

FEBRUARY 2016

BROOKE ARMY MEDICAL CENTER

FOCUS

**SAMMC DELIVERS IN
LABOR AND DELIVERY**



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BAMC FOCUS

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Team,

The Presidents' Day holiday was established in 1971 by an executive order from President Richard Nixon to celebrate the birthdays of two famous presidents – George Washington and Abraham Lincoln. Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present. As you and your family celebrate and enjoy some well-deserved time off, please remember to keep safety in mind at all times.

When making your plans, whether it is spending time at home or traveling, consider potential risks. Even though the weather in South Texas is favorable for most activities this time of year; from grilling to spending the day at the beach or on a lake, hiking, or simply strolling through town, check the forecast and be prepared. Dress for the weather; you can always layer down, if necessary.

If grilling, be sure to place the grill away from small children, pets, and games, sporting events or activities that may be occurring in the area. I encourage those who will be on, near, or in the water; swimming, skiing, or boating, not to go alone. There is safety in numbers. Ensure everyone wears a life jacket and "Don't Drink" prior to or during these activities. No matter what activity you are enjoying, keep in mind safety first.

Although it is still winter, drink plenty of water and wear sunscreen, helmets, and other protective equipment and clothing when appropriate. Please observe and follow all rules of safety, and if confronted with a suicide situation, seek assistance and take into account the Ask/Care/Escort (ACE) principles.

CSM Crews and I wish all BAMC service members, civilian staff members, and your families to return safely from this long weekend. To assist in reaching this goal, supervisors are encouraged to give a safety brief. Topics and information can be found on the Army Safety Center website (<https://safety.army.mil>), BAMC Command Safety Office intranet website, or you can contact safety personnel directly at 210-916-7359 for assistance or guidance.

Be Safe-Stay Safe, and have an enjoyable Presidents' Day holiday.

EVAN M. RENZ, M.D.
Colonel, MC
Commanding



Useful tools available to access Army medicine from anywhere

By Lori Newman
BAMC Public Affairs

The Army medical system offers some easy to use tools to help manage your health care needs from home or while on the go.

"The Military Health System has developed several programs over the last few years that can assist you and your family obtain the medical care they need," said Army Maj. Renee Zmijski, chief of the Clinical Operations Division at Brooke Army Medical Center.

TRICARE Online is a useful tool that is available 24/7 from your computer or other internet capable device. Beneficiaries can find a doctor, refill a prescription or transfer enrollment to another military treatment facility.

"TRICARE Online is easy to use," Zmijski said. "You can make, change or cancel a primary care appointment on the site

within a few minutes.

"TRICARE Online has a prescription refill option," she said. "All you do is type your prescription numbers in the box, hit enter and wait to receive the date your prescription will be ready for pick-up."

TOL also will send appointment reminders via text message or email.

To learn more about TOL, visit <http://tricareonline.com> for simple step-by-step instructions.

Using the Army's Secure Messaging Service allows TRICARE beneficiaries to directly contact their health care team via the internet.

"Secure Messaging is a great way the stay in touch with your primary health care provider," Zmijski said. "I use it to request medication refills from my provider and to ask follow up questions after an appointment."

The Secure Messaging website also has an extensive patient education library peo-

ple can easily access from the comfort of their home.

To learn more about Secure Messaging visit <https://app.relayhealth.com>.

A third innovative tool for TRICARE beneficiaries is the Nurse Advice Line. This allows people to speak to a nurse anytime, day or night.

"The Nurse Advice Line is a great resource for getting general health questions answered or to get advice about your symptoms and what treatment options will work for you," said Zmijski. "It's simple and quick and you can also get information about caring for your child if they are ill."

If the nurse recommends that the caller see a provider, then appointment services will be offered. To use the NAL, call 1-800-874-2273 and select option 1.

"These three tools can save people time and help them manage their military health care easily and conveniently," Zmijski said.

Burn Center fills gaps between BICU, Progressive Care

By Steven Galvan
USAISR Public Affairs

A few days after having a ribbon cutting ceremony to open the new Close Observation Bay at the U.S. Army Institute of Surgical Research Burn Center Progressive Care Unit burn patients were admitted to put the new capability into action.

The new COB will be manned by two nurses around the clock and will serve as a step-down unit for the Burn Intensive Care Unit where patients will be closely monitored and provided care when needed.

According to Andrew Wallace, the PCU assistant officer in charge, the COB is designed for burn patients who require the most care and monitoring in the unit but do not need to be admitted to the Burn Intensive Care Unit.

"This means that we can keep the sickest patient in one location to be managed and cared by a separate team of nurses,"

said Wallace.

Sixteen nurses from the PCU volunteered to be assigned full-time to the COB. Wallace also stated that the COB is not only beneficial to the patients but to the entire staff as well.

"The nurses in the COB will be able to provide more complex burn care and treatment that is not normally provided in the PCU thus increasing their knowledge and skillset," he said.

The other benefit is that nurses who are caring for the other patients in the PCU can concentrate on discharging patients and providing education to them and their families on burn care and treatment at home.

"This means that we can give them more information on how to adapt to their lives with their burns and show them how to care for their wounds," Wallace said. "We also let them know what they can expect in regards to the short and long term care for their injuries."



U.S. Army Institute of Surgical Research Burn Center Progressive Care Unit nurse, Ashley Roman, left, and Capt. Mollie Christiansen, PCU Officer in Charge, cut a ribbon to open the new Close Observation Bay Jan. 8 as PCU Assistant OIC and USAISR staff look on. (Photo by Steve Galvan)

Wallace added that designing the COB was a team effort involving the Burn Center leadership and the PCU staff that will be an overall cost-saving measure.

"It costs more for patients to stay in the BICU," said Wallace. "We're not only helping

to keep costs down, but we're also helping patients transition into the PCU which shows progression. This lets them know that there's light at the end of the tunnel and they'll be going home soon."

Burn Center sets new patient admittance record in 2015

By Steven Galvan
USAISR Public Affairs

The U.S. Army Institute of Surgical Research Burn Center at Fort Sam Houston, Texas, set a new record in 2015 with the most patients being admitted in a calendar year. In 2015 there were 819 patients admitted to the Burn Center with the previous record was set in 2012 at 793.

Burn Center Director Col. (Dr.) Booker T. King confirmed the numbers stating that 30 patients were military service members – two from Operation Freedom's Sentinel in Afghanistan, 43 were Department of Defense beneficiaries and the remainder of the patients were civilians from the South

Texas region.

Collocated at the San Antonio Military Medical Center, the USAISR Burn Center is the sole burn unit for the DOD and the largest burn center in Texas. Since 2003, 992 combat burn casualties and more than 4,500 civilians have been treated by approximately 300 medical professionals.

According to King, treating burn patients is a complex process and it is essential for burn care providers to maintain their proficiency to care for service members and civilian patients.

"Every time that I have deployed to a combat zone the majority of the patients were civilians," he said.

King added that maintaining skills is

necessary in order to save lives during wartime. The burn center staff provides pre-deployment training to combat care providers.

"For some this is their first exposure to critically burned and injured Warriors," said King. "We are also important to the military because of the combat casualty care research that we conduct for the battlefield wounded."

"So we are an important combat skills sustainment platform. We have to stay engaged in burn care treatment to maintain that skill. It's not like a switch that you can turn on and off. No one knows when or where the next big conflict is going to be, but we have to be ready."

Under Secretary of the Army Visits SAMMC



Under Secretary of the Army Patrick Murphy talks with Col. Michael Hilliard, chief of the Emergency Department, about San Antonio Military Medical Center's Level I trauma mission Jan. 21 during a visit to learn about Brooke Army Medical Center's mission. (Photo by Robert Shields)



Col. Kurt Edwards, trauma surgeon, shows Under Secretary of the Army Patrick Murphy the rooftop helipad Jan. 21 at San Antonio Military Medical Center. SAMMC is the only Level I Trauma Center within the Department of Defense and has the only rooftop helipad. (Photo by Robert Shields)

New moms give high marks to SAMMC for labor, delivery care

By Elaine Sanchez
BAMC Public Affairs

San Antonio Military Medical Center remains the Defense Department's highest-rated facility for maternal-child satisfaction, according to TRICARE Inpatient Satisfaction Surveys.

This means new moms are continually giving high marks to SAMMC for their labor, delivery and post-partum care, explained Army Col. Scott Kambiss, chief, Department of Obstetrics and Gynecology.

"We provide compassionate, state-of-the-art care every step of the way," he said. "We feel like we have the best to offer our active duty, retirees and veterans."

Kambiss credits the standout survey results to a highly qualified staff and top-notch amenities and services.

"Our staff is one of the most diverse groups of OB/GYNs I've seen," he said. "We have a mix of seasoned veterans who bring education and a vast amount of knowledge to the table, as well as recent graduates who bring with them the most modern approaches in the field." Additionally, as a teaching hospital, SAMMC hosts Army and Air Force residents and medical students on clinical rotations, he added.

The robust team also includes obstetricians and certified midwives. This mix of specialties enables expectant moms to customize their birthing plan, whether they're set on natural childbirth or open to pain relief interven-

tions, noted Army Col. Elizabeth Murray, chief of Maternal-Child Nursing.

"We are very involved in collaborating with patients regarding their birth plans and supporting them as much as possible," she said.

The labor and delivery environment is an extension of that support, the colonel said. With glossy wood floors and inviting colors, the unit has a home-like feel from the moment a family enters the double doors. Expectant moms and their families stay in large, private rooms from labor throughout the postpartum experience. "We really try to provide a family centered experience in an environment that reminds them of home," Murray said.

The unit is collocated with Pediatrics' neonatal intensive care unit, which ensures state-of-the-art care for babies with health issues or born on the earliest side of maturity. "We work hand in hand with the Pediatrics Department," Kambiss said. "We wouldn't be able to do what we do without their great assistance."

Throughout the department, lactation consultants are on hand to encourage and facilitate breastfeeding for new moms, Murray added, noting SAMMC's commitment to breastfeeding initiatives. SAMMC is the Defense Department's first designated Texas Ten Step facility, meaning it has shown an exemplary effort to promote and educate patients on breastfeeding.

Both pre- and post-partum, patients have access to one of the city's only women's health physical therapists. Patricia Rodriguez treats pelvic floor dysfunctions, such as urinary incontinence, chronic pelvic pain and a host of other women's issues.

"One of my main goals is to teach patients how to take care of themselves," she said. "The more you understand about your body, the more effective you can be in taking care of it at every stage of life."

Air Force Col. Brian York, assistant chief, Department of OB/GYN, calls it a "true honor" to work at SAMMC.

"We have the privilege of helping our patients bring a new life into their family," York said. "It's quite an honor to be a part of that."

Air Force Capt. Tiffany Prochaska, assistant team lead in the Emergency Department, also has high praise for SAMMC's childbirth services. She has the distinction of delivering the hospital's first baby of 2016: 9-pound, 2-ounce Evelyn Rose.

"Everyone was wonderful; very compassionate," she said. "I knew a lot of the people taking care of me which



Air Force 2nd Lt. Auriel Vokolek, a nurse, takes newborn Isabella's temperature as her mom, Air Force Staff Sgt. Keri Sorsby, holds her in the post-partum unit at San Antonio Military Medical Center, Jan. 25. (Photo by Robert Shields)

took a lot of the anxiety away. I'm thrilled to work and receive care here."

Obstetric services are open to all TRICARE beneficiaries. Additionally, thanks to a new Veterans Affairs sharing agreement, VA beneficiaries are now welcome to give birth at SAMMC.

"We have a long-standing agreement with the VA to take care of veterans with gynecological issues," Kambiss said. "This new agreement in obstetrics will enable us to offer more services to our female veterans. We are excited to care for this deserving population."

Murray said she's proud to work at a facility that always puts the patients first. "When I ask the staff what they enjoy most about working here, I hear nearly the same answer across the board," she said. "It's the emphasis on safety and quality care that draws them to the organization. And if our staff is happy, our patients are happy."



Air Force Maj. Nicholas Carr, a neonatologist, takes a break from his paternity leave to give Air Force Staff Sgt. Keri Sorsby a sleep sack for her newborn Isabella in the post-partum unit at San Antonio Military Medical Center, Jan. 25, 2016. SAMMC is partnering with Bexar County on the Safe to Sleep campaign, which encourages parents to place babies on their backs on a firm surface free of pillows, crib bumpers and loose bedding. (Photo by Robert Shields)



With glossy wood floors and inviting colors, the unit has a home-like feel from the moment a family enters the double doors. Expectant moms and their families stay in large, private rooms from labor throughout the postpartum experience.



Aided by a nurse, Alfonso and Larabeth Rodriguez leave the Labor, Delivery and Recovery ward at San Antonio Military Medical Center with their new son, Zane Huesca Rodriguez. Born at 12:03 a.m. on Jan. 1, 2014, Zane was San Antonio's first baby of 2014. (Photos by Robert Shields)

Veteran grapples with post military life weight gain

By Robert Shields
BAMC Public Affairs

Retired Army Lt. Col. Bob Whetstone, a proven leader and formidable Soldier, stood in front of his mirror at 5:30 a.m. in early May 2015. He was putting on a dress shirt he recently purchased but buttoning the collar button seemed to be a challenge. This caused a slight pause.

"Why is it getting harder to button these new shirts?" he thought to himself. "I've been working out and eating right since my retirement last year."

He took another quick look in the mirror and figured it must all be in his head.

Whetstone, a public affairs specialist at Brooke Army Medical Center, was escorting media later that day when a coworker snapped an unexpected photo of him. He was shocked to see just how big he looked and suddenly, for the first time, realized that it wasn't the mirror that lied. He was lying to himself. That photo proved to be the wakeup call this veteran needed.

"I work in a hospital where we treat and preach to people about staying fit because being healthy is going to help you live longer," Whetstone said. "I looked at that picture and thought to myself, 'Here we go again.' I was nearly 230 pounds. This has got to stop!"

He realized how easy it is to let his health slide without the Army to mandate he stay in shape. He is not alone in his new battle.

Recent studies show that there is evidence of increased weight gain around the time military members retire or are discharged.

"The average military retirement normally takes place between 40 and 50 years old, which is an important point in our lives," said Army Maj. Trisha Stavino, Brooke Army Medical Center's outpatient and community nutrition services chief.

"We burn fewer calories as we climb the corporate ladder. The job of a colonel or sergeant major is incredibly important

but tends to burn fewer calories, and time for physical training decreases," Stavino said. "Then when those individuals retire, many take advantage of newly found time to train while others relish in the fact they don't have to get up at 4:30 a.m. and don't train at all."

"Around this same time, the average human also starts to lose muscle and bones start to become less dense, which creates an increased need for calcium and vitamin D," Stavino said.

The risk for heart disease and diabetes also increases with age largely due to lifestyle changes that lead to less exercise and weight gain. This is exactly what Whetstone was experiencing.

"I was lying to myself until I saw that picture," Whetstone said. "When I saw that picture I knew something had to change, because I was on my way to being a statistic."

With a new mindset, he sat down and came up with a whole new plan. He decided to scale back on weight lifting and just concentrate on a simple routine.

"I started just walking with a weight vest and this causes me to do things with my core that I wasn't doing with the other exercises," Whetstone said. "My disciplined plan of walking four times a week along with being careful about the food I consume and not eating after 8 p.m., caused my whole body to change."



(Left) Retired Lt. Col. Robert Whetstone May 27, 2015, when he weighed about 230 pounds. (Right) A slimmer Whetstone weighing 190 pounds. (Photos by Robert Shields)

"As people get older, it is harder to lose weight without a plan," Stavino said.

"A plan is just being aware. How much did I eat today? Where am I getting breakfast tomorrow? Do I really need this cookie that this individual brought to work today?"

Stavino recommends people check with their provider before embarking on a healthy eating and exercise program.

Fast forward seven months. Whetstone is now a solid 190 pounds.

"I lost the gut I had. It's no 6-pack but it's flat," Whetstone said. "I'm enjoying life now and I feel better about myself, and I didn't do it for anyone other than myself."

BAMC celebrates legacy of Dr. Martin Luther King Jr.

By Lori Newman
BAMC Public Affairs

Brooke Army Medical Center commemorated the life of Dr. Martin Luther King Jr. Jan. 22 with a ceremony held in the San Antonio Military Medical Center Medical Mall.

"There is a lot going on in San Antonio, in Texas and the United States right now, and I really appreciate the opportunity we have to take a few minutes to think about the theme behind all of it," said Brooke Army Medical Center Commander Col. Evan Renz, reflecting on the year's theme for Dr. Martin Luther King Jr. Day.

"I love this year's theme [Remember! Celebrate! Act! A Day On, Not a Day Off!]. It's a fantastic message for all of us to think about," Renz said.

The guest speaker for the event was re-



Sgt. Maj. Dwight Wafford gives retired Col. Edward Maney at certificate of appreciation for speaking at Brooke Army Medical Center's Dr. Martin Luther King Jr. commemoration ceremony Jan. 22 in the San Antonio Military Medical Center Medical Mall, as BAMC Commander Col. Evan Renz looks on. (Photo by Ed Dixon)

tired Army Chaplain (Col.) Edward Maney, chief of the Casualty Assistance Center at Joint Base San Antonio-Fort Sam Houston. Maney was the first African American chaplain at Fort Sam Houston.

Maney praised King's courage and spoke about how his iconic "I Have A Dream" speech brought people together in a common cause.

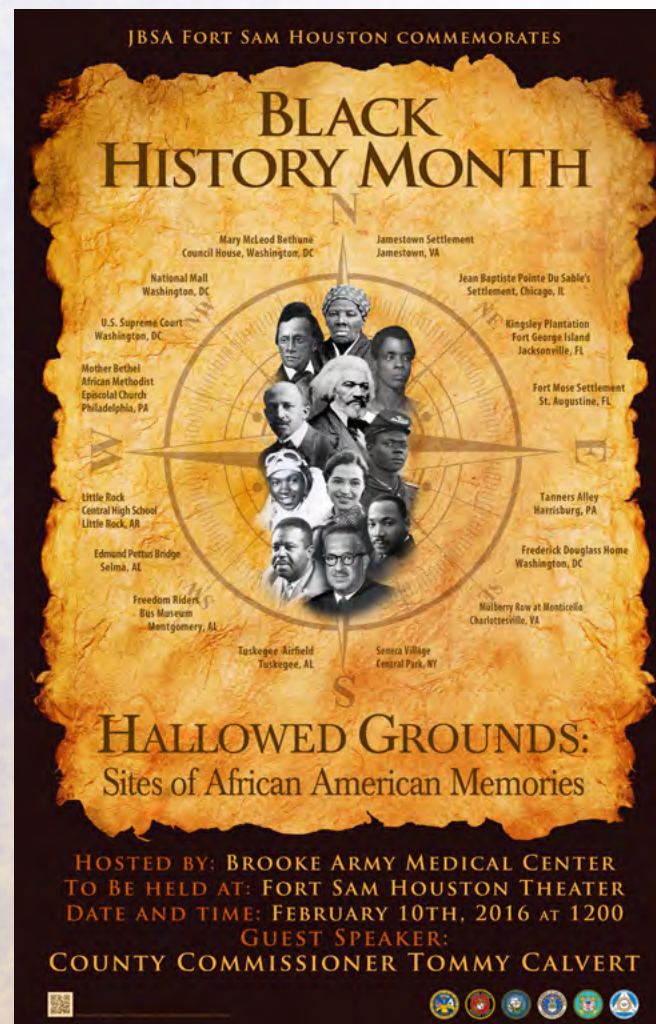
"There were those in America who stood up and understood what Martin Luther King stood for," Maney said. "It wasn't just black

America, it was white America, it was Mexican Americans who marched with him, Asians that walked with him, churches united with him, because they all knew America could be better."

He told the service members in the audience to hold their heads high. "Give it your all," he said. "Because the America you fight for is still evolving."

"America remembers those of us who have enough heart to believe that we can be better," Maney said.

"It's not an America of any one particular class, creed or race. It's an America for all human beings who wish to feel whole and a part of something bigger than themselves. That's what America stands for."



Other Happenings ...

at Brooke Army Medical Center



Troop Command Change of Responsibility

Command Sgt. Maj. Roderick Batiste accepts the battalion colors from Lt. Col. Stacy Holman, acting Brooke Army Medical Center Troop Command commander, during a change of responsibility ceremony Jan. 14 at the Warrior and Family Support Center amphitheater. Batiste is assuming responsibility of BAMC Troop Command as Command Sgt. Maj. Henry Chapman III prepares to leave. (Photo by Robert Shields)



SMA Dailey visits SAMMC

Sergeant Major of the Army Daniel A. Dailey held a townhall meeting with enlisted Soldiers at Brooke Army Medical Center Jan. 8. Dailey also visited Soldiers, staff and patients at San Antonio Military Medical Center. (Photo by Lori Newman)



Scholarship in Action

Brooke Army Medical Center Commander Col. Evan Renz and Command Sgt. Maj. Albert Crews present Army Lt. Col. Kevin Chung, research director at U.S. Army Institute of Research, an Army Achievement Medal Jan. 25 at San Antonio Military Medical Center. Chung's research article, "The potential utility of urinary biomarkers for risk prediction on combat casualties: a prospective observational cohort study," was chosen the first quarter Scholarship in Action winner. (Photo by Robert Shields)

BROOKE ARMY MEDICAL CENTER'S
Patient Appreciation

HEALTH FAIR

BECAUSE WE APPRECIATE YOU!

Fun Activities
Health Education
Health Screenings
Enrollment Information
Food and Refreshments

19 Feb
10 am-2 pm
Medical Mall

SPECIAL GUEST
THE SAN ANTONIO
RAMPAGE!
T - BONE

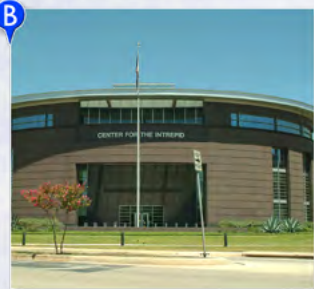


SAN ANTONIO AREA MAP



San Antonio Military Medical Center

JBSA Fort Sam Houston, TX 78234
(210) 916-4141



Center for the Intrepid

Bldg 3634
JBSA Fort Sam Houston, TX 78234
(210) 916-6100



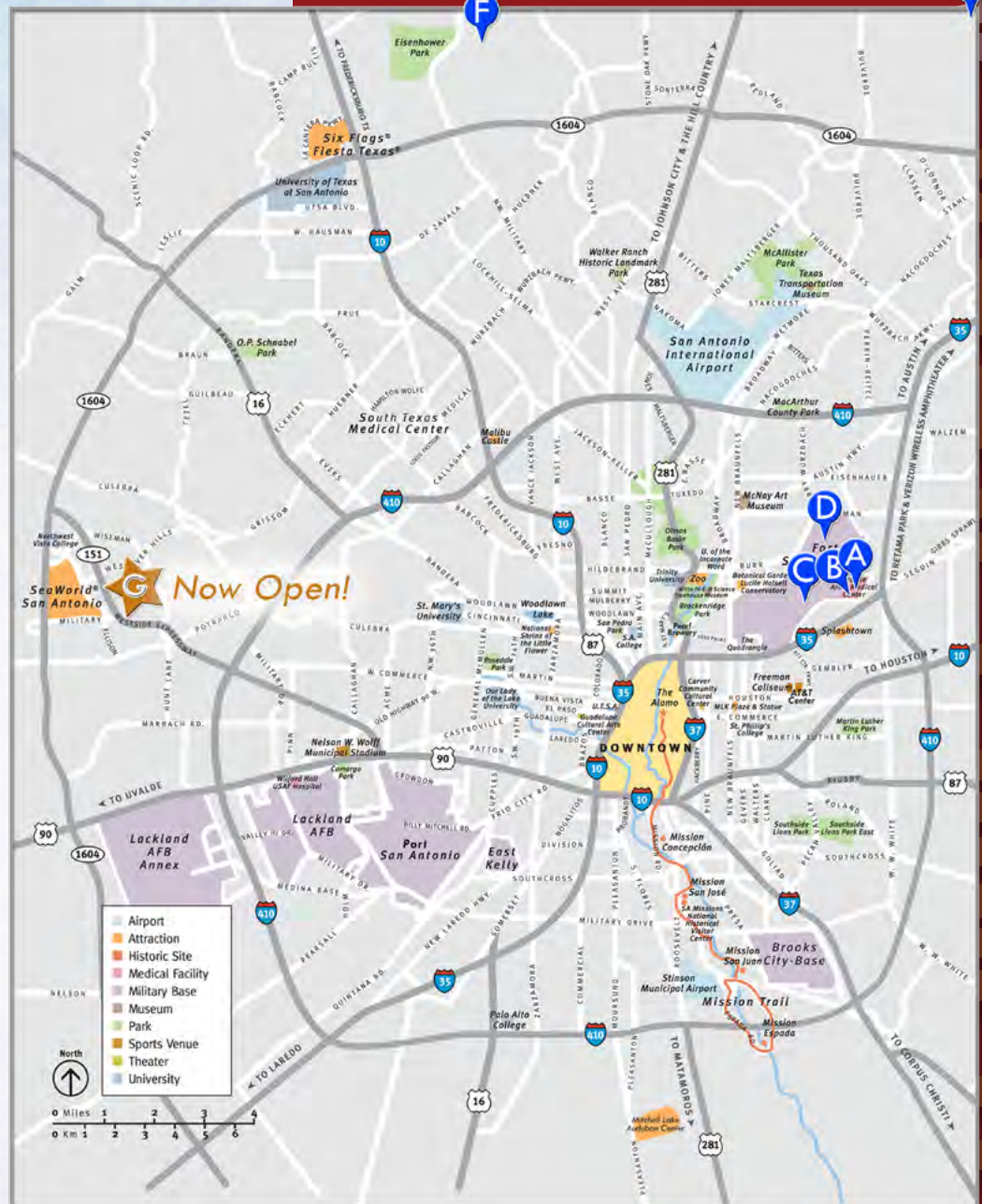
Moreno Clinic

Bldg 1179
JBSA Fort Sam Houston, TX 78234
(210) 916-4141



McWethy Troop Medical Clinic

3051 Garden Ave, Bldg 1279
JBSA Fort Sam Houston, TX 78234
(210) 916-4141 or (210) 916-4141



Schertz Medical Home

Horizon Center
6051 FM 3009, Suite 210
Schertz, TX 78154
(210) 916-0055



Taylor Burk Clinic

Bldg 5026
Camp Bullis, TX 78257
(210) 916-3000



Westover Medical Home

10010 Rogers Crossing
San Antonio, TX 78251
(210) 539-0916