



NCR Military Treatment Facilities Continue Providing Quality Care During COVID-19 Pandemic

A nurse at Naval Hospital Jacksonville's intensive care unit, uses telehealth to discuss patient statuses and recommendations. Telehealth is the use of telecommunications and information technologies to provide health assessment, diagnosis, treatment, consultation, education, and health-related information across distances. Telehealth provides access critical care resources during the COVID-19 pandemic. U.S. Navy photo by Jacob Sippel.

By: Mass Communication Specialist 2nd Class Jason Amadi, Naval District Washington Public Affairs

WASHINGTON (NNS) – Despite physical distancing guidance and stay-at-home

orders as a result of COVID-19, military health care providers in the National Capital Region remain at the ready to provide service members, retirees, and their families quality healthcare at military treatment facilities (MTF) in the NCR or online via virtual care.

To mitigate the spread of COVID-19, MTFs have reduced operations and moved towards virtual care; however, for patients who require in-person care from their primary care providers, all 18 MTFs in the NCR remain open and fully serviceable during the COVID-19 pandemic.

"We're in the middle of a pandemic and we know people are scared," said Dr. Paresh Lakhani, Naval District Washington (NDW) public health emergency officer. "They don't want to go to their doctor or hospitals right now and we understand that. COVID-19 is real and there can be increased risk if you go to certain places. However, you should not ignore your medical issues."

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DEFEATING COVID-19

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Online Tutoring Now Available for Military and Civilian Families

WASHINGTON (NNS) -- With schools from Pre-K through college shut down due to the COVID-19 pandemic, Navy military and civilian families are often navigating uncharted waters when looking for studying help for their children's schoolwork or even their own -- until now.

Thanks to the Department of Defense Military Community and Family Policy Office, the extended military family now has round-the-clock tutoring assistance through the website tutor.com at no cost.

All of this is just a screen tap away for the extended Navy family, as the service announced access is available in the latest update of the MyNavy Family mobile app.

"Shipmates, this is an incredible benefit, and we are excited to be able to put tools like this in the hands of our Sailors, civilians and their entire families," said Vice Adm. John B. Nowell, the Navy's top uniformed personnel officer. "With schools closed at all levels, this is yet another way we can ease some of the stress on our

total workforce at a time they can really use it -- please spread the word."

Tutor.com dishes up on-demand academic support 24-hours a day, 7-days a week in more than 100 subjects with a full range of assistance for young children through college-level courses.

This will be especially useful for parents at home with kindergarteners through 12th graders who are currently navigating at-home learning. With less than normal access to their teachers these days, the DoD wanted to ensure that families had help available through one-on-one tutors.

Along with their academic programs, which go beyond just homework help, they can also help with college entrance and equivalency test preparation. Services for spouses include peer coaching and professional development as well as career training assistance.

The most significant change is the tutoring service is now open to all DoD

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In addition to being NDW's public health emergency officer, Lakhani also serves as the chief of occupational health for the Washington Navy Yard Branch Health Clinic. He says patients holding off on care during the pandemic may face longer than expected delays in care once the pandemic is over. Delaying treatments or preventative measures such as a colonoscopy during the COVID-19 pandemic can lead to certain conditions worsening.

"Eventually when we open things back up fully and you want to get a new issue checked out, everyone else is going to be doing the same thing. That could be the difference between life and death for certain conditions. That's what we don't want."

Lakhani says that is where telehealth comes in. At the very minimum, if someone has a medical issue, they should make a telehealth

appointment with their primary health care provider and make decisions together, especially if there are any new questions or concerns.

Personnel looking to make virtual health appointments with providers can do so via the same means they'd normally schedule an appointment, such as over the phone or through the secure messaging portal.

Between February and April, the NCR went from 170 providers using virtual care to 1,170. The NCR also grew from 39 virtual care appointments via Adobe Connect to 2,800 over the same period. Capt. Lea Beilman, chief health informatics officer for the NCR says she believes the increase shows that it will remain a viable tool going forward.

"Those methods have always been available, but with COVID-19 those are the preferred

methods for patients who don't need to come in and visit their provider in-person.

I think that will just become a normal part of care going forward for a lot of conditions. You'll be able to get the same quality of care without the stress of driving to the hospital," said Beilman

According to Lakhani, MTFs in the NCR welcomes those in need of care to seek necessary treatment, even if that means going to a clinic or hospital.

"We're still open for business and there's still appointments available. When you think about things like medical care, it's the same situation as when you go to the grocery store. You need to get groceries so you can eat. Getting a doctor to check you out is going to keep you alive just like food will. It's important that you don't ignore your health just because of COVID-19," said Lakhani.

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affiliated individuals and families, including both active, Guard and Reserve service members, as well as DoD affiliated civilian personnel and their families. Also eligible are

Army and Naval Reserve Officer Training Corps and Service Academy Midshipmen and Cadets. This expanded service went live April 20 and is currently scheduled to be available through June 30.

Gaining access is as simple as going to Tutor.com/military. Access to tutor.com and many other educational resources are also available through Navy MWR www.navymwrdigitallibrary.org/

Weekly Tip for Working at Home



Keep Clearly Defined Working Hours

Just as you designate and separate your physical workspace, you should be clear about when you're working and when you're not. You'll get your best work done and be most ready to transition back to the office if you stick with your

regular hours. Plus, if your role is collaborative, being on the same schedule as your coworkers makes everything much easier.

Use Official News Sources

Monitor official news resources and public health updates regularly to stay informed. Navy Region Naval District Washington will continue to provide weekly (or more frequently as needed) updates.



See Navy-specific updates for the Navy family on the [NDW Facebook Page](#)

Navy MWR Digital Library Always Open

From Commander, Navy Installations Command Public Affairs

WASHINGTON (NNS) -- Base libraries may be closed, but the Navy Morale, Welfare and Recreation (MWR) Digital Library remains open as the nation and Navy address the ongoing pandemic.

The MWR Digital Library offers access to thousands of books and resources for authorized patrons to use for recreational purposes, professional development and academic support.

"The digital library has something for everyone," said Erika Hoagland, MWR systems librarian for CNIC. "Whether it is picking up a new skill or reinforcing an old one. Finding a new movie to watch. Listening to music and learning the lyrics. Taking up a new language. Thinking about the next step in your career development or losing yourself in a book for a few hours. Our digital library has you covered."

The digital library, which can be accessed at www.navymwrdigitallibrary.org is open to Sailors, Reservists, retirees, Navy civilian personnel and their families as well as eligible contractors with MWR privileges. Personnel assigned to the Marine Corps and Coast Guard are able to join.

The MWR Digital Library provides users with more than 30 free online services that cater to all age groups and preferences.

For leisure purposes, try Freegal Music and Kanopy streaming video. Both can be used through apps after registering. Freegal Music has every genre of music. Listeners can download three songs a week and have unlimited, ad-free streaming access. Besides movies and documentaries for adults, Kanopy has a large selection of children's video, including story time books.

OverDrive has nearly 90,000 audiobooks and ebooks, including the CNO Professional Reading Program titles and the latest bestsellers for children, teens and adults. RBdigital has thousands of audiobook titles

with no waitlists as well as magazines and Great Courses videos.

The MWR Digital Library provides access to Gale, which is an online research and education publishing service. Through September, Gale users have expanded access to thousands of new full-text academic journals. The digital library also offers research investment and persona finance options with Morningstar Investment Research Center and Weiss Ratings.

For those who are preparing for various examinations and standardized tests, such as the ASVAB, ACT and GRE, the digital library provides access to EBSCO Learning Express, which prepares users to take over 100 exams.

Finally, to support military children, including those who have been impacted by COVID-19, the digital library provides access to Scholastic Pre-K through 12th grade collections, featuring nonfiction ebooks, lesson plans, printable handouts and more for learning at home.