

Office of the Surgeon General's Lines of Effort Support
Improving Stamina
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I'm SSG Michael Sapp, NCOIC of Preventive Medicine and Environmental Health at Kimbrough Ambulatory Care Center and I support the Surgeon General's Army Medicine Strategy 2020.

In Preventive Medicine and Environmental Health, we are constantly faced with somewhat random situations that seem to pop out of the blue. We have to be prepared for constant change, and be flexible in our mission. With over 50 inspections to perform every month, we stay busy to say the least. But the mission doesn't stop there.

We conduct Food Handlers and Field Sanitation Team Training for anyone in the region that does not have access to Preventive Medicine Teams. These courses are often taught after hours in an effort to meet the needs of the customer. We also deal with issues that happen more randomly, like outbreaks, water contamination, and even workplace mold issues.

It's important that we are able to keep up with this fast paced, and ever changing environment in order to succeed. Our knowledge alone is not enough to keep us from getting burned out. We have to have both the mental and physical stamina to operate at this level for continued periods of time.

One way we build and maintain the stamina needed is through education. A constantly learning mind is an active mind. Brain activity is like exercise, it makes our brain stronger and relieves some stressors. By educating ourselves and becoming more knowledgeable in mission related matters, we make the work easier. The more we know about a topic, the easier it is to teach about it and work through issues with it. It is also less stressful since this matter is something we feel we are somewhat experts on. This all leads to a more awarding feeling.

To study and learn something more in-depth and then have the opportunity to put all your knowledge to work is very rewarding. That sense of accomplishment only adds to your stamina. Since your mind is taxed less, your body feels less worked as well. Therefore, you feel great overall and you have the stamina to deal with the heavy workload, and last minute issues that occur. This increased stamina level also helps you bounce back from adversity but a healthy mind and body still won't function properly without proper rest and nourishment. So this means eating well and taking breaks often. These improvements to self help the organization to grow, and provide top notch service to our patients and customers. This is greatly appreciated by all the parties involved and it keeps our customers coming back. It also keeps our employees satisfied in their work.