

What's Up DACH?

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HOT News

This is a reminder that MEDDAC Reg. 40-6 states that all DACH personnel that work in patient care areas and have a birthday in August and September should make an appointment with the Occupational Health Clinic for your annual medical surveillance.

Please call 286-7232 to make your appointment.

MEDDAC Happenings



It is time again for Darnall's Sports Physicals and School Immunizations Clinic to help our beneficiary children get ready for the upcoming school year.

Last year over 800 children were seen, and we need your help for the excellent turnout we expect this year!

This year's event will be held at the Thomas Moore Health Clinic on Aug. 21 from 8 a.m. to 4 p.m.

There are a variety of jobs that we need filled. If you are interested in volunteering please contact Capt. Eichelberger at 535-2164.



Commander's Corner



MEDDAC Staff,

Your commitment and teamwork continue to shine as we support the combat readiness of III Corps. "Teamwork" is pillar three in my Commander's Intent.

Organizations work best when they achieve unity of effort. Unity of effort means military, DA civilians, and contractors – all MEDDAC personnel – working collectively to achieve a common goal. We must eliminate the culture of "stove-piping" and foster collaboration not just within our own sections, departments, and clinics, but also across sections, departments, clinics, and disciplines as we strive to excel in the many diverse healthcare aspects of supporting III Corps combat effectiveness.

- (1) Our redesigned "battle-rhythm" is creating a multi-disciplinary focus in achieving unity of effort through good stewardship of our time spent in meetings. This will posture us well for our upcoming JCAHO survey, which will occur around November.
- (2) We must also embed teamwork in our everyday duties. When moving personnel throughout the MEDDAC, we will coordinate and synchronize movements between sections, clinic, or departments six weeks prior to the actual move-taking place. This is not only common courtesy, but absolutely essential to all sections and clinics performing their mission.
- (3) Patient safety, as well as our own safety both on and off duty, also involves teamwork. Patient safety, such as medication administration, involves having the proper checks and balances, which we must all work together to execute.
- (4) Occasionally we will work continual shifts. When that happens we will allow each other to get some "down-time" such that we will be rested enough to arrive home safely.
- (5) Teamwork means focusing on our contribution to the MEDDAC strategic plan. It means asking ourselves "What can I do that, if done well, will make a difference in the organization?"

The Global War on Terrorism and its unpredictable course will continue for many years. Through continual embedding of Teamwork into our culture, we will create the emotional, mental and physical stamina to endure. Thank you for all that you do, every day and every night.

One Team!

Col. Bernard DeKoning

Training Opportunities

Customer Service Class

The next Customer Service Class is scheduled for Aug. 20 from 7:30 a.m. to 11:30 a.m. in the hospital auditorium.

Ethics Committee

Darnall has an Ethics Committee which can be used as a resource to help providers and hospital employees manage ethical issues. The committee meets on the second Tuesday of every month in the DCCS' conference room; ad hoc sessions can be held if needed. Please contact the DCCS office at 288-8482 to discuss any ethical concerns.

Prevention of Sexual Harassment

The next Prevention of Sexual Harassment class is scheduled for Aug. 23 from 9 a.m. to 11 a.m. in the Darnall auditorium. Point of Contact is the Equal Opportunity Advisor, Sgt. 1st Class Sheirice Graham at 286-7180.

Documentation-Improvement

A documentation-improvement training course is now posted on the Darnall website. Click on Staff, Hospital Intranet, Health Education Training. This training must be completed by physicians, midwives, residents and physician assistants. Please call the Division of Readiness, Education, Training and Security (DRETS) at 286-7236 for further information.



CONGRATULATIONS TO:
Sgt. Sarah Mendiola, Amb. Nursing
Unit,

Hearts of Gold Winner

Did You Know?

Voter Registration and Absentee Voting

For all questions on how to register to vote in Bell or Coryell counties or absentee voting, contact 2nd Lt. Kurt Kresta, Darnall Voting Assistance Officer. He has voter registration cards and write-in ballots for all DACH employees and their eligible family members. He will be able to answer any questions you have. He is located in room 115 of Bldg 76022. Contact him at 287-4328 or 285-5630.

Performance Improvement Suggestion

Anyone can submit a suggestion to improve something at Darnall. Simply complete the PI Suggestion Form 254 and drop it off in the QI Office, room 2431. All suggestions are discussed bi-monthly at the Joint Performance Improvement Committee meeting and the submitter will get feedback. Questions can be directed to QI at 286-7097.

Earn Cash by Submitting a Good Idea to the Army

HQDA just made it easy for you to submit your great ideas through the Army Suggestion Program (ASP) and follow the suggestion progress from submission to final decision from anywhere in the world.

Just follow the simple instructions at https://armysuggestions.army.mil/services/asp/asp_home.cfm. For additional information contact the Fort Hood ASP coordinator at 287-IDEA.

More News

Congratulations to the following outstanding people who have been promoted or received an award.



1st Lt. Eric Kremers, to Capt., Promotion
Sgt. 1st Class Henry Sweeten, to Master Sgt., Promotion
Maj. Charles Chitwood, ARCOM
Maj. Margaret Collier, ARCOM
Maj. Rebecca Mione, ARCOM
Sgt. Yuneisy Cancel, ARCOM
Sgt. Geno Munoz, ARCOM
Capt. Minh Doan, AAM
1st Lt. Renee Zmijski, AAM
Wanda Langford, Credentials, Promotion
Karen Higginbotham, Amb. Svc., Promotion
Jannett Hogan, PAD, Promotion
Rose Baker, MEDDAC Volunteer of the Month

Off to a Healthy Start: Back to School Tips

By Gay Lynn Levan, RD
and Maj. Colleen Kesselring
Nutrition Care Division

The beginning of the school year marks a perfect opportunity to develop healthy eating patterns for your children. Creating a consistent meal pattern can be difficult with the family's busy schedule. Keep in mind that establishing a routine may be time consuming at first, but should be easy to maintain. Here are four helpful tips for creating a healthy eating behavior in the new school year:

1. Eat breakfast every day. Not only does eating breakfast give the brain energy to function, it's also the best way to jump-start the metabolism. Breakfast doesn't need to be complicated. Eating a cereal bar, yogurt or piece of fruit is a quick and easy meal for on-the-go families.

2. Take an extra 10 minutes to pack a lunch. Most parents would agree that children don't often make the most balanced choices in the lunch line. Packing a meal ahead of time will help reduce those high calorie choices at lunch.

3. Get rid of juices, fruit drinks and soda in the house. "All natural" juices aren't always as the label promises. These drinks are typically high in sugar and calories.

4. Provide healthy foods for after school snacks. Substitute pretzels for chips and fruit for cookies or candy. After school snacking is an easy way to ensure that no more than three to five hours pass between meals. This can help prevent over-eating at dinner and will provide the energy needed for after school activities.

Getting off to a good start at the beginning of the school year will help you establish positive eating patterns. These four suggestions are simple ways to keep on track with healthy eating during the school year.

JCAHO Journal

Benefits of JCAHO Accreditation

- Leads to improved patient care.
- Demonstrates the organization's commitment to safety and quality.
- Offers an educational onsite survey experience.
- Supports and enhances safety and quality improvement efforts.
- Strengthens and supports recruitment and retention efforts.
- May substitute for federal certification surveys for Medicare and Medicaid.
- Helps secure managed care contracts.
- Facilitates the organization's business strategies.
- Provides a competitive advantage.
- Enhances the organization's image to the public, purchasers and payers.
- Recognized by insurers and other third parties.