

## INDEX

### A

- A-LOC. *See* Almost loss of consciousness
- AARs. *See* After action reviews
- ABCA Armies program, 194, 195, 197
- ABCDE care, 482
- Abdominal breathing, 579
- Abdominal pain
  - emergency treatment, 462–463
- Absolute pressure, 326
- ACA. *See* Affordable Care Act
- Academies, service, 4
- Academy of Nutrition and Dietetics, 308
- Acceleration forces, 334–335
- Acceptable macronutrient distribution range, 301
- Acclimation, 315
- Acclimatization, 315, 340
- Accreditation Council for Graduate Medical Education, 166
- ACLS. *See* Advanced cardiac life support
- Actigraphs, 386–387
- Active listening, 169
- Actiwatch Spectrum, 386
- Acupuncture, 564
- Acute care, 447
- Acute decompression, 339
- Acute mountain sickness, 328, 338–340
- Acute pain service, 559–561
- Acute radiation syndrome, 544, 545
- Acute stress reactions, 576
- Adequate intake, 301
- Advanced cardiac life support, 155, 471–472
- Advanced resistive exercise device, 353, 358
- Advanced Trauma Life Support, 155
- AE. *See* Aeromedical evacuation
- Aeromedical evacuation
  - Afghanistan War, 610–611, 615
  - evolution of, 608–612
  - health services support, 211–213, 218
  - Iraq War, 609–610
  - Korean War, 608
  - Vietnam War, 608–609
- Aeromedical Services Information Management System, 133, 438
- Affordable Care Act, 53, 118
- Afghanistan War
  - aeromedical evacuation, 610–611, 615
  - health services support, 212
  - MEDEVAC, 265
  - multinational medical collaboration, 196, 198, 200
  - Operational Detachment Alpha, 329
  - operational planning, 262–263
- AFMLOC. *See* Air Force Medical Logistics Operations Center
- AFMS. *See* Air Force Medical Service
- After action reviews, 173
- After-drop, 315
- AGE. *See* Arterial gas embolism
- Agent Orange Act, 234
- AHLTA, 227
- AICS. *See* Arm immersion cooling system
- Air and Space Interoperability Council, 194
- Air Force, US
  - culture of, 44–45
  - leadership communication requirements, 168
  - medical logistics flight, 252
  - operation planning, 259
  - patient movement flow, 220
  - physical readiness tests, 292
  - predeployment profiling basics, 435
  - values of, 184
- Air Force Medical Logistics Operations Center, 252
- Air Force Medical Operations Agency, 252
- Air Force Medical Service, 116, 180
- Air Force Working Capital Fund, 251
- Air tasking order, 45
- Airborne medicine, 161
- Airline diving, 327
- AJBPO. *See* Area joint blood program office
- Aldrin, Buzz, Jr., 352
- All-volunteer military force, 42
- Allen, John, 43
- Almost loss of consciousness, 335
- Alternobaric extremes
  - altitude extremes, 329–330, 332–334, 338–340
  - applied physiology terminology, 326–327
  - aviation extremes, 330, 334–335, 340–341
  - definitions, 326–328
  - human performance optimization strategies, 338–343
  - injury terminology, 328
  - military applied physiology, 332–338
  - resources, 343
  - undersea operations, 330–332, 335–338, 341–343
- Alternobaric vertigo, 328
- Altitude diving, 326
- Altitude environment
  - human performance optimization strategies, 338–340
  - military applied physiology, 332–334
  - military history and epidemiology, 329–330
- Ambient pressure, 326
- Ambulance exchange point, 216
- Ambulances
  - Mine-resistant, Ambush-Protected ambulances, 212
  - shuttle system, 216–217
- AMEDD. *See* Army Medical Department
- American British and Canadian Australian Armies, 192, 195, 197
- American College of Sports Medicine, 288
- American College of Surgeons, 614
- American Laws of War, 69
- American Psychological Association, 366
- Amphibious operations, 218
- AMPLE survey, 467
- AMS. *See* Acute mountain sickness
- Analgesics, 565
- Anthrax, 539–540
- Anti-Doping Agency, 307
- Antibiotics, 492–493
- Anticholinergic poisoning, 470
- Antidote Treatment Nerve Agent Auto-injector, 535
- Antietam National Battlefield, 151
- AOR. *See* Area of responsibility
- Apache helicopters, 331, 334
- APFT. *See* Army physical fitness test
- Apollo 11, 352
- Appellate reviews, 80
- APS. *See* Acute pain service
- Area joint blood program office, 253
- Area of responsibility, 439–440
- ARED. *See* Advanced resistive exercise device
- Arm immersion cooling system, 320, 322
- Armed conflict law. *See* Law of armed conflict
- Armed Forces Blood Program Office, 253

Armed Forces Health Longitudinal Technology Application, 227  
Armed Forces Health Surveillance Branch, 239  
*The Armed Forces Officer*, 36, 38, 47  
Armstrong's line, 349–351  
Army, US  
    culture of, 44  
    leadership communication requirements, 168  
    medical logistics companies, 252  
    operation planning, 259  
    patient movement flow, 219  
    physical readiness tests, 292  
    predeployment profiling basics, 435  
    training principles during the 1950s, 289  
    values of, 184  
Army Medical Department, 9, 10, 16, 116  
Army Medical Research and Materiel Command, 251, 252  
Army Medical School, 17  
Army of the Potomac, 13–14  
Army physical fitness test, 397  
Army Regulation 15-6, 76  
Army Regulation 350-41, 288  
Arnold, Hap, 45  
ARS. *See* Acute radiation syndrome  
Arterial gas embolism, 328, 339  
"Article 15," 77  
Article 92, UCMJ, 72, 73  
Article 32 investigations, 79  
Artificial colloids, 489  
Ascent rate, 326  
ASD(HA). *See* Assistant Secretary of Defense for Health Affairs  
Asia-Pacific Military Health Exchange, 195  
ASIMA. *See* Aeromedical Services Information Management System  
ASIMS. *See* Aeromedical Services Information Management System  
Assistant Secretary of Defense for Health Affairs, 112  
Astronauts. *See also* Space environment  
    human performance optimization, 273  
ATLS principle, 481, 482  
Atmospheres absolute, 326  
ATNAA. *See* Antidote Treatment Nerve Agent Auto-injector  
ATO. *See* Air tasking order  
Atrial natriuretic peptide, 338  
AUSCANNZUKUS, 194  
Australia  
    multinational medical collaboration, 194  
Automated Neuropsychological Assessment Metrics, 433  
Aviation environment  
    fluid maintenance schedule for rotary-wing aviation crews in hot environments, 342  
    human performance optimization strategies, 340–341  
    military applied physiology, 334–335  
    military history and epidemiology, 330  
AVPU scale, 467  
AXP. *See* Ambulance exchange point

## B

Bacterial agents, 539–541  
BAGs. *See* Budget activity groups  
Balkans operations  
    multinational medical collaboration, 195–196  
Bancroft, George, 11  
Barotrauma, 328, 336, 339  
Barton, Clara, 12  
BAS. *See* Battalion aid stations  
Base Realignment and Closure Commission, 117  
BASs. *See* Battalion aid stations

Battalion aid stations, 210  
Beecher, Henry K., 557  
Behavior health  
    effect of space environment, 355  
    high-energy trauma and, 450  
Behavioral modification, 434  
Bends, 328  
Bernard, Claude, 330  
Bert, Paul, 330  
BICEPS principle, 578  
Billig, Donal, 80  
Biologic warfare agents  
    anthrax, 539–540  
    bacterial agents, 539–541  
    biological toxins, 543  
    botulinum, 543  
    plague, 540–541  
    ricin, 543  
    smallpox, 541–542  
    tularemia, 541  
    US biological warfare program, 538–539  
    viral agents, 541–543  
    viral hemorrhagic fever, 542–543  
Biological toxins, 543  
Bissonette, Mark, 47  
Blackhawk helicopters, 265, 331, 334  
Blair, Dennis, 42  
Blast injuries  
    evaluation of, 548  
    management of, 548  
    mechanisms of, 547–548  
Blister agents, 533–534  
Blood management  
    artificial colloids, 489  
    crystalloids, 489–490  
    fresh whole blood, 488–489  
    medical logistics, 253  
    stored constituents of blood, 489  
Blood Program Office, 253  
Blood support detachment, 253  
Blood transfusion, 488–489  
BLUF concept, 170  
BMD. *See* Bone mineral density  
BMSO. *See* Brigade medical supply office  
Bond, George F., 332  
Bone mineral density  
    impact of space environment, 353  
Bonica, John, 557  
Boone, Joel, 18  
"Bottom line up front" concept, 170  
Bottom time, 326  
Botulinum, 543  
Boyle's law, 326, 334, 336  
Breast cancer screening, 434  
Brigade medical supply office, 252–253  
British Army Medical School, 14  
Brocklesby, Richard, 132  
Brodie, Bernard, 42  
Brown, Jacob, 9, 185  
Brown, Monica Lin, 190  
Budget activity groups, 120  
Budget Control Act of 2011, 121  
Builder, Carl, 44  
BUMED. *See* Bureau of Medicine and Surgery  
Bureau of Medicine and Surgery, 11, 116  
Burnside, Ambrose, 14  
Byng, John, 4  
BZ, 537

## C

- Cadet Prayer, 41  
 Caffeine dosing, 306–307  
 Calhoun, John C., 9  
 CANA. *See* Convulsant Antidote, Nerve Agent  
 Canada  
   multinational medical collaboration, 194  
 Captains Career Course, 19  
 “Captain’s mast,” 77  
 Cardiac arrest  
   emergency treatment, 471–473  
 Cardiogenic shock, 469  
 Cardiopulmonary resuscitation, 472, 483  
 Cardiorespiratory fitness, 286  
 Cardiovascular system  
   effects of space environment, 352–353  
 Care under fire, 482  
 Carlton, P.K., 146  
 Case fatality rate, 479–480  
 CASEVAC. *See* Casualty evacuation  
 Casualty collection points, 215, 217, 218, 520–523  
 Casualty evacuation  
   aeromedical evacuation evolution, 608–612  
   data collection, 616  
   definition, 604  
   dispatch and response, 614  
   evacuation platforms, 614–615  
   evolution of military doctrine, 605–608  
   in future conflicts, 612–617  
   health services support, 211–212, 215–217  
   medical direction and oversight, 613–614  
   model for future casualty care continuum, 617  
   operational environment, 612–613  
   provider staffing and capability, 615–616  
   quality improvement, 616–617  
   system design, 613  
   terminology, 604–605  
 Casualty Rate Estimation Tool, 264  
 CBRNE. *See* Chemical, biological, radiological, nuclear, or explosive weapons  
 CCATs. *See* Critical care air transport teams  
 CCPs. *See* Casualty collection points  
 Centers for Disease Control and Prevention, 241–242, 434, 549, 588  
 Central Intelligence Agency, 242  
 Certification as a specialist in sports dietetics, 304  
 CEVIS, 357–358  
 CFR. *See* Case fatality rate  
 Chairman of the Joint Chiefs of Staff, 108, 114  
 CHAMP. *See* Consortium for Health and Military Performance  
 CHAMPUS, 117–118  
 CHAMPUS Reform Initiative, 118  
 Change of station moves, 418–419  
 Chaplains, 407  
 Character traits, 52, 55–56  
 Charles’s law, 326, 336  
 Chemical, biological, radiological, nuclear, or explosive weapons, 162. *See also* Biologic warfare agents; Chemical warfare agents; Explosive injuries; Radiological and nuclear exposures  
 Chemical warfare agents  
   categories of, 532–533  
   cyanide, 536–537  
   decontamination, 537–538  
   incapacitating agents, 537  
   lung-damaging toxic industrial chemicals, 535–536  
   nerve agents, 534–535  
   patient decontamination site, 538  
   personal protective equipment, 533  
   principles of chemical casualty care, 533  
   riot-control agents, 537  
   vesicants, 533–534  
 Chemoprophylaxis, 434, 622–624  
 Chernobyl incident, 543–544  
 CHES. *See* Complex humanitarian emergencies  
 Chest pain  
   emergency treatment, 463–465  
 Chest trauma, 486–487  
 Children  
   impact of military life, 421–422  
   psychological well-being and, 370  
   resources, 425  
   with special needs, 421–422  
 Chokes, 328  
 Cholinergic crisis, 470, 534  
 Chronic pain cycle, 559  
 Church, Benjamin, 7  
 Circadian dysynchrony, 339  
 Circadian rhythm  
   impact of space environment, 356  
   sleep and, 382  
 Civil-military relations, 41–44  
 Civil Reserve Air Fleet, 218  
 Civil War  
   evolution of international law, 92  
   military medical officers during, 13–14  
   wounding patterns, 481  
 Civilian Health and Medical Program of the Uniformed Services, 117–118  
 Civilian offenses, 71–72  
 CJCS. *See* Chairman of the Joint Chiefs of Staff  
 CJIM. *See* Combined, joint, interagency, or multinational environment  
 Class VIII materiel, 255  
 Clinical Guidelines for Operations, 198  
 Clinical practice guidelines, 548, 586, 593, 595  
 Clinton, Bill, 43  
 Clinton, Hillary, 43  
*Coalition Health Interoperability Handbook*, 197  
 Coalition partners, 98–99  
 COAs. *See* Courses of action  
 COCOM. *See* Combatant command  
 Code of conduct, 26  
 Cohen, Eliot, 41  
 COLBERT, 358  
 Cold extremes  
   definitions, 314, 315–316  
   guidance to the commanding officer, 323  
   human performance optimization strategies, 321–322  
   military applied physiology, 318–319  
   military history and epidemiology, 314, 316–317  
   resources, 323  
   role of the military medical officer, 322–323  
   thermal injuries in active component service members, 2010–2104, 316  
 Cold stress/strain, 315  
 Collaboration. *See* Multinational medical collaboration  
 Collins, Jim, 56  
 Collins, John, 277  
 Colloids, 489  
 Colon cancer screening, 434  
 Colony stimulating factors, 546  
 Color guard, 186  
 Combat casualty rehabilitation, 446  
 Combat Feeding Program, 308  
 Combat load, 158  
 Combat Rations Database, 307

- Combat stress, 368
- Combat stress control
  - causes of, 574–575
  - evaluation elements, 578
  - examples of, 576
  - individual resiliency and vulnerability, 575
  - management and disposition of severe reactions, 581
  - management of stress reactions, 579–581
  - medication management in theater, 580
  - mental stressors, 576
  - physical stressors, 576
  - physiology of human stress response, 574
  - principles of, 578–579
  - principles of assessment, 577–578
  - psychology of human stress response, 574
  - psychotherapy in theater, 579–580
  - reactions to, 576–577
  - restoration centers, 580–581
  - traumatic event management, 581–582
  - unit resiliency and vulnerability, 575–576
- Combat support hospitals, 564–566
- Combatant command, 113–114, 237–238
- Combatives training, 156
- Combined, joint, interagency, or multinational environment, 194, 197
- Combined health services. *See* Multinational medical collaboration
- Combined Operational Load Bearing External Resistance Treadmill, 358
- Command authority, 127
- Command discretion, 75
- Command sergeant major, 181
- Command surgeons
  - clinical capabilities, 132
  - communicating risk to the commander, 135
  - health surveillance duties, 132–133
  - medical logistics support, 132
  - medical planning, 134–135
  - preventive medicine duties, 132–133
  - responsibilities of, 131–132
  - stress casualties prevention, 133–134
- Commanders
  - characteristics of effective staff officers, 128–131
  - command authority, 127
  - command responsibility, 127
  - command surgeon duties, 131–135
  - coordinating staff, 124–125
  - duality of medical officers, 135–138
  - expectations of medical officers, 138
  - general military authority, 127
  - personal staff, 126
  - special staff, 125–126
  - staff officers, 124–128, 141–142
  - technical authority, 127–128
- Commanding officers
  - extreme environments role, 323, 359–360
  - human performance optimization role, 281
  - medical readiness role, 440
  - musculoskeletal injuries prevention role, 400
  - performance nutrition role, 307
  - physical fitness role, 293–294
  - rehabilitation role, 451, 453
  - sleep management role, 387–388
  - spirituality role, 410–411
- Commission, officer's, 36–37
- Committee for Military Nutrition Research, 302
- Committee on Tactical Combat Casualty Care, 481–485
- Committee the Chiefs of Military Medical Services, 195
- Common Article 3, 95–96
- Communication
  - addressing difficult topics, 173
  - communication training, 158–160
  - components of military communication, 177–178
  - counseling, 172–173
  - definition, 166
  - feedback, 172–173
  - formal oral, 171–172
  - forms of, 170–171
  - importance to the military family, 173
  - informed consent, 167
  - as it relates to leadership, 168–169
  - military-specific requirements, 171–173
  - 9-line MEDEVAC request, 159, 160, 215, 614
  - principles of effective communication, 169–170
  - radio frequency types, 159
  - relevance of military and medical communication, 166–168
  - resources, 173–174
  - staff officer requirements, 130–131, 142
  - types of, 52–53, 59–60
  - written, 171
- Competence skills, 52, 56–57
- Complex humanitarian emergencies, 505, 507
- Comprehensive health surveillance, 235
- Computed tomography, 465–466, 468, 597, 598
- Concussions. *See also* Postconcussive symptoms
  - garrison concussion management, 592
  - management in deployed settings, 589–591
  - management in nondeployed settings, 592–593
  - patient-centered care, 594
  - progressive return to activity, 593
  - return to play guidelines, 592–593
- Conduction, 315
- Conflict continuum, 24
- Congressional Budget Office, 53
- Congressional security reforms, 109
- Consortium for Health and Military Performance, 277, 307
- Constitution of the World Health Organization, 100
- Context characteristics, 52, 57–59
- Continental Congress, 69
- Contingency capacity, 506
- Continuous peripheral nerve block, 558, 561
- Convection, 315
- Convening authority, 68
- Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment, 100
- Convention on the Prevention and Punishment of the Crime of Genocide, 94–95, 100
- Conventional capacity, 506
- Convoy operations, 157–158
- Convulsant Antidote, Nerve Agent, 535
- Coordinating staff, 124–125
- Coping behaviors, 369–370
- Core values, 371
- COs. *See* Commanding officers
- Counseling, 172–173
- Courses of action, 258, 260, 267–269
- Courts-martial
  - appellate reviews, 80
  - Article 32 investigations, 79
  - definition, 68
  - historical evolution of the UCMJ, 69–70
  - levels of, 78–79
  - Manual for Courts-Martial, 68
  - post-trial, 80–81
  - referral of charges, 78
  - referral to, 79

referred cases, 80  
 role of military medical officers, 80  
 Cousteau, Jacques-Yves, 332  
 CPG. *See* Clinical practice guidelines  
 CPR. *See* Cardiopulmonary resuscitation  
 CRASH-2 trial, 491  
 Credibility concept, 170  
 CResT. *See* Casualty Rate Estimation Tool  
 CRI. *See* CHAMPUS Reform Initiative  
 Crisis capacity, 506  
 Critical care air transport teams, 212, 218, 611  
 Critical event debriefing, 582  
 Critical incident stress debriefing, 582  
 Crowe, William, 43  
 Crystalloids, 489–490  
 CSFs. *See* Colony stimulating factors  
 CSM. *See* Command sergeant major  
 CSSD. *See* Certification as a specialist in sports dietetics  
 CUF. *See* Care under fire  
 Cultural characteristics, 58  
 Cutbush, Edward, 180, 181  
 Cyanide, 536–537  
 Cyber Command, 114  
 Cyber security, 229  
 Cycle ergometer with vibration isolation system, 357–358

## D

D-I-M-E efforts, 147–148  
 Daily value, 301  
 Dalton's law, 327, 337  
 Damage control resuscitation  
   adjuncts to, 490–491  
   artificial colloids, 489  
   crystalloids, 489–490  
   fluid resuscitation strategies, 490  
   fresh whole blood, 488–489  
   objectives in prehospital setting, 488  
   overview, 487–488  
   stored constituents of blood, 489  
 Data management, 438–439  
 Dayton Peace Accord, 195–196  
 DCS. *See* Decompression illness/sickness  
 Decatur, Stephen, 10  
 Decompression illness/sickness, 328, 331–332, 337–339, 342  
 Decompression tables, 327  
 Decontamination  
   chemical warfare agents, 537–538  
   radiological and nuclear exposures, 546  
 DEET, 626  
 Defense and Veterans Brain Injury Center, 586, 593  
 Defense and Veterans Pain Rating Scale, 566  
 Defense bureaucracy, 42–43  
 Defense Center of Excellence, 596  
 Defense counsel  
   definition, 68  
 Defense Health Agency, 113, 117–119  
 Defense Health Program, 112–113, 120–121  
 Defense Logistics Agency, 250–251  
 Defense Manpower Data Center, 239  
 Defense Medical Logistics Center, 251  
 Defense' planning guidance, 119–120  
 Defense Satellite Systems, 350  
 Defense Working Capital Fund, 251  
 Definitive care capability, 211  
 Delafield, Richard, 13  
 Delirium, 450  
 Dempsey, Martin, 43, 47  
 Dental treatments, 434  
 Department of Defense  
   budgeting process, 119–120  
   combatant commands, 113–114  
   Congressional oversight, 108–109  
   force health protection policy and instructions, 235–236  
   Goldwater-Nichols Department of Defense Reorganization Act, 47, 107, 114  
   Joint Chiefs of Staff, 114  
   joint doctrine, 114–116  
   Joint Ethics Regulation, 83–85  
   Joint Staff, 114  
   Law of War Manual, 92, 93  
   Office of the Secretary of Defense organization, 109, 111–113  
   organization of, 109–110  
   Standards of Conduct Office, 85  
   traumatic brain injury definition, 586  
 Department of Health and Human Services, 81  
 Deployments  
   developing a health surveillance program, 239–246  
   health activities, 235–236, 238–239  
   medical readiness, 439–440  
   military medical officer roles, 23–24  
 Dereliction of duty, 72–73  
 DHA. *See* Defense Health Agency  
 DHP. *See* Defense Health Program  
 D&I reporting. *See* Disease and injury reporting  
 Died of wounds, 479–480  
 Dietary reference intakes, 301, 303  
 Dietary Supplement Health and Education Act, 305  
 Dietary supplements, 305–306  
 DIME program. *See* Dynamic Integrated Movement Enhancement  
 Diplomatic efforts, 147  
 Directive 1308, 288  
 Disease and injury reporting, 630–631  
 Disease and nonbattle injuries, 28, 30, 243, 245  
 Disease outbreaks, 631–635  
 Distributive shock, 469  
 Dive medicine, 161  
 Dive profile, 327  
 Divers Alert Network, 327  
 DLA. *See* Defense Logistics Agency  
 DNBIs. *See* Disease and nonbattle injuries  
 Doctrine, organization, training, materiel, leadership, personnel, facilities domains, 199  
 DoD. *See* Department of Defense  
 Dodge, Granville, 16  
 Dodge Commission, 16  
 DOTMLPF domains, 199  
 Douhet, Giulio, 45  
 DOW. *See* Died of wounds  
 DPG. *See* Defense' planning guidance  
 DRIs. *See* Dietary reference intakes  
 Driving training, 157  
 Drucker, Peter, 56  
 Drug use  
   psychological well-being and, 365–366  
 Dual sovereignty doctrine, 71  
 Dunant, Henri, 12, 13  
 DUST-OFF, 608, 611  
 DVbic. *See* Defense and Veterans Brain Injury Center  
 DVPRS. *See* Defense and Veterans Pain Rating Scale  
 Dynamic Integrated Movement Enhancement, 398, 400

## E

Eating behavior. *See* Performance nutrition  
 EBV. *See* Epstein-Barr virus

- ECGs. *See* Electrocardiograms
- Economic efforts, 148
- Ectopic pregnancies, 463
- Education programs. *See also* Training programs for military medical officers, 27
- EHRs. *See* Electronic health records
- 18th Medical Group, 252
- Eisenhower, Dwight D., 277
- Electrocardiograms, 464–465, 473–474
- Electronic health records, 227–228
- Emancipation Proclamation, 152
- Emergency management cycle, 508–510
- Emergency Medical Treatment and Labor Act, 460
- Emergency medicine
- abdominal pain, 462–463
  - cardiac arrest, 471–473
  - challenges specific to the emergency department, 461
  - chest pain, 463–465
  - deployed emergency medicine challenges, 461
  - determining sick patients, 459
  - dispositions, 473–474
  - emergency department concepts, 459–461
  - emergency department workup, 460–461
  - emergency physicians, 458
  - headache, 465–466
  - initial assessments, 459
  - patient issues, 461
  - poisoning, 470–471
  - prehospital arrivals, 459
  - red flags, 462–473
  - safety nets, 460
  - shock, 468–470
  - specific chief complaints, 462–473
  - trauma, 466–468
- Emergency physicians, 458
- Emergency preparedness, 635–636
- Emotional Intelligence, 56–57, 169
- Employment
- psychological well-being and, 370
- EMRE. *See* Expeditionary Medicine Requirements Estimator
- EMTALA. *See* Emergency Medical Treatment and Labor Act
- EMU. *See* Extravehicular mobility unit
- En route care system, 210, 211–213, 212, 604
- Encyclopedia of Ethical Failure*, 85
- Endurance training, 290
- Engineering and Medicine Health and Medicine Division, 308
- Enlisted service members
- assignment of enlisted personnel, 189–190
  - enlisted training, 187–189
  - garrison healthcare unit assignment, 189
  - history of, 180–181
  - operational unit assignment, 189–190
  - rank structure, 181–183
  - role of noncommissioned/petty officers, 183–187
  - special category enlisted medical personnel, 190–191
- Environmental extremes
- alternobaric, 326–343
  - cold, 314–324
  - heat, 314–324
  - space, 348–360
- Environmental hazards, 629
- Epidemiology curves, 633–634
- EPs. *See* Emergency physicians
- Epstein-Barr virus, 354
- EQ. *See* Emotional Intelligence
- ERCS. *See* En route care system
- ESP. *See* Estimating Supplies Program
- Estimated average requirement, 301
- Estimating Supplies Program, 264
- Ethics. *See also* Military law
- ethics counsel, 68
  - Joint Ethics Regulation, 72, 83–85
- Ethics counsel
- definition, 68
- EVA. *See* Extravehicular activity
- Evaporation, 315
- The Exceptional Family Member Program, 422
- Executive summaries, 171
- Exercise. *See also* Physical fitness
- psychological well-being and, 365
- Exercise prescription, 286
- Exertional heat stroke, 316
- Expeditionary Medicine Requirements Estimator, 264
- Explosive injuries
- evaluation of, 548
  - management of primary blast injury, 548
  - mechanisms of blast injury, 547–548
- EXSUMs. *See* Executive summaries
- Extravehicular activity, 349, 352, 353, 356
- Extravehicular mobility unit, 349, 352
- Extreme conditions. *See* Environmental extremes
- Eye protection, 253

## F

- F. Edward Hebert School of Medicine
- establishment of, 117
  - “White Coat Ceremony,” 1
- Family
- definition, 416
- Family members
- psychological well-being and, 368–369
- Family readiness
- career obstacles, 420
  - common stressors, 418–421
  - coordinating care, 426
  - definitions, 416–417
  - direct support for military families, 426
  - dual or single military parents, 420–421
  - educating military unit leadership, 426
  - enhancement strategies, 422–425
  - expectation management, 423
  - facilitating dialogue, 422
  - geographic separation, 418
  - managing uncertainty, 422–423
  - military children, 421–422
  - permanent change of station moves, 418–419
  - preventive strategies, 422–424
  - psychological first aid, 424
  - reactive strategies, 424–425
  - resources, 424–426
  - role conflict, 419–420
  - role of the military medical officer, 426
- Family resilience
- definition, 417
- FAST. *See* Focused abdominal sonography
- Fatigue
- definition, 382–383
  - management tools, 386–387
- FDA. *See* Food and Drug Administration
- Federal Assimilative Crimes Act, 73
- Federal Emergency Management Agency, 507–508
- Federal Tort Claims Act, 82
- Feedback, 172–173
- Feet of sea water, 327
- FEMA. *See* Federal Emergency Management Agency

*Feres* Doctrine, 82–83  
 FHP. *See* Force health protection  
 Field skills. *See* Tactical field skills  
 Final Multiple Score, 183  
 First responder care capability, 210  
 First Strike Ration, 302  
 Fitness tests, 292  
 Five Eyes, 194  
 Fleet Marine Corps Reserve  
     UCMJ jurisdiction, 70  
 Fleet Reserve  
     UCMJ jurisdiction, 70  
 Flight medicine, 161  
 Fluid resuscitation, 490  
 Flynn, Mike, 42, 43  
 FM. *See* Frequency modulation  
 FM 21-20, 288  
 FMS. *See* Functional Movement Screen  
 FOB. *See* Forward operating base  
 Focused abdominal sonography, 463  
 Food and Drug Administration, 306, 549  
 Food and Nutrition Board, 303  
 Food standards, 627–628  
 Force health protection, 29–31  
     deployment health activities, 235–236, 237–239  
     developing a deployment health surveillance program, 239–246  
     DoD policy and instructions, 235–236  
     ratio of non-hostile deaths to hostile deaths in US military conflicts, 234  
 Formal oral communication, 171–172  
 Forward operating base, 211  
 Forward resuscitative surgery system, 210  
 Forward surgical care, 563–564  
 FourCe-PITO leadership model  
     character element, 52, 55–56  
     communication element, 52–53, 59–60  
     competence element, 52, 56–57  
     context element, 52, 57–59  
     elements of, 27, 54–61  
     framework, 52–53, 61  
     interpersonal element, 53, 60–61  
     organizational element, 53, 60–61  
     personal element, 53, 60–61  
     psychosocial levels of, 53, 60–61  
     team element, 53, 60–61  
     use of framework, 62  
 Fragmentary order, 172  
 FRAGO. *See* Fragmentary order  
 Free available chlorine, 627  
 French Revolution, 8–9  
 Frequency modulation, 159  
 Fresh whole blood, 488–489  
 Frostbite, 316  
 FRSS. *See* Forward resuscitative surgery system  
 FSR. *See* First Strike Ration  
 FTCA. *See* Federal Tort Claims Act  
 Functional fitness, 286  
 Functional Movement Screen, 398

## G

G forces, 334–335  
 G-induced loss of consciousness, 335, 339  
 G-LOC. *See* G-induced loss of consciousness  
 Gagnan, Emile, 332  
 Gauge pressure, 327  
 Gay-Lussac's law, 336

Gender characteristics, 58  
 General military authority, 127  
 Generational characteristics, 58  
 Geneva Conventions  
     application of international law in peacetime medical deployments, 99–100  
     evolution of international law, 92  
     grave breaches definition, 94  
     law of war code, 12–13, 73  
     multinational medical collaboration, 199  
     treaties of, 95–98  
 Genocide, 94  
 Geographic separations, 418  
 Gifts  
     regulation of, 84  
 Gillibrand, Kirsten, 38–39  
 Glasgow Coma Scale, 592  
 Global positioning system, 156, 349, 351  
 Goldwater-Nichols Department of Defense Reorganization Act, 47, 107, 114  
 Good order and discipline  
     definition, 68  
 Gorgas, William, 17  
 Government Performance and Results Act, 107  
 GPS. *See* Global positioning system  
 Graft *versus* host disease, 488  
 Grave breaches, 94  
 Green, Bruce, 146  
 Green, Steven, 74  
 Greene, Ralph, 330  
 Grenada invasion  
     health services support, 209  
 Grimes, Billie, 150  
 Grotius, Hugo, 12  
 Group A streptococcus, 624  
 Group processes, 54  
 Gynecologic system  
     effects of space environment, 355

## H

Habituation, 315  
 HACE. *See* High altitude cerebral edema  
 Hague Convention, 12, 73  
 Halley, Edmund, 331  
 Hamner, Michael, 73  
 HAPE. *See* High altitude pulmonary edema  
 Harris, Thomas, 10  
 Hay-McBer group, 57  
 Hazardous materials, 504, 507  
 HAZMAT. *See* Hazardous materials  
 Headaches  
     emergency treatment, 465–466  
     indications for referral, 596  
 Headquarters and Headquarters Company, 128  
 Health Affairs, Assistant Secretary of Defense for, 112  
 Health information systems  
     affordability, 229  
     as component of a comprehensive health delivery system, 228–229  
     considerations for military medical officers, 230–231  
     cyber security, 229  
     definition, 226  
     dependents in a joint military environment, 231  
     electronic health records, 227–228  
     end-user efficiency, 229  
     force health protection, 236  
     handwritten information, 227

- interoperability, 229–230
- military-specific requirements, 229–230
- operating room suite system, 228
- operational viability, 230
- principles of effective system employment, 228–229
- procurement of, 230–231
- provider efficiency, 229
- relevance to military healthcare providers, 227
- requirements identification, 228
- requirements of, 230–231
- sustainability, 229, 230
- types of, 227–228
- virtual health information systems, 231
- Health information technology
  - definition, 226
- Health Insurance Portability and Accountability Act, 75, 136
- Health maintenance organizations, 118
- Health protection. *See* Force health protection
- Health risk assessment
  - factors to consider, 240
  - health threat categories, 242
  - joint task force staff sources, 241
  - resources, 241
  - sources of information, 241
  - template for disease and nonbattle injuries by category, 243
- Health risk communication, 636–639
- Health services support
  - command surgeons' duties, 132
  - conformity principle, 208–209
  - continuity principle, 209–213
  - control principle, 212, 213
  - definitive care capability, 211
  - en route care capability, 211–213
  - first responder care capability, 210
  - flexibility principle, 213
  - forward resuscitative care capability, 210
  - joint health services support, 258–270
  - the Military Health System and, 206–208
  - mission of, 207
  - mobility principle, 212, 213
  - operational planning, 258–270
  - principles of, 208–213
  - proximity principle, 213
  - representative medical laydown in a joint operations area, 213–220
  - resources, 221–222
  - role of the medical officer on the command staff, 207–208
  - theater hospitalization care capability, 210–211
- Health surveillance programs
  - command support, 245–246
  - command surgeons' duties, 132–133
  - conducting health risk assessment, 240–244
  - developing countermeasures, 244
  - health risk communication, 245
  - identifying population at risk, 239–240
  - monitoring disease and injury, 244–245
  - preventive countermeasures, 244
  - reporting disease and injury, 244–245
- Health threat
  - categories of, 242
  - definition, 240
- Healthcare systems
  - impact of mass casualty incidents, 505–507
  - military, 28–29
- Hearing profiles, 436–437
- Heat exhaustion, 316
- Heat extremes
  - actions of heat acclimatization, 320
  - definitions, 314, 315–316
  - factors underlying heat intolerance, 320
  - guidance to the commanding officer, 323
  - human performance optimization strategies, 319–321
  - military applied physiology, 317–318
  - military history and epidemiology, 314, 316–317
  - resources, 323
  - role of the military medical officer, 322–323
  - thermal injuries in active component service members, 2010–2104, 316
  - work/rest and water consumption table, 321
- Heat injury, 316
- Heat stress/strain, 315
- Heermann, Lewis, 10
- Heliox, 327
- Hematologic system
  - effects of space environment, 355
- Hemorrhage control
  - hemostatic dressings, 484–485
  - junctional hemorrhage, 485
  - tourniquets, 483–484
- Hemostatic dressings, 484–485
- Henry's law, 327, 337
- Herniated nucleus pulposus, 354
- Herpes simplex, 354
- Heterotopic ossification, 450
- HF radio, 159
- HHC. *See* Headquarters and Headquarters Company
- High altitude, 327
- High altitude cerebral edema, 328, 333–334, 339–340
- High altitude headache, 334
- High altitude pulmonary edema, 328, 333–334, 339–341
- High-energy trauma, 450
- High frequency radio, 159
- High-pressure nervous syndrome, 328
- HIPAA. *See* Health Insurance Portability and Accountability Act
- Hippocratic Oath, 136, 143
- HISs. *See* Health information systems
- HMO. *See* Health maintenance organizations
- HNP. *See* Herniated nucleus pulposus
- Home care, 447–449
- Homer, 55
- Hooker, Joseph, 14
- Hospital Corps, 17
- House Armed Services Committee, 108
- HPO. *See* Human performance optimization
- HSS. *See* Health services support
- Human immunodeficiency virus, 433
- Human papillomavirus, 433
- Human performance optimization
  - alternobaric extremes, 338–343
  - astronauts, 273
  - cold extremes, 321–322
  - definitions, 276
  - demands/resources model, 279
  - factors serving as demands and/or resources, 280
  - guidance to the commanding officer, 281
  - heat extremes, 319–321
  - historical context, 276–279
  - proposed model, 278–279
  - resources, 281
  - role of the military medical officer, 24, 280–281
  - soldier-centered care, 279
  - space environments, 355–360
  - Total Force Fitness, 277–279
- Human Performance Resource Center, 291, 307
- Humanitarian assistance
  - complex humanitarian emergencies, 505, 507



foreign humanitarian assistance, 514  
 Humphrey, Frederic E., 330  
 Huntington, Samuel, 38, 41  
 Hyperbaric oxygen, 327  
 Hypobaric hypoxia, 328, 333  
 Hypochlorite solution, 538  
 Hypothermia, 315, 316, 490  
 Hypovolemic shock, 468–469

## I

ICC. *See* International Criminal Court  
 ICP. *See* Intracranial pressure  
 ICS. *See* Incident command system  
 IDC. *See* Independent duty corpsman  
 IDES. *See* Integrated Disability Evaluation System  
 IDMT. *See* Independent duty medical technicians  
 IEDs. *See* Improvised explosive devices  
 IFAK. *See* Individual First Aid Kit  
 Immobility, 448  
 Immune system  
   effect of space environment, 354  
 Immunizations, 434, 622  
 Improvised explosive devices, 157, 262, 466  
 Improvised nuclear device, 544  
 In-extremis leadership, 58  
 Incapacitating agents, 537  
 Incident command system, 509, 510–511  
 Inclusive leadership, 57  
 Independent duty corpsman, 191  
 Independent duty medical technicians, 190–191  
 Individual First Aid Kit, 158  
 Information systems. *See also* Health information systems  
   definition, 226  
 Informational efforts, 147–148  
 Informed consent, 167  
 Injury patterns, 480–481, 514–515  
 Injury reporting, 630  
 Integrated Disability Evaluation System, 112  
 Intelligence briefings, 162  
 Intelligence preparation of the battlefield, 262  
 Intelligence quotient, 56–57  
 Interallied Confederation of Medical Reserve Officers, 195  
 Intermediate Level Education, 20  
 Intermittent hypoxic exposure, 339–340  
 International Classification of Headache Disorders, 595–596  
 International Committee of Military Medicine, 195  
 International Committee of the Red Cross  
   creation of, 12, 13  
 International Covenant on Civil and Political Rights, 100  
 International Criminal Court, 74, 94  
 International humanitarian law, 92  
 International law  
   application in peacetime medical deployments, 99–100  
   evolution of, 92–93  
 International medical collaboration. *See* Multinational medical  
   collaboration  
 International Space Station, 352, 353, 356  
 International Stabilisation Afghanistan Force, 196  
 Interpersonal leadership element, 53, 60–61  
 Intracranial pressure, 354–355  
 Investigational New Drugs, 539  
 Ionizing radiation, 544  
 IPB. *See* Intelligence preparation of the battlefield  
 IQ. *See* Intelligence quotient  
 Iraq War  
   aeromedical evacuation, 609–610  
   health services support, 212

joint health services support, 266  
 multinational medical collaboration, 196  
 wounding patterns, 481  
 Ireland, Merritt, 18  
 IS. *See* Information systems  
 ISAF. *See* International Stabilisation Afghanistan Force  
 Isolated personnel report, 154–155  
 ISOPREP, 154–155  
 ISS. *See* International Space Station  
 Ivy, John, 304

## J

Jackson, Stonewall, 556  
 JAGMAN, 76  
 Janowitz, Morris, 41, 44  
 JCS. *See* Joint Chiefs of Staff  
 JER. *See* Joint Ethics Regulation  
 JMPT. *See* Joint Medical Planning Tool  
 JOA. *See* Joint operations area  
 Joint Base Elmendorf-Richardson, 186  
 Joint Chiefs of Staff, 114–115  
 Joint Concept for Health Services, 115–116  
 Joint doctrine, 114–116  
 Joint Ethics Regulation  
   definition, 68  
   function of, 72, 83  
   gifts, 84  
   outside employment regulation, 84–85  
   principles of, 83–84  
   relations with non-federal entities, 84  
   teaching, writing, and speaking regulation, 84  
 Joint health services support. *See also* Health services support  
   course of action development, analysis, comparison and ap-  
   proval, 267–269  
   defining operational environment, 261–263  
   determining specified, implied, and essential tasks, 263–264  
   essential tasks, 263–264  
   identifying available resources and shortfalls, 265–267  
   implied tasks, 263–264  
   joint operation planning process, 258–259  
   key points for medical staff officer, 269  
   medical resources, 266  
   mission analysis, 260–267  
   operation order format, 264  
   operation planning process, 260, 268  
   planning considerations, 265  
   planning initiation, 260, 261  
   resources, 269–270  
   risk management, 266–267  
   service-specific operational planning, 259  
   specified tasks, 263–264  
   time factors, 266  
 Joint Medical Planning Tool, 264  
 Joint operation planning process, 258  
 Joint operation planning process for air, 259  
 Joint operational planning, 134, 135  
 Joint operations area, 206, 213–221  
 Joint Staff, 114  
 Joint task force, 237–238, 241–242  
 Joint Theater Trauma Registry, 466  
 Joint Theater Trauma System Clinical Practice Guidelines, 198  
 Joint Trauma System, 591  
 Jones, Jim, 42  
 JOPP. *See* Joint operation planning process  
 JOPPA. *See* Joint operation planning process for air  
 JTF. *See* Joint task force  
 JTS. *See* Joint Trauma System

JTTR. *See* Joint Theater Trauma Registry  
Judge advocate  
    definition, 68  
Jumper, Johnnie, 60  
JumpSTART algorithm, 519  
Junctional hemorrhage, 485  
Junior enlisted promotions, 181  
Jurgensen, Brent, 150

## K

Karman line, 349, 351  
Kelly, John, 42, 330  
Kennedy, John F., 46, 349  
Ketamine, 492, 562–563  
KIA. *See* Killed in action  
Killed in action, 479–480  
Knights Hospitaller, 12  
Korean War, 19, 481, 608  
Krulak, Charles C., 150  
Kunsch, Joe, 151  
Kuwaiti operations  
    multinational medical collaboration, 195

## L

Lahm, Frank P., 330  
Lakin, Terrence, 73  
Landing craft, air cushion, 218  
Landing Error Scoring System, 398  
Larrey, Dominic Jean, 9, 604–605  
Law. *See* Military law  
Law of armed conflict  
    application by medical officers, 93  
    application of international law in peacetime medical deployments, 99–100  
    evolution of international law, 92–93  
    intent in relation to military medicine, 95–96  
    medical operations conducted in cooperation with coalition partners, 98–99  
    protection of civilian medical staff and hospitals, 99  
    responsibilities and protections of military medical personnel and units, 97–98  
    status of military medical units and personnel, 96–97  
    war crimes, 93–95  
Law of war, 73, 92  
Law of War Manual, 92, 93  
LCAC. *See* Landing craft, air cushion  
Leader-member exchange, 57  
Leadership  
    character leadership, 40–41  
    communication skills, 168–169  
    comparison to management, 56–57  
    cultural characteristics, 58  
    definition of, 25  
    development of military medical leaders, 53  
    dimensions of complexity in engagement and organization, 149–150  
    FourCe-PITO, 52–62  
    gender characteristics, 58  
    generational characteristics, 58  
    history of, 54  
    importance of military medical leadership, 53–54  
    in-extremis leadership, 58  
    inclusive leadership, 57  
    leader-member exchange, 57  
    medical officer role, 27–28  
    operational, 149  
    organizational culture and, 58

    psychological well-being and, 368  
    strategic, 149  
    styles of, 54  
    tactical, 149  
    training, 188–189  
    transactional style, 56  
    transformational style, 56  
    warrior-leadership in the profession of arms, 37–38  
Leadership training, 188–189  
Legal accountability, 26–27  
LeMay, Curtis, 45  
LEO. *See* Low earth orbit  
Leptospirosis, 623–624  
LESS. *See* Landing Error Scoring System  
Letterman, Jonathan, 13–14, 124–125, 132, 135, 146, 151–152, 234, 276, 605–606  
Letterman plan, 152  
Letters of reprimand, 77  
Levy, Howard, 19, 74  
Lewin, Kurt, 54, 55  
LIMDU. *See* Limited duty profiles  
Limited duty profiles, 30  
Lincoln, Abraham, 12, 13, 92, 124, 151  
Lind, James, 6–7, 300  
LOAC. *See* Law of armed conflict  
Logistics. *See* Medical logistics  
Lovell, Joseph, 9, 10  
Low earth orbit, 349, 352  
Lung-damaging toxic industrial chemicals, 535–536

## M

MacArthur, Douglas, 40, 43  
MACE. *See* Military Acute Concussion Evaluation  
MacFarland, Sean, 37  
Mahan, Alfred Thayer, 45  
Malaria, 622–624  
Management  
    comparison to leadership, 56–57  
Manned Orbital Laboratory, 348, 350  
Manned spaceflight engineers, 350  
Manual for Courts-Martial, 26  
    cover of, 69  
    definition, 68  
*Manual of the Judge Advocate General*, 76  
MARCH care, 483  
Marice Corps planning process, 259  
Marine Corps, US  
    culture of, 45–46  
    leadership communication requirements, 168  
    medical logistics companies, 252  
    operation planning, 259  
    patient movement flow, 220  
    physical readiness tests, 292  
    values of, 184  
Marshall, George C., 40, 47  
Marshall, S.L.A., 36–37, 47  
MASCAL. *See* Mass casualty incidents  
Mass casualty incidents  
    casualty collection points, 520–523  
    combat operation injury patterns, 514–515  
    defense support to civil authorities, 513–514  
    deployed roles for joint health services, 511–513  
    emergency management cycle, 508–510  
    foreign humanitarian assistance, 514  
    garrison preparedness and response, 507–511  
    impact on healthcare systems, 505–507  
    incident command system, 510–511

- job action sheet example, 512
- planning checklist, 516
- preparedness and training, 162
- rapid needs assessment, 517
- scene management, 515–517
- scope of the problem, 504–505
- transportation management, 523
- triage, 517–520
  - universal mass casualty principles, 515–523
- MATTERS trial, 491
- Mattis, Jim, 40, 42
- Maximal aerobic power, 286
- Mayo, Charles, 17–18
- Mayo, William J., 17–18
- MCA. *See* Military Claims Act
- McChrystal, Stanley, 40, 482
- McClain, Anne, 273
- McClellan, George, 13–14, 124, 125
- MCI. *See* Mass casualty incidents
- McMaster, H.R., 42
- MCPP. *See* Marine Corps planning process
- MDMP. *See* Military decision-making process
- MDRIs. *See* Military dietary reference intakes
- Meal, Ready-to-Eat, 302, 628
- Mean arterial pressure, 490
- MEB. *See* Medical evaluation boards
- MEDEVAC. *See* Medical evacuation
- Medical care, 28–29
- Medical collaboration. *See* Multinational medical collaboration
- Medical Education and Training Campus, 187
- Medical Emergency Response Team, 610–611
- Medical evacuation
  - Afghanistan, 265, 610–611
  - definition, 604
  - health services support, 211–212, 215–217
  - Iraq War, 609–610
  - Korean War, 608
  - 9-line MEDEVAC request, 159, 160, 215, 614
  - training, 157, 162
  - Vietnam War, 608
- Medical evaluation boards, 136, 438–439
- Medical Field Service School, 18
- Medical fitness checklist, 432
- Medical intelligence preparation of the operational environment, 240, 262
- Medical logistics
  - blood management, 253
  - checklists, 255
  - integrated medical logistics management, 250–251
  - medical maintenance, 253
  - operational roles, 252
  - optical fabrication, 253
  - organizational roles and missions, 251–254
  - patient movement items, 253–254
  - planning considerations, 255
  - resources, 255
  - service agencies, 251–252
  - strategic role, 251
  - tactical roles, 252–253
  - tips for providers, 254–255
- Medical logistics company, 252
- Medical logistics support program, 132
- Medical maintenance, 253
- Medical officers. *See* Military medical officers
- Medical Planners' Toolkit, 264
- Medical Protection System, 133, 438–439
- Medical readiness
  - force health protection and, 29–31
  - guidance to the commanding officer, 440
  - role of the military medical officer, 432–440
- Medical Readiness Reporting System, 133, 439
- Medical Retention Board, 136
- Medical Service Corps, 18
- Medical Service in Campaign: A Handbook for Medical Officers in the Field*, 16, 17
- Medical Specialist Corps, 116
- Medical specialization, 18–19
- Medical support gaps, 266
- Medical surveillance, 629–631
- Medical Surveillance Monthly Report, 588
- Medical treatment facilities, 117, 213–221
- Medically retired personnel
  - UCMJ jurisdiction, 71
- Medicare Eligible Retiree Health Care Fund, 120
- MEDLOG. *See* Medical logistics
- MEDPROS. *See* Medical Protection System
- MEDPRS. *See* Medical Protection System
- Mellinger, Jeffrey J., 184–185
- Mental health. *See also* Psychological well-being
  - evaluations, 76–77
  - high-energy trauma and, 450
  - history and testing, 433
  - resources, 425
  - spirituality and, 409
- Mental stressors, 576
- MERT. *See* Medical Emergency Response Team
- MESL. *See* Military Exposure Surveillance Library
- Metabolic equivalents, 342
- METC. *See* Medical Education and Training Campus
- METs. *See* Metabolic equivalents
- Mexican War, 11
- MHS. *See* Military Health System
- Military Acute Concussion Evaluation, 433, 586, 589–591
- Military bearing, 161–162
- Military “catchall” offenses, 73, 74
- Military Claims Act, 82
- Military decision-making process, 259
- Military dietary reference intakes, 301, 308
- Military education, 27
- Military efforts, 148
- Military emergency managers, 636
- Military Exposure Surveillance Library, 239
- Military Extraterritorial Jurisdiction Act, 70, 74
- Military Health System
  - budget, 53
  - health services support, 206–208
  - healthcare, 28–29
  - Office of Transformation, 53
  - website, 133
- Military justice system
  - administrative actions, 77
  - command discretion, 75
  - historical evolution of the UCMJ, 69–70
  - investigations, 76
  - jurisdictions covered by the UCMJ, 70–71
  - mental health evaluations, 76–77
  - nonjudicial punishment, 77–78
  - offenses under the UCMJ, 71–75
  - reports of UCMJ violations, 75–76
  - sanity boards, 76–77
- Military law. *See also* Ethics
  - courts-martial, 78–81
  - definitions, 68
  - disciplinary rules unique to Public Health Service officers, 81–82
  - Federal Tort Claims Act, 82

- Feres Doctrine, 82–83
- how the military justice system works, 75–78
- military justice system, 69–71
- offenses under the UCMJ, 71–75
- Military medical officers
  - American Revolution era, 7–8
  - civil-military relations, 41–44
  - Civil War era, 13–14
  - code of conduct for members of US Armed Forces, 26
  - commission, 36–37
  - conflicts between loyalty to the patient and to the commander, 136, 143–144
  - courts-martial role, 80
  - courts-martial roles, 80
  - deployment roles, 23–24
  - duality challenge of maintaining two professions, 135–136
  - in the early 19th Century, 8–13
  - emergence of medical specialization, 18–19
  - extreme environments role, 322–323, 355–359
  - family readiness role, 426
  - field roles, 23
  - force health protection, 29–31
  - garrison roles, 22–23
  - health services support role, 207–208
  - human performance optimization role, 24, 280–281
  - as leader of character, 40–41
  - leadership role, 25, 27–28, 37–41, 52–62
  - legal context of accountability, 26–27
  - line *versus* staff functions, 137
  - medical readiness, 29–31
  - medical readiness role, 432–440
  - medical research and, 24
  - as member of a profession, 38–39
  - military healthcare, 28–29
  - as military professionals, 42–44
  - military service academies, 4
  - modern military medical officers, 14–19
  - musculoskeletal injury prevention role, 400
  - national security structure and, 107–109
  - oath of, 36–37
  - officership, 25
  - operational medicine, 25
  - performance nutrition role, 307
  - physical fitness role, 293
  - physicians before becoming officers, 5–7
  - physicianship, 25
  - professional military education, 27
  - professional relationship with the commander, 138
  - professionalism, 26
  - psychological well-being role, 371–372
  - rehabilitation role, 449
  - retirement role, 43–44
  - roles and responsibilities of, 4–5, 22–32, 37–41, 43–44
  - as servant of the nation, 39–40
  - sleep and rest role, 384–386
  - specialized expertise, 44–47
  - spectrum of assignments, 31
  - spirituality role, 410
  - technical chain of command, 137–138
  - training of, 27
  - “vector” model, 25–26
  - during War with Spain, 15–17
  - as warrior-leader in profession of arms, 37–38
  - during World War I, 17–18
  - during World War II, 18–19
- Military medicine
  - complexity in leader engagement and organization, 149–150
  - instruments of national power, 147–148
  - organization of medical services, 116–117
  - role in national defense, 148–149
  - “the strategic corporal,” 150–151
- Military occupational specialty, 136
- Military service academies, 4
- Military service secretaries, 112
- Military values, 106–107
- Miller, Matthew, 263
- MIMUs. *See* Multinational integrated medical units
- Mindfulness, 370
- Mine-resistant, Ambush-Protected ambulances, 212
- MIPOE. *See* Medical intelligence preparation of the operational environment
- MIST report, 614
- Mitchell, Billy, 44, 45, 330
- MLC. *See* Medical logistics company
- MMB. *See* Multifunctional medical battalion
- MMMSG. *See* Multinational medical management steering group
- MMOs. *See* Military medical officers
- MMRB. *See* Medical Retention Board
- MOL. *See* Manned Orbital Laboratory
- Moral injury, 577
- Morgan, Andrew, 273
- Morgan, John, 132
- MOS. *See* Military occupational specialty
- Motion sickness, 339
- MPTk. *See* Medical Planners’ Toolkit
- MRAP. *See* Mine-resistant, Ambush-Protected ambulances
- MRE. *See* Meal, Ready-to-Eat
- MRI scans, 597
- MRRS. *See* Medical Readiness Reporting System
- MSEs. *see* Manned spaceflight engineers
- MSK-I. *See* Musculoskeletal injuries
- MSMR. *See* Medical Surveillance Monthly Report
- MTFs. *See* Medical treatment facilities
- Multifunctional medical battalion, 252
- Multinational integrated medical units, 194, 196, 198
- Multinational medical collaboration
  - current alliances and organizations, 195
  - historical examples of, 195–197
  - indigenous security forces as part of a coalition, 199
  - keys to success, 199–200
  - multinational integrated medical units, 198–199
  - principles of, 197
  - purpose of, 194
- Multinational medical management steering group, 198
- Multiservice markets, 118–119
- Munson, Edward L., 15, 16
- Muscular endurance, 287
- Muscular strength, 286
- Musculoskeletal injuries
  - definitions, 395
  - developing prevention approaches, 395
  - epidemiology, 394
  - equipment modifications, 398
  - functional assessments, 398
  - guidance to the commanding officer, 400
  - mitigation programs, 394–395
  - movement training, 398, 400
  - prevention strategies, 397–400
  - risk factors, 396–397
  - role of the military medical officer, 400
  - running shoe selection guidance, 398
  - SMART centers, 394–395
  - Sports Medicine Injury Prevention program, 395
  - steps for effective preventive training program, 399–400
  - stress fracture incidence by mileage and run time, 397
  - training modifications, 397

Musculoskeletal system  
 effects of space environment, 353–354  
 Mustard, 533–534  
 MV-22 Osprey, 262  
 Myer, Albert, 166  
 Myers, Richard, 150  
 Myocardial infarction, 464

## N

National Academy of Sciences  
 Engineering and Medicine Health and Medicine Division, 308  
 nutrition terms, 301  
 National Center for Medical Intelligence, 241  
 National Command Authority, 108, 127  
 National Committee on Physical Fitness, 287  
 National Defense Authorization Act of 2017, 112, 117  
 National Defense Strategy, 107  
 National Guard  
 UCMJ jurisdiction, 70  
 National Institutes of Health, 566  
 National Intelligence Agency, 108  
 National Military Strategy, 107  
 National Oceanographic and Atmospheric Administration, 327  
 National power instruments, 147–148  
 National Reconnaissance Office, 350  
 National Red Cross Societies, 97  
 National Research Action Plan, 598  
 National Security Act of 1947, 108, 109, 113  
 National Security Council, 108, 114  
 National Security Strategy, 107  
 National security structure  
 Congress and DoD oversight, 108–109  
 Defense Health Agency, 117–119  
 defense health program, 120–121  
 DoD budgeting process, 119–120  
 DoD organization, 109–116  
 military medical officers and, 107–109  
 military medical services organization, 116–117  
 national command authority, 108  
 National Security Council, 108  
 professionalism and military values, 106–107  
 readiness for the future, 121  
 unified medical program, 120–121  
 NATO. *See* North Atlantic Treaty Organization  
 NATO Interoperability Handbook, 195, 196  
 Naval Health Research Center, 264  
 Naval Ophthalmic Support and Training Activity, 253  
 Navigation training, 156–157  
 Navy, US  
 culture of, 45  
 leadership communication requirements, 168  
 operation planning, 259  
 patient movement flow, 219  
 physical readiness tests, 292  
 predeployment profiling basics, 435  
 values of, 184  
 Navy Experimental Diving Unit, 327  
 Navy Medical Logistics Command, 251  
 Navy planning process, 259  
 NCMI. *See* National Center for Medical Intelligence  
 NCOs. *See* Noncommissioned officers  
 NDS. *See* National Defense Strategy  
 Nerve agents, 534–535  
 Neurobehavioral Symptoms Inventory, 593  
 Neuroimaging, 597  
 Neuroophthalmological system  
 effects of space environment, 354–355

Neurovestibular system  
 effects of space environment, 351–352  
 Neutral Buoyancy Laboratory, 273  
 New Zealand  
 multinational medical collaboration, 194  
 NHRC. *See* Naval Health Research Center  
 Night optic devices, 158  
 Nightingale, Florence, 11, 13, 14  
 9-line MEDEVAC request, 159, 160, 215, 614  
 Nitrogen narcosis, 328  
 Nitrox, 327  
 Nixon, Richard, 350, 538  
 NMLC. *See* Navy Medical Logistics Command  
 NMS. *See* National Military Strategy  
 NODs. *See* Night optic devices  
 Non-federal entities  
 regulation of DoD personnel relations, 84  
 Noncommissioned officers  
 as backbone of units, 186  
 chain of command, 184, 185–186  
 as command staff, 124, 127, 131–132  
 officer-noncommissioned officer support relationships, 183  
 promotions, 181, 183  
 relationship with officers, 184–185  
 role of, 183–187  
 standard bearer role, 183–184  
 supervising and training junior enlisted members, 186–187  
 support channel, 184  
 unit history and traditions, 186  
 Nonjudicial punishment, 68, 77–78  
 Nonprofit organizations  
 rehabilitation role, 448, 449  
 Nonsteroidal antiinflammatory drugs  
 for pain control, 491–492, 562–563  
 use in space environment, 358–359  
 North Atlantic Treaty Organization, 194, 195, 196, 197  
 NPP. *See* Navy planning process  
 NRO. *See* National Reconnaissance Office  
 NSAIDs. *See* Nonsteroidal antiinflammatory drugs  
 NSS. *See* National Security Strategy  
 Nuclear exposure. *See* Radiological and nuclear exposures  
 Nurse Corps, 17  
 Nutrient timing, 304–305  
 Nutrition. *See* Performance nutrition  
 Nutritional fitness, 301

## O

Oath of Commissioned Officers, 136, 144  
 Obama, Barack, 40, 42  
 Obamacare. *See* Patient Protection and Accountable Care Act  
 Obstructive shock, 469  
 Occupational and environmental health site assessments, 237–238  
 Occupational Physical Assessment Test, 292  
 OEH. *See* Occupational and environmental health site assessments  
 Off-gassing, 327  
 “Office hours,” 77  
 Office of the Secretary of Defense, 109, 111–113  
 Office of Transformation, 53  
 Officer Advanced Course, 19  
 Officers, medical. *See* Military medical officers  
 Officer’s oath, 36–37  
 OPAT. *See* Occupational Physical Assessment Test  
 Operation Iraqi Freedom  
 multinational medical collaboration, 196  
 wounding patterns, 481  
 Operation orders, 132, 172

Operation plans, 132  
Operation Supplement Safety, 306  
Operation URGENT FURY, 209  
Operational briefings, 162  
Operational Detachment Alpha, 329  
Operational fatigue, 577  
Operational medical training, 161  
Operational stress control  
  causes of, 574–575  
  examples of, 576  
  individual resiliency and vulnerability, 575  
  management and disposition of severe reactions, 581  
  management of stress reactions, 579–581  
  medication management in theater, 580  
  mental stressors, 576  
  physical stressors, 576  
  physiology of human stress response, 574  
  principles of, 578–579  
  principles of assessment, 577–578  
  psychology of human stress response, 574  
  psychotherapy in theater, 579–580  
  reactions to, 576–577  
  restoration centers, 580–581  
  traumatic event management, 581–582  
  unit resiliency and vulnerability, 575–576  
OPIAD. *See* Opioid-induced androgen deficiency  
Opioid-induced androgen deficiency, 560  
Opioid poisoning, 470  
OPLANS. *See* Operation plans  
OPORDs. *See* Operation orders  
OPSS. *See* Operation Supplement Safety  
Optical fabrication, 253  
Oral communication, 171–172  
Oral health, 625  
Oral transmucosal fentanyl citrate, 491–492, 562  
Organizational culture, 58  
Organizational leadership element, 53, 60–61  
Osprey, 262  
OTFC. *See* Oral transmucosal fentanyl citrate  
Outbreak investigations, 631–635  
Outside employment regulations, 84–85  
Overuse injuries, 395  
Oxygen fraction, 327  
Oxygen toxicity, 328, 339

## P

P-U-L-H-E-S, 436–538  
PACE communication, 158, 614  
Pain Assessment Screening Tool and Outcomes Registry, 566  
Pain management  
  acute pain service, 559–561  
  chronic pain cycle, 559  
  combat support hospitals, 564–566  
  forward surgical care, 563–564  
  high-energy trauma and, 450  
  history of military pain management, 556–559  
  immediate first aid, 562–563  
  medical centers outside the theater, 566  
  on the modern battlefield, 561–566  
  pain measurement, 566–567  
  polytrauma triad, 559  
  tactical medicine, 491–492  
Pain Management Task Force, 561  
PAM 21-9, 287–288  
PAR. *See* Population at risk  
Paré, Ambroise, 5  
Partial pressure, 327

PASTOR. *See* Pain Assessment Screening Tool and Outcomes Registry  
Patient-centeredness, 167  
Patient Condition Occurrence Frequency tool, 264  
Patient decontamination site, 538  
Patient Health Questionnaire-2, 433  
Patient movement flow, 215–221  
Patient movement items, 253–254  
Patient movement request, 604  
Patient Protection and Accountable Care Act, 118  
Patton, George S., 276–277  
Payton, Gary, 350  
PCE. *See* Potentially concussive event  
PCOF. *See* Patient Condition Occurrence Frequency tool  
PDHRA. *See* Post-Deployment Health Re-Assessment Program  
PDR. *See* Pre-deployment readiness  
PDRL. *See* Permanent Disabled Retired List  
PEA. *See* Pulseless electrical activity  
Peake, James, 558  
PEB. *See* Physical Evaluation Board  
Perceived self-interest, 170  
Percy, Pierre-François, 8–9  
Performance nutrition  
  caffeine dosing, 306–307  
  definitions, 300, 301  
  dietary supplements, 305–306  
  establishing nutrient requirements, 303  
  evolution of performance nutrition, 303  
  guidance to the commanding officer, 307  
  history of military nutrition, 300–302  
  importance of nutrition to mission success, 300–302  
  nutrient timing, 304–305  
  protein requirements, 305, 306  
  psychological well-being and, 365  
  resources, 307–308  
  role of the military medical officer, 307  
  scope of practice, 304  
Performance optimization. *See* Human performance optimization  
Permanent Disabled Retired List  
  UCMJ jurisdiction, 70, 71  
Persian Gulf War, 238  
Personal equipment layers, 158  
Personal leadership element, 53, 60–61  
Personal protective equipment, 533  
Personal staff, 126  
Personnel and Readiness, Under Secretary of Defense for, 112  
Personnel Reliability Program, 434  
Petty officers  
  as backbone of units, 186  
  chain of command, 184, 185–186  
  officer-petty officer support relationships, 183–187  
  promotions, 181, 183  
  relationship with officers, 184–185  
  role of, 183–187  
  standard bearer role, 183–184  
  supervising and training junior enlisted members, 186–187  
  support channel, 184  
  unit history and traditions, 186  
Phillips, Patricia, 70  
PHS. *See* Public Health Service  
*Physical Conditioning*, 287–288  
Physical Evaluation Board, 136  
Physical fitness. *See also* Total Force Fitness  
  aging and, 293  
  Army training principles during the 1950s, 289  
  balance, 286  
  benefits of, 288–290  
  cardiorespiratory fitness, 286

- components of, 291
- concepts of, 291–292
- coordination, 286
- definitions, 286–287
- endurance training benefits, 290
- exercise prescription, 286
- fitness tests, 292
- flexibility, 286
- functional fitness, 286
- guidance to the commanding officer, 293–294
- history of military physical fitness, 287–288
- intensity level, 286
- maximal aerobic power, 286
- mobility and, 291
- overload, 286
- overtraining, 292
- periodization, 286
- physical readiness tests, 292
- plyometrics, 291
- postpartum physical fitness, 292
- power and, 291
- pregnancy physical fitness, 292
- progression, 286
- recovery, 286
- resistance training benefits, 290
- resources, 294
- role of the military medical officer, 293
  - for special populations, 292–293
- specificity, 286
- strength training, 286–287
  - volume, 287
- for wounded, injured and ill service members, 293
- Physical profiles, 436–439
- Physical readiness tests, 292
- Physical Readiness Training, 397
- Physical stressors, 576
- Physicians' Committee on Preparedness, 17
- PIES principle, 578
- PITO. *See* FourCe-PITO leadership model
- Plague, 540–541
- Planning, programing, budgeting, and execution system, 119, 121
- Plyometrics, 291
- PME. *See* Professional military education
- PMIs. *See* Patient movement items
- PMR. *See* Patient movement request
- PMTF. *See* Pain Management Task Force
- Pneumothorax, 467–468, 486–487
- POI. *See* Point of injury
- Point of injury, 213–215, 217–218, 511
- POIS. *See* Pulmonary over-inflation syndrome
- Poisoning
  - emergency treatment, 470–471
- Polytrauma
  - pain management, 559
  - traumatic brain injuries and, 591–592
- Population at risk, 265
- Portman, Robert, 304
- POs. *See* Petty officers
- Positive affect, 370
- Post-Deployment Health Assessment, 239
- Post-Deployment Health Re-Assessment Program, 440
- Postconcussive symptoms
  - assessments for common symptoms, 595–597
  - clinical practice guideline for management, 593
  - headache red flags, 596
  - neuroimaging, 597
  - patient-centered care, 594
- Postdeployment period
  - health activities, 239
  - medical readiness, 440
  - military medical officer roles, 24
- Posttraumatic stress disorder, 368, 594
- Potentially concussive event, 586–587, 589
- PPBE. *See* Planning, programing, budgeting, and execution system
- PPO. *See* Preferred provider organization
- Pre-Deployment Health Assessment, 237
- Pre-deployment readiness, 133
- Preble, Edward, 10
- Predeployment period
  - behavioral modification, 434
  - chemoprophylaxis, 434
  - concerns for individual deployers, 438
  - data management, 438–439
  - evaluation, 434
  - health activities, 235–236, 237–238
  - hearing profiles, 436–437
  - immunizations, 434
  - medical evaluation boards, 438–439
  - medical fitness checklist, 432
  - medical readiness, 133, 432–439
  - mental health history, 433
  - military medical officer roles, 23–24
  - physical profile serial chart, 436–437
  - physical profiles, 438–439
  - prevention activities, 432–434
  - screening, 432–434
  - service-specific profiling basics, 435
  - treatment, 438
- Preferred provider organization, 118
- Prehospital Trauma Life Support manual, 208
- Presidential Support Program, 434
- Preventive countermeasures, 244
- Preventive medicine
  - chemoprophylaxis, 622–624
  - command preservation of health, 623
  - command surgeons duties, 132–133
  - deployment health activities, 238
  - emergency preparedness, 635–636
  - environmental hazards, 629
  - food standards, 627–628
  - Group A streptococcus, 624
  - immunization, 622
  - leptospirosis, 623–624
  - malaria, 622–624
  - oral health, 625
  - outbreak investigations, 631–635
  - risk communication, 636–639
  - sexual health, 625
  - training, 162
  - unit-level medical surveillance, 629–631
  - vector control, 625–626
  - waste disposal, 628–629
  - water standards, 626–628
- Primacy concept, 170
- Primary, Alternate, Contingency, Emergency communication, 158
- The Principles of Sanitary Tactics*, 15
- Pringle, John, 6, 132
- Professional military education, 27, 188
- Professionalism, 106–107
- Progressive muscle relaxation, 579
- Protection of Victims of International Armed Conflicts, 95
- Protection of Victims of Non-International Armed Conflicts, 95
- Protein requirements, 305, 306
- Protocols Additional to the Geneva Conventions, 95
- PRT. *See* Physical Readiness Training

Psychological well-being  
awareness and, 366  
behaviors relevant to, 365  
beliefs and appraisals, 366  
children, 370  
cognitive processes, 366  
combat stress, 368  
coping, 369–370  
definition, 364  
definitions, 364  
drug use and, 365–366  
eating behavior, 365  
emotional factors, 367  
employment and, 370  
exercise and, 365  
foundations of, 365–367  
guidance to the commander, 372  
indicators of, 370–371  
injury and, 368  
leadership and, 368  
meaning and purpose, 370  
military families, 368–369  
military life and, 367–370  
mindfulness, 370  
positive affect and, 370  
psychological first aid, 424  
psychological fitness, 364  
relationship quality, 369  
resilience, 366  
resources, 372  
role of the military medical officer, 371–372  
service core values, 371  
sexual behavior, 366  
sleep and, 365  
social support, 370–371  
transitions, 368  
unit cohesion, 371  
well-being, 364  
wounded warrior care, 369

Psychotherapy, 579–580  
Ptah-hotep, 57  
PTSD. *See* Posttraumatic stress disorder  
Public affairs officers, 639  
Public health emergency officers, 636  
Public Health Service  
disciplinary rules, 81–82  
UCMJ jurisdiction, 70  
values of, 184  
Public Health Service Act, 70  
Puller, Lewis “Chesty,” 46  
Pulmonary over-inflation syndrome, 336, 342  
Pulseless electrical activity, 468, 472

## Q

QDR. *See* Quadrennial Defense Review  
Quadrennial Defense Review, 107  
Quadripartite Working Group on Health Service Support, 195

## R

RADIAC. *See* Radiation detection, indication and computation counters  
Radiation, 315  
Radiation detection, indication and computation counters, 546  
Radiation effects, 544  
Radiation exposure device, 544  
Radio discipline, 159  
Radio frequency types, 159

Radioisotopes, 547  
Radiological and nuclear exposures  
acute radiation syndrome, 545  
Chernobyl incident, 543–544  
decontamination, 546  
external exposure, 544–545  
internal exposure, 547  
ionizing radiation, 544  
radiation effects, 544  
treatment of radiation-injured patients, 545–547  
triage, 545–546  
Radiological dispersion device, 544  
Ramazzini, Bernardino, 6  
RAND Corporation, 53  
Rank insignia, 182  
Rank structure, 181–183  
Rapid eye movement sleep behavior disorder, 384  
Rapid needs assessment, 517  
RD. *See* Registered dietitians  
RDAs. *See* Recommended dietary allowances  
REBOA. *See* Resuscitative endovascular balloon occlusion  
Rebreather, 327  
Recency concept, 170  
Recommended dietary allowances, 301, 303  
Recompression chamber, 327  
Recovery. *See* Sleep management  
Recreation  
rehabilitation and, 449  
Red Crescent emblem, 98  
Red Cross, 12, 13, 97, 98  
Red Crystal emblem, 98  
Red Shield of David, 98  
Regional anesthesia, 558–559  
Registered dietitians, 304  
Rehabilitation  
acute care, 447  
combat casualty rehabilitation, 446  
definitions, 445  
elements of, 446–449  
guidance to the commanding officer, 451, 453  
home care, 447–449  
immobility complications, 448  
military history, 446  
military roles of care, 444  
nonprofit organizations, 448, 449  
role of the military medical officer, 449  
secondary complications from high-energy trauma, 450  
sports and recreation, 449  
team members and roles, 449, 451, 452–453  
Rehearsal of concept, 172  
Reintegration phase  
military medical officer roles, 24  
rehabilitation and, 444–453  
Religion  
military history of, 406  
relationship to disease, 408  
Repetition concept, 170  
Reserve personnel  
UCMJ jurisdiction, 70  
Resilience, 366, 427, 575–576  
Resistance training, 290  
Resources  
altobaric extremes, 343  
cold extremes, 323  
communication, 173–174  
family readiness, 426  
health services support, 221–222  
heat extremes, 323



human performance optimization, 281  
 joint health services support, 269–270  
 medical logistics, 255  
 performance nutrition, 307–308  
 physical fitness, 294  
 psychological well-being, 372  
 sleep management, 388  
 spirituality, 411  
 total Force Fitness, 281  
 Rest. *See* Sleep management  
 Restoration centers, 580–581  
 Resuscitative endovascular balloon occlusion, 490–491  
 Retired personnel  
   UCMJ jurisdiction, 70, 71  
 Reverse osmosis water purification units, 626–627  
 Revolutionary War  
   evolution of international law, 92  
   military medical officers' responsibilities, 7–8, 39–40  
 Rewarming, 315  
 Rewarming shock, 315  
 Reynolds, Charles, 71  
 Ricin, 543  
 Riot-control agents, 537  
 Risk communication, 636–639  
 ROC. *See* Rehearsal of concept  
 Role conflict, 419–420  
 Rome Statute, 74, 94  
 Rowntree, Leonard G., 288  
 RSDL, 538  
 Rumsfeld, Donald, 43  
 Running shoe selection, 398  
 Rush, Benjamin, 7–8, 132, 300  
 Russell, William, 13

## S

SABP. *See* Space-adaptation back pain  
 SALT algorithm, 519  
 Sanity boards, 76–77  
 Sarin, 534–535  
 Satellite phones, 160  
 SCAT 5. *See* Sport Concussion Assessment Tool  
 Schenk, Paul, 303  
 School of Application for Infantry and Cavalry, 15  
 Schoomaker, Eric, 561  
 SCUBA, 331–332  
 Second Italian War for Independence, 12  
 Secretary of Defense, Office of, 109, 111–113  
 Security structure. *See* National security structure  
 Selective serotonin reuptake inhibitors, 580  
 Self-contained underwater breathing apparatus, 331–332  
 Self-hypnosis, 579  
 Selfridge, Thomas, 330  
 Senate Armed Services Subcommittee on Personnel, 109  
 Senate Committee on the Armed Services, 108  
 SERE. *See* Survival, evasion, resistance, escape  
 Sergeant major, 181  
 Service academies, 4  
 Service core values, 371  
 Service values, 184  
 Sexual behavior  
   psychological well-being and, 366  
 Sexual health, 625  
 SGM. *See* Sergeant major  
 Shallow water black-out, 328  
 Shinseki, Eric, 42  
 Shock  
   emergency treatment, 468–470  
 Shooting training, 155–156  
 Shortwave radio, 159  
 Sick call, 29  
 Signal Corps, 166  
 SIMLM. *See* Single integrated medical logistics manager  
 Single integrated medical logistics manager, 250  
 Single integrated operational plan, 45  
 SIOF. *See* Single integrated operational plan  
 6th Medical Logistics Management Center, 252  
 Skylab, 350  
 Sleep hygiene, 386–387  
 Sleep management  
   definitions, 382–383  
   fatigue management tools, 386–387  
   guidance to the commanding officer, 387–388  
   psychological well-being and, 365  
   psychomotor vigilance task, 385  
   rapid eye movement sleep behavior disorder, 384  
   resources, 388  
   role of the military medical officer, 384–386  
   sleep deficits and military service, 383–384  
   sleep deprivation outcomes, 383  
   sleep hygiene, 386–387  
   sleep inducers, 387  
   space environment effects, 355, 356–357  
   trauma-associated sleep disorder, 384  
   two-process theory of sleep, 382  
 Sleepiness  
   definition, 382–383  
 Slim, William, 623  
 Smallpox, 541–542  
 SMART centers, 394–395  
 SMEs. *See* Subject matter experts  
 SMIP. *See* Sports Medicine Injury Prevention program  
 Smith, Dale, 151  
 SOAP notes, 171–172, 260, 261  
 Social skills, 169  
 Social support, 370–371  
 SOCOM. *See* Special Operations Command  
 SOF. *See* Special operations forces  
 SOFME. *See* Special Operations Forces Medical Element  
 Soldier readiness program, 133  
 Soman, 534–535  
 Sonny Carter Training Facility, 273  
 Soviet Sputnik, 348  
 Space-adaptation back pain, 350, 353–354, 359  
 Space environment  
   applied physiology terminology, 349  
   behavioral effects, 355  
   cardiovascular effects, 352–353  
   conditioning and, 357–358  
   critical mission tasks, 359–360  
   definitions, 348–350  
   evidence-based strategies to optimize performance, 357  
   guidance to the commanding officer, 359–360  
   gynecologic effects, 355  
   hematologic effects, 355  
   human performance optimization, 273, 355–360  
   immune system effects, 354  
   impact on sleep and rest, 356–357  
   medication and, 358–359  
   military applied physiology, 351–355  
   military history, 348–351  
   musculoskeletal effects, 353–354  
   neuroophthalmological effects, 354–355  
   neurovestibular effects, 351–352  
   on-orbit conditions, 359  
   operational mission tasks, 360

- physiologic effects, 351–355
  - pressure effects, 357
  - risk factors and challenges of, 357
  - role of the military medical officer, 355–359
  - Space flight anemia, 355
  - Space Transportation System, 350
  - Spatial disorientation, 339
  - Special Forces medical sergeant, 191
  - Special needs children, 421–422
  - Special Operations Command, 47
  - Special Operations Critical Care Evacuation Team, 612
  - Special operations forces
    - aeromedical evacuation, 611–612
    - culture of, 46–47
    - physician training, 154
  - Special Operations Forces Medical Element, 612
  - Special Operations Surgical Team, 612
  - Special staff, 125–126
  - Specialized teams
    - aeromedical evacuation, 611
  - Specialty training, 188–189
  - Spirituality
    - chaplains role, 407
    - concepts of, 408–410
    - considerations in provider-service member/patient relationships, 410
    - definitions, 406, 407
    - guidance to commanding officers, 410–411
    - health and, 408–409
    - military history of, 406
    - performance and, 408–409
    - relationship to disease, 408
    - resources, 411
    - role of the military medical officer, 410
    - spiritual care for service members and patients, 409–410
  - Sport Concussion Assessment Tool, 590
  - Sports
    - concussions and, 592–593
    - rehabilitation and, 449
  - Sports Medicine Injury Prevention program, 395
  - Spouses
    - psychological well-being, 369
    - resources, 425
  - SRP. *See* Soldier readiness program
  - ST-elevation myocardial infarction, 464
  - Staff College, 20
  - Staff judge advocate
    - definition, 68
  - Staff officers
    - characteristics of effective officers, 128–131
    - communication skills, 130–131, 142
    - competence of, 128
    - confidence of, 130
    - coordinating staff, 124–125
    - creative thinking of, 129
    - creativity of, 129
    - decision briefing format, 130, 142
    - flexibility of, 129–130
    - helping commanders “see” the battlefield, 129
    - initiative of, 129
    - management skills, 130
    - mission briefing format, 130, 142
    - personal staff, 126
    - special staff, 125–126
    - team loyalty, 130, 141
  - Standards of Conduct Office, 85
  - START algorithm, 519
  - STEMI. *See* ST-elevation myocardial infarction
  - Sternberg, George, 15–16, 146
  - Stevenson, Walter, 71
  - Stewart, Clarence, 146
  - STRATCOM, 114
  - Stratton, Nate, 128
  - Straub, Paul F., 16, 17
  - Strength training, 286–287
  - Stress casualties prevention, 133–134
  - Stress fractures, 397
  - STS. *See* Space Transportation System
  - Subject matter experts, 293
  - Subjective, Objective, Assessment, Plan notes, 171–172, 260, 261
  - Summers, Harry, Jr., 146
  - Sunderland, Pearson “Trey,” 81
  - SuperTracker, 308
  - Supplemental Standards of Ethical Conduct for Employees of the Department of Defense, 84
  - Supreme Headquarters Allied Expeditionary Force for the European Theater, 113
  - Survival, evasion, resistance, escape, 161
  - Sustainment load, 158
  - Swanson, Steve, 358
  - Sympathomimetic poisoning, 470
  - Syrian Conflict, 93–94
- ## T
- Tabun, 534–535
  - TACEVAC. *See* Tactical evacuation
  - Tactical Combat Casualty Care, 155, 210, 466, 481–485, 589, 591
  - Tactical Emergency Medicine Support, 482
  - Tactical evacuation, 212, 482, 604
  - Tactical field care, 482
  - Tactical field skills
    - airborne medicine, 161
    - communication training, 158–160
    - convoy operations, 157–158
    - dive medicine, 161
    - flight medicine, 161
    - mass casualty planning and training, 162
    - medical evacuation, 162
    - military bearing, 161–162
    - military vehicles driving, 157
    - need for training, 154–155
    - operational and intelligence briefings, 162
    - operational medical training, 161
    - personal equipment layers, 158
    - preventive medicine, 162
    - principles of navigation, 156–157
    - shooting, 155–156
    - survival, evasion, resistance, escape, 161
    - time management, 162
  - Tactical medicine
    - airway management, 485–486
    - antibiotics, 492–493
    - case review, 493–494
    - chest trauma, 486–487
    - contrast to civilian prehospital care, 482–483
    - damage control resuscitation, 487–491
    - definitive proof of effectiveness, 482
    - hemorrhage control, 483–485
    - history of combat death statistics, 479–480
    - medications, 491–493
    - mission profiles for a marine expeditionary unit, 479
    - origins of, 481–482
    - pain control, 491–492
    - phases of care, 482
    - tactical environment, 478–479

- tranexamic acid, 491
  - wounding patterns, 480–481
  - Tactics, techniques, and procedures, 210, 211
  - Task Force Marauder, 265
  - TBIs. *See* Traumatic brain injuries
  - TCCC. *See* Tactical Combat Casualty Care
  - TDRL. *See* Temporary Disabled Retired List
  - Team leadership element, 53, 60–61
  - Technical authority, 127–128
  - Technical chain of command, 137–138
  - Technical Co-operation Council Programme, 197
  - Technical training, 187–188
  - Technology. *See* Health information technology
  - Telehealth
    - definition, 226
  - TEM. *See* Traumatic event management
  - Temporary Disabled Retired List, 70, 71
  - TEMS. *See* Tactical Emergency Medicine Support
  - TFC. *See* Tactical field care
  - TFF. *See* Total Force Fitness
  - “The strategic corporal,” 150–151
  - Theater hospitalization care capability, 210–211
  - Theater lead agent for medical materiel, 250–251
  - Thermal balance equation, 315
  - Thermotolerance, 315
  - Time management, 162
  - Time-out procedure, 171–172
  - TLAMM. *See* Theater lead agent for medical materiel
  - TOCs. *See* Toxic industrial chemicals
  - Tolerable upper intake levels, 301
  - Toner, James, 37
  - Total Force Fitness. *See also* Physical fitness
    - model, 277
    - resources, 281
    - role in force health protection and readiness, 278
    - soldier-centered care, 279
    - spiritual fitness, 406–411
    - tenets of, 277
  - Tourniquets, 483–484
  - Toxic industrial chemicals, 535–536
  - Training programs
    - emergency preparedness, 636
    - enlisted service members, 189–190
    - leadership training, 188–189
    - for military medical officers, 27
    - operational medical training, 161
    - specialty training, 188–189
    - technical training, 187–188
    - unit training, 189
  - Tranexamic acid, 487, 491, 493
  - Transactional leadership style, 56
  - Transformational leadership style, 56
  - Transportation management, 523. *See also* Casualty evacuation
  - Trauma-associated sleep disorder, 384
  - Trauma treatment, 466–468
  - Traumatic brain injuries
    - background of, 586
    - clinical management algorithms, 589
    - concussion management in deployed settings, 589–591
    - concussion management in nondeployed settings, 592–593
    - defining postinjury periods, 587
    - definition, 586
    - demographics, 586
    - epidemiology, 586
    - Glasgow Coma Scale, 592
    - incidence among civilians, 588
    - management in deployed settings, 589–592
    - military incidence of, 587–588
    - with polytrauma, 591–592
    - postconcussive symptom management, 593–597
    - potentially concussive events, 586–587
    - predeployment screening, 433
    - primary blast injuries, 548
    - research considerations, 598
    - severity range, 587
  - Traumatic event management, 581–582
  - Traumatic grief, 577
  - TRAVAX.com, 591
  - Travelers’ Health, 242
  - Treadmill 2 with vibration isolation system, 357–358
  - Trench foot, 316
  - Tri-Service Food Code, 628
  - Tri-Service Pain Management Task Force, 561
  - Triage
    - mass casualty incidents, 517–520
    - radiation-injured patients, 545–546
  - Trial counsel
    - definition, 68
  - Triarchic intelligence, 59
  - Tricare, 117–118
  - Tricare For Life, 120
  - Trimix, 327
  - Tripler, Charles, 13
  - Truman, Harry, 40, 109
  - Trump, Donald, 43
  - TTP. *See* Tactics, techniques, and procedures
  - Tularemia, 541
  - 2B-Alert Web application, 387
- ## U
- UCMJ. *See* Uniform Code of Military Justice
  - UHF radio, 159–160
  - Ultra high frequency radio, 159
  - Ultrasonography, 463
  - Under Secretary of Defense for Personnel and Readiness, 112
  - Undersea and Hyperbaric Medical Society, 327
  - Undersea operations
    - effects of depth on volume, pressure and gas partial pressure, 337
    - human performance optimization strategies, 341–343
    - military applied physiology, 335–338
    - military history and epidemiology, 330–332
  - Unified Command Plan, 113
  - Unified medical program, 120–121
  - Uniform Code of Military Justice. *See also* Military law
    - civilian offenses, 71–72
    - conduct prejudicial to good order and discipline, 74
    - conduct unbecoming an officer, 74
    - definition, 68
    - derelection of duty, 72–73
    - failure to obey a lawful order, 72–73
    - historical evolution of, 69–70
    - jurisdictions covered by, 70–71
    - military “catchall” offenses, 73, 74
    - military medical officers’ accountability, 26
    - reports of violations, 75–76
    - reserve jurisdiction, 70
    - uniquely military offenses, 72–73
    - war crimes, 73–75
  - Uniformed Services University of the Health Sciences
    - function of, 117
    - operational planning, 268
    - “White Coat Ceremony,” 1
  - Uniquely military offenses, 72–73
  - Unit cohesion, 371

Unit training, 189  
United Kingdom  
    multinational medical collaboration, 194  
United Nations  
    Convention on the Prevention and Punishment of the Crime of Genocide, 94–95, 100  
    International Covenant on Civil and Political Rights, 100  
    multinational medical collaboration, 194  
United States  
    multinational medical collaboration, 194  
Universal Declaration of Human Rights, 99–100  
US Air Force Academy, 53  
US Anti-Doping Agency, 307  
US Army Medical Materiel Agency, 251  
US Army Medical Materiel Center-Europe, 252  
US Army Medical Materiel Center-Korea, 252  
US Army Medical Materiel Center-Southwest Asia, 252  
US Department of Agriculture, 308  
US Food and Nutrition Board, 300  
US Military Academy, 41  
US Preventive Services Task Force, 433  
US Sanitary Commission, 13, 92  
US Special Operations Command, 47  
US Transportation Command, 254  
USAMMA. *See* US Army Medical Materiel Agency  
USAMMC-E. *See* US Army Medical Materiel Center-Europe  
USAMMC-K. *See* US Army Medical Materiel Center-Korea  
USDA. *See* US Department of Agriculture  
USUHS. *See* Uniformed Services University of the Health Sciences

## V

Valsalva maneuver, 327, 334–335  
Variola, 541–542  
Vector control, 625–626  
“Vector” model, 25–26  
Vehicle driving training, 157  
Venous thromboembolic events, 450  
Very high frequency radio, 159  
Vesicants, 533–534  
Vestibular and Oculomotor Screening, 594  
VHF radio, 159  
Victory Corps, 287  
Vietnam War  
    aeromedical evacuation, 608–609  
    Agent Orange, 234  
    Levy case, 19, 74  
    multinational medical collaboration, 195  
    wounding patterns, 481  
Viral agents, 541–543  
Viral hemorrhagic fever, 542–543  
Virtual health information systems, 231  
Voluntary Aid Societies, 97  
Volunteer military force, 42  
Von Braun, Wernher, 348  
Von Clausewitz, Carl Philipp Gottfried, 44, 146  
Von Steuben, Friedrich Wilhelm Augustus, 7–8, 234

## W

WAPS. *See* Weighted Airman Promotion System  
War crimes  
    grave breaches, 94  
    prosecutions, 73–75  
    responsibilities of military medical personnel, 93–94  
War Crimes Act, 74  
War-gaming, 267  
War of 1812, 9  
War of Austrian Succession, 12

War Powers Act of 1973, 148  
War with Spain, 15–17  
Warden, John, 45  
Warning order, 172  
WARNO. *See* Warning order  
Warrior Strong Study, 594  
Warrior Transition Units, 561  
Washington, George, 39–40, 47, 92, 180, 234  
Waste disposal, 628–629  
Water standards, 626–628  
Weapons training, 155–156  
Weighted Airman Promotion System, 183  
Well-being. *See* Psychological well-being  
Wet bulb globe temperature, 315  
What3words, 157  
“White Coat Ceremony,” 1  
Whiteside, Elizabeth, 79  
Williams, Jeffrey N., 358  
Williams, Sunita, 358  
Wind chill temperature, 315  
*World Fact Book*, 241  
World Health Organization, 242  
World War I  
    casualty evacuation, 606–607  
    military medical officers, 17–18  
    multinational medical collaboration, 195, 196  
    wounding patterns, 481  
World War II  
    casualty evacuation, 607–608  
    military medical officers, 18–19  
    multinational medical collaboration, 195, 196  
    wounding patterns, 481  
Wounded warriors  
    psychological well-being, 369  
Wounding patterns, 480–481, 514–515  
Wright, Orville, 330  
Wright, Wilbur, 330  
Wrist actigraphs, 386–387  
Written communication, 171

## X

XABCDE care, 466–467

## Y

Yerkes-Dodson Law of Optimal Arousal, 367