

Female Force Readiness Navy Medicine Operational Clinical Community



Quarterly Recap | FY22 (June 2022 – September 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 four months. We will regularly disseminate the Recap to the Female Force Readiness Navy Medicine Operational Clinical Community (FFR NMOCC) 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

BUMED OWH Leadership Update

The OWH welcomed CDR Katie Schulz as the new Co-Chair of the OWH. CDR Schulz is a Certified Nurse Midwife (CNM) and CNM Specialty Leader, based at BUMED Defense Health Headquarters (DHHQ). CAPT Cathy Luna is currently on family leave until the winter, when she will return to join CDR Schulz in the OWH until her PCS in the spring.

2022 Female Force Readiness Strategy

The OWH utilized outputs from the 2022 Female Force Readiness Summit to refresh the Female Force Readiness Strategy. The new strategy includes updated goals and objectives to reflect FFR NMOCC progress over the past year and defines priorities for the upcoming year. Accompanying these goals and objectives are five action plans detailing tactical next steps to serve as a guide for strategy implementation. The new strategy will soon be distributed to the clinical community.

Response to the Overturn of *Roe vs. Wade*

Following the overturning of *Roe vs. Wade*, leaders of the Department of Defense (DoD) and Defense Health Agency (DHA) have released memorandums and resources addressing service members' access to care. The OWH has developed a resource for service members that explains the current abortion care environment within the military and provides resources to support service members' individual choices. The resource can be found [here](#). Additionally, the OWH has been engaged in Service and Enterprise-wide policy review initiatives. For additional information, please see [How the Dobbs Decision Could Affect U.S. National Security](#), [More than 40% of Troops Face Limited or No Access to Abortion Care](#), [Memorandum Ensuring Access to Essential Women's Health Care Services](#), and [Questions on Essential Women's Health Care Services](#).

Clinical Community Name Change

The name of the Female Force Readiness Clinical Community (FFRCC) has been changed to the Female Force Readiness Navy Medicine Operational Clinical Community (FFR NMOCC). This name change is better aligned with the operational focus and mission of the clinical community. This change will not materially change the function of the clinical community.

KEY INFORMATION

MilSuite

The following link can be used to access the FFR NMOCC 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/Navy-Marine-Corps-Public-Health-Center/Womens-Health/>

Key Points of Contact

BUMED OWH:

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Female Force Readiness Navy Medicine Operational Clinical Community Advisory Board (FFR NMOCC AB) Chair:

CDR April McGill:
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FFR NMOCC AB Vice Chair:

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

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MHSCB Vice Chair:

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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 Teri Ryals teri.r.ryals.mil@health.mil

FPSCB Vice Chair:

LCDR Sharon Stortz
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I. Female Force Readiness NMOCC Advisory Board (FFR NMOCC AB)

- The FFR NMOCC AB 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 are housed on the [Women's Health Webpage](#), including the [Patient Guide on Plan B®](#) and two Fertility Counseling Resources, [one for patients](#) and [one for providers](#). Further, Women's Health Training Toolkit materials are 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 has established two new Tiger Teams. One Tiger Team is creating a resource to promote toughness and resiliency amongst female service members. The second Tiger Team is creating a resource on the reintegration of service members after deployment.
- 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. Survey team members are compiling findings into a research paper and are identifying options for publication.

III. Neuromusculoskeletal Sub-Community Board (NMSK SCB)

- The NMSK SCB developed 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 has been approved by the Operational Quality & Safety Council (OQSC) and will be shared with Recruit Training Commands (RTC) Great Lakes for review and 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 BUMED Public Affairs Office (PAO) approval of the entire product will be required before the videos can be released.
- The NMSK SCB developed provider and patient resources to provide active duty service women guidance on common NMSK considerations during pregnancy and postpartum, including information on common injuries and injury prevention methods during the perinatal period. These resources have been finalized by the NMSK SCB and will soon be reviewed by the FFR NMOCC AB. After FFR NMOCC AB review, the resources will be submitted to PAO for approval and posted to the Women's Health Webpage.

IV. Family Planning Sub-Community Board (FPSCB)

- CDR Foura completed her tenure as FPSCB Chair in July 2022. CDR Teri Ryals is the new Chair and LCDR Sharon Stortz is the new Vice Chair. CDR Ryals currently serves as a CNM on the US Naval Ship (USNS) Mercy. LCDR Stortz is a staff physician in the obstetrics and gynecology department at United States Naval Hospital (USNH) Okinawa.
- The FPSCB is developing a nurse-run protocol resource for patients coming in for a self-swab to treat vaginal discharge. The intention of this algorithm is to decrease delay in care waiting for appointment as well as decrease burden on emergency department (ED) clinicians by reducing unnecessary ED visits.
- The FPSCB is seeking new members. Please email kristen.w.sands.ctr@health.mil if you are interested in joining!

Upcoming
Meetings
2022

FFRAB

- 17 Oct
- 21 Nov
- 19 Dec

MHSCB

- 20 Oct
- 17 Nov
- 15 Dec

NMSK SCB

- 05 Oct
- 02 Nov
- 07 Dec

FPSCB

- 06 Oct
- 03 Nov
- 01 Dec

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Women's Reproductive Health Survey (WRHS)

The RAND Corporation published a summary of findings and policy implications from The WRHS of Active-Duty Service Members that can be found [here](#). The WRHS represents the first DoD survey of only women since 1998. The survey focuses on 1) health care utilization, 2) birth control and contraceptive use, 3) reproductive health during training, pre-deployment, and deployment, 4) fertility, pregnancy, and infertility. The policy implications section highlights potential policies related to survey findings (e.g., policies related to unintended pregnancy, maternal depression, and medical fertility assistance).

Women's Health Seminar Working Group

The Women's Health Seminar WG is preparing to execute a virtual Navy-specific women's health training intended for operational clinicians. The training will be offered live and will be recorded for future use. This training will focus on basic, deckplate-level women's health and medical readiness topics. WG Tiger Teams are currently developing Seminar presentation materials, assigning presenters to deliver the training, and tracking DHA Continuing Education Program Office requirements to ensure attendees will receive continuing education credits for their participation.

Advertising Resources

The OWH has created a number of advertising materials to socialize various educational resources, which are housed on the 'Advertising Resources' section on the Women's Health Webpage. These advertising materials include the [Deployment Readiness Education for Servicewomen App](#), [Decide & Be Ready Mobile App](#), [Women's Health Training Toolkit](#), and [Women's Health Website](#). Please share these advertising resources with your Commands and practice communities.

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 goal to implement this training in current curriculums was presented to the Fleet Health Integration Panel (FHIP) in June 2022 and the OWH is currently working with Type Commander Surgeons to incorporate feedback from the FHIP. The training was delivered in July at the Armed Forces Operational Medicine Symposium (AFOMS) as a pilot training for Independent Duty Corpsmen (IDCs). The OWH is also coordinating with Naval Medical Forces Support Command (NMFSC) to implement the women's health curriculum as required training in the various operational provider training programs.

Showcasing OWH Priorities

The OWH presented on Navy Medicine Women's Health Priorities at the Health Services Operational Advisory Group (HSOAG) conference in August 2022, highlighting current risks to female force readiness, key women's health proficiencies for operational providers, and the value of increased access to women's healthcare. Upon request for endorsement to formalize the five recommended women's health proficiencies as required skills for operational providers, the OWH received a 100% vote of support. The OPTD WG is working on the five women's health proficiencies to ensure operational providers are equipped with key capabilities to support women's health and deployability. Further, the OWH presented at the Joint Women's Leadership Symposium (JWLS) in July 2022 on current priorities to advance female force readiness. The presentation highlighted ongoing process improvement efforts, the 2022 Female Force Readiness Strategy, FFR NMOCC accomplishments, future policy goals, and OWH priorities.