

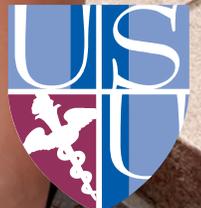
The Official USU Newsletter

the pulse

Volume 8, Issue 14 • September 16, 2013
www.usuhs.edu



Welcome New Students



Sharon Willis

Deputy Vice President for External Affairs and Managing Editor

Gwendolyn Smalls

Chief, Media Affairs

Tech. Sgt. Oshawn Jefferson

Deputy Chief, Media Affairs

Christine Creenan-Jones

Editor

MC2 Brittney Cannady

Writer

Lori Fields

Layout and Design

The Pulse is printed by USU's Duplicating Center.

Production

The Pulse is funded by the Department of Defense and published by the Uniformed Services University. It is authorized for members of the U.S. military services, USU alumni, faculty and staff. Contents of the Pulse are not necessarily the official views of, or endorsed by, the DoD or USU. Appearance of anything resembling advertising in this publication does not constitute endorsement by the DoD, USU or Pulse staff members.

The contents of this publication shall be made available for use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the user or patron.

Editorial content is edited, prepared and provided by the USU Office of External Affairs. The editor reserves the right to edit articles to conform to DoD policy and Associated Press style. All photos are DoD photos unless otherwise indicated.

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 christine.creenan-jones@usuhs.edu or 301-295-3338.

USU welcomes more than 250 future military physicians, graduate nurses and scientists

Sharon Willis, managing editor and deputy vice president for External Affairs and Christine Creenan-Jones, editor



Photo by Thomas C. Balfour

The excitement was palpable at the Uniformed Services University as more than 170 uniformed medical students, 60 military graduate nursing students and 25 military and civilian graduate students officially became the newest members of USU's academic community during a Presentation Ceremony, Aug. 30.

At the event, students in the university's F. Edward Hébert School of Medicine recited the Hippocratic Oath to pledge their commitment to practice medicine ethically and honestly.

Like the cohorts before them, the new medical class is comprised of students from across the United States and includes several veteran servicemembers. Many of them chose USU because of its military-unique medical curriculum.

"I'm prior service, so learning the art of medicine at the military's university was a perfect fit for me," said Army 2nd Lt. Eddie Kwan, a member of the School of Medicine's Class of 2017.

The Graduate School of Nursing also matriculated many experienced officers this year. Most have spent several years working as military nurses, and came to USU to pursue a Doctor of Philosophy in Nursing Practice, a Master of Science or a Doctor of Nursing Practice

with a specialization in Nurse Anesthesia, Family Nurse Practitioner, Adult Mental Health Nurse Practitioner or Perioperative Clinical Nurse Specialist.

"The nurse anesthesia field is an art and science that allows you to take care of people but still use research to fight disease," said Navy Lt. Michael Rucker on why he chose the DNP in Nurse Anesthesia track at USU.

Students in USU's biomedical sciences and public health degree programs also have diverse scholarly interests. The university offers advanced degrees in neuroscience, medical and clinical psychology, emerging infectious diseases, public health, tropical medicine and hygiene and other health-science related fields.

Although USU's academic scope was highlighted during the Presentation Ceremony, the focus of the event was on the university's newest students.

"I'm pleased to formally receive you and your families into the university community. I also welcome you on this continuation of your journey into a life of public service, devoted to the well-being of all people and especially those who serve our nation by going into harm's way," said Dr. Charles Rice, president of USU.



Photo by Thomas C. Balfour

On the cover

The Uniformed Services University welcomed new students during a Presentation Ceremony, Aug. 30.



Faculty Senate: Vehicle for positive change

By Christine Creenan-Jones, editor



Photo by Christine Creenan-Jones

Army Col. (Dr.) Louis Dainty and Dr. Joseph Mattapallil are members of the Faculty Senate at the Uniformed Services University.

Army Col. (Dr.) Louis Dainty knows a lot about the Uniformed Services University. He earned his medical degree from USU in 1996 and returned 16 years later as an assistant professor in the Department of Obstetrics and Gynecology.

Despite a long, personal history with USU, his transition onto the faculty came with a steep learning curve.

“I was excited to come back to USU, but I also realized my role on campus would be very different this time around. So I looked for ways to gain a better, multidimensional understanding of how USU works,” he said.

Dainty found the insight he was looking for at monthly Faculty Senate meetings, where topics like curriculum reform, sequestration, travel restrictions and budget concerns were common fodder. So were discussions about education, research and ways to improve faculty welfare.

For Dainty, the Faculty Senate meetings were places to see the flip side of the coin while also making a positive difference at USU. He became an active participant, and was recently elected to serve as a faculty senator by his university colleagues.

Dainty’s work, and the work of faculty senators before him, has led to many breakthrough accomplishments at USU. Over the years, the Faculty Senate has created and sponsored many time-honored traditions at the university, including Education Day, Research Week and the Packard Lecture.

Members of the Faculty Senate have also become trusted council members to USU’s president and deans.

“Participation on the Faculty Senate is a way for us to share our concerns and ideas with senior leaders, and also find out where they stand on key issues affecting faculty members,” said Dainty. “We encourage open communication from the top down and back up again to ensure cohesive, effective relationships all around.”

Communication and collaboration goes side-to-side in the Faculty Senate, as well. It also crosses every school, college and discipline at USU.

“There is great synergy and respect between junior and senior-ranking faculty members. I’ve met some amazing people through the Faculty Senate,” said Dainty.

Dr. Joseph Mattapallil, a fellow senator and an associate professor in USU’s Department of Microbiology

and Immunology, is one of them. They co-chair the Faculty Senate’s Education Committee together.

“After I became tenured, I eagerly sought out a venue where I would have an opportunity to interact with the university leadership and a wider range of faculty across the various disciplines at USU. The Faculty Senate was an ideal place for these types of interactions, where you could work as a team to make a difference and participate not only in the shared governance of our university but also contribute to promoting our unique mission. As an elected senator, I have had an opportunity to participate in the Faculty Senate meetings where the senators representing both basic and clinical science departments work together to address the various issues facing the university. Our team is spearheading many new initiatives that impact USU, and it has been an exciting experience so far. I’m fortunate and proud to be a part of these efforts,” said Mattapallil.

Although Dainty and Mattapallil had different reasons for joining the Faculty Senate, both officers believe that positive activism geared toward improving the education and research mission at USU is their responsibility.

“Why sit idly by when there is a vehicle at USU for affecting positive change?” Mattapallil asked. “As a member of the faculty, it’s my obligation to contribute my best to make our university better.”

Many faculty members share his enthusiasm. Faculty Senate meetings are spirited and most have a robust turnout, but officers strive for an even stronger participation rate.

“All faculty members are welcome to attend senate meetings. This way everyone’s interests are represented in a strong, unified way,” Dainty said. “It’s good for us and USU as a whole.”

Visit <http://www.usuhs.edu/faculty/senate/> for more information about the Faculty Senate.

Faculty members earn high honors from Surgeon General

By Christine Creenan-Jones, editor



Photo by Thomas C. Balfour

Army Col. John Cuellar



Photo by Thomas C. Balfour

Army Lt. Col. Christopher Gellasch, PhD

The Uniformed Services University is home to many distinguished leaders in biomedicine, including Army Col. John Cuellar and Army Lt. Col. Christopher Gellasch, PhD, who were recently awarded the Surgeon General's prestigious 9A Proficiency Designator.

The 9A Proficiency Designator recognizes members of the Army Medical Department in the top one percent of their peer group who have made outstanding contributions to Army medicine through clinical, academic, research or administrative roles.

To qualify for the 9A Proficiency Designator, officers must

be nominated by their chain of command, and then undergo a rigorous vetting process. Only the most accomplished, nationally recognized leaders are chosen.

"It means a great deal to be awarded the 9A Proficiency Designator. Although all Army officers strive to be tactically and technically proficient leaders, recognition is typically based on performance in the execution of our military duties. It is gratifying to also be recognized for the scientific contributions I have made both to the Army and the larger scientific community," said Gellasch.

AMSUS recognizes USU faculty

By Christine Creenan-Jones, editor

Dr. Robert DeFraités, an assistant professor in the Department of Preventive Medicine and Biometrics at the Uniformed Services University, earned this year's William Gorgas Preventive Medicine Award from the Association of Military Surgeons of the United States.

DeFraités, who was recognized for exemplary work in preventive medicine, education and research, will be formally honored by AMSUS at their annual conference in Seattle this November.

"Receiving the Gorgas award is a huge honor for me for several reasons. First, I was pleasantly surprised and very grateful for the nomination and consideration as a candidate by AMSUS. Second, to be associated with Dr. Gorgas, who was highly accomplished and recognized worldwide for his leadership in controlling tropical infectious diseases, is wonderful and at the same time humbling, since my few contributions to the field cannot compare. Third, I was pleased to notice that among the previous recipients of the award are several former USU faculty members who I greatly admire," said DeFraités.

Where do you read the Pulse?



Photo by Christine Creenan-Jones

Uniformed Services University personnel, Michelle Creenan, Melissa Marcellus, Erica Jones and Kristen Brown, read the Pulse before running 5k races. How about you?

Send christine.creenan-jones@usuhs.edu a picture of you reading the Pulse in your favorite spot for a chance to be featured in an upcoming issue.

Trivia Question #3: Graduate School of Nursing 20th Anniversary



Courtesy Photo

The Uniformed Services University will name its Graduate School of Nursing after this late senator from Hawaii, who was a decorated

World War II veteran and a long-time supporter of USU, during a ceremony that will be held in October.

The first person to correctly e-mail the future namesake of the GSN to christine.creenan-jones@usuhs.edu wins a large coffee and doughnut courtesy of the USU cafeteria.

Fundraising campaign at USU underway



Courtesy Photo

Air Force Senior Master Sgt. Bonnie Sanchez (second from left) is the campaign manager for the 2013 Combined Federal Campaign at the Uniformed Services University. Her CFC team, which includes more than 60 key workers, have a \$105,000 fundraising goal for USU. Sanchez celebrated the university's ambitious goal with the Honorable Ashton Carter, deputy secretary of Defense (left), Navy Lt. Cmdr. Maria Coon, chief of the Cost Assessment and Evaluation Program at the Joint Task Force National Capital Region Medical Command (third from left), and Dr. H. Brandon Haller, chairperson for the CFC's Local Federal Coordinating Committee (right) during a Department of Defense Kick-Off Ceremony held Sept. 5.

USU researcher tackles obesity in the military family

By MC2 Brittney Cannady, writer



Photo by Thomas C. Balfour

Dr. Marian Tanofsky-Kraff

In a recent article published in "Obesity," Dr. Marian Tanofsky-Kraff, an associate professor in the Department of Medical and Clinical Psychology at the Uniformed Services University, shared updates from a collaborative study on obesity prevention.

Obesity is a wide-spread, expensive problem for the armed forces. Medical expenses related to obesity cost the Department of Defense nearly \$2 billion dollars annually, and it affects thousands of service members, retirees, veterans and their families around the world. Obesity is also a problem for recruitment and retention, since the military has strict weight standards for both new and veteran service members.

In order to combat the military's obesity problem, Tanofsky-Kraff, along with Drs. Tracy Sbrocco, an associate professor in the Department of Medical and Clinical Psychology, and Navy Capt. Mark Stephens, chair of the Department of Family Medicine, is exploring ways to promote healthy living through a pilot study focused on good behavior habits and reducing stress. The research team is called Preventing Obesity in Military Communities.

"The review was a collaboration with Drs. Sbrocco and Stephens who

are also interested in treating obesity," she said. "At the time we initiated this review, there was really no solid compilation of the research on obesity or eating disorders in services. We know how hard it is to treat obesity. We need prevention. We need to stop it before it happens," said Tanofsky-Kraff.

The POMC team is conducting pilot studies in North Carolina, Washington and Virginia. The North Carolina study is focusing on expecting mothers to help them with healthy weight gain, breastfeeding and healthy eating habits for mother and child. The Virginia study is targeting adolescent daughters of service members, a group also at a greater risk for eating disorders and obesity.

"We're working to reduce any disordered eating patterns they may have. Research shows that some people may be genetically predisposed to use food as a coping mechanism," said Tanofsky-Kraff. "As teenagers, they feel some of the same stressors their parents experience like anger and frustration. They may come home from school after a bad day and eat two cookies, and then the whole bag is gone. We've found it's not the amount that kids are eating that's an issue. It's the loss of control and sense of compulsion. We're trying to find a way to help them communicate better what they're feeling so that they are less likely to use food to cope."

The Washington study, which is set to launch soon, is geared toward new recruits, who get fit in order to get into the military, but regain the weight soon after. About 30 percent of candidates hoping to join the military are turned away for not meeting weight standards, and 1,200 entry-level military discharges occur each year due to subpar fitness and weight standards.

By focusing on lifespan wellness within the military family, POMC team members hope their programs will be able to reduce the chances of weight gain over a long period of time.

USU medical student flies high, gains unique training

By Airman 1st Class Jenna Sarvinski, 56th Fighter Wing Public Affairs



Courtesy Photo

Air Force 2nd Lt. Billy-Joe Liane, a medical student in the class of 2016 at the Uniformed Services University, took part in Top Knife training at Luke Air Force Base in Ariz.

Growing up in Lebanon, Air Force 2nd Lt. Billy-Joe Liane, a medical student at the Uniformed Services University, never dreamed he would be where he is today. However, the opportunity to be a part of the American culture he had closely followed as a child presented itself, and Liane took it.

Liane left home six years ago to pursue his education in the United States, completed his undergraduate studies in biological sciences at Rutgers, the State University of New Jersey, and along the way became a U.S. citizen.

The motivation to serve is different for many but for Liane, a huge part of that motivation came from being sworn in as a U.S. citizen.

"I felt the joy, the pride and the glory of being a defender of the American nation and its principles. I consider my commitment to the armed forces a token of appreciation and gratitude for the United States for providing me with so much opportunity," he said.

After completing his first year as a medical student at USU, Liane had

to choose a program for his summer experience. Of the programs available, Liane said the Top Knife program stuck out to him.

"I want to know what flight doctors do and how they take care of pilots and the aircrew staff, and be familiar with the basics and tactics of the F-16," he said. "I wanted to learn what it's like to be on the forefront of the mission and help pilots accomplish that mission."

Liane got his chance to experience just that, as the latest of opportunities to come his way landed him here at Luke Air Force Base in Ariz. for a spot in the Top Knife program.

Program instructors at Luke say their students get more than just a classroom experience.

"The medical students got a unique opportunity to experience the Top Knife program which provides flight surgeons assigned to a fighter aircraft the chance to get a higher level of familiarization with the aeromedical aspects of high performance flight," said Air Force Capt. Christopher Reichlen, a 56th Training Squadron Top Knife course director.

The program lasts two weeks and provides a hands-on experience for the students. The first week focuses on academics and flying specifics about the aircraft, tactics and the human factor. The second week involves flying and the opportunity to experience what the aircrew goes through on a regular basis.

"This experience has been a dream come true," Liane said. "I never thought I would have an opportunity like this, especially growing up overseas. But I am so grateful for where I am right now. I've gained so much more respect for the pilots and what they go through, both the mental and physical stress. I'm more motivated to finish strong with my medical studies to provide the best care for the pilots and aircrew because they deserve it."

GSN student earns high honors



Photo by Thomas C. Balfour

Air Force Maj. Rachelle Hartz

Air Force Maj. Rachelle Hartz, a PhD student in the Graduate School of Nursing at the Uniformed Services University, was

awarded the 2013 Nurse Award from the Association of Military Surgeons for the United States for outstanding contributions to nursing.

"I am very honored to receive this award. This nomination was really a

reflection of the tremendous effort and teamwork of the Aerospace Medicine Clinic, 28th Medical Group, Ellsworth AFB, South Dakota. In addition to running flight medicine operations supporting back-to-back B-1 squadron deployments, our team directed an aircraft mishap response to a C-130 crash in July 2012. I was fortunate to work with professional Airmen who were dedicated to the mission. We took care of our patients and each other," said Hartz.

Hartz will receive the Nurse Award at AMSUS's annual meeting, Nov. 6.

Fightin' Docs season begins soon

By MC2 Brittney Cannady, writer

With the start of another school year, the Fightin' Docs, an intramural hockey team at the Uniformed Services University, is gearing up for another season of fast-flying fun and competition at the Garden's Ice House Arena in Laurel, Md.

The team, which is more than a decade old, is open to all members of the USU community on a first come, first serve basis.

"We usually have just enough interest on the team to accept everyone, and because of everyone's busy schedules and the high cost of ice time, we don't usually have tryouts," said Navy Ensign Colin Kelly, who's been a member of the

Fightin' Docs for two years now. "This year we had a very high number of interested players and unfortunately had to accept people based on who responded first."

Although playing for the Fightin' Docs can be a time-consuming commitment, it comes with many rewards, including a strong sense of community, camaraderie, and culture, Kelly said.

The Fightin' Docs will play their first game in October, and the regular season will continue through April.

"We play 20 games this season, and when we obliterate the competition, we'll climb the playoff ladder after that," Kelly said.

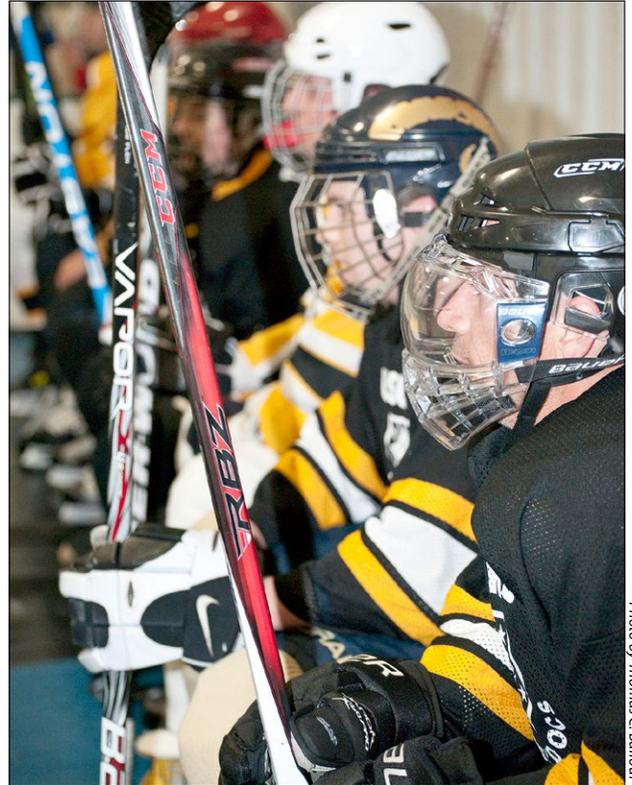


Photo by Thomas C. Balfour

The Fightin' Docs, an intramural hockey team at the Uniformed Services University, will begin their season in Oct.

USU cafeteria gets a makeover

by MC2 Brittney Cannady, writer



Photo by MC2 Brittney Cannady

University president, Dr. Charles Rice (right), and members of the cafeteria staff and renovation team took part in a ribbon-cutting ceremony to mark the reopening of the USU cafeteria.

The cafeteria at the Uniformed Services University reopened this month after undergoing major renovations to meet

the demands of its customers. Planning for the major overhaul began more than two years ago.

"The entire service line area, which was original construction, was gutted. Only a couple of brick walls will remain visible to the public," said Ernest "David" Green, the cafeteria officer at USU, during a ribbon-cutting ceremony held on Sept. 10. "The renovated area will be bigger. The design is more modern and user friendly. The food stations will allow for less congestion by providing separate areas for salad, hot food and sandwiches. It should allow for less frustration in getting lunch in a bright, open service area."

Besides adding to the aesthetic appeal of the cafeteria, the renovation increased the size of the service area to allow for a more customer-friendly traffic flow, updated equipment and a sleek interior design.

Final Frame



Photo by Christine Crean-Jones

The Apollo Society hosted its third Open Mic, Sept. 10. The event included live performances from faculty, staff and students, who demonstrated their musical, writing and lyrical talents, including a classical interpretation of Metallica's, "Fade to Black."