American Royalty
Miss America Visits BAMC
INSIDE THIS ISSUE ...

4 American Royalty
Wounded Warrior brings Miss America to Army hospital

5 Friendly Competition
More than a spirited rivalry at DOD Warrior Games

6 Summer Help
Summer Youth Program provides student volunteers chance to learn, grow

8 Active Learning
BAMC medics receive hands-on experience during Honduran MEDRETE

9 Sharing Knowledge
BAMC medics exchange best practices with Hoduran emergency medical personnel

10 Other Happenings
Photos from other events at BAMC

11 Plan Ahead
Schedule back-to-school physicals early

BAMC FOCUS
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Team,

It’s my distinct honor to announce that Brooke Army Medical Center, for the sixth year in a row, has been recognized as “A Most Wired Hospital in the United States.” There were 2,158 hospitals throughout the United States that submitted a packet for “Most Wired” merit. BAMC was 1 of 461 hospitals that received the recognition.

The nation’s “Most Wired” hospitals are leveraging the adoption and use of health information technology (IT) to improve performance in a number of areas to include infrastructure, business and administrative management, clinical quality and safety, and clinical integration (ambulatory/physician/patient/community). The survey results clearly demonstrate that BAMC is focused on expanding and adopting IT that protects patient data, and optimizes patient flow and communications.

A team effort and a tremendous amount of hard work and effort led to BAMC being nominated and chosen for this prestigious award. A special thank you to the entire IT team for the many hours they devoted to keeping our hospital wired. The selection board acknowledged the many clinical IM/IT improvements that have been made over the past year to support our hospital staff. A job well done by many in many departments. We won’t rest here though as there are many areas still to improve.

BAMC was one of three Department of Defense facilities selected for “Most Wired” - the other two Army hospitals were Madigan Army Medical Center, Fort Lewis, WA and Womack Army Medical Center, Fort Bragg, NC. The only other hospital in San Antonio that was selected for this honor was University Health System.

CSM Hough and I are very proud of our IMD team and BAMC!

A Team of Teams ... Creating Tomorrows Today
Miss America Savvy Shields, the former Miss Arkansas, visited with wounded warriors, families and staff at Brooke Army Medical Center here July 11.

Sporting her beauty pageant crown, BAMC staff and patients lined up to receive her autograph and take a “selfie” with her in the hospital’s Medical Mall, followed by a visit with wounded warriors at the Center for the Intrepid, BAMC’s rehabilitation facility. Earlier in the day, Shields spent time with warriors recovering in the inpatient wards.

“It’s amazing,” she said during her CFI tour. “I’m at a loss for words.”

Shields was accompanied by retired Chief Warrant Officer Levi Rodgers, a wounded warrior who recovered at BAMC several years ago. A local real estate business owner, Rodgers crossed paths with Miss America during a charity auction in Las Vegas recently.

“The last auction item was Miss America,” he recalled. After a heated bidding war, he won Miss America with a $20,000 contribution to the charity.

With a day at his disposal, Rodgers decided he wanted to bring Miss America to BAMC to visit with fellow warriors. His aim was to return the good will he felt when celebrities came to visit him in the hospital.

Rodgers was wounded by an IED in Afghanistan on Sept. 15, 2009 while on patrol in the Nimroz province. He broke his legs, back and neck and suffered 40 percent total body burns. He had a long road to recovery, but found comfort in the hospital visits, particularly one from professional golfer Tim Simpson.

“I didn’t know much about golf but I knew who he was,” Rodgers said. “We’re still friends to this day. For him to take the time to come to BAMC to visit and shake hands; it has a big impact.”

Life was rocky after he left the service, Rodgers noted, but through hard work he persevered and became a real estate agent. Today, he’s a successful business owner. “The whole purpose of what I do is to show anyone can do it.”

After he won the auction, Rodgers was intent on bringing Miss America to BAMC to cheer up fellow warriors and witness the care here. “If it wasn’t for BAMC and the Burn Center, I wouldn’t have what I have today,” he said.

“I’d like to put smiles on their faces like people put on my face.”
By Robert A. Whetstone
BAMC Public Affairs

There was plenty of noise made by raucous family members and fans of the Army and Navy sitting volleyball teams as they battled for 2017 Department of Defense Warrior Games gold July 7, in the home of the Chicago Bulls.

“The support that they (Warrior Games athletes) get from the community is amazing to me,” said Brooke Army Medical Center Command Sgt. Maj. Diamond Hough.

The United Center hasn’t seen the likes of a rivalry with as much tradition as this, especially when the two opposing teams have so much in common. “What I’m most impressed about is the amount of resiliency that these warriors show,” said Hough. “I don’t see them as disabled; I see them as ‘abled.’”

While the players were warming up you could tell this match was going to be emotional and full of drama. The pro-Navy crowd was matched by the small Army contingent, but the noise made by both had a home-cooked flavor for everyone.

Team Army and Team Navy made their way to the gold medal match along two different paths. Navy went through pool play without a loss, while Army lost two of their first three matches before catching fire.

Team Navy hoisted anchor and rushed out to a 10-7 lead, forcing Army to call a much needed time out. Much like the first match these two teams played before the medal rounds, unforced errors plagued Team Army and Navy took advantage.

Team Navy took game one of the best-of-three 25-20.

The noise level increased with chants of “Let’s Go Army.” Not to be out done, Navy fans broke out with a familiar cheer U.S. soccer fans yell during national team matches: “I Believe That We Will Win.”

All of the cheering seemed to motivate Team Army as they rushed to an early lead in game two.

Rhythm is critical in sitting volleyball. All the strategy of the players on the court, fans in the stands and coaches on the sidelines cannot be substituted for rhythm and momentum. “Rhythm is crucial,” said U.S. Army veteran Christy Gardner, Auburn, Maine. “We feed off of each other.”

U.S. Army veteran Charles Hightower matched Team Navy’s Petty Officer 1st Class Pou Pou’s skill at the net and helped Army increase their game two lead. “It’s important for us to fight back, settle in, and play for the next point,” explained Gardner.

With Team Army up 18-16, Team Navy called a time out. That’s when momentum shifted to Navy’s favor.

Both teams were struggling with self-inflicted errors, but Team Navy managed to out-duel Team Army for a 25-23 win, taking the gold medal in sitting volleyball with Team Army earning silver.

The rivalry between the sports teams of these two services always ends when the final whistle blows. The common mission of defending the nation and fighting to win its wars is unique about this rivalry. “It’s a friendly competition,” said Hough. “They compete hard and afterward, they shake each other’s hand.”

There were hugs and smiles, and even some tears when the match ended. The athletes have said time and time again it is a privilege and honor to compete during the 2017 Department of Defense Warrior Games. But the privilege is being able to witness heroes conquering their injuries, illnesses and wounds.

“I really appreciate being able to be here and support these warriors,” said Hough. “And I love what the Warrior Games represents.”
By Esperanza Alatorre  
Public Affairs Office

Brooke Army Medical Center partnered with the American Red Cross to gather a group of 88 high school volunteers to take part in 2017’s Summer Youth Program June 16 to Aug. 1.

Summer is the highlight of a high school students’ year. These volunteers, ages 14 to 17, gave up part of their summer to learn about BAMC, working in departments such as Pediatrics, Public Affairs, Orthopedics and Rehabilitation, Anesthesia, Nephrology and Trauma. Volunteers worked with professionals in their fields and were able to experience the behind-the-scenes magic of what makes BAMC tick.

The Orthopedics department that has been a part of the Summer Youth Program since it began. Richard Curasi, the chief of Orthotics/prosthetics Lab, has hosted volunteers for the last five years.

“[This year’s volunteers] are a little more engaged and came with a better sense of purpose,” Curasi said.

One of his six volunteers, Ray Bernao, said he enjoyed his time working with prosthetics. Found among mounds of spare parts and tools, Bernao spent some of his time cutting out camo stencils to personalize the prosthetic legs.

Emily McDonald, an aspiring pediatric surgeon, signed up to work in Anesthesia. Working in Anesthesia allowed McDonald to sit in on operations. When asked what the best part of observing surgeries is she said, “Knowing that it intrigues me is eye opening.” An Air Force Academy hopeful, McDonald said this experience has further solidified her desire to be a surgeon.

BAMC provides the summer program to help aspiring healthcare professionals gain experience and broaden their horizons. Accumulating 7,364 service hours, the volunteers’ dedication to hard work started June 16 during a 7 a.m. orientation meeting with Michael Dulevitz, the head of BAMC’s Volunteer Services, who urged them to challenge themselves and keep an open mind.

Over the years, the volunteers have “given the staff a great deal of administrative support,” Dulevitz said.

“The program has made great strides to give volunteers a firsthand experience on the day-to-day life of a BAMC employee,” Dulevitz added noting that this was the largest group BAMC has had since the program began in 2012 with 24 volunteers.

To culminate the experience, a recognition ceremony was held Aug. 1 in the same
Continued from page 6

auditorium the students received their orientation weeks earlier. Brig. Gen. Jeffrey Johnson, BAMC commander, praised the students and BAMC staff for their commitment to making the program a success. The general also recognized the parents of the volunteers and key personnel from the American Red Cross who came to celebrate the event.

For some volunteers this will be their last summer in the program before leaving for college. BAMC leaders hope to see many of them return as physicians or staff and continue the legacy of dedication, duty and service. Dulevitz encouraged the students to come back next year and try working in a different department.

“You are our next generation, be it in uniform or out of uniform, in health care or otherwise, regardless of what you choose to do,” Dulevitz said. “I hope that this summer you spend with our staff taught you something about yourself and about the world of health care and about this wonderful hospital, Brooke Army Medical Center.”

Jordan Rios assists in putting clean sheets on the Magnetic Resonance Imaging (MRI) machine July 6 in the radiology department. (Photo by Esperanza Alatorre)

Daelyn Scott turns on an IV pump to assist a nurse July 21 at Brooke Army Medical Center. Scott is one of 88 students who participated in the BAMC Summer Youth Program. (Photo by Esperanza Alatorre)

Emily McDonald files papers July 7 before observing surgery. McDonald volunteered in the anesthesia department, learning firsthand what it takes to get a doctorate. McDonald strives to do her best and impress the physicians she works with, even if that means she has to file papers, she does each task with a grin. (Photo by Esperanza Alatorre)
By Lori Newman
BAMC Public Affairs

Two Army medics from Brooke Army Medical Center were part of a team that received the opportunity to participate in a Medical Readiness Exercise conducted from July 19-27 in Tegucigalpa, Honduras.

Spc. Damien Allen and Pfc. Lillian Straw were able to complete rotations through the emergency room at Hospital Escuela, a teaching hospital that serves as the main center for public health care in Honduras. The medics also assisted two BAMC urological surgical teams split between Hospital Escuela and Hospital Maria, a public pediatric hospital.

“The recent mission to Honduras was an important step for medics everywhere,” Allen said. “As a medic we need to have skills that are specific to trauma and those are not very easy for us to get hands-on experience while stateside working in clinics.

“My first day there, within 30 minutes of being in the hospital, I was engaged with patient care and assisting with procedures and pre-operating appointments,” Allen said.

The medics were able to work side-by-side with Honduran medical personnel, and under the supervision of a medical provider, they were able to assist with intubation, sutures and wound care.

“Intubation is a skill medics need to have to be more effective while downrange,” Allen explained. “It is a skill that is hard to practice while here at BAMC, but while in Honduras I was able to intubate without hesitations, and work with severe trauma to my full potential.”

BAMC leaders created the 68W Utilization Program to ensure Army medics have the opportunity to maintain the skills they need when deployed. Both Allen and Straw were able to practice these skills in Honduras as well as here at BAMC.

“This was an excellent opportunity for them to learn,” said Sgt. 1st Class Presley Aroca, 68W Utilization Program coordinator. “It’s important for our medics to be able to adjust to barriers such as not speaking the language, using limited resources and the stressor of being in an environment that is not your home.”

“Having that exposure is invaluable,” he added.

Allen praised the opportunities he has received at BAMC and the benefits of the 68W Utilization Program.

“At BAMC being able to move around such as going from a clinic to the ED allows us to keep our trauma skills current while adding on patient care skills,” Allen said. “We want to be well rounded medics. We want to know everything we can about all aspects of patient care and our command team has heard what we want and is making that happen for us.”

As for the MEDRETE in Honduras, Allen said if given the chance he “would return in a heartbeat.”

“The big three core values for me are capability, determination and integrity,” Weitzel said. “Trust is essential for teamwork. I commit to everyone in the USAISR that I will be honest and forthright in all that I do. I’m here to help us become a more effective team.”
Brooke Army Medical Center medics exchanged best practices with more than 40 Honduran Red Cross volunteers and paramedics during a four-hour pre-hospital training course July 22. The event was part of a Medical Readiness Exercise conducted from July 19-27 in Tegucigalpa, Honduras.

The training was a combination of scenario-based discussion and hands-on practical exercises.

“We had them show us their procedures and processes using their equipment,” said Army Sgt. 1st Class Presley Aroca, 68W Sustainment noncommissioned officer in charge. “Then we showed them our processes and procedures and we had a bridge of communication.”

One of the key concepts discussed during the exchange was “A-B-C” or “Airway, Breathing, Circulation.” This has been a widely accepted protocol developed as a memory aid for rescuers performing cardiopulmonary resuscitation. It is also used as a reminder of the priorities for assessment and treatment of patients in many acute medical and trauma situations.

A change from A-B-C to C-A-B (Chest compressions, Airway, Breathing) for adults, children and infants, excluding newborns was recommended in the 2010 American Heart Association guidelines for CPR and emergency cardiovascular care.

Other discussions included the use of tourniquets for severe bleeding.

“Stop the bleeding first in order to save a life,” Aroca said.

Other techniques discussed were patient assessment, pressure dressings for hemorrhaging, airway breathing and circulation.

Aroca said the feedback he received from the Honduran medical professionals was very positive.

“They told us the training was valuable, because now they can see that there are other techniques and processes they are able to implement into their routines,” Aroca said.

“After seeing their faces, knowing that they were excited to be there and motivated to participate, it was very fulfilling for all of us.”

This was the first time BAMC personnel conducted pre-hospital training in Honduras, but the hope is to expand this type of training and exchange of best practices in the future.
Other Happenings ...

at Brooke Army Medical Center

Warrior Games

U.S. Army Staff Sgt. Marcus Menchaca, Warrior Transition Battalion, Brooke Army Medical Center, is congratulated by BAMC Command Sgt. Maj. Diamond Hough and BAMC Commander Brig. Gen. Jeffrey Johnson after winning the bronze medal in the air pistol competition July 6, at McCormick Place Convention Center, Chicago, Ill., during the 2017 Department of Defense Warrior Games. (Robert A. Whetstone)

Saxx Man

Entertainer Johny Saxx serenades Karen Hodges and Nancy Burton during a performance in Brooke Army Medical Center’s Medical Mall July 6. Saxx sang and played the saxophone to renditions of Jazz, Blues, Country, Reggae, Old School R&B and Latin music. (Photo by Robert Shields)

Shock Society Fellowship

Michael Wetzel, Ph.D. (left) and Tony Chao, Ph.D. are the two Shock Society-Department of Defense Battlefield Health and Trauma Fellowship in San Antonio post-doctoral fellows at the U.S. Army Institute of Surgical Research. In 2016, the Shock Society partnered with the Department of Defense to offer two fellowships to Shock Society members to conduct research in trauma, hemorrhage shock and sepsis. The fellowship named the Shock Society-Department of Defense Battlefield Health and Trauma Fellowship in San Antonio is for post-doctoral fellows or medical/dental residents or clinical fellows to conduct research at the U.S. Army Institute of Surgical Research or the Navy Medical Research Unit-San Antonio. (Photo by Steve Galvan)

BAMC Kicks off Wellness Initiative

Brooke Army Medical Center kicks off a wellness initiative July 10 in the BAMC gym to inspire people to exercise and concentrate on all-around better physical health. (Photo by Robert Shields)
Brooke Army Medical Center is prepared to provide the annual school physicals required to prepare students for the new school year.

Special appointment times have been set up during the summer months to accommodate parents with children who need a school physical, sports physical or daycare/pre-school physical.

BAMC Pediatric/Adolescent Clinics as well as all Patient Centered Medical Homes including the Schertz, Taylor Burk and Westover clinics have special appointment times set up during the summer months to accommodate parents with children who need a school physical, sports physical or daycare/pre-school physical.

“We encourage parents to plan early for their school physicals,” said Maj. (Dr.) Patricia Kapunan, BAMC Adolescent Medicine Clinic officer in charge. “Waiting until the last minute may make it difficult to address issues affecting school participation in a timely fashion, and it can be harder to obtain an appointment that is convenient for your schedule.”

Parents should bring required forms with them to their medical appointment. If the child has had a recent physical that meets school, camp or daycare requirements, the provider may be able to transcribe the prior physical onto the required forms.

According to the Centers for Disease Control and Prevention, annual physical exams ensure children are up-to-date with the vaccinations that protect them against preventable diseases. These exams not only safeguard a child’s health, but also the health of their classmates and other family members.

Kapunan noted physicals are important for many reasons.

“Annual physicals are recommended by the American Academy of Pediatrics and required for participation in school sports and some camps,” Kapunan said. “Through annual physicals, your child’s provider is better able to monitor your child’s growth, health and development to safeguard against potential health problems that could arise. For sports participation, it is critical to identify pre-existing injuries or health conditions that may become a problem during play. ”

Call the Central Appointments Management Office at 210-916-9900 to schedule your child’s back to school physical.

By Robert Shields
BAMC Public Affairs
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JBAS Fort Sam Houston, TX 78234
(210) 916-4141

Center for the Intrepid
Bldg 3634
JBAS Fort Sam Houston, TX 78234
(210) 916-6100

Moreno Clinic
Bldg 1179
JBAS Fort Sam Houston, TX 78234
(210) 916-4141

McWethy Troop Medical Clinic
3051 Garden Ave, Bldg 1279
JBAS 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) 539-0816