



January 2016

Welcome Class 2016 – 2017!!

It is my pleasure to welcome you as a member of the Intern Class at Naval Medical Center, Portsmouth! Congratulations on your selection to be a part of the proud history of the *"First and Finest"*.

Naval Medical Center, Portsmouth has been providing care to war fighters past and present, and their families, since 1824. Even as we celebrate our history, though, we are also ready for the future of Navy Medicine – YOU! Here you will find a spacious GME Pavilion, including dedicated work space for every intern, an intern lounge, multimedia/graphic arts center, and a bio-medical simulation center. With the Atlantic Fleet at our doorstep, you will leave here ready to serve with the Fleet or Marines as a General Medical Officer, Flight Surgeon, or Undersea Medical Officer, or to continue into residency training.

As the Command Intern Coordinator, I will be working with your intern program advisors and the Graduate Medical Education (GME) Office to make your internship year an educational and rewarding one. Please do not hesitate to contact me, CDR Joel Metzger (joel.r.metzger.mil@mail.mil) CDR Michael Johnston (Michael.g.johnston2.mil@mail.mil), or Ms. M. J. "Janie" Slade (mary.j.slade4.civ@mail.mil) in the GME Office at any time if you have any questions or concerns about your internship.

We have developed some on-line FAQ's about your military move.

<http://www.med.navy.mil/sites/NMCP2/EduTrain/GMED/Pages/TL.aspx> A military move can be complex, so if you aren't sure about something, please do not hesitate to ask the GME Office. One suggestion: save everything from your move (receipts, schedules, etc.) as you may need them.

There is a Facebook resource for your spouse or significant other!! Find this page, "NMCP Intern/Resident Spouses" and send a friend request. They will get an abundance of information, make friends, find the best place to live, the best dentist in the area – and the list continues.

The Navy also has websites that will help you with your move.

Air Force Relocation Services: <http://langleyhousing.com/>

Navy Relocation Services:

http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetAndFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/index.htm

Norfolk Fleet and Family Resources:

<http://cnic.navy.mil/Norfolk/FleetAndFamilyReadiness/AboutFleetAndFamilyReadiness/index.htm>

These sites provide information for the service member as well as the family. You should also hear from your intern program advisors shortly with more information about your specific program and rotations. We will be sending out "Housing Grams" that will contain rental and purchase information from military members who will leave the area this summer. These members can supply references for the housing and the area. Please use them to gather information.

When to report: Orientation will begin on Monday, 1 June 2016 at 0730. Please note that spouses/significant others are invited to attend if they are able. Typically those who've attended have gotten together with the others and made friends!!

We will start in the Auditorium in Bldg. #3 (tallest building), 2nd floor. Be there in uniform (Khakis for Navy, Working Blues for Air Force). If you will be reporting late due to attending ODS or later graduation date from Medical School, please contact the Ms. Slade, GME Officer (757)953-7001 for guidance on your report date.

Uniforms: Uniform-of-the-day for Navy personnel is summer whites or khakis (most wear khakis) and for Air Force personnel it will be working blues. You may wear your fatigues if you wish. You will be expected to have all required uniforms for various inspections during orientation and your intern year.

IMPORTANT! How to Get Paid on Time! Bring all this material the first day!

ID, SSN, Copy of a Check or your bank account routing number, marriage license, birth certificates (you, spouse, children), divorce decree, medical school diploma, ACLS/BLS card, car registration, inspection, and proof of insurance, prior military DD214, Oath of Office as Ensign and Lieutenant. You should have a personal "Service File" – a copy of everything listed above and anything else associated with the military. Air Force members will go to Langley after the Welcome that morning to begin their check in process with the Air Force.

ACLS. All interns are required to be trained in ACLS prior to starting internship. While we will offer this training during your orientation, there are a limited number of seats available in the course. **You are strongly encouraged to take the ACLS training before you arrive if possible.** If you do, and bring your card to prove that it expires after July 2017, you will likely have two additional days of liberty (time off!) during orientation you can use to get settled into your new home. If your BLS is due to expire soon, you are also encouraged to renew your BLS before reporting.

Second (Only to your pay) Most Important Part of this Welcome – Could impact your entire career!

Command Physical Fitness Assessment (PFA), Physical Readiness Test (PRT) and Weigh-In: During your check-in, you will have a weigh-in to ensure you are within standards. Naval physical readiness standards can be found: <http://www.navy-pt.com/>. Air Force physical readiness standards: <http://www.airforce-pt.com/>. We will conduct a mandatory athletic event during orientation. Not only will this give you an idea of how well you will do on the PRT in the fall, it is also a chance for your class to build camaraderie. We are planning to weigh-in all NAVY members of your Intern Class in June. This is an official weigh-in and will be conducted in the Command Fitness Office, bldg 3, 5th floor. **YOU MUST BE IN THE APPROPRIATE PHYSICAL FITNESS UNIFORM** (gold shirt, blue shorts). If you fail the weigh-in/BCA, you will be placed on the Fitness Enhancement Program (FEP). This means you will have to weigh-in weekly and exercise three days a week (minimum) with a member of command fitness or designee to confirm you did work-out. Air Force interns will participate in the required physical readiness requirements while at Langley Air Force Base upon arrival. Believe me: internship is demanding enough without having to make it to official classes to be observed exercising, so take advantage of being a 4th year medical student and get fit!

The PRT will impact your Naval Career if you do not pass any portion of the requirements. As you advance in your career your fitness reports (indicating your PRT results) are used for promotion!!!!

Orientation Calendar. We will send a tentative Orientation Calendar soon. Some of the details may change by June, but it will give you an idea of what to expect. We will be sending you more information as June approaches, including the rotation schedule as that becomes available. In the meantime, if you have any questions or concerns, please do not hesitate to contact me, your intern advisor, the GME office staff, or your sponsor. We are here to help!

C-4. For those of you who are not USUHS graduates, you will be required to attend the Combat Casualty Care Course (C-4) for ten days at Camp Bullis just outside of San Antonio, TX at some point during internship. This is actually a nice break from clinical rotations, and you will learn a great deal too. I will be working on the C-4 schedule this Spring so if there are particular dates you would prefer not to attend (for example, if you plan to get married next year), please let me know. The GME Office will be contacting you requesting this information.

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Remember, call us if you need anything! Good luck with the rest of your 4th year, and we are looking forward to seeing you in June!

Sincerely,

CDR Joel Metzger
NMCP Command Intern Coordinator

CDR Michael Johnston
Assistant NMCP Command Intern Coordinator