



Katterbach Health Clinic

January 2010 Updates

"Providing Quality Care to Beneficiaries"

Clinic Phone DSN: 467-3398
Clinic Phone Comm: 09802-83-3398

CLINIC HOURS:

M-F - Active Duty Sick Call:
0700-0730

M-W - 0730-1630

Th - 0730-1900

Fri - 0730-1200

Fri pm - Closed

Clinic Closing Dates:

15 Jan 2010 - TNG Holiday

18 Jan 2010 - MLK Day

TRICARE Closed on:

06 Jan 2010 - Epiphany
(German Holiday)

Access to Care Standard

Acute: Visit for an urgent problem. Appointment given within 24 hours. Active Duty sick-call. Non-active duty same-day appointments.

Routine: First-time visit for a new problem. Appointment given within 7 days.

Wellness: Preventive care appointment. Examples include well-woman exams, school/sports physicals, well child exams, PHA/PDRHAs, military physicals. Appointments given within 28 days.

Established: Follow-up visit for an existing problem for which you have already been seen. Appointment given within 45 days.

All are bookable on TRICARE Online at www.tricareonline.com.

Expanded Clinic Hours

The U.S. Army Health Clinic Katterbach has expanded its Thursday hours. Effective 07 January 2010, the USAHC Katterbach will remain open until 1900 on Thursdays. We will have two providers that will see patients from 1600 to 1900 which will allow for 18 appointments after our otherwise normal hours. All appointment types will be available during this time including same-day acute appointments, routine, follow-ups and wellness visits. All normal primary care services will be available to include the ancillary services of Pharmacy, Laboratory and Immunizations. Unfortunately, we will not be able to offer Physical Therapy, Radiology and Optometry during this time.

Immunizations Clinic

The Immunizations Clinic at the USAHC Katterbach will be transitioning from an appointment-only clinic to a walk-in clinic. The new walk-in hours for immunizations will be:

Monday, Tuesday & Wednesday—0800-1100 and 1300-1530

Thursday—1000-1200 and 1330-1730

Friday—0800-1100

We are working to get the Immunizations Clinic onto our queuing system in the main waiting area but until then we ask you to check-in with the front desk and proceed back to Immunizations where you can wait.

Force Health Protection (Soldier Health)

Due to the 12th CAB deployment, our Force Health Protection (a.k.a. Soldier Health) section will be changing its hours. Effective 04 January 2010, the new hours for FHP are:

Monday—0800-1115 Outprocessing & 1300-1615 Inprocessing (ITC only)

Tuesday—0800-1155 Separation Physicals & 1300-1615 All Physicals

Wednesday—0800-1115 Outprocessing & Closed in PM

Thursday—Closed all day

Friday—0800-1115 Inprocessing/Immunizations & Closed in PM

All Separation Physicals (MEB, Chapter, ETS) Part I appointments must be scheduled by the Soldier's chain of command. All Outprocessing appointments will be scheduled by ITC and annotated on the Soldier's clearing papers.

The Hearing Booth will be open on Tuesdays from 0800-1115 and on Thursdays from 0800-1115 and 1300-1600. In order to get a hearing test outside of these times, one must report to Force Health Protection to be considered for an exception to the normal opening times.

Physical Therapy Open House

Our Physical Therapy clinic is celebrating a lot of new things this New Year. They have a new 2,000 square foot Physical Therapy clinic adjacent to the main clinic, a new Physical Therapist and two new Physical Therapy Technicians. Come help them celebrate by attending their open house on Wednesday, 27 January 2010 from 0800-1200 in the new PT clinic. They will provide functional movement screenings similar to those performed in the NFL on anyone who wants one. No sign-up is required. Refreshments will be served.

New Clinic Layout

The clinic will be changing its layout this holiday season. We will reorganize the location of several of our personnel in an effort to produce a more functional clinic thus improving patient flow and making your visit more efficient and smooth. Our administrative personnel will relocate to the basement level so that the main level will focus solely on providing you the most efficient and highest quality medical care we can provide. If you are not sure where to go when you visit the clinic after the New Year, please ask one of our staff members for assistance.

Acetaminophen May Reduce Your Child's Response to Vaccines

Children receive vaccines to protect them from infections caused by bacteria and viruses. The vaccine delivers an active substance that stimulates your body to create antibodies. These antibodies allow your body to fight future infections. With the stimulation of the immune system, some children develop a fever. Since fever is a normal response, researchers investigated if suppressing the fever also suppresses the antibody response. They found that in addition to acetaminophen decreasing the fever, it also may decrease the intensity of the antibody response to the vaccine and decrease the body's overall defense against these infections. The current recommendation is not to pre-medicate your child with Acetaminophen prior to receiving any vaccines and only medicate with Acetaminophen if the child's temperature is over 101 degrees Fahrenheit after receiving the vaccine. Please contact your PCM or the clinic if you have any questions.

National Health Observances

During 2010, we will focus on one of the National Health Observances celebrated each month starting with Cervical Health Awareness Month in January.

Cervical Health Awareness Month

January is Cervical Health Awareness Month. Cervical cancer is a disease that affects a significant number of women each year, most within the age range of our military Soldiers and spouses. It is estimated that in 2009, there were more than 12,000 new cases of invasive cervical cancer and four times that of non-invasive cancer resulting in 4,000 deaths. The high-risk age range is from 20 to 50 years of age. Cervical cancer, like many others, is very treatable when caught early. Cervical cancer has many risk factors. However, the most common are certain high-risk strains of the Human Papilloma Virus (HPV), which is the same virus that causes common warts. There is an FDA-approved vaccine, Gardasil, that targets four high-risk HPV types, two of which cause 70% of cervical cancer. Usual vaccination is for girls aged 11-12 in a three-shot series, but it can be given to girls as young as 9 and as old as 26 years. Currently, this vaccine is not required by the DODEA schools, however many school systems in the United States do require eligible girls to have the vaccine. The first step in reducing deaths from this disease is prevention, which is obtained through education and vaccination. The second step is early detection, which can be accomplished through periodic cervical cancer screening, such as a pap smear or well-woman exam, for all eligible women. Current recommendations from the U.S. Preventive Services Task Force and the American Congress of Obstetrics and Gynecology recommend annual screening in women under age 30 starting at either age 21 or three years after their first sexual encounter; screening once every 2-3 years in those over 30 with three consecutively normal paps; and cessation of testing in women who either had a hysterectomy for a non-cancer condition or are over age 65 with no abnormal pap results in the previous 10 years. Cervical cancer screening is one of the Healthcare Effectiveness Data and Information Set (HEDIS) measures. All female beneficiaries aged 24 to 64 are considered eligible as part of this HEDIS measure. To be green, an eligible woman should have had a pap within the last three years. Currently the USAHC Katterbach is at 82% for cervical cancer screening. If you are in need of a cervical cancer screening, please call DSN 467-3398 or 09802-83-3398 to schedule your appointment. For more information go to www.nccc-online.org/awareness.html, www.acog.org or www.cdc.gov/cancer/dcpc/prevention/index.htm.

NEXT ISSUE: February is American Heart Month

For more information, visit our clinic Web page at: <https://ermc.amedd.army.mil/katterbach/index.cfm>