what we call the 'white space,' where we provide preventive services," Alba said. "We go into the actual work areas, providing direct preventive maintenance and preventive education, out into the community — where the patients are, where people live and work. It is the most cost effective and convenient way for all involved."

# Tripler graduates new PAs to Army Medicine

**STEPHANIE BRYANT**

*Tripler Army Medical Center Public Affairs*

**HONOLULU** — Tripler Army Medical Center's Interservice Physician Assistant Program Class 2-10 graduated in the TAMC Chapel May 14, here.

Capt. Amanda Buchholz, Capt. Brian Gomez, and Capt. Rhett Soltas each received a Masters of Physician Assistant Studies degree from the University of Nebraska Medical Center, the affiliated academic institution for IPAP.

The PA profession has a long history. During the Civil War, the Union Army created a Surgeon Assistant Corps to assist physicians on and off the battle field.

The modern PA profession officially began October 6, 1967 when the first PA class of four students graduated from Duke University in Durham, N.C.

Physician assistants work in all of types of medical and surgical practice settings.

Dr. John Mallon, emergency medicine physician, Emergency Department, TAMC, was invited to be the keynote speaker for the ceremony. Mallon, a Vietnam veteran, was a PA in southern Georgia from 1980-1984.

"The PA concept has just boomed," Mallon said. "There are currently 79,000 practicing physician assistants and the profession absorbs



Soltas

Gomez

Buchholz

4,000-5,000 new physician assistants a year without a problem."

Mallon said a lot of his experience as a PA is what prepared him for being a physician. He said he has helped train new PAs and is optimistic about the future of the profession.

"I think anything that makes a PA a better clinician is better for the people they take care of, especially when they send PAs downrange to take care of our Soldiers who are in combat," Mallon explained.

The students of Class 2-10 were asked to nominate their educators for the Capt. Sean Grimes, PA-C, Outstanding Preceptor Award. Grimes, who was killed in Afghanistan in 2005, was the first PA killed in action during the overseas contingency operations. The award was created to honor the sacrifices he made and recognize the sacrifices made by those involved in the training of physician assistants.

During the ceremony, the students presented Jeffrey Robin, certified physician assistant, Ear,

Nose and Throat Clinic, Otolaryngology, Department of Surgery, TAMC with the award. Robin said that even though he is a civilian, his career has always crossed paths with the military.

"At my first job after graduating from PA school, I worked for two otolaryngologists in a private civilian practice, (who were retired military medical officers)," Robin explained.

"All the skills that I developed and knowledge I obtained about Otolaryngology, I received from military medical officers.

"Here I am ten years later taking the exact same skills and knowledge I learned from (them) and I am teaching it to future medical officers," Robin added. "This is my way of trying to keep the tradition of military medicine alive."

Robin said the students in Class 2-10 had a positive influence on him as an educator.

"I can honestly say that this particular class of PA students were some of the most dedicated, passionate and driven students, who I have had the opportunity to work with," Robin said. "They already had the same traits that I try to use to motivate students, so what this did was it motivated me to work harder for them. These students reminded me why I like to teach."

Buchholz will be taking her skills to Fort Carson, Colo., while Gomez and Soltas will stay on Oahu where they will utilize their PA skills at U.S. Army Health Clinic-Schofield Barracks.

## Week long observance honors nation's nurses

**LT. COL. AMERICA PLANAS**

*Tripler Army Medical Center*

**HONOLULU** – Nurses from all over the country celebrated National Nurses Week, May 6-12.

Nurses Week is a time to recognize and give thanks to the millions of nurses who serve patients everywhere and every day with the spirit of caring and compassion. It is the time of the year when nurses can provide public awareness on the importance of their role in America's health care system.

It is also the time to acknowledge, recognize and celebrate the public's opinion on nursing, the most trusted profession for honesty and ethics according to the Gallup Poll's Annual Honesty and Ethics Profession survey.

As I reflect on this year's Nurses Week theme, "Nurses: Advocating, Leading, Caring" I asked myself, "How do nurses advocate for their patients, for themselves, for their



Courtesy of MEDDAC-Japan

**Nurses from local Japanese hospitals joined MEDDAC-Japan for a picnic, May 12, in honor of Nurses Week.**

colleagues, and for their profession?

Nurses advocate for their patients by putting them at the center of our health care system; we provide them holistic care and develop a trusting relationship thru "communicating with our heart." Nurses educate, engage, encourage, and empower their patients through

education so they can be knowledgeable and well-informed medical consumers; we partner with them and support their decision-making process and choices.

Nurses are leaders; leading from the front and through example. Nurses love what they do and they are passionate to serve others and to make a difference. Nurses let

their humanity shine at work. It is about showing respect, courtesy, and consideration every day of the week.

Nurses are all about caring; they are consistently compassionate. Everyday nurses work diligently to build trusting relationships with their patients. They seek first to understand, then to be understood. Nurses share and feel their patients' pain, suffering, anxiety, fear, needs, loss, grief, concerns and goals. Nurses understand that the foundation of healing starts with a trusting relationship, good communication, and compassion.

After National Nurses Week, I am strengthened, recommitted and renewed to give the best to our military members and their families. I indeed found my passion and my voice in nursing. Nurses may have different voices, but this year we are united in singing only one song, "Nurses: Advocating, Leading, Caring."

## CF DAY

from page 1

diagnosing cystic fibrosis for more than 50 years. Consultations are also provided for non-beneficiaries via the Pacific Island Health Care Program.

“Our idea was to invite families and patients to talk about topics that are evolving in cystic fibrosis, or topics that are specific to our center,” explained Lt. Col. Jane Gross, pediatric pulmonologist and director of the Cystic Fibrosis Center, Tripler Army Medical Center. “Basically, we wanted to provide a forum for dissemination of information to the group and the public.”

Cystic Fibrosis Centers are nationally recognized care facilities that must meet strict guidelines to receive the Cystic Fibrosis Foundation’s “stamp of approval” every year. Care center staff is comprised of specialists, including doctors, nurses, respiratory and physical therapists, dietitians and social workers. Working together with each CF patient, each center’s staff strives to meet every patient’s specific needs to keep them as healthy as possible.

Tripler’s Cystic Fibrosis Center is the only one in the state.

Patients, families, cystic fibrosis physicians and care providers working at Tripler’s CF Center and other medical facilities on island were able to attend presentations by four guest speakers.

Dr. Felix Ratjen, division chief of respiratory medicine at the Hospital for Sick Children in Toronto, spoke about new medical treatments in cystic fibrosis that will be soon on the market.

Ratjen, a world renowned CF physician, is also a senior scientist at the Research Institute of the Hospital for Sick Children and a professor in pediatrics at the University of Toronto.

Anabel Stenzel and Isabel Stenzel Byrnes, identical twin sisters living with CF, spoke about their personal experiences growing up with and living well with CF. Together, they published a memoir, “The Power of Two: A Twin Triumph over Cystic Fibrosis,” which inspired the creation of a documentary film (of the same name) that premiered internationally in 2011.

“We were told we would live until we were 10 years old,” Anabel said. “Now we’re 40, thanks to medical advances, a lot of perseverance in the medical world and being cared for at places like the Cystic Fibrosis Center here.

“We’re here today as authors, subjects of a document film (but mostly as) patient advocates for living well with a

### DID YOU KNOW?

- 30,000 children and adults have CF in the United States.
- More than 10 million Americans are symptomless carriers of the defective CF gene.
- The disease occurs in one of every 3,500 live births of all Americans and about 1,000 new cases of cystic fibrosis are diagnosed each year.

chronic illness.”

Currently residing in California, Anabel is a genetic counselor at Stanford University Medical Center, and Isabel works at Lucile Packard Children’s Hospital in social work. They are co-chairs for the Heroes of Hope Living with Cystic Fibrosis Patient Recognition Program, and are active volunteers in the cystic fibrosis community.

David Johnston, an epidemiologist with the Hawaii State Department of Health, gave the last presentation of the day on the Mycobacterium abscessus outbreak Hawaii experienced in 2010. The bacteria can cause a very progressive infection resulting in fast deterioration of lung function, which can be fatal for CF patients.

Though the event was intended for patients with cystic fibrosis and their families, several patients weren’t allowed to attend CF Family Education Day in person.

“Per the Cystic Fibrosis Foundation, to maintain accredited, we have to abide by strict infection control measures,” Gross explained. “Even though they can be frustrating or hard to maintain, it’s important to do so because failure to do so can impact the health of our patients.”

The guidelines limit access to certain patients. For instance, CF patients who are colonized by certain kinds of bacteria cannot be around any other CF patients because the probability of transmitting the bacteria and causing an infection is greatly increased.

Those unable to attend Family Education Day weren’t left in the dark though.

“To make it fair for everyone, regardless of a patient’s clinical condition, we had the entire conference recorded,” Gross said. “This way, the updates and information presented by the guest speakers is universally available to our population.”



For more information on the Cystic Fibrosis Foundation, visit [www.cff.org](http://www.cff.org).



Courtesy of Island Palm Communities

## HI Boy Scout donates 100 care packages to WTB

**SCHOFIELD BARRACKS, Hawaii** — Danny Segura (right), senior patrol leader, Boy Scout Troop 24, donated more than 100 care packages to the Warrior Transition Battalion at the Soldier Family Assistance Center, here, June 1.

The donation drive was part of Danny’s Eagle Scout project, the highest rank attainable in the Boy Scouts of America. Danny’s father, Maj. Daniel Segura, deputy commander, U.S. Army Corps of Engineers-Honolulu District, is the scout master.

The care packages, which are meant for Soldiers recently arriving on island, included items such as plates and flatware, cups, wash cloths, razors, water bottles, hygiene kits, popcorn and instant meals. Items were procured through donation drives or purchased with grant money received by local organizations. Danny also secured a grant for \$4,000 from Island Palm Communities’ Army Hawaii Housing Foundation, which he used to purchase 40 webcams for Soldiers who are geographically separated from their families to check out and use to keep in touch with loved ones.

## BRIEFS

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### HEALTH OBSERVANCES

Check out information on upcoming health observances for June online:

- Cataract Awareness Month, [www.eyecareamerica.org](http://www.eyecareamerica.org)
- Men’s Health Month, [www.menshealthmonth.org](http://www.menshealthmonth.org)
- National HIV Testing Day (June 27), [www.aids.gov](http://www.aids.gov)
- National Scleroderma Awareness Month, [www.scleroderma.org](http://www.scleroderma.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](mailto:medcom.prmc.pao@us.army.mil).

## ART

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life threatening.

"Many of them would want to go back to work before (they should) and we tell them that they need time to recover because you get very tired when you are going through chemotherapy," Nishimoto added. "Chemo is like a hardship deployment."

For 28-year-old U.S. Marine Staff Sgt. Robert Torres, Wounded Warrior Detachment, U.S. Marine Corps Base-Hawaii, Kaneohe Bay, learning to cope with his cancer has been the biggest part of the adjustment for him and his family.

Torres and his family were transferred from their duty station in Okinawa, Japan, five months ago to Tripler to receive treatment after he was diagnosed with testicular cancer.



Pacific Regional Medical Command Public Affairs | JAN CLARK

**U.S. Marine Staff Sgt. Robert Torres, a cancer patient being treated at TAMC who is stationed out of U.S. Marine Corps Base-Hawaii, Kaneohe Bay, and his son Robert II paint pictures together during the sixth annual Oncology on Canvases at Tripler Army Medical Center, May 11-12.**

"I am going through chemotherapy right now and the prognosis is good," Torres said. "I will go through one more round of treatment (and will be here) for at least another two years."

He feels the Oncology on Canvases event created a great opportunity for his family to bond over the diagnosis.

"I think this event is awesome," Torres said. "It is a good way for the

kids to express their artistic skills and (for us to) come together as a family."

Nishimoto is providing two families who were unable to attend the event with canvases so they can create artwork at home together.

There are multiple opportunities to view the artwork. The first showing began June 4 and will be on display through June 15 in TAMC's Medical Library on the 11th floor, followed by August 6-18 at the Kahala Mall, and then October 8-18 at the Honolulu Hale.

There will be a special viewing Oct. 9, 5-7 p.m., at the Honolulu Hale with a reception that will offer viewers the chance to speak with some of the artists.



View more photos of the 2012 Oncology on Canvases at [www.flickr.com/TriplerAMC](http://www.flickr.com/TriplerAMC).

## PCIT

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research-based treatments to help children with disruptive behaviors.

According to the program description, parents are taught specific skills designed to improve the parent-child relationship, improve the child's attention and concentration, increase frustration tolerance and anger management and increase pro-social skills.

"When I started my internship (at Tripler), I wondered why they did not have this program at the hospital because of the military children and the difficulty with separation, deployments and adjustments," said Dr. Shantel Fernandez, licensed clinical psychologist, Child and Adolescent Psychiatry Services School Behavioral Health Team, TAMC, and Tripler's principal investigator for PCIT.

"What makes us different from other PCIT programs is that this is the first time this (treatment) has been looked at with military fam-

ilies," Fernandez explained. "The research shows that there is an increase in disruptive behaviors in kids, more marital problems and more child mistreatments (due to the increase in deployments.)"

This intervention therapy has been shown to effectively reduce behavior problems in young children, improve the parent-child relationship, and reduce parenting stress and depression.

For Barbara Pritchard, adult supervisor, Makalapa Elementary School, and wife of U.S. Marine Corps Sgt. Allen Pritchard, U.S. Marine Forces-Pacific, the interaction therapy has dramatically changed the relationship between her and her 5-year-old daughter, Faith Blair.

"(Faith) was out of control, defiant, and refused to follow direction or listen to teachers at school," Pritchard explained. "The therapy coached me on behavioral therapy (techniques) and then Doctor Fernandez met separately with Faith. (Fernandez) went over guidelines and



Courtesy of Family and Morale, Welfare and Recreation Command

**Researchers and providers from the Child and Adolescent Psychiatry Services, School Behavioral Health Team and Child and Adolescent Psychology Services, Tripler Army Medical Center, have implemented a therapy called Parent-Child Interaction Therapy, which has been shown to effectively reduce behavior problems in young children, improve the parent-child relationship, and reduce parenting stress and depression.**

how to get the achieved goal from Faith focusing on positive interaction and reward in the beginning phase and then incorporating discipline techniques.

"It was a very relaxed and calm environment and (Doctor Fernandez) answered every question I had," Pritchard added.

Tripler's PCIT program is focusing on children ages 2-6 years old and averages 15-18 one-hour sessions.

Pritchard says that she

and Faith, who attended sessions from late September 2011 until March 2012, are now able to spend time together enjoying activities and less time in conflict together.

"She responds more quickly to me and my requests," Pritchard said. "She used to push and test limits and now I only have to tell her things once. She respects me more as a parent and, I think, respects all adults much better."

As an adult supervisor at an elementary school, Pritchard has been able to use the skills and techniques she has learned with her daughter and apply it at work.

"I learned very good coping skills to use; not just in a one-on-one family setting, but also it helps in my career," Pritchard said. "(Working at a school) gives me a nice, relaxed environment to practice those skills."