



REGIONAL HEALTH COMMAND EUROPE

# 2021 RHCE SUMMER CME CONFERENCE

*"Health Care in Uncertain Times"*  
Virtual Conference Packet

10 June – 1 July 2021

0745-1700 Central European Summer Time (CEST)

This Virtual conference will be conducted over a 4 week period in a variety of professional tracks. Continuing Medical Education Credits are available to US personnel.



# Health Care in Uncertain Times

## Women's Health Track

**14-15 June 2021**

Welcome to the Nursing Track. Inside this packet you will find your agenda, log in instructions and FAQ sheet. Please review these items closely and if you have any questions please contact RHCE staff.

Contact Information:

Nursing Track Leader:

Maj Robin M. Murray  
robin.m.murray.mil@mail.mil-

RHCE Conference Staff:

SFC Settya Ngauy - settya.t.ngauy.mil@mail.mil -  
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# A Note From COL Patrick J. Contino



As your conference director, I am excited to welcome you to the 2021 RHCE Virtual Summer CME Conference. In the wake of the COVID 19 response our staff have been working to find innovative ways to bring you quality educational opportunities. With the help of the Defense Health Agency (DHA) we are delighted to present this Virtual Medical Conference.

The “Virtual” domain brings continuing education to you, which helps ensure you meet your licensure requirements, maintain professional currency, and avoid the risk of event cancellation due to travel restrictions related to the current pandemic. We acknowledge the challenges in regards to networking with colleagues while using this venue, but hope you find the virtual setting both professionally fulfilling and time-saving.

At the conclusion of the conference, our team will be sending out a survey and I encourage you to return this with your honest feedback. Thank you for your continued support and we hope you enjoy your portion of the conference.

Patrick J. Contino, M.D.  
COL, MC  
Chief of Clinical Operations  
Regional Health Command Europe  
US Army

## RHCE 2021 Summer CME Conference (14-15 June 2021)

### *“Health Care in Uncertain Times”*

**Track: Nursing**

**Track Leader(s): Maj Robin M. Murray**

**Classroom: Virtual**

TIME	Wednesday,	Monday, 14 June 2021	Tuesday, 15 June 2021
0730-0755	<p>Email distribution with log in information/registration materials (1 month before track start date)</p> <p>Email Distribution of Registration packet (1 week before track start date)</p> <p>Follow up email of registration packet (1 day before track start date)</p>	<b>Log In</b>	<b>Log In</b>
0800-0830		Pre-recorded Opening Remarks 20 min COL Contino- 10 min BG Thompson - 10 min Administrative Notes	Pre-Recorded Closing Remarks – 20 min COL Contino – 10 min BG Thompson – 10 min Administrative Notes
0830-0930		Compassion Fatigue (1 hr) MAJ Wendy Reynolds, RN, BSN, MSN, CEN, TCRN	Planning Ahead for Just in Time Solutions: Evaluation and lessons of 3D Printing in the Combat Environment (2 hr) MAJ James Schofield, DO
0930-1030		Cultural Awareness (1 hr) SFC Settya T. Ngauy	
1030-1130		Nursing Leadership During COVID-19 (1 hr) LTC Ekerette Akpan, RN, CCRN, MHA	Contraceptive Options (1 hr) CPT Mary Kathryn Collins, DO
1130-1230		Care of the Sexual Assault Patient (1 hr) Maj Jacqueline Sanchez, ANP-C, MSN, SAMFE-A	<b>LUNCH</b> On your own
1230-1330		<b>LUNCH</b> On your own	
1330-1430		Disruptive Behavior Simulation and Staff Readiness (1 hr) MAJ Wendy Hamilton, DNP, APRN, AGCNS-BC, RN-BC MAJ Paige Warren, MSN, RN, AGCNS-BC, AGACNP-BC, CN	Palliative Care (1 hr) Ms. Jennifer Lopez Mendoza, RN Ms. Kristin Callaghan, FNP-C
1430-1530		Tele-Critical Care Network Development (1 hr) CDR J. Jonas Carmichael, MD, FCCM	Delirium (1 hr) Lt Col Marianna Lacuzong, MSN, APRN, AGACNP-BC, ACCNS-AG, CCRN MAJ Wendy Hamilton, DNP, APRN, AGCNS- BC, RN-BC CPT Nicholas O’Neel, DNP, ARNP, AGCNS- BC,CMSRN
1530-1630		Self Care in Uncertain Times (1 hr) Ms. Katherine Rachanow, BA, MA-IR, E-YRT, PRYT, Doula	Pre-Hospital LTOWB (1 hr) LTC(ret.) Randi Schaefer
1630-1700		<b>Question Session</b>	<b>PM Question Session</b>

# Lecture Summary

## Day 1

### **Compassion Fatigue: When caring for others becomes too much**

MAJ Wendy Reynolds, RN, BSN, MSN, CEN, TCRN

This informational brief describes and defines compassion fatigue and explains the four phases. Participants will additionally define resilience and discuss the Professional Quality of Life Tool and its relation to compassion fatigue.

### **Cultural Awareness**

SFC Settya T. Ngaay

This informational brief examines the concept of culture and describes why developing cross cultural competency is important. Participants also differentiate race and ethnicity and identify the Office of Management and Business' race and ethnic groups.

### **Nursing Leadership during COVID-19: Leading an Inpatient Response at a Regional Military Medical Center**

LTC Ekerette U. Akpan, RN, CCRN, MHA

This informational brief reviews the timeline of COVID-19 in respect to the European theatre and explores the pre-planning process utilized at LRMC inpatient services to prepare for the first COVID-19 patient. Participants also review challenges with balancing wartime mission and COVID-19 and the role that LRMC leadership and frontline staff contributed with the response. Additionally LRMC's lessons learned from the COVID-19 working group is discussed.

### **Care of the Sexual Assault Patient: Role of the SAMFE and Staff Nurse Support**

Maj Jacqlyn Sanchez, ANP-C, MSN, SAMFE-A

The informational brief discusses the evolution of sexual assault nursing care nationally and within the military health system. Participants also explore trauma-informed, patient-centered care for the sexual assault patient and describe the role of the Registered Nurse / First Responder in primary response for sexual assault care. The brief also reviews the Regional Health Command – Europe access to the SAMFE and the LRMC SAMFE Mobile Team.

### **Staff Readiness using Simulation to Manage Disruptive Patient Behavior**

MAJ Wendy Hamilton, DNP, APRN, AGCNS-BC, RN-BC & MAJ Paige Warren, MSN, RN, AGCNS-BC, AGACNP-BC, CN

This information brief defines workplace violence and discuss its impact on healthcare workers and evaluate simulation as a method for training staff on managing disruptive behavior. Participants also analyze the impact of simulation training on staff readiness to handle disruptive behavior.

### **Tele-Critical Care (TCC) Network Development**

CDR J. Jonas Carmichael, MD, FCCM

This information brief discusses the need for tele-critical care services across the empire and review's the history of program's development and explain its current status that includes numbers of beds covered, platform and policy, organization, and communication and coordination. An outline of the desired end-state of the Joint Tele-Critical Care Network is also reviewed.

### **Self-Care in Uncertain Times**

Katherine Rachanow, BA, MA-IR, E-YRT, PRYT, Doula

This information brief defines self-care and its importance in uncertain times. Participants additionally explore useful self-care techniques and behaviors to avoid. Activities such as yoga, breathing, movement sequences, and meditation is reviewed.

# Lecture Summary

## Day 2

### **Planning Ahead for Just in Time Solutions: Applications of Additive Manufacturing in the Forward Combat Environment**

MAJ James C. Schofield, DO

This informational brief identifies components of a 3D printer and polymers associated with Fused Deposition Modeling and Additive Manufacturing. Participants also explore the current usage and future impact and applications of Additive Manufacturing in medical sustainment and warfighting.

### **Contraception Options**

CPT Mary Kathryn Collins, DO

This information brief reviews contraception options available and discusses contraindications of the options. Participants also explore the benefits of different contraception options available for the patient population.

### **Palliative Care**

Jennifer Lopez Mendoza, RN and Kristin Callaghan FNP-C

This information brief explains the importance of palliative care and differentiates palliative care and hospice. Participants also discuss the most appropriate time to initiate palliative care for patients. The lecture also differentiates between primary and specialty palliative care and provides a brief overview of the role of bedside nurses as primary palliative caregivers.

### **Delirium: Early Recognition, Prevention, and Management in the Acute Care Setting**

MAJ Wendy Hamilton, DNP, APRN, AGCNS-BC, RN-BC

Lt Col Mariana Lacuzong, MSN, APRN, AGACNP-BC, ACCNS-AG, CCRN

CPT Nicholas O'Neel, DNP, ARNP, AGCNS-BC, CMSRN

This informational brief defines delirium and describes the difference between Hypo and Hyperactive delirium. Participants additionally identify risk factors associated with delirium and review components of the 4AT tool for screening. The lecture also explores the four interventions for prevention and management of delirium.

### **Deployment of Low Titer O Positive Whole Blood (LTOWB) within a Regional Trauma System**

LTC (Ret.) Randi Schaefer, DNP, RN, ACNS-BC, CEN

This information brief explains the military history of whole blood and explores how massive blood transfusion is a predictor of injury mortality. Participants outline how prehospital and hospital training & transfusion protocols are written and implemented and summarize the benefits of a systematic approach. The lecture also discusses data collection methods for prehospital and hospital process improvement and research efforts.

# Presenter Biographies

**LTC Ekerette U. Akpan, RN**, currently serves as the Chief of Hospital Education and Training at Landstuhl Regional Medical Center. His prior assignments include the Section Chief of Inpatient Nursing at LRMC, Assignment Officer at Human Resources Command, and Clinical Nurse Officer in Charge of the Adult Intensive Care Unit at Tripler Army Medical Center.



**Kristin Callaghan Hernandez, MSN**, is a full time certified Palliative Care APRN at Brook Army Medical Center in Fort Sam Houston, Texas. Her previous assignments include William Beaumont Army Medical Center, El Paso, TX and Sierra Vista Regional Health Center, Sierra Vista, Arizona.



**CDR J. Jonas Carmichael, MD**: Commander Carmichael, Medical Corps, U.S. Navy, is a native of Mulvane, Kansas. Graduating with honors from the University of Kansas with a Bachelor of Science degree in Organismal Biology, he was commissioned in March, 2000 and accepted a Health Professions Scholarship to attend the University of Kansas School of Medicine receiving his Doctor of Medicine in 2004. He completed internship in Internal Medicine at Naval Medical Center San Diego in 2005 before serving as the Battalion Surgeon for 3rd Battalion, 12th Marines in Okinawa, Japan. He then transferred to Headquarters Battalion, 3rd Marine Division on Okinawa where from 2006 to 2008 he served as the unit's Battalion Surgeon and the Senior Medical Officer for Camp Courtney, instrumental in over eight off-island exercises and humanitarian operations.

In 2008, he returned to Naval Medical Center San Diego where he finished his Internal Medicine residency in 2010 before completing a fellowship in Pulmonary and Critical Care medicine in 2013. From 2015 to 2020 he served as Department Head of Critical Care Services and Medical Director of the Bronchoscopy Suite at Naval Medical Center Portsmouth. In 2014 he forward deployed as an Intensivist in support of Operation Enduring Freedom at the NATO Role III hospital in Kandahar, Afghanistan.

He currently serves as the Director of the Joint Tele-Critical Care Network providing critical care services at hospitals across the DoD and the world.

Commander Carmichael is board certified in Internal Medicine, Pulmonary Disease, and Critical Care Medicine. He is a member of the American College of Physicians, American College of Chest Physicians, and Society of Critical Care Medicine for which he is the Vice-Chair of the Uniformed Services Section. He is currently an Assistant Professor of Medicine, USUHS and has overseen two clerkships winning multiple teaching awards.

**Mary Kathryn Collins** serves as a board certified Staff Ob/Gyn in the Department of Obstetrics and Gynecology at Landstuhl Regional Medical Center. Her previous assignment was Walter Reed National Military Medical Center in the Uniformed Services University of Health Sciences as a teaching fellow.

# Presenter Biographies



**MAJ Wendy Hamilton, DNP** has served in the military for over 19 years, 15 of which have been in the Army Nurse Corps. Her areas of clinical expertise include Med/Surg, Post Anesthesia Care Unit, Progressive Care Unit, Emergency Department, Same Day Surgery, and Pre-Admissions Unit. She has held 5 nursing leadership positions with experience at both large Medical Centers and smaller Army community hospitals. She is currently an advanced practice nurse, serving in the role as an Adult-Gerontology Clinical Nurse Specialist at Evans Army Community Hospital. She is also serving in the role of the Clinical Nurse Officer in Charge of the 193rd Medical Detachment of the 10th Field Hospital.



**Lt Col Mariana B. Lacuzong, MSN** has 19 years of civilian and active duty Air Force Nursing experience, which ranged from family practice to acute and critical care settings such as a Level-1 trauma center at home station and in a deployed location. Completed a one-year critical care fellowship, eight weeks of didactics followed by ten months of clinical rotations in neuro, trauma, cardiac care, burn, and medical intensive care units. Held leadership positions to include acting Squadron Commander, Chief Nurse, and Deputy Chief, oversaw 47 inpatient personnel, directed 190 nurses, technicians and 17 Advanced Practice Registered Nurses (APRNs). Completed Masters in Adult Gerontology Acute Care Nurse Practitioner and Clinical Nurse Specialist (AGACNP/CNS). Currently dual hatted as the primary CNS for Surgical ,

**Jennifer Lopez Mendoza, RN**, currently serves as a Registered Nurse at the Surgical and Trauma ICU at Brooke Army Medical Center in San Antonio, TX. Prior to her current position, she worked in University Hospital San Antonio, San Antonio, TX as the Surgical, Trauma, and Neuro ICU.



**SFC Settya T. Ngauy** is the Regional Health Command Europe Clinical Operations NCOIC and Virtual Medical Center – Europe NCOIC. He enlisted as a 68W in 2004 and has been assigned to Fort Polk, LA, Walter Reed National Military Medical Center, Fort Stewart, GA, and Fort Sam Houston, TX prior to his current assignment. He is currently licensed as an EMT-B, trained as an Equal Opportunity Leader and Master Resiliency Trainer

**CPT Nicholas O'Neel, DNP** currently serves as the Clinical Nurse Officer in Charge of the Medical Surgical Unit at Brooke Army Medical Center at JBSA-Fort Sam Houston, TX. His prior assignment was Madigan Army Medical Center.

# Presenter Biographies



**Katherine A. Rachanow** currently serves as an Administration Specialist for the Defense Health Agency and previously served as the Conference Planning Specialist for Regional Health Command Europe. Additionally, she is a self-employed registered Yoga Instructor and Continuing Education Provider to audiences in the United States, United Kingdom, and Germany. She holds certifications as a Recognized Birth Doula, Evidence Based Birth Instructor, and a Masters in International Relations.



**MAJ Wendy Reynolds, RN** has served in the US Army for over 11 years. She is a 66T, Emergency Room Nurse, and is currently serving as the Assistant CNOIC of Landstuhl Regional Medical Center, Emergency Department. She has been a Trauma Nurse Core Course Director for LRMC and previously for Bassett Army Medical Center. In June, she will return stateside where she will take over as CNOIC at William Beaumont Army Medical Center Emergency Department.

She is board certified as a Certified Emergency Nurse (C.E.N) and a Trauma Certified Registered Nurse (T.C.R.N). She has a BNS in Nursing from California State University, Chico. Recently, she completed a MSN in Nurse Education from Grantham University. This presentation is a synopsis of her capstone project..



**Maj Jacqlyn Sanchez, ANP-BC**, serves as a board certified Women's Health Nurse Practitioner at the Women's Health Clinic at Spangdahlem Air Base, Germany. She also serves as the Element Chief of the clinic and a Sexual Assault Medical Manager, Sexual Assault Medical Forensic Examiner, and Dysplasia Manager.



**MAJ James Schofield, DO** currently serves as the Senior Physician and consult to 2<sup>nd</sup> Cavalry Regimental Surgeon in Vilseck, Germany. His prior assignment was the Senior medical provider for 600 soldiers as the 2<sup>nd</sup> Cavalry Regiment Squadron Surgeon and responsible for medical care and readiness of Soldiers and training of medics.



**LTC (Ret.) Randall M. Schaefer, DNP** served for 20 years as an Emergency/Trauma Nurse in operational units and fixed facilities in clinical and staff officer roles. She deployed three times in support of Operation Iraqi Freedom and Operation Inherent Resolve. Upon retirement, Randi joined the Southwest Texas Regional Advisory Council as the Director of Research. August 2017-February 2021, she developed and implemented the country's first multi-institutional, multi-disciplinary Regional Whole Blood Program, encompassing 18 ground EMS agencies, ten helicopter EMS bases, and numerous hospitals in South Texas. She currently works as a Visiting Professor at Chamberlain University School of Nursing in San Antonio, Texas.

# Lecture Supplemental Video Links

**Day 1:**

**Virtual Health Virtual Scheduler Overview**

<https://www.milsuite.mil/book/message/943038>

or

<https://www.milsuite.mil/video/watch/video/44400>

**Staff Readiness using Simulation to Manage Disruptive Patient Behavior  
MAJ Wendy Hamilton and MAJ Paige Warren**

**Slide 8:** <https://www.milsuite.mil/video/44452>

**Slide 27:** <https://www.milsuite.mil/video/44453>

# Conference Attendance Etiquette

1. Test equipment before beginning of the conference
2. Use your full name when signing into the conference
3. Dress appropriately for the conference
4. Ensure your webcam is disabled and not streaming
5. Limit distractions as much as possible by choosing a quiet location and turning off TVs, music, and minimize background noises
6. Mute your microphone when you are not speaking
7. Be sure to identify yourself when speaking
8. Be careful to not interrupt others when they are speaking
9. Be professional, chat functions are monitored and utilized for providing feedback and raising questions for the presenter
10. Stay actively engaged with the conference and avoid “multitasking”

# Connecting to the Conference

The Nursing Track will be using the Cisco Meeting Server Platform.

## CONNECTING THE DAY OF:

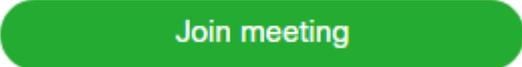
<https://europe.meet.health.mil/invited.sf?id=5900612&secret=bc98ad2d-d3ce-456c-990a-a667b01c80ba>

Google Chrome and Mozilla Firefox are the preferred browsers (Copy link above and paste onto Web browser)

Cisco Jabber Dial in: 590-0612  
Meeting PIN: 235849

Change default user name for attendance credit

Click  icon next to "Guest\_XXXX" and enter your first and last name (Important for record of attendance of the event)

Click  after changing your username

Allow browser access to microphone and camera if prompted

Click the  icon to mute on entry.  icon indicates you are muted

Click  button to join the meeting

## Troubleshooting Resources:

Cisco Meeting Server web app instructions:

[https://www.cisco.com/c/dam/en/us/td/docs/conferencing/ciscoMeetingApps/Web-App/quick-ref-guides/3-1/Join\\_a\\_meeting\\_from\\_an\\_invite\\_3\\_1.pdf](https://www.cisco.com/c/dam/en/us/td/docs/conferencing/ciscoMeetingApps/Web-App/quick-ref-guides/3-1/Join_a_meeting_from_an_invite_3_1.pdf)

# Academic Overview

**To receive CE/CME credit, you must register by 0800 ET on 2 July 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 15 July 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](mailto:dha.ncr.j7.mbx.cepo-cms-support@mail.mil)

# FAQs

## 2021 Summer CME Conference FAQs

### Registration

#### **How do I register?**

*Seek Email approval from your supervisor for the days that you want to attend the conference. Registration for intent to attend is completed on the Regional Health Command Europe Conferences webpage.*

#### **What is the link for registration?**

<https://rhce.amedd.army.mil/Conferences.html> (CAC login required)

#### **Do I have to register with DHA too?**

*Yes, to collect DHA CME you must register on the DHA CEPO site. Please create an account and register for the track and day that you are planning to attend.*

#### **Do I need approval from my supervisor/ leadership to attend?**

Yes.

#### **How do I register for multiple tracks?**

*Email your complete registration to your main track leader and indicate which days of the other track you wish to attend.*

#### **I am DOD civilian, may I attend if my supervisor approves?**

Yes

#### **Am I eligible to attend if I am not stationed in Germany?**

*Yes, this medical conference is for any service member/DOD civilian/contractor working within the Military Health System globally. Keep in mind all times listed on the agenda is Central European Summer Time (CEST) . Please seek supervisor approval.*

### CE Credit

#### **Can I get credit for attending one lecture?**

*No, you must virtually attend the entire day in the same track to receive credit.*

#### **How do I get CE credit?**

*You must complete the post-test for your registered day on the DHA CEPO website. After a score of 80% or higher is achieved you will receive a certificate.*

#### **I don't need CE hours and I want to virtually attend one lecture, do I need to register?**

*Yes, in order to get the virtual log on information you will need to register with the RHCE link above. You do not have to attend the full day, or claim CE hours. We strongly recommend you register on the DHAJ7 CEPO site to claim a Certificate of Attendance.*

#### **Can I receive CE hours if the awarded accreditations I need are not listed on DHAJ7 CEPO site?**

*Yes, a Certificate of Attendance is available listing CE hours for CE applications to accrediting bodies not provided directly by DHA.*

# FAQs cont.

## Attending the Conference

**Can I attend multiple Tracks if my leadership support it?**

Yes

**Which virtual platform will we be using and is there a dial in function?**

*Cisco Meeting Server (CMS) platform will be utilized during this conference with web browsers as the preferred method. Cisco Jabber application may also be utilized to dial in with the DSN number and meeting ID pin. Cisco Jabber supports both audio and video functions.*

**Do I need a camera and microphone if I am virtually attending?**

*Participants **do not** need a camera or microphone to attend. However a minimum of a microphone is recommended to facilitate discussions on topics.*

**Can I attend virtually using my personal computer?**

*Yes, CMS provides a web link accessible from all devices and networks that support a browser. Successful connections have been made via government computers, personal computers, phones, and tablets*

**Do I need to be on the network using a VPN to attend?**

No

**Can multiple attendees join the virtual conference using one computer?**

*Yes, please let your Track leader and conference administration know who will be attending from the same computer, as we need to keep an attendance sheet. The attendees will still need to register with DHAJ7 CEPO for CME credit and with RHCE for notification of their intent to participate in the event.*

**What if I have technical difficulties?**

*We recommend testing your computer/location in the weeks before the conference to ensure you know how to enter the virtual space. If you have additional difficulties please contact your local VNC Bridge or the RHCE Conference Support staff to help with technical difficulties.*