Yokosuka Sailors attend revised CPR certificaton course

Story and photo by MC3 Andrew Ryan Smith, Navy Public Affairs Support Element Japan

Sailors from various commands on board Commander Fleet Activities Yokosuka (CFAY) took part in a cardiopulmonary resuscitation (CPR) certification course at the staff education and training office May 6.

The 10 Sailors who took the course became only the second class of students to receive the new form of CPR training organized by U.S. Naval Hospital (USNH) Yokosuka, and earned their CPR certification.

In 2010, the official CPR procedure was revised by the American Heart Association (AHA). The new training stresses the importance of chest compressions and quick reaction in the event of an actual emergency.

"The changes to the training make it faster and easier for a responder to treat a patient," said Hospital Corpsman 1st Class (FMF) Huu Tran, one of the course instructors.

Sailors who attended the class were instructed on methods of how to revive infants, children and adults. They also received training on how to properly use a portable heart defibrillator and resuscitation bag, both important items in reviving a victim of cardiac arrest.

"I think this training is really important considering what kind of environment I work in," said Lt. Tim Inoue, a dentist at USNH Yokosuka. "Coronary arrest can strike at anytime. I think this is some of the most important training given at the hospital."

CPR certification classes are offered twice a month and are open to anyone who cannot receive training at their own command.

Anyone interested in the training can call the staff education and training office of USNH Yokosuka to sign up for classes. Sailors who already hold CPR certification cards are not required to recertify due to the AHA revisions in the program, but must recertify when their current card expires.

GM1 John Linke practices using a resuscitation bag on a dummy during a cardiopulmonary resuscitation (CPR) certification class, held at the USNH Yokosuka Staff Education and Training Office May 6. USNH Yokosuka offers CPR classes twice a month to those who wish to attend.

"The training we have to offer in this class gives participants a valuable tool in a life saving scenario," said Tran. "With their training, participants will be able to respond to any type of cardiac arrest and help revive a downed person."

USNH Yokosuka educates Sailors, family members on hypertension

By MC3 Andrew Ryan Smith, Navy Public Affairs Support Element Japan

U.S. Naval Hospital (USNH) Yokosuka continues to educate and offer Sailors and family members of the Commander Fleet Activities Yokosuka community information regarding high blood pressure prevention.

An estimated 74.5 million Americans suffer from high blood pressure, also knows as hypertension, making it the leading cause of premature death in adults.

May is National High Blood Pressure Education Month and USNH Yokosuka is continuing its everyday efforts providing Sailors and their family members' preventative information and guidance free of charge.

By promoting healthy lifestyles that will keep Sailors fit for duty and caring for the service member's loved ones, USNH Yokosuka understands the importance of the hypertension education and the preventable measures needed for its patients.

"High blood pressure is often referred to as the silent killer," said Lt. Tinika Montgomery, staff internist at USNH Yokosuka. "All of our patients are very important to us and educating them on anything that will promote a healthier lifestyle is of high importance for us here."

Montgomery said as diet and a healthy weight are important to preventing high blood pressure, exercise plays a vital role in reducing the risk of developing it as well.

"Exercise is very important," she said. "As Sailors, we all have to take the physical readiness test annually, I think that alone shows that the Navy cares about our health and fitness. When Sailors show an interest in making exercise a part of their daily routine, it is a big plus to preventing high blood pressure."

There are several risk factors that lead to high blood pressure including obesity, smoking and living a sedentary lifestyle.

"High blood pressure requires preventative health measures," said Montgomery. "The main preventative measure in preventing hypertension is avoiding obesity and remaining active. A dietary modification, such as reducing sodium, is also effective. Ideally we should be reducing our sodium intake to less than two grams a day."

USHN Yokosuka not only detects high blood pressure in patients, it has a department specifically designed to help Sailors overcome high blood pressure by changing their lifestyle.

The USNH Yokosuka Health Promotions Department, located in the Fleet Recreation Center, helps Sailors better monitor their diet and exercise.

"Our patients are referrals from the hospital. Once contacted, we set them up with an appointment for a health and fitness assessment at our office," said Rhea Daniels, department head for the health promotions department.

"When patients come to our office we give them a medical questionnaire and do body fat analysis among other tests," Daniels said. "From there we get a base line of where the person is at physiologically and can determine how many calories that person should take in every day. We use that data to develop a healthy eating and exercise plan for them to follow."

Daniels said the department's efforts have been successful in reaching Sailors and advising them on ways to improve or maintain healthy lifestyles.

"We have had numerous people come in and lose weight, get in better shape and lower their blood pressure levels. It is always good to know we made someone's life better," she said.

Pet of the Week

The Pet of the Week this week is Maddie. She looks grumpy here, that's because she wants to be in her forever home. She's not a fan of the shelter and the sooner we find her a home, the better. Maddie loves affection, treats and toys on strings. She is a people cat and can be sweet once she gets to know you. To find out more about Maddie or any animal at Pets Are Worth Saving (P.A.W.S.), contact them at 243-9996, by e-mail to usskittytalk.yokosuka@gmail.com or visit the P.A.W.S. website at www.pawsyokosukajapan.com.

Photo courtesy of P.A.W.S.

Heat Stress Flag Conditions

Flag Color	Temp.	Exercising outdoors	Working outdoors
White	below 80	Low heat stress risk. However, intense physical exertion can precipitate heat injury.	No work restrictions
Green	80 - 84.9	Discretion required in planning heavy exercise. This is a marginal heat stress limit.	15-minute work breaks per hour for moderate work. 30-minute work breaks per hour for heavy work.
Yellow	85 - 87.9	Strenuous exercise and activity curtailed for new personnel during first 3 weeks of heat exposure.	15-minute breaks per hour for light work; 30-minute breaks for moderate work; 45 minutes for heavy work.
Red	88 - 89.9	Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.	30-minute breaks per hour for light work; 45 minutes for moderate work. Heavy work scheduled at cooler part of the day.
Black	90 and above	No physical training or exercise for all personnel.	45 minute work breaks per hour for light work only.