



Nurse Corps News

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Director's Corner



We celebrate Nurses Week each year from May 6th through May 12th. Why the celebration, why those dates, and what does it mean to you?

Why the celebration? Because Nurses are key contributors to the nation's health and wellness; we are relevant and what we do matters. House Resolution (HR) 540 acknowledges National Nurses Week and encourages reflection on the important contributions that nurses make. The American Nurses Association's theme for nurses week is "Nurses Leading the Way" and HR 540 states "every day, nurses step forward embracing new technologies, resolving emerging issues, and accepting ever-changing roles in their profession. They lead the way for their patients, colleagues, organizations, and the health care industry as a whole."

Why these dates? May 12th is Florence Nightingale's birthday. Florence Nightingale is considered the founder of modern day nursing and her story is one of caring, compassion, and competency. Courageous in the Crimean War, the founder of the first secular nursing school and a prolific writer on nursing care, she advanced nursing practice and launched significant health care reform. *What does it mean to you?* Only you can answer this

question. I hope that you will take time during Nurses Week to seriously reflect on it. I am proud to be a nurse and prouder still to be a Navy Nurse – part of a community of Active/ Reserve, Civilian, and Contract nurses who are dedicated to serving those who serve, as well as the families who love them.

As the Navy Nurse Corps celebrates its 106th birthday, we remember those who have served throughout our history – veterans from the Civil War, the Spanish-American War, the "Sacred Twenty," and beyond. Over the years countless nurses have provided care on land, at sea, and in the air – at home and abroad – in and out of harm's way. Our community is world-wide, in Military Treatment Facilities, in Branch Clinics, on board ships, as flight nurses, deployed with the Marines, supporting humanitarian missions, commanding hospitals, serving as researchers, and teaching Hospital Corpsmen as instructors. Our tradition to demonstrate leadership anchored on caring, compassion, and competency is strong and enduring.

There is great change, challenge, and opportunity now in health care and Military Medicine. Navy Nurses are positioned to be key contributors to healthcare transformation through their ef-



Rebecca McCormick-Boyle
RADM, NC, USN
Director, Navy Nurse Corps

orts and leadership. We will continue to advance the practice of nursing, team with others to deliver quality care that improves patient outcomes and safety, and partner with our sister services to work strategic issues across the Department of Defense. There is no limit to what Navy Nurses can do to support Navy and Military Medicine.

I hope you will take time during Nurses Week to celebrate your success stories; recognize the impact you have every day on patients, families and communities; and be very proud that you are a nurse. I thank you for your service and want you to know how proud I am to serve alongside you. We are relevant and what we do matters.



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Tina Alvarado
RDML, NC, USN
Deputy Director:
Reserve Component

Providing nurses a platform that is stable and supportive, while challenging them to achieve, will give each member the ability to advance...

Hallmarks of Excellence

“Hallmarks of Excellence,” as defined by the National League for Nursing, can be thought of as individuals who harbor special characteristics that help to define a level of outstanding performance, or service, that someone has exhibited throughout their career. These specific traits include, but are not limited to, innovation, quality performance, resourcefulness, leadership, expertise in their specialty, values development, role socialization, creativity, patient advocacy, collaboration, being a change agent, clinical competency, creativity, role modeling, and empowering skills. All of these help to promote positive change within the nursing profession. I would like to acknowledge several of our Reserve Component Nurses who have been given outstanding achievement awards because of their commitment to the Nursing Profession.

- LCDR Deborah Redman, EMF Dallas One, was the first Navy Nurse Corps recipient of the Florence Nightingale Award, presented in November, 2013, by the American Red Cross for the special care she provided women and children in the rural villages of Afghanistan during her deployment. This coveted award is given out every two years.

- CDR Ingrid Cook, OHSU Pensacola, was awarded the REAL Award from Save the Children in April, 2014, for her contribution as a Pediatric Nurse Practitioner for her extensive

work in a Mobile Health Unit providing care to children throughout the United States.

- CDR Dierdra (Deedie) Harrington, OHSU Jacksonville, was presented the first Reserve Component Bureau of Medicine and Surgery Outstanding Officer of the Year Award for her contributions to the Navy as a Nurse Corps Officer.

- Congratulations to CAPT Anne Mott, OHSU Jacksonville, and CAPT Renice Washington, the newly appointed Acting-SNE of OHSU Jacksonville. Both of these nurses have achieved a significant professional milestone by attaining a Doctorate in Nursing Practice.

Please join me in congratulating these exceptional nurses and to thank them for their outstanding commitment to Nursing and to the Navy. These role models of professional excellence are the future of our profession, who can prepare and mentor our junior nurses to even greater heights.

While these are just a few examples of the health care heroes who walk among us, let’s not underestimate those of you who go about your work quietly and without fanfare. We celebrate with you as well. You have heard me speak about the importance of fostering a Culture of Collaboration and Inclusivity. Providing nurses a platform that is stable and supportive, while challenging

them to achieve, will give each member the ability to advance and experience the rewards that are uniquely associated with being a Navy Nurse.

This May, when we celebrate Nurses Week, I encourage you to take the time to reflect on how you can personally promote each other and our profession. Taking the time to recognize, reward and celebrate each other’s successes and career milestones is the best place to start. Let me personally thank you for all that you do and for your personal commitment to our great Corps.



Ask the Admiral



Q: In what area can the Nurse Corps make the biggest improvement?

A: This question relates to the question regarding my priorities. I believe the Nurse Corps must be supportive of and fully engaged in achieving the Surgeon General's/ Navy Medicine's Strategic Plan; we must be ready, relevant, and fully aligned. The Nurse Corps must be ready in number and capability. We must be rele-

vant and value-added to the war fighter, other members of the healthcare team, and those entrusted to our care. We must understand Navy Medicine's Strategic Plan and align our personal and collective efforts in support of it. This is a pivotal time for the Military Health System and Navy Medicine. The mission, the governance, the force, and so many key issues are under review. The Nurse Corps needs to be an active

member at the table, a key contributor to the review, and a trusted partner in developing solutions.



Nurses:
Do you have a question to "Ask the Admiral"?

Post your question to
NCNewsletter@med.navy.mil

Are You Hoping to Extend, Resign, or Retire? Call Your Detailer!

CAPT Brenda Davis

Preparing and routing an extension, retirement, or resignation request can be a stressful process. Your detailer can guide you through the process and you should contact her/him early and often.

Extension requests are routed through your chain of command, endorsed by the Commanding Officer (CO), and should be submitted 9-12 months from your projected rotation date (PRD). The request and command endorsement must be forwarded to Navy Personnel Command (NPC) for routing to Medical Placement and the respective detailer for approval. If either the placement officer or detailer recommends disapproval, the extension package will be routed to the Head of Medical Assignments for a final decision. Frequently, detailers are asked by members to approve an exten-

sion request prior to submission. Detailers may comment on whether or not an extension request is reasonable, but will not approve a request that has not yet been submitted.

Resigning your commission is a serious matter and should be discussed with your chain of command and detailer prior to submitting your request. Resignation requests are routed through your chain of command, endorsed by the CO, and submitted to the NPC Resignations Department 9-12 months from the date you intend to leave the Navy. Orders are proposed by the Resignations Department, and then routed through several departments to verify completion of obligated service requirements. Detailers can provide some updates on the status of your package, but are unable to make changes or an-

swer detailed questions. If you have questions about the progress of your resignation request, please contact the NPC Resignations Department directly at (901) 874-2095/2084/2085.

The retirement process is similar to the resignation process, and has the same timeline requirement for submission. There are a number of factors that can affect retirement eligibility, to include years of commissioned service, promotion status, training obligation, time in rank, special pay, and time on station. For inquiries regarding the retirement process, contact (901) 874-3180/3231/2467.

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Impact of a Clinical Nurse Specialist Practice Council on Role Success

Mary Parker, CDR, NC, USN

LCDRs [Michael Urton](#) and [Heather Shattuck](#) presented at the National Association of Clinical Nurse Specialists (NACNS) conference in Orlando from 4-9 March 2014. Their topic was the establishment of a clinical nurse specialist (CNS) council at Fort Belvoir and its effect on role success.

Their path to presentation started when members of the NACNS were emailed a call for abstracts for the 2014 NACNS Conference. Unwilling to let the deadline pass without submitting something, LCDRs Shattuck and Urton quickly performed a literature review and realized the establishment of a Clinical Nurse Specialist Council was quite unique. Role development and practice sustainment are also dif-

ficult for the military Clinical Nurse Specialist.

They developed two questionnaires to evaluate the effect the CNS Council has had within the command. They asked CNS members to evaluate the effect the Council has had on their ability to practice in the various CNS roles. Then they asked leaders within the organization, both nurses and non-nurses, to assess how their view of the CNS role and its value might have changed since the Council was established.

The CNS Council has provided increased networking opportunities, regular peer consultation, enhanced hospital-wide role visibility and support, and established a built-in support team for professional encouragement for the CNSs at Fort Belvoir. Membership in the CNS Council

positively affected their practice through benchmarking role performance, enhancing work effectiveness and efficiency, interdisciplinary collaboration, and providing “big picture value” in the Systems sphere.

Leadership described their understanding of the CNS role as Clinical leaders, Staff/Hospital educators/Orientation experts, impacting policy as the unit/specialty expert, consultants for providers, residents, nurses and patients, and the “Go-to” person for guidance and feedback. Leaders also described the CNS role as essential for Patient Safety, Quality/Performance Improvement, Nursing Practice and Policy, and Financial Efficiency.

LCDR Urton said, “The impact this Council has had on our practice and our

value to the organization has been so significant that I feel every hospital should consider how this type of collaborative opportunity might be feasible. The wide variety of organizational structures and significant variation in CNSs employed from hospital to hospital might make this program a challenge to replicate, but we strongly believe there is potential to adapt to your specific facility.”

For further information, please contact:

- [LCDR Michael Urton](#)
or
- [LCDR Heather Shattuck](#)



Navy Nurse Receives Award for Scholarly Work

LCDR Ebony Ferguson was awarded the University of Pennsylvania’s Norma M. Lang Distinguished Award for Scholarly Practice and Policy.

This award is given annually to a University of Pennsylvania nursing faculty member or a graduate from the

school’s doctoral program who has made a distinguished contribution to nursing through their scholarly practice. Scholarly practice is considered to be the rigorous integration of practice, education, research, and policy.

Professor and Dean Emeritus, Norma M. Lang, PhD, FAAN, FRCN, RN, the

School of Nursing’s fourth Dean, is internationally recognized for her advocacy in the role of nursing in health policy and practice. She is a pioneer of the International Classification for Nursing Practice and the Nursing Minimum Data Set. This award was established to honor the distinguished practice and policy work achieved by

Dr. Lang throughout her exemplary career.

Bravo Zulu, LCDR Ferguson!



Navy Nurse Recognized at 2014 Health Administration Case Competition

James Ketzler, LCDR, NC, USN

LCDR James Ketzler represented the Navy Nurse Corps and the Army-Baylor Masters of Health and Business Administration Program on a Tri-Service team along with Ms. Jen Holloman, Department of the Army Civilian, and Capt F. Marc Orcutt, MSC, USAF, at the 8th Annual Health Administration Case Competition held at the University of Alabama, Birmingham, on February 26-28, 2014.

The team earned Honorable Mention and Top 12 standing among teams from 36 of the highest ranking graduate healthcare administration programs in the U.S. and Canada.

The Army-Baylor students analyzed the clinical and business operations of a hospice and palliative care organization; researched legal, financial, marketing, and clinical considerations; and provided strategic recommendations for the growth and future success of the company. The team's proposal focused on the expansion of telemedicine applications, marketing plan, and operational and quality measures. Judges and accomplished healthcare executives praised the Army-Baylor team's professionalism, depth of research, understanding of strategic management, and their viable and compelling business strategy.



LCDR James Ketzler, Ms. Jen Holloman, Department of the Army Civilian, and Capt F. Marc Orcutt, MSC, USAF

Additional information regarding the 2014 University of Alabama at Birmingham Health Administration Case Competition can be found [here](#).

Assigned to Duty Under Instruction (DUINS), LCDR Ketzler is in the fourth semester of the Army-Baylor University Graduate Program in Health and Business Ad-

ministration. For more information regarding this Army-Baylor program click [here](#). Contact CDR [Lonnie S. Hosea](#), Specialty Leader, Healthcare and Business Analytics, if you are interested in this DUINS opportunity.

Edited by: [Lonnie Hosea](#), CDR, NC, USN

Specialty Leader Update: Public Health Nursing (1940)

The focus of 1940 Public Health nurses is to promote, protect, and restore health. Currently public health nurses serve in stateside and overseas Medical Treatment Facilities and Ambulatory Care clinics, and deploy in support of operational and humanitarian missions across the globe. The public health nurse focuses on prevention and how military members live their lives outside the acute setting. In addition to traditional nursing education and skills as a foundation, public health nurses utilize critical thinking, quantitative and qualitative data, evidence based practice, and research to

approach needs at a community level with a goal of improved health for individuals and communities.

In support of the Nurse Corps Strategic Plan, the 1940 community is engaged in clinical and professional excellence by active engagement with strategic goal teams and with Nurse Corps leadership to ensure core competencies for the specialty are in place and that public health nurses are aligned with Navy Medicine priorities. To enhance competency in public health, LCDR Timothy Whiting, Naval Medical Center Portsmouth, collaborated with the

National Board of Public Health Examiners (NBPHE) to provide the 1940 community with access to the NBPHE exam study guide to prepare for certification in Public Health (CPH). The link to the CPH study guide can be found on the Public Health Specialty Leader Home Page.

Public Health is the approach to medicine that is concerned with the health of the community as a whole. It has been said that: "Health care is vital to all of us some of the time, but public health is vital to all of us all of the time. Public health puts the control of health back in the hands of the people and their



[Misty Scheel](#)
LCDR, NC, USN

community and affects the people you see and treat today, but tomorrow and for generations to come."

Edited by: Kristen Atterbury, CAPT, NC, USN

Specialty Leader Update: Pediatric Nursing and Pediatric Nurse Practitioner (1922/1974)



Tim Brender
LCDR, NC, USN



Greetings Pediatric Nurses and Pediatric Nurse Practitioners! As I near the end of my term as Specialty Leader, I want to thank each of you for the hard work you do for our service members' children. It has been an honor to represent you. Children are extremely valuable and I know that, because of your high level of skill and compassion our Pediatric Nurses bring, parents feel safe and trusting with the care their children receive. Our inpatient wards, Pediatric Intensive Care Units, and Medical Home Ports make a measurable difference in the lives and health of children. Pediatric nurses, both military and civilian, contributed significantly to the achievement of National Center for Quality Assurance designation for Patient Centered Medical Homes across the globe.

With four full-time Pediatric Clinical Nurse Specialist Duty Under Instruction (DUINS) opportunities for FY-15, I encourage those with a passion for pediatric

nursing to apply for this opportunity to take that passion to the next level. As a Pediatric Clinical Nurse Specialist, you will be the subject matter expert during your utilization tour and you will have tremendous leadership opportunities to support the command, the specialty, and to work alongside our sister services within the Military Health System. As an example, LCDR Kathryn Stewart, while assigned as the Chief of the Pediatric Intensive Care Unit at Walter Reed National Military Medical Center, completed a pediatric case review for the Army focused solely on the nursing care aspect of that case.

I would like to welcome CDR Anna Schwarz (NH Rota, Spain), LCDR Kari Johndrow-Casey (NMC San Diego), LT Christa Duncan-Arfaa (NMC San Diego), and LT Rhys Parker (NH Okinawa) to the Pediatric Nurse Practitioner community. CDR Schwarz and LCDR Johndrow-Casey were approved for redesignig-

nation, and Lieutenants Duncan-Arfaa and Parker recently graduated from the University of San Diego. On a personal level, I want to thank all of you for your support during my tenure as specialty leader and your contribution to policy and practice matters related to pediatric nursing.

In closing, I am often asked what pediatric nursing is all about and why I chose this specialty. I reply with the following quote from Forest E. Witcraft: "A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove... but the world may be different because I was important in the life of a child."

Edited by: Kristen Atterbury, CAPT, NC, USN

SNEs:

Would you like to see your command featured in our new Spotlight on a Command section? Contact us to find out how!

NCNewsletter@med.navy.mil

Nurses:

May brings with it the Nurse Corps's Birthday! We're seeking photos of the commemorations from around the fleet. Route your photos through your chain of command for approval and submit to:

NCNewsletter@med.navy.mil

Specialty Leader Update: Nurse Midwives/Women's Health Nurse Practitioners (1981/1980)

Maria Perry, CAPT NC, USN

The Certified Nurse Midwifery (CNM) and Women's Health Nurse Practitioner (WHNP) Community is changing the paradigm of health services through the implementation of a group care model, Centering Pregnancy. Centering is an evidence-based redesign to prenatal care that helps to promote safe, efficient, timely, and culturally appropriate patient-centered care. It is a model of group healthcare, which incorporates three major components: assessment, education, and support. Centering replaces routine individual visits.

Pregnant women with similar due dates join together in a group with their CNM/WHNP and other group participants for an extended period of time (usually 120 minutes) at regularly scheduled visits over the course of their pregnancy. Centering promotes greater patient engagement, personal empowerment, and community-building. Women take their own blood pressure, weigh themselves, set personal goals, and have an individual check-up with their CNM/WHNP. There is facilitated discussion of pregnancy, birth, and newborn care as well as overall

health, stress management, etc. Studies have shown that Centering care bolsters breastfeeding rates and duration, has higher patient and provider satisfaction than traditional care, and can reduce the risk of premature birth.

To date, the 1981/1980 Community has taken the lead to launch Centering prenatal care at six Navy medical treatment facilities (MTFs): Naval Medical Centers Portsmouth and San Diego (NMCP, NMCSO); Naval Hospitals Bremerton, Camp Lejeune, Camp Pendleton; US Naval Hospital Okinawa; and Walter Reed National Military Medical Center (WRNMMC). Two MTFs have successfully achieved national Centering Pregnancy site accreditation due to the fortitude and diligence of LCDR Catharine Luna at Naval Hospital Camp Pendleton and CDR Sara Shaffer at NMCSO. Additionally, CDR Amy Wootten is driving toward NMCP's site accreditation in 2015, and CDR Sara Shaffer is instrumental in achieving WRNMMC's site approval goal of January, 2016.

Many of our midwives and women's health nurse

practitioners, who provide Centering prenatal care are also working closely with junior Nurse Corps Officers, Family Practice, and OB/GYN residents as they attend group prenatal sessions as "co-facilitators," under the direct guidance of our 1981/1980 providers. When a group "circles up," there is discussion facilitated by the CNM/WHNP about health topics that build on the group's understanding and shared experiences. Expectant mothers, husbands, boyfriends, and significant others are invited to regularly attend Centering visits. Groups are lively, interactive, patient-centered, and often result in the expectant mothers gaining friendships and support in the group. Centering prenatal care is a great way to see what CNMs/WHNPs do.

So, if you are thinking of applying for a 1981 DUINS billet, please make sure to take every opportunity to "shadow" a certified nurse midwife, when possible! We function in both the outpatient and the inpatient arenas (Centering prenatal care, routine prenatal care, postpartum care, women's

health, labor and delivery, and first assistance with C-sections). Our 1981/1980 community is often called upon for humanitarian missions, to be the lead with providing skilled sexual assault medical-forensic examinations, and instrumental with the training of Family Practice residents. Feel free to contact me for any DUINS or general 1981/1980 questions. "Call the Midwife!"

Finally, congratulations to LCDR Dean Hawkins for his December, 2013, University of Florida graduation. Also, three new 1981s will be graduating this May. Congratulations to: LT Cheryl Castro and LCDR Ann Iannitto (from San Diego State University) and LT Karen Sanchez (graduating from Georgetown University). Bravo Zulu, all!



Bravo Zulu



Awards

- » CDR Patrick Fitzpatrick at Naval Hospital Guam was awarded the American Association of Nurse Practitioners State Award for Excellence for Pacific and US Territories.
- » LT Nathaniel Schwartz at Naval Hospital Guam was awarded the Board of Regents Award and Who's Who Among American College Students Award from USUHS.

Certifications

- » LT Kelly Anttila at Naval Hospital Rota Spain passed her Inpatient Obstetric (RNC-OB) certification exam.
- » LT Kathryn Barger at Naval Hospital Okinawa passed her Certified Emergency Nurse (CEN) certification exam. LT Barger has also been recognized by the Commanding Officer, CAPT Anne Swap, as USNH Okinawa's 2013 Nurse Corps Officer of the Year.
- » LT Carlton Bennett at Naval Hospital Camp Lejeune passed his Perioperative (CNOR) certification exam.
- » LT Tommie Birge at Naval Hospital Camp Lejeune passed his Perioperative (CNOR) certification exam.
- » LT Christopher Connell at Naval Hospital Guam passed his Medical-Surgical (CMSRN) certification exam.
- » LTJG Derek Crisman at Naval Hospital Camp Pendleton passed his Medical-Surgical (CMSRN) certification exam.
- » LT Cari Cross at Naval Hospital Sigonella passed her Inpatient Obstetric Nursing (RNC-OB) certification exam.
- » LT Stephanie Daniels at Naval Medical Center San Diego passed her Critical Care Registered Nurse (CCRN) certification exam.
- » LTJG Shaun Dunston at Naval Medical Center San Diego passed her Critical Care Registered Nurse (CCRN) certification exam.
- » LT Sarah Edmondson at Naval Hospital Sigonella passed her Electronic Fetal Monitoring (C-EFM) certification exam.
- » LCDR Eric Ellington at Naval Hospital Camp Lejeune passed his Perioperative (CNOR) certification exam.
- » LT Katherine Gervais at Naval Hospital Sigonella passed her Neonatal Intensive Care Nursing (RNC-NIC) certification exam.
- » LTJG Siobhan Hatch at Naval Hospital Guam passed her Medical-Surgical (CMSRN) certification exam.
- » RN Lindsey LiPera at Naval Hospital Sigonella passed her Inpatient Obstetric Nursing (RNC-OB) certification exam.
- » LTJG Brittani McKillop at Naval Medical Center San Diego passed her Critical Care Registered Nurse (CCRN) certification exam.
- » LCDR Merideth Miller at Naval Medical Center San Diego passed her Adult Gerontology Primary Care Nurse Practitioner (AGPCNP) and Acute Care Clinical Nurse Specialist (ACCNS) board certification exams.
- » LTJG Susan Murphy at Naval Medical Center San Diego passed her Critical Care Registered Nurse (CCRN) certification exam.
- » LTJG Vernon Parker at Naval Hospital Camp Pendleton passed his Critical Care Registered Nurse (CCRN) certification exam.
- » LTJG Christopher Payne at Naval Medical Center San Diego passed his Critical Care Registered Nurse (CCRN) certification exam.
- » LT Susanne Pickman at Naval Hospital Guam passed her Certified Wound Care Nurse (WOCN) certification exam.
- » LT Melissa Rosloniec at Naval Hospital Sigonella passed her Electronic Fetal Monitoring (C-EFM) certification exam.
- » LT Sheila Sweeney at Naval Hospital Sigonella passed her Inpatient Obstetric Nursing (RNC-OB) certification exam.
- » LT Emily Tuggle at Naval Medical Center San Diego passed her Critical Care Registered Nurse (CCRN) certification exam.
- » LCDR Sherwin Valdez at Naval Hospital Guam passed his Certified Emergency Nursing (CEN) certification exam and was also awarded the Presidential Service Award Gold Level for Volunteerism.
- » LT Kerri Washbon at Naval Hospital Sigonella passed her Inpatient Obstetric Nursing (RNC-OB) certification exam.

Education (Non-DUINS)

- » CAPT Ramona Doman at Naval Hospital Guam completed the Naval Postgraduate School and USUHS's "Healthcare Modeling and Simulation Certificate" course.
- » LCDR Lawrence Bond Henry at Naval Hospital Jacksonville completed his Master of Business Administration at Keiser University.

Publications

- » LCDR Carmen Brosinski at Naval Hospital Guam was published as sole author of "Implementing Diagnostic Reasoning to Differentiate Todd's Paralysis from Acute Ischemic Stroke" in the *Advanced Emergency Nursing Journal*, 36(1) p78.

Have an idea for an article or photos of you and your colleagues doing what you do best? Submit your articles, photos, and BZs through your chain of command to:

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