

Going Underway as an Aerospace Optometrist

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04 June 2021

1000-1100 (ET)



"Medically Ready Force...Ready Medical Force"

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Lovell Federal Health Care Center
U.S. Navy
North Chicago, IL

LCDR Christopher Paulett OD, MS, FAAO



- The Ohio State University College of Optometry, 2010
- Aerospace Optometrist (AsO), 2016
- Primary Care and Ocular Disease Residency through the Illinois College of Optometry, 2020
- Duty stations:
 - ☐ Okinawa, Japan
 - ☐ Everett, WA
 - ☐ Pensacola, FL
 - ☐ Lemoore, CA
 - ☐ Great Lakes, IL

Disclosures



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- Commercial support was not received for this activity.

Learning Objectives



At the conclusion of this activity, participants will be able to:

1. Comprehend the job of an AsO.
2. Analyze the job, schedule, and availability of the wing.
3. Outline how to integrate with the aviation community and fleet.
4. Prepare for optometric care while underway.

Taking care of our warfighters



■ “I can imagine no more rewarding a career. And any man who may be asked in this century what he did to make his life worthwhile, I think can respond with a good deal of pride and satisfaction: 'I served in the United States Navy.'”

□ John F. Kennedy



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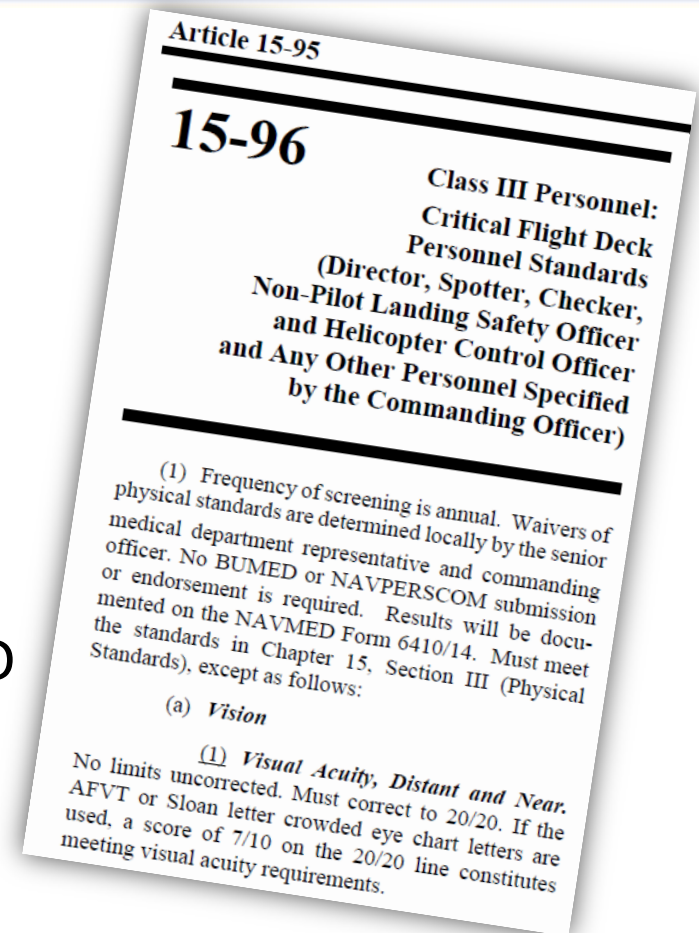
Know your job and do it well



■ Vision standards

- ☐ MANMED CH. 15
- ☐ DODI 6130.03
- ☐ NAMI website (ARWG)
- ☐ SECNAV 6810.1

MANMED CH. 15



Manual of the Medical Dept. Ch. 15

"Medically Ready Force...Ready Medical Force"

Know your job and do it well



■ Vision standards: Check NAMI's website

NAMI ARWG

AVIATION VISION STANDARDS, DESIGNATED PERSONNEL MAR 2021

Block #	ITEM	(USN/USMC)						
		Service Group I (Pilot)	Service Group II (Pilot)	Service Group III (Pilot)	NFO/ Aeromedical Officers	Aircrew- Fixed Wing	Aircrew- Rotary Wing	Air Traffic Controller
DD 2808		≤20/100	≤20/200	≤20/400	No limit	No limit	20/100 or better	No limit
61	Uncorrected Distance VA	20/20 ⁻⁰ Snellen OR 10/10 letters on AFVT or Goodlite Chart			Correctable to 20/20 ⁻³ (7/10) on AFVT or Magnetic Non-Memorization Chart (Goodlite)			
61	Corrected Distance VA (Note 1)	No limit			No limit	20/100 or better	No limit	No limit
62	Refractive Error							
63	Uncorrected Near VA							

https://www.med.navy.mil/sites/nmotc/nami/arwg/Documents/12_Ophthalmology_210301.pdf

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Know your job and do it well



■ Mission essential contact lenses (MECL)

SECNAV 6810.1

b. Navy and Marine Corps (from Bureau of Medicine and Surgery (BUMED) MSG P 111510Z DEC 96)—

(1) Contact lenses and solutions will be provided to Navy and Marine Corps air crew members and naval special warfare personnel (that is, SEALs) whose operational effectiveness would be enhanced by wearing contact lenses.

(2) The member's unit will determine eligibility for contact lens services needed to enhance operational effectiveness. The member's commander must document eligibility in writing prior to the provision of contact lenses, solutions, or fitting and/or follow-up care by the supporting MTF.

(3) The supporting Navy MTF will be responsible for procurement of lenses and solutions for mission essential contact lenses.

(4) Patients pay for lenses ordered for cosmetic or elective reasons.

<https://www.secnav.navy.mil/doni/Directives/06000%20Medical%20and%20Dental%20Services/06-800%20Orthopedic%20Services/6810.1.pdf>

Know your job and do it well



- Refractive surgery process in local area and military/aviation rules
- Aeromedical summaries and Waiver
 - Flight Surgeon and NAMI coordination
- Aviation frames (specifically for F-35)
- Laser safety program



<https://www.artcrafteroptical.com/military-safety/>

Know your job and do it well

- SDS for common chemicals (JP5, chemicals in the hanger, etc.)
- Unique Vision demands of our Warfighting Community



Know your job and do it well

■ Unique Vision demands of our Warfighting Community/Aircrew



- Improved Fresnel Lens Optical Landing System (IFLOLS)
 - “the meatball”

Know your job and do it well

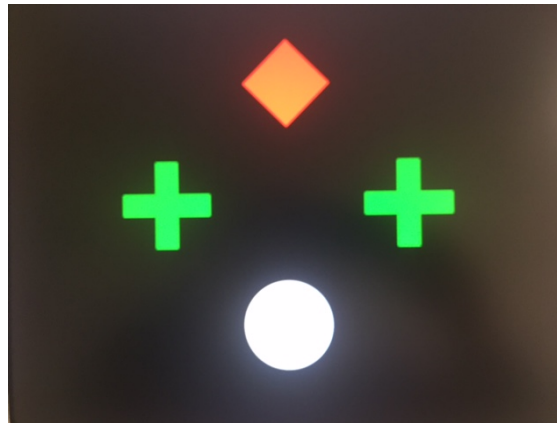


■ Unique Vision demands of our Warfighting Community/Aircrew

- Improved Fresnel Lens Optical Landing System (IFLOLS)
 - “the meatball”

Landing at night

https://www.youtube.com/watch?v=_5DfB1ecr3w



[worth-four-dot-near-test-11.gif \(600×261\) \(yimg.com\)](#)

Know your job and do it well

■ Unique Vision demands:



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Know your job and do it well

■ Unique Vision demands:



<https://www.hoffmanengineering.com/test-equipment-from-hoffman-engineering/night-vision-from-hoffman/nvd-infinity-focus-system/>

“Medically Ready Force...Ready Medical Force”

The job, schedule, and availability of the wing



■ Daily routine when home

Three overlapping flight deck briefs are shown, each for a different wing commander.

Top Brief: CDR Chris DeAngelis, VFA-1 Flying Eagles

Commanding Officer

Date: Monday, 17-Sep-2018
Julian: 8260

Sorties: 37
E/F: 37
T-34: 0
Hours: 57.9
E/F: 57.9
T-34: 0.0
X's: 22
CI Hrs: 40.0

Bottom Brief: CDR Kyle Dohm, VFA-91 Mighty Shrikes

COMMANDING OFFICER

SUNRISE: 0538
SUNSET: 2008
MOONRISE: 2219
MOONSET: 0741
ILLUM: 96%
TZ: -7

Bottom Brief: CDR Moose, VFA-91 Mighty Shrikes

EXECUTIVE OFFICER

DATE: 19 June 2019
Day: Wednesday
JD: 9170
SDO: (1115-LPOD)

The "SFWT Train Keeps Rolling" Edition

FLIGHT EVENTS

LSO

WRITER

Range

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The job, schedule, and availability of the wing



■ Intermediate training

□ Refresher/weapons training

- 2 weeks in class lectures at weapons school
- 1-2 weeks at Tyndall Air Force Base
- St Louis of industry updates and Boeing factory tour

□ Strike fighter advanced readiness program (SFARP)

- 2-3 weeks at NAS Fallon
 - ▷ Air-to-Surface portion
- 2 weeks at NAS Key West
 - ▷ Air-to-Air portion

**Time away from
home counter:**

2 months

The job, schedule, and availability of the wing



■ Intermediate training

□ Tailored ships training availability (TSTA)

- 5-6 weeks on the aircraft carrier
 - ▷ Unit level training to adjust to shipboard operations
 - ▷ Can be combined with deck certification

□ Great opportunity for optometry to go underway!

Time away from home counter:

3-4 months



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The job, schedule, and availability of the wing



■ Intermediate training

☐ Combined CAG large force exercise training

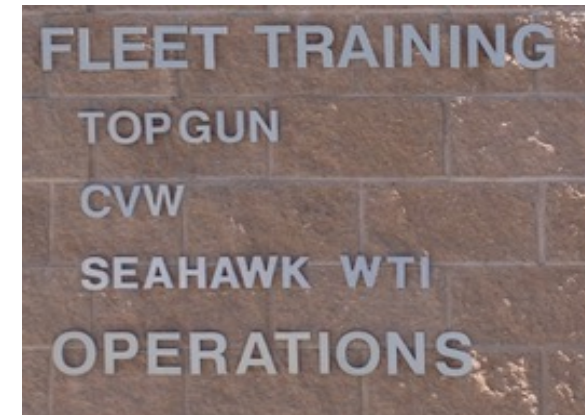
- 5 weeks at NAS Fallon
 - ▷ CAG level integration and training

☐ No fulltime optometry support at NAS Fallon

- Routine TAD optometric care can help

**Time away from
home counter:**

4-5 months



The job, schedule, and availability of the wing



■ Intermediate training

□ Composite unit training exercise (COMPTUEX)

- 4-5 weeks on the aircraft carrier
- Focus on Wing and Ship integration and operational cohesiveness

Time away from home counter:

6 months

□ Another great opportunity for optometry to go underway!



“Medically Ready Force...Ready Medical Force”

The job, schedule, and availability of the wing



■ Advanced training

☐ Joint task force exercise (JTFEX was FLEETEX)

- Sometimes added on before deployment
- Results in extended time away from home

**Time away from
home counter:**

12+ months

■ One month down time

■ Deployment 6-8 months

The job, schedule, and availability of the wing



■ Recovery

- ❑ Extended Ships Restricted availability (ERSA) – post deployment down time, 6 months.
 - Good for medical/eye care and surgery
 - Pop-up detachments can still occur (2–4-week periods)



Time for
Refractive
Surgery?



Leadership and organizational structure of the wing



■ CVW: Carrier Air Wing

- **CAG**: Commander, Air Group (CAPT)
- **D-CAG**: Deputy Commander, Air Group (CAPT)
- **Ops-O**: Operations Officer (CDR)
- Wing staff: (LTs and LCDRs)
- Squadron leadership
 - **CO** and **XO** (CDR)
 - **DH** (LCDR)
 - CMC

How to integrate with the aviation community and fleet (MUST DO)



■ Wear the flight suit

☐ Make sure your leadership knows the role of the AsO



■ Get to know the flight surgeons and flight PAs

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How to integrate with the aviation community and fleet (MUST DO)



- Visit the squadron spaces (face time)
- Promotion of optometry services/ communication
 - ☐ Drop off business cards
 - ☐ Refractive surgery opportunities
 - ☐ MECL program
 - ☐ Laser safety eye exams



How to integrate with the aviation community and fleet (MUST DO)

- Supporting all squadrons (SAR, RAG, Reserve squadrons, VR squadrons)
- Supporting squadron Laser System Safety Officer (LSSO) (on and off the boat)



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How to integrate with the aviation community and fleet (MUST DO)



- Be available and be flexible around their schedule
 - ☐ Ask the patients what can we do to help you more?
 - ☐ Ask them to request your services for work ups and detachments
- See their family members
 - ☐ Peace of mind that their family is being cared for especially during work ups and deployments

How to integrate with the aviation community and fleet (EXTRA)



- Live on base
- Participate in as many aviation functions as possible
 - ❑ AsMA, Hook, Hornet Ball, Bash, Events at the Officers Club.



How to integrate with the aviation community and fleet (EXTRA)



- Set-up a home base with the Fleet Replacement Squadron (FRS/RAG)
- Visit the maintenance shack
- Visit the LSO shack (landing signal officer)
- Visit the Air Traffic Control Tower



[jets.jpg \(742×496\) \(tbpenick.com\)](#)

Putting it all together

■ Going underway/how to get on the carrier

☐ Request through leadership channels

☐ Coordination:

- Wing's medical team

- ▷ Flight surgeon
- ▷ flight PA
- ▷ AVTs

- Ship's medical team

- ▷ SMO
- ▷ MAO
- ▷ Ship Docs

Don't forget



[Navy Coveralls | Coveralls | Military - Shop Your Navy Exchange - Official Site \(mynavyexchange.com\)](http://mynavyexchange.com)

Putting it all together

- Recon pics of eye equipment – via ships optician
- Medical documentation
 - AHLTA Theater
 - Paper records
- Ophthalmic medications
- Angle closure kit

Spectacle Prescription

Name: _____

Valid for Two Years


Date: _____

OD:

OS:

ADD:

PD:



Putting it all together

■ Who will you see while underway?

(5,000 Sailors on the carrier)

☐ Wing 40%,

☐ Ship's company 60%

■ Flexibility of ship
training schedule
(battle station exercises)



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After action reports and following through



- Follow-up on care
- Follow-up on glasses orders and MECLs
- After action report
 - ☐ Your leadership
 - ☐ Wing's leadership
 - ☐ Ship's medical leadership
 - ☐ Specialty leader

Clinical pearls

■ Refractions and glasses

- ❑ Latent hyperopia = how to meet senior leadership
- ❑ Cheaters for the boat



DD FORM 771, JUL 96

THIS FORM IS SUBJECT TO THE PRIVACY ACT OF 1974 - Use DD Form 2081

EYEWEAR PRESCRIPTION

TO: (Lab)
NOSTRA
160 MAIN RD
STE 350
YORKTOWN, VA, 23691
TEL: (757)857-7600 EXT: 1
Email: nostra-customer-service@mail.mil

DATE: _____ ACCOUNT NUMBER: _____ ORDER NUMBER: _____

FROM: _____

NAME: Last, First
LCDR Scott "Too Tall" Williams

ADDRESS: _____

ADDRESS CONTINUED: _____

CITY, STATE, ZIP: _____ PHONE: _____

AD RES NO RES OTHER: _____

FRAME: _____

Half Eye: _____ EYE: _____ BRIDGE: 22

PO DIST NEAR LENS: _____ SELECT LENS: _____ SELECT TINT: _____

R SPHERE CYLINDER AXIS DECENTER: _____

L SPHERE CYLINDER AXIS DECENTER: _____

MULTIVISION: _____

NEAR ADD: _____ SEG HT: _____ TOTAL DECENTER: _____

R: _____ L: _____

SPECIAL COMMENTS/NOTIFICATION (Use this space to specify blocks ordered) (Other): _____

PREScribing OFFICIAL/AUTHORITY: _____

DISTRIBUTION: ORIGINAL - Retained by Lab. COPY 1 - Returned with eyewear. PREVIOUS EDITION IS OBSOLETE. COPY 2 - Entered in health record.

SIGNATURE: _____

[Standard Issue Frames \(navy.mil\)](http://Standard Issue Frames (navy.mil))

<https://www.med.navy.mil/sites/nostra/order/Documents/dd0771.pdf>

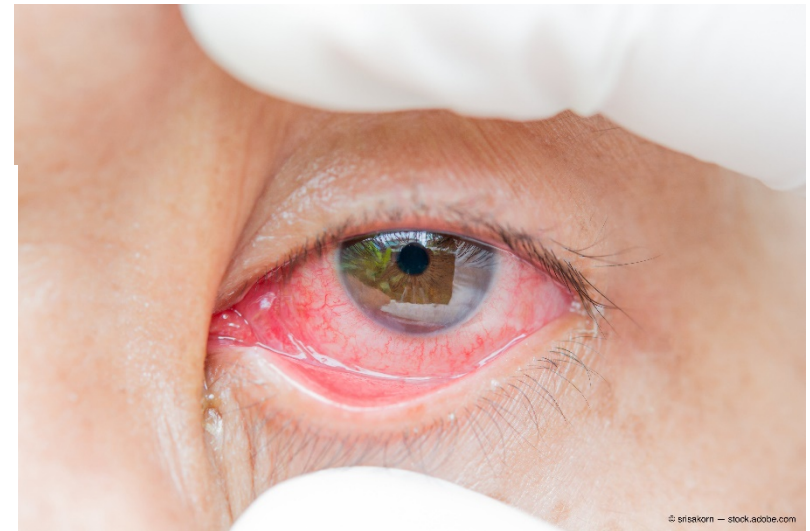
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Clinical pearls

■ Conjunctivitis

❑ Viral and EKC

❑ Allergic

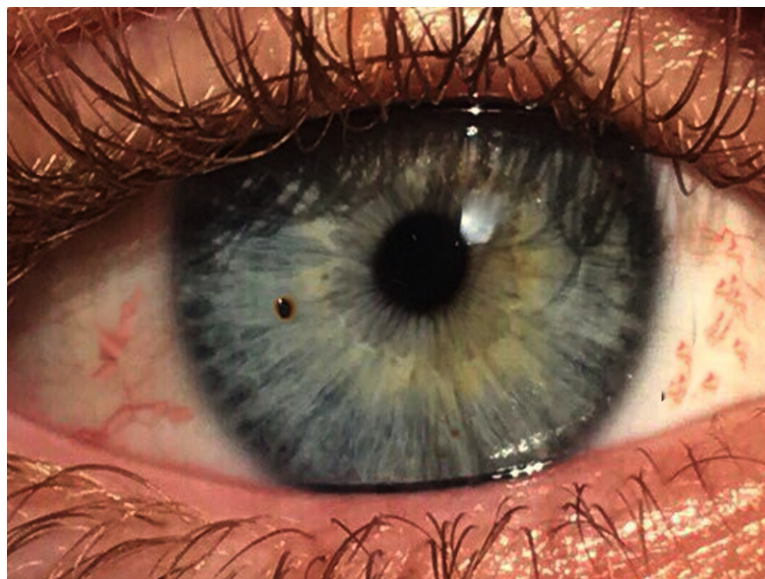


<https://www.optometrytimes.com/view/how-manage-adenoviral-conjunctivitis>

Clinical pearls

■ Ocular injuries

- ☐ Burns – learn where eye wash stations are located
- ☐ Abrasions and ulcers
- ☐ Foreign bodies
- ☐ Traumatic iritis



<https://www.ncbi.nlm.nih.gov/books/NBK536977/figure/article-19987.image.f1/>

Clinical pearls

■ Non-traumatic iritis

- ☐ Stress
- ☐ Autoimmune

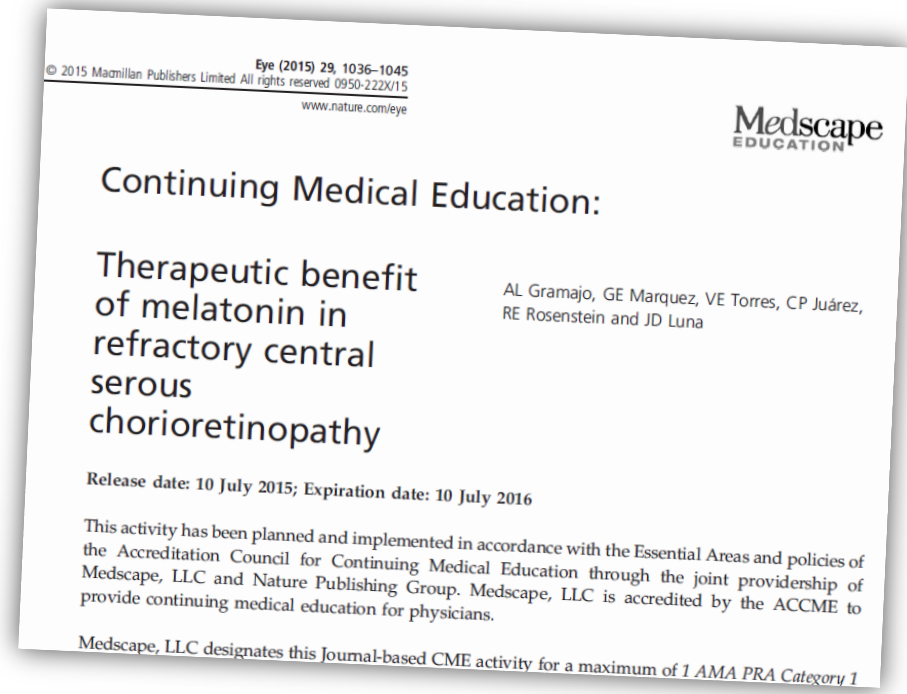
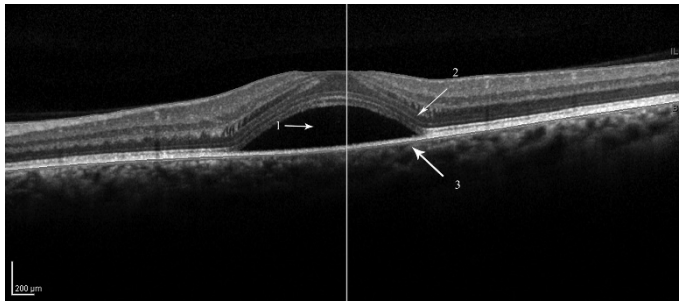


https://www.researchgate.net/figure/Abb-2-9-HSVHerpes-simplexVirus-assozierte-Uveitis-mit-granulomatoesen_fig1_338463154

Clinical pearls

■ Central serous chorioretinopathy

□ Treatment using melatonin can be a **safety risk!**



<https://www.jrheum.org/content/37/9/1973>

Key Takeaways



- The job of a military optometrist is to take care of our warfighters. We work for them, so it is important to take the steps needed to ensure we are accessible.
- Understanding our patient's job demands, work-up cycles, and daily operations will overcome obstacles in receiving essential eye care.
- Integration is how a Navy AsO promotes vision readiness, maximizes safety, and enhances mission effectiveness to the fleet.

References



Aeromedical Reference and Waiver Guide (ARWG). (2021). Appendix A: Aviation Vision Standards charts for applicants and designated.

https://www.med.navy.mil/sites/nmotc/nami/arwg/Documents/12_Ophthalmology_210301.pdf

DOD Instruction 6130.03 Vol. 1. (2018). Medical Standards for Appointment, Enlistment or Induction into the Military Services. <https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/613003p.pdf>

Gramajo, A. L., Marquez, G. E., Torres, V. E., Juárez, C. P., Rosenstein, R. E., Luna, J. D., & Medscape (2015).

Therapeutic benefit of melatonin in refractory central serous chorioretinopathy. *Eye* (London, England), 29(8), 1036–1045. <https://doi.org/10.1038/eye.2015.104>

References



Manual of the Medical Department (NAVMED P-117) Chapter 15. (2015). Physical Examinations and Standards for Enlistment, Commission and Special Duty.

<https://www.med.navy.mil/directives/Documents/NAVMED%20P117%20%28MANMED%29/Chapter%2015%20Medical%20Examinations%20%28incorporates%20Changes%20126%2C%20135-138%2C%20140%2C%20145%2C%20150-152%2C%20154156%2C%20160%2C%20164%2C%20and%20165%29.pdf>

Pepose, J. S., Narvekar, A., Liu, W., & Haque, R. (2019). A randomized controlled trial of povidone-iodine/dexamethasone ophthalmic suspension for acute viral conjunctivitis. *Clinical ophthalmology (Auckland, N.Z.)*, 13, 535–544.

<https://doi.org/10.2147/OPHTH.S191275>

Therapeutic benefit of melatonin in refractory central serous chorioretinopathy. *Eye (London, England)*, 29(8), 1036–1045.

<https://doi.org/10.1038/eye.2015.104>

Overseas Optometry: Afloat and Ashore

LT Courtney Rafferty OD, FAAO

04 June 2021



"Medically Ready Force...Ready Medical Force"

LT Courtney Rafferty OD, FAAO
Optometrist
NMRTU Everett
U.S. Navy
Everett, WA

LT Courtney Rafferty, OD, FAAO



- NMRTU Everett Primary Care
Department Head
 - Pharmacy, Radiology, Laboratory and
Optometry
- Graduated from New England College
of Optometry in 2017
- Dual Military
- Duty stations:
 - NASNI, CA
 - Everett, WA

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Learning Objectives



At the conclusion of this activity, participants will be able to:

1. Know readiness requirements for deployment.
2. Describe underway life.
3. Examine optometric care challenges and strengths afloat and ashore during multinational humanitarian assistance, disaster relief preparedness, and civic action missions.
4. List career development trainings and opportunities available while serving on hospital ships.

Navy Hospital Ships

■ History

- ❑ First hospital ship
 - USS Intrepid (1803)
- ❑ Only ship built specifically to serve as a hospital ship
 - USS Relief (1917)
- ❑ Comfort and Mercy both responded to national pandemics in 1918 and recently in 2020



Navy Hospital Ships

■ Second Geneva Convention

- ❑ Hospital ships protected from war
- ❑ Required to display large red cross or red crescent



Navy Hospital Ships

■ USNS Comfort (T-AH-20) and Mercy (T-AH-19)



- ❑ Converted San Clemente-class supertankers
- ❑ Primary Mission:
 - Provide emergency on-site care for US combatant forces deployed in war or other operations.
- ❑ Secondary Mission:
 - Provide full hospital services to support US disaster relief and humanitarian operations worldwide.

Navy Hospital Ships



■ Specs

- ☐ 894 ft long
- ☐ Up to 12 knot speed
- ☐ 106 ft beam
- ☐ 32 feet draft
- ☐ Staff up to ~1,200 medical personnel
- ☐ Maintain up to 5,000 units of blood

■ Specs

- ☐ One CT Scanner
- ☐ 4 Radiology Suites
- ☐ 12 Operating Rooms
- ☐ 1000 Patient beds
- ☐ 1 Isolation Ward
- ☐ 80 Intensive Care beds

Pre-Deployment



DATE:		RANK:	LAST NAME:	FIRST NAME:
WORK #:		CELL #:	PERSONNEL EMAIL:	
NMCSD POMI MERCY CHECK-OFF Complete and return to POMI. <div style="float: right; border: 1px solid black; padding: 2px;"> POMI PHONE: (619) 532-5766/9198 </div>				
STOP LOCATION	PHONE & HOURS	REQUIRED ITEMS	SIGN/STAMP	
1 DIRECTORATE:	DEPT ASSIGNED:	DIRECTORATE STICK LEADER:	STICK LEADER:	
2 DEPLOYMENT HEALTH CENTER (MHC) BLDG. 6, 2nd Floor	POC: Ms. Thomas (619) 532-7152 M-Tu: 0730-1700; F: 0730-1600	Sea Duty Screening/ Individual Medical Readiness (IMR) Status		
3 DENTAL CLINIC BLDG. 1, 2nd Floor	Main Hospital Staff: (619) 532-8600 Branch Clinic Staff: Assigned SDO M-F: 0730-1600	Class 1 or 2 Dental Readiness (within 6 months)		
4 SECURITY MANAGER BLDG. 1, 1st Floor (Glass House)	(619) 532-6096 / 9778 M-F: 0800-1100; 1300-1400	Security Clearance Status (Expiration Date after Deployment)	EXPIRATION DATE: ____/____/____ SIGN/STAMP	
5 TAD OFFICE BLDG. 2, Ground Floor	(619) 532-6100 M-Tu: 0700-1100; 1200-1500 F: 0700-1100; 1200-1400	Government Travel Card Activation (Expiration Date after Deployment)	EXPIRATION DATE: ____/____/____ SIGN/STAMP	
*** IMPORTANT - MUST COMPLETE STEPS 1 2 3 4 5 IN ORDER! ***				
BLDG. 01	MED PHOTO (CD) BLDG. 1, GROUND FLOOR	(619) 532-8051 Walk-ins for ISOPREPS T-Th: 0730-1030	ISOPREPS Photo	
	COMMAND JUDGE ADVOCATE OFFICE (LEGAL) BLDG. 1, 1st Floor	(619) 532-6475 M-F: 0730 - 1530		
BLDG. 02	PERFORMANCE REPORTS BLDG. 2, Ground Floor	(619) 532-6512 M-F: 0730 - 1500	Eval/FITREP	
	RECEIPTS AND TRANSFERS BLDG. 2, Ground Floor	(619) 532-6500 M-F: 0730-1600	UPDATE PAGE 2 and 9GLI	
BLDG. 14	ISOPREP EMERGENCY MANAGEMENT SWMI BLDG 14, Room 100	POC: Mr. Springer (619) 532-7475	Schedule an appointment at: http://nmcscd-as-odfen2/su/22b0p.cfm Show ISOPREPS Email Confirmation	
BLDG. 26	COMMAND CAREER COUNSELOR BLDG. 26, 3B	(619) 532-6614 M-F: 0730-1530 Closed 1130-1230 daily	All Enlisted Service Members	
	COMMAND DAPA BLDG. 26, 1st Floor	(619) 532-6513 M-F: 1230 - 1500		
	HEALTH AND WELLNESS / PFA BLDG. 26, 1st Floor	(619) 532-6740 M-F: 0730 - 1600		
N95 MASK Fitting		Location and roster of personnel requiring fitting TBD		
32ND STREET	WILL AND POWER OF ATTORNEY 32nd Street, BLDG. 56, 1st Deck	(619) 556-2211/2293	Recommended, not required.	
	NAME TAGS 32nd Street, 2260 Callaghan Hwy. BLDG 3187A Navy Exchange	(619) 544-2100	Name Tags for Fire Retardant Coveralls. (Make sure you order 2)	
*** TRAINING REQUIREMENTS --- BRING CERTIFICATES TO POMI OFFICE ***				
*REQ.	SERE 100 LEVEL A	(JHDC-LEVELA-OCOT-100.1.V2) *Within 3 years	DATE COMPLETED:	____/____/____
*REQ.	COMBATING TRAFFICKING IN PERSONS GENERAL AWARENESS	(DGC-CTIP-1.0) *Within 1 year	DATE COMPLETED:	____/____/____

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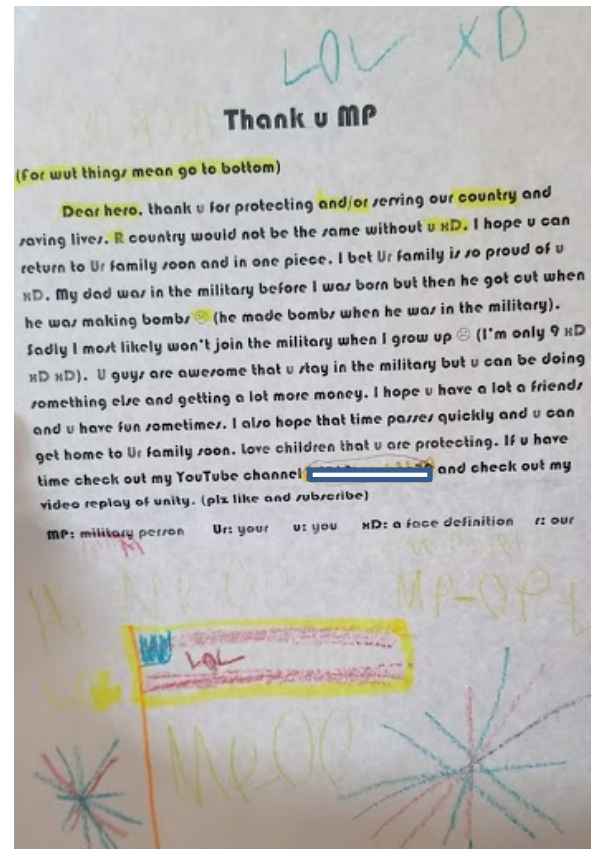
Underway Life



Pacific Partnership 2018

"Medically Ready Force...Ready Medical Force"

Underway Life



Underway Life



“Medically Ready Force...Ready Medical Force”

■ Recommended supplemental equipment:

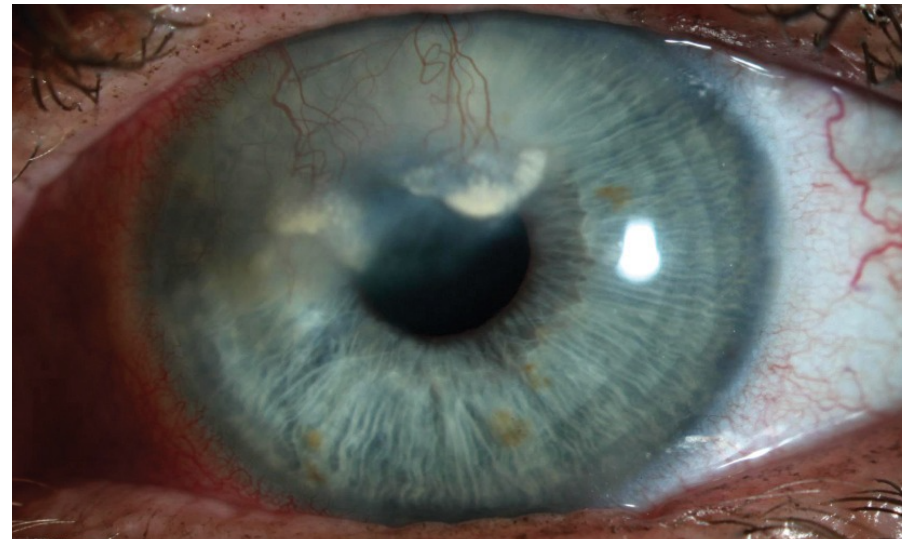
- ☐ Reichert PT100 Handheld Non-Contact Tonometer vs. iCARE
- ☐ Ophthalmic Foreign Body Removal Kit
- ☐ ColorDx Standard 24: PIP-24 by Konan Medical
- ☐ Heine Omega 500 Binocular Indirect Ophthalmoscope
- ☐ Trial Lens Flippers
- ☐ LM-600 Automatic Lensometer by Marco
- ☐ ICO Near Vision Card
- ☐ Hot Air Frame Warmer
- ☐ Optical Screwdriver Kit
- ☐ Fluorescein Strips
- ☐ Bandage Contact Lenses
- ☐ Mydriatic Drops



Underway Life: Clinical Care

■ Patient #1

- ☐ Herpetic Keratitis
- ☐ “I’ve been meaning to have my eyes checked but haven’t had a chance.”



Underway Life: Clinical Care

■ Scopolamine Patches

- ☐ Used for motion sickness, postoperative nausea/vomiting, vertigo and dizziness
- ☐ Pharmacological Anisocoria
- ☐ Cycloplegia
- ☐ 1% Pilocarpine test



Humanitarian Assistance: CHEs



- Total patients seen: 3,045
- Total spectacles dispensed: 3,317
- Total sunglasses dispensed: 3,800
- Community Health Engagements (CHEs)
 - ☐ Indonesia
 - ☐ Sri Lanka

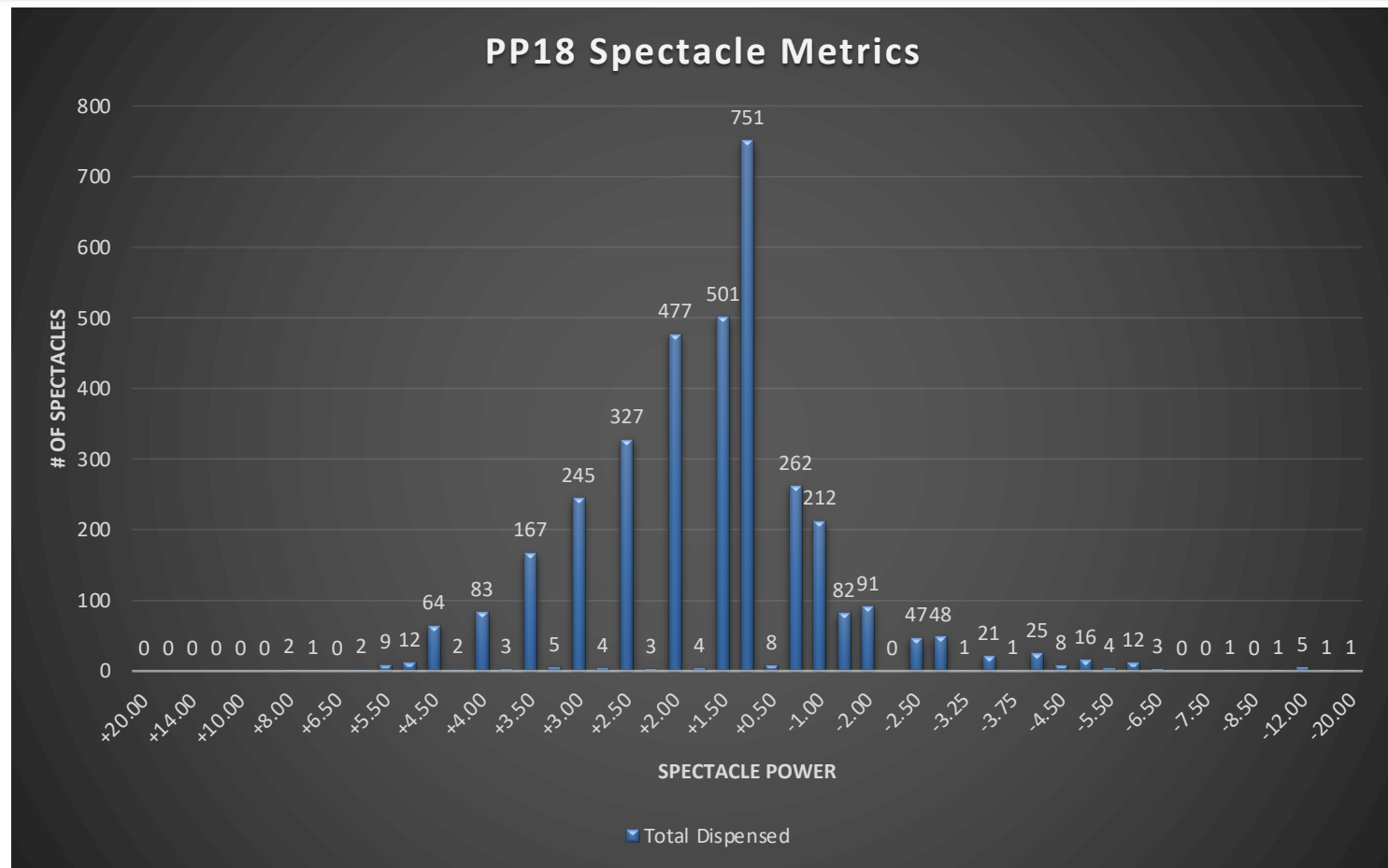


Humanitarian Assistance: CHEs

- Doctor station
- Screening Station:
 - ☐ Handheld autorefractor with extra charged batteries
 - ☐ Plus and minus flipper set to include at a minimum: +/-0.25, +/-0.50, +/-1.00, +/-2.00
 - ☐ Lens cloth
 - ☐ Clipboard
- Dispensing Station:
 - ☐ Mini screwdriver
 - ☐ Lens cloth



Humanitarian Assistance: CHEs



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Humanitarian Assistance: CHEs



Optometry Mission Totals			
	MERCY	EPF	Total
Number of CHE's	13	18	31
Patient Exams	3048	1320	4368
Average Patients / Day	235	73	
Spectacles Prescribed	3300	2678	9278
Spectacles Fabricated	371	N/A	
Sunglasses Dispensed	3800	0*	
Medications Dispensed	700	0*	
Exams Underway	110	N/A	
Number of SMEE's	0	1	

*didn't receive their supplies

Humanitarian Assistance: CHEs



- UV Protection
- Host Nation Optical Disruption?



“Medically Ready Force...Ready Medical Force”

Humanitarian Assistance

■ Pros:

- ❑ High-demand for services
- ❑ Majority of patients presenting at CHEs desired optometry services
- ❑ Outstanding partnership with Sri Lankan and Malaysian host nation counterparts
- ❑ Vision screenings at elementary schools were very successful with direct impact for hundreds of students



Humanitarian Assistance

■ Cons:

- ☐ EPF never received mission supplies and MERCY did not receive supplies until an unscheduled stop in Singapore
- ☐ No Optometry or Ophthalmology Mission in Vietnam, Thailand or Japan
- ☐ Recommend Eye Care Subject Matter Expert Exchanges
- ☐ Recommend continued Ophthalmology and Optometry collaboration for CHEs



Humanitarian Assistance



“Medically Ready Force...Ready Medical Force”

Humanitarian Assistance: RIMPAC

- The world's largest international maritime exercise
- Mass casualty exercises as part of a statewide coordinated response to humanitarian assistance and disaster relief training

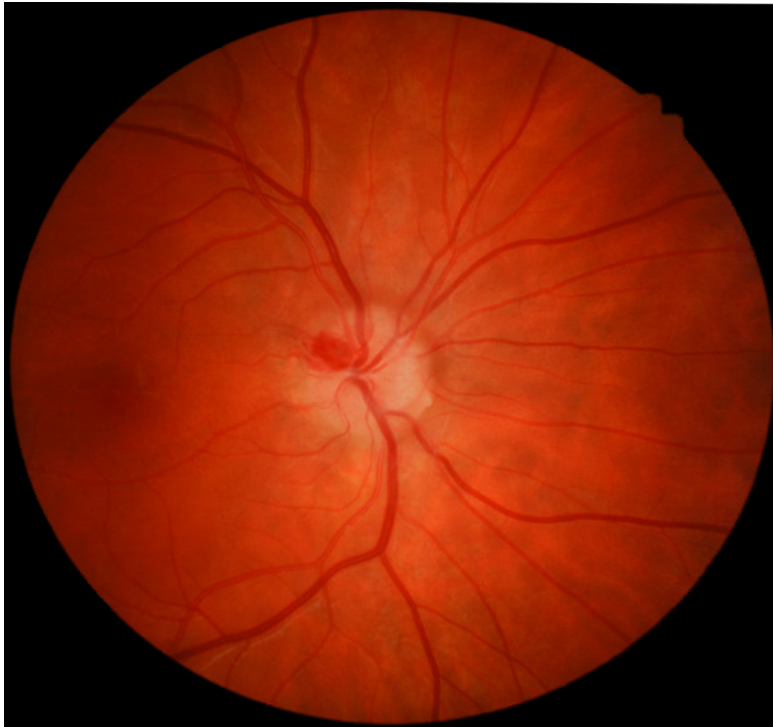


“Medically Ready Force...Ready Medical Force”

Underway Life: Clinical Care

■ Ocular Urgencies/Emergencies at Sea

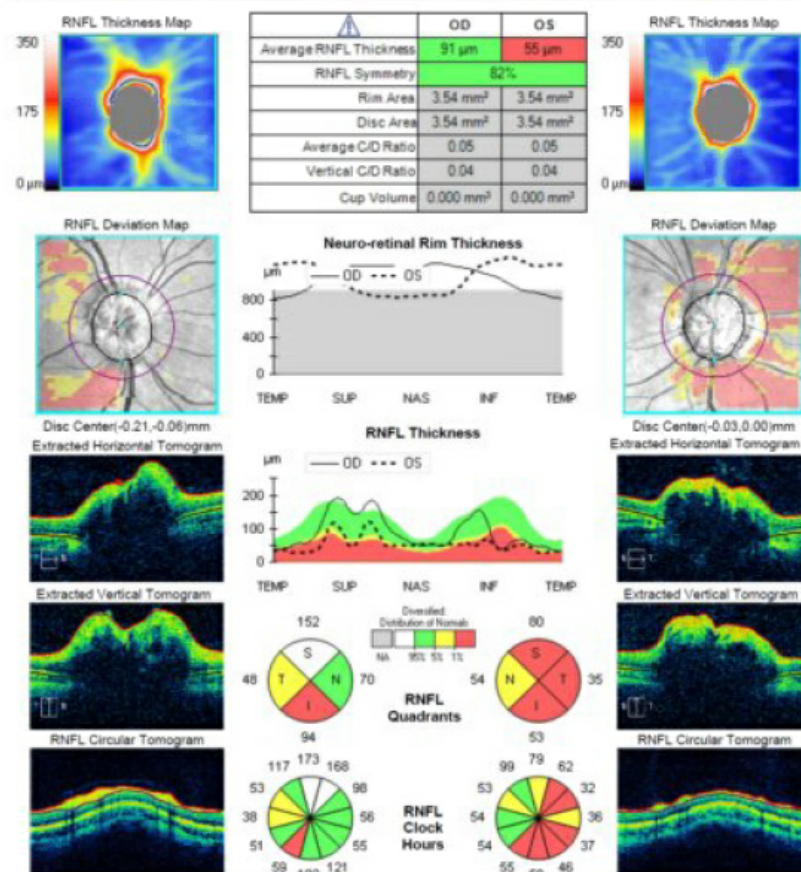
□ “Woke up with blurry vision.”



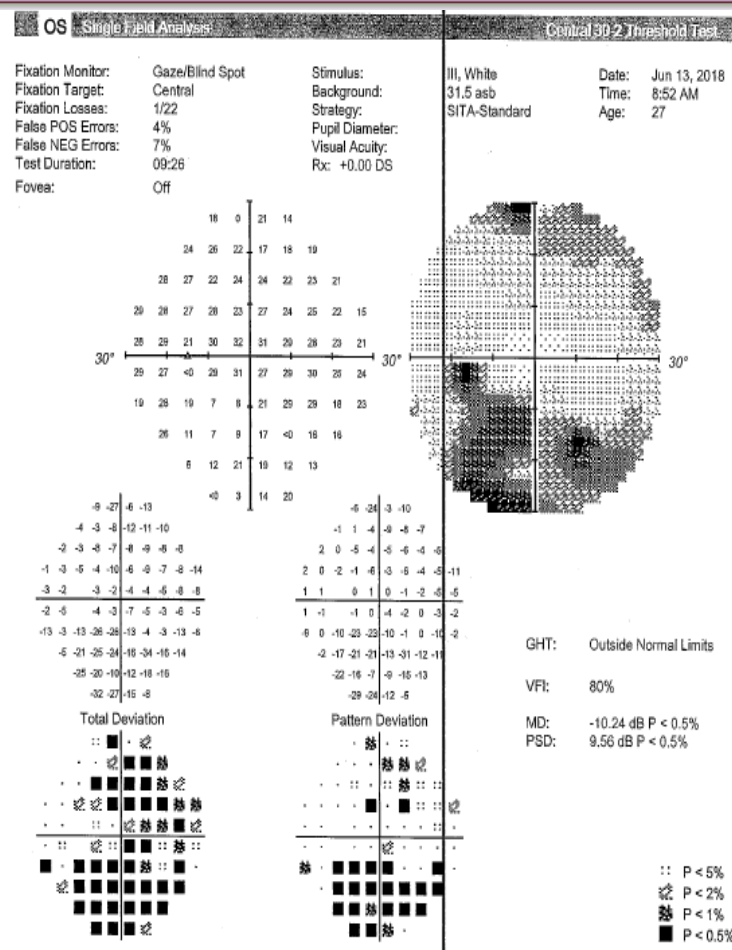
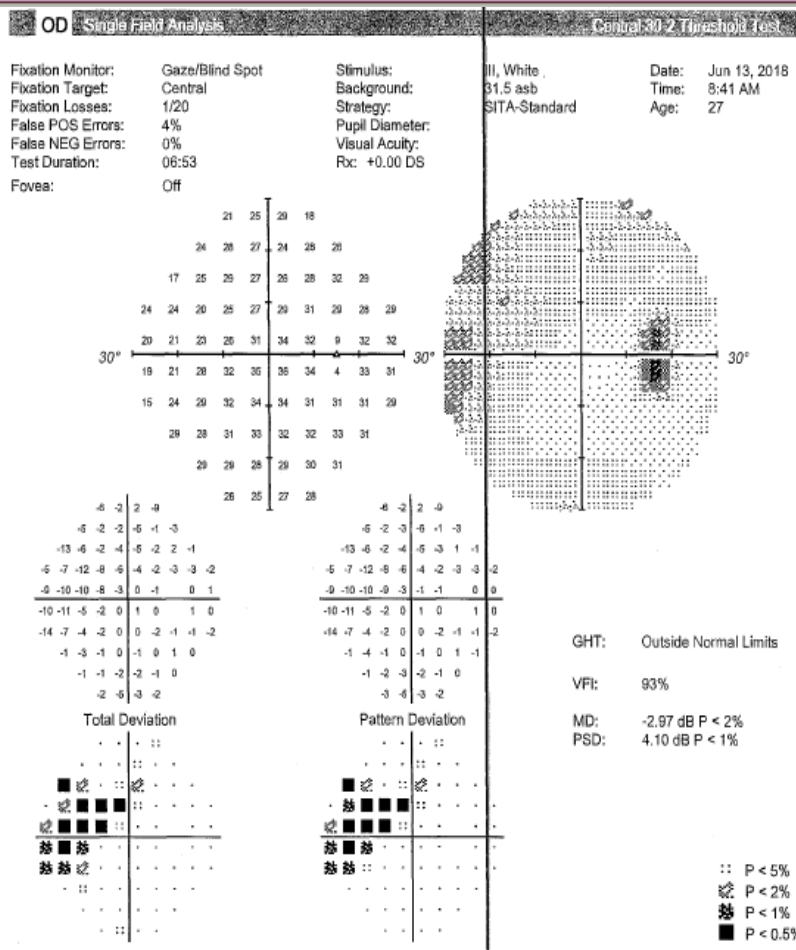
“Medically Ready Force...Ready Medical Force”

Underway Life: Clinical Care

ONH and RNFL OU Analysis: Optic Disc Cube 200x200 OD ● ● OS



Underway Life: Clinical Care



"Medically Ready Force...Ready Medical Force"

■ Fundamentals of Global Health Engagement (FOGHE)

- ☐ Understand how global health engagements support national security strategies and regional security objectives.
- ☐ Identify the complex components of military global health engagements.
- ☐ Recognize the elements of designing, planning, executing and evaluating global health engagements.

Career Development: Training



■ Military Medical Humanitarian Assistance Course (MMHAC)

- ☐ Humanitarian Assistance Operations
- ☐ Preventative Medicine
- ☐ Standards of Care
- ☐ Non-Governmental Organizations
- ☐ Malnutrition, Infection, Diarrhea and Dehydration
- ☐ Ethics
- ☐ Integrated Management and Scenarios

Career Development: Training

■ Tactical Combat Casualty Care

- Trauma life support in prehospital combat medicine, designed to reduce preventable deaths while maintaining operation success



“Medically Ready Force...Ready Medical Force”

Career Development: AQDs



■ 6OC Hospital Ship Assignment AQD

- ☐ Successfully completed an assignment of 90 or more consecutive days aboard a hospital ship.

■ 6OH Humanitarian Assistance (HA)/Disaster Response AQD

- ☐ (1) Served a minimum 90 days in one or more foreign or domestic HA/DR missions and demonstrated operational competence relevant to assigned position in the following HA/DR mission elements: mission leadership and planning (operations, manpower and logistics), international diplomacy, cultural awareness, host nation centered HA/DR health care, IT, communications and administration.
- ☐ (2) Completion of MMHAC and FOGHE courses

Career Development: AQDs



■ 68M Global Health Specialist AQD

❑ <https://es.med.navy.mil/bumed/rh/ghe/Pages/home.aspx>

❑ 9 page application with 6 short essay questions



Global Health Specialist (GHS) AQD and Global Health Specialist Program (GHSP) Application Form

I am only applying for the GHS AQD (68M) and do not wish to be considered for membership in the GHSP ☐

I am applying for both the 68M and consideration for membership in the GHSP ☐

I. BACKGROUND INFORMATION

1. Last Name:	2. First Name:	3. Rank:	4. Corps:	5. Designator:	6. Subspecialty Code(s):
7. Command/Duty Station:			8. Address/State/Zip:		
9. Duty Phone: (DSN)	10. COMM:	11. FAX:		12. Home/Cell Phone (optional):	
13. Work E-mail Address:					
14. Personal E-mail Address (optional):					
15. Languages (please reference DLAB, DLPT score(s), degree(s), native speaker, or similar proficiency origin):					
16. Supervisor's E-mail:					

II. EXPERIENCE

Please describe your experience in as much detail as possible in the below description blocks. This requirement may be **supplemented** with civilian host country experiences, i.e., missionary work, non-governmental organization, international organization, private voluntary organization (NGO/IO/PVO) experiences, Peace Corps service, or other experiences. Description and context is important (e.g., simply listing a course date and title is not sufficient). A continuation sheet may be added for additional experience details.

GLOBAL HEALTH ENGAGEMENT, DISASTER RESPONSE AND DEPLOYMENT EXPERIENCE
Please list any global health engagement (GHE) or operational deployment experiences in an overseas expeditionary setting in support of a contingency or peacetime event starting with the most current.

17. Command/Location:	18. From (date):	19. To (date):	20. <input type="checkbox"/> Operational Deployment <input type="checkbox"/> HA/DR Mission <input type="checkbox"/> Missionary <input type="checkbox"/> Other:
21. Description:			
22. Command/Location:	23. From (date):	24. To (date):	25. <input type="checkbox"/> Operational Deployment <input type="checkbox"/> HA/DR Mission <input type="checkbox"/> Missionary <input type="checkbox"/> Other:
26. Description:			

Career Development: AQDs



04JUN18

From: Lieutenant, Courtney Stuck, 309-11-9305, Medical Service Corps, USN
To: Commander, Navy Personnel Command (PERS-911)
Via: Commanding Officer, Medical Treatment Facility, USNS MERCY (T-AH 19)

Subj: APPLICATION FOR ASSIGNMENT OF ADDITIONAL QUALIFICATION
DESIGNATION (AQD)

Ref: (a) BUPERSINST 1001.39F
(b) NAVPERS 15839I

Encl: (1) Fundamentals of Global Health Engagement Course
(2) Military Medical Humanitarian Assistance Course

1. Per references (a) and (b), I have met all requirements for AQD 6OC Hospital Ship Assignment, and AQD 6OH Humanitarian Assistance (HA)/Disaster Response (DR). Respectfully request that these two AQDs be assigned to my permanent record.

2. Military courses appropriate to this AQD: Fundamentals of Global Health Engagement, 02 March 2018, USNS MERCY T-AH 19, enclosure (1); Military Medical Humanitarian Assistance Course, 23 March 2018, USNS MERCY T-AH 19, enclosure (2).

3. I have served >90 days on a HA/DR mission in support of Pacific Partnership 2018 as the Optometrist, aboard USNS MERCY (T-AH 19).

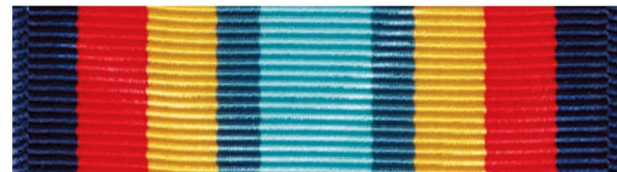
4. Primary email address: courtney.stuck@mercy.navy.mil; Secondary email address: courtneystuck17@neco.edu

C. C. Stuck

Career Development: SSDR



■ Sea Service Deployment Ribbon



□ SECNAVINST 1650.35

□ (1) Navy Criteria. In general eligibility for the SSDR is limited to sea duty and overseas sea duty as defined in reference (i) (see definitions). The following subparagraphs provide amplifying guidance.

- (b) Personnel assigned to other deployable units (see definition) based in CONUS, Alaska (ex: Adak, Shemya, and Kodiak)), Hawaii, or Puerto Rico are eligible for the SSDR upon completion of at least one deployment of at least 90 consecutive days to an overseas location.”

Career Development: AAO Fellowship



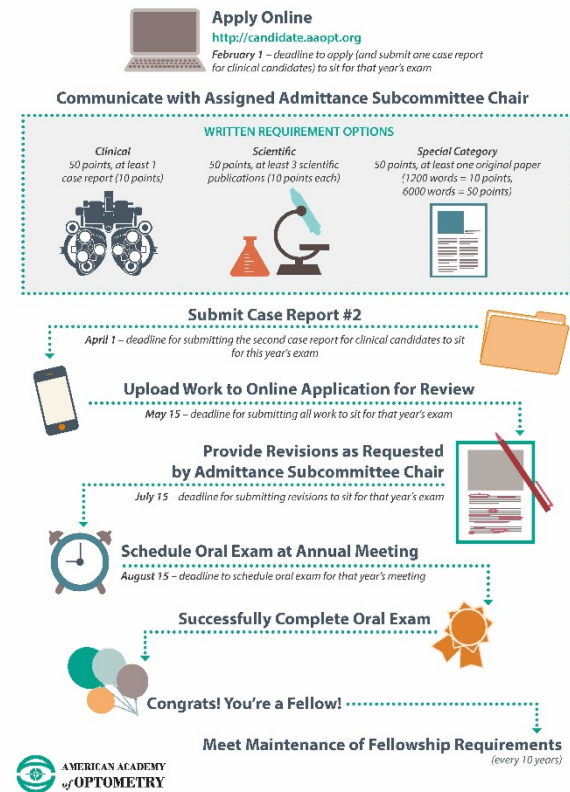
■ Leadership Contribution Essay

- ❑ 10 points towards 50 points
- ❑ 4 case reports, 1 leadership essay

Leadership Contribution (10 points maximum)

1. While most candidates are in positions that inherently require leadership skills, points for leadership will only be awarded for activities at the national or state level outside of the scope of the candidate's regular compensated position. Leadership points will only be awarded for those candidates who can document a sustained record of highly significant contributions to the profession or vision science that resulted from the individual's leadership position.
2. Candidates with accomplishments that might make them eligible for leadership points should seek preliminary approval from the Subcommittee Chair by submitting the organization(s) served, the dates of service, the leadership position(s) and a statement outlining the significant contribution(s) to the profession.
3. After receiving preliminary approval from the Subcommittee Chair, the candidate must complete a 1,200-word essay that demonstrates to the satisfaction of the committee that significant contributions to the profession or vision science resulted from the individual's leadership activities within the position.

How to Become a Fellow of the American Academy of Optometry (FAAO)



Shellback Ceremony

- Pollywog vs Shellback
- Crossing the Line



“Medically Ready Force...Ready Medical Force”

Shellback Ceremony



“Medically Ready Force...Ready Medical Force”

Key Takeaways



- Serving onboard a hospital ship is an opportunity to better appreciate the challenges involved in pre-deployment work-ups and underway life while ensuring appropriate eye care and vision readiness for our deployed sailors ashore and afloat
- Take advantage of this time to grow as an officer and a doctor
- Optometry was a highly sought-after service not only for humanitarian assistance missions but onboard where many sailors stated they preferred to seek exams based on challenges with accessing care ashore due to OPTEMPO.

Key Takeaways

- “We make a living by what we get, but we make a life by what we give.” –Winston Churchill



“Medically Ready Force...Ready Medical Force”

References



Navy Hospital Ships Have History of Answering Nation. U.S. DEPARTMENT OF DEFENSE. (n.d.).

<https://www.defense.gov/Explore/Features/Story/Article/2128626/navy-hospital-ships-have-history-of-answering-nations-call/>

Ray, S., & Naidu, S. (2017, January 1). (PDF) Navy Hospital ships in history. ResearchGate.

https://www.researchgate.net/publication/319158852_Navy_Hospital_ships_in_history

Shah, J., Jiang, A., & Fekete, Z. (2017, September 19). Anisocoria secondary to inadvertent contact with scopolamine patch. BMJ case reports. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5747768/>

How to Obtain CE/CME Credits



To receive CE/CME credit, you must register by 1000 ET on 5 June 2021 to qualify for the receipt of CE/CME credit or certificate of attendance. You must complete the program posttest and evaluation before collecting your certificate. The posttest and evaluation will be available through 18 June 2021 at 2359 ET. Please complete the following steps to obtain CE/CME credit:

1. Go to URL <https://www.dhaj7-cepo.com/>
2. Search for your course using the **Catalog**, **Calendar**, or **Find a course** search tool.
3. Click on the REGISTER/TAKE COURSE tab.
 - a. If you have previously used the CEPO CMS, click login.
 - b. If you have not previously used the CEPO CMS click register to create a new account.
4. Follow the onscreen prompts to complete the post-activity assessments:
 - a. Read the Accreditation Statement
 - b. Complete the Evaluation
 - c. Take the Posttest
5. After completing the posttest at 80% or above, your certificate will be available for print or download.
6. You can return to the site at any time in the future to print your certificate and transcripts at <https://www.dhaj7-cepo.com/>
7. If you require further support, please contact us at dha.ncr.j7.mbx.cepo-cms-support@mail.mil