

Female Force Readiness Clinical Community

Quarterly Recap | FY21 (June 2021 – August 2021)



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

Women's Health Webpage

The OWH Women's Health Webpage web link has changed! To navigate to the Women's Health Webpage to access patient, provider and leadership resources, click [here](#).

Operational Provider Training Development Working Group (WG)

The Operational Provider Training Development WG was established to develop a women's health training to ensure frontline providers (i.e., Operational Medical Officers (OMOs), General Medical Officers (GMOs), Independent Duty Corpsmen (IDCs), Flight Surgeons, Undersea Medical Officers, and Fleet Medical Officers (FMFs)) are equipped with five key capabilities to support women's health and deployability in the operational environment. The BUMED OWH is requesting that Navy Medicine Leadership endorse the five recommended women's health proficiencies as mandatory training requirements for operational providers to ensure they are ready to support the expanding female force.

Embedded Women's Health Provider (EWHP) Pilot

The EWHP Pilot at Naval Stations Norfolk and Mayport concluded in June 2021. Following success of the EWHP Pilot, the OWH is requesting formalized support from Navy Medicine Leadership to ensure increased access to women's health services to advance total force readiness and increase deployability.

EWHP Pilot Success

METRIC	DATA RESULTS	
EWHP Utilization	564 service women have been cared for to date	17 service women were seen each day on average, nearing clinic capacity
Patient Care	180 service women have accessed contraception	274 service women received screening for Sexually Transmitted Infections (STIs)
Patient Satisfaction	4.96 out of 5.0 is the average patient comfort with the EWHP	90% of patients described the EWHP as their most convenient care setting
Readiness Impact	987 estimated duty hours have been saved due to EWHP access	31% of patients have obtained pap-compliance through the EWHP

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/Nav-Marine-Corps-Public-Health-Center/Womens-Health/>

Key Points of Contact

BUMED OWH:

CDR Catherine Luna,

Female Force Readiness Advisory Board (FFRAB) Chair:

CDR Shari Gentry:

FFRAB Vice Chair:

CDR Monica Ormeno:

Mental Health Sub-Community Board (MHSCB) Chair:

CDR Francine Segovia

MHSCB Vice Chair:

LCDR Ashley Clark

Neuromusculoskeletal Sub-Community Board (NMSK SCB) Chair:

CDR Michael Arnold

Family Planning Sub-Community Board (FPSCB) Chair:

CDR Candace Foura

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CLINICAL COMMUNITY UPDATES

I. Female Force Readiness Advisory Board

- The FFRAB oversees the three sub-communities listed below, the Operational Provider Training Development WG and the Women's Health Training Toolkit WG. These WGs focus on women's health training development for service women and operational providers.
- The FFRAB reviewed, provided feedback, and approved the *Nutrition Guidelines and Recommendations for Service Women* resource, the *Cultural Competency Training Guide*, and Provider and Patient Resources to Support Early Pregnancy Loss.

II. Mental Health Sub-Community Board (MHSCB)

- The MHSCB developed the Cultural Competency Training Guide, a self-paced learning resource for Navy and Marine Corps leadership to identify knowledge gaps and promote further learning.
- An MHSCB Tiger Team is developing a "normalizing mental healthcare" resource to include 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 seeking mental healthcare.
- The MHSCB collaborated with the FPSCB to develop a resource to support service women who are struggling with infertility and provide information on the available support services.

III. Neuromusculoskeletal Sub-Community Board (NMSK SCB)

- An NMSK SCB Tiger Team developed a nutrition resource for service women that compiles information that is detailed in specific, valuable measures beyond calorie counts to equip service women with concrete information that can be incorporated into eating habits.
- An NMSK SCB Tiger Team is developing an educational resource for female Sailors and Marines focused on preventing hip and back pain through exercise and lifestyle information on nutrition and smoking.
- An NMSK SCB Tiger Team is writing a point paper with recommendations to address gender disparities in the Navy Body Composition Program. In the point paper, the Tiger Team will provide evidence-based recommendations for optimal BMI range, estimated body fat percentage calculation, and female warrior performance standards for Physical Readiness Tests (PRT) to modify the current Navy height-weight standards.

IV. Family Planning Sub-Community Board (FPSCB)

- A FPSCB Tiger Team developed patient and provider resources to support service members following an early pregnancy loss. Both resources provide background information on early pregnancy loss as well as common symptoms and guidance for patient counseling and support resources.
- A FPSCB Tiger Team is developing a resource for service women on menstrual management strategies including managing menstrual symptoms through over the counter (OTC) medications or lifestyle changes such as healthy eating, hydration, and stretching.
- The FPSCB is continuing to review and update the Provider Treatment Algorithms, an easy-to-use tool created by the OWH to help operational providers recognize common women's health issues and determine whether to treat or escalate female patients to a higher level of care.

Upcoming Meetings 2021

FFRAB

- 20 Sept
- 18 Oct
- 19 Nov

MHSCB

- 16 Sept
- 21 Oct
- 15 Nov

NMSK SCB

- 01 Sept
- 06 Oct
- 03 Nov

FPSCB

- 02 Sept
- 07 Oct
- 04 Nov

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Navy Physical Readiness Program Update

NAVADMIN 129/21, enacted in June 2021, states that pregnant and postpartum Sailors are exempt from participating in the Physical Fitness Assessment (PFA), to include BCA (Body Composition Assessment) and PRT (Physical Readiness Test) from the time a pregnancy is confirmed by a healthcare provider until the end of 12 months (vice previous 9 months guidance) following a qualifying birth event.

Pregnancy and Postpartum Physical Training (P3T) Program

The Navy Physical Readiness Program Office has begun a pilot of the P3T Program with three local commands at Naval Station Norfolk. The P3T program was originally developed by the Army and is aligned with exercise recommendations from the American College of Obstetricians and Gynecologists (ACOG). The P3T Program offers standardized means for service women to maintain fitness levels during pregnancy and improve the postpartum transition back to full duty.

Updated Sexually Transmitted Infections (STIs) Treatment Guidelines

The Centers for Disease Control and Prevention (CDC) released an update to the 2015 guidelines for the treatment of persons who have or are at risk for STIs. The new guidelines include nine new recommendations including 1) updated recommendations for treatment of *Neisseria gonorrhoeae*, *Chlamydia trachomatis*, and *Trichomonas vaginalis*; 2) addition of metronidazole to the recommended treatment regimen for pelvic inflammatory disease; and 3) alternative treatment options for bacterial vaginosis. Healthcare providers can use these guidelines to assist in prevention and treatment of STIs (access updated guidelines [here](#)).

Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook

The [U.S. Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook and Nutrition Guidebook](#) is a downloadable resource that provides service women with guidance on physical fitness and nutrition. The guidebook covers topics including healthy eating guidelines, recommended food choices, weight management strategies, and safe and effective workouts for pregnant and postpartum women.

COVID-19 Vaccination Considerations for Obstetric-Gynecologic Care

The ACOG updated its COVID-19 vaccine recommendations to indicate that all eligible persons, including pregnant and lactating individuals, should receive a COVID-19 vaccine or vaccine series. The new recommendations reflect evidence demonstrating the safe use of the COVID-19 vaccines during pregnancy from tens of thousands of reporting individuals, the current low vaccination rates across the US, and the concerning increase in cases. To read the entire Practice Advisory, click [here](#).

The Artemis Program: Supporting Pregnant and Postpartum Marines

The Artemis Program is a command-endorsed, Navy Medicine-informed and supported, evidence-based approach to increase the rehabilitation, readiness, and retention of pregnant and postpartum (PP) Marines and Sailors. The program combines the efforts of the 1st Marine Logistics Group (MLG), Navy Medical Readiness and Training Command (NMRTC) Camp Pendleton, SemperFit, Marine Corps Community Services (MCCS), Force Fitness Instructors, and Chaplains to create a touchpoint-based support program for active duty pregnant and PP Marines and Sailors. The multidisciplinary team delivers a two-part series: an educational series and a physical training series. The at-home educational series includes tailored information for the prenatal and PP period, expert videos on financial budgeting and new parent support, and military-specific topics including DEERS enrollment and breastfeeding resources for active duty mothers. The physical training series includes an introduction to the weekly Artemis group physical therapy (PT) program and a personalized home exercise program.