

The Official USU Newsletter

# the pulse

Volume 7, Issue 11 • July 12, 2012  
[www.usuhs.mil](http://www.usuhs.mil)



**Sharon Willis**

Deputy Vice President for External Affairs and Managing Editor

**Christine Creenan-Jones**

Contributing Writer

**Lori Fields**

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 swillis@usuhs.mil or by calling 301-295-3578.



Courtesy Photo

**On the cover**

The Bataan Memorial Death March is a 26 mile course across New Mexico's desert terrain. It honors the World War II veterans captured by Japanese soldiers and forced to walk more than 80 miles. Vince Cozza, a USU volunteer, and his father, Stephen Cozza, M.D., professor of psychiatry at USU, walked the course this year with wounded warriors Vince helped train.



# USU father and son run for honor, remembrance

By Christine Creenan-Jones

Twenty six miles on foot across the sweltering desert terrain is a grueling course for anyone. Still, Vince Cozza, a USU volunteer in the Department of Anatomy, Physiology and Genetics, felt more humbled than accomplished when he crossed the finish line in New Mexico last March.

Although Cozza's challenge was significant – the Bataan Memorial Death March at White Sands Missile Range is meant to be difficult – he completed the marathon on two good legs, unlike most of his teammates.

Cozza, a top-ranking high school athlete, has been running with wounded warriors – mostly Soldiers who've lost their limbs in war – at Walter Reed for close to three years now. Inspired by their resolve, he recently joined them on a much longer journey, 2,000 miles away. The treacherous desert course tested everyone's mettle, but each of them persevered, despite intense fatigue.

"We started the race in the morning, when it was still dark and cold outside. The path was long and parts of it were unpaved too, which made the course really difficult to navigate. I thought it was hard, almost impossible at times, and I've been running cross country for many years," Cozza said. "Imagine finishing on a leg that isn't yours. A lot of my teammates did. They're amazing, and I feel honored to have raced with them."

The march itself was special, too. The desert run lauds World War II veterans captured by Japanese military and led on a forced march out of Bataan in the Philippines. The course they followed was treacherous. American prisoners walked for 12 days and travelled 86 miles. Thousands were beaten and killed along the way. Many survived, though, and some even came to the Memorial Run at White Sands to cheer Cozza and his teammates on.

"Military families have always made huge sacrifices for our country," said



Courtesy Photo

Vince Cozza, a volunteer at USU, marches with a teammate at the Bataan Memorial Death March at White Sands Missile Range in New Mexico.

Cozza. "For me, doing this march was a way of showing my immense appreciation for their service."

His gratitude reaches far and wide, and it resonates strongly at home, too. Cozza's father, Stephen, is a retired Army colonel who spent his entire uniformed career healing warriors as a military psychiatrist. Now, he works at USU's Center for the Study of Traumatic Stress, creating new military programs that are designed to improve psychological health for servicemembers everywhere.

Dr. Cozza, motivated by the wounded warriors his son helped train, ran with the team at White Sands Missile Range, too. Their spirit inspired him. So did his son.

"I've spent a lot of time working with injured servicemembers in my professional life. Engaging with them in a whole new way was incredible. They didn't let their injuries hold them back at all. It was really amazing to watch them persevere through a tough physical and mental course and come out on top," Dr. Cozza said. "It was also a great experience to see Vince incorporate his passion for running into meaningful volunteer work."

# Top Army doctor returns to USU

By Christine Creenan-Jones



Photo by Thomas C. Balfour

Eric Schoomaker M.D., Ph.D.

Although Eric Schoomaker, former Surgeon General of the Army, is USU's first scholar in residence, he's been an important part of the university's fabric for many years. In fact, the retired lieutenant general has been shaping scholarship at USU since the late 1970s, when the university's first administrators were still carving USU's path from a humble campus with a few dozen students.

Back then, Jay Sanford, the university charter president, sought Schoomaker's advice on ways to comprehensively tie human genetics instruction into the curriculum effectively. Armed with a PhD in human genetics, a medical degree and clinical training, Schoomaker helped matrix the original program so new students would gain a more thorough understanding of the body's basic building blocks by integrating genetics instruction across multiple departments and disciplines.

"When I first visited the campus, USU was still a work in progress with Buildings C and D still in the construction phase. But even then, I knew it was going to be something great. Military medicine needed a place like USU, because it used a specially designed curriculum with

uniformed physicians and graduate researchers in mind to help address some of the knowledge gaps existing among servicemembers graduating from civilian medical schools," he said. "Jay Sanford and other early architects of USU's educational experience had a very far-sighted vision when it came to this place."

Besides helping fine-tune the military's medical curriculum in Bethesda, Schoomaker was busy with other important work at the Walter Reed Army Institute of Research in Washington, D.C. Schoomaker conducted basic and applied clinical research on different aspects of blood disorders affecting American troops.

"I've always loved my work, because I help warriors and their families, who quite frankly, are some of the finest people I've ever met," he said. "I had the opportunity to leave Army medicine pretty early on, but thank goodness, I was well-advised by wiser mentors and smart enough to realize that I was already working with a very talented and dedicated group of men and women."

Schoomaker's focus on Soldier wellness continued at Walter Reed Army Medical Center, his next duty assignment, while serving as the hospital's Assistant Chief of Medicine and Program Director for the Internal Medicine Residency. While there, he also maintained a close relationship with USU, mentoring the medical students who passed through his wards and collaborating with other professors as the university's Faculty Senate President.

"USU had matured significantly by now, and I could already see how well the founding vision was playing out thanks to the bold leaders and dedicated faculty members on this campus," he said. "I was proud to be a part of USU's growing legacy."

Like the university, Schoomaker's reputation was spreading too. An accomplished physician and officer, he was offered leadership positions

on Army posts across the globe, where he helped develop improved standards for military medicine, from creating new hospital protocols centered around patient-focused care to changing the business model for military medicine to jumpstarting novel research investigations targeting complex wounds and expanding the training opportunities for military health care providers like USU graduates.

After serving as Commanding General of the Walter Reed Army Medical Center and Chief of the Army Medical Corps, Schoomaker's trailblazing work soon caught the attention of top-ranking government officials, including President George

## Important USU Security Notes:

- USU badge identification (ID) cards are to be worn at all times while on University property. Your ID badge should be displayed on your front between your shoulders and waist. If you see someone without their ID badge challenge them. Remember—security is everyone's responsibility.
- USU badge ID cards should not be worn off site. You should not advertise where, and by whom, you are employed. OPSEC, OPSEC, OPSEC!
- Is your security investigation/clearance up to date? If you are unsure, inquire at the Security Office.
- When you renew your USU badge ID card, check your CAC expiration date as well.
- If you are a contractor and you need to renew your USU badge ID, please bring with you a signed memorandum of employment on USU letterhead.

# First class of Navy Postgraduate Dental School students graduate

By Emily Greene

USU contributed to the health and wellness of the defense community in a new way recently, when the first class of postgraduate dental students walked the graduation stage at the Walter Reed National Military Medical Center on June 1.

The first class of dental students to earn Master of Science in Oral Biology degrees from USU's Naval Postgraduate Dental School marks the beginning of a new era of superior dental education provided by the armed services, for the armed services.

As the class of 2012 prepared to embark on their dental careers, leaders in the field expressed admiration of their dedication to their chosen profession.

"Your creativity and professionalism never ceases to amaze me," Navy Capt. Lee L. Cornforth, commanding officer of the Navy Medicine Professional Development Center, Navy Medical Service Corps said. "Regardless of service, you are a credit to dentistry and military medicine."

Navy Capt. Robert M. Taft, Deputy Chief, Bureau of Medicine and Surgery, Navy Dental Corps and former dean of the Naval Postgraduate Dental School at USU said he was humbled to have the opportunity to attend the graduation as the keynote speaker.

"This graduation represents a culmination of hard work in specialized training where these officers have spent time away from family and loved ones in order to support our warfighters," Taft said. "It is a spectacular occasion for me and for all of us in military dentistry."



Courtesy Photo

Navy Capt. Glenn Munro, Dean, Naval Postgraduate School, said the graduation is just a starting point for the students as they prepare to disperse across the military medical community in their new duty stations.

"This new program at USU is a force multiplier for dental and oral health for all the services," Munro said. "We are preparing our students for success both within military dentistry and when they leave the service as civilian practitioners. Many of these students will return here to teach and share their experiences and knowledge."

Munro said the lessons the students take away from the University encompass more than what they learned in class.

"These students are leaving here with a solid base in the customs and traditions that set us apart as military dentists," he said.

# First class of Air Force Postgraduate Dental School students graduate

by Leann Ori

After two years of hard work and dedication, USU's first class from the Air Force Postgraduate Dental School walked across the commencement stage and received a Master of Science in Oral Biology on June 21.

They proved themselves by mastering a rigorous curriculum that melds traditional benchmarks with unique military training, dynamic residency opportunities and research – an important piece of the learning program, according to Air Force Colonel Thomas Schneid, D.M.D., M.S., dean of USU's Air Force Postgraduate Dental School.

"Conducting original research gives the residents a sound scientific basis for the information learned in their programs and sets the course for lifelong learning," he said.

Less than a month after graduation, USU's newest alumni have already assumed various leadership positions at duty stations across the globe. They're harnessing the diverse skills they learned at the Air Force Postgraduate Dental School to care for military families – the central focus of most USU learning threads.



Courtesy Photo

"Our residents are immersed in the military throughout their training," Schneid said. "They participate in readiness exercises during their program orientation and complete various training requirement during the course of their residencies."

This formula mirrors the academic framework of many USU programs and helps cultivate the sophisticated dentists military medicine needs.

# Top Army Doctor...

continued from page 3

W. Bush, who named Schoomaker the 42nd Surgeon General (SG) of the Army and Commander of the Army Medical Command in 2007.

Although a huge accomplishment, Schoomaker's new job came with many heavy responsibilities. More than three million Soldiers and their families fell under his care. He was also responsible for managing almost every other aspect of Army Medicine, including serving on USU's Board of Regents.

"Being an SG and commanding the Army's medical force during war was very stressful, but I got out of bed motivated to go to work every day, even in the midst of challenging situations, because I felt strongly that I was doing something meaningful, something important for Soldiers everywhere," said Schoomaker.

His drive continues, even after retirement. Schoomaker, at USU full time now, is harnessing all of his unique medical and leadership experiences to continue making positive changes for warriors and their families everywhere. This includes exploring the use of non-traditional or complementary medicine for treating injuries and illnesses. This approach opens the aperture of effective care--and more fundamentally--moves the central focus from improving healthcare alone to optimizing health.

Schoomaker's work at USU evolved from projects he started as the Army SG. He had observed the effective use of complementary medicine – acupuncture, massage therapy, yoga, meditation and other non-traditional methods – on military wards. As a result, Schoomaker helped establish DoD-funded programs to learn which alternative therapies work.

Today, Schoomaker continues collaborating with several members of USU's extended family, including Dr. Wayne Jonas and the Samuelli Institute, leaders in the integrative medicine movement. Together, they're pushing for a more holistic, patient-focused medical

## USU 40th Anniversary Trivia #3



Many university graduates return to USU's campus as instructors, eager to share their knowledge with new generations of healthcare professionals following in their footsteps. These professionals are some of USU's most effective instructors, because they offer students a unique, first-hand perspective about the challenges of military medicine.

Name a USU alum currently teaching in the School of Medicine, Graduate School of Nursing and Graduate Education Programs. The first person to e-mail at least three faculty members (one from each program) to Christine.Creenan-Jones@usuhs.edu wins a large coffee and doughnut courtesy of USU's cafeteria.

## 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>.*

### Exercise and sleep

Many people believe exercise wards off the effects of sleep loss, but it turns out that exercise only mitigates sleepiness and fatigue for an hour and doesn't seem to have

any effect on boosting performance throughout the day. Although regular exercise—both strength training and high-intensity endurance—does help you sleep better, it can't replace sleep loss—only actual sleep will do that. The loss of sleep affects physical performance, primarily by reducing your motivation to exercise—so, when thinking about your workout plan for the week, include a plan to get enough sleep.

Visit <http://hprc-online.org> for information on how to improve the quality and length of your sleep. Visit the "Mind Tactics Sleep Optimization" and "Physical Fitness" sections of HPRC's website as well.

approach that emphasizes health and well-being.

Schoomaker is working to explore this nexus of health practices and policy and to further integrate the most effective non-conventional

therapies into mainstream practice, so vexing injuries can be tackled from all possible angles, and every warrior can be made whole again – a mission both Schoomaker and USU have embraced together for several decades now.

# Collegiate Professorship Named for GSN Dean

By Sharon Willis



Ada Sue Hinshaw, Ph.D.

The American Academy of Nursing recently named Ada Sue Hinshaw, Ph.D., a “Living Legend,” and now the Graduate School of Nursing dean has achieved another distinction.

The “Ada Sue Hinshaw Collegiate Professor of Nursing” award was recently established at the University of Michigan, where Hinshaw served

as professor and dean of the school of nursing prior to coming to USU. Collegiate professorships are funded by the University, are competitively awarded to senior faculty and are considered to be one of the highest honors bestowed upon faculty at the University of Michigan. The Collegiate Professorship is named in honor of a former faculty member who has made substantial contributions.

“Since this is a Collegiate Professorship,” said Hinshaw, “it is a particular honor because the senior faculty in the Chair names it for a professionally-recognized colleague of their choosing. Being honored by ones colleagues is the highest tribute.”

The first Ada Sue Hinshaw Collegiate Professorship was awarded to Dr. Richard Redmond, whose expertise is in the area of nursing and health services research.

# GSN Receives 10-Year Accreditation

By Sharon Willis



Photo by Thomas C. Balfour

The Commission on Collegiate Nursing Education (CCNE) has granted the maximum 10 years accreditation to USU’s Graduate School of Nursing for its master’s degree program, following a recent site visit. The award extends the school’s accreditation to June 30, 2022.

“I am delighted - but not surprised - that the CCNE has reaccredited the GSN for a full ten years,” said USU President Charles L. Rice, M.D. “There is no doubt that this excellent result is due to the hard work of our dedicated faculty and our outstanding students. The strong and steadfast support of the Federal Nursing Chiefs has also played an important part in this excellent outcome.”

The CCNE’s Board of Commissioners determined that the program met all four accreditation standards with no compliance concerns.

“I believe the reason why the GSN got the maximum accreditation with no compliance issues is because the faculty worked together to establish a solid foundation to prepare,” said Sandra Bibb, Ph.D., associate dean for Faculty Affairs in the Graduate School of Nursing, who spearheaded the GSN’s accreditation efforts. “We formed a steering committee and researched and collected documents, and implemented an action plan that involved faculty, staff and students. We all worked together, were well informed, and it made a lot of difference.”

The next on-site evaluation by the CCNE Board of Commissioners will be in the fall of 2021.

# USU alumnus wins AMDIS Award

By Sharon Willis

The Association of Medical Directors of Information Systems (AMDIS) recently presented its 2012 awards and USU graduate Army Col. (Dr.) John Scott (SoM ’90), a pediatric cardiologist, was among this year’s recipients.

AMDIS, a non-profit organization, was founded in 1997 as a professional organization for physicians interested in and responsible for healthcare information technology. According to the organization, the AMDIS awards are presented annually to individuals or organizations that demonstrate excellence and outstanding achievement in applied medical informatics, and honor those who have successfully applied information systems and computer technology into the practice of medicine. Awards are presented during the annual AMDIS-sponsored

Physician Computer Connection Symposium, and recipients are featured in Modern Healthcare and Modern Physician magazines.

Scott, who is the clinical informatics and accession medical policy program director in the Office of the Assistant Secretary of Defense for Health Affairs, received the award for his work in moving patient records from Walter Reed Army Medical Center to the new, consolidated Walter Reed National Military Medical Center and transferring them from one system into another in a very short period of time. His accomplishments were featured in a June 23, 2012, article from Modern-healthcare.com, [www.modern-healthcare.com/article/20120623/MAGAZINE/306239957/1140](http://www.modern-healthcare.com/article/20120623/MAGAZINE/306239957/1140).





# UNIFORMED SERVICES UNIVERSITY *of the Health Sciences*

