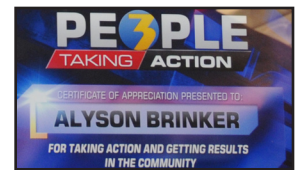




March 2013

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Intern's Act of Kindness
Rewarded — Page 9

Construction Begins on New Robotic Surgical Suite

By REBECCA A. PERRON
[NMCP Public Affairs](#)

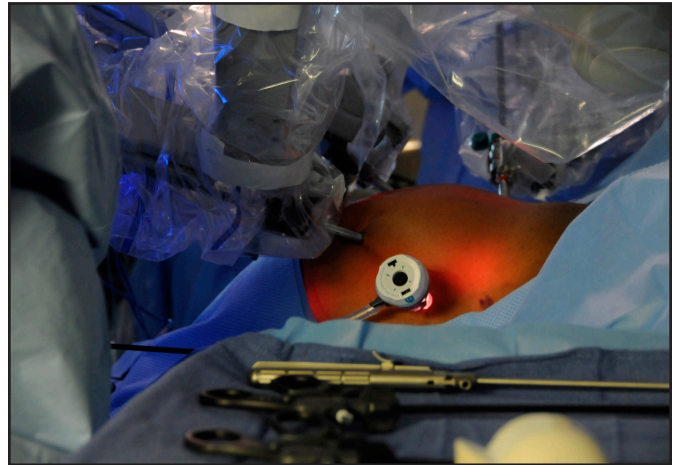
The construction of a new, robotic surgical suite began March 18 at Naval Medical Center Portsmouth that will house the dual-screen DaVinci Si robotic surgical system.

The suite is expected to be completed in October and will expand NMCP's capability to provide the latest advances in surgical interventions and training. It offers new opportunities for NMCP's surgeons and a higher level of care for patients.

During a robotic operation, small incisions are made on each side of the patient for access by robotic arms that are controlled by the surgeons at a console. Surgical instruments and small cameras on the robotic arms are inserted through the incisions. It's a minimally invasive approach in which surgeons see inside the patient's body by watching the cameras' images on a high-definition monitor. Conventional surgery requires a larger incision and longer time for the patient's recuperation.

The surgeons can zoom in to see a magnified view of the patient's tissue, and the equipment's 3-D feature gives the surgeons depth perception of the anatomy being operated on. The DaVinci's dual-console system allows two surgeons to operate together.

Surgeries best suited for the use of robotics include complex procedures that require absolute precision. They range from



The robotic arms of the DaVinci Si robotic surgical system are placed into the patient through small incisions in the side of the abdomen. Mounted to these arms are surgical instruments and a small video camera so the surgeons and operating room staff can see the surgical field on high-definition monitors.

treatments for kidney, bladder and prostate cancers to hysterectomies and pelvic reconstruction for organ prolapse. Pediatric procedures include resection of lung masses and diaphragm

— See **ROBOT**, page 8

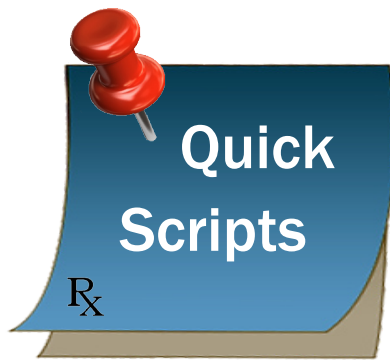
NMCP Kicks Off Annual NMCRS Fund Drive

Naval Medical Center Portsmouth kicked off the annual Navy and Marine Corps Relief Society fund drive with a cake-cutting ceremony Feb. 28 in the galley. Capt. James Hancock, NMCP deputy commander, and HMCM Aaron Vandall, NMCP deputy command master chief, gave the opening remarks. The fund drive runs from March 1 to 31, with a goal of 100 percent contact of all Sailors and Marines.

From left, Capt. James Hancock, deputy commander, Lt. Kristen Gross, Sub Area 6 assistant coordinator; HMC Kendra Green, NMCP command chairperson; Sarah Stewart, NMCRS Portsmouth Office director; Lt. Shawn Morris, Sub Area 6 coordinator; and HMCM Aaron Vandall, deputy command master chief.



Photo by MC2 (SW) Anna Arndt



Spring 2013 PFA

The official weigh-ins for the Spring Cycle 1 2013 PFA will be April 11 through May 2, for all members running on the track, treadmill or swimming their PFA. All members using the bike or elliptical machines for their PFA will still be required to weigh in 24 hours prior to the day of their cardio event. All weigh-ins will be conducted daily from 6 a.m. - 4 p.m. in Command Fitness Bldg 3 5th floor.

Command Career Counselor Office Extending Hours

The Command Career Counselor office has extended its office hours, now open from 6 a.m. - 7 p.m. Monday through Friday and 11 a.m - 1 p.m. on the second and third Saturday of each month. They are located in Bldg. 1, 1st floor in room C124, or contact the office by phone at 953-5164 or email NMCP-CareerCounselors@med.navy.mil.

NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Ombudsman Team is here to help those attached to NMCP or its branch health clinics when you or a family member are preparing to deploy!

The monthly pre-deployment brief is held the 3rd Tuesday of each month at 9:30 a.m. in the chapel.

Email us to join our Ombudsman email tree and learn the latest news.

NMCPombudsman@med.navy.mil
or
(757) 953-1973

TSP Application Warning

The Thrift Savings Plan has issued the following warning about an app available through Apple's application store: Warning: A free iPhone App, TSP Funds, currently being offered through the Apple App store asks TSP participants for their account login information.

This app is not offered through the TSP and the TSP does not recommend using this application to access your TSP account. Providing this information could result in a security risk to your account.

Saferide Program

There is never an excuse for drinking and driving. The Saferide program offers free taxi rides to NMCP active-duty staff and is confidential and non-punitive, even for members under 21.

Do not hesitate to use your Saferide card any time you have been drinking and need a ride home. Call the Hampton

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Roads Taxi Service telephone number on the back of the card, 855-4444 or 855-3333, to reach a taxi that will accept your Saferide card. Military identification is required.

New SAPR Point of Contact

Cmdr. Deborah Sweetman has been appointed as the Sexual Assault Prevention and Response point of contact. She can be reached via pager: 988-1336 and/or office number: 953-4576. Any SAPR-related issues. For any victim advocate issues, contact SAPR VA at 988-9626.

Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to medical, dental, nurse, and Medical Service Corps — active and retired — officers and their spouses in Hampton Roads. The club is a charitable organization servicing those who benefit the Hampton Roads naval medical community. We are always happy to welcome new members.

For membership information, email tidewater.oakleaf@gmail.com

THE COURIER

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The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708, and is published monthly by the Public Affairs Office.

The Courier provides an avenue to circulate all newsworthy information the NMC Portsmouth staff has to offer.

Those who wish to submit an article or news information for publishing should contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at deborah.kallgren@med.navy.mil.

Submissions should be in Word format, with photos submitted separately from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.

McIntyre Receives 'Building Stronger Female Physician Leaders' Award

BY REBECCA A. PERRON
NMCP Public Affairs

Naval Medical Center Portsmouth announced March 19 that Cmdr. Nicole McIntyre has received the "Building Stronger Female Physician Leaders in the Military Health System" award as the junior Navy winner.

The annual award program selects six female physicians – one senior and five junior winners – from the Army, Navy, Air Force, Coast Guard and U.S. Public Health Service who have made significant contributions to military medicine and served as exemplary role models to female military doctors.

Since the award program began in 2010, a female physician from NMCP has been selected as the junior Navy or senior recipient three out of the four years.

"It is truly an honor to receive the award," said McIntyre, an otolaryngologist (ear, nose and throat specialist). "I feel humbled knowing that the award recognizes women who have made significant contributions to military medicine and who have served as exemplary role models for other female physicians. There are so many women doing so many great things in military medicine today – deployed, on the battlefield, clinically engaged, research-oriented, academically involved and in significant leadership positions. I feel barely worthy of this award."

"Her outstanding leadership and clinical abilities have proven invaluable to this command," wrote Rear Adm. Elaine C. Wagner, NMCP commander, in McIntyre's nomination package. "Her dedication to Navy Medicine's mission and her demonstrated abilities as a strong leader undoubtedly exemplifies all the traits that are most important and desired in a strong female physician leader."

McIntyre said there are good leadership opportunities for women in the military which are easier to attain when there are strong female leaders and mentors early in one's career.

"Leadership in the military for women is really all about role models," McIntyre said. "Years ago, when I was a lieutenant, I was fortunate enough to have had good role models. If you're exposed to good role models, it is easier to move forward to those positions. I have had a few women who were very strong role models, so I would like to pay that forward and help other women when they are up and coming."

To keep that involvement going, she mentors female residents, interns and medical students as a faculty member of the NMCP and Eastern Virginia Medical School Otolaryngology residency programs.

McIntyre completed both her internship in 1997 and residency in 2005 at NMCP, and is a board-certified head and neck surgeon. She has been staff at NMCP since 2009, first as the Otolaryngic Allergy department head, and most recently as the president of the Executive Committee of Medical Staff. She is in charge of 1,000 medical personnel, providing policy guidance and identifying performance and clinical improvement opportunities. In addition, she continues to operate, train residents and provide expert patient care.

While serving as the Otolaryngic Allergy department head, McIntyre pioneered cutting-edge care by developing and administering the only large-scale allergy center in the Department of

Defense; it has an enrolled more than 300 patients. She also implemented the transition to injection-free allergy therapy at NMCP, the only facility in the

Navy to offer this new treatment.

"This has probably been the biggest personal and professional growth year of my life," McIntyre said. "There's no other job where I would have gotten this experience, so I'm really lucky."

McIntyre first became interested in a career in Navy Medicine 20 years ago when she learned about the military's Health Professions Scholarship Program through her roommate in her first year of medical school at Michigan State University's College of Osteopathic Medicine.



Photo by Cmdr. Greg Nezat

"What appealed to me the most was the fact that everyone would be treated equally in the military, as well as the ability to travel and try new things," McIntyre added.

She has also been assigned as an air wing flight surgeon for Carrier Air Wing Three at Naval Air Station Oceana, deploying on board USS Enterprise.

'Platelets Across America' Mega-Donor Visits NMCP

STORY AND PHOTO BY MC2 NIKKI SMITH
NMCP Public Affairs

With a clear mission in mind, "Platelets Across America" founder Al Whitney came to Naval Medical Center Portsmouth's blood donation center March 20 to make a donation, his 721st in the 50 years he has been donating whole blood and platelets.

Whitney's trip to Virginia from his home state of Ohio was focused on two things – giving his platelets to someone in the Armed Forces or one of their family members, and spreading the word about the importance of donating.

"This is just something that I feel I have to do," Whitney said about his frequent donations over the years and his decision to donate at NMCP. "This is only the third time I have donated at an Armed Forces Blood Program location. I donate because I know I can do more."

Blood donations at this time of year are just picking up after the typical lull around the holidays, and Whitney's donations was welcomed by the staff in the Laboratory.

Whitney chatted with lab staff, telling some jokes, talking about his wife and relating a few stories of his trips to other donation centers, before getting comfortable in the donor chair and settling in for the nearly two-hour platelet donation process. Whitney knows the routine well: he donates the maximum, which is every two weeks.

The Avon Lake, Ohio, native started donating blood in Cleveland in 1965. It began with a sign urging "Donate Blood." So he did. After his first donation, he decided he had more to give.

"I stopped on the sidewalk, and it was as clear to me right now as it was then," Whitney explained. "I heard something

that said, 'You can do more than this.' I went home, called my church, and I called my local blood bank and told them I wanted to run a blood drive.

"The person at the blood bank said, 'Great, have you ever run a blood drive before?' I said no, and they weren't too enthused." Whitney said. "They must have thought, 'Yeah, he's going to run a blood drive, like it's so simple.' Well, I ran my first blood drive and it was a huge success. Collected three units of blood, and I thought that was great because there's only one way to go after that."

Whitney continued to donate blood and run blood drives, dedicating many hours to the cause, in addition to his primary job performing maintenance in factories. Then he began organizing drives every Saturday so people could fit blood donation into their schedule, running them until he retired in 2000.

In his retirement, he continued to donate platelets, but in 2007, Whitney once again felt called to do more. He decided to donate in every state and become a spokesman to raise awareness about the need for blood products. Whitney has reached his goal to donate in every state and continues to make visits across the country. He funds his own trips, driving himself on each one.

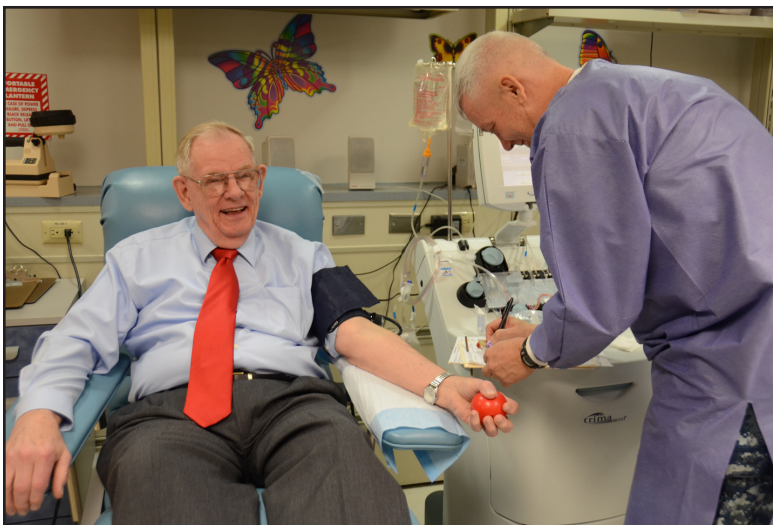
During the trips and between them, he mentors others who work at blood banks across the nation to help them improve their operation. Using the experience of organizing blood drives, he helps them figure out how to recruit donors, plan what brochures and materials to pass out and how to improve the donor's experience.

NMCP's lab staff was grateful to have him visit, donate and pass along some of his tips. They presented him with a plaque and an Armed Services Blood Program coin to thank him for his contributions.

"I think what he's doing is a very good thing," said Hospital Corpsman 2nd Class (SW) Todd Woodard, an apheresis technologist. "We wish he was here locally so we could see him more often! I hope that people are seeing what he's doing and think, 'If he's doing it, I can do it too.'"

Ralph Peters, NMCP blood donor recruiter, said, "We're very happy he's here, both as a person and as a donor."

Whitney says he will donate as long as he can, and dreads the day he's told that he can no longer donate. His wife was his biggest cheerleader. Before she died two years ago, she made him promise two things: to continue to donate and to see Mount Rushmore when he went to South Dakota. Whitney does not usually take the time to sightsee while traveling, but in keeping his promise to his wife, a remarkable thing



Platelets Across America founder Al Whitney smiles while donating blood platelets at NMCP while HM2 (SW) Todd Woodard, NMCP apheresis technician, writes notes in his chart. Whitney travels the country donating blood platelets at civilian and military blood centers every two weeks.

— See **BLOOD**, next page

Local Music Association Donates to Fisher House

STORY AND PHOTO BY MC2 (SW) ANNA ARNDT
NMCP Public Affairs

Bill Maddry, vice president of the Tidewater Bluegrass Music Association, presented a check for \$1,033.25 to the Fisher House on March 1. The money was raised Feb. 23 during a marathon bluegrass jam session at the American Legion in Chesapeake where amateur musicians played 12 hours for donations.

John Santa, an author and musician, started the marathon jam concept when he played with a small group of musicians more than 20 years ago. The group grew over the years and so did their repertoire.

In 2004, one member commented they knew enough songs to play for 12 hours straight without a repeat, which led to the creation of the 12-hour marathon jam fundraiser. The musicians collect pledges for hours of music played and donate the money to various charities.

Now, all proceeds go to Fisher Houses. The TBMA plans to host annual marathon jams to support NMCP's Fisher House. The money will benefit the families of wounded active duty,



Bill Maddry, the vice president of Tidewater Bluegrass Music Association, presents the \$1,033.25 check to Jill Thompson, the manager of NMCP's Fisher House, center, and Candace Edwards, right. Also pictured are Fisher House resident Beverly Pavon, left; Steve Antonucci, TBMA director, center left; Ryan Grubbs, treasurer of TBMA, center.

who stay at the house while their loved one receives treatment at the medical center.

SEVASRA Donates to Fisher House after Picnic Fundraiser

STORY AND PHOTO BY MC2 (SW) ANNA ARNDT
NMCP Public Affairs

The Southeast Virginia Street Rod Association presented a check for \$2,250 to the Fisher House on March 15. The money was raised at the club's annual picnic in September and will benefit the families of wounded active duty, who stay at the house while their loved one receives treatment at the medical center.

SEVASRA is a local family-oriented club committed to expanding to interest and improving the image of street rods and muscle cars in Hampton Roads. Wes Thomas presented the check to Jill Thompson, Fisher House manager.



BLOOD — *Continued from previous page*
 happened.

"I was in the gift shop wearing my jacket with my logo on the back," Whitney said. "I was standing face to face with the shop clerk when a woman comes and physically pushes me and the clerk apart. She throws her arms around me, gives me a hug and says, 'Thank you. It's because of people like you that I'm alive today.' When she was 14, she received platelets and whole blood. You never know who you're donating for, and it doesn't matter to me."

It's that very idea of saving someone's life why he urges everyone he meets to donate.

"Think about the importance," Whitney said. "Take the time and make a difference in someone's life. The greatest gift you

can give someone is the gift of life, and that's what you're doing by donating.

"The saddest part of my trip is when I'm done donating," Whitney added. "I just love blood banks. The people in there are some of the best people. They save lives every day they come to work. Doctors can't do their jobs without what they are doing."

To donate whole blood or blood platelets at NMCP, contact the Apheresis Department at 953-1717. NMCP hopes to recruit about 70 donors each month. Other locations and donation requirements can be found on the ASBP website, www.militaryblood.dod.mil.

To learn more about Platelets Across America, visit www.plateletsacrossamerica.com.

NCIS Brings New Drug Awareness Campaign to NMCP

STORY AND PHOTO BY MC2 NIKKI SMITH
NMCP Public Affairs

The Naval Criminal Investigative Service brought its new Drug Awareness Campaign, part of the Crime Reduction Program, to Naval Medical Center Portsmouth March 21 for the final of three visits. The initiative informs Department of the Navy personnel about the facts and consequences of using synthetic narcotics.

The brief at NMCP, hosted by NCIS special agent Kurt Inman and also given on Feb. 15 and March 4, focused on two designer drugs: spice and bath salts. The use of both is on the rise in the Navy, and by bringing the brief to different commands, NCIS hopes it can reduce the use of the drugs.

“The ultimate goal is to reach as many (Navy) personnel as possible to educate them on the ramifications of using, possessing and/or distributing synthetic narcotics,” Inman said. “The focus of this campaign is to prevent synthetic narcotics abuse and emphasize bystander involvement and intervention.”

Inman used an in-depth PowerPoint presentation to illustrate the information to the medical center’s auditorium. The presentation showed photos of the drugs, charts of related information, as well as where and how the drugs are often used and symptoms of their use.

Spice users report symptoms that include rapid heart rate, vomiting, agitation, confusion, and hallucinations. Spice can also raise blood pressure and cause reduced blood supply to the heart, and in a few cases it has been associated with heart attacks. There have been fatal results from use of the drug or from actions while on the drug.

Signs of bath salts use include increased blood pressure, chest pains, increased heart rate, agitation, hallucinations, kidney pain, increased body temperature or chills, muscle tension, nausea, confusion, reduced need for food or sleep, paranoia, suicidal ideas and delusions. Users may overheat and tear off their clothes. There may be aggressive, uncontrolled attacks on others, or self-destruction. Pepper spray or tasers may have no effect.

Inman then related his interactions with Sailors and Marines who have used spice and bath salts, Inman and involved the audience in the discussion. He answered questions and asked for any new information or first-hand experiences the staff may have had with patients who have used the drugs.

Lt. j.g. Victoria Holzapfel, NMCP command Drug and Alcohol Program advisor, attended the presentation.

“I hope Sailors learned about the dangers of using spice and bath salts, and the repercussions that can come from their use,” Holzapfel said.

“The Navy’s policy on drug use is zero tolerance, and this includes designer drugs. Spice is not legal,” she continued. “Neither are bath salts, despite their availability. This means a mandatory administrative separation for any Sailor who uses

them, and that doesn’t take into account any legal action. More importantly, the production of these drugs is not regulated. There are different strengths in each batch and you can’t really know what you’re putting into your body.”

Inman emphasized in the conclusion of his presentation the availability of the NCIS tip lines. The initiative encourages bystanders to report spice and bath salt use, and Inman explained there are three anonymous options to inform NCIS. Information about how to submit an anonymous tip is available at www.ncis.navy.mil/ContactUs/Pages/ReportaCrime.aspx.

Following the NCIS presentation, Command Master Chief (SW/AW/FMF) Michael James addressed the audience to emphasize the importance of reporting any bath salts or spice use Sailors encounter.



A slide show demonstrating the possible side effects of the designer drug Bath Salts accompanied Kurt Inman, a NCIS special agent, to NMCP to aide in his presentation about Spice and Bath Salts Feb. 15.

“This topic is very important,” James said. “We’ve had four Sailors this year that we have processed out of the Navy for the use of spice or other drugs. I want to remind everyone of zero tolerance. Spice and bath salts are just like marijuana or anything else. If you are caught with these items or you know shipmates who are using it, you will be held accountable.

“We are here to treat our patients, warriors and their families,” James stated. “You should be here at the top of your game every morning when you report. We have no place for this in the Navy and we have no place for it at the ‘First and Finest.’ Please be responsible and please take care of each other. We’re great people here doing great things for a good reason. If you see something wrong going on, it is your responsibility and your duty to report it.”

As part of the medical center’s continuing efforts to inform and eliminate synthetic narcotic use, the command DAPA will display posters to deglamorize the use of spice and bath salts, and will promote videos produced by Navy Medicine showing the dangers of using these drugs.

Streamlined PHA Process Earns Vikki Garner Award

By MC2 NIKKI SMITH
NMCP Public Affairs

Naval Medical Center Portsmouth commander, Rear Adm. Elaine C. Wagner, awarded five former members of Branch Health Clinic Naval Station Norfolk's Periodic Health Assessment Department the 2012 Vikki Garner Memorial Award for Excellence in Quality Improvement on March 13.

The individuals are former members because they did such a great job streamlining the PHA process, they put the entire department out of a job.

BHC NS Norfolk's Periodic Health Assessment Lean Six Sigma Project team spent more than a year planning and implementing the changes to the PHA Department that took effect Sept. 4. They tackled the cumbersome process and made the annual PHA easy for Sailors enrolled to the clinic.

The award is presented each year to the individual or team who identifies an opportunity for quality improvement within NMCP or one of its clinics, and then implements a long-lasting solution that significantly improves the quality of care and safety for patients. The award was created in memory of Garner, who died in 2007 after serving as NMCP's associate director of Health Care Quality Improvement and who is remembered for her contributions to the culture of excellence at the medical center.

The PHA team cut hours and visits to the clinic in overhauling how Sailors at BHC NS Norfolk complete their yearly PHA. The new method also streamlined the process for clinic staff; patients now complete the PHA with a provider in the Primary Care Department instead of a provider in the PHA Department. That led to the PHA department being dissolved and its five staff members reassigned.

Accepting the award on behalf of the former department were Lt. Jorge Avalos and Chief Hospital Corpsman (FMF/SW) Bradley Sharp, both now at NMCP's Family Medicine Clinic; Brenda Burton and Hospital Corpsman 2nd Class (FMF/SW) Jodi Chang, now at NMCP's Deployment Health Department; and Damita Turner, now assigned to BHC NS Norfolk's Primary Care Department.

These changes led to a decrease in Sailors who were not medically ready due to expired PHAs or dental exams by 36 percent. The new process reduced unnecessary appointments during peak PHA seasons by 51 percent, increased Relay Health enrollment by 200 percent and nearly doubled customer satisfaction.

"I absolutely believe this was a success, and it really encompassed a full effort of teamwork," Avalos said. "What made it even more successful was that commands were waiting for something like this – leadership, command fitness leaders and the customers. Customers' concerns were why the Lean Six Sigma team was developed and why it worked so well."

Previously, to complete a PHA, Sailors from more than 400 units at NS Norfolk had to walk in twice to the PHA department to complete Part One. On the first visit, staff would determine what the Sailor needed to complete before being able to schedule Part Two, including lab work, immunizations or a dental exam. After completion, the Sailors would again walk in for staff to check that everything was completed, and then schedule the Part Two appointment with a provider in the PHA Department.

This meant long wait times, lost man-hours and an overrun clinic during peak Physical Health Assessment seasons. Patients were frequently turned away and asked to return another day.

Now, Part One takes just minutes. Patients can complete Part One online through a website developed by the LSS team, and patients can ensure they have the required components done using a checklist. They can then schedule Part Two with a Primary Care provider by calling the Hampton Roads appointment line or through the Relay Health website.

The new process allows Sailors to take better control of their PHAs and ensure they know their role in the process.

"At first, I didn't see why everyone was saying we had taken on such a difficult project and producing such phenomenal results," Avalos said. "While we were working, I looked at it as we were expected to deliver results. There wasn't a lot of time to think about the great things we were doing. But, when I took a step back, I was able to run numbers and really look at things and say 'Wow, we did something phenomenal.'"

Now that the program is in place at BHC NS Norfolk, the next steps are to continue to educate patients about the new process. There are also plans to implement the process at NMCP and its other branch health clinics to reap similar benefits.

BHCNSNorfolkpatientscanvisitwww.med.navy.mil/sites/nmcp/Clinics/SewellsPt/Pages/PeriodicHealthAssessment.hpx to learn more about PHA completion.



Photo by MC2 (SW) Anna Arndt

Rear Adm. Elaine C. Wagner, NMCP commander, awards Letters of Commendation and the 2012 Vikki Garner Memorial Award for Excellence in Quality Improvement to five members of Branch Health Clinic Naval Station Norfolk's Physical Health Assessment Lean Six Sigma team on March 13. From left, Damita Turner, Brenda Burton, HM2 (FMF/SW) Jodi Chang, Wagner, HMC (FMF/SW) Bradley Sharp and Lt. Jorge Avalos.

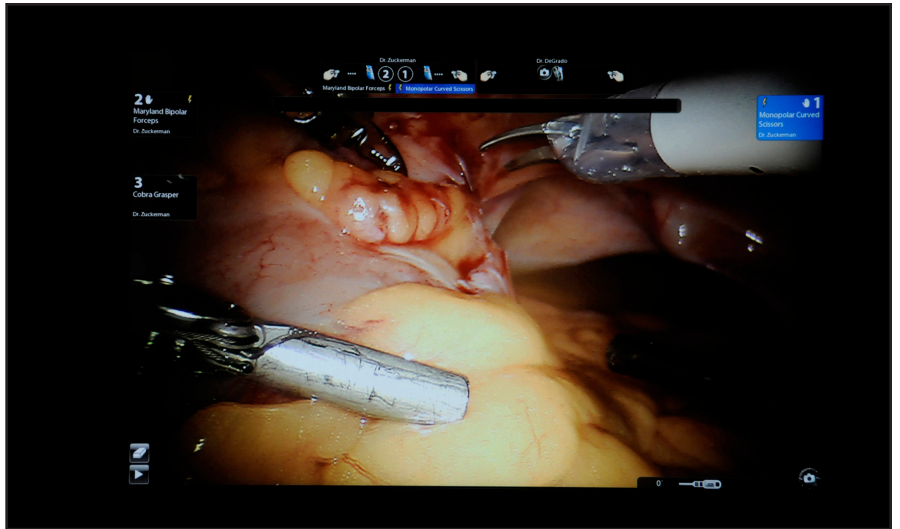
ROBOT — *Continued from page 1*
hernia repair.

“During a procedure, physicians sit at a console, view the surgical field through a three-dimensional monitor with magnification, and manipulate both hand and foot controllers that operate tiny instruments attached to robotic arms inside the patient,” said Capt. Paul McAdams, Urology Department head. “The benefits to the patient include smaller incisions, less scarring, and faster recovery time.”

While the primary surgeons view the surgical field through monitors at their console, the operating room staff will see the procedure on 32-inch, high-definition monitors mounted on the walls of the surgical suite. A third surgeon remains at the patient’s bedside and can assist the primary surgeons by adjusting the robotic arms to ensure correct placement while making recommendations during the procedure. Other features of the system include advanced lighting and remote-controlled equipment functionality.

Since the Robotic Surgery Program began at NMCP in 2010, the DaVinci system has been used in several operating rooms. The new surgical suite locates the DaVinci in a permanent location to pair world-class surgeons with the latest in surgical advances to benefit NMCP’s patients.

“This state-of-the-art operating room will be equipped with the latest technology focusing on patient safety and efficiency,” said Cmdr. Kimberly Davis, interim director for Surgical Services. “By modifying the operating room footprints of Rooms



Images from The DaVinci Si robotic surgical system’s small video camera is viewable on a high-definition monitor near the patient, while the two surgeons use the camera’s images to see the surgical field on monitors at the dual-console system where they operate together.

One and Two, surgical teams will have the space they need to be flexible with room’s configuration as well as modernization of the approach to patient care. A specially built storage room will house the consoles and robots when they are not in use.”

In addition to upgrading the lighting, monitors and other support equipment to take advantage of the latest technology, the redesigned operating rooms will improve the safety of the technicians, surgeons and the patient.

“As a safety feature, fully equipped booms will emerge from the ceiling to consolidate cables, lights and other essential operative gear replacing traditional systems that coursed over the operating floor or attached to the surgical table,” said Lt. Cmdr. Samuel Werschky, NMCP Facilities Department Head.

NMCP’s Robotic Surgery Program began nearly three years ago. Since then, staff surgeons have completed more than 140 robotic surgeries in pediatric, urology and gynecology subspecialties.

“Surgeons operate instruments remotely from ergonomic control panels that allow precision and reduce intraoperative bleeding,” Davis said. “The innovative system also includes a digital simulator that permits the surgeons-in-training to practice their robotic surgical skills in a safe, virtual environment.”

While the current robotic surgery program already provides advantages to patients, the \$2 million equipment upgrade and the completion of the surgical suite emphasizes the medical center’s commitment to the highest standard of surgical care, ease of recovery and the best value of a patient’s health care benefit.



During an operation using the DaVinci Si robotic surgical system, two surgeons sit at the dual-console system at the right, while a third surgeon remains at the patient’s bedside, left, and can see the same images on a high-definition monitor located near the patient. The third surgeon can assist the primary surgeons by adjusting the robotic arms to ensure correct placement and make recommendations during the procedure.

Intern's Random Act of Kindness Recognized

STORY AND PHOTOS BY MC2 (SW) ANNA ARNDT
NMCP Public Affairs

When Lt. (Dr.) Alyson Brinker went into a meeting March 14 at Naval Medical Center Portsmouth (NMCP), she had no clue that she was about to be honored for the generosity she offered to a stranger.

Brinker is a medical intern at NMCP, and her face turned bright red when she realized the camera in the conference room was capturing her shock and surprise on video. WTKR-TV news anchor Kurt Williams was there to shoot the weekly segment, "People Taking Action," which highlights random acts of kindness that otherwise would go unnoticed.

Barbara Johnson nominated Brinker for recognition. Several months ago, Johnson was in line at the Portsmouth Walmart and realized her prepaid debit card was not going to cover the balance. She told Brinker, who was behind her in line, that she might want to choose a different line since she might take a while. Instead of moving to a shorter line, Brinker offered to pay the difference for someone she had never met.



Lt. (Dr.) Alyson Brinker, an intern at NMCP, received a "People Taking Action" framed certificate, a pin and a \$100 Visa gift card as recognition for her random act of kindness.



WTKR-TV news anchor Kurt Williams interviews Lt. (Dr.) Alyson Brinker, an intern at NMCP, who was nominated for the "People Taking Action" award. Brinker was recognized for her kindness and generosity to Barbara Johnson, a stranger who didn't have enough money for groceries.

"I was about to tell her she might want to find another line," Johnson said, "because the cashier was going to have to subtract some things, and she said, 'Can I pay for this for you?'" and it caught me off guard, so I said, 'No, ma'am, that's okay.'

"And she said, 'No, I want to do this for you.' So she paid for it, and to this day, I don't know how much she paid," said Johnson.

Johnson was so touched by Brinker's kindness that she invited Brinker to Christmas dinner, though she was unable to attend. Johnson wanted to find some way to thank Brinker for her generosity and decided to nominate her for the award.

"Nobody's ever done that for me and I don't know anyone else anyone has done this for," said Johnson. "It made me feel good that there are people like her around. She's a great girl and her parents would be very proud of her."

Brinker said she did it because Johnson had "lots of healthy groceries and I like random acts of kindness, and as a doctor I support healthy eating."

People who know Brinker said her generosity was completely in character.

"It didn't surprise me a bit," said Capt. (Dr.) Ashley Schroeder, Brinker's internship program director. "It is pretty typical of Alyson."

Williams presented Brinker with a "People Taking Action" framed certificate, a pin and a \$100 Visa gift card.

The segment aired on WTKR-TV's evening news on March 19.

Communication Emphasized during National Patient Safety Awareness Week Fair

STORY AND PHOTOS
BY MC2 (SW) ANNA ARNDT
NMCP Public Affairs

Naval Medical Center Portsmouth's Quality Management Directorate and Patient Safety Office marked National Patient Safety Awareness Week with a Patient Safety Awareness Fair on March 7 with interactive displays.

The national week, this year from March 3–9, is an annual education and awareness campaign for health care safety. The week-long celebration creates awareness in the community and among hospital staff and patients about the need for patient safety and informs them of recent advancements in providing safe care.

This year's theme – Patient Safety 7/365 – signified seven days of recognition and 365 days of commitment to safe care.

During NMCP's fair, there were more than 40 exhibits lining the hallway of the Charette Health Care Center, covering topics from needle sticks and binge drinking to pressure ulcers and radiation safety,

and highlighting many initiatives that contribute to safe care for patients and staff.

"The 40 interactive exhibits educated patients and staff and included games, prizes and teddy bears for children," said Karen McAdoo, patient safety specialist. "Health care providers were asked to join the campaign by wearing 'Patient Safety 365' buttons on their lapels to encourage constructive dialogue between patients and healthcare providers."

Prior to the beginning of the week, the Patient Safety Office displayed posters and flyers around the medical center encouraging staff and patients to start thinking about patient safety and the questions they should ask their providers during health care encounters, as well as those staffing the display tables during the fair.

"We want there to be a partnership between the patients and the provider and make sure there is transparency in care and safety," McAdoo said. "We want to see that

collaboration when we deliver health care, and we want the patients and the providers to have the resources they need to form that partnership."

To help achieve that goal, the Patient Safety Office handed out magnets with the safety pledge, as well as keychain cards and notepads with three important questions patients should ask their health care provider: what is

my main problem, what do I need to do and why is it important for me to do this? Patients also received brochures about speaking up and the TeamUp program, a Department of Defense patient safety program.

"These educational materials were prepared with an appreciation for the impact of diversity in health care settings where cultural health beliefs, education and other factors can affect a patient's view," McAdoo said. "We want to empower patients and to strengthen patient-to-provider communications to promote safety and reduce the incidence of error."

Providers were also reminded about the importance of speaking to patients in simple terms, listening to patient concerns and making sure patient questions are answered thoroughly.

Toward the end of the fair, a team of judges rated the presentations on the relationship of their topic to patient and staff safety, the impact of their initiative on patients, families and staff, and their appearance and creativity. Awards will be presented to the winners on Feb. 13.

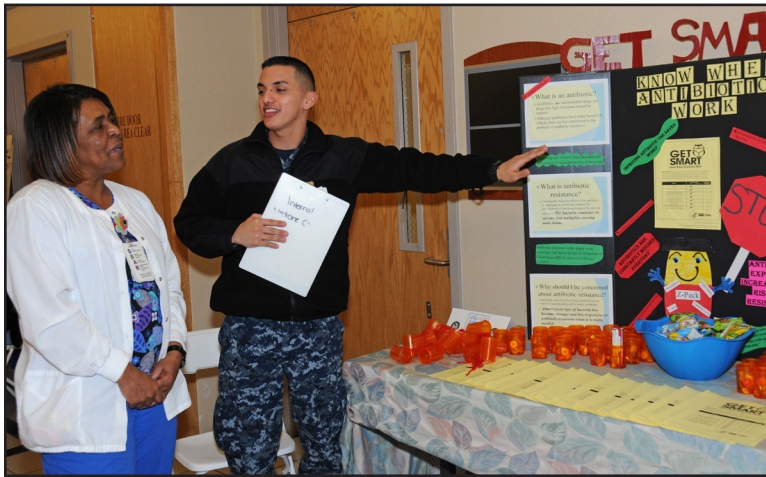
"I was thrilled with the turnout," said John Cherry, patient safety specialist. "All teams were enthusiastic about their initiatives. It was wonderful to watch as they interacted with staff, patients, family members and visitors.



IC1 (SW/AW) Mark Kellereskie, a counselor with NMCP's Substance Abuse Rehabilitation Program, shows the judges of the Patient Safety Awareness fair how the lines on some plastic cups are used for measuring servings of alcohol.



HM1 Christina Guralny, Dental's infection prevention petty officer, sprays luminescent lotion onto a patient's hand who will wash with it before placing them under a black light. The black light illuminates any lotion still on their hands to show how well (or how poorly) a person washed their hands.



HN Mario Lopez, from Internal Medicine, explains the importance of properly using antibiotics to another staff member.



A staff member practices putting out a fire while visiting the Safety Department's presentation.



Left: Capt. Mary Perdue attempts to walk a straight line while wearing goggles that simulate visual impairment under the influence of alcohol.



Right: Virilita Delima, the infection control and safety representative of the Post Anesthesia Care Unit, performs a respirator fit test on HM2 Brittany Gohanna.



Chris Brogan, NMCP's child life specialist, shows children how to use medical equipment such as stethoscopes at the Teddy Bear Hospital. The Teddy Bear Hospital helps reduce children's anxiety about medical procedures and teaches them positive coping skills.



HM2 (FMF) Jessica Harmon, Lt. Dawn Williams, HN Kate Knisely and HN Caleb Marmion from the Main Operating Room demonstrate the importance of counting all items during a surgery with their pirate-themed presentation "Never Ending Count."

First Female Brazilian Two-Star Admiral Visits NMCP

STORY AND PHOTOS BY MC2 (SW) ANNA ARNDT
NMCP Public Affairs

Rear Adm. Dalva Maria Carvalho Mendes of Brazil's navy visited NMCP on March 1 to learn how women are integrated into U.S. Navy and Navy Medicine leadership roles.

She is the director of the naval clinic, Our Lady of Glory, and the first female two-star admiral in the Brazilian navy. During her visit, she met with Rear Adm. Elaine C. Wagner, NMCP commander, and the Command Executive Board, and then toured the medical center.

She visited the Simulation Center, where she was given a demonstration of the uses of several of the training dummies and machines. She then went to the Wounded Warrior Patriots' Inn, where she was shown the rooms and amenities available to injured and ill service members. She also saw the pre-operating room area and spoke with some of the surgeons.

After leaving NMCP, she toured Branch Health Clinic Naval Station Norfolk and met with staff there.



Rear Adm. Elaine C. Wagner, NMCP commander, sat down with Rear Adm. Dalva Maria Carvalho Mendes, director of the Brazilian naval clinic, Our Lady of Glory, and other members of the Brazilian navy, to discuss female leadership in Navy Medicine March 1.



Rear Adm. Dalva Maria Carvalho Mendes tours the Simulation Center and observes how several types of training is done using interactive mannequins.



Capt. Elizabeth Savage, right, demonstrates an interactive mannequin in the Simulation Center for Rear Adm. Dalva Maria Carvalho Mendes and other members of the Brazilian navy during a March 1 visit to NMCP.



Right: Rear Adm. Dalva Maria Carvalho Mendes met with the Command Executive Board during her visit to NMCP March 1 to learn how women are integrated into the U.S. Navy and Navy Medicine leadership roles.

Oakleaf Charity Auction

"Biergarten"

1 Free Drink ticket and cash bar (beer and wine)



All Are Welcome To Join Us For Authentic German Food, Games, and Great Items to bid on!



April 26 at 6 – 9:30 p.m.



At the NMCP Galley Catered by *The German Pantry*



Cost: \$25 per person

(\$30 after April 19)

Credit Cards are welcome!
 Visa
 Master Card
 American Express
 Discover

RSVP Rose Hopkins at rosehopkins@cox.net

All proceeds support the good works of the Charity Fund, benefiting the Hampton Roads Naval Medical Commands.

***Commemorative Bottle Opener is guaranteed to the first 60 people registered.**

***You may also purchase tickets at our bake sale on April 19 from 9:30 a.m. – 1 p.m.**

New Manager Brings 21 Years of Experience to NMCP's Fisher House

STORY AND PHOTOS BY MC2 (SW) ANNA ARNDT
NMCP Public Affairs

In the short time Jill Thompson has been the Naval Medical Center Portsmouth Fisher House manager, she has already decided that her favorite part of the job is the hugs. Thompson, a Portsmouth native, was selected to be the new manager in February after the previous manager retired.

While customer service in a hotel-like setting is not new to Thompson, being able to provide that service in a more caring way is the change she was looking for.

Thompson previously worked for the Navy Lodging program for 21 years, with the Navy Gateway Inns & Suites Mid-Atlantic Region. She joined the NGIS team as a desk clerk in 1991, advancing to desk clerk leader, desk clerk supervisor and then to Transient Housing manager.

"I have always loved the customer care facet of the NGIS program," Thompson said. "After being a part of the Navy Lodging program under NGIS for so long, I just felt the need for change, but only in an area where I could use the skills obtained in my 21 years of service. What better, more honorable place than the Fisher House!"

By managing the Fisher House, she provides support, emotional assistance and a caring atmosphere for the families of service members who come from out of town to visit the sick or injured member while they are hospitalized at NMCP.

"It's an honor to be able to care for the families of the injured, wounded or critically ill warriors, while they in turn care for their loved ones receiving medical treatment at NMCP," said Thompson. "Providing that home away from home removes the stress experienced by the families when they arrive."

Many people come through Fisher House every year, some stay for a short time while some others stay longer. The Fisher House staff faces the challenge of making their stay as comfortable as possible despite how long or short that might be.

"I can already tell that the sense of peace, support and care that comes from the team here is amazing," said Thompson. "We actually help take away the stress so the families can focus on what's important

– their loved one and their healing process."

And then there's those wonderful hugs she shares with the guests.

"It's amazing what a hug will do for the worried parent, spouse or family member who arrives tired, unsure, and has not yet been able to see their loved ones," Thompson said. "Just being in a position to ease a little of the worry and stress is very rewarding."

She also loves the caring environment of the Fisher House.

"From the first day that I walked through the door, the program manager and the Fisher House team greeted me with hugs and well wishes," Thompson said. "The genuine concern and empowerment to exceed in caring for the guest here is phenomenal."

Thompson believes the ability to multitask, be flexible, communicate well and empathize with the guests are vital to being a successful manager. She said what is most important though is to put her heart into everything she does.

She plans to keep things going the same way as the previous manager, while adding her own touches.

"Coming from NGIS where things are more structured and standardized, I hope to bring more structure without losing that personalized genuine care and concern given to our guest," Thompson said. "I just hope to carry on and maybe add a little of my touch by offering stellar service with the wonderful things that the previous manager had going on at the Fisher House."



Mass Casualty Drill Simulates Construction Accident

PHOTOS BY MC2 NIKKI SMITH
NMCP Public Affairs

This is a drill, this is a drill!

NMCP staff participated in a mass casualty drill Feb. 27, with a simulated construction accident outside of the Emergency Room. Twenty-seven staff acted as patients, sustained simulated injuries like open chest wounds, broken bones and deep lacerations from a mock crane crash. The simulated patients were triaged and placed into one of three categories before being transported into the ER for treatment.



HA Gina Beutler, of NMCP Inpatient Psychiatry, has simulated chest, arm and leg injuries tended to during the mass casualty drill Feb. 27. Participants in the drill were simulating injuries and medical attention following a mock construction crane crash.



Mass casualty drill participants carry simulated patients to the Emergency Room where the responders tended various degrees of simulated wounds.



From left, Eric Peterson, Emergency Room registered nurse; Cmdr. Angela Earley, General Surgery department; Cmdr. Frank Dos Santos, Emergency Room; and HN William Bresnahan, Emergency Room, evaluate simulated patient HN Jose Murillo, Indoctrination Division, during a mass casualty drill at the hospital Feb. 27.



NMCP staff responds to simulated injured patients during the mass casualty drill. Twenty-seven staff simulated injured receives during a mock crane crash outside of the medical center's Emergency Room.



HN Jose Murillo, ground, from the Indoctrination Division, is triaged before entering the hospital's Emergency Room.

SAILORS OF THE QUARTER FIRST QUARTER FY 2013

STORY AND PHOTOS BY REBECCA A. PERRON
NMCP Public Affairs

Congratulations to the Sailors of the Quarter who received their accolades during a ceremony March 1, with NMCP commander, Rear Adm. Elaine Wagner, and CMDCM (SW/AW) Michael James, making the presentations. The four SOQs are HN Andrew Branch, Blue Jacket of the Quarter; HM3 Traciemarie Sanjuan, Junior SOQ; HM2 (SW) Jason Bebo, SOQ; and HM1 (FMF) Melvin Rolon, Senior SOQ. The Directorate for Surgical Services almost swept the quarter – Branch, Sanjuan and Bebo are assigned to the directorate.

Rolon is assigned to Directorate for Medical Services.

Some changes were made to NMCP's SOQ program starting with the first quarter of the fiscal year. A fourth category – senior SOQ – was added because, according to James, there is so much talent to recognize. The BJOQ is now E-3 and below, vice E-4 and below, to make room for the additional recognition. Also new is the plaque each received that includes the command logo and each name and achievement.

In addition to the certificates, new plaques and command coins from Wagner and James, the Sailors also received gifts from corporate sponsors and command associations that include gift cards, plaques, pens and restaurant gift certificates.

BLUE JACKET OF THE QUARTER

As floor corpsman, post anesthesia care unit, HN Andrew N. Branch assessed and managed post surgery pain, charted and tracked intake of narcotic medications, stocked patient bays and patient transport without supervision.

His tireless efforts provided quality health care to more than 3,000 beneficiaries, which directly supported the command's strategic plan of quality health care.

As the assistant command fitness leader, Branch assisted in 72 physical fitness assessments, resulting in a 95 percent pass rate. In addition, he coordinated and monitored weekly fitness enhancement program sessions to assist in improving physical fitness for Sailors in his department.



JUNIOR SAILOR OF THE QUARTER



As the team leader for Maternal Fetal Medicine Clinic, Hospital Corpsman 3rd Class Traciemarie D. Sanjuan expertly led four active-duty and civilian personnel in providing quality health care to more than 600 complicated obstetric patients.

Her prompt assistance with more than 150 ultrasound, 300 non-stress tests and aneuploid screening paperwork directly contributed to the command's focus on customer service.

As an active member of the command color guard, Sanjuan participated in 15 ceremonies representing the command with pride and professionalism. Taking an active role in the community, she also volunteered to provide escort services for the Virginia Youth Symphony and provided medical coverage for the inaugural Wounded Warrior Norfolk Freedom Run.

SAILOR OF THE QUARTER

As orthopedic division service senior, Hospital Corpsman 2nd Class (SW) Jason M. Bebo meticulously managed and trained 14 surgical technologists in the completion of more than 3,600 specialty procedures. He expertly maintained \$950,000 worth of instrumentation and equipment, collaborated with surgeons and local vendors to ensure mission essential supplies and materiel were available, resulting in a 10 percent reduction of room delays.

As an avid mentor, Bebo provided professional guidance to five novice staff ensuring a proficient end of the day shift turnover which directly supported the command's strategic plan of operational readiness and quality care.



SENIOR SAILOR OF THE QUARTER



As leading petty officer for internal Medicine Department, with the highest degree of pride and professionalism, Hospital Corpsman 1st Class (FMF) Melvin Rolon led 38 enlisted personnel throughout seven divisions, ensuring delivery of quality care to 18,000 beneficiaries. Rolon organized and processed 40 career development boards, five Perform to Serve applications and four re-enlistments, enhancing the personal and professional growth of 50 junior Sailors.

As directorate assistant command fitness leader, he maintained an accurate database for more than 400 Sailors throughout 13 divisions while monitoring and tracking a 100 percent completion for fall 2012 cycle. Rolon was instrumental in the planning and success of the directorate's recreation committee events, including a picnic and holiday party, which greatly increased morale in the directorate.

'Good Catch' Award

STORY AND PHOTO BY MC2 (SW) ANNA ARNDT
NMCP Public Affairs

Lt. Safiat Newman, a staff pharmacist at Naval Medical Center Portsmouth, noticed that a provider ordered a dose of Gentamicin that was too high for the patient's weight. She contacted the provider and the dose was corrected. This error could have caused kidney damage had it not been caught in time.

Capt. James Hancock, NMCP deputy commander, presented Newman with a commemorative coin and a 24-hour special liberty on March 13 as the first active-duty winner of the "Good Catch Challenge." A "good catch" involves finding and preventing a potential error before it has a chance to harm a patient. Good catches can be submitted via the electronic Patient Safety Report, which analyzes trends and improves processes.





Photo by MC2 (SW) Anna Arndt

Civilian in the Spotlight

Byron Anthony McKinnon

Hometown: Latta, S.C.

Years of Service: 23 years active service, retired as senior chief boatswain's mate (2 years, 6 months at NMCP as a civilian)

Job: Medical record technician

What do you like most about your job? Assisting the branch health clinics in proper procedures for retirement of medical records.

What do you do in your off duty time/hobbies? Playing golf. I love NETFLIX! Scandal is my favorite show.

Favorite movie: Another 48 Hours

Favorite food: Pulled BBQ

Anything else interesting about yourself that you would like to tell us? I love music! I played all sports in school and marched in band while playing the tenor sax.

Why was he nominated as Civilian in the Spotlight? "McKinnon is the sole staff member at NMCP for retiring the command (and its branch health clinics') inpatient and dependents' medical records; in addition he provides support to Fleet commands that do not have capabilities to retire inpatient medical records," said Chief Petty Officer Joseph F. Alvior. "He has retired over 75,000 inpatient and outpatient records with less than 0.1% error rate, assisted and trained eight personnel from three Fleet commands and six staff from three outlying BMCs on how to properly retire medical records. He is my "go to person" when it comes to retiring medical records. McKinnon supervises and provided guidance to four Sailors on their daily operations and Navy career."

Sailor in the Spotlight

SH3 (SW/AW) Juan R. Colon

Hometown: Brooklyn, N.Y.

Years of Naval Service: 3 years (5 months at NMCP)

Job: Warehouse clerk

What do you like most about your job? The people I work with.

What do you do in your off duty time/hobbies? Spend time with my new son.

Favorite movie: The Warriors

Favorite food: Pizza

Anything else interesting about yourself that you would like to tell us? I am constantly trying to educate myself; I never stop learning or growing.

Why was he nominated as Sailor in the Spotlight? SH3 Colon came to NMCP under limited duty orders. As an SH, he was assigned to MMD to work in supply. Immediately upon arriving, SH3 Colon made his presence felt. He quickly jumped into the job, identified the subject matter experts and began to shadow them. In a short time, he himself became one of the subject matter experts and began training others. He is my hardest worker within the warehouse and really took ownership of his responsibilities," said Robert Brunell, Central Supply leading chief petty officer. "SH3 was also quick to identify a mentor within the department and became involved with both the Junior Enlisted Association and the mentor program. He is one of those rare Sailors who truly loves the Navy at an early point in his career and will definitely go far."



Photo by MC1 (SW/AW) Steven J. Weber

MARCH AWARDS

MERITORIOUS SERVICE MEDAL

Cmdr. Sarah Neill
 Cmdr. Nanette Rollene
 HMCM (SW/FMF) Michael Hedden

NAVY & MARINE CORPS COMMENDATION MEDAL

Capt. Kenneth Sample
 Cmdr. Nicolas Russo
 Lt. Cmdr. Brian Ellis
 Lt. Cmdr. Alexander Holston
 Lt. Cmdr. Joseph Kotora
 Lt. Cmdr. Ann Raniowski
 Lt. Cmdr. Shalanda Stephens
 Lt. Cmdr. Ellie Ventura
 Lt. Brett Bechtel
 Lt. Karen Daum
 Lt. Stephanie Long
 Lt. Ellie Mentler
 Lt. Jonathan Rebutillo
 Lt. Howard Thompson
 HMCM (EXW/FMF/SW) Aaron Vandall
 HMCS Yolonda Franklin
 HMCS Nicole Shippee
 CTRC William Jackson
 LSC (SW) Tymeka Jennings
 HMC (FMF) Jason Snyder
 HM1 (FMF) Bryant Hare
 HM1 (SW/AW) Rodney Taylor
 HM1 (SW) Robert Wren

ARMY COMMENDATION MEDAL

Capt. Carol Barone-Smith

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Bradley Deafenbaugh
 Lt. Cmdr. Joshua Garland
 Lt. Suzanne Fierros
 Lt. Carla Graham
 Lt. Matthew Langford
 Lt. Michael O'Leary
 Lt. Sarah Tallent
 Lt. j.g. Robert Berger
 Lt. j.g. Matthew Britt
 Lt. j.g. Glennpeter Espinosa
 Lt. j.g. Erin Folstad
 Lt. j.g. Krystal Hawkins
 Lt. j.g. Peter Howell
 Lt. j.g. Kimberly Stanton
 Lt. j.g. Lisa Tate
 Lt. j.g. Mark Tuazon
 Lt. j.g. Aaron Wasson
 HMC(SW/AW) Elizabeth Gracie
 CSC (SW) David Ward

HM1 (SW/AW) Patrick Brock
 HM1 Kevin Duley
 QM1 (SW/AW) Jerel Goforth
 HM1 (SW) Kenneth Hale
 HM1(FMF) Thomas Murphy
 HM1 (SW) Carl Parker
 HM1 (SW) Jonathan Sadler
 HM1(FMF/SW) Joseph Sousa
 NC1 (SW/AW) Amber Treziok
 HM1 Benjamin Wyatt
 HM2 Elizabeth Abimbola
 HM2 (FMF) Dallas Burelison
 HM2 (SW) Reniel Dela Cruz
 HM2 Maile Elkins
 HM2 Evan Fitch
 HM2(FMF) Kevin Gordon
 HM2(FMF) Timethian Grier
 HM2 Tiffany Jones
 LS2(SW) Ernest Mwathi
 FC2 Michael Oldford
 HM2 (FMF) John Orr
 HM2 (FMF) William Pigford Jr.
 ET2 (SW/AW) Mark Roeder
 HM2(FMF) Louis Scott III
 MA2 (EXW) Nicholas Stoner
 ET2 (SW) Michael Tech
 HM2 Lisa Thienard
 HM2(SW) Weiran Wang
 HM2 (SW) David Williams
 HM2 Jason Yonce
 HM3 Jocelyne Aguayo
 HM3 Brittany Bentley
 HM3 Sean Brinston
 HM3 Dionkoch Castroverde
 HM3 Adam Cornwell
 HM3 Bryan Maynard
 GS3 Jamey Omphalius
 LS3 Wiwa Rahmings
 HM3 Shawn Ramos
 HM3 Jeffery Roggeman
 HM3 Kaitlyn Stone
 HM3 Tyrone Thomas
 HM3 Satia Walston
 HM3 (FMF) Sean Walters
 HN Samuel Haner
 HN Faron Mitchell
 HN Matthew Smith
 HN Kaitlin Trigg

MERITORIOUS CIVILIAN SERVICE MEDAL

Ann Huff
 Patricia Peters

SHIPMATE OF THE MONTH



Photo by MC2 (SW) Anna Arndt

HM3 PAUL AGYARKWA, DNS
HM3 BRENDEN BICKEL, DMS
HM3 JAMAR BURR, DPE
HN RYAN DENEAU, DPC
HN JASON EBLACAS, DMH

HN TAVONDA MCGHEE, DQM
HN BRITTANY MONROE, DSS
HM2 TAMIA ROBERTS, DFA
HM2 SHANE UNGER, DPHS
HM3 WILLIAM WIEGMANN, DCSS

MARCH MENTOR OF THE MONTH

As the Medical Records leading petty officer, Aviation Ordnanceman 1st Class (SW/AW) Ismael Arroyos, ensures medical records are within compliance of Health Insurance Portability and Accountability Act, conducts Career Development Boards and trains staff in general military training. He believes mentoring is a life-long process and encourages his Sailors to get involved in the mentorship program and promotes educational opportunities and command involvement.

He believes that a mentor is someone who will be there for you when everyone else is too busy. Arroyos thinks the mentorship program is important because it helps Sailors choose the career path they want to take. He mentors eight people, and believes that it is a privilege to have a mentee you can help become more successful. He believes that mentors help

individuals make better decisions, which impacts the Navy as a whole.

Arroyos is motivated by results. When he sees someone he mentors succeed and get the notice they deserve, it reinforces his motivation to mentor. He believes a good mentor must have heart and follow the Navy core values.



Photo by MC2 Nikki Smith

“It starts with having courage to help those that everyone else that has excuses not to,” said Arroyos. “Honor in giving the time and effort to see your subordinates become successful. Show our commitment to the Navy in the program which has played a part in our lives as leaders and in order to become a stronger, sounder Navy. We must stop with the excuse of not having time and make time. Someone made time for you, otherwise you would not be in a position you are in today.”

Would you like to become a mentor or find a mentor? Check out the Mentor Program on the Intranet to find valuable information about mentoring at NMCP. Go to the directory website map and look under “M” to learn more and join the Mentor Program today. Everyone is welcome.