

HEALTH PROMOTION & PREVENTION INITIATIVES NEWSLETTER

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Initiative Spotlight



Interventions for Anterior Knee Pain

The Problem

Patients with anterior knee pain do not routinely see a physical therapist immediately. Primary care providers usually prescribe a knee brace as a means of conservative pain management prior to a referral to physical therapy. However, knee brace manufacturers recommend that braces be utilized in conjunction *with* therapy -- not as a stand-alone treatment.

The Proposed Solution

This HPPI initiative compared the outcomes of common treatments for anterior knee pain. Program participants were placed into one of three groups: exercise, exercise and neoprene knee sleeve, and exercise and patella tracking brace.

Lessons Learned

An immediate referral to physical therapy for soldiers with anterior knee pain can speed recovery and decreased lost training time. Also, this project showed no benefit from the use of a knee brace for soldiers with anterior knee pain. Project implementers suggested that substantial cost savings could be realized if knee braces (cost of approximately \$40 per brace) were eliminated as a treatment method for anterior knee pain under the appropriate circumstances.

Ideas from the Field...

Line Support – Part 2



After your program is up and running, make it a habit to inform line leaders and cadre about how the program is helping their soldiers. Talk about program benefits in terms of increasing readiness and deployability. If possible, collect data and “good news stories” to keep leaders enthusiastic about the program. Use formal and informal communication channels. Keep your program visible...or your funding may disappear!

News from the Field

Fort Hood Community Health Nurses supporting Operation Iraqi Freedom implemented a tobacco cessation program for soldiers. By the second week of the program, three of the 21 participants were tobacco-free. HOOAH! If you are interested in starting a tobacco cessation program, USACHPPM's Directorate of Health Promotion and Wellness has a program that includes a facilitator guide, participant workbooks, slide presentations, and a facilitator competency course. For more information, visit the DHPW web site at: <http://chppm-www.apgea.army.mil/dhpw/Population/Tobacco.aspx> or contact DHPW.

Program Pointers

Writing a Budget Justification

When you write a budget justification, look at your request from a commander's point of view. Money is limited and leaders need to get a good return on their investment.

Commanders are focused on accomplishment of their mission. Does your request support the mission? Mission-critical factors may include:

- Increased deployability
- Decreased lost duty/training time
- Costs avoided
- Costs saved
- Morale building

Include the following mission-critical factors in your budget justification. A budget justification does not have to be long or complicated. It should include:

- What the funds will be used for
- Who or what the funds will support

- Specific expected results if the funds are received
- Expected results if the funds are not received

Sample sentences to use in your budget request:

- These funds will enable [department or individual] to accomplish the mission-critical task of...
- This purchase will enable [amount] of manpower hours to be saved...
- This resource will result in [a specific process] being completed more efficiently...
- This resource will result in a reduction of lost duty time by [modification to existing process]...

See this resource page for more information about budget justifications: http://infopoint.welcoa.org/blueprints/blueprint1/publications/wi_budget.html

HPPI News & FAQs

FY04 Request for Proposals (RFP)

The HPPI FY04 RFP will occur on or about 8 October 2003. This RFP will include two different types of proposals:

Data Proposals – Applicants will be required to submit one or two indicators of change (outcome measures or process measures) that are currently being collected in ongoing health promotion programs. Selected data proposals will receive up to \$5K in HPPI FY04 funds.

Best Practice Proposals – Applicants will be required to describe their program in detail, and provide specific reasons this program is a potential best practice. Selected best practices proposals will receive up to a maximum of \$12K in HPPI FY04 funds. Visit the HPPI web page for more information regarding the HPPI FY04 RFP: <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

For more information about HPPI or to see past issues of the HPPI newsletter, visit <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>. To subscribe to this newsletter or send comments/suggestions send email to: Marcella.Birk@apg.amedd.army.mil or call DHPW at (410) 436-4656, DSN 584-4656.

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Don't Reinvent the Wheel!



Stress Control Programs

The Directorate of Health Promotion and Wellness (DHPW) has combat and operational stress control resources. For example, the Targeting Health: Stress Management (Technical Guide 225) educational package and training guide will increase soldiers' and other beneficiaries' general awareness of stress and its impact on health and readiness, and will teach participants how to manage stress effectively. To access this Tech Guide, visit <http://chppm-www.apgea.army.mil/documents/TG/TECHGUID/Tg225.pdf> For other stress control resources, visit <http://chppm-www.apgea.army.mil/dhpw/Population/TechGuides&Faq.aspx> or call DHPW.