



# NMCPHC UPDATE

Volume 9 Issue 4

## From the Front Office

*By Captain Robert J. Hawkins, Commander, NMCPHC*

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## Greetings Navy and Marine Corps Public Health Center (NMCPHC).

In the first 8 months since assuming command here, each and every day I continue to be amazed and impressed with all that you do to support our great mission here along with its field activities'. Our mission is in complete alignment with both Naval Medical Forces Atlantic and BUMED.

Recently the new Navy Surgeon General, RADM Bruce Gillingham released his operational order which in turn set the strategic direction for all of Navy Medicine. The strategic direction focuses on People, Platforms, Performance, and Power. We, as the NMCPHC enterprise, are positioned to be a key player in execution of this strategic direction.

After much discussion and heavy consideration, the Navy and Marine Corps Public Health Center conference has been postponed until late spring of 2021. I want to thank all who have put in a tremendous amount of work toward the conference planning. We will continue to leverage that work as we prepare for the 2021 conference.

Finally, it is time to wish 'fair winds and following seas' to the CMC, HMCM Marsha Burmeister. CMC is retiring on March 13th after 30 years of outstanding service. Her service has been remarkable and she has left an immeasurably positive impact on each of us throughout the NMCPHC enterprise. CMC, you make each of us better.

We also welcome HMCM Joseph Dennis as the incoming CMC! HMCM Dennis brings a wealth of experience to our organization and we are fortunate to have him onboard.



# Command Master Chief's Corner

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



This is a year of change. Significant changes such as Medical Treatment Facilities becoming Navy Medicine Readiness and Training Commands along with the Defense Health Agency migration and all it entails. These challenges only reinforce our need to be flexible and diligent with improving readiness across the globe. We, as Public Health, set the example of what it is to be a Tier 1 Ready Force along with being the enterprise to provide answers to the public when necessary.

As we continue to focus on readiness, ensure you are keeping yourself mental, physically, and spiritually fit. Be engaged with training and readiness requirements such as the Tactical Combat Casualty Care Course (TCCC). Ensure deadlines are being met for career development boards and Career Waypoints (C-WAY) submissions. Remember, these events affect readiness and career paths.

A major milestone was implemented for our Forward Deployable Preventive Medical Units (FDPMU) as they are now eligible for Type II Sea Duty. This breakthrough will assist in filling our billets with operationally ready personnel; however, it is now critical that all assigned to these units complete their sea duty screening. This milestone will also assist our enlisted with maintaining a sea shore rotation and bring more visibility to the accomplishments of our units.

Please help me in welcoming our incoming Navy and Marine Corps Public Health Center Command Master Chief, HMCM Joseph "Jay" Dennis, who will assume the position as CMC on March 13, 2020.

I would like to extend my sincerest appreciation for your support during my tenure as NMCPHC Command Master Chief. Your impact has been great and far reaching. I am so very proud of all of your successes and would like to thank you for your support, encouragement, and teamwork. This has been an invaluable experience and I have enjoyed sharing and collaborating on our mission undertakings.

Continue to take care of each other and our stakeholders. Be the tip of the spear. Fair Winds and Following Seas!

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

- MILPERSMAN update
- NAVADMIN 027/20 Hometown Recruiting Program, Officer, Bluejacket and Senior Minority Assistance to Recruiting Program
- NAVADMIN 025/20 Re-establishing Navy Leader Development Framework Briefs
- NAVADMIN 023/20 2020 Active Duty Fund Drive in Support of Navy-Marine Corps Relief Society
- NAVADMIN 006/20 Post 9-11 GI Bill Policy Update
- NAVADMIN 005/20 2020 Meritorious Advancement Program Season One and Season Two
- NAVADMIN 003/20 Summary of Retention Behavior, FY-20 Benchmarks and Excellence Award Criteria
- NAVADMIN 02/20 Navy Community Outreach Plan
- NAVADMIN 298/19 Establishment of the Reserve Component Force Master Chief, Command Master Chief and Command Senior Chief Service Ratings

- NAVADMIN 297/19 Government Travel Charge Card Use during Permanent Change of Station Travel – Phase Two
- NAVADMIN 283/19 2020 Naval History Essay Contest
- NAVADMIN 282/19 Navy Uniform Policy and Uniform Initiative Update
- NAVADMIN 279/19 Publication of BUPERSINST 1610.10E (EVALMAN)
- NAVADMIN 277/19 CNO Guidance to the Fleet – Fragment Order 01/2019: A Design for Maintaining Maritime Superiority
- NAVADMIN 276/19 Release of MYNAVY Assignment
- NAVADMIN 275/19 Professional Apprenticeship Career Track Program Changes - II
- NAVADMIN 274/19 Sea Shore Flow Enlisted Career Paths Update
- NAVADMIN 273/19 CNO Message to the Force
- NAVADMIN 272/19 Selective Reenlistment Bonus and Pay for Performance Pilot Update December 2019
- NAVADMIN 271/19 FY-21 Active Duty and Reserve Enlisted Advancement Selection Boards for Master Chief and Senior Chief Petty Officer
- NAVADMIN 254/19 Culture of Excellence
- NAVADMIN 241/19 Wounded Warrior Program
- NAVADMIN 230/19 Announcement of Active Duty Enlisted Advancement-To-Position Program
- NAVADMIN 223/19 Changes to Transition Assistance Program
- NAVADMIN 222/19 Operational Stress Control
- NAVADMIN 211/19 Permanent Change of Station Move Improvements – Phase Three
- NAVADMIN 196/19 CNO Message to the Fleet
- NAVADMIN 195/19 Chief of Naval Operations Assumption of Office
- NAVADMIN 185/19 Navy Enlisted Leader Development

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**TO STAY ON TOP OF THE  
LATEST TRENDS IN  
NAVY PUBLIC HEALTH!**





# Navy Preventive Medicine Unit Receives Force Health Protection Award

*By Navy Marine Corps Public Health Center, DVIDS*

**Navy Environmental Preventive Medicine Unit Five (NEPMU-5) was awarded the 2019 Association of Military Surgeons of the United States (AMSUS) Force Health Protection (FHP) Award at the association's annual meeting and dinner event, Dec. 5.**

The FHP award recognizes the significant contributions made by an organization to ensure exceptional health services are provided to the men and women of the armed services and veterans, thereby ensuring mission readiness and optimal health functionality at all times. Force health protection extends beyond standard military medicine and includes preventive measures to combat diseases often caused by environmental disasters.

"It was an honor to be present to receive the Force Health Protection Team Award on behalf of NEPMU-5," said Capt. Peter Obenauer, NEPMU-5 officer in charge. "The award is a reflection of the significant, tangible impact the NEPMU-5 team has on the health and readiness of our service members."

"It was humbling to hear the senior leaders of military medicine speak so highly of the NEPMU-5 Sailors and the work they do," said Chief Hospital Corpsman JanMichael Columna, NEPMU-5 senior enlisted leader. "I am proud of our critical role in operational readiness across the fleet, and to hear that pride reflected across the leadership in attendance was one of the most gratifying moments for me personally, because it solidifies the hard work and dedication our Sailors do daily to execute the unit's mission."

Capt. Robert (Bob) Hawkins, commander, Navy and Marine Corps Public Health Center, and NEPMU-5's Immediate Superior in Command (ISIC), was equally proud of the unit and acknowledged the hard work that led to award. "The Navy's preventive medicine units really are the tip-of-the-spear when it comes to meeting the force health protection needs of the Fleet. Taking it one step further, I'd say that successfully providing that support hinges on the high quality work performed by our preventive medicine units and supporting expertise," said Hawkins. "The leadership and staff at NEPMU-5 have done an outstanding job helping to ensure the health and

readiness of the Sailors and Marines in their AOR. I couldn't be more proud of their efforts. This award is the culmination of the work that they do day-in and day-out."

AMSUS, The Society of Federal Health Professionals, is a non-profit member-based educational and professional development association serving the Department of Defense, Veterans Affairs, Health and Human Services, and Homeland Security, federal health professionals and their families, our industry partners and advocates for advancing health for all - particularly through interagency collaboration. AMSUS honors the contributions of outstanding federal healthcare professionals through their annual awards program.

Link to Original Article: <https://www.dvidshub.net/news/355622/navy-preventive-medicine-unit-receives-force-health-protection-award>



2019 AMSUS Annual Awards Banquet - Force Health Protection Award winner Navy Environmental and Prevention Medicine Unit FIVE (NEPMU-5) represented by CAPT Peter Obenauer, Officer in Charge, Naval Base San Diego (center) and HMC JanMichael Columna, Senior Enlisted Leader, Naval Base San Diego (right) with Navy Surgeon General RADM Bruce L. Gillingham, MC, USN  
Photo Credit: Eddie Arrossi

# Parental Deployment and Healthcare Utilization in Adolescents with Migraines and Other Somatic Symptoms

From Charles G. Zimbrick-Rogers, *The Children's Hospital of Philadelphia*: Ashleigh Drake, Anne Peruski, Samuel Stinnette, and Brian Adams, *Navy Marine Corps Public Health Center*

## Our Health Analysis Department applies their multidisciplinary approach to power insights aimed at improving the health and readiness of our service members.

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There are few studies that investigate associations between specific types of psychosocial stressors and somatic symptomatology in large samples of patients, such as among military-affiliated youth who experience the military deployment of a parent or guardian.

Somatic symptoms in adolescents are associated with psychosocial stress. Parental military deployment can function as a stressor for adolescents. A retrospective cohort study was developed exploring relationships between health care utilization, a proxy for symptomatology, and sponsor deployment in adolescents with somatic symptoms. Data was obtained from the Military Health System Data Repository.

Migraine headaches was the most common somatic symptom diagnosis. Parental deployment was overall associated with a 27% decrease in visits for somatic symptoms. For adolescents whose sponsor was female, deployment was associated with a 34% decrease in visits. This pattern is inconsistent with prior research on somatic symptoms and psychosocial stressors. Potential causes of this discrepancy are discussed in the context of military family life.

The goal of this study was to retrospectively explore the relationship between exacerbations of somatic symptoms and military deployment in the adolescent dependents of AD personnel in the U.S. Military. A total of 4,981 dependent children age 12-17 on 10/1/2002, with AD sponsors, who received a somatic symptoms diagnosis code prior to the start of the study (FY 2002) at a CONUS MTF or civilian medical outpatient facility were included in the analysis. The median child age was 14 and median sponsor age was 39; 44.2% of the children and 91.3% of the sponsors were male; 19.6% of the children had a

mental health diagnosis; 29.0% of the sponsors were deployed at some point during the study (Table 1). The adolescents that were excluded from the analysis were statistically different from those included in terms of sponsor rank, sponsor gender, sponsor age, and service branch (Table 2). However, it is important to note the sample sizes in the included and excluded groups were vastly disproportionate and therefore statistical significance does not necessarily imply clinical significance. Among the children with mental health diagnoses, adjustment disorder, depressive disorders, and anxiety disorders were the most common diagnostic codes.

To learn more, read their January 2020 publication on the impact of parental deployment on children's healthcare utilization here: <https://scholar.utc.edu/jafh/vol11/iss1/3>



U.S. Navy photo by Photographer's Mate 3rd Class Aramis X. Ramirez



# US Navy supports infectious disease prevention in the Republic of the Marshall Islands

Courtesy Story By NMCPHC

**A team of US Navy scientists from Navy Environmental and Preventative Medicine Unit Six (NEPMU-6) traveled to Majuro and Ebeye in the Republic of the Marshall Islands in January 2020 to work with local authorities from the Ministry of Health and Human Services and other regional partners to conduct training sessions to strengthen the local government's ability to conduct disease prevention and control.**

"Our specialized team of preventive medicine experts is operating at peak performance trying to support various levels of RMI's public health programs from policy to execution," said Lt. Sarah Jenkins, NEPMU-6 Republic of the Marshall Islands Mission Lead. "I am very proud of our team for being flexible, intuitive, and resourceful to provide the quality training and education to strengthen relationships and increase the partner nation's public health capabilities. Our team is glad we can contribute to global health engagement missions and we hope to continue to support RMI through these activities."

Training on this visit included practicing "train the trainer" evolution with local Majuro government personnel on water quality testing and practical instruction on deployment of mosquito traps and mosquito identification. The team also worked with Majuro Hospital laboratory personnel on the use of the BioFire FilmArray, a rapid diagnostic tool for the detection of respiratory and gastrointestinal diseases.

"Thank you to your team for all your help during the dengue outbreak and continued support," said Glorine A. Jeadrik, Assistant Secretary for the Kwajalein Atoll Healthcare Ministry of Health and Human Services. "The biggest issue is there is no one assigned full time for vector or water/food, and EPA counterparts have to support. Basically all the programs are collaterals for people right now since our staff have all primary jobs as well. We look forward to your next visit to continuing assisting us."

The NEPMU-6 team on this visit included Lt. Cmdr. Joe Moralez (Environmental Health/Industrial Hygiene Officer), Lt. Cmdr. Adam Strong (Entomologist), Hospital Corpsman 2nd Class William Martinez and Hospital Corpsman 3rd Class Richard Okpani (Preventive Medicine Technicians), and Hospitalman Gian Molina (Medical Laboratory Technician.) NEPMU-6 is based on Joint Base Pearl Harbor-Hickam in Hawaii and is charged with maximizing the mission

readiness of operational forces in the Pacific Theater by providing specialized public health services that enhance force health protection.

Link to original article: <https://www.dvidshub.net/news/360990/us-navy-supports-infectious-disease-prevention-republic>



Majuro Local Government personnel perform water quality tests along with HM3 Richard Okpani (NEPMU-6 preventive medicine technician) after proper instruction. Photo Credit: LCDR Joe Moralez.



HN Molina (NEPMU-6 Medical Laboratory Technician) demonstrates the BioFire FilmArray, a rapid diagnostic equipment for the detection of respiratory and gastrointestinal diseases for Majuro Hospital laboratory personnel. Photo Credit: LCDR Joe Moralez.

# NMCPHC STEM Program Supports Military Homeschool Group

By: Jena Brunson, Navy and Marine Corps Public Health Center

**In Case You Missed It**

Navy and Marine Corps Public Health Center (NMCPHC) STEM program is currently supporting the Military Homeschool Support Group, Norfolk Naval Shipyard, which is sponsored by Navy MWR MIDLANT under the Child and Youth Programs. The Mission of the Homeschool Support Group is to provide a safe, friendly, supportive learning environment for military homeschool families. NMCPHC became involved with the Military Homeschool Support Group after reaching out to the Navy Region Mid-Atlantic Regional School Liaison Officer and the Portsmouth Schools Liaison Officer to determine needs in the community. NMCPHC was notified that the Military Homeschool Support Group that meets in Portsmouth, VA was in need of volunteers and support for their goal to have a STEM-based curriculum. NMCPHC partnered with the Military Homeschool Support Group and assisted with developing a STEM-based curriculum, provided STEM-based educational materials, and volunteers for monthly meetings. The Military Homeschool Support Group meetings were deemed an alternated work site by NMCPHC Commander, which authorized personnel to volunteer for 1.5 hours once a month with this group.

The STEM lessons that were provided by NMCPHC to the Military Homeschool Support Group

resulted from the STEM coordinator attending the United States Naval Academy's Best Practices for STEM Outreach in Annapolis Maryland in August 2018. This workshop provided insight to STEM curriculums and methods, age-appropriate hands on activities that were conducted at the workshop, real-world experience with a STEM fair at a child development center, and takeaway materials that can be used to implement the STEM program for the attendees. The workshop provided students with dozens of one-page STEM ideas that tied the science to various Navy operations. The skills and knowledge gained at this workshop was essential to advancing the NMCPHC STEM program and the Military Homeschool Support Group. The one-page STEM ideas are now used as the primary source of developing a curriculum at the Military Homeschool Support Group. In case you are interested, the POC for the United States Naval Academy's Best Practices for STEM Outreach in Annapolis Maryland is Dr. Angela Moran, Director, STEM Center for Education and Outreach: [amoran@usna.edu](mailto:amoran@usna.edu) [amoran@usna.edu](mailto:amoran@usna.edu).

It was a pleasure meeting you today, CAPT Isaac!



Norfolk Naval Shipyard Stem Education Workshop Participants: Ms. Tanya Hodges, Dr. Amy DeLong, HMC Abraham Abakpa, HMC Joseph Dennis, Dr. Paul Rockswold, LT Alister Bryson, CDR Scott Hurd, Ms. Jena Brunson and Mr. Mark Conlon

# NMCPHC Product Spotlight

## Quick Hit: February Is American Heart Month



## January/February HPW Newsletter



# NMCPHC Trainings and Conferences

### DOEHRS-IH Training

**April 20-24, 2020:** Naval Medical Center Camp Lejeune, NC

### Disease Reporting System internet (DRSi) Webinars

**February 25, 2020:** Coronavirus

**March 31, 2020:** MHS GENESIS - Best practices in Preventive Medicine

### Occupational and Environmental Medicine (OEM) Fundamentals Course

**April 20 - 24, 2020:** Naval Medical Center Portsmouth, VA.

### Spirometry Training Course

**March 3-5, 2020:** Basic Course, Cherry Point, NC

**March 6, 2020:** Refresher Course, Cherry Point, NC

**March 10-12, 2020:** Basic Course, Bremerton, WA

**March 13, 2020:** Refresher Course, Bremerton, WA

**March 24-26, 2020:** Basic Course, Fort Belvoir

**March 27, 2020:** Refresher Course, Fort Belvoir

### Tobacco Cessation Facilitator Training

**March 12, 2020, 7:30 AM - 4:30 PM:**  
Walter Reed NMMC, Bethesda

**April 14, 2020, 7:30 AM - 4:30 PM:**  
Norfolk Branch Health Clinic Norfolk, VA.