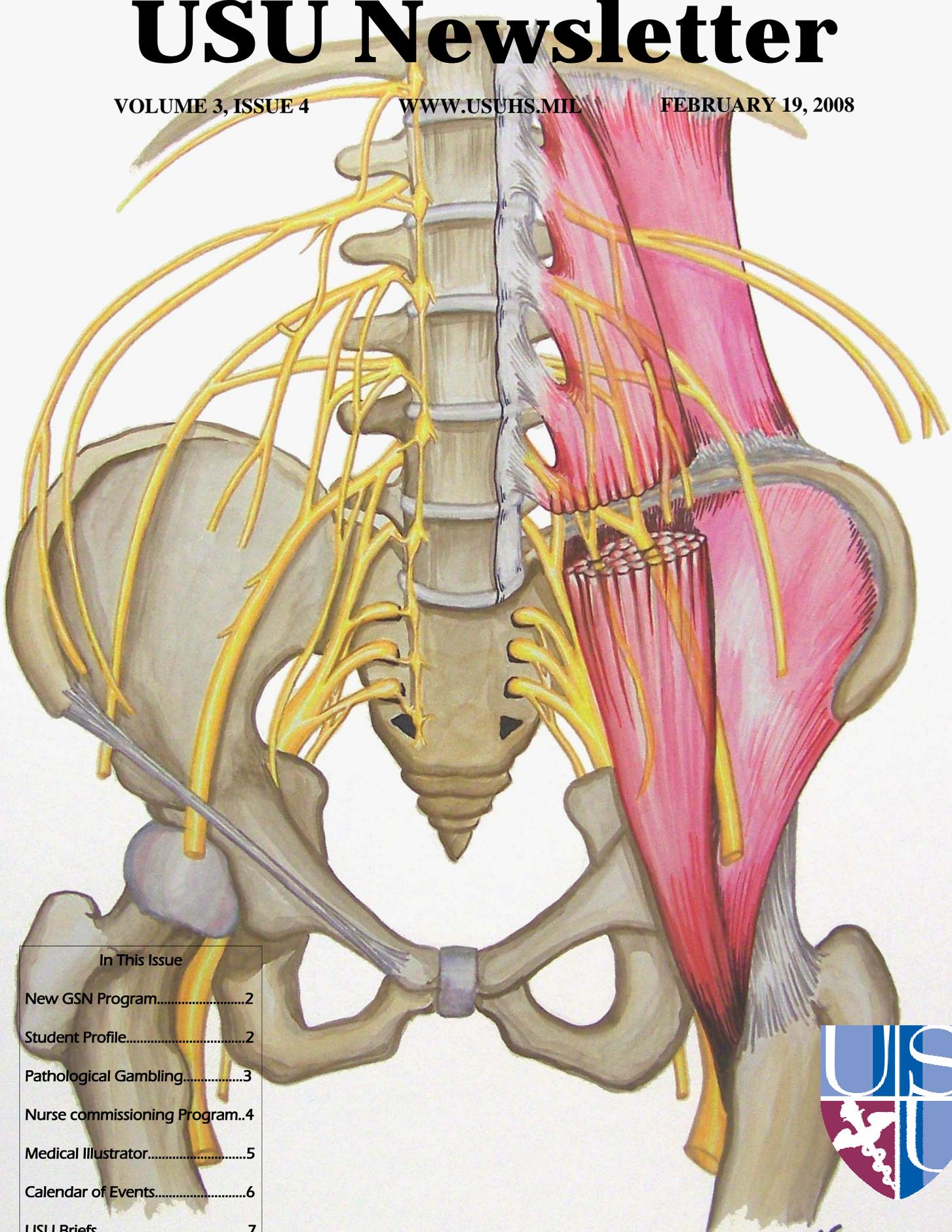


USU Newsletter

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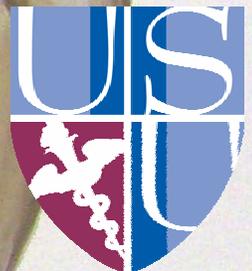
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FEBRUARY 19, 2008



In This Issue

New GSN Program.....	2
Student Profile.....	2
Pathological Gambling.....	3
Nurse commissioning Program..	4
Medical Illustrator.....	5
Calendar of Events.....	6
USU Briefs.....	7



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2006



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**Cover illustration by
ENS Michael Sracic**

GSN offers new Psychiatric Clinical Nurse Specialist Program

*By Tech. Sgt. André Nicholson
NCOIC, Office of External Affairs*

As one set of students prepare to graduate from the Uniformed Services University of the Health Sciences (USU) in May another set will become the first to enroll in the Graduate School of Nursing's (GSN) new Psychiatric Mental Health Nurse Practitioner program.

The director and associate professor of the new Master of Science program is MAJ Robert Arnold, AN, USA, a psychiatric clinical nurse specialist. He is responsible for establishing the two-year program and will be heading the department along with LCDR Pamela Herbig, USN, psychiatric clinical nurse specialist, and a psychiatric nurse practitioner, who is due to arrive at USU in May.

Arnold is one of the few nurse clinical specialists with prescription authority. He explained that the difference between a clinical nurse specialist and a nurse practitioner is that the practitioners have more comprehensive medical training as well as prescription authority.

He was asked to head the program due to his clinical and combat experience. He was deployed to Iraq for a year and became the officer in charge of a combat stress control fitness team after the psychiatrist on staff left within two weeks after he arrived.

"This program is necessary for several reasons," Arnold said. "Mental health issues are at the forefront of the Military Health System due to change in types of cases we're seeing from the current war such as traumatic brain injuries. The Federal Nursing Chiefs believe it is necessary to create a program that educates students within the military environment for which they will be working. Traditionally psychiatric nurses are educated at civilian universities."

Sixty percent of the course content is derived

from the core course within the Family Nurse Practitioner (FNP) program and forty percent are from the specialty courses for psychiatry. The first year of the program will encompass several core courses from the FNP such as anatomy, and cell biology, as well as some clinical rotations. The second year involves a more in-depth psychiatric clinical rotation. Students will perform their clinical rotations at the National Naval Medical Center, Walter Reed Army Medical Center, and Washington D.C.'s Veterans Medical Center.

"Establishing the curriculum was not an easy task," Arnold explained. "I'm working with COL Kathryn Gaylord, the Army psychiatric nurse practitioner consultant, and she was instrumental in putting the initial framework together before I even stepped on board. I've been mentored by Dr. Diane Seibert and received guidance from COL Linda Wanzer who stood up the Perioperative Clinical Nurse Specialist program a few years ago."

One of the toughest challenges for Arnold was collecting information and researching the curriculum that will be offered.

"I visited with the University of Maryland's graduate psychiatric nursing program director and I did extensive online research of several top ten nursing universities," he said. "I spoke with program directors and looked at available course content. I needed to look at multiple programs and had to consider the credentialing and accrediting organizations to see what was required. The university (USU) has a curriculum committee that I will meet with periodically to make sure I'm meeting the curriculum requirements."

The GSN Psychiatric Mental Health Nurse Practitioners program will open its doors to the first five students in May 2008 and that first class is scheduled to graduate in 2010.

Student Profile: ENS Joshua Lebenson, USN, SOM, Class of 2011

*By MC3 Jeff Hopkins
Assistant Editor, VPE*

Some students choose to attend the Uniformed Services University of the Health Sciences (USU) for the love of their country and some may apply to USU for the chance at a tuition-free medical education, while others feel a call to service and a connection with their branch so deep, it seems there's no other alternative.

ENS Joshua Lebenson, USN, School of Medicine, Class of 2011, prescribes to the latter camp of thought. Born in Yokosuka, Japan, to a Navy deep-sea diver turned surgeon and a homemaker, Lebenson has been exposed to Navy culture his whole life, and says it greatly influenced his decision to attend the US Naval Academy and USU.

"I was born and raised Navy,"

Lebenson said. "It's a real pride thing for me; I love the people, the environment, everything. As a medical officer, I feel that I'm an officer first."

Lebenson said he developed an interest in medicine at a young age, on the occasions when he would accompany his father on rounds, and interact with his patients.

"I think my interest budded when I was five or six," he said. "My father was a medical officer, and he always shared his experiences with me. When he would take me on rounds, his patients would talk to me, and I had a chance to see what a compassionate person he was."

Lebenson said he'd heard about USU his junior year at the Naval Academy, and when he received letters of acceptance from three other medical schools,

he nixed them in favor of attending USU, citing a strong desire to take care of his fellow service members among his reasons.

"I signed up with the full intent and hope of deploying," he said. "In my opinion, that's the real reason to attend this university. The students that apply here should expect to deploy, and want to take care of the people who are fighting for and alongside us."

Lebenson says a surgical spe-

See **LEBENSON**, page 5.



**ENS Joshua Lebenson, USN, SOM
Class of 2011**

A helpful interest in a distressing affliction: USU faculty member speaks on pathological gambling

By MC3 Jeff Hopkins,
Assistant Editor, Office of External Affairs

When the Florida Council on Problem Gambling (FCPG) needed a primary care physician's perspective on pathological gambling, they turned to a faculty member at the Uniformed Services University of the Health Sciences (USU) for help.

The FCPG contacted COL Brian Unwin, MC, USA, vice chair for education and assistant professor, Department of Family Medicine, after reviewing an article he had written in February 2000 for the journal, *American Family Physician*.

"The FCPG contacted me about three years ago looking for a mainstream physician who had an interest in pathologic gambling to serve as a medical advisor," Unwin said. "They were creating a toolbox of clinical tools that physicians, nurse practitioners and physician's assistants could use in day to day practice to screen people for problem gambling behaviors. The idea is through screening patients, if we find they have a gambling problem or concern, we can direct them towards services that can help them."

"The military sends out periodic world wide surveys of service members, and in one survey they questioned service members to see if they had problem gambling behaviors," Unwin said. "About five percent of the military reported problem gambling issues. I had never realized the problem was that extensive. It's a relatively big deal, in that the people who are predisposed often begin gambling in their teens, or college years."

Unwin remarked that another troubling factor present in the survey was that people with gambling addictions are also likely to have other problems, such as substance abuse or depression.

"Primarily in the military, the substance is alcohol," Unwin said. "So I started thinking 'if I'm seeing someone with depression or substance abuse problems, they might have other problems like gambling.'"

"The problem has advanced a lot in the time since I wrote the article, in that now there are around 400 sites with internet gambling and poker," Unwin said. "You just feed in your credit card

and play the game; you don't have to go to the casino, or even get dressed. You just play the game in the privacy of your own home."

Unwin describes treating behavioral and emotional issues as 'muddy medicine.'

"It's the hardest situation to address. It's an addiction in every sense of the form, just like people could be addicted to tobacco or cocaine; it's very difficult to treat," Unwin said.

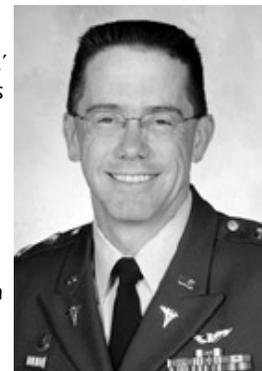
Unwin says pathological gambling is his "pet rock"; a subject he doesn't claim to be an expert in, but a topic he keeps an eye out for in medical literature and journals. He said his interest in it stemmed from a patient he saw in 1999.

"A woman came to me in emotional distress because her husband was basically spending their retirement money gambling on the lottery, and had lost more than \$20,000. He was getting depressed and

irritable, they were fighting and she was becoming distraught," Unwin said. "Their case made me realize how little I knew about pathological gambling. He also became my patient, and his wife and I staged an intervention of sorts. We had a very honest discussion, and got him involved with some of the counseling available for gamblers. That's where my interest started, and where it has remained."

The NCPG is holding its sixth annual Problem gambling Awareness Week,

March 9–16. The campaign's goal is to educate the general public and health care professionals about the warning signs of problem gambling, and to raise awareness about the help that is available. For more information on the campaign and scheduled events, visit www.npgaw.org. Unwin's February 2000 article can be viewed at www.aafp.org/afp/20000201/741.html.



**COL Brian Unwin,
MC, USA, vice chair
for education and
assistant professor,
Department of Family
Medicine**

"It's the hardest situation to address. It's an addiction in every sense of the form, just like people could be addicted to tobacco or cocaine; it's very difficult to treat."

COL Brian Unwin

African American History Month Celebration

Guest Speaker: Dr. Carter G. Woodson

February 25

Time: 10 a.m.

USU Cafeteria



"Learning the Care for Those in Harm's Way"

Nurse commissioning program seeks enlisted applicants

Officials at the Air Force Personnel Center will conduct the annual Nurse Enlisted Commissioning Program board May 13-14 to select candidates for fall 2008 and spring 2009 start dates.

The program offers active duty enlisted personnel the opportunity to earn a bachelor's degree in a high-need academic major. NECP students will complete their degree at a college or university with an Air Force Reserve Officer Training Corps detachment or a college or university with a "cross-town agreement".

To be considered by the board Airmen must:

- contact AFPC by Feb. 22 and state their intent to apply;
- send transcripts for an academic evaluation by March 31; and
- submit their application by May 2. Completed application packages should be sent to:

HQ AFPC/DPAMN
550 C. Street West Ste 25
Randolph AFB, TX 78150-4727

Students will commission after passing the National Council Licensure Examination and then attend commissioned officer training and the nurse transition program. Students will be required to attend school year-round for up to 24 consecutive calendar months, including summer sessions.

At this time, Reserve and Air National Guard personnel are not eligible to apply.

Eligibility requirements are available for review at local base education offices or by calling DSN 665-2715 or commercial, (210) 565-2715.

Socc'in it to 'em! USU's soccer team, "USU United"



Photo by tom Balfour

USU United is USU's coed soccer team, which brings together, staff, faculty and students from around the school to promote teamwork and camaraderie through sport. The team plays in Coed Division 3D. USU United put up a good fight against the team "FC DC" Jan. 31 at the Rockville Sports Complex, but unfortunately lost 9-5. From left to right, bottom row: Randall Merling, Mazen Makarem, Alexandra Perry, Stephanie Duffy, Travis Lundell and Rachael Thompson. Top row: Olga Simakova, Cynthia Macri, Alex Vasilenko, Roman Puliaev, Katie Mudd and Ed Mitre. Not pictured: Jacob Kabbah and Joseph Abbah.

The art of medicine: a USU student's illustrative talent

By MCSN Raul Zamora
Assistant Editor, Office of External Affairs

Illustrating the human body is no easy task. One must know all of the body parts and how they work. Not many artists take on this particular task, it takes special skill and talent to make it happen, and Uniformed Services University of the Health Sciences (USU) student ENS Michael Sracic, USN, School of Medicine, Class of 2008 has the technique to make this a reality.

Sracic comes from Johnstown, Penn., and is one of three brothers. His father works for the H.F. Lenz Company, an engineering firm, and his mother works for Procter and Gamble Pharmaceuticals.

"I love my family," Sracic said. "They always support me no matter what decisions I make."

"I have drawn all my life," he said. "My father was my greatest inspiration to begin illustrating; he was an artist himself. I learned a lot of my style and technique from him. A lot of other famous illustrators inspire me to create; unfortunately I did not get to see the Frank Netter exhibit last March because I was out of town on a rotation. I would have loved to have seen it."

Sracic can create art with almost any medium.

"I can use any type of media," he said. "It's all experimental, anything from pencils to watercolor. However, my favorite mediums to use are pen, ink and watercolors."

Sracic has also entered his art in several competitions and shows, starting as early as second grade, when he entered a contest to create a traffic safety poster.

While an undergraduate at Washington & Jefferson College, Sracic has had his work featured at several events and on a book cover. He is currently creating illustrations for medical texts while attending USU.

"The first medical illustrations I created for orthopedics papers will be published soon," Sracic said. "I have illustrated an entire anesthesia text book for Walter Reed Army Medical Center (WRAMC) which will be finished in the next couple of months, as well as a few chapters for an ortho-spine text book."

Sracic said a chance encounter with one of the Army Surgeon General's consultants got him into professionally illustrating for medical text.

"I got really lucky," he said. "I met COL Jack Chiles, one of the anesthesiology attending physicians at WRAMC when I was a third-year student, and one of our discussions turned to my art. He knew of a fellow staff member who was working on a book and was looking for an illustrator; he had me create some illustrations to show him. He liked them, so I got the job. Other people saw those illustrations and started calling me to create projects for them. The anesthesia book at WRAMC is called the 'Military Advanced Regional Anesthesia and Analgesia Handbook'."

From **LEBENSON**, page 3.

cialty would suit his personality, and that he'd like to possibly specialize in orthopedics or trauma. He added that he'd like to deploy with the US Marine Corps, with which he feels a deep link.

"That connection between the Marine and 'doc,' which is more a Navy Corpsman thing, but also the Marine and Naval physician, is a real bond that isn't shared anywhere else really," Lebenon said.

Lebenon said he enjoys the camarade-

rie of USU, and the military aspects of medical education that can't be found elsewhere.

"I think the people here really make this place as great as it is," he said. "I love coming in and wearing the uniform everyday, learning about medicine, as well as the combat and deployment aspects of it, something you won't find at George Washington or Chapel Hill.

Lebenon added that he enjoyed the hands-on learning USU provides.

Sracic's work will soon be displayed as part of an upcoming exhibit in the Smithsonian National Museum of Natural History, an honor that some artists only dream of.

"I am very excited about the Smithsonian exhibit," he said. "A classmate's wife

works with one of the anthropologists on the project and she mentioned me when they needed an illustrator. They had me send in some of my work, and were impressed with what they saw. The exhibit is called 'Written in Bone,' and is scheduled to open in February 2009. It will display some of my bone illustrations alongside specimens collected from Colonial America. The exhibit will involve a lot of anthropologists' work and all different aspects of these types of illustrations, so it should be interesting."

Sracic said he faced indecision when the choice of medical or art education came about, but in the end medicine won out.

"I had a hard time deciding whether I should go to art school or pursue medicine. In the end I entered the Navy to become a medical officer. I thought USU would provide the best opportunity to do that."

After graduation Sracic will be going to the NNMC for an internship in orthopedics.

"We'll see how things go," he said. "I'm sure I'll be busy during my internship and residency. I may not have too much time to do a lot of illustrating, but I would love to continue; I hope to make this a part of my career in the Navy. I think it's a lot of fun, and there is definitely a place for illustrators in the medical field. I have a unique position, in that I'm not just an illustrator or a doctor, but a combination of the two."

Sracic says that illustrating has helped him study.

"Illustrating has been very beneficial for studying; it definitely helps me learn my anatomy."

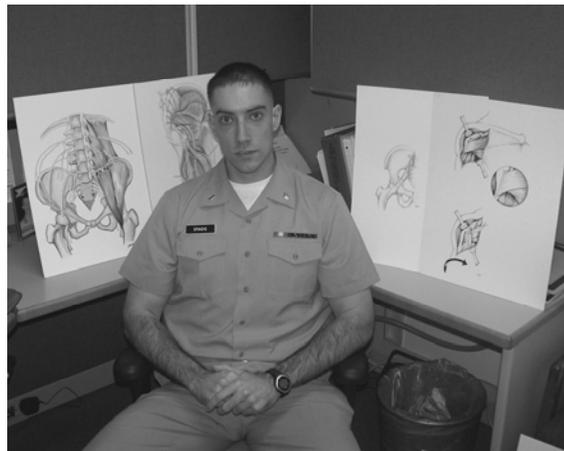


Photo by MCSN Raul Zamora

ENS Michael Sracic, USN, SOM Class of 2008 sits with some illustrations of human anatomy he created with watercolor pen, ink and pencil.

Calendar of Events

February 21: Noon– LRC- LRC Training: EndNote Basics, from noon - 1p.m. in the : LRC Classroom. For further questions, please contact Jeffrey Prater at the LRC (301)319-4039.

February 21: 4 p.m.– LRC- LRC Training: Pub Med Basics, from 4p.m. - 5p.m. in the : LRC Classroom. For further questions, please contact Jeffrey Prater at the LRC (301)319-4039.

February 28: Noon– LRC- LRC Training: EndNote Basics, from noon - 1p.m. in the : LRC Classroom. For further questions, please contact Jeffrey Prater at the LRC (301)319-4039.

March 23-26: AMEDD Radiology Course: Current Concepts in Imaging.

March 24: 28th USU Surgical Associates Day: The Joseph H. Baugh Residents' Award, the 25th Michael E. DeBakey International Military Surgeon's Award, the 25th Baron Dominique Jean Larrey International Military Surgeon's Award, the Andrew C. Ruoff, III, Travel Award, the 22nd Barry Goldwater Service Award, and the Charles A. Hufnagel Residents Research Award will be presented. The Reserve Components Surgical Day will be included in the 28th USU Surgical Associates Day. [Registration Information.](#)

April 11-16: 20th Annual International Bethesda Spine Workshop: USU, WRAMC, NNMC, HJF Joint Sponsors. [Registration Information.](#)

April 19-20: 7th Annual Comprehensive Regional Anesthesia Workshop: USU, WRAMC, HJF Joint Sponsors. [Registration Information.](#)

April 29: 8 a.m.– Sanford Auditorium- Center for the Study of Traumatic Stress/Neuroscience Program: Amygdala, Stress and PTSD Conference, from 8:00 a.m. - 6:00 p.m. in the Sanford Auditorium. Speakers include Robert Adamec, Memorial University; Michael Davis, Emory University; Ron Duman, Yale University; Anthony Grace, University of Pittsburgh; Arieh Shalev, Hadassah University Medical Center; Regina Sullivan, University of Oklahoma. [Registration Information.](#)

[Registration Information](#)

May 1: 7 a.m.- Lecture Room E: Practical Dermatology for Primary Care Providers Eighth Annual Course. This educational activity is designated for physicians, physician assistants, nurse practitioners, medical students, independent duty medical corpsmen, and dermatology nurses. No special prerequisites are required to attend this educational activity. The topics will be Structure and function of the skin; common bacterial, viral, and fungal infections of the skin; acne and rosacea; common rashes, eczemas, and dermatitis; benign growths and skin cancers; effects of sunlight; common cosmetic procedures; when to refer to a dermatologist. Pre-registration is required. Attendance is limited to 140 applicants. Registration forms must be received by April 18. Cost:

\$10 for medical students (military or civilian), nursing students, and enlisted attendees.

\$35 for U.S. state, or local government employed (military or civilian) physicians, residents, nurses, NP's, and physician assistants. \$100 for non-government civilian health care professionals.

Amenities: No charge for parking. Coffee provided at breaks. A box lunch is available at no extra cost, or lunch may be purchased at the USUHS Cafeteria in Building B. Questions may be directed to Katherine Hall, Dermatology Dept., USUHS, at (301) 295-9802 or by e-mail at katherine.hall@usuhs.mil

May 15: 8 a.m.– Board of Regents Room- Board of Regents Quarterly Meeting.

Committee of the Whole Meeting from 2:00 p.m. - 4:00 p.m.

May 17: 11 a.m.– DAR Constitution Hall- Class of 2008 Commencement Exercise: DAR Constitution Hall, 18th & D. St. NW, Washington, DC. P.O.C. University Affairs 301-295-4796.

June 30: 1st USU/HJF Symposium: Military and Civilian Medicine Joining Forces to Advance Research, from 7:30 a.m. - 6:00 p.m. at the Bethesda North Marriott Hotel and Conference Center in Bethesda, MD. For more information, call 301-294-1218.

August 4-5: Board of Regents Quarterly Meeting.

Committee of the Whole Meeting from 2:00 p.m. - 4:00 p.m. (Aug. 4. Quarterly Meeting from 8:00 a.m. - noon. in the Board of Regents meeting room Aug. 5.

DOD requirements for foreign travel for DOD civilian and military personnel

A recent inquiry highlighted the need for in-depth understanding by travelers and admin assistants in the areas of foreign travel as well as the Defense Travel System.

Foreign travel is administratively managed in the USU Administrative Support Department (ASD) by Ms. Nikki Shird or Mr. Dwight Davidson.

Below is information that may help travelers and their admin staff determine the foreign travel requirements for Department of Defense civilian and military personnel, such as the requirement for a no fee (official) passport, country clearance, etc.

The Defense Attaché Office in the U.S. Embassy in a foreign country is a key player in determining such requirements, and

those requirements may change as a result of conditions in the country.

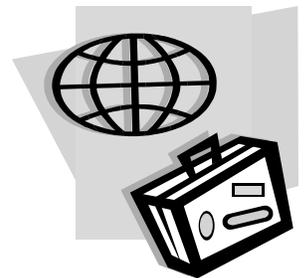
Our travelers can get a quick understanding of the current requirements (during the planning stage of a trip, before any DTS action is initiated) by going to the following website: www.fcg.pentagon.mil/fcg.cfm This will lead to the DOD Electronic Foreign Country Guide which covers all countries. For example, for Mexico, it states the no fee passport is required, and also that country clearance is required.

A recent DTS action was returned several times for the following reasons:

- traveler needed country clearance
- traveler needed to take the required Anti terrorist training

The traveler also needed to have a no-fee (official) passport, but he wasn't aware of the requirement, it resulted in a special expedited request for the passport, so it was available before the planned trip.

Clear knowledge of the requirements would enable travelers to initiate a request for a no fee (official) passport or country clearance long before beginning the DTS process.



USU Briefs

Congratulations Dr. Folio: Dr. Les Folio's, (radiologist,) project, Chest Imaging Teaching Assistant for the MS4 Clerkship-FA89DF, has been approved for funding by the School of Medicine Research and Education Endowment Committee. This project will support development of an interactive teaching tool for radiological patterns of chest disease.

New Brigade Routing Policy: The Brigade recently released the new routing matrix for administrative requests for active duty uniformed personnel. To access this memorandum, please go to the following link:

<http://www.usuhs.mil/bde/pdf/ROUTINGADMINREQUESTSADUNIFORMEDPERSONNEL.pdf>.

Revised Leave and Liberty/Pass Policy: The Brigade recently revised the existing leave and liberty policy for military personnel at USU. To access this revision, please go to the following website:

<http://www.usuhs.mil/bde/pdf/USULEAVELIBERTYPOLICYFORMILITARYPERSONNEL.pdf>.

Good Tax Info: Tax season is once again upon us, and uniformed personnel can now access their military W-2s at www.dfas.mil. In addition to this resource, there is free H&R Block TaxCut Basic software available online at

<http://www.militaryonesource.com/skins/MOS/home.aspx>.

NNMC opened their VITA Tax Office on Feb 4 in the Press Room, 4th floor, above the Main Street Café. The Tax Office phone number is (301) 295-4990. Hours of operation are 9 a.m.—2p.m., Monday through Friday. Services will be provided on an appointment basis only. Sign up appointments began on Jan. 31 at the Legal Office, 6th floor of the tower. Customers who have a tax return that require Form 1040 or Form 1040A will have to complete an intake sheet prior to their appointment. This will save significant time at the actual appointment. This form is available at the Legal Office or may also be returned electronically for your convenience. Customers who only require Form 1040EZ do not have to

complete the intake sheet. For more info, contact LN2 McDaniels, USN at (301) 295-2296.

Soldier Readiness Processing: An important component of Army Force Health Protection is Soldier Readiness Processing (SRP). AR 600-8-101 requires Soldiers to complete the SRP requirements each year. Walter Reed Army Medical Center will conduct the next SRP from March 3-7 from 7 a.m. – 5 p.m. in Wagner Gym at WRAMC. This event is for all Soldiers at USU and AFRRI. Soldiers must bring their medical records, yellow shot record, blue/green medical card, CAC card, ID tags and SRP checklist. For further info, contact SSG Ward, USA (MPO) at (301) 295-9653 or SFC Harris, USA (MPO) at (301) 295-3087.

PFT/PFA/APFT Notice: The Spring 2008 Physical Fitness Test dates for all services are: April 7, 9, 10, 14, 16, and 17, at 7 a.m. or noon. There will be one make up date, April 18 at 7 a.m. only. All military personnel are required to select the time and date that they will take their test immediately. There is more than ample time to prepare both mentally and physically for this mandatory testing. All Sailors must complete the Health Risk Assessment questionnaire and Physical Health Assessment annually, and Navy weigh-ins must be conducted between 10 days and 24 hours prior to the Physical Readiness Test.

Antietam Road March: The annual Antietam Road March will take place on May 1 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.

2008 Field Exercises: Operations BUSHMASTER and KERKESNER will be conducted from July 10-25 at Fort Indiantown Gap, PA. 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 135 uniformed personnel (not including evaluators) needed to support this mission.

President's Day

By MCSN Raul Zamora and MC3 Jeff Hopkins





UNIFORMED SERVICES UNIVERSITY *of the Health Sciences*

