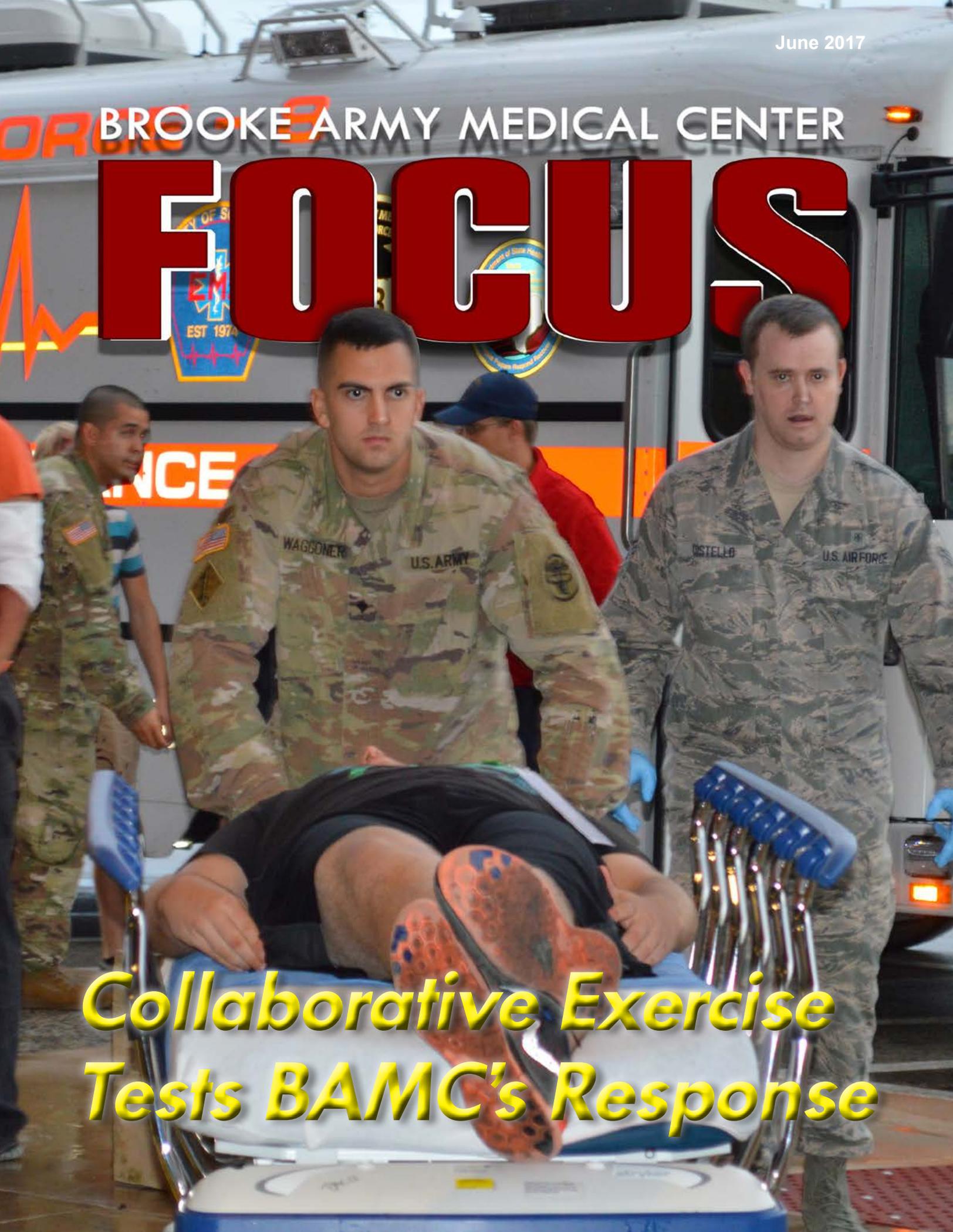


June 2017

BROOKE ARMY MEDICAL CENTER

# FOCUS



*Collaborative Exercise  
Tests BAMC's Response*

# INSIDE THIS ISSUE ...

## 4 Making Progress

BAMC receives a vote of confidence from Joint Commission on surgical services

## 4 Men's Health Month

Prevention is the best way to protect your health

## 5 High Honors

BAMC nurse top finalist for Extraordinary Healer Award

## 6 Practice Makes Perfect

No-notice MASCAL exercise tests hospital's ability to respond to multiple patients, injuries

## 8 Celebrating Nursing

BAMC Nurses celebrate Nurses Week in big way

## 10 Other Happenings

Photos from other events at BAMC

## 11 Prevention is Best

Childhood vaccines are important to prevent diseases

## BAMC FOCUS

JUNE 2017

**BG Jeffrey Johnson**  
Commander

**CSM Diamond Hough**  
Command Sergeant Major

**Elaine Sanchez**  
Chief,  
Communications Division

**Lori Newman**  
Editor

BAMC Focus is an authorized publication for members of Brooke Army Medical Center and Regional Health Command-Central, published under the authority of AR 360-1. Contents are not necessarily official views of, or endorsed by the U.S. Government, Department of Defense, Department of the Army, or Brooke Army Medical Center.

BAMC Focus is published monthly by the Communications Division, 3551 Roger Brooke Drive, JBSA-Fort Sam Houston, TX 78234.

Questions, comments or submissions for BAMC Focus should be directed to the editor at 210-916-5166 or by email to [lori.a.newman.civ@mail.mil](mailto:lori.a.newman.civ@mail.mil).

Deadline for submission is six business days before the first of the month. We reserve the right to edit submissions selected for publication.



# OUR COMMITMENT



**Jeffrey J. Johnson, M.D.**  
Brigadier General, U.S. Army  
Commanding General



## **BROOKE ARMY MEDICAL CENTER**



### **COMMANDING OFFICER**

BG Jeffrey J. Johnson  
POC: Ms. Carolyn Putnam  
(210)916-4100



### **COMMAND SERGEANT MAJOR**

CSM Diamond Hough  
POC: SGT Karrie Prescott  
(210)916-5061

Team,

Brooke Army Medical Center partnered with the city of Schertz to hold a no-notice MASCAL exercise May 31. I am proud to say our team did an incredible job during this training event. MASCAL exercises like this are necessary to test our readiness in the event of an emergency.

This exercise was a collaborative effort between BAMC and Schertz emergency medical services, fire and police departments that took months to plan. I want to thank our partners from the city of Schertz for their help and support during this exercise. I am very proud of our community partnerships with the city of San Antonio and the 22 South Texas counties we serve.

The scenario mirrored real-life events that have taken place in cities across the world. A large crowd gathered for a festival when a vehicle plowed into the crowd sending 30 casualties to BAMC. Inclement weather and a traffic accident on IH-35 added real-world elements to the planned scenario.

Adding the emergency recall aspect raised the bar for us to prepare for any type of mass casualty event. Our personnel responded quickly and responsibly. As I walked around and observed all facets of the exercise, I was truly amazed by the professionalism and care our team members displayed.

The decontamination team was activated in response to another scenario involving a train carrying chemicals striking a 15-passenger van. This is something that actually happened in San Antonio a few years ago proving that we need to be prepared to handle events like this if they should arise.

Our DECON team was up and running within minutes, waiting to use their skills to run victims through the decontamination process before being brought to the ED for additional treatment. This team is an extremely dedicated and efficient group of individuals who take great pride in what they do. They did a fantastic job!

I want to thank every member of our team for their dedication and service to our military beneficiaries, their family member and our local community.

A Team of Teams ... Creating Tomorrows Today

JEFFREY J. JOHNSON  
Brigadier General, U.S. Army  
Commanding General

DIAMOND D. HOUGH  
CSM, USA  
Command Sergeant Major

# BAMC receives a vote of confidence from Joint Commission on surgical services

Brooke Army Medical Center earned a vote of confidence after a two-day Joint Commission (JC) survey aimed at assisting BAMC in improving its surgical support services.

At the exit briefing May 25, the surveyor commended the surgical and sterile processing teams for actions taken and noted several potential “best practices,” with regards to the recently implemented changes, that the JC would like to review and potentially share on a national level. BAMC remains dedicated to safe quality care and diligently focuses on a goal of zero defects. “We have made progress but we still have work to do to return to normal operations and to continue our patient care and training readiness commitment to our military and San Antonio,” said Brig. Gen. Jeff Johnson, commander BAMC.

“We did exceptionally well,” said Air Force Col. Kimberly Pietszak, deputy to the commander for quality and safety. “The surveyor was impressed with our stringent quality control process and our staff’s dedication and competence.”

The Joint Commission is the nation’s oldest and largest standards-setting and accrediting body in health care. BAMC received a JC Gold Seal of Approval for accreditation in 2015. This three-year accreditation award recognizes BAMC’s dedication to continuous compliance with the JC’s standards for health care quality and safety.

“We always remain in close contact with the Joint Commission and welcomed this no-notice JC survey of our surgical support processes,” Pietszak said. “This is an opportunity for us to learn and grow.

“Not all civilian hospitals are accredited

so it sets a standard for the DoD that we are transparent and we care about the quality and safety of the care we provide enough that we welcome consultants to come into this organization and tell us how we’re doing,” she added.

BAMC leaders continue to take a number of steps to ensure high quality surgical care for patients. An initial step in mid-April was to temporarily reduce the number of elective surgical procedures while leaders actively evaluated staffing, equipment, space and processes to ensure the facility is ready to meet the surgical demand. Several military and civilian experts from outside the organization, to include two teams from the Army Medical Command, came in to help identify improvements on all aspects of surgical care.

*(Source: BAMC Public Affairs)*

## Men’s Health Month: Prevention is the best way to protect your health

By **Stephanie Soileau**  
*Health Promotion Nurse Practitioner*

June is Men’s Health Month and is the perfect time to highlight how to improve men’s health.

According to the Centers for Disease Control and Prevention, the top causes of death among adult men in the United States include heart disease, stroke, cancer and chronic lower respiratory disease.

Heart disease-related deaths are largely preventable. The best things men can do to avoid heart disease are eating a heart-healthy diet, exercising regularly, not smoking and maintaining a healthy weight.

A heart-healthy diet includes a wide variety of fresh fruits and vegetables. Eating these foods can help to increase your intake of fiber, nutrients and phytonutrients.

Reducing your consumption of saturated fat from red meat and dairy will help keep your cholesterol at healthier levels.

Including regular exercise in your daily routine is also important. Keeping active with at least 150 minutes of aerobic activity per week can help keep weight off and prevent diabetes. It can also improve your mood and help you better manage stress.

Almost 70 percent of adults in the U.S. are overweight or obese and are subsequently at a higher risk for cardiovascular disease. No matter what your weight loss goal is, even a modest weight loss, such as 5 to 10 percent of your total body weight, is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol and blood sugars. Dropping those extra pounds can also reduce the risk for sleep apnea.

Cancer claims over 300,000 deaths in men in the U.S. annually. The most common types of cancer in men are skin, prostate, lung and colorectal cancer.

Most of these cancers can be prevented through cancer screening exams like the prostate/PSA screening. Men ages 50 and older should have a colonoscopy every 10 years to screen for polyps. Polyps are small growths in the colon tissue that can turn into cancer cells if not removed.

Skin cancer is the most common cancer in the United States. Protect your skin by using sunscreen (at least 15 SPF) when outdoors exposed to the sun’s UV rays. Melanoma is the deadliest type of skin cancer, yet less than 15 percent of men use sunscreen regularly.

Continued on page 5

# BAMC nurse top finalist for Extraordinary Healer Award

Janet Schadee, a registered nurse at Brooke Army Medical Center, was one of two finalists honored May 4 at the CURE Magazine 2017 Extraordinary Healer Award ceremony in Denver, Colorado.

The announcement came during a dinner and ceremony held in conjunction with the annual congress of the Oncology Nursing Society. The event featured a keynote address by actor Patrick Dempsey, founder of the Dempsey Center, which provides supportive services to those affected by cancer.

Schadee, the urology oncology case manager at Brooke Army Medical Center, has not only improved care by launching a multidisciplinary prostate clinic and streamlining appointment and treatment scheduling, but also helps to coordinate travel for patients visiting from afar.

Army Maj. (Dr.) George J.S. Kallingal, staff surgeon in urologic oncology at BAMC, nominated Schadee for the award.

“Janet has been the ultimate patient advocate,” Kallingal wrote. “She advocates and helps our patients in every aspect of their lives, including cancer treatment, emotional support, coordination of care,



Army Maj. (Dr.) George J.S. Kallingal, Janet Schadee, actor Patrick Dempsey and winner Sara Sargente pose for a photo during the CURE Magazine 2017 Extraordinary Healer Award ceremony in Denver, Colorado, May 4, 2017. (Courtesy Photo)

research and health policy.”

On hand to speak about the crucial role of oncology nurses in the care of patients with cancer, and to help honor the winner and finalists, was Dempsey, known for his portrayal of Dr. Derek Shepherd on the hit ABC series “Grey’s Anatomy.”

In response to his mother’s diagnosis with ovarian cancer, the actor founded the Dempsey Center in Lewiston, Maine,

in 2008 in order to give back to the community where he grew up, and where his mother first received cancer treatment. The Dempsey Center improves the quality of life for individuals, families and communities affected by cancer through free support, education, prevention and complementary therapies such as reiki, wig fittings and support groups.

(Source: BAMC Public Affairs)

**Men’s Health Month**, continued from page 4

Sunburns increase your risk for skin cancer. The best ways to protect your skin are to wear long-sleeved shirts, pants and a wide-brimmed hat to protect your head, neck and ears. Avoid indoor tanning beds and stay in the shade as much as possible when outdoors, especially between 10 a.m. and 2 p.m. when the sun’s UV rays are the strongest.

BAMC Health Promotion will be kicking off Men’s Health Week in June with information and activities to help men improve health through activity, education, and cancer screening awareness.

For more information, call BAMC Health Promotion at 916-7646.



# No-notice MASCAL exercise tests hospital's ability to respond to multiple patients, injuries

By Lori Newman  
BAMC Public Affairs

Brooke Army Medical Center held a no-notice mass casualty exercise May 31 to test the staff's ability to respond and care for multiple casualties.

"During exercises, we practice what we would really do," said Steve Burton, BAMC emergency management specialist. "With this one, we wanted to take it a step further. We gave the staff a one-week window, the actual date and time was very close-hold, only a few people knew when it would take place."

The exercise was a collaborative effort between BAMC and Schertz emergency medical services, fire and police departments, which took about five months to plan.

The scenario mirrored real-life events that have taken place in cities across the world. A large crowd gathered for a festival at Pickrell Park in Schertz when a vehicle plowed into the crowd sending 25-30 casualties to BAMC. Inclement weather and a traffic accident on IH-35 added real-world elements to the planned scenario.

"The rain and a traffic accident gave us the ability to really see how long it would take our staff to get here once they were notified," Burton said. "All these things are valuable to see how effective we are to responding to a mass casualty event."

"A disaster doesn't knock on your door and say, 'is this a convenient time,'" he added.

Mike Shown, clinical manager for Schertz EMS, said this was an opportunity for the city of Schertz emergency personnel to train for a mass casualty emergency as well.

"We learned a lot," Shown said.

The emergency department set up two



U.S. Army Spc. Garry Fullerton, assigned to the Brooke Army Medical Center emergency room, prepares to move Kayla Shown, an emergency medical service student role playing a patient, into the ER during a no-notice mass casualty exercise with the city of Schertz, Texas, May 31. The exercise was a collaborative effort between BAMC and Schertz emergency services. (U. S. Army photo by Robert A. Whetstone)

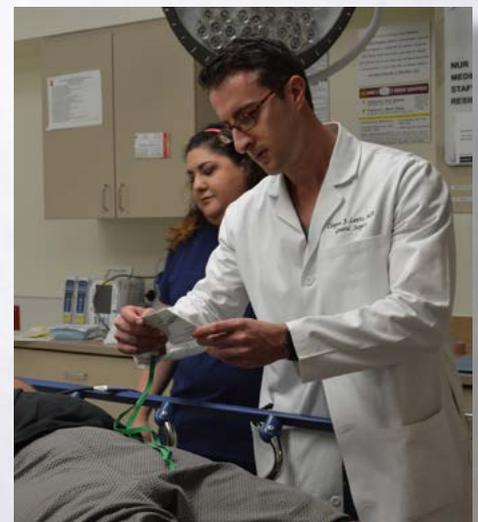
areas in preparation for the patients' arrival. Two nurses were ready to evaluate patients who were able to walk in on their own to the waiting room area.

"We are here to access them quickly to see if they have minor injuries," said Amanda Scallon, registered nurse. "If anyone needs to go back urgently we are going to send them to the emergent area."

As ambulances began to roll into the emergency department, teams were ready to move patients into the trauma bays as quickly as possible.

"This is the first time, that I know of, that we have had a no-notice recall like this," said Air Force Col. Mark Antonacci, Emergency Department chief. "I think it's gone well."

Several Schertz emergency medical personnel were on hand to observe how the patients were triaged and treated in the ED.



Army Capt. (Dr.) Clayton Lewis, general surgery, looks at the tag describing the patients' simulated injuries as part of a no-notice mass casualty exercise May 31 at Brooke Army Medical Center. The MASCAL exercise was a collaborative effort between BAMC and Schertz emergency medical services, fire and police departments. (Photo by Lori Newman)



Medical personnel assess the injuries of a simulated casualty May 31 as part of a no-notice mass casualty exercise at Brooke Army Medical Center. The MASCAL exercise was a collaborative effort between BAMC and Schertz emergency medical services, fire and police departments. (Photo by Lori Newman)

“BAMC is our primary trauma center, we work with them day-in and day-out,” Shown said. “We need to work together or we can’t get the job done.”

To add to the excitement, the decontamination team was activated in response to another scenario involving a train carrying chemicals striking a 15-passenger van. “This type of accident really happened here in 2004,” Burton said.

The DECON team was up and running within minutes. The 10 additional simulated casualties were sent through the decontamination process before being brought to the emergency department for additional treatment.

“This was definitely different from our usual training,” said Air Force Staff Sgt. Matthew Coley, noncommissioned officer in charge of the DECON team. “We hit the



U.S. Army Spc. William Waggoner, assigned to the Brooke Army Medical Center emergency room, and Domingo Guerrero, Schertz emergency medical technician, prepare to move Shannon Murphy, an emergency medical service student role playing a patient, into the ER during a no-notice mass casualty exercise with the city of Schertz, Texas, May 31. The exercise was a collaborative effort between BAMC and Schertz emergency services. (U.S. Army Photo by Robert A. Whetstone)

ground running and it put more pep in our step.

“My team did absolutely phenomenal,” Coley said. “I’m proud of every single one of them.”

Burton said he hopes to continue doing the MASCAL exercises this way.

“Our goal is to make sure that we can re-

spond as an organization as effectively and efficiently as we possibly can,” he said. “So the more we practice, drill, and understand the operations plan, it helps us get the right people to the right place at the right time. All of those variables only mean one thing – better patient care.”



U.S. Army Col. Gregory Weaver, Deputy Commander for Patient Support, Brooke Army Medical Center, arrives at his work station in the emergency operations center during a no-notice mass casualty exercise with the city of Schertz, Texas, May 31. The exercise was a collaborative effort between BAMC and Schertz emergency services. (U.S. Army Photo by Robert A. Whetstone)

# BAMC nurses celebrate Nurses Week in big way

By Lori Newman  
BAMC Public Affairs

Brooke Army Medical Center nurses executed a plethora of activities May 6-12 to celebrate National Nurses Week.

The American Nurses Association has designated 2017 as the “Year of the Healthy Nurse.” Following that concept this year’s National Nurses Week theme was “Nursing: the Balance of Mind, Body, and Spirit.”

Army Col. Traci Crawford, BAMC deputy commanding officer, was the guest speaker during the official ceremony held May 11 in the BAMC auditorium.

Crawford began by thanking the dedicated staff of nursing professionals within BAMC.

“Nurses are on the front line, in the trenches, every day caring for our patients when they are most vulnerable,” she said. “Nurses put them at ease and help their family members to cope, all while providing exceptional care.”



Troop Command Army Command Sgt. Maj. Roderick Batiste, Army Col. Traci Crawford, Robert Ybarra and Air Force Maj. Jody Huss pose for a photo during the Nurses Week ceremony May 11 in the auditorium. Huss and Ybarra presented a poster titled “Sustainment of Decreased Blood Culture Contamination with an Initial Specimen Diversion Device in the Emergency Department” that highlighted the Emergency Department’s sustainment program for use of an initial specimen diversion device when collecting blood culture samples. This project has reduced the blood culture contamination rate to less than two percent and saved BAMC over \$488,000 since September 2015. (Photo by Robert Shields)



Army Col. Margaret Nava, Brooke Army Medical Center chief nursing officer, presents Sgt. Matthew Reynolds and Spc. Tyler Hull their silver badge as part of the 68W Utilization Program May 11 during the Nurses Week celebration in the Brooke Army Medical Center auditorium. The silver badge signifies they have achieved all their competencies within a patient care setting. (Photo by Robert Shields)

Crawford also highlighted many of the health initiatives and services available to BAMC staff members including the Move To Health program developed by the Health Promotion team and the Move It 2 Lose It Challenge initiated by BAMC Outpatient and Community Nutrition Services.

Awards were presented to the Advanced Practice Nurse of the Year, Darlene Deters, from the Center for Nursing Science and Clinical Information; Registered Nurse of the Year, Army Capt. Kate McCloud, assistant clinical nurse officer in charge of 2E; Licensed Vocational Nurse of the Year, Jennifer Van Nostrand, staff LVN, 3W Medical Telemetry Unit; and the CNA/4NO/Medic of the Year, Army Sgt. Andrew Kennedy from the Department of Hospital Education.

Two medics also received their silver badges as part of the 68W Utilization Program. The DAISY Award recipient for the 2nd quarter, Jenedra Currie, registered nurse, 2E Surgical Intermediate Care Unit, was also recognized during the ceremony among others.

Leading up to Nurses Week, 333 nurses making up 37 teams competed in a fitness tracker challenge from April 5 to May 5. The combined total steps, from all the

teams was 71,822,938. The “Dream Team” from the Warrior Transition Battalion won the challenge with 4,935,243 steps.



Army Col. Margaret Nava, Brooke Army Medical Center chief nursing officer, presents Army Sgt. Andrew Kennedy from the Department of Hospital Education, the award for Medic of the Year during the Nurses Week ceremony May 11 in the auditorium. (Photo by Robert Shields)

The Nurses Week committee also organized a sand volleyball tournament at Freedom Park May 6 to promote health and physical fitness. The double elimination tournament included teams from Critical Care, 3T, 6E, Inpatient Pharmacy, Taylor Burk Clinic and 959th Medical Group. The 959th MG team won the tournament.

Other fitness activities throughout the week included laughter yoga, Zumba and a nutrition class. The Nurses Week committee also organized a school supply drive, taco breakfast, pizza night and ice cream social.

“I think that you all are heroes and I am proud to stand beside you today,” Crawford concluded. “Thank you for all that you do. Your selfless service has not gone unnoticed. You always will be and always are a valued part of the organization.”



Army Col. Margaret Nava, Brooke Army Medical Center chief nursing officer, presents Army Capt. Kate McCloud, assistant clinical nurse officer in charge of 2E, the award for Registered Nurse of the Year during the Nurses Week ceremony May 11 in the auditorium. (Photo by Robert Shields)



Army Col. Margaret Nava, Brooke Army Medical Center chief nursing officer, presents Jennifer Van Nostrand from the 3W Medical Telemetry Unit, the award for Licensed Vocational Nurse of the Year during the Nurses Week ceremony May 11 in the auditorium. (Photo by Robert Shields)



Airman 1st Class Chayanin Noramuttha discusses his poster about noise reduction on an inpatient surgical unit with Sandra Witthauer and Julia Woodul May 10 as part of the Brooke Army Medical Center Nurses Week activities. (Photo by Robert Shields)

# Other Happenings ...

at Brooke Army Medical Center



## BAMC'S O-DAY

Out of this World Fun for Out of this World Care  
Shoot for the stars with Mission Readiness

**JUNE SIXTEEN 1200-1700**  
TWENTY SEVENTEEN FREEDOM PARK

APPRECIATION DAY FOR ALL STAFF AT BAMC. OPEN TO STAFF & FAMILY MEMBERS OF BAMC STAFF.

ACTIVITIES, FOOD, ENTERTAINMENT & SHUTTLE SERVICE TO AND FROM BAMC MAIN ENTRANCE TO BE PROVIDED

Tickets for the event will be sold from  
14 APR - 26 MAY Tickets will be \$3 (Adults), \$2 (Children)  
27 MAY - 16 JUN Tickets will be \$5 (Adults), \$4 (Children)

Tickets Sold During  
Friday Morning Taco sales at the Garden Entrance  
at Alpha CO During normal business hours · See your ward NCOIC



## UNDERSEA & HYPERBARIC MEDICINE CLINIC

*Using oxygen to accelerate healing*

### Ribbon-Cutting Ceremony

10:00 A.M. | JUNE 16, 2017

*Location:* FACILITY IS LOCATED NEXT TO THE FLAGPOLE ENTRANCE OF BAMC (LOT A)

 BROOKE ARMY MEDICAL CENTER  
A TEAM OF TEAMS...CREATING...TOMORROWS TODAY

# Childhood vaccines are important to prevent diseases

It is always better to prevent a disease than to treat it after it occurs.

Diseases that used to be common in this country and around the world, including polio, measles, diphtheria, pertussis (whooping cough), rubella (German measles), mumps, tetanus, rotavirus and Haemophilus influenza type b (Hib) can now be prevented by vaccination.

Thanks to a vaccine, one of the most terrible diseases in history—smallpox—no longer exists outside the laboratory. Over the years, vaccines have prevented countless cases of disease and saved millions of lives.

Immunity is the body's way of preventing disease. Children are born with an immune system composed of cells, glands, organs, and fluids located throughout the body. The immune system recognizes germs that enter the body as "foreign invaders" and produces proteins called antibodies to fight them. Newborn babies are immune to many diseases because they have antibodies they got from their mothers. However, this immunity goes away during the first year of life.

The first time a child is infected with a specific antigen (say measles virus), the immune system produces antibodies designed to fight it. This takes time...usually the immune system can't work fast enough to prevent that antigen from causing disease, so the child still gets sick. However, the immune system "remembers" that antigen. If it ever enters the body again, even after many years, the immune system can produce antibodies fast enough to keep it from causing disease a second time. This protection is called immunity.

Vaccines contain the same antigens that cause diseases. For example, mumps vaccine contains mumps virus. But the antigens in vaccines are either killed, or weakened to the point that they don't cause disease. However, they are strong enough to make the immune system produce antibodies that lead to immunity. In other words, a vaccine is a safer substitute for a child's first exposure to a disease. The child gets protection without suffering from the actual diseases that vaccines prevent.

If an unvaccinated child is exposed to a disease germ, the child's body may not be strong enough to fight the disease. Before vaccines, many children died from diseases that vaccines now prevent, such as whooping cough, measles, mumps and polio. Those germs exist today, but because babies are protected by vaccines, we don't see these diseases nearly as often.

Immunizing individual children also helps to protect the health of our community, especially those people who cannot be immunized (children who are too young to be vaccinated, or who can't receive certain vaccines for medical reasons), and the small proportion of people who don't respond to a particular vaccine. Vac-



cine preventable diseases have a costly impact, resulting in doctor's visits, hospitalizations, and premature deaths. Sick children can also cause parents to lose time from work.

According to Centers for Disease Control and Prevention, diseases such as influenza and mumps have been reported in the United States. Since April 8, the CDC has reported 2,305 cases of mumps in the U.S.

To help stop the spread of vaccine preventable disease such as influenza and the mumps continue to get vaccinations on time, cover a cough or sneeze, wash your hands frequently with soap and water, and don't share food or drinks.

If you don't know your vaccination status, talk with your health care provider about getting vaccinations.

Brooke Army Medical Center Public Health Nursing will continue to collaborate with the local health department to monitor the health of the community for communicable diseases.

*(Source: BAMC Public Health Nursing)*

# SAN ANTONIO AREA MAP



## Brooke Army Medical Center

JBSA Fort Sam Houston, TX 78234  
(210) 916-4141



## Center for the Intrepid

Bldg 3634  
JBSA Fort Sam Houston, TX 78234  
(210) 916-6100



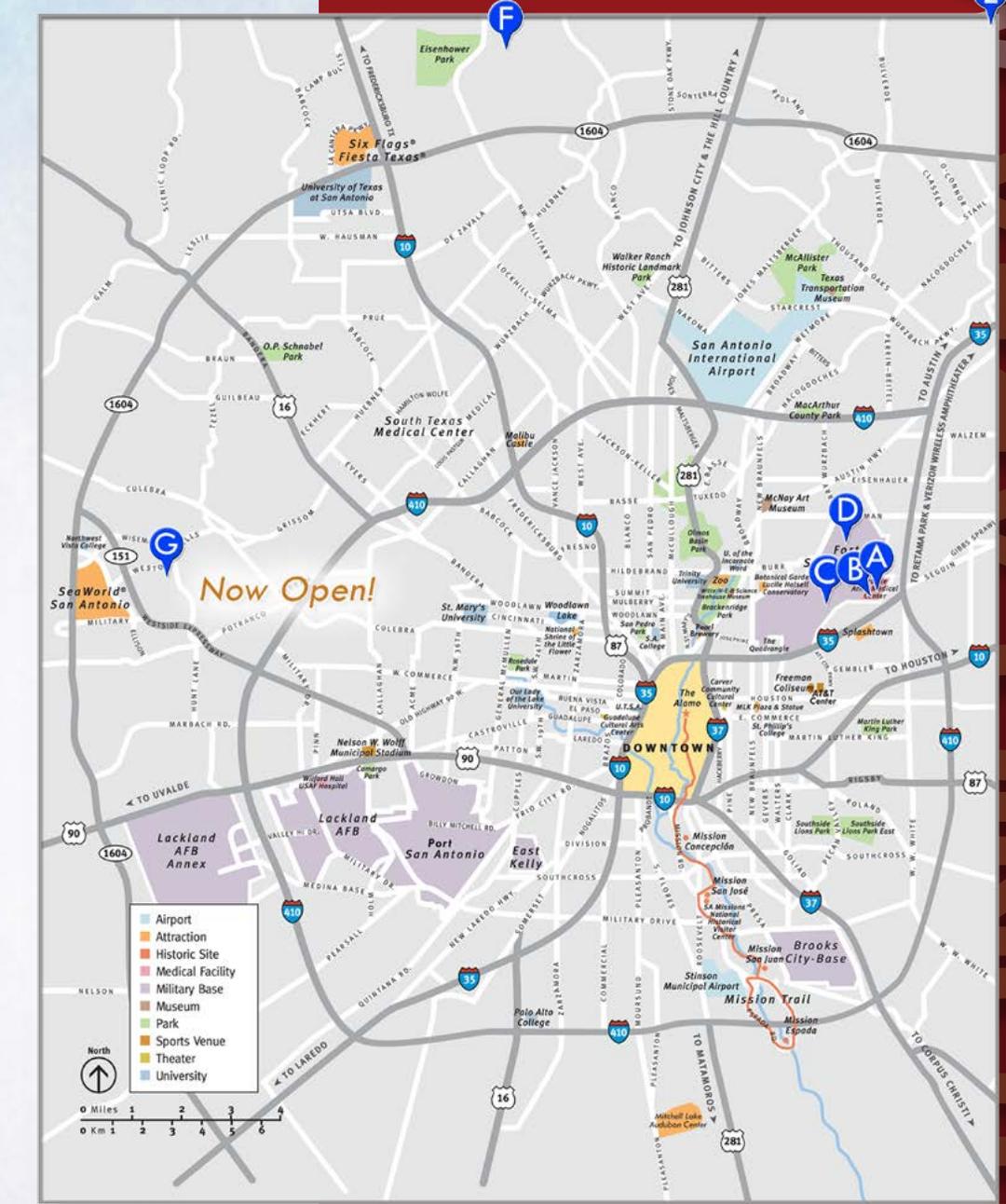
## Moreno Clinic

Bldg 1179  
JBSA Fort Sam Houston, TX 78234  
(210) 916-4141



## McWethy Troop Medical Clinic

3051 Garden Ave, Bldg 1279  
JBSA Fort Sam Houston, TX 78234  
(210) 916-4141 or (210) 916-4141



## Schertz Medical Home

Horizon Center  
6051 FM 3009, Suite 210  
Schertz, TX 78154  
(210) 916-0055



## Taylor Burk Clinic

Bldg 5026  
Camp Bullis, TX 78257  
(210) 916-3000



## Westover Medical Home

10010 Rogers Crossing  
San Antonio, TX 78251  
(210) 539-0916