



Fayetteville Veterans Affairs Medical Center

Communicator

Fayetteville VAMC & Community Based Outpatient Clinics
throughout North Carolina

www.fayettevillenc.va.gov

VA HEALTH CARE **Defining EXCELLENCE**
in the 21st Century



Elizabeth Goolsby
Fayetteville VAMC Director

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Director's Forum

by Elizabeth "Betty" Goolsby

Access to Care

Did you know?

- Since October 2015 the average wait time for a primary care appointment decreased by 75% within our Fayetteville VA Enterprise, down to 6.9 days from 28 days. Specialty Care is 30 days and Mental Health is 6.5 days. This was due to the increase in space made available by the Fayetteville Health Care Center, CBOC Sanford and the CBOC Jacksonville. This then made it possible to hire new staff in order to care for these Veterans. The Department of Veterans Affairs has set a goal of wait time for primary care, specialty care and mental health at 30 days or less.
- During an average month we care for 25,023 Veterans in an outpatient setting. This equals about 57,077 outpatient visits a month. We are projected to care for about 70,000 unique Veterans this year with about 700,000 outpatient visits.
- The Fayetteville Enterprise continues to grow at 6-7% a year with new Veterans seeking care. Our Fayetteville Enterprise is the second largest in VISN 6 in terms of number of Veterans cared for. We are first in the Complexity Group 2 – Intermediate Care Level capabilities, in terms of the number of Veterans cared for.
- Veterans who are established with a primary care provider no longer need a provider order nor a consult for routine Optometry Care or Audiology hearing examinations. The Veteran can schedule his or her own appointment when there is a need.

Future Healthcare providers

Did you know?

- We continue to train the future providers in healthcare...
 - ◇ We have 5 dental residents this year.

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Highlights

Director's Forum continued

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- ◇ There are 5 psychiatry residents from East Carolina University. This is an increase over last year when the program started
- ◇ And for the first time, medical students from **Campbell University's School of Medicine** will start rotations.
- ◇ Check out the PACT Team article on nursing students on Pages 8&9.

Suicide Prevention

Did you know?

- 65% of all Veterans who died from suicide in 2014 were 50 years of age or older
- Veterans accounted for 18% of all deaths from suicide among U.S. adults. This is a decrease from 22% in 2010.
- Since 2001, U.S. adult civilian suicide increased by 23%
- Since 2001, the rate of suicide among U.S. Veterans who use VA services increased by 8.8%, while the **rate of suicide among Veterans who did not use VA services increased by 38.6%**.
- Since 2001 the rate of suicide among male Vet-

erans who used VA services increased 11%, while the rate of suicide increased 35% among male Veterans who did not use VA services

- Since 2001, the rate of suicide among female Veterans who used VA services increased 4.6%, while the **rate of suicide increased 98% among female Veterans who did not use VA services.**
- If you know a Veteran in crisis, help him or her access care through our Mental Health Clinics, Urgent Care Center, Primary Care provider or use the Crisis Help Line (**1-800-273-8255**).
Help prevent a Veteran suicide.



New faces in new spaces — hiring spike mirrors growth

Equally important to our efforts to grow our space to meet our access needs is the hiring spike that accompanies it. Our workforce is larger than ever. As the end of **the fiscal year quickly approaches, let's take a look at several of the new faces to come onboard this year.**

Michael A. Nichols joined our organization in May as **Administrator** for the **Fayetteville VA Health Care Center**. He comes from Houston, Texas, where he served as Health System Specialist to the Associate Chief of Staff – Ambulatory Care at the Michael E. DeBakey VA Medical Center. In that capacity, he co-managed clinical and administrative operations for nine multi-specialty outpatient clinics (approximately 600 staff and 61,000 unique patients). He previously served as a Supervisory Health System Specialist within Medical Care Line with

administrative responsibilities for Triage, Emergency Department, Dermatology, and the physical space within Specialty Clinics. He is a member of the American College

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Michael Nichols,
Administrator,
Fayetteville HCC



New faces in new spaces — hiring spike mirrors growth

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of Healthcare Executives and was recently selected for the **University of Maryland University College's National Leadership Institute, Leadership Development Program** (Class of 2017).

His VA career began in 2001, with the Central Arkansas Veterans Healthcare System in North Little Rock, Arkansas, where he was a provider (Vocational Rehabilitation Counselor) within Mental Health Service Line.

A native of Little Rock, Mr. Nichols holds a Bachelor's degree in broadcast journalism from the University of Arkansas at Little Rock with a minor in English. He subsequently received a Master's degree in counseling psychology from the University of Central Arkansas. He has nine years clinical experience in total with VHA and holds a certification in psychiatric vocational rehabilitation from Boston University.

Another new face is our new **Chief of Primary Care, Dr. Dwight Luckett**, who comes to us from Huntsville, Alabama where he was the Chief Medical Officer at Central North Alabama Health Services Inc. (CNAHSI).

Dr. Luckett began his career in 1999 by establishing a new family health center in an adjacent county before serving in various leadership roles in both Correctional

Medicine and Community Medicine (Chief of Adult Medicine, Associate Medical Director, and Executive Management Team Member).

He graduated from Wayne State University School of Medicine in Detroit, Mich. and completed his Family Medicine Residency at Providence Hospital in

Southfield, Mich., as well as a Community Medicine Fellowship in Ann Arbor. He is board certified in Family Medicine.

Inspired by the overwhelming support of his peers, Veteran patients and Veteran family members, Dr. Luckett elected to pursue a career with the Department of Veterans Affairs and is our good fortune to have him as our Chief of Primary Care.

Dr. Eleanor Barone is our new **Associate Chief of Staff for Graduate Medical Education and Informatics**.

Dr. Barone is a graduate of the University of Miami School of Medicine and is certified by the American Board of Plastic Surgery Inc.

She joined us from the Vanderbilt University School of Medicine where she is completing a Veterans Administration funded graduate degree in Medical Informatics.



Dr. Eleanor Barone, ACOS, GME & Informatics

She caught the informatics bug after working both in private practice and the VA Hospital system as a plastic surgeon. She has participated in the National Library of Medicine sponsored Health Informatics Survey course at Woods Hole. In addition she has completed the Office of the National Coordinator for Health Information Technology (ONC)-sponsored Columbia University Certification in Health Information technology.

Her interests are in educational informatics, as well as usability and human computer interface. She says she is pleased to be here as our new associate Chief of Staff for education and informatics, where she is working to introduce new residency programs and a research program to the fastest growing enterprise in the VA health care system.



Dr. Dwight Luckett, Chief, Primary Care

Mayor, director, community organizations form Opioid Task Force

Fayetteville Mayor Nat Robertson and FVAMC Director Elizabeth Goolsby have brought together a group of individuals from the State, County and City in an Opioid Abuse and Awareness Task Force.

The **group's** main focuses are: Reduce the number of opioid overdoses; educate providers who prescribe opioids and options; bring awareness to the general public on opioid addiction and treatment; and promote treatment and recovery resources.

The task force is utilizing **findings from the Governor's** Task Force on mental health and substance use to provide recommendations and discuss possible solutions for Cumberland County and Fayetteville.

The group held the first of four planned monthly meetings May 31 at the Fayetteville VA Health Care Center. The second meeting was held June 28 at the Cumberland County Health Department and the third meeting July 26 at Cape Fear Valley Health Systems. The last meeting will be held Aug. 30 at Fayetteville City Hall.

Mayor Robertson and Director Goolsby hope to build on the



success of a previous collaboration that resulted in Fayetteville being one of the first cities in the nation to reach the Functional Zero milestone on ending homelessness among Veterans last October.

“Building on the coming together we saw in the community approach to homelessness, it seems the next logical step is a call to action to address opioids in our **community,**” Director Goolsby said. **“Opioid use** and its consequences is a community problem that will take a community response to **address.**”

“Fayetteville is committed to addressing opioid abuse in our **community,**” Mayor Robertson said. **“The City** is looking forward to working with our partners so that we can make positive

strides in reducing opioid use in **Fayetteville.**”

Organizations participating in the Task Force include:

Fayetteville City Council; Cumberland County Board of Commissioners; The Fayetteville Observer; Superior Court Judges; Cumberland County Dept. of Social Services; Coastal Horizons – TASC (Treatment Accountability for Safer Communities); Family Endeavors; Alliance Behavioral Healthcare - Cumberland Site; Womack Army Medical Center; Fayetteville Police Department; **Governor's Office; Carolina Collaborative Community Care;** Southern Regional AHEC; Cumberland County District Attorney; Cumberland County Health Department; Cape Fear Valley Health System and more.



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Direct Scheduling for Audiology & Optometry Now Available

Veterans receiving care at Fayetteville VAMC can make appointments with their local VA Audiology and Optometry clinics without seeing their VA Primary Care physician first. The Direct Scheduling initiative is a major change in the way VA does business because, previously, enrolled Veterans had to visit their Primary Care Physician for a referral even if they had no other health care issues.

The improvement idea is a result of employee recommendations during interviews conducted across the country that the process change would save time for Veterans and free up Primary Care clinical appointments. Research confirmed that

valuable Primary Care access was being used for routine Audiology and Optometry referrals.

This change is part of a nationwide VA rollout of Direct Scheduling to Audiology and Optometry clinics, which VA expects to complete by the end of 2016. Fayetteville VAMC participated in the first phase of the rollout.

“We are honored to be a leader in this effort,” said Fayetteville VAMC Director Elizabeth Goolsby.

“The direct scheduling program affirms the medical center’s commitment to fostering a Veteran-centric culture of care which honors Veterans’ service and empowers Veterans to achieve optimum health and well-being.”

NEED A ROUTINE EYE OR HEARING EXAM?



NO MORE RED TAPE!

Stop in or call your Primary Care Provider, Optometry, or Audiology clinic to schedule your routine eye or hearing exam (recommended every two years)

**Fayetteville VA Health Care Center
7300 South Raeford Rd
Fayetteville, NC. 28304**

Audiology: 910-475-6026 Optometry: 910-475-6026

NEED A ROUTINE EYE OR HEARING EXAM?



NO MORE RED TAPE!

Stop in or call your Primary Care Provider, Optometry, or Audiology clinic to schedule your routine eye or hearing exam (recommended every two years)

**Wilmington VA Health Care Center
1705 Gardener Rd
Wilmington, NC. 28405**

Audiology: 910-343-5300 Optometry: 910-343-5300
Select option 5 when prompted Select option 7 when prompted

For more information on Audiology and Optometry Direct Scheduling at Fayetteville VA Health Care Center, Veterans should call (910) 475-6026. For Direct Scheduling appointment requests at the Wilmington HCC, Veterans should call the Audiology Clinic at (910) 353-4300 and choose Option 5 and the Optometry Clinic at (910) 353-4300 and select Option 7.



Highlights

Military boxing ‘heavyweights’ pay tribute to CLC resident Larry Carlisle

By Jeff Melvin
FVAMC Public Affairs Officer

The passing of boxing legend Muhammad Ali prompted recreational therapy intern Wesley Wray and her rec therapy co-workers to move forward with an idea they had been tossing about to honor several Fayetteville VAMC Community Living Center residents who were boxers in their youth, most notably CLC resident Larry Carlisle.

In his heyday, Carlisle was a premier fighter, earning the 1969 AAU Light Middleweight title and multiple All-Marine titles. In 1971, he won three Marine Corps titles, the Golden Gloves welterweight title and a silver medal in the Pan Am Games.

A few days before “Boxing Day” as the event was dubbed, a visitor to medical center overheard the mention of Carlisle’s name in a conversation. That visitor, Al Smith, former boxer, longtime U.S. Army boxing coach and noted trainer, knew Carlisle well and he



Photo by Jeff Melvin

Larry Carlisle and several of his ‘brothers in arms and the ring,’ top row from left, Al Smith, Ray Mercer, George Haynes, Nathaniel Fitch Sr. and J.C. Davis; kneeling, left, Tony Braxton, and far right Charles Jackson

knew others in the military boxing community who knew Carlisle.

Coach Smith, a Carolina Boxing Hall of Fame inductee, made a few calls and on June 30 dropped in on the celebration with some big names in military boxing annals to pay tribute to Carlisle.

Among those dropping in were: J.C. Davis, Carlisle 1st coach, longtime Marine boxing team coach and well-known trainer; former All-Army boxer Ray Mercer, 1988 Olympic Gold Medalist and former World Boxing Organization heavyweight champion; Nathaniel Fitch Sr., 1984 AAU Super Heavyweight champion,

1987 Golden Gloves Super Heavyweight Champion, who lives in Spring Lake and is a Carolinas Boxing Hall of Fame inductee like Smith; and Carlisle All-Marine boxing contemporaries George Haynes, Charles Jackson and Tony Braxton.

Haynes, a seven-time All-Marine champion at 135 lbs., said he still uses the training technique Carlisle taught him more than 40 years ago to train fighters. The men, brothers in arms as well as in the ring, gladly took time out of their busy lives to pay tribute to a fellow warrior.



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Employee Appreciation

Ice cream social & ICARE Awards

The reason the Fayetteville Enterprise is able to take such great care of our Veterans is due to the wonderful staff and volunteers we have at all of our sites of care. Leadership knows our committed staff works very hard every day to help America's heroes – our Veterans. As a small token of thanks our annual ice cream social is being held at the various sites of care and services over the next few weeks, along with ICARE Awards presentations for exceptional service.



Photo by Brad Garner



Photo by Brad Garner



Photo by Jeff Melvin



Photo by Brad Garner



Photo by Jeff Melvin



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Highlights



Photos courtesy Methodist University

Specialty Care Nurse Linda Lawler, left, watches Methodist University nursing student Courtney DeGarmo demonstrate the FibroScan, a liver scanning device

VA PACT offers nursing students 1-on-1 opportunities

Editor's note: The following is an excerpt from an article in the Methodist University Today magazine Summer 2016 edition. To read the complete article, please go to <http://www.pageturnpro.com/Progress-Printing/73333-MUToday-Sum2016/index.html#50> and go to Pages 50.

Center and Methodist University is more than just geography. The VA hospital on Ramsey Street still sits a couple of miles down the road from campus, but when the VA's new Health Care Center opened on the other side of Fayetteville last fall, MU nursing students were eager to make the extra trip down Raeford Road to continue clinical rotations with the VA's unique Patient Aligned Care Team (PACT) medical model.

The new VA Fayetteville Health Care Center, which opened in November, is a sterling example of
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The longstanding connection between the Fayetteville Veterans Affairs Medical



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Highlights

: 1-on-1 opportunities

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the new VA care model. The 250,000-square-foot, full-service outpatient center specializes in primary care but includes ambulatory surgery, labs, radiology, pharmacy, cardiology, orthopedics, women's health, prosthetics, and other specialization, with many of the amenities of a modern hospital, designed with special touches with veterans in mind, such as extensive parking section for handicapped access, plenty of natural lighting, wide open spaces, walking trails and a healing garden..

In 2014, the nursing program expanded its clinical rotations with the VA by also having individual students embedded with different PACTs, getting special one-on-one experiences through all aspects associated with primary care and building relationships with preceptors and patients. The Veterans Health Administration began using the PACT model in 2010, which ensures that patients see various specialists with the same ease that they access primary care.

“The new VA and the PACT teams are essentially medical homes,” said Assistant Professor of Nursing Shelley Barry, who is also the on-site MU faculty when students are present at the VA. **“There are various health care teams, and each team contains a registered nurse (RN), licensed practical nurse (LPN), and a physician. They also have access to things like social work, nutrition, and mental health resources. Patients get into their room, and then everybody comes to the patient, so they get comprehensive care on that one visit. Whatever they need is brought to them.”**

Because patients are seen by the same PACT on return visits, students can follow along as patients get care over a long period of time, rather than just seeing whatever patients pass through a specific department.



Student nurse Courtney DeGarmo demonstrates performing an EKG under the watchful gaze of her preceptor , Fayetteville HCC's RN Care Manager Carol Bush.

“One of the goals of our Dedicated Education Unit partnership with the VA PACT teams is to have students think critically and see the whole system and the whole process that patients go through,” said Assistant Professor of Nursing Shannon Matthews who spearheads the DEU. ...*(excerpt and photos reprinted with permission courtesy Methodist University Department of Marketing and Communications).*

To read the complete article, please go to <http://www.pageturnpro.com/Progress-Printing/73333-MUToday-Sum2016/index.html#50> and go to Page 50.



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Sanford Community-based outpatient clinic ribbon cutting

VA and community officials gathered in Sanford June 29 to cut the ribbon on the new Community Based Outpatient Clinic at 3112 Tramway Road. VA began seeing patients at the new facility May 9. Rep. Renee Ellmers delivered remarks along with Sanford Mayor T. Chet Mann, Fayetteville VAMC Director Elizabeth Goolsby and VISN 6 Director Daniel Hoffmann.



Lee County's oldest Veteran, 102-year-old William Waddell, joins FVAMC Director Elizabeth Goolsby (center, with scissors), flanked by U.S. Rep. Renee Ellmers and Sanford Mayor Chet Mann on the left, and VISN 6 Director Dan Hoffmann to her right to celebrate the opening of the Sanford CBOC.



Womack Army Medical Center Color Guard



Rep. Renee Ellmers & VISN 6 Network Director Daniel Hoffmann



Sanford Mayor T. Chet Mann



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VA Launches revamped online health care application

VA has launched a new form of online health care applications in an effort to make the health care enrollment process more expeditious and user friendly. Since June 30, Veterans applying for health care are directed to the new health care application on the www.vets.gov.

The new application is for veterans who have not previously applied for VA health care.

Unlike the online 10-10 EZ and previous applications, this form does not require special software to open, nor does it need to be printed by the veteran or VA staff to be processed.



The online application does require an internet connection and approximately 15 to 45 minutes of a **veteran's time, depending on the complexity of the application**. While currently the application can be submitted without a log-in, according to the VA Deputy Secretary Sloan Gibson, the log-in option will be added later this year to allow veterans to update and save their information.

Veterans and other stakeholders will still have access to VA Form 10-10EZ, which was originally available through the Veterans On-line Application; however, going forward, those applying for health care eligibility will use the new online application or call 877-222-VETS (8387).

To learn more about applying for health benefits, please visit VA's Health Benefits webpage at <http://www.va.gov/HEALTHBENEFITS/apply/index.asp>.

AES – Participate. Make a Difference.

How our AES results shape this workplace:

You Speak.
VA Listens.
Everyone Learns.

- **Promoted Employee Health/Well-being**
(Health fairs, Burn out testing /Resiliency training, Healthy cooking demonstrations, Exercise plans).
- **Developed Workplace Management & Stress Management Course**
- **New Awards Recognition Initiatives and Programs.**
(Shining Star)
- **Improved Supervisory Training Program.**
- **Promoted Organizational Civility (Kindness Coins).**



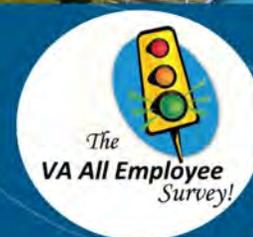
VA All Employee Survey (AES)

Aug. 8-29, 2016

For more information, contact your AES Coordinator:

Lewis Frazier ext. 7303, Stan Cook ext. 7280
or James Gaydos ext. 5678

- ✓ Voluntary, anonymous, confidential
- ✓ Look for your workgroup code
- ✓ Make your voice heard
- ✓ Shape your workplace



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Highlights

WHCC optical shop open

Madonna Dawkins, optical shop technician, helps Veteran Aaron Smith select an eyeglass frame. The Wilmington HCC Optical Shop is open M-F from 8 to 4:30. Patients can obtain glasses with a valid optical prescription from VA or private providers. No consults are required; the shop operates on a first come, first served basis. Glasses will be shipped to the home address or the veteran can request pick up. Family members are eligible for glasses also – on a cash basis. For more info, contact Dawkins or Kerri Slade at (910) 343-5300 Ext. 3754.



Photo by Jeff Melvin

What is VLER (Virtual Lifetime Electronic Record) Health?

Submitted by Alissa Roberts
FVAMC Veteran Health Information Exchange Coordinator/
VLER Health

Many Veterans see VA and non-VA health care providers. This can make it difficult for providers to access the records they need to manage a Veteran's care. By sharing a Veteran's health information electronically, VA and non-VA providers are better able to coordinate and improve the overall quality of care for our Veterans.

VLER Health has two tools for sharing health information between VA and trusted non-VA-health care providers:

VLER Health Exchange is a program that allows VA and non-VA providers to securely access certain Veteran health information electronically using the eHealth Exchange. The eHealth Exchange is a secure, trusted internet exchange. VA requires a Veteran-signed authorization (VA Form 10-0485) prior to

sharing Veteran health information with non-VA providers over the eHealth Exchange.

VLER Health Direct (VA Direct) allows VA providers to send select information (e.g., referrals) about a Veteran's health care to a non-VA provider using a secure tool similar to email.

When Veterans sign VA Form 10-0485, their non-VA providers can securely view certain Veteran health information through the eHealth Exchange. VA health information shared with non-VA providers includes: a list of health problems; allergies; medications; vital signs; immunizations; chemistry and hematology reports; discharge summaries; medical history; records of physicals; procedure results; progress notes, etc.

For more information about VLER, contact Alissa Roberts at (910) 488-2120 Ext. 5749 (Alissa.Roberts2@va.gov) or visit <http://www.va.gov/vler/>



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Women's Health release two new mobile apps

Women's Health Services has released two new mobile apps is to quickly provide information to women Veterans to help them take control of their health and to assist providers in the care of women Veterans.

Preconception Care

The Preconception Care app provides care teams with information to support the integration of preconception care into comprehensive primary care, thereby optimizing the health of women Veterans and their unborn children.

The app provides a single, easy access point for provider-centered resources that address a variety of factors, including birth control usage, reproductive history, health status, family and genetic history and risks, vaccinations received and lifestyle factors.

Additional training materials and resources such as a User Manual, Slideshow and FAQs can be found at <https://mobile.va.gov/training/preconception-care>. More information on the VA Preconception Care Initiative, can also be found on the [Preconception Care](http://vaww.infoshare.va.gov/sites/womenshealth/whsra/repr/Preconception.aspx) SharePoint page (<http://vaww.infoshare.va.gov/sites/womenshealth/whsra/repr/Preconception.aspx>).

Caring4Women Veterans

The Caring4Women Veterans app provides care teams with information to help address the unique physical and mental health issues that affect women Veterans.

Women Veterans may have health care needs that differ from both male Veterans and the general female population. Because many women Veterans seek health care out-



side of the VA network, it is important that both their VA and non-VA providers have the resources necessary to provide informed and comprehensive care; the Caring4Women Veterans App provides this. Additional training materials and resources such as a User Manual, Slideshow and FAQs can be found at <https://mobile.va.gov/training/caring-4-women-veterans>.

The [Preconception Care](#) and [Caring4Women Veterans](#) mobile apps are among a series of free applications developed under VA's [Mobile Health Provider Program](#). The program is a collaborative effort between the VHA Office of Informatics and Analytics (OIA) Connected Health Office and the Office of Information and Technology (OI&T). The program is an effort to equip VA care teams with mobile technology to enhance the way they deliver care.

Additional Resources

Browse the VHA's office of Women's Health Services site to view additional resources available for care team members with women Veteran patients:

- <http://www.womenshealth.va.gov>

Explore and access additional apps developed by VA for both care team members and patients on the VA App Store:

- <https://mobile.va.gov/appstore>

Learn more about the Mobile Health Provider Program by visiting:

- <https://mobile.va.gov/providers>

Explore education and training related to the care of women Veterans by visiting

- <http://vaww.infoshare.va.gov/sites/womenshealth/whsra/educ/EDUCHome.aspx>



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Zika Virus Information and Prevention

Submitted by Sharon Mitchell
FVAMC Infection Prevention Coordinator

Zika virus infects people through the bite of a mosquito and can cause fever, rash, joint pain, and conjunctivitis.

Zika is not currently found in the continental United States, but cases have been reported in returning travelers. Zika infection can cause serious or fatal birth defects in the children of pregnant women, and the virus can be transmitted sexually.

Once the virus is in a person, it can spread through blood transfusion, sexual contact, and from mother to child. About 80% of people with Zika experience no symptoms and don't even know that they have the virus.

The illness is usually mild with symptoms lasting from several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika.

Recently, there have been reports of microcephaly in babies of mothers who were infected with Zika virus while pregnant. Microcephaly is a birth defect in which a baby's head is smaller than expected and often the brain is smaller and hasn't properly developed.

More cases of Guillain-Barre syndrome (GBS) have also been reported. GBS is an uncommon sickness of the nervous system in which a person's own immune system damages the nerve cells, causing muscle weakness and sometime paralysis.

Pregnant Women

Pregnant women should not travel to Zika-affected countries

Zika infection can be passed from a pregnant woman to her baby, causing severe birth defects, including brain damage, hearing and vision loss, and impaired growth.

Pregnant women should not have sex with any man who has traveled to a Zika-affected area without using

Prevention for Travelers

Use insect repellent.

Wear long sleeves and pants.

Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.

Sleep under a mosquito net if you are overseas or outside and are not able to protect yourself from mosquito bites.

Advice for Returning Travelers

Avoid mosquito bites for three weeks after you return home in order to prevent the transmission of the Zika virus to local mosquitoes.

Men should not have sex of any type with a pregnant woman for the duration of the pregnancy, or should use condoms consistently until the end of pregnancy.

Men should use condoms every time they have any type of sex for at least eight weeks after they return home.

Men who develop symptoms of Zika should use condoms for six months after the onset of symptoms.

Pregnant women who have recently traveled to an area with Zika should talk to a healthcare provider about their travel even if they don't feel sick.

Women wishing to become pregnant should wait eight weeks after travel to Zika-affected areas, or wait eight weeks after any Zika symptoms appear before trying to conceive.



Highlights

National Ethics & Compliance Week Poem Contest Winners

Thanks to all who entered the Compliance Poem Contest during National Compliance and Ethics Week. This year we had a three-way tie!. The winners are: Robert K. Fey, Sr. –Logistics - Wilmington HCC; Yvon Quirk, Social Work Services – Fayetteville VAMC; and Christina Stakely, Family Counselor – Jacksonville Vet Center.

Take a look at the winning poems.

Service, Integrity, Trust By Yvon Quirk

Today I come to see you to provide my service
Our reputation and integrity are everything; otherwise, it would be to your disservice
I know you look upon me and others to do our best
Follow through on what we say we are going to do the rest
We know the trust has to be earned and earn it we must
You look upon us to provide excellent services, keep our integrity and give you our trust.
And this we will keep our promises to you and to you we must
We hope when you leave here you will leave with a smile on your face and confidence in your heart

Service, Integrity, Trust By Robert K. Fey

Service, Integrity and Trust require us to SIT,
We should sit and ask ourselves if the service we will give or have given today was conducted with integrity,
We will sit and look within ourselves and trust ourselves to know that the service we have provided today was the best we can possibly offer,
We will sit and thank our fellow Americans who served with integrity and stood up for us, for our freedom, for me and for my freedom,
We will sit and think of all of the trust that individual has bestowed unto me and know that I will use that

trust to service them with integrity,
For when I sit, I will sit knowing that I have done my part to provide he who has burden the weight of war with service full of integrity and trust,
Service, Integrity and Trust require us to stand up for SIT.

Integrity, Trust, Service By Christina L. Stakely

To Integrity I hold Each day anew To honor others Reliable to "You"	From Trust I embrace A change to be Each one I know Becomes part of me
With Integrity I am True to me Being my honest self For each person I see	To Service I commit Each day anew To help others Grow and renew
From Integrity I acquire Understanding much more The pain of one The battle that is borne	With Service I hope Others will receive A meeting of need And have reprieve
To Trust I give Each day anew A healing of one A walk in his shoes	From Service I get A little remind Of my own humanity A blessing in kind
With Trust I maintain The jar I hold Of my fellow man And his secrets untold	



FVAMC ★ Access to safe, high quality patient care and service ★ Being the employer of choice
Priorities ★ Being a good steward of our resources with time, people, space and dollars

Highlights

NOT GETTING ALONG WITH A COWORKER?



Try ADR - Alternative Dispute Resolution

YOU remain in CONTROL of the OUTCOME

It is FAIR and NEUTRAL

It is CONFIDENTIAL

Disputes are RESOLVED QUICKLY

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