

USU Newsletter

VOLUME 4, ISSUE 11

WWW.USUHS.MIL

August 5, 2009



USU Newsletter

Bill Bester
Acting Vice President for
External Affairs and
Managing Editor

Ken Frager
Public Affairs Specialist

André Nicholson
Staff Writer

Staff Sgt. Matthew Rosine
Production Editor

MC1 Chad Hallford
Layout and Design

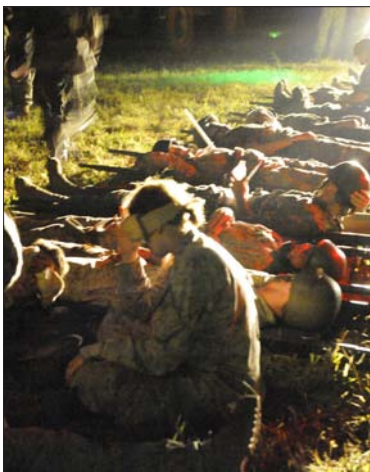
Christine Creenan
Contributing Writer

Production:

Editorial content is edited, prepared and provided by the USU Office of External Affairs unless otherwise indicated. The Newsletter staff may include or exclude articles based upon news value, impact on the university and space availability.

Submissions:

The USU Newsletter will be published bi-weekly on Mondays. The deadline for submissions is at 4 p.m. Friday prior to the publication date. Submissions can be sent to usunewsletter@usuhs.mil or by calling 301 295-0895.



*USU students participate in a nighttime mass casualty exercise during Operation Bushmaster.
(Cover photo: Ken Frager)*

Ursano to lead largest study of military suicide

(Editor's Note: This story is a combined effort between the NIMH and USU's External Affairs Office.)

Robert J. Ursano, M.D., chairman of the Uniformed Services University of the Health Sciences (USU) Department of Psychiatry and director of the Center for the Study of Traumatic Stress (CSTS), will lead an interdisciplinary team of four research institutions to carry out a National Institute of Mental Health study – the largest study of suicide and mental health among military personnel ever undertaken, with \$50 million in funding from the U.S. Army.

The study is a direct response to the Army's request to NIMH to enlist the most promising scientific approaches for addressing the rising suicide rate among soldiers. Suicide rates among Army personnel have risen substantially since the beginning of the current conflicts in Iraq and Afghanistan despite major surveillance and intervention efforts introduced by the Army to prevent suicides over this period.

Four institutions will collaboratively conduct an epidemiologic study of mental health, psychologic resilience, suicide risk, suicide-related behaviors, and suicide deaths in the U.S. Army.

The consortium brings together research teams that are internationally known for their expertise and experience in research on military health, health and behavior surveys, epidemiology, and suicide, including genetic and neurobiological factors involved in suicidal behavior. Ursano will serve as project director.

Consortium principal investigators are Steven Heeringa, Ph.D., at the University of Michigan, Ann Arbor; Ronald Kessler, Ph.D., Harvard Medical School, Cambridge, Mass.;

and John Mann, M.D., at Columbia University, New York City.

Dr. Ursano is a world-renowned expert in mental health and trauma and will work closely with the principal investigators as well as NIMH scientists and Army project officers. The CSTS, a partnering center of the Defense Centers of Excellence for PTSD and TBI, conducts research and offers education, consultation and training on preparing for, and responding to, the psychological effects and health consequences of traumatic events.

The study will use several strategies to generate information on risk and protective factors:

- The Army already has a rich archive of data on its personnel. Study investigators will work to consolidate information from different databases and use this resource to identify possible suicide risk and protective factors.



photo by Ken Frager

Robert J. Ursano, M.D., center, the chairman of the USU Department of Psychiatry and the director of the Center for the Study of Traumatic Stress, will lead a \$50 million National Institute of Mental Health study funded by the U.S. Army.

- Investigators will undertake a retrospective case-control study in which individual soldiers who have attempted suicide with or without fatal outcomes (cases) will be matched with individuals with similar demographic characteristics (controls). Comparison of information gathered on cases and controls should provide clues to risk and protective factors.

- A survey for which 90,000 active Army personnel representative of the entire Army will be contacted will provide information on the prevalence of suicide-related behavior and risk and protective factors. When

possible, saliva and blood samples will be collected for genetic and neurobiologic studies.

- All 80,000 to 120,000 recruits who enter the Army in each of the first three years of the study will be asked to participate in a survey similar to the all-Army survey above.

This research will encompass active duty Army personnel across all phases of service, including members of the National Guard and Reserves. Soldiers' confidentiality will be protected as investigators explore the nature of risk and protective factors and the timing of events that could influence risk, such as time since enlistment

and deployment status and history.

Although planned to continue for 5 years, the study is designed to be able to identify quickly potential risk factors that can inform the continuing research project and the Army's ongoing efforts to prevent suicide among its personnel. Identification of risk and protective factors—including existing prevention strategies that show effectiveness in reducing suicide risk—is a means to the end of developing evidence-based interventions that are readily applicable in a military context and can be put into action quickly to reverse the increase in suicide rates.



The Office of External Affairs and the USU Alumni Bookstore invite you to celebrate USU Night with the Baltimore Orioles.

Sunday, 16 August vs LA Angels - Noon start in Bullpen Picnic Area

Saturday, 5 September vs Texas Rangers - 5:30 PM start in Bullpen Picnic Area

Picnic food includes one fire grilled burger, one ESSKAY all-beef hot dog, along with side salads, popcorn, and beverages. Tickets are available in the USU Alumni Bookstore for the discounted price of \$40 per person.

If you have any questions, please contact Ken Frager at (301) 295-3981 or via email at kenneth.frager.ctr@usuhs.mil.

Technology Watch: Defense Academic Information Technology Consortium Conference

by MC1 Chad Hallford

The USU hosted the second "Defense Academic Information Technology Consortium Conference," June 18-19.

"The conference is an opportunity for DoD academic institutions to come together to address common information technology concerns and to assess problems as a consortium," said Joseph Topping, chief information security officer at the Naval War College, and conference coordinator. "The conference allows USU and others in a joint environment, to collaborate and create innovative solutions for information technology issues."

The consortium includes the service academies, the staff colleges and members of IT business.

"On a warfighter network — an at-

tackable asset — a security posture is maintained to protect the military's network," said Topping. "But as we are academic institutions, our IT assets need more freedoms — flexibility to research, to utilize emergent technologies and remain current with other academic practices."

Many of these approaches, applications and technologies were examined in detail at the conference.

"Many of us have discussed the use of PC, Macintosh and Linux systems on our networks, as well as the mobility of BlackBerry versus other available products for use throughout our institutions. At USU, we strive to make as many platforms available and secure for our users," said Joel Robertson, USU information assurance manager.

Attendees discussed the need for

some faculty, staff or students to be on blended or dual networks. They also discussed which Internet service providers addressed their needs best, as well as technologies such as Secret Internet Protocol Router Network, or SIPRNet, and commercial Internet available to the Defense Research and Engineering Network, or DREN.

"We are considering our options and the DREN seems to be a good option to pursue," said Robertson. "We have personally identifiable information, privacy data and other information included in databases for which integrity and security are paramount."

Rounding out the discussion, topics included virtual-learning software, open code, USB media storage devices and social media strategies, including Flickr, Twitter, Facebook and MySpace.

FIELD T



Operation Bushmaster and Operation Kerkesner occurred at Fort Indiantown Gap, Pa., July 2009.

Left: During the Operation Kerkesner “care under fire” exercise, students use paint ball to simulate live rounds while caring for wounded.



Above: Public Health Service Rear Adm. Robert Williams, Acting Deputy Surgeon General of the United States, talks with Army Sgt. 1st Class Donald Peña and several USU students at Operation Bushmaster.

Left: Students review a supply checklist — an important tactical and logistic step.

OPERATIONS: BUSHMASTER/KERKESNER PHOTOS BY KEN FRAGER

Right: Graduate School of Nursing faculty discuss the role of the EMEDS unit in the exercise with visiting Lt. Gen. (Dr.) Charles B. Green Deputy Surgeon General, U.S. Air Force.



RAINING EXERCISES



Left: A student with a moulaged "head trauma" explains his injury to Lt. Gen. Green, and Brig. Gen. (Dr.) Byron C. Hepburn, Commander, Air Force Medical Support Agency, USU class of 1987.

Right: A student provides immediate medical attention to a fellow Soldier following an "attack" during Operation Kerkesner. While participating in the exercise, personnel test their abilities to provide realistic field medical care while honing their military command and leadership skills.



Below: International faculty and medical students, including some from France, Japan, Mexico and the United Kingdom, took part in the 2009 field exercises.



Right: Students in MOPP (Mission Oriented Protective Posture) Gear transport a fallen Soldier during the Kerkesner exercise. Students learned the essentials of patient transport as applicable in the field.



Air Force doctor, USU grad wins national award

by Jen D. Rodriguez
Brooke Army Medical Center

FORT SAM HOUSTON, Texas -- An Air Force doctor and USU graduate here was one of 10 recipients recently selected for the 2009 American College of Rheumatology Distinguished Award.

Capt. (Dr.) Angelique Collamer is a physician, teacher and researcher assigned to the 59th Medical Wing, Lackland Air Force Base, Texas, but works in the Rheumatology Clinic at Brooke Army Medical Center at Fort Sam Houston.

"I was excited and surprised to hear that I had been chosen, and that I've been recognized as one of the top fellows in the country," Doctor Collamer said. "It's so special to be included in this select group. This honor will follow me throughout my career."

Formerly known as the Rheumatology Fellow Award, the award recognizes clinical and research fellows who are in a rheumatology fellowship training program and who have performed meritoriously. Awardees receive a \$1,500 stipend from the American College of Rheumatology.

According to Dr. Daniel F. Battafarano, the chief of Rheumatology at BAMC who nominated her, "Doctor Collamer's devotion to academic excellence, clinical rheumatology, research and scholarly activity and contributions to the community is extraordinary. She truly demonstrates humble academic rheumatology while providing holistic medical care with a sense of commitment to the community."

Doctor Collamer has served in the Air Force for nine years, including four years of medical school at USU. She graduated in 2004.

Some of her achievements include publishing a now widely referenced manuscript in "Arthritis & Rheumatism" in 2008, titled "Psoriatic skin lesions induced by tumor necrosis factor antagonist therapy with a literature review and potential mechanisms of action," as well as a comprehensive



Jen Rodriguez
Air Force Capt. (Dr.) Angelique Collamer examines Army Maj. Mitchell Osburn's knee at the Brooke Army Medical Center Rheumatology Clinic at Fort Sam Houston, Texas. Doctor Collamer was selected for the 2009 American College of Rheumatology Distinguished Award. Doctor Collamer is an Air Force rheumatology fellow assigned to the 58th Medical Wing at Lackland Air Force Base, Texas and a graduate of the Uniformed Services University of Health Sciences.

manuscript, titled "The treatment of ankylosing spondylitis and psoriatic arthritis with etanercept" published in "Clinical Medicine: Therapeutics."

Additionally, she was contacted to write an expert commentary for a book, titled "Tumor necrosis factor antagonist induced psoriatic skin lesions," and she has a case report in publication, titled "Bone marrow hemophagocytosis complicating rheumatoid arthritis."

Recently, she submitted an abstract for consideration to the 2009 American College of Rheumatology, titled "Musculoskeletal ultrasound of acute chest wall syndromes in SAPHO syndrome." SAPHO is an eponym for the combination of synovitis, acne, pustulosis, hyperostosis and osteitis.

"I'm grateful to Doctor Battafarano for going out of his way to nominate me," she said. "Receiving this award is really a reflection of the superior training and teaching and the opportunities to succeed that I was provided through the San Antonio Uniformed Services Health Education Consortium

Rheumatology Fellowship Training Program."

Doctor Collamer graduated from the SAUSHEC training program in June.

"She is a pioneer in a national musculoskeletal ultrasound training and testing project, and she will be among the first fellows in the nation to achieve certification in musculoskeletal ultrasound on completion of her fellowship," Doctor Battafarano said. "Her enthusiasm for teaching has led to 22 intramural academic topics to residents, fellows and staff and five lectures at the University of Texas Health Science Center in San Antonio Rheumatology Grand Rounds, highlighting her commitment and predilection as a clinical professor."

"I love being able to work with patients, especially our active duty military members, and the privilege of helping them to improve their health and well-being," Doctor Collamer said.

Doctor Collamer will be honored Oct. 16 at an awards ceremony at the 75th annual scientific meeting of the American College of Rheumatology in Philadelphia.

USU Briefs

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.

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. Indoor PT is also authorized on base at the Comfort Zone Complex, or 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.

PFT/PFA/APFT Fall 2009: The Fall 2009 Physical Fitness Test for all services is scheduled for Oct. 13-15 and 20-22, 2009 at 0700 and 1200. Plan accordingly as all physical fitness testing, height, weight, and body fat measurements will be conducted at USU. No exceptions. If there are any questions please contact your service specific fitness coordinators - Air Force contact Tech. Sgt. Troyann Ernle at 295-3281; Navy contact IT3 Robert Grounds at 295-9800 or HM1 Joe Monsivais at 295-1479; and Army contact Staff Sgt. David Rogers at 295-3720.

Proper Use of Computer Resources: Security incidents continue to be a drain to limited USU Information Assurance manpower. The following highlight current DoD policy and best practices: Personnel must not install self-coded or non-licensed software on network resources; add, remove, configure, or attempt to modify USU computer operating systems or programs; move audio/visual or network cables, computers or attempt to connect personal computers to the network including MDL and lecture hall spaces; connect personal devices except for those previously authorized by UIS; download pornographic material and store or display offensive material, such as racist literature, sexually harassing or obscene language or material; store or process classified information on any USU system; permit unauthorized individuals access to a government-owned or government-operated system or program; access online gambling, games and social engineering sites.

Military Awards Nominations: The next military awards panel will convene August 25. Nomination packages will be due through the chain of command no later than August 18. Any award with higher precedence than the Defense Meritorious Service Medal must be submitted 150 days prior to presentation. Please provide a signed copy as well as an electronic version to Air Force Tech. Sgt. Louella Campbell at (301) 295-1515 or lcampbell@usuhs.mil or HM2 Sylvia McBee at (301) 295-3423 or Sylvia.mcbee@usuhs.mil.



photo by Ken Frager

Caption contest

Test your skills and write the best caption for this photo to win this edition's gift certificate for a free large coffee and doughnut courtesy of William III. Submit your caption in writing to the office B1009, or to USUNewsletter@usuhs.mil. The best caption wins and the top three, as judged by the USU Newsletter staff, will be printed in the next edition.

Name the Newsletter...

How would you like to go down in history as the person who named the USU newsletter?

Well, here's your chance. Since we started the newsletter several years ago we have used a generic "USU Newsletter" name. We know there is a good name out there, so we're looking to you, our readers, for help.

We'd love to hear your suggestions.

We'd like a name that reflects the University's mission, our expertise and our audience. The name should cross services and programs, and should be memorable... but short, catchy and fun.

Please send your recommendations to us at usunewsletter@usuhs.mil by August 15.

The winning entry will receive a USU t-shirt.



UNIFORMED SERVICES UNIVERSITY *of the Health Sciences*

