

"Quality Health Care is our Mission!"

Hohenfels Health Clinic  
As of 1 JAN 2011



January Updates

## *Patient Centered Medical Home*



MCEUB-HHF

1 January 2011

MEMORANDUM FOR USAHC-Hohenfels Healthcare Beneficiaries

SUBJECT: Change in Healthcare Services to Patient Centered Medical Home

Dear Healthcare Beneficiary,

On 1 January 2011, the Hohenfels Health Clinic will modify the way we deliver healthcare to our patients. Patient Centered Medical Home (PCMH) will provide better access to care and quality of care in a timely manner being more flexible to your needs. In our current health care model, it is quite common to see more than one healthcare professional which can potentially lead to fragmented care. PCMH creates a healthcare setting that consolidates your care and fosters partnership through an open line of communication amongst your healthcare team.

In our Patient Centered Medical Home model, you and your family will be assigned to a Primary Care Team, which consists of your Healthcare Provider, Registered Nurse, and two Medical Technicians, who will be holistically responsible for your care. All appointments, questions, and healthcare needs will be handled through your team. Every appointment will be scheduled as soon as a vacancy exists with a goal of scheduling your visit within 24 hours. Your nurse team will handle your follow-up appointments and follow-on care with nothing less than a personalized phone call or email. PCMH encourages open communication, meaning your team will be closer to you via email, telephone, or in person - we will be more accessible and flexible to your needs. In the event that specialty care is needed, you may be referred to the host nation network or Landstuhl. Your personal team will ensure a seamless transition from the Hohenfels clinic to the referral and back to Hohenfels. PCMH is our guide to better, more comprehensive healthcare. Welcome to the team!

For more information, please contact the Hohenfels Health Clinic at DSN 466-4565.

GORDON D. MAYES  
LTC, MS  
Commanding

# ‘Though mild, flu season yet to hit peak

## *Vaccine readily available at Army health clinics*

HEIDELBERG, Germany – Though the number of confirmed cases of influenza has been below average this year, health officials urge those eligible to get vaccinated.

“Historically, the peak of the flu season comes in January and February,” said Col. Carl Heinz Stokes, Force Health Protection Officer for the U.S. Army Europe Regional Medical Command. He urged early vaccination, because it does not become effective until one to two weeks after it is administered.

Vaccine is still available for those who need it.

According to Stokes, “More than 90 percent of Soldiers have been vaccinated.”

The focus now, he said, was on families, school age children and high risk beneficiaries.

“They are at greatest risk of developing serious medical complications from the disease,” Stokes said.

According to the U.S. Centers for Disease Control, the flu vaccine is updated every year to combat the flu viruses that research indicates are most likely to cause illness during the upcoming season. The 2010-2011 flu vaccine is being made in the same way as seasonal vaccines have been made for decades. It will protect against the 2009 H1N1 virus that caused so much illness last season, and two other influenza viruses (an H3N2 virus and an influenza B virus).

Routine flu vaccination is now recommended for all persons 6 months of age and older. Groups for which vaccination is especially important include the following:

- All children 6-23 months\*
- Adults 50 years and older
- All women who are pregnant during the influenza season
- Persons 2-49 years old\* with underlying chronic medical conditions. These include in part: chronic pulmonary illnesses such as emphysema, chronic bronchitis, or asthma; cardiovascular illnesses, such as congestive heart failure; chronic metabolic diseases, including diabetes mellitus; kidney, liver and neurologic disorders; or immunosuppression (including immunosuppression caused by medications or by human immunodeficiency virus [HIV])
- Children 6 months-18 years on chronic aspirin therapy.
- Health care workers involved in direct patient care
- Out-of-home caregivers and household contacts of children less than 6 months or any other high risk person

Col. Evelyn Barraza, ERMC Preventive Medicine Consultant said everyone can help reduce the spread of influenza-like illness by following these simple steps:

- **Avoid close contact with people who are sick.**

When you are sick, keep your distance from others to protect them from getting sick too.

- **Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Your employer may need a doctor’s note for an excused absence. Remember: Keeping your distance from others may protect them from getting sick. **When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed.** Common symptoms of the flu include: fever (usually high), headache, extreme tiredness, cough, sore throat, runny or stuffy nose, muscle aches, and nausea, vomiting, and diarrhea, (much more common among children than adults).

- **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Then, clean your hands, and do so every time you cough or sneeze.