



February 2015

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Blood Donation Challenge — Page 5

Patient Satisfaction Leads to High Scores for Boone Clinic Recertification

By REBECCA A. PERRON
NMCP Public Affairs

Naval Medical Center Portsmouth announced Feb. 24 that positive feedback from parents happy with their children’s care was a major contributing factor for the Pediatric Medical Home Port Clinic at Branch Health Clinic Boone receiving a near-perfect score and the highest level certification on its National Committee for Quality Assurance recertification.

The NCQA awarded the Pediatric MHP clinic a Level 3 certification and a score of 99 out of 100.

The branch health clinic, located at Joint Expeditionary Base Little Creek-Fort Story, is the first of NMCP’s BHCs to apply for recertification of an outpatient clinic. The Pediatric MHP clinic was originally certified three years ago as a Level 3. Certifications are in effect for three years. Three more outpatient clinics at Boone also have a Level 3 NCQA certification.

“This recertification means that everything the (pediatrics) clinic has done over the last three years – including what pro-



Photos by MCCC (IDW/EXW/AW) James Perkins

Dr. Bermisa Rosario, a pediatrician at Branch Health Clinic Adm. Joel T. Boone, greets John Ford Jr. and his mother, Amanda Ford, during John’s six-month checkup.

cess improvements we’ve brought into play – we’ve done well, not only for our staff, but for our patients also,” said Cmdr.

— See NCQA, Page 3



Photo by MC2 (SW) Terah L. Bryant

Winter Wonderland

Hospital Point is covered in snow after one of several snowfalls that blanketed Hampton Roads in February.

For more snow photos, see page 7.

Save Date

NMCRS Fund Drive

The Navy Marine Corps Relief Society Fund Drive runs the entire month of March and is a great volunteer-only organization that supports active-duty military and their families, retirees, and wounded warriors in times of crisis. The Society provides financial assistance and education, as well as other programs and services, to members of the United States Navy and Marine Corps, their eligible family members, widows, and survivors.

To make a contribution, contact your directorate or departmental keyperson. These NMCP representatives can also offer assistance: HMC Raysor (NMCP chair) at dexter.l.raysor.mil@mail.mil; Lt. Paddock (co-chair) at nina.a.paddock.mil@mail.mil; and HMC Baidas (branch health clinic representative) at Michael.j.baidas.mil@mail.mil.

Upcoming Fleet and Family Support Center Workshops

Fleet and Family Support Center at NMCP is located in Bldg. 249 next to the Child Wait Center. Workshops are open to active duty, retirees, dependents and DoD civilians. Child care is available if arranged in advance. Call 953-7801 or email amanda.burbage.ctr@navy.mil to register.

Credit Management Workshop

Credit Management workshop is March 10 from 10 – 11:30 a.m. Learn valuable information on establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, consumer installment loans, credit reports, and effectively managing your credit.

Couples Workshop

Couples Workshop is March 19 from noon – 5 p.m. Do you have trouble communicating with your partner? Do you find yourselves arguing a lot?

This two-session workshop will help you improve your day-to-day communication, learn how to fight fair, problem solve and strengthen your relationship.

Interview Techniques

Interview Techniques is March 24 from 8:30 – 11:30 a.m. Want to feel more confident at your next job interview? Learn positive answers to difficult questions, dressing for success and the importance of body language and a positive attitude. Interview followup and salary negotiations are also discussed.

Tax Season

Do you still need to file your taxes? The tax season is drawing near with a deadline to file all taxes by April 15 for the 2014 tax year. Make tax time less taxing. Grab your W-2 and other documents, including 2013 tax records, receipts, 1098s, 1099-INT, 1099-DIV, and identification, and make your VITA appointment today.

A list of IRS-certified tax preparers and their locations can be found on the Plan of the Day. For additional questions, contact NMCP's VITA coordinators: QMC Myers, 953-2815; MMC Miller 953-9957; or HMC Watson, 953-8750.

Returns may also be filed through Military One Source, which is open to active duty, reservists and their family members. Over-the-phone services are available from 7 a.m. – 11 p.m., seven days a week during the tax season.

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 benefiting the Hampton Roads naval medical community. We are happy to welcome new members.

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

THE COURIER

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

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

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NCQA — Continued from page 1

Gabriel Brown, Boone's officer in charge. "Level 3 means you cover all the aspects of patient quality and safety."

The Medical Home Port Program streamlines patient care using a team approach to provide comprehensive and integrated care. Patients receive continuity of care from a team of health care providers. The Home Port model focuses on the relationship and trust that grows between the health care team and the patient.

Brown said the committee uses patient feedback as a large portion of the score, as well as how care is documented in the electronic health record.

"Basically, your patients are grading you versus just an outside organization grading you, because they read all of your customer service feedbacks," Brown said. "Another big piece in the health care arena right now is how you document and share information. We do have a global electronic health record, as well as TRICARE Online, Relay Health and the Nurse Advice Line, so that helps us achieve the Level 3. Those combine to become a personal health record, and not many organizations have a personal health record."

The personal health record documents patient education, another NCQA requirement. Each facility must now prove how they educate their patients, in addition to the quality of care they provide.

"The communication with patients, the Relay Health initiative that has been pushed throughout the Military Health System, where we can actually communicate with the parents, and the patient is another initiative that we've done to help us maintain that level of certification," Brown said.

One of the newest components is the Nurse Advice Line. According to Brown, pediatrics parents use the Nurse Advice Line more than anyone, because it gives them 24-hour access to speak with a clinical provider and get information real-time without having to come into the emergency room.

"This is especially true when you are

talking about infants 24 months or less," Brown said. "The main thing we've done is to put performance improvement measures into place, which creates team building and becomes a culture of the way we do things."

Also new to the recertification requirements is obesity screenings for children. The pediatric clinic began the only child obesity program in Navy Medicine, screening kids just like adults and forming a pilot program that Navy Medicine can use to develop programs at other treatment facilities.

"We started the obesity program to teach our youth and their parents good eating habits from the beginning," Brown said. "We found that there's a culture that they can eat candy and nothing will happen to them. But we are seeing more and more kids who don't have enough play time outside, and they are not eating the right things."

The obesity program works with parents to educate them about forming healthier habits with their children, including getting enough time playing outside. Multiple appointments over several weeks include seeing a nutritionist and a dentist.

"We identify kids, usually ages five to 10, who are having some of these health problems, and we give parents information about new healthy habits and things they can be doing in monitoring their children. There's a dental piece to this too. We analyze the children and see if there are any dental problems they may be having from the diet they are eating. The program is generally a six- to nine-week program where we monitor and we edu-

cate and coordinate with the parents on weight control, and those sorts of things."

After seeing the hard work the clinic staff has invested in making their Medical Home Port the standard in Navy Medicine, Brown said he is proud to be a part of this organization.

"I have four NCQA Level 3 certified clinics," Brown added. "I'm proud to be



HA Kate Elliot listens to the heartbeat of pediatric patient Terrence Millott during his visit to the Pediatrics Clinic at Branch Health Clinic Adm. Joel T. Boone Boone Pediatric Clinic.

part of something that's a new initiative, not only in Navy Medicine, but in health care. Personally, for me, I think it's great to be a part of this."

NCQA is a private, 501(c)(3) not-for-profit organization dedicated to improving health care quality in the U.S. Since its founding in 1900, NCQA has been a central figure in driving improvement throughout the health care system, helping to elevate the issue of health care quality to the top of the national agenda.

Safety Department Helps Keep NMCP's Staff Safe

By MCI (SW/EXW/AW) GARY JOHNSON
 NMCP Public Affairs

When coming to a medical center such as Naval Medical Center Portsmouth, patients can see colorful signs and posters everywhere that remind them how the facility and staff are dedicated to their safety. What may not be as commonly advertised is that the safety of the staff is just as important.

NMCP's Safety Department has a team of six who are dedicated to managing all the programs, instructions and requirements that help keep staff assigned to NMCP and its outlying branch health clinics safe.

"We are a customer service department and our customers are the staff here," said Anita Staton, head of the Safety Department. "We are here to provide the best support we can to the departments in managing the overall safety of their staff."

The first step in ensuring safety is during the check-in process. All staff members are required to check in with the Safety Department, which ensures they have an account established in the Enterprise Safety Applications Management System, or ESAMS. This program is a data repository of safety programs. Using the system, the command can view specific statistics for and track different safety programs. ESAMS also notifies an individual user when they have required safety training or inspections due.

"ESAMS is an incredibly useful tool, as long as we as a command are using it correctly," said Ron Stallings, safety supervisor. "It will let us make sure that departments are keeping their personnel trained and safety issues are dealt with. We here in Safety manage these programs, but safety is everyone's responsibility. When a new staff member checks in, their safety representative and supervisors should be training them and giving them a sort of orientation of their work center."

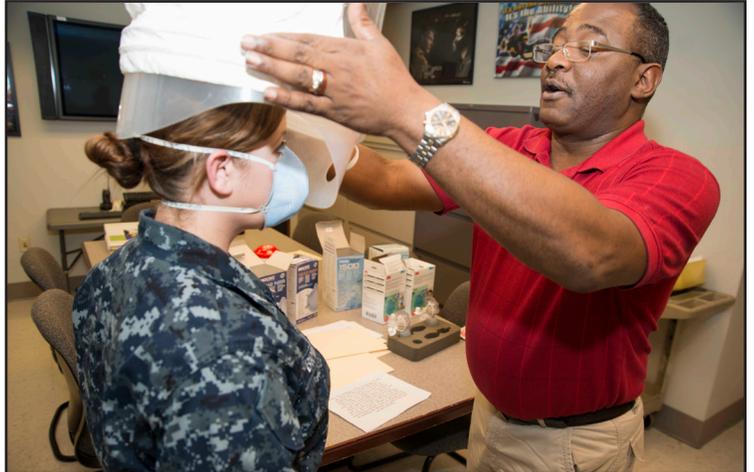
Another asset to ensuring staff safety is the designation of safety representatives throughout the command. Each directorate is required to have a primary and secondary representative, as well as each department below them. All representatives are designated in writing and receive safety representative training and ESAMS training. They are responsible for an array of duties, ranging from ensuring new staff members are trained appropriately for their area to periodic safety inspections of their area.

"The representatives have a huge responsibility to their departments, because they are basically the eyes and ears of each department," Staton said. "Because of their importance, we are in the progress of designing a checklist to clarify their roles and responsibilities in specific situations. The processes are not the same for each department, and we need to ensure they know what to do in a real fire or emergency."

The Safety Department suggests that when choosing a safety representative, each department assigns someone who is scheduled to be at the command for an extended amount of time.

"We want someone who can get trained and will be here for a while, because it does take some time to get them fully trained to assume this role," Staton said. "We want to make sure that we have fully trained people who can really make a difference in the safety environment of their department."

Some NMCP staff may already be familiar with the respira-



Photos by MCCA (IDW/EXW/AW) James Perkins

John Valentine of NMCP's Safety Department performs a respirator fit test on a staff member.

tor program or they may get reassigned to a new area and need to be trained on them. The Safety Department has changed its schedule for respirator fit tests from one day a week to three. They are now held Mondays, Wednesdays and Fridays from 7:30 to 9:30 a.m.

"We are making the change in this program to better accommodate our staff," Staton said. "This way, we can better support day and night shift with more opportunities to get their testing done throughout the week."

The respirator fit test schedule may change again, but changes made will be made to better support the scheduling needs of staff.

These programs are just a few the Safety Department oversees and manages. There are approximately 33 different programs it is responsible for regulating.

Even with all the safety policies and procedures, mishap management is a big part of the Safety Department's job. Active-duty military are required to report all mishaps whether they are on- or off-duty, and civilians are only required to report mishaps during their work hours.

"It doesn't matter how small or insignificant someone thinks the mishap may be, it needs to be reported to your supervisor,"

— See SAFETY, next page

NMCP's Blood Donation Challenge Continues through February

Naval Medical Center Portsmouth's leadership, including Capt. Darin Via, commanding officer; Capt. Bradford Smith, executive officer; and HMCM (EXW/FMF/SW) Aaron VanDall, acting command master chief, kicked off the Feb. 11 blood drive, the first of two at the medical center that week. Staff, patients and visitors had until noon to donate that day and Feb. 12. Units collected went toward the blood donor challenge between NMCP and Naval Medical Center San Diego.



Photos by MC2 (SW) Terah L. Bryant

HN Catherine Caro monitors HMCM (EXW/FMF/SW) Aaron Vandall, command master chief, while he donates blood.



Capt. Bradford Smith, NMCP executive officer, fills out registration forms to donate blood Feb. 11.



Antiya Sutton, a member of the mobile blood team, inserts the IV in Capt. Darin Via, NMCP commanding officer.

SAFETY — *Continued from previous page*

Staton said. "When we receive a report, we record all the details to start an investigation, and it also allows us to track them for trends and analysis reports."

There have been no significant changes to the way mishaps are managed, but all staff at NMCP or the outlying clinics are required to report them to their supervisor promptly.

"Safety is everyone's responsibility. We are here to help manage everything and to ensure we are meeting NMCP's requirements," Staton said. "We would ask that anyone with any safety concerns or questions, please feel free to contact someone in our office."

Those who have a safety-related question or concern can call a representative in the Safety Department at (757) 953-5826, email them at usn.hampton-roads.navhospporsva.list.nmcp-safetyoffice@mail.mil. Their office is located in Bldg. 1 on the 3rd floor.



Anita Staton, the department head of NMCP's Safety Department, discusses shredder safety procedures with a member of Forms Control staff.

Here's a 'TIP': Share-a-Ride Saves Money, Reduces Traffic

Representatives from vRide and TRAFFIX promoted the Transportation Incentive Program Feb. 5 and 6, with informational booths for staff. The program is intended to reduce federal employees' contribution to traffic congestion and air pollution, and to expand their commuting alternatives.

It's not too late to sign up. Sign up is available for TIP at any time, but there are monthly deadlines which have to be met for benefits to begin.

All military and federal civilian employees, part-time federal employees and reservists who are on active duty for more than 30 days are eligible for the pro-

gram. The program provides a federal subsidy of up to \$130 per month to those who meet requirements and use mass transit, such as commuter bus, commuter train, ferry, light rail and vanpool.

There is a requirement to ride at least half the workdays of the month to continue receiving the benefit.

Benefits for participants can include saving money on gas and tolls; less wear and tear on personal vehicles; eliminating the stress and hassle of driving every



Photos by MC2 (SW) Terah Bryant

Lavelle Perkins, vRide representative, speaks about the program with Maxine Butler of Case Management.



day and searching for parking; and easing congestion at the gate. Every registered vanpool has

a reserved parking space.

The application process is completed online, as well as the monthly recertification. For the majority of participants, a debit card is issued and the benefit is automatically loaded every month. To enroll in the program, visit the TIP website at www.fmo.navy.mil/Divisions/FMO3/transportation_incentive_program.html.

Ava Hearld, Patient Administration Department secretary, signs up for the TRAFFIX program.



You don't need a costume to be a HERO. Just 15 minutes. And a rolled-up sleeve.

Platelet donors can be heroes every 13 days.

Whole blood donors can be heroes every 57 days.

Call the Apheresis Center at (757) 953-1717 to schedule your next blood donation appointment.

Snow Covers NMCP during Second Snow of Season

While Hampton Roads may have been past the season of Christmas carols for this winter, Mother Nature saw fit to “Let It Snow,” dropping several inches across most of Hampton Roads twice in February, leaving Naval Medical Center Portsmouth a winter wonderland.



Photos by MC2 (SW) Terah L. Bryant



National Nurse Anesthetists Week

National Nurse Anesthetists Week, which was celebrated Jan. 25 – Jan. 31, included a table display on Jan. 30. Lt. Joseph Melchi staffed the table, helping to raise awareness and serve recruiting efforts to staff at Naval Medical Center Portsmouth about becoming a certified nurse anesthiologist. The CNRA specialty has a history of nearly 150 years and is a critical role in the care and treatment for everyone.

“CNRAs deliver most of the anesthetics, so we’re getting our specialty out to the public, including new nurses who may not know much about this and would want to consider this option for continued service and education,” Melchi said.

“Anesthesia is very crucial, whether it be in a peacetime setting, supporting operating rooms, emergency services, but also most pertinently in a wartime setting,” Melchi said. “These services are critical. You can’t have surgical procedures without anesthesia, and for that you need anesthesiologists.”



Photos by MC1 (SW/AW) Abraham Essenmacher

Lt. Joseph Melchi provides contact information to a Sailor interested in learning more about becoming a certified nurse anesthetist.



Lt. Gissella Martinez said what she loves about being a CRNA “is the autonomy we practice as an independent provider. We make our own decisions about patient care and collaborate with multi-disciplinary teams to provide outstanding surgical and obstetric patient care.”



Lt. Cmdr. Jose Mercado delivers various anesthetic to meet the surgical needs of the patient, from epidurals for laboring mothers to regional anesthesia for orthopedic cases. Mercado said “One of the best aspects is the ability to have an immediate impact on patient care, such as relieving the intense pain from labor or providing nerve blocks to patients with orthopedic injuries.”



Left: Lt. Danny Eason, staff nurse anesthetist, gathers the equipment to begin a procedure.

Right: Lt. Cmdr. Joel Wemette places an IV in a patient’s arm prior to a surgical procedure.



Tidewater TRICARE Executive Council Signs eMSM Pledge

Leadership from the Tidewater TRICARE Executive Council took a moment to sign a pledge for the Tidewater Military Health System enhanced Multi-Service Market, or eMSM, at Naval Medical Center Portsmouth Jan. 27. As one of six eMSMs in the country, and the only Navy-led eMSM, they pledge to direct and promote the goal of providing world-class, patient-centered, compassionate, comprehensive and cost-effective health care, while optimizing health care delivery among military treatment facilities, Veterans Affairs, and our community health care partners.



Photos by MC1 (SW/EXW/AW) Gary Johnson
Capt. Darin Via, NMCP commanding officer, signs the eMSM pledge.



Col. Wayne Pritt, USAF Hospital Langley commanding officer; Rear Adm. Terry Moulton, Navy Medicine East commander and leader of the Tidewater eMSM; Col. Glenda Lock, McDonald Army Health Center commanding officer; and Capt. Darin Via, NMCP commanding officer.



Rear Adm. Terry Moulton, Navy Medicine East commander and leader of the Tidewater eMSM, signs the TRICARE Military Health System eMSM pledge.

**YOU'VE EARNED IT—
 DON'T WASTE IT.**

DRINK RESPONSIBLY
KEEP WHAT YOU'VE EARNED
 www.nadap.navy.mil

The Navy doesn't ask us to abstain from alcohol, but to **drink responsibly** and certainly **legally**. Underage drinking and DUIs negatively affect not only careers, but also personal lives.

Let's **keep** our roads **safe** from intoxicated drivers. The **Safe Ride Program** is designed to prevent DUIs and provide you with a cab ride home if you've been drinking. **Safe Ride Cards** are available through your chain of command, departmental DAPA and command DAPA.

Consequences of a DUI in Virginia

Fines
 Attorney fees

Incarceration and criminal record
 Restricted/suspended driver's license
 Required alcohol education program
 90-day vehicle impoundment

Consequences for active duty

Captain's Mast can mean

- Reduction in rank
- Garnishment of wages
- Administrative separation

Patient's Sister Raises Money for Peds Toy Donation

STORY AND PHOTOS
BY MC₂ (SW) TERAH BRYANT
NMCP Public Affairs

After visiting Naval Medical Center Portsmouth's Pediatrics Ward, 12-year-old Caitlin Wartmann decided to raise money to buy new toys for the ward. Her sister, Anastacia, 10, is a patient of the ward and was Caitlin's inspiration for the donation. Caitlin started a Go Fund Me page and raised \$645.

"I saw that some of the toys were broken or had some missing pieces," Caitlin said. "I wanted to make sure the kids had some newer toys."

So she asked for a wishlist from the ward to help her decide what to buy. Caitlin purchased toys, games, movies and stuffed animals for children of all ages to play with.

"This will really help the children," said Chris Brogan, NMCP's child life specialist. "It gives them something to play with, whether they are an inpatient or just here for a couple of hours."

Caitlin's Go Fund Me page even caught the attention of local radio station FM 97.3 who had her on for an interview. This is the second time she has donated to the ward. In August, she donated a tub full of crayons and coloring books for the



Caitlin Wartmann, right, and her sister, Anastacia, donate toys to the Pediatrics Ward.

children.

But she's not done yet. A charitable organization has offered to cut her a check next week, and she plans to buy more toys to donate.

CP-15 Deployers Attend Town Hall

Naval Medical Center Portsmouth staff who are deploying on USNS Comfort in support of Continuing Promise 2015, gathered for a Town Hall meeting Feb. 5. The brief informed them of the requirements before they report to the ship, as well as what to expect living on board the ship. Capt. Darin Via, NMCP commanding officer, explained the significance of the mission.

"We are trying to get in and help the countries that you all visit to increase their capacity and capabilities which will hopefully take them from being just a host nation to being our partners," Via said. "We also must remember that when we go out there, we represent the United States, the Navy and ourselves. We need to practice pride and professionalism in all aspects of our job."



Photos by MC₁ (SW/EXW/AW) Gary Johnson
Capt. Darin Via, NMCP commanding officer, speaks to the deployers for Continuing Promise 2015 during a Town Hall meeting Feb. 5.

Civilians of the Quarter



Ralph Winston
Category I Administrative

As a practical nurse, Ralph Winston performed his duties at the preoperative evaluation center in a highly professional and exemplary manner. He ensured the proper surgery preparation of 350 patients weekly. He trained 10 non-medical staff to ensure all charts were completely prepared for surgeries and procedures in the main operating room and remote anesthesia spaces. He planned and coordinated monthly meetings to create an opportunity to continuously monitor process improvements.



Photos by MC1 (SW/EXW/AW) Gary Johnson

Cynthia Bennett
Category II Administrative

As a supervisor supply technician, Cynthia Bennett performed her duties with the highest degree of pride and professionalism. She sustained superior performance in the acquisition and management of supplies embedded within a \$2.5 million quarterly budget. She enabled an 80 percent reduction in requisitions to contracting, ultimately streamlining and improving efficiency in the execution of supply orders.



Elizabeth Weinstein
Category I Clinical

As an audiology supervisory health technician, Elizabeth Weinstein led Navy Medicine hearing conservation production, stepping forward as the Navy beta test site manager. She provided assessment and feedback on the defense occupational environmental health readiness software before release to the Bureau of Medicine and Surgery enterprise. She taught 16 students in the hearing conservation technician course and completed three annual proficiency rounds for technicians within the department.



Teddy Cordero
Category II Clinical

As a pediatric clinical nurse, Teddy Cordero stepped up to fill a critical gap left by the loss of a clinical manager, leading operations for 52 military and civilian staff assigned to three Medical Home Port teams. He helped lead team-based initiatives, which improved health care effectiveness data and information set scores by three points, and he helped maintain no-show rates at a historic low of five percent.

Senior Sailor of the Quarter

HM1 Asterik C. Knotts is the leading petty officer for the Emergency Medicine Department, leading and providing medical and administrative support for 106 junior Sailors and 90 civilians in the delivery of quality health care to 23,500 beneficiaries during the quarter. Previously to being selected for the LPO position, she was the directorate LPO for Dental Services. There she was responsible for assisting 34 staff members. In October, approximately 5,500 dental and oral maxillofacial surgery procedures were completed, totaling \$409,000.

As the directorate safety representative, she facilitated training for 200 Sailors, promoting a culture of safety. She volunteered to become the barracks' field day coordinator, promoting a high quality of living for more than 200 service members living in the barracks. She also volunteered more than 70 hours supporting community organizations and events.



Photos by MC1 (SW/AW) Abraham Essenmacher

Sailor of the Quarter

HM2 Bernard Harrison is the leading petty officer for the Orientation Division. He developed and mentored three junior Sailors while executing 22 command programs, including command orientation and nursing orientation, as well as general military training. He led the certification of more than 750 students in four Orientation Division programs.

As the Petty Officer Leadership Program manager, he supervised 95 instructors and coordinated 14 Petty Officer Leadership courses. Additionally, he contributed 222 training hours to 74 students in Basic Life Support skills and heart saver techniques as a BLS instructor.

He has also volunteered nearly 30 hours to the local community, including Toys for Tots and the Oasis Soup Kitchen, where he delivered 530 meals to homeless and less fortunate families in Portsmouth.



Junior Sailor of the Quarter

HM3 Tiffani Isaac is the assistant leading petty officer for the Otorhinolaryngology Department. She's responsible for the daily operations of the ENT Clinic, providing personal and professional development for the 13 Sailors. During the quarter, her clinic delivered care to 3,250 patients. She performs repairs and maintenance in hearing aid devices. As one of two audio techs, she administered 30 audiograms, resulting in a \$3,000 savings for the command.

She has also volunteered 36 off-duty hours to mentor junior Sailors and seven off-duty hours to the local community. She coordinated a volunteer program for 53 Sailors in four clinics.



ER Staff Highlights Heart Health Month in February

The Emergency Medicine Department staff set up a heart awareness table near the emergency room Feb. 13 at Naval Medical Center Portsmouth in support of American Heart Month. The goal of American Heart Month is to raise awareness about heart disease and how to prevent it. Heart disease is the leading cause of death for men and women in the United States.

The ER staff supplied staff, patients and visitors with pamphlets and information about early symptoms and simple ways to stay healthy. Symptoms may include mild pressure, burning, aching or tightness in the chest that may come and go.

For more information about heart disease and prevention, visit www.sccpcp.org.

Right: Lt. Cmdr. Neil Williams explains early symptoms of heart disease to CS1 (SW/AW) Kenneth Price.



Photos by MC2 (SW) Terah L. Bryant



Lt. Anna Schlenker speaks with a visitor about heart health.



Lt. Anna Schlenker and Lt. Cmdr. Neil Williams promote heart disease awareness.



Blue Jacket of the Quarter

HN Matthew Chadwick is a corpsman in the Emergency Medicine Department. As Team Four's assistant shift supervisor, he led 11 corpsmen in the completion of daily tasks. His knowledge and leadership earned him the title of lead preceptor for Team 4, assuring that all new personnel are fully compliant with the Emergency Department's standard operating procedures.

He is qualified to independently perform multiple procedures, including IV therapies, venipuncture and electrocardiograms. Specifically, he performed 16 irrigations and debridements and 25 suturings with minimal supervision. He invested nearly 100 hours of off-duty time training with the orthopedic technicians. He was selected to give Code Blue training to third year EMD residents, and training to more than 80 nurses on suturing, incisions and basic casting techniques.

He has also volunteered more than 33 hours to the local community, about half at the Virginia Beach SPCA.



Photo by MCSN Juan Salinas-Leon

Civilian in the Spotlight

Sarah M. Montague

Hometown: Gates, N.C.

Years of government service: 30 years at NMCP, 35 years total

Job: Physical Therapy Clinic secretary (admin support)

What do you like most about your job? I like the interaction with staff and patients, and to have the ability and honor to make a difference each day.

What do you do in your off-duty time/hobbies? I like to sing, coordinate weddings and birthday parties, reading and to sew fun pillows for children/seniors of their favorite teams/characters. I also write poetry.

Favorite movie: Holiday heart

Favorite food: Smothered pork chops

Anything else interesting about yourself that you would like to tell us? I am an actress at heart. I have been in numerous plays and love the feel of the stage

Why was she nominated as Civilian in the Spotlight? “Sarah takes great care of the staff and is one of the behind-the-scenes professionals who does so much to keep the PM&R Department ready and on track,” said Cmdr. Roger Bunch, director, Clinical Support Services. “Her expert knowledge of time keeping, payroll, branch clinic template management and her adaptability to the clinic scheduling process has been an asset to the department. She has always provided a highly professional environment for the physical therapy patients and staff alike, adding an element to high morale that reaches far beyond her stated position.”

Sailor in the Spotlight

HN Tyler Radcliff

Hometown: Columbus, Ohio

Years of naval service: 2 years, 1 at NMCP

Job Title: Corpsman

What do you like most about your job? The patients I work with are unique. I feel very connected to each patient we treat. Knowing that a simple greeting and smile can change a patient’s day for the better, makes getting up to come to work worthwhile. I enjoy being a part of my patients’ journey through this difficult time in their life, and I pride myself on making this time as comfortable as possible for them and their family.

What do you do in your off-duty time/hobbies? I enjoy reading just about any genre of books and going to the movies. I love being outdoors, and typically look for any reason to be outside, whether the beach, the park, or a trail I may find.

Favorite movie: The Harry Potter series, Dirty Dancing, and The Boonies

Favorite food: Spaghetti

Anything else interesting about yourself that you would like to tell us? I’m on the ASF team, which I truly enjoy.

Why was she nominated as Sailor in the Spotlight? “HN Radcliff has remarkable customer service skills, providing high quality of care for more than 160 patients,” said Cmdr. Roger Bunch, director, Clinical Support Services. “She expertly performed 60 venipunctures, 417 vital signs, assisted with 27 acupunctures and 36 head and neck exams. She displays outstanding administrative skills, performing daily checks and charting of patient appointments, which reduced errors and improved the clinic’s overall efficiency. She monitored the digitization of medical records into the electronic system for more than 385 patient records, which ensured 100 percent accountability and accuracy. She became qualified to administer Zoladex injections and the insertion of Foley catheters for Brachy Therapy patients. She conducts monthly inventories and maintains \$2,000 of supplies for four exam rooms.



Photo by MC2 (SW) Terah Bryant

AWARDS

MERITORIOUS SERVICE MEDAL

Capt. Frederick Landro
Capt. Lori A. Laraway

NAVY & MARINE CORPS COMMENDATION MEDAL

Cmdr. Trisha C. Beute
Cmdr. Rhonda Day
Cmdr. Cynthia Schultz
Lt. Cmdr. James L. Hegarty
Lt. Cmdr. Timothy Rousselow
Lt. Cmdr. Edward Stickle
Lt. Angela Myers
LSCS Donald B. Jones
PCCS Jerry M. Moretz
HM1 (SW/AW) Daniel E. Flood
HM1 (SW) April Hambrick
FC1 (SW/AW) Crystal Y. McCullum
HM1 Vanessa Poland
ET1 (SW) Mark Roeder
HM1 (SW/AW) Christopher M. Roney
HM2 Tia Cooke
HM2 (SW/AW) Sandra Woltman

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Aaron Flanders
Lt. Cmdr. Alvin Garcia
Lt. Melissa Amescua
Lt. Kristen Gross
Lt. j.g. Millicent Magaw
Lt. j.g. Joshua Medlin
Lt. j.g. Erica Nowak
HM1 (SW/AW) Christina Davis

HM1 Christopher Golden
HM2 (FMF/SW) Christopher Goodman
HM2 (SW) Lindsay Gray
HM2 (FMF) Joshua J. Jackson
HM2 Dane Mcdougal
MA1 Adolfo Ruiz-Rodriguez
CS2 (SW/AW) Luther Smith
HM2 Brittney White
HM3 Ky D. Amos Jr.
HM3 Elizabeth Burnett
HM3 Joshua Daniel
HM3 (FMF) Kyle Graham
HM3 Michael D. Hall
LS3 (SW) Ericka Handley
HM3 Shawn Ramos
HM3 Macdonald Uboh
HM3 Justin P. White
HN Madison Gibby
HN Madihah H. Hanif
SHSN Kristen Maes
HN Alexandre Ngotsoungui
HN Branden F. Rousselle
MMFN David Whiston
HN Deneco Wilson

NAVY MERITORIOUS CIVILIAN SERVICE MEDAL

Carl Thomas

MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

Ensign Roberto Piedra

During the monthly awards ceremony Feb. 4, 30 staff received awards, including a Navy and Marine Corps Commendation Medal, four Navy and Marine Corps Achievement Medals, four certificates for years in service, ranging from 10 to 30 years, and five Letters of Commendation. Additionally, eight Sailors were awarded their ceremonial ropes and appointments to the Command Color Guard team.



Photo by MC1 (SW/AW) Abraham Essenmacher

SHIPMATE OF THE MONTH



Photo by MC1 (SW/AW) Abraham Essenmacher

CSSR ERICA BELLAMY, DFA
HN COREY BOYD, DNS
HN JOHNNY DUPREE, DCSS
HM₃ OLIVIA HAMILTON, DMS
HM₃ BRADLEY HUBBELL, DPHS

HN BRITTANY MEEHAN, DSS
IC₂ DANIELLE SCOTT, DQM
HN SUSAN SEDLAK, DMH
HN ROBERT SMITH, DPC
HM₃ DAVID TAYLOR, DPE

MENTOR OF THE MONTH

Machinist Mate 1st Class (SS) Jonathan Soto has worked at Naval Medical Center Portsmouth since July 31 as the clinic leading petty officer at Norfolk Naval Shipyard. His daily duties include supervision of day-to-day operations, sponsor coordinator, transfer assistance, career development, financial specialist and deck plate resource awareness.

As a member of the Mentorship Committee, Soto helps with the coordination of the webpage so staff can search for a mentor. He also helps with speed

mentoring sessions and is organizing the upcoming Navy Enlisted Classification Fair.

Soto mentors 10 Sailors, each one at a different stage in their career. He finds the program beneficial because it helps to guide Sailors through their career path.

“Whether it is a transition out of the military, retirement or continuing their service, having a mentor is helpful,” Soto said. “I like to teach Sailors about the programs that are available to them, so they have an easier time than I had.”

Soto said he did not always have a good mentor to help him, so he wants to be a more responsible Sailor and pass along the information to junior and senior personnel to help them succeed.

“It is not just about enlisted, I have also worked with officers in my clinic to get their qualifications and guide them along their career paths, too,” Soto said. “They are all the future leaders of the Navy.”

For Soto, “the program gives Sailors a better perspective of the Navy and that

there is more than just the hospitals and clinics. We all play a part in making the Navy what it is today and what it will be tomorrow.”

Having the ability to help others succeed in their paths is what motivates Soto.

“I can see the progress that I have made with others and want to continue to help all the people who I can,” Soto said.

His advice to other mentors is to be selfless and ask for help when you need it. Soto believes previous experience as a mentee or protégé, and not being afraid to ask for help, are qualities of a good mentor.

As a testament of his efforts, Soto was awarded the Professional Development Pillar Award for 1st Quarter 2015.

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.

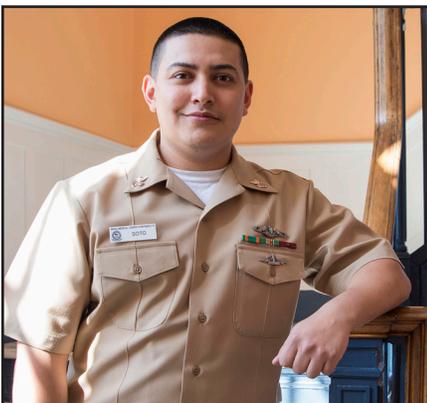


Photo by MC2 (SW) Terah L. Bryant