

# The Rapid Pulse

March 2005

## The Director's Perspective

By Dr. Eugene Migliaccio

Welcome to another installment of *The Rapid Pulse*! In this issue, I want to provide the valued employees of DIHS with an update on the A-76 (FAIR Act) study currently underway.

As I'm sure many of you recall, an all-hands meeting was conducted in December 2004 to formally announce the commencement of the A-76 study to all DIHS staff, and explain what the purpose of the study was, and how it would be conducted.

The A-76 study is mainly comprised of two critical but separate teams: the Performance Work Statement (PWS), and the Most Efficient Organization (MEO) teams. The PWS Team has been tasked with assisting the MAI Consulting Group to articulate the day-to-day duties of staff within DIHS. MAI has been hired to actually write the PWS.

The PWS is scheduled to be submitted to the public this summer. The MEO team will develop our response to the PWS.

Currently, members of the MAI Consulting Group are interviewing our staff, at the Headquarters and field level. They are expected to visit the

El Paso, San Diego, Florence and Batavia sites.

The A-76 study has provided an opportunity for us to look under our hood! It's not very often that an organization gets the chance to thoroughly examine its internal processes and functions. Through the A-76 study, we continue to see the unique nature of the environment in which we serve, and the special synergy that comes from our special mix of Commissioned Officers, federal civil servants, and non-federals staff. Now more than ever, I know without a doubt that we are truly a unique entity, and that no one is equipped to do what we do, as well as we do.

I have every expectation that we will win the bid on the final contract. And in anticipation of that, we will be refining various processes within DIHS, so that when the time comes, we can continue to function as the Most Efficient Organization.

Thank you all for your support. I appreciate the professionalism you all bring to DIHS.

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## Faces and Places

### WELCOME

#### **Buffalo, NY:**

LT Sean McMahan

#### **Florence, AZ:**

LT Shawna Hutchins

Ms. Sarah Lucas

LT Steve Morin

#### **Houston, TX:**

Ms. Terry-Lynn Darrell

#### **Miami, FL:**

Ms. Lisamaria Pinnock

#### **Port Isabel, TX:**

Ms. Monica Garcia

#### **Queens, NY:**

LT Sandra Antor

#### **San Diego, CA:**

LT Cindy Butler

#### **San Pedro, CA:**

CDR Roberto Garcia

CAPT Jeff Brinkley

Ms. Alcinda Trotter

#### **Tacoma, WA:**

Mr. Robert Jackson

### FAREWELL

#### **Buffalo, NY:**

LT Michael Leboe

#### **San Pedro, CA:**

LCDR Toby Propst

Ms. Tyesha Hansborough

## Our Mission

We protect America by providing health care and public health services in support of immigration law enforcement.

## A Culinary Superstar

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By Luzviminda K. Peredo-Berger,  
M.D.

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Turmeric or curcumin is one spice that should be added to our foods for its beneficial healing. It's the spice that's added to Indian curry that give the meal a reddish orange coloring.

Among traditional East Indian healers, the spice is viewed as a whole body cleanser. The primary component that allows the spice to be used for healing is curcumin.

Curcumin has been purported to ease the inflammation of joint swelling and pain. It's mechanism of action is thought to be similar to aspirin. In fact, a world renowned alternative physician, Dr. Andrew Weil, recommends turmeric as a treatment for all inflammatory diseases including arthritis, and autoimmune disorders. Research indicates that this spice may help patients with inflammatory bowel disease as well as asthma.



Because cancer has been linked to chronic inflammatory processes and researchers are always searching for ways to limit toxic chemotherapies, curcumin has been used to fight cancer. Curcumin seems to interrupt the rapid blood supply a tumor needs.

The spice also seems to block out the harmful effects of too much estrogen in breast cancer patients. Cell damaging free radicals are rendered impotent by curcumin.

Intriguing theories for curcumin containing foods involve the notably lower rates of childhood leukemia in Asia. A recent study in *Science* (4/23/04) reports curcumin retarded the genetic damage caused by the congenital lung disorder cystic fibrosis in mice. Lab rats fed curcumin who were susceptible to multiple sclerosis did not develop any symptoms of the neurologic disease.

Curcumin has also been reported to protect the liver from alcohol related injury as well as calm a chronic upset stomach.

Turmeric or curcumin is also available in a supplement for those who cannot eat enough of the spice. It's an antioxidant with profound anti-inflammatory properties and should be added to our spice rack!

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### STG in El Centro



**The staff at El Centro welcomed STG to El Centro for a site visit/dinner.**

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Congratulations to LT Herman Auhl (El Centro) and LTJG Nerfis Sanchez (Buffalo) on being accepted into the Flight Nurse Program.

We wish them all the best, and look forward to hearing about their experiences during this intensive course.



## Our Vision

By 2008, we will be the benchmark for detention health care systems and will be recognized as having the most prestigious, dynamic and rewarding workplace within the United States Government.

## Managed Care 2005 Launch

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By Mr. Doneg McDonough

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The Division of Immigration Health Services (DIHS) has undertaken a renewed effort to identify and incorporate current managed care industry practices into its operations.

In December 2004, DIHS engaged the assistance of MAXIMUS to review current DIHS operations and recommend changes.

Over the December 2004 – January 2005 period, DIHS staff and consultants worked to identify a set of reforms designed to strengthen the ability of DIHS to carry out its mission in an efficient and effective manner. In all, more than 156 recommendations were presented and the initiative was given the name “*Managed Care 2005 Launch*.”

In early February 2005, the recommendations were reviewed and prioritized. A Master List of the recommendations can be found on the DIHS Website at <http://www.inshealth.org/EmpEntrance.htm> along with a copy of the MAXIMUS report titled, “Medical Management Enhancement Project: Recommendations to the Division of Immigration Health Services.”

A comprehensive implementation plan is currently under development, although implementation of select priority tasks is well underway.

A DIHS-wide education and outreach campaign will be initiated in order to involve DIHS staff in the implementation of reforms and to advise DIHS staff of the changes that will be taking place. External stakeholders such as Immigration and Customs Enforcement (ICE), Office of Refugee Resettlement (ORR), and U.S. Border Patrol (BP), as well as

the range of health care providers serving individuals in the custody of ICE, ORR and BP, will be included in the education and outreach effort.

*Managed Care 2005 Launch* will result in noticeable changes to DIHS operations. For example:

- ◆ Federally-mandated provider payment rates will be fully enforced
- ◆ A revised Medical Dental Detainee Covered Services Package will be developed
- ◆ DIHS policies and procedures for managed care operations will be revised and expanded
- ◆ Claims processing procedures will be modified, including having medical claims submitted electronically
- ◆ A process for adjudicating requests for reconsideration of DIHS treatment authorization and claim payment determinations will be established for detention facilities and providers
- ◆ Additional DIHS performance measures will be developed and reported to ICE and other internal and external stakeholders

Among other benefits, these changes will generate measurable reductions in program costs and increase responsiveness to internal and external stakeholders.

Regular updates will be provided on the progress of *Managed Care 2005 Launch*, via email and articles in *The Rapid Pulse*. Comments and questions regarding *Managed Care 2005 Launch* may be directed to [ManagedCare2005Launch@dhs.gov](mailto:ManagedCare2005Launch@dhs.gov).

## National Nutrition Month

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By CDR Kirsten Warwar, MHA, RD

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Each year the American Dietetic Association runs a month long nutrition education campaign in March called National Nutrition Month®. This program is designed to focus the public's attention on the importance of making informed food choices and developing good eating and physical activity habits. This year the campaign is "Get a Taste for Nutrition." This campaign reinforces the importance of nutrition as a key component of health, along with physical activity.

No time like the present to take an active role in what you are personally doing to improve your own health. As healthcare professionals, we often neglect our own health and are the worst at following the advice that we give our patients. In the end, if we invest a little bit of time in our own health, then we will perform better on the job and better assist others (patients and staff) to improve their lifestyles.

Eating is one of life's greatest pleasures, and with the time commitment to our "desk jobs," it is very easy to let healthy eating and exercise slide. Before you know it, a year has gone by and you have gained 10 pounds! Of course you reflect back and justify that you were working 50 to 60 hours a week, had your family commitments, and besides it was a cold winter...too cold to exercise and just right for a bowl of New England Clam Chowder. This is your wake up call.

**Be Adventurous and expand your horizons.** As the old saying goes, "Variety is the spice of life." It is also key in good nutrition and health. Choose different foods based on flavor, texture, and colors that contribute an array of nutrients to your diet. Think of the rainbow with its many colors when you select foods for a meal. Try to select foods that give you at least three different colors on your plate and alternate those colors at each meal. Explore the wide world of nutrition by trying a variety of foods.

**Treat your taste buds.** Don't deprive yourself of the foods you love. Enjoy all your favorite foods; just try eating them in moderate amounts. You decide how much and how often. Choose foods sensibly by looking at the big picture; it's what you eat over several days, not just one meal or day that counts. Now this does not mean that you should eat chocolate at every meal or have cheesecake for dessert after dinner every night. It

does mean that you can and should incorporate the foods you love into a balanced diet as part of your normal caloric intake versus in addition to your normal diet.

**Balance food choices with your lifestyle.** In relation to the topic above, treat your taste buds, make sure that you balance what you eat with your lifestyle. The right combination of nutrients is key to getting the correct amount of energy and vitamins needed to sustain an active lifestyle. If you like to eat, then you may have to commit time to more aerobics than others. So balance your food choices with your physical activities to achieve and maintain a healthy weight and lifestyle.

**Be active.** Just as important as nutrition is to your health, so is physical activity. Be creative and enjoy a variety of ways to stay active to feel your best. There's no need for expensive equipment or complicated fitness programs. You don't even need to have a membership to a gym. Start by making a list of physical activities that fit into your lifestyle and schedule one every day.

Here are some easy ways to get going. Start small and focus on the positive. For example, try to eat more fruits and vegetables instead of desert and candy. Examine what you eat every day for breakfast to make sure it is nutritious...high fiber grains, fruit, lean protein and low-fat dairy products.

Do you eat lunch? If not, start. If you do, does it contain fresh fruits and vegetables? How is your dinner? Do you eat fast food? Are your portions too large? Do you eat fruits, vegetables and whole grains?

In your daily routine, increase your physical activity. This could be as simple as taking the stairs instead of the elevator! Park at the top of the parking garage and walk the stairs to work. At lunch time, go for a walk. If you take a few minutes to think about it there are many ways that you can incorporate physical activity into your everyday lifestyle. Think about what activities you enjoy doing like walking, yoga, or jogging. On busy days, lift weights while watching the news; clean your house at a fast pace; do calisthenics in the car, while in the kitchen, or on the computer. I always tell people "Where there is a will there is a way."

Being healthy is vital to life. Just as you spend many hours committed to you job, so should you spend the time that it takes to be committed to a healthy lifestyle. It can only enhance your quality of life. Get started today!

*NOTE: CDR Warwar is the DIHS Nutrition Consultant. If you have any questions for her, she can be reached at Krome Medical Referral Center, Krome SPC, Miami, FL (305) 552-1845, ext. 302*