

NAVAL BRANCH HEALTH
CLINIC BAHRAIN, BLDG
265

PSC 451 BOX 340
FPO AE 09834-2800
DSN: 318-439-6110

EMERGENCIES:

ON BASE: 439-6226

OFF BASE: 999

Command Suite:
Officer in Charge:
CAPT Richard Knittig

Senior Enlisted Leader:
HMCM Alan Garrigues

Clinic Departments:

- Administration
- Mental Health
- Dental
- Occupational Health
- Medical Home Port

Inside this issue:

On-base Ambulance	1
Children's Dental	2
Tobacco Cessation	2
Ship Shape	3

HOURS OF OPERATION

SUN-THUR:
0745-1630

TOLL FREE TRICARE NURSE ADVICE LINE:

FOR BAHRAIN,
FROM CELL OR LAND LINE;
8000-0453

FROM DSN: 888-475-9233



FACEBOOK US!

Search 'Naval Branch Health
Clinic - Bahrain'
to become a fan!

The Clinic Chatter



Volume 5 Issue 5

1 FEB 2013

Streamlining On Base Medical Emergency Response



Fadhel Ali & Rejo Abraham

As operations at Naval Branch Health Clinic (NBHC) Bahrain are constantly evolving with the aim of improving our patient's quality of care, a new contract has recently been approved and gone into effect which will immediately buy an on base ambulance and crew. The intention of the additional support in the form of an on-base ambulance, EMT-Paramedic (EMT-Paramedic) and Emergency Vehicle Operator (EVO) are to streamline NSA Bahrain's medical emergency response and effectively decrease our response time to on base medical emergencies. The new contracted ambulance and crew will provide emergency medical services to respond to all on base medical emergencies (including the Department of Defense Education Activity School) and therefore benefit all active duty military personnel, their dependents, eligible Navy civilian employees and all other eligible beneficiaries.

Consequently, changes are being made to the protocol of reporting an on-base medical emergency and activating Emergency Service (EMS). The base's new policy requires that all on-base medical emergencies should now be reported by calling the **Base Emergency Line #: 439-6226**. This line will effectively notify Naval Security Forces (NSF) who will consequently dispatch both the NBHC medical duty crew and ambulance first-responders. Patient transportation services shall be provided 24 hours per day, 7 days per week, and 365 days per year; however, these services should NOT be used for patient transport originating from a Host National Hospital or any entity outside NSA Bahrain.



Fadhel Ali & Rejo Abraham

Base Emergency Line # 439-6226

Children's Dental Health Awareness Month!



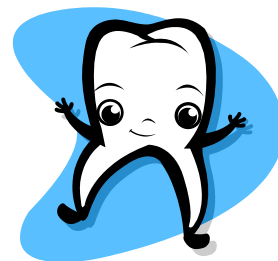
In honor of **Children's Dental Health Awareness (CDHA)** month this February, NBHC Bahrain Dental Department will be visiting the CDC and DoDEA schools to promote oral health awareness. As dental providers, we must also emphasize to parents the importance of teaching good oral hygiene habits to children at an early age, so that when they grow up they will continue good habits that will contribute to their overall health. Specific age-by-age tips are as follows:

Babies, Toddlers and Pre-Schoolers

- ◆ After each feeding, clean the baby's gums with a clean wet gauze or washcloth
- ◆ When teeth start to erupt, brush them with a child's size toothbrush and water. As per direction of your dentist, some children under two may benefit from the use of fluoride toothpaste.
- ◆ Begin flossing when at least two teeth begin to touch
- ◆ Start dental visits by the child's first birthday or when their first tooth erupts. If you think your child has dental problems, take child to the dentist ASAP.
- ◆ Brush teeth of children over age two with a pea-sized amount of fluoride toothpaste and make sure to floss daily.
- ◆ Children should be supervised while brushing to keep them from swallowing the toothpaste.

School-Age Children and Adolescents

- ◆ Until they are six or seven years old, continue to brush your children's teeth twice a day with a child's size toothbrush and a pea-sized amount of fluoride toothpaste.
- ◆ Children should be able to brush their own teeth twice a day but often require supervision until about age 10 or 11, to make sure they are doing a thorough job. Since each child is different, your dentist can help you determine whether your child is brushing and flossing properly.
- ◆ Visit your dentist regularly
- ◆ Ask the dentist about dental sealants, a protective plastic coating that can be applied to the chewing surfaces of the back teeth where decay often starts.



Remember: Oral hygiene, just like diet and exercise, should be factored together when teaching children how to keep themselves healthy!

Tobacco Cessation Classes

Date: 2nd and 4th Wednesday each month
Time: 1500-1600
Location: 2nd Deck Clinic Conference Room, Bldg 265
POC Email: HN Schaffhouser joar.schaffhouser@med.navy.mil
CDR Chris Ward Christine.ward@med.navy.mil

ShipShape



Navy & Marine Corps Public Health Center



“*ShipShape*” is an evidence-based weight management program designed to provide basic information regarding nutrition, stress management, exercise and behavior modification techniques to lower and maintain an acceptable body weight. Attendance is open to Active Duty, Retirees, Family Members and DoD employees. The course consists of (8) sessions offered once per week and include the following topics: overview, guidelines for success, nutrition facts and fallacies, move your body, making healthy choices, building your support team and listening to your body’s language, stress management and emotional eating and long-term success.

Please email HN Schaffhouser at joar.schaffhouser@med.navy.mil or CDR Ward at christine.ward@med.navy.mil to sign up now! Class begins on Thursday, 10 JAN 2013 on 2nd deck conference room and will continue until February 2013. Session hours are from 1500-1600. For AD personnel, we encourage you to inform your chain of command or contact your CFL.

NBHC Bahrain Ship-Shape Class

Date: 8-week sessions commence Thursday, January 10th
Time: 1500-1600
Location: 2nd Deck Clinic Conference Room, Bldg 265
POC Email: HN Schaffhouser joar.schaffhouser@med.navy.mil
CDR Chris Ward Christine.ward@med.navy.mil

For anyone with nutritional concerns or overweight issues, classes will be starting in January 2013. Individual nutritional and exercise counseling prior to the course is offered by CDR Ward on an appointment basis.