

The Official USU Newsletter

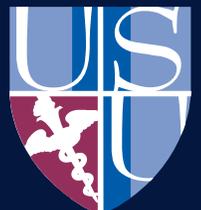
the pulse

Volume 5, Issue 17 • December 20, 2010

www.usuhs.mil



Armed Forces Radiobiology Research Institute
Celebrating 50 years



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Editorial content is edited, prepared and provided by the USU Office of External Affairs unless otherwise indicated. The Pulse staff may include or exclude articles based upon news value, impact on the university and space availability.

Submissions

The Pulse will be published bi-weekly on Mondays. The deadline for submissions is at 4 p.m. Tuesday prior to the publication date. Submissions can be sent to usunewsletter@usuhs.mil or by calling 301-295-0895.



On the cover

The Armed Forces Radiobiology Research Institute is celebrating its 50th Anniversary throughout 2010-2011. One event, the AFRRRI 50th Anniversary Homecoming, was held Dec. 16. (See story on page 3.)



Manpower and Reserve Affairs Secretaries visit USU

by Ken Frager

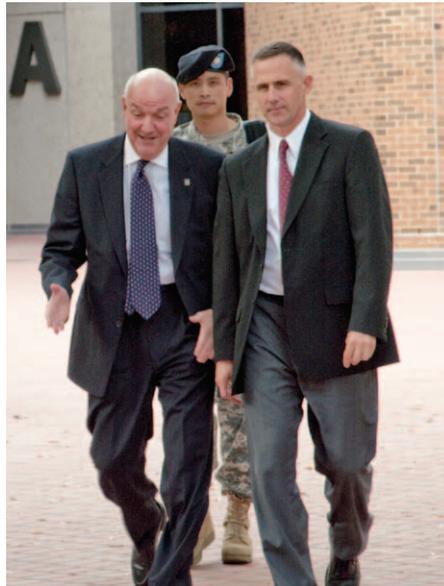


Photo by Tom Balfour

Army Assistant Secretary Thomas Lamont, left, with USU Vice President Jeff Longacre.

The assistant secretaries responsible for manpower and reserve affairs for all three military services visited the USU campus in the last quarter of calendar year 2010 at the invitation of USU president Charles L. Rice, MD.

The Honorable Daniel B. Ginsberg, representing the Air Force, the Honorable Thomas R. Lamont, representing the Army, and the Honorable Juan Garcia III, representing the Navy, spent time speaking with student representatives and USU leadership, touring the campus, and gaining a better understanding of the USU mission, vision and values.

“We exist to meet the needs of the military services in educating health care professionals,” said USU chief of staff Robert Thompson, who coordinated

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AFRRRI commemorates groundbreaking



Photo by Dave Morse

Uniformed Services University of the Health Sciences Senior Vice President Dale C. Smith, PhD (far right), remarks on the past accomplishments of and the future for the more than 200 federal civilian, contractor and military staff members at the Armed Forces Radiobiology Research Institute (AFRRRI). AFRRRI Director, Army Col. Mark A. Melanson introduced Dr. Smith during one of the several recent events celebrating the Institute’s 50th anniversary. As depicted in the background, this event observed the Nov. 29, 1960, groundbreaking for construction of the 14,905-square foot laboratory building and a 2,500-square foot animal facility. Today, as part of the University, AFRRRI encompasses more than 420,000 square feet and is undergoing renovations to upgrade infrastructure and to create state-of-the-art laboratories.

Retired Assistant Surgeon General Joins GSN

by Ken Frager



Photo by Thomas Balfour

Carol Romano
GSN Associate Dean for
Academic Affairs

Retired U.S. Public Health Service Rear Admiral Carol A. Romano has joined the Uniformed Services University of the Health Sciences' Graduate School of Nursing (GSN) as associate dean for Academic Affairs. Romano succeeds Army Col. Bruce Schoneboom, who left the university in July to attend the National Defense University in Washington, D.C. Sandra Bibb, DNSc, RN, served as the interim associate dean between July and November.

In this academic capacity, Romano will hold a faculty appointment in the GSN while serving the school administratively, having direct responsibility for all GSN academic programs and also serving as the selected senior executive to liaison between the GSN's Dean's office and the Federal Nursing Service Chiefs. She also will assist with communication and coordination of initiatives related to the improvement of readiness/operational curriculum and clinical site availability for the education of students, ensuring that systems are in place for evaluation of clinical sites and preceptors for accreditation purposes.

"Dr. Romano was selected because of her academic experience, uniformed service background and success in reaching the pinnacle of career achievement as the Assistant Surgeon General of the United States and Chief Nursing Officer in the U.S. Public Health Service," said GSN Dean Dr. Ada Sue Hinshaw. "We're thrilled that she has chosen to join in our mission to educate and train the next generation of military nurses and we are confident that she will hit the ground running since she already is extremely familiar with the environment and our stakeholders."

AFRRI begins its 50th Anniversary celebration

by Staff Sgt. Matthew Rosine and Christine Creenan-Jones



Courtesy Photo

Left to right: Rear Adm. Bartholomew B. Hogan, Navy Surgeon General; Dr. Frank B. Berry, ASD for Health and Medical; Rear Adm. F.P. Kreuz, Commander, NNMC; and Brig. Gen. R.H. Harrison, USA, Deputy Chief of Staff, DASA, break ground on the Armed Forces Radiobiology Research Institute, Nov. 29, 1960.

The Armed Forces Radiobiology Research Institute commemorated 50 years of discovery with a special Homecoming celebration recently.

The all-day event drew an illustrious crowd, including several prominent alumni who provided rare and candid glimpses into AFRRI's rich heritage.

Retired Navy Captain Paul Tyler, M.D., recalled some early accomplishments under his leadership from 1979-1982.

Experts at the institute helped to decontaminate Enewetak, a group of islands in the Pacific Ocean once used for nuclear testing, so locals could return home safely.

Other speakers shared similar AFRRI triumphs.

"The labs were so crowded you could barely move," said researcher, Terry Pellmar, Ph.D. "But it was fun, and the focus was on doing good science."

Pellmar, an expert in radiation biology and depleted uranium, helped pioneer many breakthroughs in the early 1980s. She left to pursue other opportunities but returned in 2002 as the scientific director, a position she held through 2009.

The terrorist attacks on the World Trade Center and the Pentagon in 2001 placed greater focus on radiobiological research for the prevention and mitigation of terror attacks using biological weapons during this period. Pellmar said this shifted AFRRI's focus from nuclear war to bioterrorism.

Other important moments included the development of "kill curve," or the standard dosage of radiation needed to eradicate anthrax spores. This AFRRI-created formula was used to fumigate a contaminated Maryland postal station after five people died and several more were injured.

Several of AFRRI's current scientists highlighted the significant research underway inside AFRRI's walls today, from the development of delayed radiation effects to translational early-phase biodosimetry research.

"This is a time of renaissance," said AFRRI Director Army Colonel Mark Melanson, Ph.D. "We want to share our success story and continue our legacy for future generations of science."

Hinshaw honored for contributions to nursing research and policy

by Ken Frager

A portrait of Ada Sue Hinshaw, PhD, RN, FAAN, dean of the Graduate School of Nursing at the Uniformed Services University of the Health Sciences, was unveiled by the National Institute for Nursing Research (NINR) to mark the silver anniversary of her joining the organization as its first permanent leader. Dr. Hinshaw's official portrait recognizing her role with the organization was unveiled during the "Bringing Science to Life" conference. The portrait will hang in the halls of the Institute as a tribute.

Dr. Hinshaw was the first director of the National Institute of Nursing Research at the National Institutes of Health, leading the institute in its support of disease prevention, health promotion, acute and chronic illness and the environments that enhance nursing patient care outcomes.

"Thanks to the tireless work of Dr. Hinshaw and her team during the formative years of the National Center and then



Courtesy Photo

Ada Sue Hinshaw, PhD, (Left) with New York Academy of Medicine Trustee Terry Fulmer, PhD, RN, FAAN.

National Institute for Nursing Research, today we are able to build not only on the breadth of support for nursing research, but also the depth of knowledge and understanding for evidence-based nursing research practices," said Patricia A. Grady, PhD, RN, FAAN, director of the

NINR. "Her focus on planning and leveraging limited resources allowed for the creation of new programs and conferred a sense of stability that helped us to get where we are today."

Additionally in November, Dr. Hinshaw was recognized by the New York Academy of Medicine (NYAM) with the Academy Medal for Distinguished Contributions in Health Policy. The Academy addresses the health challenges facing the world's urban populations through interdisciplinary approaches to policy leadership, education, community engagement and innovative research.

When presenting the award, Dr. Terry Fulmer, NYAM Trustee and Dean of the New York University College of Nursing cited Hinshaw's role in "transforming the understanding of factors facing nurses in their work environments that have an effect on patient safety and nursing quality," as key to this recognition.

AFRRI physicist receives JSAM

by Staff Sgt. Matthew Rosine

Army Capt. John Madrid received the Joint Service Achievement Medal during a commander's call at the Armed Forces Radiobiology Research Institute, Nov. 1.

Capt. Madrid served as the deputy director of Military Medical Operations (MMO) at AFRRI and the chief of the Medical Effects of Ionizing Radiation course, or MEIR.

The course provides medical and operational personnel with up-to-date information concerning the biomedical consequences of radiation exposure, how the effects can be reduced, and how to medically manage casualties. Formerly the Medical Effects of Nuclear Weapons Course, the training includes nuclear incidents that can occur on or off the battlefield and that go beyond nuclear weapons events.

"We conduct more than 30 classes in more than five different countries," Madrid said.

But Capt. Madrid also was recognized for his efforts as the MMO deputy director, as he was selected the Army's 72A Junior Officer of the Year at the 2010 Annual Force Health Protection Conference. He was selected from among his peer Nuclear Medical Science Officers by the 72A Council of Colonels.

Of course, Madrid doesn't feel like this is an achievement he earned on his own.

"I really got this recognition thanks to the leadership at AFRRI," he said. "Thanks to their outstanding leadership, I was given this position and this opportunity."

While he received the JSAM for his efforts, Madrid is passionate about his job. "My job here is very rewarding and I love being in the military," Madrid said.

This is Captain Madrid's first JSAM.



Photo by Dave Morse

Army Col. Mark A. Melanson, presents Army Capt. John Madrid with the JSAM during a commander's call Nov. 1. Madrid earned the award for his efforts as the deputy director of Military Medical Operations at AFRRI and the chief of the Medical Effects of Ionizing Radiation course.

Service assistant secretaries visit USU...

Continued from page 2



Photo by MC1 Chad Hallford

Air Force Assistant Secretary Daniel Ginsberg, far right, during his campus visit.



Photo by Thomas Balfour

Navy Assistant Secretary Juan Garcia, right, with USU Vice President Bill Bester, left, and School of Medicine Vice Dean Dr. John McManigle, center

the visits on behalf of the University. "It is imperative that we establish strong relationships with the senior leadership of each of the services to ensure we are meeting their expectations and earning their endorsement of our diverse and evolving educational programs."

The Offices that Ginsberg, Lamont and Garcia lead develop and manage service personnel policy for the active component and reserve component, including training and education policy and programs.

Diversity of USU medical students was one of the recurring topics discussed with the Assistant Secretaries and each agreed to consider providing training billets for the university's post-baccalaureate education program. "We are developing ambitious concepts to improve the

diversity of our faculty, staff, and student body," said Thompson. "Ultimately we believe it is best for the professional military healthcare providers to be more representative of the Service members and their families for whom they are serving. The endorsement of these senior leaders to consider providing training billets for our post-baccalaureate education program that will be filled by Enlisted Soldiers, Marines, Sailors, and Airmen is a significant step in achieving improved diversity."

The visits by all three civilian leaders ranged from roundtable discussions with enlisted staff, officer faculty and students, to individual meetings with university leadership, to campus tours and discussions of future plans for growth and expansion.

HPRC Health Tips

The Human Performance Resource Center Health Tips is a new column intended to provide the USU community with information to help develop and maintain a healthy lifestyle. Check out the HPRC website at: <http://humanperformanceresourcecenter.org>.

Napping is good for you.

Sleep is a crucial part of performance. It recharges all systems and provides an opportunity for the body to repair and perform optimally. If you are deprived of sleep or simply need to recharge yourself, get more Zs by napping during the day. Though there is clear recommendation on how long you should nap, many experts agree that a nap between 20-40 minutes is ideal and should not exceed 2 hours (or else you'll fall into a deeper sleep). For more information on sleep specific to the Warfighter, please visit <http://humanperformanceresourcecenter.org/research/research-briefs/how-much-sleep-does-a-warfighter-need-in-an-active-deployed-environment>.

How to Get Over That Workout Plateau.

Is your workout not giving you the results it used to? It could be that your body has adapted to it. The American Council on Exercise says, "you need to shock or surprise your body a bit." Change up your cardio and weight workout periodically so that you continue to see results. For more information how to "periodize" your workout, see http://www.acefitness.org/fitfacts/fitfacts_display.aspx?itemid=2624.

Director of Logistics rolls up sleeves one last time

By Christine Creenan-Jones

USU director of Logistics, Gary Osier, isn't usually found sitting behind a desk. Search the hallways or warehouse instead, because much of his day is spent meeting with clients, coordinating furniture requirements or juggling many other responsibilities.

Osier's schedule – busy and sometimes unpredictable – keeps him on the move for much of the day. But he doesn't mind the rigmarole. Osier is a hands-on leader who enjoys rolling up his sleeves and going deep into the trenches.

"I come to work with a plan, but it usually falls by the wayside," he said. "Surprises crop up all the time. You have to be able to think on your toes and solve problems quickly."

A seasoned USU veteran, Osier has mastered the art of shifting gears. He's worked at USU for 26 years and multi-tasking has always been a part of the job.

When he arrived in Bethesda in 1984, an airman then, Osier worked in a part of Logistics called the Technical Services Branch. As branch chief, he spent several years repairing university equipment



Photo by Staff Sgt. Matthew Rosine

Logistics director Gary Osier with USU interior designer, Anne Schlesinger.

before retiring from the military in 1988 and starting a new career at USU.

Osier's return, this time as a civil servant, continued to be marked by successes. Proving himself to the university's leadership, Osier took over as the director of Logistics in 1994.

"The department was much different those days. Life was simpler, but as the university grew and the computer age took over, so did the complexity of Logistics," he said. "Our support requirements have pretty much remained the same, but expectations are much higher.

The top-notch people in this and other support departments are major reasons why the university functions so well."

USU's performance also is a result of strong leadership – according to the Faculty Senate, at least. This group recently honored Osier with the 2010 Outstanding Staff Member Award – the highest achievement bestowed on a staff member by the faculty.

"Mr. Osier's energy, dedication, organizational skills, knowledge, and problem-solving approach are well-known," said Neil Grunberg, Ph.D., past president of the Faculty Senate and professor of Medical and Clinical Psychology and Neuroscience. "His customer service orientation, selflessness, and positive can-do attitude make him an exemplary role model and inspiration for us all."

On the heels of receiving this prestigious award, Osier will retire from the university for a second time this month. Once again, he will leave behind a legacy earned by the sweat of his brow and the speed of his feet.

Setting out on a new path

by Christine Creenan-Jones

Steve Hilleary, deputy director of Facilities at USU, is making a fresh start. He'll retire from the university in January, and has big plans for the future.

"I'm not really sure what I'll do first, but there are so many things on my list," said the long-time civil servant. "I want to travel, visit friends I haven't seen in a while, maybe even go back to school and definitely play more golf."

But his excitement for the New Year and a new life is tempered, momentarily at least, by the daunting workload stacked in folders and files atop his desk.

Retiring is hard work, Hilleary is quickly realizing, but his working days are numbered.

"There's a lot to do before I leave," he said. "As a department, we have taken on a lot of responsibilities and have been involved in many different projects."

Those projects – some apparent, others less obvious – have made the university more beautiful and architecturally sound over the years. And Hilleary is proud of this work.

"Facilities has replaced the roofs on the buildings, the bricks in the courtyard, heating and air conditioning systems, and redesigned the landscaping," he said. "We have modernized university resources, upgraded work spaces and have done so many other big and small projects."

Though Hilleary has enjoyed being part of an important mission, he admits the job has been challenging. The days have been long and the schedule demanding, but the payoff has been worth the rigor.

"When people ask me where I work, I'm proud to say USU," he said.

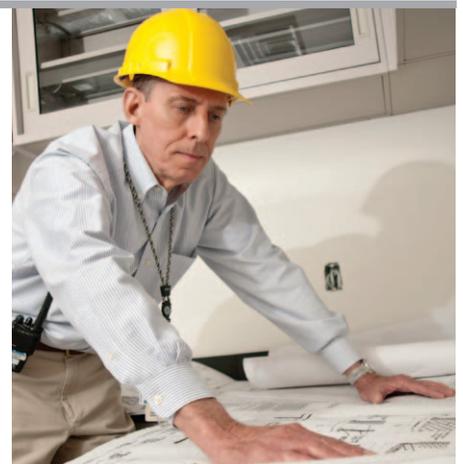


Photo by Thomas Balfour

Deputy director of Facilities, Steve Hilleary, reviews blueprints for the new office spaces located on the ground floor.

Soon, Hilleary won't be able to say he works anywhere—at least not full-time. But he's okay with that, because after more than 36 years of federal service, Hilleary is finally ready for new adventures and challenges.

Briefs

Town Hall meeting

The USU President is holding a town hall meeting Jan. 19, 2011. Additional details will follow as they are available.”

All USU faculty, staff and students are encouraged to attend.

Award nominations due

The award nomination packages for the upcoming Leonard and Wu Awards for Excellence in Research must be submitted by Jan. 31, 2011.

The Wu award is for excellence in the Basic Sciences and the Leonard award is for excellence in the Translational and Clinical Sciences.

Nominees must be either a member of the full-time faculty or an AFRRRI scientist at USU.

The award recipients will present their award lectures during the University’s Research Week. Each recipient will also receive a memento and a cash award of \$2,500.

For more information about requirements in submitting a Leonard and Wu award package, contact Susan Rasmussen, Ph.D., at (301) 295-3303 or by e-mail at srasmussen@usuhs.mil.

50th Anniversary Web site

The Armed Forces Radiobiology Research Institute will be launching a new Web site as part of the Institute’s 50th Anniversary celebration.

The Web site is scheduled to launch next year and will highlight AFRRRI’s history, heritage and unique mission.

Inclement weather policy

During the upcoming winter season, weather conditions may impact on the University’s operating status.

If the USU operating status changes, it will be updated immediately on the University’s homepage, www.usuhs.mil.

Additionally, a broadcast to the USU community via email and recorded phone message will be available.

To access the phone message, call (301) 295-3039.

In some cases, USU’s status will be made available via local news and radio stations. However, all USU students, staff and faculty are encouraged to check the University’s Web site regularly.

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.

UFHC Late Show Policy

While the staff at the University Family Health Center (UFHC) understand that patients may occasionally have difficulty arriving to their medical appointments on time, given the limited clinic staff and examination rooms, late arrivals can have significant impact on the daily operations of the clinic and the ability to provide timely care to other patients. Over the past six months, the UFHC has experienced a significant increase in the number of late arrivals. In order to accommodate their patients’ needs and to ensure smooth operations of

the UFHC, the following policy goes into effect on January 3, 2011:

- All patients are requested to arrive 15 minutes before their scheduled appointment time. This allows the staff adequate time to obtain vital signs and to prepare the patient and the medical record for the visit.
- Any patient reporting for an appointment after their scheduled appointment time is considered late.
- Such patients will be triaged by the UFHC staff who will determine the acuity of the patient’s issue. Based on this acuity, the patient will be offered:
 - a. To be rescheduled for a future appointment OR
 - b. They may be worked into the provider’s schedule (e.g., at a no-show or cancellation or at the end of the clinic, a.m. or p.m.) OR
 - c. If the triage RN determines that the patient’s condition warrants being seen sooner, the RN will discuss the patient with provider to determine the best course of action.

The UFHC staff hopes that this policy will result in an improvement in the quality and timeliness of care that they can provide to all of their beneficiaries. If you have any questions or concerns about the policy, please direct them to Capt. Jeffrey Quinlan, UFHC director, either by email at jeffrey.quinlan@usuhs.mil or by telephone at 301-295-9464.

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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