

# Female Force Readiness Clinical Community

## Quarterly Recap | FY22 (December 2021 – February 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**

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

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 who offers 15 virtual women's health appointments weekly. These appointments focus on contraceptive counseling and prescriptions in an effort to decrease unplanned pregnancies, one of the largest drivers of non-deployability in the Navy. The OWH is conducting monthly data reviews and analysis to identify patient demand, provider utilization, and trends in encounters.

### **Deployment Readiness Education for Service Women (DRES) App is Live!**

The DRES Handbook has been developed into a tri-service [Mobile App](#) by the Defense Health Agency (DHA) and was released in February 2022. The App includes deployment readiness information related to women's health, including information on sexual health, contraception, menstrual suppression, and how to navigate the military health system. The OWH will conduct a longitudinal study to assess the effectiveness of the App on female Marines' self-reported health behaviors related to readiness and awareness of military health resources.



### **My Pregnancy A to Z App**

The *My Pregnancy A to Z App* provides a comprehensive set of pregnancy tools that make it easy to track your pregnancy, log information, and share with your provider. App features include:

- Weekly guide to baby's development
- Planning guide
- Purple Book e-reader version with weekly suggested reading
- Weekly tips and journal inspirations
- Resources for active duty service members, veterans, and dependents
- Pregnancy journal
- Health tracking for mom and baby



## **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/group/s/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/Navy-Marine-Corps-Public-Health-Center/Womens-Health/>

### **Key Points of Contact**

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#### **MHSCB Vice Chair:**

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

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## CLINICAL COMMUNITY UPDATES

### I. Female Force Readiness Advisory Board (FFRAB)

- The FFRAB oversees the three sub-communities listed below and two working groups (WGs) focused on women's health training development.
- A variety of women's health resources have been finalized, including two Fertility Counseling Resources, one for patients and one for providers, and the Normalizing Military Mental Health Care: Myth vs. Fact resource, all of which will soon be available on the [Women's Health Webpage](#). Further, Women's Health Training Toolkit materials are now available on the Women's Health Webpage, including [Curriculum Presentation Slides](#), [Facilitation Guide](#), [Planning Guide](#), and [Customizable Flyer](#).

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

- 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 seeking mental healthcare. The resource has been approved by the FFRAB and will go to BUMED Public Affairs Office (PAO) for review to be uploaded on the Women's Health Webpage.
- The Mental Health Provider Survey closed with a sample size that is approximately 40% of the total active duty Navy Medicine mental health provider population and is now in the data analysis phase.
- As their tenure ends, CDR Segovia and LCDR Clark will be turning over their roles of Chair and Vice Chair after years of successful leadership. The SCB will select a new Chair in the coming months.

### 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. FFRAB member feedback will be incorporated before the paper is routed to the Operational Quality & Safety Council for review.
- NMSK SCB Tiger Team incorporated feedback from SCB members and physical therapists to develop 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 (*anticipated Summer 2022*).
- The NMSK SCB is developing a point paper with recommendations to address gender disparities in the Navy Body Composition Program. The point paper provides evidence-based recommendations for optimal body mass index (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)

- The FPSCB supported the refresh of the Recruit Training Command (RTC) Great Lakes Life Skills curriculum by reviewing and updating the Reproductive Health Lesson materials. Recommendations were made to improve recruit retention of information on contraception and sexually transmitted infections (STIs), as well as provide non-medical boot camp instructors with a training session to equip them with helpful hands-on material and instruction to assist with giving the Reproductive Health Lecture. RTC Great Lakes is transitioning to teach the Life Skills curriculum at the conclusion of boot camp rather than during A-School. In preparation, FPSCB members are reviewing and updating reproductive health lesson materials to support this transition.

**Upcoming  
Meetings  
2022**

#### FFRAB

- 21 Mar
- 18 Apr
- 16 May

#### MHSCB

- 17 Mar
- 21 Apr
- 19 May

#### NMSK SCB

- 02 Mar
- 06 Apr
- 04 May

#### FPSCB

- 03 Mar
- 07 Apr
- 05 May

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## Women's Mental Health Across the Lifespan

Dr. Laura J. Miller, Medical Director of Reproductive Mental Health at the US Department of Veteran Affairs, shared a presentation on Women's Mental Health Across the Lifespan during the February 2022 FFRAB meeting. She utilized a composite case example to highlight the affect of sex and gender on the likelihood of mental health conditions, discussing genetics, in utero conditions, trauma, and toxic stress as factors during a woman's lifetime that may contribute to mental health concerns.

## Women's Health Seminar

### Working Group

The Women's Health Seminar Working Group (WG) is a new FFRCC WG led by Co-Chairs LCDR Ayeetin Azah and LCDR Heather Hauck and Vice Chair HM1 Matthew Gentile. The WG consists of 20 members who will prepare and execute a virtual Navy-specific women's health training intended for Operational Providers. This virtual training will focus on basic, deckplate-level women's health and medical readiness topics to highlight comprehensive subject matter, including topics such as mental and musculoskeletal health, diagnosing pregnancy, sexual health, preventative healthcare, and women's health considerations for deployment.

## MHSCB Chair Transition

CDR Segovia, Applied and Clinical Psychologist, Naval Health Clinic (NHC) Hawaii and LCDR Ashley Clark, Clinical and Operational Psychologist, Marine Corps Recruit Depot (MCRD) San Diego, will be stepping down from their roles as Chair and Vice Chair of the MHSCB. The MHSCB thanks the leaders for their time and dedication and is currently considering candidates to fill the Chair position. The MHSCB plans to select a new Chair following their 17 March meeting.

## Secondary Caregiver Leave (SCL) Increase

The Secretary of the Navy increased the maximum SCL to 21 days, effective 11 February 2022. This change allows service members to spend more time with family after the birth or adoption of a child. The extension to three weeks aligns SCL duration in the Navy and Marine Corps with that in the Army and Air Force. This increase is in advance of an expansion to twelve weeks of SCL authorized in National Defense Authorization Act (NDAA) for Fiscal Year 2022.

## Women's Health Training Toolkit (WHTT)

The WHTT has been finalized and is available [here](#). The Toolkit provides standardized, evidence-based educational content for operational providers to facilitate a women's health training to their units, promoting active engagement and interactive learning. Topics include women's health and deployment, pregnancy and motherhood in the Navy and Marine Corps, and navigating the Military Health System. The Toolkit also connects service members to resources to proactively manage their healthcare needs. The WHTT WG is exploring options to pilot the final Toolkit, including with an operational unit at Marine Corps Air Station Cherry Point and with a ship at Naval Station Norfolk.

## Society of Federal Health Professionals (AMSUS) 2022 Virtual Meeting

The 2022 AMSUS Virtual Annual Meeting took place from 22-25 February and allowed for learning and collaborating amongst health professionals focused on advancing federal, public, and global health. CAPT Cathy Luna presented a poster titled "Optimizing the Readiness of the Female Force through Embedded Women's Health". The presentation introduced the Embedded Women's Health Provider (EWHP) Program, explained the benefits of an EWHP, and provided details on the EWHP Pilot that took place at Naval Stations Norfolk and Mayport. Further, the presentation mentioned implications for future delivery, highlighting the *Women's Health at the Waterfront Playbook* developed by the OWH to support expansion EWHPs. If you would like to receive a copy of the Playbook, please reach out to [kristen.w.sands.ctr@mail.mil](mailto:kristen.w.sands.ctr@mail.mil).