

PATIENT NEWSLETTER

1 JULY 2012

HYPERBARIC MEDICINE

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SPECIAL POINTS OF INTEREST:

- Find answers to all of your TRICARE questions online at: www.TRICARE.mil
- Know your rights. Contact the Patient Relations Coordinator at (707) 423-2388.
- To make an appointment with your Primary Care Provider call (707) 423-3000.

The Hyperbaric Medicine Division of David Grant USAF Medical Center provides medical leadership and consultation in hyperbaric medicine to the medical facility and tenant units. It also conducts research, education, and medical practice in operational and clinical arenas during conflict or peace. The clinic operates 24/7/365 worldwide consultative telephone service in support of military operational requirements. It also provides state-of-the-art hyperbaric oxygen therapy or HBOT to a defined beneficiary population and conducts medical research and clinical investigations to establish optimal treatment protocols.

HBOT is a medical treatment in which patients intermittently inhale 100 percent oxygen through hoods or masks in the chamber that is pressurized to greater than one atmosphere absolute. The treatment duration and number of required sessions will vary. The typical duration of a wound care treatment dive is two hours.

HBOT has several mechanisms of action which provide medical benefits. In treating decompression sickness and arterial gas embolism, HBOT helps shrink problematic nitrogen gas bubbles by increasing ambient pressure and by the application of 100 percent oxygen.

HBOT has additional benefits: increased blood flow and hyper-oxygenation to ischemic hypoxic tissue; promotes cell growth, new blood vessel formation and collagen deposition; reduces edema; helps fight infection through various enhanced leukocytic functions; and reduces the toxic effects of such poisons as carbon monoxide.



A unique facility in terms of size and capabilities, DGMC has one of the largest hyperbaric treatment facilities in the nation. Hyperbaric Medicine directly supports DGMC's other specialty services. This unit has a capacity to treat 26 patients in the following areas:

PRIMARY

- ◆ Decompression Sickness
- ◆ Air or Gas Embolism
- ◆ Severe Carbon Monoxide Poisoning

SECONDARY (ADJUNCTIVE)

- ◆ Enhancement of Healing in Selected Problem Wounds (e.g., Diabetic Wounds)
- ◆ Osteomyelitis (Refractory)
- ◆ Skin Grafts and Flaps (Compromised)
- ◆ Delayed Radiation Injury (Soft Tissue and Bony Necrosis)

- ◆ Clostridial Myositis and Myonecrosis (Gas Gangrene)
- ◆ Necrotizing Soft Tissue Infections
- ◆ Crush Injuries, Compartment Syndromes, and Other Acute Traumatic Peripheral Ischemias
- ◆ Intracranial Abscess
- ◆ Thermal Burns
- ◆ Central Retinal Artery Occlusion

To contact Hyperbaric Medicine Clinic call or fax to:

Tel: (707) 423-3987

Fax: (707) 423-5356

In case of after-duty emergencies, call the DGMC Emergency Department at (707) 423-3286 to notify the on-call Hyperbaric Physician.

INTERNAL MEDICINE CLINIC

Internal medicine is the medical specialty dealing with the prevention, diagnosis and treatment of adult diseases. The Internal Medicine Clinic provides services in Diabetes Education, Behavioral Health, Rheumatology, Neurology, Endocrinology and Infectious Diseases.

Internal Medicine provides care for over 10,000 active duty, family members and retirees within the Travis catchment area. Our mission is to partner with patients in providing the best care possible.

The Internal Medicine Clinic is staffed with Internists, Nurses and Medical Technicians who specialize in

treating adult patients. Simply put, Internists are Doctors of Internal Medicine or Doctors for adults. Internists focus on adult medicine and have had special study and training focusing on the prevention and treatment of adult diseases. At least three of their seven or more years of medical school and postgraduate training are dedicated to learning how to prevent, diagnose, and treat diseases that affect adults. Internists are often called upon to act as consultants to other physicians to help solve puzzling diagnostic problems.

Internists are equipped to deal with whatever problem a patient brings -- no matter

how common or rare, or how simple or complex. They are specially trained to solve puzzling diagnostic problems and can handle severe chronic illnesses and situations where several different illnesses may strike at the same time. They also bring to patients an understanding of wellness, women's health, substance abuse, mental health, as well as effective treatment of common problems of the eyes, ears, skin, nervous system and reproductive organs.

Here at DGMC we offer these services to support the wellbeing of our military and retiree community.

Internal Medicine specializes in the treatment of adult diseases.



NON-ID CARD HOLDERS VISITING DGMC

At David Grant USAF Medical Center we often take care of patients with relatives that do not have access to the base. We have worked with the 60th Security Forces Squadron to establish a process to allow non-ID card holders access to visit family members receiving care at DGMC.

Normally, a non-ID card holder would be signed in by a family member with a valid DOD ID card. We understand, however this is not always

possible. Especially if the family member is the one hospitalized.

Should you, a family member or guardian need access to the base to visit or pickup a patient, go to the Visitor Control Center, just before the Main Gate entrance to Travis AFB. Once inside, the visitor can call the following numbers to get sponsored on base:

From 0500-1630, please call Admissions & Dispositions (A&D) at (707) 423-7923.

After hours, please contact the Emergency Department Administrator at (707) 423-3824.

A&D will verify the patient's status and sponsor the visitor in SharePoint.

Prior to entry, the visitor will be required to fill out a Form 251, Background Check. Once the patient's information is verified and the visitors are entered into SharePoint they will be granted access to the base.

Do you have a family member receiving care at David Grant USAF Medical Center?

PEDIATRIC CLINIC

DGMC's Pediatric Clinic is comprised of dedicated and compassionate professionals who specialize in the comprehensive medical care of the pediatric population from birth to 17 years old.

Our services for empanelled beneficiaries include:

- Well Baby check-ups
- Annual school physicals and sports physicals
- Routine appointments for follow-up visits or medical issues which have been present more than a few days
- Urgent care appointments for children needing to be seen within 24 hours
- Nurse-run phone line for advice, medication refills, completion of forms (we can complete most paperwork without an appointment if there has been a well check/physical within the past year), or other questions. If you are concerned that you may not actually need an appointment, please call this line, and our nurses can guide you to the appropriate action. We often can handle issues over the phone, so save yourself a trip!
- Immunizations for patients

empanelled to the Pediatric Clinic

- Walk-in testing for Strep throat is available. This is not an appointment with a provider, but testing for Strep only.
- Teen reproductive health issues: Counseling, medication, testing

Additional Information:

- The Pediatric Clinic offers well-baby assessments for newborns and children at 2-, 4-, 6-, 9-, 12-, 15-, 18- and 24-months of age.
- Annual health care assessments are recommended starting at 3 years of age.
- Minors (children < 18 years old) may not be seen without a parent or legal guardian for routine health issues.
- Minors may consent for care related to sexual or reproductive health without parental consent.
- Unattended children cannot be left alone in the waiting room. Please contact Teddy's Child Watch Service in advance of your scheduled appointment at (707) 423-3376.
- Case management services are offered for patients with

more complex medical issues. These require a consult from your primary provider.

Immunizations:

- The Pediatric Immunization clinic is open from 0830 to 1230 and 1330 to 1600 for patients with well / physical appointments.
- PPD / TB tests have to be checked 48-72 hours after placement and will not be placed on Thursdays or two to three days prior to scheduled down days or federal holidays.
- Immunization questions, please call (707) 423-5304.

Hours of Operation:

Monday - Friday: 0730 - 1600.
Closed Weekends and Holidays.



**David Grant USAF
Medical Center's
Pediatric Clinic
has dedicated and
compassionate
professionals**

TEDDY'S CHILD WATCH

Teddy's Child Watch Service is a FREE community-based program provided by the Armed Services YMCA. It is a special waiting room that provides on-site child supervision for DoD ID card holders who need to attend scheduled medical or dental appointments at DGMC.

The goal of Teddy's Child Watch Service is to alleviate the stress and cost of finding child care during medical appointments. This service is available through a part-time staff and qualified volunteers

who so generously give of their time to help others. Volunteers are trained in necessary areas of health, safety, and abuse prevention and identification. Oversight is provided by ASYMCA employees, who are CPR and First Aid certified.

Current shot records and two emergency contacts are required for each child. You will need to know your sponsor's squadron and the name/telephone number of their supervisor. Only the parent or legal

guardian can sign their child in or out of Teddy's room. Additionally, we cannot supervise any children with special needs.

We strive to serve as many families in one day as possible. Therefore, children must be picked up immediately following your scheduled appointment.

Space is limited so we only accept children on a first come—first serve basis. Please call for reservations: (707) 423 3376.



60th Medical Group
101 Bodin Circle
Travis AFB, CA 94535

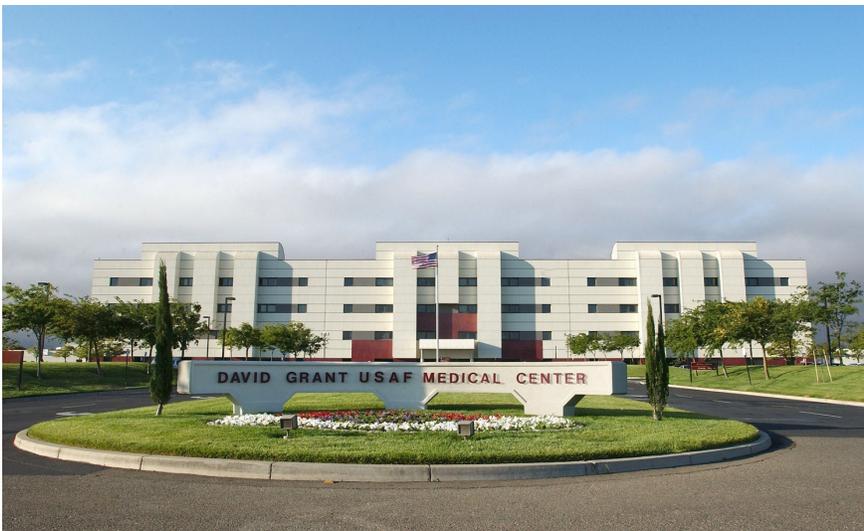
PATIENT ADDRESS HERE

John A. Smith
101 Bodin Circle
Travis AFB, CA 94535

This newsletter is to inform beneficiaries of the many services available to them here at David Grant USAF Medical Center. Each volume will contain information about specialty services, primary care clinics and TRICARE services available. The newsletter will be published periodically providing updates on the facility or services.

DGMC provides care to over 107,000 eligible patients in the Northern California region. DGMC has undergone a \$63 million modernization project within the medical center—the first top to bottom "refresh" since opening the doors over 20 years ago. Via a unique partnership between the Departments of Defense and Veterans Affairs, we have become a specialty care referral hub for northern California VA patients as well as TRICARE beneficiaries. DGMC is committed to providing you the best in trusted care anywhere.

**DAVID GRANT USAF MEDICAL CENTER
"TRUSTED C.A.R.E. ANYWHERE"**



Visit our Website at:

www.travis.af.mil/units/dgmc/

**ELECTIVE SURGERY
POLICY FOR ACTIVE
DUTY PERSONNEL**

Active duty personnel who chose to receive elective surgery must first get the approval of their commander. An elective surgery can be anything from Laser Eye Surgery to optional Plastic Surgery.

In addition, the military member must contact the Beneficiary Counselors and Assistance Coordinators (BCAC) to receive a briefing about their responsibilities before the elective surgery. The BCACs will provide required information about personal liability when receiving elective surgery.

Any questions should be directed to your 1st Sergeant or the BCACs at (707) 423-3472/7921.