



WOMACK

ARMY MEDICAL CENTER

Growing with Fort Bragg and our community

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A Message From Colonel West



Happy New Year! Womack Army Medical Center continues to grow along with the rest of the installation at Fort Bragg. It is my pleasure to share exciting news

of growth and innovation with you — our community, our patients, families and loyal supporters. Our Emergency Department (ED) at Womack is the busiest ED in the Federal Government, providing services to 70,000 patients in FY09. Our Department's volume is 3.5 times greater than the DoD and VA average, and it rivals the volume of the average urban public ED. To better serve our beneficiaries, we expanded our Emergency Department by seven beds using state of the art patient privacy configuration and patient monitoring equipment. The Robinson Health Clinic's 40,000 square foot expansion is almost complete. The addition was created to accommodate the addition of the 4th Brigade Combat Team (BCT) growth and an augmented Physical Therapy Clinic. We anticipate moving into the new addition of the clinic in the spring of 2010.

We broke ground on the new Fort Bragg Blood Donor Center on Tuesday, August 18, 2009. Our blood donor center provides life-saving blood products to our Soldiers, Sailors, Airmen, Marines and Coast Guardsmen serving our Nation worldwide. Plans for the \$5 million building contain a 12,000 square foot facility to house blood donation, processing, testing, storage, shipping and other support functions. The Fort Bragg Blood Donor Center continues to progress and we anticipate

an opening date in the summer of 2010.

The refill pharmacy has re-located to a new building on Glider Street offering patients a convenient pick-up point near the North Post Exchange (PX).

Womack Army Medical Center is preparing for the numerous construction projects that will be taking place on Fort Bragg in the years to come. We are preparing for the new clinic on Knox Street to provide healthcare to the FORSCOM Soldiers, our Air Force contingent from the Pope Clinic as well other Service Members. You may have noticed ground clearing occurring on the south side of Womack. We are relocating the helipad in order to start construction of the new Warriors in Transition Complex for our Soldiers assigned to the Warrior Transition Battalion. This complex will include barracks, administration offices, a dining facility and the Soldier and Family Assistance Center (SFAC).

In the near future, we will have an outpatient behavioral health facility co-located with Social Work Services to improve delivery of service in those specialties.

Truly, our organization is growing to support those Servicemen and women, their families and retirees who call Fort Bragg their home.

We will print this publication quarterly to update our community. We are committed to those we serve.

Sincerely,
Nadja Y. West
Colonel, U.S. Army
Commanding

Emergency Department Expansion



PHOTO BY CINDY BURNHAM

The acute care area currently consists of a resuscitation/trauma room, 15 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 expansion adds 7 new critical-care monitored beds, bringing the total to 22. The new beds feature increased patient privacy with walls instead of curtains and improved infection control with enclosed space and sinks at every bed. They also accommodate Family members desiring to accompany the patient.

The expansion utilized space formerly used as administrative offices for Tricare Service Center.

The expansion created additional staff positions: 7 Registered Nurses, 3.5 Licensed Practical Nurses, 3.5 Medical Support Assistants, and 4 Emergency Physicians. Womack is striving to recruit new emergency physician talent.

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), synchronizing emergency response across the state.

The fast track is designed for 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.

The Womack Emergency Department supports multiple training programs: Family Medicine, Podiatry, and Oral/Maxillofacial Surgery interns; medical students from 3 different medical schools; PA students from the Interservice Physician Assistant Program and 3 other colleges; Special Forces and Combat Medics; EMT-Basic and EMT-Paramedic Students from multiple locations.

Womack Army Medical Center's Emergency Department is the busiest in the Federal Government — inclusive of DoD, the VA system, and the US Public Health Service.

In fiscal year 2009, Womack's Emergency Department volume was approximately 70,000 patients. Our patient population is expected to continue to grow as BRAC and other Grow-the-Army initiatives increase the beneficiary population in and around Fort Bragg.

There are three sections in the Emergency Department: the acute care area, fast track, and the ambulance service.

The ambulance service averages 550 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, and will take over pre-hospital care at Pope Air Force Base on 1 July 2010.

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Fit Families

For the second year in a row, Womack's Nutrition Care Division was awarded \$10,000 to help combat childhood obesity. Obesity is widely recognized as a serious health problem in the United States. In the United States, an estimated 64% of the adult population and 17% of the pediatric population ages 2-19 years are overweight or obese. The military population seems to be following the same path with over 59% of Department of Defense (DoD) military personnel being overweight. Diet and exercise greatly impact body composition and health. Unfortunately, many Americans, no matter the age, find making healthful choices difficult. Finding time for exercise is more and more difficult for people and this can result in more weight gain. Womack's Nutrition Care Division has designed the "Fort Bragg Fit Families" program to help the impact of the pediatric military population.

This program is a family-oriented nutritional education program targeted to reach children and adolescents of the Fort Bragg

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Community. It runs over a five week period, meeting each week after school hours. Sessions are conducted at one of Picerne's Neighborhood Centers. "Fit Families" is comprised of five 1.5 hour sessions each. It focuses on improving healthy lifestyle behaviors by involving the entire family in nutrition, education and physical activity. The program began in 2004 and over the past two years has been awarded the General Mills Champions for Healthy Kids Grant. The Champions for Healthy Kids initiative is a partnership of the General Mills Foundation, the American Dietetic Association Foundation and the President's Council on Physical Fitness. Since 2002, General Mills has invested more than 18 million dollars in overall youth nutrition and fitness programs that have served more than 3.5 million children nationwide. The "Fit Families" program addresses the physical and environmental demands faced by the military population and its families.

The program also highlights quick and easy meal solutions, tips for low fat cooking and cooking demonstrations. It also offers exercise tips for participants and siblings.

"The program is a fun, family-oriented program, and we are targeting the Fort Bragg Schools," said Jennifer Beeman, Registered Dietician. "The five-week program is a way for us to teach families about nutrition and leading a healthy lifestyle," Beeman added. Our ultimate goal is to teach families healthy eating and activity habits and impact the future rates of obesity in our youth.

Interested participants can register by calling the Nutrition Care Division at 910-907-7387 or 910-907-8088.

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Fort Bragg Blood Donor Center, 910-396-9925

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Gynecologic Oncology

Womack Army Medical Center now offers Gynecology Oncology to our patients. COL Michael Sundborg, M.D., Chief, Department of Obstetrics and Gynecology, is on staff and provides a myriad of new services. His clinic offers complete care for diagnosis and treatment of gynecologic malignancies and pre-invasive diseases of the female genital tract. This includes: cervical cancer, uterine cancer, ovarian cancer, vulvar cancer and vaginal cancers. The clinic also offers comprehensive evaluation and management of abnormal pap tests, ovarian masses and other abnormalities of the female genital tract. We also perform comprehensive cancer surgery for diagnosis and treatment. Other services provided are chemotherapy, consultations for radiation oncology and palliative treatment options for recurrent cancers. Womack does not provide radiation treatment but has a robust partnership with the Cape Fear Valley Health System for the radiation treatment. Advanced laparoscopic procedures for suspected and confirmed cancer cases are performed at our medical center. "Patients don't need to be referred to UNC or Duke, we take care of them right here at Womack," said COL Sundborg, M.D. "All of the treatment strategies are state of the art techniques and are endorsed by the National Cancer Institute and the Gynecologic Oncology Group," he added. "We provide the same level of care that patients receive at UNC and Duke," he added.



PHOTO BY JOE E. HARLAN

COL (Dr.) Michael Sundborg, M.D., Chief, Department of Obstetrics and Gynecology, treats patients at Womack.

The clinic also offers comprehensive expert consultation for abnormal pap tests and confirmed pre-invasive diseases. Additionally, we offer initial genetic counseling for hereditary gynecologic and breast cancer syndromes. Finally, we provide our patients with life-long surveillance after diagnosis and treatment.

This clinic also works with active duty Soldiers who may have an abnormal pap that would keep them from deploying.

TRICARE Prime and TRICARE Standard patients would get a referral from their primary care provider.

For more information on cancer, log onto www.wcn.org
For more information, please contact the clinic at 910-907-9270.

Maternal Fetal Medicine Specialists



PHOTO BY CINDY BURNHAM

Womack Army Medical Center (WAMC) births on average eight babies per day, which averages out to over 3,000 deliveries a year. The medical center has two Board Certified Maternal Fetal Medicine Specialists on staff in the Obstetrics and Gynecology Clinic. In our MFM Clinics, our teams offer a full range of services for women with high risk pregnancies. These services include: preconceptional counseling, management of medical conditions (e.g. Hypertension, Diabetes, Thyroid Disease) in pregnancy, prenatal diagnosis, genetic counseling and genetic ultrasound. Patients can be referred by their primary care or obstetrical provider to our maternal fetal medicine specialists. For women with complicated pregnancies, the Maternal Fetal Medicine team (comprised of two MDs and two RNs) works with the Neonatal Specialists here at Womack's Neonatal ICU. Beginning this summer, we will have three maternal fetal medicine specialists on staff with every Ob/Gyn sub-specialty assigned to Womack Army Medical Center. For more information, please contact 910-907-8650.

Sexual Assault Nurse Examiner Program



Back Row from left to right: Belenda Douglas, Cristi Tovar, Charles Hall, Cpt Rosie Bennett, Diane Strait, Lisa Libby. Front Row from left to right: Liz Herring, Kelly Taylor, Cpt Melanie Bowman, Pam Cribb, Rebecca Cucura.

Womack Army Medical Center leads the way for patients that may be victims of sexual assault. “Womack Army Medical Center is the only Army medical center that offers a comprehensive program for victims of sexual assault,” according to 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 requirements. 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, and 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,” he added.

The improvements in DNA collection and forensic testing allows 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. The Emergency Department staff has access to clothing for those sexual assault patients that are brought to the Emergency Department,” she added.

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

For more information, please call the Emergency Department at 910-907-7000.

Morbid Obesity Surgery, the surgery that saves lives

Amy Olsen, M.D. runs the Morbid Obesity (Bariatric) Surgery program in the Department of Surgery at Womack Army Medical Center. Supporting her are Jasmin Black, Nurse coordinator; Glenda Carter, administrator; and Nicole Vallee, Nutritionist/Dietician. The service runs independently from the general surgery department and is bound by the guidelines of the National Institute of Health (NIH). If patients have a Body Mass Index (BMI) over 35 to 40, and/or are 100 pounds overweight, they may be candidates for gastric bypass, sleeve gastrectomy or lap band.



PHOTO BY JOE E. HARLAN
Dr. Amy Olsen, M.D., Department of Surgery is one of two surgeons who performs gastric bypass surgery at Womack.

Currently, the department offers all three operations. WAMC provides this service to family members and retiree population. These procedures are not yet offered to Active Duty Soldiers. Most patients that Dr. Olsen sees tell her that surgery has given them

their lives back. Most patients lose an average of 100 pounds. “Bariatric Surgery patients’ quality of life improves dramatically. Their weight loss allows them to come off of most of their medications for illnesses such as diabetes and high blood pressure,” says Dr. Olsen. There are two surgeons that currently perform the surgery in the department, Dr. Amy Olsen and Dr. Michael St Jean.

“We started the laparoscopic bariatric program back in 2005, although we have been doing open cases for years at this institution,” said Dr. Olsen. “We have completed about 600 laparoscopic cases, most of which are gastric bypass although we have added other procedures — lap band and sleeve gastrectomy — in the last two years. We perform these operations on patients 18 years of age and older, and we ask all of them to undergo psychological, nutritional and medical evaluations prior to the surgery to ensure their safety.”

If you are a patient at Womack or one of our clinics and you think you may benefit from these procedures, please talk with your primary care manager and ask them for a referral to the Bariatric Surgery Clinic. For more information, please call 910-907-0787 or 907-9927.

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