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the pulse

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Learning to Care for Those in Harm's Way

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**On the cover**

Students and faculty of the Daniel K. Inouye Graduate School of Nursing at the Uniformed Services University. See Story, page 4. (photo by Tom Balfour)

Children of deployed parents at risk for more Dr. visits

by Mass Communications Specialist 3rd Class Laura Bailey, writer and photographer

A group of researchers, led by Dr. Elizabeth Hisle-Gorman at the Uniformed Services University (USU), analyzed healthcare data from the U.S. Military Health System of more than 485,000 children aged 3-8.

The [study](#), published in the [Journal of the American Academy of Child and Adolescent Psychiatry](#), reports that following military parents' return from combat deployment, their children show increased visits for mental healthcare, physical injury, and child maltreatment consults, compared to children whose parents have not been deployed.

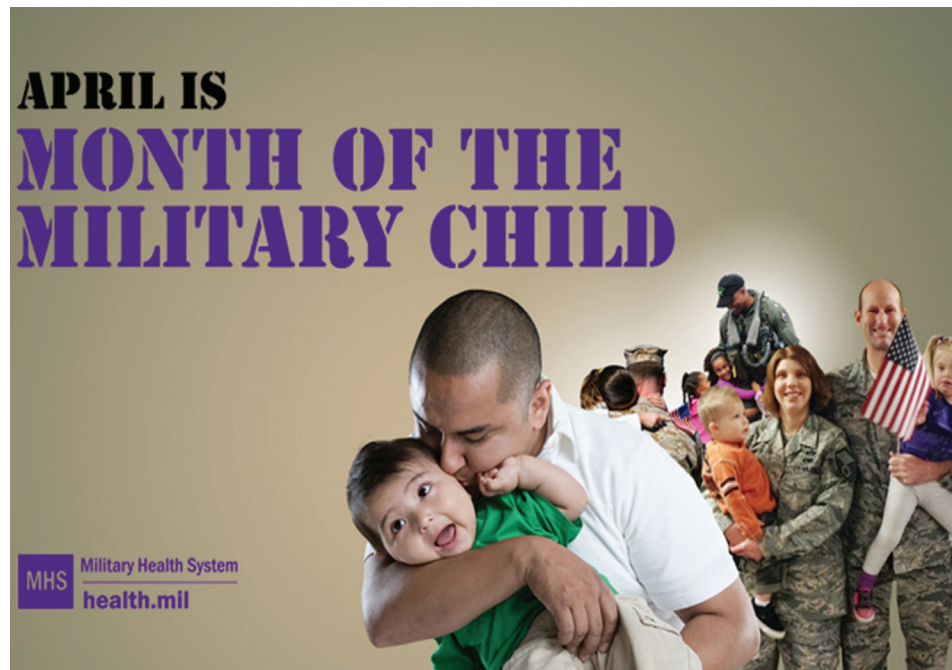
Findings suggest that deployment-related risk to children continues into the post-deployment period, and that risk increases when parents return from deployment injured. Increased healthcare visits in the post-deployment period also indicate that parents seek care for children affected by parental deployment and injury.

Increased awareness of the impact of parental deployment and combat injury will assist health and mental healthcare providers in effectively identifying children at risk and providing needed resources where indicated.

Signs that may signal the presence of child abuse or neglect

- Has not received help for physical or medical problems brought to the parents' attention.
- Rarely touches or looks at the parent.
- Has learning problems (or difficulty concentrating) that cannot be attributed to specific physical or psychological causes.
- Is always watchful, as though preparing for something bad to happen.
- Lacks adult supervision.
- Is overly compliant, passive, or withdrawn.
- Comes to school or other activities early, stays late, and does not want to go home.

***Source: Child Welfare Information Gateway**



USU Graduate Student Awarded National Science Foundation Fellowship

by Dr. Andrew Waters, Department of Medical and Clinical Psychology

Smoking is the leading preventable cause of mortality and morbidity in the U.S. and it is a major concern for the U.S. military. Although smoking rates have decreased in Western countries over the past 30 years, the number of smokers worldwide is actually increasing. There are currently alarmingly high rates of cigarette smoking among Asian males, including among Korean men – about 40 percent. There is also a danger that cigarette smoking will increase in Asian women, including young Korean women, over the next decades. Tobacco use is estimated to cause more than eight million deaths annually by 2030.

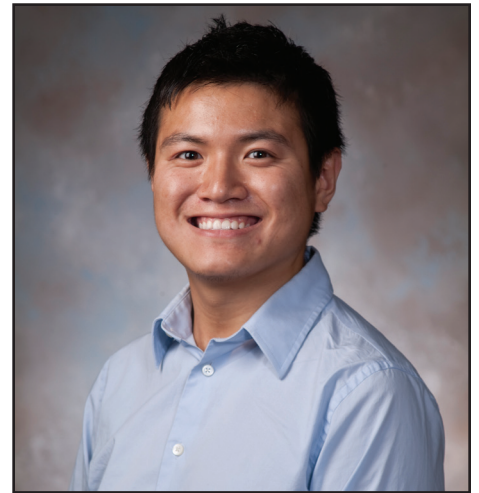
Psychologists have examined cigarette smoking using a method called Ecological Momentary Assessment (EMA), in which mood, cognitive performance, location, and smoking behaviors can all be assessed using mobile devices, such as smartphones, as individuals go about their daily lives. Individuals are prompted at random times during the day to complete brief as-

sessments.

Most EMA studies have been completed in Western countries, and none have been completed in Korea. Edwin Szeto, a Taiwanese-American and fourth-year civilian graduate student in USU's Department of Medical and Clinical Psychology has been awarded a National Science Foundation Fellowship to conduct a study at Korea University in Seoul this summer. His host researcher is Se-Hoon Jeong, a Korean psychologist educated at the University of Pennsylvania with interests in using smartphones to change unhealthy behaviors.

Szeto's culturally sensitive EMA study will examine smoking among Korean males and females. This information will be useful to understand smoking behavior in this population and to develop smartphone-based smoking cessation treatments in the future.

Szeto is working toward a Ph.D. in Medical and Clinical Psychology. Students in Medical and Clinical Psychology develop



Edwin Szeto, graduate student in USU's Medical and Clinical Psychology degree program (photo by Tom Balfour)

skills as researchers, clinicians, educators, and policy makers with a focus on health and behavioral health problems of military and national interest. In the past few years, many students in this program have been successful in securing fellowships through the NSF or National Institutes of Health, and many have ended up working in government after graduating.

Barlow selected as Service Member of the Year

by Mass Communications Specialist 3rd Class Laura Bailey, writer and photographer

The Uniformed Services University announced its 2014 selection for Service Member of the Year (SMOY) March 13.

Air Force Col. Kevin Glasz, the brigade commander at USU, hailed all hands to congratulate Air Force Mental Health Tech. Sgt. Rondricueas Barlow, Department of Psychiatry, who was named the university's 2014 SMOY.

"Receiving this award really hasn't sunk in yet," said Barlow. "I think it's a great accomplishment because I know my competition and they've done some outstanding things, so for me to be picked amongst that group of great enlisted people that we have here – it makes me feel good, but it's still sinking in."

Then-Health Clinic Superintendent and Air Force Senior Enlisted Advisor Senior Master Sgt. Bonnie Sanchez had nothing but praise for Barlow.

"Tech. Sergeant Barlow is phenomenal," she said. "He possesses everything that you want to see in someone who is going to make it all the way. I have been his se-

nior enlisted advisor for the whole three years that I've been here. So, I have always thought highly of him, but as we gave him more responsibilities, and he willingly accepted every single one of them, I realized his leadership potential and his qualities and how outstanding he is."

He added that great leaders with admirable qualities inspire the cultivation of those same traits within him. His performance reflects his leaders.

"Even though it's an individual award, it was a team effort, and I couldn't have been here without my entire senior enlisted," said Barlow. "All of them have played a role in me being here. In particular, Senior [Master Sgt.] Sanchez has helped me to propel to this level. She's been one of my biggest supporters. Senior Master Sgt. Sanchez is the reason I'm sitting here today talking about this award. She gave me that encouragement. She believed in me, and she put me in those positions. I admire her genuineness. She genuinely cares about everyone. You want to do whatever task is

given to you when you know your leader has your best interest at heart."

"He sought out opportunities to improve himself and improve his work center," said Sanchez.

A few of his achievements include setting up a weekly clinical rotation at the Andrews Air Force Base Mental Health Clinic, more than 65 hours volunteering in the community, and creating an avenue for future technicians to receive vital certified alcohol and drug certification training.

Barlow will now advance to the next round of competition where he will compete against the top service members throughout the region.

The SMOY program recognizes service members who exhibit sustained superior performance, leadership, self-improvement, command and community involvement and military bearing. It is open to service members in the ranks of E-4, E-5 and E-6 who served in the region during the calendar year.

USU's GSN Program Earns National Ranking

by Eric D. Ritter, Writer/Editor

The Uniformed Services University Daniel K. Inouye Graduate School of Nursing (GSN) has been named as one of the top 50 graduate nursing programs in the nation, appearing as No. 41 on this year's list of the best nursing schools in the country by U.S. News and World Report.

The selection came from a list of 503 surveyed nursing schools from around the nation. The scoring was based on a variety of indicators and criteria. The data collected came from faculty, students and also a school's reputation among other peer nursing schools.

"It's exciting to be recognized like this," said Dr. Carol Romano, Dean of the GSN. "It's a sign of increased awareness that continues to give credibility to our school."

Romano added that much of the peer attention USU received was due to the professional contributions of GSN faculty and students who have gained recognition and visibility through their practice and research in the literature and through nation-

al and international professional dialogues. More than 700 alumni work in fields of nursing education, practice, research and administration and touch the lives of millions of active duty and retired military and civilian beneficiaries.

"It really is satisfying to know the quality of our education is preparing strong nursing leaders who work to transform federal and military health through advanced practice and nursing science. Our faculty and graduates are doing such a great job."

Last year was the first year they made the list appearing at No. 87. To have moved up more than double on the ranking scale to No. 41 in one year is very exciting for the faculty and staff at GSN, said Romano.

"We were just happy to make the list last year," she exclaimed. "To make such strides in such a short time is testament to the hard work and dedication of the faculty and students here."

Romano also takes pride in the achievements of USU's graduate nursing program in its short history compared to

the other schools that made the list.

"When you look at our program, which has only been around 20 years, against other schools with much longer histories, some over 100 years, it really does say a lot about the quality of our curriculum."

The GSN curriculum is one of the keys to the recognition. Romano added that the GSN continues to change the curriculum to meet the healthcare needs today.

"To keep GSN curriculum current, lessons learned on the battlefield are continuously integrated into the curriculum. Thanks to that continuous review and evaluation, we're really making a difference in the health of our country," she said.

Romano said the goal now is for the graduate program ranking to go even higher next year.

"We prepare our graduates to meet the unique challenges of military health care. I am pleased that U.S. News and World Report recognized that commitment."

AFRRI to debut mobile app for triaging suspected radiation casualties

by Mass Communications Specialist 3rd Class Laura Bailey, writer and photographer

The mobile First-responders Radiology Assessment Triage (mFRAT) app, developed by USU's Armed Forces Radiobiology Research Institute (AFRRI) in conjunction with The Informatics Application Group, Inc. (TIAG), is nearing completion and is set to be released later this month. This hand-held technology will allow first-responders to triage suspected radiation casualties based on the prodromal features—early signs or symptoms that could indicate that something is not normal—listed in the Emergency Radiation Medical Response-AFRRI Pocket Guide.

AFRRI's biodosimetry software products group originally developed the First-responders Radiological Assessment Triage (FRAT) tool for Palm and Pocket devices, but it was never released. Later, FRAT was developed as a product for personal computers running Microsoft Windows operating systems, and dubbed "win-FRAT."

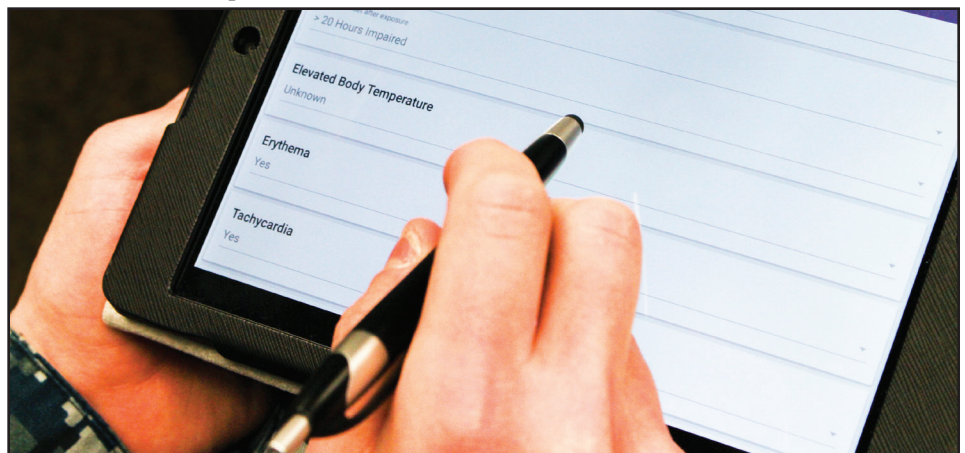
For years, the AFRRI biodosimetry software team, led by Dr. William F. Blakeley, wanted to transition their software products onto smartphones, but were restricted because their former computer scientist team member, Ira Levine, retired. The team later turned to USU Vice President

for Information and Education Technology Timothy Rapp and Chief Knowledge Officer Eric Hanson for assistance. Rapp and Hanson facilitated discussions with TIAG which led to the collaboration to transition the Windows-based product into a mobile app. The first meeting was held at the beginning of November, 2014, and within a little more than three months, a beta (test) version for the mobile Android system was available. That version was heavily tested and an evaluation report was issued at the

beginning of April, 2015.

"We wanted to give students in the MEIR [Medical Effects of Ionizing Radiation] course mobile app versions of Win-FRAT and it was also recommended by the Institute of Medicine and National Research Council Report that AFRRI's tools be extended onto smartphones," said Brian Livingston, chief of the AFRRI health physics division, and a FRAT team member. "With minimum text entry, the program

mFRAT, Cont. Page 5



The mFRAT app, soon available for Android and Apple iOS, will allow first responders quicker access to medical data to help triage, and track and record information following radiation exposure. (Photo by MC3 Laura Bailey)

Disaster/Humanitarian Assistance Student Interest Group Visits Holocaust Museum

by 2nd Lt. Sean E. Scott, U.S. Army

Members of the Uniformed Services University's Humanitarian Assistance and Disaster Response student interest group spent several hours at the United States Holocaust Museum in Washington, DC, recently as part of a lesson on genocide and military medical history.

The visit, sponsored by USU's Center for Disaster and Humanitarian Assistance Medicine (CDHAM), drew 14 students for a tour guided by Warren Marcus, a Holocaust Museum staff member dedicated to the education of military personnel, followed by a classroom session that incorporated a number of moral and ethical dilemmas into the discussion.

The students described the visit as somber and said they felt as if they had stepped into a "living piece of history" -- as if they were thrown into the lives of the persecuted, their attackers, and the neighbors and witnesses to the Nazi party's genocide.

At the beginning of the tour, each student was given an ID card of someone who witnessed the Holocaust, or was perhaps a survivor of the atrocities.

After the tour, students participated in a discussion about the choices made throughout the war, such as why the U.S. did not bomb a gas chamber responsible for the deaths of thousands each day when it bombed a nearby iron quarry. Marcus explained that, in his interactions, he hoped to help students and military members learn the history and also learn from the history. He also wanted them to consider the wide range of motives people may have for behavioral choices, even within the context of a mass atrocity or genocide.

"The potential of military personnel interacting with vulnerable populations of any characteristic is almost assured in today's global environment," said Dr. Kevin Riley, deputy director of CDHAM. "Whether it be in areas of conflict, disasters, or during humanitarian assistance, the necessity of military health leaders to understand the nature of how to identify, protect, and if required, to care for such a population, is important and emphasized in the USU curriculum. This academic experience with the staff and faculty of the Holocaust Museum gave us an opportunity to learn from a historical perspective, and

the interactive classroom discussions allowed us to explore indicators and perceptions in a modern context."

According to one student, as future military doctors, seeing the costs of war and the devastation it creates in its numerous forms is critical for their effective practice. With the increasing occurrence of global health engagements, understanding culture and its impact on health, and coping with loss, will greatly assist them in their mission. It's museums like the Holocaust Museum that help them appreciate the different perspectives and cultures spread throughout the world--even in the context of war. At the same time, he said, it also shows them the costs of being innocent bystanders and the meaning of British Parliament member Edmund Burke's famous line, "All that is necessary for the triumph of evil is that good men do nothing."



Members of USU's Humanitarian Assistance and Disaster Response student interest group tour the Holocaust Museum in Washington, DC, to learn lessons on genocide. (courtesy photo)

mFRAT, From Page 4

provides screens to record and analyze signs and symptoms, blood lymphocyte counts, and dosimetry data."

Additional features of the mobile app include triage dose-specific messages addressing hematology guidance, reliability and diagnostic information, hospitalization estimations, and mortality projects.

The benefits of mFRAT may also extend beyond the classroom and into the field, according to Livingston. For instance, if a soldier was showing signs of intestinal distress, a first-responder could use mFRAT in combination with a blood sample to assess if radiation exposure is contributing to the symptoms.

Countless algorithms went into the development of mFRAT and the overwhelming amount of data compiled from historical nuclear events, including the Chernobyl disaster and Hiroshima bombing, has made the mFRAT a trusted source for triaging real-world radiation patients, Livingston added. Air Force Col. (Dr.) Lester "Andy" Huff, AFRRI director, said the application can also serve as a training tool for use in a variety of radiological scenario applications.

All Department of Defense employees will have access to the mobile app once it is released. Additionally, a version of mFRAT for iPhones is currently in development.

"Change how you see, See how you change"

Prominent photographer brings life's lessons to USU

by 2nd Lt. Kimberly D. Stickler, U.S. Air Force

Rick Guidotti, award-winning fashion photographer and founder of the not-for-profit organization, Positive Exposure, visited the Uniformed Services University as part of the "Bench to Bedside and Beyond" curriculum.

Guidotti's work with Positive Exposure began in 1998 when he left the world of fashion photography after a chance encounter on a busy Manhattan street. During his presentation to USU third-year medical students, Guidotti described this life-altering encounter. It occurred when he saw a beautiful young girl at a bus stop in Manhattan who had long, blond hair, pale skin, and light colored eyes. He said he realized she was a girl with albinism (a congenital disorder characterized by the complete or partial absence of pigment in the skin, hair and eyes). He was so moved by her beauty that he spent the rest of that day in search of more information about people born with albinism.

The photos he found, mostly black and white mug shots of children and adults with black bars over their eyes, posed against white backgrounds, were appalling. In these images, he said he saw representations of medical conditions, without any sense of the subject's humanity. He said it was an experience that changed his life. After several years of working with fashion models and having his images on the cover of magazines like *Vogue* and *Elle*, Guidotti decided to change the focus of his photography and founded Positive Exposure.

After sharing his professional background, Guidotti showed some of his photographs as he discussed his work with various support and advocacy groups, such as the National Organization for Albinism and Hypopigmentation (NOAH) in the United States. He also spoke of his efforts to help create groups similar to NOAH in countries around the world from the Netherlands to New Zealand. He also wanted to raise awareness at the government level in areas such as Tanzania where people with albinism are subjected to violence because of their physical differences.

In addition to raising awareness for people born with genetic conditions, Guidotti uses his work to make possible the sharing of experiences between people with



Grace, who was born with Down Syndrome, is one of the subjects photographer Rick Guidotti looks to highlight as part of his "Change how you see. See how you change." campaign. (photo by Rick Guidotti)

and without these differences. One example of that sharing is the Positive Exposure Ambassadors' Real Life Stories (PEARLS) Project, where children with genetic differences share photos and videos with high school children across the country.

The children who share these maintain a safe, online blog which the high school students can then follow. The goal of this project is to make relevant the blogger's experiences to children who do not live with these conditions, with the hope that the use of the visual arts and corresponding blogs will help people to celebrate diversity and see beauty in difference.

Guidotti's unique vision was appreciated by many at USU. When asked of his overall impression after the presentation, Dr. Mark Stephens, chair of the Department of Family Medicine, noted, "Mr. Guidotti is an extraordinary talent. He has a unique eye for beauty that encompasses the exterior while touching the soul. His ability to cross borders, cultures, societal boundaries and social norms is truly unique. He is foremost an artist. While his primary medium is photography, his true canvas is humanity. It was a true pleasure to share in his stories."

Many of the medical students felt that Guidotti's ability to capture the humanity of a person, not just their physical appearance or medical condition, was refreshing and a

wonderful change from what they often see in their textbooks.

"I wish our textbooks used the pictures Rick takes, or some of similar style, because these photos humanize our patients... [they] show people and not worst-case manifestations of various diseases. These pictures are very modern and in stark contrast to the outdated, black and white, frankly depressing, photos we are accustomed to seeing.

"The examples we see in our texts don't prepare us well for daily clinic. After viewing these photos, I feel more comfortable seeing patients, [including those] with these genetic conditions," remarked Air Force 2nd Lt. Ross Canup.

As inspirational as Guidotti's work is from an artistic perspective, his willingness to leave his lucrative and high-profile career to start a not-for-profit organization and pursue a project that was both important and a moral imperative for him, was moving to many students. As Army 2nd Lt. Sara Wilson commented, "Almost in between breaths of his talk, he was also inspiring each of us to pursue our dreams, no matter how quirky, new, or previously unexplored... showing us all that when we live our dreams, beauty will follow."

When asked what was most striking

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USU Honor Medical Society wins national award

Submitted by Gamma Chapter of the AOA Honor Medical Society

The nation's medical honor society, Alpha Omega Alpha, recently announced the Uniformed Services University Gamma Chapter as one of the winners of its 2015 Medical Student Service Leadership Project Award.

The purpose of the award is to support the leadership development of medical students through the financial support of their service learning projects. Air Force 2nd Lt. Mark Prats, class of 2015, and Navy Capt. (Dr.) Mark Stephens were the student and faculty mentors, respectively, responsible for designing and submitting the proposal for the national contest. Their proposal was designed to ensure that an already established service relationship with a local charity, Bethesda Cares, continues into the future with an enhanced capability under the label of the Homeless Outreach Medical Engagement Team. The award includes a total of \$9,000 spread over a three-year span with allotments of \$5,000, \$2,000, and \$1,000 dispersed after one, two, and three years, respectively.

The USU students who participate in the Bethesda Cares activities, like the H.O.M.E. Team, aim to improve the lives of the hundreds of homeless individuals in Montgomery County. The relationship initially involved students conducting health vulnerability surveys on a bi-annual basis. Since then, the relationship has grown, with students now conducting home visits to check on the health of individuals recently placed in permanent housing. Moving for-

ward, the H.O.M.E. Team hopes to expand student involvement in the medical care of those who remain homeless. The funds from the Alpha Omega Alpha Medical Student Service Leadership Award will be used to purchase medical supplies and medications to treat acute and chronic ailments. The students and their physician mentors then take their medical skills to homeless camps in the region. In addition to the direct medical care experiences, students will participate in a student-developed leadership curriculum aimed at cultivating the skills necessary to inspire others to take action in addressing the homelessness issue

in our communities.

Alpha Omega Alpha and the USU Gamma Chapter are dedicated to the belief that medical care will improve for all by recognizing excellence in academic achievement, teaching, leadership, humanism, and service to others. The current members of the chapter will be recognizing excellence when they announce the results of their spring election, welcoming new medical students, alumni, faculty, residents and fellows to the organization. To learn more about Alpha Omega Alpha and the Gamma Chapter please visit <http://www.alphaomegalpha.org/uhealth.html>



Medical Student Leadership Awardees from Left to Right: 2nd Lt. Mark Prats (MS4 and award recipient), Andrea Loejos Lee (of Bethesda Cares), Cmdr. Adam Saperstein, 2nd Lt. Tiffany Chang (MS1), Ensign Kristin Wertin (MS1), Navy Capt. Mark Stephens (faculty mentor for award proposal)(Courtesy Photo)

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about Guidotti's talk, Navy Ens. Camille Eggebroten remarked on the impact his work has had on those he photographs. Guidotti told of instances where children walked in a room to have their portraits taken, hunched over, appearing shy, and seeming as if they were hiding, and by the end of the day, they walked standing up straight with their heads held high.

"I found his work inspiring in the way that it changed the children's image they have of themselves, helping them develop positive self-esteem and see themselves through a new lens," said Eggebroten.

As USU's medical students complete a rigorous and demanding military medi-

cine curriculum, Guidotti's art did a fantastic job of reminding many why they decided to become doctors – to help people, not just treat disease or medical conditions.

Given that USU students train in military and civilian medical facilities worldwide, working with and caring for people of all creeds, religions, nationalities, physical appearances, and with many different medical conditions, Guidotti's work was an especially poignant reminder that no matter how a person appears, they are all united in the community of humankind.

Guidotti opened and closed his presentation with the challenge, "Change how you see. See how you change," reminding the members of the audience that perspective deeply influences not only how they

view the world, but also how they interact within their environment. When asked to reflect on that message, Dr. Adam Saperstein, assistant professor in the Department of Family Medicine and coordinator of Guidotti's visit, said, "Mr. Guidotti's message cuts to the core of what it means to be human - the ability to engage with others in an environment of respect. His presentation helps us to reflect on the lens through which we see our world, and how that lens can facilitate or make more difficult our ability to engage with others - whether friends, colleagues, patients, or perhaps most importantly, ourselves. It is a lesson that seems to me to be of particular value for military medical officers and one that will stick with me for a long time to come."

Final Frame



White coat ceremony April 10, 2015 (photo by Mass Communications Specialist 3rd Class Laura Bailey)