

Munson Notes



MUNSON ARMY HEALTH CENTER

Volume 2, Issue 9

New Campaigns, Events and Health News

September 2018

MAHC will have minimal staffing for mandatory training on Wednesday, **September 12** from 12 p.m. through the rest of the day.

Pharmacy is CLOSED from 12:30-1:30 on Training Day!



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September 25, 1-4 p.m.

Post Theater Parking Lot

CHOOSE CAR SEAT:
BY AGE & SIZE



KNOW FOR SURE
IF YOUR CHILD IS IN THE RIGHT CAR SEAT.

CAR SEAT CHECK

Date & Time: September 25, 2018, 1-4pm

Location: Post Theater Parking lot

375 Grant Ave, Fort Leavenworth KS 66027

Sponsor: Munson Army Health Center

Phone: 913-684-6769

Car Seat Checks are also available on an appointment basis during the week.

If you have any questions, please contact Melissa Wolfe, RN, BSN, CPST, 913-684-6769.



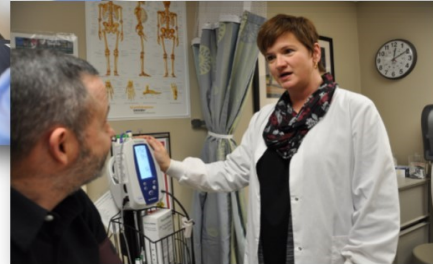
VISIT SAFERCAR.GOV/THERIGHTSEAT



In Observation of
Labor Day

Munson will be
CLOSED Monday,
September 3, 2018

*This includes our Pharmacy.



Patient Advisory Council Meeting

Date: Friday, September 21, 2018

Time: 12 p.m.-1 p.m.

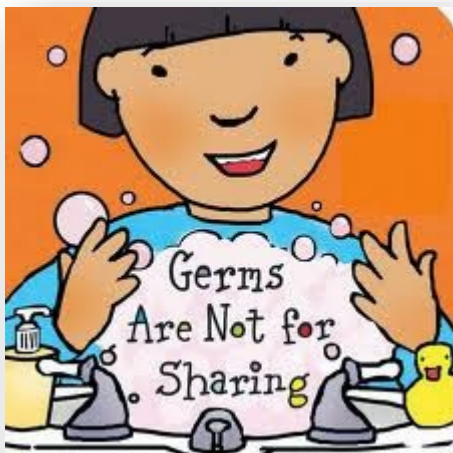
Where: Munson Main Conference Room

Who: Munson Command Open Discussion with Beneficiaries

This event will be broadcast Live on Facebook.

More Information Contact: MAHC Public Affairs (913) 684-6343

Be active in your Health Care. Join the Patient Advisory Council. Ask questions and dialogue with the Munson Commander.





ARMY MEDICINE

For **Readiness** information and Online questionnaire for PHA and other physicals go to <https://www.mods.army.mil>

Click on Medical Readiness Portal located on the left side of page.
Click Periodic Health Assessment and then enter new and answer questions.

Upon completion of questionnaire please call 913-684-6250 to schedule the Part II portion with a Provider.

Flight Physicals or any other type of physical does not replace the PHA.

Do you know about TRICARE On-Line and Secure Messaging?

- ⇒ **Message your healthcare team securely. Secure messaging improves communication. Sign up in person at Munson.**
- ⇒ **Sign up for TRICARE Online**
Make appointments, check labs and fill prescriptions online.
www.tricareonline.com
- ⇒ **Register on the Health Net Federal Services Website as a beneficiary so you can view your referrals and authorizations.**
[www. tricare-west.com](http://www.tricare-west.com)





Fort Leavenworth Veterinary Treatment Facility

Pain Awareness Month

Are you seeing changes in your pet's behavior?

Such as: panting when it's not hot outside
changes in sleep patterns
licking at joints
changes in eating/drinking habits

These are signs that your pet could be in pain



If you have concerns that your pet may be in pain, schedule an appointment for a pain assessment.

913-684-6510



Reminder on Conceal Carry and Weapons Policy

Army Regulation 190-11, Combined Arms Center and Fort Leavenworth policy prohibits the carrying of privately owned weapons, explosives and ammunition. Weapons, concealed or otherwise, are strictly prohibited at Munson Army Health Center and Fort Leavenworth. Munson Army Health Center is prohibited by law from providing treatment to patients who violate this policy.



You must Schedule an appointment for Pose Method®
running clinic. This is a change to the Pose Method®
Program. Call 684-6138 to schedule
your appointment. No Pose Method® clinic September
7th, but we will have POSE Method® clinic by
appointment on September 14th.



POSE RUNNING CLINIC

LEARN TO RUN: FASTER, BETTER,
FARTHER AND WITH LESS INJURIES

Who: Anyone interested in learning to run better and
with less pain

Where: **Meet at Gruber Gym front desk**
220 Reynolds Ave

When: **1st Friday** of the month starting October 5
1:00 to 2:00pm by appointment only call 684-6138

What to wear: Athletic attire

*Cell phone and HUDL technique app are
recommended

Instructed by the
Munson Physical
Therapy
Department POSE
certified running
specialists

July JOES Scores

MEASURE - Munson	FEB 18	MAR 18	APR 18	MAY 18	JUNE 18	JULY 18
Q-9 Overall Satisfied w/Provider	89.4	93.4	92.1	97.6	94.9	97.1
Responses	72	151	252	193	199	270
Q-18 Clerk/Receptionists Courtesy and Respect	84.6	90.9	89.5	89.9	90.4	95.1
Responses	72	154	248	192	197	273
Q-16 Informed about Appointment Delay	71	63.1	63.3	64.9	54	79
Responses	22	48	91	65	48	75
Q- 23 Overall Visit Satisfaction	90	97.3	91.3	97.7	95.3	97.5
Responses	72	153	248	195	199	274
Q-17 Needs addressed within 30 mins of Appt	92.8	97.3	96.9	97.5	96.2	98.6
Responses	70	144	238	182	191	261
Q-25 Able to see provider when needed	88.1	95.3	85.3	92.8	90.9	93.2
Responses	72	152	248	194	198	274

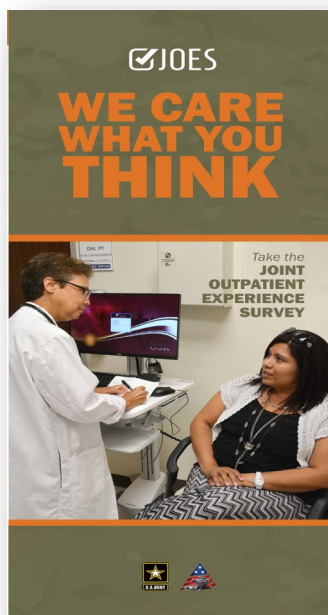
	Tier 1	Tier 2	Tier 3	Tier 4	Tier 5
Q23 - Overall, I am satisfied with the healthcare I received on this Visit	0- 94.99%	95 - 95.99%	96% -96.99%	97% -98.99%	> 99%
	\$0	\$100	\$300	\$500	\$1,000

We post the JOES Scores as soon as they are available to us. It is usually one month behind. Next month you will see the August Scores.

Tell me about JOES

After an appointment you may receive a **Joint Outpatient Experience Survey**. Do not throw it away! Please fill out the survey on the paper provided (prepaid return envelope included), online at the link provided, or call the number listed to complete the short telephone survey.

The Health Center can receive up to \$1000.00 for each "completely satisfied" survey returned. Surveys returned with satisfactory marks help keep our health center up to date with the latest equipment and services available for you.



July JOES Scores



Pharmacy/Radiology/Lab

Overall Pharmacy Experience

MTF	FEB 18	MAR 18	APR 18	MAY 18	JUNE 18	JULY 18
Pharmacy	<u>78.7</u> 47	<u>84.8</u> 76	<u>87.9</u> 123	<u>87.4</u> 92	<u>77.6</u> 106	<u>82.9</u> 140

Overall Laboratory & Radiology Experience

MTF	FEB 18	MAR 18	APR 18	MAY 18	JUNE 18	JULY 18
LAB	<u>73.7</u> 24	<u>93.1</u> 40	<u>93.0</u> 72	<u>100</u> 49	<u>94.8</u> 52	<u>97.0</u> 72
RAD	<u>67.8</u> 17	<u>100</u> 35	<u>93.6</u> 43	<u>97.1</u> 38	<u>84.5</u> 32	<u>90.7</u> 60

Let us know how we are doing. Volunteer to be a mystery Shopper! Get your mystery shopper form on our website.

http://www.munson.health.mil/docs/Combined_Files_Mystery_Shopper.pdf

We CARE about what you think!

September Health Observances

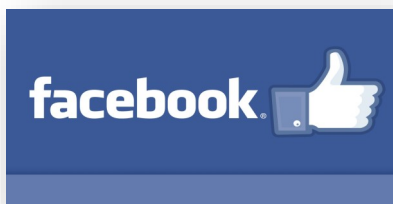
September is:
childhood
cancer
awareness
month



To help your child maintain a healthy weight, balance the calories your child consumes from foods and beverages with the calories your child uses through physical activity and normal growth.

Remember that the goal for children who are overweight is to reduce the rate of weight gain while allowing normal growth and development. Children should **NOT** be placed on a weight reduction diet without the consultation of a health care provider. –CDC–

For more information on how you can help your child maintain a health weight, contact your Primary Care Provider and/or Pediatrician.



Follow us on Facebook for daily changes, events and health information!

<https://www.facebook.com/munsonhealth/>



Constant Dedicated Care

MUNSON ARMY HEALTH CENTER

Are you experiencing Low Back Pain?

Back Pain Prevention

In many cases, low back pain is completely preventable. Activity is one of the most important prevention strategies. The entire body needs to be active to stay healthy. Activity keeps you strong and fit, and exercise releases natural chemicals, called endorphins, that help reduce pain. That means staying active helps to both prevent and relieve back pain. Research has demonstrated that chronic low back pain is often the result of weakened muscles.


Other prevention strategies include eating a healthy diet, maintaining good posture, and learning how to lift and carry properly. The way your body is positioned when you drive, work, and sleep, and how long you stay in those positions, can also affect the way your back feels. Knowing and respecting your body's limits when it comes to sports or yard work is another way to prevent low back pain.

Treatment Options Available at Fort Leavenworth

- ◇ Exercise Therapy, Spinal Manipulation, Dry Needling - Offered by Munson's Dept. of Rehabilitation
- ◇ Auricular Acupuncture, Cognitive-Behavior Therapy (IBHC) -Offered by Munson's Dept. of Primary Care
- ◇ Yoga - Available through MWR at Gruber Gym
- ◇ Water aerobics - Available through MWR at Harney Gym
- ◇ Biofeedback/Progressive Relaxation - Offered by the Army Wellness Center

Information provided by Munson Dept. of Rehabilitation

Munson Army Health Center's
Rehabilitation
Center



Direct access to PT care: 913-684-6338

- Physical Therapy (PT) for post-surgery rehab, flexibility, mobility for low back, shoulder, elbow, hip and knee pain, running injuries
- Dry Needling for Pain Management (referral needed)
- Executive Wellness Program (CGSOC; no referral needed)
- POSE Running Clinic (call for days/hours available)
- Chiropractor Services (AD only; referral needed)
- Occupational Therapy (referral needed)

Hours: 7am - 4pm; Mon-Fri
Location: 1st floor, Munson

WWW.MUNSONHEALTH.MIL
FACEBOOK.COM/MUNSONHEALTH





Constant Dedicated Care

MUNSON ARMY HEALTH CENTER

Information about Munson Army Health Center is available on the Web.

Visit our **website** at <http://www.munson.health.mil/>.

Become a **Facebook** fan and follow our page by visiting

<https://www.facebook.com/munsonhealth/>

Munson Address
550 Pope Ave,
Fort Leavenworth , KS 66027

Information: (913) 684-6000
AARCC Appointment Line:
(913) 684-6250

**Thank you for
choosing Munson for
your Healthcare needs!**

Mission:

Munson Army Health Center provides safe, effective, patient-centered and highly reliable healthcare that enables Soldier readiness, promotes Total Army Family Health, strengthens the ready medical force, and supports the Fort Leavenworth community.

Vision:

An innovative leader in Soldier and Family health readiness.

Munson Notes are created by the Public Affairs Officer (684-6343) at Munson Army Health Center. If you know anyone who would like to receive the monthly Munson Notes, e-mail the PAO at: usarmy.leavenworth.medcom-mahc.mbx.pao@mail.mil with the word 'subscribe' in the subject line. The Munson Notes are usually published the last or first working day of the month depending on holidays. Our events and closures are also published in the local LAMP.



Munson Army Health Center does **NOT** have an emergency department. For emergency care call 911 or report to the nearest emergency room.

