



# NMCPHC UPDATE

Volume 9 Issue 1

## From the Front Office

*By Capt. Todd Wagner, Commander, NMCPHC*

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With less than five months before I hand the reigns of NMCPHC over to Capt. Bob Hawkins, I realize that there's much left to accomplish.

The collective intellect of Navy public health leaders and subject matter experts is constantly on display in the management of the daily onslaught of public health issues ranging from Per- and Polyfluoroalkyl Substances (PFAS) and overseas water contamination concerns, to outbreaks of infectious disease. If we include the herculean level of effort required to plan for the implementation of the National Defense Authorization Act (NDAA) 19 pertaining to public health, it's easy to see that the pace going forward is not going to slow down anytime soon.



I'm incredibly grateful for the efforts of both our headquarter staff and our field activities in managing the day-to-day operations in providing invaluable public health expertise to Navy stakeholders across the globe. The public health challenges (see above!) that we face are as numerous as they are varied. I would contend that all of them have a direct impact to readiness. It's also reassuring to know that all members of this team are deeply involved in helping Navy Medicine chart a course for the future of public health.

Next month, we'll be hosting our second annual public health conference. Our initial 2018 offering was extremely well received. To that end, I anticipate a similarly successful event for 2019. Without giving away too much detail, here's a "Spoiler Alert": There will be lots of public health topics addressing current initiatives, missions and future challenges! We also have a pair of very special keynote speakers on days one and two that are sure to engage and enlighten! While we've had to re-scope the size of this year's conference due to changes in the latest DON guidance on hosting conferences, I'm confident that the product delivered will be just as impactful and valuable to conference attendees.

In closing, I would like to take this opportunity to thank the entire, incredible Navy public health team for what you do each and every day to protect the health and well-being of our fighting forces and their families!

# Command Master Chief's Corner

By Master Chief Petty Officer (MCPO) Marsha Burmeister, NMCPHC



I hope everyone ended 2018 with quality time spent with family and friends. As we move into 2019, I ask that everyone sustain awareness and engage with your fellow Sailors and co-workers. Post-holidays can be challenging due to events such as job transitions, financial strains, and emotional, physical and mental stressors. We are a team and each member plays a vital role in our mission's success. Take time to engage with one another and check on each other's well-being.

For those first class petty officers who took the Chief's Exam, ensure you are reviewing your records for accuracy. Look at having your record/chief's package reviewed by someone in the chief's community and ensure to include items such as your Performance Summary Record (PSR); Part I - Enlisted Summary Record (ESR) and Part III - Performance Summary Report (PSR), Award Record NAVPERS 1070/880 and Training, Education and Qualification History NAVPERS 1070/881, last 5 evaluations, last year's package submission and ensure your evaluation continuity. It is your

choice to include or not include a Career Summary page. Listen to the feedback from those reviewing your items; however, your chief's package submission is just that - it is your submission to the board and no one else's.

As we await the March Advancement Exam, ensure you remain focused, and allow time to prepare, study and engage with subject matter experts in the areas that are unfamiliar to you. How you prepare and execute your exam is all within your realm of control. Keep a positive attitude and continue to perform above the level of what is the minimal expectation.

Are you an active member of your command's Laying the Keel, Developing the Backbone of our Navy, Sailor 360 program? If not, I ask why not? The goal of Sailor 360 is to allow commands to tailor, manage and own their programs to allow for open command level discussions, engagement in reading assignments and small group sessions, along with community service. Chiefs are to be engaged by leading the way and ensuring their actions align with the Chief Petty Officer (CPO) Creed. Remember Sailor 360 is for all Sailors, officers and enlisted alike. It is a program designed to be flexible and allow for all paygrades to be included.

## CONGRATULATIONS!

Congratulations to HM2 Rodolfo Navarro (NMCPHC HQ) in his advancement to E5; from the September 2018 exam.

Congratulations HM1 Karla Quintero (NEPMU-5), BUMED Sailor of the Year. HM1 Quintero will compete at the Shore Sailor of the Year completion in March. If selected, she will be automatically advanced to chief petty officer.

Congratulations Navy Environmental and Preventive Medicine Unit Two for being selected as the 2018 Navy Project Good Neighbor Community Service Flag Award winner in the small shore command category.





Updated/implemented/refresher on policies and NAVADMIN's include:

- NAVADMIN 316-18 Enlisted Advancement Worksheet
- NAVADMIN 313/18 Professional Military Knowledge Eligibility Exam Business Rules
- NAVADMIN 312/18 Advancement Policy Update
- NAVADMIN 310/18 Navy Outreach Plan
- NAVADMIN 304/18 Convening FY-20 Active Duty Promotion Selection Boards
- NAVADMIN 280/18 Closure of the Blended Retirement System Enrollment Period
- NAVADMIN 279/18 Performance Evaluation Transformation
- NAVADMIN 276/18 Nominations for Captain Joy Bright Hancock and Master Chief Anna Der-Vartanian Leadership Awards
- NAVADMIN 031/19 Meritorious Advancement Program
- NAVADMIN 025/19 Advancement Exam Readiness Review 3rd Quarter FY-19
- NAVADMIN 022/19 CNO Naval History Essay Contest
- NAVADMIN 021/19 FY-19 Senior Enlisted Continuation Board
- NAVADMIN 020/19 GI Bill Exception to Policy
- NAVADMIN 019/19 FY-18 Retention Performance and FY-19 Retention Benchmarks and Retention Excellence Award Criteria
- NAVADMIN 008/19 MYNAVY PORTAL MYRECORD MOBILE (BETA) APP Launch
- NAVADMIN 006/19 Navy Community Service Program/Project Good Neighbor Community Service Flag Award Winners (Shore commands category: (1) Small - Navy Environmental and Preventative Medicine Unit Two [NEPMU-2])
- NAVEDTRA 43699-1 & 2 Hospital Corpsman and the Dental Assistant PQS
- Executive Medical Department Enlisted Course (EMDEC). Senior Enlisted Leaders paygrade E-7 to E-9.

Thanks to all who have and continue to prepare for the Navy Marine Corps Public Health Conference (March 26-28, 2019). Along with all who remain engaged with all the Defense Health Agency transition taskers. The one thing that is certain is change will occur; however, it's one's ability to adapt and play a part in the evolution that is and will continue to make the difference. Let's make the best of 2019.

### SAVE THE DATE

# NAVY AND MARINE CORPS PUBLIC HEALTH 2019 Conference

"The Future of Naval Force Health Protection in a Changing Landscape"

**March 26 - 28, 2019**  
**Hampton Roads Convention Center, Hampton, VA**

# Three NMCPHC Officers Deploy on USNS Comfort to South and Central America

By: NMCPHC Public Affairs

The U.S. Navy hospital ship, USNS Comfort, left from Naval Station Norfolk on October 10, 2018 for a 72-day mission that saw approximately 26,701 patients, completed 6,000 surgeries and hosted a crew of over 900 people, including two NMCPHC preventive medicine officers and an environmental health officer.

The hospital ship visited five countries including Ecuador, Peru, Columbia, Honduras, and stopped in Panama as a liberty port. The medical support mission, Enduring Promise, is a part of the U.S. Southern Command initiative to foster partnerships with non-government agencies and nations in South and Central America, and help relieve pressure on national medical systems. Under the direction of Secretary of Defense James Mattis, as a direct response to the cross-border migrant crisis in these countries, the mission's planning began just 70 days before the October departure date.

Commander Rhonda Lizewski, programs policy and support (PPS) department head and Preventive Medicine Officer at NMCPHC, was called up in August to begin planning the operations and logistics of the mission. "Typically, planning for a mission of this size takes a year to a year and a half to complete," said Lizewski. "With Hurricane Florence fast approaching the east coast, we were summoned out to sea for protection." This meant that their preparation would be limited to only 70 days, some of which was done while out at sea during the hurricane sortie.



*The hospital ship USNS Comfort (T-AH 20) is anchored off the coast of Honduras as part of an 11-week medical support mission to Central and South America as part of U.S. Southern Command's Enduring Promise initiative. Working with health and government partners in Ecuador, Peru, Colombia and Honduras, the embarked medical team will provide care on board and at land-based medical sites, helping to relieve pressure on national medical systems caused partly by an increase in cross-border migrants. The deployment reflects the United States' enduring promise of friendship, partnership and solidarity with the Americas. (U.S. Navy photo by Mass Communication Specialist 1st Class Scott Bigley)*

As the director of training and readiness, Lizewski was also responsible for ensuring that all personnel on the ship were properly trained for the mission and conducted subject matter exchanges in Honduras and Ecuador. She oversaw 5,050 training encounters and 225 training classes, drills and hands-on evaluations, which included eight basic life skills (BLS) classes. Lizewski has a long, personal history with the ship, which drove her decision to support the mission. The Comfort was previously homeported in her hometown of Baltimore, Md. and she would pass by it every day on her way to high school.

According to Lizewski, much more could have been done with a longer planning process, as more coordination with host nations and ministries of health and security would have allowed for more training opportunities and interaction with the local communities. Nevertheless, having the opportunity to interact with a variety of people from around the world was her favorite part of the mission. While at port in Honduras, she was able to coordinate a Christmas caroling group with staff and some of the patients that were unable to leave the ship due to bad weather.



While Lizewski provided mission support outside of her usual scope of work in the program and policy support department at the health center, Cmdr. Shannon Blackmer and Lt. jg. Katelyn Watts provided support similar to their preventive medicine duties. Blackmer was the officer in charge of the ten person Forward Deployable Preventive Medicine Unit (FDPMU) detachment that Watts was also a part of. Watts joined NMCPHC in March 2018 as her initial assignment, making this her first deployment; while Blackmer has been on previous deployments, even serving as the officer in charge of the medical team on Southern Partnership 2015 and, similar to Lizewski's role, helped plan various past deployments.

The mission of the FDPMU team was primarily to conduct advanced water testing, which entails testing water within ten local miles to ensure its meeting proper standards to prevent disease outbreaks. They were also responsible for providing and ensuring that force health protection recommendations were followed through by all members of the crew and non-governmental organizations (NGOs). As Blackmer explains, "We did our best to keep personnel on the ship healthy so they could do their mission. We took care of the providers so they could take care of the patients. We worked with some really great people and I admired how tirelessly the providers worked during this mission."

Blackmer agrees that the short planning cycle made coordinating subject matter exchanges difficult, but her team was able to conduct environmental and vector control screenings at each medical site for personnel safety, as well as inspected food supplies, sanitation and drinking water coming onto the ship. Both Watts and Blackmer enjoyed fostering and building relationships with the Columbian Marines and Water Mission, an NGO from Honduras. Blackmer assisted in establishing the NGO's relationship with

the Navy who is currently receiving assistance from other DoD entities.

**“We took care of the providers so they could take care of the patients.”**

During their stop in Honduras, the team inspected wells and community drinking water. While in Colombia, they inspected military water systems, and sent recommendations to the U.S. Southern Command for potential improvements. The need for better water disinfection processes and distribution of clean water was a widespread issue in all the countries the mission visited. "In Honduras, we found a community that used untreated raw water straight from the river to be distributed to 20,000 community members," explained Watts. While in country, they were able to set the standards and parameters for water disinfection while interacting with the subject matter experts local to the area. Doing this type of work so early in Watt's career was exciting and as she describes, is a major reason she joined the Navy.

We are extremely proud of the work our preventive medicine team is doing, as they continue to be a driving force for public health and protection around the world. Our hopes are high that they continue to pave the way for increased partnerships and collaboration in the future.

For more information on the Navy and Marine Corps Public Health Center, visit: [www.nmcphc.med.navy.mil/](http://www.nmcphc.med.navy.mil/).

# A Look at the Past 10 Years of Health Analysis

By: NMCPHC Public Affairs

## Navy and Marine Corps Public Health Center (NMCPHC) award-winning health analysis team celebrates 10 years of service to Navy Medicine.

The health analysis (HA) department within NMCPHC is comprised of clinicians, epidemiologists, biostatisticians, project managers, and other health professionals with extensive experience in public health, data analytics, military medicine and related disciplines. As a team they deliver the evidence needed to align resources, measure effectiveness, address readiness challenges, and promote the long-term health of our military. Dr. Katherine Hucles, NMCPHC epidemiologist states “my favorite part of HA is our collaborative, multidisciplinary team approach. We consistently work together to learn from each other and share ideas to create the highest quality products for our customers. It is fun to watch a project develop and come together as a result of a variety of different skillsets, perspectives and experiences.”

HA’s mission is to provide expertise and leadership to improve the value of Navy health care and operational force readiness through clinical health analysis, epidemiologic and evidence-based methods. Health analysis capabilities include process improvement, epidemiological analysis, spatial analysis and program evaluation.

In 2009, NMCPHC established the health analysis department with the intention to increase the connection between the millions of records of healthcare data with providers at the deck plate. Ten years later, the department has many accomplishments to be proud of. In 2011, the department earned the Navy Medicine Analytics Team Award. One their projects in 2013 identified over 20 million dollars in cost savings through evidence-based process improvements. They supported the Secretary of Defense’s Military Health System (MHS) 90-day Review in 2014 as subject matter experts. In 2016, HA became an official government program of record after being originally funded by the Wounded, Ill and Injured program.

“We are proud to help our leaders make evidence-based decisions across a broad spectrum of public health topics. Our achievements are the result of the

combined efforts of MANY individual—the team is what makes it all possible!” says Cmdr. Scott Hurd, health analysis department head. Over the years their customer base has grown to include fleet surgeons, Navy Bureau of Medicine and Surgery (BUMED) program leaders, military medicine interns, hospital leadership, other DoD and government public health entities, and many more.

Their blend of geospatial and epidemiologic expertise identified opportunities to maximize civilian-military partnerships to improve trauma training skills necessary for the battlefield and their knowledge of MHS databases has been widely utilized to identify risk factors with prescription drug misuse. The HA department partnered with Women’s Health experts to identify risk factors most associated with postpartum hemorrhage, enabling providers to make timely, informed decisions. The team recently delivered a data-driven interactive web map that identified critical areas for embedding mental health resources across the fleet.

On January 30, 2019, the health analysis department gathered with the command to celebrate their 10th anniversary complete with a cake cutting ceremony. Happy anniversary HA, here’s to the next 10 years!



HA communications lead Jennifer Snyder (left), NMCPHC Commander, Capt. Todd Wagner (center), and HA’s lead epidemiologist Jessica Newton (right) cut the cake at the department’s 10 year anniversary celebration. (U.S. Navy photo by Amanda Bologna).



# Industrial Hygiene Department Works to Bring 3D Printers onto Submarines

By: NMCPHC Public Affairs

Since 2016, the Navy has been researching the use of additive manufacturing, also known as 3D printing, as an alternative to purchasing certain equipment and supplies.

With the ability to print items such as replacement parts and specialized tools, 3D printers could decrease machinery down time, ashore and afloat, saving operational time, resources and money. This is especially important when a vessel is underway and valuable equipment parts are not easily accessible or are expensive to have brought on board. While many can agree their application is necessary, the implementation of 3D printers has also been met with skepticism over potential health effects and safety concerns, specifically in controlled airflow environments such as submarines.

**“Very little is known about potential adverse health effects following exposure and use.”**

For over a year, a specialized team from the industrial hygiene (IH) department at the Navy and Marine Corps Public Health Center (NMCPHC) has been partnering with a number of organizations to test for the possible health concerns related to submarine air quality and emissions produced by these printers. According to the National Aeronautics and Space Administration (NASA), there has been a 3D printer on the International Space Station since 2014; however, testing the health concerns and safety of using the printers on submarines is unprecedented research.

“The perception is that 3D printers offer a great opportunity to make a variety of materials on

demand,” said NMCPHC industrial hygiene toxicologist, Dr. Amy DeLong “but very little is known about potential adverse health effects following exposure and use.” She goes on to say that “with limited ventilation on submarines 3D printers may cause concerns about the submarine atmosphere.

As part of the Acquisition Technical Support Division and Submarine Materials Review Board, IH is responsible for evaluating and approving all chemicals and materials that are aboard Navy vessels. This project began with IH conducting a preliminary health hazard assessment (HHA) on the materials that would be used to print 3D objects. An HHA provides important information on materials and chemicals being used aboard ships to help set safety standards.

The IH department has teamed up with NASA, as they have for specialized research in the past, and is also working with the Naval Sea Systems Command (NAVSEA), , and Naval Submarine Medical Research Laboratory (NSMRL) during the testing phase of this project. At the NASA facility in White Sands, N.M., the NASA Materials and Components Laboratory is testing the emission of chemicals generated during the simulated use of the 3D printers. With the measurements and results taken during testing, IH will conduct a theoretical analysis to determine if there is an exposure concern while using the 3D printers in a submarine’s controlled atmosphere.

The first round of testing is set to conclude before early spring, but ongoing testing will be necessary to test various other materials the Navy may use during the 3D printing process. In addition to the HHA and theoretical analysis, IH will be working with NASA to develop the final test report and future procedures in order to keep our Navy’s submariners safe.

For more information on the Navy and Marine Corps Public Health Center, visit: [www.nmcphc.med.navy.mil/](http://www.nmcphc.med.navy.mil/).

# Navy Environmental Preventive Medicine Unit Two Receives Community Service Award

By: NEPMU-2 Public Affairs

**In Case You Missed It**

Each year the Navy recognizes shore, sea and overseas commands for the Project Good Neighbor Community Service Flag Award. Navy Environmental Preventive Medicine Unit Two (NEPMU-2) was recently selected as the Navy-Wide proud recipients of the 2018 Project Good Neighbor Award in the “small shore command” category. This is the first time NEPMU-2 has received this award.

The Project Good Neighbor Award recognizes the best year-round volunteer-supported program or special project, which promotes outreach activities throughout the year to establish and restore hope to the community by encouraging humanitarian assistance to the less fortunate. This award is separated into three categories: shore commands, sea commands and overseas commands. Furthermore, these areas are divided into three size categories which include small commands with 199 personnel or less, medium commands that range between 200 and 499 personnel and large commands with 500 plus personnel.

Community service is a longstanding tradition within NEPMU-2, as it serves as the basis for developing a good relationships with the surrounding community. In return, it helps Sailors understand the Navy’s mission and provides them opportunities for leadership skills, personal growth and career development.

Read more at <https://www.dvidshub.net/news/308663/navy-environmental-and-preventive-medicine-unit-two-receives-project-good-neighbor-award>.

## Navy Medicine East Names 2018 Regional Sailor of the Year

By: Petty Officer 2nd Class Stephane Belcher

**In Case You Missed It**

Navy Medicine East (NME) announced its annual Regional Sailor of the Year at a ceremony held Dec. 6.

Hospital Corpsman 1st Class Karla Quintero, from Navy Environmental and Preventive Medicine Unit Five, was selected as NME’s 2018 Regional Sailor of the Year by a panel of senior enlisted leaders, chaired by NME Command Master Chief Michael Hinkle.

“These Sailors exemplify the best of the United States Navy,” said Hinkle. “There’s a lot of work behind the scenes that goes into nominating these Sailors, and this selection process is extremely competitive. These Sailors model consistent professionalism and maturity, and through the support of their leadership, they are all on a path to success.”

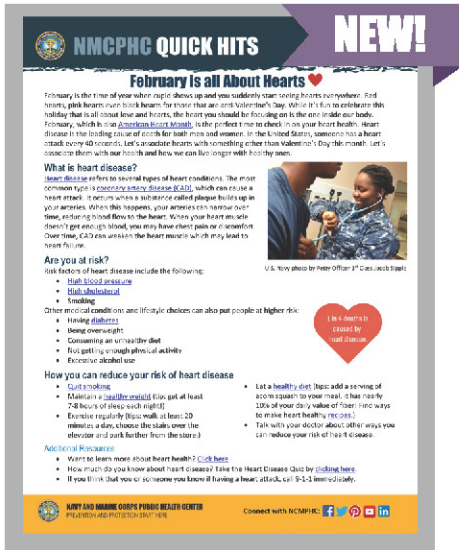
The top nine Sailors nominated from NME’s 21 commands competed this year. They spent approximately one week in Portsmouth, Virginia, to participate in the Sailor of the Year selection boards and history and heritage events in the Hampton Roads area, which are aimed at enhancing their cultural understanding of the Navy.

Read more at <https://www.dvidshub.net/news/302450/navy-medicine-east-names-2018-regional-sailor-year>.



# NMCPHC Product Spotlight

## Quick Hit: February is all About Hearts



# March HPW Newsletter



# The Truth About Tobacco



## NMCPHC Trainings and Conferences

## DOEHRS-IH Training

**April 22 - 26, 2019: Naval Dental Clinic Norfolk, Va.**

**May 6 - 10, 2019: Naval Hospital Sigonella, Italy**

## Disease Reporting System internet (DRSi) Webinars

## March 26, 2019: GI Illnesses/Norovirus

## Health Promotion Advanced Training

**June 11, 2019:** Camp Pendleton, Calif.

**August 20, 2019: NEPMU-2 Norfolk, Va.**

## Occupational and Environmental Medicine (OEM)

### Fundamentals Course

**June 24 - 29, 2019: Naval Medical Center  
Portsmouth, Va.**

## ShipShape Program Facilitator Training

**August 22, 2019: NEPMU-2 Norfolk, Va.**

## Spirometry Training Course

**March 12 - 14, 2019:** Basic Course, Guantanamo Bay, Cuba & Quantico, Va.

**March 15, 2019:** Refresher Course, Guantanamo Bay, Cuba & Quantico, Va.

## Tobacco Cessation Facilitator Training

**June 12, 2019:** Camp Pendleton, Calif.

**August 21, 2019: NEPMU-2 Norfolk, Va.**