

USU Newsletter

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Simulated Mass Casualty.....Page 2



Simulated Mass Casualty Tests Know How of Uniformed, Civilian Emergency Personnel

By Christine Creenan
VPE Staff Writer

Bill Bester
Acting Vice President for
External Affairs and Man-
aging Editor

Tech. Sgt. André Nicholson
Editor

Christine Creenan
MC 2 (SW) Jason Turner
Staff Writers

Marla Wright
Shaun Sadowski
Webmasters

Publishing
USU Duplicating Office

It was a seemingly normal Thursday in October at the Uniformed Services University of the Health Sciences (USU). A crisp and familiar chill that so often accompanies the fall season encouraged most students and workers to continue their pursuits indoors. Soon though, a powerful boom would interrupt the calm and jeopardize the safety of an entire community. The command was under attack—well, sort of.

Each year the National Naval Medical Center and various agencies, including USU (which provided evaluators, medics and physicians), simulate mass casualty scenarios in order to assess the critical medical skills of military and civilian responders at large.

And this year's Collaborative Multi Agency Exercise was a real humdinger. The chaos began when the driver of a white box truck refused to yield through gate security. Traveling at a high rate of speed, the motorist lost control of his vehicle and crashed into a university building. There was an ex-

plosion: Chemical agents contaminated the scene and the university breezeway became riddled with human casualties (feigned by volunteer actors).

The well crafted scenario was amazingly realistic: skilled artists created the mock injuries, smoke machines and explosion simulators morphed the university pavilion into battlefield conditions, and voices of the wounded cried out.

"Somebody help us," begged a young actor, weaving through the maze of bodies. "These people are

dying." Her gait was unusual and most certainly the result of blast trauma to the leg. Just yards away, the lifeless body of a Sailor lay; her bowels exposed by intruding pieces of shrapnel, jutting at precarious angles. Though it was too late for her, emergency response teams began triaging

and stabilizing the casualties—under the watchful eye of military evaluators. These trained experts critique the coordination and execution of responders and their ability to bring order out of chaos.

Hours pass and the day is soon ending. The scattered bodies are no more, the grounds are quiet again and little evidence remains of the simulated mass casualty that once took place. Comfort lies not only in the stillness but in the knowledge USU is prepared in the event true calamity strikes.



Photo by HM2 Michael Oliver

Shrapnel from a van explosion during the exercise exposes the intestines of a badly wounded victim.

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Cover photo:
Christine Creenan

USU Professor Receives High Honors for PTSD Research

By Christine Creenan
VPE Staff Writer

It was the early 1990's and LTC Jeffrey Yarvis, Ph.D., was completing a tour in Haiti and noticed in the vortex of difficult deployments, U.S. and allied troops often times suffered harmful and lasting effects. This observation would shape his future research interests in Post Traumatic Stress Disorder (PTSD) and ultimately earn Yarvis the distinction of being named Uniformed Services Social Worker of the Year for 2008.

As the first recipient of this illustrious honor formed by the Uniformed Services Social Workers and the Association of Military Surgeons of the United States, Yarvis is being recognized for outstanding research and clinical efforts in the treatment of PTSD benefiting soldiers and wounded warriors.

Though proud to be recognized by his peers, the clinician is humble: "I find the 'work' with soldiers

very rewarding by itself. The fact that colleagues noticed my passion and dedication for the work is very touching, but the people who deserve recognition are those who courageously persevere despite their psychological injuries."



LTC Jeffrey Yarvis

Also an assistant professor in the Department of Family Medicine at the Uniformed Services University of the Health Sciences (USU), Yarvis enjoys advancing PTSD understanding at the nation's federal school of medicine and graduate school of nursing.

"What I love about my work at USU is the ability to affect military readiness and programming with scholarly research and clinical practice," he said.

A soldier himself, Yarvis is committed to advancing PTSD understanding in order to compress the knowledge gap surrounding psychological

injuries while enhancing the care provided to service men and women carrying the burden of a complex and misunderstood disorder.

USU's VP of Recruitment, Diversity Honored at Science, Technology, Engineering, Math Conference

Story and Photos by TSgt Andre Nicholson
NCOIC, Office of External Affairs

DALLAS – From engineering to information technology to military aviation and medicine, nearly forty women were honored at the 13th Annual National Women of Color STEM Conference in Dallas, Texas, Oct. 23 - 25.

Among the honorees was the Uniformed Services University of the Health Sciences' Vice President for the Office of Recruitment and Diversity CAPT Cynthia Macri, M.D. Her passion and drive for capturing the interest of both high school and college students to pursue careers in military medicine is just one of the reasons she was recognized at the annual STEM, which stands for science, technology, engineering and math, conference.

Macri started the Science, Service, Military and Mentoring Program, known as S2M2, here at the university in order to mentor students and provide them with a bridge into the health professions career field. Tara McCluskey, a recent graduate of James Madison University in Harrisonburg, Va., participated in the S2M2 program as a junior in college and has become the first student from that program to matriculate into USU, joining the F. Edward Hébert School of Medicine Class of 2012.

"The mentoring program helps broaden the minds of students interested in a science related field, but are having a hard time deciding on a concentration," Macri said. The Office of Recruitment and Diversity sponsors the program and reaches out to students all over the country. The program is now in its fifth year.

Along with being recognized for her mentoring efforts at the STEM conference, Macri also moderated a seminar titled "Managing Information Overload: Techniques for Working Smarter." As part of a three panel discussion, Macri; along with Systems Software Developer Sandra Price, Northrop Grumman Corporation; and Manager Integrated Defense Systems Anena Metoyer, the Boeing Company, spoke about how people (particularly women) can balance their professional and personal lives while avoiding over-committing themselves and identifying tools that will enable them to manage



CAPT Cynthia Macri (left), receives the Diversity Leadership Award from VADM Ann Rondeau at the awards dinner.

their time more effectively.

Macri talked about her upbringing, attending medical school and eventually joining the Navy 25 years ago. "I originally joined the Navy to assist with furthering my education, but now 25 years later I don't want to get out," she said. "There are days when things get overwhelming but, when there is too much to do you have to figure out what is important to you."

She talked about raising her daughter who started walking at seven months and talking at seven and a half months because Macri's philosophy is, "if she wanted something, she had to say it or go get it herself," she admits with a laugh.

Some advice she passed on to the women in the audience was to "use your strengths to mentor those around you and if you have to figure out how to balance life, kids and work, just asks yourself, why are you doing it?"

Macri was also part of a focus group for more than 200 elementary and high school students, where she encouraged them to do well in school and to consider careers in medicine, computer science and engineering among other careers.

Providing the kids with a bit of humor and shaking the stereotypical myth about Asians, Macri said she's the worst Asian ever because she doesn't play any instruments, and she's not that good at math, she admitted jokingly.

The entire conference culminated in an awards gala and dinner where the honorees gave a 100 word speech and were presented their awards. Macri received the Diversity Leadership Award from VADM Ann Rondeau, deputy commander of the U.S. Transportation Command, Scott Air Force Base, Ill.

Each year the conference honors a woman of color as the technologist of the year and the 2008 Technologist of Year is Irene Hernandez Roberts, program director and master inventor, Independent Software Vendor and Developer Relations, IBM Software Group.

Although Macri is extremely content and humbled by the honor, Technologist of the Year, followed by the name CAPT Cynthia Macri, has a nice ring to it.



As part of a three panel discussion, CAPT Cynthia Macri (center), Sandra Price (far left), and Anena Metoyer (right) answer questions after the seminar.



CAPT Macri speaks to a group of 200 elementary and high school students about doing well in math and science so one day they can pursue careers in those fields if they choose.

USU Assistant Director, Nurse Anesthesia Program Awarded AANA Post-Doctoral Fellowship

By Christine Creenan
VPE Staff Writer

Lt Col Kevin Bohan, Ph.D., Certified Registered Nurse Anesthetist (CRNA), assistant director of the nurse anesthesia program and director of Air Force, Army and Public Health Service nurse anesthesia student research at the Uniformed Services University (USU) Graduate School of Nursing, is the recipient of this year's prestigious Post-Doctoral Fellowship, granted by the American Association of Nurse Anesthetists (AANA) Foundation.

The Post-Doctoral Fellowship was established in 2006 by the AANA Foundation, the research and educational arm of the AANA, to recognize CRNAs at the doctoral level who are actively involved in developing an anesthesia research program.

"I am grateful to the USU Graduate School of Nursing for allotting me the time to develop a research program. Thanks to the funds granted by the AANA Foundation, I will exert my passion in research to explore anesthesia simulation topics that are valuable to nurse anesthesia leaders, educators and practitioners," said Dr. Bohan. "It is truly an honor to be selected as the recipient of such a competitive fellowship."

Dedicating his career to nurse anesthesia education and research, during the past year Dr. Bohan chaired and coordinated

several concurrent student research projects pertaining to simulation. Future topics he plans to investigate include best practices for CRNAs versus those of first and second year nurse anesthesia students; reliability of assessment tools; and ways to diminish stress and increase acceptance of stimulation usage among experienced nurse anesthetists.

Dr. Bohan completed his doctorate of philosophy at the University of Wisconsin – Madison (UW-Madison), earned his master's of science in nursing degree from USU and his bachelor's degree in nursing from UW-Madison.



Lt Col Kevin Bohan

Decision: Medical Civilian Personnel Transition in the National Capital Region

Article Courtesy of JTF CAPMED

On October 20, 2008, the deputy secretary of defense made a decision regarding the future of medical civilian personnel in the National Capital Region (NCR) as Base Realignment and Closure (BRAC) is implemented and the largest capital infrastructure investment ever made in the Military Health System results in two new inpatient hospitals, the Walter Reed National Military Medical Center and the greatly enlarged Fort Belvoir Community Hospital.

The deputy secretary of defense has reviewed the options for civilian staffing of military medical facilities in the NCR related to the changes mandated by BRAC and has decided that civil service employees of military medical facilities under JTF CAPMED will be best served by becoming Department of Defense (DoD) civilians, rather than continuing to work under service personnel systems. This means that as BRAC is implemented and the integration of military health care continues in this region, civilian personnel at the new Walter Reed National Military Medical Center and the

new Community Hospital at Fort Belvoir will be DoD employees, not Army, Navy, or Air Force civilian employees. Phased implementation will include civilians at other clinics in the NCR if evaluation shows that the change will enhance the effectiveness of integrated regional health care delivery, and add opportunities for career development.

This change will allow for new and greatly expanded opportunities for career development of civilian personnel and will provide for equity and consistency during the BRAC-mandated transition period in the integrated regional health care system. The civilian workforce transition will take place in a phased approach over the course of the next three years and will be guided by the careful deliberations of a newly-chartered Joint Task Force CAPMED Civilian Human Resource Council (CHRC). This council is made up of senior leaders from Walter Reed Army Medical Center, National Naval Medical Center, DeWitt Army Community Hospital, the Air Force District of Washington and the Joint Task Force with support from Army, Navy and Air Force civilian subject matter experts.

While many details remain to be worked out regarding the timing and scope of the change, the deputy secretary of defense's decision is an important first step in designing the architecture of the future medical civilian workforce in the National Capital Region.

According to RADM John Mateczun, commander, JTF CAPMED, "This decision supports our commitment to implement a regional approach to military health care while caring for the people who provide that system of care. It is an example of the ways in which our workforce will be positively impacted by the changes occurring in the National Capital Region. Taking care of our people is critical to our mission of caring for warriors and their families. We need the personnel we have in the region today to staff the world class facilities of the future and we want to provide them the best opportunities available for career development in a premier regional health care system."

Additional information about the transition and the future medical civilian workforce in the NCR will be posted on www.JTFCAPMED.mil.



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Birthday Message from Commandant, Marine Corps

*Courtesy of James T. Conway
General, U.S. Marine Corps*

During the summer of 1982, in the wake of the presidential directive, Marines went ashore at Beirut, Lebanon. Fifteen months later, on October 23, 1983, extremist struck the first major blow against American forces – starting this long war on terrorism. On that Sunday morning, a suicide bomber drove an explosion-laden truck into the headquarters of Battalion Landing Team 1/8, destroying the building and killing 241 Marines and corpsmen.

Extremist have attacked our nation, at home and aboard, numerous times since that faithful day in Beirut. Their aim has always been the same – to kill as many innocent Americans as possible. The attacks of 11 September 2001 changed our nation forever, and our president has resolved that this nation will not stand idle while murderous terrorist plan their next strike. Marines will continue to take the fight to the enemy – hitting them on their own turf, crushing them when they show themselves, and finding them where they hide.

Only a few Americans choose the dangerous, but necessary work of fighting our nation's enemies. When our chapter of history is written, it will be the saga of a selfless generation of Marines who were

willing to stand up and fight for our nation; to defend those who could not defend themselves; to thrive on the hardship and sacrifice expected of an elite warrior class; to march to the sound of the guns; and to ably shoulder the legacy of those Marines who have gone before.

On the 233rd birthday, first remember those who have served and those “angles” who have fallen – our reputation was built on their sacrifices. Remember our families; they are the

unsung hero's whose support and dedication allow us to answer our nation's call. Finally, to all Marines and sailors, know that I am proud of you and what you do. Your successes on the battlefield have only added to our illustrious history. Lieutenant General Victor H. “Brute” Krulak said it best



Photo by HM2 Michael Oliver

HMC Rodrigo Foronda, HM3 Gregory Curtis and CPT Sean Lynch shared the honor of cutting the cake and reading the birthday message from Gen. James Conway during a university celebration honoring the Marine Corps.

when he wrote, “... the United States does not need a Marine Corps... the United States *wants* a Marine Corps.” Your Actions in Iraq and Afghanistan and across the globe are at the core of why American loves her Marines.

Happy Birthday Marines!



Photo by Christine Greenan

Learning the Ropes

Local teens, who envision their futures as physicians and nurses, prove it is never too early to start planning for the future. A group of 30 juniors and seniors from John F. Kennedy High School, in Silver Spring, Md., visited the Uniformed Services University of the Health Sciences (USU) earlier this month, to experience life as residents in the School of Medicine and Graduate School of Nursing. The teens broke into groups and toured the academic health center, learning about various medical specialties and even having the opportunity to practice clinical skills such as tying suture knots, taking blood pressure readings and intravenous catheter insertions (pictured left). The event, sponsored by the USU Pediatric Interest Group, seemed to enhance student interest in the fields of medicine; many participants expressing an eagerness to continue biomedical studies and enjoyment for the compliment of activities arranged by the USU volunteers.



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Courtesy Photo

Marine Corps Marathon

Members of USU staff, students and faculty recently participated in the 33rd annual Marine Corps Marathon held Oct. 26. The race started at the Arlington National Cemetery and took runners through scenic paths that showcased various memorials and landmarks throughout Arlington, Va. and Washington, D.C. before ending at the Marine Corps War Memorial. Among the participants who ran the marathon were (left to right:) HM2 Tinsae Tekleab, HM3 Chephren Dialino and FC2 Adam Race.

USU Staff Member Presented National Award from American College of Obstetricians and Gynecologists

MC2 (SW) Jason Turner
Staff Writer

Maj Sarah Page, M.D., was presented with the American College of Obstetrics and Gynecologists National Medical Student Recruitment Award for 2008. Page won the award for the contributions she made during the fiscal year 2007.

The Medical Student Recruitment Award is given annually to a physician who has actively recruited medical students into the specialty of OB-GYN. This recruitment can be one or more of the following: organiza-

tion or participation in local or national programs, providing educational opportunities, enthusiasm for the specialty, mentoring medical students, speaking to medical students at local or national meetings, participation in medical student interest groups and other recruitment opportunities.

Page single-handedly put together the curriculum for the three workshops in New Orleans. She spent her free time helping to work out the logistics for the workshops done at USU during 2007 and helped keep costs down on the skills workshop with

donations. Page assisted with the medical student course for two years and will help moderate again in 2008. Some of the things she's done is set up the student interest group meetings at USU, and spoke with medical students at the annual clinical meeting in San Diego about military residency programs.



Dr. Rajiv Gala presents Maj Sarah Page with the award.

Tasty Competition Provides Relief to Those in Need

By Christine Creenan
VPE Staff Writer

The proof was in the pudding, or in Ms. Lenora Hamlette's case—the chili. As the victor of the Combined Federal Campaign's (CFC) culinary showdown, Hamlette won over the taste buds of



CPT Sean Tyler (left) and HM2 Careese Charles (right) present 'Chili President' Lenora Hamlette (center) with a Target gift card for her award winning chili recipe.

hungry chili lovers at the Uniformed Services University of the Health Sciences (USU) with a dish she calls "not too hot, yet zesty and just right."

Down the assembly line tasters went, trying one dish after the next, and finally casting their ballot for the best of the bunch. In true democratic form, Hamlette was named "Chili President of USU" because hers was the most delectable ver-

sion, fetching the most votes, and in many cases, second helpings.

Besides satisfying the palates of many discriminating tongues, each dish served up a most valuable ingredient: dough. The competition raised more than \$400 for the CFC, which aims to promote philanthropy in the workplace.

"Being given the opportunity to participate in such an event was an honor," said Hamlette. "The CFC is an important fundraiser associated with agencies that affect the lives of many people in need of all types of assistance."

Though Hamlette easily reveals the virtues of charity, she was tightlipped about the secret ingredient that gives her Mexican stew its rich and authentic flavor. In this case, ignorance is delicious bliss.



SGT Jamie-Lea Donnelly, CFC volunteer, serves chili to hungry tasters.

USU Briefs

Army Physical Health Assessments: The USU medical clinic will now schedule Army PHAs, starting Nov. 12 from 6:30 to 7:15 a.m. Call the USU medical clinic at 295-3630 to schedule your appointment.

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

Enlisted Holiday Party: The Enlisted Social Committee (ESC) has organized an enlisted holiday party on Dec. 12 at 11 a.m. The holiday will be celebrated at the American Legion. More information will follow. The points of contact for this event are SGT Donnelly, USA (UMS) at jdonnelly@usuhs.mil or 295-3386 and HM2 Charles, USN (EHS) at ccharles@usuhs.mil or 295-9451.

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, (T)Sgt Ernie at 295-3281; Navy contact, FC2 Race at 295-9637; and Army contact, SSG Rogers at 295-3720.

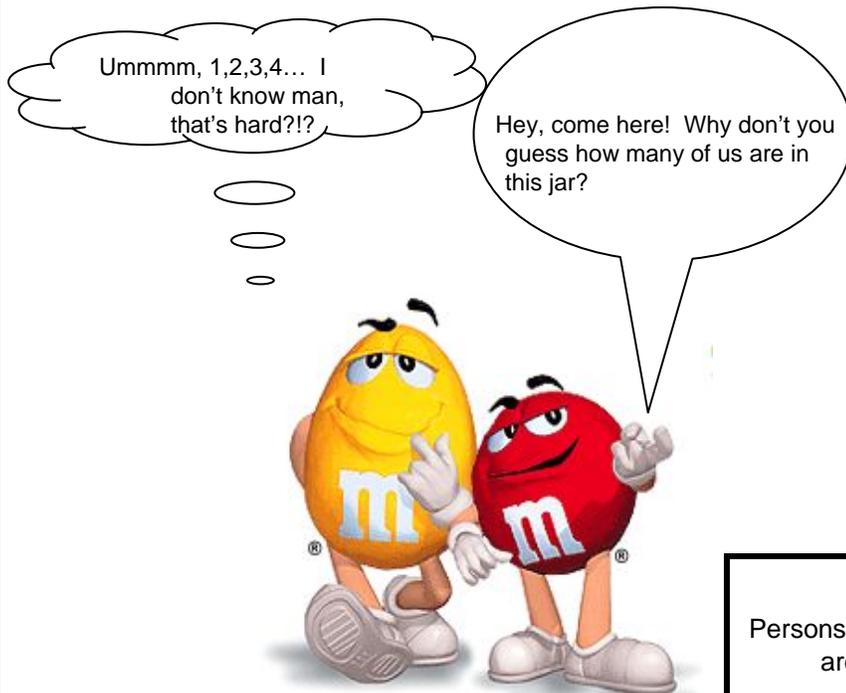
2008 Combined Federal Campaign (CFC): The USU CFC season is

open until Dec. 15 and there are plenty of wonderful charities that can use your help. If you would like to make a difference by making a donation to the CFC but don't know how or who to speak to, email either MSgt Stephen Huntington (CFC keyworker manager) at shuntington@usuhs.mil or CPT Sean Tyler (CFC campaign manager) at sean.tyler@usuhs.mil. Either person will be able to get you the information you need. If you are still on the fence about donating, but don't know what charities are out there, please take a look at the 2008 Catalog of Caring which has close to 4,000 charities to choose from. Remember, you can make a big impact for less than the cost of a cup of coffee because "One dollar a day goes a long way, when you give a chance to those in need, by voting for the CFC!" For more info about the CFC you can visit or contact the USU CFC committee at USUCFC@usuhs.mil

Learning Resource Center (LRC) Course: A Microsoft Excel 2007: Level 1 course will be taught on Nov 18 from 8:30 a.m. to 3:30 p.m. in the LRC computer lab. This course is intended for individuals who want to gain basic knowledge of working on Microsoft Excel 2007. It will provide you with the basic concepts required to create, edit, format and print basic Microsoft Office Excel 2007 worksheets and workbooks. All federal USU and AFRRR civilian employees are eligible to attend. Registrations will be accepted on a first-come, first-serve basis. For more information please contact Cory Edwards or Theresa Spriggs at (301) 295-0679.

Toastmaster's Meeting: USU Toastmaster will hold its next meeting Nov. 26 in room A2053 from noon to 1 p.m. If you want to develop better speaking and presentation skills; learn to think quickly and clearly on your feet; or build strong leadership abilities in a supportive environment, then Toastmasters is for you.

USU CFC Guess How Many M&M's Contest



Rules

When: The contest runs until Dec. 15, 2008

How Much: \$1 per guess

How Many: You can guess as many times as you want

Winner: Closest guess to actual total (*without going over*) wins the jar of M&M's, along with the bag on top. The winner will be announced Dec. 15.



Tie Breaker:

Persons tied will be asked to guess how many M&M's are in small bag on top of the jar.

All proceeds will be donated to the CFC general fund. Thanks for supporting the CFC!



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