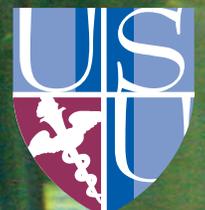
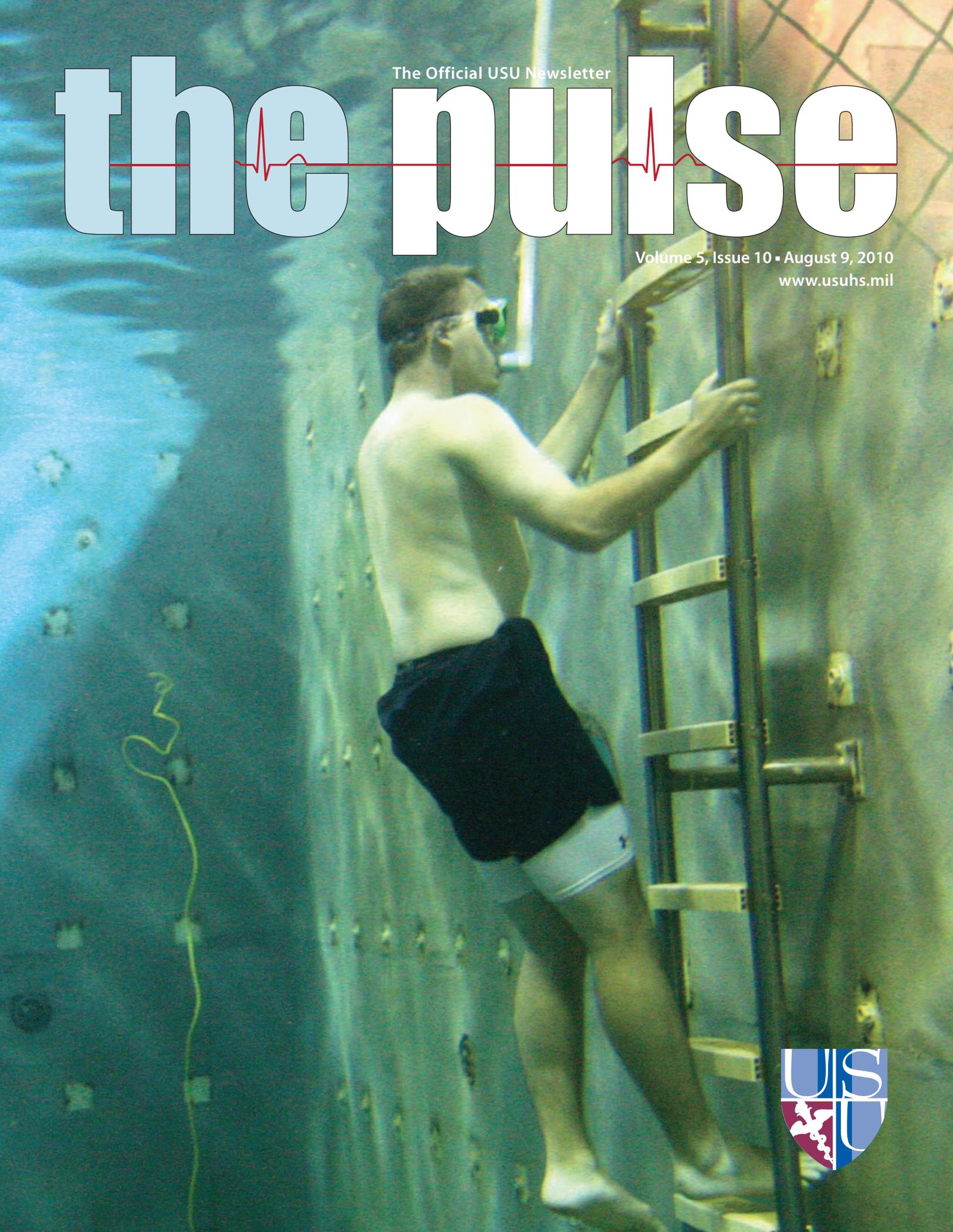


The Official USU Newsletter

# the pulse

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Photo by Ken Frager

**On the cover**

A USU student descends a ladder as part of Diving and Cold Water Immersion laboratory. The laboratory is part of Military Applied Physiology—one of four courses within the Military Studies 1 curriculum.



# USU associate professor earns double honors at AsMA

by Staff Sgt Matthew Rosine



Courtesy Photo

Newly elected Fellows present at Honors night in alphabetic order: Ahmet Akin; Anthony Artino (front row, first seat on the far left); Richard Beane; Michelle Bryce; James W. Butler; Clayton Cowl; laonnis Diamontopoulos; Bryan Funke; Karen Heupel; Kenneth Knight; James Laub; Margaret "Peggy" Matarese; Jerry Owen; Eduard Ricaurte; and, Paul Young.

A USU assistant professor with the Department of Preventive Medicine and Biometrics recently earned dual honors during the annual meeting of the Aerospace Medical Association, or AsMA.

Navy Lt. Cmdr. Anthony Artino, Jr., Ph.D., received the Ellingson Award from the Associate Fellows Group of AsMA for the best manuscript published in Aviation, Space, and Environmental Medicine by an Associate Fellow.

**Correction:**

In the June 28 issue of the Pulse, Dr. C. Everett Koop was listed as a retired Navy admiral. Dr. Koop is in fact a retired U.S. Public Health Service admiral. The Pulse staff regrets the error and as always strives for complete accuracy in its reporting.

The award is given to first authors and was awarded to Artino for a 2009 paper he co-authored with Lt. Cmdr. Rich Folga and retired Capt. Chuck Vacchiano entitled, "Normobaric hypoxia training: The effects of breathing-gas flow rate on symptoms."

Two days after earning the Ellingson Award, Artino received his second honor during the AsMA event when he was inducted as an AsMA Fellow.

"Although winning the Ellingson Award was nice, being inducted as a Fellow was truly amazing for me," Artino said. "It was a great way to cap off about 15 years of contributions to aerospace medicine and AsMA."

Artino is a well-known figure in aerospace medicine and recently earned the 2009 Paul Bert Award for outstanding research contributions in the field of aerospace physiology.

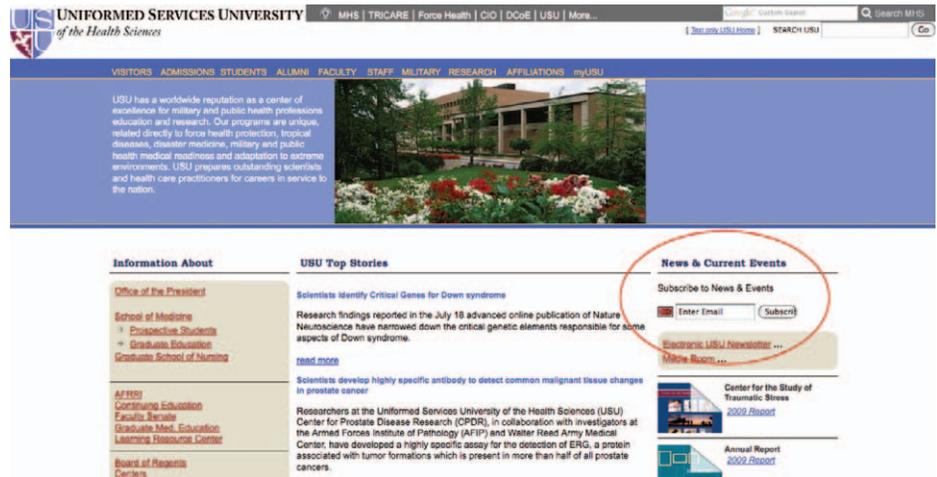
# Sharing the USU News

by Ken Frager

If you have ever visited the USU home page, you probably looked right past one of the best tools for getting information about the University, the Department of Defense, and any number of other government organizations and resources.

It's there on the right side of the page, just below the main image graphic under the headline, *News and Current Events*.

Enter your e-mail address and Govdelivery.com will keep you up to date on the latest updates to the USU Web site, from news stories and newsletters, to faculty announcements and job postings. And if you are adventurous and want even more information delivered to your e-mail box, you can sign up to receive updates from many other government organizations.



“Our role as communicators is to make sure that anyone who wants to learn about the University and what we are doing is able to easily get this information,” said Sharon Willis, acting vice

president for External Affairs and executive director of the USU Alumni Affairs office. “We are trying to use whatever new technology we can to get information out quickly and effectively.”

## Department of Homeland Security medical experts visit AFRRRI



Photo by Kenneth Frager

Alexander Garza, M.D., the Department of Homeland Security (DHS) assistant secretary for health affairs and chief medical officer, is shown (center) touring the research reactor facility of the Armed Forces Radiobiology Research Institute (AFRRRI) on June 4. With Garza are (left to right) Stephen I. Miller, head of the AFRRRI Radiation Sciences Department; Robert Davis, director of DHS External Affairs; Kathryn Brinsfield, M.D., director of the DHS Division of Operational Medicine and Workforce Health Protection and deputy chief medical officer (acting); and AFRRRI Director Col. Mark A. Melanson, MSC, USA. The DHS officials were briefed on AFRRRI operational responsibilities, including the Medical Radiobiology Advisory Team, and on research involving radiation countermeasures and biological dosimetry. Other topics included the AFRRRI Medical Effects of Ionizing Radiation Course and the Uniformed Services University (USU) Department of Radiation Biology educational opportunities. Garza joined DHS in August 2009 after 13 years as a practicing physician and medical educator. At DHS he manages medical and health security matters and oversees the health aspects of contingency planning for chemical, biological, radiological and nuclear hazards.

# USU presents 2nd annual Innovation in Teaching awards

By MC1 Chad Hallford

Two of USU's faculty were named as the 2010 "Innovation in Teaching" award-winners at the Education Day luncheon, June 25.

Army Col. (Dr.) Richard M. Conran was the selection for the 'Basic sciences' and Public Health Service Lt. (Dr.) Jeffrey Goodie was the 'Clinical sciences' recipient.

The University Faculty Senate Education Committee presented the award.

Colonel Conran, who has an M.D., Ph.D., and a J.D., was presented the Basic Science award for his continuous record of accomplishment and innovation spanning more than 10 years within the Department of Pathology as the Pathology MS-II course director.

"He has worked to transition the course from a lecture-laboratory base with limited small group opportunities to a more clinically oriented approach with multiple types of individual and small group problem-solving exercises," said USU Department of Pathology Professor and Chair, Dr. Robert M. Friedman.

"It validates the efforts the faculty have already made to begin integrating the basic and clinical sciences," said Dr. Conran.

Lieutenant Goodie, a clinical psychologist at the University Counseling Center and an assistant professor with the Department of Family Medicine, was presented the Clinical Science award, also based on his efforts within his department.

"We've been working to teach the medical students how to use evidence-based ways to make diagnoses and decisions, which isn't innovative by itself," said Goodie. "But, using all the various technology methods—from using outside researchers via distributed learning and blackboard, to putting learning materials online and posting discussion boards—in order to reach students in many ways to help them grasp this difficult material."



Photo by Thomas Balfour

Army Col. (Dr.) Richard M. Conran



Photo by Thomas Balfour

Public Health Service Lt. (Dr.) Jeffrey Goodie

"We were able to change what we were doing in the classroom; we shifted from a more didactic instruction period to a question and answer or discussion based lecture, because all of these innovations made the material available to students in many ways," said Goodie.

Criteria specifies that the nominees must be billeted at USU.

The awards, given by the Faculty Senate, consist of a \$2,500 check to be used for future educational innovation and a certificate at the annual Education Day luncheon.

## Meritorious Service



Photo by MC1 Michael Oliver

School of Medicine Navy Company Commander, Cmdr. René Hernández, Ph.D., presents Chief Hospital Corpsman Rodrigo Foronda with the Defense Meritorious Service Medal as he completes his final tour of duty at USU. Chief Foronda retired after nearly 23 years of dedicated service to the Navy. His legacy at USU will be one of mentoring and developing leaders from within the medical school across the branches.

# Counseling Center offers USU peace of mind

By MC1 Chad Hallford

Behind the glass door of the University Family Health Center (UFHC) is a separate, smaller clinic that quietly offers assistance to those who enter.

The three behavioral health professionals who make up the University Counseling Center provide a complex array of assessment and treatment options for their primary customers, the active duty students at USU.

Providers in the clinic include retired Army Col. Charles Privitera, MD, a psychiatrist, who serves as the director of the University Counseling Center and U.S. Public Health Service Lt. Jeffrey Goodie, Ph.D., a clinical health psychologist. The newest addition to the clinic is Army Maj. David Cabrera, Ph.D., a clinical social worker.

“Dr. Cabrera has joined us and is a welcome addition to replace outgoing Lt. Col. Jeffrey Yarvis, who has been placed as service chief for the integrated Walter Reed National Military Medical Center Adult Outpatient Behavioral Health Clinic,” said Dr. Privitera. “We are looking forward to Dr. Cabrera complementing the work we do here in the clinic.”

The clinic uses individual and couple counseling to address a wide range of behavioral health concerns, including anxiety, depression and relationship problems.

“With our tremendously diverse population of medical, nursing and graduate students; military faculty and staff; and their families, we are constantly re-evaluating the services this clinic must provide,” said Privitera.

These three have expanded their services with the needs of the University.

“We’ve worked to improve our integration with the providers in the UFHC. The more you integrate behavioral health into primary care, the more likely a service member is going to be willing to seek help,” said Goodie.

Lieutenant Goodie alludes to just one way clinic staff work to reduce the stigma associated with seeking

behavioral health care. Despite efforts to reduce and eliminate the negative impressions associated with this help, the stigmas still exists throughout the Armed Forces, said Goodie.

“The more we can normalize behavioral health care, the more willing people are going to be to come in for care,” said Cabrera. “Most people will come in and seek help for body aches and pains very quickly,” but when someone has behavioral health concerns, many individuals will still hold back getting such help.

“We are doing everything in our power to minimize this (stigma), and help students realize that everyone needs a helping hand at some point or another,” said Cabrera.

These providers are also actively involved in teaching and research at USU and throughout the National

Capital Region. They train students, residents and other providers evidence-based methods for targeting behavioral health problems. Their research is expanding knowledge about the impact of deployment and ways to integrate behavioral health interventions into primary care settings.

The diverse skills of the University Counseling Center’s behavioral health experts have contributed to USU medical students rating their satisfaction with the mental health services among the highest in the Nation when compared to ratings of mental health services at other medical schools.

“We see ourselves as resources, for those to use to get the help they need,” said Privitera, “and be on their way again — without fearing repercussions.”

## Navy Hospital Corpsmen celebrate 112



Photo by MC1 Michael Oliver

Hospital Corpsmen invited the University to share in the 112th Hospital Corps Birthday, June 17, at which Force Master Chief for the Navy Reserves (FORCM) Ronney Wright was the invited guest speaker. The youngest and oldest Corpsman present, Hospitalman Apprentice Matthew Saunders (pictured right) and (Hospital Corpsman) Command Master Chief Clinton Garrett, cut the cake in ceremonial honors. The Hospital Corps has compiled an honorable legacy of valor and sacrifice. Throughout history, they have responded to natural disasters, military accidents and other peacetime emergencies. Moreover, they have maintained the regular health of their Sailors and Marines under their watch.

# USU faculty looking and moving forward

by Ken Frager



Photo by MC1 Michael Oliver

U.S. Public Health Service Lt. (Dr.) Jeffrey Goodie received the USU's Innovation in Teaching Award for Clinical Teaching during the Annual Education Day activities.

When Abraham Flexner issued his acclaimed *Carnegie Foundation Bulletin Number Four* in 1910 at the request of the American Medical Association, he probably didn't envision his plan being instrumental in shaping the way medical education would be carried out for nearly a century. Many of the aspects of the original Flexner Report closely align with current day teaching. That original report called on American medical schools "to enact higher admission and graduation standards, and to adhere strictly to the protocols of mainstream science in their teaching and research."

Medical schools, including USU, have fine tuned their curriculum over the years. But 100 years after Flexner, many medical schools, USU among them, are taking steps to update and redesign their curricu-

lum, taking into account society's changing needs and opportunities.

Molly Cooke, M.D., William G. Irwin Endowed Chair and director, Haile T. Debas Academy of Medical Educators, and co-author of what is considered to be "Flexner 2010," *Educating Physicians, A Call for Reform of Medical School and Residency*, was a keynote speaker for the Uniformed Services University of the Health Sciences' Education Day program, June 25. Dr. Cooke's talk, "Individualization, Integration, Innovation and Improvement and Identity: Medical Education for a New Era," offered concrete examples of how to move forward with education redesign, meeting the challenges of the changing health care system and the needs of the doctors and patients for tomorrow. Other keynote speakers included U.S. Army Maj. Gen.

(retired) George Weightman, M.D., and U.S. Air Force Lt. Gen. (retired) James G. Roudebush, M.D., M.P.H., who offered their varying perspectives of USU specific medical education and the broader needs of the Military Health System.

"We are delighted to have had exceptional, nationally recognized experts take part in shaping our discussions," said Professor of Family Medicine and USU's Faculty Development Director Cindy Wilson, Ph.D., C.H.E.S. "Their expertise and understanding of the issues, from a local and big picture perspective, will be helpful during this critical time in our history as we seek to improve and to update our medical school curriculum."

USU also presented annual Innovation in Teaching Awards in two areas, Basic Science and Clinical Teaching. The 2010 honorees were Army Col. (Dr.) Richard M. Conran in the Basic Sciences, and U.S. Public Health Service Lt. (Dr.) Jeffrey Goodie in Clinical Teaching. (See story page 4.)

Education Day activities also included panel discussions, demonstrations and poster presentations highlighting continuing education of USU faculty USU's affiliated teaching institutions. "This is an annual opportunity for all faculty to actually meet, listen to discussion and address questions related to curriculum and in particular this year, curriculum redesign," said Dr. Wilson. "We, and they, can learn and share ideas with colleagues about what issues we might be facing in the future, what we will be teaching and how to strengthen our small group and team-based teaching methods."

The event is sponsored by the University Faculty Senate and made possible by funding from the Henry M. Jackson Foundation for the Advancement of Military Medicine.

# Briefs

## Brats and Burritos

The Enlisted Social Committee (ESC) will host a Brats sale, Aug. 13, between buildings A and C. Hotdogs, chips and drinks will also be available. The sale begins at 11 a.m. and will end at 2 p.m. or when all items have been sold.

Breakfast Burrito sales will be held Sept. 2, 9 and 16 in the atrium by Sanford auditorium, from 6 a.m. to 9:30 a.m. or when all items have been sold.

## Professional activities

The Department of Defense and USU policy requires that all employees, both military and civilian, receive approval for engaging in any activity outside their work environment, which involves their professional expertise or government occupation (whether or not compensated), as well as any activity that involves compensation. This includes serving on the Board of a Non-Federal Organization.

This approval is required prior to engaging in the activity. In order to get approval, any employee can complete a USU Form 1004. This completed form must be approved and signed by each department chair or activity head.

These forms are available in the General Counsel's office or online at the USU OGC Web site. Completed forms must be turned in to the General Counsel's office. The form will be routed to the appropriate dean, brigade commander or USU president.

Once processing is completed, a copy of the approved form will be returned to the employee for the employee's records.

## RCR Education Conference

Registration is now open for the Sept. 28th Responsible Conduct of Research Educational Conference being held at the USU's Sanford Auditorium.

The conference is being sponsored by the USU Office of the President and the Graduate School of Nursing in partnership with the new Navy Medicine Institute for the Medical Humanities and Research Leadership and the Smithsonian Institution's Office of Sponsored Projects.

The free conference, entitled "Promoting the Global Good: The Social Responsibility of Scientists and Researchers," will address an emergent subject in RCR Education—the social responsibility of scientists.

This was recently included in new NIH RCR education requirements. The conference may be able to assist individuals with completing RCR education requirements.

Full registration information, including directions, are available for download at: [http://www.thechiefinformationgroup.com/conference/usuhs/index.php?c\\_id=15](http://www.thechiefinformationgroup.com/conference/usuhs/index.php?c_id=15)

## 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 NOC; download pornographic material and store or display offensive material, such as racist literature, sexually harassing or obscene language or material or store or process classified information on any USU system.

Personnel must not permit unauthorized individuals access to a government-owned or governmentoperated system or program; or access online gambling, games and social engineering sites.

## Helpdesk Closure

The NOC 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.

## Exercise/Fitness Areas

Physical fitness training should be conducted in designated areas.

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

The campus' Student Community Lounge area is also authorized, but only during specified PFT testing dates or times.

## Recent Reenlistments

Recently several Soldiers at USU made the choice to continue serving their country.

The following personnel have recently reenlisted in the U.S. Army:

**Spc. Sara Brown** reenlisted in April for a three year term.

**Sgt. Alfred Zamora** reenlisted in April for a three year term.

**Spc. Ashley Ferguson** reenlisted in January for a four year term.

For more information about reenlisting, please contact a Reenlistment Non-Commissioned Officer.

## Enlisted Holiday parties

The ESC will be holding its Thanksgiving event Nov. 19 at the base bowling alley. Food representatives for each service are available to coordinate the meal. Event begins at 11 a.m. and will end at 2 p.m. Clean-up will begin immediately following the event.

The ESC will hold its Christmas event Dec. 17. at the fire rescue station in Bethesda. Representatives for each service are available to coordinate the food, music, decorations and other activities. Clean-up will begin immediately following the event.

Volunteers to help staff and support both of these events are still needed.

For more information about supporting these events ask an ESC member or contact the ESC by e-mail at [dl-usuhs-enlisted@usuhs.mil](mailto:dl-usuhs-enlisted@usuhs.mil). The ESC meets the first Tuesday of every month at 9:30 a.m. in the small dining room unless otherwise rescheduled.



# UNIFORMED SERVICES UNIVERSITY *of the Health Sciences*

