

The Official USU Newsletter

# the pulse

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**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 usnewsletter@usuhs.mil or by calling 301-295-0895.



Photo provided by The Afghanistan National Security Force Combined Assessment Team (ACAT) Validation Transition Team (VTT) A memorial to a fallen hero

**On the cover**

A memorial to honor Lt. Col. (Dr.) David Cabrera by the ANSF Combined Assessment Team Validation Transition Team, Afghanistan. (See story page 3)



# USU MedPix® gets HONCode compliance re-certification

by Staff Sgt. Matthew Rosine

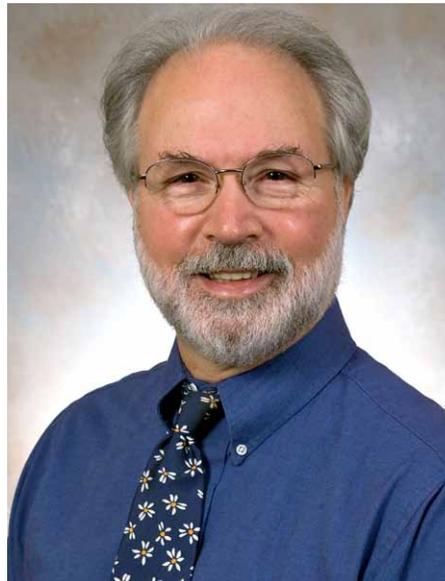


Photo by Thomas C. Balfour

James Smirniotopoulos, M.D.

The USU MedPix® Radiology web site recently earned Health On the Net (HON) code re-certification. The HONcode – the oldest and most used ethical and trustworthy code for medical and health related information available on the Internet – was created by the Health On the Net Foundation, which is a non-governmental organization, internationally recognized for groundbreaking efforts in the field of health information ethics.

“Re-certification is a validation that we are meeting these international standards for providing health information over the web,” said James Smirniotopoulos, M.D., Professor of Radiology, Neurology, and Biomedical Informatics and Chief Editor, MedPix Teaching File.

The HONcode is designed for three target audiences: the general public, health professionals and web publishers — actively involving the sites in the process of certification. Having this unique certification

demonstrates the intent of a web site to post and publish quality objective information.

Since the HON Foundation can not guarantee the accuracy of medical information presented by an individual Web site, the HONcode seal allows a site to declare its intention to contribute to the highest quality of medical information through the posting of objective and transparent information in strict adherence to requirements of certification.

This certification means that the web site will be subjected to periodic monitoring. These visits begin a year after the initial certification, following a complaint or a technical malfunction detected by HONcode monitoring services. Site monitors also rely on user reports that allege non-compliance with the HONcode.

Any health or medical web site intended for patients, health professionals or the general public, can apply for HONcode certification, even if it does not have a strictly health or medical focus.

Each certification request is reviewed by a committee, which includes medical professionals. The HON then thoroughly inspects the Web site and verifies that all eight ethical principles are honored. If some principles are missing, HON and the site owner work together to bring the site into compliance.

Once a web site is fully compliant, it is given a unique seal, directly linked to a HONcode certificate located on the HON Web site, which specifies how the site complies with the HONcode principles.

Aside from the recertification MedPix® achieved another milestone recently, presenting the 600th consecutive week of online AMA PRA Category 1 CME.

# Remembering a USU friend and fallen hero

by Sharon Willis and Ken Frager

On Saturday, October 29, 2011, Army Lt. Col. (Dr.) David E. Cabrera, 41, a licensed clinical social worker and Assistant Professor of Family Medicine at the USU, was killed in action in Afghanistan.

Dr. Cabrera's humor, easy-going nature and infectious smile made him popular with staff, faculty, students and patients alike. His dedication to the troops he served throughout his career was evident in his caring and compassionate approach to his work. Dr. Cabrera's research interests also conveyed his commitment to improving the lives of our service members, veterans and their families.

"Lt. Col. Cabrera was a soldier's soldier," said Navy Capt. (Dr.) Mark Stephens, chair, USU Department of Family Medicine. "He was professionally happiest when in the field with his troops. His sense of service, love of God, family and country are an inspiration to us all."

"We never want to hear that any service member has been injured or killed, but when one of our own makes the ultimate sacrifice the pain is amplified," said USU president Dr. Charles L. Rice. "Dr. Cabrera had not been at USU for very long, but he touched so many lives and will be sadly missed by all of us in the USU community. Our thoughts, prayers and deepest sympathies go out to his family."



Used with permission of Associated Press

Dr. Cabrera came to the University from Heidelberg, Germany, in February 2010. He was actively involved in the University community as a member of the Family Medicine clinic staff, USU faculty and military Brigade. Most recently, he was asked to serve as "battle captain" for USU's annual field training exercise, Operation Bushmaster, the practicum for the Military Contingency Medicine course. Dr. Cabrera's role was to assist the course director in overseeing and synchronizing the exercise operations, combining his background in operational medicine with the school's educational mission.

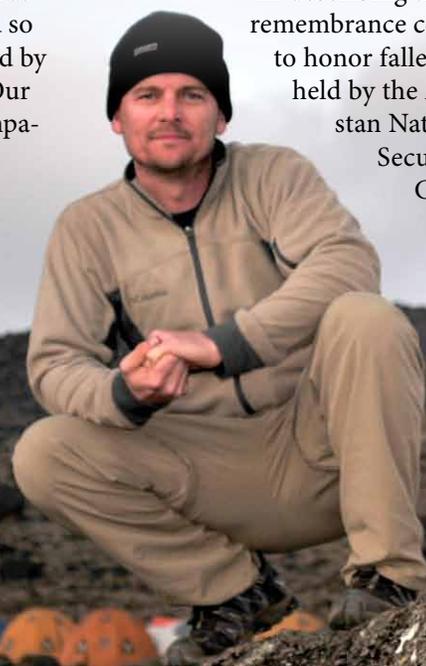
On September 1, 2011, surrounded by his family and University colleagues, then-Major Cabrera was promoted to Lieutenant Colonel. On September 30, he left the U.S. for his voluntary deployment to Afghanistan.

In describing their remembrance ceremony to honor fallen heroes held by the Afghanistan National Security Force Combined



Photo by Ken Frager

Assessment Team Validations Transition Team, with whom Dr. Cabrera was deployed, Lt. Col. Richard E. White said, "There were numerous speakers as you would expect. Once they were done, for the next hour and 42 minutes I stood and watched as man after man filed by to render a farewell salute and touch David's helmet. Some left their unit coin or patch as a token upon the stand that held his boots, rifle, and helmet. All but one. I intend to render my respects to David's memory in person at his grave upon my return from Afghanistan."



# A flight for life

by Christine Creenan-Jones

USU alumnus (SoM '94) Lt. Col. (Dr.) Dan Bruzzini boarded Delta Flight 0750 on Sept. 1, tired from presenting at a five-day surgery conference in Biloxi, but eager to get home to his wife and children in St. Louis.

Halfway through his trip – somewhere between Mississippi and Georgia – Bruzzini's attention was diverted from the book he was reading to the midsection of a massive Airbus 320 filled to capacity.

"Is there a doctor onboard?," a flight attendant asked with trepidation. Bruzzini, a neonatologist by training, quickly stepped up.

"I volunteered and so did a paramedic sitting in front of me," he said. "At the time, I didn't know what was going on, but wanted to help out any way I could."

Bruzzini soon discovered a dire situation. An elderly passenger named Tom, on the way to his grandson's wedding, was fighting for life. His pulse was irregular and his skin was turning blue, he was disoriented and his vision was gone.

Barely holding on, Tom was having a massive heart attack – 35,000 feet in the air.

"Conditions were bad. There wasn't much space to move around inside the cabin and the plane's life support equipment wasn't up to par either," Bruzzini said. "Still, we made do the best we could, because dwelling on the circumstances wouldn't help Tom. He was fading fast, and we had to act quickly if there was any hope of saving his life."

Bruzzini -- trained by USU and the Air Force to practice medicine in tough situations like this – began supplementing Tom's oxygen and monitoring his blood pressure, but there were problems.

"The K tank adapter to the oxygen mask was missing a linking lock, so we had to manually apply pressure to get it working properly," he said.



Courtesy Photo

*Lt. Col. (Dr.) Dan Bruzzini holds the hand of a pediatric patient during a recent air evacuation. The SOM graduate draws on his USU education and Air Force training in emergency and critical care air transport situations.*

Their hands-on approach worked. Tom's vital signs began improving, but he was still experiencing chest pain. Once it was safe, Bruzzini gave Tom two doses of nitroglycerine. This medication helped regulate his blood pressure and pulse.

Once Tom was stable, Bruzzini had to make another tough call. Delta's pilots asked if they should divert the plane to the nearest small-town airport or continue on to a major thoroughfare.

"When the flight attendant told me we were 15 minutes from Atlanta, I knew we'd have enough oxygen for Tom to complete the trip," said Bruzzini, a CCATT-trained flight surgeon. "I also knew a large metropolis would have sophisticated procedures and transportation in place for seriously ill passengers."

Bruzzini continued monitoring Tom until the plane landed in Georgia and local paramedics took over.

"I didn't expect any of this to happen when I boarded my flight that morning, but I'm happy Tom survived his injury and I had the right kind of training to help," he said. "I've had many great instructors over the years who taught me to never let an imperfect situation stop me from practicing good medicine."

# USU Faculty Member Named PPAC Physician Researcher of the Year

Reprinted Courtesy of The Rheumatologist



Captain Lisa Rider, MD, a physician-scientist and clinical researcher at the National Institute of Environmental Health Sciences in Bethesda, Md., and an adjunct USU pediatrics faculty member, was named 2011 Physician Researcher of the Year by the Physicians Professional Advisory Committee of the United States Public Health Service. The award was presented in recognition of her basic and clinical research into myositis. Her recent research findings have included: definitions of improvement as a primary composite endpoint for myositis clinical trials, discovery of a novel autoantibody in juvenile dermatomyositis and discovery of new immunogenetic risk factors for juvenile myositis. Her epidemiologic and clinical studies in myositis have made substantial contributions to public health practice.

Reprinted with permission from The Rheumatologist. 2011;5(9):15.

## 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>.*

### Learn to cope with rejection

Being accepted is a fundamental part of human happiness and survival. When we experience rejection, there are physical and psychological responses that can threaten our overall well-being. Experts suggest that the pain from loneliness and rejection can be thought of as if it were physical pain.

An article from the *American Psychological Association* describes a two-step process that can help you cope with rejection. It involves first realizing that everyone experiences rejection; it's impossible to always be accepted, and everyone must deal with these feelings at one point or another.

Second, seek the comfort of groups and friends in which you're accepted. Your close friends and family may be able to relate to your feelings and provide you

with support. The pain of rejection shouldn't be ignored, but learning to cope in healthy ways to something that's quite normal is important to help you move beyond that pain.

### Prayer – A mind tactic for performance optimization

Time and again we see athletes raise their arms overhead and look upwards after making a score that wins the game. In interviews, many attest to the power of prayer in helping them achieve success on (and sometimes off) the field. And according to research, they are not too far off. Prayer is often used to help cope with the stress and anxiety of high-performance situations. Whether it's praying for strength or protection, it may help ease the stress when the pressure to perform is high. So don't rule out this Mind Tactic.

### Alternate You hard and easy

In any training program, you should follow a day of hard, intense exercise with one or even two days of "easy" training. This gives the body and mind time to recover before the next "hard" day. In addition, this helps prevent overtraining and encourages variation in your workouts.



USU assistant professor of Pediatrics, Navy Cmdr. (Dr.) Gregory Gorman, served on a panel of experts recently at the National Press Club in Washington, DC, where he discussed his research on the effects of deployment on children of military service members. The annual Symposium on Policy and Health was sponsored by the non-profit Population Reference Bureau and the Johns Hopkins Bloomberg School of Public Health Population Center.

## “Boot Camp II” Strategies for Thriving in the New Curriculum

The USU School of Medicine’s new curriculum is in place and the Class of 2015 began their first integrated module in August. In support of the new curriculum, the Office of the Associate Dean for Faculty designed an on-site Faculty Retreat entitled ‘Boot Camp II’ Strategies for Thriving in the New Curriculum.

Distinguished visiting professors, including USU faculty, presented various seminars in early October, including: *Outcome based Education and Curriculum Design and Team Based Learning & Teaching*, presented by Thomas Viggiano, M.D., Professor of Medicine & Medical Education, Mayo Clinic School of Medicine; *Changing a Tire at 80 MPH – Leadership in the Face of Change and The Art of Herding Cats – How to Run Effective Meetings That Are Productive and That All Enjoy*, presented by Ted Epperly, M.D., Clinical Professor of Family Medicine, University of Washington Program Director & CEO, Family Medicine of Idaho; *Small Group Teaching: Strategies & Techniques for the New Curriculum*, presented by Brian V. Reamy, M.D. and Cindy Wilson, Ph.D.

The week-long series of activities also included New Faculty Orientation Day, hosted by the USU Faculty Senate, and a Town Hall meeting addressing Curriculum Reform, presented by Air Force Col. (Dr.) Arnyce Pock.

Seminar presentations and corresponding handouts will be posted on the Associate Dean for Faculty (Faculty Development) webpage <http://www.usuhs.mil/medschool/deans/associatedeans/faculty/facultydevelopment.html>

## School of Medicine Annual Faculty Teaching Awards



Air Force Lt. Col. (Dr.)  
Jessica Servey



Army Col. (Dr.)  
Richard Conran

USU School of Medicine Dean Larry Laughlin recently announced the establishment of the Annual Faculty Teaching Awards to recognize exceptional performance by two School of Medicine faculty members in their role as teachers during the preceding academic year (1 July – 30 June). One winner was chosen from a Clinical Science department and one from a Basic Science department.

Several outstanding nominees for the awards were received and reviewed by the selection committee. After scoring and deliberation, the Dean was honored to present Air Force Lt. Col. (Dr.) Jessica

Servey (SoM ’95), Department of Family Medicine, and Army Col. (Dr.) Richard Conran, Department of Pathology, with awards.

Dr. Servey has been director of the Family Medicine Clerkship since returning to the USU in 2009. In this role she is responsible for managing the educational experiences for 170 students annually in family medicine, including 14 clerkship sites across the United States.

Dr. Conran is the second year medical student program course director in the department of Pathology. A practicing pediatric pathologist, Dr. Conran has served on numerous university committees since arriving at USU in 1992, while remaining active in consultation, pediatric research and undergraduate and graduate medical education. His current research interests include pediatric lung, endocrine and liver disease and disorders of the placenta.

Both winners will also be recognized by placement of their names on memorial bricks in the USU Quadrangle.

## Faculty Development Pearl – Student Advising

**All faculty serve as formal or informal student advisors. While different situations call for distinct strategies, there are some general principles that are foundational to skilled advising that cross the boundaries of different specialties and terminal degrees. Summarized below are 5 principles modified from Martin & O’Donnell, (Fam Med 1999;31(9):614-5).**

- Do not assume all students progress at the same pace, but always promote paced change and growth.
- Be available to students and be willing to listen and explore their concerns.
- Be willing to be vulnerable and to share how we ourselves learned from our own mistakes.
- Don’t forget to give positive feedback when it is earned.
- Help students move towards independence as self-directed learners and prepare them for life after medical school.

# Briefs

## Nominations being accepted for annual USU research awards

The **Leonard and Wu Awards for Excellence in Research** will recognize faculty members and AFRRRI scientists who, in the estimation of their peers, have made the most significant published scientific contribution to translational/clinical and basic biomedical research respectively, during the past three years.

**The recipients of these two awards will give his or her award lecture named in honor of Drs. Wu and Leonard during the University Research Days. Each recipient will receive a memento and a cash award of \$2,500.**

The Wu award recognizes excellence in the Basics Sciences and the Leonard award excellence in the Translational and Clinical Sciences.

**Any Uniformed Services University faculty member, staff, or student may submit nominations for the Awards.** The nominee must be either a member of the full-time faculty or an AFRRRI scientist at the University. The nomination should include:

- brief statement outlining the significance of the published research. This research should have been published (a) within the last three years, (b) while the nominee has been at the University and (c) the nominee should be first or senior author on the paper. The nomination letter should be signed by the person submitting the nomination.
- A copy of the nominee's curriculum vitae and a copy of the selected paper (Published after January 2008) upon which the nomination is based.

**The closing date for nominations is Monday, January 30, 2012.**

The recipients of the Awards will be announced no later than February 29, 2012. Previous holders of the award are not eligible following the first three full years of their last award.

Applications should be submitted to the Office of Research, attention Dr. Susan Rasmussen (srasmussen@usuhs.mil).

## 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, dates or times.

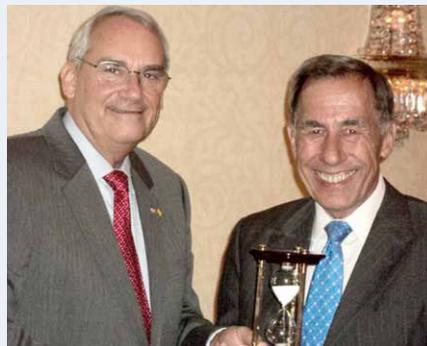
## Help Desk Closure

The Customer Service Division (CSD) Help Desk is closed for staff meetings and training on Thursdays from 2:00 PM until 3:00 PM. Online services are still available during this time. Utilize the USU Service Desk (<https://usuca/CAisd/pdmweb.exe>) to enter your request and it will be serviced accordingly.

## 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 dates or times.

## Haffner awarded Commissioned Officers Association honors



USU faculty member Capt. (Dr.) William Haffner, (USPHS, Ret.) was presented with the 2011 RADM Robert Brutsche Award recently by the U.S. Public Health Service (PHS) Commissioned Officers Association (COA). Since retiring from the PHS, Dr. Haffner has been a member of the USU faculty and editor of the Association of Military Surgeons of the United States (AMSUS) journal,

Military Medicine. Dr. Haffner completed two three-year terms as COA director and as a trustee for the Commissioned Officers Foundation in June 2011.

A physician and OB/GYN, Dr. Haffner began his career in the Indian Health Service in New Mexico and later became the Chief, Professional Office for the Physician Category in the PHS. He is a fellow and past president of the Association of Professors of GYN and OB of the American College of Obstetrics and Gynecologists, where an award has been established in his name.

The Brutsche Award is named in honor of Rear Admiral Robert Brutsche, USPHS (ret.), a legendary leader in the PHS Commissioned Corps and in the COA.



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*of the Health Sciences*

