



THE INNOVATOR

OPTIMIZING COMBAT CASUALTY CARE



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Celebrating National Nurses Week

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STO Leaders Meet at USAISR

CDR's Corner



Col. (Dr.) Michael D. Wirt
Commander, USAISR

"Optimizing Combat Casualty Care"

Greetings ISR,

As summer approaches we see changes in not only the weather, but here at the ISR. The most significant change that will impact nearly all of us is in the leadership of the Combat Casualty Care Research Directorate. I've appointed Lt. Col. Kevin Chung as the interim directorate director and Maj. Kevin Akers as the new deputy. Lt. Col. Chung and Maj. Akers have my full confidence and support to lead the research directorate. On that same note, I want to thank Lt. Col. Stuart Tyner for his outstanding performance and support that he provided during his tenure as the director of research. I wish him much luck and success as he PCSs to his next assignment as the Chief of Wound Infection Research Department in the Bacterial Diseases Branch at the Walter Reed Army Institute of Research. I also want to thank Lt. Col. Larry Petz for his outstanding work as the Deputy Director of Research. Lt. Col. Petz will also PCS

this summer, but is staying close to the Institute in his new position in the Department of Clinical Investigation at BAMC.

Congratulations are in order for Dr. Lee Cancio and his research team on being selected for Fourth place in the BAMC Second Quarter Scholarship in Action Award. The paper titled "Wound Healing Trajectories in Burn Patients and Their Impact on Mortality" will be on display in the hallway by the SAMMC Emergency Department. I would also like to congratulate two BAMC clinical trainees who placed at local competitions. Capt. David Chan, Infectious Disease Fellow took Third place at the San Antonio Uniformed Services Health Education Consortium Research Day and Capt. David Tennent, Orthopedic Resident who is doing research at the ISR took First place at the Roy Davis Research Competition, a forum where University of Texas Health Science Center at San Antonio and BAMC orthopedic residents compete through lively research presentations. Again, congratulations to everyone for your exceptional work!

Looking ahead at the month of June you will notice numerous month-long

observances like Children's Awareness, National Hunger Awareness, National Flag Month, and National Caribbean-American Heritage Month. There are also significant days in June: June 6 is in remembrance of D-Day, the Normandy landings in France; Flag Day is observed on June 14 to honor the U.S. flag and to commemorate its adoption—and is the same day the Army celebrates its' birthday.

Other significant days in June are: Father's Day which will be celebrated on June 21 to applaud the contributions that fathers and father figures make in their children's lives. The state of Texas observes Juneteenth on June 19 to remember the day when Union soldiers enforced the Emancipation Proclamation and freed all slaves in the state—it's also a day for all of us to celebrate freedom and equal right in our nation. For Muslims, June 18 marks the start of Ramadan—a period of prayer, fasting, charity-giving and self-accountability.

Have a great month and thank you for everything that you every day for our Wounded Warriors and their families. Job well done!

Serving to Heal... Honored to Serve!



Lt. Col. Stuart Tyner is promoted on May 5 by his wife Lt. Col. Mikal Stoner and Col. (Dr.) Michael Wirt.



ARMY MEDICINE
Serving To Heal...Honored To Serve

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SGM Says



Sergeant Major
Quinton Rice Jr.

Protect - Project - Sustain

Boiled Frog Phenomenon

Team, I wrote this paper a while ago and I think that it lends itself well to strategic focus and change management. The boiled frog phenomenon is a legendary anecdotal story that describes two separate and distinct occurrences. One situation suggests that when a frog is placed into boiling hot water it will jump out immediately, if capable. Conversely, the other side of the story is that, if a frog is placed into cold water and the water is gradually warmed, then the frog will remain until the water boils. The second occurrence is said to happen due to the frog being unable to notice the perceivable changes in its environment. I believe this story is pertinent to our future consideration for relevancy during times of uncertainty.

Strategic Management Implications

The boiling frog story is metaphorical for stimulating situational awareness to what is a constant in the realm of strategic management which

is change. Each organization sets its own direction and speed for its future aspirations as part of its vision. Organizations that plan for future success will be capable of staying out of boiling water. It is crucial that an organization's needs are periodically reviewed and evaluated including internal and external abilities to determine its strengths, weaknesses, opportunities and threats.

Business Example

The boiling frog phenomenon is indicative of an organization losing its directional finder and future focus. It becomes distracted with focusing on the current aspects of business and consequently it will be left behind. This fixation is very similar to that of many drivers today who become focused on sending text messages with their cell phones while driving. This momentary lapse can have a catastrophic outcome. The Polaroid Corporation failed to recognize important changes that were occurring in their market with the advent of the digital camera. The company's failure to foresee and modify to digital photography caused it to file a Chapter 11 bankruptcy. Similar to the boiling frog story, the executives of Polaroid were lulled into a comfort zone which eventually turned into boiling water.

Avoidance of the Phenomenon

The Polaroid Corporation executives could have avoided this horrific situation if they would have stayed alert to the technological changes and developments in their industry. Organizational executives are expected to study and assess trends and to recommend changes and modifications to the firm's strategic plans. Additionally, these executives should have hired an outside agency to gain a better perspective on the potential innovations that were being developed internally and externally. They should

have implemented a flexible strategic decision-making program that allows for flexibility as a part of its continuous process improvement program. Finally, they should have guarded against becoming stagnant as an organization believing that the status quo was acceptable.



Conclusion

The boiling frog story phenomenon teaches us important information on recognizing changes before it is too late to adapt to the environment. Executives must not be so focused on the current state that they miss the opportunity to assess the future. They are the directional finders of the organization and without the proper indicators they can find themselves and the company in hot water.

On the Cover



Sgt. Francisco Rosario is assigned to the Burn Center Intensive Care Unit as an Army licensed practical nurse. He is one of four nurses featured in a story celebrating National Nurses Week.

See story on page 6

Company Notes



Acting Company Commander
Capt. Elaine D. Por

First Sergeant and I would like to welcome the following Soldiers to the ISR family: Sgt. 1st Class Shawna Stover, Spc. Thomas Spino, Spc. Jorhan Ocasio, Pfc. Rayon Thomas, and Pvt. Ricardo Herrera. We would like to say farewell to the following Soldiers: Lt. Col. Robert Mabry, Maj. Michael Lafferty, Capt. Brandi Ruffo, Staff Sgt. Khanesha Murrell, Sgt. Katrina Harvin, and Pfc. Taylor Richard. Thank you for your contributions to the organization and best wishes in your future endeavors.

Congratulations to Lt. Col. Stuart Tyner, Capt. Melinda Robbins, Sgt. Daniel Wendorff and Spc. Melody

Sandoval on their promotions and Sgt. Curtis Suafoa on his reenlistment.

I would also like to say congratulations to Pfc. Fabian Quattlebaum for his selection as the Soldier of the Month for May. His photo will be displayed in the Company area. We would like to congratulate Capt. Lashawna Ray for graduating from the Captain's Career Course and Capt. Gina Griffith for graduating from the Basic Officer Leadership Course.

Thank you to the Equal Opportunity Team for their contribution in organizing the Asian American and Pacific Islander Heritage Month observance

held May 22. The theme was "Many Cultures, One Voice: Promote Equality and Inclusion."

The ISR was recently awarded for dedication and support to the Akeroyd Blood Donor Center and the Armed Services Blood Program. Congratulations to Spc. Thomas Spino for his recognition as donor of four or more whole blood units.

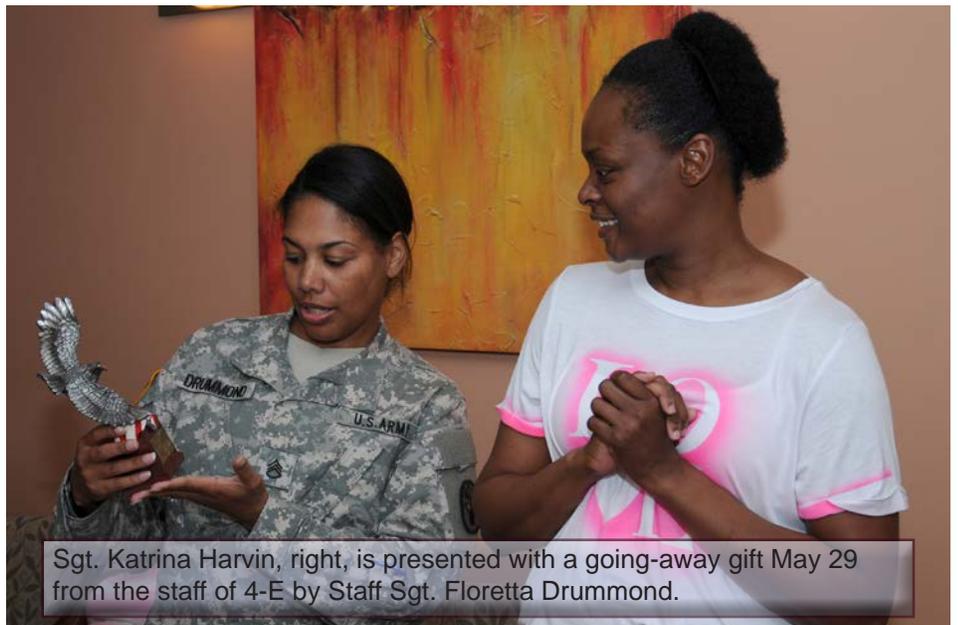
It has been a pleasure and a great experience being your Company Commander for the last two months. I sincerely appreciate all of your support. Thank you for everything that you do each day!



Capt. Elaine Por, left, presents Spc. Melody Sandoval with a Certificate of Promotion May 21 during her promotion ceremony.



Soldier of the Month
Pfc. Fabian Quattlebaum



Sgt. Katrina Harvin, right, is presented with a going-away gift May 29 from the staff of 4-E by Staff Sgt. Floretta Drummond.

Showing Support for National Trauma Survivors Day



On May 20, the nation's healthcare community celebrated National Trauma Survivors Day to draw inspiration from and provide support to survivors of traumatic injuries and their caregivers, and to open the road to their recovery from trauma. To support this event, everyone was encouraged to support trauma patients by writing a note of inspiration and sharing it on a social media site to create one strong voice for recovery from injury. Staff members from the USAISR, Brooke Army Medical Center, and the Air Force Dental Evaluation and Consultation Service provided these photos to the Trauma Survivors Network to be posted on their Facebook page. The photo above of Col. (Dr.) Michael Wirt was posted May 20 on the Trauma Survivors Network Facebook page.



Celebrating Nurses' value, diversity at Burn Center

Story and photos by Steven Galvan
USAISR Public Affairs Officer

Since 1993, National Nurses Day has been celebrated on May 6 to honor and recognize nurses and to raise awareness of the important role they play in society. May 6 also marks the beginning of National Nurses Week which ends on May 12, the birthday of Florence Nightingale, the English nurse known as the founder of professional nursing. To mark these annual observances, four nurses from the U.S. Army Institute of Surgical Research are being highlighted to recognize the important and diverse role they fulfill at this Institute.

"We're aware that National Nurses Day and Week is a time to recognize the nurses as an important component of this organization," said Col. (Dr.) Michael D. Wirt, USAISR Commander. "I offer a sincere thanks to all of the nurses who work diligently to care for our patients at the Burn Center and support combat casualty research."

Sarah Anderson is a licensed vocational nurses and Army reservist who provides burn care at the USAISR Burn Center Progressive Care Unit. She has been at the Burn Center for two years since earning her nursing degree through the Army's LVN program in Augusta, Ga.

"I love the way this career chal-

lenges me in all aspects—emotional, intellectual and physical," said Anderson. "I also love working here at the burn center. There is never a day that I do not learn something new or experience a situation that challenges me as a person."

Anderson also stated that she chose nursing as a career because she has always been interested in the medical field. "Plus the recruiter made it sound so exciting," she added.

When asked what it takes to be a successful nurse, Anderson said that there needs to be a quality in a person that allows them to put other's needs before their own.

"I believe that successful nurses are people who enjoy giving their time and service to others and motivate themselves by their hard work," she said.

Anderson credits her family for the inspiration that she needs to do her job every day. She said that she hopes that the compassion and care that she has for her patients is provided to her family if admitted to a hospital. The advice that she provides to anyone contem-

plating a career as a nurse is simple.

"There's no salary that can compensate for the care that you give at time," said Anderson. "It would be nice if this was an 8 to 5 job, but it can sometimes be a 24/7 rollercoaster. But it is also the most rewarding experience to assist people through what can be the



Sarah Anderson

most traumatic incident of their lives."

Sgt. Francisco Rosario is assigned to the Burn Center Intensive Care Unit as an Army licensed practical nurse. He earned his nursing license through the Army's Practical Nursing Course and has been at the Burn Center for two years. Rosario said that he selected to be a nurse in the Army to enhance his clinical experience in preparation for medical school.

"My goal is to become an anesthesiologist someday," he said.

Meanwhile, Rosario says that he's happy being a nurse at the BICU because it gives him the ability to increase and enhance his critical care exposure. He said that this exposure has a positive impact in assisting critically ill patients requiring continuous monitoring.

"It's definitely preparing me for medical school," Rosario said.

Humility, initiative and motivation are the three traits that Rosario says a successful nurse should possess. He believes that those three qualities directly enhances resiliency in effective nurses.

Rosario attributes his success as a Soldier and a nurse to the inspiration that he draws from his family and patients. He offers this advice to anyone who is looking at nursing as a career.

"Although a demanding career field,

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Sgt. Francisco Rosario



Karliss Kimbrough

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it is definitely a gratifying experience and feeling when your patients and family members genuinely thank you for your nursing care," he said.

Karliss F. Kimbrough, the community outreach coordinator at the US-AISR Clinical Education Department is a licensed vocational nurse and has been at the Burn Center for 21 years. She earned her nursing degree while on active duty in the Army in 1994 at the Army Medical Department Center and School at Fort Sam Houston, Texas.

Although Kimbrough's mother was also an LVN, she didn't know that she'd be following in her footsteps until she was a teenager.

"I saw an accident involving a motorcyclist and an 18-wheeler," recalled Kimbrough. "The motorcyclist went under the truck and both of his legs were amputated. When the medical helicopter came for the motorcyclist the EMTs [emergency medical technicians] could not find his legs. I saw them and carried them to the EMTs. From that point on I knew that I wanted to be a nurse."

Kimbrough has worked in all three burn care areas at the Burn Center—the BICU, Progressive Care Unit and the Outpatient Clinic. She said that teaching patients and their family members how to care for their injuries once discharged from the Burn Center is what she likes best about being a nurse.

"I also love holistic care encompassing the body, mind and soul, and moving beyond the illness or injury," she said.

Kimbrough believes that successful nurses are caring, responsible, and have good communication skills who are advocates for their patients.

"We deal with extremely sick and

injured patients and their families on a daily basis and we need to be able to show them that we truly care about them," said Kimbrough. "We must be sympathetic, but must be able to control our emotions. There is no room for errors and we must be ready for any and everything at all times."

Kimbrough admits that nursing is not a career for everyone and tells anyone considering a career in this field to examine themselves to see if this is for them because being a nurse can be extremely stressful and emotional.

"But most of all, nursing can be an extremely rewarding career," she said. "It's not just about the monetary aspect of it. It's about what you can do for others that reflects who you are as a person."

Randy E. Malone is a registered nurse at the USA-ISR Joint Trauma System. A retired Air Force Master Sgt., Malone has been at the JTS as a clinical data specialist and senior consultant for three years. He started his medical career as a medic and earned his nursing degree through the Air Force's nursing program offered to enlisted medics.

"As I gained tenure I desired to display the real-world training and experience afforded by numerous deployments," said Malone. "Lt. Gen. Paul Carlton, who was the Wilford Hall Medical Center commander [Lackland Air Force Base, Texas] afforded enlisted medics the upward mobility to access this value training and I was fortunate enough to be selected to participate in it."

Malone stated that he has loved his nursing career because he has not only been able to assist patients through hands-on care, but through the US-AISR mission of being in a position to give back to future patients with the hopes of sparing suffering. He says that he is inspired daily by his varied and capable co-workers.

"Truly, many talents, professionalism and caring, lovingly interwoven into a tapestry to be gently placed upon the wounded patriots of our country," he said.

Malone believes that successful nurses take advantage of the most technologically advanced equipment and supplies available to them to provide the best patient care with empathy and sympathy. His advice to anyone looking at a nursing career is to seek advice and direction from peers and elders.

"Go and converse with nurses who have accomplished the job you seek to enter," Malone said. "Sage advice is golden."



Randy E. Malone

USAISR Participates in Pentagon 'Lab Day'



Lt. Col. Robert Carter, the USAISR tactical combat casualty care task area manager explains the capabilities of the Compensatory Reserve Index to Mary J. Miller, Deputy Assistant Secretary of the Army (Research and Technology) at the Pentagon Lab Day May 14.

Story and photos by Steven Galvan
USAISR Public Affairs Officer

highlights included infectious disease research, trauma care and battlefield

medicine breakthroughs, aeromedical research, DoD Ebola response efforts, regenerative medicine and prosthetics advancements, brain injury research and chemical/biological education.

“The research that is being conducted at the USAMRMC is not only critical to the health and well-being of the nation’s Warfighters, but also impacts the lives of civilians,” said Maj. Gen. Brian C. Lein, commanding general of the USAMRMC and Fort Detrick and deputy for Medical Systems to the Assistant Secretary of the Army for Acquisitions, Logistics, and Technology. “Clinicians in the civilian setting are taking the science and technology coming from DoD labs in areas, such as rehabilitative medicine, trauma care and infectious disease research, and are using it to save lives on a daily basis.”

Among the items on display from the USAISR within the USAMRMC area was the Compensatory Reserve Index. The CRI uses an algorithm that is designed to take information from

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Showcasing the Army’s most advanced medical research, development and technology, the U.S. Army Institute of Surgical Research participated in the first Department of Defense “Lab Day” at the Pentagon May 14.

The event featured more than 100 displays from research and development labs throughout the DoD. Lt. Col. Robert Carter, the USAISR tactical combat casualty care task area manager, was among the more than 40 experts from the Army, Navy, and Air Force demonstrating various products and programs for hundreds of visitors, including numerous congressional and DoD leadership, as well as students and Pentagon employees.

The joint medical exhibit included products and research demonstrating how DoD medical labs support military members throughout pre-deployment, deployment, rapid responses to global issues and rehabilitation. Exhibit



Maj. Gen. Brian C. Lein, commanding general of the USAMRMC and Fort Detrick and deputy for Medical Systems to the Assistant Secretary of the Army Acquisitions, Logistics, and Technology explains research being conducted at USAMRMC laboratories to Deputy Secretary of Defense Robert O. Work at the Pentagon Lab Day May 14.

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a patient using a non-invasive finger pulse oximeter and gauges whether immediate medical attention is needed even though the patient may seem alert and responsive.

According to Carter, the CRI will revolutionize triage on the battlefield and could lower casualties.

“One of the challenges now with

triage is that with multiple casualties on the battlefield the medic may have difficulty determining which patient needs to be treated first,” said Carter. “The CRI indicates poor vital signs so that the medic can provide blood or resuscitative fluids to the patient before it’s too late.”

Under Secretary of Defense for Acquisitions, Technology and Logistics Frank Kendall hosted the event.

Deputy Defense Secretary Bob Work provided opening remarks and emphasized the importance of highlighting the military’s achievements in science and research.

“Technological superiority is not an American birthright,” said Work. “We must continue to innovate to protect our country.”

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USAISR hosts NATO Science and Technology Organization



series director.

“This NATO group (Czech Republic, U.S., Germany, Kyrgyzstan, Georgia, Great Britain, The Netherlands, France and Belgium) was created in 2009 and includes a multi-national group of experts in burn wounds,” said Jennes. “Our goal at this lecture series was to develop a consensus

about the clinical practice guidelines for all NATO countries that takes into account the experiences of all the countries involved in the last conflicts.”

Jennes added that the consensus will be provided to the STO in Paris in 2016 and hopes to have the report published in an international journal. The goal of this group is to develop a series of clinical guidelines for combat casualty care that reflects best-practice among the NATO collaborators, much like the USAISR Joint Trauma System CPG repository.

The STO is designed to conduct and promote collaborative research and the exchange of information between NATO countries. It is composed of three organizations: the Science and Technology Board (STB); the Panels and the Technical Teams; and the HFM, one of seven Panels under the STB.

Story and Photos by Steven Galvan
USAISR Public Affairs Officer

The U.S. Army Institute Surgical Research (USAISR) Burn Center at Joint Base San Antonio-Fort Sam Houston, Texas hosted burn care specialist from four North Atlantic Treaty Organization (NATO) Science and Technology Organization (STO) May 20-21 to discuss and develop clinical practice guidelines (CPGs) for care of NATO military burn patients. The two-day STO Lecture Series called HFM-246 organized by the Human Factors and Medicine (HFM) Panel focused on the development of evidence-based CPGs for the management of severely burned patients during armed conflicts.

USAISR Burn Center Acting Director, Lt. Col. (Dr.) Wylan Peterson coordinated the event and hosted the burn care specialists from Belgium, France, Germany and United Kingdom. Col. (Dr.) Serge Jennes from the Burn Wound Center Military Hospital in Brussels, Belgium was the lecture



Top: Col. (Dr.) Serge Jennes from the Burn Wound Center Military Hospital in Brussels, Belgium welcomes attendees to the Lecture Series May 20. Bottom: Doctors attending the Lecture Series pause to take a photo at the Burn Center May 21.

Safety Notes

By Stephanie L. Truss
Health, Safety and Environmental Specialist



Summer Safety Tips

While summer is normally a time for leisure and vacationing, it shouldn't mean letting our guard down when it comes to various dangers. Skin cancer, water safety and protection from severe weather are some areas we should be paying attention to. Below are some tips for handling some summer dangers.

1. Beware of the sun

While the sun is welcome change from cold, dark wintry weather, it can also be dangerous. Skin burn and skin cancer are serious dangers to look out for during the summer. Stay out of the sun during certain hours and properly protect your skin with to guard against skin cancer.

Also, be aware of heat exhaustion when the weather is particularly hot. In times like this, drink lots of fluid.

Avoid too much physical activity, spending too much time in the sun or staying too long in an overheated place as these can cause heat-related illnesses. Know the symptoms of heat disorders and overexposure to the sun and be ready to give first aid treatment.

2. Make sure to play safe in the pool

If you decide to take your kids swimming at a public pool, make sure a lifeguard is present keeping a watchful eye on everyone. If you're at a beach, be even more vigilant. Lifeguards cannot obviously keep watch at all times.

In home swimming pools, prudence is even more necessary since you are the lifeguard, so be careful. One sug-

In the Spotlight

Sgt. TJ Chavez

Job title: LVN, 4-East

How long have you worked at the ISR? 2 1/2 years

What or who has been an inspiration to you in your work? You! The people of ISR: nurses, doctors, certified nurses assistants, and support staff. Even though most or all have no idea.



What is your favorite part of your work? When the patients return to say thanks for all that we, collectively, have done for them.

What is your proudest achievement? Graduating from the M6 program in El Paso.

Short- and long-term goals: Start school, again and finish this time.

Hobbies: Attempting to play the guitar and being Numismatists (mostly world coins).

Favorite book: *Catch 22* by Joseph Heller

Favorite movie/TV show: *Man of La Mancha* with Peter O'Toole and Sophia Loren/*MASH*

Favorite quote: "There are so many sounds I still want to make, so many things I haven't yet done." BB King

gestion is to install four-sided isolation fencing around the pool with self-closing and self-latching gates to prevent direct access to the pool from a house and yard.

3. Practice bike safety

While bike riding is a staple of summer for many, it can lead to death and injury for those who aren't careful. Some rules for bike safety are:

- a. Always wear a bike helmet. Most bike deaths are a result of head injury and helmets can help prevent this.
- b. Ride your bike in a way cars know you are there. Wear bright colors or clothes that reflect light at night so cars, buses and trucks can see you. Also, get a headlight for the front of your bike and reflectors on the front and back of your bike if you ride at night.
- c. Follow bike traffic rules. Bikes have

to follow the same traffic rules and signs as cars. You must ride in the same direction as the cars are going, ride your bike single-file, signal when you want to stop or turn, look out for holes, wet leaves, or cracks in the street which can cause you crash your bike. Also, ride away from the curb in case a car pulls out or someone opens a car door suddenly.

4. Practice food safety on the road

Picnics are a summer ritual. These are often held in locations outside major cities, an hour or more away, and in some cases, can become part of a camping trip. This is why food safety on the road is crucial. Here are some simple food safety rules:

- a. Keep perishable food cool on longer trips. If you are traveling over 30 minutes with perishable food (i.e. meat,

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poultry, eggs or salad) place it in a cooler with ice or freezer packs. Have plenty of ice or frozen gel-packs on hand before starting to pack food.
 b. Pack food safely. Pack perishable foods directly from the refrigerator or freezer into the cooler. Meat and poultry may be packed while still frozen. That way it stays colder longer.

Be sure to keep raw meat and poultry wrapped separately from cooked foods or foods meant to be eaten raw such as fruits. For longer trips, bring two coolers - one for the day's immediate food needs, such as lunch, drinks or snacks, and the other for perishable foods to be used later in the vacation. Keep the cooler in the air-conditioned passenger compartment of your car, rather than in a hot trunk. Limit the times the cooler is opened. Open and close the lid quickly.

c. Food safety while camping. Keep the cooler in a shady spot and covered with a blanket, tarp or poncho, preferably one that is light in color to reflect heat. For drinking water, bring bottled water or other canned or bottled drinks. Always assume streams and rivers are not safe for drinking. If you plan to camp in a remote area bring along water purification tablets or equipment available at camping supply stores. Keep hands and all utensils clean when preparing food. When planning meals think about buying and using shelf-stable food to ensure food safety.

d. Don't keep food out in the heat. Perishable food sitting outside for more than two hours is not safe. For food safety, the time frame is reduced to just one hour if the outside temperature is above 90°F. Eating anything that has been sitting in the hot sun is an invitation for food borne illness.

5. Beware thunder and lightning

On average, the United States gets 100,000 thunderstorms each year. These are most likely to occur in the

central and southern states. With growing heat and humidity, thunderstorms and lightning pose a serious danger. Some thunderstorms can be seen approaching, while others hit without warning. Some danger signs include dark, towering, or threatening clouds and distant lightning and thunder. Some safety tips in dealing with thunder and lightning are:

a. Keep disaster supplies at hand. These include a flashlight with extra batteries,

a portable, battery-operated radio and extra batteries, first aid kit and manual, emergency food and water, essential medicines, non-electric can opener, cash and credit cards and sturdy shoes.
 b. Check for hazards in the yard.

These can be dead or rotting trees and branches that can fall during a severe thunderstorm and cause injury and damage.

c. Make sure all family members know

SAFETY continues on page 16

Health News

By Maria G. Dominguez, R.N. COHN-S/CM Occupational Health



Fun Summer Safe Summer. Don't ruin your fun ...

Aiming to help your children as a family stay active together this summer? Seek out physical activity options available in your community such as the YMCA swimming pool. Invite friends along to participate in an activity such as playing water games at a local pool. Visit a lake or beach you've never been to and take a swim, or go on a walk or jog in the sand. Plant a vegetable garden and plant two new vegetables you've never grown. Make your summer memorable. Track your family activities together on a social media site by using #FitFam14.

Think healthy. Swim healthy. Be healthy. Obtain free healthy and safe swimming resources through the Centers for Disease Control website.

Beach Fun! The water at the beach look clean, but is it? It is important to know about the environmental conditions that affect water quality at the beach, the health risks associated with swimming in polluted water, and who to contact if you think the water at the beach is contaminated.

For information visit EPA's Beach Watch. Remember: think healthy. Swim healthy. Be healthy! And when you travel, travel smart and stay healthy.

In addition to ensuring you have both the routine and travel vaccines you need, be a smart traveler by following these helpful hints:

- Be careful what you eat and drink. Only eat fully cooked food that is served hot. This includes fruits and vegetables, unless you can wash them in clean water or peel them yourself.
- Eat and drink only pasteurized dairy products.
- Only drink beverages that are bottled and have a seal that is unbroken (such as bottled water or sodas). Do not use ice in any drinks.
- Bugs (including mosquitoes, ticks, and some flies) can spread a number of diseases. Use insect repellent and learn other ways to avoid bug bites. In malaria risk areas, make sure you sleep in an air conditioned or screened room or under a bed net.
- Wash your hands often with soap and water or alcohol-based hand sanitizer.
- Don't touch animals, especially monkeys, dogs, and birds.

When outdoors know symptoms of excessive heat exposure. Take a break if you feel weak, nauseated, excessively fatigued, confused, and/or irritable due to the heat. Drink plenty of liquids while working. Walk, play or work with a buddy and monitor each other for symptoms of heat illness.

Happy Summer!

Around the ISR



Top left: Sgt. 1st Class Russell Gilmore provides information of the Burn Center Rehab Gym to nursing students from the Abilene Texas Patty Hanks Shelton School of Nursing May 1.

Top right: Maj. Scott Phillips, left, presents Capt. Brandi Ruffo with a going-away plaque May 27.

Center right: Mary Ann Spott and Capt. Zsolt Stockinger hold up a quilt donated by former Joint Trauma System nurse Rosie Bolenbaucher May 26 to be donated to JTS staff deployed during the last rotation.

Bottom right: Lt. Col. Thomas Rountree provides a history of the Burn Center to members of the Emerging VA Leaders prior to a tour of the Burn Center May 28.

Bottom left: Nicole Caldwell presents her poster during National Nurses Week May 8 at the San Antonio Military Medical Center Mall. Caldwell's poster won First Place in a poster competition during the event.



Around the ISR continued



Top left: Maj. Erik Johnson welcomes military officers from Pakistan to the Burn Center for a tour May 6.

Center right: Michelle Tafoya cuts a birthday cake May 5 during a celebration in her honor.

Bottom right: Kimbrough Karliss, the community outreach coordinator at the Clinical Education Department provides information on burn prevention to an attendee of a community relations project May 1 at Joint Base San Antonio-Fort Sam Houston, Texas.

Bottom left: 4-East nurses DeNay Cooper and Ashley Roman May 28.

Center left: Col. (Dr.) Kirby Gross presents Jeffrey Howard, Ph.D. with a Certificate of Appreciation May 8 during a going-away luncheon.



Reenlistments/Promotions

Top: Maj. Erik Johnson, left, presents Sgt. Curtis Suafoa with an Honorable Discharge Certificate during his reenlistment ceremony May 6 at Fort Hood, Texas.
Center: Capt. Mollie Christiansen administers the Oath of Promotion Capt. Melinda Robbins May 6 during her promotion ceremony.
Bottom: Sgt. Andrew Ludescher, left, presents Sgt. Daniel Wendorff with a Certificate of Promotion during his promotion ceremony May 7.



Pentagon 'Lab Day'

U.S. Army Medical Research and Materiel Command's Combat Casualty Care Research Program Deputy Director David Baer, Ph.D. talks with Mary J. Miller, Deputy Assistant Secretary of the Army (Research and Technology) at the DoD Lab Day at the Pentagon May 14.



Lt. Col. Larry Petz, deputy director of research at the U.S. Army Institute of Surgical Research describes the Compensatory Reserve Index to a student attending the DoD Lab Day at the Pentagon May 14.

Lt. Col. Robert Carter, the tactical combat casualty care task area manager at the U.S. Army Institute of Surgical Research is interviewed by Army News Service reporter David Vergun about the Compensatory Reserve Index during the DoD Lab Day at the Pentagon May 14.



A new concept Mine Resistant Ambush Protected (MRAP) armored vehicle on display during the DoD Lab Day at the Pentagon May 14.

Library News

By Gerri Trumbo
Library Manager



We are here to assist with literature searches for all protocols.

There are some basic requirements we ask for when you submit a request. The forms are found on our Intranet page under Forms and Publications: Literature Search. The instructions for completing the form and the timelines requested are also listed under Instructions (page2).

It is important to remember that all acronyms or shortened medical terms be spelled out in full. The procedures being used in the protocol should also be clearly defined.

There may be times when the Information Technology Specialist will ask for a face-to-face to assure you get the best results you can for your required search elements.

We now also have FEDRIP available to all within LEAP (TDNet). You can find it listed under Databases.

We do not encourage use of Re-Porter. The interface of the RePorter database was not designed for protocol type searching. FEDRIP and BRD, along with PubMed are the most used and easily available for all protocols. AGRICOLA is accessed through the library by the library staff.

You might also want to look at Web of Science, also on LEAP in the database section. Web of Science provides you a place to create and save your searches for future use. Full-text is also accessible from Science Direct.

We thank you for checking out our forms and instructions, and feel free to stop in for further information and/or training.

Thank you for using the ISR Library.

Back When...



Can you guess who this ISR staff member is? This photo was taken in 1979 when she was four years old in Martinsburg, W.Va.

Submit your photo for publication in upcoming issues.

Last Month's Answer:



Beverly Ash
Receptionist/
Administrative Asst.

SAFETY continued from page 11
how to respond after a thunderstorm. Teach family members how and when to turn off gas, electricity and water and teach kids how and when to call 9-1-1, police, fire department, and which radio station to tune for emergency information.

d. In the case of severe thunderstorms, find a safe place to stay. A severe thunderstorm watch is issued by the National Weather Service when the weather conditions are such that a severe thunderstorm is likely to develop. This is the time to locate a safe place in the home and tell family members to watch the sky and listen to the radio or television for more information. A severe thunderstorm warning is issued when a severe thunderstorm has been sighted or indicated by weather radar. At this point, the danger is very serious and everyone should go to a safe place,

turn on a battery-operated radio or television, and wait for the "all clear" by the authorities.

e. Lightning is a major threat during a thunderstorm. If you are caught outdoors, avoid natural lightning rods such as tall, isolated trees in an open area or the top of a hill and metal objects such as wire fences, golf clubs and metal tools. Also, it is a myth that lightning never strikes twice in the same place. In fact, lightning will strike several times in the same place in the course of one discharge.

Bottom line: think safety not only at work but home. On and off duty keep: safety on the forefront!

