

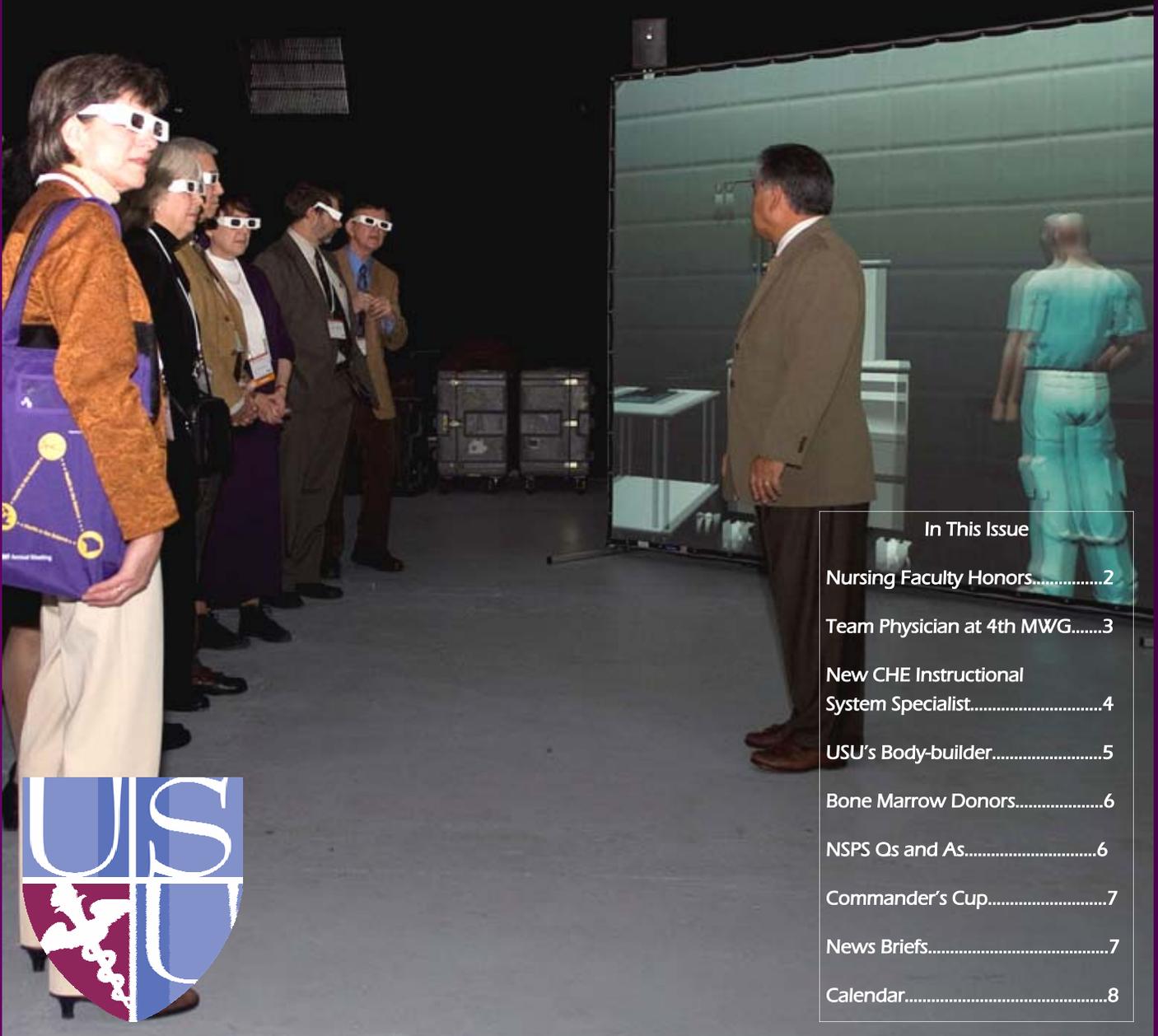
# USU Newsletter

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*Tom Balfour*



*Courtesy photo*

## USU Nursing Faculty Members Inducted Into National Academies of Practice

Three faculty members from the Uniformed Services University of the Health Sciences' (USU) Graduate School of Nursing (GSN) have been elected as Distinguished Practitioners in the National Academies of Practice (NAP).

Dr. Diane Seibert, (left) COL Bruce Schoneboom, USA, (right) and Dr. Gloria Ramsey (center) were inducted into the NAP Nov. 3. The three GSN associate professors were among only 18 nominees from the Nursing Academy selected this year.

The NAP is a group of national interdisciplinary leaders including: the Medicine Academy; the Nursing Academy; the Social Work Academy; the Psychology Academy; the Optometry Academy; the Osteopathy Academy; the Podiatry Academy; the Pharmacy Academy; and the Veterinary Medicine Academy. It was established to advise governmental bodies on problems of health care, and today it is the only interdisciplinary group of health care practitioners dedicated to addressing the problems of health care.

## AAMC Members Receive Tour of State-of-the-Future Simulation Center

*By TSgt André Nicholson  
NCOIC, Office of External Affairs*

The Department of Defense has created one of the world's most advanced medical education and training simulation centers as a component of the Uniformed Services University of the Health Sciences (USU).

The National Capital Area Medical Simulation Center extended invitations to tour the state-of-the-future facility to members of the Association of American Medical Colleges during its annual meeting last week. More than 100 leaders in US academic medicine took this opportunity to tour the facility

The tour of the 20,000 square foot facility, located in Silver Spring, Md., included the four methodologies of medical simulation:

- A fully immersive 3-D, wide area virtual environment (WAVE) for peacetime and wartime medical training.

- Standardized patient simulations using audio-video digital recording for medical and nursing student training in clinical skills.

- Screen based, interactive simulations that promote self-paced learning using computers.

- A procedural skills laboratory with a large array of part task trainers and human patient simulators for trauma and surgical skills training.

"We have high fidelity mannequins that breathe and have a pulse," explained Dr. Joseph Loprieto,



*Photo by Tom Balfour*

**AAMC members view the different scenarios available to students in the clinical skills lab.**

director of the center, "as well as virtual software that enables our trainers to teach specific tasks such as surgical procedures."

"At other schools students may work with patients one day and simulation another day, but here they go through the full procedure in one day as if they were on an actual hospital ward or in an operating room," said Amy Flanagan, manager, Standardized Patient Programs.

Last year the center, which provides training to both nursing and medical students, completed more than 8,000 student contact hours of training and conducted more than \$3 million dollars of medical simulation research.

# USU Faculty Member is Team Physician at 4th MWG

By MC3 Jeff Hopkins  
Assistant Editor, Office of External Affairs

A faculty member at the Uniformed Services University of the Health Sciences (USU) served as the team physician for the United States' team during the 4<sup>th</sup> Military World Games (MWG) Oct. 14 – 22 in Hyderabad and Mumbai, India.

LTC Kevin deWeber, MC, USA, director of the Primary Care Sports Medicine Fellowship (PCSMF) at USU, was responsible for the health and well-being of the military athletes from the Army, Navy, Marine Corps and Air Force who participated in the MWG events.

The MWG, held every four years, is the second largest series of sporting events next to the Olympics. It is an opportunity for high-level athletes serving in their country's military services to compete with other nations' service members in the spirit of sportsmanship. This year, 105 countries sent about 5,200 service member athletes to compete in 14 events, which include: boxing; wrestling; judo; sailing; parachuting; handball; volleyball; football; track and field; swimming; diving; shooting; a military pentathlon; and a triathlon.

DeWeber said he was chosen for his role as team physician based on his expertise in primary care sports medicine, and his experience in working with the Army World Class Athlete program, which is a formalized opportunity for athletes in the military to pursue an Olympic medal or a world championship.

"These programs were created and funded because of a law enacted in 1945 that said high level athletes should not be prohibited from competing at a world level just because they happened to be serving their country in the military," deWeber said.

"I was responsible for taking care of the boxers, swimmers, women's soccer team, and kind of being an on call physician for any other athletes who had issues," deWeber said.

"There were a total of five physicians, one of which served as the medical director, and didn't take care of athletes. She was there to organize the medical support. There were two other doctors with the other teams, and two doctors in charge of taking care of the team as a whole, myself included," deWeber said. "Of the two of us, I had the only prior experience in sports medicine, so I was kind of the go-to guy."

DeWeber said he spent most of his working day at the boxing ring, keeping an eye on the competitors, and providing medical care when necessary.

"A typical day for me was getting up, talking with the boxers, ensuring they didn't have any medical issues before they went to weigh in, eating breakfast at the dining facility, and chatting with folks from around the world," deWeber said. "The boxers didn't typically have to leave for their competitions until 11:30 a.m., at which time we'd bus for an hour to our venue, where the boxers would compete until about 6 p.m. So for about five hours, I would be on hand to make sure the boxers didn't have any issues, and then we'd bus back, get some chow, decompress, and go to bed. In my spare time, I tried to get to some other events. Judo was my favorite; it's amazing to see how quick the athletes are."

DeWeber said there were many injuries, including a broken wrist, broken foot, a rib contusion, and an elbow ligament sprain, but that some of the biggest problems weren't sport-related.

"One of the main problems was diarrhea," deWeber said. "When you go overseas and try new foods, diarrhea is a big deal,



Photo courtesy of LTC Kevin deWeber

**LTC Kevin deWeber, MC, USA, (left) team physician for the U.S. team in the 2007 Military World Games with Andrew Shepherd from the U.S. team, displaying his gold medal.**

as is as jet lag. We went eleven time zones away, and it took a good three or four days to adjust, so I did some briefings on that, and employed light exposure strategies."

DeWeber says primary care sports medicine is emerging as a highly sought specialty for taking care of both soldiers and athletes.

"Soldiers are paid to perform physically, so in a sense they're professional athletes," deWeber said. "This specialty has been created in order to care for military athletes. Obviously, we have carryover in that the military sports medicine doctors are also uniquely qualified to take care of the classic Olympic athletes. I think it's the beginning of what really ought to be regular attendance of the games by people who are uniquely qualified and trained to care for the competitors."

The training of these doctors is part of deWeber's mission at USU. As the PCSMF director, he trains four sports medicine physicians per year at USU. These doctors go out into the military community and take care of warrior athletes.

DeWeber said he took pride in aiding the military athletes under his care, and that he enjoyed watching them compete.

"Taking care of world class athletes is a thrill," deWeber said. "It's exciting to see them compete, it's exciting to see them win a medal, and it gives you a great feeling of accomplishment being a contribution to that success."

"It was fantastic culturally as well; getting to talk with people from all over the world, eating breakfast or riding the bus with people, trading shirts, that cultural exchange is just fun," deWeber said. "The motto for the Conseil International du Sport Militaire, the organization based in Belgium which created the games, is "friendship through sport," and that mission was very much achieved."

DeWeber says he hopes to attend the 2011 MWG, which will be held in Rio de Janeiro, Brazil.

## New CHE Instructional Systems Specialist



**Cedric C. Tate,  
Instructional  
Systems Specialist**

*By CAPT Jaime Luke  
Senior Executive Director, CHE*

The Continuing Education for Health Professionals (CHE) directorate recently welcomed its first Instructional System Specialist (ISS) Cedric C. Tate. The ISS is the education and analysis manager that sets up the framework to measure the effectiveness of CHE continuing educational activities.

Tate comes to CHE from the U.S. Coast Guard Academy's Leadership Development Center in New London, Conn., where he worked as a project manager and instructional systems

designer. He has a wealth of both academic and professional experience that is a perfect fit for the department's needs. He holds a bachelors degree in Workforce Education and Development, is completing an additional bachelors degree in Computer Science, and is pursuing a masters degree in Education. He also has a cer-

tificate in Information Technology and in Organizational Performance Consulting.

Tate served in the Air Force in a number of key roles including: the Joint Armed Services Committee for the 1998 Presidential Inauguration; the chief of Education and Training for the Air Force's new Joint Surveillance Target Attack Radar System; and as special escort for the Strategic Arms Limitation Treaty II delegation.

While assigned to Andrews AFB, he developed and managed training programs that, according to Tate, "enabled Air Force and Secret Service personnel to work much more cohesively in joint assignments."

In his earlier years, Tate managed all education and training programs for more than 3,500 personnel at Elmendorf AFB, Ala.

The CHE department holds six continuing education accreditations and the evaluation of outcomes of educational activities has become a primary focus for the accreditation agencies. Tate, along with Dr. J. Mauri Hamilton, outcomes evaluation program manager, have become critical members in ensuring USU's compliance with national accreditation evaluation standards.

Tate said he thinks his position is a perfect fit for him.

"Life-long learning is an infinite course that leads to a warehouse of opportunities," he said. "I hope to enhance my learning at USU as I transition to my new role."

Tate is married to Jacqueline, his wife of 26 years, and they are the proud parents of daughter Tiffany, a high school senior. He says he looks forward to having his family join him in the Washington area and is enjoying his new role with CHE.

### Commitment to Service

The 2007 Report focuses on the many Uniformed Services University of the Health Sciences (USU) students, faculty, staff and alumni who share a distinctive commitment to service. USU continues to distinguish itself as a center of excellence in both education and research and its world-class training programs have continued to grow in response to the needs of deployed troops and their families. The university plays a significant role in shaping the nation's health care.

The report will be distributed throughout the university within the upcoming weeks.

# USU Staff Member Competes in First Body-Building Competition

By MC3 Jeff Hopkins  
Assistant Editor, Office of External Affairs

Religious Programs Assistant Second Class Maria Rajas may be petite, but beneath her camouflage uniform, she's anything but scrawny.

Rajas, the Religious Programs Director for the Uniformed Services University of the Health Sciences (USU) competed in her first body-building competition, the 2007 Charm City Classic Oct. 20, in Owings Mills, Md.

Rajas said she got into body-building when she first arrived at USU and met SFC Franklin Abram, Operations NCO for USU's Military and Emergency Medicine Department, who has competed in two body-building competitions.

"I was already into working out, because on a ship that's all you can do; it's either that or sleep and get fat. Then I found out Sergeant Abram had competed before, and I thought that it was something I wanted to do," Rajas said. "He thought I was joking, and I said no, I'd like to at least see it, and try it once."

Rajas competed in the novice category, which is for body-builders competing in their first competition.

"It was fun," she said. "I thought I was going to be nervous, but I got on the stage and it was pretty easy. All of the contestants line up, then the judges call a pose, and then you do it and show them each part of your body. The first one is the relaxed pose; you're standing in front of them, and then they tell you to do a quarter-turn, so they can see each section of your body."

Abram said that Rajas had no prior experience with body-building competitions, and that she relied on research and Abram for guidance.

"Due to mission constraints, we couldn't get to one of the other shows in the area, so that she could get to see one before she did one," Abram said. "She ended up having to watch a tape of one of my competitions to figure out how everything goes down." Rajas and Abram began training in January, adhering to a workout schedule of about four or five days a week; the first six months were devoted to building Rajas' muscle mass, and the remaining

three were for muscle tone.

"We'd start at 6 a.m. and get done about 7:30; then I'd have to come back in the afternoon and do a different workout, and that would last another hour and a half, so about three hours total a day," Rajas said.

Rajas said that training for a body-building competition requires a lot of drive and dedication, with no room for cheating.

"It's a lot of hard work; if you really want to get into it, you just really have to set your mind to it," she said. "There were so many times I wanted to just quit, because of the diet and the exercise; you need a lot of discipline to follow it. If you cheat just a little bit, it'll show."

Abram said while Rajas didn't place in the competition, she still performed incredibly, and that her body has undergone quite a transformation.

"I was very proud of how she performed," Abram said. "She didn't place, but it was a much larger show than I had anticipated. It was a professional qualifier show; the winner of the overall competition actually earned the professional card, and for Rajas to compete on that level is a pretty big accomplishment."

Abram said that Rajas' training has already begun for next year's competition.

"She did an outstanding job, it was good for the experience, but next year she's going to place, hopefully she'll win. We know what we should have done this year, so we're already training for next year," he said.



Photo courtesy of SFC Franklin Abram

**RP2 Maria Rajas (far right) poses for judges during her first body-building competition.**



Photo by MC3 Jeff Hopkins

## Students take part in combat patient evacuation exercise

First-year school of medicine students took part in a patient evacuation exercise as part of the Introduction to Military and Emergency Medicine course on the USU softball field, Friday. Among many learning objectives, students learned to load and unload patients from a front line ambulance (left) and a UH-1 Iroquois Helicopter (commonly known as a Huey,) as well as how to effectively evacuate patients using the helicopter's hoist. Students took turns acting as patients and litter-bearers.

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# Department of Defense Continues Efforts to Enroll Marrow Donors

Every 15 minutes someone in the United States is diagnosed with a medical condition that requires treatment with bone marrow or a blood stem cell transplant. Every day more than 6,000 men, women and children around the world search the National Donor Program Registry for a life-saving donor. Thousands of lives are lost because a match is never found.

"Each year more than 35,000 people in the United States are diagnosed with leukemia, lymphoma, aplastic anemia (marrow failure), and other life-threatening blood disorders. Seventy-five percent of patients in need of a marrow transplant cannot find a match within their own family," said Army Major General (MG) Elder Granger, Deputy Director, TRICARE Management Activity.

November is National Marrow Awareness Month, and The C.W. Bill Young/Department of Defense (DoD) Marrow Donor Program, named for Congressman C.W. Bill Young (R-Fla.) who initiated and supported its development, is working hard to provide hope and help to patients waiting to find a marrow donor. The C.W. Bill Young Donor Program is only for Military donors.

The C.W. Bill Young Program works in conjunction with the National Marrow Donor Program (NMDP) which brings donors together, within the U.S. and from across the world, in a confidential and secure data search system.

"Humanitarian support is a part of our commitment and Uniformed Service members can help save lives by enrolling in the National Donor Program Registry," said MG Granger.

In addition to the NMDP in the U.S., there are numerous organizations around the world that share this database, working together to find matches for any individual requiring a transplant. Since the creation of the NMDP in 1986, more than six million Americans, including more than 400,000 Service members, have registered as marrow donors.

Hundreds of marrow donor drives are conducted on Military installations and ships each year. In addition, The C.W. Bill Young/DoD Marrow Donor Program, in cooperation with participating commands, has established "walk-in" registration programs for eligible personnel who wish to join the DoD Marrow Donor Program Registry.

Joining the registry is almost effortless and completely painless. Participants fill out a short two-page DoD consent form and a swab is taken from inside their mouth.

Potential donors receive an official card signifying they have registered as a bone marrow donor. They are added to the NMDP National Registry through the DoD Marrow Donor Program.

To be eligible to join the registry through the DoD program you must be:

- Age 18 to 60 and in good health**
- Active Duty Military, Coast Guard, National Guard or Reservist**
- Immediate family member of an Active Duty Service Member**
- A DoD civilian employee**

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## Solicitation of Charitable Gifts on Federal Property

As we get closer to the holiday season the spirit of giving is with all of us. However, as we are a federal facility there are rules that must be followed.

With the exception of the Combined Federal Campaign (CFC) and the Armed Forces relief funds, we are ordinarily not permitted to endorse or raise funds for any charitable groups.

Private fund-raising, such as the walk to cure breast cancer, raising money for the homeless, Toys for Tots (which most of us associate with the Marine Corps, but is actually a private foundation) or to support the latest disaster victims is prohibited in the federal workplace regardless of the virtue of the cause for which the funds are being raised. This prohibition includes the use of official government e-mail to inform others of charitable collection drives.

The electronic classified bulletin board may be used by individuals who want to let others in the university community know of a particular need or charitable organiza-

tion. We should not, however, collect funds or materials here at the University.

Various fundraisers by either the Student Spouses Club or the Headquarters Company are permitted by the Joint Ethics Regulation (DoD Directive 5500.7-R) under an exception as long as the groups are "composed primarily of DoD employees or their dependents when fundraising among their own members for the benefit of . . . their own members or their dependents." These are organizations which must be registered with the university and their activities are approved in advance by the University President.

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## NSPS Questions, Answers

**Q. When will NSPS affect me?**

**A.** The university will convert to NSPS Feb. 3, 2008. Prior to conversion, all eligible GS and GM employees, will receive closeout appraisals and awards under the current performance management system. Due to the conversion to NSPS, the current performance management appraisal cycle for GS/GM employees will be shortened. The appraisal period for GS/GM employees for the current rating cycle will end Nov. 30, 2007. All GS/GM appraisals and performance-based award nominations are due in CHR NLT Jan. 4, 2008.

**Q. Who will be covered by NSPS?**

**A.** Only General Schedule employees will be covered by NSPS. Wage Grade employees and Administratively Determined staff and faculty are currently excluded from NSPS.

**Q. Will employees lose salary when converted to NSPS?**

**A.** No. Employees will convert into NSPS based on their permanent position of record without a loss of pay. In many cases, employees will actually receive a salary increase equal to the amount they have earned towards their next within grade increase.

**Q. Will employees at Step 10 receive a WGI buy-in?**

**A.** Employees at Step 10 are not eligible for a WGI buy-in because they have already received all 10 step increases under the GS system. The WGI buy-in is a process used during conversion to NSPS to pay employees for time spent working towards their next step increase.

# USU News Briefs

**2008 Field Exercises:** Operations Bushmaster and Kerkesner will be conducted from July 10-25, 2008 at Fort Indiantown Gap, Pa. These exercises are unique to the university and require the support of all of the university's uniformed personnel. Only emergency leave will be granted during this time frame.

**Drinking Responsibly:** According to Dr. Alexander Wagenaar, director, Alcohol and Other Drug Epidemiology Program, University of Minnesota School of Public Health, alcohol was involved in nearly 32% of aviation deaths, 62% of drownings, 48% of falls, 54% of fires, and 40% of industrial injuries. Highway crashes involving drivers (and pedestrians) who are impaired by alcohol and/or other drugs are not considered "accidents," as they are preventable.

**Free Military Handbooks:** There are several useful United States Military Handbooks available to active duty military, veterans, and dependents on topics such as pay, allowances, taxes, health care and TRICARE benefits, Veterans and Social Security Benefits, travel, transportation, SBP, retirement, Space-A, installation listings, statistical data and more. These handbooks are designed to help military personnel by giving them the most accurate and complete information available anywhere. To access these handbooks, visit <http://www.militaryhandbooks.com>.

**Marriage Enrichment Program:** The USU Brigade chaplain offers a Marriage Enrichment Program in room C1026. This program is open to all USU personnel (spouses are encouraged to attend). The program will run Thursdays from 11:45-9:30 am for 15 ses-

sions. The program is called Prevention and Relationship Enhancement Program (PREP,) and is the result of over 25 years of research at the University of Denver. This program is also based on Christian scripture; however, all USU personnel are invited to attend.

**Workplace Sales of Goods and Services:** Just as Federal law prohibits employees (within the workplace) from soliciting donations or selling items on behalf of private organizations, they are also prohibited from selling goods/services at work while on government time. Moreover, this prohibition extends to the use of government-furnished communication systems, i.e., via phone, fax, and e-mail. In short, federal employees [civilian/military personnel] are prohibited from selling beauty products, home decorations, life insurance, etc., at work or on government time. This prohibition includes soliciting sales or making any arrangements for sales while in the workplace. This prohibition also applies to handing out or placing fliers or catalogs for people to view. Please note that university employees are authorized to use the USU bulletin board, [http://131.158.7.207/usuhs\\_only/cgi-bin/webbbs\\_config3.pl](http://131.158.7.207/usuhs_only/cgi-bin/webbbs_config3.pl) to alert USU personnel of goods and services. If this option is selected, they must use their home phone or private e-mail address for contact information.

**Brigade Enlisted Holiday Party:** The Brigade Enlisted Holiday Party is Dec. 7 from 10 am to 2 pm at the bowling alley on base. Activities will include bowling, white elephant gift exchange, raffles, and a potluck. The ESC will provide the main dishes and each service will be tasked to provide side dishes, salads, and dessert. The Brigade Commander has authorized the Headquarters Company Commander to release the enlisted personnel at the conclusion of the party, pending approval of their immediate supervisors.



Photo by MCSN Raul Zamora

## Air Force Dominates Basketball, Dodge Ball

The Air Force bulldozed the Army and the Navy during the basketball and dodge ball events of the 2007 Commander's Cup, at the Comfort Zone Fitness Center, Oct. 26.

The Air Force is usually the underdog during the Commander's Cup events but this time, they took the other military branches under.

Each year there is only one military branch that wins the coveted Commander's Cup, The U.S. Navy is currently holding the Commander's Cup, which is a canteen cup attached to a plaque with a record of which military branch earned it last.



USU

A Traditional Academic University  
with a Unique Focus





# USU Calendar of Events



<p>11</p> <p>Veterans Day</p> <p>November</p>	<p>12</p> <p>Veterans Day Observed</p>	<p>13</p>	<p>14</p> <p>Neuroscience Program 17th Annual Open House and Poster Session</p> <p>3:30 p.m. Building B Lobby</p>	<p>15</p> <p>LRC Training Classes: Advanced PowerPoint Register online at: <a href="http://training.lrc.usuh.sml/lib/training_reg.php">http://training.lrc.usuh.sml/lib/training_reg.php</a>. Please call 319-4039 or 295-3357 if you have questions.</p> <p>4 - 5 p.m. LRC</p>	<p>16</p>	<p>17</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p> <p>LRC Hours 6am- 4:45</p>	<p>22</p> <p>Thanksgiving Observed</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>1</p> <p>December</p>
<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>