USNH Yokosuka eye doctor selected for top Navy award

By Ben Avey,
USNH Yokosuka Public Affairs

YOKOSUKA, Japan - U.S. Naval Hospital (USNH) Yokosuka, Japan, announced April 26, that Lt. Kyle Dohm from USNH Yokosuka Branch Health Clinic (BHC) Atsugi has been selected to receive the U.S. Navy 2010 Stanley H. Freed Junior Optometrist of the Year Award.

Dohm was officially notified of the award in a letter from the U.S. Navy's Medical Service Corps Director, Rear Adm. Eleanor Valentin.

"This award recognizes the professional who exhibits the highest Navy core values, professionalism, initiative, leadership and dedication to the practice of optometry," said Valentin in the letter. "I look forward to serving with you as we lead Navy Medicine into the future."

Dohm's achievements and efforts are unmatched according to BHC Atsugi Officer in Charge, Capt. Mike Warrington. "Lt. Dohm is an exceptional doctor and naval officer," said Warrington. "This award could not have gone to a more deserving person."

According to his award nomination, Dohm has been an exceptional optometrist and naval officer since receiving his commission in 2006. As the only Aerospace optometrist on mainland Japan, he maintains a large practice in Atsugi and routinely travels to other branch health clinics to provide care. A subject matter expert in his area, Dohm has authored multiple professional articles and routinely lectures on aeromedicine with a focus on ophthalmology and optometry matters.

An advocate of efficiency and service, he has restructured multiple clinic processes and utilized new technology to increase patients' access to optometry care, increase specialty services and maintained a 98 percent patient satisfaction rating.

Humbled by his selection, Dohm deferred credit to the medical and optometry team who join him in caring for families and keeping service members operationally ready.

"Atsugi Clinic has a great team and I'm proud that we are being recognized with this award," said Dohm. "It's truly an honor."

Dohm earned his undergraduate degree from Fort Hays State University in Western Kansas prior to earning his Doctor of Optometry from University of Missouri-St. Louis, College of Optometry. He became a Naval Aerospace optometrist and pinned on aeromedical officer wings following graduation from the Naval Aerospace Medical Institute in Pensacola, Fla. Dohm hails from Sharon, Kan., and is a 1999 graduate of Medicine Lodge High School.

USNH Yokosuka is the largest U.S. military treatment facility on mainland Japan and serves approximately 55,000 beneficiaries at its core hospital facility and clinics in Japan, Korea and Diego Garcia. One of seven clinics, Branch Health Clinic Atsugi is located on board Naval Air Facility Atsugi where it supports the service members and families of the Navy's only permanently forward-deployed carrier air wing.

U.S. Forces Japan C4 Systems Director Capt. Craig W. Goodman, gets his vision tested by an optometrist at USNH Yokosuka. The hospital, along with its seven branch health clinics provides care for service members,their families, civilians and contractors on mainland Japan, Korea and Diego Garcia.
U.S. Navy photo by MC3 Mikey Mulcare

Navy prepares to beta test several physical fitness exercises

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. - The Navy, working with the University of Memphis Department of Health and Sport Sciences, will conduct tests of several new physical fitness exercises beginning July 11.

In order to effectively develop potential performance standards, the test will use volunteers from different age and gender categories as established by the Navy Physical Readiness Program (PRP) instruction (OPNAVINST 6110.1 series). The beta test will last through the end of July.

"This does not mean that we have plans to change the physical readiness test (PRT)," said Bill Moore, director, Navy PRP. "We are always looking at process improvement. An open mind is essential to the program whether we are considering new exercise options or focusing on nutrition. Our current program is based on research and we are honored to be working jointly with the University of Memphis."

The test will incorporate several muscular strength tests, including the leg-hip dynamometer and standing long jump. Both exercises use the same muscle groups (i.e., the legs, hips and back) that are used when performing a squat, lifting a box and other such movements that occur daily in Navy life.

There will also be a 15-yard, distanced timed event called the pro-agility test. It measures an individual's speed and agility as they accelerate, decelerate and change direction. All are common movements practiced both in sports and on the job.

Endurance events being tested include a 300-yard shuttle run, two-kilometer rower and five-kilometer bike test.

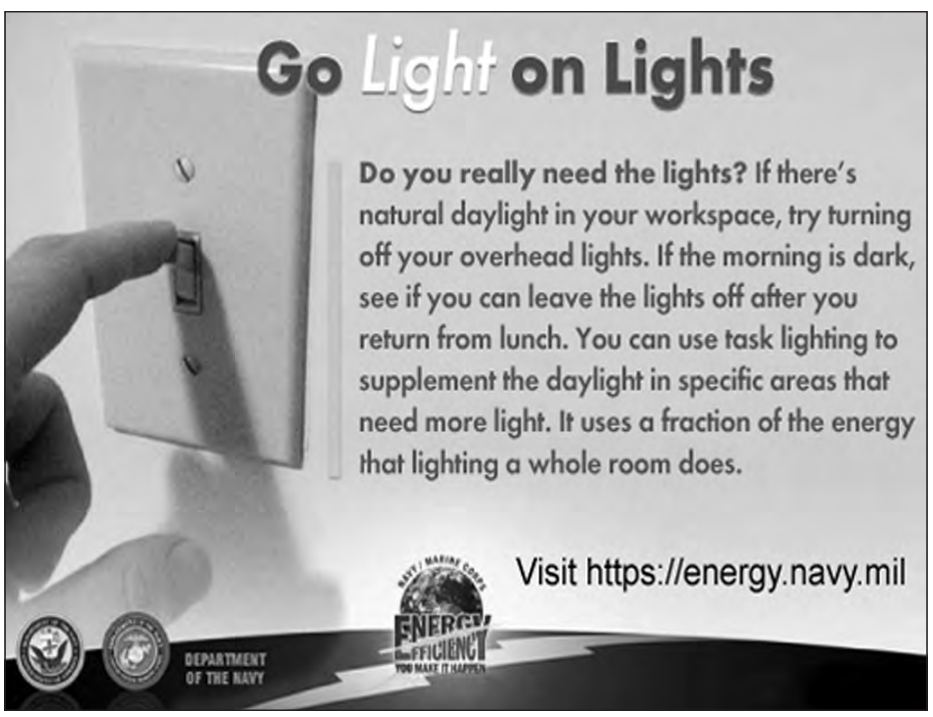
"There are multiple components to physical fitness, but they can be broken down into two major categories health related and skill related," said Lt. Cmdr. David Peterson, exercise physiologist for the Navy's PRP. "Health-related components include: cardiovascular fitness, body composition, flexibility, muscular strength and muscular endurance. Skill-related components include: speed, agility, balance, coordination, reaction time and power. The current PRT incorporates most of the health-related components of fitness, but none of the skill-related. Exercises chosen for evaluation in the beta test not only incorporate health related components but skill related components as well."

According to Moore, the beta test is being conducted for the sake of research only.

"This is an exciting opportunity to participate in a state-of-the-art research study. However, I need to reemphasize that this is for research purposes only and that there are currently no plans to change the Navy PRT," Moore said.

Currently, the Navy and the University of Memphis are seeking Sailors in the Millington and Memphis, Tenn., area to participate in the test.

For more information, visit the Navy's physical readiness Web page at http://www.npc.navy.mil/support/physical.



Phone app "PTSD Coach" helps troops, vets manage stress

From Department of Veterans Affairs

WASHINGTON - Veterans dealing with symptoms of post-traumatic stress disorder (PTSD) can turn to their smartphones for help any time with the "PTSD Coach" application created by the Veterans Affairs and Defense departments.

"This is about giving veterans and service members the help they earned when and where they need it," Veterans Affairs Secretary Eric K. Shinseki said. "We hope they, their families and friends download this free app. Understanding PTSD and those who live with it is too important to ignore."

PTSD Coach lets users track their symptoms, links them with local sources of support, provides accurate information and helpful individualized strategies for managing symptoms, officials said. The app is now available for download from the iTunes Store and will be available for Android devices by the end of the spring.

"This application acknowledges the frequency with which our warriors and veterans use technology and allows them to get help when and where they feel most comfortable," said Dr. Jonathan Woodson, assistant secretary of defense for health affairs.

PTSD Coach is primarily designed to enhance services for individuals who are already receiving mental health care, though it is helpful for those considering entering mental health care and those who just want to learn more about post-traumatic stress.

"This is a great service we are providing to veterans, service members, their families and friends, but it should not be seen as a replacement for traditional therapy," said Dr. Robert Petzel, Veteran Affairs (VA) undersecretary for health. "Veterans should utilize all of the benefits they have earned with their service, and one of the best things about this app is it will get veterans connected to the places that are out there to provide help."

According to officials, the application is one of the first in a series of jointly designed resources by the VA National Center for PTSD and the Defense Department's National Center for Telehealth and Technology to help service members, veterans, their families and friends manage their readjustment challenges and get anonymous assistance, officials said.