



ARMY MEDICINE
One Team... One Purpose!
Conserving the Fighting Strength Since 1775



Women's Health RFI Survey: JB Lewis-McChord

|

04 November 2019



Questions based on RFI in consultation with SME

- Four general questions with 1-4 items:
 - Operational policies, resources, outreach related to readiness and health of military women in garrison, pre/deployed
 - Best practices
 - Current research
 - what is working well, what opportunities for improvement?

- Requests for information sent to JBLM Stakeholders for women's care (Brigade Surgeons, N=11) from SEP - OCT every 2 weeks



ARMY MEDICINE
One Team... One Purpose!
Conserving the Fighting Strength Since 1775

Results

RFI JBLM re: Women's Health

Combat Support Hospital
Expeditionary Sustainment Unit
Special Forces Group
N=3



- Embedded PA/MDs deployed forward for operational support
- EMR-MHS GENESIS assists tracking routine care to maintain readiness (nursing staff can prescreen and proactively contact women)
- Some Clinic Pharmacies able to provide Plan B contraception without a prescription
- Providers trained in women's health
- Embedded Physical/Occupational Therapists in some units



Access to reproductive health services, preventive care through deployment cycle, contraception, fertility treatments, genitourinary infections, obstetric care, mammograms, cervical cancer screening while deployed, musculoskeletal injury prevention practices

- Same day Pap test, contraception consult, wellness and problem-focused visits
- Nurse-driven protocols for Depo Provera injections
- Access to Plan B contraception without a prescription
- Walk-in appointments available
- OB-GYN referrals at Service Member's request



Recommendations to improve research, quality, and access

- Demonstrated need for OB-trained, experienced providers
- Research gaps:
 - sex/gender health and readiness-related research
 - sex/gender appropriate physical training programs
- Include evidence-based best practices in postpartum PT program
- Standardized equipment in medical equipment sets for field exercises/deployments
- Trending up, young women with musculoskeletal injuries recently graduated from AIT being medically boarded
- Expand EBP nurse-driven protocols
- Expand non-prescription Plan B contraceptive capability to all pharmacies

