

# Female Force Readiness Clinical Community

## Quarterly Recap | FY22 (March 2022 – May 2022)



The Navy Bureau of Medicine and Surgery (BUMED) Office of Women's Health (OWH) developed this Recap with the purpose of highlighting current initiatives, updates, decisions, and discussions which took place during the previous three months. We will regularly disseminate the Recap to the Female Force Readiness Clinical Community (FFRCC) members and women's health advocates across the Navy Medicine Enterprise to increase visibility and communication on matters pertaining to women's health and readiness.

## **BUMED OWH Updates**

### **FFRAB Leadership Transition**

The FFRCC thanks CDR Gentry and CDR Ormeno for their time, dedication, and leadership as Chair and Vice Chair of the FFRAB for the past three years! CDR April McGill was selected as the new FFRAB Chair and LCDR Allison Eubanks was selected as the new FFRAB Vice Chair. CDR McGill is a gynecologic surgeon and obstetrician, currently serving at US Naval Hospital (USNH) Sigonella as the Director of Surgical Services. LCDR Allison Eubanks is also a gynecologic surgeon and obstetrician, currently serving at USNH Rota. We look forward to working with CDR McGill and LCDR Eubanks!

### **2022 Female Force Readiness Strategy**

The OWH is leveraging outputs from the 2022 Female Force Readiness Summit to refresh the Female Force Readiness Strategy. The new strategy will include updated goals and objectives to reflect FFRCC progress over the past year, as well as define priorities to be accomplished in the upcoming year. Accompanying these goals and objectives will be five action plans detailing tactical next steps to serve as a guide for strategy implementation. The new strategy will be distributed to the clinical community summer 2022.

### **2022 Female Force Readiness Summit**

The 2022 Female Force Readiness Summit took place from 9 – 10 March, convening over 55 Navy and Marine Corps Leaders, representing 31 CONUS and OCONUS duty stations, medical and operational leadership. Attendees reflected upon recent advancements in women's health and readiness, discussed new challenges and priorities, and identified strategic objectives aligned to the evolving needs of the female force.

### **Virtual Women's Health Clinic Pilot**

In collaboration with the Virtual Readiness Related Health Activities (VRRHA) Working Group, the OWH established a Virtual Women's Health Clinic pilot on 13 December 2021 in partnership with the Virtually Integrated Patient Readiness and Remote Care Clinic (VIPRR). The pilot is administered by a certified nurse midwife at Naval Health Clinic Oak Harbor and appointments focus on contraceptive counseling and prescriptions in an effort to decrease unplanned pregnancies. As of 09 May 2022, there were 44 patient encounters. 55% of patients were provided with a contraception prescription. Patients evaluated clinic ease of scheduling, satisfaction with care, and likelihood to use the offering again at 4.9 out of 5.0.

## **KEY INFORMATION**

### **MilSuite**

The following link can be used to access the Navy Medicine FFRCC milSuite site, as well as various sub-community sites:  
<https://www.milsuite.mil/book/groups/navy-medicine-womens-health-community>

### **Women's Health Website**

The following link can be used to access the NMCPHC Women's Health Website:  
<https://www.med.navy.mil/Navymarine-corpor-public-health-center/womens-health/>

### **Key Points of Contact**

#### **BUMED OWH:**

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#### **Female Force Readiness Advisory Board (FFRAB) Chair:**

CDR April McGill:  
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#### **FFRAB Vice Chair:**

LCDR Allison Eubanks:  
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#### **Mental Health Sub-Community Board (MHSCB) Chair:**

CDR Heather Shibley  
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#### **MHSCB Vice Chair:**

LT Ashley Shenberger  
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#### **Neuromusculoskeletal Sub-Community Board (NMSK SCB) Chair:**

CDR Janelle Marra  
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#### **Family Planning Sub-Community Board (FPSCB) Chair:**

CDR Candace Foura  
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## I. Female Force Readiness Advisory Board (FFRAB)

- The FFRAB oversees the three sub-communities and two working groups (WGs) focused on women’s health training development.
- A variety of women’s health resources have been finalized and added to the [Women’s Health Webpage](#).
- The FFRAB is promoting the Deployment Readiness Education for Service Women (DRES) App (found [here](#)), a progressive ‘one-stop shop’ for women’s health before, during, and after deployment.

## II. Mental Health Sub-Community Board (MHSCB)

- CDR Heather Shibley and LT Ashley Shenberger are the new Chair and Vice Chair of the MHSCB. CDR Shibley serves as Command Psychiatrist for Naval Special Warfare in Little Creek, VA and LT Shenberger is currently serving at Recruit Training Command (RTC) Great Lakes, developing a mental toughness curriculum for recruits, RTC staff, and the entire Fleet.
- The MHSCB developed the “[Normalizing Military Mental Health Care: Myth vs. Fact](#)” resource with information relevant to maintaining a security clearance while seeking mental healthcare, medical vs. non-medical mental health resources, and what information must be shared with Chain of Command about mental healthcare. The resource is available on the Women’s Health Webpage.
- The SCB is considering future initiatives and plans, including the development of a resource highlighting components of wellbeing to improve toughness and strength of service women.

## III. Neuromusculoskeletal Sub-Community Board (NMSK SCB)

- NMSK SCB members developed a point paper of recommendations to support pre-enlistment injury prevention training, including additions to the Navy Operational Fitness and Fueling System (NOFFS) App for Navy Recruits. The point paper will be submitted to the Operational Quality & Safety Council (OQSC) for voting and approval in June, then shared with RTC Great Lakes for consideration.
- The NMSK SCB developed a self-directed video exercise program to prevent back and hip injuries among service women. Recordings are being finalized and once finished, a final BUMED PAO approval of the entire product will be required before the videos can be publicly released.
- The NMSK SCB is developing provider and patient resources to provide active duty service women guidance on common NMSK considerations during pregnancy and postpartum.

## IV. Family Planning Sub-Community Board (FPSCB)

- CDR Foura is completing her tenure as FPSCB Chair in July 2022. Members of the FPSCB thank CDR Foura for her leadership over the last three years and are considering candidates for future FPSCB Chair. Chair applications are currently being reviewed and the SCB will announce their new chair soon.

## V. Operational Provider Training Development Working Group (OPTD WG)

- The OPTD WG is developing a women’s health training curriculum to ensure that operational providers are equipped with key capabilities to support service women’s health and deployability in the operational environment. The WG welcomed eight new members in May 2022 who will contribute to educational material finalization and training implementation efforts.

## VI. Women’s Health Seminar WG

- The Women’s Health Seminar WG is preparing to execute a virtual Navy-specific women’s health training intended for Operational Clinicians. This training will focus on basic, deckplate-level women’s health and medical readiness topics. The WG has been divided into Tiger Teams to develop Seminar content and assign presenters to deliver the training, as well as review Defense Health Agency (DHA) Continuing Education Program Office requirements to ensure attendees will receive continuing education credits.

### Upcoming Meetings 2022

#### FFRAB

- 27 Jun
- 18 Jul
- 15 Aug

#### MHSCB

- 16 Jun
- 21 Jul
- 18 Aug

#### NMSK SCB

- 01 Jun
- 06 Jul
- 03 Aug

#### FPSCB

- 02 Jun
- 07 Jul
- 04 Aug

## **National Maternal Mental Health Hotline**

The National Maternal Mental Health Hotline is a free, confidential hotline offering support before, during, and after pregnancy and is available 24/7 in English and Spanish. The Hotline can be reached by calling or texting 1-833-9-HELP4MOMS (1-833-943-5746). TTY users can use a preferred relay service or dial 711 and then 1-833-943-5746. Callers can access professional counselors, real-time support and information, response within a few minutes, referrals to local and telehealth providers and support groups, and more. For more information, please visit the Hotline website [here](#).

## **Plan B® Resource**

The 'What to Know: Accessing Plan B®' patient resource provides information for service members on how to access Plan B®, highlighting that it is available over the counter and free of charge at all military pharmacies. The resource is available on the Women's Health Website [here](#). The OWH will continue to monitor current legislation surrounding women's health and reproductive rights and adjust educational resources accordingly in the event of significant changes to reproductive healthcare access.

## **DMRHSi Code for FFRCC Members**

FFRCC members may use the following Defense Medical Human Resource System – Internet (DMHRSi) code to account for time supporting all FFRCC-related efforts: FCGN\_SMR\_DDDD – business rule #9 (Supporting a Non-MEPRS mission / organization outside the MTF / NMRTC).

## **Breast Milk Shipment Reimbursement**

A Joint Travel Regulation (JTR) revision states that effective 07 April 2022, expenses associated with the transport of breast milk expressed by a service member or civilian employee during temporary duty (TDY) travel may be authorized as a travel accommodation for a special need. Breast milk shipment may only be authorized for TDY longer than three calendar days and up to 24 months from the date the Service member or civilian employee gave birth. More information can be found [here](#).

## **Long-Acting Reversible Contraception (LARC) Training Opportunities**

LARCs are important for increasing readiness of female service members. NEXPLANON® is an effective LARC option, lasts for up to three years and is over 99% effective. If you or a member of your community is interested in receiving training for NEXPLANON® placement and removal, please contact [kristen.w.sands.ctr@mail.mil](mailto:kristen.w.sands.ctr@mail.mil) for more information.

## **Joint Women's Leadership Symposium (JWLS)**

The OWH will present on OWH and FFRCC efforts and goals at the 2022 Joint Women's Leadership Symposium (JWLS). This two-day symposium will take place from 11 – 12 July in Norfolk, Virginia and will include workshops and speaker spotlights focused on leadership, mentorship, military policy, family wellness, and more. For more information, please visit the JWLS website [here](#).

## **Maternity Uniform Pilot Program**

Per [NAVADMIN 284/21](#), the Navy Uniform Matters Office, in conjunction with the Navy Exchange Service Command, launched a Maternity Uniform Pilot Program (MPP) to issue maternity uniforms to a select number of eligible Sailors on a temporary basis and at no cost to the Sailor. The program runs from 02 JAN 2022 – 30 SEP 2026. During 2022, the program is available to 400 Sailors. Participation in the program is voluntary and requires command endorsement. Pregnant Sailors who would like to participate may download the [MPP Application Instruction Guide](#), [Maternity Pilot Program Application](#), and the [Maternity Uniform Measurement Sheet](#).