



# The Journal

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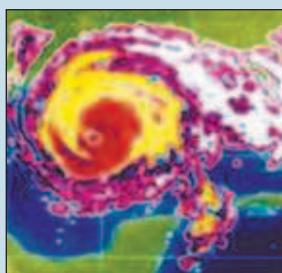
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## Stay Active, Safe With Your Kids This Summer

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

In conjunction with First Lady Michelle Obama's "Let's Move!" campaign, the International Health Racquet & Sports Club Association (IHRSA), located nationwide, is offering service members and their families the opportunity to sign up online for free sports club memberships and personal training.

IHRSA will work with its members to offer free memberships to family members, ages 13 and older, of actively deployed reservists and National Guard members. In addition, the American Council on Exercise (ACE), an organization that works to certify and support fitness professionals, is providing at no cost at least one million hours of personal training and fitness instruction to families of deployed service members, said Robin Schepper, executive director of "Let's Move!" in a

May 9 press release.

"Such collaborations are important steps forward in making sure military families have the support they need to stay active and healthy. The goal of 'Let's Move!' is to solve the problem of the childhood obesity epidemic within a generation, so that children born today will grow up healthier and able to pursue their dreams," said Schepper.

While physical activities are vital to the health and well-being of America's youth, and children spend more time playing and participating in sports during warmer months, the National Naval Medical Center (NNMC) would like to remind parents of the importance of doing so safely.

"Parents should ensure their children do not participate in excessive exercise during times of high temperature and humidity," said Lt. Michael Cunningham, a pediatric resident at NNMC and the Walter Reed Army Medical Center (WRAMC).

He also noted children are especially susceptible to heat cramps, heat ex-

haustion and heat stroke.

Warmer temperatures also bring another risk of heat related injury - sunburn, Cunningham warned.

"Sunscreen use in children is very important to protect [their] sensitive skin from the harmful effects of the sun's ultraviolet (UV) rays," he said. He added that for children over the age of six months, the most effective protection against sunburn is covering up.

"Wear a hat, sunglasses and cotton clothing," he said. "Try to stay in the shade and whenever possible, limit sun exposure during peak intensity hours - [between] 10 a.m. and 4 p.m. On both sunny and cloudy days use sunscreen with a sun protection factor (SPF) of 15 or greater and apply one ounce every two hours or after swimming or sweating. Also, use extra caution near water and sand, as they reflect UV rays and may result in sunburn more quickly."

Infants under the age of the six months should not wear sunscreen, he

See **SUMMER** page 9

## Helping Our Patients Breathe Easy

### Bethesda Offers Asthma Education Classes

**By Sarah Fortney  
Journal staff writer**

Every day in the U.S., 11 people die from asthma attacks, according to the Asthma and Allergy Foundation of America (AAFA). To help asthmatic patients recognize warning signs and effectively manage their disease, the National Naval Medical Center's (NNMC) Pulmonary Clinic will offer Asthma Education Classes beginning this month.

"If you don't manage asthma, it will manage your life, and that's [what] we try to avoid," said Shannon Coles, a certified asthma educator in NNMC's Pulmonary Clinic. "If you take

the medications and use the devices we teach you to use correctly, you can have a normal life. That's what we promote."

Beginning June 7, the hour-long sessions will be held every Tuesday between 8 and 11 a.m. and between 1 and 3 p.m. They will be open to all military beneficiaries and their dependents who have been diagnosed with asthma.

A chronic illness, asthma is characterized by inflammation of the airways caused by a "trigger," or an allergen, such as pollen, grass, animals, perfume or smoking, said Coles.

See **BREATHE** page 9



(photo by Sarah Fortney)

On Tuesday Shannon Coles, left, talks to Army Capt. Dennis Manzie, who works at Fort Meade, about the importance of tracking asthma signs and managing symptoms. Coles, a certified asthma educator who works in the National Naval Medical Center's Pulmonary Clinic, handed out information to patients and staff every Tuesday in May as part of Asthma and Allergy Awareness Month.

## Commanding Officer's Column

While June 21 marks the summer solstice, most of us consider Memorial Day as the official start of summer. Although we have had a wet and relatively cool spring, right on cue the thermometer climbed this past weekend, and Memorial Day brought sun and heat in equal abundance. For those who forgot the sun screen, you are paying for your memory lapse as you read this article.

While all of us enjoy our time off, for some reason summer and weekends go together. The rest of the year we use the weekend to recover from our work week. In the summer, it sometimes feels that the converse is true; we use the week to recover from the weekend.

While I am all for people enjoying the summer, as with almost anything, there can be too much of a good thing. There is a difference between relaxing and being careless. Forgetting sunscreen is one example. Another is over indulging in both food and drink. Still another is forgetting to use proper safety gear when riding motorcycles or bikes.

NSA Bethesda recently hosted a safety stand down in preparation for summer, and it was well attended. Having sat through a few of these in a 30 year career, I realize that retention in these lectures depends on the time of day, the proximity to the last meal, and how much sleep the individual had the night before, or expects to get that night. Given the aforementioned, I would like to reinforce the basic message of the stand down: staying safe is common sense. It does not stop the fun, but ensures that you will continue to have it. So use sunscreen, wear your protective gear, and if you intend to drink alcohol, even if you have a designated driver, or can walk home, drink in moderation.

For those who have forgotten, this summer is also the time when WRAMC personnel will make the move to NSA Bethesda. Growing up with 11 brothers and sisters I learned there are sometimes advantages to being a guest, but it is important to understand and accept that while in the past when WRAMC came over, they were guests, this summer, they will become family. Take the time to help them learn the ropes. There are many mis-



perceptions out there, and one of them is that we are not looking forward to them joining our team. This installation, and the hospital have a bigger mission post BRAC, and we can't meet that mission without additional personnel. We are lucky enough to have WRAMC people who understand what we do and how we do it to fill most of those positions. They will be a key to our success. Taking the time to make contact before they arrive will pay huge dividends after they arrive; and yes, there will be some passionate discussions.

Finally, everyone needs to prepare for the impact of the additional personnel on traffic and parking. While we will have new garages coming on line soon, even with those additions parking will be significantly tighter as the summer progresses. Look into our mass transit, carpool, and alternative transportation options now. It will be time well spent. Remember your commute is from the time you leave home to the time you get to your office. It is not from the time you get on base. We all know the difference in the two now, and if you drive your own car, and you're the only one in it, that difference will only increase post BRAC. Doing your homework will benefit everyone.

Commanding Officer  
NSA Bethesda sends,  
Captain Michael Malanoski  
Medical Corps, United States Navy

## Bethesda Notebook

### William III Cafe Open in America Building

William III Espresso Cafe is now open in the America Building. Located on the first floor near the lobby, the cafe is open Monday through Friday, 6:30 a.m. to 2 p.m., selling muffins, bagels, donuts, coffee and lunch. If you have any questions, call Teresa Oyler at 301-295-6354.

### MWR Offers Drawing Class

The Morale, Welfare and Recreation (MWR) Liberty Urban Arts (LUA) is offering a free Introduction to Drawing class today in the Liberty Zone from 5 to 7 p.m. The class is open to E1 — E6 single service men and women, geographical bachelors and wounded warriors. For more information, e-mail [louise.liang@med.navy.mil](mailto:louise.liang@med.navy.mil).

### Father's Day Dinner for Veterans

The Columbia Lodge #85 in Washington, D.C., will host a Father's Day Dinner June 19, from 1 to 6 p.m., to thank military members for their service. Veterans from the National Naval Medical Center (NNMC) are invited to enjoy a day of food and fellowship. For more information, call Maceo Jones at 202-387-6880.

### Re-Entry Performance Presented at NNMC

National Naval Medical Center's (NNMC) Stages of Healing Program and the DoD Deployment Health Clinical Center presents "ReEntry," an inspirational play about veterans coming home. The play, open to all patients, families and staff, will be held at noon on June 20 in NNMC's Memorial Auditorium. Admission is free.

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# Rolling Thunder Rumbles Through Bethesda

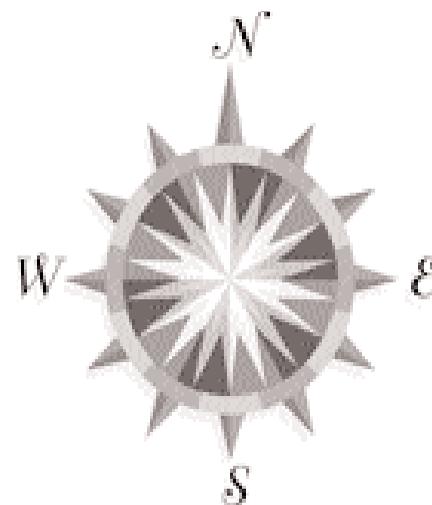


(photo by Sarah Fortney)

Flanked by members of Rolling Thunder, Joshua Elliott, a patient at the National Naval Medical Center (NNMC), receives an impromptu bagpipe lesson on Friday. Visiting patients and staff, the motorcycle enthusiasts stopped at NNMC to show their appreciation for service members. They then continued on their ride to D.C. for the 23rd Annual First Amendment Demonstration Run, a four-day bike rally held each year during the Memorial Day weekend. The rally raises awareness about issues concerning veterans benefits, troops missing in action and prisoners of war.

# 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: There is too much vehicle congestion in the America garage.**

**A:** There are eight floors of parking for 944 vehicles. We are continuing to work on signage to keep both pedestrians and vehicles safe as well as the flow of traffic moving.

**Q: It appears that there are unauthorized cars parking in handicapped slots.**

**A:** If you see unauthorized cars parking in handicapped slots, please bring it to the attention of Security by stopping by the Police Dispatch Office in Building 7 on the first floor, or by informing one of the Blue Jacket Assistants. When it's brought to the attention of security staff, they will investigate and if they find a violation they will enforce it.

**Q: There are no baby changing stations in the America Building.**

**A:** Baby changing stations have now been installed and are located in the bathrooms on the first, fourth, fifth and sixth floors.

If you would like to provide specific feedback on your experience, e-mail [patient.navigator@med.navy.mil](mailto: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.

# Cancer Care Clinic Puts Patients and Their Families First

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

Dedicated to providing high quality health care to all patients, the Hematology/Oncology clinic at the National Naval Medical Center (NNMC) strives to become one of the country's premier cancer care clinics.

Upon entering the clinic, patients are greeted by hardworking staff members, committed to ensuring patients are treated with the utmost respect, dignity and sensitivity while receiving treatment, said Hospital Corpsman 3rd Class Steve Chapman, leading petty officer of the Hematology/Oncology clinic.

"This is a really good clinic to work in and the patients make it a very special place. When you work here you become really attached to them, so you want them to

come in and [be] greeted by the corpsman, doctors and front desk personnel," said Chapman.

In addition to their friendly customer service approach, the clinic is working to build upon its palliative care program.

"Palliative care is a program that works with chronically ill patients who don't have a curative prognosis, which means we will never cure their disease, but we focus on their quality of life, their comfort of life and all the issues that surround it," said Jerry Waddell, palliative care program manager.

During palliative care, the program uses "Five Wishes," which allows the patient to identify others who they'd like to make decisions for them when they're unable to make decisions on their own. It also allows them to decide what type of treatment they prefer, how comfortable they want to be, how they want people to treat

them and lastly how they wish to be remembered, he said.

"This is a critical part of how we help the patients understand what their long term care is going to be about," said Waddell.

The clinic's integrated cancer care course is designed to help patients and their families understand their treatment. This is also where patients meet their health care team to discuss their care plan, receive a tour of the treatment area and meet others involved in their ongoing care.

"All of our new cancer patients are offered this half day class where we teach them everything they need to know about nutrition and things to expect around the clinic. It also introduces them to their doctors. It's a really good program," said Chapman.

Additionally, patients



(photo by Sarah Fortney)

During a memorial service May 20, hosted by the Hematology/Oncology Clinic, staff members tie ribbons to a tree in the hospital's healing garden to remember those who passed away from cancer last year.

# Movers & Shakers

**By Cat DeBinder**  
Journal staff writer

*This is an installment in a series of articles spotlighting some of the hardworking and dedicated individuals who are making a huge and positive difference at the Naval Support Activity Bethesda. There are so many components involved in the smooth operation of an organization this large and many individuals who come together to meet these needs. These "Movers and Shakers" have been working within their communities, many behind the scenes and out of the lime light, ensuring the foundation of our success.*

In this week's column, we spotlight Lt. j.g. Karen Sanchez, who recently worked as a perinatal nurse in the National Naval Medical Center's (NNMC) Mother Infant Care Center (MICC). Already, in her short career as a Navy nurse, Sanchez has made a name for herself and a powerful impact on others.

Born in Los Alamos, N.M., Sanchez lived in several

places across the country and overseas. After earning her Bachelor of Science in Aerospace Engineering from Boston University, she served four years with the Marine Corps as a communication electronics technician. Sanchez later changed her career path and went on to receive a Bachelor of Science in Nursing in 2008 from Indiana University, where she accepted a commission as a Navy Nurse Corps officer. Before reporting to the Pediatric Ward at Walter Reed Army Medical Center, where she currently works as a clinical pediatric nurse, Sanchez provided care for high-risk obstetrical patients and newborns at NNMC. At that time the department averaged 180 deliveries a month.

As a perinatal nurse in the MICC, Sanchez cared for both delivering moms and post-partum moms, and assisted in the operating room during C-sections and in the post-operative care unit (PACU) after the procedures. Now, as a clinical pediatric nurse at Walter Reed, she



Lt. j.g. Karen Sanchez

continues to care for inpatient pediatric surgical patients before and after surgery, as well as pediatric cancer and pediatric patients.

Sanchez, still a driving force at NNMC, serves on a committee to help patient satisfaction and the delivery of quality care. As chairman of NNMC's Comfort Rounds Committee, Sanchez oversees the Comfort Rounds Protocol, a hospital-wide, evidence-based initiative to reduce the number of falls,

improve pain control and the delivery of quality patient care throughout the hospital's inpatient wards. Given the success of this program and her efforts, which have resulted in improved pain management and increased patient satisfaction and safety, Sanchez was asked to present the Comfort Rounds Protocol at the 2010 Association of Women's Health, Obstetric and Neonatal Nurses Annual Conference.

With numerous clinical qualifications under her belt, Sanchez is certified in Pediatric Advanced Life Support (PALS) and Neonatal Resuscitation Program (NRP), as well as Advanced Cardiac Life Support (ACLS) and Basic Life Support (BLS). Additionally, she has completed Advanced Life Saving in Obstetrics and Pediatric Biotherapy Provider courses.

"As a junior officer and nurse, Lt. j.g. Sanchez embodies the highest standards of excellence of the Navy Nurse Corps and serves as a role model for others to emulate," said Lt. Andrea Hernandez, MICC division

officer.

Army Capt. Jennifer Easley, clinical nurse officer in charge of Inpatient Pediatrics at WRAMC, said Sanchez has shown she is well on her way to becoming an expert clinical pediatric nurse.

"She has ensured that only the highest quality patient care is rendered on our 16-bed inpatient pediatric ward," said Easley. "Her dependability and hard work have not gone unrecognized by the entire Walter Reed Department of Nursing and she is a true asset to the pediatric team."

Sanchez attributes her success to her supportive family as well as her strong work ethic and initiative to identify problems and develop solutions.

"I greatly appreciate having been chosen as a Mover and Shaker. It is a tremendous honor to have been selected for this recognition from among the many outstanding men and women serving at NNMC," she said.

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# Helping to Protect Patient Privacy

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**By Mass  
Communications  
Specialist Seaman  
Dion Dawson  
Journal staff writer**

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The National Naval Medical Center (NNMC) not only encourages patients to be aware of their privacy rights, but also reminds staff of their vital role in protecting patient information.

"A lot of people don't understand their rights and re-

sponsibilities as a patient," said Joe Davidge, Privacy Compliance Officer for NNMC.

The Health Insurance Portability and Accountability Act (HIPAA) of 1996, enacted by Congress in 1996, protects health insurance coverage for workers and their families when they change or lose jobs. Also known as the Administrative Simplification (AS) provisions, HIPAA also requires

the establishment of national standards for electronic health care transactions and national identifiers for providers, health insurance plans and employers.

At NNMC, it's Davidge's job to help ensure HIPAA compliance, assure patients' information is secure and offer guidance to those who feel their information may have been wrongfully disclosed or used.

"It is everyone's responsibility as employee's of this Command to assure the systems of records involving protected health information (PHI) for all employees and patients, is secure," said Davidge.

A patient's information is private and, if it gets in the wrong hands, it could affect that individual's life and livelihood, he said.

When it comes to patient privacy, all staff members

are encouraged to do their part. Saben Emmons, IT One Stop Shop Department's help desk lead, said there are many privacy risks involved in file sharing, passing documents via email.

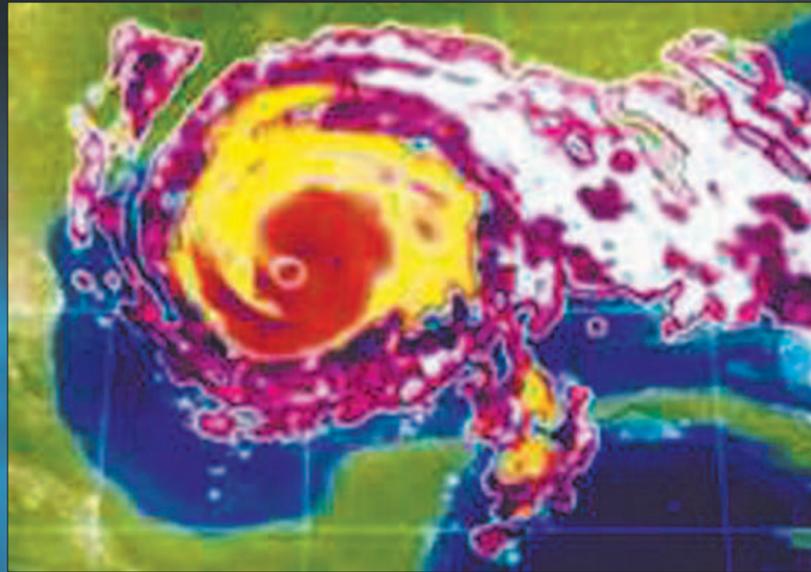
"With this being a hospital, there are social security numbers involved with multiple files, prescriptions and more," said Emmons. "The important thing to remember is to send info in secure

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See **PRIVACY** page 9

# EMERGENCY PREPAREDNESS:

# CAN YOU WEATHER THE STORM?



The Saffir-Simpson Hurricane Scale is a 1-5 rating based on the hurricane's present intensity.

#### Category 1 Hurricane:

Winds 74-95 mph (64-82 kt or 119-153 km/hr). Storm surge generally 4-5 ft above normal. No real damage to building structures.

#### Category 2 Hurricane:

Winds 96-110 mph (83-95 kt or 154-177 km/hr). Storm surge generally 6-8 feet above normal. Some roofing material, door, and window damage of buildings.

#### Category 3 Hurricane:

Winds 111-130 mph (96-113 kt or 178-209 km/hr). Storm surge generally 9-12 ft above normal. Some structural damage to small residences and utility buildings with a minor amount of curtainwall failures.

#### Category 4 Hurricane:

Winds 131-155 mph (114-135 kt or 210-249 km/hr). Storm surge generally 13-18 ft above normal. More extensive curtainwall failures with some complete roof structure failures on small residences.

#### Category 5 Hurricane:

Winds greater than 155 mph (135 kt or 249 km/hr). Storm surge generally greater than 18 ft above normal. Complete roof failure on many residences and industrial buildings.

**By Mass Communication Specialist Seaman Dion Dawson**  
*Journal staff writer*

When there is an emergency, we often ask many questions - what's happening, where do I go, what do I do and who do I talk too? Naval Support Activity Bethesda (NSAB) and the National Naval Medical Center (NNMC) want staff members to know what to do before such questions arise.

"With our recent code white drill, which deals with an active shooter, we were able to answer a lot of questions surrounding active shooters and emergencies in general," said Christopher Gillette, NNMC's operations and emergency management chief. "The amount of meticulous preparation and attention to detail put into our emergency management is justified with positive results from countless drills and data collection. We are a smarter staff because of it."

During an emergency, it's important to determine exactly what's going on, activate the appropriate security codes and act accordingly, Gillette stated.

"We rely on senior leadership to pass the word down, but it's through constant reinforcement that success is achieved," he said. NSAB conducted and participated in a total of more than 10 emergency management

drills in the last year alone. Not only does preparation take precedence at Bethesda, patient, staff and visitor safety also remains a top priority.

"The good thing about being at this command is you have people in the areas around you that have been trained and drilled," said Ron Kunz, NSAB's emergency manager. "We ask our supervisors and trained medical staff to, in an emergency situation, look for the visitors and people in the waiting rooms that don't know which direction to go."

Patients and visitors will look to staff members who know what to do in the event of an emergency. For example, during an impending hurricane, Kunz said staff should take the lead and instruct everyone away from glass and windows, and move toward the inward most part of the building. He also suggests being aware of flooding, especially in basements. Kunz continues to try to educate as many staff as possible.

"The more the person is educated about the situation, the less likely they are to be stressed or excited when something happens. In my training and educating of people, it brings calmness and leadership in times of emergency through the people [who] are prepared. If something does happen, heaven forbid, we will be in the position to maintain [operations]," he said. "If you are reading up about [an] impending hurricane, you

should already be thinking about your role in management of that situation if it comes."

He went on to stress it's important to pay attention to the news, be aware of information that's available and know your role so you can stay ahead of the storm.

"Emergency management is a team effort. It's not one person. It's a group of individuals that help protect the installation," he said. "Preparedness is extremely important.

The more experience, education and background a person has, the less likely they will be surprised when an emergency takes place, Kunz said. People can't read everything, but if they at least catch an article in the Journal or in postmasters, they can absorb the information and will likely be less anxious during an emergency, he added.

As hurricane season approaches, June through November, staff members are encouraged to keep a supply kit at home, including items such as batteries, two-way radios, manual can openers, first-aid kits, cell phone chargers, a weather band radio, water storage containers and storm shutter devices made for storm damage prevention.

For more information on emergency management at NSAB, contact Ronald Kunz at 301-295-2219 or [ronald.kunz@med.navy.mil](mailto:ronald.kunz@med.navy.mil).

# Helping Military Families With Special Needs

By **Mass Communication Specialist Seaman Dion Dawson**  
Journal staff writer

Accommodating the needs of military families with special needs, the Exceptional Family Member Program (EFMP) provides comprehensive and coordinated medical assistance, as well as educational, community and personnel support.

"The EFMP is a catering of resources for service members and their families who have children or dependants with special needs," said Senora Malone, EFMP liaison for Naval Support Activity Bethesda (NSAB). "It gives the service member a sense of relaxation knowing their family member is taken care of and they aren't alone in that situation."

EFMP offers a number of resources tailored to meet the needs of active duty personnel and reservists who have family members diagnosed with chronic medical, mental health such challenges such as autism or an educational condition/learning disability. To qualify for the services, a family member must require special services for six months or longer and reside with the active duty sponsor, not including geographical bachelors or those receiving inpatient care.

The program also takes into consideration the family's long-term needs, identifying special medical

and educational services. The program works to ensure family members are stationed where medical and special educational needs can be met, she said.

"There are resources out in the community, linking families with schools and speech therapy," said Malone. "If it's dealing with asthma, we give you special care if needed. If you have a mother or father [who] needs nursing, that's available as well."

Enrolled in EFMP, Malone knows first-hand what it's like to have a child with special needs.

"This program has provided numerous resources and education I feel I wouldn't have had without it. The program, dependent upon the recipient's needs works to allow the service member to be closer to the family member. When dealing with orders, it doesn't limit the service member, but it helps with access to the hospitals for that child or dependant's needs. When I talk about the program, I am able to relate with the families on a professional and personal level," she said.

To ensure your detailer considers your family's special needs prior to selecting your next duty station, the EFMP stresses the importance of enrolling prior to your projected rotation date (PRD).

"This program was created because there was a growing concern with sending military members over-

seas without the proper assistance to care for dependants with special needs," said Joshua Taylor, EFMP coordinator with the EFMP department at the National Naval Medical Center (NNMC). "When I was active duty, my son was in the EFMP. It helped with my feelings toward everything because now I don't have to worry so much about deployments or going to my next duty station."

EFMP coordinators are responsible for assisting service and family members with completing DoD Form 2792 and DoD Form 2792-1, the necessary paper work to start the process of enrollment in the program. They also maintain copies of the EFMP enrollment forms, submit completed EFMP applications to the appropriate Central Screening Committee (CSC) and follow up on category determinations for enrolled members.

"The biggest misconception about the EFMP is enrollment in the EFM Program is mandatory for military members if you have a family member in need of special services. Some people believe it will ruin your career because it limits where you can go, but that's not true. If anything, it helps the family moving forward," said Taylor.

For more information on the EFMP, contact Joshua Taylor at 301-295-5060 or Senora Malone at 301-319-4087.

## CANCER

Continued from 3

don't have to travel far to obtain their prescriptions.

"A big part of our job is administering drugs to cancer patients," added Chapman. "We have our own pharmacy that will make the drugs, and pass it over to the nurses in the treatment room to administer to the patients."

The clinic not only focuses on administering medications, it also works to develop an individual health care plan that fosters healing — and not just the physical ailments.

"We use a holistic care program that incorporates the physical, biomedical, social, family, psychological, spiritual, and existential parts of their makeup. We help them incorporate that into an entire treatment plan, so we're not just focusing on giving chemo therapy, radiation or surgery, but involving the whole process," said Waddell.

For more information on the clinic and its services, call 301-435-5332.

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# Marriage Fraud — The Truth Behind the Ring

Submitted by Naval Criminal Investigative Service (NCIS)

The topic of illegal marriage is one that is often discussed in the U.S. Regardless of your stance, Sailors, Marines, Airmen and Soldiers are often a target and are directly impacted.

Marriage fraud, when two individuals engage in the union for personal gain, whether it's monetarily or an attempt to evade or circumvent immigration law it is real and can result in prosecution.

Over the last five years, there has been an increase in our young Marines, Airmen, Soldiers and Sailors engaging in fraudulent marriages. This is not to say all marriages between U.S. military personnel and foreign nationals are fraudulent; however, due to the national security implications, when a fraudulent marriage is identified, it is pursued criminally. For our military personnel, one type of marriage fraud involves a Sailor, Marine, Soldier or Airman marry-

ing a foreign national so he or she can stay in the U.S. and become one step closer to U.S. citizenship. In return, the military member earns a few extra dollars in each pay check in the form of a Basic Allowance for Housing (BAH) increase, yet the marriage itself is just a costly facade.

The foreign national, most often a female and the military member do not live together, but the military member is often duped into adding their new "spouse" onto their bank account, their housing lease, their vehicle registration, etc., all in an attempt to make the marriage appear legitimate. Some military members even co-sign loans for their new "spouse." Intimate details, such as birthdays, family history, social security numbers, are further exchanged so that both individuals are prepared to answer questions when the foreign national pursues citizenship.

In addition to the criminal aspects, when a foreign national marries a military member, they are

automatically afforded the same rights as any DoD dependent, to include access to our military installations and the use of our medical facilities unquestioned. Not only is the military member risking their career, they are adding an undue expense on the U.S. government and compromising national security.

Engaging in an illegal marriage is a felony, which carries up to five years in prison and a \$250,000 fine for both the foreign national and the U.S. citizen. Once discovered, the marriage itself is easily identified as fraudulent with sufficient evidence supporting the fraud and collaborative crimes, such as false official statements. Once released, the foreign national returns home and may engage in the scam once again. The U.S. citizen, in this case a military member, shoulders a felony conviction and a dishonorable discharge. They will be barred from holding certain jobs, lose certain privileges that most of us take for granted. Their military career

will be forever tarnished, regardless of how valiant. Just think: is that worth a few extra dollars each pay check is it worth prison, restitution and a felony conviction?

That is the minimum you will walk away with. Also, ask yourself if the marriage is worth the lie you will have to tell your family and friends, or risking the safety of your colleagues and the nation? Is it worth financial ruin, if you opt to give your new "spouse" access to your bank accounts? Military members, after being caught, often state they never would have engaged in such a scam, had they known the ramifications.

If you are currently engaged in a fraudulent marriage, have been propositioned or are aware of such a marriage, you are encouraged to report it. Contact your local NCIS/CID office at 301-295-0570, or e-mail [ncistipline@ncis.navy.mil](mailto:ncistipline@ncis.navy.mil). You may also call the DoD IG hotline at 800-424-9089.

## BREATHE

Continued from 1

Asthma, diagnosed using a pulmonary function test, can develop at any age and is not curable, she added.

During the classes, attendees will learn the importance of and how to properly use a peak flow meter. The hand held device measures how well an individual's air is moving out of their lungs. By blowing into the meter, an asthmatic can use the numbered scale to determine whether their lung capacity is normal, worsening or potentially in danger of an attack.

When exposed to a trigger, asthmatics often experience chest tightness, shortness of breath, coughing, or what Coles describes as a tickle in the back of your throat that won't go away.

"I tell people to stop at that point," Coles said.

Tonya Alston, who also works in NNMC's Pulmonary Clinic, noted the importance of recognizing your triggers and knowing that reaction to them is often delayed, especially this time of year as the weather heats up and more people are outside, exposed to their triggers.

"By nightfall, or even the

next day, that's when there is usually a full blown attack," Alston said.

She added that because triggers do not always present a problem right away, it's important to consistently take prescribed medications, which help keep the airways from inflaming.

"You really have to know your body and take heed to the triggers and your symptoms. It could really sneak up on you when you're not thinking about it. Just because you feel fine, doesn't mean you are fine," said Alston.

"We don't want you to stop exercising or running, so we're teaching ways to manage this so they can continue to keep up with their normal daily activities," said Coles.

According to the AAFA, every day in the U.S. asthma causes 40,000 people to miss school or work. Every year, asthma accounts for an estimated 2 million emergency room visits -- or a quarter of all emergency room visits -- and more than 10 million outpatient visits, costing nearly \$10 billion in hospitalizations.

At NNMC, in addition to the asthma education classes, the clinic also offers one-on-one sessions, allowing an asthma educator to sit down with an asthmatic patient and help tailor an

"Asthma Action Plan" to their needs.

After undergoing a number of various tests, Hospitalman Anthony Moore, who works in Physical Therapy at NNMC, was diagnosed with asthma about a year ago. He describes his experience of coping with asthma as an ongoing challenge and noted that the Pulmonary Clinic has been helping him keep his symptoms under control.

"I feel like I can't breathe. I feel like I have to force myself to breathe," he said.

"[The clinic staff] is very knowledgeable. They show me how to use the [devices] properly," he said.

In addition to taking a prescribed medication, which helps prevent inflammation and relaxes muscles in the airways, Moore also uses an inhaler every day that delivers medication to the lungs. Now that the seasons are changing, he added, it's even more maintenance is that much more important.

To make an appointment with the Pulmonary Medicine Clinic, you must have a referral from your primary care manager or an emergency room physician. For more information about the asthma education classes or to learn more about asthma, call Shannon Coles at 301-295-3527.

## PRIVACY

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ways. If not done correctly, then a patient's HIPAA rights can be violated. If the patient wants to keep their medical condition private, that is a choice that they have authority on. To keep private matters private, safety and caution is encouraged.

To encrypt an email, staff members can change the security settings by clicking on message "options" within the e-mail. When an e-mail

is encrypted, no one can read the message except for the recipients.

"It has to be understood that the patient's information is a private matter and it is their decision of what is to be shared and who it is shared with," he said. "It is everyone's duty to keep track of the information that is passed around and ensure that each and every patient's rights are intact and enforced."

For more information on HIPAA, contact Joe Davidge at 301-319-4775. For information on file sharing, call the IT One Stop Shop at 301-295-6300.

## SUMMER

Continued from 1

said. The American Academy of Pediatrics (AAP) recommends parents avoid exposing infants to the sun when possible, and dress them in lightweight long pants and long sleeve shirts as well as brimmed hats that shade the neck and face. They also recommend, if an infant gets sunburn, applying a cold compress to the affected area.

Cunningham also cautioned that sunburns aren't the only injury parents should be concerned with in

the summer months. "Fireworks, to include innocent appearing sparklers, can be a significant cause of harm to children by causing burns, scars and disfigurement that can last a lifetime," he said. "Families should avoid using fireworks at home and stick to watching firework displays performed by professionals."

For more information on keeping children safe this summer, visit the AAP Web site at [www.aap.org/advocacy/releases/summertips.cfm](http://www.aap.org/advocacy/releases/summertips.cfm). For tips on how to get your kids moving, go to [www.letsmove.gov](http://www.letsmove.gov).