

Therapist Professional Advisory Committee Meeting Minutes

DATE: 06 AUG 1999
TIME: 0714 to 0740 MDT
LOCATION: Gallup Indian Medical Center
Rehabilitation Services Branch Chief's Office
Gallup, New Mexico 87301

ATTENDEES:

CAPT John Hurley (Chair)
CAPT Dominick Aretino (Member)
CDR Mike Flyzik (Member)

Participants via Conference Call:

CAPT Charlotte Richards (CPO)
CAPT Willis Trawick (Member)
CAPT Mark Dardis (Member)
CAPT Rebecca Parks (Member)
CAPT Ivana Williams (Member)
CAPT Charles McGarvey (Guest)
CDR Jeff Fultz (Executive Secretary)
CDR Lois Michaelis-Goode (Member)
LCDR Richard Shumway (Member)
Ms. Beth Solomon (Member)

TPAC Members providing a Proxy (part-way through meeting):

CAPT Ivana Williams (Member)

Absentee TPAC Members:

CAPT Dave Brueggemann
CDR Georgia Johnson
CDR Leo LaBranche
LT Grant Mead

NOTE: Requirements for a TPAC Quorum met.

I. Call to Order

The meeting was called to order by the Chair at 0714 local time.

CAPT Hurley welcomed and thanked all participants for being available for this impromptu, not regularly scheduled TPAC Meeting.

II. Review and Adoption of Agenda

CAPT Hurley reported that the sole purpose of this meeting was to come to consensus regarding continued progress on the Fitness Initiative for the USPHS.

III. New Business

CAPT Hurley stated that RADM Blackwell, Chief of Staff in the Office of the Surgeon General (OSG) wanted the Therapist Category to have some initial Fitness program in place by 01 OCT 99. He discussed the development of the Fitness Initiative and pointed out that the Therapist Category had taken the lead with it from the beginning, but now needed to take it to the next stage. CAPT Hurley asked CAPT McGarvey to report upon the progress of the Fitness Task Force.

CAPT McGarvey stated that his Task Force had submitted a detailed report to RADM Blackwell in the OSG with a series of fitness program options, as well as implementation questions. He said that the options presented to OSG varied from the somewhat rigid fitness programs of the Army/Navy/Air Force (with very specific quantitative goals to be met), to the less formal Presidential Sports and Physical Fitness Awards program sponsored via the Amateur Athletic Union (AAU). CAPT McGarvey reported that RADM Blackwell wanted to establish a detail assignment for a therapist at the OSG to get this program off the ground. CAPT McGarvey said he was very willing to do this but was unable to obtain endorsement from his immediate supervisor at the National Institutes of Health, Lynn Gerber, MD, for a 4 days/week for six months detail. CAPT McGarvey reported that this initiative would be challenging to implement with the very limited resources available via the OSG. He indicated that it would be difficult to get it all started without additional Full Time Equivalent (FTEs) positions being established first. CAPT McGarvey stated that at this stage the Therapist Category needed to do a number of things for the Fitness Initiative:

- ✓ Identify another individual to coordinate the Fitness Initiative as a consultant, preferably serving as chair of a regular committee for the TPAC.
- ✓ Describe a practical first step toward a fitness program as a compromise with ADM Blackwell.
- ✓ Recommend that for phase I of a fitness program the Therapist Category utilize the well-developed Presidential Sports and Physical Fitness Awards program.

CAPT McGarvey indicated that the Presidential Sports & Physical Fitness Awards program consisted of 68 activities or combination of activities to be documented in a personal log over the course of 4 months to reflect the officer's activity level. After the completion of the 4 months, the participant can send \$8 together with their activity log to the AAU. CAPT McGarvey reported that this program would meet the requirements RADM Blackwell specified in that before and after statistics on activity level could easily be obtained from the data submitted to the AAU. This program would provide:

- Evidence of Commissioned Officers (COs) doing regular activity.
- Could demonstrate increasing participation of officers within a 6 month timeframe.
- Could easily survey COs participating in different activities to gather additional "healthy lifestyle" information.
- Could measure the percentage of officers completing the award program.

CAPT McGarvey stated that this would be a good first step for the Therapist Category to initiate a fitness program. He further recommended that once the Presidential Sports & Physical Fitness Awards program was established in the Commissioned Corps it wouldn't be too difficult to expand into a program similar to the one used by the US Coast Guard, which is substantially broader in general health issues being addressed.

CAPT Hurley thanked CAPT McGarvey for his great efforts heading up the Fitness Initiative Task Force. CAPT Hurley then dissolved this task force as its mission had been accomplished.

CAPT Hurley proposed that TPAC establish a new Fitness Initiative Committee with CDR Flyzik as its chair with CAPT Parks and LCDR Shumway serving as members. The purpose of this committee is to continue the process of developing and implementing a viable fitness program for USPHS COs. This effort needs to begin with a smaller scale pilot project to be ready by 01 OCT 99. This proposal was moved, seconded and passed by a 11 – 0 roll call vote.

ACTION ITEM: CDR Flyzik will report upon the progress of the efforts of the Fitness Initiative Committee at the next TPAC meeting 27 AUG 99.

CDR Flyzik thanked the Task Force members for their work on providing recommendations regarding the Fitness Initiative to the OSG and TPAC. He also thanked the TPAC members for the opportunity to lead the Fitness Initiative Committee for the Therapist Category. He stated that he already had some Commissioned Officer's Association (COA) chapters interested in participating in the pilot effort. CDR Flyzik reported that the Navajo Area COA chapter was one of those anxious to get started.

IV. Adjourn

The meeting adjourned at 0740 MDT (local time). The next meeting will be held 27 AUG 1999 with the usual videoconference and teleconference sites.

Respectfully submitted:

CDR Jeff Fultz
Executive Secretary, TPAC

Date: 08 AUG 1999

Concur:

CAPT John Hurley
Chair, TPAC

Date: 12 AUG 1999

Concur:

CAPT Charlotte Richards
Chief Professional Officer Therapist Category

Date: 11 AUG 1999