



HEALTHCONNECT

connecting patients for better health

JULY 2016



PROTECT YOURSELF AND YOUR FAMILY FROM MOSQUITO BITES

Here are some helpful tips from the Centers for Disease Control and Prevention (CDC) on what steps you can take to protect yourself and your family from mosquito bites.

The first line of defense is to use insect repellent. Use Environmental Protection Agency (EPA)-registered insect repellents with one of the following active ingredients. DEET; Picaridin, also known as KBR 3023, Bayrepel, and icardin; oil of lemon, eucalyptus or para-menthane-diol; and the final active ingredient that your insect repellent should contain is IR3535. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Always follow the product label instructions. Make sure you reapply the repellent as directed, and do not spray the repellent on the skin under clothing. If you're also using sunscreen, apply it first and the insect repellent second.

If you are treating clothing and gear, such as boots, pants, socks, and tents, with repellent, use permethrin or purchase permethrin-treated items. Do not apply permethrin directly on the skin.

If you prefer to use natural insect repellents, be aware that they are not currently registered with the EPA. For protecting from diseases like chikungunya, dengue, and Zika, the CDC and EPA recommend using an EPA-registered insect repellent.

Most importantly, take steps to control mosquitoes inside and outside of where you are living. At home, use screens and make sure they are intact without damage or holes. Once a week, empty and scrub, turn over, cover or throw out items that hold water, such as tires, buckets, planters, toys, or trash containers because mosquitoes lay their eggs near water.

Visit the CDC and EPA websites for more information.

SIMPLE STEPS TO REDUCE YOUR SKIN CANCER RISK

You can still have fun in the sun, but there are ways you should consider to protect your skin. According to the American Cancer Society, skin cancer is the most common of all cancers, and it accounts for nearly half of all cancers in the United States. Fortunately, all skin cancers are highly treatable if found early.

The best ways to lower your risk of skin cancer are to avoid long exposure to intense sunlight and practice sun safety. You can still exercise and enjoy the outdoors while using sun safety at the same time. The ways to play it safe in the sun include: avoid the sun between 10 a.m. and 4 p.m. when the rays are the strongest; seek shade if you have to be outside; cover up and guard your skin as much as possible; use a sunscreen with a sun protection factor (SPF) of 30 or higher. Apply about a palm-full of lotion about every two hours – even on hazy or overcast days; wear a hat to protect your head, ears and neck; and wear sunglasses with 99% to 100% UV absorption for the ultimate protection for your eyes and surrounding skin area.

Nurse Advice Line 24/7
800-TRICARE
(800-874-2273)

**Hampton Roads
Appointment Center**
(866) 645-4584

Emergency Room
(757) 953-1365

Pharmacy Refill
Local: (757) 953-MEDS (6337)
Toll Free: (866) 285-1008

Information
(757) 953-5008

Customer Service Office
(757) 953-2600

Relay Health Secure Messaging
www.RelayHealth.com





HEALTHY WEIGHT

ShipShape Weight Management Program - 8-week intensive program for adults. To register, call the HRAC at (866) 645-4584

Right Weight - 4-week program for learning to manage your weight the right way. To register, call (757) 953-1925 or 953-9247

For more information on Health Promotions and Wellness Department programs and resources, call (757) 953-1925

FAKE BAKE, IS IT BETTER FOR YOUR SKIN?

Bronzers and extenders are considered cosmetics for external use and are not thought to be harmful when used properly. Bronzers, made from color additives approved by the FDA for cosmetic use, stain the skin for a short time when applied and can be washed off with soap and water. Sunless tanners or self-tanners are applied to the skin as lotions or creams, where they interact with proteins on the surface of the skin to produce a darker color. Like a tan, the color tends to wear off after a few days. Keep in mind - the only FDA-approved color additive for extenders is dihydroxyacetone (DHA).

Some tanning salons have begun to offer whole body sprays in tanning booths. A concern here is that DHA is approved for external use only and should not be inhaled or sprayed in or on the mouth, eyes, or nose. People who choose to get a DHA spray should make sure to protect these areas.

When it comes to actually using a tanning bed instead of spray tan, the key is to avoid all sources of UV light. Tanning beds and sun lamps are dangerous! You should avoid using them because they increase your risk of developing melanoma. The American Cancer Society's estimates for melanoma in the United States for 2016 are about 76,380 new melanomas will be diagnosed (about 46,870 in men and 29,510 in women); about 10,130 people are expected to die of melanoma (about 6,750 men and 3,380 women), and the rates of melanoma have been rising for the last 30 years.

For more information on you can protect your skin this summer, check out the American Cancer Society's webpage at www.cancer.org.

TOBACCO CESSATION

Workshop - 1st Mondays, 8 a.m. to noon

4-week class - begins 1st Tuesdays, 1-2:30 p.m.

Tobacco Meditation Walk-In Clinic - 1st Tuesdays, 2-4 p.m.

For more information, call (757) 953-1927 or 953-1925



July is UV Safety Month

Protect Yourself While Enjoying the Summer Sun

NMCP'S PHARMACY GETS A MAKEOVER

Capt. Darin Via, Naval Medical Center Portsmouth (NMCP) commanding officer, joined the staff of NMCP's Pharmacy Department, to celebrate the grand opening of the newly remodeled pharmacy space.

From the time the project grant was awarded in 2011 to its ultimate completion, the successful remodel was the result of excellent coordination and teamwork between contractors and medical center staff.

"The intent five years ago, when the upgrade began, was to create a pharmacy infrastructure that would optimize services to our patients not only in quality but also in timeliness," Via said. "Our ultimate goal was improved quality assurance with a maximum wait time of 20 minutes during peak demand."

Aesthetically, another goal was to move the patients waiting for their prescriptions out of the chairs that lined each side of the hallway to a more appropriate environment.

"We ensured that the pharmacy and the pharmacy waiting area were consistent with our motto of being the 'First and Finest' by moving everyone waiting for their prescriptions to a more comfortable area," Via added. The area is now out of the hallway, enclosed in glass, and offers new seating.

The remodeling process began by partnering with Johns Hopkins University Applied Physics Laboratory to see how NMCP could optimize the workflow of the pharmacy.

"We wanted to look into new automation with regards to medication dispensary," said Lt. Cmdr. Janel Rossetto, the head of the Pharmacy Department. "The plan evolved over the years as we progressed to getting our patient's wait time down."

As part of the renovation, the pharmacy increased the amount of supply shelving which will allow more organization and better inventory management. Also implemented was the creation of more customer service windows that, when fully staffed, will allow pharmacy personnel to process patient's prescriptions through the system in a much more timely manner.

One of the biggest challenges during the five-year remodeling period was the staff requirement to maneuver around construction while making sure patients received quick and quality customer service.

"At one point, there was 75 feet between the pharmacy technicians manning the windows and the pharmacists in the back," Rossetto explained. "That is a long way to walk just to bring a prescription back which added time to the patient's experience."

Via recognized that it was a challenging time dealing with all of the construction, but the pharmacy staff never wavered from their commitment to provide the highest quality of care. "I can truly say that the staff and pharmacy leadership did a phenomenal job," Via said.

Now that the remodel is completed, Rossetto said her team is able to look at other ways to improve the pharmacy beneficiary experience.

"Now we are looking at manning and other ways we can improve the patient's wait time while maintaining patient safety," she said.

Nicknamed the "First and Finest," Naval Medical Center Portsmouth has the distinction of being the nation's first naval hospital. It has proudly served the health care and medical needs of the nation's military continuously since 1830.



GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
- Interactive maps
- Pharmacy wait times
- Telephone directory
- Safe Ride
- Relay Health
- ICE feedback

and so much more!



118,000

patients with a PCM at one of our ten facilities

22

Medical Home Port teams

440,000

patients we serve - active duty, retired and families

DID YOU KNOW?

Naval Medical Center Portsmouth Pharmacy offers easy ways to save time in getting your prescription filled - in person and online.



Current Available Appointments
NMCP & Surrounding Branch Health Clinics



Current Pharmacy Patient Wait Times
NMCP & Surrounding Branch Health Clinics

NAVAL MEDICAL CENTER PORTSMOUTH PHARMACY

Under a time crunch?
Pharmacy wait times are available on the NMCP homepage.

Or, if you aren't near a computer, the NMCP APP offers the wait times under patient services.



TRICARE Pharmacy Home Delivery (TPHD) is optimal for medications you take on a regular basis and offers refill reminders and assistance in renewing expired prescriptions.

NMCP Pharmacy Phone:
(757) 953-0258

Refill Phone:
(757) 953-6337 or (866) 285-1008

Website:
<http://www.med.navy.mil/sites/NMCP2/PatientServices/Pharmacy>



THREE WAYS TO REGISTER FOR TPHD

MAIL

Download the registration form from www.express-scripts.com/TRICARE and mail to:
Express Scripts, Inc.
P.O. Box 52150
Phoenix, AZ 85072-9954

PHONE

1-877-363-1303
1-877-540-6261

ONLINE

www.express-scripts.com/TRICARE