

MEDICAL NEWS

NHRC LAUNCHES NOROVIRUS VACCINE TRIAL

By Regena Kowitz
Naval Health Research Center

Currently, there is no vaccine to prevent norovirus, a highly contagious disease that causes vomiting and diarrhea and can infect anyone who comes into contact with the pathogen. The virus can be spread by infected people, contaminated food or water, or contact with contaminated surfaces, making populations living in close proximity, like military recruits, more susceptible to outbreaks.

"Norovirus is the largest cause of acute gastroenteritis in the United States," said Cmdr. Dennis Faix, preventive medicine physician at NHRC. "Military recruits are particularly vulnerable to the disease with recruits living side by side in the barracks. RTC has experienced outbreaks in recent years, which can significantly impact training populations, disrupt training schedules, and has the potential to cause long-term health consequences."

Extensive safety testing for this vaccine has been performed in civilian populations, but because the recruit training population regularly experiences large outbreaks of norovirus, it is a perfect place to test the effectiveness of the vaccine for the military, said Faix.

According to Lt. Cmdr. Lori Perry, preventive medicine physician and study co-investigator at NHRC, recruits entering basic training at RTC will be contacted during in-processing and researchers will explain the study. Interested recruits will be asked to volunteer and they can choose to stop participating at any time.

Once informed consent has been obtained and study volunteers are vaccinated, they will have three brief follow-up visits during basic training to have blood collected and evaluated to determine how their immune system is responding to the norovirus vaccine as well as other vaccines received during in-processing.

"The health and safety of our recruits is our top priority," said Rear Adm. Stephen C. Evans, commander, Naval Service Training Command. "This trial will provide our recruits with the resources to stay healthy while they conduct their basic military training, which will better prepare them for service in the 21st century Navy."

The vaccine trial will last up to one year, said Faix, with results contributing to the assessment of vaccine effectiveness to support approval by the U.S. Food and Drug Administration for widespread use among other U.S. military populations and civilians.

NHRC has led safety and efficacy studies for other vaccines, including one for adenovirus, a contagious respiratory illness, at U.S. military recruit training centers. In 2007, NHRC collaborated with the FDA for an adenovirus vaccine clinical trial that resulted in the vaccine being reinstated at recruit training centers in 2011.

Volume 23, Number 7

www.militarymedical.com

JULY 2016



(U.S. Army Photo by Spc. Tynisha Daniel/Released)

U.S. Special Operations Command Veteran Sgt. 1st Class Sualauvi "Sua" Tuimalealoifano competes in cycling event during the 2016 Department of Defense Warrior Games at the United States Military Academy at West Point, New York, June 18, 2016. Sua was awarded with gold medal for the cycling event. The DoD Warrior Games is an adaptive sports competition for wounded, ill and injured service members and Veterans. Athletes representing teams from the Army, Marine Corps, Navy, Air Force, Special Operations Command and the United Kingdom Armed Forces compete in track, field, archery, cycling, shooting, swimming, sitting volleyball, and wheelchair basketball, June 15-21

2016 DOD Warrior Games: Accepting Change and Adjusting to Life

By Spc. Tynisha Daniel
319th Mobile Public Affairs Detachment

It is not the strongest or the most intelligent who will survive but those who can best manage change
—Charles Darwin

The Department of Defense Warrior Games was created in 2010 as an adaptive multi-sport event for

wounded, injured or ill service members and veterans.

"My first DOD Warrior Games was last year (2015), since then I have made a lot of progression," said U.S. Special Operations Command athlete and Army Veteran Sgt. 1st Class Sualauvi "Sua"

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Rehabilitation through teamwork



(U.S. Marine Corps photo by Cpl. Calvin Shamoon/Released)

U.S. Marine Corps Staff Sgt. Brandon Dodson, number 5, prepares to spike the ball during a 2016 Department of Defense (DoD) Warrior Games sitting volleyball match at the U.S. Military Academy at West Point, N.Y., June 13, 2016. Dodson, a Lemoore, Calif., native, is a member of the 2016 DoD Warrior Games Team Marine Corps. The 2016 DoD Warrior Games is an adaptive sports competition for wounded, ill and injured Service members and veterans from the U.S. Army, Marine Corps, Navy, Air Force, Special Operations Command and the British Armed Forces. See story on page 3.

Military Medical News

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MEDDAC-J welcomes new commander

By Candateshia Pafford
US Army Garrison - Japan

CAMP ZAMA, Japan — U.S. Army Medical Department Activity-Japan welcomed incoming commander, Col. Andre R. Pippen, while saying farewell to outgoing commander, Col. Thirsa Martinez, during a change of command ceremony held June 16 inside the Yano Fitness Center's gym on the Camp Zama installation.

Presiding over the ceremony, Maj. Gen. Patrick D. Sargent, commanding general of Regional Health Command-Pacific, said the change of command ceremony is a military tradition that officially marks the transfer of authority and responsibility from one commanding officer to another.

"It allows the opportunity to bid farewell to a leader who is ultimately responsible for the success of the unit, and welcoming an equally qualified leader who will pick up the torch and move forward," said Sargent.

The change of command ceremony is not solely about the accomplishments of the leadership; it's about the unit—the Soldiers, contributions and sacrifices they have made during a commander's tenure, said Sargent.

Martinez, who assumed duties as commander of MEDDAC-Japan in June 2014, said during her tenure as commander, MEDDAC-Japan has continued to mature and transform.

"Building a record of readiness, collaboration and transparency—as a member of the Army team, MEDDAC-Japan has been at the forefront," said Martinez.

Spending time working and conducting several exercises with the Japan Ground Self-Defense Force, Martinez said that MEDDAC-Japan conducted over 40 bilateral events and engagements with JGSDF members.

"Col. Martinez has tirelessly devoted herself to improving patient care," said Sargent.

Whether she is working alongside government officials or civic leaders, Col. Martinez has consistently proven herself to be an outstanding Army medicine senior leader, said Sargent.

Concluding the ceremony, Pippen said that he is honor for the opportunity to work with the Soldiers, Civilians and Local National Employees working for MEDDAC-Japan.

"I look forward for what lies ahead," said Pippen.



(U.S. Army photos by Kiyoshi Tokeshi)

Col. Andre R. Pippen and his family poses for a picture before cutting the ceremonial cake after Pippen assumes command of MEDDAC-Japan during a ceremony held June 16 inside the Yano Fitness Center's gym on the Camp Zama installation.

Rehabilitation Through Teamwork: Marine Corps Wounded Warrior Regiment

By Staff Sgt. Jefferson VanWey

WEST POINT, N.Y. — Inside Arvin Gym at the United States Military Academy at West Point, U.S. Marines, Soldiers, Sailors and Airmen slide across the polished floor during the first competition of the 2016 Department of Defense Warrior Games June 15, 2016.

Cheers ring out as the Service members bump, set and spike the ball during sitting volleyball.

The Games is a Paralympic-style event for wounded, ill and injured Service members which contains individual sports such as cycling, track, field, shooting, swimming and archery, as well as team sports such as wheelchair basketball and sitting volleyball.

For some members of Team Marine Corps who suffer both physical and emotional injuries, the teamwork and camaraderie that adaptive sports provide has been an essential part of their rehabilitation.

"Before I found out about the adap-

tive sports...I really didn't push myself to do anything because a lot of times I'd have pain," said Gunnery Sgt. Andrew Cordova, a Clovis, N.M., native and member of Team Marine Corps. "Playing as a team, you can't just quit," he said.

Other injuries aren't as apparent as those on the surface.

Lance Cpl. Reid Arendall, a Fort Worth, Texas, native, said that if it were not for participating in adap-

tive sports at the Wounded Warrior Battalion East at Camp Lejeune, N.C., and the teamwork and companionship that it provides, he would have likely isolated himself in his barracks.

"I have a really big problem with crowds and groups," he said. "It helps me get back to where I feel I should be; back to where I was before I got injured."

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Pacific Angel 16-2 medics work together to bring medical care to Kampot

By Senior Airman Omari Bernard
Pacific Air Forces Public Affairs

A hospital is a place of healing and recovery. It is a sanctuary where medical treatment can be found and provided for the sick or injured. Thanks to Pacific Angel 16-2, the quality care found within a hospital is now being given to the people of Kampot Province, Cambodia.

Medical professionals from multiple nations and agencies across the globe have come together in a multilateral effort to promote interoperability with partner nations while delivering humanitarian aid to people of Kampot.

The Royal Cambodian Armed Forces work alongside their U.S., Thai, Vietnamese, and Australian counterparts to provide care during Pacific Angel 16-2, a humanitarian assistance/civil-military operation mission that not only involves militaries from five different nations, but non-governmental organizations such as Project Hope and East Meets West are also lending aid.

The majority of the medical supplies were purchased in Thailand and Vietnam, flown in to Cambodia, and then bussed to a local school grounds where the Pacific Angel medical team was able to set up their first site during the humanitarian mission.

Teams of medical professionals set up centers for pediatrics, physical therapy, pharmacy, optometry, dentistry and general/preventative health. Each center is manned with medics and doctors working with each other and their translators.

"Obviously the language barrier is difficult to overcome at times, especially when you're working in a professional setting prescribing treatment," said U.S. Navy Lt. Matthew Kanter, a dentist deployed from U.S. Marine Corps Air Station Miramar. "Everyone has been patient. The people are very warm and welcoming here in Cambodia."

Kanter said working alongside the dentists from the Royal Cambodian Air Force and the Royal Australian Air Force has opened his eyes to different ways to treat his patients, making the partnership exchange mutually beneficial.

"Even though we are in one specified field, it's amazing how other people will approach things both differently and similarly," he continued.



(U.S. Air Force photo by Senior Airman Omari Bernard/Released)

Royal Cambodian Armed Forces Dr. Somrith Chansopheak, Cambodian military dentist, and Royal Australian Air Force Cpl. Maryann Broadway, dental hygienist, work together to provide dental care during Pacific Angel 16-2 June 13, 2016, in Kampot Province, Cambodia. Pacific Angel enhances participating nations' humanitarian assistance and disaster relief capabilities while providing needed services to people in need throughout Southeast Asia. PACANGEL 16 includes general health, dental, optometry, pediatrics, and engineering programs as well as various subject-matter expert exchanges.

Royal Cambodian Armed Forces Brigadier Gen. Candara Vuth, deputy director of the health department within the Ministry of National Defense, said, "We are happy to work together with the U.S. and the other nations to bring aid to the people of Cambodia."

According to Vuth, some of the people that live far from the province are very poor and sometimes they can't go to the hospital in the province. So they rely on natural remedies like some of the trees that grow around Cambodia.

"Being out in the field, you miss some of things you use when you are practicing medicine at home," explained RAAF Flight Lt. Rowan McCarthy, Pacific Angel 16-2 general health medical officer. "We can't order a blood test or conduct x-rays. We don't know much

about the back history of these patients."

According to McCarthy, it's normal to see a 60 to 70-year-old patient back home with a medical history.

"Here they may have never seen a doctor before," he continued. "So going without that makes it more of a challenge but interesting as well."

With that knowledge in mind, care providers like McCarthy overcome these challenges by focus on the quality of care and attention to detail they gave to each and every patient.

"It's always good to find out how similar some people are," said McCarthy. "Even though there are different languages and training backgrounds, everyone is pretty similar in our working toward a common goal."

"I think it has been really good stepping back to clinically focused medicine – doing physical exams to figure out what is going on has allowed us to overcome some of the challenges we've had," continued McCarthy.

Most patients had their major concerns addressed and were impressed with the level of care provided by the teams of

medical providers.

Sok Moeun, a Pacific Angel 16-2 dental patient, said that she was really happy with the care provided because she was able obtain the service at no cost, and check on her dental health at the same time.

"I am thankful for the multi-national team that was able to bring healthcare to my village," she said.

Through Pacific Angel 16-2, medical providers from both Cambodia and other nations benefit by training and forging bonds and partnerships with each other.

"This humanitarian mission will help prepare us in the future for relief operations here, or anywhere in the region," Kanter said. "It helps to know the type of people you're working with, who you're going to be operating with. If you know what to expect going into a situation it can help you prepare."

Pacific Angel 16-2 allows multiple nations to work together so that in the event there was a natural disaster in the Indo-Asia-Pacific region, the region's militaries are prepared to work together to address humanitarian crises.

• GAMES

Continued from page 1

Tuimalealiifano. "This year I am participating in track and cycling for the first time along with field," said Sua.

The Warrior Games consists of eight sports competitions including, archery, cycling, field, shooting, sitting volleyball, swimming, track and wheelchair basketball. Preparation for the games is essential for the competition itself and for athletes' physical health.

After 13 years of serving in the Army, Sua was wounded in Afghanistan during Operation Enduring Freedom where he fractured his vertebrae. The fractures damaged his spinal cord causing him to be paralyzed from the shoulders down.

"I fought on after I fractured my spine, and then one day I woke up to get out of bed and could not," said Sua.

Although Sua is challenged physically, he has learned to adjust to his conditions while still enjoying life and staying active.

"The games have really helped in my healing. Cycling and wheelchair

racing has helped with my recovery for rehab," said Sua.

"When cycling, my hands are taped to the handles for steering, and I use my elbows for the gears," said Sua.

Earning gold his first time participating in the cycling event June 18, here at the Warrior Games confirms that Sua's injuries have not stopped him from success, in fact, it has helped him to cross boundary lines set and adapt.

Becoming disabled is a constant battle both mentally and emotionally, but with the support of family, friends and fellow athletes, it has made adjusting to a new lifestyle that much easier explained Sua.

"At first it was hard accepting what happened to me, but now I embrace the change," said Sua.

Sua and his fellow teammates not only inspire and motivate each other but also those who are able to see their growth. As Darwin said. "It is not the strongest that survives; it is the one that is most adaptable."

Standing tall: Amputee Airmen seek to defy odds in therapy sessions

By Sean Kimmons

Air Force News Service

BETHESDA, Md. (AFNS) — After a sprint around an indoor track with her prosthetic running blade, Heather Carter stopped, visibly tired. She smiled and began to sprint another lap.

The medically retired senior airman once rounded the bases for the Air Force softball team until a freak accident severely injured her left leg as she raced to first base during a game in 2010. Four years and many surgeries

later, she chose to have the leg amputated.

"I figured if you're going to do something, you may as well go all out," she said, jokingly.

Through therapy at Walter Reed National Military Medical Center, she's learning how to run again with a prosthetic for a chance to return to competitive softball -- this time with the Wounded Warrior Amputee Softball Team, which travels the nation to play against able-bodied teams.

In early June, Carter, 30, was able to practice batting in the team's exhibition game in Grand Forks, North Dakota.

"It was the first time that I hit the field since the injury," the Barrington, Rhode Island, native said. "I was extremely nervous and my legs were shaking, but it was so great to be on the field."

Goal oriented

Physical and occupational therapists at Walter Reed's Military Advanced Training Center offer specialized care to Carter and other amputees to help them

reach their goals.

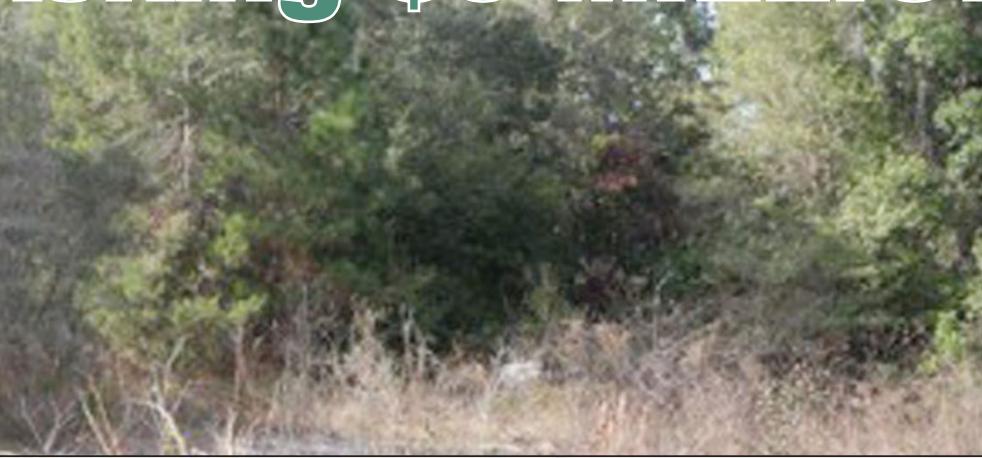
Following an amputation, either by choice or from a traumatic injury, therapists work to strengthen a patient's residual limb before they're fitted for a prosthetic and learn to walk with it. The entire process can last anywhere from a few months to a few years, depending on the extent of the injuries.

"After that, the sky's the limit to whatever their goals are," said Army

See AMPUTEE, Page 10

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Alumni Spotlight:

Army Colonel Michelle Munroe, RN, CNM, DNP

At the heart of Frontier Nursing University is a talented and diverse community of students, alumni, faculty, staff, Couriers and preceptors. Spotlight blogs feature members of our FNU community that are focused on the mission of educating nurse-midwives and nurse practitioners to deliver quality health care to underserved and rural populations.

Frontier Nursing University (FNU) is proud to have alumni that are not only using their passions and skills to serve the underprivileged, but also their nation. FNU graduate Michelle Munroe, RN, CNM, DNP chose FNU to continue her education and pursue a Doctor of Nursing Practice (DNP) degree while retaining her work in the U.S. Army.

Michelle's work in the medical field began in Texas in 1992 at the Brooke Army Medical Center where she served as a nurse. After working her way up to an Emergency Nurse at the Darnall Army Medical Center and working in Labor & Delivery, she decided to pursue a degree in Nurse-Midwifery, which she obtained from the University of Maryland Baltimore in 2003.

As a Certified Nurse-Midwife, Michelle soon landed a job on the Hawaiian Islands as Midwifery Chief at Tripler Army Medical Center. From there she worked in the OB/GYN Department at the Madigan Army Medical Center before spending a few years as a Deputy Commander for Nursing.

In 2009, Michelle was named the Daughters of the American Revolution Anita Newcomb McGee/U.S. Army Nurse of the Year

(go here (<https://news.nurse.com/2009/08/10/nurse-midwife-named-u-s-army-nurse-of-year/>) for details).

In 2012 Michelle began working in her current position as the Commandant and Assistant Dean for Student Affairs at the Uniformed Services University in Bethesda, MD. She chose to continue her education at FNU beginning in 2013, graduating 15 months later with a Doctor of Nursing Practice. She also works as an Assistant Professor at Daniel K. Inouye Graduate School of Nursing.

"FNU has a rich history and it was great to learn and experience it from a personal perspective as a student both on and off campus," said Michelle.

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• AMPUTEE

Continued from page 4

Capt. Nicole Brown, one of the center's physical therapists.

The center uses a sports medicine model that also improves a patient's balance and endurance, while introducing them to various activities, from reintegration trips in public places to adaptive sports. Some patients go on to play in Paralympic-style competitions like Invictus and Warrior Games.

"A lot of patients actually end up with more opportunities that they were never exposed to without coming here," Brown said. "They realize that they still can do a lot of things, and, in some situations, even more than they were doing before their injuries."

Road to recovery

Being realistic along their emotional roads to recovery is key for patients, who are missing one or even all four limbs, along with other devastating injuries. They may never have the same body as before, but they can still get their lives back.

"We're giving them the opportunity to be the best versions of themselves," Brown said. "That could be back to doing what they were doing before being injured or learning new things."

Senior Airman Kyle Cook, who lost his right leg in a motorcycle crash in September, said he hopes to return to his weightlifting routine after he trains with his prosthetic leg.

"I'll be able to walk to and from the gym and do what I used to do," the Franklin, Pennsylvania, native said.

Cook, 22, expects it will take up to a year to be fully functional with a prosthetic. During that time, he'll also strengthen his left leg, which suffered broken bones, nerve damage and torn knee ligaments in the crash.

"I didn't have much function in my left leg at all," he said, adding that he can now bend his knee. "It's a slow recovery to getting my strength back. It's just going to take time."

To fulfill his goal of hitting the weights again, he tries not to think about his current limitations.

"In every kind of negative situation, there's always going to be a positive," he said. "For me, that's just being able to walk. You take that for granted, but now I don't."

Custom fit

Prosthetics are tailored to every patient, with many modifications done

in-house, to help them walk or perform another physical activity. Patients are consulted to ensure they get a comfortable, snug fit with the lightweight device weighing less than the actual limb lost.

"Each individual is totally different on their fit of their prosthesis and how they use it," said David Beachler, a prosthetist at Walter Reed. "If they're not fit properly in the socket, they're not going to wear it."

High-tech prosthetics are also available, such as intuitive prosthetic systems that hone in on pattern recognition for patients with upper-limb amputations. The devices provide more control and a quicker response when using a prosthetic hand.

"You just think about firing those muscles to open or close the hand," Beachler said.

Activity-specific prosthetics, whether for rock climbing, running, fishing or even snowboarding, are offered to amputees so they can enjoy being outdoors and build the confidence therapists look to instill in them.

"We try to get them back to some sense of freedom and independence in their activities," said Bob Bahr, a physical therapist.

Bahr, who has worked at Walter Reed for 17 years, has helped Carter train on her running blade. To him, the joy of seeing a lower-limb amputee standing, especially for the first time, makes his efforts worthwhile.

"To watch them stand and walk on the parallel bars can be a very emotional event," he said. "It's the first step to them getting back to having some sense of normalcy again."

Running the bases on a softball field would be Carter's idea of normalcy. She knows that the biggest obstacle standing in her way is a negative attitude.

"A lot of it is your own fight and determination to not give up," she said. "When you stop trying, you stop accomplishing."

All the pain and fatigue endured in therapy sessions will hopefully pay off when she does compete in a real game and overcomes the trauma that was dealt to her.

"Just to be able to get back out there, it would make me feel that I didn't lose the last six years of my life," she said.

Mental Health**Mohave Mental Health Clinic**

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Psychologists & Psychiatrists

Washington State Department of Corrections (DOC) is seeking highly motivated & qualified individuals for the positions of Psychologists & Psychiatrists to work in our unique environment as part of a multidisciplinary, collaborative team! DOC is a State agency that offers a competitive benefits package.

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FLORIDA STATE HOSPITAL
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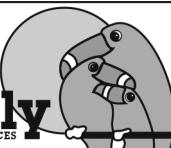
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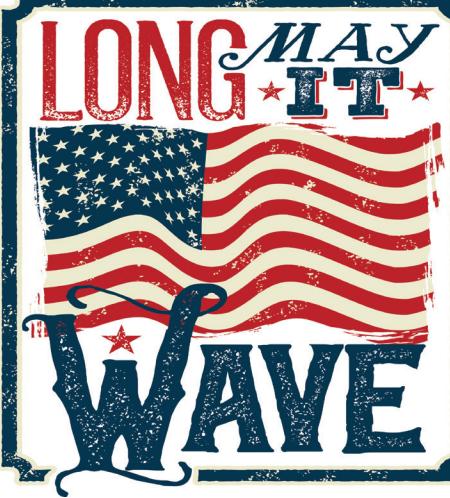
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