



CRDAMC Now

Initiatives to improve your health care

**Carl R. Darnall
Army Medical Center**

Fort Hood, Texas
November 2010

Darnall respiratory therapists committed to saving lives

By Christie Vanover
Public Affairs Office

Take a deep breath. Now exhale.

Breathing is easily taken for granted, but the moment a person suffers a sinus infection, food traps the airway or a person is submerged under water, the moment a person can't breathe, the involuntary action suddenly takes center stage.

At Carl R. Darnall Army Medical Center, 17 certified respiratory therapists are trained to be there when those fearful moments happen.

CRDAMC Respiratory Services provides 24-hour support throughout the hospital to emergency care, medical, surgical and neonatal intensive care, pediatrics, pulmonary, arterial blood gas and laboratory testing settings.

"We are accountable to the health care team, but above all, we are accountable to our Soldiers and their families," said Staff Sgt. Terrilyn M. Williams, Respiratory Services assistant noncommissioned-officer-in-charge. "Through care and concern, we support our Soldiers and their families, which further supports mission readiness, deployment and the conservation of fighting strength."

The Respiratory Services team is promoting that support through Respiratory Care Week, which runs Oct. 24-30, and Lung Health Day, which is Oct. 27.

"Respiratory therapists at CRDAMC are committed to helping those suffering from lung disease," said Maj. Kyra Clark, section chief.

"Respiratory Care Week is an important time for them to demonstrate pride in the profession, provide educational messages and acknowledge the efforts and contributions of respiratory therapists."

On Oct. 22 and 26, CRDAMC's respiratory therapists and asthma educator, will speak at CRDAMC's Adopted School, Saegert Elementary. On Friday, they will address Killeen Independent School District parent liaisons, and on Tuesday, they'll talk to parents and fourth graders.

The program is aimed at increasing awareness about lung health issues, demonstrating the value of respiratory care and educating prospective students about the diverse career opportunities in the respiratory care profession.

It is also a time to recognize the efforts of the military respiratory therapists who, in addition to working with their civilian counterparts, often deploy with combat support hospitals for humanitarian missions and combat duty.

Williams recently completed a deployment to Iraq. While there, her unit closed the hospital in Baghdad and opened a U.S. forces hospital on Sather Air Base. She said being a respiratory therapist downrange was challenging.

"There are a lot less of us

in a combat environment, so we have to be ready for 24-hour shifts," she said.

Her duties weren't limited to a hospital setting either. She said once patients were stabilized, she would fly with them to a location where they could get more advanced care.

To become a Military Respiratory Specialist, the 68V military occupational series, Soldiers are required to pass a rigorous advanced individual training program.

According to the Army Medical Department, the Respiratory Specialist Program is one of the Army's most demanding and challenging programs. The nine-month training is equivalent to the two-year program offered in the civilian sector and includes 20 weeks of classroom training and 16 weeks of clinical rotations.

At Darnall, there are six military and 11 civilian respiratory therapists who provide ventilatory life support, pharmacological aerosol administration, oxygen systems set-up and monitoring, pulmonary functions testing, sleep studies, blood gas sampling and analysis, patient teaching and more.

"A lot of people aren't familiar with what we do," said Williams. "They watch TV. They see the ventilators. We want to let people know we are monitors of respiratory health. We are part of the Code Blue Team. We are part of the trauma team."

"We are expected to be there always," she said.

How to Access Health Care

NURSE ADVICE LINE

Speak to a Registered Nurse 24/7
Advice about urgent health issues
Guidance on non-emergency issues. Information about self-care for Injuries and illnesses
1-254-553-3695

APPOINTMENTS ONLINE

Register online to make appointments
And refill prescriptions on the Web at
www.tricareonline.com

EVENING APPOINTMENTS

Thomas Moore Health Clinic
58th Street & 761st Tank Destroyer Blvd.
Appointments from 5—8 p.m.
On Monday, Tuesday, and Thursday
Call 254-288-8888

WEEKEND WALK-IN CARE

Thomas Moore Health Clinic
58th Street & 761st Tank Destroyer Blvd.
Saturday & Sunday
From 8—11 a.m. and 1—3 p.m.

QUICKCARE

Prompt treatment of minor injuries and sudden illnesses
Walk-in Care for Families enrolled to
Bennett Health Clinic, West Fort Hood Health Clinic and Thomas Moore Health Clinic
Monday through Friday
From 8 a.m.—5 p.m.



Retiree Health Fair offers flu vaccine and screenings

This year's Retiree Health Fair is from 9 a.m. – 2 p.m. Saturday, Oct. 30, at the Thomas Moore Health Clinic on the corner of 58th Street and 761st Tank Battalion Ave. on Fort Hood.

In addition to the Carl R. Darnall Army Medical Center-sponsored Health Fair on Saturday, retirees can get the flu vaccine at the Copeland in-processing center from 8 a.m. to noon on Friday, Oct. 29, while they are renewing their military ID cards.

The following vaccines will be available Saturday at the Retiree Health Fair: seasonal flu, Pneumovax, Zostavax, Tetanus, and Pertussis. For the Zostavax immunization, retirees must bring a note signed by their primary care provider stating there are no contra-indications to receiving the vaccine.

Representatives from various

CRDAMC departments will be on hand from 9 a.m. to 2 p.m., Saturday, Oct. 30, dispensing information, conducting screenings, and answering questions for central Texas retired military personnel and their spouses.

The Pharmacy service will have updated medication cards for retirees who use the CRDAMC pharmacy as their primary pharmacy.

Retirees can take advantage of screening opportunities that cover such healthcare problems as glucose level, blood pressure, weight, and dental.

Due to the health fair, the weekend clinic at Thomas Moore Health Clinic will be closed Saturday. Individuals with a sudden onset of a minor illness or injury on Saturday should go to Darnall's Emergency Department. The weekend clinic will resume Sunday, Oct 31.

Bugged by bedbugs?

Bedbugs that invade military barracks or family homes can cause painful bites and skin rashes. Once a huge problem in homeless shelters and rundown apartments, bedbugs have upgraded their living quarters to upscale hotels, posh homes and military installations.

As with other non-urgent conditions, bedbug bites do not require a trip to the emergency room. Most bedbug bites can be treated in the same way that you would treat a mosquito



bite - antihistamines or corticosteroids to reduce itching and allergic symptoms and antiseptic or antibiotic ointments to prevent infection.

Bedbugs are non-flying, oval shaped parasitic insects, about the size of apple seeds. They feed by sucking blood from animals and humans.

Bedbugs can live in any area of the home and can reside in tiny cracks in fur-

nature and concentrate in beds, including mattresses, box springs, bed frames, curtains, edges of carpet and inside dressers.

Beneficiaries who think they've been bitten by a bedbug should wash the bites with soap and water. Do not to scratch the bites too much because this can make them become infected.

Although treating a bedbug rash isn't difficult, getting rid of the blood sucking pests is another story, and a professional exterminator may be needed.

To keep bedbugs away, the Environmental Protection Agency (EPA) makes these recommendations: check second-hand furniture before bringing it home; get rid of clutter, especially around a child's bed, toys, clothing and stuffed animals; don't let sheets or blankets touch the floor; examine beds in hotel rooms when you travel; and keep luggage off the floor.



Darnall staff during a previous Health Fair

Thanksgiving Holiday hours for clinics

Carl R. Darnall Army Medical Center and its primary care clinics will modify operating hours in observance of the III Corps and Fort Hood training holiday and the Thanksgiving Day federal holiday, Nov. 25-26. The hospital remains open every day for emergency services, inpatient care, and labor and delivery services.

All outpatient clinics and pharmacies are closed Thursday, **Nov. 25** the federal holiday for Thanksgiving.

Friday, **Nov. 26**, is a training holiday for III Corps, Fort Hood, and CRDAMC. Thomas Moore Health Clinic will offer walk-in health care services for acute health issues on from 8 a.m. to 5 p.m. All other outpatient clinics will be closed. The main Outpatient Pharmacy will be open as well as the pharmacy at Thomas Moore.

Saturday and Sunday, **Nov. 27** and **28**, are normal weekend hours for CRDAMC. The Weekend Acute Care Clinic will be open at the Thomas Moore Health Clinic on 58th Street and 761st Battalion Avenue. The clinic is open for walk-in care from 8-10 a.m. and 1-3 p.m. This clinic is for active-duty Service Members and TRICARE Prime enrollees assigned to CRDAMC's family medicine clinics, troop medical clinics, and the Pediatric Clinic.

CRDAMC's Main Outpatient Pharmacy will be open Saturday from 8:30 a.m. – 5 p.m. and will be closed on Sunday. The Refill Pharmacy at the Clear Creek Post Exchange is open Saturday from 9 a.m. to 6 p.m. and closed on Sunday.