



THE INNOVATOR

OPTIMIZING COMBAT CASUALTY CARE



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Celebrating National Nurses Week

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CDR's Corner



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

“Optimizing Combat Casualty Care”

Hello ISR,

You all have done an incredible job over the past month. We demonstrated our exceptional value to stakeholders in our local community, our allies, and our National leadership. The institute conducted its Motorcycle Safety Training and Mentorship program last month. It is imperative that motorcycle safety and mentorship remain a sustained effort. Among other milestones, June marks the end of the academic year and the start of summer fun with our children returning to work and play during commuting hours. Take care to remain extra vigilant in housing areas on and off post. As we attend graduation ceremonies for friends and family, it is important to consider our individual education and development

plans.

Lt. Gen. Patricia Horoho conducted the Command Team Leader Development and Training Session last month at Fort Sam Houston. She emphasized that as the total Army “right sizes” over the next five years, it is important for all of us to improve our individual and collective value. The Performance Triad of enhancing sleep, activity, and nutrition will result in increased unit and individual readiness, increased resilience and an improved human dimension and domain.

One of the guest subject matter experts, Col. David Hodne, presented a summary from his research fellowship. He emphasized that the future will be replete with volatility, uncertainty, complexity and ambiguity. His research suggests that many future problems will be solved with knowledge, skills, and training from sources and experiences outside of the usual career Army education system. He recommends broadening and leadership assignments throughout career plans. He also recommends the behavior of continual learning and taking advantage of education assistance programs and the Post 9/11 GI Bill. Raters at all levels must work with their direct reports to create individualized develop-



Col. (Dr.) Michael Weber is congratulated by University of Massachusetts Dean John J. McCarthy after graduating at the top of his Master of Business Administration class May 9.

ment programs.

June has three special holidays. Our country celebrates Flag Day and the Army birthday on June 14. Flag Day commemorates the adoption of the flag of the United States by resolution of the Second Continental Congress in 1777. On June 14, 1775 the Continental Congress established “The American Continental Army.” There are several celebrations taking place including a ball at the JW Marriot.

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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 at last month’s awards ceremony.

Happy Father’s Day to all the USAISR fathers.

Congratulations to Staff Sgt. Michael Cavallo and his family for reenlisting in the U.S Army and to Staff Sgts. Melissa Arizmendi and John Newton, and Sgt. Tamara Saxton on their promotions. Also, congratulations to Sgt. William Vidal for being one of 17 Soldiers to earn the prestigious Expert Field Medical Badge a

couple of weeks ago at Camp Bullis.

Welcome home and thanks to our two Soldiers who recently returned from deployment—Lt. Col. Sandra Escolas and Staff Sgt. Charles Goodwater.

In closing, I would like to sincerely thank everyone for the support and kindness you all have demonstrated during my tenure. The USAISR is a highly distinguished organization and I am proud to have served with you all. I wish you all the best in your future endeavors.

“[Soldiers spend] too much time and energy...on thinking about things they can’t affect, then they slight themselves, and sometimes other Soldiers and the mission, in the things they can affect...don’t be concerned about what happened yesterday. I’m not saying forget your past, what I am saying is be more concerned about what’s going on right in front of you, now.”

SMA Gene C. McKinney, “in Kissellbrack, Professionalism: Key to a Good Leader,” Korus, April 1996, p. 14



Sgt. 1st Class Brandon Gibson, left, presents Staff Sgt. Melissa Arizmendi with her Certificate of Promotion at her promotion ceremony May 1.

On the Cover



Celebrating National Nurses Week May 6-12. Top: Burn Center research nurses. Bottom right: Burn Intensive Care Unit nurses. Bottom left: 4E Progressive Care nurses.

Nurses enrich more than patients' lives



Staff Sgt. John M. Newton is an Army licensed vocational nurse (68C) assigned to the Burn Intensive Care Unit.

By Steven Galvan
USAISR Public Affairs Officer

Anyone who spends a few minutes talking to a nurse about their job will eventually realize that nurses have many personal traits in common. Some of these traits include compassion, caring, empathetic, and devoted to helping the ill and injured heal to get back to their lives.

Those traits are consistent with the diverse nurses at the U.S. Army Institute of Surgical Research (USAISR) at Joint Base San Antonio-Fort Sam Houston, Texas. Whether providing care at the Burn Center, extracting and analyzing data at the Joint Trauma System, conducting combat casualty care research, or providing administrative support, they are all proud of the contributions they make in their specialized fields every day.

The important work that nurses perform every day hasn't always been recognized. That's not until 1993 when National Nurses Week was designated

from May 6 – 12 to honor the work and raise awareness of the important role nurses play in our country. While every nurse at the USAISR deserves recognition, it is impossible to high-

light all of them. Here are three nurses who represent the military, civilians and contractors from the nursing staff who provide the best care possible to the patients at the Burn Center.

Bonnie Jackson knew that she wanted to be a nurse at the young age of 11.

"Not just a nurse, but an Army nurse," she said.

Jackson's interest in becoming a nurse came to her while she watched her father die at Walter Reed Army Medical Center in Washington, DC. It was during that time that she saw firsthand how Army nurses care not only for the patient, but also the family.

"The relationship nurses have with patients is every unique," said Jackson.

"They deal with the holistic patient, including family dynamics and try to meet their physical and spiritual needs."

Impressed with the nurses' role of compassion and caring, Jackson enlisted in the Army to become a nurse, while attending Vanderbilt University

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Bonnie Jackson has been the Burn Program Manager at the Burn Center since 2008.

NURSES continued from page 6 and active in their ROTC program. Her first job as a nurse was in 1976 in Vanderbilt Hospital. After a couple of tours as a nurse, Jackson left the Pentagon and started her first tour here at the Burn Center in 1982, where she worked at the Burn Intensive Care Unit (BICU) until she retired from the Army.

In 1998, Jackson returned to the Burn Center as a government employee and while working full-time attended graduate school to earn her Masters in Nursing and her Critical Care Clinical Nurse Specialist title at the University of Texas Health Science Center in San Antonio. After more than three decades of providing bedside care, Jackson took her current position as the Burn Program Manager in 2008 where she ensures that the Burn Center is in compliance with the Joint Commission's Accreditation at the San Antonio Military Medical Center and also meets the requirements of a verified American Burn Association Burn Center.

"I work with all the disciplines to ensure that all requirements are met for both" she said.

Her understanding of what it's like to be a specialized burn nurse keeps her here at the Burn Center. After almost four decades of working as a nurse Jackson believes that she can share her experience and knowledge and pass useful information on to the next generation of burn center nurses.

"Any nurse misses being at the bedside," Jackson said. "Now it's time to educate others and share what I've learned. Hopefully together we can help to improve patient outcomes."

Staff Sgt. John M. Newton is an Army licensed vocational nurse (68C) who has been assigned to the BICU since 2011. He began his career in the Army as a combat medic (68W) in 2005.

"I wanted to be on the frontline to



Lisa Livingston, a Registered Nurse, works at the Progressive Care ward (4 East) at the Burn Center.

provide care to wounded Soldiers at the point of injury," he said.

Newton said that he thrives when he's helping others and that's why he chose a career in Army Medicine.

"It's a humbling experience for me when I help out a wounded patient during the worst day of his life," said Newton.

One of the reasons that Newton decided to transition from a combat medic to a nurse was for the education and to care for patients once they have been evacuated from the battlefield.

"It's rewarding, tough and trying," he said. "It's not for everybody. It takes special people who care and are willing to help the sick and wounded attain their goal of getting better."

Not only does Newton care for patients in the BICU, he is also a member of the Burn Flight Team which prepares and transports burn patients from around the world to the Burn Center.

"The training for the Burn Flight Team is a lot more intense," Newton said. "There are a lot of responsibil-

ities and the doctors and nurses on the team expect me to know more and perform at a higher level. They've trained me to think that you're as strong as the weakest link."

Newton said that he takes caring for a battlefield burn patient en route to the Burn Center or at the BICU personal.

"I take it as an attack on my brother or sister and I'll do whatever I can for a positive outcome," he said.

While caring for patients, Newton always remembers one of the most important aspects of caring for them—their families.

"I put myself in their shoes and let them know that they [patients] are receiving the best care that I can provide them," said Newton.

Lisa Livingston is a registered nurse who has been working at the Progressive Care ward (4 East) at the Burn Center for almost six years. After a talk with her family eight years ago and the encouragement of her husband--an Army officer--Livingston decided

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Company Notes



First Sergeant
Bradley G. Proud

Welcome to the ISR family: Maj. Duan Lai and her husband welcomed twin girls, Emma and Erin on April 30. Sgt. 1st Class Alan Moloy and wife welcomed a son, Alan Moloy Jr. on May 15. All are doing well.

Congratulations to Sgt. David Corey and Spc. Silvia Matchinske for winning the NCO and Soldier of the Month, respectively, for the month of May. Their photographs will be on display in the company area.

Well done to Sgt. William Vidal on earning the Expert Field Medic Badge on the May 23. Overall 17 earned the coveted badge out of 107 that began.



Sgt. William Vidal has his Expert Field Medic Badge pinned on him May 23 by his father Edgar Vidal. Photo by Sgt. 1st Class Rosalba Rodriguez

Please congratulate Staff Sgt. David Trapolsi for his promotion effective June 1.

Upcoming events: Army Warrior Tasks 2, June 4-6.

USAISR will host the 239th Army Birthday celebration will be held on June 13. In keeping with tradition, the US Army Birthday cake will be cut and enjoyed by the most senior and junior of Soldiers in the organization with cake and refreshments for the rest of

the organization to follow.

June is a month full of notable commemorative events that are used by various groups and organizations to raise awareness of issues, honor a group or event, or celebrate. I would like to encourage all of you to take advantage of the events planned on Joint Base San Antonio and throughout your community that will recognize these observances; some of which include: National Safety Month, Pride Month, Professional Wellness Month, and National Children's Day.

As you may already know, the First Sgt. change of responsibility is on June 12 at 0900 in front of the BHT. I will never forget the Soldiers and civilians of the ISR as they have made this the best experience of my military career. I will be leaving the ISR, but I will never forget the amazing people and remarkable work that is accomplished here. If anyone is ever in the great state of Montana, please look me up as I will always welcome anyone from the ISR family into my home (except Mr. Galvan!).

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. David Corey



Soldier of the Month
Spc. Silvia Matchinske

OPTIMIZING COMBAT CASUALTY CARE



U.S. ARMY

ARMY STRONG.®



SHOULDER TO SHOULDER I SAVE LIVES



**MSAUDREY
PREMDAS**

7-YEAR ARMY CIVILIAN
OPTIMIZES COMBAT CASUALTY CARE
AS BUDGET ANALYST



**SPCMICAH
KORFF**

3-YEAR ARMY VETERAN
OPTIMIZES COMBAT CASUALTY CARE
AS BIOLOGICAL SCIENCE SPECIALIST



**MSELSA
GUERRA**

6-YEAR ARMY CONTRACTOR
OPTIMIZES COMBAT CASUALTY CARE
AS SECRETARY II

Burn survivor inspires through paintings, views



Burn survivor Lupe Munoz has his paintings displayed at the Burn Center during National Nurses Week May 6-12.

By Steven Galvan
USAISR Public Affairs Officer

“Who? Who am I? Yesterday’s gone. Today’s today. Tomorrow’s another day. So why worry? Only time will tell who I am.”

That is a phrase created by burn survivor and artist Lupe Munoz and words that he lives by every day. It’s that positive spirit that helped Munoz overcome the hardships of a serious gas explosion more than 36 years ago. Munoz endured 55 surgeries during a year-long stay at the U.S. Army Institute of Surgical Research Burn Center in 1976 after a butane-filled hole he was working in exploded, burning 65 percent of his body.

“I was down 20 feet and had to climb a ladder to get out,” he said.

Munoz was conscious throughout the entire ordeal. While being transported to a hospital in Lubbock, he was able to see how charred the fire had left him, confirmed by the looks of dismay from his co-worker, who was at the top of the hole and had also been burned..

“I knew I was going to die,” said

Munoz. “When I got to the emergency room, the doctors asked me who I would like to call because things weren’t looking good for me. I said my mom.”

Munoz made what he thought was going to be the last call to bid farewell to his mother.

“I told her that I had gotten burned in an explosion and it was probably going to be the last time I talked to her,” he said.

After a three-day stay at the hospital, Munoz was transported to San Antonio on a helicopter for specialized burn care. During his stay at the burn center he passed the time coloring with crayons. Coloring and drawing were things he had always enjoyed as a child. Little did he realize that this would be the start of a new career.

In 2009, a friend introduced Munoz to an art program offered at the Salvation Army. In this program is where his artistic passion and talent truly emerged. Since then, Munoz has sold numerous paintings – an accomplishment which has surprised him.

“I never imagined it would get to this,” he said.

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Burn survivor Lupe Munoz talks to Sarah Zayas, a Burn Center physical therapist about his paintings May 5.

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Despite his disfigured hands, Munoz has created inspiring paintings that caught the eye of a newspaper reporter who wrote and had the story published in the San Antonio Express News. A staff member at the Burn Center read the inspirational story which gave him an idea.

“Obviously he has overcome his circumstance,” said Lt. Col. Paul Mittelsteadt, Burn Center Chief of Nurses. “That led me to think that we [Burn Center] had a record number of burn center nurses submit scientific posters about performance improvement initiatives to the American Burn Center Association Annual Meeting recently and wanted to ‘show them off’ [during National Nurses Week]. Displaying those alongside Mr. Munoz’s art, shows how nursing innovations impacts patients who then enrich our lives.”

Munoz accepted the invitation and shared his views on life and his



talent as a painter by displaying 10 of his paintings at the Burn Center during the 2014 National Nurses Week observed at the San Antonio Military Medical Center at Joint Base San Antonio-Fort Sam Houston, Texas, May 6-12.

“He is amazing,” said Burn Center Physical Therapist Assistant Sarah

Zayas. “It was an honor meeting and talking to him.”

Munoz’s take home message is simple: despite what life throws at you, you have to stay positive.

“Everything eventually falls into place,” he says, “and when the time comes, whatever you are doing at that time is who you are.”

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to attend nursing school. She said the timing was perfect since her three daughters were school-age.

“I was interested in helping people,” she said.

Lisa Livingston is a Registered Nurse who has been working at the Progressive Care ward (4 East) at the Burn Center for almost six years. After a talk with her family eight years ago and the encouragement of her husband (an Army officer), Livingston decided to attend nursing school. She said the timing was perfect since her three daughters were school-age.

“I was interested in helping people,” she said.

Livingston admits that the job as a nurse can be tough but at the same time very rewarding.

“Wound care is not easy,” she said. “Seeing [patients] get better each day makes you feel good, and knowing that you are part of the progress is amazing.”

One of the most difficult parts of her job is when she provides wound care and the patients experience pain.

“I tell [patients] that we need to do this in order for them to heal,” said Livingston. “Sometimes we cannot take all the pain away. In order for me to get through it, I try to picture what they will look like when they are discharged.”

As with most careers, Livingston said that being nurse is not for everyone and has some advice for those who are entering the nursing field.

“There are so many things that I would say, but here are two thoughts. Never stop asking questions because there is always something new to learn. You will never know everything,” Livingston said. “Nursing is so diverse, get into a job that you are really interested in. If you are directly involved with patient care and do not enjoy your job, the care you give will reflect that and all patients deserve the best they can get each day.”

Livingston said that choosing this career was one of the best decisions that she has made in her life.

“I love it,” she said.

She said that her daughters also like mommy being a nurse and that one of them may follow in her footsteps.

“The youngest one talks about being one,” Livingston said.

All three nurses enjoy their careers and the relationships that they build with their patients. They all agreed that being recognized during National Nurses Week every May is nice, but:

“The best ‘thank you’ is seeing the patient doing well,” said Livingston. “That is more rewarding and fulfilling for me.”

“It’s nice to have recognition,” Newton said. “But when a family member says ‘thank you’ that’s enough and I appreciate it.”

“It’s nice to be recognized, but the best recognition is knowing that you have made a difference in a patient’s life,” said Jackson. “That’s the reward.”

Safety Notes

By Stephanie L. Truss
Health, Safety and Environmental Specialist



Safety: It takes all of us. The 2014 National Safety Month theme, “Safety: It takes all of us,” was inspired by the idea of continuous risk reduction—a key pillar in the Journey to Safety Excellence. A successful safety program depends on spotting hazards early, evaluating their risk and removing or controlling them before harm is done.

Use this June to find creative ways to engage everyone in reducing risk in your workplaces. A little effort today has the potential to prevent tragedy tomorrow. Each June, the National Safety Council (NSC) celebrates National Safety Month as a time to bring attention to key safety issues.

You might be asking yourself “What is my role? Safety does take all of us and safety is everyone’s business. The first thing is to identify possible hazards immediately and reduce the risks of potential hazards. Focus on these topics during the upcoming month for example and notice how your role impacts us all.

The NSC campaign coincides with the Army Combat Readiness/Safety Center’s “Know the Signs” campaign. The following topics have been identified for emphasis by the NSC during the month of June.

- Week 1: Prevent prescription drug abuse
- Week 2: Stop slips, trips and falls
- Week 3: Be aware of your surroundings
- Week 4: Put an end to distracted driving

In the Spotlight

Monica E. Zubro

Job title: Medical Records Technician

How long have you worked at the ISR? 3 years

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

What is your favorite part of your work? Helping patients with insurance questions.

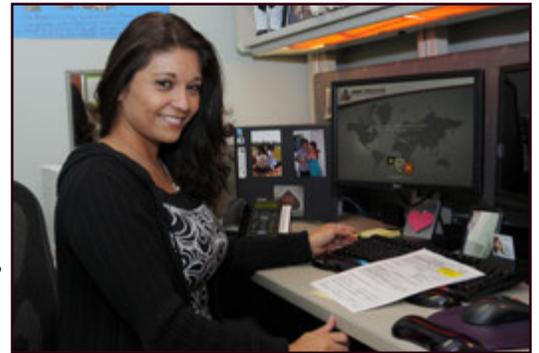
Your proudest achievement? Serving 6 years in the United States Navy.

Short- and long-term goals: Short term--go back to school for coding/billing. Long-term--start my own business as a billing company.

Hobbies: Playing soccer and shopping.

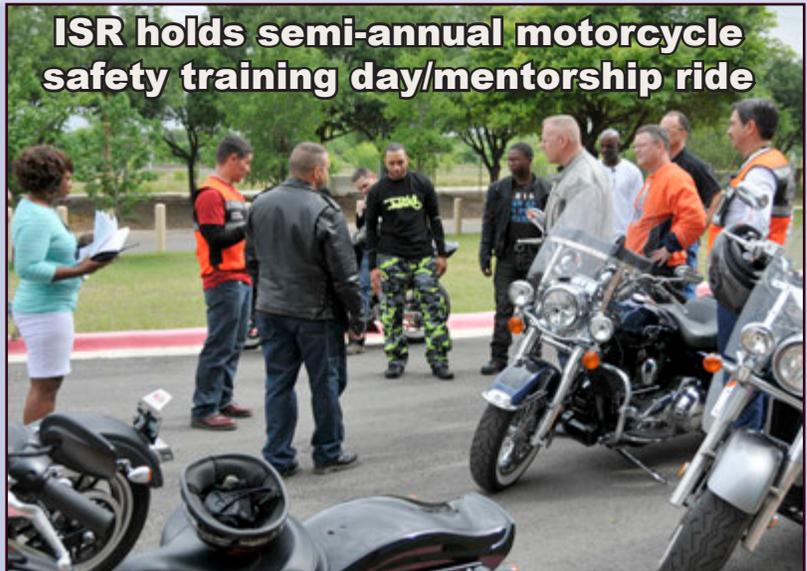
Favorite movie/TV show: A Walk in the Clouds

Favorite quote: “Everything happens for a reason.”



Bonus week: Summer safety

At the end of the day take a moment to reflect on what your Safety role was keeping in mind safety is everyone’s business.

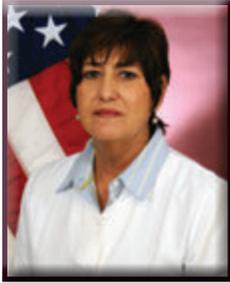


ISR holds semi-annual motorcycle safety training day/mentorship ride

ISR staff members attended the semi-annual motorcycle safety training day/mentorship ride May 22 as part of the Motorcycle Safety Awareness Month. The class training portion was open to all ISR staff members in the morning that ended with a ride for motorcyclists later in the day.

Photo by Ricardo “Rick Anzaldua

Health News



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

June is Men's Health Month

June is for brides and their father's. Men have their month too. Men's health issues don't affect only men; they have a significant impact on everyone around them. Because women live longer than men, they see their fathers, brothers, sons, and husbands suffer or die prematurely. Women are in a unique position to be able to help fight the obstacles men face in getting the health care they need.

Celebrate National Men's Health Week, June 9-15 by celebrating the men in your life: father, brother, son, husband, and other father figures. There are health conditions that only affect men, such as prostate cancer and low testosterone. Many of the major health risks that men face such as colon cancer or heart disease can be prevented and treated with early diagnosis.

Compared to women, men are more likely to smoke, drink alcohol, make unhealthy or risky choices, and put off regular checkups and medical care.

Do you know the greatest threats to men's health? The list is surprisingly short. According to the Centers for Disease Control and Prevention the top causes of death among adult men in the U.S. are heart disease, stroke, cancer and chronic lower respiratory disease. The good news is that a few lifestyle changes can significantly lower your risk of these common killers.

Don't wait to visit the doctor until something is seriously wrong! Your doctor can be your best ally for preventing health problems. Following your doctor's treatment recommendations if you have health issues, such as high cholesterol, high blood pressure or diabetes is half the battle. You should also discuss with your doctor about when you should have cancer screenings and other health evaluations.

Understanding health risks is one thing. Taking action to reduce your risks is another. Start with healthy lifestyle choices like eating a healthy diet, staying physically active, quitting smoking and getting recommended health screenings. The impact may be greater than you'll ever know.

Make small changes every day and that can also lower your risk of diabetes or heart disease. Take a walk instead of having a cigarette. Try a green salad instead of fries. Drink water instead of soda or juice and eat less salt.

Some resources available to you are: the American Journal of Men's Health (AJMH) a peer-reviewed quarterly resource for cutting-edge information regarding men's health and illness. AJMH publishes papers from all health, behavioral and social disciplines, including but not limited to medicine, nursing, allied health, public health, health psychology/behavioral medicine, and medical sociology and anthropology. The Men's Health Net-

work (MHN) is a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation.

Motor vehicle accidents are another common cause of death among men, Wear your seat belt. Follow the speed limit. Don't drink and drive and don't drive while sleepy. Suicide is also a leading men's health risk. Consult your doctor if you have signs and symptoms of depression such as feelings of sadness or unhappiness and loss of interest in normal activities.

You can start taking better care of your health. Start today. Take small steps.

As you safely start your summer this June, walk your way to wellness, enjoy the outdoors. Remember June 1 is National Cancer Survivors Day. A celebration for those who have survived, an inspiration for those recently diagnosed, a gathering of support for families, and an outreach to the community.

Give the gift of life on World Blood Donor Day, celebrated on June 14 every year.

Observe and promote HIV testing on National HIV Testing Day (NHTD) on June 27. Take the test and take control.

May your Father's Day be heart-warming and safe!

Wear BLUE
Support Men's Health Awareness

Wear BLUE
www.wearblueformen.com MHN

Blood bank supports blood research

By Steven Galvan
 USAISR Public Affairs Officer

As a biomedical science technician for the Coagulation and Blood Research (CBR) Task Area at the U.S. Army Institute of Surgical Research, Armando Rodriguez says that he puts his blood and sweat into his work—literally. Rodriguez has been donating blood to the CBR Blood Bank for more than three years, making him the top donor with the most blood volume to be used for combat casualty care research.

“I’m proud to know that I am making a difference,” said Rodriguez. “It makes me feel good to know that what I’m doing is going toward giving a wounded warrior the opportunity to make it home alive.”

Spc. Dale Cmaylo, a medical laboratory specialist (68K) helps to collect the blood from donors with the requests made by CBR and other Institute investigators.

“The research is priceless and important,” he said. “The majority of the research on blood is on coagulation and the storage of fresh blood and platelets, a component of blood.”

According to Cmaylo, all of these areas of blood research are important for both combat wounded and civilian trauma patients. Coagulation stops blood loss for a patient who is bleeding. Platelets aid in coagulation. These blood products are life-saving when patients are severely bleeding, particularly if they are given early, but providing them on the battlefield is challenging. That’s where research on the storage of blood and its products is vital—especially for patients in austere environments where access to a hospital may be hours away.

“Blood is life,” said Sgt. Eunjoo Kim, CBR medical laboratory specialist. “We have to do the research to improve

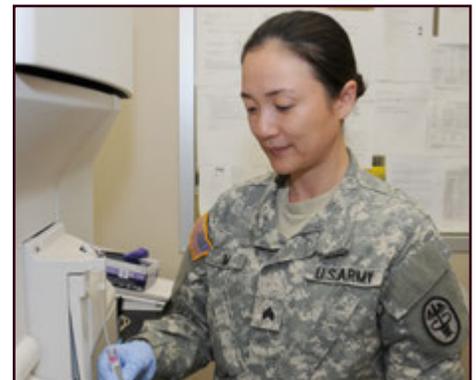


Spc. Dale Cmaylo, left, and Sgt. Andrew Ludescher prepare to draw blood from biomedical science technician Armando Rodriguez.

shelf life of and storage of platelets so that we can deliver good products to the battlefield.”

The Research Blood Bank is designed to collect blood products on an “as needed” basis as requested by CBR and other Institute investigators. Recently, the Research Blood Bank added new types of collections that will increase the scope of blood research at the Institute. A list of donors, to include Rodriguez, is maintained by the Blood Bank. When an investigator requests a blood product, the medical laboratory specialists go to work on calling the donors and collecting the requester’s item. Kim, who’s aptly nicknamed “Vampire,” said that while a list is maintained and utilized regularly, one of her jobs is to recruit new donors to be added to the list.

“It is very important that we support our researcher when they request blood products,” said Kim. “We don’t store blood unless it’s for a researcher, so it’s important that we have donors available when we get the requests.”



Sgt. Eunjoo Kim runs a sample of blood to measure complete blood count to determine if a donor is healthy enough to donate blood or blood products.

Donors like Rodriguez can donate blood at any time, but there’s a limit to how much and how often, which is why the Research Blood Bank needs a large donor pool to provide the blood products needed for research.

According to Heather Pidcoke, M.D., Ph.D., an investigator with the CBR Task Area, there is a critical platelet study that is needed right now.

BLOOD continues on page 13

BLOOD continued from page 12

“But is limited by the small number of platelet donors,” she said.

“We can only get one unit per donor every two months,” said Cmaylo.

That equals to 15.2 ounces or 450 milliliters every 56 days or eight weeks, a regulation set by the American Association of Blood Banks. Also, since the

blood collected at the Research Blood Bank is used only for research, only those regulations that protect the donor apply. There are no patient safety issues to consider since research blood products are never given to humans.

Rodriguez said that he’ll continue donating blood in order to support blood research.

“We are at the forefront of science to optimize and improve outcomes during the ‘Golden Hour’ for the Soldiers,” he said.

As long as there are donors like Rodriguez, Cmaylo will continue collecting it for the same reasons.

“I feel like we’re contributing to knowledge and future practices in medicine,” said Cmaylo.

ISR staff members teamed up with AMEDD staff members to form “Team Sparta” and competed in Bernet, Texas May 17-18 to raise money for the Wounded Warriors Project. Team Sparta competed in The Spartan Sprint (5 miles with 22 obstacles) and The Spartan Super (9.5 miles with 24 obstacles). Team members were: Sgt. 1st Class Hodge Echeverria, Sgt. 1st Class Thomas Hewitt, Staff Sgt. Tiffany Baldwin, Staff Sgt. Hector Cortez, Staff Sgt. Nate Tormala, Sgt. Jaffe Daus, Mauris DeSilva, Ph.D., and Jess Wu. According to Daus, the next race, The Spartan Beast, will be Nov. 1 in Glen Rose, Texas. For more information or to join Team Sparta contact Daus.



ISR staff members jump into Spartan Races

Team Sparta members Mauris DeSilva, Ph.D., Staff Sgt. Nate Tormala, Jesse Wu, and Jaff Daus jump over burning logs, an obstacle of the Spartan Sprint.



Col. Kotwal Retires

Maj. Gen. Paul J. LaCamera, Commanding General of the 4th Infantry Division, left, presents Col. Russ. S. Kotwal with a Legion of Merit during his retirement ceremony May 30.

Kotwal was commissioned in 1985 and is credited with numerous novel training and technology initiatives, professional publications, and national and international presentations primarily related to pre-hospital medicine on the battlefield.

Around the ISR



Top left: First Sgt. Bradley Proud, left, presents Sgt. Tamara Saxton with her Certificate of Promotion May 5.

Top right: Sgts. Mylah Joy and Joshua Freeman hold up a gift during a Baby Shower May 12.

Center right: Lisa Livingston shakes hands with Gen. Raymond T. Odierno, Chief of Staff of the Army May 8.

Bottom right: 4 East and Burn Center Rehab members pose with former NBA player Charles Barkley May 20. Barkley stopped by 4 East to visit wounded warriors.

Center left: Anya Kuylen presents Maj. Jonnie Robinson with a going-away gift at a luncheon May 16.



Around the ISR continued



Top left: Staff Sgt. Leonardo Aviles, center, is presented a gift from members of the Dental and Trauma Research Detachment at his going-away luncheon May 22.
Top right: Pfc. Andy Coy, center, his wife Heather and Staff Sgt. Olarewaju Magreola stand at attention during his promotion ceremony May 6.
Bottom right: Nurses from the Burn Intensive Care Unit pose to show off their mustaches to support Mustache May.
Bottom left: Susan West, center, presents Greg Dokken and Socorro Garcia with Certificates of Appreciation May 8.
Center left: Staff Sgt. Cameron Hubbard accepts a gift during his going-away luncheon May 6.

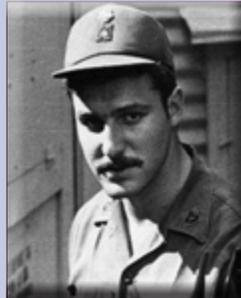
Back When...



Can you guess who this ISR staff member is? This photo was taken in 1976 when she was attending nursing school at Vanderbilt University.

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

Last Month's Answer:



Aldo H. Reyes
Bio Science Lab Tech

CDR continued from page 2

Happy 239th birthday!

June 15th is when we celebrate Father's Day. I am very fortunate to have an excellent relationship with my father. Whatever your relationship is with your father, my advice is that the most valuable gift you can give is acknowledgement of your love, or finding forgiveness for the relationship that existed. I think all fathers want to give their children a legacy to cherish and not a childhood that takes an entire adulthood to forgive.

Thank you all for inspiring me every day.

Hooah!!!



Celebrating National Nurses Week

Capt. Amy Martino's poster won first place at a Poster Presentation session in recognition of National Nurses Week May 6-12 at the San Antonio Military Medical Center. Martino and Maj. Jonnie Robinson presented their posters May 8 to SAMMC staff members and Maj. Gen. Jimmie O. Keenan, Commanding General, Southern Regional Medical Command and Chief, U.S. Army Nurse Corps.

