

VITAL SIGNS

VOL III No. 5 Naval Regional Medical Center, Orlando, Florida

1 February 1981

Director of Navy Nurse Corps

Rear Admiral Shea visits NRMC

By LT Greg Holeman, NC, USN

On 13 January, Rear Admiral Frances T. Shea, NC, USN, Director of the Navy Nurse Corps, visited NRMC in conjunction with her attendance at the Secretary of the Navy's Advisory Board on Education and Training (SABET) Conference held in Orlando.

During her visit, RADM Shea toured the replacement facility and was guest of honor at a reception given by the NRMC Nurse Corps Officers at the NTC Officers' Club. She was also the guest speaker at the Captain's Table Luncheon held in the new hospital.

In an informal question and answer session with NRMC's staff nurses, RADM Shea shared her views on the current state of the Nurse Corps and its future direction and goals. The graduate and post-graduate educational opportunities, current challenges, and many other topics of general interest were discussed.

RADM Shea's visit provided a unique opportunity for NRMC's Navy Nurses to

benefit from her broad range of knowledge and to better understand the important role of the Nurse Corps in accomplishing the mission of the Navy Medical Department.

RADM Shea graduated from St. Joseph's College and earned her Master's Degree from DePaul University. She was selected as Director of the Navy Nurse Corps in August 1980.



RADM Frances T. Shea, NC, USN
U. S. Navy Photo

We're sorry you're leaving!

LCDR B. Radpour, MC, to NRMC, Long Beach
 HM2 T. Engebretsen to civilian life
 HM3 J. Rodriguez to NSHS, San Diego
 HN J. Gifford to civilian life
 HM3 W. Thompson to civilian life
 HN N. Caloyeropoulos to FMSS Camp
 Lejeune and FFT to 2nd MarDiv
 HM2 M. Snyder to NSHS, Portsmouth
 HM3 W. Pearce to civilian life
 HM3 J. Cadrain to civilian life
 HM3 D. Desousa to USS MANITOWOC
 HM1 F. Catcott to NSHS, Portsmouth
 HM2 M. Nicholas to NavAeroSpRegMedCen,
 Pensacola

Congratulations, Reenlistees!

HMC Joseph J. Daco, Pharmacy Service
 HM1 Guillermo Milano, Laboratory
 Service
 HM2 Robert Patterson, Laboratory
 Service
 HM2 Karl Schweinberg, Pharmacy
 Service
 OS1 David Campbell, Operating
 Management Service

Whooizzit???



DO YOU KNOW THIS STAFF MEMBER? (Answer
 on Page 8.)

We're glad you're here!

HM1 M. Bennett from NSHS, San Diego
 HM1 L. Kessinger from USS LASALLE
 HM1 W. Downing from NOSC ELK RIVER
 MS1 F. Owen from USS BLANDY
 HM2 M. Grubbs from TPU, NAC, Orlando
 HM2 B. Billingsley from TPU, NAC, Orlando
 HM3 R. Knapp from 3rd FSSG, FMFPAC
 HM3 R. Brown from 3rd FSSG, FMFPAC
 HM3 P. Boon from HCS GLAKES
 HM3 E. Matthews from 3rd FSSG, FMFPAC
 HR J. Warren from HCS San Diego
 HR E. Tharrington from NSHS San Diego
 HA C. Thompson from HCS GLAKES
 HR H. Matheny from NSHS, San Diego
 HA C. McCloud from NRMC, Oakland
 HN D. Hilman from HCS GLAKES
 HA R. Hart from HCS GLAKES
 HA P. Dimitry from HCS GLAKES
 HN D. McKeag from HCS San Diego

NRMC's Log

1 January 1981

0001 - We searched and scavenged but to
 no avail
 No poetic New Year's wisdom will
 prevail
 And the blame is totally on
 sobriety, you see.
 Alas, all doors are locked and the
 hospital secure
 So it's bon voyage 1980; welcome
 aboard '81....
 And Mr. Reagan, a pay raise if you
 please!

HM2 Dave Porter, USN

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RAMP PAGE!**Do you consider our freed hostages heroes?**

HN Claire Elliott, Laboratory Svc: "Yes, because they were able to survive the confinement."



Pat Horn, Patient Affairs: "No, but I think their families are!"



LT J. Ulcickas, MSC, Chief, HumResManSvc:

"Even though they knew the Iranian political situation was deteriorating, they stuck to their jobs; so, they did exhibit a facet of bravery both before and after their capture. However, I do not consider them heroic figures in a military sense... they did not suffer the extreme and long-term hardships of our POWs."



HM1 Bogan McQuigg, Nursing Services Detailer: "Basically, no. But I have great admiration for them and sympathy for what they had to go through. I pray no other American will have to face an ordeal like that again."



MMCM Tom Hill, Admin Asst, NRCM Annex: "Yes, by virtue of their tolerance for the inhumane treatment."



Chaplain's Comments

By CDR W. E. Tumblin, CHC, USN

Active Dreamers Live Abundant Lives

The prophet, Joel, foretold a coming expansion of God's Spirit which would affect young and old, sons and daughters. Old men will dream dreams and young men will see visions because of God's Spirit (Joel 2:28). One who not only acknowledged his dreams but shared one dream with others, was the late Martin Luther King, Jr. He did not just report once having a dream; he spoke of "having a dream" that guided him in living.

An incomplete understanding of dreams causes some to blush, many to remain mute, and others to deny the reality of dreams. Dreams were "the royal road to the unconscious" for Sigmund Freud. I believe they are a much neglected avenue of spiritual truth. But dreams not only reveal, they compel us to action. The potency of dreams lies in our recognition, response and commitment of self to the best we know of God, our Heavenly Father.

The God who inspires dreams also calls us to courageously live toward the ethical imperatives of those dreams. Martin Luther King, Jr., was possessed by his dream. Even in death, his dream pricks the consciences of people. To have a dream, surely given by God and shared with others, is one meaning of abundant life. To find Godly wealth, mine your dreams.

MARTIN LUTHER KING, JR.



Jan. 15, 1929—
April 4, 1968

Information Desk - 4313/4314

When you call one of these numbers, you will reach the busy hub of the Naval Regional Medical Center, Orlando.

In the midst of the ringing phones, the crackling of the short wave radio base station, and the line up of persons seeking help, sits Jean Rodarte, who confidently and professionally, dispatches information.



Jean Rodarte

Jean has been employed at NRMC for 6 years. Her first assignment was in the Medical Records Section of OPD. She transferred to the Information Desk in March, 1978.

Jean is married and she and her husband, William, have three children and three grand-children.

Jean has two American Red Cross Volunteers who assist her. Mrs. Shirley LaBonte, who works at the Information Desk on Wednesday afternoons and also all day Thursday, and Mrs. Alice Obarski, who works all day Friday. Shirley has been a Volunteer at the hospital for 3 years and has a total of 7 years of volunteer work. In addition to the Information Desk, she also works Wednesday mornings at the Family Practice Clinic. Alice has been a Volunteer for 3 years - all at the Information Desk.



Alice Obarski



Shirley LaBonte

NURSING**SERVICE**

By LT Greg Holeman, NC, USN

CDR McKown addresses NRM C Nurses

Accompanying Rear Admiral Frances T. Shea, the Director of the Nurse Corps, on her recent visit to NRM C Orlando, was CDR F. C. McKown, the Officer in Charge of the Nurse Corps programs at HSETC

In a special conference with NRM C's staff nurses, CDR McKown discussed many of the routes leading to educational opportunities available to Navy nurses. CDR McKown specifically addressed the eligibility requirements needed to meet the criteria for various educational billets as well as the Navy directives which specifically outline procedures for application to various graduate and post-graduate courses of study.

CDR McKown's visit was most informative. Anyone desiring more specific information, can contact the CDR at her office at HSETC.



RADM Shea tours the new facility with (left to right) Captain Nickerson, Commander McKown and Captain Zimble.

Smoking Cessation Program

"There is no one magic way for everybody to quit smoking. But there are a great many effective ways. If at first you don't succeed, quit and quit again!"

From Office of Cancer Communications

NRM C has taken giant steps in their Smoking Cessation Program to aid and assist smokers in calling it quits.

The first Smoking Cessation Seminar was conducted in November with HM1 Pat Johnson and HM1 Tony Washington serving as the American Cancer Society trained instructors. Their seminar started with 10 participants, with 6 completing the course.

The second Seminar was conducted in December with Tom Van Ells, Food Management Service as the instructor. Tom had 8 participants at the beginning with 6 completing the course.

Beginning with the first week in February, Smoking Cessation Classes will be held the first week of every month. The course is made up of five sessions which will be held from 7 - 9 p.m. on Ward 17. These seminars are FREE and open to all beneficiaries; however, each seminar will be limited to 15 enrollees. Call the Educational Services Office, X4751, for more information.

The Mission of the Smoking Cessation Program is as follows:

To establish a non-smoking climate in our medical facility constantly reinforcing the value of not smoking for health related reasons.

To provide accurate knowledge and educational support.

To establish and maintain a No Smoking display in NRM C and provide information about smoking and how to quit.

To establish and maintain a monthly Smoking Cessation Seminar for staff, patients, retirees and dependents.



Clear the air...

Quit!

**... From the
other side!**

By HMC Jim Silvers, USN

Independent? You bet!

The Navy Enlisted Classification Manual defines the code of HM-8425 as "the principal medical department representative rendering all types of advanced medical assistance to eligible personnel aboard ships, deployed units and stations independent of a medical officer." The Manual of the Medical Department further amplifies this view by stating that "the medical department representative serves as the representative of the Surgeon General in all medical functions performed on independent duty and is directly responsible to the Commanding Officer for the health of the crew; sanitation of the command; care of the sick and injured; procurement, storage and custody of medical department property; preparation of required medical reports; and maintenance of health records."

Who is this individual that the Navy has tasked with such a direct and at times, awesomely, frightening amount of responsibility? Is this individual a physician practicing medicine on board an isolated duty station, a Medical Service Corps Officer managing dispensary operations on a Marine Corps base in the Pacific, or an Environmental Health Officer who is endeavoring to ensure compliance with good sanitation practices and procedures on a naval vessel? No, he is none of these!

The answer to all these questions... ... he or she is an Independent Duty Hospital Corpsperson - HM 8425. First, and perhaps most surprising to someone outside the Hospital Corps community, this individual is an enlisted person. Secondly, this individual is a graduate of the "C" school for independent duty and is a First Class or Chief Petty Officer. Thirdly, this individual is required to demonstrate, refine and expand, possessed knowledge, skill and abilities on a daily basis by the simple expedient of accomplishing numerous delegated responsibilities

LAB LINE

By LCDR J. D. Cotelingam, MC, USNR

Microscopy of a meniscus

No. It wasn't a crippling infirmity. Merely a torn knee cartilage, but it temporarily reversed my role from health care provider to recipient. The pre-operative work-up went smoothly enough. The Lab even got my vein the first time! In fact, I went on to survive the three bath schedule of Ward 12! All through my hospitalization and convalescence, I was privileged to receive the professional, caring and courteous support of physicians, nurses, corpspersons, receptionists, physiotherapists, and my associates.

As a patient, I was able to reflect and focus on priorities from another angle. The outcome of my deliberation confirmed what I had believed all along. The patient is positively the center of concern here at NRMC.

Thanks to a superb team effort, I'm back to the old microscope.

Just one more thing -- all of you who've been wanting to race me, had better get into shape. I'm almost ready to run!

February - Black History Month

ties in a satisfactory manner. Finally, it is imperative that this individual maintain a high standard of pride, expertise and professionalism.

NRMC Orlando has the following HM 8425's serving as active members of the health care team: HMC Francis Davidson, Outpatient Department, HMC Francis Moore, Physical Exam Section, and HMC James Silvers, Medical Records Department. Manning the newly established Division Sick Calls at RTC are: HMC Alexander Phillips, HMC Lynn Houseworth, HMI Martin Bennett, HMI Larry Mullis, HMI Bernard Nachimson, and HMI Willard Downing.



Master Shipwreck

HMCM(SS) R. C. Clements, USN

Message from the Surgeon General

"The Surgeon General and Chief, Bureau of Medicine and Surgery takes great pleasure in announcing that HMCM Steve W. Brown, USN, presently serving as Director, Hospital Corps Division, BuMed, has been selected as the Force Master Chief, Medical Department, U.S. Navy.

Master Chief Brown will assume his new duties 1 February. He has served in various Medical Department facilities and billets throughout his 28 years of service, thus making him eminently qualified to serve in this position.



Master Chief Brown will be the personal advisor to the Surgeon General on Medical Department policies affecting the totality of the hospital corpsmen and dental technician communities. Increased awareness and emphasis will be given to these enlisted members who daily exercise their highly valued, specialized skills throughout the Navy.

The competition was very keen and deciding on one single choice was most difficult. Each of the nominees were individuals of the highest caliber, and we can all be justly proud of these Master Chiefs who typify the proud and accomplished hospital corpsmen and dental technicians of the U. S. Navy."

Master Chief Brown ensures me that he will visit NRM Orlando in the near future.



NRMC's Sailor of the Year - 1980



HM1 Trimble

HM1 William B. Trimble, USN, NRM Annex, has been selected as NRM, Orlando, Sailor of the Year for 1980. In order to be considered for this honor, Petty Officer Trimble had been selected as NRM's Sailor of the Quarter, First Quarter, 1980 for his outstanding sustained performance.

The competition was very keen and our congratulations are extended, not only to HM1 Trimble but to the other three staff members who qualified to be considered by the Sailor of the Year Board: HM2 Randolph Beers, Operating Room, HM2 Keith A. Poirier, Laboratory Service, and HM1 Anthony J. Washington, NRM Annex.

Fourth Quarter - 1980

Sailor of the Quarter

HM1 Anthony J. Washington, NRM Annex, was selected as NRM's Sailor of the Quarter, Fourth Quarter, 1980.

Petty Officer Washington reported to Orlando for duty in October 1979. He is presently serving as the Assistant Medical Board Coordinator. His everyday outstanding performance, personal conduct, appearance, and devotion to duty truly reflect a superior petty officer, leader, and a superb asset to the health care team. Congratulations HM1 Washington!



HM1 Washington



ASK THE SKIPPER



By CAPT J A Zimble MC USN

The written word

The written word is meant to be read. One of our most common occupations as Medical professionals is noting, recording, documenting, reporting, narrating, logging, etcetera. Further, we write with the full understanding that our deathless prose will be read by colleagues, supervisors, surveyors, inspectors, lawyers, patients, doctors, nurses, technicians, auditors, coordinators, etcetera.

Thus, we should be expected to take care in what we write. Although our documents will probably never become priceless artefacts in some future archeological digs or nominees for the Pulitzer Prize, neither are they wasted words of Babel. We're proud of what we do and we must ensure that our words accurately reflect our performance. Sometimes, however, I suspect some NRMCA authors lose sight of that requirement.

In my job, I have the great pleasure of reviewing a considerable portion of those words which on sundry documents find their way into my in-basket. Several particulars dismay me in my reading in that the high level of attentive care in all the activities of this hospital are inaccurately displayed. One particular is spelling, or rather misspelling. In logs, charts, morning reports, I frequently see medical nomenclature (something with which medical professionals should be most familiar) so misshapened, mishandled, and misspelled as to become almost unintelligible. Such deformities can significantly alter the reader's perception of our abilities.

More serious, of course, are inappropriate entries into various documents. Reputations and careers can be affected by intemperate or vindictive notations. Adverse patient care could result from imprecise, illegible or irrelevant writing.

Your written word becomes your history. It is your profile. Please be careful when you write. Let your words mirror your high standards; let them proclaim your worthy contribution.

* * * * *

Managing Editor's note: An appropriate post-script to Captain's column is: Your written word on Enlisted Performance Evaluations and Officer Fitness Reports also is a reflection on your performance!

Black History Month Events

The theme for Black History Month for 1980 is "Giving Our Fair Share." The events scheduled at NTC, to observe this special month, are as follows:

- 1400 15 February - Gospel Concert at the Mariners' Club
- 1400 15 February - Service at McCoy Chapel
- 1400 17 February - Fashion Show at the Petty Officers' Club
- 1400 18 February - Luncheon at the Mariners' Club
- 1630 22 February - Family Night - Soul Food at Galley #3

Whooizzit?

It's HMC Alexander Phillips, NRMCA Annex. Chief Phillips reported on board in October 1979 and is presently assigned as the Chief Petty Officer in Charge of all the Division Sick Calls at RTC.



Chief Phillips and his wife, Diane, have one child. Their daughter, Hadassah Leah is now 10 months old. Chief Phillips has served in the Navy for over 17 years.

Chief Phillips' "hometown" is the Caughnawaga Indian Reservation in Quebec, Canada.