



The Examiner

Naval Hospital Twentynine Palms
"Serving with Pride and Professionalism"

Volume 7, No. 11

Happy Thanksgiving

November 1999

Drills and design helps hospital survive 7.1 quake

By Dan Barber, Public Affairs Officer
 Naval Hospital Twentynine Palms

At 2:47 a.m. October 16, an earth quake located on the Marine Corps Air Ground Combat Center, measuring 7.1 on the Richter scale, sent Sailors at Naval Hospital Twentynine Palms into action, ensuring the safety of patients, treating minor injuries and making emergency repairs to the hospital.

The hospital located approximately 25 miles from the epicenter of the recent Hector Mine earthquake was one of many structures on the Combat Center that sustained damage. "Considering the power of the quake, the building's systems performed as designed, sustaining minor to moderate damage," said Patrick M. Dougherty, facilities maintenance manager. "The final appraisal of the complete damage won't be known until a survey team from Naval Facilities Southwest Division of Engineering Field Division comes in to take a look at the whole structure," he added.

According to the Safety Manager, Jack Burns, the building's structure is solid and people can continue using it as designed, despite some small cracks in the plaster and stucco throughout the hospital.

Three heating hot water pipes broke in rooms located in the inpatient treatment areas and one heating hot water pipe broke above the Emergency Medicine Department. This caused damage to the ceiling tiles and wall in rooms directly below the areas of leaking water.

One of the hospital's two boilers blew a gasket. The other boiler was down for repairs, this caused the hospital to be without



The damage to the hospital's Medical Library was limited to books and pamphlets falling off shelves. The final assessment of damages has not be determined as of this printing.

steam and hot water for approximately six hours until the boiler could be repaired.

Separation occurred at two joints where the outside walls meet the hospital's north exterior walls. And there was a slight drop in elevation at an inner expansion joint on the hospital's second deck. Also there was separation at two roof joints on the hospital's

East clinic roof.

Also, the main supply duct from one of four air handlers separated and shifted position.

Broken water and steam lines caused the duty crew to evacuate the hospital's patients and staff to the adjacent parking lot as a pre-

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From the Desk of the CO...

The nature of our business is people

November! We are careening at incredible speed to the end of 1999...and beyond. The holidays are just around the corner and before you know it, 1999 will be history.

In the past few months, we have heard a lot about 'Y2K' and spent a great deal of time, energy, and focus to make sure that all the computers and automated equipment in the command are ready for the new millennium.

I think it is important that we take a moment to stop, refocus, and remember that the fundamental nature of our businesses, both military and health care, is dependent on the individual: the person. It takes people to use all the highly technical automated equipment and to evaluate the information that all that equipment helps us to collect. At the core of this great health care delivery system is our center of attention — the patient. In both

cases, the individual is crucial to what we are trying to accomplish.

It is no coincidence that one of our guiding principles reads "We are people-focused and value individual worth." This truly does act to guide us in our decisions. At the heart of every interaction we undertake is an individual — either a staff member or a patient. For that reason, we need to focus on

"We are people-focused
and value individual
worth."

people and their individual worth. We aim for both staff members and patients to feel appreciated and valued for their contributions.

As we head into the holiday season, take the time to appreciate the incredibly talented people around you and what each one of them contributes to the command effort and mission accomplishment. Don't get so caught up in the hustle and bustle of the season, the Y2K plans, or the JCAHO prepara-



Captain Joan M. Huber, NC, USN

tions that you lose sight of our most valuable commodity — the people. Take care of yourselves, take care of each other, and take care of our patients.

Letters...

We are grateful

Dear Captain Huber,

Sheri and I are so grateful for all the love and support given to us by you and your staff. We are thankful for all the time we were able to spend with Joseph as a family. We are also appreciative for your efforts in helping us with our housing arrangements. A simple "thank you" seems inadequate. We don't know what else to say.

Joseph passed away in our arms on the morning of September 28, 1999. As much heart ache as this ordeal has been for our family, we have been fully sustained by the Spirit of the Lord. We buried him in an Idaho cemetery following a very peaceful graveside service. We look forward to a

brighter day when we will come to a greater understanding of his life.

Please forward our appreciation to Captain Freer who held us accountable for our well-being. He never hesitated to investigate how well we were using all the wonderful command resources during those strenuous six weeks. We are overwhelmed by many that have called and offered their support and assistance.

We are so impressed with the care and compassion of Commander Rushford and Doctors Sperring, Moses and Boamah. They have all done such a wonderful work in blessing our lives. We hope they are recognized with more than just a thank you note.

*Sincerely,
The Sanders Family*

Ergonomics defined in special classes

The ergonomic class held Oct. 4, by the Naval Hospital's Health Promotion, Industrial Hygiene, and Physical Therapy Departments was a great success with 17 participants.

Participants received training on risk factors, positioning, and prevention.

The Hospital's Industrial Hygiene Department is providing an additional class on ergonomics November 19, 1999 at 8 a.m., at the Base Safety Classroom.

Please contact GySgt Shaheen at extension 3779 for a seat.

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The *EXAMINER* editor would like to thank all those who participated in this edition.

People of the Quarter named at ceremony

In a recent ceremony held on the hospital's Quarterdeck, several staff members were honored as People of the Quarter for the period of July 1, 10 Sept. 30, 1999.

Lieutenant Commander Wade E. Dosch, a surgeon and department head of the hospital's General Surgery department was selected as the Officer of the Quarter.

His citation reads in part, "Assigned as Department Head, General Surgery, you streamlined the scheduling of new patients by personally screening and triaging all new consults. This resulted in increased access to care by 40 patients per month while decreasing the average wait time for appointments by ten days. Your professional demeanor, calmness, and extensive knowledge are prime examples of a stellar physician. You also provided mentoring and training to Hospital Corps staff and medical students. As physician director of the Breast Education Center, you assisted in the implementation of Region Nine's Physician Workstation, allowing for tracking and care plans for breast cancer patients, the STAR Medication Program Clinical Trial, and general awareness of the breast education center. You were elected by the hospital's medical staff to represent them on the Executive Committee and continue to excel in this role. Your unprecedented contribution as a clinician, educator, leader, and administrator have gained you the highest respect from your patients and peers."



HMI Daren A. Verhulst

Petty Officer 1st Class Daren A. Verhulst,

of the Pharmacy Department, was selected as the Senior Sailor of the Quarter.

His citation reads in part, "As Supply Petty Officer, Pharmacy Department, you performed your duties in an exemplary manner by meticulously managing an annual OPTAR of \$1.4 million. You spent countless off-duty hours conducting administrative and technical reviews ensuring the accountability for every dollar spent. You developed and implemented an in-house tracking and monitoring system allowing accurate and systematic inventories of supplies and equipment on hand. Your diligence and keen attention to detail resulted in over \$17,000 reimbursed cash and merchandise credits for the command in exchange for returned expired medication. As a result, the command is able to redirect valuable resources to purchase medications that the command's providers require to deliver the



Jeffrey D. Bird

best possible care to our patients."

Jeffrey D. Bird, Medical Records Administrator, was selected as the Senior Civilian of the Quarter.

His citation reads in part, "Assigned as Medical Records Administrator, Patient Administration Department, you demonstrated exceptional performance beyond your expected job duties and responsibilities by assessing the mission essential needs of the Inpatient and Outpatient Medical Records Divisions. In addition, you addressed the medical record requirements for Military Sickcall, Staff Sickcall, and Branch

Medical Clinic China Lake. In addition, you authored a Secondary Record Instruction that will aid patients and providers throughout the continuum of care. After reviewing the researching applicable directives, you discovered and corrected discrepancies in the completion of medical records. You brought this issue to the attention of the Executive Committee of the Medical Staff so bylaws could reflect this change which will expedite the medical record review process, reduce deficiency rates, and enhance the communication of care provided to our patients."

Petty Officer 3rd Class Robert P. Gross,



HM3 Robert P. Gross

Jr., was selected as Junior Sailor of the Quarter.

His citation reads in part, "As the Leading Petty Officer, Optometry Clinic, you expertly managed and supervised the department's daily operation in support of over 2,500 qualified beneficiaries. You efficiently guided and mentored your subordinates in their technical and military duties, despite the heavy workload and manpower shortfall. You enhanced the proficiency of your department and personnel by continuously providing training in tonometry application, transportation of spectacle prescriptions, visual field analysis, and fundus photography, in addition to the training conducted on the BAS level which increased level and scope of services. Along with your fellow optometry staff, the Optometry Clinic was rated by their customers in the top 10

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PEOPLE...

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percent of all medical clinics in the Department of Defense for outstanding health care and outstanding customer support. Your tireless efforts and exceptional dedication to duty exemplify your commitment to the command's mission of "Quality Medical Care" and customer service."



Josepha A. Taijeron

Josepha A. Taijeron, of the Optometry Department, was selected as the Civilian of the Quarter.

Her citation reads in part, "As a Medical Technician in the Optometry Department, your motivation to excel and intense desire to develop new skills and expand your value to the hospital propelled you to complete a comprehensive and difficult training program, resulting in you becoming the Naval Hospital's first Certified Ocular Technician. This accomplishment dramatically improved readiness of the Optometry Department. Eye services can continue in the absence of the Optician Corpsmen. In addition to making spectacles, you acquired the skills needed to use the Electronic Spectacle Order Transmission System, expediting delivery service of government issue eyewear. Your compassionate, friendly nature in dealing with all patients laid the cornerstone for a positive experience at the Optometry Clinic. You are the ultimate example of what teamwork is all about."

Lisa M. Manifold, of the Maternal-Infant Nursing Department, was also named Civilian of the Quarter.

Her citation reads in part, "As Ward Clerk

for the Maternal-Infant Nursing Department, you consistently performed your duties with pride and professionalism. Innovative and knowledgeable, you created a centralized area for excess forms, tracked and completed required work request forms, and completed and corrected time cards for all civilians assigned to the department. You recently noted a problem that surfaced when the CHCS system was taken off-line. You worked with other departments, creating a form that will make reporting lab results easier for all concerned, while ensuring results are made a permanent part of the patient's record. After notification regarding a problem with reporting civilian nursing staff's work areas and hours, you worked with the nurses, ensuring accurate data was reported to BUMED."

Caitlin Eby was selected as Red Cross Volunteer of the Quarter.

Her citation reads in part, "As Chair, Naval Hospital Red Cross Volunteer Program, you were pivotal in the overall efficiency and effective functioning of all the command's volunteers. Your performance and reliability have been of the highest caliber. As coordinator between the Naval Hospital and MCAGCC Red Cross, you ensured hospital volunteers were screened and subsequently scheduled for hospital orientation. A self-starter, you immediately identified a need to streamline the paperwork process, reducing the administrative burden of volunteers by



Caitlin Eby

more than 60 percent. Realizing the birth date of your first child might be very close to the time of hospital orientation training, you diligently ensured the hospital liaisons and Red Cross Director were informed and you completed all preparations for orientation flawlessly. Your performance in tracking and contacting volunteers has been essential in maintaining a successful program which vastly benefits the Naval Hospital's beneficiary population.

EARTHQUAKE...

Continued from page 1

cautionary measure. After quick repairs, and assessment of damages, patients and staff were able to return to some areas of the hospital. The Emergency Medicine Department continued to function outdoors in the parking lot for five hours.

"Because of the numerous drills we conduct to prepare ourselves for just such emergencies, our staff responded exceptionally well to this near disaster," said Captain Joan M. Huber, Commanding Officer of the hospital. "I over heard one young Sailor tell another that this isn't as bad as going through a Hurricane at Camp Lejune," she said.

"The duty crew performed magnificently to continue to care for patients in the midst of the chaos," Huber said. "Lt. Matthew Killmeyer, the Officer of the Day, and Chief Kari Jackson, his relief who reported for duty at 3 a.m. to assist, did a superb job of assessing the damages, prioritizing the concerns, and coordinating the emergency repairs in multiple locations," she added.

Capt. Jean Brakebill, the acting executive officer, and Cmdr. Dawn Gabrielson, the Command Duty Officer, quickly coordinated the staff that was called in to augment or came in because they had been jolted out of bed, to effect the quick patient moves and the translocation of the Emergency Room," Huber said. "At no time were we not able to provide services. The crew has a whole new appreciation for their shipboard damage control training and the seemingly endless disaster drills that we have had.

Final costs of damages won't be available until after the final damage inspection.

Editor's Note: Lt. Dosch and Lisa Manifold were not available for photos at press time.

Chaplain's Corner...

Always Thankful

"Rejoice always, pray constantly, give thanks in all circumstances." 1Thessalonians 5:16-18

By Lieutenant Daniel Dudley, CHC, USNR
Naval Hospital Chaplain

The Thanksgiving Holiday season is once again beckoning at the notches on my leather belt; we thank thee O Lord that the PRT is scheduled before the holiday season. This is the time of the year were we traditionally pause as a Nation to give thanks for the summer's bountiful harvest. It is my prayer that we all will mute the parade or the football game for a moment and say a prayer of thanksgiving before we pass the bird and all the fixin's. But my prayer for you does not end there, nor should your spirit of thanksgiving.

The Apostle Paul, in his letter to the church in Thessalonica, told them to "give thanks in all circumstances". And that would conclude my Thanksgiving prayer for us all that we will remain always thankful.

I know what you are thinking, that is easy enough to do sometimes; when a baby is born; when we physically feel strong; when our children excel; when we get a promotion; or when there is not a cloud in the sky. But how about those dark gloomy days; when our child has colic at 2 a.m., and we have to be to work at 7:00; our child has physical limitations or is extremely sick; we do not get promoted; in fact we get fired. Do we have to maintain our appreciative spirit under these circumstances?

Before you say "Chaplain, I don't have anything to be thankful for" let me share a

prayer that was written by Ralph Gaither while he was a POW in North Vietnam.

*I thank Thee, Lord, for blessings,
big and small;*

*For spring's warm glow and
Songbird's welcome call;*

*For autumn's hue and winter's
white snow shawl.*

*I thank Thee for the harvest rich
With grain;*

*For talltrees and the quiet
Shadowed lane;*

*For rushing stream, for birds that
love to fly;*

*My country's land, the mountains
And the plain.*

*I thank Thee for each sunset in
In the sky,*

*For sleepy nights, the bed in
Which-I lie;*

*A life of truth and peace; a
Woman's hand,*

*Her hand in mine until the day
I die.*

*I thank Thee, Lord, for all these
Things above;*

*But most of all I thank Thee for
Thy love.*

Paul says "In everything give thanks". In all circumstances give thanks no matter what situations arise.

Give God thanks this holiday season and let it be a prelude to a continuing barrage of gratitude that wells up with a growing appreciation of God's never ending grace.

Breast Cancer Prevention volunteers needed

Volunteers are needed here at Naval Hospital Twentynine Palms for one of the largest Breast Cancer Prevention Studies ever.

The Study of Tamoxifen and Raloxifene, or STAR, one of the largest breast cancer prevention studies ever, is now recruiting volunteers at more than 400 center across the United States, Twentynine Palms Naval Hospital has been selected to participate in the study.

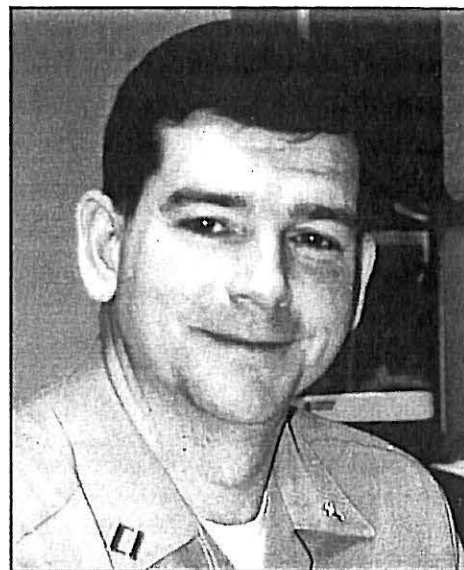
The entire trial will enroll 22,000 postmenopausal women at increased risk of

breast cancer to determine whether the osteoporosis prevention drug Raloxifene is as effective in reducing the chance of developing breast cancer as Tamoxifen has proven to be.

Twentynine Palms Naval Hospital is part of the National Surgical Adjuvant Breast and Bowel Project, the network of research professionals that will conduct STAR, which is supported by the National Cancer Institute.

Family members of active duty personnel, as well as TRICARE-eligible retired

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Lieutenant Daniel Dudley

Hail and Farewell

Welcome Aboard

Lt. M. Plizzotto	HM3 B. Lindsey
Lt.j.g. D. Campbell	HN M. Henderson
Ensign R. Rivera	HR J. Saunders
HM3 M. Deanda	HR B. Warthan
HN M. Rocha	HM2 S. Drumsta
HR S. Donohoe	HM2 M. Motas
HM2 A. Velasco	HN B. Peterson
HN M. Jimenez	HN J. Stratman
HM3 A. Madrid	HMC C. Consul
HM3 M. Bueno	HM2 B. Baquir
HM3 K. Ridio	HMCS D. Cordero
HN F. Mora	HM3 F. Garcia
HM1 J. Cason	

Farewell

Lt. Cmdr. C. Kelly	MS3 A. Turner
Cmdr. J. Dube	HM2 C. Jamison
Lt. B. Batchelor	HM3 J. Edmonds
HM3 S. Davis	HM1 H. Maloney
HM3 O. Leyva	HM2 M. Manela
MS3 N. Asbury	HN J. Minter
HM3 K. Harripersad	HN B. Coleman
HN W. Avery	HM2 A. Nimmons
HN S. McClure	HM3 C. Escobedo
HM1 R. Tharp	HM2 T. Marks

New Family Member

Petty Officer 2nd Class Cary Carver and Matthew Farrugia are proud to announce the birth of their daughter Gabriella Marie Farrugia who was born at Naval Hospital Twentynine Palms at 7:52 a.m., October 5, 1999.

Introducing the new Command Master Chief

By HM2/FMF Munich U. Motas
Staff Writer

Naval Hospital Twentynine Palms has a new Command Master Chief, Hospital Corpsman Master Chief (SS) Craig D. Carson.

As the Command Master Chief, Carson views himself as the head educator of the enlisted personnel in the hospital. "My job is to render guidance and train Sailors to become my relief one day," said Carson. According to Carson, his mentors ensured that he would be ready to take their place when the right time came along and he is just passing this philosophy on.

"The main reason of our existence as health care providers in this command, is to maintain the war fighting capabilities of the Marines and Sailors of the Combat Center, and to render the best quality health care to our family members and our retirees," said Carson.

For the last 14 years, Carson had rendered his military services exclusively in a submarine. He worked in a small, isolated area performing a difficult mission. The similarities of his previous duty station and present duty station here in Twentynine Palms makes him feel right at home, even without the ocean, he said.

Carson volunteered to be the Command Master Chief of Naval Hospital Twentynine Palms. He wanted the challenge and the chance to use his expertise and experience to assist the staff in performing their jobs better and help them pursue a successful career.

One of Carson's concerns is the difficulty of advancement from E-4 through E-6. He said that the competitiveness of selection has made it hard to just study the rate training books and expect to be advanced. He wants to ensure that the enlisted staff here take advantage of the existing rate training and advancement training programs the hospital already has in place. Preparing for advancement is a duty at Naval Hospital Twentynine Palms, not an option.

According to Carson he is pleased in what he has seen so far. He has no immediate plans of making any big changes, he said that it is too premature to do so. He has acknowledged the great job the staff has shown him so far and he said, "I will do my best to make



HMCM (SS) Craig D. Carson receives a Navy Commendation Medal from Captain J.M. Huber, Commanding Officer, Naval Hospital Twentynine Palms.

sure that those who do good work, will be recognized." Carson expects the enlisted staff to perform their tasks to the best of their abilities and to develop themselves both personally and professionally. Carson stated that during his tour, he is willing to help everyone to work hard and have fun.

Carson was born Oct. 27, 1956 in Bryn Mawr, Penn. to William David and Nancy Ann Carson. He graduated from Williamsport Area High School in June 1975. Prior to graduation, Carson entered the U.S. Navy on the delayed entry program.

He attended basic training at Recruit Training Command, Orlando on Aug. 8, 1975. Following boot camp, Carson attended Hospital Corps School at Balboa Naval Hospital, graduating Feb. 6, 1976. He completed Pharmacy Tech "C" school Aug. 26, 1976 at the Naval School of Health Sciences, Portsmouth Detachment, and Field Medical School Oct. 26, 1976 at Camp Lejuene, North Carolina.

Carson's order of priority for leadership is, Navy first, Corpsman second and technical specialty third.

VOLUNTEERS...

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service members and their families, may participate in NCI-sponsored clinical trials within a military treatment facility or in civilian health care settings.

Risk for developing breast cancer is individual. It depends on a combination of lifestyle and personal traits known as "risk factors. The following risk factors are strongly related to the disease and can alert you and your physician to the need for careful follow-up:

· A family history of breast cancer; es-

pecially in your mother, sister or daughter.

- Age - the older you are, the greater your risk.
- Never having borne a child.
- Having your first child after age 30.
- First menstrual period at an early age.
- A history of benign breast disease that required biopsies.

Women interested in finding out more about STAR can call 760-830-2501 or come to the Breast Center at Twentynine Palms Naval Hospital.

Hospital Hard Chargers...



MSC Glen Pena, left, receives a Navy Commendation Medal. LT Rebecca McKnight, right, receives a Navy Marine Corps Achievement Medal.



SKSC Eduardo Salvador, left, receives a Navy Marine Corps Achievement Medal.



Lt. Rodney Sanders, above, received a Letter of Commendation and a Navy Marine Corps Achievement Medal. Helen Fayloga, right, also receives a Navy Marine Corps Achievement Medal.



MS2 Eduardo Dulay, left, takes the oath of enlistment at a recent ceremony.



HMI Victor Jong, above, receives a Navy Marines Corps Achievement Medal. HN Elijah Litchfield, left, receives a Good Conduct Medal.



More Hard Chargers...



HN Jesus Quinsay, above, receives a Good Conduct Medal.



HN Carl Hamilton, left, receives a Meritorious Mast Certificate from Captain J.M. Huber, Commanding Officer, Naval Hospital Twentynine Palms.



HM3 Joshua Sanchez, above, receives a Good Conduct Medal.



HM2 Scott Cerreta, above, receives a Navy Marine Corps Achievement Medal. HM3 Kishan Harripersad, right, also receives a Navy Marine Corps Achievement Medal.



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