

Naval Branch Health Clinic Sasebo

Available Services

The Main Base Clinic and Hario Village Housing Annex provide primary care and dental care services. Our Family Practice providers are trained to handle the vast medical needs of both children and adults. Independent Duty Corpsmen provide basic medical care to the active duty population. Routine appointments are available for active duty and active duty family members. Retirees, retiree family members, and DoD civilians may also utilize services on a space available basis. Patients should call 252-8872 to make an appointment.

Examples of routine care include:

- Physical exams/Well baby checks
- Coughs, colds, and low fevers
- Medication refills
- Dental exams and cleanings
- Dental Fillings

Specialty Care

There are no full-time health care specialists assigned to the clinic, though specialists from Naval Hospital Yokosuka occasionally travel to Sasebo to provide limited services. Patients requiring specialty services who can not wait for the visiting providers will be referred to a local Japanese specialist or medivac'd to a military facility in Japan or the US.

Urgent Care

A medical provider and nurse are on call 24 hours a day 7 days a week for the Main Base clinic to assist patients with urgent medical needs. There are no urgent care services available at the Hario Annex. Patients can contact the clinic at 252-2550 to speak to a nurse. The on-call nurse will assess the patient's symptoms and provide advice on the course of action to ensure proper treatment. This may include home care, an appointment with a provider, or contacting emergency transport to a Japanese hospital.

Examples of urgent care include:

- Broken bones
- Minor cuts or burns
- Fever 104 or higher (100.4 for newborns)
- Sprains or strains
- Eye injuries
- Dental swelling, pain, or trauma

Emergency Care

There is no emergency room at the Main Base or Hario clinics. Emergency response and transportation via ambulance is available for patients seeking emergency care on main base and Hario. Japanese ambulances respond to all off base emergencies. Emergency care is provided by the local Japanese hospitals. Patients should call 911 on base or 0956-50-0911 off-base for emergencies.

Examples of emergency care include:

- Chest pain
- Severe abdominal pain
- Difficulty breathing/shortness of breath
- Deep cuts or bleeding that will not stop
- Severe burns
- Sudden blurred vision
- Sudden severe headaches
- Coughing or vomiting blood

Having a Baby in Japan

While our Family Practice physicians provide prenatal care, the clinic does not have the resources to deliver babies. The following options are available for delivery; however, if your physician determines that your pregnancy is “high risk”, this may limit your options for prenatal care and delivery.

- **Return to the States**
This will be at your personal expense or EML (Environmental Morale Leave). You will also be responsible for finding a physician in the area you are moving to. If you wish to deliver in the States, notify your physician immediately. Flying after 28 weeks gestation is not recommended and many airlines may have restrictions,
- **Medevac to Yokosuka**
U.S. Naval Hospital Yokosuka has facilities for routine and low-risk deliveries after 36 weeks gestation. Pediatric and anesthesiology specialists are available in house. If you decide to deliver in Yokosuka, you will receive your prenatal care at NBHC Sasebo until approximately 35 weeks gestation at which time you will be medivac'd to USNH Yokosuka.
- **Local Japanese Obstetrical Care**
The capabilities of local Japanese facilities vary from place to place, but most can be equated to a birthing center in the States. If you choose this option, you will receive prenatal care at the clinic until around 20 weeks gestation and then you will be referred to a Japanese civilian provider. Japanese facilities are very nice and often look more like hotels than hospitals.

The clinic staff will provide you with more details for each of the options above so that you can make an informed decision about which option is best suited to your needs.

Prior to Arrival

- **Overseas Screening**

All active duty and their family must complete overseas screening prior to leaving the states. Immunizations must be up-to-date and a physical exam will be performed. The paperwork can be provided by the Patient Administration department at the medical facility closest to your current duty station. With limited medical resources in the Sasebo area, individuals with complicated chronic or acute conditions may not be able to transfer here. The overseas screening process can help determine the needs of the member and family and whether the clinic can provide the medical oversight required. The entire process can take 2-4 weeks to complete.

- **Immunizations**

There are no required immunizations for entry into Japan; however we recommend that you receive a Hepatitis A and PPD before departing your current duty station.

The following link outlines recommended vaccines.

<http://wwwn.cdc.gov/travel/destinationJapan.aspx>

- **Immunizations required for School & Daycare**

Routine scheduled immunizations should be completed prior to placing children in school or daycare. Your medical provider or the immunization office can provide you with the vaccines your child may need.

Upon Arrival

- **Checking into Medical**

Once you've arrived at CFAS, please check into the clinic's Patient Administration department and TRICARE office on the third floor.

- Active Duty Service members must bring in their medical records. Since Family Members can no longer hand carry their medical records, the clinic staff will assist them in filling out a request form so the records will be transferred.
- The TRICARE office staff will enroll all new arrivals (active duty & family members) and assign them a primary care manager.

Important Phone Numbers

1. Emergencies on Base	911
2. Emergencies off Base	0956-50-0911
3. Appointment Line	252-8872
4. Nurse Advice	252-2550
5. Medication Refills	243-4689
6. TRICARE Enrollments	252-2572
7. Patient Administration	252-3625
8. Fleet Liaison	252-2560
9. Substance Abuse Rehab Program (SARP)	252-2533
10. Educational Development Intervention Service (EDIS)	252-3888
11. Occupational Health	252-2585
12. Preventive Medicine	252-2586
13. Industrial Hygiene	252-2584
14. Senior Enlisted Advisor	252-2594
15. Officer in Charge (OIC)	252-2589