

Female Force Readiness Clinical Community

Quarterly Recap | FY19 (June 2019 – August 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

2019 Women's Health Summit

The 2019 Women's Health Summit, held on 31 July – 01 August 2019 in Falls Church, VA, convened multidisciplinary medical and operational stakeholders to review the current state of women's healthcare in the Navy and determine the future priorities and initiatives of the Women's Health Strategy. The Summit commenced with opening remarks from RADM Bruce Gillingham and RDML James Hancock emphasizing the importance of women's health initiatives that focus on increasing the lethality and survivability of the female force. A review of the current state of women's health demonstrated that although family planning, contraception, and menstrual suppression remain critical, Limited Duty (LIMDU) and Medical Evacuation (MEDEVAC) statistics confirm that mental health and musculoskeletal injuries remain the biggest disruptors in female mission readiness and retention. Through interactive strategy development exercises, Summit attendees evaluated critical challenges facing Navy Medicine women's healthcare and prioritized the most crucial issues for the Women's Health Strategy to address. Summit attendees established a Vision, Mission, and Goals as well as clear strategic objectives for the Women's Health Strategy. Finally, attendees developed tactical Action Plans including potential initiatives, outcomes, and stakeholders, which will facilitate the execution of the overarching Strategy.

Opportunities for Engagement

Neuromusculoskeletal Sub-Community Board (NMSK SCB)

The Female Force Readiness NMSK SCB, chaired by CDR Michael Arnold, Family Medicine, Uniformed Services University (USU), is recruiting Navy Medicine clinical and operational representatives. The Board seeks to ensure the delivery of comprehensive, evidence-based NMSK care in operational environments to support female active duty readiness and retention. The new NMSKSCB is looking for members in the following specialty areas: Anesthesiology, Neurology, Neurosurgery, Psychiatry, Podiatry, Orthopedics, Sports Medicine, Physical Medicine, Occupational Therapy, Operational Medicine, Primary Care, Preventive Medicine, Family Medicine, Pain Management, Physical Therapy, Pelvic Floor Physical Therapy, and Pharmacy. Please contact the BUMED Office of Women's Health to join.

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

Female Force Readiness Advisory Board (FFRAB) Chair:

CDR Shari Gentry

FFRAB Vice Chair:

CDR Monica Ormeno

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

NMSKSCB Chair:

CDR Michael Arnold

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.

Female Force Readiness Clinical Community

Quarterly Recap | FY19 (June 2019 – August 2019) Prepared by Deloitte Consulting, LLP



FFRCC Updates

FFRAB

The FFRAB oversees two active WGs:

- The Manual of the Medical Department (MANMED) WG is continuing to revise the MANMED Chapter 15 "Medical Examinations", Section V "Annual Health Assessment Recommendations for Active Duty Women", which has not been updated since 2013. WG members have achieved consensus on multiple recommended changes such as updating practice guidelines and readiness requirements for Annual Well Women Care Visits, breast cancer screening, transgender care, menopausal transition, contraception options, and nutrition guidance.
- The Deployment Readiness Education for Service Women (DRES) WG is developing an in-person training for female service members, a Female Deployment Handbook, and a portable, pocket-sized pamphlet with easily comprehensible information on women's health care needs in deployed environments, as well as how to prepare for deployments. Each resource will cover contraceptive choices, menstrual suppression options, what to pack for deployment, understanding the menstrual cycle, health privacy/confidentiality, women's health services available, and more.

MHSCB

- Recent MHSCB meetings have featured presentations from mental health professionals on their experiences as embedded mental health (eMH) providers. The eMH program aims to reduce unplanned losses and improve mission readiness, access to care, clinical outcomes, early intervention, leadership satisfaction, and operationally-focused treatment by embedding mental health care providers into operational units.
- During the 15 August meeting, LT Adrienne Manasco discussed several challenges to women's mental health that she observed during her time as an eMH provider at Naval Station Everett (NSE), including lack of female leadership, high operational tempo, and a lack of mental health resources.
- The Perinatal Mental Health WG and Perinatal Loss WG will continue progress on their current initiatives as local level working groups at NMC Portsmouth and NMC San Diego respectively.

PSCB

- The Navy Medicine PSCB and Perinatal Sub-Community (PSC) officially transitioned to the DHA Women and Infant Clinical Community (WICC).
- The DHA WICC is hosting a monthly one-hour teleconference to provide perinatal updates to all Tri-Service representatives.

FPSCB

- Naval Health Clinic (NHC) Lemoore and the Marine Centered Medical Home (MCMH) Miramar stood up Contraceptive-Walk in Clinics in July 2019 and August 2019 respectively.
- The MHSCB and FPSCB collaborated to create Contraception One-Pagers to equip mental health providers with a reference when helping their patients manage their reproductive health. These Contraception One-Pagers were presented to and approved by the FFRAB on 26 August 2019 and have been routed to the Clinical Communities Board (CCB) for final approval.
- Annovera®, a new contraceptive option, will become available on the commercial market in late Fall 2019. Annovera® is a reusable, donut-shaped, non-biodegradable, flexible vaginal system that is 97.3% effective at preventing pregnancy when used as directed. It is the first vaginal ring contraceptive that can be used to prevent pregnancy for an entire year. The FPSCB will work with the DoD Pharmacy and Therapeutics Committee to get Annovera® on core formulary.

Upcoming Meetings

FFRAB | 16 September, 21 October, 18 November

MHSCB | 19 September, 21 November, 16 January

FPSCB | 07 November, 02 January

NMSK SCB | 02 October, 06 November



Development of Training Curriculum on Healthy Relationships and Interactions for Marine Corps

The Marine and Family Program Division is currently developing a training curriculum on Healthy Relationships and Interactions. The focus of this prevention-based training is to equip Marines with the education and tools to make proactive healthy choices and provide relationship training before any negative behaviors occur. This training encompasses all types of interactions and relationships; not just romantic relationships but friendships, familial relationships, and sexual partners. The final curriculum and resources are currently still in development but this program will be piloted in Fall 2020, and the ultimate goal of this training is to include it in the formal professional military education that Marines receive.

At the conclusion of the Healthy Relationships and Interactions Curriculum, participants will...

- Understand the skills and components that constitute a “healthy” relationship.
- Be more aware of their verbal and nonverbal communication behaviors while interacting with others.
- Understand why boundaries are important and how they are created and maintained in relationships.
- Gain knowledge on self-monitoring and regulation techniques for mitigating stress.
- Be able to identify and use effective strategies for resolving conflict.

Trauma Resource Repository

The Women’s Mental Health Trauma WG is in the process of collecting information for the Trauma Resource Repository (<https://www.milsuite.mil/book/groups/womens-mental-health-trauma-het/>) by contacting Navy Medicine mental health providers from across the Enterprise to request the completion of a standardized Trauma Resource Form on the services their Medical Treatment Facility (MTF) or clinic offers. Please support this effort by sending any trauma resources to the BUMED Office of Women’s Health.

Resource to Address Side Effects of Long Acting Reversible Contraceptives (LARCs)

FPSCB members are developing a resource for providers on options to support patients managing negative side effects from LARCs and discourage early removal of the device. The goal of this resource is to inform providers of possible interventions to address negative side effects such as bleeding or cramping and prevent immediate removal of the LARC due to negative side effects.

Defense Advisory Committee on Women in the Service (DACOWITS)

DACOWITS provides the Secretary of Defense (SecDef) with recommendations on matters and policies relating to the recruitment of service women in the United States Armed Forces. The committee has provided recommendations related to the current marketing strategy, gender integration, performance evaluation, parental leave policies and more. Learn more here: <https://dacowits.defense.gov/>

Updates to Health-Related Behaviors Survey (HRBS)

A “Women’s Reproductive Health Survey” is currently being developed to be included as part of the HRBS. This survey will include questions on contraception use as mandated by the current DHA Procedural Instruction (PI) as well as questions on infertility and access to infertility services. This survey is still in the draft development process and then must be routed for approval from the Institutional Review Board (IRB), the Privacy Program Management Office, and the Office of the Under Secretary of Defense for Personnel and Readiness. For questions on this effort, please contact Mr. Bob MacDonald or Dr. Diana Jeffery.