

The Official USU Newsletter

# the pulse

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# Army-Navy Rivalry Helps Ill and Injured Servicemembers

By MC2 Brittney Cannady, Editor



Courtesy Photo

Second-year medical students Ensign Luke Womble and Ensign Gabriel Calderon give blood during USU's Army-Navy Blood Donor Challenge, Nov. 16.

On Nov. 16 service members at Uniformed Services University of the Health Sciences participated in an Army-Navy Blood Drive Challenge in support of the Armed Services Blood Program. The donations will help ill and injured service members, veterans and their families. Encouraging members to give blood during the drive was the 122-year old Army-Navy game rivalry.

“I can’t speak for others, but the Army-Navy rivalry was part of the reason I chose to participate this year. I think the history, traditions, and unique characteristics of each branch of service provide for healthy competition with the understanding that we are all on the same team, working toward the same goals,” said Ensign Luke Womble, a second-year medical student who gave blood. “I choose to give blood because it

is an incredibly easy way to have a profound impact on others, to the point of even saving a life.” After totaling the units donated for USU, Navy came out on top 46-27. All service members who gave blood will be eligible to donate again Jan. 11, 2013.

The blood drive was one of 10 taking place at blood bank centers in the metro Washington, D.C. area as part of the Army-Navy Blood Donor Challenge. On Dec. 8, during the third quarter of the game the Navy was announced as the winner of the challenge. In total more than 1,100 units were collected in the contest. The Navy also continued its winning streak scoring 17-13 over the Black Knights. For more information on the Armed Services Blood Program or to schedule appointments visit [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).



Photo by Thomas C. Balfour

**On the cover**

SFC Ronald Wilson is the first servicemember to retire in a joint service ceremony at the Uniformed Services University of the Health Sciences. SFC Wilson was “piped ashore” at the conclusion of his retirement ceremony on Dec. 11.



# USU Holds First Class in Alternative Medicine

By Jeremy Johnson, NSAB Public Affairs staff writer

Uniformed Services University of the Health Sciences (USU) held the school's first alternative medical treatments workshop for fourth-year students recently.

During the workshop, students were introduced to non-traditional methods of staying healthy, and managing stress and physical pain. Classes included interactive demonstrations in acupuncture, yoga, meditation and even self-hypnosis.

The two-day event was organized by USU in partnership with Samueli Institute, a non-profit organization dedicated to the science of healing. Though students were given the option to choose the sessions they wanted to attend, their presence at the workshop was mandatory, making it the first time USU has made an experience like this a requirement.

According to retired Lt. Gen. (Dr.) Eric Schoomaker, former U.S. Army Surgeon General and Scholar-in-Residence at USU, the workshop served a dual purpose. First, he said, it exposed students to avenues of treatment outside traditional methods, such as acupuncture of the ears, a technique used to relieve pain without medication.

Second, the sessions offered students tools for handling stress and fatigue they may face in their own lives as military doctors.

"The final focus is self-care," said Schoomaker. "What can students who are going to be future physicians in the military learn about these techniques to care for themselves, because it really starts with oneself. How do meditation, yoga, guided-imagery, and help with sleep assist a future provider who is going to be in a very busy practice, sometimes in some very dangerous and austere parts of the world, care for themselves and their families?"

Wayne Jonas, M.D., president of the Samueli Institute, agreed self-care was an important part of the motivation in bringing the workshop to USU.



*Students of Uniformed Services University of Health Sciences practice yoga in an interactive demonstration during an alternative treatment workshop held at the school.*

"Unlike surgery, which you can't practice on yourself, health promotion you actually have to practice on yourself," said Jonas, "otherwise you can't actually deliver it to patients. Health care providers have one of the highest burnout rates, and alcoholism rates are some of the highest in the country. It's because of the pressure that they're under - even more so in the military."

Schoomaker said it doesn't necessarily matter if the patients are seeking alternative health care from the military health care system to stay healthy; the need for knowledge about it remains the same. For example, in the Human Performance Optimization block of the workshop, the focus is on sleep, movement and nutrition - including supplements.

"We need to appreciate that our patients are using any or all varieties of these treatments," said Schoomaker. "You don't have to go to an exchange or base PX to see that nutritional supplements are a multibillion dollar business



*Both photos by Bill Burke/Page One Photography*

in this country. Having some insights into good nutrition, and how nutritional supplements can help or hinder people [is something] I think people going into military practice need."

Ensign Ryan Austin, one of the students in the workshop said the overall experience was beneficial. "As a doctor in training, anytime you're taught another treatment modality - given an additional 'tool in your toolbox' so to speak - it's a plus," he explained. "Conventional medicine is wonderful until you run out of ideas for ways to help your patient. If you have some experience with alternative treatment methods in your back pocket you've at least got another avenue to pursue. Even if you don't feel comfortable enough to perform those treatments yourself, you can at least feel good about referring your patient to someone who does."

# USU doctors host Career Partnership Day

By Brittney Cannady, Editor

On Dec. 7 students from Bethesda-Chevy Chase High School visited USU as part of the Junior Achievement of Greater Washington and the Bethesda-Chevy Chase Chamber of Commerce Partnership Day. Students toured the campus and were mentored by Army Maj. Thomas Rawlings, Col. (ret.) Linda Wanzer and Dr. Gary Crouch. The partnership day, an annual event held by Junior Achievement allows students to visit different workplace environments and shadow their chosen mentor for the day.

Throughout their visit students saw many areas on campus including the Building E, anatomical lab, the Learning Resource Center and the robotic surgery room in the Department of Laboratory Animal Medicine. Sarah Kissel, a BCCHS student who is interested in a career in nursing, spent the day with faculty of the Perioperative Clinical Nurse Specialist (PCNS) in the Graduate School of Nursing. While at lunch, the high school students spoke with current students at the university about their experiences and the importance of continuing their education beyond a bachelor's degree. "The PCNS faculty enjoyed their time with these bright students," said Col. (ret.) Wanzer. "We took



Photo by Thomas C. Balfour

Front row (L to R): Col. (ret.) Linda Wanzer, BCCHS students Sarah Kissel and Olyad Begna, and Dr. Gary Crouch. Back row (L to R): Air Force Capt. Mary Hillanbrand, Army Maj. Thomas Rawlings, and Anne Dimke.

this opportunity to grow, nurture and cultivate the student's interest in nursing; it supports the growth of our next generation of healthcare providers." The tour came to an end with a suture lab with senior PCNS and Family Nurse Practitioner (FNP) students where Kissel practiced tying surgical knots on a humanlike model.

# USU Alumna gives 87th MDG pediatric rooms child-friendly makeover

By Senior Airman Bryan Swink, Joint Base McGuire-Dix-Lakehurst Public Affairs

When tummy aches, tiny coughs and big colds afflict Joint Base McGuire-Dix-Lakehurst's youngest warriors, it seems to them like there is no end in sight.

Capt. Kristine Andrews, USU class of 2009 graduate, 87th Medical Group pediatrician, wants to not only provide a cure for the sick children she treats, but bring a bit of comfort and enjoyment while they wait to be seen.

Andrews and her mother, Ildiko, spent approximately seven hours hanging assorted paintings and decorating the walls of each of the children's waiting rooms Dec. 28, 2012 while the clinic was closed.

"Our goal was to brighten up our environment for the children and give them something fun to look at while they're in the rooms," said Andrews. "We have received a great

response so far from patients and their families."

Approximately 140 art pieces were spread out throughout the six waiting rooms - each room having its own theme; tropical, ocean, circus, outer space, safari and forest.

Ildiko and seven of her friends from Lake Martin, Ala., who take an art class together, painted and donated all the pieces for the clinic. They spent several months and more than 300-man hours working on all the eye-catching artwork.

Andrews and Ildiko drew each room's layout and mapped out where each piece would hang. After the pieces were hung, the mother-daughter duo spent the rest of the evening painting complimentary images on the walls to create an elaborate flow of artwork.

"The paintings were beautiful and my children loved them," said Staff Sgt. Angela Jackson, a reserve aerospace medical technician and mother of three. "My kids are usually running around screaming during doctor visits but this time they were focused on the artwork."

The paintings not only created an appealing atmosphere, but will provide the pediatricians with another tool to treat their patients.

"The artwork will now allow us to better access the development of the children we see," said Andrews. "For instance, we can point to an animal and ask the child what kind of noise the animal makes. We can ensure they are developing like they're supposed to. We also hope it inspires creativity and imagination."

## Input Sought for Public Health Reaccreditation

As part of the continuing accreditation requirements of the Graduate Programs in Public Health, the Department of Preventive Medicine and Biometrics (PMB) has recently completed a draft 2012 Self-Study in preparation of an anticipated April, 2013 re-accreditation site visit by the Council on Education for Public Health (CEPH). Copies of the 2012 Self-Study, as well as recent PMB annual reports to CEPH, are available on the PMB site at <http://www.usuhs.mil/pmb/graduateprograms.html>. As part of the ongoing re-accreditation process, CEPH requires that interested and affected parties, including students, alumni, faculty, and the practice community be offered the opportunity to provide written input to the CEPH site visit team. If you would like to submit written input to the site visit team, please send it to the following address:

Council on Education for Public Health  
1010 Wayne Avenue, Suite 220  
Silver Spring, MD 20910



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## USU students volunteer at Bethesda Turkey Chase

By MC2 Brittney Cannady, Editor



Courtesy Photo

*Second-year medical students Ens. Kerry Philbin, Ens. Michael Tsai, Ens. Luke Womble, and Ens. Natalie Slepski volunteered to assist with medical support for the recent Bethesda Turkey Chase 10-K race as members of the USU Family Medicine Interest Group.*

On Nov. 25, Thanksgiving day, four second-year students of USU volunteered in the Bethesda Turkey Chase. The students, Ensigns Luke Womble, Natalie Slepski, Kerry Philbin and Michael Tsai, who are also members of the Family Medicine Interest Group, volunteered their services to the runners of the 10-kilometer race. The event, held every Thanksgiving Day for the past 30 years, saw thousands of runners turn out in support of the Bethesda-Chevy Chase YMCA and other local charities. The students were eager to step away from the classroom and spend a little time giving back to the community.

“For me, involvement in community events such as this race is an important way for me to remind myself that my entire career won’t be spent in front of books, so it

encourages me to keep going and study hard while I’m in the classroom,” said Womble. The students worked with medical services during the race, helping keep runners hydrated, treating minor scrapes as well as aiding the few participants who experienced nausea as the run progressed.

While there were no serious medical emergencies during the race, Womble says the event was an opportunity to think about how to treat patients if an emergency occurred. “I believe this is at the heart of military medicine, always being ready to provide the best care possible,” said Womble. “These events are great opportunities to help the community know about the school and learn about our mission, I think it is a win-win for everyone involved.”

# GSN gears up for 20th anniversary celebration

By Christine Creenan-Jones

On the heels of its 40th anniversary, USU will recognize another landmark milestone throughout 2013 with celebratory events that recognize 20 years of innovation within its Graduate School of Nursing.

An academic leader since 1993, the GSN began delivering a unique, signature curriculum to a small group of students in the Family Nurse Practitioner program under the leadership of Faye Abdellah, Ed.D., the first dean of the GSN and former deputy surgeon general of the United States.

The ensuing 20 years brought several new academic programs to the GSN, along with hundreds of military nurse corps officers. These faculty and alumni helped create an impressive legacy for USU, including the development of America's first and only Master's-level Perioperative Clinical Nurse Specialist program, accolades from industry leaders like U.S. News & World Report, groundbreaking research across several disciplines of biomedicine, and a strong emphasis on comprehensive, patient-focused care for servicemembers at duty stations around the world.

"We've always been an incredible resource for military health care. Our focus has centered around warriors' and their families' health and well-being for decades now, and we've been hugely successful in these efforts," said Ada Sue Hinshaw, PhD, dean of the GSN. "As a tribute to our vast array of accomplishments, we'll celebrate both our heritage and triumphs with 20th anniversary commemorations that will include special guest speakers, research highlights and alumni achievements."

Late last year, a planning committee was convened to organize the GSN's anniversary festivities. Although details are still being finalized, the committee is encouraging USU faculty, staff, students and alumni to share their GSN memories at <http://www.usuhs.mil/gsnanniversary/sharegsnmemory.html>.



## The GSN has enjoyed many milestone achievements throughout its 20 years history, including:

### 1993

- Graduate School of Nursing is established.
- Three students enter the Family Nurse Practitioner Program.

### 1994

- The GSN adds a Nurse Anesthesia program.

### 1995

- The first GSN class graduates, which includes two students in the Family Nurse Practitioner program.

### 2003

- GSN alumni are called to serve in Operation Enduring Freedom and Operation Iraqi Freedom.
- GSN establishes a Master of Science in Nursing for Perioperative Clinical Nurse Specialists and a Doctor of Philosophy in Nursing Science.

### 2007

- USU's Nurse Anesthesia program is ranked sixth in the nation by U.S. News & World Report.

### 2008

- The first class of Adult Psychiatric Mental Health Nurse Practitioner students matriculate in the summer.
- The GSN opens the Dr. Faye Glenn Abdellah Research Center.

### 2011

- Ada Sue Hinshaw, Ph.D., RN, FAAN, dean of the GSN, was named a "Living Legend" by the American Academy of Nursing.

### 2012

- Founding Dean of USU's Graduate School of Nursing, Dr. Faye Abdellah, is inducted into the American Nurses Association Hall of Fame in June.
- First class of Doctor of Nursing Practice students matriculate.

# USU Celebrates the Holidays



The University holds its annual holiday party Dec. 14th. Top right: USU President Charles Rice kicks off the celebration with a few words. Bottom left: Military and civilian employees practice their moves on the dance floor. Bottom right: Santa Claus waves to the crowd as he enters the festivities.



All photos by SPC Ernest Sivia, U.S. Army

## HPRC Health Tips

USU's Human Performance Resource Center Health Tips are 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>.

### Think of water and exercise as food groups in your diet.

**Water.** Water helps flush our systems of waste products and toxins, yet many people go through

life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

**Exercise.** Find something active that you like to do and add it to your day, just like you would add healthy greens, blueberries, or salmon. The benefits of lifelong exercise are abundant and regular exercise may even motivate you to make healthy food choices a habit.

### Get Sleep.

Most adults need 7 to 8 hours of sleep each night. If you are having trouble sleeping, make changes to

your routine to get the sleep you need. Getting a good night's sleep can have many benefits. You will be less likely to get sick and more likely to stay at a healthy weight; you can lower your risk of high blood pressure and diabetes. We have a natural cycle for when we feel tired and awake. Our "biological clocks" are set to make us feel the sleepiest between midnight and 7 a.m. Our biological clocks also help us stay alert during the day, although many people have a sleepy period between 1 p.m. and 4 p.m. If you experience any problems sleeping talk to a doctor or nurse. You may need to be tested or treated for a sleep disorder.



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