

# McGuire

Serving Our Nation's Heroes

# Monthly



NEWS FROM:

Rural Health

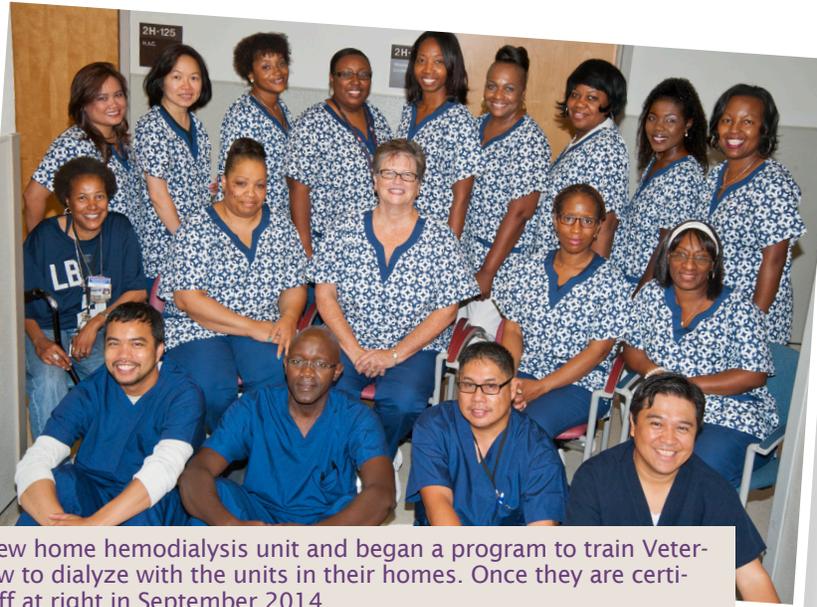
Congratulations

Volunteers

Teleretinal Clinic



## McGuire Home Hemodialysis Program



Registered nurse Pamela Wade recently completed training on a new home hemodialysis unit and began a program to train Veterans like Dorothy and Willie Reese (pictured) and care providers how to dialyze with the units in their homes. Once they are certified, they could save over 150 appointments per year. Dialysis Staff at right in September 2014.

**M**cGuire VA Home Hemodialysis Program (HHP) puts Veterans in the driver's seat with their health care, and that driver's seat can be their favorite recliner.

McGuire VA offers its qualifying dialysis patients the ability to dialyze in their homes. That is a substantial benefit for a Veteran who could spend more than 600 hours dialyzing annually in a hospital setting.

Dialysis is the artificial process of eliminating waste and unwanted water from the blood. This is generally offered to

patients on a cycle of three sessions per week.

HHP is part of the overall dialysis program expansion that includes

*"I just wanted to be comfortable at home; I wanted to go on dialysis when I wanted..."*

the new dialysis unit the medical center broke ground on last year.

One of the first couples through the program is Dorothy and Willie Reese. Willie likes the program because it provides him flexibility throughout his day.

"I just wanted to be comfortable at home; I wanted to go on dialysis when I wanted," said Willie.

"I didn't want to be on a regimen. Before I had to be there [hospital] at 6 o'clock in the morning."

McGuire nurse Pamela Wade has been training the Reeses, who were novices when it came to dialysis, despite Willie dialyzing for almost a decade.

Wade is passionate about teaching, and adapts instruction to a student's capabilities after she has built up their confidence. That includes Dorothy's, who was a little nervous around needles. "Pam [Wade] is doing a good job. She makes sure we keep aseptic practices so we

won't contaminate the patient."

One of major differences between standard dialysis and the home dialysis program is treatment time. With the home dialysis units, patients dialyze daily, and for shorter periods removing more toxins, which results in better health.

Dorothy sees firsthand the positive effects dialyzing five times a week has had on her husband. "He immediately started feeling better when he started this program," Dorothy explained. "Now he looks better and has more energy."

Wade said she and many other services like the pharmacy that provide the home supplies, medical service and prosthetics who purchases the machines, all work in concert to make the condition of dialysis better. Wade's goal is to get 10 patients in the program through 2015.

# Candy Dunavan,

*Honored by the Defense and Veterans Brain Injury Center (DVBIC)*

**R**ichmond VA Medical Center's Candy Dunavan, R.N., C.C.M., C.B.I.S., Admissions Clinical Case Manager, has been recognized for the second time in the special winter 2015 edition of DVBIC's Military TBI Case Management Quarterly Newsletter that features 22 TBI case managers/care coordinators who have demonstrated excellence in their work with service members, veterans and their families affected by traumatic brain injury.

Case managers and care coordinators are essential in ensuring our service members and Veterans receive the

best of care when treated for their TBI and other co-occurring conditions. Case managers and care coordinators manage and coordinate the services of multiple health care providers and offer additional resources from the time of injury through acute care and on to rehabilitation and reintegration. Ongoing coordination of care and collaboration with the Department of Defense, military services, Department of Veterans Affairs, civilian health partners, local communities, families and individuals with TBI are essential components of both VHA's efforts and DVBIC's

mission to serve active duty military, their beneficiaries and Veterans with TBI through state-of-the-art clinical care, innovative clinical research initiatives and educational programs and support for force health protection services.



**Congratulations Candy!**

## Meet our Teleretinal Imaging Staff

**Room 1X-160**  
MONDAY – FRIDAY  
8:00 am - 3:30 pm

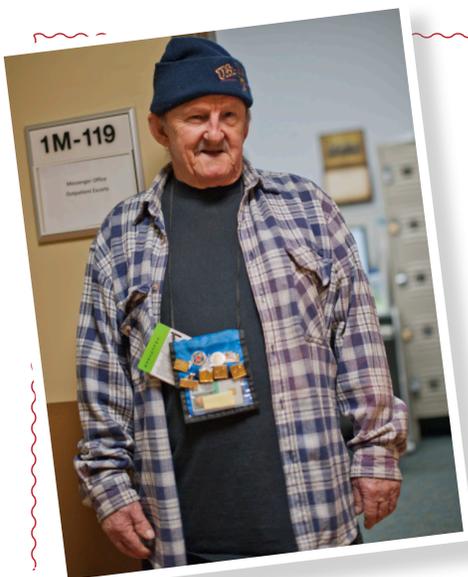
**D**iabetic Teleretinal Imaging is now located in room 1X-160 inside the Audiology Clinic. We are open Monday – Friday, 8:00 am to 3:30 pm. No appointment necessary. Walk-ins are welcome.

### Why is it important for the patient with diabetes to have regular eye tests?

Excess sugar in the blood damages the small blood vessels in the lining of the eye. Blood may leak from the blood vessels and cause the retina to swell, resulting in permanent damage, loss of vision or blindness.



Teleretinal Imaging staff from left: Katina Gentile; Johanna Cousins; Demetria Lindsey and Jacqueline Collins



## Voluntary Service

**W**illiam "Shorty" Shearouse started volunteering at McGuire VAMC in April of 2011. Shorty arrives here at around 5:00 am to get items left at the front desk to Voluntary Service, and makes the Reading Table look it's best. This is a major task to keep up with as some days the table can be very full. Shorty works on getting the Avenue of Flags displayed on special days. He also works the coffee & beverage cart on Tuesday mornings. Shorty has also volunteered for Wreaths Across America at the Richmond National Cemetery on Williamsburg Road. We are very proud of Shorty and the work he does for his fellow Veterans.

## Looking Ahead MARCH

- ▶ Dental Assistants Week
- ▶ National Social Work Month
- ▶ National Nutrition Month
- ▶ Patient Safety Awareness Week

## Rural Health Team Offers MOVE! Classes in Tappahannock

A small rural community's municipal building in Central Virginia might be the last place you would think Veterans are receiving healthcare, but for patients near Tappahannock, the McGuire VA Medical Center's Rural Health Initiative (RHI) team is offering MOVE!, or Managing Overweight and/or Obesity for Veterans Everywhere, a weight management and health education class.

MOVE! was designed to assist Veterans with losing weight and keeping it off by providing education and support to live a healthier lifestyle. It uses behavioral, nutrition and physical activity components and changes the focus each week to keep students engaged.

The Tappahannock MOVE! Class is taught by McGuire nurse Clarissa Sweeney. She has taken Veterans through the initial assessment process in Richmond, and has seen the class grow since that first session. "Each time we have class, I see a new face," Sweeney said. Besides being a Navy Veteran, she was excited to get to teach MOVE! because she enjoys interacting with and motivating Veterans.

Sweeney said the goal of RHI is to improve access to prevention and wellness education



Above, Clarissa Sweeney leads the MOVE! class. Right, Luther Derby stretching.

for Veterans residing in rural areas near Richmond VAMC. Tappahannock was chosen because RHI listened to feedback from Vets requesting weight management classes.

Students in the Tappahannock class struggling with weight management are not alone with their concerns. Ruth Meyer, the McGuire MOVE! coordinator says that weight management is becoming an epidemic, and she knows why. "There is a high cost to obesity and a high incidence rate in the military and Veteran populations that hovers around 75 percent," said Meyer. "Overeating is an addiction just like any other one, like smoking or drugs."

According to the Veterans Health Administration Support Service Center data, McGuire



VAMC has almost 52,000 Veterans assigned to a primary care provider. Of those, almost 16,000 are diagnosed with obesity. Overweight is characterized as having a BMI of 25 or greater, and obesity with a BMI of 30 or greater. If females have a waist size over 35 or 40 inches for males, they are considered to be at high risk for "obesity" related disease.

*If you are a qualified Veteran and are interested in attending MOVE!, please ask your health provider, or call 804-675-5000, ext. 3737.*

Save the Date

25<sup>TH</sup> ANNUAL

**WOMEN VETERANS  
RECOGNITION PROGRAM**

~ Friday, March 27<sup>th</sup> ~

KEY NOTE SPEAKER:

**Betty Moseley Brown, EdD,**

*Associate Director of the Center for Women Veterans*

12:00 Noon • Multipurpose Room

## FISCAL SERVICES

It's tax time, do you have all of your documents?

It is tax time again and that means employee W2's. Please remember that W2's contain sensitive, personally identifiable information and must be safeguarded! Do not leave your W2(s) unattended on desks or in your work areas.

If your W2 is lost or misplaced, you may retrieve a copy in MyPay. If you do not have or do not know your MyPay account login and/or password, payroll can submit a remedy ticket to DFAS requesting a 2014 W-2 reprint to be mailed directly to you at your address on file. Contact payroll at 804-675-5261.

# Recently at McGuire

Please share your events with us for inclusion in upcoming newsletters. Send an email to: [VHARICPublicAffairs@va.gov](mailto:VHARICPublicAffairs@va.gov)

On Jan. 30, several staff and patients at McGuire were asked to give their Superbowl predictions. The popular prognostication was Seattle taking home the Lombardi trophy with such generous predictions as Ray Rucker from the Red Clinic with a 21-9 Seattle victory. Only two fans polled predicted the New England Patriots would win their fourth title. Those two were Gregory Copeland and McGuire patient Wayne. As a Patriots fan, Parker naturally predicted a New England victory and came close to guessing the final score 27-20.



February 8-14, 2015 was National Salute to Veteran Patients Week. This week provided our team yet another opportunity to say "thank you" to the Veterans who are cared for every day in Department of Veterans Affairs (VA) medical centers, outpatient clinics, domiciliaries and nursing homes. Throughout the week, there were special guests and activities on campus to salute our patients.

