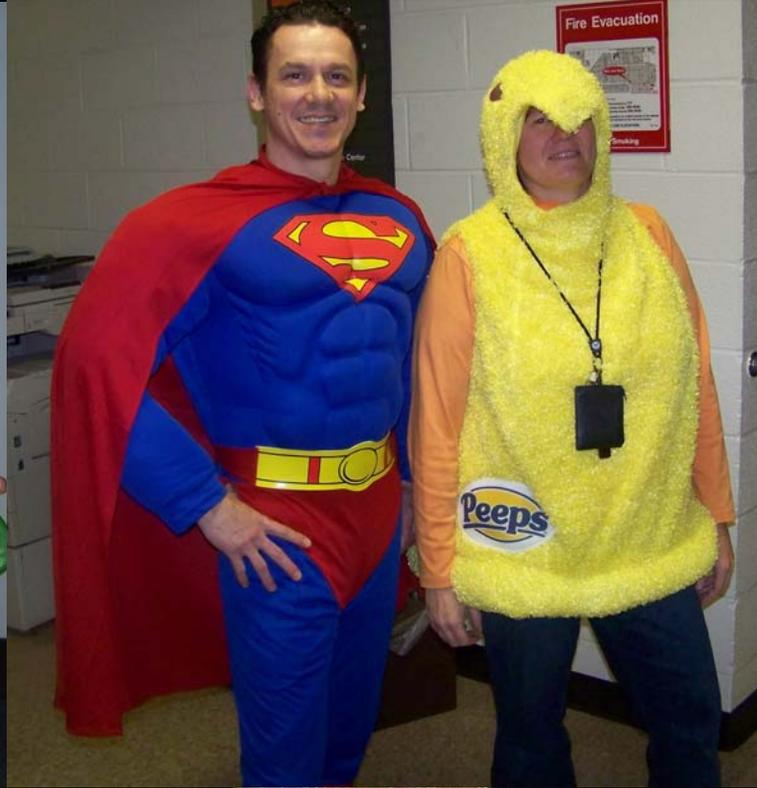


USU NEWSLETTER

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HALLOWEEN FUN

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**Cover photos:
Courtesy of
Media Affairs Office**

Former Acting Dean of GSN Becomes Vice President of Distributed Learning

*By Christine Creenan
VPE Staff Writer*

Although his charge as vice president of distributed learning at the Uniformed Services University of the Health Sciences (USU) is a recent appointment, Mr. Bill Bester, RN, MSN, CNA, BC, is a familiar and welcome face on the Bethesda campus. Before he took on this new role, the retired Army brigadier general impacted USU's learning community in other capacities, drawing from years of experience in uniform and hospitals around the world.

A former acting dean of the Graduate School of Nursing and Chief of the Army Nurse Corps, Bester has been at the core of the academic health center for some years now. These responsibilities required him to oversee the GSN's educational programs, including four master's tracks and one doctoral program. Uniquely suited to lead a federal school of nursing, Bester was able to provide first-hand perspectives on military medicine, having dedicated more than three decades to the Armed Forces.

He is trying on a new hat though, by developing alternatives to traditional classroom experiences. Because military members are assigned and located around the globe, online courses could offer new platforms for students stationed in a variety of locations.

"The interest level is great," enthused Bester of the program, before describing its many advantages. To begin with, USU could reach more people, across all specialties. Also, many recent studies suggest both resident and remote learners derive the same educational benefits, he continued.

USU has already had some experience in converting course material to electronic platforms, with some success, prompting Bester to explain, "We've dipped our toes in the pond of distributed learning, now it's time to expand learning opportunities even further."

There is much work to be done though, and Bester is laboring to bring form to this broad concept. "Right now we are gathering information so

we can develop a template to work from," he said.

Bester and several other subject matter experts recently visited Johns Hopkins University to learn about their distributed learning programs, with plans to continue to analyze those of other premiere universities in the upcoming months.

Clearly Bester is vested in a huge undertaking, systematically addressing program details and resource requirements, both from a fiscal perspective and from a human resource perspective.

A proven leader, his past successes bear fruit in a distinguished portfolio that begins even before USU's charter class matriculated into the School of Medicine. "Lassoed" into the Nurse Corps by an Army recruiter, according to Bester, he "liked everything about the military." Traveling the world and quickly advancing through the ranks, his career in the Army culminated in his selection as the 21st Chief of the Army Nurse Corps. After retirement, Bester went on to teach at civilian universities, but perhaps it was a proud military disposition that brought him back to the Nation's academic health center.

"My whole professional life was spent around service members and their families," Bester said thoughtfully. "USU holds a special place in my heart."

The sentiment is returned. The newest vice president is more than a visionary leader; he is the embodiment of what the university strives to impart—excellence in military medicine. Welcome back Bill Bester!



Bill Bester

Celebrating a Half Century's Contribution to Pharmacology: A Symposium to Honor Dr. Brian Cox



The Department of Pharmacology at the Uniformed Services University of the Health Sciences (USU) is hosting a symposium to honor professor and former chair Brian Cox, Ph.D., Nov. 13.

The forum celebrates Dr. Cox's many contributions to the university and

the community of pharmacologists at large as well

as his recent appointment as president-elect of the American Society for Pharmacology and Experimental Pharmacology.

The all-day event begins with morning and afternoon sessions serving as platforms for colleagues and associates to present their research in opiod and other areas of neuropharmacology. Following these special presentations, participants are invited to enjoy a wine and cheese reception and dinner at a local restaurant.

For more information about the event or to register, visit www.usuhs.mil/pha/symposium.

Medical Student Continues Family Legacy of Military Service

By Christine Creenan
Staff Writer



Courtesy Photo

LTC Charles Salter stands alongside newly commissioned daughter, 2LT Carolyn Salter.

formed Services University of the Health Sciences (USU) is no easy task, but with

The adage “like father, like daughter” certainly rings true in the case of 2LT Carolyn Salter. She is following in her dad’s footsteps and the path has not been an easy course. After all, LTC Charles Salter, Ph.D., leaves a big imprint.

Emulating a decorated officer, accomplished scholar and senior leader at the Uni-

sheer determination and a lot of hard work, the young medical student is making her family proud of the soldier she has become and the physician she longs to be.

“I feel humbled to realize that, as a future medical officer, Carolyn will likely have a larger impact on the U.S. Army than most of her forebears,” said LTC Salter.

Of course, Salter always knew she wanted to be in the military; her father spent much of his professional career championing the virtues of service and besides, patriotic fervor runs deep in the Salter lineage.

“From what I know about my ancestry, there has been a soldier in the family ever since the Revolutionary War,” she proudly affirms.

Carrying the tradition forward was an easy choice but the decision to become a uniformed physician was far more happenstance. You see, long before Salter was buried in anatomy textbooks, the accomplished athlete could be found competing in national figure skating championships. She endured many injuries, and eventually sought medical attention for ankle and

shoulder damage. Salter feared the wear on her body would take its toll and force her to give up the sport she loved.

“My physicians gave me skating back,” she recalls. “To be able to give someone their dream is amazing. That’s why I want to go into medicine.”

Now she is halfway through her first year of study, and the aspiring military doctor is engaging in one-of-a-kind experiences, at some of the nation’s top treatment facilities.

“In my third week of school I was at Walter Reed (Army Medical Center) interview-

“To be able to give someone their dream is amazing. That’s why I want to go into medicine.”

2LT Carolyn Salter

ing a soldier who got hit by an IED (improvised explosive device),” laments

Salter before

adding, “I want to be an Army physician, USU just makes sense.”

The young girl, who long since drew inspiration from watching neighbors deploy around the world, now proudly represents the next generation of soldiers willing to go into harm’s way on behalf of the nation. In doing so, 2LT Carolyn Salter is fulfilling a family legacy and strapping on some mighty large boots in the process.

National Disability Awareness Month

The USU community of learners looked to one of their own, Professor Sharon Juliano, Ph.D., to serve as the keynote speaker during a program commemorating National Disability Employment Awareness Month. Taking center stage, Dr. Juliano recalled the car accident that left her badly injured and in the hospital for many months. Still she persevered, eventually trading in a wheelchair for crutches and then on to the cane she still uses to navigate university grounds. Besides changing her body irrevocably, the accident led Dr. Juliano down the research path. Her scientific work focuses on the development of the cerebral cortex and investigates the mechanisms of tangential and radial migration of neurons into their target sites. Truly a role model for all people, Dr. Juliano is particularly inspiring in the classroom. She teaches gross anatomy of the head and neck and neuroscience, as well as several graduate student courses.



USU
A Traditional Academic University with a Unique
Focus



Leading Experts Engage in “Hot” Discussions

By Selasi Attipoe
Human Performance Laboratory

The Consortium for Health and Military Performance, or CHAMP, turned up the heat at USU with its ACSM/DoD Roundtable Conference on Exertional Heat Stroke: Return to Play/Duty Issues, Oct. 22 and 23. This conference, also in collaboration with AMSSM and NATA, brought leading experts from the United States and around the world to discuss issues related to exertional heat illness, a condition affecting military service members, as well as recreational and elite athletes.

Presently, no standardized evidence-based recommendations exist for determining when an athlete or warfighter can safely return to regular physical activities following exertional heat illness. In addition, there are remarkable variations in clinical decision-making practices. Hence, the goal of the conference was to generate a consensus document for publication that outlines the relevant issues, identifies research gaps, and provides consensus guidelines based on current evidence and best practices. With approximately half of the experts providing 26 different definitions of exertional heat stroke on the first day of the conference, it was realized such a meeting was overdue.

The conference was a major success: COL Francis O'Connor, from the Department of Military and Emergency Medicine, and Medical Director of CHAMP, and Dr. Doug Casa, a heat expert and

associate professor from the University of Connecticut, will synthesize the discussions into a consensus statement based on current best practices and scientific data. The goal is to generate guidelines that will be published in *Medicine and Science in Sports and Exercise (MSSE)*, the premier journal for Sports Medicine and published by the American College of Sports Medicine. Meanwhile, presentations from the conference will be available in a few weeks on CHAMP's website, champ.usuhs.mil.

“So what exactly is CHAMP?”

CHAMP participates in basic, clinical and translational research, serves as an educational resource, and provides clinical expertise in optimizing the functional capacity of warfighter: the objective of CHAMP is to help maximize and sustain performance in the operational environment. To accomplish this goal, CHAMP provides educational services and consultative services through its website champ.usuhs.mil to DoD Commands, military clinicians, and Warfighters. CHAMP believes that “Every warrior is an athlete”: health and performance of the warfighter is its number one priority.

CHAMP recently installed an environmental chamber in building 53, where both temperature and humidity can be regulated to both cold and heat extremes. We hope to move forward with heat-related research with the intention of narrowing the existing research gaps. CHAMP has been busy, but this is only the beginning. It's going to get much hotter!



Photo by Laura Banes

USU Runners Sail By in Navy 5 Miler

The USU sponsored racing team came in second place for the military teams at the annual “Navy 5 Miler” held at West Potomac Park in Washington D.C. The Runners include (back row, from left to right) HM3 Marvin Gomez, CAPT Jaime Luke, Hm2 Tinsae Tekleab, TSgt Marvin Jones, (front row, from left to right) HM1 Joe Monsivais and FC2 Adam Race.

Family Health Center Provides Exceptional Care to USU Community

By Christine Creenan
Staff Writer

The University Family Health Center at the Uniformed Services University of the Health Sciences (USU) provides comprehensive personal and family centered care to all military beneficiaries. From the treatment of acute illness, family planning and minor surgeries to immunizations, sports medicine and even mental health counseling, the knowledgeable staff provides a broad range of services that benefits the people of USU. In addition to the full time doctors, nurse and technicians on staff, the clinic houses a robust mental health group.

Physicians and support staff at the Family Health Center deliver personalized care by tailoring services to meet the needs of patients and through this continued interaction, foster long term relationships with students and their families.

"At many civilian medical centers you never see the same doctor twice, but at the

USU clinic you can almost guarantee that you can see 'your' doctor each and every time," patient Kristen Brown explains. "That says something about continuity. Dr. (Brian) Unwin was my regular doctor when I got the sniffles, then he saw me throughout my pregnancy, and now he is my daughter's primary care provider."

Beyond providing traditional ambulatory care, the USU clinic hosts education programs and weekly specialty services, includ-

"At many civilian medical centers you never see the same doctor twice, but at the USU clinic you can see 'your' doctor each and every time."

Kristen Brown

ing sports medicine and high risk obstetrics clinics. This allows patients to conveniently seek out the expertise of a specialist without leaving campus grounds.

"The University Family Health Center is a unique and special place at USU. It provides state-of-the art primary care for the entire family while incorporating on-site

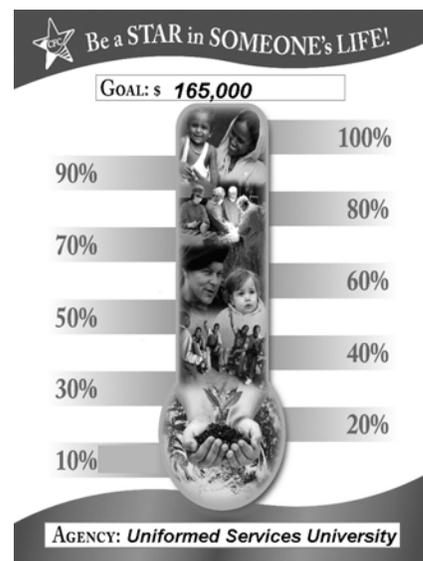
advanced procedural services and selected specialty consultation," said Dr. Brian Reamy, associate professor and chair in the Department of Family Medicine. "The patients who use our clinic consistently rate it a "5" for quality care and customer service in TRICARE surveys. The physicians who work in the UFHC also feel that it is one of the best clinical work environments in the DoD."

Many of the physicians on staff are university alumni, which gives them a unique perspective on how to most effectively medically prepare students for the USU experience.

"As a graduate of USU, I am quite familiar with the time constraints and pressures of the medical studies here, and having quality medical care available at the USU Family Health Center is an invaluable resource in the access and delivery of care to the students," said Dr. Mary Porvaznik, USPHS brigade company commander. "The clinic strives to help the students balance their busy lives, their studies, their careers as medical officers, their families, and their physical, emotional and spiritual well being."

Combined Federal Campaign

USU's 2008 Combined Federal Campaign officially kicked off with a monumental celebration on Oct. 16, 2008. Donating can be accomplished either by payroll deduction or by making a one-time gift in the form of cash or check. Please take the time to look through the 2008 Catalog of Caring and remember, when you give through the Uniformed Services University Combined Federal Campaign you become a star in someone's life. The help and hope offered through donations has an immeasurable impact on those in need. For questions relating to USU's 2008 Combined Federal Campaign, please contact key members at USUCFC@usuhs.mil.



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Faculty Senate Enjoys Rich History, Diverse Leadership

By Christine Creenan
Staff Writer

The Faculty Senate is a deliberative assembly of the faculty of the Uniformed Services University, acting on all matters relating to educational policy and its implementation, scholarly activity, university service and faculty welfare. The Senate represents more than 4,000 faculty members, and serves as an advisory and consultative body to the president of the university and other senior administrators.

The Faculty Senate is comprised of elected members of the general faculty and administrators who serve as ex-officio members. Full Senate meetings are open to all Uniformed Services University faculty.

Additionally, the Faculty Senate sponsors special events and honors, including: Education Day, Research Week, the Packard Lecture and the Carol Johns Award.

The history of the faculty senate reaches back to the university's early days. This assembly was the means by which a diverse faculty shared a voice in the collective vision of the Uniformed Services University.



Photo by HM2 Michael Oliver

Faculty Senate Officers (from left to right): Past President Robert Williams, President Andrew Bauer, Secretary/Treasurer Barbara Knollmann-Ritschel and President Elect Neil Grunberg

In 1978, USU's charter class was just halfway through their second year of studies when a meeting was called to organize a Faculty Assembly. This forum provided the first appointment of Chairperson Kathryn V. Holmes, Ph.D., professor, Department of Pathology. She and other faculty members oversaw the election of the first assembly officers. Together they pursued faculty interests, albeit in short term.

Three months later, COL Harry C. Holloway, M.D., chair, Department of Psychiatry, and other elected officers marked the first long-term assembly. The successive group, lead by Lucy M.S. Chang, Ph.D., professor, Department of Biochemistry, established a precedence of democratically electing officers; a tradition that would be carried forward, and is still in practice today.

Over the years, the assembly has enjoyed a history of diverse leadership, with presidents hailing from various university departments.

All USU faculty are encouraged to participate in Senate meetings, held on the second Thursday of each month.

Do you work with the Wounded, Ill and Injured population?

Are you assisting transitioning or medically retiring service members?

Would you like to know more about TRICARE benefits for Wounded Warriors?



TRICARE

**Will host a series of TeleSeminars
in November for Warrior Care Month**

Mark your calendar for:

Schedule 0930-1030

Wednesday, November 5 – How Does Medicare Affect My TRICARE Benefits?

Wednesday, November 12 – The TRICARE Transition

Wednesday, November 19 – New Respite Care Benefit

Dial in number – 866-866-2244
Participant Code – 9299856

To receive electronic slides and information prior to the seminar, please RSVP to Ms. Rhesia Pittman at 703-681-1770 or at Rhesia.Pittmann.ctr@tma.osd.mil

Toastmaster

**You are invited to
USU Toastmaster's Meeting**

Date: Wednesday, Nov. 19, 2008

Time: 11:45 a.m.-1:00 pm,

Place: USU Campus, Building E, Room G250

Come and listen to an award winning humorous speaker

Light refreshments will be served

Any member of USU and AFRRI are welcome to attend.

Toastmasters is a fun and supportive environment to learn to speak better



USU Briefs

Army Physical Health Assessments: The USU Medical clinic will now schedule Army PHAs, starting Nov. 12 from 6:30 to 7:15 a.m. Call the USU Medical Clinic at 295-3630 to schedule your appointment.

Helpdesk Closure: The UIS Helpdesk will be closed for training on Thursdays from 10 to 11 a.m. During this time, you can leave a voicemail message at 295-9800 or utilize the HEAT Self Service (<http://www.usuhs.mil/uis/forms/trouble.html>), or send an email to help@usuhs.mil. If an emergency should arise, please call 295-9870.

2008 Combined Federal Campaign (CFC): The Chili Cook-off will be on Nov. 3 at 11 a.m. to 1 p.m. in the Building C lobby, near William III coffee shop. There will be a prize for 1st and 2nd place. Tasters will judge for the best chili. If you would like to participate the cost is \$1 for a cup and \$3 for a bowl. The proceeds will go to the CFC general fund to be distributed throughout the different charities. If you would like additional information please contact HM2 Charles (USN), at ccharles@usuhs.mil or 295-9451. For more info about the CFC or to volunteer please contact the USU CFC committee at .

Voting: The 2008 Presidential Election is Nov. 4. If you require any voting assistance, please contact LCDR Kemper, USN (CMD) at 295-9434 or mkemper@usuhs.mil or IT2 Woods, USN (UIS) at 295-9800 or gwoods@usuhs.mil.

Marine Corps Birthday Celebration: The U.S. Marine Corps will celebrate its 233rd birthday Nov. 10. To commemorate this occasion, there will be a cake-cutting ceremony on Nov. 7 at 7:45 a.m. in the Sanford Lobby. All are invited and encouraged to attend.

Rappelling Opportunity: Conquer your fear of heights and rappel down Building A. There will be a class taught by FC2 Race on rappelling Nov. 14 at 8 a.m. outside Building A. This opportunity is only open to faculty and staff of USU. If you have a personal harness you are welcome to bring it. For more information contact FC2 Race, USN (MEM) at 295-9637.

Brigade Awards Ceremony: The next USU Brigade Awards Ceremony will take place on Nov. 14 at 8:30 a.m. in the Sanford Auditorium. This ceremony will recognize some of the officers and

enlisted personnel that support our organization and contribute to the success of our mission. All department heads, chairs, supervisors, and directors are encouraged to attend this important occasion.

Staff Member Farewell: There will be a farewell for SPC Cruz, USA (LAM) on Nov. 14 at 1 p.m. in Dave & Buster's in Rockville. For additional information please contact SGT McQuade, USA (LAM) at jemcquade@usuhs.mil or 295-8000. Also, there will be a farewell for SSgt Rogers, USAF (MEM) on Dec. 18 at 1 p.m., located at Union Jack's in Bethesda. For additional information please contact SSG Sedano, USA (MEM) at psedano@usuhs.mil or 295-4526.

Learning Resource Center (LRC) Course: A Microsoft Excel 2007: Level 1 course will be taught on Nov. 18 from 8:30 a.m. to 3:30 p.m. in the LRC computer lab. This course is intended for individuals who want to gain basic knowledge of working on Microsoft Excel 2007. It will provide you with the basic concepts required to create, edit, format and print basic Microsoft Office Excel 2007 worksheets and workbooks. All federal USU and AFRRRI civilian employees are eligible to attend. Registrations will be accepted on a first-come, first-serve basis. For more information please contact Cory Edwards or Theresa Spriggs at (301)295-0679.

Enlisted Staff Thanksgiving Party: On Nov. 21 formation will be at 10 a.m. inside the Bowling Center. Directly following formation, the Brigade Enlisted Social Committee (ESC) will host an enlisted Thanksgiving Holiday pot-luck party. All service members are encouraged to sign up for a dish. Please contact SGT Reaves, USA (LAM) at 295-9584 or lareaves@usuhs.mil, HM2 Charles, USN (EHS) at 295-9451 or ccharles@usuhs.mil, or SSgt Fusco, USAF (PAT) at 295-3491 or sfusco@usuhs.mil. Appropriate civilian attire is authorized please ensure you inform supervisors.

Enlisted Holiday Party: The Enlisted Social Committee (ESC) has organized an enlisted holiday party on Dec. 12 at 11 a.m. The holidays will be celebrated at the American Legion, more information to follow. The points of contact for this event are SGT Donnelly, USA (UMS) jdonnelly@usuhs.mil or 295-3386 and HM2 Charles, USN (EHS) ccharles@usuhs.mil or 295-9451.

PFT/PFA/APFT Spring 2009: The spring 2009 Physical Fitness Test for all services is projected for April 7, 8, 9 and 14, 15, 16. Plan accordingly. If there are any questions please contact your service specific fitness coordinators – Air Force contact (T)Sgt Ernie at 295-3281; Navy contact FC2 Race at 295-9637; and Army contact SSG Rogers at 295-3720.

Award Recipients

Maj. Sarah Page, USAF, MC, (USU class of 1999) Assistant Professor and Director of Clinical Clerkships, USU Dept. of Obstetrics and Gynecology, was awarded the "2008 Medical Student Recruitment Award" from the American College of Obstetricians and Gynecologists at their annual clinical meeting.

Dr. Lou Pangaro, chair of the Department of Medicine, has been selected as

a Laureate of the Army Chapter of the American College of Physicians. This honor recognizes a lifetime of excellence in clinical care, academic leadership and teaching, research, military leadership and mentoring and overall influence on Army Internal Medicine.

LTC Jeffery S. Yarvis, MS, has been named the Uniformed Services Social Worker of the Year for 2008. This is the first time the award will be presented. It was formed by the Uniformed Social Workers and the Association of Military Surgeons of the United States (AMSUS)

to recognize outstanding research and clinical efforts in the treatment of Post-Traumatic Stress Disorder benefiting soldiers and wounded warriors. The award will be presented at the 2008 AMSUS annual dinner in San Antonio in November.



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UNIFORMED SERVICES UNIVERSITY *of the Health Sciences*

