

USU Newsletter

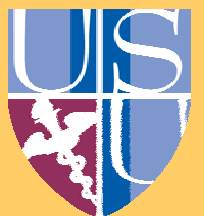
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USU Professor Partners with Sesame Workshop to Help Military Families Cope with Major Life Changes

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When military families are reunited following a deployment, in many cases the biggest challenge the family faces is trying to help younger children get reacquainted with the parent who had been deployed. And when that parent comes home injured, either with physical or psychological injuries, that re-acclimation becomes even more difficult.

Stephen Cozza, M.D., professor, Department of Psychiatry, and associate director of the Center for the Study of Traumatic Stress, will be featured in a PBS Prime-time Special, *"Coming Home: Military Families Cope with Change."* The program – scheduled to premiere on PBS, April 1, 2009 at 8 PM ET/PT – will be hosted by Queen Latifah, John Mayer and Sesame Street's Elmo and Rosita, and will discuss the challenges faced by injured soldiers and their families as they seek to cope with major life challenges. The program

will encourage the sharing of feelings and encourage those dealing with change to turn to one another for support, while also providing the general public with a brief glimpse into what military families have to endure.

"Military families face so many challenges, with deployment and re-entry," said Dr. Cozza. "This pro-

gram could ease the re-entry by allowing children to see, through the eyes of their favorite television friends Elmo and Rosita, that even though their parent might be different when they return, they are still the same father or mother who can be there to talk and to listen, and provide the same love and affection they shared prior to their injury. When necessary, parents and children together can learn new ways of spending time together and enjoying each other."



Photo by Richard Termine

In the soon-to-air PBS special, "Coming Home: Military Families Cope with Change," Sesame characters, Elmo and Rosita, discuss some of the unique challenges military families face and ways to cope with stressful situations.

This broadcast builds on the second part of a three-part TLC series developed by Sesame Workshop with consultation from Dr. Cozza. The first part discussed families who were dealing with the initial deployment of a parent. TLC II and the April 1st broadcast tell the story of how Rosita responds when her father comes home injured and in a wheelchair.

Since 2006, Dr. Cozza has worked closely with the Sesame Workshop and contributed to the development of an outreach kit aimed at help-

ing young children of servicemembers deal with the stresses of military deployments. The kit, *"Talk, Listen, Connect: Helping Families During Military Deployment,"* includes a DVD featuring the Sesame Street Muppets, that addresses the challenges and concerns children experience during various stages of deployment.

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Cover photo:
Richard Termine



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For college students, there is nothing more disheartening than the closed doors of a library. Much of their labor is dedicated to studying and for many scholars of USU, knowledge is best absorbed in a quiet sanctuary known as the Learning Resource Center. And because the university library is such a valuable resource, it now remains open around the clock.

Nurse Anesthetists Week, Not a Sleeping Matter

By TSgt André Nicholson
NCOIC, Office of External Affairs

Each year certified registered nurse anesthetists in the Graduate School of Nursing celebrate Nurse Anesthetists Week. This year, they did so Jan 25-31.

The university's CRNA program is led by Lt Col Adrienne Hartgerink. In recognition of the week, the nurses ensured information was readily available throughout the university.

"We had an information booth outside the cafeteria, staffed by nursing students, posters throughout the university, and tent cards in the cafeteria," Hartgerink said.

The tent cards provided the following facts about nurse anesthetists:

- Nurse anesthetists have been providing anesthesia care in the United States for nearly 150 years
- CRNAs are the hands-on providers of approximately 30 million anesthetics given to patients each year in the United States
- CRNAs are the sole anesthesia providers in approximately two-thirds of all rural hospitals in the United States.

The anesthesia program at USU received a national ranking of sixth for the second consecutive year according to U.S. News and World Report.

Certified Registered Nurse Anesthetists are vital to the Federal Health System's mission of delivering quality health care to eligible beneficiaries in the federal sector. Upon graduation from USU, nurse anesthetists provide safe, competent care, adhering to the highest practice standards. Anesthesia is practiced in a variety of settings, including modern, state of the art medical centers, in the field with Special Operations teams and ground forces, onboard ships, in the air, at overseas duty stations, and in remote locations that are serviced by the Public Health Service. Independent practice and the ability to perform a wide variety of anesthetic techniques, including regional anesthesia, is expected.

The 30-month program consists of two phases. The Phase I didactic component is 12 months long and is conducted on the campus of USU. A strong scientific program provides the foundation upon which all

academic and professional education is based. Courses provided are necessary for entrance into the clinical arena and include the basic sciences, nursing core courses, basic and advanced principles of anesthesia, basic and clinical pharmacology, statistics and research methodology. Human Patient Simulation is extensively used to prepare students for clinical practice. The 18 month Phase II clinical component focuses on critical thinking and the application of science and research to clinical anesthesia. Students are assigned to a military medical treatment facility as their primary clinical training site. The clinical phase is designed to progress the graduate student toward the goal of functional autonomy and independence in decision-making appropriate to the student's level of experience.

Their experience will one day be used to contribute to the CRNA specialty, and although they're only recognized publicly for one week, their hard work and dedication is evident every day of the year.

"Fighting For Life" Receives Honors

By Christine Creenan
VPE Staff Writer

The nature of a typical university does not often inspire film making. USU is hardly ordinary, though, and producer Terry Sanders set out to share the story of the "West Point of Military Medicine" in the documentary, "Fighting for Life." The film, which follows USU students on their journey toward becoming uniformed physicians, received national acclaim for its emotional and often times sobering look into American military medicine. The accolades continue two years after the film's debut—"Fighting for Life" was recently nominated for a prestigious FREDDIE award (thefreddies.com). Often called the "Oscars of health and medicine," the FREDDIE awards recognize those individuals who educate, involve and change the world.

"Fighting for Life" was hardly a solo venture. Mrs. Tammy Alvarez inspired the documentary and created the not-for-profit organization called the Friends of USU. She knows the university intimately through her husband Everett Alvarez Jr., former chairman of the USU Board of Regents and son Bryan, a USU

School of Medicine alum.

"I saw so much in this school," Alvarez said. "They're not about war, they're about saving their fellow man. They put themselves in harm's way to serve others."

The film is scheduled to run on PBS over Memorial Day weekend.



Courtesy Photo

Terry Sanders and Tammy Alvarez joined forces to create a compelling documentary about military medicine.



USU
A Traditional Academic University with a Unique Focus



Students' Radiology Interest Leads to Contribution in Medical Literature

By TSgt André Nicholson
NCOIC, Office of External Affairs

Take two motivated students, and the mentorship of two faculty members and you have the ingredients for publication in medical literature. Just ask 2LT Aaron Jackson and 2LT Brett Searcey, School of Medicine students at the USU.

Under the guidance of faculty members and co-authors James Smirniotopoulos, M.D., chair and professor of Radiology and Radiological Sciences and Col Les Folio, MC, associate professor, Radiology and Radiological Sciences, the students recently had an article published on Radiology Corner and in Military Medicine titled "Keyhole Fracture of the Skull."

Radiology Corner is a USU Radiology Web site that Folio designed to highlight articles. Military Medicine magazine is published by the Association of Military Surgeons of the United States, and its mission is to advance all aspects of federal health care.

Jackson was the lead author on the publication that describes

how the examination of a keyhole-shaped fracture to the skull from a bullet can tell how the bullet grazed it, from what direction, and how serious it is.

The students were provided the case of a patient with whom Folio was involved. "They had to do the research, apply for the grant, and submit the article for publication along with artist drawings," Folio explained. "I supplied them with the case, they did the rest."

Folio has been the editor of Radiology Corner for the last four years and is pleased that the Web site posts a new publication every month, mostly written by students. He also explained that other universities have been impressed by this venture. Students are able to publish articles and receive recognition for their work while possibly earning points toward residency and fellowship selection.

"This was quite an accomplishment for both students and they should be proud of their contribution to the military mission and medical literature," said Folio.

America's Heroes Celebrate Inauguration in Style

By Christine Creenan
VPE Staff Writer

Long and short, glittery and subdued—endless gowns and even the occasional suit filled the vast space, promising to satisfy even the most discriminating belle or beau at the Commander-in-Chief Inaugural Ball. Sounds like a fairytale, except the players in this story are real-life heroes.

Some visibly injured, others with less obvious wounds, servicemembers and their families enjoyed a day of pampering as the honored guests of America's Heroes of Freedom. The nonprofit organization called on volunteers and sponsors, including the USU Alumni Association, to collect formal attire that could be used to coif wounded warriors for a gala commemorating active duty and reserve military during the President's inaugural festivities.

Contributions were generous—dresses, suits and accessories crowded several garment racks, promising a bountiful selection. "When I learned about the opportunity to give to the men and women who courageously defend our country, I jumped right on board," said contract specialist Michelle Creenan, who donated several gowns. "I've had a lot of great memories in those dresses and it's pretty exciting to know some very brave individuals will soon create their own memories."

While some gave clothing, others donated time. USU Director of Government and Community Affairs Jan Clark helped facilitate the event by "dressing" service members and their families. The long-time civil servant believes "volunteering is a small but important way to honor the men and women who give so much for their country."

Homage does not come without its share of toil though. Clark and others began their Saturday work day in the early morning hours, transforming an Arlington recreation space into a makeshift boutique. Around noon, guests began slowly filtering into the space and by day's end, hundreds of wounded warriors and family members left the complex with the necessary trappings to enjoy the glamorous event at the National Building Museum in Washington, D.C.



Photo by Christine Creenan

Director of Government and Community Affairs Jan Clark admires the gowns and suits collected by the USU Alumni Association. The clothing was used to dress service members and their families for the Commander-in-Chief Inaugural Ball.

"All of the hard work paid off in a big way," Clark remarked. "The men and women looked absolutely amazing and everyone had such a great time."



USU
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CHE Director Named to Accreditation Review Committee

By Christine Creenan
VPE Staff Writer

Sylvia Scherr knows accreditation can often be an arduous process. After all, she has the inside track.

The USU Director of Continuing Education for Health Professionals was chosen to serve on the Accreditation Review Committee for the Accreditation Council for Continuing Medical Education (ACCME).

Among a select group of experienced professionals, Scherr is part of the commit-

tee that reports to the Board of Directors for the organization which sets accreditation standards for continuing medical education.

This appointment carries tremendous responsibility. Still Scherr is eager to reap the benefits of membership. "The opportunity to bring 'lessons learned' from AC-CME and the best of continuing education providers directly back to USU and to our department is very exciting," she said. "Also, the opportunity to review the applications of a plethora of providers will be a stimulating and energizing, albeit daunt-

ing, learning experience."

Ready for the challenge, Scherr has dedicated much of her life to continuing medical education and still maintains the same passion that first drew her to the field nearly 25 years ago.



Sylvia Scherr



Photo by Tom Balfour

USU Celebrates MLK Day

"Let me tell you briefly what the Martin Luther King holiday means to me," Newsletter Editor TSgt Andre Nicholson said to the people of the USU who gathered to commemorate the life of a remarkable man. Nicholson did not want to give a history lesson, but instead chose to celebrate the legacy of the most revered civil rights leader in the world by sharing experiences from his own life. Recalling those prolific words—"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character"—Nicholson finds solace in Dr. King's vision for a brighter future. He told audiences he was proud to live through history. "I believe it is the fulfillment of Dr. King's dream when an African American can take the most sacred oath of office and hold the highest position in the land." Braving the crowds and cold weather, Nicholson stood with the masses to watch the swearing-in of President-Elect Barack Obama. "I wasn't alive during the historical march on Washington in 1963, so I could only experience it through images and the stories I've heard from relatives who lived through it. But I know one day some young person who saw the images of the swearing-in of the first African American president is going to ask me what it was like, and I can tell them I was there." Nicholson implored the group to keep Dr. King's dream alive through continued action. "The Martin Luther King holiday has come to be known as a day of service," he said. "A day on, not a day off." At the close of the ceremony, President Charles Rice presented Nicholson with a token of appreciation on behalf of the university.

Early Postpartum Screening Can Improve Outcomes for Mothers and Babies



Photo by Tom Balfour

The USU community enjoyed a presentation titled “Research in the Evolving Practice of Postpartum Depression Screening in Pediatrics,” from special guest speaker, CAPT Jacqueline Rychnovsky, Ph.D. Dr. Rychnovsky was recently selected for a competitive one-year Capitol Hill Congressional Health Policy Fellowship with Senator Daniel Inouye (D-HI). The Navy pediatric nurse practitioner has long been interested in the issues facing active-duty military mothers, urging students to be aware of the screening resources available, including formal and informal questionnaires during postpartum visits. According to Rychnovsky, depression can negatively affect children in many ways, including social and cognitive delays. Early interventions, however, can mean better outcomes for infants. The presentation was part of the Department of Medical and Clinical Psychology Seminar Series.

NCR Military Medical Facilities Will Be Jointly Manned

On January 15, Deputy Secretary of Defense Gordon England approved the establishment of Joint Commands at the Walter Reed National Military Medical Center and the community hospital at Ft. Belvoir. These new Joint Commands will report to the Joint Task Force National Capital Region Medical (JTF CapMed). The new facilities will be staffed as joint rather than single service billets with a mix of military medical professionals from the Army, Navy and Air Force.

This unprecedented and transformational decision ushers in a new model for health care delivery in the National Capital Region. While military hospitals have traditionally provided care to beneficiaries from all services, military treatment facilities have never been staffed with a representative mix of medical personnel from the service medical departments.

This decision is the second in a series of decisions designed to implement an integrated regional approach to military health care and achieve unity of effort. The first decision approved by the deputy secretary of defense on Oct. 20, 2008 was the use of a single Department of Defense (DoD) civilian personnel staffing model at National Capital Region medical facilities. This means that ultimately current Army, Navy, or Air Force civilian personnel in the region will become a DoD civilian workforce.

VADM John Mateczun, commander, JTF CapMed remarked, “These decisions provide the foundation that will allow us to achieve one of the nation’s premier regional health care systems for our patients while enhancing the services’ ability to provide fully trained and ready expeditionary medical forces. Our skilled and dedicated civilian workforce will have new opportunities for career development that will be unprecedented.”

The plans for implementation of these transformational decisions are in development. The BRAC law requires that the new facilities be fully operational by Sept. 15, 2011. The manning documents for the hospitals have been undergoing spiral development and will now take the form of a Joint Table of Distribution or JTD. A Civilian Human Resources Council has been chartered with representation from the service systems as well as DoD. The JTF staff and component commanders are completing an organizational structure for the new hospitals that will incorporate best practices and bring together some clinical services in new ways to enhance patient care.

Additional information about transitional changes in the NCR will be posted on www.JTFCAPMED.mil.

(JTF CapMed News Release)



Calling Army Shutter Bugs

The Army’s official publication, “Soldiers Magazine” has launched an “Of Soldiers, By Soldiers” cover photo contest. With multiple opportunities to have winning images featured in issues throughout the summer, all amateur and professional soldier-photographers should be on the lookout for the perfect shot of Army service members in action. Submit your entries to Kenneth.Frager.CTR@usuhs.mil.

USU Briefs

Military Awards Nominations: The next military awards panel will convene on Feb. 24. Nomination packages are due Feb. 17 and all packages must contain a routing sheet signed by the service member's chain of command. Please provide a signed copy as well as an electronic version to TSgt Campbell, USAF (PSY), at lcampbell@usuhs.mil and HM2 McBee, USN (BDE), at Sylvia.mcbee@usuhs.mil.

Distinguished Guest Visiting USU: Maj. Gen. Ralph J. Jodice II, (USAF) Commander, Air Force District of Washington, Andrews Air Force Base, will be visiting USU on Feb. 27. Following his tour, he will be addressing the university in the Sanford Auditorium at approximately 9 a.m. All military staff are highly encouraged to attend and all non-military staff members are welcome. All attendees should be seated by 8:50 a.m. as the general's schedule is limited.

Protocol Course: A protocol course is being offered and instructed by the Air Force Institute of Technology, March 3 - 4 at 8:30 a.m. Personnel interested or that have duties related to protocol subjects (i.e.: precedence, administration of event details, seating, meeting/conference planning, flag display, ceremonies, distinguished visitors, and escorts) are encouraged to sign-up. Attendance on both days of instruction is required and additional course details will be sent to confirmed attendees. Interested personnel should contact TSgt Campbell, USAF (PSY), at lcampbell@usuhs.mil no later than Feb. 19 due to limited seating.

DEOMI Equal Opportunity Climate Survey: All active duty members of the USU Brigade should have received directions to complete the DEOCS/Command Climate Survey. The survey is available until March 9. If you have not yet received the email with directions on how to complete the survey, please contact the BDE EOO, MAJ Fitzhugh, at dfitzhugh@usuhs.mil or 295-9506.

Basket and Candy Gram Sale: The ESC is hosting a Valentine's Day candy gram basket sale Feb. 10-13 from 11 a.m. to 1 p.m. in the USU dining facility. In addition, the enlisted Brigade is at war!! To fight for your service, drop your change in the jar located on the tables at the basket sale. You can sabotage other services by

dropping paper money in the other jars. The service jar with the most money raised after deducting paper money will be declared the winner and will receive refreshments at their next scheduled training. For more information send an email to ESC@usuhs.mil.

Helpdesk Closure: The UIS helpdesk is closed for training on Thursdays from 10 to 11 a.m. During this time, you can leave a voicemail message at 295-9800, utilize the HEAT Self Service (<http://www.usuhs.mil/uis/forms/trouble.html>), or email help@usuhs.mil. If an emergency should arise, please call 295-9870.

PFT/PFA/APFT Spring 2009: The spring 2009 Physical Fitness Test for all services is projected for April 7-9 and 14-16. Plan accordingly. If there are any questions, please contact your service specific fitness coordinators: Air Force contact TSgt Ernle at 295-3281; Navy contact FC2 Race at 295-9637; and Army contact SSG Rogers at 295-3720.

Personal Exercise/Fitness Areas: Physical Fitness training should be conducted in designated areas. The only authorized space for PT within the university is room G060. All other spaces within the university are not authorized for exercise or fitness, with the exception of the Student Community Lounge area during specified PFT testing dates/times. Another option for indoor PT on base is the Comfort Zone Complex (CZC) in building 23. The CZC hours of operation are Monday – Friday from 5 a.m. to 8 p.m. and on weekends and holidays from 9 a.m. to 6 p.m.

Antietam Road March: The annual Antietam Road March will take place on April 30 beginning at 7 a.m. This march is an important lesson in medical history that allows students, faculty and staff the opportunity to witness the medical practices of the Civil War. Military faculty, staff and students are to adhere to their service specific uniform regulations for backpacks and it is preferable that all who attend this function wear only black backpacks. Further guidance will be disseminated as the date draws near.

2009 Field Exercises: Operations Bushmaster and Kerkesner will be conducted from July 7-24 at Fort Indiantown Gap, Pa. Advance personnel will deploy on July 7 and main body personnel will deploy on July 12. These exercises are unique to our university and require the support of all university uniformed personnel. Only emergency leave will be granted during this time frame as there are over 145 uniformed personnel (not including evaluators) needed to support this mission.

Faculty Senate Winter Assembly

February 24 at 11:45 a.m.

Lecture Hall D

**All USU faculty are welcome
and encouraged to attend**



Photo by HM2 Michael Oliver

Members of the USU Faculty Senate



UNIFORMED SERVICES UNIVERSITY *of the Health Sciences*

