

WHAT'S UP, DACH?

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By Amy Stover, PAO, 286-7954

HOT News

O Day is Sept. 27

Darnall Organization Day is Sept. 27 at Prichard Stadium from 11 a.m. to 3:30 p.m.

Activities will include volleyball and tug of war competitions, a DJ, magic shows and a catered BBQ lunch.

Lunch tickets and t-shirts are currently on sale during lunch near the cafeteria.

MEDDAC Happenings

Officers Need Security Clearances

III Corps Officer Reassignment Office has notified DRETS that they will not issue orders to officers who do not have current security clearances.

Currently, there are MEDDAC officers who have not completed the Electronic Personnel Security Questionnaire, or EPSQ. The questionnaire is the first step in obtaining a security clearance.

Officers must allow time to complete the EPSQ paperwork. If you are due to PCS in the near future and you do not have a security clearance, please contact the company as soon as possible.



Commander's Corner



Darnall Staff,

Very soon you are going to see major changes taking place at the hospital and outlying clinics.

As you know, babies are an important part of our business here. We deliver on average 260 babies per month at Darnall. In order to give the women of these babies the services and care they deserve, we are creating a Women's Health Center on the first floor. The Women's Health Clinic, currently located on the third floor, will move to join the OB/GYN Clinic on the first floor to create an innovative service for women in one location.

We are also renovating the labor and delivery ward to move toward a family centered birthing concept. Mothers will labor, deliver and recover in the same room, helping to keep baby with mom virtually the entire time they are here.

In order to create the Women's Health Center, the Pediatric Clinic will be relocated to the Killeen Family Care Clinic in mid-October. This temporary move will provide our pediatric patients with their own facility while new transition space is brought in near the main hospital.

The Killeen Family Care Clinic will serve its last patient Sept. 27. Providers and patients will then move to the Thomas Moore Health Clinic. This move will help us provide our Killeen patients with health care in a state-of-the-art facility and helps us optimize the Moore Clinic.

These upcoming changes will provide our patients with the quality health care they deserve. I need everyone in the organization to be a positive supporter of the positive changes about to occur. Let's keep a "ready" attitude as we accept the challenges ahead.

Thank you,

Col. Donald J. Kasperik

Training Opportunities

Consideration of Others

A presentation on values, attitudes and behaviors will be held Sept. 19 at from 9 to 11 a.m. in the hospital auditorium. CO2 credit will be awarded to all participants. For more information, please call 286-7180.

Breast Cancer Education Course

The Breast Cancer Education Course for Primary Care Providers is scheduled for Oct. 2 from 7:30 a.m. to 4 p.m. in the Soldier Development Center located in building 33009 at the corner of 72nd St. and 761st Tank Battalion Ave.

Participants will receive 7.2 CEUs or 7 CME hours.

To register, please call 286-7249.

Anti-Terrorism/Force Protection Training

AT/FP Training will expire for many staff members this month. This is an annual requirement for all MEDDAC employees.

AT/FP training is scheduled for Sept. 24 and Oct. 8 at 1 p.m. in building 36001, room 158.

The briefing is also available online at <http://at-awareness.org>, enter the access code "aware."

For more information, please call 286-7252.

Safety and the Manager Course

The next Safety and the Manager course is scheduled for Oct. 23 from 8 a.m. to 4 p.m. in building 36001, room 158. This course is mandatory for all supervisors. Please contact the Safety Office to reserve a slot at 286-7381.

Kudos to Newly Selected Sergeants 1st Class

Congratulations to the following staff sergeants who were selected for sergeant first class:

SSG Dawn M. Alvarado
SSG Gregory D. Archbold
SSG Larry E. Hillard Jr
SSG Tracy E. Kitchens
SSG William H. Robinette
SSG Drexil L. Smothers
SSG Lemailoa Tuiasosopo Jr
SSG James W. Vigneron
SSG Alfred L. Young



Did You Know?

Wellness Survey for GS/WG Employees

The Employee Assistance Program will conduct a Wellness Survey Sept. 19 from 1-4 p.m. and Sept. 20 from 7 to 11 a.m. in the DCCS Conference Room on the second floor. All GS/WG employees are invited to participate in this voluntary survey. The survey takes about 15 minutes to complete. For more information, please contact Capt. Bauer at 286-7264.

Commander's Call/Hail and Farewell

The hospital commander will conduct an officer's call and a hail and farewell Sept. 25 at 5 p.m. at the Longhorn Saloon on West Fort Hood. All officers are invited to attend.

APFT Scheduled for Oct. 21-25

The APFT will be administered on the dates, times and locations below:

Monday, October 21 at 6:15 a.m. at the stadium track

Tuesday, October 22 at 6:15 at the railhead

Wednesday, October 23 at 6:15 a.m. and 3:15 p.m. at the stadium track

Thursday, October 24 at 6:15 a.m. at the railhead

Friday, October 25 at 6:15 a.m. at the stadium track

More News

Influenza and the Patient

Flu season is just around the corner. Below are answers provided by Community Health Nursing:

How is influenza spread?

Influenza is easily passed from person to person. The virus is primarily spread by the coughing and sneezing of infected persons or, sometimes, by direct contact, either with infected persons or contaminated surfaces.

How can I tell if my patient or I have the flu?

Laboratory testing is helpful for confirming the diagnosis. Conduct rapid antigen testing of patients who present with an illness of less than 48-72 hours of duration that is characterized by abrupt onset of fever (greater than 100 deg. F.), accompanied by any of the following symptoms: chills, headaches, myalgias, arthralgias, malaise, anorexia, cough, or nasal discharge. The procedure for collecting the rapid antigen tests: Nasopharyngeal washes and aspirates (of 2-3ml). Calcium alginate swabs cannot be submitted

The DACH lab will do testing 7 days/week during normal duty hours. To order the lab in CHCS type Flu and choose Influenza A/B (Rapid) from the pick list. Questions about the direct antigen tests can be directed to Ms. Larsen or Mr. Bark at 288-8206/8218.

What should I do if I suspect influenza in a patient?

First, notify the patient's physician and infection control. Infection control can recommend steps to limit the spread of influenza to other patients and staff and can look for additional cases of influenza.

What can I do to protect patients and myself from contracting influenza?

Influenza vaccination (the flu shot) is the best way to reduce your chances of getting ill from influenza-infected persons and to keep you from passing influenza to patients and other healthcare personnel. You should follow hand washing and other infection control recommendations to prevent influenza transmission. The flu shot is mandatory for all active duty unless medically contraindicated (IAW AR 40-562).

Why should health care workers get flu shots?

All healthcare personnel should get flu shots so they do not get influenza and pass the virus to those at high risk for influenza-related complications, such as persons over 50 years of age and those of any age with chronic medical conditions.

Quotes

Character

“When the character of a man is not clear to you, look at his friends.”

Japanese Proverb

“You cannot dream yourself into a character; you must hammer and forge yourself one.”

James Froude, English historian

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”

Helen Keller