



The Examiner

Naval Hospital Twentynine Palms

"Serving with Pride and Professionalism"

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An Award Winning Publication

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China Lake Corpsman Chosen as the Top Bluejacket of 1997

By HM3 Donna Tenney
Staff Writer

Chalk another up on the list of achievements for HM2(FMF) Huben Phillips. Some of you may remember him as the Sailor of the Quarter for Naval Hospital Twentynine Palms October-December 1997. It could be that you may know him as the Leading Petty Officer (LPO) of the Ambulatory Care Clinic and Medical Records Department at Branch Medical Clinic China Lake.

In a recent ceremony sponsored by the Indian Wells Valley Council of the Navy League, HM2 Phillips was awarded the Senior Bluejacket of the Year for the Naval Air Warfare Center at China Lake. Along with this honor comes many benefits. The mayor of the city of Ridgecrest was on hand to present the winner with a city proclamation and keys to the city. The benefits don't stop there. The winner was also presented with an \$1,100 check for his efforts that helped him earn this distinguished award.

HM2 Phillips was chosen from a list of candidates representing various commands aboard the base. During his acceptance speech, a surprised Phillips thanked his chain of com-



HM2 Phillips of Branch Medical Clinic China Lake.

mand, community sponsors, and the Navy League. He added, the cash award will come in handy and announced plans to use it for his wedding in August.

Phillips was nominated for this award due to his extensive work on the base colorguard, his involvement in Moral Welfare and Recreation as the president of the command recreation committee for his clinic and his outstanding leadership abilities as the LPO for the ambulatory care clinic and Medical Records Department.

"We know that this award is well earned and we extend our sincerest congratulations to HM2 Huben Phillips for being selected as the Senior Bluejacket of the Year for Naval Air Warfare Center Weapons Division China Lake," said Captain Joan M. Huber, Executive Officer, Naval Hospital Twentynine Palms.

Newsletter places in Navy-wide contest

Naval Hospital Twentynine Palms now has another reason to be proud of itself.

The command's newsletter *The Examiner* placed 2nd in the Chief of Na-

val Information Merit Awards Contest in Category E: Newspaper (Magazine Format). *The Examiner* also placed 3rd in Category N: Special Achievement in

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What Were They Thinking?

We have all experienced those embarrassing moments when words have trickled out of our mouth that we wished would have remained bouncing around in our empty cranial regions. It is even more devastating when those embarrassing mishaps make their way to paper. Before the paper goes to press it is always a good idea to proof read the "devil" out of it. Here are some actual quotes from various church bulletins that I think you will find entertaining and proves this point:

1. Don't let worry kill you- let the church help.
2. Thursday night potluck supper. Prayer and medication to follow.
3. Remember in prayer the many who are sick of our church and community.
4. For those of you who have children and don't know it, we have a nurs-

ery downstairs.

5. The rosebud on the altar this morning is to announce the birth of David Allen Belzer, the son of Rev. and Mrs. Julius Belzer.

6. This afternoon there will be a meeting in the south and north ends of the church. Children Will be baptized at both ends.

7. Tuesday at 4:00 p.m. there will be an ice cream social. All ladies giving milk will please come early.

8. Wednesday the ladies liturgy will meet. Mrs. Johnson will sing "Put me in my little bed," accompanied by the pastor.

9. Thursday at 5:00 p.m. there will be a meeting of the Little Mothers club. All ladies wishing to be "Little Mothers" will meet with the pastor in his study.

10. This being Easter Sunday, we will ask Mrs. Lewis to come forward



LT D. Dudley, Command Chaplain and lay an egg on the alter.

11. Next Sunday, a special collection will be taken to defray the cost of the new carpet. All those wishing to

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Letters...

A Great Doctor

Dear Captain Kayler,

I am writing to let you know about our experience during the last five months with Dr. Richey in the Pediatrics department. Dr. Richey is the most wonderful military doctor that has ever treated our children. Our daughter Caitlin, 5, and son Connor, 3, both love going to see her. Dr. Richey goes out of her way to make sure that our children receive outstanding medical care. She has called after hours and on weekends to check up on our children. She is responsible for my son finally receiving the treatment he needed for recurrent ear infections.

As a parent, often I have experienced doctors who do not want to take the time to answer my questions or dismiss me as a worried mother. Dr. Richey has always taken the time to listen to my concerns and answer any questions that I might have. She also does not prescribe unnecessary medication, which we have experienced in the past. She always takes time to talk to Caitlin and Connor.

She has even shown me my son's ears to make sure that I understand exactly what is going on.

I can't say enough good things about her and I hope that she will receive the recognition that she deserves for being a wonderful Pediatrician.

*Yours Sincerely,
Adrienne P. Downing*

Wonderful Hospital

Dear Captain Kayler,

On a recent trip to the emergency room, I was diagnosed with pneumonia. So, I had a 4-day stay in your wonderful hospital. The care that I received was outstanding. My profound thanks to the emergency room crew, Dr. Cunard and the wonderful staff and personnel, nurses, corpsmen, and etc. I can't thank each one by name, but to all for the utmost professional care again. **Thanks.**

*Sincerely,
Milton Murray
CWO-2 Retired U.S. Army*

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The *EXAMINER* welcomes your comments and suggestions. Deadline for submission of articles is the 15th of each month for the following month's issue. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk. The Public Affairs e-mail address is: tnp1dmb@tnp10.med.navy.mil. The Public Affairs Office telephone number is: DSN 957-2362, Comm (760) 830-2362, Fax: (760) 830-2385.

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

From the Desk of the Command Master Chief

On the history of the Hospital Corps

During the time period between World War I and World War II, the Hospital Corps became one of the outstanding corps of military service. Despite a drawdown due to the end of the war, there were still numerous opportunities for Hospital Corpsmen to excel. In 1927 Nicaragua was added to the list of assignments for Marines and their Hospital Corpsmen. More schools were provided, qualifications for advancement in rate were raised, and a high degree of technical skill and knowledge was expected of all members of the Hospital Corps.

As the United States entered World War II, the Hospital Corps grew from a peacetime level of near 4,000 to over 132,000. This was to meet the huge increase in demand for medical care and to implement new technologies of the time. Corpsmen found themselves serving in the forefront of every invasion and were involved in every action at sea.

The war in the Pacific taught many lessons. On New Georgia while rushing between the lines to administer first aide to a badly wounded Marine, PHM2/c Thaddeus Parker was killed instantly by a burst of enemy fire. His brave act, a source of inspiration to his fellow corpsmen and to the men of his company, served, however, to point out the importance of training troops to crawl back from the lines when wounded. On many occasions, men

only slightly wounded called for help, and when their buddies or corpsmen when to their aid they too were shot and injured or killed. On Iwo Jima the experiences of the Medical Department are typified by the following account. "Landing with the troops, immediately following the assault group, the Chief Pharmacist's Mate was shot in the jaw as he stepped out of the landing boat. The medical party, carrying seabags filled with medical supplies, pushed inland some 75 yards and picked a spot for their station in an antitank ditch. They left some of the bags on the beach on that first trip, and when they returned to get them, many of the bags had been ripped by shell bursts. Boxes of valuable plasma were smashed, but the worst blow came when the boat carrying all the litters was sunk on the way in. Wounded men were lying all around. It was impossible to stand erect on the beach, and the corpsmen crawled from casualty to casualty to bandage wounds and administer morphine and plasma."

The struggles in the Pacific were not the only area that Hospital Corpsmen saw action and not all of the time was spent in battle, as this account of a young Hospital Corpsman describes. "Almost every afternoon while on convoy duty in the Atlantic, we corpsmen sat in sickbay with our needles and thread and scissors. We made the surgical masks for use in operations. We



HMCM Bettis

made the glove cases in which the rubber gloves for operating were put. We folded the gauze squares, or "sponges", used in operating, and were taught to fold the gauze so that all cut edges would be inside, and no loose thread could get into an incision. We even made our own pills. We did not even have aspirin tablets onboard. Instead, the powders were mixed with a sort of spatula on a metal surface. We filled the capsules by pressing the two empty halves into the powder and then pressing the halves together."

On 22 January 1943, women were first enlisted into the Hospital Corps. This action was taken to allow more men to be available for combat service. The majority of the new enlistees were already trained in some facet of medical care. On 12 January 1944, the first Hospital Corps School for women was commissioned at the Naval Hospital, Bethesda, MD. The first class consisted of 230 enlisted women.

The role of submarine corpsmen developed into one of great importance. The most dramatic of their accomplishments were three incidents where they had to perform surgery while submerged. Pharmacist's Mate First Class Wheeler "Johnny" Lipes performed a successful appendectomy aboard the USS Seadragon on 11 September 1942. Lipes, who had been a surgical technician, used improvised instruments made from mess deck utensils and instructed assistants as the procedure went on in the Officers' Wardroom. PhM1/c Harry Roby performed the same act on the

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Officer of the Quarter...



Ensign Betsy Carroll of the Multi-Service Ward is honored as the Officer of the Quarter.

Naval Hospital Birthday Ball Committee Sponsors First Annual Ridge Run in June

By HM3 Donna Tenney
Staff Writer

Are you a runner looking for a challenge and you can't seem to find one in this area? Then maybe you're ready for the First Annual Ridge Run to be held at the Marine Corps Air Ground Combat Center on June 12.

The Naval Hospital Corps is celebrating their 100th birthday this year,

Chaplain...

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do something on the new carpet will come forward and do so.

12. The ladies of the church have cast off clothing of every kind. They can be seen in the church basement Saturday.

13. A bean supper will be held on Tuesday evening in the church hall. Music will follow.

On a more serious note, remember that the last Monday of this month is Memorial Day. It is a day to remember all of the soldiers who have died in battles upholding the foreign policy of the United States, and the obligations of the United Nations Charter.

May God's eternal light be your beacon of hope always!

Newsletter...

Continued from page 1

Print Media for *The Examiner Strategic Plan Edition*.

The Examiner was only entered into these two categories this year, and judged in some very stiff competition with other Navy publications from commands around the globe.

This special achievement would not have been possible if it weren't for the myriad of people who submit articles to the newsletter each month... and the wondrous achievements of the various staff members of this command whose stories are told in the pages of *The Examiner* each month. Special recogni-

and a spectacular celebration is planned. In an effort to raise funds to help defray ticket costs, the Hospital Corps Birthday Ball Committee is sponsoring a competitive and demanding race appropriately named the Ridge Run.

This race is divided into a short distance (1.5 miles) category, and a long distance (5 miles) category. Long distance race will begin at 6:30 a.m., with the short distance race to follow at 6:40. The start/finish line is at the base stables located behind the Naval Hospital and takes a strenuous hike back up into the desert ridges, guaranteeing an extremely challenging run. This is not your average early morning jog.

This race will require that you be very well hydrated, and physically and mentally prepared. There will be aid stations available along the route to provide any assistance that may be needed.

The competition is actually divided into several categories. Two age

History...

Continued from page 3

USS Grayback, as did PhM1/c Thomas Moore aboard USS Silversides, both in December 1942.

The valor and courage of the corpsmen throughout the conflict prompted Secretary of the Navy, James Forrestal to bestow a special "Well Done" Commendation in 1945 to the Hospital Corps. "...That others might live, your

tion also needs to be given to the hospital's Management Information Department because without their technical support in computer hardware and software, and fixing all of those "operator malfunctions" on the Public Affairs Computer, a quality layout of *The Examiner* would not be possible.

As part of the folio line... in between the volume number and date above, we will place the statement "An Award Winning Publication" for the next year... with some hard work and good stories, maybe we can keep that statement next year.

groups; under 20 years of age, and over 20 years of age. Another option is the platoon competition consisting of two categories. 10-20 people and platoons with 20 or more members.

Cost to enter this event is \$10.00 per individual. The price includes a t-shirt, or a \$2.00 entry fee per person for the platoon category. Early entry deadline is May 4, but late entries will be accepted up to the day of the race at a slightly higher entry fee. Day of race registration will be available from 5:30-6:15 a.m.

Individual winners will receive medals and platoon winners will receive a team trophy.

Volunteers are needed to assist with timing, water handling, and various jobs at the aid stations. If interested in helping or would like more information, please contact HM3 Bill Hayes at 830-2213/2301 or HM3 Tawnya Swank at 830-2279.

fellow corpsmen have given their lives; 889 of them killed or mortally wounded. Others died as heroically from diseases they were trying to combat. In all, the Hospital Corps casualty list contains 1724 names, an honor role of special distinction because none of them bore arms..... The Hospital Corpsmen saved lives on all beaches that the Marines stormed..... You Corpsmen performed foxhole surgery while shell fragments clipped your clothing, shattered plasma bottles from which you poured new life into the wounded, and the sniper's bullets were aimed at the brassards on your arms." No other individual corps, before or since, has been so singled out and honored.

Of the 15 Navy men to received the Medal of Honor during World War II, seven were Hospital Corpsmen and four of those received the Medal for action on Iwo Jima. Hospital Corpsmen also received 66 Navy Crosses, 465 Silver Stars and 982 Bronze Stars. 1,170 Hospital Corpsmen gave their lives during World War II to save others. 143,826 combat casualties were treated by corpsmen.

Hospital Takes Gold in CG's Volleyball Championships

BY HM3 D. Tenney
Staff Writer

The season proved to be a lot of ups and downs for the Naval Hospital Intramural team. There were times that you wondered why they lost or how they won. There was a lot of evident talent, but sometimes it wasn't all there at the same time. Finishing the regular season with a 3rd place finish, the team never lost confidence that they could still take the CG championship. All they would need to do is utilize each person's strengths and play like a team.

That's exactly what they did. In the first round they met CSSG-1 and put them away with an impressive victory that let the other teams know that they were there to win. Second round brought the 2nd seed team of 1st Tanks who were put away in two games and

sent to the losers bracket. The semifinal round brought 3rd LAR with it who had sent MCCES, the 1st seeded team to the losers bracket in an exciting match the night before. The team was aware that it would be a tough match and mentally prepared one another for the match ahead. The hospital team gave another impressive performance putting them away in two games.

Championship round brought a hyper CSSG-1 back for a re-match. The first match was an exciting one. It went three games and the hospital ended up on the losing end. After a half an hour break and an intensive warm-up session it was time for the championship game. Thanks to a lot of cheering from the wonderful fans, the team went into the championship game with a winning and determined attitude. There were a lot of exciting rallies and the two teams played an intense match. The team

pulled together, played their hearts out and the fans cheered with excitement. The match ended with the taste of sweet success. The hospital had come together as a team and fed off of each other's strengths to claim the base championship.

Team members include:

Co-captain/coach: HN Avery (CPD)

Co-captain: LCDR Larcombe (FPC)

HM3 Johnson (PT)

SK3 Nino (Supply)

HM3 Fregoso (Ortho)

LT Garcia (MIW)

HN Peau (MSC)

HMC M Bettis (CMC)

HM3 Smith (MH)

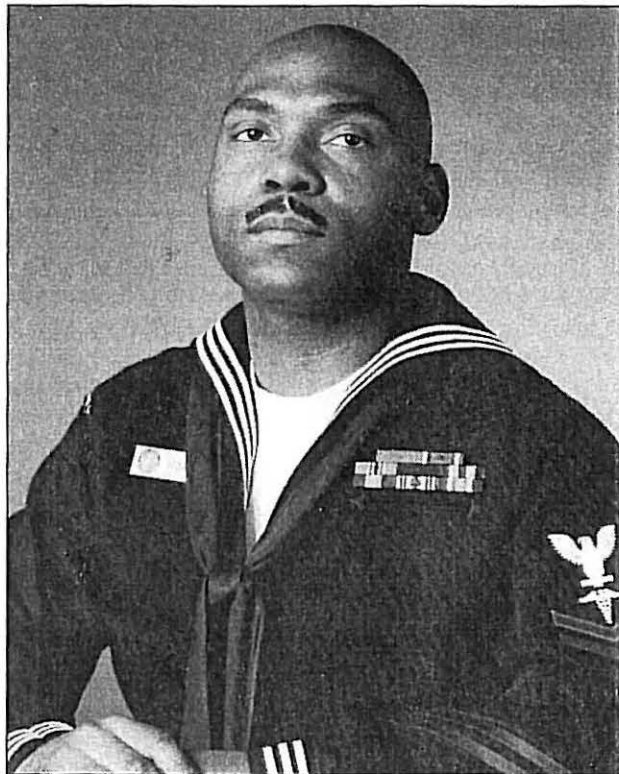
HM2 Barron (OR)

HM3 Tenney (Peds)

CPL Aspen Greiy (AAV)

Congratulations on a job well done and a championship well deserved!

People of the Quarter...



HM2 Arnold Roach of Branch Medical Clinic, China Lake has been selected as Senior Sailor of the Quarter.



HM3 Dawn Wilson of the Maternal Infant Ward has been selected as Junior Sailor of the Quarter. She was later selected as MCAGCC JSOQ.

Relaxing addition to fitness program

By Vera Ando-Winstead
Bureau of Medicine and Surgery

After a rough workday, do you want a quiet place to unwind? Such a haven is nearby—in the sauna at your local gym or health club.

To relieve stress the sauna helps you relax. To supplement a fitness program, the sauna produces reactions similar to mild exercise such as a brisk walk. The high heat and low humidity give your heart a cardiovascular workout.

Saunas promote the body's natural cleansing through perspiration to maintain clear, healthy skin. Some people believe the sauna helps them lose weight, but the loss is mostly water. When the body replenishes water stores, the "lost weight" returns.

"Basically healthy people of all ages can enjoy a sauna as long as they exercise common sense. If you have high blood pressure or chronic heart disease or suffered a heart attack, you should not use the sauna because of the cardiovascular strain from the heat," said CDR Joseph Moore, MC, head of Sports Medicine, Camp Pendleton Naval Hospital and Specialty Leader to the Surgeon General for Sports Medicine. "Pregnant women should not use the sauna because it increases the heart's workload. Also, high maternal body temperature can adversely affect the fetus."

Planning to use the sauna? Here are some guidelines:

1. If you have special health concerns (such as diabetes, arteriosclerosis, varicose veins), check with your doctor beforehand.
2. Cool down from a strenuous workout before entering the sauna. Your heart rate should be normal.
3. Do not exercise in the sauna.
4. For safety, use the sauna with a health buddy when possible.
5. Use the sauna on an empty stomach to avoid indigestion.
6. Shower before you enter the sauna to clean and open your pores.
7. Wear as little as possible.

Clothes impede the evaporation of water (sweat) from the skin.

8. Never wear water-impermeable material, such as rubber suits, which can lead to dangerously high body temperatures and even death.

9. Sit or recline on the highest level you can tolerate; stay in as long as you comfortably can (generally 8 to 15 minutes).

10. Cool down quickly in open air outside the sauna or under as cool a shower as you can handle.

11. After your heart rate returns to normal, you can repeat the heating and cooling procedure two or three times.

12. Most importantly, before, during and after the sauna, drink plenty of fluids, especially water.

As always, heed your body's signals. How you feel determines how long you remain in the sauna and how long you take to cool off.

If you feel dizzy, nauseated or faint, get out of the sauna. Stand up carefully and slowly. Walk cautiously as you leave the sauna.

Remember, replace the fluids you sweated out; drink plenty of water.

Used recklessly, the sauna can lead to death. However, used correctly, the sauna augments an exercise program and provides overall health benefits. "Many people report physical and mental relaxation and a sensation of general well being after taking a sauna," said Moore. So, relax, treat yourself to the sauna-enjoy!

It's Not Sugar, but it's Sweet

By Kimberly Allen Rawlings
Bureau of Medicine and Surgery

Instead of asking how many sugars do you take in your coffee or tea, the question could easily be how many Sweet N Low or Equal packs do you use?

Sugar substitutes, often called artificial sweeteners or non-nutritives, are used more commonly in society. More and more soft drinks, foods and desserts contain sugar substitutes to satisfy the craving for sweets but not calories.

Artificial sweeteners, saccharin and aspartame are appealing because they offer a sweet taste but contribute virtually no calories. These sugar substitutes are 200 to 300 times sweeter than sugar. The caloric content of the artificial sweeteners is negligible and almost non-existent in one teaspoon compared with the 20 calories in one teaspoon of sugar.

Although sugar may contain calories, it's all natural and causes no side effects. "No matter how much sugar you take in, if it exceeds your body's maintenance needs for calories it can be stored as fat," said LT Todd Medley, MSC, a registered dietician at Naval Medical Center, San Diego.

Saccharin, used in Sweet N Low sugar substitute, has been in use for nearly a century. No evidence has been linked to human health problems, but some laboratory studies have shown an increase in bladder tumors in rats that have been fed large amounts. The U.S. Food and Drug Administration recommends limiting saccharin use as a tabletop sweetener.

Another artificial sweetener, aspartame, commonly known as Nutrasweet, has been available since 1983. The name brand Equal uses Nutrasweet. Aspartame is closely related to naturally occurring body chemicals and is considered extremely safe by researchers. It can not be used in baked goods, because prolonged heat causes it to break down. However, aspartame can be used with some stove top food preparations.

According to Medley, the decision to use artificial sweeteners will vary with people's taste and their disease state. For instance a person suffering with diabetes or obesity can benefit from using the low-calorie sweetener. But a person suffering with an ailment that demands an increased need for calories may need the caloric value that sugar offers.

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Ripped Fuel... Friend or Foe?

By HM3 Christina Hunt
Staff Writer

Recently there have been reports on the metabolic enhancer "Ripped Fuel" regarding suspected deaths in conjunction with its use. Although it is unclear what role "Ripped Fuel" actually played in the deaths, it is highly recommended that usage of the product discontinue until further notice.

"Ripped Fuel" contains a Chinese herbal form of Ma Huang which, according to a recent article in The Los Angeles Times, is "described by one drug expert as 'an atom away' from illegal methamphetamine." According to TwinLab, the manufacturer of "Ripped Fuel," this "is another great thermogenic product containing ma huang (herbal form of ephedrine which in some states has already been banned), guarana (herbal form of caffeine) I-carnitine, and chromium picolinate." This product advertises "Scientifically researched and tested ingredients... a combination proven effective in reducing body fat while maintaining lean body mass."

"Ripped Fuel," with its potent contents, should in all respects be treated

Sweet...

Continued from page 6

People suffering from an extremely rare genetic disease called phenylketonuria (PKU) should not use aspartame. PKU is an inherited recessive trait that is characterized by mental retardation, seizures, eczema and mousy odor.

"Both saccharin and aspartame do not affect the blood sugar. But because of the warnings associated with saccharin, Navy dietitians need to assess and recommend the appropriate use of all sugar substitutes," said Medley.

Many foods on the market today use sugar substitutes to give us the taste we love without the calories of sugar. But limiting sugar is only one part of building healthy eating habits. It is still important to eat a variety of low-fat foods, including plenty of fresh fruits, vegetables and whole grains.

as a drug. As a direct result of the questionable deaths that may be linked to the usage of this and other similar products, the Food and Drug Administration (FDA) has begun an investigation. Currently, the product has been removed from the shelves of the Marine Corps Exchange, pending investigations into its alleged involvement in several deaths.

This product may lead to high blood pressure, heart attacks, strokes and seizures when taken in excess. One such possible victim was a 15-year-old girl who took it prior to soccer practice in

April of this year. She collapsed to never regain consciousness before being pronounced dead three days later. Another death, confirmed to be a direct result of the usage of "Ripped Fuel," was a 23-year-old graduate student. The product caused his heart to beat irregularly and then stop. This thermogenic formula appears to be quite a dangerous addition to a person's diet.

While the exact involvement of "Ripped Fuel" is still in question, Naval Hospital Twentynine Palms strongly discourages the use of this, and other similar products, until further notice.

Dental Technicians Celebrate 50 Years of Service

By HMCS Mark Hacala
Bureau of Medicine and Surgery

Navy Dental Technicians celebrated their golden anniversary April 2. The creation of a separate dental rating was authorized in 1948.

In previous years, dental assistants were Hospital Corpsmen who were trained as assistants or prosthetic technicians. Their number grew to over 10,000 in World War II. Dental technicians served admirably during the wars in Korea, Vietnam, Lebanon, and the Persian Gulf. One technician, Dentalman Thomas Christensen, earned a posthumous award of the Navy Cross for gallantry in Korea.

Currently, there are 3,021 active and 679 reserve dental technicians. They serve in nine Navy enlisted codes including basic technicians, advanced technicians, dental laboratory technicians, surgical technicians and Fleet Marine Force technicians, equipment repair personnel, administrative technicians, dental hygienists and maxillofacial technicians. They are assigned in the United States, outside the continental United States, aboard ships, and with the Marines.

Senior dental technicians have served as command master chiefs of surface ships and other non-dental commands. DTC Hazelann K. Teamer won one of the Navy's highest accolades with her selection as the Chief of Naval Operations 1997 Shore Sailor of the Year.

Happy Birthday 23rd Dental Company!
From the Staff at Naval Hospital
Twentynine Palms

More Hardchargers...



SCOQ Aldo Amaranto of the Hospital's Radiology Department has been named Senior Civilian of the Quarter.



Jill Pigo of the OB/GYN Clinic has been selected as Junior Civilian of the Quarter.

Total Quality Online in the Lab

*By ENS Rodriguez
Naval Hospital Laboratory*

Clinical laboratories are one of the most regulated work areas in a health care environment.

The Joint Commission on the Accreditation of Healthcare Organizations (JCAHO), College of Pathologists (CAP), Food and Drug Administration (FDA) and the American Association of Blood Banks (AABB) are just some of the regulatory bodies that can shut down a laboratory for any one of several hundred possible violations.

Consequently, quality control is one of the highest priorities for clinical laboratories. However, documentation of quality control has traditionally been a tedious and laborious task.

The laboratory has taken steps to improve the accuracy and cut down on the time required to document quality control by using CHCS as its database. HM1 Domingo Capistrano, the chemistry section supervisor, created quality control files for all sections of the laboratory. These files allow the laboratory to accurately and immediately monitor trends and shifts of test reagents and controls. Furthermore, the laboratory can update and print the files with just several key-strokes. The reports CHCS generates automatically perform all the complex statistical functions that were previously done manually. This dramatically cuts down on paper waste and the log books technicians had to painstakingly maintain. The quality control files are now linked to corresponding test files that allow the laboratory to capture quality control workload that was previously unaccounted for. Petty Officer Capistrano's efforts now allow the laboratory to more accurately plan budgets, forecast staffing and improve the quality of care the command delivers.



Anna Lawson has been selected as Volunteer of the Quarter.

Look for the complete story on the People of the Quarter in next month's Examiner.