



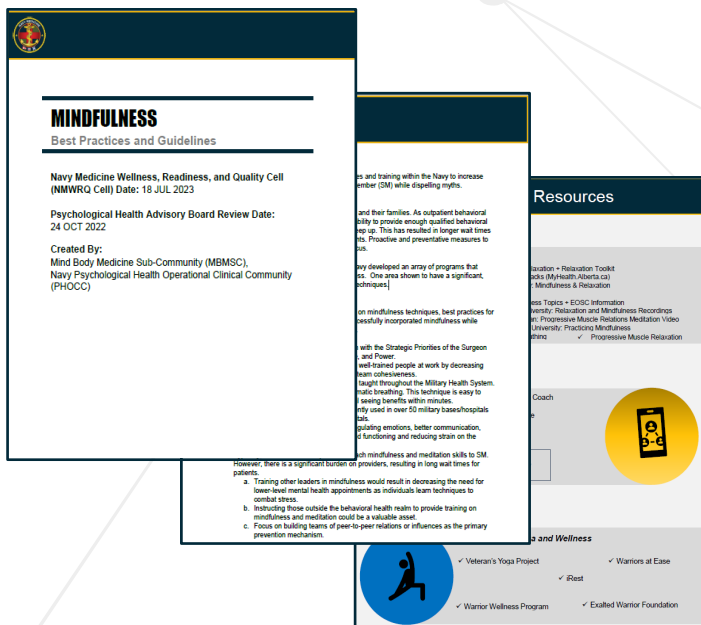
NAVY MEDICINE HIGH RELIABILITY HUDDLE

Presented by the US Navy Bureau of Medicine and Surgery (BUMED)
Office of the Chief Medical Officer (OCMO)

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High Reliability Organization (HRO) Updates

HRO IN ACTION: MINDFULNESS BEST PRACTICES AND GUIDELINES



The Mind Body Medicine Sub-Community (MBMSC), within Navy Medicine's Psychological Health Operational Clinical Community (PHOCC), developed a comprehensive evidence-based resource on mindfulness techniques, best practices for mindfulness utilization, and a one-page guide to successfully incorporate mindfulness while serving in the military. The **Mindfulness Best Practices and Guidelines** consolidates resources for Navy Medicine clinicians to reference evidence-based mindfulness techniques, encourage best practices for mindfulness in daily routines, and debunk common myths on mindfulness and meditation.

The **Mindfulness Best Practices and Guidelines** are available for all Navy Medicine clinicians. As Navy Medicine continues to embrace the principles of HRO, adoption of this resource will support resiliency by sharing effective best practices that promote mindfulness.

For additional questions about this resource, please reach out to [CDR Larkin Magel](#) or [LCDR Ada Dee](#). The full version of the Mindfulness Best Practices and Guidelines can be found [here](#) on SharePoint.

OFFICE OF WOMEN'S HEALTH (OWH) PERINATAL LOSS POLICIES

The US Navy Bureau of Medicine and Surgery Notice (BUMEDNOTE) on [Convalescent Leave for Perinatal Loss](#) provides guidance to clinicians on convalescent leave recommendations for pregnancy, birth, and perinatal loss, with the objective of supporting physical recovery and medical readiness. To ensure full physiologic recovery after perinatal loss or birth at 20 weeks gestation, **42 days remains the recommended recovery time**. For perinatal loss, providers should recommend convalescent leave based on gestational age. This BUMEDNOTE also includes guidelines on physical fitness testing (PFT) recommendations based on gestational age.

The associated [Naval Administrative Command \(NAVADMIN\) 006/24](#) focuses on assignment of Sailors who become pregnant during a sea duty tour and their reassignment ashore. Additionally, pregnant Sailors assigned to shore duty within 13 months of their Projected Rotation Date may be extended at their current billet or moved locally to fill a valid requirement. The previous policy did not consider a Sailor's skillsets or personal choices. These changes **keep Sailors on their career track** with meaningful and challenging assignments while also filling critical gaps.

Quality Assurance Tip from the High Reliability & Clinical Quality Management Office (N10G): Flammable and Combustible Storage

All flammables and combustibles inside or outside of a control area or a container must comply with National Fire Protection Association (NFPA) 30 (accessible via the Military Health System Library), which provides specific details about storage processes. Command safety departments should have Safety Data Sheets (SDS) for any products, compounds, or liquids to further assist in the appropriate storage of flammable or combustible material.



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Operational Clinical Community Highlights

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Each **Navy Medicine Operational Clinical Community (NMOCC)** consists of Sub-Communities (SCs) and Working Groups (WGs). This section highlights recent updates from each NMOCC.

NMOCC	Highlights
<p>Female Force Readiness BUMED Managers: <i>CDR Schulz</i> Community Chair: <i>LCDR Eubanks</i></p>	<p>The Female Force Readiness (FFR) NMOCC developed and continuously updates the Naval Contraceptive Clinic List available on the Women's Health Webpage to notify service members of walk-in contraceptive services. This comprehensive list is available to service members and their leadership to increase access to care. Members of the FFR NMOCC regularly provide notice of any changes to clinic operating hours.</p>
<p>Neuromusculoskeletal BUMED Manager: <i>LCDR Brown</i> Community Chair: <i>CAPT Hammond</i></p>	<p>The Foot and Ankle SC (FASC) presented their ankle sprain infographic at the 08 JAN NMWRQ Cell. This infographic highlights data on ankle sprains, with a focus on assisting and informing service members of their care options during their recovery. The infographic is intended to improve clinical healthcare and reduce the rate of lateral ankle sprains through education and proper acute management of ankle injuries.</p>
<p>Operational Medicine BUMED Manager: <i>CAPT Moore</i> Community Chair: <i>CDR Keleher & CDR Buckland-Coffey</i></p>	<p>The Anti-Obesity Medications WG is developing a BUMEDNOTE to provide interim guidance to providers on using anti-obesity medications. The Warrior Wellness Network (WWN) is developing a Functional Care Chains playbook for Musculoskeletal injuries, Primary Care, Mental Wellness, and Sexual and Reproductive Health to ensure Marines receive appropriate care in all environments.</p>
<p>Oral Health BUMED Managers: <i>CDR Cheng & Lcdr Norris</i> Community Chair: <i>CDR Beck & CDR Lam</i></p>	<p>The Sterile Processing Department (SPD) Personnel Qualification Standard (PQS) Training Module recently was reviewed by the Dental Infection Control Specialty Leader and Oral Health leadership. The product is currently undergoing further edits prior to finalization.</p>
<p>Psychological Health BUMED Manager: <i>CDR Magel</i> Community Chairs: <i>CDR Duff & CDR Segovia</i></p>	<p>PHOCC stood up a WG to assist the Naval Ordnance Safety and Security Activity (NOSSA) with a revision to the mental health component of OPNAVINST 5530.13D: Arms, Ammunition, and Explosives (AA&E).</p>
<p>Trauma BUMED Manager: <i>LCDR Kaiser</i> Community Chairs: <i>CAPT Fitch & CDR Yelon</i></p>	<p>The En Route Care (ERC) SC presented the En Route Care System (ERCS) Training Pipeline at the 29 JAN NMWRQ Cell. The brief outlines recommended, hybrid, and baseline courses of action that focus on the Training and Sustainment Plans and Expeditionary Medicine Scope of Practice for ERC nurses and corpsmen. The SC is currently collecting feedback to review and adjudicate prior to briefing at a future Maritime Planning Board meeting.</p>

NMOCC work products that have been approved by the NMWRQ Cell can be found [here](#). Want to get involved in the NMOCCs? Reach out to the [NMOCC Support Team!](#)



ELEVATING BATTLEFIELD HEALTHCARE: EXPEDITIONARY MEDICAL SYSTEMS (EMS)

In alignment with the Surgeon General's (SG) first line of effort (LOE), the EMS team at Marine Corps Systems Command is focused on improving battlefield survivability in contested environments and stabilizing patients for extended periods while awaiting evacuation. Their efforts include the development of compact and modular **Damage Control Resuscitation (DCR)** and **Damage Control Surgery (DCS)** capabilities, tailored for Expeditionary Advanced Base Operations (EABO). In collaboration with Marine Corps Combat Development and Integration, the EMS team is actively introducing three new capabilities: patient staging and holding, trauma care in environments with no advanced medical providers, and strategic casualty consolidation to streamline the medical support process.



MCSC's Portable Patient Transport Life Support System

Per the EMS senior project officer Mr. Mark Urrutic, "We've developed a modular medical kit for small, agile teams crucial for distributed maritime operations, enabling a 10-person team to treat surgical and non-surgical patients simultaneously. **Designed for rapid deployment, this kit supports teams in isolated environments, sustaining patients longer in contested areas where evacuation is challenging.**" The EMS team's emphasis on prolonged casualty care, rigorous testing, and direct feedback integration demonstrates a proactive approach to identifying potential challenges and addressing them preemptively.

This **preoccupation with failure** ensures the continuous improvement of medical capabilities to enhance the survivability and effectiveness of combat forces in dynamic and high-risk environments.

For more information on the Marine Corps Systems Command's EMS team, please view the link [here](#).

GET REAL, GET BETTER (GRGB) THEME OF THE MONTH: GRGB AS A MINDSET

A **mindset** refers to the beliefs that shape how individuals approach situations and make decisions. The GRGB mindset is characterized by several key beliefs: valuing inquisitiveness to identify areas for improvement, continuous learning, creating an atmosphere of trust to enable open communication and reflection, and empowering subordinates to solve problems and improve performance. **It represents a fundamental shift in organizational culture** which is crucial for success in dynamic and uncertain environments.

The GRGB mindset aims to reduce performance variance among teams and enhance the warfighting capability as an agile, lethal, and adaptable force.

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Questions to Consider When Taking On a GRGB Mindset

- *How do I feel when I receive feedback?*
- *As a leader, how can I invite input, defer to expertise, acknowledge my limitations, and provide and solicit feedback?*
- *Where are opportunities to grow?*

How does the GRGB Mindset tie into HRO Principles?

HRO Principles	GRGB Mindset
Preoccupation with Failure	Emphasizes learning from mistakes and identifying areas for improvement
Sensitivity to Operations	Promotes accountability and inquisitiveness
Deference to Expertise	Encourages empowering subordinates and recognizing their valuable insights
Commitment to Resilience	Puts an emphasis on adaptability, rapid learning, and problem-solving
Reluctance to Simplify	Encourages analytical rigor and complexity recognition in problem-solving

For more information on the February GRGB Theme, please view the link [here](#).



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Links and HRO Resources

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LOOKING AHEAD | 2024 HIGH RELIABILITY UPDATES

Navy Medicine Quality and Safety Leadership Academy (NMQSLA) Cohort 10 Kick-Off Recap

NMQSLA Cohort 11 Kick-Off: 23-25 APR

NMQSLA Cohort 12 Kick-Off: 25-27 JUN

[Navy Medicine HRO Maturity Assessment](#)

HRO Resources

[Navy Medicine High Reliability Network SharePoint](#)

<https://esportal.med.navy.mil/bumed/rh/m5/NavyMedicineHighReliabilityNetwork/Pages/default.aspx>

[Navy Medicine Scientific Panel](#)

<https://esportal.med.navy.mil/bumed/rh/m2/NavyMedicineScientificPanel/SiteAssets/Scientific%20Panel%20Home%20Page.aspx>

[Navy Medicine Lessons Learned Portal](#)

<https://esportal.med.navy.mil/sites/navmedkm/LL/SitePages/Lessons%20Learned.aspx>

[Ready Reliable Care \(RRC\) Communications Toolkit](#)

<https://info.health.mil/sites/hro/PublicationsLibrary/Ready%20Reliable%20Care%20Communications%20Toolkit.pdf>

[Navy Surgeon General Executive Rudder](#)

<https://esportal.med.navy.mil/bumed/documents/rudder.pdf>

[Get Real, Get Better Home Page](#)

<https://grgb.navy.mil/>

HRO Spotlight (Page 1)

[Mindfulness Best Practices and Guidelines](#)

<https://esportal.med.navy.mil/bumed/rh/m5/NavyMedicineHighReliabilityNetwork/CMO%20CDO%20COA%20Materials/NMWRQ%20Cell/00.%20Approved%20NMWRQ%20Cell%20Products/Mindfulness%20Best%20Practices%20and%20Guidelines.pdf?d=w81efaa9d293042d29ce303bcc1105f29>

[Bureau of Medicine and Surgery Notice \(BUMEDNOTE\) on Convalescent Leave for Perinatal Loss](#)

<https://www.med.navy.mil/Portals/62/Documents/BUMED/Directives/Notices/NOTE 6000 - 10 Jan 2024.pdf?ver=3j7mvE2p2uBVLunssZIK4g%3d%3d>

[The Naval Administrative Command \(NAVADMIN\) 006/24 on Pregnant Sailors at Sea Duty](#)

<https://www.mynavyhr.navy.mil/Portals/55/Messages/NAVADMIN/NAV2024/NAV24006.txt?ver=yfVt4shj3NGqf6LwA3MjLw%3d%3d>

OCMO & NMWRQ Cell Updates (Page 2)

[Naval Contraceptive Clinic List](#)

https://www.med.navy.mil/Portals/62/Documents/NMFA/NMCPHC/root/PopulationHealth/Pages/Naval_JB_NCR_WICCs_06MAR2023.pdf?ver=RZJDIXz81WWGhdJzAqANSA%3d%3d

[Women's Health Webpage](#)

<https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Womens-Health/default/>

HRO Spotlight and Updates (Page 3)

[Elevating Battlefield Healthcare: Expeditionary Medical Systems \(EMS\)](#)

<https://www.navy.mil/Press-Office/News-Stories/Article/3627576/expeditionary-medical-systems-increasing-warfighter-survivability-in-littoral-c/>

[Get Real, Get Better Mindset](#)

<https://www.milsuite.mil/book/docs/DOC-1304283>