



CRDAMC Now

Initiatives to improve your health care

**Carl R. Darnall
Army Medical Center**

Fort Hood, Texas
September 2009

Parents urged to immunize their children to prevent diseases

Army Families and the general public need to be aware of immunizations because immunizations help protect the entire population and prevent diseases that were commonplace decades ago but now are very rare, according to Lt. Col. Mark Croley, chief, Department of Pediatrics, CRDAMC.

“Otherwise, we’d see a resurgence of potentially serious or fatal diseases.

And we’ve already seen that in some areas every year: there are small outbreaks that occur of common illnesses because a group of people chose not to be vaccinated,” he said.

Using Pertussis as an example, Croley said that there have been outbreaks and a resurgence of Pertussis in the United States. “In the last several years,” he said, “there’s been a big emphasis on vaccinating the reservoirs of Pertussis, which is teenagers and adults in certain age groups. We know that when we have high vaccination rates, the incidents of Pertussis are low.”

Pertussis, also known as whooping cough, is a highly contagious respiratory tract infection spread by coughing or sneezing.



A registered nurse with the West Fort Hood Clinic prepares to give an immunization to a patient at CRDAMC’s Sports Physical and School Immunization Clinic July 25 .

Starting like a common cold, whooping cough may eventually turn more serious, particularly in infants. It’s most contagious before the coughing starts. The best way to prevent it is through vaccinations.

The childhood vaccine is called DTaP. The whooping cough booster vaccine for adolescents and adults is called Tdap. Both protect against whooping cough, tetanus, and diphtheria. To learn more about Pertussis, check with your health care provider.

“The Department of Defense is interested in preventive medicine because it reduces the care of acute care medicine,” says Dr. Art Baker, deputy chief, Department of Preventive Medicine,

CRDAMC.. “If you’re concerned about the cost of medicine in America, the way to deal with it is to keep people from getting sick. We do a lot of that already by restricting where people can smoke. So, we do all sorts of things to keep people well. We also want people to get in the habit of getting their immunizations, particularly children.”

At Darnall, routine immunizations for newborns are given at their regularly scheduled appointments. “Well-baby checks are designed around the shots,” Croley said. The only time to schedule additional shots is if they’re not part of the well-baby checks and when the child

**Seasonal Influenza
Vaccine Schedule
Pending Arrival
of the Vaccine
Watch for announcements**

Thomas Moore Health Clinic

Family members or retirees enrolled to any CRDAMC Clinic:
Mon, Tues, & Thurs
8 a.m. – 7 p.m.

Wed & Fri
8 a.m.—4 p.m.
Sat. & Sun — 8—11 a.m. , &
12—3 p.m.

West Fort Hood Clinic, Bennett Health Clinic, and Family Residency Clinic

For family members assigned 6 mo. and older:
Mon—Fri 8 a.m.—4 p.m.

Pediatric Clinic

For enrolled children:
Mon—Fri 8 a.m.—4 p.m.

Internal Medicine Clinic

For enrolled adults:
Mon, Wed, & Fri
from 1—3:30 p.m.

All ID Card Holders:

Darnall ER Atrium
Nov. 4, 6, 13, 18, & 20 from
Dec. 2, 4
From 5—7 p.m.

Allergy & Immunization
Clinic at Thomas Moore
Health Clinic
Mon, Wed, & Fri 1—4 p.m.

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enters adolescence or is college-age.

“Immunizations can almost always be given during a regular wellness-clinic visit,” Croley said. “Most clinics have immunization-only appointments, so if child needs immunizations, you don’t necessarily need to see a provider. There’s all kinds of ways to get your vaccinations.”

Children from ages 4 through 18 years are eligible and must be accompanied by a parent or guardian. Children from ages 4 through 18 of active duty service members and retirees in the Fort Hood area get their school

immunizations at CRDAMC’s annual Sports Physical and School Immunization Clinic in July.

Adults also need to check their shot records. However, Baker said he thinks it’s difficult to encourage adults to get their immunizations.

“They just don’t see the diseases that we once saw. For example, we don’t see Yellow Fever, or Malaria or Smallpox in America anymore. When a provider tells a patient, ‘Here’s medication to control your blood pressure,’ the patient will take it because he’s familiar with high blood pressure. But when the provider tells

him it’s time for his tetanus shot, he’s resistant because he hasn’t seen tetanus in America.”

To learn more about vaccines, visit cdc.gov and vaccine.mil. You can also check with your health care provider. Additionally, Croley suggests that parents become educated about vaccines.

Croley said that while vaccines are safe, side effects sometimes do occur. “People shouldn’t be afraid of side effects,” he said. “But, sometimes they do occur. Parents should educate themselves before their kids take the vaccine so they’ll know that side effects can occur.”

Women’s Health Clinic construction on schedule

The new Women’s Health Clinic currently under construction at the Carl R. Darnall Army Medical Center brings a whole new look to the east wing of the hospital and will feature a more relaxed and comforting atmosphere for future moms-to-be.

“The purpose of this construction project is to expand the women’s health services and add more clinical space within the hospital,” said Brian Prediger, chief, Facility Management, CRDAMC. “We should be opening the doors in August 2010,”

Prediger said the most unique element of the new clinic is its design. “The existing hospital is very square, so architects created a curvature on the eastside of the clinic. Also, the labor and delivery recovery suites will have a full open window around the curvature, making it a more patient-friendly environment,” Prediger said. This design will bring in light that is more natural to the facility.

“On the second floor there will be nine labor delivery room suites,” Prediger said. Unlike the current labor and delivery rooms that measure 189 square feet and are built within the interior of the hospital, the new suites will be almost double the size and built on the exterior of the clinic, giving patients a pleasant outdoor view.

“The main level will have space for all outpatient needs and the majority of ser-



vices currently available on the south side of the hospital will be moved to the new east wing,” Prediger said.

The contractor broke ground for the clinic in April 2008, and it is now about 35 percent complete. On any given day, people passing by can see 50 to 100 workers such as concrete workers, ironworkers, and electricians on site.

“A lot of the infrastructure is complete to include the water connectivity, sewer, electrical, concrete shell for the basement and first floor. The second floor shell is currently going up. We are starting to see some interior work in the basement level such as building the stairwell shaft and elevator shaft,” said Prediger.

When completed, the new extension will be roughly 50,000 square feet and will include a basement and mechanical area. It will increase the current CRDAMC facility to a total of 600,000 square feet. Other essentials include an elevator cart, nursing stations and rooms furnished with the latest state-of-the-art equipment.

“When the new clinic opens, services that were temporarily moved to outlying clinics on post will return. One such example is the Pediatric Clinic now located in the Bennett Clinic Annex building,” Prediger said.

The construction project is part of a \$19.7 million contract funded by the TRICARE Management Agency.