

# Female Force Readiness Clinical Community

Quarterly Recap | FY19 (March 2019 – May 2019) Prepared by Deloitte Consulting, LLP



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), sub-community boards, working groups (WGs), and clinical community members to increase visibility and communication on matters pertaining to women's health.

## **BUMED OWH Updates**

### **Women's Health Strategy (WHS) Working Group**

The WHS WG was established to initiate the development of a comprehensive strategic plan for Navy Medicine aimed to improve readiness and retention for active duty female Sailors and Marines. WHS WG members represent a multidisciplinary group of Navy Medicine women's health medical and operational stakeholders that provide diverse experiences and expertise. The WHS WG held 5 meetings to examine the state of women's health across Navy Medicine and develop the mission, vision, and objectives of the WHS. These elements will serve as the framework for the comprehensive Navy Medicine WHS, which will be finalized during the 2-day, in-person Women's Health Summit taking place in summer 2019.

### **2019 Women's Health Summit**

The 2019 Women's Health Summit will convene multidisciplinary clinical and operational stakeholders to finalize the WHS and determine the future priorities and health initiatives aligned with the WHS. The Summit will provide the opportunity for stakeholders to coordinate efforts to increase access to comprehensive care and promote medical readiness of the female force. The objectives of the Women's Health Summit are to prioritize goals related to advancing women's healthcare throughout the Navy Enterprise and develop action plans to achieve these milestones.

## **Opportunities for Engagement**

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

- The FFRAB is looking for members in the following specialty areas:
  - Fleet Medicine/Operational Representatives
  - Preventive Medicine
  - Nutritionist
  - Mental Health
  - Neuromusculoskeletal
- The Navy Manual of the Medical Department (MANMED) WG is looking for a member from the mental health community.
- The Deployment Readiness Education for Service Women (DRES) WG is looking for members from Fleet Medicine or Operational backgrounds.

### KEY INFORMATION

#### **MilSuite**

The following link can be used to join and 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>

#### **Key Points of Contact**

##### **BUMED OWH:**

CDR Shannon Lamb

##### **FFRAB Chair:**

CDR Paulette Cazares

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

LCDR Francine Segovia

##### **Perinatal Sub-Community Board (PSCB) Chair:**

CDR Catherine Luna

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

CDR Candace Foura

We look forward to hearing your feedback on this document and welcome any updates you may have; please send all correspondence to CDR Shannon Lamb, BUMED Office of Women's Health.

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## FFRCC Updates

### FFRAB

The FFRAB voted to stand up the following two WGs:

- The MANMED WG will focus on providing recommendations to update the MANMED Chapter 15 “Medical Examinations”, Section V “Annual Health Assessment Recommendations for Active Duty Women.” The WG is currently submitting the first round of edits to the manual and will review those edits to establish group consensus.
- The DRES WG will focus on developing operationally relevant educational materials on women’s health care needs in deployed environments, and how to prepare for deployments. Topics will include contraceptive choices, sexual education, mental health resilience, and preventive care.

### MHSCB

- MHSCB members are creating a Navy Medicine Mental Health Provider Survey to assess provider knowledge and willingness and ability to treat women for mental health issues.
- The Perinatal Mental Health WG is developing a quarterly newsletter to share information between perinatal and mental health providers across the Navy Enterprise and to update Commands on best practices for perinatal mental health care.
- The Women’s Mental Health Trauma WG is in the process of collecting information for the Trauma Resource Repository, located [here](#).
- The Perinatal Loss WG is establishing a perinatal loss bereavement program, a perinatal loss grief scale, and perinatal loss training for providers.

### PSCB

- The Navy Medicine PSCB and Perinatal Sub-Community (PSC) will transition to the Defense Health Agency (DHA) by 01 September 2019.
- The recommendation is for the DHA to adopt a similar structure to Navy Medicine, with medical treatment facility (MTF) level representation from each service to allow for seamless communication between DHA and the local level.
- PSCB committees should continue to meet at a local level to ensure continued patient safety, conduct simulation drills, and track their resuscitation training compliance as these metrics will continue to be tracked by the DHA.

### FPSCB

- Naval Health Clinic (NHC) Hawaii (Makalapa Clinic at Pearl Harbor) opened a Contraceptive Walk-In Clinic in May 2019, becoming the 18<sup>th</sup> Navy MTF Contraceptive Walk-In Clinic location.
- United States Naval Hospital (USNH) Rota plans to open a Contraceptive Walk-In Clinic in August 2019.
- The video “Introduction to Contraception, Sexually Transmitted Infections (STIs) and Boot Camp Wellness” has been finalized. The video will be presented during boot camp to equip recruits with the tools and knowledge to protect themselves from unplanned pregnancy and STIs.
- FPSCB members are developing a facilitation guide to enhance the video experience to be more interactive and engaging. This guide will ensure that the presenter is able to effectively elaborate on video content where necessary, facilitate discussion, and accurately answer questions that may arise.
- If you would like a copy of the video for educational purposes please reach out to CDR Lamb of the BUMED Office of Women’s Health.

## Upcoming Meetings

**FFRAB** | 15 July, 26 August, 16 September

**MHSCB** | 18 July, 15 August, 19 September

**PSCB** | 26 July

**FPSCB** | 11 July, 05 September



## Updated DHA Procedural Instruction (PI) on Contraception and Contraceptive Counseling

The DHA-PI "Comprehensive Contraception Counseling and Access to the Full Range of Methods of Contraception" has been signed. The instruction includes the following mandates:

- Contraception must be provided either walk-in or within 24 hours in preparation for deployment and in deployed settings.
- All beneficiaries who fill prescriptions at MTF pharmacies may receive up to a 12 month supply of short acting reversible contraceptives (SARCs) at one time and females will receive an adequate supply of SARCs to last the entire length of the deployment.
- Emergency contraceptive methods are to be included in the basic core formulary and stocked at all MTFs (i.e., ella<sup>®</sup> and Plan B<sup>®</sup>).
- All service members attending initial officer or enlisted training will be allowed to continue their personal supply of current contraception until it is exhausted (i.e., no confiscation of contraception at boot camp).
- All members attending initial officer or enlisted training must receive comprehensive family planning and contraception education including the prevention of sexually transmitted infections.

### Contraception Resource for Mental Health Providers

The MHSCB and FPSCB are developing a Contraception Resource for Mental Health Providers. This goal of this resource is to equip clinical and nonclinical mental health providers with a reference to use when helping patients manage their reproductive health.

### New FFRAB Leadership

FFRAB members elected a new Chair, CDR Shari Gentry and Vice Chair, LCDR Monica Ormeno. **Thank you to CDR Paulette Cazares** for helping to establish and lead the FFRAB over the past two years!

### UbiCare Utilization

100% of Navy MTFs are now using UbiCare's enhanced pregnancy messaging capability, optimized for mobile devices and Millennials, with an 11% rise in Obstetrics Open Rate after one month (April 2019 Data).

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

The JWLS is scheduled for 22-23 Aug. 23 August is "Navy Day" in which they will have several panel discussions. Cost is \$400 to attend, and it is located at the Walter E Reed Convention Center in Washington DC. More information can be found [here](#). JWLS is a non-profit organization dedicated to providing professional development through networking, education, and mentorship of women from all three maritime armed forces – the United States Navy, Marine Corps, and Coast Guard.

### Women, Peace, and Security Conference

Navy Medicine mental health providers will present at the Women, Peace and Security Conference, which will be held at the Watson Institute of Brown University and hosted in collaboration with the U.S. Naval War College in Fall 2019.

### PSCB Spotlight

LCDR Patricia Butler presented a spotlight on the annual three-day European-Africa Military Nursing Exchange (EAMNE) in Ramstein, Germany. The conference focused on enhancing joint medical readiness and strategies for working in a resource constrained environment. Exchange participants also discussed the need for standardized service-wide collaboration to include joint pre-deployment programs, education and training, and engagement with local leadership. Information on the global health distance learning program can be found [here](#).