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Public health specialist ‘chooses to help’

By 1st Lt. Andrew Layton
Michigan National Guard

ALPENA, Mich. – Six years ago, Staff Sgt. Tim Frasier made a bold decision.

“I got handed my first restaurant at age 19 – being a manager was good for that part of my life, but I was going to school and I was looking to do something else, but I wasn’t sure what.”

“Then, I ran out of money,” explains Frasier, who now serves as a public health specialist at Alpena Combat Readiness Training Center in Northern Michigan.

“I enlisted in the Air National Guard on a whim.”

Fast forward to January 2020 and Frasier is front-and-center at an assembly of dozens of special operations Airmen, delivering a “right start” brief during the opening days of Emerald Warrior 20, a U.S. Air Force Special Operations Command exercise staging from Northern Michigan and other locations around the United States. He’s providing guidance to exercise participants for how to avoid sanitation and public health maladies during their training, offering assurance that if any one of them calls with a concern during their time at Alpena, he’ll answer.

Frasier tells his story with humility and determination; the same determination that inspired him to leap from the first phase of his career – in base contracting at the 127th Wing, Selfridge Air National Guard Base, Mich. – into an uncertain, part-time position at Alpena CRTC that soon evaporated during a force-shaping realignment.

Given the choice to cross-train into the public health field, Frasier saw it as an opportunity to rekindle an interest in health and wellness he’d first explored while working on a degree in surgical technology.

What Frasier found in public health was an opportunity to connect with others to inspire a change for good. As a one-man team, Frasier now works at a level usually reserved for individuals with vastly more experience – and rank.

“It’s busy, but I like busy, because you don’t have the opportunity to be complacent.”

The most frenetic two weeks of Frasier’s year come during Northern Strike, the signature event of Northern Michigan’s joint military training complex, which, in addition to Alpena CRTC, includes Camp Grayling Joint Maneuver Training Center and encompasses some 147,000 acres

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(U.S. Army National Guard photo by Sgt. Tawny Schmit)
Alabama National Guard Soldiers with the 129th Area Support Medical Company carry a Soldier to a litter during a mock mass casualty event at the Sustainment Training Center (STC) on Camp Dodge on Feb. 12, 2020. Sgt. Krystal Thibault, a medical trainer at STC, applied mock shrapnel wounds to the casualty using the moulage technique, which adds a sense of realism to medical training.

Iowa National Guard medical trainer uses moulage for realistic medical training

By Sgt. Tawny Schmit
Joint Forces Headquarters, Iowa National Guard

JOHNSTON, Iowa — Surrounded by makeup palettes and face putty, an Iowa Army National Guard Soldier is working to create realistic training using the moulage technique to make mock injuries during a medical rotation at the Camp Dodge Sustainment Training Center (STC) this week.

“It adds realism to our training atmosphere,” said Sgt. Krystal Thibault, a medical trainer at STC who specializes in moulage application. “It allows medics to think through real injuries and prioritize their treatments.”

Rather than looking at a piece of paper and following an algorithm step by step, Thibault said Soldiers

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receive higher quality training when they treat a patient dynamically.

It also teaches them to stay focused when they're faced with gruesome injuries and remember to treat secondary injuries before they become serious ones.

"Even though an evisceration might be eye-catching, it might not be the thing that's actually going to kill our patient," said Thibault.

Thibault didn't have any formal training when she was asked to fill this role at STC, but being a mom gave her some experience. She always makes sure to have fun with makeup and create unique costumes.

"I always say I'm not a very creative person, so this is one of the few times I'm able to use some creativity," said Thibault.

The moulage process can be used to simulate many types of wounds, and Thibault is always thinking of new scenarios to add. She once found a Soldier who could tolerate black licorice and stuck a small piece on their tooth to simulate an

abscess.

But looking the part of a casualty is only half the battle.

"I'm making sure they understand how they need to act for a scenario, otherwise it doesn't add as much realism," said Thibault.

With well-executed mock injuries and a full profile on how to conduct themselves during a casualty role play, Soldiers completing a medical rotation at STC will receive highly realistic training that will prepare them for real-world emergencies.



Sgt. Krystal Thibault mixes blood powder and surgical lubricant to apply fake blood using the moulage technique. Thibault applied several kinds of mock injuries to Alabama National Guard Soldiers during their medical training rotation.



(U.S. Army National Guard photos by Sgt. Tawny Schmitt)

Alabama National Guard Soldiers with the 129th Area Support Medical Company prepare to lift an injured soldier. Sgt. Krystal Thibault, a medical trainer at STC, applied mock leg wounds to the casualty using the moulage technique.



(Above) Sgt. Krystal Thibault helps Alabama National Guard Soldiers with the 129th Area Support Medical Company with treatment options for a soldier during the event.

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Sgt. Krystal Thibault, an Iowa National Guard medical trainer at the Sustainment Training Center on Camp Dodge, applies a mock skin laceration using the moulage technique on Feb. 12, 2020. Thibault applied several kinds of mock injuries to Alabama National Guard Soldiers during their medical training rotation. Moulage is used to add a level of realism when training to evaluate casualties.



(Courtesy photo)

U.S. Air Force Lt. Col. Matthew Schmitz (holding cake), chief of the young adult hip preservation service at Brooke Army Medical Center and U.S. Air Force Col. Patrick Osborn (in uniform), deputy commander for surgical services, pose for a photo with members of the orthopaedic surgical team Feb. 3, 2020. The team celebrated their 100th Periacetabular Osteotomy, a hip preservation surgery for adult hip dysplasia.

BAMC marks milestone with 100th hip preservation surgery

By Lori Newman

Brooke Army Medical Center Public Affairs

Brooke Army Medical Center orthopaedic surgery recently celebrated a milestone, completing the 100th hip preservation surgery for adult hip dysplasia.

The procedure called Periacetabular Osteotomy, involves cutting the pelvis around the hip joint and shifting it into a better position to support the stresses of walking. After the hip is re-positioned, it is held in place with screws until the bone heals. After the bone heals, the screws can be removed, but this is not usually necessary.

“PAO is only performed at select medical centers throughout the United States because of the complexity of the procedure and the advanced train-

ing required,” said U.S. Air Force Lt. Col. Matthew Schmitz, chief of the young adult hip preservation service at BAMC. “Young adult hip preservation is a relatively new service in orthopaedic surgery, focusing on surgical techniques to correct anatomic problems of the hip joint in active patients to delay or potentially eliminate the need for hip replacement.”

Schmitz started the Department of Defense’s sole Young Adult Hip Preservation Service at BAMC in 2012. As the only high volume PAO center within the Department of Defense and South Texas, BAMC has become a referral center for beneficiaries with dysplasia requiring surgical treatment with 50 of the PAOs being performed in the last two years.

“Adult hip dysplasia is being more

commonly recognized as one of the primary reasons for a young person’s hip to fail and cause significant pain, disability, and early arthritis,” Schmitz said. “If caught early in childhood, dysplasia can be treated with non-surgical means, but once a person has entered their teenage years, the only surgical treatment is PAO.”

Schmitz says he is committed to hip preservation and studying the outcomes of these procedures. His work has been highlighted with his acceptance into the Academic Network of Conservation Hip Outcomes Research and with a recent publication in the Journal of American Academy of Orthopaedic Surgeons titled “Developmental Dysplasia of the Hip in Adolescents and Young Adults.”

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• *Specialist* (Continued from front page)

of ground training area with the largest military operating airspace east of the Mississippi River.

The exercise is the Department of Defense's largest annual joint, reserve component readiness event.

"Northern Strike is intense," says Frasier. "I remember the first day of the exercise last year, I got a call at 11 o'clock at night saying, 'There are bedbugs.' My initial reaction was, 'There are no bedbugs, we do not have bedbugs, but I will be there in a minute to figure out what it is.' They ended up being sand fleas, tracked in on someone's boots – so that's how Northern Strike 19 started out for me."

In addition to responding to public health concerns of all varieties, during Northern Strike 19, Frasier also assisted with the planning and execution of several medical response and triage drills involving personnel from the Michigan Air National Guard, U.S. Army Reserves, and the National Armed Forces of Latvia.

"As part of Alpena CRTC's way of customer service, it's always about what we can do to make sure their training is sufficient so that they are effective [and lethal] warfighters, as well as promoting the possibility that they may want to come back," he says.

Frasier has a regular opportunity to make a difference in the training experi-

ences of military personnel from all service branches of the U.S. military, as well as coalition partner countries. However, he says one of the most impactful experiences of his career came recently at an Applied Suicide Intervention Skills Training (ASIST) event. ASIST is a two-day workshop that emphasizes suicide first aid skills for professionals in helping roles as part of the care they provide.

The training added new fire to Frasier's passion for mental health advocacy.

"I think the important thing is that everyone can be a mental health advocate," says Frasier. "You don't have to be ASIST trained, but the beauty of ASIST training is that it teaches you to recognize the symptoms of suicidal ideations that aren't as blatant as self-mutilation and things like that."

Frasier's hunger to leave a positive impact on every person he meets is evident in each word he's speaking. He has followed that passion to utilize the Michigan National Guard's State Tuition Assistance Program in pursuit of a bachelor's degree in psychology. He will graduate this semester.

Explaining his desire to build on his psychology degree with a master's in clinical social work, Frasier pauses.

Then, he gets right to the point.

"Let's face it – I want to change the world," he asserts. "I want to change the

world because I have to hope for a world that is better than it is today. I'm not saying we live in a bad world, but we can always be better; we can be kinder."

Frasier says he's thankful the Michigan National Guard is an organization that prioritizes the wellbeing and mental health of its Soldiers and Airmen, but more can – and always should – be done for suicide prevention. He says this is especially true within the military community, which has traditionally been marked by a culture of stoicism and stigma toward mental health advocacy.

"That culture is changing, but the progress that's been made still isn't enough," says Frasier. "It starts with people going to ASIST classes, talking with their unit's director of psychological health – not because they have a problem, but to see what else they can do. Seek out people you might not otherwise know, or have the opportunity to know, and see the difference you can make in their lives."

Looking back on his journey these past six years, Frasier can hardly believe the personal transformation he has experienced; the sense of purpose, teamwork, and openness that has infused his life since joining the Michigan Air National Guard is profound. That sense of community was confirmed for Frasier when he and his husband, Master Sgt. James Fuller, were married. Fuller is

also a full-time member of the CRTC staff and Frasier says their experience serving together has been positive.

"The climate of diversity is also changing in the military – it all comes down to being part of one team with one, shared mission," he says.

Without question, Frasier has come a long way from that impulsive phone call to the ANG recruiter's office.

"I am a completely different person than I would ever have expected myself to be," he says. "It's one of those things where not everyone may be set up for success, but that doesn't mean you can't be successful. You have to find your route – and this just happened to be my route."

The Michigan Air National Guard's two primary Wings, the 110th Wing in Battle Creek, and the 127th Wing in Macomb County, both have full-time specialists assigned as directors of psychological health. Looking to the future, Frasier can see himself fitting well in a DPH position. Because Alpena CRTC has a smaller full-time cadre, there is no DPH presently on staff – but that doesn't mean its personnel aren't in need of mental health resources. Frasier has already stepped up to help fill that void.

His reason is simple.

"Given the choice to help, do it," he says. "You will never know the impact you could have on someone."

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Medics battle mud, rain, cold to earn coveted EFMB

By Chuck Cannon
Fort Polk Public Affairs Office

FORT POLK, La. — Ninety-three Soldiers from 46 installations across the U.S. Army set out on Feb. 3 to earn the Expert Field Medical Badge at Fort Polk.

When the mud, rain and cold had settled, 16 Soldiers had survived two grueling weeks that pushed them to the brink of their physical and mental stamina and received the coveted badge — and the title of expert field medic.

A ceremony was held Feb. 14 — following the course's 12-mile road march — on Fort Polk's Honor Field to recognize the Soldiers' achievement. Brig. Gen. Patrick D. Frank, commander, Joint Readiness Training Center and Fort Polk, and retired Command Sgt. Maj. Kevin B. Stuart, were guest speakers.

Frank spoke about how important the EFMB was to not only those who earned the badge, but also those who were treated by medics with an EFMB.

"The confidence fellow Soldiers have in a badge holder, you can't put a weight on," Frank said. "Soldiers who are hurt in combat look for a medic wearing the EFMB. When they find them, they won't let them go. They want them in their squad, in their platoon, in their company. It happens on every battlefield American Soldiers have been on. They're looking for that mark of the professional — the EFMB."

Frank said the EFMB signals to other Soldiers that the wearer is a lifesaver.

"It inspires Soldiers in the formations and it allows them to continue the fight," he said. "It's even more important now that we've transitioned from counterinsurgency operations into large-scale combat operations."

Frank said he recently received a note from a Soldier who had been treated at Bayne-Jones Army Community Hospital on Fort Polk that contained the combat medic creed.

"Combat medics never stand taller than when they kneel to treat the wounded," Frank read. "That's powerful. Our graduates today have never stood taller."

Stuart, who received an EFMB in 1982 at Fort Polk, said the graduates had spent a lot of time, energy and effort to earn the badge. He then related his experience as a young Soldier testing for the EFMB and how it helped encourage him in his career.

"It inspired me to be the best Soldier I could be," Stuart said. "These Soldiers in front of you today did their best and as a result, earned this badge."

Stuart told the Soldiers, "You've proven to yourself and others that hard work and preparation makes a difference. Cherish this moment of success." The EFMB was established in

June 1965 as a Department of the Army special skill award recognizing exceptional competence and outstanding performance by field medical personnel. Made of oxidized silver, the badge consists of a litter, placed horizontally, behind a caduceus with the cross of the Geneva Convention. Guidance for conducting EFMB testing is governed by the Army Medical Department Center and School in Fort Sam Houston, Texas.

During the past 57 years, more than 100,000 Soldiers have attempted to earn the badge. Currently, less than 3% have earned the EFMB.

The badge has changed little since its inception, but in 2008 the test was transformed into a testing event that more closely mirrors what medic are required to do in a contemporary operational environment.

Currently, Soldiers are tested in the following areas:

- Tactical combat casualty care
- Medical evacuation
- Tactical communications
- Warrior skills
- Land navigation, both day and night
- Written examination
- 12-mile foot march

The following Soldiers earned their EFMB:

- Sgt. Henry Gross, Brooke Army Medical Center, San Antonio, Texas, highest score on the written test and zero no-gos

- Staff Sgt. Aaron Angula, Brooke Army Medical Center, zero no-gos

- Spc. Pascal Anderson, Brooke Army Medical Center, fastest time in road march, 2:12

- Staff Sgt. Ryan Campbell, 418th Medical Detachment, Fort Carson, Colorado

- 2nd Lt. Cory Harunkiewicz, 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, Fort Polk

- Pfc. Jacob Scott, 2nd Bn, 30th Inf Reg

- Sgt. Jory Huie, 2nd Battalion, 4th Infantry Regiment, 3rd BCT, 10th Mtn Div, Fort Polk

- Capt. Thomas Gilbreath, 32nd Hospital Center, Fort Polk

- 1st Lt. Isydra Lujan, 32nd HC

- Sgt. Jose Diaz, 32nd HC

- Spc. Nelson Mercado, 32nd HC

- Spc. Rebekah Gippert, 3rd Battalion, 509th Infantry Regiment, Joint Base Elmendorf-Richardson, Alaska

- Capt. Luis Powsang, 41st Medical Detachment, Fort Gordon, Georgia

- Capt. Veronica Vasquez, Operations Group, Fort Polk

- Sgt. Cesar Guerrero, Medical Department Activity, Fort Jackson, South Carolina

- Spc. Brandon Clark, Medical Department Activity, Fort Sill, Oklahoma



(Photo by Chuck Cannon)

Mark Anderson (center) pins the Expert Field Medical Badge on his son, Pfc. Pascal Anderson, Brooke Army Medical Center, San Antonio, Texas, as Brig. Gen. Patrick D. Frank (left), commander, Joint Readiness Training Center and Fort Polk, looks on following an EFMB graduation ceremony Feb. 14 at Fort Polk's Honor Field. Anderson posted the fastest time in the 12-mile foot march, the culmination of the week-long test.



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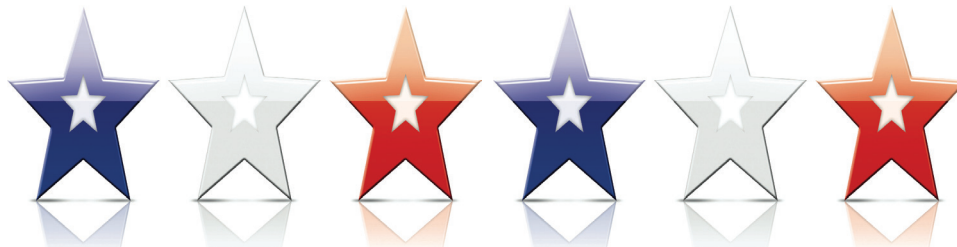
OUR TEAM: Join our orthopedics team of five surgeons, a sports medicine physician, seven physician assistants, & several physical and occupational therapists. In addition to orthopedics, our advanced musculoskeletal service line includes rheumatology, psychiatry, neurology, podiatry, x-ray, outpatient rehab, acupuncture, athletic training, aquatics, and massage—all offered in one central location on the campus of Exeter Hospital.

WHAT YOU WILL BRING: The successful candidate will provide a high-level of patient-centered care; work collaboratively as part of a team; embrace community outreach opportunities by leading relationships with well-known, prominent regional sports organizations which includes soccer, baseball, field hockey & lacrosse for young athletes & adults; & be able to provide minimal on-call emergency coverage.

OUR LOCATION & COMMUNITY: Core Physicians is located on the beautiful NH seacoast, just a few miles from the beach. We are also just an hour drive from the gorgeous NH Lakes Region, within two hours of the picturesque White and Green (Vermont) Mountains and several ski resorts; and only 45 miles north of Boston, which offers some of the best restaurants, concerts, sporting events, and cultural activities on the east coast. We are in close proximity to three airports, including Logan International. You will find wonderful work/life balance in our family-friendly community that offers excellent private and public school systems, one of the nation's lowest crime rates, and no sales or income tax.

REQUIREMENTS: Fellowship Trained in Sports Medicine; Board Certified in Orthopedic Surgery; BC/BE in Sports Medicine; MD and DO

Contact: Heather Mamos, Physician Recruitment Specialist
 603-580-7131 (office) or 603-717-1797 (mobile), or
 email: hmamos@ehr.org || www.corephysicians.org



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