

Office of the Surgeon General's Lines of Effort Support
Improving Stamina 02
SSG Sapp
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My name is Staff Sergeant Giannetti and I serve as the Musculoskeletal NCOIC, Kimbrough Ambulatory Care Center. I support the Surgeon General's imperative of increasing stamina by increasing wellness in the workplace.

My priorities are God, family, and then country. So, I understand, because my priorities are that way, that there are other people that most likely have the same priorities. So, the way that I increase wellness in the workplace, I've had the opportunity of working as a family readiness group in my clinic. As the dynamics of a clinic environment are much different than a field environment, I have had the opportunity to support, in conjunction with my wife, help support soldiers' wives as their husbands are absent from the home. We had the opportunity, my wife and I, as a team, my wife home schooled one of my soldier's children and she did it at no charge, as well as we routinely took the children overnight to insure that she was able to get things accomplished that she needed to get accomplished in his absence. And, as also, along with that, we took the children into our home for a full month because his wife was a Reservist and she needed to do her Annual Training and so we kind of became like a Family Care Plan for her and this enabled my soldier to just feel very comfortable and be able to effectively serve in Afghanistan because he understood that his family was being taken well care of in his absence.

Also, another way that I increased wellness in the workplace in support of the Surgeon General's imperative is by ensuring that each and every patient has the opportunity to understand fully what is their diagnosis, so by patient education, usually using like analogies that would, you know, kind of bring home to a patient so they understand because the common patient doesn't understand medical terminology, and so in order to break it down to their level, and that is how it increases wellness because when you're able to bring it down to their level, then they're going to understand more what the treatment is that's being rendered as well and why they need that treatment. That is how I increase wellness in support of the Surgeon General's imperative.