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THE COURIER

Naval Medical Center Portsmouth

April/May 2004

Richard E. Shope Vaccine Healthcare Center Joins VHC Network; NMC Portsmouth Hosts Second Site

By JO1 Rebecca A. Perron

Despite the incredible successes of immunizations over the past hundred years, there is a growing public concern about vaccine safety and adverse reactions and the need for research and education. Both the Department of Health and Human Services and the Department of Defense (DoD) have worked to develop programs that actively improve vaccine safety, effectiveness and acceptability.

The Vaccine Healthcare Centers (VHC) Network is a DoD Executive Agency designed to connect military medical treatment facilities with local and national health agencies to improve the reporting system for vaccine-related adverse events and treatment of the events within the military community.

The Regional Vaccine Healthcare Center at Naval Medical Center Portsmouth is the second of four centers to come online, and was dedicated the Richard E. Shope Regional Vaccine Healthcare Center in a ceremony held April 26 in front of Building One.

The Center is named after Shope, a Navy commander and physician, who pioneered work with viruses, vaccines, immunology and defense against bioterrorism during World War II. His work led to important advances in the quality and effectiveness of medicine. Shope's grandson, Cmdr. Timothy Shope of the Pediatrics Department at NMC Portsmouth, was the guest speaker during the dedication ceremony, recounting the life and work of his grandfather.

The VHC has been in operation since June in a temporary space in Bldg. 215, now taking charge of its permanent location on the first floor of Building One. The services provided by the VHC are critical to NMC Portsmouth, as well as worldwide, vaccination programs.



Photo by HM3 Casey Price

Richard E. Shope, Jr., son of Richard E. Shope, cuts the ribbon during the Vaccine Healthcare Center dedication ceremony held April 26 at Naval Medical Center Portsmouth in front of Building One. Cmdr. Timothy Shope, grandson of Richard E. Shope, left, and Rear Adm. Thomas K. Burkhard, commander, NMC Portsmouth, right, help hold the ribbon, while Army Col. Renata Engler, director of the Vaccine Healthcare Centers Network, helps hold the scissors. Also present were Paula Adams, wife of Rear Adm. Clinton E. Adams, fleet surgeon, commander, U.S. Atlantic Fleet, and several Walter Reed Army Medical Center VHC network dignitaries.

“Vaccine recipients want to know that the benefits (of receiving a vaccine) outweigh the risks,” explained Army Col. Renata J. M. Engler, director of the National Vaccine Healthcare Centers Network, Walter Reed Army Medical Center, Washington, D.C. “They

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EMF Portsmouth has Con, Army 801st CSH Stands Relieved

Story and Photo by JO1 Daniel A. Bristol

Navy Expeditionary Medical Facility Portsmouth, Kuwait –

As the morning sun shines through the windows of the Camp Doha gymnasium, pride shines in the eyes of both Sailors and Soldiers alike. The Soldiers stood the watch for nearly a year and are ready to be relieved. The Sailors stand tall and proud in formation ready to start their day and their mission, but this isn't just any mission, this one will go down in history.

Personnel from Navy Expeditionary Medical Facility Portsmouth marked their page in the history books as they relieved the Army 801st Combat Support Hospital in a Transition of Authority Ceremony held April 1. This is the first time a Naval Medicine unit has taken on this type of assignment, which is part the largest troop rotation since WWII.

Commander, 801st Combat Support Hospital, Army Col. Craig Bugno passes operational control over Commanding Officer, Navy EMF, Capt. Martin Snyder.

"These Army Soldiers have given their support to the war on terrorism and to their country," states Commander, 8th Medical Brigade, Army Brig. Gen. Michael

Walter, guest speaker at the ceremony. Walter said the Soldiers of the 801st have given their best to ensure the best medical attention was given to those who needed it. He said it is time for these Soldiers to go back home and thank their families for all of their support throughout their tour.

"Today is the first day of the 12th month the soldiers of the 801st have been in Kuwait," said Bugno. "Today we transfer authority of the

hospitalization mission in Kuwait to EMF Portsmouth."

As HN Taylor Crump grasped the flagstaff, HMCS(SW/FMF) Tony Polanco, senior enlisted leader, Navy EMF, assisted with the uncasing of the Navy flag. Salutes were rendered between Snyder and Walter to mark the beginning of the Navy mission. With the removal of the Navy flag from its casing, Bugno and Walter

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Capt. Martin Snyder, commanding officer, Navy Expeditionary Medical Facility Portsmouth, addresses both his command and members of the Army 801st Combat Support Hospital, which the EMF relieved during the ceremony held April 1.

The Courier

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This publication provides an avenue to circulate all useful information the NMC Portsmouth staff has to offer. Submissions are welcome. Contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Lt. Jacky Fisher, at jefisher@mar.med.navy.mil. Submissions should be on a disk in text or Word format with a paper copy attached. Photos should be a separate submission from the document and in jpeg, bitmap or tiff format. Submissions will be placed in the upcoming issue, space permitting. PAO is located in Building One, Third Deck, Rm. 311.

Chisholm Hospitality House Receives Benefits of Quilt Raffle

Story and Photo by JO1 Sarah Langdon

The Chisholm Hospitality House on Green St. in Portsmouth has been a place of refuge, safety and comfort for servicemembers and their families for many years. Although the apartment complex looks like any other, the purpose of the Chisholm apartments are to provide a home away from home for any out-of-area family of a Naval Medical Center Portsmouth patient.

The Chisholm Hospitality House relies on donations to keep it running and filled with supplies for the families who use it. One of the hospitality house's benefactors is the *USS Enterprise (CVN 65)* Enterprise Officer's Family Organization (EOFO). Recently, the EOFO held a quilt raffle to raise money for renovations for the Chisholm House. The drawing to see who would take the quilt home was held April 1 at the Chisholm Hospitality House.

Karyn Peterson, EOFO project manager and wife of Lt. Cmdr. William Peterson, tactical operations officer, Operations Department on the Enterprise, organized the quilt raffle. Tickets were sold for \$5 each.

"The Chisholm (Hospitality) House is kind of a pet project for the spouses' organization," Peterson explained. "We wanted to do something to raise money for the House and make a difference.

"One of the reasons we get involved is because you never know when you are going to be here, needing this kind of assistance," she continued. "Any one of us could end up in a situation where we or our families need this kind of service."



Karyn Peterson holds the raffle ticket basket while Mary Johnson draws Ms. Linda Stephens' name out of the hat. The raffle brought in \$2050. April/May 2004 - The Courier



EOFO members, Laurie Liemann, Jodi Cox, Bonnie Johnson and Karen Kalanta contributed significantly to the quilt by helping with the design and cutting the fabric for the stars.

"Historically, quilt making was a community activity," Peterson explained. "And we were able to do that here. This really was a labor of love."

The queen-sized quilt is 100 percent patriotic in color and theme. The dark blue border is decorated with 50 pale blue stars. Thirteen red stripes travel along the quilt with the words *God Bless America* embroidered in gold in between. The bald eagle, America's mascot, sits proudly in the center of the quilt. The quilt is made of a total of 1500 fabric squares and took five months to construct, beginning to end.

More than 400 tickets were sold for the raffle, bringing in a total of \$2050 to be used for renovations. The Enterprise's Enlisted Spouse's Association also sold tickets for the raffle, Peterson said.

Mary Johnson, president, Chisholm House Board of Directors and president, Chisholm Foundation, drew the ticket of the lucky winner, Ms. Linda Stephens, mother of Enterprise Public Affairs Officer Lt. Kevin R. Stephens.

"This is where our heart is," Johnson said before picking the ticket out of the basket. "To Karyn Peterson, thank you for making this day possible. It's magnificent to think of the hard work, effort and love that has gone into this (quilt). We have provided 30,000 nights of lodging for military families, and today is the 15-year anniversary. We couldn't do this without support from people like you."

In addition to members of the EOFO, Capt. Eric C. Neidlinge, Enterprise commanding officer, Rear
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Commander's Research Grant Recipients Announced

Each year, the Naval Medical Center Portsmouth awards assistance in support of research protocols generated by the Graduate Medical Education (GME) programs through the Commander's Research Grant program. On behalf of the GME Committee who reviewed and selected protocols, the awardees for the Fiscal Year 2004 Commander's Research Grant are listed below.

With more than \$85,000 in total grant requests from eight protocols, competition for this year's \$35,000 in research funding was particularly competitive. After careful consideration by the GME Committee of each study submission's design, scientific merit and essential funding requirements, the Committee was able to allocate sufficient funding awards to support completion of seven of the eight submitted protocols.

Congratulations to the following individuals and their fellow investigators for their outstanding contributions to the continued support of NMC Portsmouth clinical research and the academic excellence of Naval Medicine:

Recipients:

Lt. Cmdr. Mike Elliot, Arthroscopic Reconstruction of the Anterior Cruciate Ligament, Orthopedics Department, \$ 3,600

Lt. Luke Balsamo, Olecranon Fractures: Elbow Stability after Fracture Excision, Orthopedics Department, \$10,500

Lt. Cmdr. Mike Matteucci, Adult Learning Modalities: The QuikClot Model, Emergency Medicine Department, \$6,500

Lt. Cmdr. James Oberman, Comparison of Two Commonly Used Tympanostomy Tubes, Ear, Nose & Throat, \$2,200

Lt. Cmdr. Mike Elliot, Arthroscopic Proficiency: Skill Transference from Simulator to Operating Room, Orthopedics Department, \$3,600

Lt. Cmdr. Jon Sekeiya, Humeral Head Defects Assoc with Anterior Shoulder Instability, Orthopedics Department, \$4,000

Lt. Cmdr. Pat Young, Argon Plasma Coagulation Eradication of Esophageal Varicies, Internal Medicine Department, \$4,600

Quilt Proceeds go toward Renovation of Paint, New Carpet Throughout

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Adm. Clinton E. Adams, fleet surgeon, commander, U.S. Atlantic Fleet, his wife, Paula, and Susan Burkhard, wife of Rear Adm. Thomas K. Burkhard, commander, NMC Portsmouth, were in attendance.

The House is owned and operated by the Chisholm Foundation. Open since April 1989, it is named for the Rev. James Chisholm, the first Rector of St. John's Episcopal Church, Portsmouth, Va.

During the yellow fever outbreak of 1855, Chisholm and another local area priest stayed behind

to help local residents in the area. Unfortunately, Chisholm succumbed to the fever and died at the hospital. In the summer of 1989, only a few months after its original dedication, the House was renamed Fisher House I and became the very first Fisher House in existence. The House was renamed Chisholm Hospitality House April 1, 15 years to the day after its original dedication.

Anyone who would like to donate to the Chisholm Hospitality House may call 399-5461.

A Note from the NMC Portsmouth American Red Cross Office

Updated Web Site: The NMC Portsmouth Red Cross Office presents its reconstructed website, which can be accessed from the NMCP home page. Visit www-nmcp.med.navy.mil and click on the link.

Volunteer Positions: The Station is expanding its adult volunteer recruiting network. Most of our new volunteers are young retirees who are computer literate and ready for on-the-job training. In order to more effectively serve the hospital, new job descriptions for volunteer positions may be needed. If you are

interested in using volunteers or want to revise your department's job description, please e-mail SHPAkradooni@mar.med.navy.mil, station chair, with a request for a hospital volunteer job description form.

Volunteer Applications: Teenagers who wish to volunteer during the summer may complete a volunteer application on line. No hand written applications will be accepted. The application is on the Red Cross Web Page. The deadline for application submission is May 12.

Mother-Baby Unit Allows for Shortened Post-Delivery Stay

Story and photos by JO1 Sarah Langdon

Although most women are happy to give birth to their baby in a hospital, few are interested in staying longer than necessary. Currently, most women who deliver in a military facility stay on the post-partum ward for 48 to 72 hours, depending on the condition of the mother and her baby.

The Mother-Baby Unit at Naval Medical Center Portsmouth makes it possible for mothers with uncomplicated deliveries and healthy babies to go home after only a 24 to 48 hour stay on the post-partum ward, as long as they follow up at the unit the next day. In addition it can be used as valuable educational resource for new parents.

"We are always available for any questions the mother has before her two-week check-up," said Theresa Riddick, family nurse practitioner. "We think it's very important to get early access to care. It's very beneficial and it reduces the amount of ER visits and hospitalizations. We're able to catch problems and complications early on."

"We provide follow-up exams on healthy babies," Riddick

continued. "We screen moms for post-partum depression using the Edinbaugh survey if they are high risk, and make referrals to OB or the ER as needed."

"We also measure the baby's head circumference, weigh them and take their temperature," said HN Lindsay Olson, one of the corpsman working on the unit.

"We go over newborn care and address any feeding and breastfeeding issues," Riddick added. "We look for any signs of illness or fever, and we educate the moms on jaundice."

According to Riddick, she and the two hospital corpsman who work with her also provide information on community resources and access to care. They talk to the new mother about what shots are due when and when to schedule well-baby check-ups.

The staff at the Mother-Baby Unit reinforces discharge instructions, Riddick added, and go over umbilical cord care, circumcision care and talk with the parent about safety issues such as the importance of placing an infant on their back during sleep.



HN Debra Ray examines Riley Eileen Higgins, born April 17, while her father, Lt. Cmdr. Greg Higgins, watches.

"We see anywhere from 100 to 150 moms every month," Riddick explained. "Our primary focus is newborn care, but we are definitely here for the moms too. This is a good concept and the doctors always express their opinion that there is a need for this type of service."

"I think the (Mother-Baby Unit) is very nice," said Lt. Eileen Higgins, who gave birth to 8 lbs. 1 oz. Riley Eileen Higgins April 17. "It would drive me nuts to have to stay in the hospital. (With all the tests) they don't let you sleep."

Patients can walk-in to the Unit Monday through Thursday between 12 and 4 p.m., and Friday 8 a.m. to 12 p.m. For more information on the Mother-Baby Unit, call 953-7753 or visit the NMC Portsmouth webpage at www-nmcp.med.navy.mil/FCMIC/MotherBaby.asp. ▼



In addition to providing physical exams, the Mother-Baby Unit, located on the 4th Floor of Bldg. Two, offers many resources for new parents.

VHC Researches Adverse Vaccines Reactions, Tracks Patient Progress

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want to know those who care for them are making every effort to define risks, prevent reactions and treat adverse events.”

The meat and potatoes of the VHC operation is not to treat patients during life-threatening reactions, but rather to treat patients during mild reactions as a primary care provider would, track reactions, help patients with referrals if they need further treatment and to educate health care providers and beneficiaries about potential reactions to vaccines.

“We have no preconceived idea about whether a condition is or is not an immunization-related reaction when we see a patient,” explained Robin C. Rogers, VHC lead clinician and nurse practitioner. “We get a complete medical history from the patient, perform a physical exam, and decide if lab work or specialty care is needed just as a primary care provider would do. We handle the cases that require hours to process, something a regular provider in a managed-care setting does not have the time to do.”

The Center currently operates on an open-door system. Patients are seen as walk-ins, rather than through appointments, although it is preferred that the patient’s provider enters a consult in the system before the patient is seen at the VHC.

Although rare, serious adverse events to vaccines can occur. These events are an area of medicine that deserves better understanding, according to Engler, particularly since distrust of vaccine safety can threaten the success of vaccine programs critical to force health protection, medical readiness and disease prevention.

According to NMC Portsmouth Commander Rear Adm. Thomas K. Burkhard, NMC Portsmouth has set the bar for DoD medicine over the last two years by standardizing and streamlining how to administer safe and effective vaccines.

“The VHC will take us to the next level of clinical management of adverse vaccine events and scientific based research,” explained Burkhard during the dedication ceremony. “The research will not only improve how we administer vaccinations, but to whom and when.”

The existence of a regional VHC is important to the Hampton Roads area, given the military presence and further medical support NMC Portsmouth offers.

“We see patients from all over the local area, and consult with patients all over the world through teleconferencing,” explained Tricia L. Richardson, VHC regional administrator. “If we see someone who needs further care, whether lab work or specialty care, we can get them into the system easily.”

After a patient is seen initially at the VHC, the Center follows the patient throughout the course of their treatment, continually monitoring their progress, gathering information on their condition and educating the patient about the adverse event.

One example of a case the VHC would handle is patients who develop Myopericarditis, an inflammation around the heart following a smallpox vaccination. Myopericarditis is a rare event associated with the smallpox vaccine. The VHC staff helps ensure appropriate follow up for these patients in coordination with the patient’s physician.

Behind the scenes, the VHC conducts hours of research, searching the Federal Drug Administration’s database and various research literatures for information about cases similar to those the Center is handling.

Aside from tracking and researching adverse reactions reports, the other mission of the Center is to train health care providers about vaccine safety, what adverse events to immunizations might be, how to handle the reaction and how to refer a patient to the VHC.

The VHC Network has grown into a valuable clinical and educational support system for all Tricare beneficiaries. According to Rogers, the four VHCs share information with each other so they are better prepared to assist patients with their condition. The work of the Centers makes possible better prevention, diagnoses and treatment of adverse reaction.

“There is so much to learn about vaccines and biological unpredictability of responses, based on gender, ethnicity and a variety of immune and genetic factors,” Engler said. “The VHC Network plays a major role in assuring those affected by reactions receive excellent care and that countless life-threatening reactions are prevented from happening in the first place.

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Dedication Ceremony

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“The challenges that lay ahead for the Network is receiving the knowledge to diagnose and treat rare medical events,” continued Engler, “to develop clinical guidelines and to build the evidence to validate those guidelines.”

“We are still in the process of researching the science of immunization health,” Rogers said. “The environment has changed in terms of how people perceive vaccines. We have changed from



administering vaccines years ago to combat active diseases such as polio and smallpox, to currently administering vaccines to prevent the reoccurrence of these and other diseases that can be weaponized for bioter-

rorism. We must continually research adverse events and educate recipients to ensure they understand the important of receiving vaccines.”

Through research and education, the services of the VHC Network will touch all Tricare beneficiaries, from the 2.3 million service members to the eight million family members and retirees.

“Quality immunization health care requires a partnership of trust and mutual effort between service members, beneficiaries and health care workers,” said Engler. “It is a worthwhile journey to share.”

For more information, visit the VHC website at www.vhinfo.org. The website provides education and information to health care providers about reporting adverse events, acts as a central reporting location for such events and provides information to personnel and their families who have questions or concerns about immunizations. 📄

NMC Portsmouth MWR Supports Annual Portsmouth Invitational Tournament

Story and Photos by JO1 Sarah Langdon

Every year the Portsmouth Invitational Tournament comes to Hampton Roads. This sports event brings together 64 of the nation’s top college basketball players and pits them against each other in a four-day tournament. This year the tournament took place between April 7 and 10 at Churchland High School in Portsmouth. The 64 players are split into eight teams, which are then sponsored by local area vendors such as BB& T, Beach Barton Ford and the Portsmouth Sports Club.

In addition to support from these and other local vendors, the P.I.T. also gets support from Naval Medical Center Portsmouth’s Morale, Welfare and Recreational Services Department.

The P.I.T. held their annual Drawing Party at the NMC Portsmouth Sandbar April 2. During the Drawing Party, sponsoring vendors draw their teams out of a hat. Bill Monell, MWR director, put the party together.

“This is good public relations,” stated Monell. “It really is a win/win situation. It’s good for us because it brings in prospective business. The city promotes the Sandbar and when the vendors see what we have here and want to bring their business here.

“It’s great for the vendors because the event is invitation only,” Monell continued. “It’s hard to crash the party when it’s on a military facility. The vendors

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Photo by PHAN Randall Damm

P.I.T members practice in the NMCP gym during the day, while playing in the tournament at night.

NMCP Pins Three New Master Chiefs

HMCM(SW/FMF) Dan Whiting, Directorate for Clinical Support Services, NMC Portsmouth, HMCM(SW/AW/FMF) Roger Grose, Adm. Joel T. Boone Branch Medical Clinic, Little Creek Amphibious Base, and HMCM(SW/AW/SCW) Dana Goodwin, Sewells Point Brank Medical Clinic Norfolk Naval Station, were frocked master chief petty officers in a pinning ceremony held April 16 in the foyer of Building One. Many colleagues, friends and family members of the new master chiefs came out to congratulate them including CMDCM(SW/AW) David Carroll, command master chief, NMC Portsmouth, who read the official orders, and Rear Adm. Thomas K. Burkhard, commander, NMC Portsmouth. According to Carroll, only one percent of the enlisted community can carry the rank of master chief at one time. ▼



Photo by JO1 Sarah Langdon

HMCM(SW/AW) Dan Whiting receives his pin from his wife, Cindy and fellow chief, HMCM Jeff Kirstein, while sons James, 14, (background) and Sean, 16, right, look on.



Photo by HM2 Daniel Benton



Photo by JO1 Sarah Langdon

(Below) HMCM(SW/AW//FMF) Roger Grose is pinned by wife Michelle Grose and HMC Steve Murray while daughter,

Allison, son Andrew and fellow chief, HMCS Joe Engle look on.



Photo by JO1 Sarah Langdon

Newly frocked HMCM(SW/AW/SWC) Dana Goodwin gets pinned by his wife, Jacqueline, and sons John, 16 and Brian, 6.

Congratulations to the Physicians of the Quarter
Medical Officer-in-Training
Lt. Karen Bullock, Internal Medicine Department
Junior Staff Medical Officer
Lt. Cmdr. Michael Matteucci, Emergency Department
Senior Staff Medical Officer
Capt. Everett Magann, OB/GYN Department

EMF Completes Turnover with Army 801st CHS, Takes Command

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began rolling the flag of the 801st, signifying the completion of its mission in Kuwait.

“Our current surgeon general, Vice Adm. Michael Cowan, coined the phrase, ‘Muddy Boots,’” explained Snyder. “It was his goal to instill in the minds of Navy medical personnel that their focus should be on those Sailors, Marines and Soldiers who wear the muddy boots. I think that is truly fitting here in Kuwait. Although the mud may be sand, the mission is still the same.

“We have the unique opportunity to execute a sustainment mission,” continued Snyder, “which directly supports the United States Armed Forces and Coalition Forces in the global war on terrorism. A mission that is unprecedented, as Naval Medicine has not ventured into the arena of medical sustainment.”

“Capt. Snyder and members of the EMF, I am confident that you can get the job done,” said Walter, “and I look forward to working with you all in the upcoming year.”

“I know that I speak for the entire Navy Expeditionary Medical Facility,” said Snyder, “when I say that we are honored to be a part of history, we will courageously execute our mission, and we are committed to providing the best medical support to the Coalition Forces.”

“Although it appears many changes are ahead,” continued Snyder, “the 801st Combat Support Hospital has laid the groundwork in providing optimal, quality care to our service men and women and has established wonderful relationships with the Kuwaitis – just two things we hope to continue and to build on.”

“We wish for you the strength, courage and honor that sustained us,” said Bugno. “We leave knowing the quality, drive and determination of our replacements in this mission remains. We wish you well.”

“In the tradition of the U.S. Navy,” explained Snyder, “Colonel, I wish you and the 801st Combat Support Hospital fair winds and following seas. I have the con, you stand relieved.”

Navy EMF Portsmouth officially kicked off its deployment to Kuwait on Super Bowl Sunday Feb. 1. Fifty more members departed over the Valentine’s Day weekend from the Norfolk International Airport. The final 130 members of the EMF departed from the Military Airlift Command Terminal at Norfolk Naval Station on March 12. A second wave of EMF deployers is being identified to relieve the first wave at some point in August or September. Navy EMF will stand the watch in Kuwait for one year. ♣



Photo by JO1 Sarah Langdon

Congratulations to the Sailors of the Quarter

Blue Jacket of the Quarter
HN Linda Riss, Laboratory

Junior Sailor of the Quarter
ET2(SW) Dennis Whelan, MID

Sailor of the Quarter
HMI Catrina Kirgis, Laboratory

Congratulations to the MSC of the Quarter

Lt. Cmdr. Karen Leahy
Programs & Performance Analysis
Service Line Leader
Health Care Business Operations Directorate

SACRED SPACES: “...for where you are standing is holy ground.”

By Lt. Cmdr. Ernie Worman, CHC, USN

While tending his flock, the prophet, Moses came to the mountain called Horeb. There he saw a bush set aflame but not consumed in the tongues of fire. So he ventured up the mountain to see this thing. On top of the mountain Moses encountered the Divine Presence, who spoke from the flames of the bush and said, “Do not come near; put off your shoes from your feet, for the place where you are standing is holy ground.” Exodus 3:5.

Biblical stories, memorable characters, prophets and priests, holy ground, stained glass windows filled with beautiful depictions of saints and angels, chapels and churches, synagogues and mosques, these are one set of images brought to mind by the words, “sacred space”. All such icons of religious history and faith are sacred spaces, participants in the vertical dimension of life, the human and divine relationship.

There is another facet to the human and Divine relationship, one which theologians and philosophers call the horizontal dimension, the sacred spaces created when human beings encounter each other through caring, personal and professional interactions. An axiom has been offered that reminds us that, “people only care how much you know when they know how much you care.” This pronouncement reflects the day-to-day desires of all men and women to be treated with dignity, honor and respect as each one goes about the business of life with all of its joys and sorrows.

At Naval Medical Center Portsmouth, patients come to us from all walks of life and all ages. One thing our patients have in common with each other is that whether they enter our great health care facility to give birth, or because disease and trauma has caused them pain and suffering, they come to us filled with hope that something extraordinary will happen in this

place through our care and concern for them as individuals and human beings. In other words, for whatever reasons our patients come to us, their needs make this place of healing a sacred space.

Within the walls of our hospital, on the third floor, is a chapel complete with altar and stained glass. In this sacred space, our patients, staff and family members come together for worship, prayer, silent meditation and reflection. Here, some offer prayers of thanksgiving and others utter prayer requests for healing and forgiveness. The chapel is a sacred space easily identified and often sought, but not the only sacred space in our hospital.

For instance, a patient lies in bed anxious about tomorrow’s procedure and the night nurse, knowing that this patient is a bit scared about the events of the next day, asks the duty chaplain to stop by and see if

this patient might like a chance to talk. Through the compassionate perception of the nurse, and in the confidential conversation between patient and chaplain, sacred space is created.

Again, a young Sailor enters the laboratory for blood work and the phlebotomist senses that the patient is uncomfortable with the process. An expert at her profession, the corpsman engages the

Sailor in dialogue about his job and duty station taking his mind off the needles. Soon he is at ease while the blood is drawn. In the lab, sacred space is created. These are only two of literally hundreds of events like these that happen every day in our great hospital.

Sacred space is that holy ground where one can go to find peace of mind, and it is that place in one’s mind where peace exists. It is one thing to build a place of sanctuary, of solitude, peace and safety like a church or holy place where people can seek these inner things and quite another to be the purveyors of

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Photo courtesy of Pastoral Care

Service members participate in a water-based religious rite while deployed overseas, demonstrating how any place can be turned into sacred space.

Talking Points: Operation Iraqi Freedom At One Year

An excerpt from the March 19 Rhumb Lines

On the one-year anniversary of OIF, there are many accomplishments we have become familiar with, such as:

Between February 2003 and March 2004, the U.S. Navy and Marine Corps used approximately 900 aircraft in support of OIF. Nearly 9,000 sorties were flown and approximately 11,000 pieces of ordnance were dropped.

More than 800 Tomahawk land-attack missiles were fired, one-third from submarines, between March 19 and April 3, 2003.

OIF Maritime Interdiction Operations yielded about 5,450 queries, 3,240 boardings and 430 diversions in 2003.

Some contributions and successes are not widely known:

The Military Sealift Command moved 43 million square feet of combat cargo to and from the Middle East in support of ground forces. This is equivalent to 453,000 SUVs, which, if placed bumper to bumper, would reach from Washington, D.C., to Oklahoma City, OK, a distance of 1,330 miles.

Of the three Fleet Hospitals activated in support of OIF, two were requested by the Combatant Commander for direct support of combat operations in Iraq and the third unit was requested as a theater evacuation hospital in Rota, Spain. The Fleet Hospitals treated a total of 2,400 patients and performed more than 540 surgeries.

More than 6,400 active and 1,900 reserve Naval Medicine personnel were deployed or mobilized at sea or on shore to

support OIF and provided medical care for wounded, injured and ill coalition forces, Iraqi civilians and Iraqi prisoners of war.

At the start of hostilities, 185 media were afloat on two dozen U.S. and coalition ships. From Jan. 28 to April 29 2003, more than 550 media covered naval actions in OIF, amounting to 5,000 man-days that journalists were underway covering maritime efforts. During that time, 1,845 images were distributed by the Navy to more than 30 media agencies yielding thousands of news photos being

Our Navy's performance in Operations Enduring Freedom and Iraqi Freedom demonstrated more than just combat excellence...it reaffirmed the single greatest advantage we hold over every potential adversary: the genius of our people contributing their utmost to mission accomplishment. -CNO, 2004

carried nationally. Also, in March and April, the Navy News Stand website received more than 800,000 hits per day to its photo gallery, totaling more than 50 million hits for those two months.

The Naval Oceanographic Office supported Mine Warfare Command, which resulted in revising tactics from mine sweeping to mine hunting operations. The revised tactics increased the mine clearance rate from 50 percent to 80 percent and decreased the hunting time by 75 percent.

During the war, Seabees erected six steel bridges totaling 340 meters across the Diyala River and Saddam Canal and repaired

nearly 800 km. of major roadways.

Twenty-five personnel from the Naval Central Meteorology and Oceanography Center Bahrain coordinated weather support for the significant dust/high wind event on March 25 to 26, 2003. The event, which was accurately forecast days in advance, allowed for changes in operations in anticipation of zero visibility.

While USNS Comfort was in the North Persian Gulf, the staff handled 5,000 plus outpatient visits, admitted nearly 400 patients, performed 700 surgeries and transfused 500 units of blood, meeting the ship's combat casualty care and humanitarian assistance missions.

Naval Oceanographic Office tide and current forecasts provided to EOD units on *USS Dextrous (MCM 13)*, *USS Ponce (LPD 15)* and Naval Special Clearance Team ONE

shortened mine clearance operations of the Khawr Abd Allah waterway by a month. By knowing the timing/duration of slack tides, the divers extended dive times and avoid wasted transit time and dives.

After the war, Seabees erected seven more bridges, including a 216-meter pontoon bridge across the Tigris River, the largest Seabee pontoon bridge since World War II. They also repaired an additional 13 bridges.

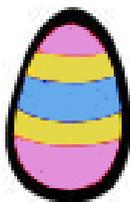
Seabees repaired 74 schools, 16 police and fire stations, 13 government buildings, six medical buildings, four airfield runways, a transportation facility and completed 20 utility restoration projects. ♣

100 NMCP Kids Brave Blustery Day During Easter Egg Hunt

Story and photos by JO1 Sarah Langdon

Although it was a chilly and windy day, the turn out for the annual Easter Egg Hunt, April 3 at Hospital Point was great. Many staff members from Naval Medical Center Portsmouth braved the wind and brought their children to the event. Children and their parents were invited to eat their fill of hot dogs and chips and visit the arts and crafts tables, while they waited eagerly for the start of the hunt. The children also had the opportunity to spend a little time with the

Easter Bunny before the coming holiday weekend. The Easter Egg Hunt was split into five age groups, two and under, 3 to 4, 5 to 6, 7 to 10 and a 11 to 12, to hunt for the almost 5,000 eggs. As in the past, the event was sponsored by the Oakleaf Club, providing candy and prizes. MWR provided the food and crafts. JEA, FCPOA and CPOA members, as well as staff from other clinics and offices throughout the command, helped out with distributing the eggs and providing kid crowd control. One lucky child from each age group found the “prize egg” and won a toy and candy-filled Easter basket. 🥚





Sacred Spaces

Continued from Page 10

those good qualities. It is no accident that the patients at our hospital care about how much we

know because they know how much we care.

May the God of heaven and earth be with you each and every day. May His face shine on you

and be gracious to you in all that you say and do. May the God of peace give you courage and strength to enter into the sacred spaces in your lives †

Fisher House Explains Rules for Free Airline Tickets

By Sgt. 1st Class Doug Sample, American Forces Press Service

WASHINGTON—Although the Defense Department provides a travel entitlement for service members and their families in serious medical emergencies, the Fisher House Foundation is hoping to help those service members and families not covered under the rule.

Through a program the foundation joined in December called Operation Hero Miles, the Fisher House hopes to give away hundreds of free airline tickets to help reunite service members hospitalized due to their service in Operations Iraqi Freedom and Enduring Freedom, and their family members.

The Fisher House Foundation is best known for its network of 32 comfort homes that provide a place to stay for families of patients receiving care at military major medical centers and Veterans Affairs medical centers. The comfort homes are located throughout the country and overseas.

Foundation spokesman Jim Weiskopf said the tickets, donated by Anheuser-Busch, are available to service members undergoing treatment, as either an in- or outpatient at military and VA medical facilities as a result of their service in Iraq, Afghanistan and the surrounding area.

There are two categories of eligible recipients for the free airline tickets:

- Qualifying service men and women may be given a free round-trip airline ticket for a trip from the medical center to their home and return if they are not eligible for government-funded airfare.

- Qualifying service men and women may be given free round-trip tickets to enable their family or close friends to visit them while they are being treated at the medical center.

All donated tickets are for flights marketed or operated by American Airlines, American Eagle and American Connection. Flights may have restrictions, including 14-day advance purchase, Saturday night stay, maximum stay of 30 days and blackout dates.

Tickets are for travel in economy class, and seats may be limited. No changes can be made after the ticketing departure date, and changes made before the departure date are subject to a \$100 service charge.

The foundation cannot assist with local travel, overnight accommodations, meals or other expenses.

Weiskopf emphasized that requests for tickets must originate with the service member, and must be made at the medical center. He said the requests should be sent by fax to the Fisher House Foundation (301) 294-8562. A copy of the request form can be obtained at the foundation's Web site.

The Hero Miles program began in September out of concern that hundreds of service members returning home from Iraq and Afghanistan on rest and recuperation leave faced huge travel costs to get to their home destinations. Federal law prohibited the military from paying for domestic personal travel for service members or their families upon arrival in the United States or their home military installation.

However, news of war veterans returning from Iraq and Afghanistan on R&R leave and not having enough money to pay for follow-on flights home, along with public response to the issue, helped persuade Congress to change the law.

The Pentagon began paying Jan. 1 for domestic flights to their home destination for service members on R&R leave from overseas.

Meanwhile, in an effort to continue the program, Weiskopf said the Fisher House Foundation is accepting airline tickets or vouchers from donors if the ticket can be transferred to another passenger.

The foundation cannot accept miles directly. Individuals and organization wanting to donate miles should do so via the Operation Hero Miles Web site at www.heromiles.org.

NMC Portsmouth Blood Bank Needs Platelet Donors

The supply of platelets at Naval Medical Center Portsmouth is critically low. The American Red Cross has been supplying the medical center with supplemental platelets. However, that contribution has come to an end.

The NMC Portsmouth blood bank is asking the military community to donate platelets and help save a life. Please help by giving yourself or by encouraging others in the military community to donate.

To inquire about this process, call the NMC Portsmouth Blood Bank at 953-1730.

NMC Portsmouth Website Wins 2004 Best of Tricare Gold Star Award

Congratulations to the Naval Medical Center Portsmouth Web Team for winning a 2004 Best of Tricare on the Web Gold Star Award for outstanding military treatment facility website. This second annual competition recognizes the best of Tricare on the web throughout the Military Health System. Tricare awards sites that provide all the essential information Tricare beneficiaries expect to see when they visit a hospital or clinic website.

There are 15 criteria that each website is judged against, including how easily the beneficiary can find important information, schedule appointments and contact the hospital. Sites that comply with all 15

criteria receive a Gold Star award, while sites that comply with 13 or 14 of the 15 receive a Silver Star award.

“Effective websites are an important tool in our mission to provide the highest level of quality care,” said Dian Lawhon, director, Communications and Customer Service, Tricare Management Activity. “They improve our ability to provide world-class service.”



NMCP 19th Annual Research Competition Winners Announced

The winners of Naval Medical Center Portsmouth's 19th Annual Research Competition were announced April 16. With the exception of category three, several presentations were made and judged for each category to determine the winner. A special congratulations and best wishes to Cmdr. Mike J. Elliot, a staff orthopedist, and Lt. Cmdr. Ralph R. Butler, a general surgery resident, category 1 winners, who will represent their team and NMC Portsmouth at the Navywide competition in San Diego May 6.

Category 1: Approved Clinical Investigation (CIP) Program Research (Staff)

Cmdr. M. J. Elliott and Cmdr. J. B. Slakey, *Orthopaedics & Bone and Joint/Sports Medicine Institute*, Thoracic Pedicle Screw Placement: An Analysis of Anatomic Landmarks Without Image Guidance

Category 1: Approved Clinical Investigation (CIP) Program Research (Resident)

Lt. Cmdr. R. Butler, Lt. Cmdr. R. Burke, Capt. H. Brar, and Capt. P. Lucha, *General Surgery*, The Economic Impact of Laproscopic Inguinal Hernia Repair: Preliminary Results of a Double Blinded, Prospective, Randomized Trial

Category 2: Research approved other than through CIP

Capt. E. F. Magann, D. Doherty, PhD, Dr. K. Field, Dr. S. P. Chauhan, P. E. Muffley, DO, and Dr. J. C. Morrison, *Obstetrics and Gynecology, U of Western Australia, U of Mississippi Med. Ctr., & Spartanburg Regional Med. Ctr., S.C.*, Biophysical Profile with Amniotic Fluid Volume Assessment: A

Randomized Controlled Trial of the Amniotic Fluid Index versus the Single Deepest Pocket

Category 3: Case Reports Staff

R.C. Rogers, MSN, and Dr. S. S. Love, *Vaccine Healthcare Center, Naval Hospital Sigonella, Italy, Center for Disease Control & Army Med. Ctr., Landstuhl, Germany*, A Case Report of Myopericarditis Following Smallpox Vaccination

Category 3: Case Reports Resident

Lt. R.L. Gutiérrez, Dr. J. Fletcher, and Lt. Cmdr. R. Dobhan, *Internal Medicine*, A Case of Pancreatitis, Ulcers and Diarrhea

Category 4: Outcomes Research, Quality Assurance Reviews, Other Exempt Research

Lt. Cmdr. T.A. Albright, Lt. T. Wilks, and Cmdr. T.R. Shope, *Pediatrics Department*, An Intervention to Increase Adherence to a Pharyngitis Practice Guideline

Concurrent: Two concurrent categories, **Wellness** and **Readiness**, were open to all corps and may have overlapped with the other categories

Wellness: Lt. Cmdr. A. Gentry, Cmdr. T. W. Schafer, and Cmdr. L. Inouye, *Internal Medicine*, Complimentary and Alternative Medicine and the Internet - "Caveat Surfer"

Readiness: Lt. Cmdr. R. Butler, Lt. Cmdr. R. Burke, Capt. H. Brar, and Capt. P. Lucha, *General Surgery*, The Economic Impact of Laproscopic Inguinal Hernia Repair: Preliminary Results of a Double Blinded, Prospective, Randomized Trial

Resident Presenter: This new award recognizes an oral presentation given by a resident. Lt. Timothy Wilks of Pediatrics Department received this award.

Turning 21: A Rite of Passage Often Celebrated with Excessive Alcohol Consumption

Twenty percent of Navy alcohol incidents involve Sailors age 20 to 22; One third of Navy DUI/DWI incidents involve Sailors who are 21, not yet 22

Submitted by HMI Eduardo Ortiz, command drug and alcohol program advisor

For most underage Sailors, turning 21 is the last major rite of passage of their young lives. It is important to understand that this will be the case even for nondrinkers. Most major social venues will not permit underage individuals entry. Many enforce an early curfew. This situation cordons off access to a major portion of any city, regardless of the drinking habits of the Sailor. Thus, even nondrinkers are likely to celebrate



Photo by JO1 Sarah Langdon

HM2 Tanya L. Cardec of the Laboratory wore the “drunk” glasses and attempted to walk the line (unsuccessfully) during the Alcohol Screening Day demonstration held in the Charette Health Care Center April 1, hosted by HMI Eduardo Ortiz, command drug and alcohol program advisor, in honor of National Alcohol Screening Day and Alcohol Awareness Month.

their 21st birthdays as a seminal event. Many nondrinkers will choose to celebrate this day by drinking to excess.

Given the disproportionate number of incidents caused by Sailors within a year of the 21st birthday, mentoring and counseling as that date approaches is vital to any prevention program. Each command should know the dates when their Sailors turn 21 and incorporate such counseling into its prevention program. Effective counseling should incorporate the following topics:

Choice:

Many young Sailors protest that they are treated like children. Sailors must understand that the decision to drink, or drink to excess, is ultimately theirs. Yet it is important to emphasize that they will be held accountable for the consequences of their choices. Mentors need not resort to scare tactics to get this point across. A brief discussion of the Navy’s and the command’s policy on alcohol abuse will suffice. Above all, the Sailor should have the necessary information to make a harm-risk analysis before drinking. Many will choose to drink excessively. They need to know that they will be held accountable for their choices. Ultimately, Sailors who choose to drink to excess will do so regardless of our best efforts. The best we can do is ensure they make an informed choice and make sure Navy policy is enforced if they incur an incident. Some Sailors will only learn to moderate or abstain from drinking through experience.

Support:

Knowing many Sailors will choose to drink, commands should seek to minimize the possible consequences of excessive drinking. Aggressive Designated Driver programs and allowing Sailors to call their leading petty officer, chief petty officer, or division officer without fear of punitive action when they have been drinking will reduce the likelihood of driving under the influence and other incidents. Letting a Sailor know that this support system is in place may actually deter some from drinking heavily, but at the very least, it lets Sailors know that the command is looking out for their welfare.

Continued on Next Page

Mentorship Key in Decision to Drink Responsibly

Continued from Previous Page

Relevance:

Sailors should know the concern with their drinking behavior is not simply another attempt by an authority figure to control their lives. Let Sailors know that they play an important role in mission accomplishment, and the command cannot afford to lose a single Sailor because of an alcohol incident. While this seems self-evident, the concern for the Sailor's well-being and his or her contribution to the command's mission often gets lost in the prevention and/or disciplinary process.

Key points to consider:

-Your Sailors are adults. Talking to them at that level means stressing that drinking is their choice, but they will be held to account for their actions.

-Sailors want to know they are important to the mission. They should know you are not trying to control their lives, but you are trying to ensure their safety.

-The command needs to be consistent in its alcohol policy. If the Sailor sees some people get away with incidents and others busted, he or she will probably ignore your counsel.

-Sailors need to know that being a shipmate does not end at the

pier. Stress the need for them to look after each other. If the Sailor does decide to drink, it is better that he or she does so around shipmates rather than alone. Liberty is a chance for young Sailors to learn to act responsibly by policing each other.

-Do not use gimmicks. Your Sailors know you are older than they are, so do not try to act their age to get your point across. Let them know you are responsible for their safety, and you want them to have a good time in a safe way.

Honesty is the best policy to follow, so they will see through you if you put on any airs.

The goal of any prevention program targeting young Sailors cannot simply be to end alcohol incidents. By emphasizing choice and responsibility, mentorship will help develop Sailors who will make the right decisions on their own. As they advance in rank, they will in turn mentor those junior to them. †

KNOW WHEN YOUR SAILORS TURN 21!



Photo by JO1 Sarah Langdon

During Alcohol Screening Day, Assistant Drug and Alcohol Program Advisors QM2(SW) Robert Baxter, Quarterdeck, center left, and HM1 Mine N. Forester, Laboratory, right, and volunteer HM2 David C. Blessing, Laboratory, center right, provided literature on alcohol use, abuse and awareness to more than 100 people.

Congratulations to the Civilians of the Quarter

Category I:

Dorothy Vexler

Supervisory Secretary

Women's Health

Fleet and Family Medicine

Category II:

Jan Henderson

Physical Therapist

Women and Children's Health

Fleet and Family Medicine

Wanted: Lifesavers. No experience necessary. Benefits: Cookies, juice and a feeling you just can't beat.

ASBP
Armed Services Blood Program

For more information on donating blood for military personnel visit www.tricare.osd.mil/asbpo

Mobile Eye Lab Provides Speedy Vision to Fleet

Story and photos by JO1 Sarah Langdon

Many servicemembers would scoff at the idea of getting Navy-issue eyewear in anything less than an hour, but an initiative from the Yorktown Optical Lab has Sailors on the Norfolk waterfront doing just that. In this case, most are getting their glasses in five to 20 minutes.

The Naval Ophthalmic Support and Training Activity (NOSTRA) at Yorktown Naval Weapons Station operates the Mobile Optical Support Unit (MOSU). The unit exists solely to provide prescription eyewear for military servicemembers. Two opticians currently staff the MOSU.

“We fit glasses and cut lenses for four types of eyewear and all kinds of prescription,” HM3 Eddie Chavez, MOSU optician, explained. “We carry most prescriptions and if we are out of stock, we can grind out the prescription from a pre-manufactured lens.

“We’re able to treat near-sighted and far-sighted people,” continued Chavez, “and will be making glasses for those that wear bi-focals and tri-focals beginning in June.”

The MOSU, a two-section truck and trailer, and is set up with a mini-lab at the front and a customer service table in the back. Glasses are displayed in trays, and there is a mirror for patients to use while trying on glasses.

The optical lab is stocked with 25 frame styles from the “frame of choice” program. These are the light, wire or metal eyeglass frames that come in pink,



HM2 Julie Pfeiffer, Mobile Optical Support Unit leading petty officer, fits a pair of frames on a patient.



HM3 Eddie Chavez shapes a lens to fit in a patient’s new glasses. The opticians can also grind new lenses for out-of-stock prescriptions and will be able to cut bi-focals and tri-focals beginning in June.

brown, black, grey and gold and come in various styles. The opticians also fit servicemembers with gas mask inserts — special frames and lenses designed to be worn in the MCU-2P gas mask, and another style of lens designed to be worn inside the self-contained breathing apparatus firefighting mask.

“We can make glasses for all active duty members, and we travel all over the place,” Chavez said. “In January we went to Fort Dixon in New Jersey and last July, we headed up to Annapolis and performed optical services for the ‘plebes’ (first year midshipmen at the Naval Academy).”

HM2 Julie Pfeiffer, leading petty officer for the optical lab, and Chavez provide a number of services to ensure patients get the right pair of glasses. They check the fit of the glasses, how comfortable they are and make sure the glasses do not slip down on the patient’s nose. According to Pfeiffer, they also offer subtle advice when needed.

“If I see someone pick out something really atrocious, I’ll kind of say to them, ‘let’s take a look at this pair over here,’” said Pfeiffer. “It’s our goal to get them into something smaller and a little lighter.”

According Pfeiffer, the lab sees about 40 patients every week.

“I think it’s good to directly bring eyewear to the people on the ship,” Pfeiffer said. “Sometimes it can take up to four weeks to get a pair of

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Troops in the Field See Clearly with Same-Day Optical Service

Story and photo by JO1 Daniel A. Bristol

While serving on the battlefield, safety is paramount. Being alert to the surroundings means staying alive. But what if you can't see your surroundings well enough to identify everyday safety hazards? If hazards go unnoticed their could be disastrous consequences.

HMC James Bailey, lead optician in the Troop Medical Clinic, works toward making the vision of troops clearer so they can see these hazards, among other things. Bailey and his optical technicians see, on average, about 28 people per day,

"I am trying to make us like LensCrafters," said Bailey. "If we are not backed up, we should be able to make new glasses in about an hour."

When Expeditionary Medical Facility Portsmouth first arrived, no equipment was available to assist the optical technicians in making glasses for the troops. Excess equipment began to arrive from different sources. They received a lensometer that marks the center of the lens for cutting and an edger,

which as the name implies, trims the edge of the lenses. But according to Bailey, most of it did not work properly, if at all. The EMF optical technicians worked around the clock for 16 days to fix all of the equipment

and get it all up and running so the team could start making glasses.

"Getting this equipment was great," said Bailey, "because now I can do what I came out here to do."

Before the equipment came in, Bailey had to send troops out on the local economy to get a pair of glasses. On average, each person that needed a new pair had to wait between 28 and 30 days to get them. Along with the wait, each



Capt Martin Snyder congratulates HMC James Bailey with a handshake after EMF's first pair of glasses was made March 28. It took Bailey 16 days to get the used equipment up and running.

pair cost about \$240. Now, Bailey said, the glasses can be made right in the shop, while the Sailor, Soldier, Marine or Airman waits.

"Even if we are backed up with patients," Bailey explained, "we can still supply the troops with glasses the same day they come to see us."

Since they made their first pair of glasses March 28, the EMF optical technicians have produced well over 100 pairs. ▼



Congratulations to HM3 Thomas A. Pullman of the Ophthalmology Clinic at NMC Portsmouth who won the Hospital Corpsman Birthday Ball logo contest.

Pullman, 29, said the drawing took eight hours, which he did all in the same day. "I had to do a lot of searching for a decent picture of the Medal of Honor. I found it on a calendar for military history, then had to trace the lines and use a copier to enlarge the image to make it a usable size."

The eight-year Navy veteran has been drawing since he was 5 years old. "I took art classes throughout high school," the Hampton, Va., native said. "My school even offered a college-level drawing class through Albany University in New York."

NMCP Takes in Injured During Mass Casualty Drill

Story and photos by JO1 Sarah Langdon

In light of the course of world events and a recent rise in terrorist activities abroad, Naval Medical Center Portsmouth participated a mass casualty drill April 22 to help prepare and get a feel for events following a chemical, biological or radiological (CBR) attack in the region. The drill, which included other city, state and federal emergency organizations and local hospitals, involved a scenario where various chemical agents were released in parts of Hampton Roads.

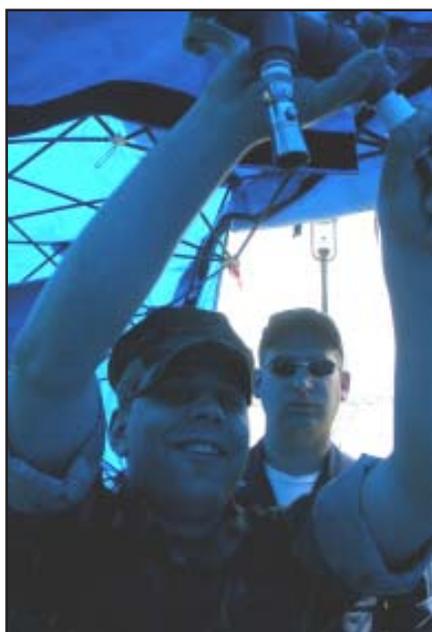
The drill began April 21 with a box explosion in a parking garage near Waterside, which possibly contained the biological agent anthrax. The next day, a pesticide truck dispensed sarin gas throughout the Norfolk Naval Station Fleet Recreational Park incapacitating several people enjoying the park. Shortly after noon, patients began showing up at the NMC Portsmouth Emergency Room displaying symptoms that could have been an indication of anthrax exposure. ER staff was required to figure out who was and who was not suffering effects of the agent.

Outside the ER, members of duty section nine set up a decontamination tent for scrubbing down those patients currently enroute from the park. Staff members dressed head to toe in bright yellow protective suits, and scrubbed and hosed their patients down before handing them over to staff in the “clean” area. The patients were then escorted to the main ER and treated accordingly. Other patients, some of which were carried on stretchers, arrived at the decontamination site via military transport and passed through the tent on a rolling stretcher.

Throughout the drill, evaluators and safety personnel were standing by to offer advice, to ensure the drill was performed safely and to observe the participants in action.



with Local, State, Federal Emergency Agencies



NMC Portsmouth Hosts Drawing Party for 10th Year

Continued from Page 7

love the scenery, they love the service and they've already stated they aren't moving (the Drawing Party) anywhere else. We provide security, great atmosphere and best of all, guaranteed parking."

"This is probably the 10th year that we've had the drawing party at the Sandbar," said "Booty" Baker, P.I.T. Executive Committee chairman and event co-founder.

MWR also donates gym space to the basketball players for a few days so the basketball players can practice together.

P.I.T. offers NBA scouts the chance to come out and watch the top college basketball players in action under one roof, and it gives members of the Hampton Roads community an opportunity to watch some the

"We provide security, great atmosphere and best of all, guaranteed parking," said Bill Monell, MWR director.



Photo by PHAN Randall Damm, USS Theodore Roosevelt (CVN 71)

best players in the college league play basketball. Famous NBA stars such as Scottie Pippen, Rick Barry and Dave Cowens were participants in the P.I.T. before the league picked them up.

After four days of playing ball, the Norfolk Naval Shipyard Association took home the trophy as the winner of this year's P.I.T. Anyone who missed the year's tournament can check out the teams and future stars next year when P.I.T. comes around for the 2005 season. More information can be found at <http://www.portsmouthinvitational.com/>.

USS Firebolt Sailors Resting Comfortably at NMC Portsmouth

By Lt. Jacky Fisher, NMC Portsmouth public affairs officer

Operations Specialist First Class Alan Ray Daily and Enginemen Third Class Timothy Allen Carlton are resting comfortably at Naval Medical Center Portsmouth following their 2:30 a.m. arrival May 1. Both Sailors sustained non-life threatening injuries as a result of a terrorist attack that occurred off the coast of Iraq April 24.

Through a series of medivac transfers following the attack, Daily and Carlton received their first level-three medical treatment in Kuwait by Portsmouth's Expeditionary Medical Facility. The EMF, comprised of nearly 200 medical and support NMC Portsmouth staff, deployed earlier this year for a yearlong tour replacing the Army as the forward deployed medical facility for servicemembers in the Central Command area of operation. From EMF Portsmouth, the injured Sailors were transported to Landstuhl Hospital in

Ramstein, Germany, where they awaited a medivac flight to Andrews Air Force Base.

The medivac C-141 touched down at Andrews at 10:50 p.m. April 30. An NMC Portsmouth medical crew flew in earlier that evening onboard a C-9 transport attached to VR-56, the Globemasters, who volunteered to fly the Sailors to Naval Station Norfolk. At 1:45 a.m. the C-9 arrived and was met by two ambulance crews standing by to bring the Sailors to NMC Portsmouth, the Medical Treatment Facility closest to their units' homeport of Little Creek Naval Amphibious Base.

Daily and Carlton arrived at NMC Portsmouth in very high spirits, happy to be home and anxious to see their loved ones. Following an initial evaluation of their wounds by the receiving physician, both spouses were allowed early morning visits. ♣

Mobile Lab Makes Glasses in Minutes from Existing Prescriptions

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prescription glasses back, but in here, the glasses are produced that day.

“One of the benefits of the lab is that we’re not taking people away from work for an extended period of time,” she added. “For most servicemembers, it only takes 20 minutes – in and out. In the eyes of most supervisor’s, this is a good thing.”

To use this service, active duty personnel must have a current prescription based on an eye exam performed within the past two years. The MOSU is assigned to provide glasses to certain ships on certain dates, but the staff will accommodate other shipboard personnel in an emergency. Appointments are not required as patients are seen as walk-ins.

“I like to see patients and to see the end result,” stated Pfeiffer. “It’s great to see how it affects them. The patients seem really happy and feel they are taken care of.”

“It’s a lot easier than driving to Sewells Point (branch medical clinic) and spending half of the day getting a new pair of glasses,” said FC3 John Lorence, Combat Systems Department, *USS Mitscher (DDG 57)*. “I also think the command likes it. This is a good program and one I’ll definitely use in the future. I’m very happy with the glasses.”

IC2 Daniel Zeiger, also of Combat Systems onboard the Mitscher agreed.

“I’ve been on the waiting list for refractive surgery, but I transferred (duty stations) so I had to sign up again,” Zieger, who has worn glasses for about 11 years, said. “In the meantime, I’m still wearing glasses, and I think this is a lot more efficient than going to one of the clinics.”

The MOSU staff sends weekly emails to the ships and lets them know when they will be in the area. According to Pfeiffer, shore commands can request the service as well.

“We are always willing to go wherever we need to go to provide this service,” Pfeiffer said. “We can travel to Camp Lejune and Fort Jackson if they need us to.”

Any command interested in scheduling a visit from MOSU can contact Pfeiffer at 897-8927 or email Pfeiffer at japfeiffer@mar.med.navy.mil.

April/May 2004 - The Courier

A Note from From Fleet and Family Support Center

FFSC is hosting the following programs at the Chapel, FFSC Bldg. 67, 2nd deck at NNSY. To register for a workshop or for more information, call 396-1255. Visit www.ffcsnorva.navy.mil for a schedule of upcoming programs and services.

Credit Management- May 13, 10 to 11:30 a.m. This single-session workshop provides valuable information on establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, consumer installment loans, credit reports, and effectively managing your credit.

Overseas Transfer Workshop- May 18, 8 a.m. to 3 p.m. This helpful, single-session workshop is a great way to prepare yourself and your family for this challenging adventure. Information will be provided on household goods and auto shipment, financial planning, travel arrangements and passports, personal security and culture shock. Open to active duty members, spouses and dependents 12 years and older.

Thrift Savings Plan (TSP)- June 3, 10 to 11:30 a.m. TSP provides all service members with the opportunity to get an immediate tax break while saving for their and their family’s future. Learn how to take advantage of this exciting government-sponsored savings and investment program to build wealth and achieve financial independence in this ninety-minute workshop.

Happy 5th Birthday to the Charette Health Care Center!



Bravo Zulu!!!

Meritorious Service Medal

Cmdr. Raymond M. Pamarejo
 Cmdr. Laurie W. Ross
 Cmdr. Philip M. Stoll

Joint Service Commendation Medal

Capt. Douglas Knittel

Navy Commendation Medal

Cmdr Kirk M. Welker
 Lt. Cmdr. Belina R. Alfonso
 Lt. Cmdr. Jon Yenari
 Lt. Pamela Herbig
 Lt. Cheryl C. Ringer
 HMC(SW/FMF) Wendell M. Jordan
 HM1(SW/AW) Arthur L. Bailey, Jr.
 HM1 Loretta B. Connatser
 HM1 Theodore Harrison
 HM1(FMF) Blong Thao
 HM1(SW/FMF) Kymjamera Wells
 HM2 Paul E. Schultz

Navy Achievement Medal

Lt Newton D. High
 Lt Melissa M. Smith
 Lt Mavis R. Thomas
 HMCS(FMF) Stanley D. Read
 HM2(SW) Jose Flores
 HM2 Ricky A. Mosley
 HM2 Damon J. Robb
 HM3 Heather A. Connors

HM3 Alexander Erickson
 HM3 Olivia R. Smith
 YNSN Aretha T. Clayton
 HN Leslie A. Garcia
 HN Richard S. McPartland

Humanitarian Service Medal

Lt. Christina M. Jenkins

Military Outstanding Volunteer Service Medal

HM1(SW) Charles Canterbury

Navy Meritorious Civilian Service Award

Sandra L. Edwards, CIV

Letter of Commendation

Lt. Christina M. Jenkins
 HN Stephanie M. Archambault
 HN Tasha M. Baptiste
 HN Vanessa Lermamedrano
 HN Ivana T. Redfearn
 HN Lelia G. Salamanca
 Neurosurgery Group Award

Letter of Appreciation

Cmdr. Timothy Collins
 HMC(SW) Gary L. Snyder
 HM3(SW) Abdullah F. Alaji
 HM3 Christy Gilman
 HM3 Anh Hong
 HM3 Rebecca Marsh

HN Candeesse O. Bost
 HN Stephanie Gomez
 HN Jada R. Mate

Medical Staff Services/Webmaster
 Outpatient Cognitive Team
 Refractive Surgery Program
 Tarek A. Elbeshbeshy, CIV

Certificate of Commendation

HM1 Cortez Stewart
 HM2 Salvador J. Peralta

Certificate of Appreciation

Capt. Robert Quigg
 Capt. Jerry Shields
 Cmdr. Craig Bischoff
 Cmdr. Edward Simmer
 Cmdr. Robert Simpson
 Cmdr. Lloyd West
 Lt. Cmdr. Barbara Drobina
 Lt. Cmdr. Christopher Kurtz
 Lt. Cmdr. Robert Ruland
 Lt. Cmdr. Jon Sekiya
 Lt. Cmdr. William Sray
 Lt. Steven Clifford
 Lt. Stephanie Dabulis
 Lt. Daniel Lockwood
 Lt. John Ramos
 HMCS Dana Goodwin
 HM1 William Montague
 Access to Care Team (First and Finest Team)

Join Naval Medical Center Portsmouth in celebrating National Nurses Week May 6 to 12.

NMC Portsmouth will host the following events:

Blood Drive- May 6, 7:30 to 11:30 a.m., first floor in front of Building Two.

Health Fair- May 7, 10 a.m. to 2 p.m., second floor Building Two, see poster board displays and educational booths, and get your blood pressure, cholesterol and glucose checked.

Fun Run- May 12, 11:00 a.m. in front of Building One. Be creative and dress in a nurse's costume or bring a nursing prop. Prizes will be awarded for 1st place in the run and best costume or prop.

Cake Cutting/Reading of Florence Nightingale's pledge- May 13, 2 p.m. in the galley.

