

2024 USPHS Scientific and Training Symposium
Training Day Agenda

Sunday, June 23

Note: All meals for Sunday will be the responsibility of each individual attendee. The hotel has a Starbucks coffee shop, two restaurants, and a market where attendees can eat breakfast, lunch, and dinner. The market is open 24 hours per day. There are also multiple restaurants within walking distance from the hotel.

Training Day **Advanced Cardiac Life Support (ACLS)**
6/23/2024 8:00 *CAPT Robin Hunter Buskey*
6/23/2024 17:00

This course is for American Heart Association (AHA) ACLS initial certification for pre-hospital emergency and hospital employees such as Paramedics, RN's, MD, RTs, or other healthcare providers requiring AHA ACLS certification. This course emphasizes assessment and management of adult cardiac patients and includes BLS proficiency and ACLS written and skills testing. Please bring your hard copy or eBook of the ACLS Provider Manual- available to purchase from AHE -ACLS Provider Manual 20-1106 for \$50 or online- [ShopCPR](#) or [WorldPoint](#)--digital versions ACLS eBook 20-3100 are available. Books are not returnable, and fees are not refundable. The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA. An American Heart Association (AHA) ACLS eCard will be emailed from eCards@heart.org upon successful completion of this course.

Mandatory pre-course preparation includes:

1. Complete the pre-course checklist that came with your ACLS Provider Manual. Bring the checklist with you to the course.
2. Review the course agenda.
3. Review and understand the information in your ACLS Provider Manual. Pay particular attention to the 10 core cases in Part 4.
4. Review and understand the information in the BLS for Healthcare Providers manual. The resuscitation scenarios require that your BLS skills and knowledge are current. You will be tested on adult 1-rescuer CPR and AED skills at the beginning of the ACLS Provider Course. You will not be taught how to do CPR or how to use an AED. You must know this in advance.
5. Review, understand, and complete the ECG and Pharmacology pre-course assessment tests online-follow the instructions in your book. You will not be taught how to read or interpret ECGs in the course, nor will you be taught details about ACLS pharmacology.
6. Print your scores for the pre-course assessment tests and bring them with you to class. You will not be able to attend the course without the pre-course assessment tests.

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What This Course Does Not Cover: The ACLS Provider Course does not teach algorithms, ECG, or pharmacology information. If you do not learn and understand the ECG and pharmacology information in the pre-course assessment tests, it is unlikely that you can successfully complete the ACLS Provider Course.

AHA Books are available to purchase from Channing-Bete.

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Training Day **Basic Life Support (BLS) for Healthcare Providers Skills Testing**
On Demand CAPT Jane Kreis

Basic Life Support for Healthcare Providers (BLS) uses a scenario-based approach to develop the critical thinking and problem solving skills that drive better patient outcomes. It is consistent with AHA Guidelines for CPR/ECC, and covers breathing and cardiac emergencies - including [CPR](#), [AED](#), and obstructed airway - for adult, child, and infant patients.

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Training Day **Naloxone Training**
6/23/2024 08:00 CAPT Robin Hunter Buskey
6/23/2024 09:30

This course includes didactic skills training followed by an online skills demonstration for participants focused on the recognition and response to respiratory arrest related to an opioid overdose, and the intervention using naloxone. Naloxone is a prescription medication that reverses an opioid overdose by restoring breathing and has minimal side effects.

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Monday, June 24

Note: All meals for Monday will be the responsibility of each individual attendee. The hotel has a Starbucks coffee shop, two restaurants, and a market where attendees can eat breakfast, lunch, and dinner. The market is open 24 hours per day. There are also multiple restaurants within walking distance from the hotel. The retirement seminar is the only session that will receive lunch for attendees.

Training Day **Basic Life Support (BLS) for Healthcare Providers Skills Testing**
On Demand CAPT Jane Kreis

Basic Life Support for Healthcare Providers (BLS) uses a scenario-based approach to develop the critical thinking and problem solving skills that drive better patient outcomes. It is consistent with AHA Guidelines for CPR/ECC, and covers breathing and cardiac emergencies - including [CPR](#), [AED](#), and obstructed airway - for adult, child, and infant patients.

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Training Day **Naloxone Training**
6/24/2024 08:00 CAPT Jane Kreis, CAPT Robin Hunter Buskey
6/24/2024 9:30

This training is a 90-minute session which includes didactic skills training followed by an online skills demonstration for participants focused on the recognition and response to respiratory arrest related to an opioid overdose, and the intervention using naloxone. Naloxone is a prescription medication that reverses an opioid overdose by restoring breathing and has minimal side effects. Take advantage of this opportunity to learn how to administer naloxone and learn what to do until help arrives. This training includes presentations followed by a demonstration of the administration of naloxone, both intramuscular and intranasal administration.

*For those who work with or may be exposed to opioids in the workplace, please contact your local Safety Office for any additional training that may be required of you.

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Training Day **Advanced Cardiac Life Support (ACLS)**
6/24/2024 8:00 *CAPT Robin Hunter Buskey*
6/24/2024 12:00

*Testing for ACLS Certification. Must attend full day Sunday to participate in testing Monday.

Training Day **Retirement Seminar**
6/24/2024 08:00 *Jacque Rychnovsky, Executive Director, COA; LCDR Adelaida Rosario,*
6/24/2024 17:00 *CCHQ; LCDR Andrew Okolo, CCHQ; Art Timmins, American Legion;*
Includes Lunch *Dan Precourt, Prudential Pathways; Heather Walrath, Navy Mutual;*
 Nathan Sebert, FedPoint; CAPT Gene Migliaccio, President, COF

For USPHS officers nearing retirement or recently retired, this seminar will feature a speaker from the Separations Team Lead, Office of the Surgeon General, and briefs on retired pay, terminal leave, separation forms, Veterans Administration disability claims, dental, vision and long-term care insurance, TRICARE, financial planning, the Survivor Benefit Program, and the Thrift Savings Plan (TSP). Learn about the process of retiring from the Commissioned Corps of the USPHS and other experts.

Note: All of the following sessions are subject to cancelation if there are not a minimum of 20 pre-registered attendees 30 days beforehand. If a course is cancelled you will be notified and have the opportunity to choose a new course.

Training Day **Promotion Preparation Workshop**
Session 1
6/24/2024 08:00 *CAPT Ulgen Fideli, PhD, Branch Chief for the PCMB at CCHQ, HHS;*
6/24/2024 12:00 *LCDR Lance Pittman, Team Lead for Promotions and COER, HHS; LCDR*
 Kyle Knight

Hosted by the staff of the Personnel and Career Management Branch (PCMB) from Commissioned Corps Headquarters (CCHQ), the team will provide guidance on multiple topics. The session will benefit an assortment of audience members including: Officers up for promotion; Officers yearning to learn about the promotion process; and Supervisors, agencies coordinators, and liaisons to deepen their knowledge and increase their ability to support their officers. Information that will be covered includes:

- Curriculum Vitae (CV)
- Commissioned Officers' Effectiveness Report (COER)
- Reviewing Officials Statement (ROS)
- Officer's Statement (OS)
- Officer Promotion Package Verification System (OPPVS)
- PHS Awards Process and Narratives

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Training Day **Inclusive Leadership: Fostering Innovation**
6/24/2024 08:00 *Dr Matt Ohlson and team, University of North Florida Coggin*
6/24/2024 12:00 *College of Business*

*Completion of this session will earn participants a digital credential through Credly, which can be added to their social media channels, emails signatures, and resume/CV.

This interactive workshop will delve into the core principles of inclusive leadership and its pivotal role in driving innovation. Participants will explore strategies to foster an inclusive environment that embraces diversity and encourages innovative thinking. The workshop will include group discussions, role-playing, and guided activities, that reinforce key skills in a collaborative and interactive environment. It offers a blend of theory and practical application, ensuring that participants leave with actionable insights and skills to apply in their roles within public health.

Attendees will receive a digital credential at the completion of the session.

Training Day **Inclusivity and Allyship: Advancing the Health and Safety**
6/24/2024 08:00 **Of LGBTQIA+ Populations**
6/24/2024 12:00 *LT Brian McAleney; LCDR Rebecca Bak*

One mean to reduce health disparities and build engagement with LGBTQ+ people is through allyship. Allyship is defined as active support for the rights of a minority or marginalized group without being a member of it (Oxford University Press, 2023).

This session seeks to provide Commissioned Corps Officers a foundation for interacting with LGBTQ+ people, during routine care at their duty station or deployment emergency response. It also seeks to create better informed officers—both clinical and non-clinical—to ensure LGBTQ+ patients who interact with officers experience culturally appropriate care that results in positive health outcomes. Lastly, this session seeks to create a forum to aid officers in serving as allies to LGBTQ+ patients, colleagues, friends and family by building engagement.

Training Day **Overcoming and Preventing Distress from Known and**
6/24/2024 08:00 **Underestimated Sources**
6/24/2024 12:00 *LCDR Natalie Li and CDR LaMar Henderson*

This session combines two smaller courses: *Overcoming Diabetes Distress* and *Truly Building and Flying the Plane Simultaneously: Developing a Suicide Prevention Program*. In the realm of diabetes care, the often-underestimated impact of diabetes distress on overall health outcomes presents a compelling challenge. This presentation has a specific focus on reducing health disparities related to diabetes. The primary goal is to shed light

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on the pervasive nature of diabetes distress, a facet often overlooked in conventional diabetes care and a critical determinant of health outcomes.

Additionally, the session will focus on lessons learned from the U.S. Coast Guard's successful suicide prevention program One life lost is one too many. Through an aggressive application of the theory "diffusion of innovation", the Coast Guard has been able to bring forth a 64% reduction in deaths by suicide in just a 12-month period.

Training Day **Writing and Abstract and Developing a Successful Presentation for Public Health Conferences**
6/24/2024 08:00
6/24/2024 12:00 *LCDR Evette Pinder; CDR Shamika Brooks; CDR Courtney Gustin*

The presenters will share key practices of effective public health conference presentations to include providing tips for proper font and formatting, reviewing dos and don'ts of both abstracts and presentations, and making the content relatable for the audience in addition to the Centers for Disease Control and Prevention (CDC) criteria below:

1. *What is the problem and why?*
2. *What has been done about it?*
3. *What is the presenter doing (or having done) about it?*
4. *What additional value does the presenter's approach provide?*
5. *Where do we go from here?*

Expanding on the abstract guidance resources provided for multiple Public Health conferences, e.g., COA, AMSUS, APHA, this presentation will provide concrete examples of abstract and presentation development and how to apply best practices to determine how to better improve the presentation of content.

Training Day **Emotional Resilience: Rediscovering Balance**
6/24/2024 13:00 *CDR Teisha Robertson; LCDR Daniel Johnson; LT Stephanie Rimroth;*
6/24/2024 17:00 *LCDR Shantel Barnes; LCDR Malcolm Nasirah; LCDR Maria Doran*

This workshop combines two courses: *Emotional Resilience: Nourishing Mind and Body Through Nutrition, Fitness, and Self-Care* and *Rediscovering Balance in an Overstimulating World: Practical Techniques for Improved Emotional, Physical, and Social Well-Being*. This course is designed to guide participants in nurturing emotional well-being through the pillars of nutrition, fitness, and self-care. Through a holistic approach, attendees will gain insights, tools and practical steps to cultivate a healthier and more balanced lifestyle.

The workshop will also define and address the cumulative effect of allostatic overload, sympathetic upregulation, and poor sleep habits on an individual's well-being. The workshop will provide participants with practical techniques, strategies, and tools to navigate the modern-

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day challenges of maintaining parasympathetic and sympathetic nervous system balance and provide attendees with methods to maximize positive mental and physical wellness.

Training Day
6/24/2024 13:00 **Growing the Next Generation of USPHS Officers, Leadership Lessons, And Practical Applications**
6/24/2024 17:00 *RDML Raul Reed; RDML Michael Johnson; RDML Jennifer Moon*

Join this half-day session with Assistant Surgeons General (ASGs) and Chief Professional Officers (CPOs) designed to provide officers with personal experiences and practical takeaways that you'll be able to apply over the course of your career. The program will open with a welcome from the Deputy Surgeon General, who will share perspectives on navigating a successful career in the USPHS Commissioned Corps. Three sessions will follow on topics that include: Strategic Thinking and Planning, Servant Leadership, and Relationship Building. The program will conclude with a panel of ASGs and CPOs who will share personal experiences that are intended to shape future leaders in our Corps through lessons learned and practical application.

Training Day
6/24/2024 13:00 **Inclusive Integrated Healthcare for People With Intellectual Disability, Autism, and Complex Needs**
6/24/2024 17:00 *Tine Hansen-Turton; Vida LeMaire*

Participants will earn up to 4 hours CE for this session; varies by category.

This training session will focus on four key areas: 1) Service population: The scope of need for healthcare tailored for people with intellectual disability, autism (ID/A) and complex needs; 2) Woods' Integrated Care Model: Presenters will outline the Integrated Care Model, including the key components of the model, the service array, and how it all works together; 3) Focus on autism: Presenters will define core features of Autism Spectrum Disorder (ASD), describe the DSM V criteria and assessments used to screen and diagnose ASD, discuss the interdisciplinary treatment team approach and treatment interventions with specific case examples, and explore innovative modes of treatment delivery to improve quality of care; and 4) Systems change, trends, and policy implications: Presenters will provide an overview of current systems and policies which govern services for people with ID/A and complex needs, and discuss the ways that new and innovative approaches and models are being developed.

Training Day
6/24/2024 13:00 **Military Customs, Courtesies, and Culture**
6/24/2024 14:30 *CDR Allah-Fard Sharrieff, PhD, LCSW, MSCP, BCD, DHS/ICE/IHSC; CDR Neelam Ghiya, Senior Advisor, CDC & USPHS; LCDR Janelle Phillip, LICSW, National Program Manager KBHU, DHS/ICE/IHSC*

This course will incorporate: The purpose of this session is to ensure that USPHS officers maintain and utilize a high level of knowledge on military customs, courtesies, and culture.

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This session will review the US armed forces and our service in addition to highlighting understanding military culture through an experiential lens. A panel of officers will share their real-life stories of successful and challenging experiences. Oral, written, and visual teachings will be provided to foster proficiency in demonstrating military customs and courtesies in all situations. Officers will leave with an increased level of confidence to interface with any service member. At the end of this session, attendees will be able to: 1) Apply the basic principles and concepts related to the Corps, Officership, and order and discipline; 2) Utilize military customs and courtesies correctly; and 3) saluting and facing movements.

Training Day
6/24/2024 13:00
6/24/2024 17:00

Infusing Innovative Diversity, Equity, Inclusion, and Accessibility (DEIA) Practices Across Agencies and Applying Best Practices that Advance Equitable Health Outcomes and Breaking Down Barriers to Health Equity and Environmental Justice through Allyship
RDML Jennifer Moon; CAPT Julliette Taylor; CDR Gayle Tuckett; CDR Kemi Asante; CDR Trang Tran; LCDR Jorge Muniz-Ortiz; LCDR Lisa Huang

This half-day session will cover establishing a DEIA culture and how it takes steady, intentional steps at every level of the organization. Throughout this portion, participants will engage in tangible activities and conversations that they can adapt to their workplace.

The session will also cover improving the health of marginalized populations that experience health inequities as a critical part of the USPHS mission. It is imperative that officers continually explore how to better support each other, serve the underserved, and address the most pressing equity challenges of our time. The USPHS Scientific and Training Symposium is an ideal forum for this important work.

Training Day
6/24/2024 13:00
6/24/2024 17:00

Y.O.U. (Year of Upward) Mobility
CAPT Zenethia Eubanks

This training session will present an opportunity for officers to take more control over their career mobility. This entails applying a career management plan that uses basic project management skills to submit a competent and competitive promotion package. Y.O.U. (Year Of Upward) Mobility takes a look at how officers can gradually document their year of upward advancement by collecting information/data monthly to serve as a project management tool that will highlight their milestones and achievements. Teaching officers to train their mind to think like a project manager will help to minimize several mistakes that are often inevitable when submitting their promotion package.