



# IACH Informer

Issue 7

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## Women's Health Center Opens with First Baby Born, April 28, 2006



Irwin Army Community Hospital (IACH) announces the opening of their Women's Health Center with the birth of its first baby on April 28. The daughter of Spc. Benjamin Storm and Leah arrived via caesarian delivery at 8:23 a.m.

Spc. Storm, entered the Army in 1999, and serves as a light wheeled vehicle mechanic assigned to F Company, 6-10, Base Support Battalion. Having been previously deployed during the birth of his first daughter [he] was overjoyed to be present for this latest addition to his family.

Having arrived at Fort Riley in February, Leah was overheard to say she absolutely loves it here. Dad states, "My wife and I, while we were living in Germany, watched the construction of this wing on the Armed Forces Network. We never imagined we'd be the first to have a child here."

Registered Nurses Erika Walker and Lenece Anders, assisted by Maj. Gen. and Mrs. Hardy, present Spc. Benjamin Storm and wife with a gift basket.

He continues, "The medical staff was great. The baby had a little problem at birth. The staff moved quickly, so the little problem didn't become a big one." We couldn't be happier with the care we've received."

## Caldwell Clinic

Irwin Army Community Hospital announces the opening of the Caldwell Clinic, scheduled for May. The Family Practice Clinic will provide its patients with a family environment, concentrating on continuity of care.

Maj. Carla Crouch, Project Officer states, "a smooth transition is planned, whereby patients will continue with the same provider group. The benefit of the move into the clinic is in part, location. Located at Bldg 7665, the Caldwell Clinic will assure easy access to those patients living on the hill. Two providers will initially move to the clinic, with an additional two to follow by the end of June.

Crouch continues, "Our goal is to improve on continuity of care, with patients assured of seeing a provider within their team at each visit. The civilian-like atmosphere and the designated children's waiting area are other pluses."

Once transition is made, patients preferring to continue appointments within IACH, or those who are not initially assigned to the Caldwell Clinic will be afforded the opportunity to change sites as space is available. Medical records will be maintained on site for patient's convenience. Letters explaining in detail the move and availability of services will be mailed shortly to those fortunate patients affected by the move.

In recognition of **Medical Laboratory Week** (April 23—29) the personnel of IACH's laboratory invited our patients to attend a social in their honor from 9:00 a.m. to 3:00 a.m. on Wednesday, April 26. Refreshments were served, and displays on hand as educational tools for our patients.

***Irwin Army Community Hospital has optometry appointments available for family members and retirees. To schedule an appointment call 239-DOCS (3627).***

## ***Mumps—Treatment and Prevention***

By Pete Wiemers, Community Health Nurse

Mumps is a disease caused by a virus that usually spreads through saliva and can infect many parts of the body, especially the parotid salivary glands. These glands, which produce saliva for the mouth, are found toward the back of each cheek, in the area between the ear and jaw. The well-known hallmark of mumps is swelling and pain in the parotid glands. Cases of mumps may start with a [fever](#) of up to 103 degrees, as well as a headache and loss of appetite. The glands usually become increasingly swollen and painful over a period of 1 to 3 days. Symptoms appear in the first week after the parotid glands begin to swell and may include: high fever, stiff neck, headache, nausea and vomiting, drowsiness, convulsions and other signs of brain involvement. Children usually recover from mumps in about 10 to 12 days. It takes about 1 week for the swelling to disappear in each parotid gland. Because mumps is caused by a virus, it cannot be treated with antibiotics.

Mumps in adolescent and adult males may also result in an inflammation of the testicles. Usually one testicle becomes swollen and painful about 7 to 10 days after the parotids swell. This is accompanied by a high fever, shaking chills, headache, nausea, vomiting and abdominal pain. When mumps involves the testicles, the doctor may prescribe stronger medications for pain and swelling and provide instructions on how to apply warm or cool packs to soothe the area and how to provide extra support for the testicles.

The mumps virus is contagious and spreads in tiny drops of fluid from the mouth and nose of someone who is infected. It can be passed to others through sneezing, coughing or even laughing. The virus can also spread to other people through direct contact, such as picking up tissues or using drinking glasses that have been used by the infected person. It is important to use good hand hygiene. Family members should wash their hands after each contact with the child that has mumps. People who have mumps are most contagious from 2 days before symptoms begin to 6 days after they end. The virus can also spread from people who are infected but have no symptoms.

Mumps can be prevented by vaccination. The vaccine can be given alone or as part of the measles-mumps-rubella (MMR) immunization, which is usually given to children at 12 to 15 months of age. A second dose of MMR is generally given at 4 to 6 years of age, but should be given no later than 11 to 12 years of age.

If you think that your child has mumps, call your child's doctor. Monitor and record your child's temperature. You can use non-aspirin fever medications such as acetaminophen (Tylenol) to bring down a fever. These medicines will also help relieve pain in the swollen parotid glands. You can also soothe your child's swollen parotid glands with either warm or cold packs. Serve a soft, bland diet that does not require a lot of chewing and encourage your child to drink plenty of fluids. Avoid serving tart or acidic fruit juices (like orange juice, grapefruit juice, or lemonade) that make parotid pain worse. Water, decaffeinated soft drinks, and tea are better tolerated. A child with mumps doesn't need to stay in bed, but may play quietly. Ask your doctor about the best time for your child to return to school. For more information please contact the Nurse Advice Line at 239-DOCS or contact your primary care clinic.

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## ***National Hospital Week***

IACH will celebrate national Hospital Week from May 8 to 13. The front lobby will house a historical display. On Tuesday, May 9, educational materials from various areas within the hospital will be available. Blood pressure checks and body fat assessments will be offered from 10:00 a.m. to 2:00 p.m. in the area beside elevators 1 and 2.

Children are invited to attend IACH's Summer Safety Day and meet McGruff, who will be on hand to greet and speak with the children, from 3:30 to 4:30 p.m. on May 11. Summer safety handouts will also be available.

In keeping with this year's theme, "Where Miracles Happen Everyday", IACH welcomes all beneficiaries and Fort Riley employees to join them from 11:30 a.m. to 12:20 p.m. on May 11 for a "Miracle Fun Walk". All those planning to participate should meet at the flagpole in front of the hospital before the 11:30 a.m. start time.

***Pharmacy News . . .*** In an effort to improve patient care, the Outpatient Pharmacy Service installed new Bar Coded Counting Machines or Baker Cells April 6<sup>th</sup> and 7<sup>th</sup>. This new technology will decrease the risk of medication errors. These Baker Cells are new to our staff so expect delays in receiving Outpatient Pharmacy medications as we train on the new system. We expect the delays to last approximately 7-10 days maximum. Please accept our apologies in advance for any inconvenience. Your patience is appreciated.

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## *School & Sports Physical Fair Scheduled for May 6*

In compliance with the Kansas State High School Activities Association Executive Board requiring all middle, junior and senior high students to have a physical examination prior to their first practice in any given sport, the first of three school/sport physical fairs will be conducted at Irwin Army Community Hospital on May 6 from 7:30 a.m. to 3:30 p.m.

With physical examinations only valid for one year and recertification no longer valid, those physicals done after May 1<sup>st</sup> will be valid throughout the upcoming school year for school sports and good for two summers at Youth Services.

“It is important that parents bring their child’s immunization record, ID card if child is 10 years of age or older and any forms provided by the child’s school or youth services. Appointments are for children ages 4 and above who require school and/or sports physicals only, and children will be seen by appointment only,” states Stella Hines, Patient Appointments Coordinator.

Outpatient records will be available at the in-processing station to be located at the Surgery Clinic on the first floor. The forms for the physical will be available for pick up prior to the fair at the Patient Assistance Desk located in the hospital’s main lobby or by visiting the Fort Riley Internet and clicking medical services. Forms may also be available on school websites.

Appointment times are now available by calling 239-DOCS (36327). Future school/sports physical fair dates are tentatively scheduled for July 29<sup>th</sup> and August 19<sup>th</sup>. Dates to begin scheduling those appointments will be announced when they become available.

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*“A man does not become celebrated in proportion to his general capacity, but because he does or says something which happened to need doing or saying at the moment.”*  
*- John Morley*

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## *April is Alcohol Awareness Month*

While the Garrison educates and provides information for the prevention of alcohol dependency, the staff of IACH’s Army Substance Abuse Program handle the clinical side. They evaluate and treat Soldiers identified with an alcohol problem.

When a Soldier is referred by their company commander or first sergeant they undergo a two hour evaluation. Following this evaluation the Soldier is either released as no diagnosis exists, there is cause to believe there is abuse or dependency is recognized.

If there is alcohol abuse, the Soldier undergoes a short term treatment program. This consists of total abstinence, attendance in four treatment sessions and four Alcoholic Anonymous (AA) meetings.

Those found to have an alcohol dependency require more extensive treatment. Again, total abstinence accompanied by attendance at two orientation group sessions, 16 intensive outpatient group sessions and a minimum of two AA meetings.

All those found to have a dependency are also referred to Capt. Brian Lewis, M.D., Clinical Consultant, for screening. Should medications to assist in treatment be necessary, Dr. Lewis will prescribe.

While figures do not support the war as a main factor in the increase of alcohol abuse or dependency, it does play a role. The trend is that Soldiers returning from deployment initially binge. Others, those who go beyond binging, are those who are suffering from a combination of alcohol abuse/dependency and post traumatic stress disorder. Those patients will be seen by both Community Mental Health and Army Substance Abuse program personnel.

Our biggest concern is for those who “pass” the program, return to their unit but then slip. It is estimated that between 40 and 50 percent of those who successfully make it through the program return to drinking. Our goal is to reach these Soldiers, give them tools to help them not take that route.

We are here to assist, to evaluate, to treat. Alcohol is a problem until the problem fixed. We are here to help you fix the problem. Self referrals are accepted by calling 239-7208.

Our ***Physical Therapy Clinic Patient Education Webpage*** at <http://iach.amedd.army.mil/departments/phyTherapy.asp> offers education on the following: common musculoskeletal conditions, foot/ankle, low back, elbow, hand and wrist, hip, knee, leg, neck, shoulder and miscellaneous such as: bursitis, contusion, diabetes and exercise, exercise and weight loss, muscle strain, pregnancy and exercise and a walk-top-jog progression program. “It is our hope that both health care providers and patients alike will benefit tremendously from the information that we’ve put together on this webpage.”

**For appointments call (785) 239-DOCS (3627) or 1-888-239-DOCS (3627)  
Visit [TRICAREonline.com](http://TRICAREonline.com) for patient information/Fort Riley website/Services/Medical, Health for  
IACH Intranet Information**

## Preventive Medicine . . .

A variety of services/classes are available:

- Tobacco Cessation
- Self Care
- Child Health Assessments for CYS programs.
- Health Promotion and Wellness/Healthy Lifestyle
- STD/HIV
- Classes are also available to units upon request.
- Field Hygiene
- Food Handlers

For information or to enroll in a class or schedule an appointment please call Community Health Nursing At 239-7323.

## No Tobacco Day—May 3, 2006

By Pete Wiemers, Community Health Nurse

Nicotine is a powerful addiction. For some, it can be as addictive as heroin or cocaine. If you have tried to quit smoking, you know how hard it can be. The US Department of Health states it usually takes people make 2 or 3 tries, or more, before finally being able to quit. Each time you try to quit, you can learn about what helps and what hurts. Quitting takes hard work and a lot of effort, but you can quit smoking. There are many good reasons for quitting. You will live longer and live better; quitting will lower your chance of having a heart attack, stroke, or cancer. If you are pregnant, quitting smoking will improve your chances of having a healthy baby. The people you live with, especially your children, will be healthier. Those are reason enough, but an added benefit is that you will have extra money to spend on things other than cigarettes.

There are key steps for quitting. Studies have shown that these steps will help you quit and quit for good. You have the best chance of quitting if you use them together. The steps are to get ready to quit, receive support, learn new skills and behaviors and receive medications. The Preventive Medicine Service (PMS) at Irwin Army Community Hospital offers the four week Freshstart Program from the American Cancer Society. The program has small group support, behavioral modification techniques, medication for withdrawal symptoms and nicotine patches. Please contact the PMS at 239-7323 or [www.cancer.org](http://www.cancer.org) for more information.

*“Your profession is not what brings home your paycheck. Your profession is what you were put on earth to do with such passion and such intensity that it becomes spiritual in calling.”*

*- Vincent Van Gogh*

*“Preparation and enthusiasm oil the gears that help us conquer unhealthy fears.”*

*- Ben Holden*

## We Ask for Your Assistance!!!

In order to make this newsletter an excellent means of reaching you, our patient, we need your assistance. Are we currently supplying you, via this newsletter, information you want to know? How can we improve? What information would you like to find here?

If you have read this newsletter let us know. If you have ideas, questions or concerns, let us know those as well. Email the editor, Jan Clark at [jan.clark@us.army.mil](mailto:jan.clark@us.army.mil). Help us make this means of communication one that meets your needs. In advance—thank you!

## Community Efforts . . .

- Happy/Adventure Meals/etc.: We need your help! We are collecting the little toys in the fast food chains' kid meals. They are being passed on to the local Crisis Center. We have found that often children are forced to abandon their homes and are unable to take along any of their own toys. These kid meal toys are perfect—small enough for a child to put in his/her pocket, and giving that child something again of their own. This small contribution costs us nothing and could mean so much. Won't you join us in this campaign? (Call Jan Clark, Public Affairs Officer, 239-7250).

- Pull for the House Pop Tab Recycling Program. Here again is an opportunity to extend a helping hand to others less fortunate. Turn saved pop tabs in to Jan Clark, PAO, 1st floor, room 1-N-7.

- Any other ideas for community support, just call 239-7250. Thanks in advance for your support!

## Nurse Advice Line

The Irwin Army Community Hospital Nurse Advice Line hours of operation are as follows: Mondays—Fridays, 7:30 a.m. to 7:30 p.m. Saturdays, Sundays and federal holidays the hours are 9:00 .am. to 5:00 p.m.

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