

The Official USU Newsletter

the pulse

Volume 6, Issue 19 • December 19, 2011

www.usuhs.mil



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

Anne Allnutt

Layout and Design

Production

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



Photo by Ken Frager

On the cover

Air Force 2nd Lt. Ashley "Shorty" Solomon and Army 2nd Lt. Elizabeth Marx use friendly competition to improve their skills with laparoscopic surgical training equipment in the student lounge. (See story page 4)



From the Battlefield to the Field of Dreams

By Ken Frager

The 5th edition of the Military World Games, sponsored by the Conseil International du Sport Militaire (CISM), was held in Rio de Janeiro, Brazil in July. Almost 7,000 athletes from nearly 100 countries competed in 23 sports. Keeping these athletes safe from harm required expertise on and off the field--an effort led by USU's Army Col. (Dr.) Kevin deWeber, a family physician and director of the sports medicine fellowship program.

"This was the first time a sports medicine-trained doctor led the U.S. medical delegation and I think we really made a difference. This was affirmation of the importance of primary care sports medicine as a specialty and the strength of our academic fellowship, which is in its 17th year at USU," said deWeber. The U.S. delegation included approximately 225 people, including athletes, coaches, officials, and deWeber's team of 13 medical professionals responsible for keeping them healthy.

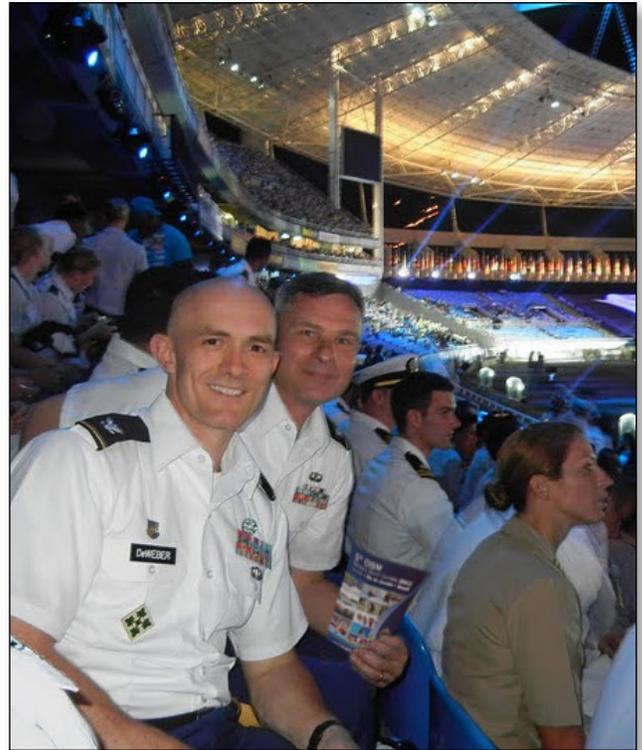
Among those assisting Dr. deWeber from USU were Army Col. (Dr.) Francis O'Connor from the Consortium for Human and Military Performance, and Air Force Capt. (Dr.) Sean Martin, who recently completed his fellowship at USU in sports medicine.

"The toughest challenge was to hand-pick providers from around the country and ensure that the coaches and athletes were happy with whichever provider they were assigned," said Dr. deWeber. While most of the

care the team provided was for sports injuries related to overuse, there were also cases of heat related injuries, some lacerations and contusions, and a severe allergic reaction.

"Fortunately we had experienced providers in the right places," said Dr. deWeber. "We also had the benefit of very nice Brazilian facilities--many of which will be used in the 2016 Olympics--and three diagnostic ultrasound machines that we transported and placed in American clinics in each of the three athlete villages. On top of that, the hosts served high quality food for the athletes, so we didn't have to worry as much about the GI disturbances we faced four years ago in India."

The next games are set for 2015 in South Korea.



Courtesy photo

Col. (Dr.) Kevin deWeber and Col. (Dr.) Fran O'Connor at the Opening Ceremony for the 2012 Military World Games.

Community Reach **EXTENDED**

By Christine Creenan-Jones

USU is an innovative place with strong ties and a commitment to the community. Still, few people in the community, outside of military medicine, know about the important work being done on this campus or the contributions being made on a daily basis...for now, anyway.

Anne Dimke, the new Community and Government Affairs Officer at USU, has been reaching out to local groups for several months now. She's telling them about the people, programs and research that make this university a special place and the direct or indirect impact they have locally and regionally.

"USU has only recently become more vocal about our mission, in part because of the increased interest from the community, but also because the contributions made locally and regionally have taken on greater relevance," said Dimke.

Dimke satisfies their curiosity by meeting with local business leaders, social groups and planning committees on a weekly basis. Her conversations run the gamut – from USU's novel discoveries for understanding and treating traumatic brain injuries to practicing frontline medicine in deployment zones like Afghanistan. She also takes the opportunity to remind her audiences that the breakthroughs made on the battlefields might also lead to improvements in the way their children and grandchildren might receive care.

"So far, the community response has been overwhelmingly positive because our work at USU is so near and dear to many people's hearts," she said. "Many of USU's neighbors have strong military ties, and they would probably be pleased to know that there is a university close by that is producing the physicians and other medical professionals who care for their friends, neighbors and family members who serve in uniform. And, as is commonly found, these same breakthroughs in care that are first honed on the battlefields, ultimately find their way into civilian medicine. Take the issue of traumatic brain injuries, for example. USU's students, faculty and staff are conducting research to improve care for service members that will also be useful on high school and college sports fields."

Dimke, a Tennessee native, feels the connection, too. She's married to an Air Force veteran and has worked with service members at military bases for several years now.

"My job at USU is especially meaningful, because I know firsthand how important nurses and doctors are



Photo by Thomas C. Balfour

Anne Dimke joined USU recently to help to strengthen relationships between the University and the local community.

to service members and their families," she said. "The lessons learned on this campus are tailor-made for them, because here, students learn to treat everyday injuries and illnesses and combat wounds, too. And as we continue to see an increase in the number of service members returning from deployments into local communities, there will be a greater need for the community, citizens and businesses, to get involved in support of these war fighters and their families."

Although USU's primary focus is educating the next generation of military health care providers and scientists, Dimke believes the university's special mission will evoke a strong community pride locally.

"The campus may be federally run, but one day I hope everyone in Bethesda embraces USU as their neighborhood university."

An Individual Idea That Benefits a Team

by Ken Frager

It started as a means to gain additional training time for medical students interested in pursuing surgical specialties. What it has turned into is a way to add friendly competition among students as they also gain exposure to manipulating laparoscopic tools. And behind the effort you will find two students driven to help their peers and do the heavy lifting to garner university support and funding.

Navy Ensign Huck Finne saw an opportunity to help his classmates

practice an important skill without leaving the main USU campus and began discussions within the Department of Surgery leadership to set up laparoscopic trainers in the student lounge. While Ens. Finne laid the groundwork, when he left for his third-year clinical rotation he turned over the reins to Air Force 2nd Lt. Kai Hata, a second-year medical student, to “close the deal” and she has done that and then some.

“Ens. Finne set this project in motion and turned to me to take it over so I wanted to make the best use of the experience,” said Lt. Hata. “I am interested in a surgical residency, and in particular general surgery, so I want as much opportunity to hone my skills as possible. With my workload, including serving as class action officer for microbiology and parasitology, getting to the SimCenter [National Capital Area Medical Simulation Center] to practice is not very convenient. I was able to identify space in

the student lounge, work with Facilities and Logistics and others to acquire the necessary equipment and supplies, and then together we found funding to keep the project going and to expand the project. We came up with the idea of friendly competition because we are by nature, I guess, a competitive group of students, although we keep it friendly since we will be seeing each other often throughout our medical and military careers.”

Lt. Hata also adds that students need to have the skills to qualify for fellowships, so the competition is a good way to help to see what others are able to do with their skills. Currently the system includes five basic tasks, including suturing, handling the tools and tying. As time and funding to keep the project going and to allow us to expand the project.

“This project originated in the mind of one of our medical students, but it is a great example of one of the great characteristics of USU — TEAMWORK,” said Air Force Col (ret.) Dr. David Welling, associate professor of surgery and anatomy in the USU Department of Surgery. “Along the way, obstacles were overcome and people worked closely together to make this project happen.”



Photo by Ken Frager

Air Force 2nd Lt. Kai Hata, a second-year medical student, practices her laparoscopic surgical techniques on the new trainer she helped to acquire with her classmates.

Schoneboom Honored with Excellence in Nursing Award

by Ken Frager

Army Col. Bruce Schoneboom, who recently was associate dean for academic affairs in the USU Graduate School of Nursing, was named a “Health Care Hero” by the *Washingtonian* magazine for 2011. According to the magazine, for 26 years, whether serving in a field hospital in Afghanistan, or as associate dean at USU, Schoneboom has inspired others with his dedication and his desire to invest in the country he loves. The *Washingtonian*’s first *Excellence in Nursing Awards* honored registered nurses who have gone beyond the call of duty to protect, preserve, and enhance the well-being of their patients and the community.



Courtesy photo

Pictured, l-r, Mr. Garrett Graff, Washingtonian Editor, Col. Schoneboom, Dr. AdaSue Hinshaw, Dean, USU Graduate School of Nursing, and NOAA Corps Capt. (Ret.) Ken Barton.

USU Alumni Association Names New Officers

by USU Staff

The USU Alumni Association recently held elections for a leadership change. The new association president is Army Col. (Dr.) Leon Moores, (SoM, 1990). The association's executive director is Dr. Ellen DeNigris, (SoM, 1985). Also elected were secretary-treasurer Army Lt. Col. (Dr.) Inger Lerra-Rosner (SoM, 1997), and executive committee members Dr. Marty Deafenbaugh (SoM, 1984) and Army Lt. Col. (Dr.) Romney Andersen (SoM, 1996).

The association board also expressed appreciation for the dedicated committee members who completed their terms of service. More than a half century of combined service to the Association has been provided by the president, Dr. Bill Madigan (SoM, 1982), secretary-treasurer Dr. Jane McCarthy (PhD, 1984), executive director Dr. Kevin Hall (SoM, 1987), and executive committee members Dr. Charlie Longer (SoM, 1981) and Dr. David Polly (SoM, 1985).



Photo by Ken Frager

USU's alumni association held a retreat recently, electing new officers and hearing from USU president Dr. Charles Rice about his vision for how the association can best support USU.

HPRC Health Tips

The Human Performance Resource Center Health Tips is 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>.

Be specific about your training

When training, an athlete should be specific about methods of training that meet the needs of the activity for which he or she is training. To achieve an optimal performance level, a sprinter will train in a different way than, for example, an endurance athlete like a marathon runner. Make sure to “stress the physiological systems” right for your type of activity. If you are going to compete in a race, you need to run to become a better runner. If you are going to compete in a cycling or swimming event, you must perform those exercises to become better. Want to be a better tennis player? Play tennis! Although a well-rounded program that includes strength training, aerobic conditioning, and flexibility exercises will improve your general fitness, to improve at a specific

activity or sport you must perform that particular exercise.

Physical activity can boost quality sleep

Besides keeping you healthy and fit, exercise has another important benefit. According to a study conducted on more than 2,600 men and women aged 18 to 85, individuals who exercise for 150 minutes a week at a moderate to vigorous level experience a 65 percent improvement in sleep quality. In addition, active people experienced less daytime sleepiness than those who are inactive. These findings appeared to be across the board—subjects experienced better sleep regardless of age, weight, and other health habits. For many, regular physical activity can be an effective, non-pharmaceutical alternative to improving sleep and concentration levels during waking hours.

The study, which was published in the December 2011 issue of *Mental Health and Physical Activity*, adds more evidence to the amazing body of research that demonstrates the importance of exercise for overall health.

Give your favorite recipes a makeover

During this holiday season, it can be challenging to maintain healthy habits when eating. For your family meals this season, try using the CDC's interactive tool “Recipe Remix” that revamps your existing recipes with healthier additions/

substitutions. You can find it at http://www.fruitsandveggiesmatter.gov/activities/recipe_remix.html.

Running to exercise

Running is a great exercise to help reduce risk of heart disease and stroke. Running improves the cardiovascular system by strengthening the heart muscle and improving circulation. As the heart muscle becomes stronger, it can pump more blood more easily. This helps deliver more oxygen to fuel working muscles and remove byproducts like carbon dioxide.

Swim to stay healthy

Swimming is an excellent way to reduce the risk of disease. It works the entire body and activates all the major muscle groups; contributes to muscle strength, flexibility, posture, and endurance; promotes weight loss and stress reduction; and improves cardiovascular conditioning by lowering the resting heart and respiratory rates and making blood flow to the heart and lungs more efficient. Swimming also is very low risk for injury because it places less stress on bones, joints, and connective tissues, thanks to the buoyancy of the water. Swimming 15 to 30 minutes each day can have a very positive effect on overall health.

If you enjoy reading the HPRC Health Tips you can find more by “liking” the Human Performance Resource Center on Facebook.

Interlibrary Loan Staff Keeps Knowledge In Stock

by Staff Sgt. Matthew Rosine

For USU students, quality education and professional success begins by hitting the books. The most valuable source of books at USU is the James A. Zimble Learning Resource Center (LRC). Within the LRC, one small group has the huge responsibility of ensuring that USU students get the “books” they need to succeed.

They are the dedicated behind-the-scenes workers of the Interlibrary Loan Department.

“The mission of the LRC is to support education and research at USU,” said Linda Spitzer, head of Reference and Interlibrary Loans. “We do that by purchasing and making available the latest medical information to faculty, students and staff.”

But, continual advances in medicine and research means medical literature is constantly growing by leaps and bounds. The LRC could not possibly purchase all of the new medical books and journals produced each year.

“When an LRC patron does not find what he or she needs by checking the LRC public catalog or electronic resources, the interlibrary loan staff will get the materials by requesting them from other libraries,” Spitzer said. Currently, the LRC borrows between 350 and 400 publications each month. It averages borrowing more than 4,000 products each year.

The interlibrary loan staff, which includes sisters Tina and Rina Roberts and Linda Reich, does more than just borrow materials from other institutions. Since the LRC is a member of the National Network of Medical Libraries, it is a trusted partner in a network of libraries that cooperate and share resources in order to provide access to the medical literature.

“We’ve seen so many changes during our time here at USU, which keeps us challenged and excited about our jobs,”

said Tina Roberts, while Rina concurred. “We both love the people, helping the students and faculty get what they need, and we both find the work very rewarding.”

As one of the premiere medical journal libraries in the Nation, the LRC’s interlibrary loan department actually lends 350 percent more material than it borrows. On average, the LRC lends more than 1,400 individual items to other libraries each month. They lend more than 16,000 publications each year across America, with the majority of these outgoing loans going to libraries within the Department of Defense and Veterans Affairs.

The silent hunters behind the shelves, the LRC team, don’t stop there. They also have made electronic advances to improve the quality of service they provide for their customers. If a customer needs to request materials from the LRC, they can fill out a request form. This form is located under Library Services inside Electronic Resources and the USU website. Additionally, PubMed users can create a LoansomeDoc account so they can order directly from the PubMed Web page.

L-R, Tina Roberts, with 20 years at USU, Rina Roberts, with 30 years and the ‘rookie’ Linda Reich, with 12 years, make up the Interlibrary Loan Department of USU’s Learning Resource Center, which borrows and lends hundreds of books each month.



By Staff Sgt. Matthew Rosine



Courtesy photo

Occasionally members of the USU family who are deployed take the time to send a note or photo. One such note to Dr. Rice recently sends a positive message home from a member of the USU Department of Surgery adjunct faculty.

Seasons Greetings! Hope all is well.

After five months, our surgical team will decrease its footprint in Afghanistan, and it is likely that I will be home by the end of the year. As you can imagine, emotions are high among our team, and my departure will be bittersweet. We have done good work here, made a difference, and developed lasting bonds. I am leaving my fellow warriors behind with the pledge that I will help make things better stateside, and apply all that I have learned here.

Happy Holidays to you and your family and all the best for a wonderful holiday season. I look forward to debriefing with you upon my return.

Very respectfully and Semper Fidelis.

Navy Cdr. (Dr.) Hassan A. Tetteh

Briefs

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.

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.

Nominations being accepted for annual USU research awards

The **Leonard and Wu Awards for Excellence in Research** will recognize faculty members and AFRRRI scientists

Honoring a Fallen Friend and Colleague



Photo by Specialist Ernest Sivia

USU paid a final tribute to Army Lt. Col. David Cabrera recently with a memorial service. Lt. Col. Cabrera was killed in action, October 29, 2011 in Kabul, Afghanistan, as a result of a suicide bomb attack on the NATO convoy with which he was riding. Lt. Col. Cabrera's family was presented with several honors, including two Army Commendation Medals, two Meritorious Service Medals, a Defense Meritorious Service medal, the Bronze Star and the Purple Heart.

Among those in attendance were Maryland Senator Ben Cardin; Karen McManus, Special Assistant to Maryland Congressman Chris Van Hollen; Dr. Jonathan Woodson, Assistant Secretary of Defense, Health Affairs; recently named U.S. Army Surgeon General MG Patricia Horoho; and Mr. Edward Chow, Jr., Maryland State Secretary Veteran's Affairs.

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:

- A 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).



UNIFORMED SERVICES UNIVERSITY *of the Health Sciences*

