



WOMACK

ARMY MEDICAL CENTER

Growing with Fort Bragg and our community



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Commander's letter



We are grateful that you continue to choose Womack Army Medical Center for your health care needs. Each and every one of your encounters with our organization is extremely important to us. One of our top priorities is to improve your access to quality health care and to exceed your expectations in compassionate and caring service. We value your input and welcome your thoughts and ideas on how we can better serve you and your family.

We recently opened two of our new community based medical homes in Fayetteville and Hope Mills in March. We have been approved for a third clinic that

will open sometime next year. The Fayetteville Medical Home is located at the Woodland Complex at 2350 Bentrige Lane in Fayetteville. The Hope Mills Medical Home is located at the Millstone Town Center at 3351 South Peak Drive in Hope Mills. Our Family Members are excited to see these clinics in the community where they live. For more information, please call 910-907-6000.

The Army Wellness Center (AWC) opened its doors on Nov. 4, 2010, and offers services that promote healthy lifestyles. The Army Wellness Center offers health assessment, physical fitness assessment, basic healthy nutrition, stress management, general wellness classes and ready to quit briefings. The services are offered to Active Duty Service Members, their Families, Retirees and Department of the Army civilians. Since opening its doors, the Army Wellness Center has served more than 700 clients. To make an appointment, call 910-643-2101. The Army Wellness

Center is located on the corner of Jackson and Woodruff streets in building 2-2015.

Retiree Appreciation Day (RAD) will be on Saturday, May 14 from 9 a.m. to 2 p.m. in the clinic mall at Womack Army Medical Center. Our staff will be offering the following services: eye screenings, prostate screenings, blood pressure checks, immunizations, audiology screenings, mammograms, bone density screening, physical therapy information and pharmacy counseling. For more information, please call the Public Affairs Office at 910-907-7247.

We look forward to continue serving you and your family. Please visit our website at www.wamc.amedd.army.mil or visit us on Facebook at www.facebook.com.

Brian Canfield
COL, MS
Commander



ON THE COVER

Womack opened two new primary care medical homes in Fayetteville and Hope Mills.

(Photo by Joe E. Harlan)



This publication is a product of the Public Affairs Office at Womack Army Medical Center. For more information on Womack Army Medical Center, please call 910-907-7247 or e-mail us at pao.wamc@amedd.army.mil. Our staff is Darlene Fair, JoAnn Hooker and Shannon Lynch.

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WAMC Emergency Department



PHOTO BY RAUL R. RUBIERA
Ben Donham, MD, Gwen Young, Joyce Anderson, RN, Sharonda Wynn-Snuggs and SFC Corbitt at the Womack Emergency Department.

Womack Army Medical Center's Emergency Department is the second-busiest in the Federal Government – inclusive of DoD, the VA system, and the U.S. Public Health Service.

In fiscal year 2010, Womack's Emergency Department volume was 67,000 patients. Our patient population is expected to continue to grow as BRAC and other Grow-the-Army initiatives continue to increase the beneficiary population in and around Fort Bragg.

There are three sections in the Emergency Department: the Critical Care Area, Fast Track and the Ambulance Service.

The Ambulance Service averages 625 calls per month, including on-post 911 response, transfers to and from WAMC and the Fayetteville VA and supporting facilities, and providing mutual aid response to surrounding jurisdictions. WAMC's Ambulance Service established capability at the Linden Oaks

Housing Area in September 2009, and assumed prehospital and flight line responsibilities at Pope Army Air Field in July 2010.

The recently-expanded Critical Care Area currently consists of a two-bay resuscitation/trauma room, 22 critical care monitored beds, 2 GYN exam rooms, and a special examination room, which supports the WAMC Emergency Department's sexual assault nurse examiner program. The entire Emergency Department is scheduled for a comprehensive renovation in 2012-2014, adding additional clinical space, waiting room area, restrooms and streamlining the triage process.

The Fast Track is designed for non-urgent, less acute illnesses and injuries, and features 13 examination rooms plus an eye, ear, nose and throat exam room.

The Emergency Department also serves as the reception station for wounded warriors returning from overseas after air evacuation.

All of the Emergency Department's physician staff has completed a three- or four-year postgraduate residency training program in Emergency Medicine and is board certified by the American Board of Emergency Medicine or the American Board of Osteopathic Emergency Medicine.

Womack participates in the Mid Carolina Trauma Regional Advisory Committee, and has a partnership with the UNC Health Care Trauma Program. Additionally, Womack's Emergency Department participates in the Reperfusion of Acute Myocardial Infarction in North Carolina Emergency Departments (RACE) program, partnering with Cape Fear Valley Regional Medical Center to provide immediate cardiac catheterization for patients suffering an acute myocardial infarction (heart attack), and also participates in the statewide Voice Interoperability Program for Emergency Responders (VIPER) program, synchronizing emergency response across the state. The

Department sponsors a monthly interdepartmental Grand Rounds program for the professional development of Womack staff, and is serving as the U.S. Army Medical Command's pilot site for the use of novel voice-over-internet protocol wireless communication devices, replacing phone, pager and overhead announcement technologies.

The Womack Emergency Department supports multiple training programs: Family Medicine, Podiatry and Oral/Maxillofacial Surgery interns; medical students from three different medical schools; PA students from the Interservice Physician Assistant Program and three other colleges; Special Forces and Combat Medics; EMT-Basic and EMT-Paramedic Students from multiple locations. Additionally, Senior Emergency Medicine Residents from military training programs perform Community Emergency Management rotations at WAMC.



Womack Army Medical Center leads the way for patients that may be victims of sexual assault.

PHOTO BY RAUL R. RUBIERA

CPT Rosie Bennett, RN, Sexual Assault Nurse Coordinator, explains the vital role of a SANE nurse.

“**W**omack Army Medical Center is the only Army medical center that offers a comprehensive program for victims of sexual assault,” said COL (Dr.) Frank Christopher, the Chief of the Department of Emergency Medicine at Womack Army Medical Center. “The specially trained Sexual Assault Nurse Examiners (SANE) are a team of 12 nurses, primarily based in the Emergency Department and other clinical areas of Womack, who are specially trained to meet victims’ medical, emotional and legal requirement. Additionally, they ensure compliance with all laws and Army regulations,” Christopher said.

SANE nurses undergo two weeks of intense training. The training consists of education in Army regulations, relevant

male and female anatomy and physiology, forensic examination and evidence collection, medical photography, psychology of the sexually assaulted patient, interview skills, utilization of social work services, Family Advocacy, Army Emergency Relief and Rape Crisis centers.

The second week is dedicated to their clinical skills. The SANE Nurses are on call 24 hours per day to respond to patients of alleged abuse. They determine the extent of the injuries and how to treat them, perform genital exams, collect potential evidence and photographs, perform baseline testing for pregnancy and sexually transmitted diseases, they also coordinate with outside agencies for follow up and future treatment.

If needed, they testify in criminal

cases. They also ride along with local law enforcement officials, attend criminal trials and conduct scenario-based practical exercises. Each SANE nurse conducts 40 proctored genital exams.

These nurses work in conjunction with Social Work Services and the Victim Advocate’s Office at Fort Bragg.

“Our goal is to provide SANE coverage for Fort Bragg, 24 hours per day, 7 days per week,” said Christopher. “The SANE nurses provide services to alleged sexual assault patients 16 years old and over. For pediatric patients, we call on Dr. Sharon Cooper or Dr. Ursula Chesney, our Developmental and Forensic Pediatricians, to assist us with those cases.”

The improvements in DNA

collection and forensic testing allow evidence to be collected longer than the normal 24 hours after an assault. Liz Herring, RN, the SANE program coordinator, explained that the Emergency Department has one specific treatment room that is designated for assault patients.

“The room is set up to do triage, provide treatment, gather evidence and discharge patients that are being treated for possible sexual abuse cases,” she said. “The Emergency Department staff has access to clothing for those sexual assault patients that are brought to the Emergency Department.”

“We want our patients to feel safe during the exam,” Herring said. “We want them to know that our Emergency Department has everything we need to treat them.”

Going Green

By LTC Anthony J. Lopiccoco, Jr. & Mrs. Robin L. Hoyer

Fort Bragg was the first Army installation to lead the way by recognizing steps needed to be taken to preserve the sustainability and environment of Fort Bragg in order to continue to meet the mission goals for our Soldiers and Family Members on post. Womack Army Medical Center is now doing their part to lead the way by implementing a wider approach to an existing recycling program. Since 1999, Womack Army Medical Center has been recycling shredded HIPAA (Health Insurance Portability and Accountability Act) papers. On Nov. 1, 2009, North Carolina became the first state in the Southeast to ban plastic bottles

from the landfill. Effective April 1, 2010, the Commander of Womack Army Medical Center implemented an all encompassing Recycling Program for Womack Army Medical Center to support this new North Carolina law.

A recycling team from Womack Army Medical Center was put together headed by LTC Anthony J. Lopiccoco Jr., Director of Logistics, and consisting of members Ms. Helen Shriver, Chief Environmental Services; Beverly Smith, Infection Control Nurse; Thomas Archer, Safety Management; and Ms. Janina Abad, Personnel Administration Division. Ms. Linda Nesmith and the staff from Environmental Services researched which recycling bins would be appropriate for the hospital

and then passed out recycling containers, blue for plastic and green for aluminum, throughout the hospital to capture those types of recyclable items. Womack Army Medical Center has taken recycling another step further by incorporating all white paper, color, computer and ledger paper. They will no longer be thrown in the trash but recycled for future use.

Womack Army Medical Center has greatly benefited from the HIPAA recycling and will now profit by receiving monetary vouchers from DPW (Directorate Public Works). DPW vouchers allow Womack Army Medical Center to improve the overall morale and welfare of the Womack family by providing refreshments when there are award ceremonies, cookouts and picnics, holiday parties for the children of employees, and ice cream and pizza socials.

In the past year, Womack Army Medical Center has increased the amount of recycling containers throughout the hospital and the Outlying Clinics capturing an estimated 300,000 pounds of recyclable material and earning over \$4,887 in DPW vouchers. VETCOM will also be participating in the Recycling Program. Overseeing the Recycling Program is Ms. Helen Shriver, Chief of the Environmental Services Branch, and the Environmental Services Branch Team. They can be contacted at 910-907-6550.



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PHOTO BY RAUL R. RUBIERA

May 31 is World No Tobacco Day

Karen Goepfrich

May 31 of each year the World Health Organization (WHO) celebrates World No Tobacco Day. Tobacco use is the second cause of death globally after hypertension and is currently responsible for killing one in 10 adults worldwide. This year 5 million people will die from tobacco related causes, and that doesn't include the 600,000 people, more than one fourth of them children, who die because of second hand smoke exposure.

The WHO established World No Tobacco Day in 1987 to draw global attention to the lethal effects of our tobacco epidemic. One purpose of this day is to advocate for policies to reduce all tobacco consumption.

Tobacco products are products made entirely or partly of leaf tobacco as raw material, which are intended to be smoked, sucked, chewed or snuffed. All tobacco products contain nicotine, a highly addictive psychoactive ingredient.

In 2005, more than 170 countries approved a treaty that "reaffirms the right of all people to the highest standard of health and provides new legal dimensions for cooperation in tobacco control." Many countries now have laws that restrict tobacco advertising, regulate who can buy and use tobacco products and where people can smoke.

World No Tobacco Day also highlights the health risks associated with tobacco use. Tobacco use is one of the main risk factors for a number of chronic diseases, including cancer, lung

diseases and cardiovascular diseases. Despite this, its use is common throughout the world.

Tobacco use is the number one preventable epidemic that the health community faces. That is why Army Public Health Nurses (APHN) organize various activities to make people aware of the health problems tobacco causes and assist them with tobacco cessation.

In March, the 1-7th ADA Bn hosted a Tobacco Hazards Day where hundreds of Soldiers were briefed about the hazards of tobacco. This was followed later in the month with a Tobacco Cessation Seminar for those Soldiers and their family members who wished to quit.

In May, APHN's will host their first World No Tobacco Day Seminar at WAMC. Call APHN Wellness Clinic

at 907-9355 for details.

Think you're ready to commit to quit? Fort Bragg offers bi-monthly seminars, a four-week cessation program and various other offerings at the outlying clinics. Check with your provider or attend the Ready To Quit (RTQ) briefing. The RTQ briefing is offered to military beneficiaries and DoD civilians and is held every Thursday at 1200 in the WAMC Family Medicine conference room. No appointment is necessary. This motivational class provides information about medications, how to quit tips and all the quitting assistance options available on Fort Bragg. Medication is not provided at the class. The Ready To Quit brief is also offered Mondays at 1100 by appointment (call 643-2101) at the Army Wellness Center.

Quitting Tips From the World Health Organization

Need some tips to keep your commitment? The following checklist helps you keep track of important steps to establish a personal support system to make the quitting process easier. Print out this list and post it on your refrigerator or other area where you will be sure to see it frequently.

1. DECIDING TO QUIT:

- Decide what your reasons are for quitting.
- Mark World No Tobacco Day (May 31, 2011) on your calendar.
- Say it like you mean it. Repeat your reasons for quitting 10 times each night before going to bed.

2. PREPARING TO QUIT

- Choose a tobacco cessation method. Discuss your options with your pharmacist or doctor.
- Sign on the dotted line. Put your intention to quit in writing – and sign it, or print out our online pledge form and sign it.
- Don't go it alone. Reach out to family members and try to recruit other smokers and tobacco users you know to join you in quitting.
- Remove triggers. Get rid of cigarettes, tobacco paraphernalia and that stale, smoky smell from your home, car, office and clothes.
- Plan alternative activities. Avoid places where smokers and tobacco users congregate in favor of places where smoking and tobacco use isn't allowed. Find a hobby that keeps your mind occupied and your hands busy.

3. FOLLOWING THROUGH:

- Enroll in a counseling support program, either through local organizations or through our online buddy center program.
- Fight cravings by practicing the 4Ds –(deep breaths, drink lots of water, delay reaching for a cigarette or tobacco, and do something: like exercise or a hobby).
- Reward yourself for not smoking or using other tobacco products.
- Remind yourself why you quit by carrying a copy of your pledge form in your wallet.

PLEDGE

World No Tobacco Day (WNTD) is a great time to make your decision to be tobacco free. For this reason, we have developed the following self-pledge to help you quit using tobacco on WNTD. Be sure to print, sign and post this pledge in an area where you will be able to see it at least once a day. This “contract” will serve to remind you of your commitment and will help you maintain the motivation level that you will need to become tobacco-free. Feel free to share this pledge with your family members and loved ones.

I, _____, have made the decision to stop smoking or other tobacco use on World No Tobacco Day (May 31, 2011). This is a very difficult choice for me to make, but I want to live a tobacco-free life for myself, my family and my friends. I want to be able to breathe easier, walk faster and have whiter teeth. I want to live longer so I can watch my loved ones grow older, and celebrate special times. I want to grant my family's wish that I give up tobacco, but I also have the same wish for myself. If I mess up and smoke a cigarette or use other tobacco products, I will start all over again the next day until I get it right.

Signed,

(your name here)

**Karen M Goepfrich, RN, BSN
Tobacco Treatment Specialist
Army Public Health Nursing**

BLDG 4-2817 WAMC
Fort Bragg, NC 28310
910-907-9355/6628

Karen.m.goepfrich@us.army.mil

“Tobacco is the only legal product that kills one-third of its users when used as directed.” (CDC, 1996).

Save the date!

The date has changed for Retiree Appreciation Day.

The event will be held on Saturday, May 14, 2011, from 9 a.m. to 2 p.m. in the clinic mall at Womack Army Medical Center.

Womack Army Medical Center
Retiree Appreciation Day
Saturday, May 14, 2011
9 a.m. until 2 p.m.
All-American Entrance - Clinic Mall

Please remember to bring a list of your medications.

For more information, call the Public Affairs Office at 910-907-7247.

- TRICARE and health benefits briefings
- Nutrition counseling
- Vision screening
- Audiology screening
- Mammogram
- Physical therapy education
- Blood pressure/cholesterol screening
- Prostate Cancer Screening (Blood test)
- Pharmacy counseling
- Social work education
- Dental/oral cancer screenings
- Wills and advanced directives
- Other Services Available

Fort Bragg Blood Donor Center

BY Linda Ellerbe, Public Affairs Specialist, Armed Services Blood Program

The Fort Bragg Donor Center is supporting the military by collecting whole blood and platelets as part of the Armed Services Blood Program. Blood products collected by military donor centers supply, not only the installation they're collected at, but also help save the lives of Servicemembers stationed around the world.

The donor center collects both whole blood and platelets. Both products are in high demand. Donors with O negative or O positive blood are always in high demand for whole blood donations. While some types of blood are in higher demand than others, all blood types are always needed and accepted. Donating of whole blood only takes about

an hour of the donor's time on average and whole blood donors can donate once every two months.

Platelet donors can give every 48 hours but no more than twice per week and 24 times per year. Soldiers can receive promotion points for the hour and a half of their time that they give along with their donation. Platelets donated at the Fort Bragg Donor Center stay local because the product is only good for five days. Platelets are used to help control bleeding and are used in cancer patients undergoing chemotherapy.

The Armed Services Blood Program is a tri-service program with over 20 blood donor centers worldwide. Like the other centers, the Fort Bragg Blood Donor Center collects whole blood and platelet donations to help ill or injured Servicemen and Women, Veterans and their Families



PHOTO BY RAUL R. RUBIERA

SSG Robert Nunez from the Fort Bragg Blood Donor Center collects blood from SPC Padraig Reidy.

around the world. Once again, it cannot be stressed enough that blood and platelets are both in high demand, so donors are always needed and welcomed at the center.

"Blood is a perishable item. It's not like a MRE [Meals-Ready-to-Eat] with a long storage life, we are always in need of it," said Chief of Blood Services at the Fort Bragg Blood Donor Center, CPT Javier Trevino. "If you're

scared of needles and that's what's keeping you from coming in, please have a little courage. Your donation can save up to three lives."

To learn more about the Armed Services Blood Program or to make an appointment, please visit us online: www.militaryblood.dod.mil. To interact directly with some of our staff or to get the latest news, visit us here at www.facebook.com/militaryblood.

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