



Surgeon General visits Tripler



Maj. Taylor Sawyer, Tripler Army Medical Center Director of Medical Simulation, explains the SimNewB training tool to Army Surgeon General Lt. Gen. Eric B. Schoomaker. The SimNewB is a new born simulation device that allows medical personnel the opportunity to train, learn, and adapt to simulated life threatening conditions suffered by new born babies. Photo by Terrance Bandy.

Big changes are coming to the Anuenue Café. Nutrition Care will be adding a 3rd week to the current menu rotation June 14, 2011. The menu has not had significant updates or changes since the late 1990's. Our customers have asked for changes and more variety in our menu cycle and we hope to exceed customer and patient expectations with these menu additions. The new menu will feature more progressive cooking, a variety of new soups, original and local recipes, and Eastern & Asian Cuisine.



SERGEANT AUDIE MURPHY CLUB

Are collecting Worn-Out **Shoes** for the HERSHEY'S Track & Field Games

When: 20 April 11 – 25 June 11

Where: Drop off to any **SAMC Member** or

Call 1SG Looper @ 433-1170 or SFC Trudden @ 433-1649

SAMC MEMBERS

SGM Johnson, Leon – G3 18TH MEDCOM	MSG(P) Taylor, Amanda -18TH MEDCOM
2LT Franklin, Brandi - Troop Command	2LT Wiggins, Antonio - Troop Command
1SG Looper, Natasha - Delta Company	1SG Perez, Kim -Alpha Company WTB
MSG Day, Isaac – Product Line DOHET	MSG Johnson, Michael –Product Line Surgery
SFC English, Joe - NCOIC Logistics	SFC Henard, Willie - NCOIC DENTAC
SFC Martinez, Christine -18TH MEDCOM	SFC Navarro, Jaime - NCOIC Preventive Medicine
SFC Trudden, Erin - NCOIC Lab	SSG Schmidt-Velez, Niretzy – NCOIC CMS

Athletic Shoes ONLY > Any brand OK



***Pacific Regional Medical Command's
Sergeant Audie Murphy Chapter
Would like to cordially invite you to celebrate the
birthday and life of the highest decorated Soldier in
US Army History, Audie Leon Murphy.***

Date: June 20, 2011

Time: 12:30 pm

Location: Kyser Auditorium, Tripler Army Medical Center

Agenda: A short brief of Audie Murphy's life service and the Club will be given followed by cake and the playing of his most famous movie depicting his life story. "To Hell and Back"



E Komo Mai



Survivor Outreach Services (SOS) and Operation Military Kids (OMK) cordially invite you to the 2011 SOS/OMK Family Camp. Our camp is for Families with children and teens (infants-age 19) who have lost a parent through Active Duty military service. It provides the opportunity for Families to participate in activities that rejuvenate the mind, body, and spirit in a relaxing, fun, and supportive environment. The camp will also provide Families the opportunity to meet other children and teens who have lost a parent through military service.



Dates:

July 15-17, 2011

Location:

Camp Erdman Wailua, HI

Cost: Free

**We kindly ask that one parent/caregiver per family attend the camp.*

For more information or to RSVP please contact,
Jenny Koranyi, SOS Coordinator, at 808.438.9285 or
Jennifer.Koranyi@us.army.mil

Please RSVP by June 10, 2011



**FOR MORE INFORMATION ON OPERATION
MILITARY KIDS, PLEASE CALL 956-4125, OR EMAIL:
omk@october.hawaii.edu**



Public Health Nursing Evening Clinic Pilot Program



**JUNE 22 & 29
JULY 20 & 27**

Clinic will remain open until 2100.
Patients will be seen by appointment only

Patients must complete Part I of PHA Assessment (via AKO)
prior to coming to their appointment.

**POC: SGT Allison Lindsay
NCOIC Army Public Health Nursing
433-1464**

PURPOSE: To better accommodate soldiers working "swing" shift and night shift hours,
as well as those who cannot leave their place of duty during the day to come to their appointment.

Interested in furthering your professional education?

Army Nurse Corps officers interested in furthering their professional education may apply for selection to attend Long Term Health Education and Training (LTHET) graduate programs.

If selected by the LTHET Board and qualified academically for admission, officers will be given the opportunity to be fully funded to attend graduate school

as full-time students.

All officers attending LTHET will receive all pay and benefits while in school, regardless of the program.

LTHET INFORMATIONAL SESSION WILL BE HELD June 16 at 8 am in room 5a026, OB/GYN Conference Room, 5th Floor, A Wing.

Mass School Physicals 2011

The Department of Pediatrics will be conducting school physicals as follows:

**-Date: Saturdays on June 18th,
July 16th, and
August 6th**

- Walk-in basis only

-Time: 0900-1400

**-Location: Pediatrics
Clinic (808-433-0000)**



Feds Feed Families 2011 Campaign



**Feeding the
Community**

YOUR HELP IS NEEDED NOW MORE THAN EVER

When: June 1st, 2011 to August 31st, 2011

Where: All Hawaii Federal Agencies

What: Food Drive to collect food for the

Hawaii Food Bank, Oahu

Maui Food Bank

Kauai Food Bank

The Food Basket, Hawaii





AMR Teen Center Mentorship Program Army Teen Week Extravaganza

- Who:** Teens 11-17 years old who reside in the AMR, Fort Shafter, TAMC communities.
- When:** Week of 06/13/2011 through 06/17/2011.
- What:** Activities, Programs and Instruction to Empower Teenagers with the knowledge and skills to build their future.
- Where:** All programs begin and end at the AMR Teen Center.

AMR Teen Center - Teen Week Extravaganza

Empowering Teens with Knowledge and Skills to Build Their Future.

A week of Activities, Programs and Interactive Instruction for teens to encounter a variety of life skills and opportunities to help them discover their life's direction. Participants must be registered with CYSS to enroll. Enrollment for CYSS services can be done at Parent Central Services. For more information on the Army Teen Week Extravaganza, please call the AMR Teen Center at (808) 833-0920 or SPC Giddens at (757) 633-7696.

Limited to the first 40 teens.

Sign-up now!



www.himwr.com



Chaplain Thought of the Week: Greatness

Chaplain (Col.) Sherman Baker
Command Chaplain, PRMC

A Time magazine article asked why so many women in today's society choose not to marry. Author Melissa Bank spelled out the answer in clear terms. She wrote, "let's face it. You don't just want a man in your life. You only want a great man in your life." Of course, the definition of "great" might mean different things to different people. Yet the Bible teaches that true greatness is a result of being approved and blessed by God.

Psalms 112 gives an extensive definition of a blessed man or a blessed woman; those who enjoy the approval of God. Here are just a few of those character qualities. The psalmist tells us that blessed people fear the Lord, they find delight in God's commands, they are righteous and generous, and they have a steadfast trust in God. These are the marks of a truly great person. This would be an effective checklist for all of us as we strive to live as God would have us live.

Volunteers Needed

Virtual Reality Displays for the Presentation of Stimulus Cues for
Nicotine Use: Panoramic Videography and Flat-Screen Images Study

*Are you between 18 and 70 years old?
And in Good General Health?*

We are looking for volunteers who smoke more than 20
cigarettes per day to participate in a study to evaluate the
use of virtual reality presentations in the development of the
urge to smoke.

- The purpose of this study is to evaluate the use of virtual reality to present brief video scenes that may produce the desire to smoke.
- You would complete several paper and pencil questionnaires and then experience presentations of situations that may create the desire to smoke.
- Requires a single visit lasting about 2 hours.
- Participants will not receive monetary compensation.

This study is sponsored by the Department of Psychology
Tripler Army Medical Center
Dr. Raymond A. Folen, Principal Investigator

Please call MAJ Stetz at (808) 433-1651 for more information.

FREE ALL DAY CIRCLE ISLAND TOUR

The Army Community Service (ACS) Shafter office conducts a free all-day circle island tour the third Saturday of each month for newly assigned Soldiers, civilian employees, and Family members who have PCS'd to Hawaii within the last six months prior to the tour dates.

The tour costs at least a \$75.00 if you sign up in Waikiki! The next tour is scheduled for June 18. Call 438-9285 by June 13 to sign up and obtain more information about the tour.

If you are interested in participating in the free tour, you can also send a message to michael.tanigawa@us.army.mil to request a tour brochure and directions to the pickup point at Shafter Flats.

Virtual Career Fair for vets

Courtesy of the FEDS HIRE FEDS, there will be a Virtual Career Fair for Veterans being held June 23, 2011 sponsored by Milcruit, the Military Officers Association of America and partners.

The fair is designed to bring veteran friendly public and private employers, veterans and spouses together as if in person, but from the comfort and convenience

of their home or office.

Veterans/ Jobseekers can register and enter the environment to visit employer booths, chat with recruiters, view/apply for jobs, and chat with peers in the networking lounge.

Participation is free for jobseekers . Register at: <http://www.veteranscareerfair.com/>

2011 FGLI Open Season ending soon

The 2011 Federal Long Term Care Insurance Program Open Season ends on June 24, 2011: Apply today! It is a great time to apply for coverage under the Federal Long Term Care Insurance Program (FLTCIP). The FLTCIP is administered by Long Term Care Partners. It is underwritten by John Hancock Life & Health Insurance Company

under a contract with the U.S. Office of Personnel Management.

Do not miss out on this abbreviated underwriting opportunity! This is the first abbreviated underwriting opportunity (applicants answer fewer health questions) for new applicants since 2002.

After June 24, 2011, you will generally need to undergo full un-

derwriting.

The 2011 FLTCIP Open Season offers abbreviated underwriting for certain eligible members of the Federal family.

Visit www.LTCFEDS.com/eligibility/ to see if you are eligible to apply with abbreviated underwriting during the FLTCIP Open Season.

GRADUATE PROFESSIONAL HEALTH EDUCATION COMMENCEMENT

Class of 2011

**US ARMY 236th BIRTHDAY
RETREAT CEREMONY**

**Tripler Army Medical Center
Main Flagpole**

June 17, 2011

3:00 p.m.





FRIDAY, JUNE 10, 2011
CORAL BALLROOM
HILTON HAWAIIAN VILLAGE

U.S. ARMY, PACIFIC
236TH
ARMY
BIRTHDAY
COMMÉMORATION



WWW.USARPAC.ARMY.MIL/236BIRTHDAY



SEE YOUR UNIT REPRESENTATIVE FOR TICKETS

TAMC Unit representative is SSG Makowski, John
433-6746 or John.makowski@amedd.army.mil

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Room 2A207

TRIPLER BLOOD DONOR CENTER | 808.433.6148



HERSHEY'S TRACK AND FIELD GAMES OAHU STATE FINAL

THE HERSHEY YOUTH PROGRAM IS DESIGNED FOR THE BEGINNER ATHLETE



Meet Date: June 25, 2011 (Saturday)
Time: 8:00 a.m. – 1:30 p.m. (Approximate)
Place: Mililani High School Track & Field

REGULATIONS

ELIGIBILITY: Open to 9-14 year old girls and boys born between 1997-2002, who reside in Hawaii. Sex divisions based on gender and age as of December 31, 2011. All participants must compete in their gender and age group divisions.

ENTRY DEADLINE: FRIDAY, JUNE 17, 2011 - 4:00 P.M.
Send or mail to: **HERA HERSHEY TRACK & FIELD GAMES**
c/o Sharon Tamita PHONE: 708-387 FAX: 708-382
1888 Ukauike St., Suite 300
Kapolei, HI 96707 email: hera@hawaiihs.com

EQUIPMENT: Shorts, t-shirts (Hershey), and shoes are required. Participants may not wear shoes designated for spikes. In field events, any shoes designed for turf sports are not allowed. Starting blocks are not allowed.
PROOF OF AGE: Ages and birthdates must be verified and initialed by sponsoring playground, club, school, coach or parent. Age is determined by the age the youth will be on December 31, 2011.

GENDER: Please check the appropriate box: GIRL BOY

PLEASE TYPE OR PRINT IN BLACK INK

NAME _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____ PHONE NO. _____
DATE OF BIRTH: MONTH _____ DAY _____ YEAR (circle one) 1997 / 1998 / 1999 / 2000 / 2001/2002
PROGRAM: _____ COACH'S NAME _____ PHONE # _____
(Place of Honor For Program, Institution, school, Team, etc. Unlimited)

T- Shirt Size: Youth Med ___ Youth Large ___ Adult Small ___ Adult Med ___ Adult Large ___ Adult Xlarge ___ Adult 2Xlarge ___

Circle participant's gender. Select up to three (3) events— not more than 2 running events.

GENDER	BIRTH YEAR	Select no more than 2 running events.					St. Long Jump*	Softball Throw*
GIRL	2001/2002	500M DASH	1000M DASH	2000M DASH	4000M DASH	4X100 RELAY**	E: 4', B: 4'6"	G: 50', B: 65'
BOY								

GENDER	BIRTH YEAR	Select no more than 2 running events.					St. Long Jump*	Softball Throw*
GIRL	1999/2000	100M DASH	200M DASH	400M DASH	800M RUN	4X100 RELAY**	E: 4'6", B: 5'	G: 75', B: 90'
BOY								

GENDER	BIRTH YEAR	Select no more than 2 running events (the relay is a running event)					St. Long Jump*	Softball Throw*
GIRL	1997/1998	100M DASH	200M DASH	800M RUN	1000M RUN	4X100 RELAY	E: 5', B: 5'	G: 100', B: 110'
BOY								

*Note: Qualifying distance must be met to compete in the STANDING LONG JUMP AND SOFTBALL THROW EVENTS ** Does not advance to North American Final

4x100M RELAY – Limited to 2 teams per division per organization. If you are a member of a relay team, you must list the other members of your relay team. 1999/1999 and 2000/2001 relay teams do not advance to the North American Final.

TEAM NAME: _____

1	2	3	4
ALT 1	ALT 2	ALT 3	

The undersigned participant, the participant's parent/legal guardian, and/or representative of the participant in the Hershey's Track & Field Games. In consideration of registration fee, the right of the participant to compete in the Hershey's Track & Field Games and the use by the participant of competing agency's facilities, and equipment, both the participant and the parent/guardian with acknowledgment that the participant will be competing in the Hershey's Track & Field Games and accepting agency's facilities of the participant's vehicle. The participant is liable and on behalf of his or her team, association, club, school, and organization shall indemnify, defend and hold harmless the Hershey's Games, National Recreation and Park Association, Mililani High School, Hawaii Recreation and Park Association, Hawaii Association of OHA Track and Field, and Departments of Parks and Recreation, City and County of Honolulu, Hawaii County, Maui County, Kauai County, State of Hawaii including State property damaged, bodily injury, death, and any loss sustained by the undersigned. The undersigned shall also indemnify and hold harmless the Hershey's Track & Field Games in respect to any and all claims, damages, and/or liabilities against the participant and to defend the same for any and all purposes in this manner. We understand that these participants who advance to the state level and competitors of this level do not automatically advance to the national level for the World/Junior Pan Am Meet.

Signed by Parent/Legal Guardian _____ Print Name _____ Date _____

In case of Emergency, Contact _____ Relationship _____

Or _____ Relationship _____

I have checked this application and confirm its accuracy (coach/parent/guardian's signature) _____

ENTRY DEADLINE: FRIDAY, JUNE 17, 2011 - 4:00 P.M.



New procedure offers alternative thyroid surgery to Tripler patients

Nick Spinelli

TAMC Public Affairs

Surgeons at Tripler Army Medical Center have completed their third robot assisted thyroidectomy. The new procedure reduces scarring in patients and is viewed as an alternative for those eligible.

“Traditionally, in order to perform a thyroidectomy, the surgeon would make a four to eight centimeter incision in the neck, which leaves a pretty noticeable scar,” Lt. Col. Christopher Klem, one of the TAMC surgeons trained on the procedure, said.

The robot assisted surgery instead makes a six centimeter incision in the patient’s armpit, resulting in a smaller scar in a less noticeable area. The procedure has been primarily popularized in Korea and only recently spread to US with about 20 surgeons currently performing procedure, none of whom have completed more than 30.

The Da Vinci system is the only robot commercially available for the procedure and runs roughly 1-2 million dollars. It utilizes four arms – one with a camera and three with surgical instruments – all of which possess greater dexterity than human hands. For this reason, Klem says the system is already accepted all over the country in use with prostate, GYN, and cardiac surgeries. Thyroid surgery is just

the latest use.

Cynthia Boone had her thyroid surgery using the Da Vinci system May 18.

“I was very excited,” she said. “I knew they hadn’t had a lot of experience yet, but I asked around, and I became very confident about their abilities.”

Klem said the abilities are hard one as the training to use the system is very detailed. At first glance, the system looks somewhat like a video game. The surgeon controls the robot from a console where he watches the camera through a monitor. At all times, a technician is on hand.

“Training takes over several months and includes different classes in various locations around the country. It’s also carefully controlled by the hospital. Even after the training, there is credentialing criteria that still has to be met,” Klem said.

Boone said her recovery is going wonderful. She had a follow up appointment last week and was told everything is healing as expected.

“I am very satisfied with the procedure and the doctors,” she said. “Not only were they very professional but they were also pleasant and understanding, which I think was necessary to put me at ease as this was such a new procedure.”

Do you have something exciting going on in your department? Would you like to get your story out? Special event go untold in the Schofield and TAMC areas that other may find news worthy. So if you have something to say, contact Jan Clark at 808-433-2809.



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CAMP INCLUDES:

PASSION FOR HOOPS OFFERS A COMPLETE PLAYER BASKETBALL DAY CAMP, WITH EMPHASIS ON TOTAL SKILL DEVELOPMENT, AS WELL AS LEADERSHIP AND LIFE SKILLS TRAINING. THIS CAMP IS DESIGNED TO HELP YOU BE A COMPLETE PLAYER ON AND OFF THE COURT.

CAMPERS ARE TO BRING:

GYM SHOES, SHORTS, T-SHIRT, SACK LUNCH AND WATER BOTTLE.

LOCATION:

KALAHEO HIGH SCHOOL GYMNASIUM
730 ILIAINA STREET
KAILUA, HI 96734

PRICE:

\$50.00 PER CAMPER (CHECK OR MONEY ORDER)

MAKE CHECK PAYABLE TO: DIONNE M. BROWN

MAIL TO: CAMP DIRECTOR, PASSION FOR HOOPS

1 JARRETT WHITE ROAD #234

HONOLULU, HI 96859

DATES:

CAMP I: AUGUST 6TH AND 13TH

2ND - 6TH GRADERS (8YRS-12YRS)

CAMP II: AUGUST 20TH AND 27TH

7TH - 12TH GRADERS (13YRS-18YRS)

TIMES:

9AM TO 3PM



AMR Youth Sports is in need of five coaches for teams, ages 9-14. Contact Scott Stenstrom at 836-1923 /497-9196 for more information.

First Sgt. Maj. coin awarded



First Sgt. Robert Nelson, TAMC Alpha Company, was the first recipient of Command Sgt. Maj. Franklin's new coin. Nelson, who was just promoted to master sergeant and will soon transfer to Fort Bliss, helped to design the coin. Franklin felt it only fair Nelson be the first to receive the coin as he is, "always the first to step in and assist, regardless of the situation."

Photo by Jan Clark

TAMC
Department of
Psychology

Neuropsychology Service

Volume 1, Issue 1

Spring 2011

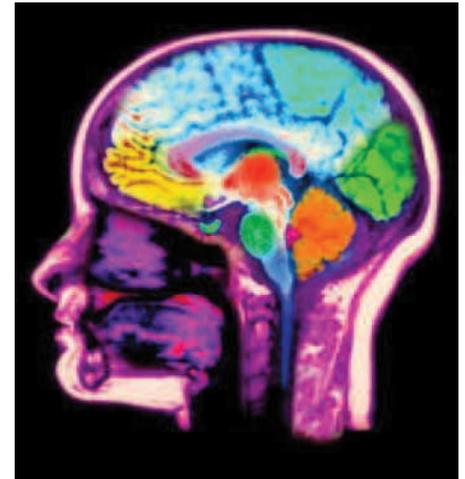
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Did you know that difficult to read text is more memorable than easy to read text?

What Do We Offer?

The Tripler Army Medical Center Neuropsychology Service, Department of Psychology, provides assessment, diagnosis, prognosis, recommendations, treatment planning, and follow-up for adults who have known or suspected brain dysfunction attributable to a variety of conditions (e.g. stroke, brain injury, dementia, seizures, brain tumors, anoxia, brain infections, and autoimmune disorders). We also assess for learning disorders and adult attention-deficit/hyperactivity disorders. We offer follow-up therapy-based counseling services for persons with neuropsychological issues and difficulties that may be identified on the neuropsychological evaluations and neuropsychological screening assessments or on referral from other members of the Tripler ohana.



What is a Neuropsychological Evaluation?

Neuropsychological evaluations typically involve the comprehensive assessment of cognitive abilities that can be compromised as a result of brain dysfunction such as language usage, attention, concentration, memory, sensorimotor functioning, visual-spatial abilities, higher level conceptualization skills, complex problem-solving, and executive functions like planning steps towards an end goal. A determination is made early in the assessment process as to whether a briefer screening will suffice, or if a more wide-ranging test battery is indicated. Beyond this, a patient's current emotional state, various neurobehavioral factors, and psychological dynamics are assessed to provide a full picture of the whole person.

Often, neuropsychological evaluations yield important client data not available elsewhere, such as differentiation of organic and emotional components in behavioral disturbance, recovery from brain injury, and any functional decline in progressive dementias. We can address the cognitive and psychological factors involved in mild traumatic brain injury/concussions, provide neuropsychological assessments for medical evaluation boards, address rehabilitation needs, provide neurobehavioral recommendations, and give recommendations on return-to-duty.

Meet our Staff!

Douglas A. Umetsu, Ph.D., ABPP-CN

Dr. Umetsu is currently the Chief of the Neuropsychology Service, Department of Psychology, at Tripler Army Medical Center. Dr. Umetsu earned his Ph.D. in Clinical Psychology from the Fuller Theological Seminary Graduate School of Psychology in Pasadena, California. He completed his post-doctoral fellowship in Clinical Neuropsychology at the UCLA Neuropsychiatric Institute in the Department of Neuropsychology. Dr. Umetsu has worked in clinical settings with a focus on Clinical Neuropsychology and Rehabilitation Psychology. He is board-certified in Clinical Neuropsychology through the American Board of Clinical Neuropsychology of the American Board of Professional Psychology. His hobbies include photography and horticulture.

Brian Combs, Ph.D., ABPP-CN

Dr. Combs received his Ph.D. from the Illinois Institute of Technology and is Board certified in clinical neuropsychology by the American Board of Clinical Neuropsychology and the American Board of Professional Psychology. He has served as a clinical neuropsychologist at the Tripler Army Medical Center for almost three years. His work includes the evaluation of military personnel, retirees, and dependents with known or suspected brain disorders. He also trains and supervises postdoctoral fellows and pre-doctoral interns in neuropsychology. Previously, he held positions such as neuropsychologist and chief psychologist at Queens Hospital and chief of Psychology at the Rehabilitation Hospital of the Pacific. He has been working with patients with neurological conditions including traumatic brain injury for about 25 years. When not working, he enjoys bicycle racing and spending time with family.

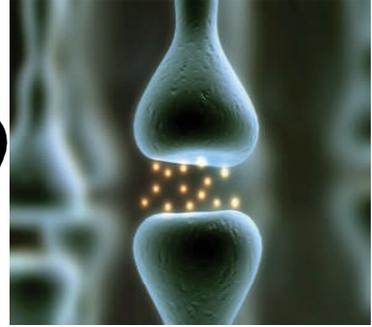
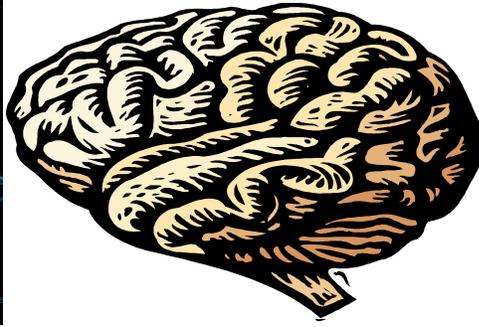
Emplo light



Sean Scates

Mr. Scates has worked at TAMC as a neuropsychometrist for approximately two years. He is a licensed psychological examiner in the State of Tennessee and was previously a School Psychologist in the Memphis City School System for 15 years. He received his Master's in Psychology at The University of Memphis. While at TAMC, he has become a Certified Specialist in Psychometry. To date, he is the only certified Psychometrist in the state of Hawaii. During his free time, he enjoys, tennis, hiking, and cooking.





Jennifer Yamashita, Ph.D.

Dr. Yamashita is one of the staff neuropsychologists and the director of training of the Neuropsychology Postdoctoral Program. She completed her pre-doctoral internship at the National Center for PTSD and her post-doctoral fellowship in clinical neuropsychology at TAMC. In addition to providing clinical supervision to neuropsychology fellows and psychology interns, Dr. Yamashita is actively involved in training program development. Her interests include traumatic brain injury and PTSD. She is the very proud mom of her son Dominic who will be turning 2 in July.

CPT April Fritch, Psy.D.

CPT Fritch is currently completing her first year of fellowship at Tripler Army Medical Center. She completed her doctoral training at the Idaho State University in Pocatello, Idaho and clinical internship at Madigan Army Medical Center in Tacoma, Washington. She's been in the Army for almost five years and deployed with the 98th Combat Stress Control Detachment in 2008. Professional interests include neuropsychological assessment, symptom validity measures, trauma, and research. She enjoys the outdoors, working out, and frequent trips to the mainland to visit her husband.

Dawn T. Yoshioka

Ms. Yoshioka has worked about three years at TAMC as a neuropsychometrist primarily administering neuropsychological and psychological tests to patients with possible acquired brain injury or neurocognitive deficits due to a disorder or congenital problem. Also, she is a doctoral candidate in the Psychology Department at the University of Hawaii at Manoa by way of the Experimental Psychopathology program. Her interests in psychology include neuropsychology, research, assessment, cultural issues in psychology, and behavioral health. When not working she enjoys watching sports and film.

PV2 Brittney M. Arlia

PV2 Arlia is currently training for NCOIC stewardship of the Neuropsychology section at the TAMC Department of Psychology. She graduated from Pueblo High School in Tucson, AZ and has been in the Army for 10 months, having just finished AIT on March 23rd of this year. There she was trained for Mental Health service. Her hobbies include writing and finding new hobbies.



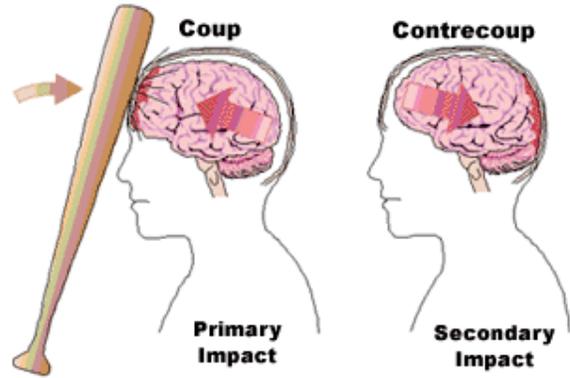
Research Focus

The Neuropsychology service is conducting research to refine neuropsychological clinic practice and to evaluate components of the assessment of mild traumatic brain injury and concussion in military service members.

Understanding Mild TBI and Concussion

Traumatic brain injury (TBI) usually results from closed or open head injury. A closed head injury can be described as a nonpenetrating blow to the head while open head injury is caused by an object penetrating the skull. Injuries sustained from closed head injuries usually cause damage at the site of impact which is called coup and this may result in injury to the opposite side of the brain, called contrecoup. Closed head injuries differ in the sense that it typically causes more localized damage.

The term concussion has been used interchangeably with mild TBI. It occurs as a result of a bump, blow, or jolt to the head. Concussions are not life threatening but can cause temporary problems with thinking (i.e., concentration, memory), physical health (i.e., headache, blurry vision, dizziness, fatigue), and emotion (i.e., irritability, sadness, anxiety). Individuals typically recover within days or weeks. However, the symptoms do not last longer than three months.



Example of how the head is injured on impact



TBI In the Military

In the military concussions can occur as a result of motor vehicle accidents or falls. In the combat zone, blast injuries are the most common. Blast injuries can be classified as primary (direct effects of pressure waves), secondary (projectiles penetrating the cranium), tertiary (injuries resulting from being thrown against an object), and quaternary (toxic inhalation, burns, or fractured bones). These injuries can cause a number cognitive and psychological symptoms or exacerbate preexisting psychological problems. Neuropsychologists are often called upon to differentiate between psychological and cognitive symptoms and offer treatment recommendations.

Coping with TBI

Things to avoid while TBI healing:

- Engaging in sports that have a high risk of injury
- Drinking alcohol or using too much caffeine
- Using over the counter sleep aids

Compensatory strategies to assist with daily functioning:

- Do use a planner that allows you to keep track of appointments or upcoming events
- Do set alarms as reminders
- Do develop a daily routine
- Do put important items such as keys and wallets in one place
- Do write detailed notes so that you can remember them later



Tripler Army Medical Center
 8th Floor, Oceanside
 1 Jarrett White Road
 Honolulu, HI 96859

Phone: 808-433-6060
Fax: 808-433-1466
E-mail:

The word “neuropsychology” was cited as being first used in the year 1913. Other, related words using the root “neuro” in connection with “psyche” are considered to have been used as early as the 16th and 17th centuries.



Resource List

Abstinence/Relapse Dimension

1. Army Substance Abuse Program (ASAP)- 433-8700
2. Adolescent Substance Abuse Counseling- 655-9944
3. Alcoholics Anonymous (AA) Hawaii - 946-1438/www.hawaii.aa.org
4. Narcotics Anonymous (NA) Hawaii - www.na-hawaii.org

Mental/Emotional Health Dimension

1. Military One Source- 800-342-9647
2. Soldier and Family Asst Center (SAFAC)- 655-6600
3. Adult Family Member Asst Center (AFMAC)- 433-8130
4. Marriage & Family Clinic- 433-8550
5. Soldier Assistance Center (SAC)/SELF- 433-8600/433-8880
6. Family Advocacy Program (FAP)- 433-8579
7. Suicide & Crisis Hotline (24 hour)-

832-3100

Social/Cultural Dimensions

1. Army Community Service (ACS)- 655-4227
2. Military Family Life Consultants- 222-7088
3. Housing Office (Schofield)- 275-3700
4. Housing Office (Fort Shafter)- 275-3800
5. Women, Infants, & Children (WIC) - 586-8175
6. Domestic Violence Hotline- 642-SAFE
7. Child Protection Services (CPS)- 832-5300
8. Domestic Violence Clearing House- 531-3771
9. In-Transition- 800-424-7877

Spiritual/Religious Dimensions

1. Family Life Chaplain (Schofield)- 655-9307

Sleep Deprivation Secondary to TBI



Sleep disturbance is sometimes a symptom of traumatic brain injury. In the literature, Delayed Sleep Syndrome is often written about. It involves difficulty falling and sometimes staying asleep and appears to be most common shortly after an injury is sustained. Treat-

ments with melatonin or prescription sleep aids have been shown to help. Excessive drowsiness is more often found in TBI patients after hospital discharge, or a while longer after injury—but the length of unconsciousness during injury may also play a role in how symptoms arise, as well as other aspects of the environment around patients in their lives. There are also cases associated with loss of deep, slow-wave sleep and REM which seem more difficult to treat.

Sleep deprivation symptoms:

- Difficulty concentrating
- Memory loss (working memory problems and loss of new information)
- Slowed thinking process
- Trouble clearly planning steps while doing things

Nagtegaal JE, Kerkhof GA, Smits MG, et al: Traumatic brain injury-associated delayed sleep phase syndrome. Funct Neurol 1997; 12:345-348

1. Family Life Chaplain (AMR)- 836-4599
2. After-hours Duty Chaplain- 655-8763

Legal/Financial Dimension

1. Judge Advocate General (JAG)- 433-5311
2. Legal Assistance/Power of Attorney - 655-8607
3. Army Emergency Relief (AER)- 655-4227

Occupational/Educational Dimension

1. Army Education Center- 655-4341/9388
2. SB Education Center- 655-0800
3. SB Library- 655-8002

Medical/Physical Dimension

1. TAMC Central Appt- 433-2778
2. TAMC ER- 433-6629
3. Acute Care Clinic- 433-8850
4. Poison Control- 800-222-1222