

# USU Newsletter

VOLUME 4, ISSUE 16

[WWW.USUHS.MIL](http://WWW.USUHS.MIL)

October 12, 2009



# USU Newsletter

**Bill Bester**

*Acting Vice President for  
External Affairs and  
Managing Editor*

**Ken Frager**

*Public Affairs Specialist*

**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](mailto:usunewsletter@usuhs.mil) or by calling 301 295-0895.*



*Jennifer Davis, project manager, and Dianne Purvis, senior scientist/educator discuss findings at the Human Performance Resource Center in the Department of Military Emergency Medicine.  
(Cover photo: Ken Frager)*

# CFC officially underway

by MC1 Chad Hallford

The USU “cooked off” its Fall 2009 Combined Federal Campaign (CFC) with an on-campus barbecue, Oct. 1.

CFC-supported organizations hosted booths, offering information, novelty reminders, and often first-hand stories of how the charities have directly helped their communities.

“Barbecue’s bring people together. The campus tuned in to a spirit of giving and learned about many of the organizations they hopefully will soon help out,” said Army Capt. Sean Tyler, CFC campaign manager.

Organizations on a local, national and international level representing military issues, health concerns, world relief efforts and humanitarian causes told about their unique conditions within each organization and their ongoing efforts.

“It’s essential to give people more than numbers and a description from a book. You meet someone who was affected by each organization, you may have learned events about someone’s situation, but



*photo by HM2 Michael Oliver*

*University CFC key workers serve barbecue to University members who went through an informational line of CFC organizations. University and guest speakers also presented personal experiences at the barbecue.*

more importantly, you found a face behind a charity. You see the help that organizations give, thanks to individual contributions,” said Tyler.

Questions about an individual organization can be directed to Capt. Tyler, Navy Lt. Christine Schlaerth, or your department’s key worker.



*photo by HM2 Michael Oliver*

## Halsted Society’s 83rd Meeting

*The University hosted the 83rd meeting of The Halsted Society Sept. 23-26. Named for surgical pioneer, Dr. William Stewart Halsted, this meeting encompassed a scientific program. The society is limited to 75 active members, by invitation only, with the goal furthering the scientific principles and ideals for which Dr. Halsted stood. The society encourages the exchange of ideas, in a free and informal discussion.*

# High temperature, exertion makes a dangerous mix among Soldiers

by Ken Frager

An increasing number of deaths and long-term injuries in recent years from heat-related illness has led to the development of new guidelines that were implemented by the US Army this past summer. The guidelines, which were developed by the Consortium for Health and Military Performance (CHAMP) at the Uniformed Services University of the Health Sciences (USU), provide guidance to Army leaders to assist in determining when service members who had heat related injuries and illness could return to duty.

“From the perspective of the military, heat illness significantly depletes the availability and effectiveness of Army troops because the guidelines for returning to action until now have not been followed or enforced effectively,” said Col. (Dr.) Francis G. O’Connor, MPH, associate professor of family medicine at the USU and medical director for CHAMP. “If a service member suffers from serious heat injury or illness, they potentially are out-of-service and non-deployable for up to 15 months.”

According to O’Connor, the primary objective from this new policy was to ensure the safety and effective treatment of service members. Secondary to that is the long-term effectiveness of any treatment and the soldier’s ultimate return to duty, followed by the general readiness of all troops.

“We began investigating how to properly adapt the existing policies for heat injury and illness during our 2008 Roundtable Conference and ended up with an entirely new approach that accomplishes everything we set out to achieve,” said O’Connor.

O’Connor and his research team believe heat acclimatization is one of the best strategies for reducing the risk of heat illness. Using the environmental chamber in building 53, where both temperature and humidity can be regulated to cold and heat extremes, the team hopes to move forward with heat-related research with the intention of narrowing the existing research gaps. The heat-acclimatization period is defined as the initial 14



photo by Ken Frager

*Army Col. (Dr.) Francis O’Connor discusses the results of a recent heat challenge test with project manager Jennifer Davis.*

consecutive days following initial onset of the illness. The goal of the acclimatization period is to increase exercise heat tolerance and enhance the ability to safely and effectively return to action in warm and hot conditions.

## CHAMP leads work group to protect young athletes

by Ken Frager

During the annual conference of the National Athletic Trainers’ Association (NATA) this summer in San Antonio, USU’s Col. (Dr.) Francis O’Connor, who also is the First Vice President of the American Society of Sports Medicine (ASSM), participated in a session and press conference on the new NATA Consensus Statement entitled “Preseason Heat-Acclimatization Guidelines for Secondary School Athletics.”

In addition to AMSSM and NATA, the task force that developed the consensus statement represented six other groups, including the American College of Sports Medicine, the Gatorade Sports Science Institute, the National Strength and Conditioning Association, the United States Army Research Institute of Environmental Medicine, the American

Orthopedic Society for Sports Medicine and the American Academy of Pediatrics.

“The guidelines we developed have been adapted for use among high school athletes during their conditioning and training,” said O’Connor. This is believed to be the first ever set of high school-specific guidelines published in a scientific journal, and is critical education for student athletes, parents, coaches, athletic trainers, medical professionals and school staff on measures that can reduce the risk of these illnesses.

“Exertional heat stroke is the leading cause of preventable non-traumatic sudden death for young athletes in the U.S. If we can assist coaches and athletic trainers in understanding how to approach heat illness and injuries, and help to educate student athletes about proper treatment and recovery, we will have made a significant impact,” said O’Connor.

# USU volunteers for Baltimore-Washington Ride for Kids

by Newsletter Staff

Volunteers from USU gave of their personal time, strengths and talents to support the Pediatric Brain Tumor Foundation (PBTF) Baltimore-Washington Ride for Kids® event.

The “Ride,” which started at the Columbia Mall, in Columbia, Md. on Sept. 27, had USU’s involvement, complete with military color guard, registration workers and other volunteers.

“Everyone who participated was truly touched,” said Navy Cmdr. (Dr.) Rene Hernandez, SoM Navy Company Commander.

The 18th annual ride included more than 400 motorcyclists and many supporters who raised \$196,468 for medical research and family support programs.

“In addition, we counted 192 motorcycles — most had passengers. We normally have around 300 motorcycles, so we expect that riders who didn’t want to ride in the rain might still send in their donations,” said Hernandez.

Hernandez described the ride as “encouraging to new riders as they joined experienced riders and their police escorts who spent more than 90 minutes twisting through the beautiful Maryland countryside.”

After the ride, riders and volunteers



photo by HM2 Michael Oliver

USU volunteers man registration tables at the 18th PBTF Baltimore-Washington Ride for Kids.

heard about the achievements of 11 local brain tumor survivors, including 15-year-old Maggie, who held bake sales to raise \$800 for the PBTF.

They were also joined by Dr. Greg Riggins, leader of the Brain Cancer Biology and Therapy Research Laboratory at The Johns Hopkins University School of Medicine, and Dr. Roger Packer, director of the Brain Tumor Institute at Children’s National Medical Center and PBTF Scientific Advisory Board member.

The national Ride for Kids program

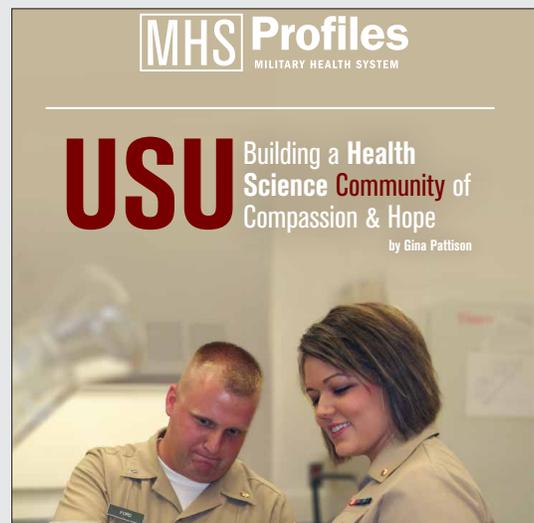
and the PBTF promote childhood brain tumor research and provide family support through free literature about brain tumors, educational newsletters, online conferences and college scholarships.

*This program is sponsored by a non-federal entity. It is not a part of the Department of Defense or any of its components and it has no Governmental status. This announcement is for information only and does not constitute approval or endorsement by the University.*

## Five from USU featured in MHS publication

Five individuals who represent what makes the USU a unique military and public health education and research center of excellence are profiled in the newest issue of MHS Profiles, a publication of the Military Health System. An alumnus who, until recently, served as commanding officer of Naval Hospital Camp Pendleton; an associate professor of neurology who is doing breakthrough research on phantom limb pain; a third-year medical student who is working with underserved populations; a clinical psychology student caring for patients with psychological health issues; and a USU alumnus working as a family nurse practitioner — who share the passion that military medical providers bring to their jobs every day.

For more information, log on to <http://www.health.mil/MHSBlog/Article.aspx?ID=642> to view a video of the section’s interactive features and <http://www.health.mil/profiles> to view this article. The article also is available in a downloadable pdf format from the USU Web site for distribution at health programs or conferences where USU and staff are represented. <http://www.usuhs.mil/vpe/pdf/mhsprofilesususeparate.pdf>



# Inaugural disaster preparedness conference draws praise

by Ken Frager

More than 100 senior-level participants from across a variety of federal agencies came together for the inaugural *"A Nation Prepared"* conference in September, hosted by the Uniformed Services University's National Center for Disaster Medicine and Public Health, or NCDMPH. Attendees were encouraged by local and national leaders to begin the challenging process of identifying disaster medicine and public health education and training needs across the federal sector.

"The mission and goals of the NCDMPH shall promote standardized education and training of public health and medical disaster preparedness response based on collaboratively developed and accepted core competencies, procedures and terms of reference," said Dr. David Marcozzi, Director of Public Health Policy for the White House National Security Staff and lunchtime keynote speaker. "The National Center will share their findings with federal, state, local and tribal government, academia, and the private sector. This lift is large. If it were easy, it would be done already."

Dr. Kenneth W. Schor, DO, MPH, acting director of the Center believes the program accomplished all it set out to do in the first year. "People got engaged, they felt empowered to provide feedback, and

they had the opportunity to share quite a bit," said Dr. Schor. "We definitely did more listening than speaking, but when so many people come together from such varying backgrounds and experience, we felt we needed to be careful not to take people too far out of their comfort zones without first proving our worth."

Schor added that he and the planning team were impressed by the willingness of attendees who should be working together but who haven't in the past, to become so entrenched in the topics and to be willing to share their thoughts and experiences.

"We started off with a strong program and a very good attendance just focusing on attendees at the Federal level," said Schor. "We need to branch out further in the future to draw from other areas and to gain other experiences and expertise. I think everyone took something new away from this year's program and the feedback has been positive, so we couldn't be more pleased. Our next step is to review the dialogues and transcripts, to prepare a report, and start creating some action items to begin building on next year's program."



photo courtesy of the Henry M. Jackson Foundation

Conference participants included: (back row) Dr. Alexander Garza, Department of Homeland Security; Air Force Col. Donald Noah; Dr. Gerald Parker, Department of Health and Human Services; Mr. Michael Lowder, Department of Transportation; (front row) Dr. David Marcozzi, White House National Security Council; Dr. Kenneth Schor, Acting Director, NCDMPH; Dr. Victoria Davey Veterans Affairs

## Tech Watch: Spyware security incidents

by Joel Robertson  
USU IA manager

For fiscal year 2009, the Information Assurance branch has received over 10,000 spyware reports from the USU computer network defense support provider.

This provider continuously monitors our network to detect and notify University Information Systems of malicious activity and unauthorized traffic. Most of the alerts are closely related to either improper browsing habits including clicking on links inside pop-ups, or toolbars, such as "trackwarefunproducts," "mywebtoolbar," "trackwarespeedbar" and a host of software that collect information unknown to the user.

Clues that spyware is on a computer may include a barrage of pop-ups, a browser that takes you to sites you don't want, keys that don't work, a sudden or repeated change in your computer's Internet home page, random error messages, and sluggish performance when opening programs or saving files.

In some cases, there may be no symptoms at all.

In an effort reduce the risks posed by these malicious products, the University will be moving to the McAfee Endpoint Protection when the Host Based Security System is deployed in the near future.

This system will assist in combating many of these activities. University Information Systems will also be able to monitor unauthorized attempts to make changes the systems and block specific attacks.

If you think your computer might have spyware on it, immediately stop shopping, banking, or doing any other online activity that involves user names, passwords, or other sensitive information. Have UIS confirm that your security software is active, current and run it to scan your computer for viruses and spyware, deleting anything the program identifies as a problem.

The overall goal of USU's IA branch is to ensure that users can do their jobs safely and with little risk to the systems they use every day.

# USU Sailors give time to teach Sea Cadets

by MC1 Chad Hallford

Twenty Montgomery county area high school students called USU their 'place of duty' Sept. 19-20 as USU Sailors gave time to offer advice and training.

The U.S. Naval Sea Cadet Corps, Charette Battalion drills the third weekend of each month at USU and is "designed to groom youth for college and beyond by giving experience in leadership, civic duties and citizenship," as part of a college preparation session said Navy Capt. (Dr.) Cynthia Macri, former USU vice president of recruitment and diversity.

The Charette Battalion, established after namesake Medal of Honor recipient and Hospital Corpsman Master Chief William R. Charette, has a medical focus and drive behind many of their activities. Thus, they have developed a strong connection to USU as a potential source of medical training and education, as well as education in many other Navy careers.

Navy Hospital Corpsmen and USU Sailors volunteer



photo by MC1 Chad Hallford

*Navy Capt. (Dr.) Cynthia Macri offers tools for building character to local youth. Macri along with USU Sailors also offered tips for writing college admission resumés and gave occupational insights.*

throughout the year to provide strong interaction and mentoring to area youth.

## USU represented in all-Service softball tourney



photos by Navy Lt. Tony Butler

*Left: Information Systems Technician 3rd Class (IT3) Bobby Grounds, of UIS poses during all-Navy softball tryouts and tournament. Above: IT3 Grounds swings at a pitch during an all-Service game. Army, Air Force, Navy and Marines played each other round-robin three times and Air Force(7-2) took the championship while Navy(3-6) was third. The Armed Forces Championships tournament was held Sept 19 -25 at Naval Air Station Pensacola, Fl. Grounds also played all-Navy softball in a World Softball League tournament in Panama City, Fl., Sept 12. He was selected by the coach to participate in training camp and tryouts and named to the team that represents the Navy in a highly competitive sport against other services. (Coast Guard is also represented by Navy)*

# USU Briefs

## **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.

## **Exercise/Fitness Areas:**

Physical Fitness training should be conducted in designated areas.

The only authorized space for PT within the university is room G060.

Indoor PT is also authorized on base at the Comfort Zone Complex, or CZC, in building 23.

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 or times.

The CZC hours of operation are Monday – Friday from 5 a.m. to 8 p.m. and on weekends and holidays from are 9 a.m. to 6 p.m.

## **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](mailto:help@usuhs.mil).

If an emergency should arise, please call 295-9870.

## **Using 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.

## **Stronger Female Physicians:**

Submissions are now being accepted for the Building Stronger Female Physician Leaders for the Military Health System.

This award honors outstanding female physicians who have made significant contributions to the practice of medicine and/or who have served as exemplary role models for other female physicians.

Completed submissions must be received by 30 Oct.

Additional information at [www.health.mil/People/docs/FemaleLeadersAward.doc](http://www.health.mil/People/docs/FemaleLeadersAward.doc).



*photo by Ken Frager*

## **Caption contest**

*The winning caption: "Is it your tent or mine?" submitted by Jay Thaker.*

*...and thanks to all who submitted.*

## **Time to vote...**

*Recently, we initiated a survey to find a new name for the USU Newsletter. With more than 120 entries submitted, we have narrowed it down to the top three responses.*

*Thanks for your participation and for your continued support and readership.*

*-The USU Newsletter Staff*





# UNIFORMED SERVICES UNIVERSITY *of the Health Sciences*

