Integration was the focus as representatives from the National Capital Area Military Health-care System met for a two-day integration conference last week at the Uniformed Services University of the Health Sciences (USU).

Col. Thomas Fitzpatrick, director of the Office of Integration, began the conference with a question: "Are you ready for the integration changes that are about to take place in the National Capital Area?" Colonel Fitzpatrick said he has heard a range of answers to this question when he’s posed it in various forums. "This is never going to work," and "we can make the change when the time is right, like around 2010 or 2011," are a couple of responses he has heard. "Then there’s another group that says, 'Change brings exciting things and I want to be part of it,'" Colonel Fitzpatrick added. He said one of the objectives of last week’s conference was to have attendees become "the keepers of change." He added that "the reason you’re here is to help make change happen." He called the conference attendees, most leaders in one capacity or another at their various institutions, "change leaders for integration."

Maj. Gen. Kenneth L. Farmer Jr., commander of the Walter Reed Army Medical Center and North Atlantic Regional Medical Command, described the conference as a ‘cross pollination’ of cultures. He reminded people that the Base Realignment and Closure (BRAC) announcement of the formation of the Walter Reed National Military Medical Center had occurred a little more than a year ago, and that seven months ago the BRAC recommendation became law. General Farmer added that a lot of work has gone into the BRAC Business Plan for the NCA military health system. He said it is a $1.5 billion plan. He said the business plan calls for an approximate 870,000 square-foot new hospital at Fort Belvoir, and about 800,000 square feet of new or totally renovated space on the campus now occupied by the National Naval Medical Center and USU in Bethesda. "I said back in the beginning - May 13, 2005, this is the right thing to do, and I still believe that," General Farmer went on. "I’ve also said, this is the right thing to do if we
ATL Earns Civism Award

By MCSA Raul Zamora

Members from the Anatomical Teaching Laboratory (ATL) received the Civism Award at the Naval Postgraduate Dental School’s graduation held at the National Naval Medical Center (NNMC) June 2.

The Civism Award was presented to George Holborow, curator of the ATL, and the ATL staff who include HM1 Samuel McFall, HM3 Won Chang and Yolanda Cross.

The ceremony began with music by the U.S. Marine Corps Band Ensemble and the U.S. Navy Sea Chanters. During the graduation several awards were received by students and different staff members.

“I have never been to a naval dental school graduation,” Mr. Holborow said. “I was pleasantly surprised to find out that I had received the Civism Award. Even though the award was presented in my name, it was important to recognize the ATL staff. Without team effort the organization can’t go on.”

The ATL staff earned the award for providing courses for the students two to three times a year. In the course, the ATL provides specimens, space and anything else that the dental officer staff and residents of the Naval Postgraduate Dental School and NNMC may need.

“I really enjoyed working with the students,” Mr. Holborow said. “Without students or research, there would be no need for a university. If we keep training students better each time, they will be better practitioners.”

The ATL has been helping the Naval Postgraduate Dental School since 1990. “It was surely a great moment for us, especially for Mr. Holborow,” HM3 Chang said. “Military personnel come and go all the time, but he’s been doing this a long time.”

“I came to USU in 1976,” Mr. Holborow said. “My first assignment here was to ‘build’ the ATL. I started working with anatomical labs 35 years ago at George Washington University, and I have been in USU for 30 years.”
Local high school creates friendship with USU

By MCSA Raul Zamora
Staff Writer, Office of External Affairs

The Uniformed Services University of the Heath Sciences (USU) hosted a group of students from the Friendship Edison Collegiate Academy (Friendship Charter High School) recently.

Students from the leadership group at the high school visited USU to learn more about the medical career field. This is a group of prospective students who are preparing for professional careers ranging from performance arts, visual arts, broadcast journalism, network engineer, robotics, and medicine.

“It is very encouraging to know that there are schools and clubs that make students feel special about their career choice,” said, Navy Capt. Cynthia Macri, vice president for Recruitment and Diversity. “We want them to aspire to become doctors.”

The Friendship Charter School took a tour of the USU Anatomical Teaching Laboratory with Dennis Stutz, director of the Multi-Disciplinary Laboratory, then they went to the National Naval Medical Center where they talked to corpsmen, medical officers, and met with doctors on the job.

The students are required to volunteer 120 hours of community service in order to graduate. “These kids want to volunteer their time at the Navy hospital” Captain Macri said. “They would not have another opportunity like this anywhere else.”

The Friendship Charter High School, which opened in 2002, has four campuses that are located in the District of Columbia area. The school teaches students through uniquely designed assessment systems, interactive professional development, integrated use of technology and other program features.

Prospective students from the Friendship Edison Collegiate Academy, visit the Uniformed Services University of the Health Sciences to learn more about the medical career field.

The workshop provided an overview and refresher prior to starting his practice as an orthopaedic spine surgeon at Madigan Army Medical Center in Tacoma, Wash. Dr. Geyer anticipates being deployed in about a year and he believes the discussion about how management is different in an environment that is more resource constrained will be very beneficial to him in that situation. “It’s indispensable,” Dr. Geyer said of the training.

“This is a course that combines the teaching and history of spine surgery. We have added new techniques to keep civilian spine surgeons and, more importantly, military spine surgeons better informed and educated in a non-confrontational manner.” said Dr. Rosner.

“In my opinion, for private practice neurosurgeons, this is the best there is,” said Kaveh Khajavi, M.D., a course participant from the Neurosurgery Center in Decatur, Ga. “It’s not like a national meeting where some big spine guy gets up on stage and speaks and then there’s no discussion. This is very interactive. The big [faculty] names here inspire. They talk to me and all of the attendees. It’s very collegial.”
Military Applied Physiology Course puts words into practice

By Tech. Sgt. André Nicholson
NCOIC, Office of External Affairs

There are few medical schools, if any, that include spending the afternoon in a pool as part of their student curriculum. However, first year medical students at the Uniformed Services University of the Health Sciences (USU) get this opportunity as part of their Military Applied Physiology Course.

The course is part of the students Military Studies I curriculum, which falls under the Department of Military and Emergency Medicine. The Military Applied Physiology Course Director is Cmdr. Rene Hernandez, U.S. Navy, who holds a Ph.D. in Neurophysiology, and has a background in undersea medicine.

“This course allows the students to understand how the body behaves in extreme environments,” Commander Hernandez explained. “The feedback from the students so far has been great. The labs provide the students with the opportunity to experience first-hand what they’ve been taught in class and how it actually applies in these environments.”

The course extends from April through early June and the curriculum includes subjects such as physiology of the battlefield, foot care, immersion hypothermia, blast injury, performance at altitude, lightning and electrical injury, and women’s health in the field, to name a few. Commander Hernandez invites visiting instructors with a wide range of experience to teach the students. The instructor who teaches microgravity, for example, is himself a former astronaut. Col. Jim Bagian, MC, U.S. Air Force Reserve, who has been a NASA physician and astronaut on two Space Shuttle missions, an Air Force flight surgeon with the elite pararescue jumpers, an engineer with the Navy and the Environmental Protection Agency and currently works for the Veterans Administration for patient safety. Another instructor is retired Rear Adm. Alan Steinman, M.D., MPH, U.S. Public Health Service, who teaches immersion hypothermia. He has participated in numerous life-saving medical evacuations of injured merchant seaman and fishermen during his 25 years of service in the Coast Guard and Public Health Service.

The students attend three separate laboratories: Litter Course, Exercise Physiology, and Diving Physiology. The Litter Course and the Diving Physiology Labs are completely run by MEM enlisted staff members along with assistance from volunteer staff members from other departments. The students also have the option of visiting the U.S. Air Force and Navy Altitude Labs.

Tech. Sgt. Shannon Beach, U.S. Air Force, assists an MS1 student during the Immersed Lung Station. This station helps the student feel the effect of immersion on the cardiovascular system.

The overall objective of the Diving Physiology Laboratory, for example, is to familiarize students with the unique aspects of the underwater environment and its impact on physiologic function.

Some of the things students should learn and experience in the lab are: the effect of cold water immersion on the cardiovascular system; the effects of very cold water on manual dexterity; how visual perception is different underwater; and how sound propagation and hearing is different underwater.

The students rotate through five stations in groups of four and are given specific instructions on what they will or should experience at each station.

Commander Hernandez points out that this lab is relevant because, for example, any one can suffer from hypothermia in any body of water within the continental United States if they’re immersed for a lengthy period of time. The lab provides these future physicians with an understanding of how the body reacts to different environments. The Military Applied Physiology Course overall gives the students an experiential understanding of the human body’s response to environmental stressors so they will be better prepared to treat patients, advise line commanders and take care of their troops on the battlefield.
Driving smoothly along...

By MC2 Kory Kepner
Staff Writer, Office of External Affairs

There is a group of people working at the university who quietly go about their business to ensure people and parcels get to the places they need to be.

The Administrative Support Division (ASD) staff at the Uniformed Services University of the Health Sciences (USU) provides many services that the university needs in order to function.

“We have many people on our staff who perform a variety of duties but there is one group of men who interact with the USU community and public on a daily basis,” said Karen Moore, support services deputy director.

A staff of eight men handles some of these duties, such as driving senior leaders to different locations around the District of Columbia and delivering mail around the university.

“All of the mail that comes to the university is handled and managed by us, it’s a job that has to be done,” said Eugene Holmes, who is the most tenured of the staff with 17 years. “We handle hundreds of pieces of mail every day.”

“We also have to drive a lot because in some places you just can’t find parking or people are not from the area, they don’t want to get lost and they have appointments to keep,” Melvin Dunn said. “It’s best to schedule a driver ahead of time but things are always popping up so we are always on call.”

Marvin Jones added that they also handle Army Post Office and Foreign Post Office packages that go overseas. “If a package is overweight we have to make sure it has a customs slip on it so the inspectors know what’s in it and it doesn’t get held up. It’s important that all mail goes out promptly and efficiently.”

Mr. Dunn said that the staff does its best to be dependable and reliable but things don’t always go as planned. He recalls an incident in February 1995 when he had only been working at USU for a couple of days when a request that Dr. James Zimble, President Emeritus, needed a ride to the Pentagon. Mr. Dunn dutifully answered the call and they started on their way. As the drive progressed Dr. Zimble asked, “Son, where are you taking me?”

“I made a left when I should have gone straight sir,” was Mr. Dunn’s reply.

Dr. Zimble showed him the proper way to get to the Pentagon and he made his meeting on time. While Mr. Dunn wasn’t barred from driving Dr. Zimble – he wasn’t requested either.

Because of the nature of their jobs the ASD staff interacts with just about everyone at USU.

“I enjoy my job, we get to meet – and interact – with just about everyone in the university,” Karen Moore said. “We make it a priority to become familiar with the names and faces of the people in the USU community because if something comes in for someone we need to know who they are and where we can find them.”

Danny Ly added some people are constantly moving so it’s easier just to know who the person is rather than knowing a room number.

One downside the drivers mentioned was that they have to drive in adverse road conditions and sometimes people are impatient. They all mentioned that they don’t always know about road closings, accidents or if the weather has traffic backed up. Their customers are important to them and the safety of everyone has to come first.

“We are given a time to leave and we are always there at that time, we are extremely dependable,” Jerome “The Enforcer” Hall said. “People need to understand that things happen and that they get out of our control. We try to do everything we can to make sure people are where they need to be, and on time.”

However, there are perils to being on the road and sometimes just plain weird things happen during their driving runs.

“One time, Patricia Hinton Walker, Ph.D., R.N., FAAN, professor and former dean Graduate School of Nursing, and I were coming back from a meeting and someone, who was talking to himself, jumped out in front of the car and I had to slam on the brakes. She was scared to death,” Mr. Holmes said. “It was rather amusing to me… then, a little further down the road a guy carrying a tree ran out in front of us. Who runs across the street with a tree? It was just a strange day.”

ASD also provides senior oversight for the university’s Equal Employment Opportunity program; provides professional travel services and serves as the Contracting Officer’s Representative for the Commercial Travel Office; serves as the Records Management Office, developing and maintaining a standard university filing system; receives, sorts, meters, and distributes U.S. and in-house mail; provides transportation services and arranges for courier deliveries; collects, maintains, and distributes federal, DOD, and university instructions, manuals and other publications; duplicates or arranges for the professional printing of material; provides copier management and engraving services; publishes and distributes the university’s personnel locator; provides and maintains pager services; acquires, develops, and maintains federal, DOD, and university forms; provides information for the university instruction web page; provides the university’s telephone listing for the DOD personnel locator.

The Administrative Support Division reports to the Vice President for Finance and Administration.
do it right and I believe our BRAC Business Plan will provide us the resources to accomplish that goal."

"An awful lot of work has also been done concerning integration," General Farmer said. "I suspect we are further along with integration than a lot of people thought we would be, and probably not as far along as others might have hoped that we would be."

General Farmer explained, "My colleague, Rear Adm. Adam Robinson, National Naval Medical Center commander, has said, 'If we build the right building and do not get the right people together in the right way, we will fail. If we get the right people together in the right way but we don't build the right building, we will adjust.'

General Farmer said he agrees with this sentiment. He added that last week's conference wasn't about the buildings, but about the people who will occupy those buildings - 'the people organization.' He said integration is about 'the now and then.' "I have said all along that we're going to functionally integrate long before we co-locate, and we have already begun that integration."

General Farmer continued, quoting Admiral Robinson, "Walter Reed is closing, and after a pause, so is the National Naval Medical Center." He was spot-on right," General Farmer said. In conclusion, General Farmer said functional integration is moving from "us vs. them to us. It means we become us."

Adm. Robinson said he views integration success as cultural integration between all the healthcare systems in the National Capital Area (NCA).

"The key to success of cultural integration is clinical integration," he added. "The key to clinical integration is integration of orthopedics, internal medicine and general surgery."

He explained that most other clinical services are integrated in the NCA. "When orthopedics, internal medicine and general surgery rise up in a new institution, which is neither Bethesda nor Walter Reed, then we're going to be able to go forward to get to the next point," Admiral Robinson said.

The admiral urged people to venture into the "threshold of the great unknown," but cautioned people "not to leave the best of the old behind."

Charles L. Rice, M.D. USU president, said being an academic medical center means providing not only clinical care, but also education and research. He explained that in Plato's "Republic," the philosopher says one of the principle responsibilities of the state is the education of the next generation. Dr. Rice said our integration activities in the NCA are fulfilling that responsibility. Dr. Rice said he views success as having the right leadership and people in place, regardless of the organizational structure of the institute.

"Our objective here is to be sure, as we choose people for leadership positions, whether it's for clinic chiefs, department chairs or nursing leaders, we have the right person who has the ability to balance the three principle requirements that we have - clinical care of the first quality; education of the next generation; and research to address the unsolved questions that confront the population we serve," Dr. Rice said.

Brig. Gen. Thomas W. Travis, commander of the 79th Medical Wing headquartered at Malcolm Grow Medical Center, Andrews Air Force Base, said success to him is the "vision of one unified NCA military health-care system. That in my mind says it all." He added that the Air Force will stay strong and be an active player in the integration process.

Navy Capt. Richard Stolz, from the Bureau of Medicine and Surgery, said all of the military health-care systems in the NCA have a rich history of at least 60 years or more and integration may be difficult for some people. "We've been in competition with each other. Competition can be healthy, but in some kinds of competition when one team wins and the other loses, it can be easy to project false negatives on the competitor. This can become an obstacle when those two teams are asked to work side by side."

The second day of the offsite was devoted to developing action plans designed to accomplish integration of the NCA military treatment facilities. After hearing the outbriefings of the action plans, the Flag Officers presented their vision for the military health system in the National Capital Area.

"We envision and are committed to one integrated National Capital Area military health care system," Capt. Stolz said. The Tri-Service Walter Reed National Military Medical Center at Bethesda will lead the integrated NCA military health care system. The NCA integrated military health care system, together with the Uniformed Services University of the Health Sciences will be a worldwide military medical referral center. This premier academic medical center will focus on the highest quality care, distinguished health professions education, and exemplary clinical and translational research."

Concluding the integration conference, General Farmer added, "You are 'our' leadership team. You can reach out and pull others in and I strongly encourage you to do so."
Look Who’s Talking… If you could have dinner with anyone, who would it be?

Audrey Hepburn—“A highly successful actress from Holland was aided by UNICEF as a child, later she devoted five years to humanitarian work with UNICEF until her death in 1993.”

Karen Elberson, Ph.D., associate dean, GSN

‘My wife, it’s self explanatory. I wouldn’t want to have dinner with anyone else in the world.’

Alan Dieringer, Finance

Condoleezza Rice—“She has accomplished so much. She speaks five languages, entered college at 15, graduated at 19, and has become the second woman to hold the position of Secretary of State.”

Capt. Michelle Glenn, Army Company Commander, SOM

Letter from the editor

As with any new publication, there are bound to be questions about policies and procedures. In this letter I hope to shed some light on some questions that have been brought to my attention such as the submission of articles, deadline dates, and writing style.

Some people might be under the impression that newspapers, magazines, and newsletters such as the USU Newsletter, don’t have specific rules and regulations to follow. But contrary to popular belief, there are.

The staff in the Office of External Affairs who produce the bi-weekly newsletter, adhere to the Associated Press Stylebook for writing clarification. This manual provides a uniform presentation of the printed word, to make a story written anywhere understandable everywhere. It is an eclectic source of information for writers and editors of any publication.

From this manual, each editorial staff can and should develop their own specific editorial policy document that is more conducive to their place of business. That document should include things such as submission deadlines, article placement, use of electronic images, and article coordination.

As for the university’s newsletter, which is published bi-weekly on Mondays, anyone who would like to submit an article can do so by e-mailing it to usunewsletter@usuhs.mil. Articles need to be received by Friday at 4 p.m. a week before the scheduled publication date of the newsletter. For example, today’s newsletter, which was published June 19 had to have all articles submitted Friday a week prior, which was June 9.

Some articles that are submitted require a rewrite by our staff to put into the correct format. We do not change article content, just the format in order to make all writing consistent and understandable by our audience, which includes faculty, staff, students, spouses, and visitors who might just be looking to find out information about the university.

Articles should have a tie to the university or the people who make up the university. It is not a publication to market personal business endeavors. As the editor, and with the guidance of the managing editor, it is my job to screen articles and photos to ensure they meet the standards of good taste and are grammatically correct.

Since the USU Newsletter is not the size of most newspapers, we do not have the space to publish articles that are extensive in length. Articles should be between 500 – 750 words (or 1 ½ - 3 pages single spaced), 12 point, times new roman, in a standard Microsoft word document.

The newsletter staff strives to present the newsletter in a professional, but creative manner, while following the rules of layout/design.

We are open to suggestions about the newsletter and are always looking for contributing writers and ideas for news articles.

Air Force Tech Sgt. André Nicholson

Letter to the editor

As the little ones are growing up it’s important to teach them things about cleanliness that they can use throughout their lives to help them and others stay healthy.

One of the simplest, and most important, is washing their little wings and little webbed feet (for you, your hands). Many germs are transmitted through improper hygiene. The transmission of disease is easier than you might think. Take the simple act of picking up a pen. You don’t know where it has been, who had it last, or what it rolled into under the desk. As George Costaza (Seinfeld) knows, it’s been flagged! You pick it up, bite the end of it, rolled in around your fingers and then touch your mouth or rub your nose. Congratulations! You have just contaminated yourself.

Here are just a few examples of when you should wash your hands: before and after contact with a person with whom you treated for first aide injuries; before and after shift at work; before and after you have cleaned bottles, tubing and water containers; before and after cleaning up treatment areas, trash, and basins; before and after you put on gloves; and last but not least, whenever you use the restroom ALWAYS wash your hands thoroughly!

When running around during a hectic day it’s easy to forget the simple things that can keep everyone healthy and productive. ‘Honk’ if you live healthy!

Sincerely, Gracie the Gray Goose
## USU Calendar of Events

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### June Events

- **18**: Toastmasters Meeting Room A2052 Noon – 1 p.m.
- **19**: Grand Rounds
  - "What’s expected of good teachers?"
  - 9 a.m. - noon
  - Room A2015
- **20**: Dept. of Medicine Research Seminar
  - To be announced presented by Dr. Matthew Pollack
  - 8:30 - 9:15 a.m.
  - Room A2053
- **21**: Grand Rounds
  - "What's expected of good teachers?"
  - 9 a.m. - noon
  - Room A2015
- **22**: Dept. of Medicine Research Seminar
  - To be announced presented by Dr. Matthew Pollack
  - 8:30 - 9:15 a.m.
  - Room A2053
- **23**: Dept. of Medicine Research Seminar
  - To be announced presented by Dr. Matthew Pollack
  - 8:30 - 9:15 a.m.
  - Room A2053
- **24**: Dept. of Medicine Research Seminar
  - To be announced presented by Dr. Matthew Pollack
  - 8:30 - 9:15 a.m.
  - Room A2053

### July Events

- **25**: The next issue of the USU Newsletter will be published June 30 due to the Holiday weekend. Please have submissions in by 4 p.m. June 23.
- **26**: The following issue will not be published until Aug. 7 due to Operation Bushmaster/Kerskesner commitments.
- **27**: The next issue of the USU Newsletter will be published June 30 due to the Holiday weekend. Please have submissions in by 4 p.m. June 23.
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### Matching Dates

- **1**: A/O Department Representative Meeting. Time: 11 a.m.
  - Place: Lecture Room B.
- **2**: USU Toastmasters Meeting.
  - Time: noon - 1 p.m.
  - Place: USU Campus, Room A2052.
- **3**: Biodos EPR-2006: 2nd International Conference on Biodosimetry and 7th International Symposium on EPR Dosimetry and Applications July 10 - 13 Sanford Auditorium.
- **4**:
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