

Greetings! Here is a quick Top 10 update on the hot clinic and military healthcare issues.

- 1. Army Wellness Center:** We completed the Personal Wellness Profile (PWP) questionnaires for the 2012 USAWC class and put the PWP questionnaires for the spouses in student mailboxes 28 March. We have small group briefings scheduled 23-27 April and 15-17 May, from 1145-1245, in Bradley Auditorium of Upton Hall. Dunham will establish the Army Wellness Center in Building 119, adjacent to Indian Field and behind the movie theater, as a permanent wellness and fitness program for all Dunham patients and Carlisle Barracks employees.
- 2. Autism:** April is National Autism Awareness Month. Autism prevalence is now one in every 110 children in America. Visit <http://www.autismspeaks.org/> for more information.
- 3. Rabies:** Due to a recent Ft Drum Soldier death from rabies and subsequent MEDCOM guidance, we reviewed all Post-deployment health assessment and reassessments since 1 Sep 2011 looking for any evidence of animal bites. We found no evidence of animal bites and have implemented a plan to continue to screen for them, as well as provide a Medical Threat brief for all deploying Soldiers.
- 4. Secure Patient to Provider Messaging:** Starting in May you can sign up for Relay Health in our clinic and securely exchange messages with your provider and their staff. Relay Health offers administrative and clinical messaging, referral and Rx renewal request, lab test request and result delivery, clinical and broadcast messaging. It is for NON URGENT communications.
- 5. Medication Take Back:** Do you have expired or unused meds to dispose of? If so, then come to the Cumberland County medication take back event at the US Army Heritage Education Center (AHEC) Saturday, 21 Apr 12 from 1000-1400. There is also a DEA National Collection event on 28 April, location and time are pending.
- 6. Primary Care Manager (PCM) Vacancies:** We are completing interviews for a Physician Assistant, Nurse Practitioner, or Family Medicine Physician to replace Ms. Ware. Interested providers have one last chance to send their resumes and certifications to: nancy.bie@us.army.mil, or call 717-245-4954 for additional information.
- 7. Lab Results:** Did you know your lab test results are available on TOL approximately 1 week after lab tests are done? Visit www.tricareonline.com to view them.
- 8. Patient Centered Medical Home (PCMH):** We continue to use PCMH best practices to improve your care and experience at Dunham. Our PCM's lead their teams in the following mission: take care of new health concerns as they arise, ensure delivery of preventive screening and services, manage chronic health conditions, and promote a spirit of health and wellness. We have hired additional nurses that have an expanded role, will use Relay Health, take responsibility for care coordination across multiple health care settings, and provide evidence-based care and self-management support.
- 9. Patient Satisfaction Surveys:** Visit here <http://www.surveymonkey.com/s/DunhamAHC> to provide feedback on our services, hours, and much more. We want your comments to help shape our hours and services. For immediate feedback contact our Patient Advocate at 717-245-3911 or e-mail dunham.clinic@us.army.mil
- 10. Population Health:** Our new Population Health Nurse, Ms. Dee Connelly, started on 12 March and will lead our program. Contact Dee at dunhampophealth@us.army.mil for any diabetes, obesity, or cancer screening questions. If you are overdue on any screening or test, expect to hear from her or our nursing staff soon.

Ask the Dunham Commander Question: I am out of my meds and need more. Why do I have to come in instead of just doing it over the phone?

Answer: For your safety and the best quality care, there are some medications that require lab tests or provider evaluation before renewal. On March 26, our Clinical Pharmacist and PharmD, Dr. April Letcher, started and she can discuss medication renewals and medication management on the phone and at the clinic.

Want more info? Like us on Facebook www.facebook/dusahc; Follow us on Twitter: @dunhamhealth; Visit us at <http://dunham.narmc.amedd.army.mil>,

To your best health,
The Dunham Team

POC:

LTC Charles L. Unruh

Deputy Commander for Administration, Dunham Army Health Clinic

Carlisle Barracks, PA 17013-5086

COMM: 717-245-3402

BB: 717-701-1453

E-Mail: charles.unruh@us.army.mil

Opt Out: If you do not want to receive e-mail updates from us, reply back with OPT OUT in the subject line.