

Kenko Shimbun

A Publication of U.S. Naval Hospital Yokosuka
A Member of the WESTPAC Medical Alliance



Commanding Officer's Welcome

It is my pleasure to present to you the newest issue of the "Kenko Shimbun," the hospital's quarterly newsletter.

In this issue you'll find important information on preventing the flu. As I'm sure you all are aware, flu season is here. As medical professionals it is our responsibility to always adhere to best practices in hygiene to prevent the spread of the flu, to get vaccinated and to set a healthy example for others. Also in this issue, you will learn more about great new technologies now calling our hospital home, highlights from an array of command events and interviews with our Japanese interns.

As 2009 comes to a close, I look back on the year and am impressed by all we have accomplished together. At the same time, I look forward to continuing to work with each of you in 2010 to help USNH Yokosuka achieve even more.

As always, thank you for all you do.

Capt. Kevin Moore, MC, USN
Commanding Officer

Health News You Can Use

Help Prevent the Flu

Jennifer Savage, Public Affairs Officer

Flu season is here and now is the time for all of us to take the proper actions to protect personnel, beneficiaries, coworkers and family members from getting the flu. One of the most important steps to protecting ourselves and each other from the flu is getting vaccinated. The vaccine not only helps protect vaccinated individuals, but also helps protect entire communities by preventing or reducing the spread of the disease.

In addition to getting vaccinated, there are other steps each and every person can take to prevent the spread of germs and viruses. These are effective in preventing the spread of both the seasonal and H1N1 flu.

- Avoid close contact with people who are sick, when you are sick, keep your distance from others to protect them from getting sick, too.
- If possible, stay home from work, school and errands when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often to help protect you from germs
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his/her eyes, nose or mouth.

Immunization remains the primary method for reducing seasonal influenza illness and its complications. Do your part to keep yourself and your family, friends and co-workers from getting sick—get vaccinated!

In this Issue

Japanese Interns

New
Technologies

Host Nation
Partnerships

Bravo Zulus

Awards
and
Promotions

And More!

Get to Know... the USNH Interns



Dr. Maeda reviews a patient's history during an obstetrics appointment.

NAME: Reina Maeda

HOMETOWN: Fukuoka, Japan

PRIOR TO COMING TO USNH YOKOSUKA, WHAT DID YOU DO? I worked in general internal medicine at Teine Keijinkai Hospital in Hokkaido.

WHY WERE YOU INTERESTED IN THE INTERN PROGRAM AT USNH YOKOSUKA? I was curious about the Western-style of medicine.

WHAT DO YOU HOPE TO LEARN FROM THIS PROGRAM? I would love to meet various doctors and other medical staffs and learn their philosophy and professionalism.

WHERE DO YOU SEE YOURSELF IN TEN YEARS? Working in Japanese hospitals as a general internal medicine physician, after experiencing some adventure.

PLEASE TELL US ONE OF YOUR HOBBIES: My hobbies used to be "English." Now...I will try another language.



Dr. Misawa talks to a patient during an exam.

NAME: Takahiro Misawa

HOMETOWN: Fukui Prefecture, between Kyoto and the Japan Sea. It is the countryside of Japan

WHAT DID YOU DO PRIOR TO COMING TO USNH YOKOSUKA? I graduated Tokyo Medical University in March, 2000. I trained for one year as a junior resident in the anesthesia department at Tokyo Medical University Hospital and for four years as a senior resident in the emergency department at Kameda Medical Center in Chiba. I then remained at Kameda for three years as an attending physician.

WHY WERE YOU INTERESTED IN THE INTERN PROGRAM AT USNH YOKOSUKA? The primary reason I came to USNH Yokosuka is that I love to work here. Last year, I came to USNH Yokosuka for an externship. Although the externship was only a short time, I felt comfortable and saw the education that year's interns were receiving and that they were viewed as colleagues by the hospital staff. I thought USNH Yokosuka was a best hospital for me to be trained, that's why I chose to apply only to this internship program.

WHAT DO YOU HOPE TO LEARN FROM THIS PROGRAM? In Japan, we use the word "tamashii." It means spirit. I want to learn the American "tamashii" from working in this hospital.

WHERE DO YOU SEE YOURSELF IN TEN YEARS? After this internship program, since I have been trained as a surgeon, I will remain in Japan and get into a plastic surgical program of some sort at the Japanese University Hospital. However, during the training, I hope to go to the U.S. and get more specific clinical and research training for plastic surgery. Afterward, hopefully, I expect to have my own clinic.

PLEASE TELL US ONE OF YOUR HOBBIES: When I was a medical student, I played ice hockey. However, I prefer to watch rather than play now. After I graduated medical school, my hobby was surfing. The hospital I previously worked in was very close to the Pacific Ocean, so I was able to surf almost every day before and after work and particularly when it was typhoon season. I am not in that situation now, and instead I study because my time here is limited.

Get to Know... the USNH Interns



Dr. Noguchi consults Dr. Hong about a patient.

NAME: Ryoko Noguchi

HOMETOWN: Fukuoka, Japan

WHAT DID YOU DO PRIOR TO COMING TO USNH YOKOSUKA? I worked at Kyushu International Medical Center in Fukuoka for two years as a resident after graduating from Gifu University Medical School in 2007.

WHY WERE YOU INTERESTED IN THE INTERN PROGRAM AT USNH YOKOSUKA? I wanted to learn more about Western-style medical practices because I believed there are some differences.

WHAT DO YOU HOPE TO LEARN FROM THIS PROGRAM? Medical education in English. I want to learn more about Western-style medicine so I can combine with Japanese-style medicine some day. I believe there are a lot of good parts to both of them!

WHERE DO YOU SEE YOURSELF IN TEN YEARS? Doing or finishing a fellowship and teaching young Japanese doctors in English. I might be working with some other interns that I met here! You will never know...

PLEASE TELL US ONE OF YOUR HOBBIES: I play piano. I would like to learn yoga.



Hospitalman Apprentice Oshode and Lt. Cmdr. Shaughnessy perform a JEP safety analysis.

Protecting the Hospital's Ultimate Resource – its People

By Bill Heath, Safety Manager

More than six years ago, the Secretary of Defense challenged the Department of Defense to improve its safety record, stating, "World-class organizations do not tolerate preventable accidents."

In response to the Secretary of Defense's charge, the military looked to the Occupational Safety and Health Administration's (OSHA's) Voluntary Protection Program (VPP), which promotes effective worksite-based safety and health, to ensure increased workplace safety across the armed forces.

It found that agencies participating in the VPP could expect not only an improved safety record, but also an overall improved readiness. To bring that benefit to the military, the Department of Defense VPP Center of Excellence was established.

Today, U.S. Naval Hospital Yokosuka continues in its goal to be the first military hospital to be recognized as a "Star" site by the VPP.

To become a VPP "Star" site, the hospital must have exemplary worksites with comprehensive, successful safety and health management systems. It also must have achieved injury and illness rates at or below the national average of the industry and be self-sufficient in its ability to control workplace hazards.

Some staff may play a role in the next steps the hospital will take toward becoming a VPP "Star." Staff is asked to conduct job/environmental/patient (JEP) safety analysis. The JEP is a step-by-step procedure to use on specific tasks to show associated risks and steps to take to mitigate those risks. By following this procedure and using the JEP form, located on the intranet safety page under the operational risk management link, patient care and non-patient care staff may qualify for command Bravo Zulu recognition. We are also asking for staff assistance in communicating the 2010 safety goals and objectives to all hands by December of this year and updating the department orientation process after the first of the year, so keep an eye out for how you can help USNH Yokosuka become a workplace safety and health "Star."

New Technologies

Digital Mammography at USNH Yokosuka Leads to Better Breast Cancer Detection

By Lt. Cmdr. (Dr.) Jeff Weigle, radiology department head, USNH Yokosuka

Following a recent upgrade to the U.S. Naval Hospital (USNH) Yokosuka mobile mammography center, the hospital is proud to now offer all of its beneficiaries completely digital mammograms. Digital mammography is proven to increase the rate of cancer detection and is especially more effective than film-screen mammograms for women under age 50. This benefit is therefore very helpful to the Yokosuka beneficiary population. Digital mammography is also noted for using less radiation than film-screen mammography.

The hospital is a leader in offering this high-quality mammography to its beneficiaries. Approximately 70 percent of U.S. screening facilities are still using film-screen technology. Additionally, the hospital is the only facility in the area fully accredited to perform mammography per the guidelines of the American College of Radiology and the Food and Drug Administration/ Mammography Quality Standards Act. Furthermore, only USNH Yokosuka has American Board of Radiology board-certified radiologists on staff.



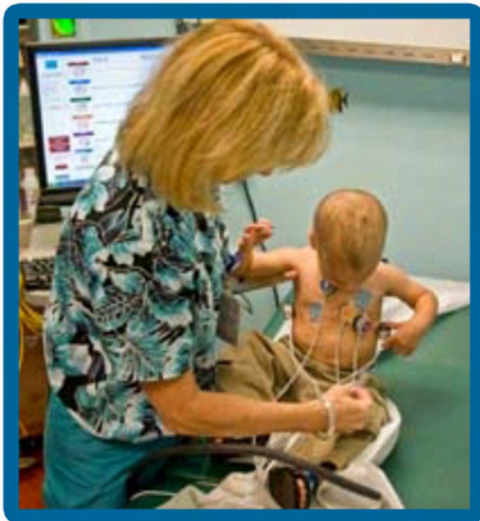
The USNH Yokosuka Mobile Mammography Center.

Now that the mobile mammography center is upgraded to digital, beneficiaries across Japan can benefit from this enhanced technology. The van makes quarterly runs to the Sasebo and Iwakuni branch health clinics, and serves approximately 200 women a year. This upgrade ensures that the same state-of-the-art technology that is used within the hospital radiology department is now available to the beneficiaries at these outlying clinics.

The Signal™ Improves Pediatric Services

By Richard McManus, Public Affairs

New technology at U. S. Naval Hospital (USNH) Yokosuka is bringing enhanced cardiology services to patients in the pediatric department. The hospital is now home to one of only eight unique heart sound recording devices called Signal™.



Bryce Conniff is connected to the Signal device.

The Signal™ is a high-quality system that records a patient's heart sounds which are then evaluated by a pediatric cardiologist at Tripler Army Medical Center (TAMC). The heart sound recording device works with TAMC's telemedicine system called Pacific Asynchronous TeleHealth (PATH).

Previously, children who were found to have a potentially suspicious heart murmur may have been referred to TAMC to be seen by a pediatric cardiologist. But in many cases the findings were normal, resulting in unnecessary costs and significant stress on the child's parents. The Signal™ device allows TAMC's pediatric cardiologists to listen to a child's heart without the need for travel, in turn improving access to pediatric cardiology care for USNH Yokosuka's beneficiaries and reducing cost and stress by eliminating the need for travel for many families.

"Patients won't have to wait for a specialist to come to USNH Yokosuka to get an appointment with pediatric cardiology," said Jay Bradbury, a pediatric medical assistant at USNH Yokosuka. "Instead, within just a few days, the patient will know if further evaluations or an in-person consultation will need to be scheduled. We are really proud to be able to offer this service to our patients."

HOST NATION PARTNERSHIPS

Perinatal Care Conference at USNH Yokosuka Strengthens Ties with Japanese Medical Community

By Richard McManus, Public Affairs

Health care workers from Japanese civilian, Japanese Self Defense Force and U.S. military medical treatment facilities throughout Japan recently gathered at the fourth Perinatal Care Conference hosted by U. S. Naval Hospital (USNH) Yokosuka. The group of nearly 100 discussed how perinatal providers from both nations can work together to enhance neonatal medical services for mothers and babies receiving care at USNH Yokosuka.

The day-long conference featured presentations by American and Japanese medical professionals from across Japan. Real-time translation services provided a bridge for the language gap among the diverse audience members and allowed for an open, two-way communication between the U.S. attendees and their Japanese counterparts.

USNH Yokosuka Executive Officer Capt. Kevin Knoop pointed out that the hospital can deliver sometimes up to 60 or 70 babies a month and the odds are good that some of those deliveries will require the care of a neonatal intensive care unit.

“The use of a neonatal intensive care unit is a prime example of how USNH Yokosuka looks to the Japanese medical community for assistance,” said Knoop. “We hope to continue to build our relationship with the area Japanese medical facilities to augment our neonatal care services and provide our mothers and newborns with top-notch care,” said Knoop.

Dr. Miyuki Ogawa, an obstetrician at Kanagawa Children’s Medical Center, appreciated the opportunity to learn how the Japanese and U.S. medical community can work together and wants to see more of this type of dialogue.

“Conferences like this would benefit other specialties,” said Ogawa.

The conference ended with a tour of USNH Yokosuka. For some, it was their first time in an American military hospital and many voiced that they were impressed by the size of the exam rooms and doctor’s office spaces and the equipment in the labor and delivery ward.

The hospital plans to continue hosting the annual conference between to the two medical communities.

Emergency Response Team Drills for Disaster

By Richard McManus, Public Affairs



ERT member Lt Crescini treats a simulated patient at the Kanagawa Prefecture Government evacuation drill.

Members of U. S. Naval Hospital (USNH) Yokosuka’s emergency response team (ERT), along with the Japanese Military Self Defense Force, police, firefighters, medical teams and private citizens, participated in the Kanagawa Prefecture Government (KPG) evacuation drill August 29, at Kamoi elementary and junior high school near Yokosuka naval base.

The KPG drill is an annual event that not only helps first responders prepare for mass casualty emergencies, but also marks the anniversary of the great Kanto earthquake of 1923.

The ERT routinely participates in drills like this throughout the year. The drills allow the team to practice with Kanagawa prefectural first responders and strengthens their abilities to operate together.

The next day, the executive officer and ERT observed the Tokyo Metropolitan Government (TMG) disaster drill to assess how the hospital could provide support to TMG first responders in the event of a mass casualty incident from a natural disaster. The group also toured the new Japanese Maritime Self Defense Force Central Hospital, the site of the TMG drill.

The ERT is an organized, well-trained and equipped on-site casualty collection and treatment unit, providing triage, resuscitation, stabilization and casualty evacuation assistance. It is comprised of 30 members and is capable of providing limited basic support to approximately 100 casualties before replenishing resources.

BRAVO ZULU

The term Bravo Zulu comes from a naval signal meaning "well done." At USNH Yokosuka, Bravo Zulu is the term used to recognize a staff member's or a work unit's outstanding performance or support. The comments below were taken from comment forms completed by hospital visitors and staff and submitted to the customer relations department. Please join in giving these deserving members a Bravo Zulu for their hard work. Congratulations!

It was great job! There were nice and helpful staff members on oral surgery. Jerry felt relaxed and at ease. They were very professional and courteous. My experience within the oral surgery was one of the best I have had here at USNH. **Capt. Daniel Clifford** did an excellent job and was very professional. His assistant, **Hospitalman Apprentice Green**, was also outstanding and professional. Bravo Zulu to the both of them and the entire staff members within oral surgery.

I have always been pleased with my visits with **Dr. Insley**. She is very accommodating and very clear on her explanations.

Hospitalman 3rd Class Palmer was great. It was no pain at all and she is very friendly.

Hospitalman 2nd Class Bienaime was careful to make sure he found my small vein and swiftly and painlessly drew my blood. It was the best blood draw I have had.

Dr. Francesca M. Cimino is an awesome physician with three Cs: comforting, caring and consideration. She took care of me without the feeling of alienation as a retiree seeking medical assistance. Thank you very much.

Hospitalman Dimengo Smith was awesome. He was very respectful and kept me entertained when I was bored. Over all environment here was very friendly.

Driver, **Mr. Takeda-san**, was very cordial and pleasant. Thank you.

Mr. Sudo is always busy. He never stops working until he is done for the day. He goes above and beyond. Bravo Zulu.



Mr. Ryuta Sudo.



Hospitalman Stevens and Hospitalman Pique.

It was fast and pleasant service while conducting the periodic health assessment (PHA). Both **Hospitalman Pique** and **Hospitalman Stevens** were very knowledgeable and competent during the process.

Hospitalman Powers from immunizations did a wonderful job on my immunization, provided me with information about my PPD shot and was quite respectful. Keep up the good job.

I called central appointments to request an appointment for my son and was assisted by **Ms. Rosalinda Sato**. I would like to thank her for the prompt and professional manner and service she provided.

I would like to commend **Dr. Iizuka's** professionalism and medical treatment. He was very helpful and efficient, and did the best he could for me.

I would like to commend the Yokosuka naval hospital dental clinic staff members for the outstanding work that they do for the community. Their hard work and professional service often go unrecognized, but is on display daily. I would like to especially recognize **Hospitalman 2nd Class Irwin** and **Mr. Sasaki** for their generous assistance in helping me to obtain an appointment for an annual dental exam. As a military retiree, it is often difficult to secure a dental appointment using the same-day, next-day format. However, they went above what was required. They ensured that when an appointment became available, I was seen in a timely manner without an undue amount of waiting. Their dedication and service are exemplary, and speaks highly to their commitment to providing the Navy community with quality dental care. Again, thank you for your excellent service.

BRAVO ZULU



Hospitalman 2nd Class Nowaczyk.

Hospitalman 2nd Class Nowaczyk did a great job. I learned a lot in his training. It will help me to improve my work. I enjoyed the quiz game. Thank you.

Hospitalman 3rd Class Aura Williams was great, very nice, helpful and very efficient.

Hospitalman Judd was very knowledgeable of the information presented. She was very polite and attentive to the audience. She was able to answer questions and entertain comments professionally and quickly. I highly recommend her to give presentation to in more training demonstrations.

Ms. Kayo Hayashi was very helpful. She went out of her way to do some work for me. Thank you very much for your hard work. It is the small things that make a big difference.

Mr. Deguchi was an excellent driver and a real nice person.

I saw **Dr. Ladouceur** in optometry today. She was totally professional and awesome! All my questions were answered and follow-on care was arranged. The staff members that took care of me, **Hospitalman 2st Class Janic, Hospitalman 3rd Class Peters, Hospitalman Apprentice McCormick** and **Hospitalman Apprentic Timmons**, were cheerful and professional. They all went above and beyond the norm. Please pass on my best to these top-notch care providers!!

I would like to commend the fleet dental clinic for its outstanding customer service, especially **Dr. Franzke, Hospitalman 3rd Class Kline** and **Hospitalman 3rd Class Hahn**. Thank you.

Today's visit to the dentist was excellent. I saw **Hospitalman Ross, Hospitalman 3rd Class Strickland** and **Hospitalman Fernandez**.

My visit with **Lt. Sood** was exceptional. His knowledge, professionalism and insight into my weight problem were amazing. He gave the impression that he really did want me to succeed.

The **pharmacy** here is always fast and polite. Thank you.

Nurse Lela, Hospitalman White, Dr. Linda Walker and other staff members were very supportive and really did a very good job. It was a very successful delivery. BZ and thanks to all of you.

I really wanted to thank **Lt. Cmdr. Shaughnessy** and **nurses Wylee** and **Erika** for helping me. This was an eye opening experience. **Dr. Cheng**, thanks for letting the C-section happen. In my heart, I truly felt I wasn't strong enough to stay and labor. Thanks again for taking off the edges of pain.

The day staff members, **Hospitalman Stavros** and **Hospitalman Apprentice Ponce**, took very good care of my wife and were very courteous. The night staff member, **Ms. Hiderbrand**, tirelessly checked on my wife, Miyuki. I was proud of the service of the multi-service ward staff members. Thank you.

Our experience here at the pediatric dental clinic has been awesome. My four-year-old daughter continues to receive excellent care by both the physicians and dental assistant. I especially would like to thank **Ms. Tomoko Ozawa** for her patience and time she has spent with her during her last two visits. It is amazing how even a child appreciates the care a care giver can give. My daughter remembers few names, but "Ms. Tomoko" has indeed taken the fear out of going to the dentist.

Atsugi case manager **Mr. Yasuda** was very helpful in explaining what I needed to do. Thank you.

My wife wants to thank **Ms. Mali Nichols-Hadorn** for her attention to details. She assisted my wife with getting the doctors signature on her visa application. She was highly professional and had outstanding personality. My wife also left her handbag at x-ray and Mali went looking for my wife and returned her handbag. We need more people like her. Keep up the outstanding job. Thank you very much.

The MEDEVAC department, especially **Mr. Gary Hogate** and **Hospitalman 3rd Class Serumgard**, shine with their outstanding support with all the needs and assistance I required. Thank you so much for all you have done for me.



Hospitalman 3rd Class Serumgard.

Awards

Navy Commendation Medal

CDR Acevedo
LCDR Brown

LT Nelson
LT Coker

Navy Achievement Medal

LCDR Ramos
LT McCoy
HM1 Nesbit
HM2 Ardan
HM2 Greer
HM3 Buchner

LT Crowley
LTJG Tobin
HM1 Tisuela
HM2 Dam
HM2 Krouse



Hospitalman 3rd Class Buchner.

Flag Letter of Commendation

HM1 Frey
HN Hevener

HM2 Simpson



Hospitalman 2nd Class Simpson.

Letter of Commendation

AO1 Cyrus
HM1 Freitas
HM1 McDonald
HM2 Cadiente
HM2 Cox
HM3 Elahee
HN Davilla
HA Ortiz

HM1 Figuero
HM1 Kelly
HM2 Biases
HM2 Cayetano
HM2 Zirkle
HM3 Pham
HA Grandberry

Letter of Appreciation

HM2 Mercantel
HM2 Williamson
HA Ferguson

HM2 Templeman
HN Bart
MLC Otsuka

Promotions

Commander

CDR Saito
CDR Terhaar

Lieutenant Commander

LCDR Henning
LCDR Lovelace
LCDR Perez

Lieutenant

LT Eadens
LT Griffin-Riddle
LT Tobin

Lieutenant Junior Grade

LTJG Dillinger
LTJG Freeman
LTJG Schilling

Promotions

Master Chief

HMCM Sheridan

HMCM Villanueva

Chief

EMC Lapid

HMC Basil

HMC Deleon

HMC Figueroa

HMC Penamenjivar

HMC Reyes

HMC Washington



Chief Washington.

Hospitalman

HN Bagunas

HN Bart-Plange

HN Borseth

HN Ferguson

HN Foster

HN Grandberry

HN Grassley

HN Grillot

HN Guerrero

HN Kelly

HN Lundberg

HN Madlangbayan

HN McCormick

HN Nguyen

HN Ortiz

HN San Juan

HN Sos

HN Tuggle

HN Walston

HN Weller

Hospitalman Apprentice

HA Alconini-Mendoza

HA Beaudry

HA Blount

HA Chase

HA Garrison

HA Howard

HA Lee

HA Lin

HA Lowe

HA Mai

HA McGarrigle

HA Miller

HA Taylor

HA Tran

HA Vega

HA Whites

HA Zhong

Hospitalman 1st Class

HM1 Turner

Hospitalman 2nd Class

HM2 Malveda

HM2 Smoot

HM2 Unwin

Hospitalman 3rd Class

HM3 Aleer

HM3 Atchison

HM3 Dellatorre

HM3 Hopkins

HM3 Perez

HM3 Peters

HM3 Williams

HM3 Troxell



Hospitalman Apprentice Lin.

Ombudsman's Corner

The Ombudsman

The ombudsman is a spouse of an active duty or selected reserve command member. The Ombudsman supports the command mission by providing communications, outreach, resource referral, information and advocacy to and for command families. The ombudsman serves as the liaison between command families and the command and keeps the commanding officer/commander informed regarding the general morale, health and welfare of the command's families. (OPNAVINST 1750.1F).

Code of Ethics

1. Support the command's mission.
2. Work within the chain of command as directed.
3. Maintain confidentiality.
4. Maintain the highest standards of professionalism.

Reportable Issues

1. All suspected child abuse/neglect.
2. Alleged domestic abuse.
3. Suspected/potential homicides, violence or life endangering situations.
4. All suspected/potential suicidal risks.
5. Issues identified by the CO as reportable.

I AM AN OMBUDSMAN

*I am not a crutch,
But I can support you*

*I am not a counselor
But I know one*

*I am not a taxi driver
But I can steer you in the right direction*

*I am not a rescuer
But I can help save lives*

*I am not a babysitter
But I can refer you to a caregiver*

*I am not a gossip
But I am a great listener*

*I am not an enabler
But I can provide tools to empower you*

*I am not a master of anything
But I know many experts who understand your needs*

*I am not a recreation or health specialist
But I am concerned about your morale, welfare and health*

*I am not a busybody as I've been called
But I am an official command representative*

*I am a Navy family ombudsman
And I am of service to you, the Navy family.*



Marissa Asuncion
(H) 241-2412
(Cell) 090-9010-0297



John Brown
(H) 241-2423
(Cell) 090-9010-1833



FeeDee Langrehr
(H) 246-7833
(Cell) 090-7285-5231

U. S. Naval Hospital Yokosuka's Ombudsmen

EARTHQUAKE EARLY WARNING: DOS & DON'TS

If you
feel a tremor...

Remain calm and secure your personal safety

At Home

- Protect your head and shelter under a table
- Don't rush outside
- Don't worry about turning off the gas in the kitchen



When Driving

- Don't slow down suddenly
- Turn on your hazard lights to alert other drivers, then slow down smoothly
- If you are still moving when you feel the earthquake, pull safely over to the left and stop



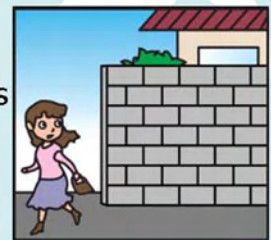
In Public Buildings

- Follow the attendant's instructions
- Don't rush to the exit



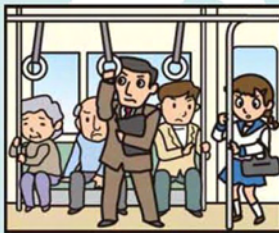
Outdoors

- Look out for collapsing concrete-block walls
- Be careful of falling signs and broken glass



On Buses or Trains

- Hold on tight to a strap or a handrail



In Elevators

- Stop the elevator at the nearest floor and get off immediately



Events

USNH Yokosuka Welcomes New Command Master Chief



Command Master Chief Randy Pringle.

In September, USNH Yokosuka welcomed its new command master chief, Master Chief Randy Pringle.

Pringle started his naval career when he enlisted in 1983. After completing recruit training in Orlando, Fla., he attended hospital corpsman "A" school at the Naval School of Health Sciences in San Diego, Calif.

In December 1983, he reported to Naval Hospital Portsmouth, Va. where he served in a number of roles until his transfer in December 1984 to physical therapy technician "C" school in Fort Sam Houston, Texas. In June of 1985, Pringle reported to Naval Hospital Patuxent River, Md. for independent duty.

In November 1986, Pringle served at Naval Hospital Rota, Spain where he obtained certification as an emergency medical technician and master emergency vehicle operator instructor. After completing this tour, he attended field medical service school in Camp Johnson, N.C. He was subsequently assigned to the 1st Battalion, 6th Marines, Camp Lejeune, N.C., where he made multiple deployments and participated in Operation Desert Shield, combat operations in Desert Storm and cease-fire in Kuwait.

Pringle advanced to the rank of chief hospital corpsman and was assigned as the lead chief petty officer (LCPO) of Headquarters Battalion, 2nd Marine Division, Camp Lejeune, N.C.

Following several more deployments, he was selected to attend medical administration technician "C" school in San Diego, Calif. He advanced to hospital corpsman senior chief and was assigned to the USS Constellation (CV-64) as the medical department LCPO, where he successfully completed a western Pacific deployment in 1997 and a complex overhaul.

In 1998, Pringle was promoted to his present rank and selected to serve as senior enlisted leader for the primary care directorate at Naval Medical Center, San Diego, Calif. After a brief shore tour, he reported as command master chief, III Marine Expeditionary Force, 3rd Medical Battalion, 3rd FSSG, Okinawa, Japan as senior enlisted to the largest mobile medical unit in the Pacific. Pringle then served as command master chief, VAQ-136 and Carrier Air Wing Five.

Master Chief Pringle earned a Bachelor of Science degree from North Carolina Central University and holds physical therapy licenses in both N.C. and Calif. He is also a graduate of the Army Sergeant's Major Senior Enlisted Academy, Class 56.

His awards include the Meritorious Service Medal, Navy & Marine Corps Commendation Medal (3 awards), Navy Achievement Medal (2 awards), Combat Action Ribbon and numerous other campaign and service medals.

Please join in welcoming USNH Yokosuka's command master chief!

USNH Supports 7th Fleet and USS Blue Ridge (LCC 19) Sailor and Family Readiness

By Jennifer Savage, Public Affairs Officer

Nearly 40 members from U.S. Naval Hospital (USNH) Yokosuka provided health information to more than 500 Sailors and their families at the 7th Fleet and USS Blue Ridge (LCC 19) Family Readiness Fair and Picnic July 31.

USNH Yokosuka was one of 25 organizations gathered to prepare the Sailors and their families for the ship's upcoming underway period. Staff members manned 12 booths and provided important health information on topics such as sexual assault,

Events

stress management, dental health, nutrition and disease prevention, tobacco cessation, educational and developmental intervention services, newborn care and tobacco cessation.

“It seems like they have a lot of good, in-depth information on anything Sailors might need to know,” said Electronics Technician 1st Class Scott Cassin.



USNH booths at the 7th Fleet and USS Blue Ridge (LCC 19) Sailor and Family Readiness Fair.

Medical experts were also on site to discuss health-related topics with the 7th Fleet and Blue Ridge Sailors. Religious Program Specialist 3rd Class Crystal Andruszkiewicz stopped by the nutrition booth to learn more about how she can help address health concerns among her family members.

“My family has a lot of health issues and this is a good way to pass what I learn on to them,” said Andruszkiewicz.

Lt. Anne Jarrett, an occupational audiologist at USNH Yokosuka who coordinated the hospital’s participation in the readiness fair, says the casual setting is a great way for the hospital to reach out to active duty members and their families.

“Sailors and their families were able to ask questions in a relaxed atmosphere. It was an excellent opportunity for them to have full access to hospital staff who are experts in their areas,” said Jarrett.

Team Participates in Patient Decontamination training

By Jennifer Savage, Public Affairs Officer

In July, close to 40 members of the hospital decontamination team underwent patient decontamination training that consisted of two days of classroom learning and one day of hands-on training and exercises.

The training was provided by chemical, biological, radiological, nuclear and explosives (CBRNE) instructors/field trainers Brent Fenton and Mike Anastasio, who were contracted by the Bureau of Medicine to provide this training at USNH Yokosuka. The duo gives this same training about 35 to 40 times a year at military bases around the world, most recently at Pearl Harbor and Portsmouth.

After the two days of classroom learning, the hospital decontamination team tested its skills in a hands-on exercise. The scenario used in the training was a terrorist incident involving a nerve agent.

Although, according to instructor Mike Anastasio, the specific scenario is not as important as teaching a process that can be applied to any scenario.

“We are preparing them for any type of situation and teaching them how to protect themselves and the hospital,” said Anastasio.

Because the patient must be clean before coming to the hospital, there is an aspect of treating a decontaminated patient that is different from treating a routine patient.

“We want to protect, from a medical aspect, the military treatment facility staff and building so that is not forced to shut down operations due to contamination,” said Brent Fenton, one of the instructors.

By completing the program, hospital staff is now trained to operate first receiver shelter and equipment, properly remove contaminated clothing for both ambulatory and non-ambulatory patients and remove contaminants so the patient can enter the facility for treatment.



The decontamination team prepares a patient for decontamination.

Events

Sasebo Clinic's Family Centered Care Advisory Board Enhancing Collaboration with Community

By Cmdr. Patricia Taylor, BHC Sasebo



The Sasebo Family Centered Care Advisory Board.

To improve beneficiary care, U.S. Naval Hospital (USNH) Yokosuka has incorporated the concept of patient-and family-centered care into its operations. This approach is grounded in mutually beneficial partnerships among health care providers, patients and families in the planning, delivery and evaluation of health care. The goal is to redefine the relationships between and among patients and health care providers and shape policies, programs and staff day-to-day interactions.

Recognizing that collaboration among patients, families and professionals at all levels of care is essential to the practice of family-centered care, Branch Health Clinic (BHC) Sasebo recently implemented a Family Centered Care Advisory Board.

The board consists primarily of patients and family members, but also includes clinical and administrative staff members. It serves as a formal mechanism to provide input, feedback and information on policies, procedures and needs of the patients and families served.

Since its inception in June 2009, the board's efforts have already led to services and programs that respond more effectively to patient needs and priorities in the community such as designated medication refill hours, "Ask the Doc" seminars and the development of patient education materials.

To date, BHC Sasebo has found the advice and assistance the Family Centered Care Advisory Board provides invaluable, and looks forward to its ongoing development and accomplishments.

Hospital Celebrates 111th Corpsman Birthday

By Jennifer Savage, Public Affairs Officer

On June 19, approximately 150 hospital staff members from USNH Yokosuka celebrated the 111th Corpsman Birthday at the Officer's Club.

While celebrating the long and rich history of the hospital corpsman, staff members enjoyed dinner and dancing and a presentation by special guest speaker Hospitalman 2nd Class (FMF) Max Elias from Branch Health Clinic Negishi. Elias is a Purple Heart recipient from his service in Operation Iraqi Freedom. He discussed the proud past of the hospital corpsman, the braveness and heroism they have consistently displayed throughout history and the current engagement in Iraq and Afghanistan. Elias also talked about honoring the unwavering commitment and sacrifices of fallen comrades and heroes and reminded each corpsman to continue this legacy in the future.

Tradition was a large part of the celebration. The event included the ceremonial parade of the cake with the recitation of the Hospital Corps pledge and special honors were paid to Prisoners of War, those Missing in Action and currently deployed comrades by lighting a candle at an empty table and performing a two-bell ceremony.



USNH Yokosuka staff enjoy the 111th Corpsman Birthday event.

Events

Staff Appreciation Meal

To recognize staff members for their great contributions to USNH Yokosuka and Navy Medicine, the hospital held a Staff Appreciation Meal August 21. Members of the hospital's board of directors served staff a special meal of rib-eye steak and lobster tail.



Captain Knoop, executive officer, and Captain King, director of dental services, serve a special lunch to staff during the Staff Appreciation Meal.

Kinnick High School Students Donate Time and Talent to USNH



Kinnick High School students Nikkei Pido and Carla Marasigan donated three pieces of art they and their fellow classmates created to the hospital's mental health department. The pieces, each canvas paintings, depict an ocean scenery, a tree of knowledge and an abstract, and will be on display in the child and adult waiting rooms in mental health.



Kristina Varsho and husband take a break while climbing Mt. Fuji.

On August 13, more than 60 hospital staff members and their families set out for the first-ever official USNH Yokosuka Family Readiness Group (FRG) Mt. Fuji Climb. Congratulations to all who participated! A special thanks goes out to the FRG and the command recreation committee for helping to make this special tour available to hospital staff.

Family Readiness Group News



Don't miss the hospital's monthly family readiness group (FRG) meeting.

Meetings are the second Thursday of each month at 6 p.m. in the command auditorium.

Refreshments are provided and children are welcome.

Kenko Shimbun

The Kenko Shimbun is an authorized publication of U.S. Naval Hospital Yokosuka, and is published quarterly by the hospital's public affairs office.

Commanding Officer
Capt. Kevin Moore

Public Affairs Officer
Jennifer Savage

Photographer
Tom Watanabe

Executive Officer
Capt. Kevin Knoop

Public Affairs Technician
Richard McManus

USNH Yokosuka PSC 475 Box 1 FPO AP 96350-1600



U. S. Naval Hospital Yokosuka



BHC Atsugi



BHC Sasebo



BHC Iwakuni



BHC Chinhae



BHC Diego Garcia



BHA Hario



BHA Yokohama (Negishi)



got news?



BHA Camp Fuji

If you would like your newsworthy event covered, please contact the USNH Yokosuka Public Affairs Office at 243-7194 or 243-9968. To ensure coverage, do not wait until the day of the event. Give us a call now!