

# WOMACK

## ARMY MEDICAL CENTER

*Growing with Fort Bragg and our community*



### INSIDE

PAGE  
**3**

SANE nurses care for assault victims

PAGE  
**4**

Tips for quitting tobacco

PAGE  
**7**

Womack department wins awards

# Commander's letter



We are grateful you continue to choose Womack Army Medical Center for your health care needs. Each and every one of your encounters with our organization is extremely important to us. One of our top priorities is to improve your access to quality health care and exceed your expectations in compassionate and caring service. We value your input and welcome your thoughts and ideas on how we can better serve you and your Family.

It is a busy time for us as an organization. We recently moved our staff and Soldiers into the new Warrior Transition Battalion complex.

Progress continues on the Troop and Family Medical Clinic near the corner of Woodruff and Knox Streets. This clinic will replace the Pope Clinic and will serve as the primary care clinic for most Airmen, Reserve Command and Forces Command.

Progress is being made with the construction of the new Womack Health and Support Center which is located near the Reilly Road

entrance. Social work, behavioral health, and resource management will occupy this building. This will allow us to expand the main Womack building for additional services and medical training opportunities.

We start our new obstetrics and gynecology residency training program in June, our 14th postgraduate medical training program.

We won the Chief of Staff of the Army Supply Excellence Award for the second time in 3 years. Womack's logistics team also won the Army's inaugural "Best of the Best" award for receiving the highest overall evaluation score within the Supply Excellence Award program across the entire Army. The Womack Property Management Team triumphed over 17 other individual category winners, including active, reserve, and National Guard units to gain this distinction. Supply discipline is an Army directive and an Army Medicine imperative. Our team's more than 400 years of combined experience in logistics and property management have made them legends in their field. We are so proud of them!

To improve continuity of care, we have expanded the hours at the primary care clinics on post to Monday through Thursday until 9 p.m. This allows our patients to utilize these appointments when it is convenient for them and not have to take time away from work. We hope to offer expanded hours at the Fayetteville and Hope Mills

Medical Homes in the near future.

We want to encourage the use of our online patient appointment process through TRICAREONLINE ([tricareonline.com](http://tricareonline.com)). This offers real-time appointment booking and cancellation and/or re-scheduling.

If you make an appointment at your clinic by telephone at 907-2778, you may cancel it by calling 907-2625 (CNCL). We at Womack value your time and know how busy your schedule can be. We ask that you cancel your appointment as soon as you know you will not be able to use it so we can offer your appointment to other patients.

Follow us on Facebook at [facebook.com/#1/pages/Womack-Army-Medical-Center/167679239918073](https://facebook.com/#1/pages/Womack-Army-Medical-Center/167679239918073)

For more information, log onto our website at [wamc.amedd.army.mil](http://wamc.amedd.army.mil). Send us your thoughts, comments or recommendations – we look forward to hearing from you.

As always, we are honored to serve you and your Family's health care needs.

Caring for America's finest,  
Committed to those we serve!  
Serving to heal, honored to serve.

**BRIAN T. CANFIELD**  
Colonel, Medical Service Corps  
Commanding

## ON THE COVER

Womack's Sexual Assault Nurse Examiner program provides compassionate medical professionals to victims of sex crimes and assaults.



**ARMY MEDICAL CENTER**  
*Growing with Fort Bragg and our community*

This quarterly publication is a product of the Public Affairs Office at Womack Army Medical Center. For more information on Womack Army Medical Center, please call 910-907-7247 or e-mail us at [pao.wamc@amedd.army.mil](mailto:pao.wamc@amedd.army.mil). Our staff is JoAnn Hooker, Carol Kirk and Shannon Lynch.

Womack Army Medical Center  
"Growing with Fort Bragg and our community"  
is published quarterly  
for Womack at Fort Bragg, North Carolina.  
The publication is published by The Fayetteville Observer.

The appearance of advertising does not constitute endorsement by the Department of Defense or Womack Army Medical Center.  
The information is current at the time of publication.  
Circulation: 87,600.

# SANE nurses: dedicated to assault victims

By: Shannon Lynch

**W**omack Army Medical Center leads the way for patients that may be victims of sexual assault.

“Womack Army Medical Center is one of the few Army medical centers that offers a comprehensive program for victims of sexual assault,” said Col. (Dr.) Frank Christopher, the Deputy Commander for Clinical Services, Womack Army Medical Center. “The specially-trained Sexual Assault Nurse Examiners (SANE) are a team of 18 nurses, primarily based in the emergency department and other clinical areas of Womack, who are specially trained to meet victims’ medical, emotional and legal needs. Additionally, they ensure compliance with all laws and Army regulations.”

The training is shifting from the Sexual Assault Nurse Examiner Program to the Forensic Medical Examiner Program which will include physicians and physician assistants. New medical command training occurred in May at Womack that included providers from Forces Command, Veteran’s Administration and Womack Army Medical Center. Three other installations provided personnel for the training. The goal is to offer this training twice a year at Womack Medical Center.

“The expansion of our forensic program not only enhances Womack and our Emergency Department, it provides a vital service to our community, the Soldiers and their families who we are proud to take care of,” said Dr. Vicki Lanier, who is in the department of emergency medicine.

SANE nurses undergo 2 weeks of intense training, followed by an 1-3 month internship with a practicing forensic provider. The training consists of education in Army regulations, relevant male and female anatomy and physiology, forensic examination and evidence



PHOTO BY CINDY BURNHAM  
Womack’s Sexual Assault Nurse Examiners are here to help victims. On the sign, from left to right, are Lisa Libby, RN, Queen Pierce, RN and Kelly Taylor, RN. The bottom row, from left to right, are Sonya Ivey, RN, Tracy Morris, RN, Kristin Kleinschmidt, RN, Jennifer Hall, RN, Amber Hampton, RN and Tammy Wright, RN.

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-a-day to respond to victims of abuse. Nurses determine the extent of the injuries and how to treat patients, perform genital exams, collect potential evidence and photographs, perform baseline testing for pregnancy and sexually transmitted diseases, and 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.

“We provide SANE coverage for Fort Bragg, 24 hours-per- day, 7 days-per-week,” said Christopher. “The SANE nurses provide services to sexual assault patients 14-years-old and over.”

For pediatric patients, Womack has one pediatric sexual assault nurse examiner on staff and plans to expand the pediatric program within the next year. Womack Army Medical Center can also rely on Dr. Sharon Cooper and Dr. Ursula Chesney, both whom are developmental and forensic pediatricians.

The improvements in DNA collection and forensic testing make it possible to collect

evidence up to 120 hours after an assault. Kelly Taylor, 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 sexual abuse cases,” Taylor said. “The emergency department staff has access to clothing for those sexual assault patients that are brought to the emergency department.

“We want our patients to feel safe during the exam,” she said. “We want them to know that our emergency department and highly trained forensic staff has everything they need to treat our patients both emotionally and physically.”



# The fight against tobacco

PHOTO BY CINDY BURNHAM

By: Capt. Lathasha Wytch-Burgess  
Department of Preventative Medicine

**D**o you know the dangers of tobacco use? During the 1900s medical research studies showed tobacco use increased the risk of many illnesses like heart attacks, strokes, Chronic Obstructive Pulmonary Disease (COPD), emphysema and cancer.

All forms of tobacco are equally dangerous, including cigarettes, cigars, hand-rolled tobacco, Bidis and Kreteks (cigarettes containing tobacco with herbs or spices), pipes and water pipes, chewing tobacco and snuff, Snus (a spitless smokeless tobacco), creamy snuff (a paste consisting of tobacco, clove oil, glycerin, spearmint, menthol and camphor sold in a toothpaste tube popular in India), and Gutkha (a version

of chewing tobacco mixed with areca nut, catechu, slaked lime and other condiments popular in India and Southeast Asia).

Women are at an increased health risk from tobacco use. Risk increases with the number of cigarettes smoked and the duration. Smoking is a major cause of coronary heart disease among women. Women who smoke have an increased risk for blood clot in the arteries supplying the brain and bleeding in the area surrounding the brain (stroke).

Cigarette smoking is the primary cause of Chronic Obstructive Pulmonary Disease in women, and about 90 percent of those women with COPD in the United States die from this condition. During pregnancy, tobacco users place themselves at high risk for premature birth,

**Castle Uniforms**  
Two Fayetteville Locations

**Tallywood**  
243 Tallywood Shopping Center • Raeford Rd. • 910-485-4429  
Mon-Fri 9am-7pm; Sat 10am-6pm

**Bordeaux**  
1828 - B Owen Drive • 910-485-4126  
Mon-Fri 9:30am-6pm; Sat 10am-6pm

[www.castleuniforms-cherokee.com](http://www.castleuniforms-cherokee.com)  
**ORDER ONLINE: Use promo code 'Military' for 10% Off Entire Order**

**ALLIANCE Family Dental**  
Patricia A. Barber, DDS & Associates, PA  
5428 Yadkin Road  
Fayetteville, NC 28303  
(910) 868-4664

Building Healthy Smiles *Together*

We accept most dental insurance plans. Alliance Family Dental is a preferred provider for United Concordia and Delta Premier.

Comprehensive Dentistry For The Entire Family  
*Focusing on you, not just your smile!*  
**Don't forget to ask about our whitening special!**

Dr. Patricia A. Barber  
General Dentist

[www.alliancefamilydental.com](http://www.alliancefamilydental.com)

low-birth-weight infants, During pregnancy, tobacco users place themselves at high risk for premature birth, low-birth-weight infants, stillbirth and infant death.

Are you aware of the risk of second-hand smoke? There are more than 4,000 chemicals in tobacco smoke, 250 are known to be harmful and more than 60 are known to cause cancer. Research shows second-hand smoke causes coronary heart disease and lung cancer. Thirty-one percent of the deaths in children are contributed to second-hand smoke. Second-hand smoke causes sudden infant death syndrome and low birth rate in infants. In fact, it causes 600,000 premature deaths a year.

How do you get Help? Most smokers who are aware of the dangers of tobacco use want to quit. First, you want to start with a tobacco cessation (quitting smoking) program. Counseling and medication can double the chance of success to quit tobacco use and stay tobacco free. The most-effective way to quit tobacco is counseling and use of medication, with the help of health professionals, resources, support groups, family and friends. Tobacco cessation reduces respiratory problems, such as coughing, wheezing, and shortness of breath, and reduces the risk of developing COPD. Tobacco cessation reduces the risk of heart disease, heart attacks and strokes. Quitting smoking during pregnancy can greatly reduce the risk of having a low-birth-weight baby.

Who offers tobacco cessation? Tobacco cessation programs are offered in many manners and places. There are resources online, at your local health clinic,

on the phone via hotline and rehabilitation clinics.

Fort Bragg offers several different venues for tobacco cessation. You can start by attending a Ready To Quit information session. This is a motivational class that provides you with information about medications, quitting tips and quitting-assistance options. Medication is not provided at this class. Active Duty Soldiers, Family Members, retirees and Department of the Army civilians who use tobacco products are encouraged to attend.

Ready To Quit sessions are offered by Public Health Nursing every Thursday from 1130-1300 at Sports USA, 2102 Longstreet; Clark Health Clinic, on the first Tuesday of each month at 1130; Fayetteville Medical Home, on the last Monday of each month at 1430; Joel Health Clinic, on the first Tuesday at 1300; Robinson Health Clinic, the first and third Monday at 1300; and the Army Wellness Center at 1100.

After attending the Ready To Quit session, you will be provided several options to make your journey to quit a success. You will have the option to receive Wellbutrin, nicotine replacement patches, or nicotine nasal spray by appointment with a provider.

You will be given information about the 4-week tobacco cessation program that teaches planning, coping with withdrawal, stress management, weight gain and relapse prevention. Other resources, websites, quit lines and other informational material will be available.

The next move is yours; let us help you make it tobacco free!

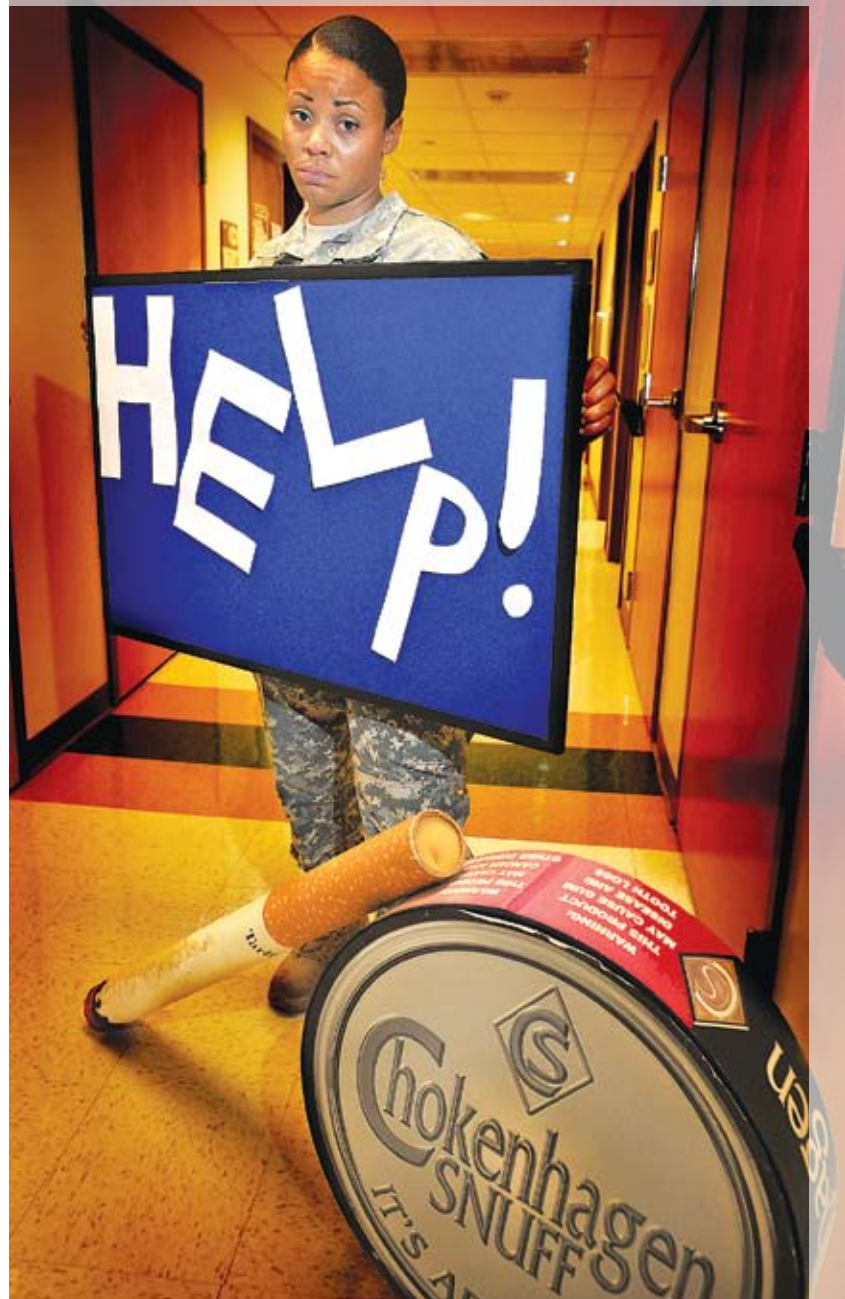


PHOTO BY CINDY BURNHAM  
CPT Lathasha Wytch-Burgess, RN, poses with anti-smoking props.

**For more information about tobacco cessation on Fort Bragg, Please call:**

Army Public Health Nursing at 907-9355 (WELL), or 642-2101  
Clark Health Clinic at 910-907-2575  
Fayetteville Medical Home at 910-907-9663(WOOD)  
Joel Health Clinic at 910-907-9161  
Robinson Health Clinic at 910-907-8282  
Army Wellness Center at 643-2101

For more information about tobacco and tobacco cessation programs, visit the online sites listed below.

*References:*

*World Health Organization-10 facts on second-hand smoke.2009  
Timeanddate.com Copyright © Time and Date AS. World No Tobacco Day.1995-2012.  
Centers for Disease Control and Prevention [cdc.gov/](http://cdc.gov/)  
Upper Peninsula District Health Department  
[Healthierfeds.healthierfeds.gov/tobacco\\_cessation/index.asp](http://Healthierfeds.healthierfeds.gov/tobacco_cessation/index.asp)*

# Make donating blood a part of your summer plans

By: Linda Ellerbe

**W**ith busy summer schedules of relaxation, vacations and family gatherings, finding the time to donate blood can sometimes be difficult. But the need for blood does not stop because the summer months start. The Fort Bragg Blood Donor Center is asking all who are eligible to take a little time out to donate blood and save lives.

Because blood may be needed at any time, it must be collected regularly. If blood is not available when the need arises, the consequences can be fatal. Donating a unit of blood to the Armed Services Blood Program takes less than an hour, so fitting an appointment into a busy summer schedule is easy.

The Armed Services Blood Program is a tri-service program with more than 20 blood donor centers worldwide. Like the other blood donor centers, the Fort Bragg Blood Donor Center collects whole blood and platelet donations to help ill or injured Service Members, Veterans and their Families around the world. Blood and platelets are both in high demand, so donors are always needed and welcomed at the center.

The Fort Bragg Blood Donor Center always has a need for type O-negative and type AB blood. Because O-negative blood can be transfused to patients with any blood type and is commonly used in emergency situations, these donors can make the difference between an adequate blood supply and a summer shortage.

Find out if you meet the eligibility requirements by visiting us at [militaryblood.dod.mil/Donors/can\\_i\\_donate.aspx](http://militaryblood.dod.mil/Donors/can_i_donate.aspx). If you are eligible making an appointment is as easy as visiting [militarydonor.com/index.cfm](http://militarydonor.com/index.cfm). Of course walk-ins are always welcome. The Fort Bragg Blood Donor Center is located in building 8-4156 Souter Place, Fort Bragg, across from the north post exchange.

Not eligible to donate? That's okay! The Armed Services Blood Program still needs your help. There are many ways to volunteer including asking a family member to donate in your place-the unit or organization will receive the credit-watching the neighbor's children while they donate, or sponsoring a blood or platelet drive at the blood donor center nearest you. Find other ways to support the Armed Services Blood Program by visiting our website.



To find out more about the Armed Services Blood Program or to schedule an appointment, please visit us online. To interact directly with some of our staff, see more photos or to get the latest news, visit us here our social media sites at [facebook.com/militaryblood](https://www.facebook.com/militaryblood), [flickr.com/militaryblood](https://www.flickr.com/photos/militaryblood/), and [twitter.com/militaryblood](https://twitter.com/militaryblood).

# Womack Property Branch Does It Again

By: Shannon Lynch  
and Shawn Block

**F**or the second time in 3 years Womack Property Management Branch has won the Chief of Staff of the Army Supply Excellence Award in Category IIB (TDA with Property Book).

Along with the Supply Excellence Award, the Property Management Branch also won the inaugural "Best of the Best" award for receiving the highest overall evaluation score within the Supply Excellence Award program.

The Army's Supply Excellence Award (SEA) was created in 1986 to recognize excellence in supply operations. The program is co-sponsored by the deputy chief of staff, G-4 and the National Defense Industrial Association. The Quartermaster Center & School is responsible for executing the program.

The SEA objectives are to enhance logistical readiness of all Army units, enforce the Command Supply Discipline Program, and provide a structure for official recognition of group and individual initiatives. Since its inception the program has undergone continual process improvements that have expanded the opportunities for diverse supply units to compete. The cornerstone of the program remains the on-site evaluation of Army command nominated units.

Womack's Property Management Branch travelled to Washington, D.C., to accept the award. This year the award ceremony was combined with a banquet at the Marriott Hotel.

According to Shawn Block, chief of Property management for Womack, the award is the



PHOTO BY CINDY BURNHAM  
The Property Management Branch has won many awards over the years. From left, on the back row, are Mary Ashworth, Andrew Williams, Lois Cabell, James Garrett, Rochene Johnson-Trueitt, Eddie Moore, Roy Mack Jr., Heather Brown and Barbara Beard, Sitting are Wayne Hoggard, Gloria Harrison, Shawn Block and Cynthia Richardson.

highest honor that logisticians can receive.

"To win a second time was truly humbling," Block said. "We also received the first "Best of the Best" and were selected over 17 other winners from separate categories for this award. As a department, we have decided not to compete this year in fiscal year 2013."

Shawn Block will serve as a consultant for MEDCOM to assist other units prepare for the competition.

"The Womack team also won the inaugural "Best of the Best" award for receiving the highest overall evaluation score within the Supply Excellence Award program. The Womack Property Management Team triumphed over 17 other individual category winners within all three Compos to gain this distinction.

"Supply discipline is an Army Medicine imperative," said LTG Patricia Horoho, the Surgeon General, in an e-mail sent to all MEDCOM staff. "Your team's more than 400 years of combined experience in logistics and property management have made you legends in your field. We are so very proud of you."

The Womack Army Medical Center Property Management Branch is committed to their customers. These customers are committed to providing the best healthcare possible to the Service Members, Family Members and retirees living in the Fort Bragg community and beyond. The 15-person team handles the full spectrum of property management for non-expendable medical, non medical, automation and durable equipment, in support of more than 200 primary-

hand receipt holders. Ninety-nine percent of their customers are non-logisticians, so it is imperative they provide numerous training opportunities to ensure customers are both knowledgeable and fully capable of fulfilling their duties as primary hand receipt holders. Womack property management has many initiatives and stringent requirements that are focused on property accountability that helps them stand apart from other property management branches. They also have incentives in place to recognize hand receipt holders who go above and beyond the call of duty maintaining excellent accountability of the equipment they are responsible for in their sections of this large medical treatment facility.

Their motto says it all "The Goal of the Branch is to have Customer Service that is not just the best, but legendary."

# New addition at Womack



The Patient Relations Division includes Marisa Lyerly, Joseph Givens, Walter Reynolds, Terri Nettles, Frieda Huddleston, James Ford, Veronica Betts and Larry Reid.

**T**here have been some recent changes at Womack Army Medical Center. The Patient Relations Division (PRD) is accustomed to changes – it has gone through many since its inception. In addition to Patient Advocacy, PRD is responsible for patient experience data collection, surveys, the Patient Family Advisory Council, customer service training, and most importantly addressing patients' needs. Recently the information desk's staff members have joined the Patient Relations team.

Lead by Frieda Huddleston, chief of the PRD, the team focuses on patient satisfaction. Huddleston wants patients to feel welcomed

from the time they enter the facility and what better way is there than at the Information Desks located at the primary entrances to the facility. These staff members have a myriad of experience and wealth of knowledge about all the services available to patients – who, what and where. They are truly the 'go to' personnel for Womack's first time users.

"Womack remains committed to all beneficiaries. We are always looking for ways to improve our services and to give our patients easier and friendlier access," said Huddleston.

PRD staff will continue to be available and serve as the conduit for patient satisfaction at Womack.

## Evening hours at the primary care clinics

The Womack Army Medical Center primary care clinics have expanded their hours until 9 p.m., Monday through Thursday, and the following clinics are included: Clark Health Clinic, Joel Health and Dental Clinic, Pope Health Clinic, Robinson Health Clinic and Womack Family Medicine Residency Clinic. To make an appointment at your assigned clinic, please call 910-907-2778.

Clark, Joel, Pope, Robinson, and Womack Family Medicine Residency Clinics will all open for evening hours beginning June 4. To make an appointment at your assigned clinic, please call 910-907-2778.

The main outpatient pharmacy will also remain open Monday through Thursday until 10 p.m.

The Emergency Department is always open for emergencies.

# Village family dental

Knowles, Smith & Associates LLP

[www.vfdental.com](http://www.vfdental.com)

**Fayetteville**

(910) 485-8884

**St. Pauls**

(910) 446-1130

**Raeford**

(910) 875-4008

**Hope Mills**

(910) 424-3523

**Eastover**

(910) 437-0232

**Dental Health Assoc.**

(910) 486-4180

**★ Giving You More Reasons To Smile! ★**

**Family Care**

Our doctors and staff are dedicated to offering the very best dental care for you and your family. From general dentistry to specialty care, we provide experienced doctors to meet all of your dental needs.

**Pediatric Dentistry**

Our experienced pediatric dentists and orthodontist, along with our entertaining waiting rooms and video games, will make your child's visits to the dentist a positive experience.

**Conscious Sedation Dentistry**

Do not let dental anxiety prevent you from achieving and maintaining a healthy, beautiful smile. Conscious sedation done in the convenience of our own office allows patients to receive all types of dental treatment from routine procedures to more complex treatments. You'll be sedated just enough to be unaware of the treatment. You'll wake up refreshed, with little or no memory of what was accomplished. Because you are completely comfortable, we can do years of dental treatments in one or two visits.

Picture are of VFD employees who are part of the military family.