



# May 2015

## Leonard Wood Medical Home Ozark Family-Centered Medical Home



### **New GLWACH breastfeeding room**

*“Serenity Room” provides relaxing environment for moms’ milk production*

Guys—and even expectant mothers—may not realize that breastfeeding isn’t as easy as just attaching a baby or a pump to a breast.

“You have to have a stress-free place to relax and maintain serene, calm thought and meditation to lactate,” said Capt. Kirsten Ouimette, General Leonard Wood Army Community Hospital’s medical company commander.

“If you are stressed or in an uncomfortable environment and attach the pump, the pump can pump, but nothing will come out,” said Ouimette.

Ouimette, a new mom herself, conceived and led the effort to find and outfit a relaxing and comfortable room at the hospital to facilitate lactation for patients and fellow coworkers.

*Capt. Kirsten Ouimette, GLWACH’s medical company commander, tests the comfy chair in the new Serenity Room as Maj. Ashonda Trice, clinical nurse officer in charge of the Maternal Child Unit examines a bag of sterile accessories that attach to the yellow pump in the photo.*



# New "medsafe" used medication disposal pilot program!

By John Brooks, General Leonard Wood Army Community Hospital

**FORT LEONARD WOOD, Mo.** -- Patients can safely and securely dispose of unused medications using a blue "medsafe" medication disposal box located in the General Leonard Wood Army Community Hospital's main outpatient pharmacy waiting room.

A second collection receptacle is located in the Consolidated Troop Medical Center, intended to serve Fort Leonard Wood's basic trainee population.

"The fact that GLWACH was chosen for this new medication-return pilot program is a clear indication to me of the confidence, reliability and value of this military treatment facility to higher Army and federal decision makers," said Stephanie Gilbert, GLWACH assistant pharmacy chief.

Accepted Items		Items Not Accepted
<b>Prescription Medications</b> <b>Controlled Substance Medication</b> <b>Over-The-Counter Medications</b> <b>Vitamins</b> <b>Medicated Lotions/Ointments</b> <b>Liquid Meds in Leak-Proof Containers</b> <b>Transdermal Skin Patches</b>		<b>Needles (Sharps)</b> <b>Thermometers</b> <b>Contraband Drugs</b> <b>Infectious, Medical or Business Waste</b> <b>Personal Care Products</b> <b>Hydrogen Peroxide</b> <b>Aerosol Cans or Inhalers</b>

The receptacle's one-way drop door is open to accept deposits during the main outpatient pharmacy's normal hours from 7 a.m. to 6 p.m., Monday through Friday, and 8 a.m. to 5 p.m. on Saturdays. When possible, keep medications in their original containers. Personal information need not be removed.

Rates of prescription drug abuse in the United States are alarmingly high. The majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet, Gilbert said.

"These medication amnesty boxes will save lives--it's just that simple," Gilbert said.

Collection receptacles are the Drug Enforcement Agency's first choice method for safe disposal and the agency's preferred method for secure collection.

"This method for the destruction of controlled drugs renders the medications completely unusable through incineration which also prevents them from contaminating ground water," Gilbert said.

The collection receptacles are designed to further implement the "Secure and Responsible Drug Disposal Act" in conjunction with continued take-back events and mail-back programs.

Issues with the comingling of non-controlled medications with controlled substances (schedule II-V) have hindered safe and secure use of collection receptacles in the past, but under new DEA regulations use of special collection boxes are now not only an acceptable practice, but the preferred method of medication disposal for communities.

The double-locked steel collection boxes are securely fastened to a permanent structure, tested under the standards established by Underwriters Laboratories, and the removable serialized liners are tracked and transported by independent authorized carriers.

Safe household disposal of expired, unused or unwanted medications is also an accepted method of disposal and involves a five-step process to ensure these medications can't be reacquired or reused on the street.

To use the household method of disposal:

1. Take the medications out of their original containers
2. Mix the medications with cat litter or used coffee grounds
3. Put the mixture into a disposable container with a lid such as an empty margarine tub or a sealable bag
4. Conceal or remove any personal information including the Rx number on the empty containers by covering it with permanent marker, duct tape, or by scratching this information off of the product
5. Place the sealed mixture in the trash

"Don't flush your expired, unwanted or unused medications or over-the-counter drugs down the toilet," Gilbert said. "Unused prescription medication in homes creates a public health and safety concern. They are highly susceptible to accidental ingestion, diversion, misuse and abuse."

The collection receptacles are another in a series of pilot programs begun here over recent years, in addition to several other more recent and uniquely exclusive care programs initiated at GLWACH such as "REST Assured!", "Stemi hot load", and the visual real-time appointment availability monitor located in GLWACH's emergency room and available online. Read about these and other GLWACH initiatives at <http://glwach.amedd.army.mil/news/>.

GLWACH's independent national awards and achievements have also apparently helped to secure the attention of high-level decision makers over recent years, contributing to Fort Leonard Wood remaining number one on the Army Surgeon General's priority list for receiving a new medical treatment facility.

*(John Brooks is the marketing and public affairs officer at General Leonard Wood Army Community Hospital)*



# Thayer student receives letter from President Obama

By Marianne Ward, Director of Communications and Marketing, Waynesville R-VI School District

And, what do you want to be when you grow up?

"I want to be the President of the United States," says Mable Williams, a fifth grader at Thayer Elementary on Fort Leonard Wood.

She's smart, articulate, confident, a team player, a leader and very serious about the pursuit of her dream.

So serious, in fact, that she wrote to President Barack Obama asking him for advice on how to reach her long-term goal.

While her fellow 11- and 12-year-old students have their sights set on being bakers, architects, doctors, lawyers, firefighters and soldiers, Williams wants to be the nation's leader.

"She's a natural leader and is a model citizen," says Raquel DeSouza, one of her teachers at Thayer. "I think she would make an outstanding candidate for the 2044 election, and that's what this lesson is all about - preparing now for the future you want to have."

College and career readiness is one of the Waynesville R-VI's priorities and at Thayer Elementary, fifth graders work hard to select a job that will suit their personalities and interests well into the future.

During their multi-step career project, students first determine what they want to be when they grow up, they interview someone about their preferred career field, research how much money they will make and then pick their future homes and cars and the number of children they will have based on their income.

As part of her research into the position, Williams wrote to the President asking him about being president and what it takes to reach it.

When she received a reply in March, she was thrilled.

The letter stated, in part, "make sure you pay attention in class and study, because education is the foundation for achievement."

The letter ended with "If you remember to give back to your community and chase your dreams with passion, I have confidence you will do big things - you might even sit in the Oval Office someday!"

Her counselor, Karen Crawford, who also assisted with the project, says, "I think it's impressive that a fifth grader who dreams of being the President of the United States took the initiative to write our current President and ask him for advice."

By choosing the career of President of the United States, Williams learned one thing: that she did not have to worry about a mortgage or house payment, but she would not get to choose the house she lived in.

"There's a white one at 1600 Pennsylvania Avenue in Washington, D.C., just for that purpose," says Bruce Kimball, who also taught part of the lesson. "And, wouldn't it be something if I am still around in 2045 and can make a trip to D.C. to catch up with a former student? That's what I love about teaching; you can help students set goals and reach their dreams."



Fifth grader Mable Williams holds up the photograph and letter she received from President Barack Obama after writing to him that she wants to be president one day. Williams wrote the letter during a college and career readiness lesson led by teachers Raquel DeSouza and Bruce Kimball and counselor Karen Crawford. Williams is the daughter of General Leonard Wood Army Community Hospital Command Sergeant Major, Command Sgt. Maj. Tony Williams.



# <https://app.relayhealth.com>



The secure messaging system, also known as "RelayHealth," is a powerful tool for us to expand patient care for you here at General Leonard Wood Army Community Hospital.

## **Sign up for RelayHealth!**

- a. As a patient, you can be physically present with a valid photo ID to sign up for RelayHealth at any Army Medical Home clinic front desk, or call (573) 596-1765/1600.
- b. If you are a DoD Common Access Card (CAC) holder eligible for services at GLWACH, you may send an encrypted and digitally signed email to [adam.s.takayama.mil@mail.mil](mailto:adam.s.takayama.mil@mail.mil) requesting a RelayHealth account with your Primary Care Manager (PCM).

## **What you need to know about RelayHealth:**

Once enrolled you will receive an invitation in your email inbox (check your email junk folder—sometimes email filters are not as smart as we would like).

After responding to the email, you can use RelayHealth almost as if you have access to an electronic health clinic.

Using RelayHealth, you access YOUR OWN Army Medical Home team and Primary Care Manager assigned to a General Leonard Wood Army Community Hospital Medical Home facility, not some contracted service team you have never met.

Access is expanding soon to more than just access to our primary care clinics here. Some ancillary services such as Nutrition, Radiology, OB/GYN, the Lab, and others will be available to you through RelayHealth soon.

RelayHealth decreases your need to make routine appointments. You can schedule Wellness Checks from the comfort of your home, for example. You can also access RelayHealth anywhere, anytime, with your smart phone.

RelayHealth is a great time saver for you. Please consider taking full advantage of it!

If you have already initiated a RelayHealth account online and are experiencing difficulties accessing services, please visit your Army Medical Home front desk clerks for assistance—and be sure to bring your Government ID. Your care team is looking forward to assisting you in expanding your access to the outstanding care we provide.

May 2015

Community Health Resource Center

To schedule a class or for more information call: (573) 596-0491/0518. Classes are held in CHRC classroom, Room # 111.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>May is Wash your Hands Month/ Look for Upcoming Events</i>					1	2
	<b>4</b> <i>Hand Hygiene</i> GLWACH Lobby 1100-1300	5 PPPT Education 0730-0830 Tobacco Cessation 0800-1000	6 Informed Childbirth #1/Labor/B.T. 1730-1930	7	5 Asthma Awareness 0900-1000	9
10	11	12 PPPT Education 0730-0830	13 Informed Childbirth #2/Inf. Safety/IRT 1730-1930	14	15 MSCoE Safety Fair Nutter Field House 0900-1500	16
17	<b>18</b> <i>Hand Hygiene</i> Main FX 1100-1300	19 PPPT Education 0730-0830 Tobacco Cessation 1200-1400	20 Informed Childbirth #3/Breastfdg/Bottle 1730-1930	21	22 GLWACH Training Day	23
24	25 Holiday Memorial Day	26 PPPT Education 0730-0830	27 Informed Childbirth #4/Inf. Wellness 1730-1930/Tour	28	29	30
31 Pregnant? Need your infant car seat checked? Call: 596-0491/0518.						<i>Developed 3/4/15/ PJ Updated 4/10/15/PJ</i>

To get a self-care card: Go to <http://glwach.amedd.army.mil> scroll over the Access to Care link and click on Preventive Medicine Service Line, click on CHRC Link, click on pink self-care link, review the slides, take the test/submit, come to CHRC, Room # 111, to get your card. If married, each spouse needs to take the quiz to use the card.

June 2015

Community Health Resource Center

To schedule a class or for more information call: (573) 596-0491/0518  
Classes are held in CHRC Classroom, Room # 111

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>June is Men's Health Month Come join us on 13 June/DFC</i>	1	2 PPPT Education 0730-0830 Tobacco Cessation 0800-1000	3 Informed Childbirth #1/Breathing Tech/ Labor 1730-1930	4	5	6
7	8	9 PPPT Education 0730-0830	10 Informed Childbirth #2/Infant Rescue T. Infant Safety 1730-1930	11	12	13 <i>5K Family Fun Run/ Obstacle course for adults/kids 0800-1200/DFC</i>
14	15	16 PPPT Education 0730-0830 Tobacco Cessation 1200-1400	17 Informed Childbirth #3/Breast/Bottle fdg 1730-1930	18	19	20
21	22	23 PPPT Education 0730-0830	24 Informed Childbirth #4/Infant Wellness/ MBU Tour 1730-1930	25	26	27
28 <i>Pregnant? Need your Infant car seat checked? Call 596- 0491/0518.</i>	29	30 PPPT Education 0730-0830				<i>Developed 04/02/15/ PJ</i>



## Truman VA, Pershing VA reps visit GLWACH

By John Brooks, General Leonard Wood Army Community Hospital

**FORT LEONARD WOOD, Mo.** – Veteran’s Administration representatives from two distant Missouri VA hospitals gathered for a site visit of General Leonard Wood Army Community Hospital Monday.

The visit allowed VA representatives from the Harry S. Truman Memorial Veterans Hospital in Columbia, Missouri, and the John J. Pershing VA Medical Center in Poplar Bluff to put names with faces and see the care described on paper in action at GLWACH.

“I want you to ask questions about capability and capacity,” said Maj. Gen. Leslie Smith, Fort Leonard Wood installation commander, following the hospital dining facility luncheon. “The biggest thing for me is to share and do the right thing. We have to do things before somebody tells us to do them and this is a perfect example.”

The visit marks five months that local veterans who live in the Truman VA service area, in and around Phelps, Pulaski, Texas, Camden, Dallas, Dent, Laclede and Miller counties, no longer have to drive nearly two hours for VA patient care in Columbia, Missouri, once the care is authorized.

“An agreement would be a win-win for us,” said Mr. Seth Barlage, Associate Director at Pershing VA. “Improved access and guaranteed high-quality care for our veterans.”

The scope of care provided to veterans here includes certain inpatient and some outpatient specialty care and services including surgery.

“We’re all veterans or will be veterans someday. We owe this to them. We owe it to their families,” Smith said. “If there are obstacles to development, let us know so that we can elevate things and have a conversation.”

“This system wasn’t designed to work this way—we just have a lot of people who care a lot about their patients and that’s wonderful,” said Col. (Dr.) Peter Nielsen, GLWACH commander. “If we didn’t have that, frankly, none of this really would have worked, realistically.”

Wade Vlosich, director of the Harry S. Truman Memorial Veterans Hospital in Columbia, Missouri, welcomed the visitors to the area at the Fort Leonard Wood VA Clinic in Waynesville prior to lunch and the site visit at General Leonard Wood Army Community Hospital.

Col. Peter Nielsen, GLWACH commander, along with his deputy commanders and key leaders, hosted the facility tour.



Col. (Dr.) Peter Nielsen, General Leonard Wood Army Community Hospital commander, describes how caring is key. “We want patients to come to us because the experience that they have here is so awesome that they tell 10 of their friends--and those friends want to come to our healthcare system,” Nielsen said. Wade Vlosich, director of the Harry S. Truman Memorial Veterans Hospital in Columbia, Missouri, (left) and Seth Barlage, Associate Director at the John J. Pershing VA Medical Center in Poplar Bluff (right) nodded in agreement. (Photo by John Brooks)

# Ryan W. Rogers, MSPA, PA-C

(Masters of Science, Physician Assistant, Certified)

## Orthopedic Clinic

General Leonard Wood Army Community Hospital

Accepting  
New  
Referrals

### Medical Degree Programs:

Bachelors of Science in Cell and Molecular Biology, Masters of Science in Physician Assistant Studies, Missouri State University Physician Assistant Studies

### Specialties:

Orthopedics, Chronic Pain Management, Surgical Physician Assistance

### Specialty Experience:

General Surgery at Mercy Hospital in Lebanon, Missouri; Interventional Pain Management at Saint Louis Neuropathy and Pain Relief Center, a private practice located in Saint Louis, Missouri

### Office Location:

General Leonard Wood Army Community Hospital

### Reasons to see PA Rogers:

- Chronic and Interventional Pain Management
- PA Rogers evaluates and expedites Orthopedic Spine Specialist and Neuro Surgery referrals for patients suffering from various types of chronic pain
- Performs surgical workups as liaison between patient and surgeon
- Provides direct relief for patients' chronic pain issues through injection management as an independent practitioner



**Ryan W. Rogers, MSPA, PA-C**

Orthopedic Clinic

General Leonard Wood Army Community Hospital

### What do you find most fulfilling about your job?

PA Rogers: "In a military environment, patients really want to get better. So, that really motivates me to investigate and collaborate to exhaust every possibility for rehabilitative treatments."

### Why did you choose to practice here?

PA Rogers: "I'm from Stoutland, Missouri—a local town with a population of about 135. That said, in terms of continuity of care, I'm going to be here for the next 30 years. They'll probably seal up my office and this will be my sarcophagus."

### What do you like most about being an Orthopedic PA?

PA Rogers: "I am an integral member of a team that provides orthopedic care and services to service men and women and their families, but still have an opportunity to learn and grow using the knowledge and experience of my colleagues."

### What is your favorite thing to do when you're not working?

PA Rogers: "I have an amazing wife, a son who is four, and we're expecting twins in April. We are active in our church and believe that God brought us here to remain here. We enjoy the outdoors and spending time with our respective families whenever we can. Our long-term goal once the kids are old enough is to be a part of a medical mission providing healthcare to people who otherwise don't have access to care while teaching them about God's goodness."





# “STEMI HOT LOAD” gets to the Heart of the Matter #1

*Exclusive care only available here*

**FORT LEONARD WOOD, Mo.** — A new protocol used to transfer heart attack patients via helicopter from the General Leonard Wood Army Community Hospital has safely and significantly reduced overall patient transfer time via helicopter.

Called “stemi-hot load,” the practice gets heart attack patients to a facility capable of performing cardiac catheterization 68 percent faster.

GLWACH’s stemi-hot load protocol is activated upon confirmation via electrocardiogram that a patient is having a heart attack.

The protocol includes many processes and focuses on:

- contacting an appropriate facility to accept and treat the patient
- administering medication requested by the accepting facility
- contacting and meeting helicopter flight services personnel at the landing pad, reporting, and transferring care of the patient right at the loading site.



GLWACH and Mercy Health Care System emergency response teams meet at the landing pad to transfer care of a patient at the loading site. An excellent and long-established working relationship with the Lifeline emergency helicopter evacuation service helped streamline the healthcare service agreement between organizations. (Photo by John Brooks)

Because the closest facility capable of performing cardiac catheterization can be in excess of 30 minutes flight time, GLWACH's focus must be on initial recognition, minimizing time, and expediting transfer.

The American Heart Association recommends no more than 120 minutes from the time of first patient contact to the time the patient is stented.

This leaves a narrow window for emergent care and preparation for surgical intervention in this rural setting. Every minute saved is a minute of heart muscle saved--and this new protocol saves 19 minutes of heart muscle.

Individuals have been educated on how to take better care of the heart, said Randall Moore, Supervisory nurse, Emergency Medicine. However, Ischemic Heart Disease, which is a reduced blood supply to the heart, was still the leading cause of death from 2000-2012 according to the World Health Organization.

Moore said that, in recent years, the overall focus has been placed on prevention, but the important of treatments cannot be forgotten.

Current treatments range from life style modification and medication management to surgery including percutaneous coronary intervention, more widely known as cardiac catheterization or “stent placement.”

This is a procedure where a small catheter is introduced into the groin or wrist and fed up to the coronary arteries, which are the “blood vessels of the heart.” If a blockage is found then a stent (small mesh tube) is placed to allow proper blood flow.

Untreated, these blockages can lead to a myocardial infarction, commonly known as a “heart attack”.

A heart attack is damage to the heart muscle because oxygenated blood cannot reach the tissue, of which the heart is composed. That damage can be localized to a specific area or throughout the body. The extent of damage to the heart muscle determines the severity. The heart damage can lead to several debilitating diagnosis, the most severe being death.

# Dr. Robert Grover, DO, FACOG

Obstetrics & Gynecology and Urogynecology  
General Leonard Wood Army Community Hospital

Accepting  
New  
Referrals

## Medical School:

Kansas City University of Medicine and Biosciences, College of Osteopathic Medicine, Kansas City, Missouri

## Internship:

Tripler Army Medical Center, Honolulu, Hawaii

## Residency:

Madigan Army Medical Center, Fort Lewis, Washington

## Office Location:

General Leonard Wood Army Community Hospital

## Reasons to see Dr. Grover:

- 23 years of experience as a specialist in treatment of pelvic prolapse as well as both urinary and fecal incontinence in women, subspecializes in Urogynecology and minimally invasive surgery such as laparoscopy
- 11 years Regular Army Active Duty, culminating with the rank of Lt. Col. as an Airborne Ranger Physician
- Understands unique needs of military members and families



**Dr. Robert Grover, DO, FACOG**

Obstetrics & Gynecology and Urogynecology  
General Leonard Wood Army Community Hospital

## What do you like most about your job?

Dr. Grover: "I love obstetrics and the maternal/fetal diad. Just amazing. I really came to appreciate female pelvic surgery and the treatment for incontinence which can be very devastating to women and affect their quality of life. I truly enjoy taking care of my patients—I just really enjoy being able to help people."

## Where did you grow up?

Dr. Grover: "I grew up in Strong, Maine, a town of 900 people. I'm a "Maine-iac."

## Why did you choose to come to Fort Leonard Wood?

Dr. Grover: "The command is interested in building a Women's Pelvic Health Program and that's one of the big reasons I'm here. It involves diagnosis and both surgical and nonsurgical treatment of fecal and urinary incontinence. Repairing prolapse as a result of child birth or injuries—this is a brand new service line here—and not only just here at GLWACH, but in all of south-central Missouri—and it will be available to our VA patients as well. Another reason I got out of private practice to come here was because the happiest I've been practicing medicine was when I was in the Army. It's good to be back and part of the Army team."

## How do you spend your time when you're not working?

Dr. Grover: "I've got a lovely wife and four-and-a-half grandkids—ages eight, six, four, two, one who will be here in June, and two daughters. I'm also a Harley guy—I had a Fat Bob and I'm going to a Bagger. My Havanese dog named Harley rides with me in a front pack. I also want to learn to play the bass guitar."





## Where can you find hospital news and info?

### [facebook.com/GLWACH](https://www.facebook.com/GLWACH)

#### Facebook!

Facebook remains the best place to find recent hospital news and information—all in one place—simply because it can display all types of products (video, text, audio, photos and graphics).

#### Hospital website:

Visit <http://glwach.amedd.army.mil>

#### Newspaper:

Check The Guidon and other local newspapers for our locally written articles.

#### Radio:

Several timely topic discussions are broadcast each month on 1390 AM, 97.9 FM and 102.3 FM.

#### Video Loop:

Our hospital video loop can be seen in our waiting rooms, at the Maneuver Support Center of Excellence, on the installation's internal cable channel 59, and video segments are also on our Facebook page.

#### Ambassador Program:

Army Medicine's new Ambassador Program identifies Army Medicine Subject Matter Experts here who possess a unique knowledge and desire to share their expertise with others.

If you'd like an Army Medicine SME—an "Ambassador"—to speak to a group you represent, please contact John Brooks, hospital Ambassador Program manager, at 573-596-0131, ext. 6-9632 or via email at [john.d.brooks12.civ@mail.mil](mailto:john.d.brooks12.civ@mail.mil).



## How do I contact...

# Quick help reference:

- **TRICARE Nurse Advice Line** (24/7/365): 1-800-TRICARE (874-2273), option 1
- **Appointment Line:** 1-866-299-4234, open 7 a.m. to 4:30 p.m., M-F
- **Visit our patient representative** located in room 123 near the info desk
- **Visit our Information Desk** for general help and clinic directions
- **Enroll for healthcare here:** 1-877-988-WEST (988-9378)
- **TRICARE Online** <http://tricareonline.com> and
  - ⇒ **Book an appointment online with your PCM using "calendar view"**
  - ⇒ **Order prescription refills online**
  - ⇒ **Online Lab and biopsy test results**
- **RelayHealth:** <https://app.relayhealth.com>
  - ⇒ **Use Secure Messaging to communicate with your PCM**
- **Call the Western Region UHC toll-free** at 1-877-988-WEST (1-877-988-9378)
- **Visit** <http://facebook.com/glwach> and <http://GLWACH.AMEDD.army.mil> for recent local and worldwide Army Medicine news and information



# Maj. Mary S. Doellman, DO

## Otolaryngology Head and Neck Surgeon

General Leonard Wood Army Community Hospital

Accepting  
New  
Referrals

### Medical School:

Lake Erie College of Osteopathic Medicine, Erie, Pa.

### Internship:

Tripler Army Medical Center, Honolulu, Hawaii

### Residency:

San Antonio Military Medical Center, San Antonio, Texas

### Specialties:

Otolaryngology Head and Neck Surgery—also known as an Ears, Nose and Throat (ENT) surgeon

**Office Location:** General Leonard Wood Army Community Hospital

### Reasons to see Maj. Doellman:

- Nearly a decade of specialty surgical experience in ENT Head and Neck surgical care
- Maj. Doellman is also a military spouse who understands the needs of both military and family members
- Excellent surgeon, great with children



**Maj. Mary S. Doellman, DO**  
Otolaryngologist (Head and Neck Surgeon)  
General Leonard Wood Army Community Hospital

### What was your motivation to become an Otolaryngologist?

Maj. Doellman: "I taught myself guitar in high school. I'm not very good—but I'm good enough. Good enough to get into medical school because I realized that folk singing wasn't going to pay the bills! Otolaryngology was my back-up plan—not really—but that was always the joke because medical terms kind of rhyme—like "biology" and "surgery"—so writing songs that rhyme would be easy. In all honesty it's a perfect combination of everything in medicine I enjoy: surgery, clinic and pediatrics."

### What do you like most about your job?

Maj. Doellman: "I really enjoy caring for children. I'm a doodler so I draw on their bed sheet before surgery—unicorns, cats, dogs, dragons."

### Where did you grow up?

Maj. Doellman: "I grew up near Savannah, Georgia."

### What is your favorite thing to do when you're not working?

Maj. Doellman: "I got into cooking and I think that's probably just the surgeon in me because you get to work with your hands and make something new. Everybody wants to come over if you cook a lot. I also shot skeet and trap competitively in high school on the State 4H team. Great practice for surgical hand & eye coordination skills!"

### What do you find interesting about your job?

Maj. Doellman: "I am in the Army but I am also a military spouse. I understand what it's like to be away from my husband—and what it's like for my husband to be away from his family. I love to joke around and have fun with patients, as you can probably tell. But helping patients, making them feel better, is an honor and extremely rewarding to me. I get to help people breathe better, look better, and hear better."



# Angela Middleton

## Nurse Practitioner

Family Medicine, Ozark Family Centered Medical Home



### Medical School:

University of Missouri, Columbia, Missouri.

### Specialties:

Angela has practiced in Family Practice, Emergency Medicine, Women’s Health, high-risk obstetrics and gynecology, Neonatal Intensive Care Units, and Intensive Care Units.

### Office Location:

Ozark Family-Centered Medical Home, Saint Robert, Missouri.

### Reasons to see Angela Middleton:

- Mrs Middleton has experience in Family Medicine from birth to geriatrics.
- Mrs Middleton is a military spouse who understands the needs of military families.
- This is home for Mrs Middleton and her family. They have chosen to retire here. This is her husband’s last duty station.



**Angela Middleton,**  
Nurse Practitioner,  
Ozark Family-Centered Medical Home

### Why did you become a Nurse Practitioner?

Mrs Middleton: “My quadruplets were in a Neonatal Intensive Care Unit sixteen years ago and after I saw everything that the nurses did, I knew that was what I wanted to do. When my children were three years old, I finished Nursing School while my husband was deployed.”

### Where did you grow up?

Mrs Middleton: “Dixon, Missouri.”

### What is your favorite thing to do when you’re not working?

Mrs Middleton: “Spend time with my family. My children like to zip line and we go four-wheeling and all of that because they say that, if they break something, I can fix them. I tell them that I would rather not go to the ER on a day off that I’m spending with them.”

### What do you find interesting about your job?

Mrs Middleton: “I am a military spouse and I love working with military families. I love everything about what I do—and I’m treated here—this is where I come for my health care. I also like mystery diagnoses. I like to research and figure out things that nobody else can figure out. There’s a part of me who should have been a detective.”

### Where has your family been stationed?

Mrs Middleton: “My husband was in Korea and then we met in Kansas. From there, Fort Bragg, Fort Leonard Wood, Fort Monroe, Fort Eustis, and now Fort Leonard Wood again. We’re retiring here. This is home. My patients aren’t going to come in one day and find out that Angela is going to leave because her husband just got orders. You’re stuck with me!”

