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the pulse

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IN MEMORIAM • 1933-2011

James A. Zimble, M.D.



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On the cover

Dr. James A. Zimble, USU's 4th President and former Navy Surgeon General, passed away on Dec. 14, 2011. (See story, page 3)



National Honors for GSN Program Director

by Ken Frager

When an honor is presented only once a year to a single individual by their peers, the assumption is that the award is highly regarded. Therefore, the recipient must be among the best in their field. So when Army Col. (ret.) Linda Wanzer, MSN, RN, DNP, CNOR, was told she had been selected to receive the 2012 Association of periOperative Registered Nurses (AORN) National Award of Excellence in Perioperative Nursing, she was taken aback.

"This is just one of those moments in life when you look around and realize that you have made an impact in your professional field," said Wanzer, director of the GSN's Perioperative Clinical Nurse Specialist program at USU. "It is quite an honor to receive this from my peers personally, but I think just as important is the acknowledgement of the value of clinical nurse specialists in the operating rooms."

This award is the highest honor bestowed by AORN and is awarded once a year to one deserving recipient. Linda Wanzer is the 24th nurse to receive this honor in recognition of her accomplishments in the areas of practice, education, and research in perioperative nursing supporting excellence in patient care. She is one of only a very small number of military nurses to be recognized.

According to Dr. Carol A. Romano, associate dean for Academic Affairs at the GSN, "This recognition brings honor not only Linda but to the University and the Graduate School of



Photo by Thomas C. Balfour

Linda Wanzer, MSN, RN, DNP, CNOR.

Nursing. We are all proud to have Linda as part of our faculty!"

Wanzer will accept the award at the AORN Congress in New Orleans, March 24-29, 2012. AORN represents the interests of more than 160,000 perioperative nurses by providing nursing education, standards, and clinical practice resources to enable optimal outcomes for patients undergoing operative and other invasive procedures. AORN's 40,000 registered nurse members manage, teach, and practice perioperative nursing, are enrolled in nursing education, or are engaged in perioperative research.



REMINDER:

USU Town Hall Meeting
Wednesday, January 18, 2012
3:00 p.m.
Cafeteria, Building B

James A. Zimble, M.D.

Retired Navy Vice Admiral (Dr.) James A. Zimble, the fourth President of the Uniformed Services University of the Health Sciences (USU), and former Navy Surgeon General, died unexpectedly on December 14, 2011, at Lawrence and Memorial Hospital in New London, Connecticut. He was 78.

In a statement to university staff, faculty and students, current President Dr. Charles L. Rice said that Dr. Zimble “not only served USU with exceptional leadership for 13 years during his tenure as president, but he served his country in one capacity or another for 55 selfless and dedicated years. He led the university during a very challenging time in our history when the value of a military-specific medical education was often questioned, yet he remained steadfast in his support and guided us through, allowing us to thrive and continue to develop the finest military medical officers across all services.”

Dr. Zimble was born in Philadelphia on October 12, 1933. He earned his Bachelor’s degree from Franklin and Marshall College in Lancaster, Penn., before matriculating into the University of Pennsylvania’s School of Medicine, where he entered the Naval Reserve as an ensign and later received his Doctor of Medicine degree.

Dr. Zimble’s Navy career spanned 35 years of service to Sailors and Marines and their families. He completed his internship at the Naval Hospital in St. Albans, New York; trained in under-sea medicine at the U.S. Navy Deep Sea Training, Submarine, and Nuclear Power Schools; then returned to St. Albans for residency training in Obstetrics and Gynecology. He served on the OB/GYN staff at the Naval Hospital at Camp Pendleton, Calif., and the Naval Hospital in Philadelphia; was chief of OB/GYN and the director of Clinical Services at the Naval Hospital in Lemoore, Calif.; was director of Clinical Services at the Naval Regional Medical Center in Long Beach, Calif.;



Photo by Thomas C. Balfour

James A. Zimble, M.D.
*Vice Admiral, Medical Corps,
 U.S. Navy (Ret.)
 4th President,
 Uniformed Services University*

and served as the Commanding Officer of the Naval Regional Medical Center in Orlando. In 1981, he was promoted to Rear Admiral and served as The Medical Officer of the U.S. Marine Corps. In 1983, he became the Fleet Surgeon and Medical Advisor to the Supreme Allied Command, U.S. Atlantic Fleet; and later served as the Deputy Assistant Secretary of Defense for Strategic Planning and Medical Program Management in the Office of the Assistant Secretary of Defense. In 1987, Dr. Zimble was promoted to Vice Admiral, serving as the 30th Surgeon General of the Navy. As Surgeon General, he presided over the disestablishment of the Naval Medical Command and the return of the Navy’s Bureau of Medicine and Surgery. He managed the deployment of the hospital ships USNS Mercy and USNS Comfort, the Fleet Hospitals, and Medical

Department personnel for the Gulf War. He was also responsible for developing and establishing overall Naval health care policies and priorities, contingency and wartime planning, and program development in support of more than 2.8 million Navy and Marine Corps active duty and retired beneficiaries and their families.

After his retirement from the Navy, Dr. Zimble was named President of the Uniformed Services University of the Health Sciences by the Secretary of Defense. Among his many accomplishments as President, Dr. Zimble established the University’s Graduate School of Nursing, which has since grown from its charter class of two uniformed nurses in one advanced practice nursing discipline in 1993 to more than 530 graduates in 5 program areas, and the University’s National Capital Area Medical Simulation Center, now a model for simulation education nationwide. He was the first to initiate strategic planning and assessment processes at the university, and under his leadership, the university received the maximum term of ten years of accreditation with commendation from the Middle States Commission on Higher Education.

“Dr. Zimble leaves a giant legacy of devotion, dedication, selfless service, and a desire to always look for the best in everyone. He was a genuinely good man, superb military and academic leader, and a friend to so many of us. We will mourn his loss, yet I believe we are all very thankful that we had the opportunity to experience his warm demeanor and his superb leadership. We have lost a truly wonderful man,” said President Rice.

Funeral arrangements are pending. He is survived by his wife, Mona, and his eight children, Jennifer Howell, Daniel Zimble, Amy Butterfield, Sue Slover, Jennifer Steffenilla, David Richards, Emily Zadjura and Rick Findley and 12 grandchildren.

Celebrating the Holiday Season

Photos by Thomas C. Balfour



With activities for all ages, the USU Student Spouses Club Holiday party drew hundreds of USU faculty, staff, students and families to celebrate together during the holidays. Seasonal musical selections from USU's own Pretty Gritty and the Dermatones, games and crafts for guests of all ages, and good food made the event enjoyable for all.

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>.

Swim to stay healthy

Swimming is an excellent way to reduce the risk of disease. It works your 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 your resting heart and respiratory rates and making blood flow to the heart and lungs more efficient. Swimming is also very low risk for injury because it places stress on your 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 your overall health.

Be specific about your training

When training, an athlete should be specific about methods of training that meet the needs of the activity he or she is training for. To achieve an optimal performance level, a sprinter will train in a different way than, for example, an

endurance athlete such as a marathon runner. Make sure that you “stress the physiological systems” right for your type of activity. In other words, if you are going to compete in a race, you need to run to become a better runner. Likewise, if you are going to compete in a cycling or swimming event, you must perform those exercises to become better. Wanna 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.

Workouts you can do at home

You can fit in these workouts at your home to keep you on track. Finding time for your usual workouts can sometimes be difficult when schedules get busy. Two great physical fitness resources are the American College of Sports Medicine (ACSM) and the American Council on Exercise (ACE). Each has online workouts that you can try for free. For a total body workout that you can do at home with free weights, ACE includes videos of warm-ups, workouts, and cool-downs, and even a total body workout without additional equipment that you can try at home.

Could you be at risk of an eating disorder?

Eating disorders affect more women than men, and usually there is no single cause. Risks of developing an eating disorder can stem from genetics;

biologic, emotional, and personality disorders, as well as family situations. Warfighters are not immune to these disorders and may even have a higher percentage than the general population. Having an eating disorder can significantly impact your performance. Not getting enough food or not eating healthy, consistent amounts of food means that your body is not being fueled optimally for performance. The University of Maryland Medical Center has put together a report on risk factors, causes, symptoms, diagnosis, and treatment for eating disorders as well as links to other helpful resources.

DMAA-containing products in question

Dietary supplement products containing DMAA have been temporarily removed from military stores by the AAFES, but they are still available on the public retail market. HPRC has prepared a list of many of these products to help you watch for them if you are considering the purchase of dietary supplements. DMAA is found most commonly in products sold for bodybuilding or weight loss, but it can also be found in other performance-enhancing products, as well as in recreational party pills. The list also includes other names for DMAA that may be found on product labels. To download the list, go the Dietary Supplements Resources page under the “Resources” tab.

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

USU Is Moving To Google Apps!

We are excited to announce that USU will soon move its email and calendar platform from Group Wise to Google Apps. With Google Apps, USU will gain the benefits of a robust and innovative feature set, the

ability to access email and calendar services from any Internet-connected computer, much more storage capacity, and lower infrastructure and support costs. What’s more, Google Apps is easy to use, and should prove

to be a more efficient way to manage your email and calendar!

In the coming weeks, you’ll receive additional announcements as the university begins switching employees’ Group Wise accounts to Google Apps. NOC will keep you up to date as the migration progresses. USU Google Apps Go Live Date is February 22, 2012!

Soldier Sets Sail On Navy Career, Again

By Christine Creenan-Jones

Ensign Sean Simmons, a first-year medical student, has travelled a very unusual course to USU. His journey – 17 years in the making – began on the “straight and narrow” 30 miles away at the Naval Academy in Annapolis, but it took several wild twists and turns from there.

After graduating from the prestigious university, Simmons, like many Sailors, spent most of his Navy career on ships, travelling the world. A natural leader even then, he was leading a 40-man division on the guided missile destroyer, USS CURTIS WILBUR (DDG 54) by the time he was 23.

“It was challenging work, but it was incredibly rewarding, too. I felt like I could accomplish anything in the Navy,” Simmons said.

His mettle was tested a few years later when he left “ship work” behind to try out for the Navy SEALs – a specially trained group of Sailors who carry out some of America’s most important and dangerous missions.

But, the program was tough and unforgiving. Simmons had difficulty managing his leadership responsibilities in the cold and “rang out” during winter “Hell Week.”

His frustration was palpable.

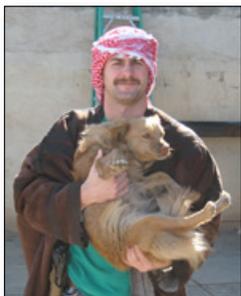
“Naval officers only get one shot, and mine was gone,” Simmons said.

But, his drive was still there. Simmons – by now an ROTC instructor at the University of Pennsylvania – made the “radical” decision to trade his Navy commission for an Army enlistment.

“I really loved teaching, but I just couldn’t let go of wanting to be in special operations,” he said. “So, I chose the quickest route there.”

The path to retain his commission in special operations was much longer, and Simmons was eager to roll up his sleeves and prove he was both smart and tough enough to wear the Army’s Green Beret.

Vindication came 14 months later. Simmons completed all six legs of the



Army’s rigorous Special Forces Qualification Course. He was an expert in Unconventional Warfare now, and these hard-earned skills were quickly utilized on real-life battlefields.

Simmons served back-to-back tours in Iraq and Afghanistan – right in the crux of two treacherous wars. In Iraq, he participated mostly in Direct Action missions. In Afghanistan, he trained fledgling Afghan Commandos for combat.

His work overseas was gritty and dangerous. In less than three weeks, one Soldier on his Special Forces team was critically wounded and another – his close friend, Jeff -- was killed saving Simmons’ life.

“Our team commander was clearing a path in front of me, and an IED detonated,” he said. “It was a truly shocking, life-changing experience. I’ll carry it with me always.”

For Simmons, four years of direct combat was enough. He’d seen enough violence to last a lifetime. Simmons was ready for one final about-face, this time at the Uniformed Services University.

“I had done everything I had ever wanted to do in the special operations community,” he said. “Now, I just want to make sure other servicemembers have access to the absolute best medical care available today.”

An ensign again, Simmons re-commissioned into the Navy before starting at USU, so he can be close to water again. New on campus, Simmons is just beginning his journey, but has already discovered a strong interest in both emergency and family medicine – two boots-on-the-ground disciplines.

“I can stay operational in both of these fields, and I want to be out there with the troops,” he said. “They are who I’ll always be.”

For the Sailor-turned-Soldier-turned Sailor again, some things will never change.

CHE director Recognized for National Leadership

By Ken Frager

USU’s Sylvia Scherr, RN, MS, will be honored during the upcoming annual conference of the Alliance for Continuing Medical Education with two outstanding service awards.

Scherr, the director, Continuing Education for Health Professionals, will receive a 2012 President’s Award in recognition of her outstanding leadership and contributions to the Alliance as Leader of the Federal Health Care Section 2010-2012. She also will receive a Distinguished Member Award in recognition of her overall contributions and service to the Alliance over the past 11 years.

According to Scherr, “The Federal group was really struggling and was on the verge of being absorbed into another group before USU’s leadership allowed me to assume responsibility for leading the effort to keep the group alive. Thanks to the strength of our team from throughout the Federal system, we were able to resurrect the group, while also expanding the services for members. When every dollar spent these days is questioned, especially with membership organizations, we have made membership in the Alliance a better value and more effective in support of Federal CE workers. It’s an honor to be recognized for this work, but it wasn’t done alone — it was a terrific group effort.”

Duplicating updates service costs

By Staff Sgt. Matthew Rosine

When President Obama signed an executive order in November directing Federal agencies to reduce their printing costs by 20 percent, the university did its part to comply. With the new year comes increases in the prices for printing services, beginning Jan. 15, 2012, at the USU Duplicating Center.

“Buying paper, copier maintenance and operational costs have all gone up rapidly over the last 10 to 15 years,” said Arta Mahboubi, the assistant vice president of Administration. “Even with those increases we have managed to hold our prices steady since 2009 up until now and continue to stay in line with or below what outside organizations would charge.”

According to Ms. Mahboubi, the change comes as part of a two-fold need for the Administrative Services

Division, with the increased “greening” of the University and DoD necessitating the University to raise prices. Recycled paper is currently more expensive than “virgin,” or first-use, un-recycled paper. One case of “virgin” paper costs the University approximately \$25, while the same case of recycled paper costs more than \$37.

“We are only raising our costs to meet our rising expenses and to stay within our cost model,” Mahboubi said. “Customers can still continue to expect the same outstanding service they always have. Our customers are important to us -- without our valued customers, we wouldn’t have jobs.”

USU’s duplicating services branch will raise the current cost, per copy, of small copies from 8 cents to 10 cents. The current cost for all large duplicating requests will increase from 4 cents

to 5 cents per page, and the cost for color copies will increase from 50 cents to 75 cents per page.

Departments also will now be charged for bulk paper distributed to them. This is a new cost-and-spending initiative, so the assistant vice president for Resource Management will be making budget increases for each department to help off-set the costs of paper distribution. Department budgets will be funded based on the fiscal year 2011 paper use, and the duplicating personnel are tracking current paper distribution.

The Duplicating Center also will be adjusting costs for other services in the future, including the center’s engraving and plotting services. They will begin charging customers for these services, although this is not projected to start until October 2012.

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.

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 (srasmsussen@usuhs.mil).



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