



THE INNOVATOR

OPTIMIZING COMBAT CASUALTY CARE



MARCH 2014

THE NEWSLETTER OF THE U.S. ARMY INSTITUTE OF SURGICAL RESEARCH

Shooting to be top ISR NCO/Soldier of the Year



Page 5

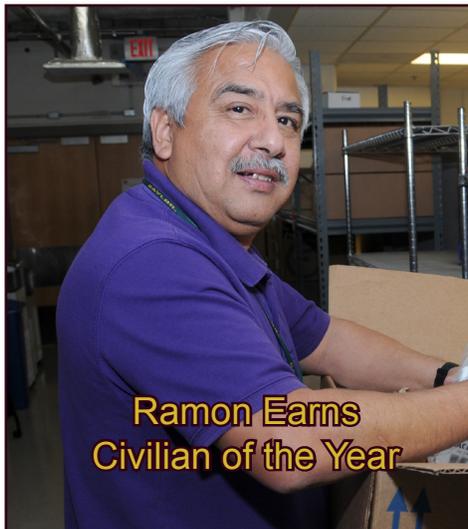
Inside This Issue

CDR's Corner	Page 2
SGM Says	Page 3
Company Notes.....	Page 4
Shoulder to Shoulder.....	Page 6
EO Input	Page 7
Black History Month Observation	Page 9
Safety Notes/In the Spotlight.....	Page 10
March Health News	Page 11
NCO/SOY Competition Photos.....	Page 12-13
Around the ISR.....	Page 14
Around the ISR Continued.....	Page 15
Back When/Awardees/Library News	Page 16



Scan 2-D code for
USAISR Website link

Page 7



Ramon Earns
Civilian of the Year

Page 8



Convertino Selected
Best EMS Innovator

CDR's Corner



Col. (Dr.) Michael A. Weber
Commander, USAISR

“Optimizing Combat Casualty Care”

Hello ISR,

There is a lot to celebrate during the month of March which we recognize as National Women’s History Month. We are fortunate to live during a time of historic opportunities for women to contribute to business, academia, and government at all levels. I look forward to the ISR’s recognition program. March is also National Brain Injury Awareness Month. Mild Traumatic Brain Injury, also known as concussion, accounts for over 75 percent of the brain injuries sustained in the Army. Concussion is not just a MEDCOM issue: it’s an Army issue. According to the Armed Forces Health Surveillance Center, more than 160,000 Soldiers have sustained a concussion since 2000 with these injuries occurring on the battlefield, on the athletic

field, during training, and due to mishaps or accidents that occur with everyday life.

Lastly, our country focuses on two key components of The Surgeons General’s Performance Triad in March. First, we observe National Nutrition Month and The Surgeon General urges each of us to do everything within our power to learn more about proper nutrition and making healthy food choices. Second, we recognize National Sleep Awareness Month in March. The Surgeon General asks us to pay closer attention to our sleep habits and those of our family, friends and battle buddies.

On March 1st, the Army celebrated our Enlisted Medical Corps’ 127-year history of strength, honor and service. We can all be extremely proud of the contributions and personal sacrifices made every day at home and abroad by our Enlisted Medical Corps who provide excellent care to our wounded, ill and injured. We thank each Enlisted Soldier for their professionalism and selfless service to the U.S. Army, the AMEDD, and our great Nation.



The Army Dental Corps celebrates its 103rd anniversary on March 3rd. Please help our Dental and Trauma Research Detachment feel our appreciation for what they do individually and collectively.



March 2-8 is recognized as National Patient Safety Week, I want to take this opportunity to remind the entire AMEDD Team that patient safety, risk identification and mitigation are among The Surgeon General’s highest priorities for Army Medicine.

The Ides of March is on the 15th and serves as a good milestone for the Federal Income Tax filing deadline in one month. St. Patrick’s Day is on March 17th. Please plan your celebrations to make sure you are ready for work on Tuesday the 18th. NCAA March Madness starts on March 18th. Each year, President Obama has an open invitation for people to compete against his picks in the President Obama’s Bracket Challenge. Check out his website at www.whitehouse.gov for a chance at serious bragging rights. Doctor’s Day is on March 30th and I will take this opportunity to thank all our doctors for the contributions they make and the sacrifices their families’ endure each day throughout the year.

Thank you for all that you do.
Hooah!



ARMY MEDICINE
Serving To Heal...Honored To Serve

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SGM Says



ISR Sergeant Major
Vincent M. Herrington

“Protect and Sustain, Lead From the Front”

Congratulations to all the awardees for last month’s awards ceremony. Congratulations to the USAISR Soldier and NCO of the Year, Spc. Daniel Wendorff and Sgt. Andrew Ludescher. They won a tough three-day competition consisting of a physical fitness test, weapon qualification, day/night land navigation, warrior tasks, written test, fitness challenge, obstacle course, and

an oral board. They will now represent our unit in the Medical Research and Materiel Command (MRMC) or Joint Base San Antonio Soldier/NCO of the Year competition which will be held in the near future.

Some of our Soldiers are training and preparing to earn the Expert Field Medical Badge (EFMB). Our master trainer and point of contact for EFMB training is Staff Sgt. Scott Eriksen or 1st Sgt. Bradley Proud. The next EFMB testing will be held March 23–April 2 at Fort Dix, N.J. hosted by MRMC. The 32nd Medical Brigade is schedule to host EFMB testing at Camp Bullis, on May16-25. We strongly encourage all eligible Soldiers to strive and earn the EFMB. Good luck to all the Soldiers who are currently training to earn the EFMB.

According to the Army Medical Department (AMEDD) Regiment; today, the EFMB test is the utmost challenge to the professional competence and physical endurance of the Soldier Medic. It is the most sought after peacetime award in the AMEDD, and while the Combat Medical Badge



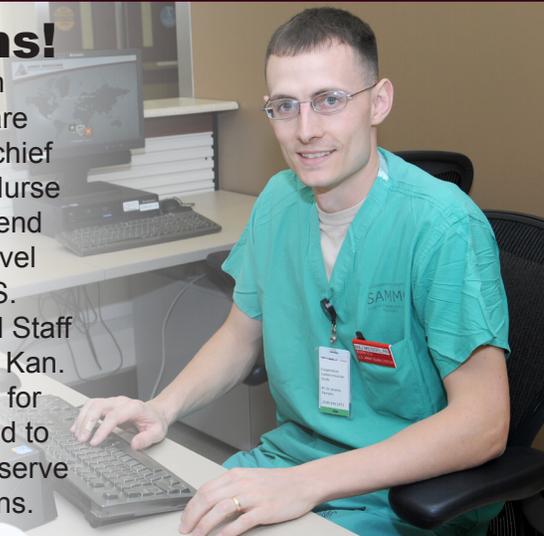
is the “portrait of courage” in wartime, the EFMB is undoubtedly the “portrait of excellence” in the Army all the time.

AMEDDC&S Pamphlet 350-10 states that the EFMB was designed as a special skill award for recognition of exceptional competence and outstanding performance by field medical personnel and approved by the Department of the Army on 18 June 1965. The EFMB may be awarded to all officers assigned or detailed to the AMEDD Corps; Army officers in training at the Uniformed Services University of the Health Sciences; Army officers enrolled in the Health Professions Scholarship Program; warrant officers who have an AMEDD primary military occupational specialty (MOS) controlled by The Surgeon General; warrant officer pilots who have a special qualification identifier “D” (Aeromedical Evacuation Pilot) and are assigned to an air ambulance unit; and enlisted personnel who have an MOS in the Career Management Field (CMF) 68, MOS 18D, or AMEDD area of concentration.

“If you are not training because you are short people, then treat them as if they were battle casualties and ask yourself, ‘How do I still accomplish my mission?’”
SMA William A. Connelly, “For NCOs: Leadership, Hard Work and Training,” ARMY, October 1980, p.23

Congratulations!

Maj. Michael P. Meissel, Burn Intensive Care Unit critical care nurse and Burn Flight Team chief nurse was one of two Army Nurse Corps officers selected to attend the Resident Intermediate Level Education program at the U.S. Army Command and General Staff College in Fort Leavenworth, Kan. Meissel leaves later this year for the year-long course designed to prepare midgrade officers to serve in command and staff positions.



On the Cover



Part of the NCO/Soldier of the Year competition was held on the shooting range at Camp Bullis.

Photo by Staff Sgt. Jan Holland

Company Notes



Company Commander
Capt. LaShawna N. Ray

Welcome to the ISR family: Staff Sgt, Shanelle McNair and husband welcomed a daughter Nya. Mother, daughter and family are doing well.

Congratulations to Sgt. Andrew Ludescher and Spc. Daniel Wendorff for winning the NCO and Soldier of the Year competition, respectively. Their photographs will be on display in the lobby area.

Congratulations to Sgt. Pablo Sierra and Spc. Matthew Winans for winning the as NCO and Soldier of the Quarter. Their photographs will be on display in the lobby area.

Congratulations to Sgt. Shane Berry and Spc. Joshua Freeman for winning the as NCO and Soldier of the Month of February. Their photographs will also be on display in the company area.

Congratulations to the following Soldiers on their promotion effective March 1: Master Sgt. Craig Anderson, Sgt. 1st Class Alan Moley, Staff Sgt. James McAlister, Sgt. Eunjoo Kim, Sgt. Danilo Mendoza, Sgt. Mylah Joy Freeman and effective March 21: Col. Tarnjit Saini.

Upcoming events: On March 17 the Events Committee will host a St. Patrick's Day Bake Sale in support of the upcoming Easter Egg-stravaganza.

Thank you to the EO team for the contributions made towards making our Black History Month Observation

a great success. This month is Women's History Month. This year's theme, Celebrating Women of Character, Courage, and Commitment, honors the extraordinary and often unrecognized determination and tenacity of women.

Against social convention and often legal restrained, women have created a legacy that expands the frontiers of possibility for generations to come. They have demonstrated their character, courage and commitment as mothers,

educators, institution builders, business, labor, political and community leaders, relief workers, women religious, and CEOs. Their lives and their work inspire girls and women to achieve their full potential and encourage boys and men to respect the diversity and depth of women's experience.

Thank you all for everything that you do each day to help us be the best organization in the MRMC!



NCO of the Month
Sgt. Shane J. Berry



Soldier of the Month
Spc. Joshua K. Freeman



NCO of the Quarter
Sgt. Pablo R. Sierra



Soldier of the Quarter
Spc. Matthew D. Winans

Ludescher, Wendorff named NCO, Soldier of the Year

By Steven Galvan
USAISR Public Affairs Officer

The U.S. Army Institute of Surgical Research (USAISR) Non-commissioned Officer (NCO) and Soldier of the Year competition concluded Feb. 18 with the announcement of two Medical Laboratory Specialists as the 2013 USAISR NCO and Soldier of the Year.

Sgt. Andrew J. Ludescher, a native of St. Paul, Minn., is assigned to the Laboratory Support Division, was selected as the Non-commissioned Officer of the Year, and Spc. Daniel S. Wendorff, who hails from Columbus, Ohio, is assigned to the Damage Control Resuscitation Division, was selected as the Soldier of the Year.

Ludescher joined the Army in 2008 and has been at the USAISR for a year. Serving his country in the Army has been a life-long dream. One of the reasons that he believes he was selected for this honor is because of his drive to succeed.

“I work hard and lead by example,” he said. “I trained and study hard for this competition.”



That’s the same advice that he offers to anyone who would like to follow in his footsteps.

“It a great honor,” Ludescher said.

One of his short-term goals is to obtain a medical laboratory technician certificate and eventually attend physician’s assistant school.

The best thing that he likes about his job as a research support technician is working with the people in the laboratory and said that the most challenging thing about it was learning all of the sections.

Wendorff, who has been at the Institute since November said that he enjoys the fact that he learns something new and interesting almost every day. He also said that joining the Army was a childhood dream.

“Being able to become a medical laboratory specialist was a great opportunity for me,” he said.

Wendorff joined the Army almost two years ago and said that time management can be a big challenge for him.

“Also trying to balance the work I do in research with my responsibilities as a soldier,” he said.

He believes that his performance during the competition helped him be selected for this honor.

“It’s a great honor to have been selected,” said Wendorff.

The advice that Wendorff gives soldier who would like to earn his distinction is simple.

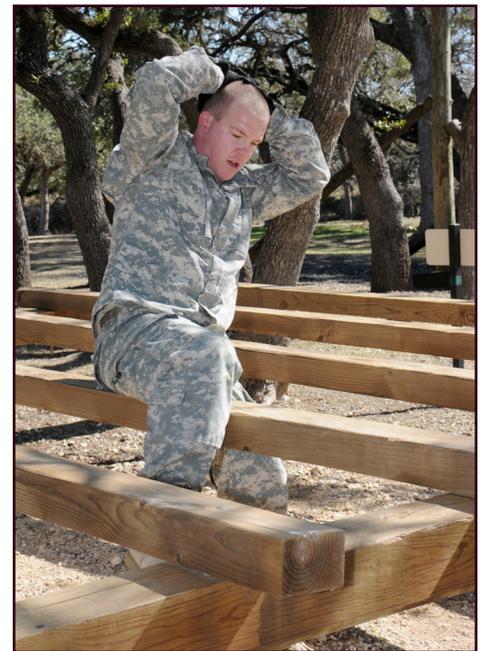
“Start studying as early as possible and be ready to be physically and mentally exhausted by the time it is all over,” he said.

His next goal is to earn the Expert Field Medical Badge in the near future and to eventually attend medical school and become a doctor.

Ludescher and Wendorff will rep-

resent the USAISR at the upcoming MRMC Soldier and NCO of the Year competition in April.

USAISR Company 1st Sgt. Bradley Proud said he was extremely pleased to have these two Soldiers representing the Institute at this year’s headquarters competition. “They both have the drive, determination and leadership to succeed,” he said. “I feel confident that they will both do well and make us all proud.”



During the 3-day competition, Ludescher (left), Wendorff (top) and the NCO/Soldier of the Year competitors were tested on physical and mental challenges in areas of physical fitness, marksmanship, warrior skills, navigation, and an oral board. Left: Sgt. Andrew J. Ludescher lifts and rolls a large tire as part of the Fitness Challenge. Photo by Staff Sgt. Jan Holland.

Top: Spc. Daniel S. Wendorff maneuvers through the Obstacle Course.

See more NCO/Soldier of the Year competition photos on pages 12-13.

OPTIMIZING COMBAT CASUALTY CARE



U.S. ARMY

ARMY STRONG.®



SHOULDER TO SHOULDER I SAVE LIVES



**MAJ SHAWN
GALLAGHER**

9-YEAR ARMY VETERAN
OPTIMIZES COMBAT CASUALTY CARE
AS PSYCHIATRIC NURSE PRACTITIONER



**MS HELEN
WESSEL**

31-YEAR ARMY CIVILIAN
OPTIMIZES COMBAT CASUALTY CARE
AS ADMINISTRATIVE ASSISTANT



**MR MICKEY
SWEET**

9-YEAR ARMY CONTRACTOR
OPTIMIZES COMBAT CASUALTY CARE
AS BURN REGISTRAR

Ramon Named ISR Civilian of the Year

Story and photo by Steven Galvan
ISR Public Affairs Officer

For the second year in a row, the Civilian of the Year at the U.S. Army Institute of Surgical Research (USAISR) was selected from the Logistics Division. Gilbert Ramon, a General Supply Specialist, was recognized January 30 when he was presented the Civilian of the Year certificate by the USAISR Commander, Col. (Dr.) Michael A. Weber during a Soldier/Civilian awards ceremony.

“It feels awesome being selected civilian of the year,” Ramon said. “It shows that the work that I do here makes a difference, especially for the wounded warrior.”

Ramon has been working at the USAISR for almost 7 years and said he believes he was selected for this honor because he always provides the best customer service.

“This award is well deserved,” said Leila Rathburn, Chief of Logistics Division. “He is a unique individual within the command. He makes each customer a priority and provides excellent customer service.”

The 22-year Army veteran attributes his work ethic to the time he spent in the military where he started off as a tank driver and worked his way up to tank commander and retiring as a First Sergeant. “The best one!” he said.

One of the best things that Ramon



Gilbert Ramon, a General Supply Specialist at the Logistics Division was named the 2013 USAISR Civilian of the Year.

likes about his job is being able to work in a place that makes a difference in helping wounded warriors.

“He excels in coordinating and orchestrating timely procurements and shipments to ensure that research protocols are conducted on schedule,” Rathburn said. “His aggressive approach is instrumental in contributing to the success of the combat casualty care research mission.”

Ramon’s work philosophy is simple. “Work hard and provide the best customer service,” he said.

It is also the advice that he offers to

anyone who would like to be recognized as a future Civilian of the Year at the USAISR. Ramon also added that everyone should strive to improve their work performance every day.

“You have to do your best at all times, even if it seems like there’s not enough time in a day to accomplish what needs to be done,” Ramon said.

Ramon plans to continue providing the best customer service and giving his best every day and attributes his success to his family.

“They have always stood by me and believed in me,” he said.

EO Input



By Sgt. 1st Class
Rosalba
Rodriguez
USAISR EO
Leader

The Impact of Diversity on Mentoring

Mentoring is a process by which more experienced individuals assist others to expand their knowledge base, make decisions that are more informed, enhance their careers, increase their networks, and develop in other personal or professional ways. It can occur in formal or informal settings, between seniors and subordinates, peers, subject matter experts and nov-

ices, older and younger individuals, or a number of other situations.

It is widely understood that healthy relationships and continuous learning are key to organizational success. When employees are able to connect in meaningful ways with each other and identify with the corporate culture and goals, they are more productive

EO continues on page 9

Convertino selected 2013 top EMS innovator



Victor A. Convertino, Ph.D., the tactical combat casualty care research task area program manager was selected as one of the 2013 top innovators in emergency medical services by the *Journal of Emergency Medical Services*.

By Steven Galvan
USAISR Public Affairs Officer

The *Journal of Emergency Medical Services* selected Victor A. Convertino, Ph.D., a physiologist/researcher and the tactical combat casualty care research task area program manager at the U.S. Army Institute of Surgical Research (USAISR) at Joint Base San Antonio—Fort Sam Houston, as a 2013 top innovator in emergency medical services (EMS).

Convertino was among 10 trend-setters who were recognized Feb. 5 at the 2014 EMS Today Conference and Exposition in Washington, D.C., for his efforts in developing the Compensatory Reserve Index (CRI) and the Intrathoracic Pressure Regulation (IPR) – two life-saving technologies.

“This is a great honor that is especially significant to our research team and the U.S. Army Combat Casualty Care Research Program because it’s given by a leading organization in the

field of emergency medical care that is independent of the military,” said Convertino. “As such, this award reflects an appreciation from our civilian counterparts that we’ve been successful in developing medical technologies that can be translated to any emergency medical setting to help civilian paramedics as well as our combat medics save lives during prehospital care and transport of patients.”

“Vic is one of the leading prehospital researchers in San Antonio. His work is ongoing, but it is great to see one of our area’s behind the scenes guy be recognized on a national level,” said Dr. Craig Manifold, former director of the San Antonio Fire Department EMS.

CRI uses an algorithm designed to take information from a patient’s finger pulse oximeter and gauge whether immediate medical attention is needed -- even if the patient seems alert and responsive. It is the first device of its kind that can truly detect when

a patient seems stable but is actually getting dangerously worse, known as “crashing.”

IPR therapy is used to create a vacuum in a patient’s chest cavity to increase blood circulation and pressure. The IPR concept was used to manufacture a small breathing device called the ResQGARD that helps patients with severe low blood pressure.

“The human body has many physiological mechanisms that compensate to maintain a constant blood pressure when there’s internal bleeding,” explained Convertino, of the CRI. “The blood pressure can seem stable, but the patient can be losing their ability to continue to compensate. When the patient gets to the end of their compensation, their blood pressure falls rapidly, referred by some as ‘falling off a cliff’ and now they are in shock because we were watching their blood pressure rather than a measure of their reserve to compensate.”

In order to measure a patient’s reserve to compensate, Convertino focused on an arterial waveform that is created by blood going out into the vessels.

“Each time the heart pumps, a pulse of blood creates an arterial pressure wave that is actually made up of two waveforms,” he said. “The first waveform, called the ejected wave, is caused by the blood leaving the heart, and the second wave called the reflected wave is caused by the blood being reflected off the arteries back to the heart. These events happen so quickly that the two pressure waves are merged so they look like a single waveform.

With newly advanced computer technologies, they now have the capability to measure features of each arterial waveform that reflect the sum of all mechanisms of compensation that affect the heart (ejected wave) and

EMS continues on next page

EMS continued from page 8

the arteries (reflected wave), according to Convertino. They call this measurement the 'compensatory' reserve.

"If you're monitoring blood pressure in a patient with internal bleeding, you may not notice the problem because the body is compensating for the blood loss," he said. "The algorithm can gauge how much the body is compensating and how much the body has left to compensate."

Originally, the algorithm was developed with the help of robotics engineers and a pediatric trauma surgeon at the University of Colorado with unique biomedical engineering talents of combining machine learning with feature extraction capabilities. These engineers used data gathered from more than 250 men and women studied in a lower body negative pressure chamber that produces responses in humans similar to those observed in someone bleeding, but without losing an ounce of blood.

Convertino and his task area began a clinical trial earlier this year on 20 human subjects to gather data for submission to the Food and Drug Administration (FDA) for 510(K) clearance. The FDA uses the 510(K) premarket submission to ensure that a medical device is safe for use on patients and

can then be made commercially available.

"This is so new that we really have to demonstrate that it works," said Convertino. "No one has done this before, but we're pretty confident that we can meet FDA requirements."

Separately, IPR was created in collaboration with Advanced Circulatory Systems Inc.

"What the IPR does is provide resistance during a patient's inspiration, so that greater negative pressure is created in the thorax. That sucks more blood to the heart and brain," said Convertino. "It's so eloquently simple that I'm almost embarrassed that I didn't think of it first."

The devices that deliver IPR therapy are lightweight and easily fit in any medical or first aid kits on or off the battlefield.

IPR therapy has been used in the pre-hospital setting to assist in saving countless lives, particularly in cases of cardiac arrest, and provides rapid resuscitation without the use of fluids. As a result, the ResQGARD has been deployed in the medical kits of air and land ambulances as well as battalion aid stations on the battlefield.

"This award recognizes Vic's unwavering search for better understanding of human physiology and better ways

to treat patients in emergent situations," said Dr. Keith Lurie, inventor of the IPR concept. "The cutting edge research that Vic and his team are conducting will prove critical in the advancement of capabilities for EMS care on the national level as well as on the battlefield."

EO continued from page 7

and satisfied with the company and increasingly likely to stay on with the organization.

When people look for mentors and role models, they often seek out someone with similar characteristics to themselves. While not wholly transferable, knowing that someone with similar background or experiences (e.g., gender, race, maturity, physical capability, or in possession of a unique skill set) was able to succeed, individuals with that characteristic can envision themselves thriving within that organization.

The wave of the future is not the conquest of the world by a single dogmatic creed but the liberation of the diverse energies of free nations and free men.

John F. Kennedy

Observing Black History Month



In recognition of Black History Month, the USAISR Equal Opportunity team organized a Black History Month Observation at the San Antonio Military Medical Center Medical Mall Feb. 20.

Guest speaker at the observation was San Antonio City Council, District 2, Councilperson Ivy R. Taylor who spoke on past struggles of civil rights faced by Blacks in America and the ongoing struggles today.

Safety Notes

By Stephanie L. Truss
Health, Safety and Environmental Specialist



Warming temps and bright sunshine stir gardeners to action. But move too quickly or vigorously and you may not weather the planting season. The U.S. Consumer Product Safety Commission reports that about 230,000 people are treated in emergency rooms for injuries from lawn and garden equipment each year. Help keep yourself and others safe this spring with these suggestions:

1. Tour your yard. Identify safety hazards and take care of potential threats.
2. Trim overgrowth. Take down damaged tree branches before they fall and cause injuries. Prune shrubbery and thorny rose stems that intrude into pathways.
3. Remove obstacles. Reposition dislodged stepping-stones and garden stakes. Discard any debris that could trip gardeners, damage lawn equipment or be sent flying by power mowers.
4. Stop noxious weeds early. Eradicate up-and-coming poison ivy and other annoyance weeds. Not sure what's what? Take a sprig to an extension office for identification.
5. Keep your work area orderly. Carry tools to and from the garden in a designated bucket or wheelbarrow so you have a place to store them while you're working.
6. Update vaccinations. Tetanus-causing bacteria live in soil and enter your body through breaks in the skin. The Centers for Disease Control and Prevention recommends adults regularly check their tetanus shot status. If it's

In the Spotlight

Irasema "Sema" Terrazas

Job title: Sr. Research Assistant

How long have you worked at the ISR? 9 years and 10 months

What or who has been an inspiration to you in your work?

Wounded Soldiers and my family are my inspiration. Knowing that the research that we all do here is to help find or provide the best combat care for all the wounded Soldiers. These findings also overflow into the civilian side, therefore, helping those in a trauma situation



What is your favorite part of your work? I really enjoy working in the operating room and testing the new hemostatic bandages or agents.

Your proudest achievement? My teacher said that I probably would not graduate from high school and never be able to go to college because I was not smart enough. Therefore, one of my proudest achievements is when I graduated from UTSA in 2004 with my Master's in Science.

Short- and long-term goals: My short-term goal to learn how to sew and be good at it and my long-term goal is to be able to learn as much from the people and resources around me to be really good in photography and painting.

Hobbies: Photography, painting, and baking.

Favorite Book: *Man Who Mistook His Wife for a Hat and Other Clinical Tales* by Oliver Sacks

Favorite movie/TV show: *Sense and Sensibility/Masterpiece Classic*

Favorite quote: "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10

been 10 years or more, it's time to revaccinate.

7. Deter disease-causing pests. Dispose of stagnant water that attracts breeding mosquitoes. Use bug repellent and wear long-sleeved shirts and long pants tucked into long socks to keep ticks at bay.

8. Wear safety gear. Gloves, sunscreen and sunhats protect against contaminants, thorns, blisters, sunburn and insects. Protective eyewear or sunglasses can help keep debris out of your eyes.
9. Safeguard youngsters. Keep kids inside anytime outdoor power equipment is being used. Store power equipment, fuel, sharp tools and garden chemicals out of children's reach. Monitor children around garden ponds, buckets or anywhere water is stored.

10. Avoid pain. Stretch before and during your gardening labors. The Arthritis Foundation says the stretch can be as simple as standing with your arms out in front and reaching as far as you can.



March Health News

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



Thanks to all that participated in our Heart Month activities.

And now: “it’s spring fever. That is what the name of it is. And when you’ve got it, you want - oh, you don’t quite know what it is you do want, but it just fairly makes your heart ache, you want it so!” ~Mark Twain

Spring brings us the outside world, sports, activities, picnics, gardens and so much more. According to the Centers for Disease Control and Prevention (CDC), each year the U.S. emergency departments (EDs) treat an estimated 173,285 sports- and recreation-related traumatic brain injuries (TBIs), including concussions, among children and adolescents, from birth to 19 years.

Children and teens are more likely to get a concussion and take longer to recover than adults. The CDC has created free tools for youth and high school sports coaches, parents, athletes, and health care professionals that provide important information on preventing, recognizing, and responding to a concussion.

To help improve prevention, recognition, and response to TBI, including concussions, the CDC developed the “Heads Up” educational initiatives to offer information to health care professionals, school professionals, sports coaches, parents, athletes, and others.

So what is a concussion? A concussion is a type of TBI, caused by a bump, blow, or jolt to the head that can change the way your brain nor-

mally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious. Concussions can occur in any sport or recreation activity.

All coaches, parents, and athletes should learn the concussion signs and symptoms and what to do if a concussion occurs.

As per the CDC available information:

- The activities associated with the greatest number of TBI-related ED visits included bicycling, football, playground activities, basketball, and soccer.
- Numbers and rates are highest in football and girls’ soccer.
- A national survey of all sports- and recreation-related injuries among all ages demonstrates that 31 percent occurred in a sports facility and 20 percent in a school facility.

State Laws have also brought about changes for sports laws. Beginning in 2009, the state of Washington passed the first concussion in sports law, called the Zackery Lystedt Law. One month later, Max’s law passed in Oregon. In total, between 2009 and 2012, 43 states, and the District of Columbia, passed laws on concussions in sports for youth and/or high school athletes (often called Return to Play laws). Some organizations, such as the National Conference of State Legisla-

tures, created online maps to track and update concussion in sports laws by state.

Most concussion in sports laws includes three action steps:

1. Educate Coaches, Parents, and Athletes: Inform and educate coaches, athletes, and their parents and guardians about concussion through training and/or a concussion information sheet.
2. Remove Athlete from Play: An athlete who is believed to have a concussion is to be removed from play right away.
3. Obtain Permission to Return to Play: An athlete can only return to play or practice after at least 24 hours and with permission from a health care professional.

For National Football League (NFL) players beginning during the 2010 season, a poster on concussion in sports is displayed in every NFL locker room nationwide. The poster, developed for NFL players, is the result of a joint effort between the NFL, NFL Players Association, the CDC, Professional Football Athletic Trainers Society, and the NFL Physicians Society and describes the importance of recognizing a concussion, taking time to recover, and not returning to play too soon.

Help spread the word “Heads up Concussion!” and remember your concussion ABC’s:

- A--Assess the situation
- B--Be alert for signs and symptoms
- C--Contact a health care professional

Happy Spring! Be safe and be well!

USAISR Statistics/Epidemiology Series

GUIDE TO REPEATED MEASURES AND MULTIPLE COMPARISONS

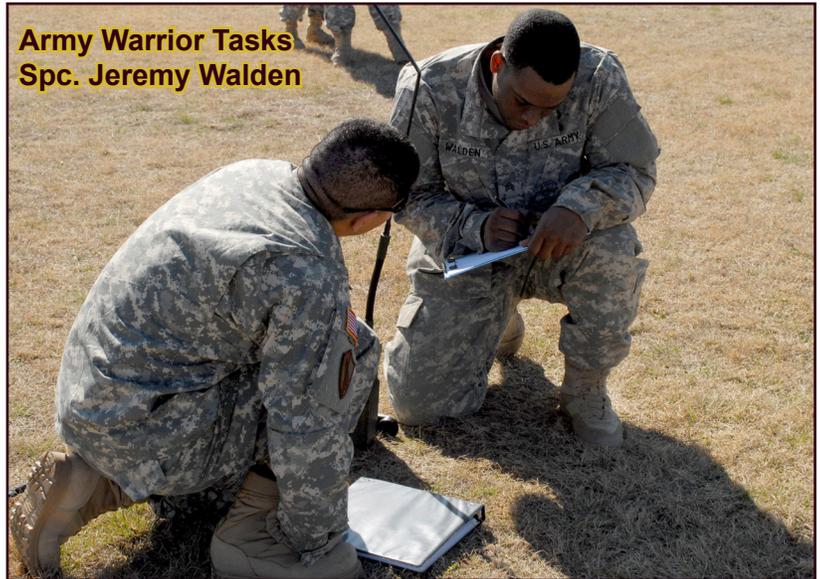
LEARN THE BASICS OF PAIRED TESTS, ERROR RATE ADJUSTMENT, AND MULTIPLE TEST CORRECTION

Tuesday, March 25
1500-1600
BHT-2 1st Floor Conf. Rm.

NCO/Soldier of the Year Competition Photos



M16A2 rifle qualifications



**Army Warrior Tasks
Spc. Jeremy Walden**



**Army Warrior Tasks
Spc. Daniel Wendorff**

The USAISR NCO/Soldier of the Year competition was held Feb. 12-18 at Joint Base San Antonio-Fort Sam Houston and Camp Bullis. Candidates were evaluated on the Army Physical Fitness Test, qualifications with the M16A2 rifle, Army Warrior Tasks, fitness challenge, obstacle course, day and night navigation, and an oral board.

This year's candidates were:

NCO of the Year

- Sgt. Brian Brown
- Sgt. Andrew Ludescher
- Sgt. William Vidal
- Sgt. Jeremy Walden
- Sgt. Daniel Zimmerman

Soldier of the Year

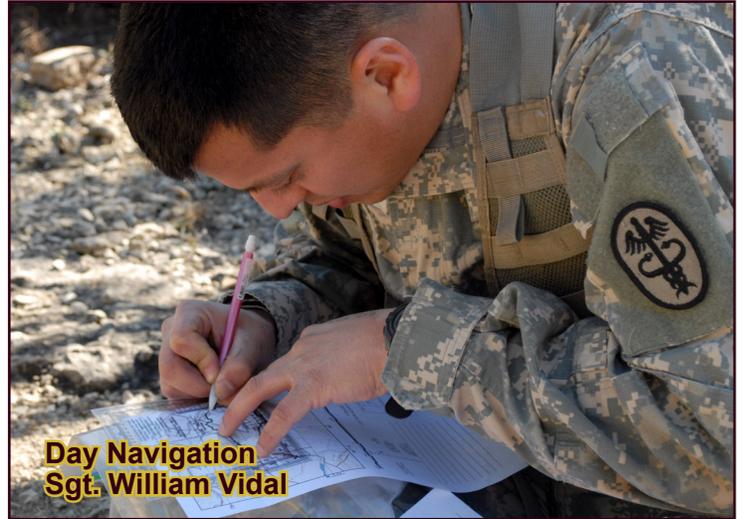
- Spc. Eunjoo Kim
- Spc. Micah Korff
- Spc. Daniel Wendorff
- Spc. Matthew Winans



Night Navigation



**Fitness Challenge
Spc. Matthew Winans**



**Day Navigation
Sgt. William Vidal**



**Fitness Challenge
Sgt. Brian Brown**



**Obstacle Course
Sgt. Daniel Zimmerman**



**Obstacle Course
Sgt. Andrew Ludescher**

Photos by Staff Sgt. Jan Holland

Around the ISR



Top left: Lt. Col. Paul Mittelstادت gives a tour of the Burn Center to surgeons from the Krygyzstan and Tajikistan militaries Feb. 3. Top right: Sgt. David Trapolsi, left, pins Sgt. Andrew Ludescher's new rank on his cover at his promotion ceremony Feb. 3. Center right: Master Sgt. Jon Gran leads a tour of the Burn Center for Command Sgt. Maj. Mitchell Brush, the Sr. Enlisted Advisor, National Guard Bureau Feb. 10. Bottom right: Top three winners of the "Red Food" contest at the Burn right Feb. 21: Left to right: Capt. Kenneth Dunham (3rd) red sauce lasagna; Kristine Chafin (1st) chocolate trifle cake; and Lt. Col. Paul Mittelstادت (2nd) stuffed red peppers. Left center: Col. (Dr.) Michael Weber, right, congratulates Capt. Elaine Por at her commissioning ceremony Feb. 7.



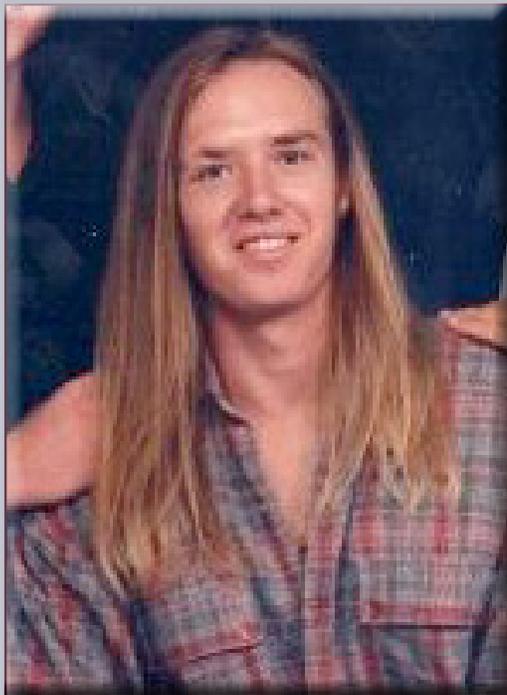
Around the ISR continued



Top left: Robert Mazak, right, meets Maj Gen. Dean Sienko, Commanding General, U.S. Army Public Health Command, at the Burn Center Feb. 4. Top right: Capt. LaShawonna Ray, left, administers the Oath of Reenlistment to Staff Sgt. Alan Moloy Feb. 28. Bottom right: Staff Sgt. Wendy Abel recites the Oath of Reenlistment being administered by Maj. Erik Johnson Feb. 28. Bottom left: MCS (Brig. Gen.) Anne Sailliol, center left, and Col. (Dr.) Michael Weber, center right, pose with ISR staff members and members of the French Military Transfusion Services Feb. 27. Center left: Lt. Col. Paul Mittelsteadt gives a tour of the Burn Center to nursing students from the University of Texas Health Science Center San Antonio Feb. 19.



Back When...



Can you guess who this ISR staff member is? This photo was taken in 1993 when he was a student at the University of Texas at Arlington.

Submit your "Back When" photo to the PAO for publication in the upcoming issues of *The Innovator*.

Last Month's Answer:



Phyllis M. Turner
Info. Mgmt. Div.

Library News



By Gerri Trumbo
Library Manager

The ISR Library asks for your input in adding new monograph titles to the library collection. If there are any books you would like to see on the library shelves, please send me an email with specifics. Based on the book budget and the potential usage value, we will consider suggestions brought to our attention.

At this time there is a set of new books located on the new book cart near the library entrance. Stop in and take a look.

For our veterinary staff, please be aware there is a comprehensive database on the AMEDD Virtual Library portal. Located on the right side banner, you will see Veterinary Medicine eResources listed. The AMEDD VL has many databases and other resources that are accessible through your MyAthens account or through LEAP here at work.

We also added a subscription to the Journal of the Royal Army Medical Corps, both print and online access. It will be available in a few weeks. This journal has been requested heavily by staff. The cost was relatively low compared to the ILL fees we would need to pay for copyright purposes. We will inform you through email when the subscription begins.

If you wish a short hands-on walk through on how to use or access our many electronic resource databases, don't hesitate to stop in. Thank you for using the ISR Library!

February Awards Ceremony

Commander's Award for Civilian Service

Christopher Bell

Army Achievement Medal

Spc. Matthew Winans

Achievement Medal for Civilian Service

Walter Alexander
Pete Villanueva
Kay Neer

Certificate of Achievement

Staff Sgt. Hector Cortez
Staff Sgt. Scott Eriksen
Staff Sgt. Christian Hannon
Staff Sgt. Alan Moloy
Sgt. TJ Chavez
Sgt. Danny Girela
Sgt. Andrew Ludescher
Sgt. Jacqueline Mason
Sgt. Pablo Sierra
Sgt. David Trapolsi
Sgt. Jamar Williams
Spc. Eunjoo Kim
Spc. Matthew Winans

Army Commendation Medal

Maj. Michael Meissel
Maj. Stuart Tyner
Capt. Celia Dial
Cpt. Kari Rodden
Sgt. Yong Lee

Achievement Medal for Civilian Service

Walter Alexander