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Sharon Willis

Deputy Vice President for External Affairs and Managing Editor

Gwendolyn Smalls

Chief, Media Affairs

Tech. Sgt. Oshawn Jefferson

Deputy Chief, Media Affairs

MC2 Brittany Cannady

Contributing Writer

Christine Creenan-Jones

Contributing Writer

Lori Fields

Layout and Design

Production

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Juliano receives Award for Education in Neuroscience

By Sharon Willis



Thomas C. Balfour

Sharon L. Juliano, Ph.D.

The Society for Neuroscience has presented its annual Award for Education in Neuroscience to Sharon L. Juliano, Ph.D., professor of Anatomy, Cell Biology and Genetics, and director of the Uniformed Services University of the Health Sciences (USU) Neuroscience graduate program.

The prize recognizes individuals with a distinguished career who have made outstanding contributions to neuroscience research and education. The award was presented Oct. 13 during Neuroscience 2012, SfN's annual meeting and the world's largest source of emerging news about brain science and health. Osvaldo D. Uchitel, M.D., Ph.D., of Instituto de Fisiología, Biología Molecular y Neurociencias (Institute of Physiology, Molecular Biology and Neurosciences) in Argentina, was also a recipient of this year's award.

"Dr. Juliano and Dr. Uchitel are exceptional advocates for neuroscience education and training of students worldwide," said Moses V. Chao, Ph.D., president of SfN. "We are honored to recognize their commitment to attracting the world's best and brightest to the field of neuroscience."

Juliano has played a vital role in promoting neuroscience education and training in the global community through her active involvement in the International Brain Research Organization and organization of workshops and courses in Latin America, Eastern Europe, and Africa. In 2008, her efforts to promote international neuroscience education led her to organize the first Teaching Tools Workshop in Africa — a program that equips junior faculty members with tools and a framework for teaching neuroscience in African countries — which took place in Senegal. Since then, the program has reached educators in Egypt, Kenya, Ghana, and South Africa. She also leads efforts to educate students in developing countries about ethical issues in research and acquire used laboratory equipment to donate to researchers in developing countries.

In addition to her efforts abroad, Dr. Juliano has mentored more than 25 interns, graduate students, and postdoctoral fellows in the United States. She has been honored with several awards, including the Flexner Award for Outstanding Research (Institute for Neurological Sciences) and the Distinguished Service Medal. Her USU research focuses on the development of the cerebral cortex.

"This award brings national recognition to the extraordinary contributions that Dr. Juliano has made for decades to the education of outstanding scientists and physicians at USU and around the world," said F. Edward Hébert School of Medicine Dean Larry W. Laughlin, M.D., Ph.D. "It is an award that is extremely well deserved from the prestigious Society of Neuroscience."

The Society for Neuroscience is an organization of more than 42,000 basic scientists and clinicians who study the brain and nervous system.



On the cover

USU fourth-year medical students participated in Operation Bushmaster, a week-long field exercise held at Fort Indiantown Gap, Pa. The medical students are joined in the exercise by nurse practitioner students from USU's Graduate School of Nursing. (See story, page 6.)



Saluting Women In Medicine

by Bernard S. Little, WRNMMC Journal Staff Writer

“My mother was a cancer patient during my high school and college years,” said Army Lt. Col. (Dr.) Inger Rosner, director of urologic oncology and associate director of the Center of Prostate Disease Research at Walter Reed Bethesda.

“It was a very challenging time for my family,” Rosner continued. “Her surgeons and oncologist had such an enormous impact on me - they were caring, thoughtful and so dedicated. It inspired me to try to give that level of care to others.”

It’s that passion of science and the desire to help people that motivated Rosner and her colleagues, Navy Capt. (Dr.) Lisa Mulligan, Navy Capt. (Dr.) Christine Sears, Cmdr. (Dr.) Katherine I. Schexneider, Cmdr. (Dr.) Colleen Dorrance, Lt. Cmdr. (Dr.) Tamara Kindelan, Air Force Maj. (Dr.) Kerry Latham and Dr. Susan Dunlow, to pursue careers in medicine. They are among the many physicians at Walter Reed National Military Medical Center (WRNMMC) contributing to the healing of the nation’s heroes and their families.

September was Women in Medicine Month, launched by the American Medical Association (AMA) in 1990 to recognize the contributions of female physicians to health care and their communities, and encourage more women to consider careers as physicians. Walter Reed Bethesda recently recognized the contributions and dedication of the many women in medicine assigned there.

“A career in medicine can be very challenging and demanding, but rewarding,” added Rosner, who earned her medical degree from the Uniformed Services University of the Health Science (’97) at Naval Support Activity Bethesda. Mulligan, deputy commander for surgery at Walter Reed Bethesda, said although women now make up approximately 50 percent of students at medical schools, “the military side has been behind numerically.” Mulligan is one of a few



Photo by Bernard S. Little

Passion for science and the desire to help people are the common reasons Walter Reed Bethesda physicians (from left) Cmdr. (Dr.) Katherine I. Schexneider, Navy Capt. (Dr.) Lisa Mulligan, Army Lt. Col. (Dr.) Inger Rosner, Lt. Cmdr. (Dr.) Tamara Kindelan, Navy Capt. (Dr.) Christine Sears and Dr. Susan Dunlow, chose to pursue careers in medicine. They are among the many physicians at Walter Reed National Military Medical Center (WRNMMC) contributing to the healing of the nation’s heroes and their families.

women neurosurgeons in the military and is the neurosurgery specialty leader to the Navy Surgeon General. A Harvard grad, Mulligan earned her medical degree from USU (’93), did her internship at the former National Naval Medical Center (now WRNMMC) in general surgery, completed her neurosurgery residency training through the National Capital Consortium Residency program, and was an epilepsy surgery fellow at Yale University.

According to numbers from the AMA and Association of Women Surgeons, in the U.S., female physicians outnumber male physicians in pediatrics, and female residents outnumber male residents in family medicine, obstetrics and gynecology, pathology and psychiatry, but some medical specialties, such as surgery, remain primarily male-dominated.

Kindelan, who is a minimally invasive and bariatric surgeon at Walter Reed Bethesda, explained her parents were influential to her in pursuing a medical career.

“My parents were the first ones to tell me I could be a doctor, and I

guess it just stuck in my head. When it was time to choose what to do with my life, I chose medicine. The more and more I learned afterwards made me sure I made the right choice,” Kindelan said.

Latham, a plastic surgeon, said she also became interested in medicine as a little girl. “I knew I wanted to help people, and I like problem solving. [Medicine] seemed like a good fit.”

The plastic surgeon explained how a humanitarian mission to the Philippines as a medical student at USU (’00) also influenced her career choice.

“I met a teenage boy with an unrepaired cleft lip. He told me, through a translator, that he wanted to have surgery to fix his lip. He said he was in love with a girl in town but she would not marry him because he had an unrepaired cleft lip. He also said when he was a little boy, another mission had come, but he was sick, so they could not do his surgery. He said he had been waiting many years for surgeons to come back to help him. I helped the surgeon do his cleft lip repair. I had never seen

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East meets west at USU to improve military medicine globally

By Christine Creenan-Jones



Rempei Yanagawa, M.D.

USU's reputation as the premier academic home of American military medicine transcends distant boundaries. In fact, people from all over the world come here to learn from USU's faculty, including Navy Commander (Dr.) Rempei Yanagawa, a visiting professor from the National Defense Medical College (NDMC) in Japan.

As part of his experience at USU, Yanagawa, and three of his students, completed field training at Operation Bushmaster, a hands-on learning exercise that captures some of the unique obstacles military doctors and nurses face on deployments.

Yanagawa hoped the time he spent on USU's simulated battlefield will shape the way military

medicine is taught in Japan. Like the officers here, NDMC students trade a tuition-free education for a military service commitment that often includes work assignments in challenging places.

Yanagawa, a NDMC alum himself, knows these rigors well. He's served in the Japanese Navy for 22 years now and has travelled to many places around the world, including Antarctica, where he took care of an entire Japanese fleet aboard the Shirase, an icebreaking ship used primarily for research expeditions.

Living and working conditions on the Shirase were difficult, especially at night, when temperatures plummeted to double digit negatives. The nearest airport, in case of serious injury, was also thousands of miles away in South Africa. As a result, Yanagawa had to be prepared to handle all sorts of medical emergencies.

A teacher now, he believes the best way to learn about military medicine is through classroom lectures and field exercises, so students can practice working in austere environments, like the Shirase.

"I came here to see what USU teaches at Operation Bushmaster, because I believe interactive learning is more powerful than didactic instruction," Yanagawa said. "We don't have field exercises right now, but we need them, and I know we can learn from the people here."

USU and NDMC have collaborated for many years now. In the 1980s, Jay Sanford, M.D., USU's third president, travelled to the overseas college and presented lectures to Japanese servicemembers. Since then, several NDMC students have completed USU's Military and Contingency Medicine course, which includes five days of field training at Operation Bushmaster.

Saguil Appointed Newest Assistant Dean

By Gwendolyn Smalls



Lt. Col. (Dr.) Aaron A. Saguil

The Uniformed Services University of the Health Sciences recently selected its newest assistant dean, Army Lt. Col. (Dr.) Aaron A. Saguil, School of Medicine Dean Dr. Larry Laughlin

made the announcement recently. "I am delighted to announce the selection of Lieutenant Colonel Aaron A. Saguil, MD, MPH, FAAP as Assistant Dean for Recruitment and Admissions," said Laughlin.

The summa cum laude graduate of Duke University and honors graduate of the University of Florida College of Medicine echoed with his appreciation.

"I am both elated and incredibly humbled," said Saguil. "Elated

because this is a dream job—the opportunity to work with bright, aspiring premedical students across the United States and our territories, showing and welcoming them into a vision of selfless medical service for those who have served and who continue to serve in harm's way—and their families, too."

"Humbled, because the admissions office and the admissions committee are an incredible group of hardworking professionals who are justifiably proud of the already amazing work they do," he continued. "I hope to support their efforts and create new opportunities for us to showcase and utilize our strengths as we continue to fulfill our school's mission and vision."

Prior to his selection, Saguil served as the University's Joint Family Medicine Faculty Liaison for Student Affairs.

"I appreciate the support of the president, the Dean, the departments, the Brigade, the faculty, the staff, and the students in making this selection possible, and for helping to take our recruitment and admissions process forward as we continue to create a future cadre of military medical leaders," Saguil said.

"I am always thrilled to hear about how we can better partner and marshal our resources in pursuit of our common recruiting and admissions goal. Please drop by—the door to my office is always open."

"Lieutenant Colonel Saguil was selected from an outstanding pool of candidates, nominated by each of the uniformed services," Laughlin added. "I am confident that Aaron will provide exemplary leadership to the Office of Recruitment and Admissions."

USU leader pioneers new Army program

By Christine Creenan-Jones



Col. (Dr.) Leon Moores

United States Army Colonel (Dr.) Leon Moores, stands out, even among the military's top leaders. His stellar reputation, professional record and vast array of accomplishments distinguishes him.

So do his leadership awards, a bounty of them given at every duty assignment, from West Point and Uniformed Services University to the Industrial College of the Armed Forces and Walter Reed Army Medical Center, where he's earned some of the military's most prestigious honors, including the Major General Harold Mashburn, Jr. Award for Excellence in Leadership, the Legion of Merit (twice), and the Navy and Marine Corps Achievement Medal, no small feat for an Army officer.

Moores' accolades and the example he's set throughout his military career – in classrooms, surgical units, on the frontlines and in command-level positions – have led to a new job with some unique responsibilities.

As the Army's first ever Medical Corps Consultant for Leadership, Moores is developing a pioneering program that will teach leadership skills to physicians and aspiring medical professionals across the globe.

"Military medicine needs strong, effective leaders," said Moores, a USU graduate and National Capital Consortium-trained neurosurgeon. "Yet, we

don't normally teach leadership as a core competency, and we should."

In his new consultant role, Moores is helping close the leadership gap by developing a program for Army physicians that deliberately and systematically teaches important leadership skills like positive interpersonal communication, effective bedside manner and cultural competency.

"Leadership isn't innate. It needs to be learned and practiced," said Moores. "That's why the Army is working to create new platforms for leadership training in the Medical Corps for a better Military Health System."

The program's effects will also improve military readiness, according to Moores, because Soldiers are more likely to heed professional advice if their physician is competent, compassionate and confident – skills the program is designed to enhance over a career.

"The future of medicine will be increasingly team-based and patient-focused and all medical professionals need to be prepared to excel in that environment," he said. "We plan to help physicians develop leadership skills at every stage in their career, starting in medical school, so we can have the greatest possible positive impact on health outcomes."

Moores is ironing out the finer points of the Army Medical Corps Leadership program at USU, where he also works as a special assistant to President Charles Rice for leadership development. Moores is also working with a number of agencies to develop programs with broad applicability to all health care professionals.

"It feels good to be on campus again. I'm passionate about USU and leadership development. Plus, the program's target audiences are right here, experienced health care professionals, mid-career faculty and students, and aspiring doctors," Moores said. "It's a good microcosm of military medicine and a great place to develop a leadership plan."

HPRC Health Tips

USU's 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://hprc-online.org>.

Set your calorie goals

The United States Department of Agriculture's Supertracker (<https://www.supertracker.usda.gov/default.aspx>) has added a unique and helpful feature that allows users to set calorie target recommendations prescribed by nutritionists, dietitians, and healthcare providers. SuperTracker, a free online tool released in 2011, allows users to assess daily healthy food and lifestyle choices and track their progress. With the newly added feature, users will be able to tailor their unique needs.



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USU students participate in Operation Bushmaster, FTX 101

By Sharon Willis/All photos by Thomas C. Balfour



More than 350 medical and advanced practice nursing students from the Uniformed Services University of the Health Sciences experienced the demands of caring for patients in a simulated combat environment during simultaneous field training exercises held Oct. 16-24 at Fort Indiantown Gap, Pa.

“Operation Bushmaster” exposed fourth-year medical students and graduate-level nurse practitioner students to the challenges of delivering medical care in support of warfighting, peacekeeping and humanitarian-assistance operations. Meanwhile, “FTX-101” gave first-year medical students their first tactical training in a field environment.

Both exercises ran for three days with half of each class participating; the cycle repeated for the second half of each class. The Bushmaster training exercise concluded with a simulated attack during a nighttime operation, resulting in mass casualties. The students then drew on their education, training and experience as they tried to make order

out of chaos while triaging, treating and evacuating patients.

The “patients” were first-year students who had moulage makeup applied to create realistic-looking combat wounds. Seeing these simulated wounds during the exercises helps prepare the students for seeing the real thing for the first time in a combat environment or military hospital like the Walter Reed National Military Medical Center.

Increased emphasis on treating patients as quickly and as far forward as possible presents challenges traditional medical students aren’t likely to encounter, from treating patients while under fire to treating injured enemy combatants to working with far less equipment than they’d find in fixed medical facilities. USU’s fourth-year medical students and GSN students faced those challenges as well as leadership and ethical challenges as they treated “patients” while rotating through a variety of roles they played as medical officers, from litter bearers to logistics officers to unit commanders.

The Bushmaster exercise also reinforces the fact that doctors are just one part of a vast medical care network, while underscoring their broad responsibilities as military medical officers, among them leadership, planning, organization, communication, situational awareness, and prioritization to ensure sufficient resources, personnel, and evacuation capabilities.

This year’s exercise involved several new scenarios, including the use of patient and hybrid simulation. To experience the challenges of en-route patient care in a field ambulance, students learned about point of injury hemorrhage control and used the “SimMan” patient simulator. The “SimMan” was also used for a hybrid simulation scenario, where actors (students) took the place of the simulator at a designated point in the treatment of the “patient.” USU also used a new section of Fort Indiantown Gap replicated as an Improvised Explosive Device-laden area designed to support combat health support during military operations in a hazardous environment.



Saluting Women In Medicine

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a cleft lip surgery. It was amazing. The surgery took two hours and the teenage boy did very well. I went to see him the next morning and he was lying on a stretcher and a very pretty teenage girl was sitting with him. They were so happy together and she was looking at him so affectionately. He was smiling broadly and I knew that she was the girl he loved. I was elated," said Latham.

"In that moment, I knew what I wanted to do for the rest of my life," Latham said. "I could not believe that in a couple of hours a plastic surgeon can improve people's lives so dramatically. What an incredible profession!"

Sears explained, "a love of science and a desire to see science applied to help people and society," sparked her desire to become a physician. The staff urologist at Walter Reed Bethesda also serves as the executive assistant to WRNMMC Commander, Rear Adm. (Dr.) Alton L. Stocks.

"I love the systems approach to medicine," Sears explained. "Since I was an engineering major in undergraduate school, the urinary system makes sense to me. Urology has a wonderful combination of medical and surgical disciplines - everything from seeing patients in the office to minor procedures to complex surgeries in the abdomen, pelvis and retroperitoneum. I also truly enjoy my colleagues; we are a fun, albeit sometimes strange, bunch."

Dorrance, staff hematologist/oncologist and assistant chief of hematology/oncology at WRNMMC, said her father's death caused her to pursue a medical career. "My father passed from cancer," said the Pennsylvania native. "I saw a place where I could make a difference in patient management, helping families and training future physicians and learning to do it better."

The hematologist/oncologist added being a physician is "truly one of the most gratifying ways to earn a living and give back to society. I get so much more

back from my patients and their families in ways that I never expected, and these gifts keep me focused on what is really important in life," Dorrance said.

Chief of the department of quality management and medical director of blood services at WRNMMC, Schexneider said working as a lab tech in veterinary medicine was instrumental in her becoming a physician. "I loved the science of what we were doing, but actually felt like I connected more with the pet owners than with the pets themselves. One veterinarian I worked with really kindled my interest. A pathologist I met while I was still in veterinary medicine, Dr. Resa Chase, encouraged me to apply to medical school."

The Navy captain, born at Naval Medical Center Portsmouth, Va. said she's always been fascinated by science, and wanted to be a doctor since she was six. She earned her medical degree from USU ('86), and like her colleagues, encourages other women to consider careers in medicine.

"It has been a lot of hard work, but worth all of the effort I put into it," Dunlow explained. "Juggling a career in medicine and raising a family has been difficult at times, but I don't feel I missed out on anything. I think my children would say the same. I spent time in my children's classrooms, coached their soccer teams and always found time to do the things that were important to me."

"The best advice I have for anyone, male or female, interested in medicine, is to keep in mind that life is a constant journey, a marathon, not a sprint," added Sears, who earned her engineering undergraduate degree at Johns Hopkins University and her medical degree from Northwestern University Medical School.

"There will always be another mountain to climb and don't fool yourself that the mountain in front of you is the last one," Sears continued. "Enjoy the climb. Take a moment to look at the view, and then expect another mountain in front of you," added Dunlow, who retired from the Army in 2008 after serving 26 years, is chief of OB/GYN ambulatory services at WRNMMC.

Kindelan, born in Seattle, Wash., also earned her medical degree from

USU ('03), agreed, stating, "There is no other job that can compare with what we are able to do as physicians; every day you learn something new, get to teach and have the privilege of helping people during some of the most important times of their lives. It's not easy, you have to be sure you want it and be willing to spend years in training, but it is worth it.

"There are so many great role models at this hospital," Kindelan added. She encourages people to "take advantage of the years of military and medical expertise that walk our halls."

A native of Potomac, Md., Latham, who completed her undergraduate degree at Princeton University, has the same advice for women who are considering careers in medicine. She tells them, "Go for it, ladies! I think the proverb that a good surgeon has 'the eye of an eagle, the heart of a lion, and the hand of a lady,' might be right."

Schexneider, who hails from the San Francisco Bay area, and also earned her medical degree from USU ('99), has the same advice for women interested in medical or military careers, "Go for it."

"When I started wearing the uniform as an ROTC midshipman in 1979, women were still new to the military in appreciable numbers," said Schexneider, whose father and grandfather served in the Navy. "It felt to me like we were still in the 'experiment' stage, and it was easy for folks to identify us as 'women midshipmen,' and to view us and our contributions differently. I feel that this has completely changed, and that gender plays no role whatsoever in how people are valued. Our gender may inform how we approach people and situations - maybe my style is somewhat different from that of some of my male colleagues - but does not limit us in any way that I can see."

Schexneider added a number of women led the change in how women physicians and those in the military are perceived. "The actions, courage and endurance of hundreds of women who wore the uniform proudly through those early years reshaped the attitudes of men and women they served with. We should be grateful for those pioneers."