

Parent Club Officer Conference



29 October 2021



Naval Health Clinic Annapolis

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Brigade Medical Officer



CAPT Adam Saperstein
Family Medicine



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Overview of Topics



- History of Brigade Medical & Military Healthcare Overview
- Medical Services
- Brigade of Midshipmen Support
- Dental Services
- Clinical Wavetops & Updates



Command Leadership



CAPT Rachel Lewis
Commanding Officer



History of Healthcare at USNA & NHCA Background



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Supporting the Brigade Since 1845

1846-1853



It became apparent shortly after the Naval Academy officially opened in 1845 that separate arrangements needed to be made for sick midshipmen. The first hospital was a four-room wooden building constructed on the parade grounds in 1846.

1853-1907



The second hospital was completed in 1853 in the vicinity of the present Officer's Club. It was a brick three-story building with wards, a small dispensary, quarters for the medical staff, and a kitchen. It was abandoned with the rest of the Academy grounds during the Civil War between 1861 and 1865. It resumed use as a hospital in 1865 and continued use as a dispensary after the third hospital was built.

1871-1876



After the Civil War, the third hospital was built in the shape of an anchor in the vicinity of Perry Circle. It was used only 1871-1876 and then abandoned because of high malaria transmission to both patients and staff due to the close proximity to the river. The second hospital was then renovated and returned to use.

1907-2017



The fourth hospital was commissioned in 1901 and opened in 1907 on "Hospital Point."

It was subsequently expanded several times. Functioned as a hospital for 72 years until 1979, when the scope was reduced to outpatient services only.

In 2009, NHCA assumed control of NBHCs Earle, Lakehurst, Mechanicsburg, & Philadelphia.

2002 - Present



Navy Medicine had a presence in USNA Bancroft Hall since the first two wings were completed in 1906.

In 2002, a new Brigade Medical Clinic opened in Bancroft Hall. The renovated facility included primary care, dental, orthopedic, and optometric services for the Brigade of Midshipmen.

2017 - Present



The historic Hospital Point was relocated to a brand new, state-of-the-art \$43.5M facility and opened for the first time on March 28, 2017.

The new location is conveniently located near the NEX, FFSC, MWR, and Commissary. Services were expanded to include Dental and Musculoskeletal Clinics.

Who We Serve

- **Total Enrollment: 14,442**
 - 4,965 Midshipmen and TAD O-1's
 - 3,660 Active Duty
 - 2,755 Active Duty Family
 - 3,042 Retirees & Family



Photo taken pre-COVID



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WHAT IS TRICARE?

- Department of Defense's integrated health care delivery system
- Covers members associated with the U.S. Military, incl. Midshipmen
- Midshipmen are considered Active Duty members and pay no out of pocket expenses for care. No enrollment fee, no deductible, no cost-share
- TRICARE PRIME (Midshipmen) must seek care from the Military Treatment Facility (MTF) when it's available
- If the medical service is not available at the MTF within the appropriate access standards, they will be deferred out to a TRICARE network provider
- Note: Although Mids may also be covered by parents' health insurance, TRICARE remains the primary insurance

Satisfaction with Care/MIDN Feedback

- How do we capture the “voice of the customer?”
- Sources of feedback (survey and qualitative):
 - JOES (Joint Outpatient Experience Survey)
 - ICE (Interactive Customer Evaluation)
- Sources of direct/personal feedback:
 - MAC (Midshipmen Advisory Council)
 - Departmental Customer Relations Representatives



Medical Services



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Patient Privacy Legalities

- We have a patient privacy relationship with your MIDN.
- HIPAA legal statutes prevent sharing of MIDN information without written consent or their presence for us to discuss their medical care, including those who are <18.
- Information may be shared with the MIDN Chain of Command on a limited basis.

Patient Safety Legalities

- For safety and legal considerations, please do not give your MIDN medication prescriptions that were not provided through Brigade Medical or Tricare.
- Urine Drug Screens randomly performed on all military members to include MIDN.
- MIDN **MUST** receive medical counseling and approval for outside surgery.

Medical Services Within Bancroft

- Staff: 60 Active Duty, Civilian, and Contract personnel
 - Currently with approximately 20 additional staff
- 1st, 6th and 8th Wings, Dahlgren Hall
- Clinical Services:
 - Primary Care, Travel Medicine, Immunizations
 - Orthopedic Surgery, Sports Medicine, PM&R
 - Physical Therapy, Podiatry
 - Behavioral Health/Mental Health
 - Dental
 - Optometry
 - Flight and Undersea Medicine
- Clinical Support Services
 - Pharmacy, Laboratory, Radiology



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Brigade Medical Operations

1st Wing: Isolation & Quarantine
Hours: 24/7

Dahlgren Hall

Respiratory Clinic: M-F 0630-1530
MSK Clinic: M-F 0630-1100

8th Wing

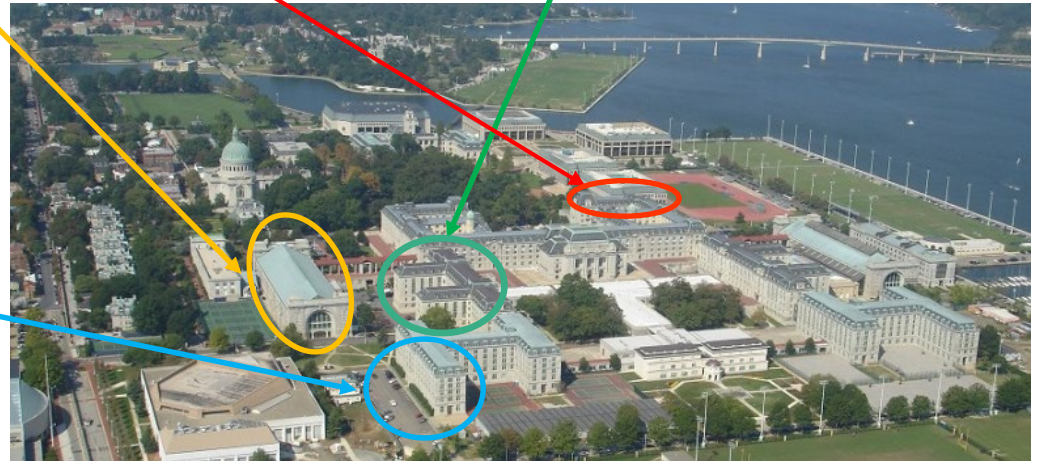
Physical Therapy: M-F 0630-1500
Optometry: M-F 0800-1500

6th Wing

Brigade Medical Unit, Lab, X-ray, Pharmacy
M-F 0630 to 1800; Holiday / Weekends: 0700-0900

MSK Clinic (Ortho/Sports Med/PM&R/Podiatry)
M-F 0630-1500

Dental Clinic
M-F 0645-1545



Sports Medicine

- Sports Team Coverage:
 - 1200 Varsity Athletes
 - 14 Team Physicians and 1 Sports Psychologist
 - 33 Varsity NCAA Division 1 sports teams
 - 14 Club sports teams
 - 2,664 person hours (by medical providers)
 - 2 training room evening clinics M-T 1730-1900.

Athletic Training Rooms provide the following support to the Midshipmen:

- ✓ Vitamin D Initiative
- ✓ Concussion Initiative
- ✓ Foot Care and Orthotic Initiative
- ✓ Sideline Emergency Response Training



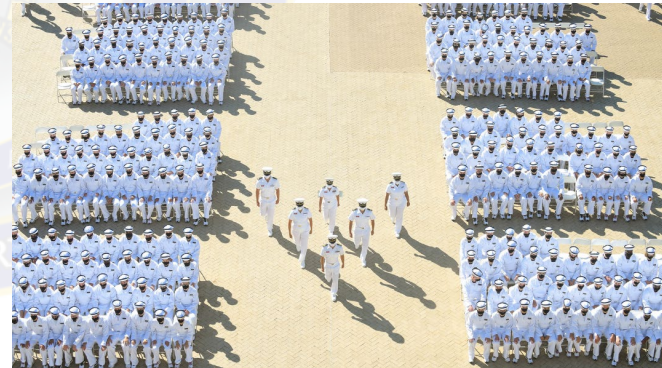
Photo taken pre-COVID

Concussion Center of Excellence

- Baseline Neurocognitive Assessment during Plebe Summer
- Care for 150-200 patients with concussions per year
- Available resources for concussion education for staff and faculty
- NCAA-DoD Concussion Study to help better prevent injury
- Integrated approach to recovery
 - Academics, Brigade Leadership, PE/Sports and Medical use the same “playbook”
 - “Return to Learn” and “Return to Play” Protocols

USNA Admissions Support

- NHCA assigns one physician as the Admissions Medical Officer (AMO)
- When a candidate is identified to have a medical condition that may disqualify them for commissioning, the AMO reviews those files and makes a recommendation to the USNA Superintendent for or against a waiver.
- Candidates again screened on I-day:
 - New conditions
 - Previously undisclosed conditions

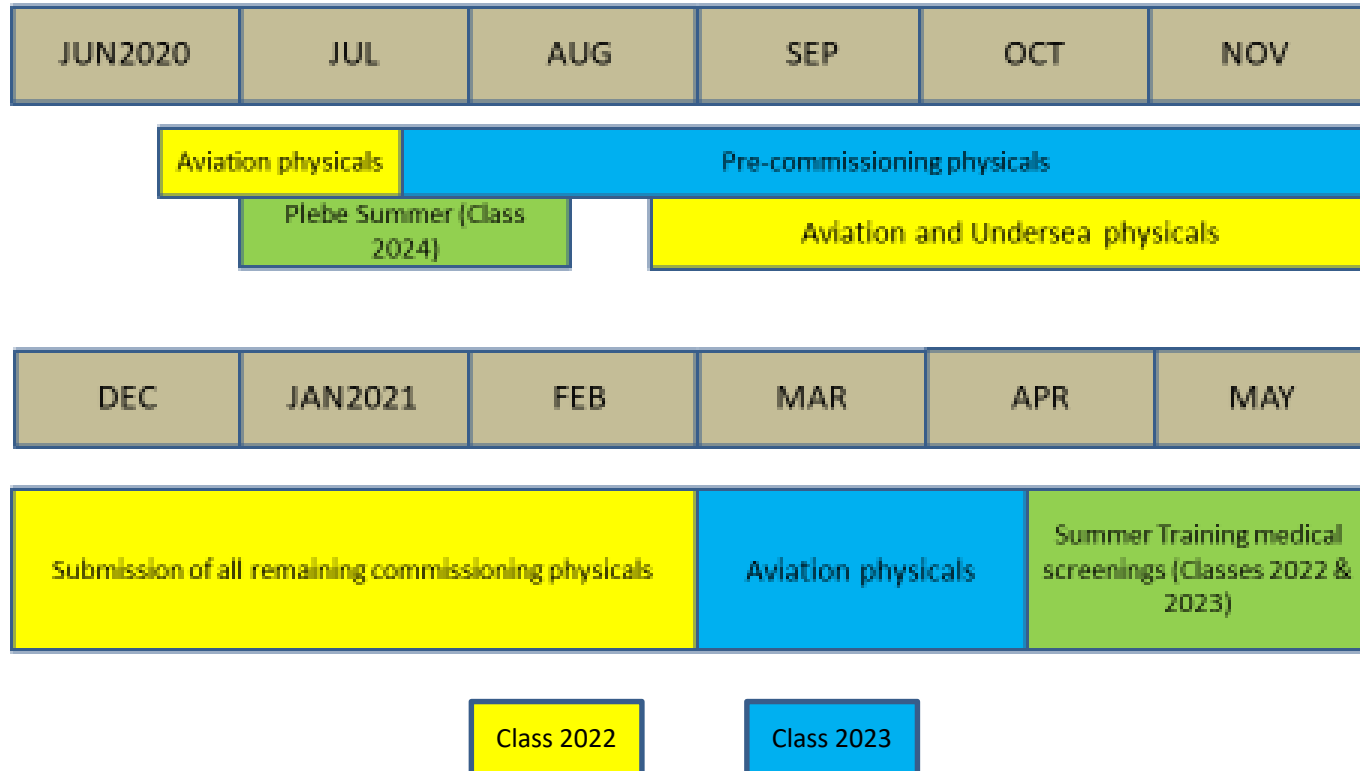


Midshipman Commissioning

- All Midshipmen receive pre-commissioning examinations in their 2/C (Junior) year
 - Comprehensive history and physicals to include specialty consultation when needed
 - Identifies suitability to commission into service communities of interest
 - Suitability for various service communities shared with USNA which uses this information to determine what communities the USNA MIDN will be allowed to choose from.
- Team:
 - 1 Brigade Medical Officer
 - 2 Commissioning Medical Officers (Flight Surgeon and Undersea Medical Officer)
 - 4 in-house Care Coordinators
 - 5 Corpsmen (including Aviation Medical Technicians)



Academic Year 2021-2022



Director, Brigade Medical



Sara Stires

Sarah Rhoads

CDR Sara Stires
Oral Maxillofacial Surgeon



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Brigade of Midshipmen Support



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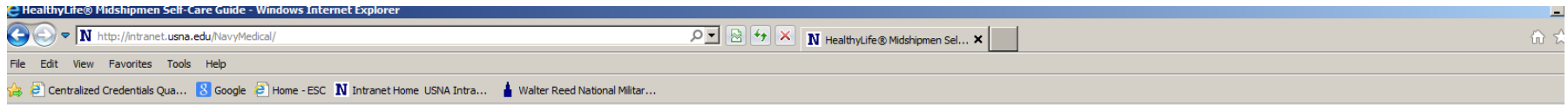
Duty Health Care Provider

- Dedicated Provider available after hours/weekends/holidays
- Available for all Midshipmen, regardless of location
- Authorization to go to a Tricare approved Urgent Care
- **NO** authorization required for any emergencies/ER visits
- Wait 6 rings to be connected!

Local Urgent Care & ER Partners

- Based on medical issue and time of day
- Local Tricare-authorized Urgent Care:
 - Right Time & Patient First
- Local Emergency Departments:
 - Walter Reed National Military Medical Center & Anne Arundel Medical Center

Self-Care Guide On the USNA Intranet



HealthyLife® Midshipmen Self-Care Guide

by Don R. Powell, Ph.D. and the
American Institute for Preventive Medicine

Note: This book is not meant to substitute for expert medical advice or treatment. The information is given to help you make informed choices about your health. Follow your health care provider's advice if it differs from what is given in this book.

Understand that many of the designations used by manufacturers and sellers to distinguish their products are claimed as trademarks. Where those designations appear in this book and the American Institute for Preventive Medicine was aware of a trademark claim, the designations have been printed in capital letters (e.g., Tylenol).

This guide is one of a series of publications, programs, and online products, developed by the American Institute for Preventive Medicine, designed to help individuals reduce health care costs and improve the quality of their lives. We publish a companion student mental health self-care guide called *Minding Your Mental Health*. We also provide many wellness and disease management publications and programs.

Section I—Common Health Problems

How to Use This Section

- Abdominal Pain
- Acne
- Allergies & Asthma
- Colds & Flu (Includes SARS)
- Coughs
- Depression
- Diarrhea
- Eating Disorders
- Fatigue (Includes Mononucleosis)
- Fever
- Headaches

- Skin Injuries
- Sore Throats
- Sprains, Strains & Sports Injuries
- STDs/HIV
- Stress
- Suicidal Thoughts
- Urinary Tract Infections
- Vaginal Problems
- Vomiting & Nausea
- West Nile Virus

Section II—Playing It Safe

Year-Round Medical Support of the Brigade

Plebes	Youngsters	Second Class	Firsties
Induction Day	Summer training Screenings	COMMISSIONING PHYSICALS	SERVICE SELECTION PHYSICALS
Confidence Course	Yard Patrol Ops	Leatherneck	SWO Screening
Obstacle and Endurance Course	National Outdoor Leadership School (NOLS) Screening	SEAL Screener	Color Parade
Herndon Climb	Philmont Scouts Screening	Explosive Ordinance Disposal and Sub Screener	Graduation
Sea Trials	Surface Cruise Screening	Marine Special Opportunities Training (MARSCOT) Screener	
Weapons Range	Protramid Screening	Powered Flight Screening	

Year-long Evolution Support: 1,883 person hours (by clinic staff members)

Dental Services



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Brigade Dental Clinic

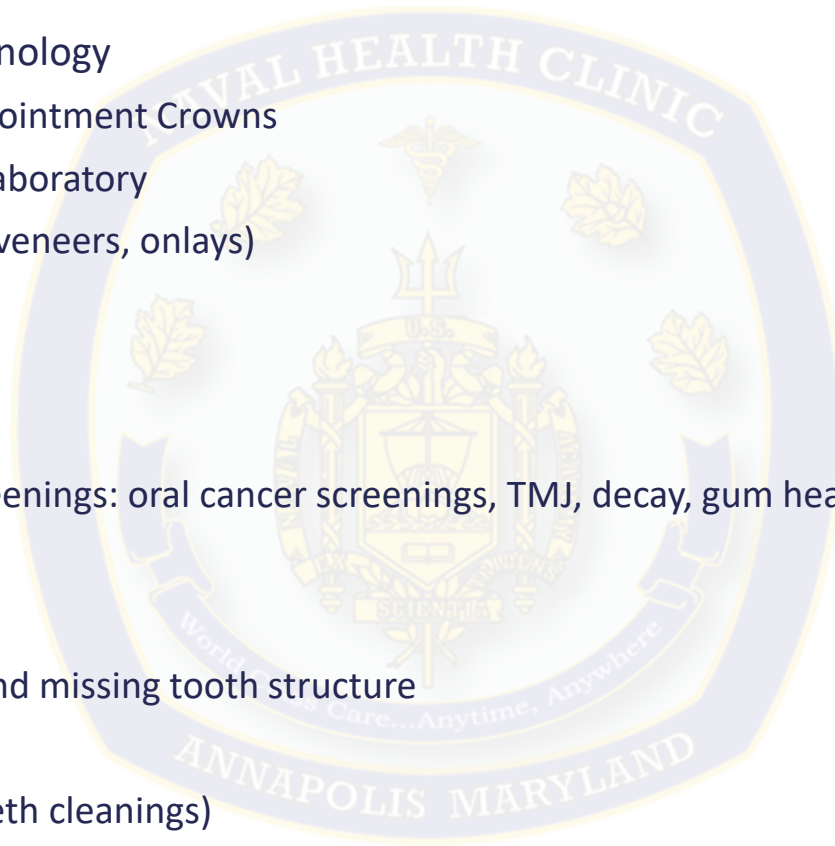
- Located in the basement of 6th Wing Bancroft Hall
- 24 hour duty section for dental emergencies
- Appointments are made via email, phone, or in person



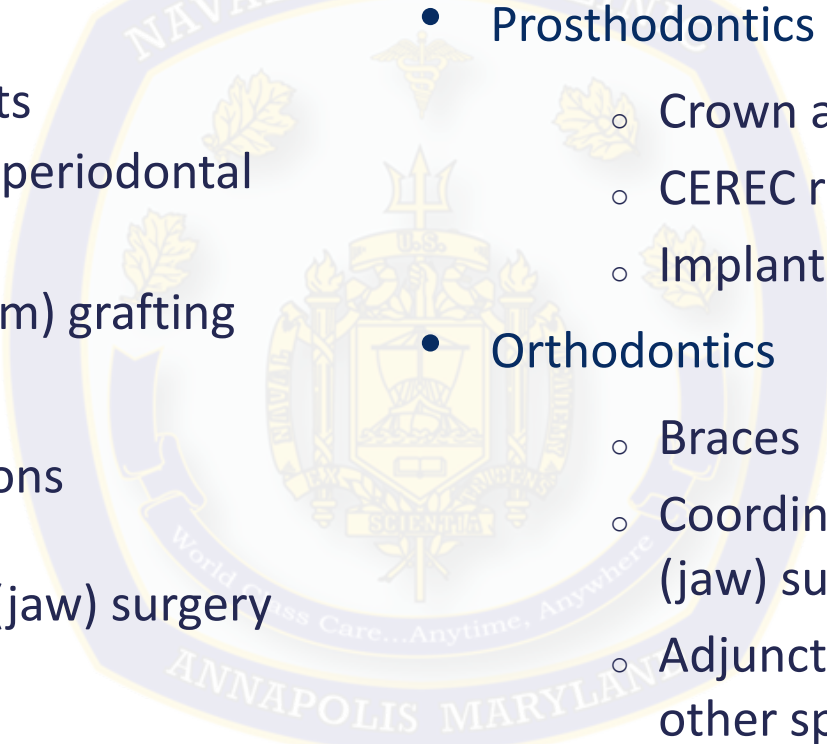
Photo taken pre-COVID

Dental Treatment

- State of the Art Technology
 - CEREC – Single appointment Crowns
 - Complete Dental Laboratory
 - Ceramics (crowns, veneers, onlays)
 - Implants
 - Laser
- Diagnosis
 - Annual exams (screenings: oral cancer screenings, TMJ, decay, gum health)
 - Sick call
- Restorative
 - Replace decayed and missing tooth structure
- Preventive
 - Dental hygiene (teeth cleanings)
 - Sealants and fluoride treatment
 - Mouthguards



Dental Specialty Care

- 
- Periodontics
 - Dental Implants
 - Treatment for periodontal disease
 - Soft tissue (gum) grafting
 - Oral surgery
 - Tooth extractions
 - Biopsies
 - Orthognathic (jaw) surgery
 - IV sedation
 - Prosthodontics
 - Crown and Bridge
 - CEREC restorations
 - Implant restorations
 - Orthodontics
 - Braces
 - Coordinate for orthognathic (jaw) surgery
 - Adjunctive treatment with other specialties

Clinical Wavetops and Updates



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EKG Screening: 1st in the Nation

Universal Screening

- Focused history, physical, EKG using Int'l Criteria for Athletes

Results

- 86 (2.1%) w/abnormal screens - referred to Walter Reed Cardiology
- 19 (0.46%) with cardiac issue
 - 10 require serial monitoring over time
 - 7 with abnormal rhythms: 6 cured by ablation, 1 low risk
 - 2 with life-threatening (and now treated!) cardiac disease

COVID Protocols

- Protocols designed in consultation and collaboration with our partners:
 - Centers for Disease Control, Navy & Marine Corps Public Health Center, Uniformed Services University, Johns Hopkins, Harvard, Walter Reed National Military Medical Center, USAFA, USMA
- Protocols developed to meet the unique needs of USNA and our Mids
 - Mission requirements
 - Space available
- Regularly re-evaluate the data to modify/optimize our model
- Due to OPSEC, DoD regulations do not allow us to share number of cases

Mental Health Care

- NHCA: on-site PhD Psychologist
- USNA: Midshipman Development Center (MDC)
 - Six Psychologists (one position being filled); 1 Nutritionist
 - Expertise in Disordered Eating, Trauma/PTSD, Sports Psychology
 - Self-referral model
- Mission: To promote and enhance the adjustment, well-being, and professional development of Midshipmen through psychological and nutritional counseling services to Midshipmen, and through consultation and training to USNA Faculty and Staff responsible for Midshipman development, while respecting diversity of gender, race, sexual orientation and culture.
- The Midshipmen Development Center is a non-medical facility, and the information obtained by the MDC does not go into a Midshipman's medical record.

Battalion Surgeon/Dentist Model

- Designed to promote continuity and quality of care
- One primary care provider and one dentist assigned to each Battalion
- Supports the Battalion through educational efforts and consultation
- Midshipmen have the option of seeing other providers if they prefer



Pharmacy Update: ScriptPro

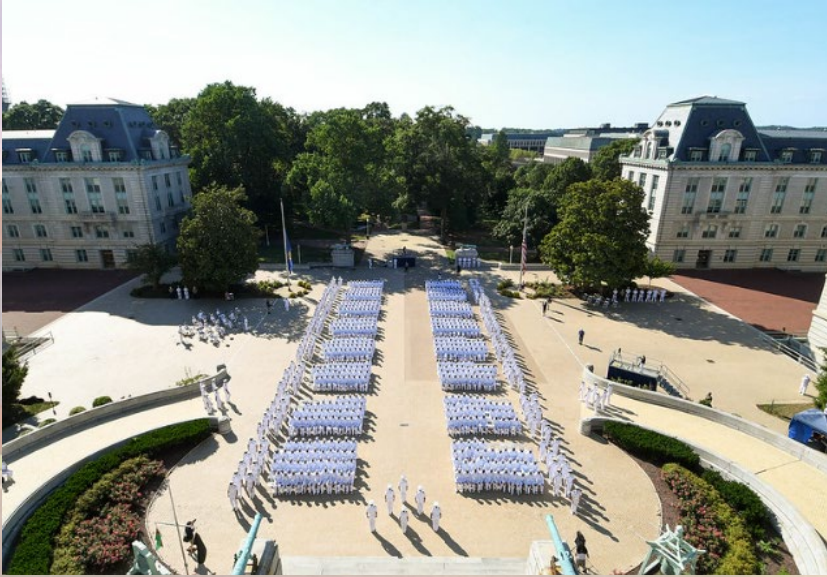
- Allows for after-hours pickup of medications



Photo taken pre-COVID



Questions?



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