

NAVAL HOSPITAL CAMP PENDLETON

HEALTHWATCH

&

NEWSLETTER



vol.1, no.2

"Health in Garrison. Readiness in Deployment."

Apr. 2004

MIS Improves Experience For Expecting Parents



Photo by HM2 J.D. Rawson

ENS Joanna Castillo, a nurse in the Post-Partum Clinic of Maternal Infant Services (MIS), helps a new mother, Erlyn Mangaya, feed her son Gabriel.

by *JOSN Dustin Q. Diaz*
Staff journalist/photographer

Naval Hospital Camp Pendleton recently remodeled its Maternal Infant Services (MIS) to better serve the military family beneficiaries.

"The whole purpose for the remodeling was to make the experience of pregnancy, labor and delivery, and post-partum care as pleasant and enjoyable a memory as possible," Director for MIS, CAPT Catherine Costin, said.

"The Outpatient area, Labor and Delivery and Post-Partum units make up the MIS Directorate. Several changes to services and facilities were completed to keep our families together, facilitating our goal to provide 'Family Centered Care.'

"Our renovation was done with mothers-to-be, and new mothers, in mind," CAPT Costin added. "No more multi-bed rooms. Each mother with her expanding family has her own room. This is the most rewarding improvement made."

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Heart Beat Aids Naval Hospital Camp Pendleton

by *JOSN Dustin Q. Diaz*
Staff journalist/photographer

Hospitals operate on budgets, but often organizations help them maintain these budgets through volunteer services and donations. Naval Hospital Camp Pendleton also has its volunteers. Among them, Heart Beat.

Heart Beat was established in 1980 by Libby Trahan, a Navy spouse, to enhance the morale and welfare of the hospital patient population. They do this through fund raising and then donating various items needed by the hospital.

Heart Beat has been working with the hospital since its inception to "spruce it up." Items like pictures, plants, and toys for hallways and waiting rooms have been donated to the Naval Hospital, according

to Heart Beat Hospital Representative, retired CDR Ruth Smith.

CDR Smith retired after 20 years in the Nurse Corps and now works as a liaison to the Naval Hospital for Heart Beat. She ensures that Heart Beat donations don't overlap with what is in the hospital's budget.

CDR Smith said, "One example of this was when we purchased alarm clocks for mothers in the Post-Partum Clinic, so that they could wake up at the right time to breast-feed their babies.

"We haven't forgotten about the Sailors at the Bachelor Enlisted Quarters (BEQ) either. We purchased some microwaves for them, and around 20 DVD movies. And we're going to buy some board games for the patients at the Substance Abuse Rehabilitation Program

Department (SARPD), as soon as we find out which ones they want."

Recently Heart Beat donated two scenic curtains to the Main Operating Room (OR) to provide privacy to patients awaiting same-day surgery, according to Main OR Department Head, CDR Diane Strenn. She said the curtains "really brighten up" the area for patients in an environment that can otherwise be very stressful.

"It was a godsend, because the operating room obviously operates on a very tight budget," CDR Strenn said. "Heart Beat was really able to help us out with their generous donation. Everybody in that organization is super."

Command Chaplain (CAPT) Martin Stahl said that Heart Beat gave

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Medical Photographer Hospital Corpsman 3rd Class Hidalia McCree shows new mother Krista Fontenot digital photos of her twin sons, Aidan Rhett and Ethan Raymond. The photos are sent to the new parents via e-mail so they can pass them along to family and friends.

Photo by JOSN D.Q. Diaz

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New parents Petty Officer 2nd Class Ronaldo Mangaya and his wife Erlyn said, "We were completely satisfied with the care we received."

Their son was born at the hospital in February.

"The entire area is well-maintained," Erlyn said. "Everything from the delivery room to the nursery is extremely nice."

"Instead of caring for mother and baby in separate areas of the hospital, as was the old practice, the renovation allows newborns to stay with their mothers as much as possible," said LCDR Richard Sams, a hospital family physician. "This is the biggest compliment on our improvement I've received. It makes the whole process of having a baby more pleasant and enjoyable."

Cpl. Jared Goode and his wife Tiffany had their second child at the hospital in late January.

Tiffany said that compared with having their first child at the same facility, the experience was "100 percent better."

"I could have gone out in town to have my baby this time," she said. "But everything was so improved, especially the attention I got. I would definitely come here again."

"Projects like completing the painting in all of the rooms and hallways were the last big things to be completed," CAPT Costin said. "The light pastel colors are more pleasing than the previous harder colors used."

More important than the fresh paint on the walls and new tile on the decks is the renewed positive focus on patients at the Naval Hospital.

In addition to the renovation, the hospital galley is now open 20 hours-a-day to facilitate patient's family members getting a meal at nearly anytime of day.

Parents can now also have digital pictures taken by the Medical Photography staff and send them to friends and family over the Internet.

"We've had good response from new parents," CAPT Costin said. "But we're always looking to improve wherever we can, and we're keeping an open ear to suggestions from our patients."

In 2003, 1,612 babies were born at the Naval Hospital. For more information about Naval Hospital Camp Pendleton, visit www.enhcp.com.

Maternal Infant Services Open House May 6

The Commanding Officer, Naval Hospital Camp Pendleton invites all to tour the renovated Maternal Infant Services units at an Open House on Thursday, May 6. Cake cutting is scheduled for 11:00 a.m. on the 2nd Floor, in the Labor and Delivery Suite, with tours to immediately follow. They will be conducted every hour, on the hour.

For more information, contact Hospital Corpsman Chief Felicia Foster at 760-725-1083.

Healthwatch & Newsletter

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Hospital Promotes National Nutrition Month

by *JOSN Dustin Q. Diaz*
Staff journalist/photographer

Service members here are being encouraged to "Eat Smart to Stay Healthy" not only during National Nutrition Month, but always.

The Nutrition Management Department is doing its part during the American Dietetic Association's (ADA) annual nutrition education and information campaign.

According to the ADA website, the campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. There is a lot of misinformation going around about nutrition and weight loss, especially concerning fad diets like the Atkins diet, according to CDR Alan Siewertsen, head of Nutrition Management.

The Atkins diet is a strict program that emphasizes minimizing the amount of

carbohydrates consumed, replacing them with fat and protein.

The Zone diet, though not a "high-protein" diet, is even harsher on carbohydrates, and considers them drugs that accelerate aging.

CDR Siewertsen said eliminating carbohydrates can lead to a very "boring" diet, since it means avoiding fruits, vegetables, bread and other similar foods.

"I think carbohydrates are taking a big hit because people don't understand how their bodies use them," CDR Siewertsen said. "Your body uses carbohydrates and can convert most of them to energy.

"But there's a downside to taking in too much protein. Your body uses only as much protein as it needs. Whatever excess protein you take in, your body either converts it to other substances that require amino acids (individual elements of protein molecules) or stores it."

CDR Siewertsen added that insufficient carbohydrate intake can lead

to the production of ketones; chemicals that can put stress on one's liver, kidneys, and central nervous system.

Fad diets do often lead to initial weight loss, but this is mainly because many of them sharply cut down caloric intake, according to LTJG Laura Prunty, a registered dietitian in the Clinical Nutrition Division at Naval Hospital Camp Pendleton (NHCP).

"People are looking for an easy fix, and fad diets promise quick weight loss," Prunty said. "But I wouldn't encourage people to stay on them for a long time, if they insist on trying one.

"Watching portion sizes and exercising regularly are what we've been pushing for a long time, and that's what works. It's pretty simple: you just have to burn more calories than you take in to lose weight."

Table tents have been placed on all the tables in the hospital's galley publicizing National Nutrition Month.

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HEART, 1

the Pastoral Care department a digital video camera and equipment that has been a "key" to their ministry. The equipment enables the department to broadcast Friday and Sunday Catholic mass services directly to the rooms of patients who are unable to attend. Heart Beat also purchased the hospital chapel's first piano and donated \$1,000 to each of the hospital's 2003 Thanksgiving and Christmas food drives. Chaplain Stahl said this money allowed the hospital to feed 280 families during the holidays.

"They've shown us a tremendous amount of love and committed themselves to caring about our people," Chaplain Stahl said.

"You know, the military is our country's backbone, as far as I'm concerned," Heart Beat President Catherine Fox said.

"I'm active in several organizations but this one's my favorite, because I feel like we're giving back to the people that count the most."



Photo by HM3 H. McCree

Pictured, left to right, are Naval Hospital Camp Pendleton's Commanding Officer CAPT R.R. Jeffries, CDR Diane Strenn, and Heart Beat members retired CDR Ruth Smith and Vicki Miller, displaying one of the new scenic curtains purchased by Heart Beat for use in the Main Operating Room.

Heart Beat membership is open to all military members, retirees and civilians. Anyone interested in joining or contributing to Heart Beat should call Vicki Miller at the Naval Hospital at (760) 725-1223.

For more information on Naval Hospital Camp Pendleton, visit www.enhcp.com.

Announcements

National Volunteer Week **April 18 - 24**

The Commanding Officer, Naval Hospital Camp Pendleton thanks ALL of the hospital's volunteer force, from American Red Cross to Heart Beat, to the Jewish War Veterans and the Jewish War Veterans Ladies Auxiliary, for the contribution and generosity of giving their time.

NHCP Health Education

NHCP Health Promotion department has many health education classes. Some classes are: Tobacco Avoidance; Injury Prevention; Stress Management; Alcohol & Substance Abuse; Nutrition & Weight Management; and others.

For more information, call 760-725-1002.

NUTRITION, 3

Also, all staff members in the galley are wearing buttons bearing the month's "Eat Smart to Stay Healthy" slogan.

LT Susan Steinman, a registered dietitian in Nutrition Management, is leading the hospital's efforts to get the word out about nutrition. Shopping tours to the commissary are planned, as well as visits to Marine Corps Base Camp Pendleton's 21 Area Branch Medical Clinic and the hospital's pharmacy to distribute nutrition information.

"We want to expose as many people as we can to the ADA, what we dietitians do, and good nutrition in general," Steinman said.

Questions regarding fad diets may be discussed with a primary care provider who may write a referral to the Nutrition Clinic to consult with a registered dietitian. To speak with a registered dietitian, please call 725-1244 or 1245.

For more information on the American Dietetic Association and National Nutrition Month, visit the ADA's website at <http://www.eatright.org/Public/>.

Pacific Plaza Pharmacy Services Change

by NHCP Public Affairs Office

Starting June 1, 2004, no new prescriptions will be filled at the Pacific Plaza Branch Pharmacy. Only refill service will be available.

Patrons of the Pacific Plaza Branch Pharmacy can still get new prescriptions filled at the main pharmacy in the Naval Hospital.

"This change of service is being driven by decreased funding, reduced manning and rising pharmaceutical costs," said CAPT Richard R. Jeffries, Commanding Officer, Naval Hospital, Camp Pendleton.

"Wait times and the volume of pharmaceutical services required to support the MEF and the hospital has drastically increased," CAPT Jeffries said. "To help we've added new equipment to the main pharmacy and by consolidating services we can improve our overall support."

CAPT Jeffries said that if funding is re-established and additional manpower found, the hospital will resume filling new prescriptions at the Pacific Plaza Branch Pharmacy.

Current users of the pharmacy, as well as other TRICARE beneficiaries, have two other options for filling their prescriptions.

The first is the TRICARE Mail Order Pharmacy (TMOP) system. Patients can save time and money by filling prescriptions through the mail instead of going to the hospital. Information is available by calling 1-866-275-4732 or on the Web at www.express-scripts.com.

The second option is the TRICARE Network Pharmacy program which uses civilian pharmacies, such as Rite Aid, Sav-on or Walgreens, for prescription filling. Patients can locate a TRICARE network pharmacy close to them by calling 1-877-DOD-MEDS or by visiting the Web at www.tricare.osd.mil/pharmacy/retailnetwork.cfm.

General questions about the TRICARE Pharmacy Programs can be answered by calling 1-877-DOD-MEDS or visiting the TRICARE Web site at www.tricare.osd.mil/pharmacy.

For more information about the Naval Hospital, Camp Pendleton change of pharmacy services call the Pharmacy Benefits Assistance line at (760) 725-1477.

Ombudsman, Assistants Needed

Family Readiness Office

The Ombudsman Program is an integral part of this command's official family readiness program and is the primary communication link between the Commanding Officer and the families of deployed personnel. The Ombudsmen Program enables the command to achieve a higher state of "family readiness" which, in turn, supports command and individual readiness. With families functioning in a higher state of family readiness, individual Sailors are better able to perform their assigned missions more efficiently and safely. Interested parties should contact CDR Mary Medina at 725-0951.