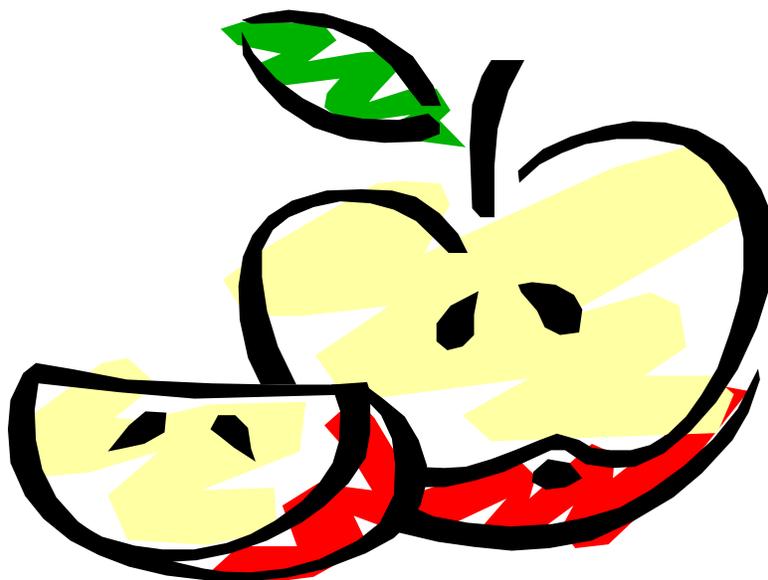


Health Promotion Resource Manual



National Naval Medical Center
2003-2004

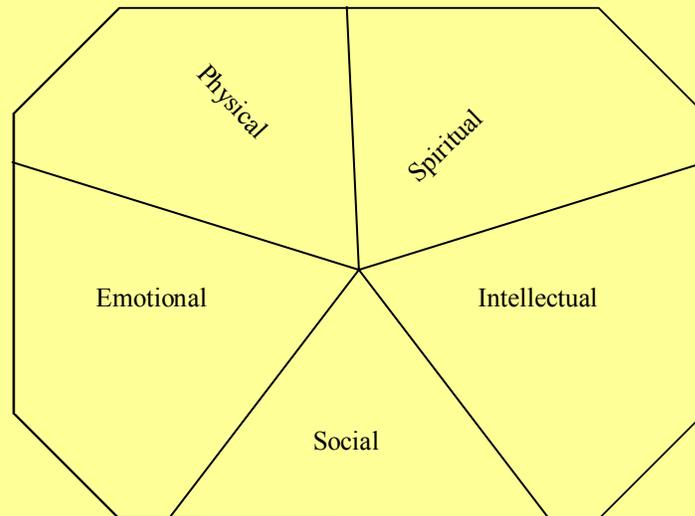


The Flagship of Navy Medicine

The Health Promotion Resource Manual

"Health Promotion is defined as the science and art of helping people change their lifestyle to move forward to a state of optimal health. Optimal health is defined as a balance of physical, emotional, social, spiritual, and intellectual health"

-American Journal of Health Promotion



The Health Promotion Department at the National Naval Medical Center is pleased to provide you with the 2003-2004 version of the Health Promotion Resource Manual. Our goal is to connect you with resources that help you and your family stay healthy.

The services and programs listed in this manual are referenced by the following eligibility codes (if applicable):

AD	Active Duty
BEN	Family members of military eligibles
RET	Retirees
RES	Reservists
DOD-CIV	Department of Defense Civilians

Here's to a healthier way of life!

Message from the Admiral

Provider Quick Reference

Program/Service	Description	Phone Number	Page Number
Alcohol/Substance Abuse	Alcohol Aware PREVENT DAPA	295-0360	11
Dental Health	TRICARE Dental Program	295-4339	16
Disease Management	Arthritis	295-4512	14
	Diabetes	295-1510	14
	Breast Cancer	295-6360	13
	Cardiovascular Disease	295-1840	17
	Hypertension	295-2159	17
	HIV/AIDS	295-2579	17
Fitness and Exercise	Fitness-in-a-Bag	295-2159	8 and 9
	The Comfort Zone	295-2450	
	Tri-fit Assessments	295-4454	
	One-on-One Training	295-4454	
Nutrition and Weight Management	ShipShape Program	295-6649	7
	Cardiac Nutrition	295-5360	
	Individual Counseling	295-5360	
	The Healthy Weigh	295-6649	
Pastoral Care Services	Scripture Study	295-1510	15
	Pastoral Counseling		
	Worship Services		
Prenatal and Parenting	Breastfeeding	295-6168	12
	Childbirth Education	295-5552	
	Navy New Parent Support Team	295-2674	
	Parent Support Group	319-4447	
Stress Management	Anger Management	295-4041	10
	Headache Management		
	Relaxation Chair		
	Seated Massage Therapy		
	Sleep Seminar		
Support Groups	Arthritis	295-4512	14
	COPD	295-4191	14
	Breast Cancer	295-6360	13
	Antepartum	319-5038	12
	HIV	295-2579	14
	Exceptional Family Member	295-5045	14
Tobacco Cessation	Group Classes	295-2159	11

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The Health Promotion Department

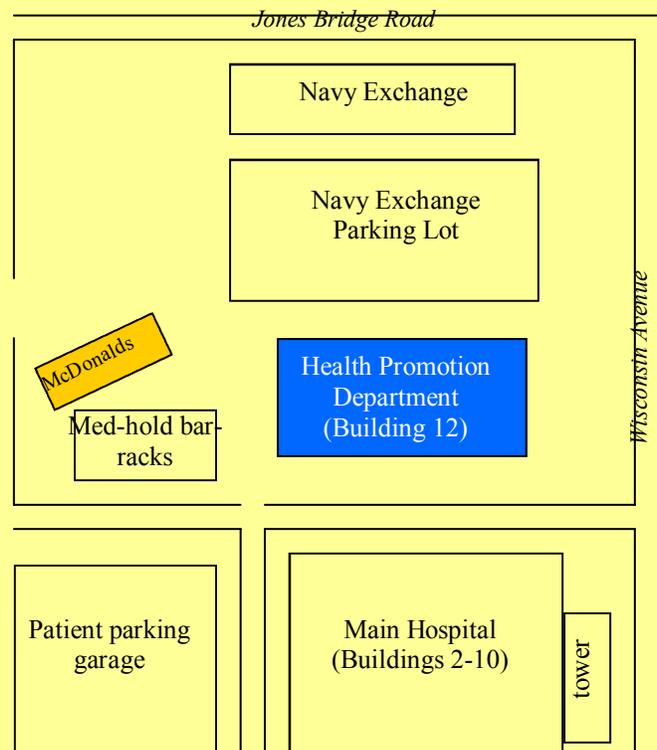
To accommodate the emphasis on expanding programs and the integration of clinical preventive services into the primary care setting, the Health Promotion Department opened its doors in October 1999.

The Health Promotion Department is available to all beneficiaries: active duty, active duty family members, retirees, reservists and DoD employees. We offer a wide range of seminars, presentations, classes, one-on-one counseling, and health fairs to personnel of NNMC, other military commands, Branch Medical Clinics, and other government agencies. We are also available on a consultative basis to assist in the development of clinic-specific health promotion related programs.

The Health Promotion Department offers the following programs:

- Command Fitness Enhancement Program
- Tri-Fit Health and Fitness Assessment
- One-on-One Personal Training
- Hypertension Management
- ShipShape Weight Management Program
- The Healthy Weigh Program
- Stress Management
- Headache Management
- Anger Management
- Sleep Seminar
- Relaxation Chair
- Tobacco Cessation
- Drug and Alcohol Program (DAPA)

How to reach the Health Promotion Department



The Health Promotion Department is conveniently located in Building 12, 1st Deck, just a short walk from the patient parking garage. There you will find a wellness resource library that holds an excellent selection of books, videos, pamphlets, and manuals. For more information or to obtain a current brochure of monthly programs, please call (301) 295-5502 or visit our website at <http://www.nnmc.med.navy.mil> and click on "health promotion."



Nutrition

Prenatal Nutrition Class

This is an interactive group session for mothers-to-be providing information on expected weight gain, nutritional requirements and breast feeding concerns. Classes are held every 2nd and 4th Friday from 0900-1100. A consult is not necessary. Pre-registration is required.

Call (301) 295-5360 for more information.

AD BEN RES RET

Individual Nutrition Counseling

Individual nutrition counseling on all nutrition topics/therapeutic diets. This service is available Monday-Friday from 1000-1300.

Call (301) 295-5360 for an appointment.

AD BEN RES RET

Cardiac Nutrition Class

This class is designed to provide current nutrition education for patients who have a history of high cholesterol, hypertension, and/or cardiovascular surgery. Classes are held on the 2nd and 4th Monday of the month from 0900-1100 and the 1st and 3rd Wednesday of the month from 1300-1500. A referral is necessary and pre-registration is required.

Call (301) 295-5360.

AD BEN RES RET

Weight Management



ShipShape Program

A BUMED-approved weight management program, designed for all active duty personnel who are not within Physical Fitness Assessment standards. A lifestyle approach to weight management that teaches nutrition, exercise and stress management skills. Attendance is open to all active duty.

Call (301) 295-6649 to register.

AD RES

The Healthy Weigh

This eight-week program meets one hour each week and focuses on healthy eating, exercise, weight control, and behavior modification to meet your healthy lifestyle goals. This program is interactive, with participants completing weekly food diaries and developing healthy lifestyle goals. Call (301) 295-6649 to register.

AD BEN RES RET DOD-CIV



Fitness and Exercise

The Comfort Zone

State-of-the-Art Fitness Facility
(301) 295-2450

Monday - Friday 0500 - 2100
Saturday and Sunday 0900 - 1800

Pool Hours

active duty only M-F 1100 - 1300
Monday - Friday 0530 - 2000
Saturday - Sunday 1100 - 1700

The Comfort Zone Complex is a state-of-the-art, fully furnished fitness facility. The Center offers programs and equipment designed to improve both mental and physical health.

The facility includes:

Membership Fees

FREE for active duty military, retirees, reservists and beneficiaries.

NMCM DoD Civilians	\$50.00 for six months \$75.00 annually
Other DoD Civilians	\$75.00 for six months \$150.00 annually

Adventure Bound Program

The Adventure Bound Program offers a variety of day and weekend trips sponsored by MWR. Events include horseback riding, skiing, white water rafting, charter fishing and more. Call (301) 295-0434 for more information.

AD BEN RES RET DOD-CIV

Tri-Fit Health and Fitness Assessments

Are you fit or fat? This assessment includes tests for body composition, upper body strength, flexibility and aerobic capacity. A personalized fitness program will be developed based on the results. Call (301) 295-4454 for an appointment.

AD BEN RES RET DOD-CIV

NMCM Indoor Walking Program

Located in the basement of buildings 9 and 10. Five laps around equals one mile. The walking path is open daily from 0600-1800. Call (301) 295-6649 for more information.

AD BEN RES RET DOD-CIV

"Fitness-In-A-Bag" Loan Program

This program is available for active duty members who are going on short TADs. The bag includes exercise videos, a heart rate monitor, a pedometer, a jump rope, and more. Call (301) 295-2159 for more information.

AD ONLY

Fitness and Exercise (con't)

Healthy Back Class

Back pain strikes eight out of ten Americans. This class will help you understand the anatomy and mechanics of the spine, the role of posture in daily activities, and how to deal with back pain once it occurs. Classes are ongoing. A consult is necessary. To register call (301) 295-6289.

AD BEN RES RET DOD-CIV

One on One Fitness Training

Need some personal assistance with your fitness program or a new routine? Working with a Certified Personal Trainer might do the trick. Training is available Monday-Friday from 0800-1630. Call (301) 295-4454 for an appointment.

AD BEN RES RET DOD-CIV

Fitness Enhancement Program

These classes are designed for all personnel in the Command Fitness Enhancement Conditioning Program regardless of PFA status. The program is designed to assist in improving physical readiness through regular exercise. A Navy Fitness Exercise Leader instructs each class which consists of a warm-up, stretching exercises and an aerobic workout. Call (301) 295-5502 for more information.

AD ONLY

Knee School

Learn anatomy, ergonomics, and causes of pain. Strengthening and stretching exercises will be demonstrated. Wear your PT gear. A consult is necessary. Call (301) 295-6289.

AD BEN RES RET DOD-CIV

Tips on Starting an Exercise Program

- Always consult your Primary Care Manager before starting an exercise program
 - Start off easy
 - Take a day off inbetween your workouts
 - Wear comfortable shoes
- Stop if you feel dizzy or you are out of breath
- Set realistic short-term and long-term goals



Stress Management and Relaxation



Stress Management

This three-hour class offers discussion and assessment of physical, emotional, intellectual and spiritual health. Participants learn techniques to assess and manage stress. Class time includes introduction to the Relaxation Chair. Call (301) 295-4041.

AD BEN RES RET DOD-CIV

Introduction to Anger Management

This class explores the definitions of appropriate anger, health risk of "bottled anger" and other emotional responses to highly stressful situations. Participants assess their own responses and learn more effective ways to change their thinking about interpersonal interactions. Classes are offered monthly. Call (301) 295-4041.

AD BEN RES RET DOD-CIV

Headache Management

This class provides an overview of the definition and management of the two most commonly experienced headaches (tension and migraine). Participants practice relaxation breathing, self-care acupressure, imagery, and hand warming biofeedback. Classes are offered monthly. Call (301) 295-4041.

AD BEN RES RET DOD-CIV

Seated Massage

Seated massage helps to relieve pain and symptoms related to tight muscles in the neck and back. Massages take place at the Comfort Zone by appointment only. Call (301) 295-2450.

AD BEN RES RET DOD-CIV

Relaxation Chair

"The Chair" is a recliner that uses special therapeutic music that promotes the relaxation response. Participants relax while listening to soothing music provided through speakers throughout the length of the chair. This soothes tired, aching muscles and has been proven to reduce pain. For an appointment call (301) 295-4041.

AD BEN RES RET DOD-CIV

Sleep: Who Needs It?

This is an educational program that introduces participants to practical self-assessments and self-care exercises that can improve sleep quality. Learn the difference between sleep disturbances and sleep disorders and how sleep patterns can be disrupted by foods and exercise. Call (301) 295-4041.

AD BEN RE RET DOD-CIV

Trying to Manage Stress?

- Acknowledge there is no perfection
- Keep your thoughts on the pleasant aspects of your life
- Don't procrastinate
- Enjoy simplicity
- Register for a Stress Management class



Tobacco Use Prevention and Cessation

Tobacco Cessation Classes

This program offers a personalized approach to quitting tobacco by helping you understand why you use tobacco, helping you choose the best strategy to quitting and assisting in incorporating permanent lifestyle changes essential to remaining tobacco-free. We can also help you decide on the use of pharmacological aids (Zyban, Nicotine Replacement Therapy) and assist you in obtaining prescriptions. A variety of classes are held monthly at the Primary Care Family Health Center and the Wellness Center (Building 12.) Call (301) 295-2159 to register.

AD BEN RES RET DOD-CIV

Tobacco Cessation Support Group

For anyone who has quit, thinking about quitting or has relapsed. Come talk about the challenges of tobacco use in a supportive environment. Family members and friends are welcome. Meetings are held quarterly at the Wellness Center. Call (301) 295-2159 for more details.

AD BEN RES RET DOD-CIV

Drug and Alcohol Programs



PREVENT (Personal Responsibility and Values Education and Training)

Focuses on a variety of behavioral issues, personal responsibility and Navy core values. Included are alcohol and drug abuse, interpersonal responsibility, financial responsibility, preventive health, life skills such as effective communication and personal responsibility for lifestyle choices. PREVENT is available at 16 locations throughout the Navy. Call (301) 295-0360 for more information.

AD ONLY

Family Member Support

Drug or alcohol dependent members will be given appropriate care and referred to a Veterans Administration facility or other civilian rehabilitation facility. For more information contact the Command Drug and Alcohol Program Advisor at (301) 295-0360.

AD BEN RES RET

Prenatal and Parenting Programs



Infant Care Class

Learn the basics of newborn care. Information will include changing/diapering, bathing, soothing a crying baby, knowing the signs of your sick newborn, and keeping your baby safe. Call (301) 295-5552 for more information.

AD BEN RES RET

Lactation Advice

Lactation advice is available for nursing mothers. This service provides consultation about breastfeeding and valuable education. For an appointment call (301) 295-4900, option #1.

AD BEN RES RET

Childbirth Education

These classes are recommended for newly expectant parents, parents who have not had a child within the past five years, and parents with a history of a Cesarean section. The classes focus on breathing and relaxation techniques, the process of labor, coping techniques, the coach's role, Cesarean section, types of anesthesia, breast-feeding, infant car seats, and the post-partum period. A tour of the maternity ward is also included. Classes are held during a two-day weekend class. Call (301) 295-5552.

AD BEN RES RET

Maternity Tours

A tour of the Labor/Delivery and Mother-Baby unit is available every Tuesday at 1300. Pre-registration is required. (This tour is included in the Childbirth Preparation and Refresher/VBAC classes.) Call (301) 295-5552.

AD BEN RES RET

Prenatal Nutrition Class

This is an interactive group session for mothers-to-be providing information on expected weight gain, nutritional requirements and breast feeding concerns. Classes are held every 2nd and 4th Friday from 0900-1100. A consult is not necessary; however, pre-registration is required. Call (301) 295-5360.

AD BEN RES RET

Refresher/Vaginal Birth after Cesarean Class

This refresher class is for couples who have taken childbirth class within the past five years. The class meets once per month from 1300-1600. Call (301) 295-5552 for an appointment. (Please remember to bring two pillows to the birthing classes.)

AD BEN RES RET

Navy New Parent Support Team (NPST)

The NPST provides education and support services to expectant families with children under the age of 4 months and new parents. The team assists new parents with balancing the demands of military life and parenting. The team will help new parents cope with such issues as stress, isolation and deployment. Call (301) 295-2674/5647.

AD BEN RES RET

Sibling's Class

This class prepares children ages 4-8 for the new baby. Parents are requested to attend and bring a small snack for the child. Tour of the Mother-Baby unit is provided. This class is held once per month from 0900-1100. Call (301) 295-5552.

AD BEN RES RET

Parent Support Group

This support group is for parents expecting a baby and parents with new babies. Some of the topics include adjustment to pregnancy and parenthood, prenatal depression, baby blues, child development/newborn behavior, and infant stimulation. The group meets weekly in the Maternal Infant Care Center lounge, Building 10, 6th floor (East), on Thursdays from 1300-1430. Call (301) 319-4447 for more information.

AD BEN RES RET DOD-CIV

Antepartum Support Group For High Risk Obstetric Patients

The group offers stress reduction, coping skills, prenatal education, and other needs as identified for patients experiencing a high-risk pregnancy. The group meets every Tuesday and Thursday at 0900 on the 6th Floor of the Mother and Infant Care Center. Call (301) 319-5038 for more information and to confirm a meeting time and place.

BEN RES RET

Breastfeeding 101

This class is recommended for any pregnant woman in her second or third trimester interested in breastfeeding. The class covers overcoming early challenges, and how to get support and extra help. Breast pumping and returning to work while breastfeeding will also be covered. The class is held the 4th Friday of each month from 1300-1500 and one Saturday per month (call for a date and time). Call (301) 295-6168 for more information.

AD BEN RES RET DOD-CIV

Women's Health



Hormone Replacement Therapy & Menopause

This course outlines current issues related to menopause and Hormone Replacement Therapy (HRT). Offered twice per month from 1230-1400 and 1830-2000. Pre-registration is required. Call (301) 295-6673.

AD BEN RES RET

Contraceptive Class

Birth control options will be discussed. Counseling for tubal sterilization if desired. Offered monthly from 0900-1130. No referral needed for an exam. Referral needed for tubal sterilization. Pre-registration is required. Call (301) 295-6673.

AD BEN RES RET

Breast Cancer Awareness and Services

Breast Cancer Survivors' Groups

Support groups are offered to women diagnosed with breast cancer. Two support groups are available for different stages of breast cancer. A support group for **Stages I and II breast cancer** meets every other Friday from 1300-1430. A support group for **Stages III and IV breast cancer** meets every other Monday from 1300-1430. Meetings are confidential and include women of all ages. Support group sessions are facilitated by a Licensed Clinical Social Worker. Please call (301) 295-6360.

AD BEN RES RET DOD-CIV

Individual Psychotherapy

Psychotherapy is offered to all who have been diagnosed with breast cancer or have a family member or loved one who is being treated at the Breast Care Center. This is an opportunity for patients or loved ones to discuss the emotional impact and challenges of a breast cancer diagnosis, the treatment involved and significant life changes. Individual, couples, and family therapy is facilitated by a Licensed Clinical Social Worker. For information please call (301)295-6360.

AD BEN RES RET

Look Good, Feel Better

Sponsored by the American Cancer Society, this class is available to any woman diagnosed with cancer who is undergoing chemotherapy or radiation. Each patient may attend one session to learn about special skin care concerns, make up application, scarf tying techniques, and wig care and maintenance. Patients are given a kit of free cosmetics and skin care products donated by famous manufacturers. Classes are held every other month from 1300 to 1430 at the Breast Care Center and at other nearby locations at different times on alternating months. For information please call (301) 295-6360.

AD BEN RES RET DOD-CIV

Breast Cancer Risk Assessment Class

The Breast Cancer Risk Assessment class is offered to ANYONE who is interested in learning about their personal risk for developing breast cancer and the options available to decrease their risk. It is offered twice per month with days and times varying. No referral or consult is required, but pre-registration is required. For more information please call (301) 295-3899.

AD BEN RES RET DOD-CIV

Susceptibility to Breast Cancer Study

This is a research study designed to help develop methods of identifying women who may be at an increased risk for breast cancer. No referral is needed. Please call (301) 435-0570 for more information.

AD BEN RES RET DOD-CIV

Dental Health



DENTAL/ORAL AND MAXILLOFACIAL SURGERY SERVICE

LOCATION:

The National Naval Medical Center Dental / Oral and Maxillofacial Surgery Service is located in Building 9, 2nd deck.

MISSION:

The Dental / Oral and Maxillofacial Surgery Service is responsible for the operational dental readiness and dental health of active duty military personnel and serves as the home to two premier training programs. Services for non-active duty beneficiaries are limited to space available and is based on the requirements of the training programs.

ACTIVE DUTY BENEFICIARIES:

Care for active duty members stationed at NNMCM is coordinated through the NPDS who maintains primary responsibility for the dental needs of assigned personnel. The NNMCM Dental / OMFS service provides:

- Routine dental exams
- Specialty dental exams such as overseas screenings
- Emergency services
- Routine dental cleanings
- Routine dental fillings
- Surgical services
- Prosthetic treatment
- Management of chronic head and neck pain
- Orthodontic treatment (Limited to individuals requiring corrective jaw surgery)

Except for routine exams, fillings, and cleanings, access to specialty care requires a formal written referral from a physician or dentist. Cases are reviewed by the appropriate training program directors and decisions are based on space availability and the needs of the training program.

To access routine services or obtain appointment information call (301) 295-4339 during the hours of 0700 and 1530.

RETIRED AND NON-ACTIVE DUTY BENEFICIARIES:

Emergency Dental Care. Dental care required to relieve moderate to severe pain and to acutely manage infections and trauma, is available to all eligible beneficiaries. Access to this care during working hours is during sick call hours, Monday through Friday 0700 to 0800 and 1300 to 1400. *Emergency care outside of normal working hours is accessed through the NNMCM Emergency Department.*

Routine Dental Care. Due to limitations in personnel and assets, dental care for retired and non-active duty is restricted. Selection for treatment is made on the basic training program requirements and available resources. A limited number of appointments are made available on a first come first served space available basis for *evaluations only*. If accepted for treatment, there is a possibility of significant periods of time between evaluation and subsequent appointments due to rigorous training and operational requirements. *Patients who cannot wait for treatment availability or who do not meet requirements are recommended to seek alternative sources of care including the civilian dental community.*

The TRICARE Dental Program (TDP), administered by United Concordia Companies, Inc. (UCCI) is a dental insurance plan authorized by Congress and partially funded by the Department of Defense to serve the needs of active duty family members. Individuals may enroll by contacting (UCCI) directly.

The TRICARE Retiree Dental Plan (TRDP) administered by Delta Dental is a program similar to TDP for Medicare eligible retirees.

Family Member Dental Plan (United Concordia Companies, Inc.)

- Questions on enrollment: (888) 622-6656
- Customer Service: (800) 866-8499
- Web site: www.ucci.com

TRICARE Retiree Dental Plan (Delta Dental Plan of California):

- Customer Service: (888) 336-3260
- Enrollment: (888) 838-8737
- E-mail: ddpservice@delta.org
- Web site: www.deltadelta.com

Support Groups



Antepartum Support Group For High Risk Obstetric Patients

This group offers stress reduction, coping skills, prenatal education, and other needs as identified for patients experiencing a high-risk pregnancy. The group meets every Tuesday and Thursday at 0900 on the 6th Floor Mother and Infant Care Center.

Call

(301) 319-5038 for more information and to confirm a meeting time and place.

AD BEN RES RET

Navy New Parent Support Team (NPST)

The NPST provides education and support services to expectant families with children under the age of four months and new parents. The team assists new parents with balancing the demands of military life and parenting. The team will help new parents cope with such issues as stress, isolation and deployment. Call (301) 295-4400/4401.

AD BEN RES RET

Spiritual Support Groups

Chaplains facilitate a variety of Spiritual Support Groups for special patient populations. These groups bring people together who are experiencing similar concerns to foster spiritual and emotional healing. For more information on specific spirituality and support groups, contact the Chaplain's Office at (301) 295-1510.

AD BEN RES RET DOD-CIV

Breast Cancer Survivors' Groups

Support groups are offered to women diagnosed with breast cancer. Two support groups are available for different stages of breast cancer. A support group for **Stages I and II breast cancer** meets every other Friday from 1300-1430. A support group for **Stages III and IV breast cancer** meets every other Monday from 1300-1430.

Meetings are confidential and include women of all ages. Support group sessions are facilitated by a Licensed Clinical Social Worker. Please call (301) 295-6360.

AD BEN

RES RET DOD-CIV

"FYI" For Your Inspiration - COPD Support Group

This group lends support to those suffering from chronic bronchitis, emphysema and other lung diseases. The group meets the 2nd Wednesday of each month from 1000-1100. For more information call

(301) 295-4191.

AD BEN RES RET

Exceptional Family Member (EFM) Parent/Spouse Support Group

This group is a wonderful network of families facing the challenges of special needs. The group allows exceptional families to share information on community resources, medical benefits care, effective parenting skills, stress management techniques, communication skills, and much more. The group meets the 3rd Thursday of every month from 1400-1530 at the Early Intervention Services Team Conference Room, 7 East, Room 7013A. For further information and registration call (301) 295-5045.

AD ONLY

HIV Support Group

Open to HIV+ individuals. The group meets daily from 1030-1200. Please call before coming. (301) 295-6294 or (301) 295-2579.

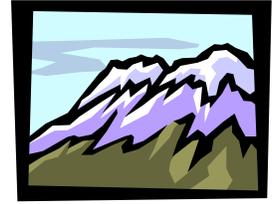
AD BEN RET

Arthritis Support Group

This group promotes wellness for those diagnosed with arthritis by providing health education and support. The group meets the 3rd Tuesday of each month. Call (301) 295-4512 to confirm time and meeting place.

AD BEN RES RET DOD-CIV

Spiritual Wellness



Closed Circuit TV

All religious services conducted in the Main Chapel are broadcast on Channel 41 of the National Naval Medical Center Closed Circuit TV Network. Additionally, religious tapes and films are broadcast daily. This TV ministry is also available in all inpatient rooms.

Inpatient and Outpatient Visitation

Chaplains make daily rounds throughout the hospital and are available for spiritual care, pastoral counseling, prayer, sacraments, and other religious rites.

Devotional Materials Distribution

Tract racks are located throughout the medical center and provide free literature on a variety of topics. In addition, the Main Chaplain's Office distributes crosses, rosaries, periodicals, medallions, and other religious medals upon request. Chaplains also serve on health care teams on every patient unit.

Pastoral Counseling

Chaplains provide a wide spectrum of private and confidential pastoral counseling including spiritual formation, spirituality and health, premarital, marital, grief, bereavement, life transitions, crisis intervention, and anger management. Although walk-in appointments are available, scheduled appointments are highly suggested.

Please call (301) 295-1510.

AD BEN RES RET DOD-CIV

Worship Services

A full schedule of chapel services for Protestants, Roman Catholics, Jewish and Islamic faiths are available. A current weekly schedule of services can be found in the command newspaper, or by calling the Main Chaplain's Office at (301) 295-1510.

AD BEN RES RET DOD-CIV

Scripture Study Groups

Bible, Torah and Qur'an Study Groups are held weekly for personal spiritual growth and enrichment. For times and locations contact the Chaplain's Office or obtain a schedule from our command newspaper, *The Journal*.

AD BEN RES RET DOD-CIV

Spiritual Support Groups

Chaplains facilitate a variety of Spiritual Support Groups for special patient populations. These groups bring people together who are experiencing similar concerns to foster spiritual and emotional healing.

For more information on specific spirituality and support groups, contact the Chaplain's Office at (301) 295-1510.

AD BEN RES RET DOD-CIV

Our Spiritual Wellness Program is delivered by Pastoral Care Services.

Our chaplains represent a variety of faith groups and provide a wide range of religious ministries to patients, staff members and other beneficiaries.

Disease Management

HIV/AIDS

Hourly Classes

Open to HIV+ service members and family members only. Classes discuss immune markers, opportunistic infections, safer sex, substance abuse and mood, spirituality, stress management, sexually transmitted disease, and HIV drugs. Classes meet Monday–Friday, 0930–1430. Please call first. (301) 295-6294 or (301) 295-2579.

AD BEN RET

CARDIOVASCULAR DISEASE

Cardiac Rehabilitation Program

The cardiac rehabilitation program at NNMC serves the TriService region. It was designed to assist patients in the recovery process following heart surgery, a heart attack, angina or other heart conditions. Our staff can assist you in recovery through a personalized plan of exercise training, cardiovascular risk factor assessment, education, and counseling. The cardiac rehabilitation program teaches patients and their families about their disease and how to cope with its physical and psychological effects. A physician referral is required for program entry. For further information please call (301) 295-1840.

AD BEN RES RET

Heart to Heart

Heart to Heart is a heart failure management workshop designed to assist patients who have been diagnosed with congestive heart failure. Signs and symptoms of heart failure as well as treatment options and management are discussed. The earlier heart failure is detected, the better the chances for successful treatment. This program serves the TriService Region. Call (301) 295-1840 for more information.

AD BEN RES RET

Hypertension Management

A two-hour class designed to help patients manage their hypertension. Learn about diet, medication, exercise, stress management, and self-monitoring of blood pressure. No referral needed. Pre-registration is required. For more information call (301) 295-2159.

AD BEN RES RET DOD-CIV

CANCER

Individual Psychotherapy

Psychotherapy is offered to all who have been diagnosed with breast cancer or have a family member or loved one who is being treated at the Breast Care Center. This is an opportunity for patients or loved ones to discuss the emotional impact and challenge of a breast cancer diagnosis, the treatment involved and significant life changes. Individual, couples, and family therapy are facilitated by a Licensed Clinical Social Worker. For schedule information please call (301)295-6360.

AD BEN RES RET

CANCER (con't)

Look Good, Feel Better

Sponsored by the American Cancer Society, this class is available to any woman diagnosed with cancer who is undergoing chemotherapy or radiation. Each patient may attend one session to learn about special skin care concerns, make up application, scarf tying techniques, and wig care and maintenance. Patients are given a kit of free cosmetics and skin care products donated by famous manufacturers. Classes are held every other month from 1300 to 1430 at the Breast Care Center and at other nearby locations at different times on alternating months. For schedule and information please call (301) 295-6360.

AD BEN RES RET DOD-CIV

ARTHRITIS

Arthritis Support Group

This group promotes wellness for those diagnosed with arthritis by providing health education and support. The group meets the 3rd Tuesday of each month. Call (301) 295-4512 to confirm time and meeting place.

AD BEN RES RET DOD-CIV

DIABETES

Diabetes Patient Education Survival Skills

A four-hour class designed to help you understand and manage your diabetes. This multidisciplinary session covers diet, exercise, emotions, prevention of complications, medications, and more. The class is offered every other Tuesday from 0830-1230. For more information call (301) 319-8190.

AD BEN RES RET

Diabetes Self-Management Education Program

This is a 12-hour program divided into three 4-hour sessions. This course offers a comprehensive, in-depth approach to diabetes management. Behavioral goal setting and lifestyle modification are addressed. Patient follow-up is offered for three months after the program. The program is offered the first three Thursdays of each month. For more information call (301) 319-8190.

AD BEN RES RET

PULMUNARY DISEASE

Pulmonary Rehabilitation Program

This program offers comprehensive education and exercise therapy through individual treatment plans. Pulmonary rehabilitation is recommended for individuals diagnosed with pulmonary diseases. A referral is necessary from a Primary Care Manager (PCM) after an evaluation by a Pulmonologist. Participants meet twice a week for 24 sessions, on Tuesdays and Thursdays from 0830-1500 or Mondays and Wednesdays from 0830-1500. For more information call (301) 295-4191.

AD BEN RES RET

Health-related Websites

Cancer Support

American Cancer Society	www.cancer.org
American Institute for Cancer Research	www.aicr.org
NIH's National Cancer Institute	www.cancer.gov
Women's Information Network Against Breast Cancer	www.winabc.org

Health Promotion

Navy Environmental Health Center	www-nehc.med.navy.mil
WELCOA	www.welcoa.org
American Heart Association	www.americanheart.org

Nutrition

American Dietetic Association	www.eatright.org
Weight Control Info Network	www.niddk.nih.gov
USDA	www.nal.usda.gov/fnic/

Stress Management

Web MD	www.webmd.com
Center for Mind/Body Medicine	www.CMBM.org
Mind/Body	www.mbmi.org

Women's Health

National Women's Health Network Clearinghouse	www.womenshealth.org
National Women's Health Information Center	www.4women.org

Men's Health

Men's Health Network	www.menshealthnetwork.org
American Urological Association	www.auanet.org

Tobacco

American Lung Association	www.lungusa.org/tobacco
American Cancer Association	www.cancer.org
Centers for Disease Control (CDC)	www.cdc.gov/tobacco
GlaxoWellcome (Zyban)	www.zyban.com
Try To Stop	www.trytostop.org
Mayo Clinic Nicotine Dependence Center	www.mayoclinic.org
QuitNet	www.quitnet.com
Quit Smoking Support	www.quitsmokingsupport.com
SmithKline Beecham Committed Quitters	www.committedquitters.com

NOTE: This listing of resources and websites is provided for information only and does not imply any endorsement from NNMC. As always, consult your health care provider before making any changes to improve your health.