



The Journal

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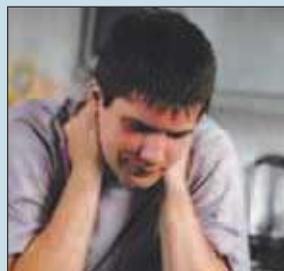
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July 21, 2011

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Revised Instruction Announces Changes to the Physical Readiness Program

From Navy Personnel Command Public Affairs Office

In order to improve the overall health of Sailors and enhance the administration and execution of the Physical Readiness Program, Navy announced the revision of OPNAVINST 6110.1J in NAVADMIN 203/11, July 12.

The revised instruction will strengthen program compliance, improve physical fitness assessment (PFA) documentation and encourage Sailors to maintain the level of physical fitness required to support mission readiness. This is the first major revision to the physical readiness program since 2005.

"We reduced the in-

struction to just what leadership needs to know and the rest is contained in the Physical Readiness Program Operating Guide, which will be a how-to manual." said Bill Moore, Physical Readiness Program director. "It will provide information, procedural guidance, and supplementary information."

Several changes are reflected in the new instruction, including the requirement to complete the medical screening process prior to participating in the PFA as well as a reduction of the number of PRT scoring categories to five, ranging from "outstanding" to "failure."

The rules have also changed regarding medical waivers. Sailors



(U.S. Navy photo by Mass Communication Specialist Seaman Peter D. Melkus)

Aviation Ordnanceman 3rd Class Jerome Acquah-jameson encourages Aviation Ordnanceman Airman Jossie O. Marquez Ruiz to do a few more push-ups during a physical readiness test.

granted two medical waivers in a 12-month period will be referred to a medical treatment facil-

ity for a medical evaluation board.

See **CHANGES** page 5

Easing the Flow of Traffic, Parking on Base

By Sarah Fortney
Journal staff writer

In the coming months, staff at Naval Support Activity Bethesda (NSAB) can expect more than 1,700 additional parking spaces on base, as well as added measures to help mitigate traffic.

Next month, a multi-purpose garage is scheduled for completion, providing approximately 1,200 spaces. An underground garage, part of a new administrative building, Building 17, is also expected to be completed next month providing,



(photo by Mass Communication Specialist 3rd Class Alexandra Snyder)

Renovations to the South Gate at Naval Support Activity Bethesda are among the projects on base easing the flow of traffic. Here the new sidewalk is open and the turnstile is complete.

roughly, another 550 spaces. A portion of these spaces in Building 17 will be reserved for wounded

warriors.

Also, in the G lot, 50 spaces recently opened, which were previously oc-

cupied due to construction at the North Gate, said Jeff Miller, NSAB transportation program manager.

Miller noted that renovations at the North Gate, which include four lanes of travel, are expected to be completed at the end of this month. In the morning, three of these four lanes will be inbound, and three will be outbound in the evening. Also, helping to ease the flow of traffic on and off base, in the near future there will be a traffic light at the North Gate, he said.

See **TRAFFIC** page 5

Commander's Column

When it comes to preventing injuries and fatalities on the road, wearing a seatbelt is the single most effective traffic safety device, reducing the risk of crash-related injuries by 50 percent, according to the National Highway Traffic Safety Administration (NHTSA).

Each year, on average, 22 Sailors and Marines who aren't buckled up die in car crashes. Just this month, two Sailors — one in Florida and one in California — suffered fatal injuries in collisions that could have been prevented had they been wearing their seatbelts.

Although it may feel like a hassle, or restrictive, to wear a seatbelt, it's an easy habit, and only takes a second to buckle up. If you're going down the street, or running to the store, you may think it's unnecessary, but you can't predict your surroundings on the road. One blown tire or another driver running a stop sign could put you at risk if you are not buckled up. Putting on your safety belt increases your odds of survival. Initiatives like the NHTSA's annual "Click it or Ticket" campaign, which ran this year from May 23-June 5, drew attention to the importance of seatbelt use. The Naval Safety Center's "Fatal Four" also addresses the main factors involved in fatal accidents — speed, alcohol, fatigue and not wearing a seatbelt. Still, year round, it's up to each and every one of us to make seatbelt safety a priority and reduce our risk for injuries.

Let's lead by example — remind your shipmates and battle buddies to



buckle up while traveling. Make it a habit to "click it" as soon as you turn on the ignition. DoD Executive Order 13043 requires all federal employees on the job, and all occupants traveling on defense installations, to wear a seatbelt. In nearly every state, it's also mandatory that you buckle up. In Maryland, if neither the driver nor the front seat passenger is buckled, each will receive a \$25 fine. Additionally, the driver faces a \$48 ticket for any passengers unbuckled who are 15 or younger.

Remember, it only takes one driver to lose control of their vehicle, slam on their breaks, fall asleep at the wheel, or run a light. In that moment, if you're not buckled up, you don't have time to reach for your seatbelt. Please be safe, and remember to buckle up.

Commander Sends,
Rear Adm. Matthew L. Nathan
Medical Corps, Untied States Navy

Bethesda Notebook

Staff Awards Ceremony Today

All staff members are invited to attend an awards ceremony today at noon in the Laurel Clark Memorial Auditorium. Attendance is mandatory for awardees, and all awardees must arrive in the proper uniform, as follows:

- E6 and below: Dress Whites
- Officers and CPOs: Summer Whites
- Civilians: Proper Civilian Attire

For more information, contact the Command Awards Office at 301-295-5729. You may also e-mail Patrick.s.fisher@med.navy.mil or Hector.malagon@med.navy.mil.

Are You Getting Out of the Military Soon?

The Fleet and Family Support Center is hosting a class today from 10 to 11 a.m. in Building 11, room 158, to help those who are getting out of the military in the next 12-18 months. This class will help develop a financial plan for those in transition. It will also go into detail about turning military pay into its civilian dollar equivalent, researching the civilian/federal position and salary equivalent of your military job and creating a complete financial snapshot of your net worth, budget and insurance evaluation. To register, call 301-319-4087 or e-mail ffso@med.navy.mil.

Galley Expands Services

The Galley will add an hour to each weekend meal time beginning Saturday, July 23. On Saturdays and Sundays, breakfast will be served from 6 to 8 a.m., and lunch will be served from 11 a.m. until 1 p.m.

Beginning Monday, July 25, the Galley will also implement a late hours meal program. Located at the specialty grill in the Galley, Walt's Cafe will be open seven days a week from 4:30 p.m. to 1 a.m., and will serve hot/cold entrees, hot/cold sandwiches, various fruit and vegetable sides and beverages.

New Tool for Conference Room Reservations

To meet the growing demand for conferences, classes, seminars and ceremonial spaces at NNMC, the Meeting Room Management (MRM) tool was introduced July 14. The new tool, managed by the Staff Education and Training (SEAT) Department, is designed to standardize and centralize scheduling for meeting spaces greater than 275 square feet. The MRM tool will replace the current SEAT Room Scheduling SharePoint Tool and will help increase utilization of all spaces while preventing double-booking and optimizing customer service requests and response. For more information about the MRM tool, visit <https://nnmc.intra/SiteDirectory/NNMCSEAT/MRM>. If a previously approved reservation has not transferred over to the new tool, please contact SEAT at NNMC-RoomReservations@med.navy.mil.

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A Day In the Life Exercise: Practice Makes Perfect

By Mass Communication Specialist 2nd Class
John K. Hamilton
Journal staff writer

The National Naval Medical Center (NNMC) hosted staff members from Walter Reed Army Medical Center (WRAMC) July 12 for the first of two scheduled Day in the Life (DIL) exercises, allowing NNMC and WRAMC personnel to evaluate processes that can be high risk, high volume or potentially problematic.

"This is a time to look at those [processes] very closely to gain information and to make sure things are set up to work correctly," said Capt. David A. Bitonti, Chief of Staff for Integration and Transition. "The important part of it is that we have a chance to stop and look at it after the fact, make any changes that we have too, and re-exercise it on July 26 to make sure

we're ready a month later when we have to really go live," he added.

The DIL exercises consisted of scenarios that explored processes for the gynecology department, emergency department, air evacuations in the ambulance bay and emergencies in the pediatric department, as well as other departments in the hospital that expect to see increased patient loads and new staff members.

"Being here over the last year has taught me that this is a coming together of organizations that have unique strengths, and all those strengths will merge together as we begin to practice together," said Col. Charles Callahan, deputy commander, chief of staff at NNMC.

Army Maj. Wanda Horton, clinical nurse, officer in charge WRAMC, anticipates challenges in the transition process due to the new work environment created by integration.

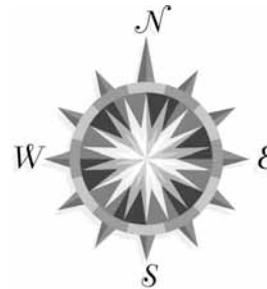
"I expect there to be bumps in the transition process, because none of us have worked in this capacity before, there will be lessons learned, but we will get better. It's not the patient care that we're integrating; we all take care of our patients to the best of our ability. It's about ironing out the processes that are already here and the ones we will create once were together," said Horton.

"There shouldn't be a Navy way or an Army way of doing it; it should just be whatever works better. When it comes to integration, what works best is what we should strive to perfect," said Horton.

The next scheduled DIL scenario is July 26 for staff members to further iron out system processes, so that the new Walter Reed National Military Medical Center Bethesda (WRNMMCB) can continue to provide the same quality health-care as its predecessors.

Patient Navigator

We are continuously interested in your feedback as our goal is to make your experience at NNMC extraordinary. Below are some of the common questions we have received and the responses so you know that your concerns are heard and very much valued.



Q: My Primary Care Manager (PCM) is no longer at Walter Reed, and I've been informed that I will be enrolled to Bethesda. How can I make an appointment and where can I be seen?

A: Patients can phone the call center at either Bethesda, 301-628-NAVY (6289), or Walter Reed, 1-800-433-3574, to schedule a primary care appointment. If your PCM has transferred to Bethesda as part of the BRAC realignment, you may be able to get an appointment at Bethesda with your PCM, or PCM team. If there is no availability, your appointment will be scheduled with another provider at either Walter Reed or Bethesda.

If you would like to provide specific feedback on your experience, e-mail patient.navigator@med.navy.mil. We welcome your stories of exceptional experiences so that we can understand what made it so special and explore duplicating it throughout our entire medical center environment. You may also visit the Customer Service Office in Building 9, first floor, near the Information Booth, to speak with a patient advocate.

The Move to Bethesda: Supporting our Wounded Warriors

By Sarah Fortney
Journal staff writer

As integration between the National Naval Medical Center (NNMC) and Walter Reed Army Medical Center (WRAMC) quickly approaches, the hospital and Naval Support Activity Bethesda (NSAB) remain committed to the wounded warrior continuum of care, providing various support services to meet their needs and to accommodate their loved ones.

"The relocation of Walter Reed to Bethesda is a monumental task and it will not be easy, but the NSA (Naval Support Activity) Bethesda team has done a lot of hard work to make it possible and I have no doubt it will run smoothly. Ultimately, the establishment of a national military medical center in Bethesda will result in more efficient and better care for our service members," said Rear Adm. Patrick J. Lorge, Commandant, Naval District Washington.

Amongst the many offerings at the integrated facility, there will be a new wounded warrior barracks, Tranquility Hall, offering housing to wounded warriors. Each of the 153, two-bedroom suites will include a kitchenette, washer and dryer and a lounge area, allowing outpatients to stay with a non-medical attendant. In addition, the barracks will house an Austin's Playroom, a drop-in activity center, which will provide certified childcare providers for not only those staying in the barracks, but also personnel in need of temporary child care when they attend medical appointments.

NSAB also plans to begin building an additional lodging facility, Sanctuary Hall, for wounded warriors and their families later this year. In a more secluded area of the base, located on the current site of Building 141, the 200-bed facility will have single and two bedroom suites. Beside this facility, there will be a new garage with roughly 460 spaces.

Also on base, the Navy Lodge and Fisher Houses ensure patients can focus on treatment, and rest assured their families are in good hands. The five Fisher Houses at NSAB—the most on a base within the Department of Defense—provide families a place to stay at no cost. Each of the three new

homes has 20 rooms, each that are complementary to the existing homes. All houses include common areas, communal dining, family rooms and play rooms for children.

Operating under the Navy Exchange Service Command, the Navy Lodge at NSAB, which recently underwent renovations, is a self-sustaining business that offers 106 guest rooms. The lodge as well as the Fisher Houses allow family members to be together while their loved one is in treatment. In addition, families do not need to make a reservation and can stay as long as they need with no set check-out date.

Construction is currently underway for a new two-story, 150,000 square-foot Navy Exchange (NEX), more than three times the size of the previous store on base. An added resource for wounded warriors and their families, the new exchange will offer a food court with various dining options, a pharmacy, satellite Navy Federal Credit Union office, barber and beauty shop, and an optical department.

As wounded warriors go through many adjustments throughout their treatment and recovery, they can look to a number of services available on base. The Fleet and Family Support Center (FFSC) partners with many organizations, such as the USO and Department of Labor, offering transition assistance, help with financial planning and locating jobs.

In addition, FFSC also partners with NNMC's Wounded Warrior Program, which helps coordinate both lodging and employment. Additionally, the Human Resources Office-Washington (HRO-W) Wounded Warrior Employment Program provides outreach and assistance to wounded warriors, helping every step of the way, from resume writing to networking.

Also working with numerous organizations, the Marine Corps Liaison Office (MCLO) coordinates events and activities for wounded warriors. Another point of contact lending a hand to wounded warriors is the Inpatient Warrior and Family Liaison Office (IWFLO), ensuring their needs are met, working with a number of groups, such as the Aleethia Foun-

ation, the Wounded Warrior Project, the Oakleaf Club of Greater Washington and the Armed Forces Foundation.

Throughout their treatment, wounded warriors also have support from the Navy-Marine Corps Relief Society's (NMCRS) Combat Casualty Assistance (CCA) program, which offers long-term care, at no cost, and sends visiting nurses to the patient at the hospital and at home. Though they don't provide specialized care, these nurses offer emotional support and advocate for the patient throughout their recovery.

Additionally, Safe Harbor coordinates non-medical support and assists with pay and personnel issues, housing, education, child care, transition assistance and transportation needs. Working with this organization, the Semper-Fi Fund offers immediate financial assistance for injured and critically ill service members and their families. The Warrior Family Coordination Cell (WFCC) is fostering relationships with charities and service organizations, allowing a smooth transition during integration. To help provide guidance to these benevolent groups during integration, the WFCC held a meeting in May and is scheduled to host another one in August as an opportunity to address military medical leaders to the region and voice their integration concerns.

Additionally, the WFCC is building a Web site to help charitable organizations stay informed and connected with one another. Through the site, groups can share ideas and specify what goods and services they have available for wounded warriors and their loved ones.

During integration with WRAMC, NSAB is making sure wounded warriors' needs are met while allowing a seamless transition.

"NSA Bethesda is honored to provide support services to the Army's Warrior Transition Unit (WTB). Just as we have already done for the Marine's Wounded Warrior Regiment, we are working with the WTB to ensure there is seamless non-medical support to the soldiers and their families," said Capt. Michael Malanoski, commanding officer, NSAB.

Suicide Prevention Resources Available For Military Members

By Mass Communication Specialist 3rd Class Alexandra Snyder
Journal staff writer

No service member or their family should ever feel like they have nowhere to turn. For anyone concerned that a military member or veteran is considering harming themselves, Naval Support Activity Bethesda and the National Naval Medical Center (NNMC) have resources readily available to assist in the event of a crisis.

In the first four months of 2011, the Navy lost 24 Sailors, according to NAVADMIN 178/11.

"The suicide prevention programs in the Navy and Marine Corps are multi-level programs that include education about the availability of mental health services, especially trying to remove the stigma of visiting mental health providers, identifying serious psychiatric conditions such as major depression, and stresses that might lead up to a service member contemplating suicide," said Larry Grubb, a psychiatrist at the National Naval Medical Center (NNMC) and Walter Reed Army Medical Center (WRAMC). "Service members need to get to know each other so they will

be more likely to spot someone who is depressed or suicidal and thus make sure that the person receives help."

The Navy has support programs such as operational stress control and the Marine Corps is putting mental health specialists in forward-deploying units to better address the unique stresses of a combat environment. The Navy has made an aggressive effort to increase the number of specialists, using all available assets, including chaplains, to help with counseling, added Grubb.

Cmdr. Paul Anderson, staff chaplain and clinical ethicist at NNMC, has dealt with military suicides. "People who commit suicide lose the ability to reason themselves through storms and fail to realize that struggling is preparation for their destiny."

Signs that someone is contemplating a permanent solution to their temporary problems include articulated hopelessness, giving away prized possessions and verbalizing a wish to die or "go to sleep and never wake up," said Anderson.

"If you notice warning signs of suicide in another person, ask them if they're thinking about harming themselves or someone else. If they say

yes, ask if they have a plan and means to do it. Then, remain with them, but call someone else into the equation who can get the person immediate attention," he said.

If the person says no to the first question, the person who noticed the signs should still watch them for further emotional deterioration and risky behavior — further warning signs, he added.

Most warning signs and ideations are cries for help that should not be ignored, continued Anderson. "People who ask for help with drug and alcohol abuse get it, so it should be no different for a person who asks for emotional help," he said. "They should not be ostracized or penalized; they should be assisted," said Anderson.

If you or someone you know is demonstrating any of the symptoms listed above, call the National Hopeline Network at 1-800-Suicide (1-800-784-2433). Behavioral Health is equipped to handle such cases and can be reached at 301-295-0500. To schedule a confidential appointment with a chaplain at NNMC, call 301-295-1510 during business hours and the command duty desk at 301-295-4611 after hours.

For more news from other bases around the Washington, D.C. area,

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TRAFFIC

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In the evenings, to help traffic move more quickly off base, Miller suggests taking an alternate route, such as Md. 355, and both the North and South Gate become congested during peak hours.

"Staff should consider using the Jones Bridge Road exits. Departing via the North or South Gate onto Md-355 is not always the most efficient way," he said.

Miller also encourages staff to consider alternative ways to commute, such as Mass Transit, carpooling, bicycling or walking, if they live nearby. For those who take the Metro, there are a host of parking lots adjacent to Metro facilities and/or park-and-rides

throughout the National Capital Area. Staff members can drive to these locations, then use their transit benefits for the remaining portion of their commute. This week, commuters can pick up transit benefits for this quarter on Thursday and Friday in the hallway outside of the upper entrance to Laurel Clark Memorial Auditorium in Building 10, 2nd deck between 8 a.m. and 4 p.m.

For details on how to apply for transit benefits visit <https://nmcintra/SiteDirectory/Facilities/commuter/Frequently%20Asked%20Questions/Forms/AllItems.aspx> on the intranet, or www.whs.mil/DFD/Info/NCRTransitSubsidy.cfm.

To learn more about commuter programs, such as carpooling, visit www.mwcog.org/commuter2, and to find out where Metro's 42 stations and adjacent parking facilities are located, visit <http://wmata.com/rail/parking>.

For more news from other bases around the Washington, D.C. area,

visit www.dcmilitary.com.

CHANGES

Continued from 1

In addition, failing the body composition assessment (BCA) is now considered an overall PFA failure and Sailors can no longer request a "bad day" exception for the BCA and are limited to one PRT retest for a given PFA cycle.

Mandatory administrative separation will continue for Sailors who have failed three PFAs within the most recent four-year period. While the instruction allows for waivers for those with three PFA failures, individuals may still face separation and may be prevented from transferring, reenlisting or extending in-service.

The instruction also stresses that passing the physical fitness assessment is a requirement for continued Navy service and failure to meet these requirements can result in administrative separation processing.

The Physical Readiness Program Operating Guide is now in place, accompanied by an updated version of the Navy Nutrition Guide and Fitness Enhancement Program (FEP) guidance that will reside online at the Navy Physical Readiness web page.

The new guide incorporates policy guidance from OPNAVINST 6110.1H and NAVADMINs 293/06, 277/08, 073/09, 247/09 and 131/10.

"A Sailor can achieve long-term health and fitness by making regular physical activity and a solid nutrition plan a lifestyle priority. That commitment is consistent with Navy Core Values and helps ensure Sailors remain competitive," said Bill Moore, Physical Readiness Program director. "Every Sailor competes to stay and fitness is one component of this process.

For a full explanation of the changes, read NAVADMIN 203/11 at www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVDMINS/NAV2011/NAV11203.txt.

At Bethesda, Sailors who have questions can call the PFA/PRT office at 301-295-5502.

New Suites At WRNMMCB Offer Smart Solutions

By Mass Communication Specialist 3rd Class Alexandra Snyder
Journal staff writer

To facilitate better patient communication and enhance patient recovery, the National Naval Medical Center (NNMC) introduced a new technology, "Smart Suites," during four informational sessions July 13.

The technology was designed by a healthcare solutions corporation and will integrate with existing technologies when Walter Reed National Military Medical Center Bethesda (WRNMMCB) opens its doors.

The initial 165 Smart Suites will bring world-class capabilities to the medical centers, said Vicki Snavely, who presented the new technologies during the sessions held in the Memorial Auditorium. The suites will be available in all Base Realignment and Closure (BRAC) rooms at first and are slated to be implemented in the Medical/Surgical Wards and Mother-Infant Care Center in Building 9, on floors five and six respectively.

"The Smart Suite combines innovative technologies, medical device interoperability, and workflow solutions to improve patient care and clinician efficiencies. The Smart Suite [also] incorporates key elements of the patient, family, and clinical experience in order to streamline the care process," said Snavely.

"This technology will improve clinical efficiency and patient care by incorporating key elements of patient and clinician experience to automate workflows and coordinate care," said Capt. Wanda Richards, assistant deputy commander for Base Realignment and Closure (BRAC) and nursing integration.

Smart Suites feature smart beds, bedside entertainment, two-way communication devices, audiovisual technologies and wireless capabilities - all controlled via a wall mounted, removable keyboard. The rooms also allow medical providers to monitor their patients' bed status, position and activity through alerts and facilitate communication with the patient through call systems.

"We're a patient, family centered care center and this technology will help patients with their recovery [by accommodating that]," said Richards. "They can pull up photos of loved ones and read e-mails . all with their wireless keyboard. These rooms will help them stay connected."

Snavely went on to note two unique features of the room - "CareAware MyStation" and "RoomLink." MyStation allows patients and their families to actively participate in the patient's recovery based on a six-part healthcare communication system:

- My Hospital provides information regarding the hospital/health system, including mission statements, lists of services, welcome video and facility maps. Additionally it can provide information about the surrounding area, such as hotel and restaurant information.

- My Education gives patients health education options including electronic documents and interactive education. They can also watch educational and demonstrative videos whenever they like or need too.

- My Schedule, presents the patient with a representation of specific events for the day including tasks. Events posted include scheduled tests, chapel services and hospital events as well as a specific task list such as exercise and patient education.

- My Opinion allows patients to provide real-time feedback regarding their stay--eliminating the delay associated with standard written survey results.

- My Health Notes offers patients information regarding their personal health record by leveraging a Web application that allows patients the ability to actively manage their medical records, explained Snavely, adding that in My Health Notes, patients - and their families - can record reminders; things that need to be followed up on regarding their care or disease process.

- My Care Team introduces providers, nurses and support staff to the patient digitally, with a photo, and allows patients to know when that particular doctor has entered the room by displaying the physician's information on a television screen in the room. When no one is in the room, the patient can still access information about their medical team on the same screen. RoomLink is an electronic sign that's placed outside patient rooms, which displays information about the patient, such as allergies. Patients can also update the status, from their MyStation device, to read "Do Not Disturb."

The suites will also be integrated with Military Health System Clinical systems to give clinicians a single platform on which to view electronic medical records and device data.

"Smart Suites are going to enhance the quality of patient care by providing information to our clinicians, patients and their families in a real time environment," said Dr. Joan Gordon, lead transition coordinator for education and training at NNMC.

"These technologies enrich the journey to becoming a world-class hospital." Added Richards, "This is exciting. With these new Smart Suites and all of its capabilities, patients may not want to go home."

For more information about Smart Suites, e-mail Richards at wanda.richards@med.navy.mil.

MyStation:
Interactive patient education and entertainment

Connectivity Engine:
Bedside medical device connection

iAware:
Clinical information blackboard

Additional Smart Suite Features:

- RoomLink- Digital signage outside patient room
- Capacity Management- Real-time location system for equipment and staff
- AlertLink- Medical device secondary alerting. At Fort Belvoir ONLY until later date

Acupuncture: Needling Your Way to Better Health

Pain Care Initiative Helping Wounded Warriors

By Mass Communication Specialist 2nd Class John K. Hamilton
Journal staff writer

A 3,000 year old medical treatment is gaining ground in the treatment of pain management of wounded warriors at the National Naval Medical Center (NNMC).

Acupuncture is based on Chinese philosophies that there are "lines of energy" that run throughout the body that if blocked can cause pain, injury or illness. It involves inserting needles into specific areas of the skin to open the lines of energy to promote healing, decrease pain, help with a sense of well-being, and aid in returning the body to homeostasis or closer to normalcy.

Joan Ordman, director of Integrated Medicine, is at the helm to lend her expertise in the field of acupuncture and create a less invasive pain care management service.

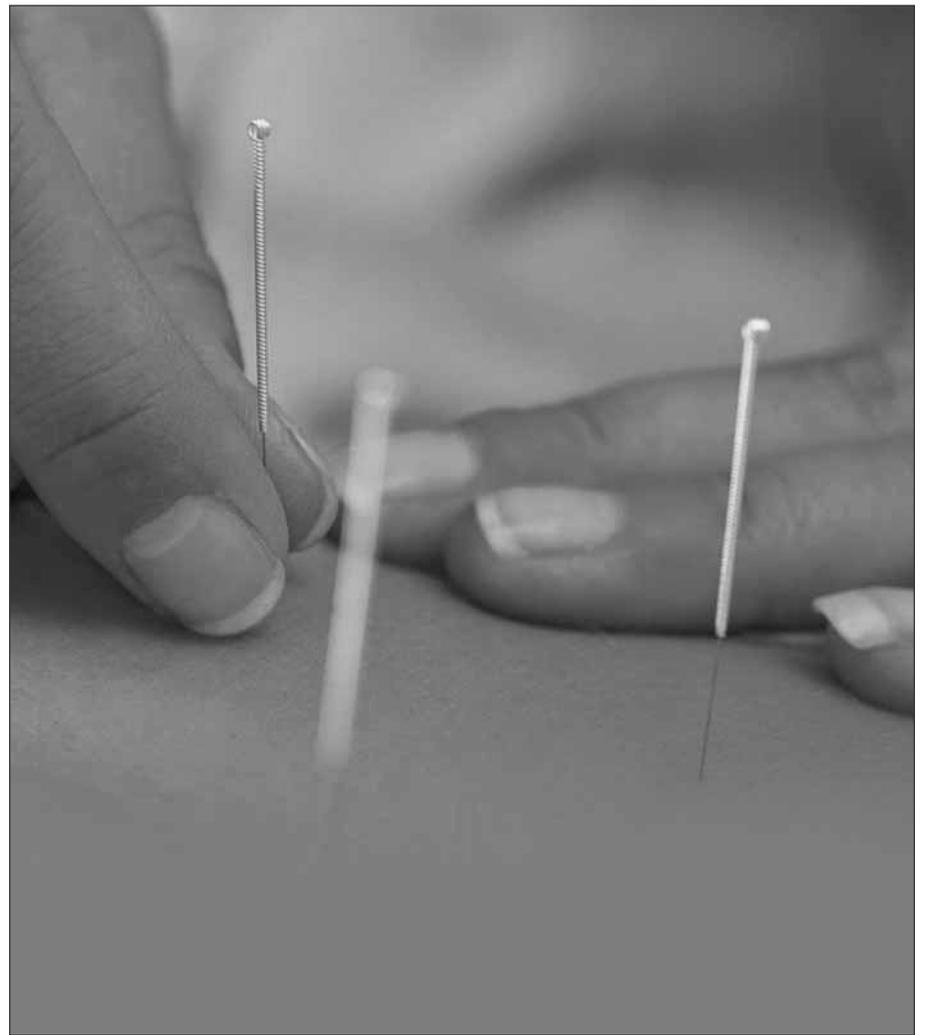
"By inserting acupuncture needles or by stimulating certain areas

of the body with the use of a laser, we're causing a production of chemicals by the brain that help produce chemicals to help get the body back to normal, and help improve inflammation, reduce stress, help healing, and decrease pain," said Ordman, who is also chief of acupuncture services for the Wounded Warrior Pain Care Initiative (WWPCI).

Needles used in acupuncture are about the size of a hair and are normally inserted in the fat, muscle or skin. Once inserted, the needles stay in place for about 20-30 minutes, causing only a small amount of pain or discomfort. Effects can be felt within minutes.

"Your whole body is represented on your ear, so for the wounded warriors [who] might have an amputation and phantom limb pain, I insert needles into the part of the ear that corresponds [with] their legs to alleviate their pain," said Ordman.

The acupuncture program, still



within its adolescence at NNMC, is demonstrating its advantages as an alternative and combined pain management service.

The acupuncture program is

starting to [grow]. One of the reasons we do this is because we want to provide a homeopathic alternative, said Ronald Madison, WWPCI program manager.

IHS, Staying Ahead of the Game

By Hospitalman Justus Casino
Contributing Writer to the Journal

To help combat anxiety about patient care, the National Naval Medical Center (NNMC) has implemented a new service dedicated to improving overall wellbeing by making healthcare more accessible.

Integrated Health Services (IHS), an extension of the Internal Medicine/Medical Home Clinic at NNMC, offers classes, ongoing group sessions and individual consults aimed at improving a patient's health.

"We were seeking a solution for going from healthcare to health," said Cmdr. Kevin Dorrance, chief of Internal Medicine at NNMC. "[We were looking at] how do we keep people healthy instead of [just] serving them when they're sick. We want to focus on behavior change instead of pharmaceutical interventions."

IHS also works with many other departments and clinics to help better serve patients, including dietitians.

"Many of the medical problems that people suffer from have a large lifestyle component, and many diseases are preventable through diet, exercise and stress management,"

said Lauren Thomas, a registered dietitian at NNMC. "Our goal is to help patients be readily engaged in their own health. We want them, and therefore us, to be proactive and not reactive."

Any patient seen in the Medical Home clinics at NNMC is eligible to partake in the comprehensive services offered through IHS. Such benefits include spiritual care and counseling, a work site walking club, anger management courses, behavioral health consultations, sleep enhancement and tobacco cessation classes. Additionally, NNMC staff members are eligible to participate in the Mind-Body Medicine Program, which strives to empower individuals towards optimal health by offering knowledge and skills in ancient and universal techniques for self care, said Thomas.

"The program offers lunchtime meditation, yoga classes, guided imagery, and expressive arts and skills groups, is intended to take advantage of patients' innate capacity for healing and awareness," she said.

For added convenience, nearly all of the IHS classes are in one centralized location on the second floor of the America Building. During a routine checkup, a provider may determine a patient has high blood pressure because of an inadequate

diet, and then refer them to a registered dietitian on site without the patient having to schedule another appointment or travel to another clinic, Thomas explained.

"This service enhances the patient experience exponentially by making it very convenient and stress free for patients to get the help they need and deserve," said

Thomas.

Class times vary from 30 minutes to two hours. A calendar of events is available at the front desk of the Internal Medicine clinic. Many courses are drop-in, but some require advance registration. For more information or to register, call the Integrated Health Services at 301-295-0105.

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