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the pulse

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Fellowship offers hands-on exposure

by Ken Frager

Sharon Willis

Deputy Vice President for External Affairs and Managing Editor

Ken Frager

Public Affairs Specialist

Staff Sgt. Matthew Rosine

Production Editor

MC1 Chad Hallford

Writer

Christine Creenan-Jones

Contributing Writer

Lori Fields

Layout and Design

Production

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Courtesy Photo

Maintaining the strength and fitness of service members is a critical component to maintaining a healthy and active war-fighting force. The skills and training to accomplish this is similar to what is needed to maintain strong and healthy world class and professional athletes. The National Capital Consortium's (NCC) Primary Care Sports Medicine Fellowship, a one-year tri-service training program, prepares active-duty family physicians with expertise in musculo-skeletal and exercise-related problems needed to successfully care for these specially-conditioned individuals.

Under the guidance of Army Col. (Dr.) Kevin deWeber, director of the fellowship program, four fellows have provided critical medical support for many of the running and athletic events involving the military this year. The Army 10-Miler, the Marine Corps Marathon, the Wounded Warrior 5K and the Marine Corps 10K were the most recent events in the Washington, DC, area but this past summer, USU's fellows represented the University at the Warrior Games in Colorado, providing medical support and care to the hundreds of service members who were competing and participating.

"We've been connected to these events throughout my four years at USU," said deWeber, "and I think the organizers really see that our team is among the best suited to provide the needed care. My dream is to be able

to bring our fellows along to provide support at the World Military Games, which is sponsored by the International Military Sports Council (CISM). Service members from 133 countries compete in the games, which take place every four years. The next edition will take place in July 2011 in Rio de Janeiro, Brazil."

Army Col (Dr.) Francis O'Connor, a past fellowship director who currently leads the Consortium for Human and Military Performance at USU, works closely with the fellowship program in supporting the events. "Many of the injuries and conditions these athletes experience are similar to what our fellows might see when treating active-duty service members," said O'Connor. "These injuries include heat-related illnesses, hypothermia and musculo-skeletal injuries, along with more basic scrapes, bumps, bruises and strains."

The NCC Sports Medicine fellowship is among the largest program of its type in the country with four military fellows annually. The fellowship also supports three civilians in partnership with a program in Fairfax, Va. The program has produced more than 50 graduates to date and aside from caring for the active-duty population, the fellows also care for student athletes competing for many of the local NCAA Division 1 athletic teams, including Georgetown, George Mason, American and the U.S. Naval Academy.



Courtesy Photo

On the cover

USU Sports Medicine Fellows provided on-site medical support for the 35th Annual Marine Corps Marathon. Pictured l-r, Nathan Falk MD, Trey Wilson MD (USU SoM '02), Kevin deWeber (USU SoM '92) fellowship director, Sean Martin, DO, and Ben Ingram, MD.



USU mourns passing of educator

by Staff Sgt Matthew Rosine and Ken Frager

John Henry Cross, Ph.D, a teacher, researcher and mentor in the Department of Preventive Medicine and Biometrics (PMB) at the Uniformed Services University of the Health Sciences for more than 34 years, passed away, November 19. An emeritus professor of parasitology at the time of his death, Dr. Cross's affiliation with USU dated to the very first matriculating class of medical students in 1976, when he became a visiting professor.

Dr. Cross joined the faculty on a full-time basis in 1984, retiring as a full professor in 2009. He was named Professor Emeritus upon his retirement and received the University medal, the highest award for service to the USU, earlier this year.

"Dr. Cross's career was extraordinary in many different ways," said Gerald V. Quinnan, Jr., M.D., Professor and Chair of Preventive Medicine. "The fact that it lasted more than 50 years as a world renowned scholar and a first-rate educator was truly exceptional. The number of people he impacted on is probably more than most academicians could ever hope to touch. He was well known, liked and admired by virtually everyone in his field."

Dr. Cross arrived at USU with more than 18 years of field experience as a parasitologist in the Department of Medical Ecology at the U.S. Naval Medical Research Unit #2, located initially in Taipei and then in Manila. His interest in these areas, both geographically and scientifically, was stimulated by his experience as a U.S. Navy medical corpsman during World War II.

Dr. Cross maintained strong ties with the parasitology community in Southeast Asia, serving as a visiting professor in the Department of Parasitology of the National Taiwan University Medical School from 1967 to 1984, and as a member of the faculty in Tropical Medicine of Mahidol University, Bangkok



Photo by Thomas Balfour

John Henry Cross, Ph.D

Thailand from 1984 until his death. In honor of his years of scientific contributions to the area of food and waterborne parasitic zoonoses, Dr. Cross was awarded a Doctor of Medicine (Honoris Causa) from Mahidol University in 2007.

As a researcher, Dr. Cross was the recognized world expert on human disease caused by the parasitic nematode *Capillaria philippinensis*. His seminal publications describing the

complete life cycle and clinical manifestations of this previously unknown human parasitic infection are classics of the medical parasitology literature. His impact on research and teaching can be measured by the more than 5,000 medical and graduate students who benefitted from his mentorship at USU. His curriculum vitae lists more than 330 publications for which he was lead, senior, or co-author.

"Dr. Cross was a truly classical parasitologist and USU was tremendously lucky to have had a researcher and teacher of his worldwide stature on its faculty for more than a quarter of a century," said Capt. (Dr.) Philip Coyne, Jr., USPHS. "He was a key reason why USU has attained a reputation among medical schools for excellence in tropical medicine."

"Dr. Cross will definitely be missed," said Army Col. (Dr.) David Brown, (SoM '94). "I don't know how many times I've told the story of him infecting himself with ascaris overseas so he could bring a supply of eggs back in the US...now that is dedication."

Dr. Cross is survived by his wife of 58 years, Evelyn Cross, his daughter Kelly Finn and her husband, Thomas Finn, and a grandson John Finn.

Celebrating Nurse Practitioners



Photo by MC1 Chad Hallford

GSN Nurse Practitioner students and Faculty gathered to celebrate Nurse Practitioner week Nov. 7-13 on campus during a presentation honoring the vital role NPs play in bringing high-quality, cost-effective, comprehensive, patient-centered, personalized healthcare to all populations of the United States.

University contenders earn unique German Badge

by MC1 Chad Hallford



Photo by Army Spc. Gerald Brenner

Carrying a nearly 25-pound rucksack, marching at a pace not slower than 16:06 per mile over a distance of 12-18 miles, USU representatives achieved a unique milestone.

Finding strength through the various rigors, 18 of USU's finest military representatives competed for and completed requirements for the German Armed Forces Badge for Military Proficiency (GAFBMP) earlier this fall.

"It's an opportunity for some from USU to achieve something

extraordinary," said Army Sgt. 1st Class Michael Rice, School of Medicine Army Company 1st Sergeant.

More than a dozen USU students and faculty earned the decoration. Other Allied service members may be awarded and wear the badge regardless of rank upon completion of the awards requirements.

In the United States military, the GAFBMP is one of the few foreign awards approved for wear.

"There are so few places to be eligible to even fulfill the requirements for the award," said Rice. "Fortunately for us, the German liaison office in Reston provides the venue to complete the event requirements, offering our students the opportunity to compete for such a rare medal."

Authorization and manner of wear is based on U.S. Uniform Regulations.

To earn the award one must complete the following five requirements:

- be recommended by the Commanding Officer — recognizing the Soldier's physical and moral standards
- obtain First Aid-Combat Life Saver (CLS) level 1 or equivalent
- pass the German sports test — all events required
- achieve qualifying score on 25 meter Marksmanship
- hike a road march — which must be performed in military uniform and boots carrying a rucksack weighing no less than 10 kilograms over a varying distance depending on age and gender.

The awarded grade (gold, silver or bronze) is determined by the results of the Marksmanship score and the ruck march time and distance.

USU volunteers support children's charity event

by MC1 Chad Hallford

University Brigade volunteers supported the 19th annual Pediatric Brain Tumor Foundation's (PBTf) Baltimore-Washington Ride for Kids in Ellicott City, Md., earlier this fall.

The event is held to support the search for a cause and cure of brain tumors, the leading cause of cancer death among children.

The day's activities kicked off with the USU color guard, but the involvement of USU staff extended throughout the event. "The USU color guard has always received such a positive, overwhelming response for their participation," said Navy

Cmdr. René Hernández, SoM Navy company commander. "They continue to be a special addition to the annual ceremony."

In all, more than 20 enlisted staff members donated their time to assist with tasks ranging from parking assistance to registration.

"Many of our volunteers have assisted for multiple years," said Hernández. "We have found that once someone starts volunteering for the 'Ride,' it sort of stays with them."

USU also had participants in the 'Ride,' including Brigade Chaplain, Navy Lt. Cmdr. Bruce Mentzer.

"I wanted (the USU motorcyclists) to go on more group rides," said Mentzer. "This was an excellent opportunity for us to gather, go for a ride and support a great cause."

The event concluded with a post-ride ceremony honoring the success of cancer survivors while remembering and honoring the struggles of cancer's youngest victims.

Schoneboom receives AMSUS award

by Staff Sgt Matthew Rosine



Photo by Thomas Balfour

Army Col. Bruce Schoneboom

Army Col. Bruce Schoneboom received the 2010 Association of Military Surgeons of the United States (AMSUS) Nursing Award Nov. 3 during the association's annual convention in Phoenix.

Schoneboom received the award based on his significant contributions to the Federal Health System through his outstanding efforts as a researcher, clinician, educator and health care leader.

"For me personally, it is a validation of the hard work we did at the University," said Schoneboom, who is currently a fellow at the National War College at Ft. McNair in Washington, D.C. "It is humbling to be nominated and recognized by your peers. I was honored to be nominated.

While the award recognizes him alone, Schoneboom sees the AMSUS nursing award as recognition of the efforts of the entire Graduate School of Nursing (GSN) team.

"It was not just me who earned this," Schoneboom said. "Our whole team was able to build new programs in the GSN. We went from two programs to five. And these contribute to other USU programs. We expanded enrollment from approximately 40 students in a class to 70. To me, that was a really big thing – helping to put the school on the map and being a ready, capable partner."

But for Schoneboom, being recognized at the 2010 AMSUS conference is not about receiving awards and accolades.

"It is really special to be recognized by all these different fields with an award like this," Schoneboom said. "But, we don't do the work we do to win awards. We do it to make a difference. Things like awards are just icing on the cake."

The AMSUS award recognizes the last seven-year period of growth and change of Schoneboom's career. It highlights his service as the first department chair for the newly-restructured GSN.

Col. Schoneboom served as acting dean for the GSN, associate dean for Academic Affairs, director for the Nurse Anesthesia Program, and in many other roles for the University. In 2006, Col. Schoneboom deployed to command the 14th Combat Support Hospital Detachment, Forward Operating Base -- Salerno, Afghanistan, in support of Operation Enduring Freedom. While deployed, he promoted warrior care and supported humanitarian assistance, earning the Bronze Star.

He also conducted his own research, "Physiologic Monitoring for Military Nurses." This study was funded by the Tri-Service Nursing Research Program for \$1 million.

He has been recognized nationally as a Distinguished Practitioner in the National Academy of Advanced Practice Nursing, an organization representing 10 different healthcare professions, and he was instrumental in transforming the GSN's master's programs into a Doctor of Nursing Practice — a new national standard and mandate for advanced practice nursing.

Because of his extraordinary career, Col. Schoneboom was inducted as a Fellow in the American Academy of Nursing in 2009, an exclusive organization of 1,500 members who are "the most accomplished nursing leaders in education, management, practice and research."

Pediatric faculty honored for thyroid cancer research

by Ken Frager



Courtesy Photo

Air Force Maj. (Dr.) Kirk Jensen

Air Force Maj. (Dr.) Kirk Jensen, an assistant professor in the USU Department of Pediatrics, received the Young Investigator's Award at the 14th International Thyroid Conference held in Paris, Sept. 16.

Maj. Jensen is a graduate of USU (SoM '00) and the National Capital Consortium Pediatric Endocrine Fellowship Program, for which he is now a faculty member. He was selected from several hundred presenters for his investigation on the resistance of thyroid cancer cells to programmed cell death in a low-adherent environment known as "Anoikis in Thyroid Cancer."

His co-investigators on this project were Drs. John Costello, Aneeta Patel, Andrew Bauer and Vasyl Vasko.

The ITC is held every five years and brings together experts to share their discoveries and insight into the pathophysiology of thyroid disease. Societies that participate in the ITC include the European Thyroid Association, the American Thyroid Association, the Asia and Oceania Thyroid Association, and the Latin American Thyroid Society.

CHAMP Hosts HIT Workgroup

by Sharon Willis

USU faculty, military representatives, fitness experts and prominent members of the American College of Sports Medicine converged on the Uniformed Services University of the Health Sciences (USU) last month for a two-day meeting to discuss high intensity training (HIT) programs such as CrossFit, P90X and a myriad of other commercial, off-the-shelf fitness programs.

Hosted by USU's Consortium for Health and Military Performance (CHAMP), in conjunction with the Human Performance Resource Center, workshop attendees met to take an in-depth look at HIT programs and to gauge their effect on the overall fitness and readiness of military troops.

According to CHAMP medical director Col. (Dr.) Francis O'Connor, high intensity training programs like CrossFit and P90X are extremely

popular, but there is anecdotal evidence to suggest an increasing rate of injury in those participating in the programs. Injuries have ranged from torn ligaments to exertional rhabdomyolysis, the rapid destruction of skeletal muscle that can result in kidney failure.

"Exertional rhabdomyolysis can be a serious medical condition if not properly treated, to include kidney injury that may require dialysis, and potentially death, as a result of significant electrolyte disturbances," said O'Connor.

However, O'Connor said, there is not adequate data available to outline the true injury rates, and therefore a study is needed. He said that while high intensity exercise is important to an exercise program, it needs to be balanced against other components including strength, power and cardiovascular endurance. "HIT cannot be

the entire program day in and day out," O'Connor said. Attendees also discussed the use of dietary supplements that often accompanied various HIT programs.

The immediate goal of the workgroup was to develop overall strategies and a work plan for moving forward. Additionally, the group would produce an article for targeted publication in Sports Medicine Reports which they hope to use as pivot point to produce policy changes in military and civilian settings.

"Using a matrix, we plan to outline what characteristics should be in an optimal training program and how top programs match up," said O'Connor. "We will address what programs do and don't do in regard to results, and will also address precautions or things to consider to increase effectiveness and safety, and reduce risk."

CFC chili cookoff



Photo by MC1 Chad Hallford

Marine Capt. Matthew Anderson, along with Air Force Tech. Sgt. Louella Campbell, congratulates Air Force Master Sgt. Stephen Huntington on winning the CFC Chili Cookoff. Huntington's chili recipe was selected as the top choice from a diverse field of quality chilis supplied by military and civilian participants during the CFC fundraiser Nov. 9.

Briefs

USU Holiday party

Tickets for the USU Holiday Party are now available.

The Holiday party will be from 11:30 a.m. to 2:30 p.m. Dec. 10 in the USU cafeteria.

Tickets are \$3. Ticket purchase includes lunch and a chance to win a raffle prize. Prize-only tickets are also available for purchase for \$1.

Tickets will be on sale through Dec. 4. Tickets will be sold from 11:30 a.m. to 1 p.m. every Monday and Wednesday in the cafeteria.

Holiday items

The USU Alumni bookstore now has several holiday items available.

The bookstore is open from 11 a.m. to 2 p.m. Monday through Friday.

For more information, stop by the bookstore or call 295-3686.

Flu Vaccine update

The USU Family Health Center continues to vaccinate all active duty faculty and staff.

Vaccinations are available while supplies last from 8:00 a.m. to noon and 1:00 p.m. to 3:30 p.m. daily, except on Tuesday afternoons.

All Tricare-eligible beneficiaries can receive their flu shots or mist at 12:45 p.m. These patients include:

All patients ages 2 to 9 years who do not fall into another group can receive mist.

Shots are available for:

- Children ages six- to 35-months
- Children ages 3 years and up
- Children ages 9 years and up who are immuno-compromised

A limited number of vaccinations for the USU civilian population will be available through the Civilian Occupational Health and Safety Office. The specific dates and times have not been determined and will be distributed.

For questions or specific concerns related to civilian vaccinations, contact Andrea Sorrells Easton at 295-9444.

New carpool guidance

The USU is currently transitioning to the new carpool program and any groups who wish to use the carpool garage at USU will have to apply to the NSAB.

An authorized carpool group can park in any of the spaces 1 thru 41 in the carpool area at this time. Once the carpool garage is full all other carpool groups will have to seek parking in the USU garage.

Drivers who arrive as the only member of their carpool group should not park in the assigned carpool area prior to 9 a.m. These drivers should park in the general USU parking areas.

To legally park in the USU carpool area a vehicle must have an L-1 sticker on the rear of your vehicle and a carpool rearview mirror hanger.

The carpool area will be open to all "L1" and "W" stickers between 9 a.m. and 5 p.m.

Drivers should also be aware that the base police will be enforcing this program. The USU Security office will assist in enforcing the program.

Drivers at AFRRI should be aware that they are not included in the USU carpool program.

If you have additional questions you may contact the USU Security Department at 295-3033.

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; store or process classified information on any USU system.

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

Common Access Card Renewal

A large number of federal University employees will be required to renew their Common Access Card (CAC) by December 2010.

CAC renewal is extremely important to maintain access to DTS (Travel) and all DAI (Time keeping/ Procurement) applications.

Appointments at NNMC will fill up fast during this time period, and Thursdays starting at 7:30 a.m. is the only day NNMC will accept walk-ins.

Please note people can renew their CAC at any RAPIDS location site. Online appointments at convenient locations can be made by using the following link: <http://appointments.cac.navy.mil/default.aspx>. Alternate locations can be found at the following link: <http://www.dmdc.osd.mil/rs/owa/home>.

Contractors must be updated in the Contractors Verification System (CVS) by the USU Security Department prior to issuing or renewing a CAC.

ESC meetings

The Enlisted Social Committee holds its monthly meetings on the first Tuesday of every month.

Meetings are held at 9:30 a.m. in the cafeteria's small dining room.

Being a part of the ESC is an excellent way for USU enlisted personnel to actively pursue volunteer opportunities at USU.



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