Improvements made to Command Fitness Leader course

From Center for Personal and Professional Development and Commander Naval Installations Command Public Affairs

NORFOLK - The Navy announced improvements to the five-day Command Fitness Leader (CFL) certification course as well as new resources available to support the physical readiness program in Navy administrative message (NAVADMIN) 118/11 released April 7.

The Center for Personal and Professional Development (CPPD), in collaboration with the Navy's Physical Readiness program office (OPNAV N135F) and Commander Navy Installations Command (CNIC), completed a comprehensive revision of the course in order to meet Navy education and training requirements for a certified Navy curriculum.

"CPPD was pleased to be able to work closely with our partners in delivering this update to our fitness leaders," said Capt. Chuck Hollingsworth, CPPD commanding officer. "Keeping Sailors fit and operationally ready is one of our goals, and I believe these changes will enable the CFLs to increase Sailor readiness."

An official course identification number has been issued (CIN S-562-0612), and upon successful course completion qualifications will be documented in the member's electronic service record.

Effective May 1, course registration quotas must be requested through the Catalog of Navy Training Courses (CANTRAC), and the complete application package, including all required supporting documentation, must be submitted via e-mail to cfl_training@navy.mil.

Once eligibility has been confirmed, the requesting command will receive confirmation via e-mail. Step-by-step instructions for registration can be found at WWW.NPC.Navy.mil/Commandsupport/PhysicalReadiness/.

"We anticipate the release of the new curriculum in summer 2011," said Lisa Sexauer, CNIC program manager, Fitness Sports and Deployed Forces Support. "This curriculum represents the collective work of many and we feel certain it will better meet the needs of our CFLs. I think we have successfully integrated more relevant exercise content and reduced redundancy therefore providing a more efficient product."

In addition to revising all of the lessons in the course covering such topics as administrative actions and improving Sailors' Physical Readiness Test (PRT) scores, all of the course graphics and exercise demonstrations were updated to ensure CFLs are given the basic tools to safely lead a command physical training (PT) session.

To provide further aid to CFLs, a new CFL page has been created on Navy Knowledge Online (NKO), under the personal development tab. Resources available on this new page include various physical readiness instructions, NAVADMIN messages, physical readiness information system (PRIMS) training videos, body composition assessment training and quota request information.

A new CNIC Physical Fitness website at www.navyfitness.org provides members with an assortment of fitness, nutrition and Navy sports program information. It also includes deployed forces support such as mobile applications that Sailors can download and use while exercising. The new site also hosts Navy Operational Fitness and Fueling Series (NOFFS) program resources.

QM1 Andrey Mihaylovski monitors the time during the 1.5-mile run portion of the CNFJ Physical Fitness Assessment on Berkey Field at Fleet Activities Yokosuka. The Navy announced improvements to the five-day Command Fitness Leader (CFL) certification course as well as new resources available to support the physical readiness program in NAVADMIN 118/11 released April 7.

U.S. Navy photo by MC3 Dominique Pineiro

"The focus of NOFFS is optimal operational physical performance and fueling that includes more than 90 exercises," explained Diana Strock, CPPD senior advisor for health and fitness. "It is a series of four separate physical fitness programs designed to eliminate the guesswork in developing Sailor workout routines. It combines human performance, injury prevention strategies and proper nutrition designed for safer training and improving human performance."

For more information, read NAVADMIN 118/11 available at the Navy Personnel Command website at www.npc.navy.mil.

USNH Yokosuka to usher in innovate health care model May 2

By Ben Avey, USNH Yokosuka Public Affairs

YOKOSUKA, Japan - The Navy's Medical Home Port concept introduces a new model of patient and family-centered health care delivery for primary care and will launch at the U.S. Naval Hospital (USNH) Yokosuka Pediatrics Clinic May 2.

"We are fundamentally changing the way we provide primary health care at the hospital and branch health clinics with Medical Home Port," said USNH Yokosuka Commanding Officer Capt. Stephen Pachuta. "It's an innovative team based approach that leverages our staff and technology resources to better meet the healthcare and wellness needs of our patients."

The key change is that each patient will be assigned to a medical team rather than a single medical provider. The team will consist of a primary care manager who is a medical provider, nurses, hospital corpsmen, administrative staff and ancillary care staff that will include mental health and nutrition specialists.

Medical Home Port has been successfully implemented at Naval Medical Center San Diego, Naval Hospital Jacksonville and many other medical treatment facilities already. They have shown that by leveraging the combined experience of the entire team and utilizing new electronic communication tools, Medical Home Port improves access to care and face-to-face encounters. In addition, it has also improved population health, patient satisfaction and medical readiness for beneficiaries.

Surgeon General of the Navy Vice Adm. Adam Robinson has championed the effort and believes it will have a lasting impact on how care is provided.

"Medical Home Port will be a real game changer for Navy Medicine and the entire Military Health System. It will provide our service members and their families' better access to care, reducing reliance on private sector care and emergency room visits for off-hour standard care needs," Robinson said in a statement.

The effort has been embraced by local medical providers as a better way to connect with patients.

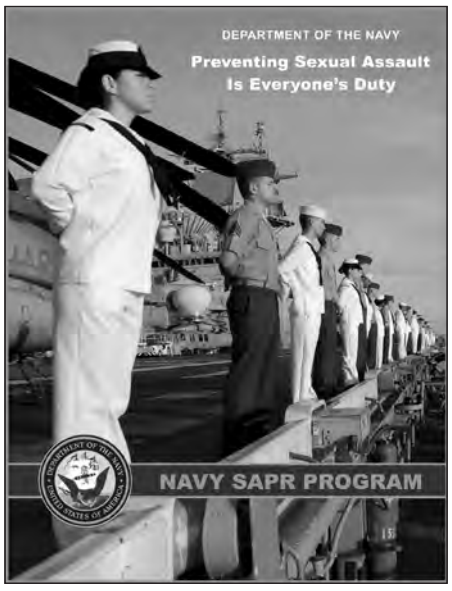
"Each provider led medical team will include nurses, corpsmen and various support staff who will be responsible for the beneficiaries assigned to their team," said Lt. Cmdr. Ronnie Okialda, who is a pediatric nurse practitioner and the Pediatrics Clinic department head. "As the team becomes more familiar with each patient, their care can be better tailored to their individual needs. This is a patient and family centered care initiative that will not only improve the quality of care, but patient's satisfaction with that care."

As USNH Yokosuka phases Medical Home Port into operation, beneficiaries can expect subtle changes that may include a shift in primary care managers as individual Medical Home Port teams are established. The Family Medicine and Internal Medicine Clinics will join Branch Health Clinics in a phased implementation throughout the summer. Some tools such as secure e-mail messaging are currently being developed and will be integrated into the program as they become available.

USNH Yokosuka is the largest U.S. military treatment facility on mainland Japan and serves approximately 55,000 beneficiaries. A 47-bed core hospital in Yokosuka on the banks of Tokyo Bay is complimented by eight branch health clinics in Japan, Korea and Diego Garcia.

Editor's note: Richard McManus of USNH Yokosuka Public Affairs contributed to this story.

DoD launches new helpline to support sexual assault victims



A Sexual Assault Prevention and Response (SAPR) program poster.

U.S. Navy photo illustration

From Department of Defense Public Affairs

WASHINGTON - The Department of Defense (DoD) launched its newest initiative April 15, to support victims of sexual assault.

Using DoD Safe Helpline, service members can "click, call or text" for victim support services for themselves or others. The free, anonymous and confidential resource can be accessed worldwide.

In addition to improving victim care, secure and confidential access to Safe Helpline was developed to encourage victims to come forward when they might not otherwise.

"The underreporting of sexual assault poses a serious challenge to military readiness," said Clifford L. Stanley, under secretary of defense for personnel and readiness. "We believe the Safe Helpline will provide DoD sexual assault victims with a variety of support outlets, which will lead victims to report sexual assault, seek needed information and receive care."

Safe Helpline offers three access options designed for service members:

Users can log on to http://www.SafeHelpline.org to receive live, one-on-one confidential help with a trained professional through a secure instant-messaging format. The website also provides vital information about recovering from and reporting sexual assault.

A second option is to call the telephone hotline at 877-995-5247 to speak with Safe Helpline staff for personalized advice and support. The staff can also transfer callers to installation-based sexual assault response coordinators (SARC), on-call victim advocates, civilian rape crisis centers, or to the Suicide Prevention Lifeline.

The third option is for users to text their location to 55247 inside the United States or 202-470-5546 outside of the United States to receive automated contact information for the SARC at their installation or base.

Further information on Safe Helpline can be found on http://www.SafeHelpline.org or at http://www.sapr.mil.