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# CRDAMC Med Lib / Sim Center News

CRDAMC Medical Library Room E2024A 2<sup>nd</sup> Floor, above Emergency 288-8996 crdamc.library@amedd.army.mil  
Simulation Center Room 3119, 3<sup>rd</sup> Floor adjacent to Gastro 553-2070

## Information Resources for Issues of Summer Health and Safety

Summer is fast upon us in central Texas and the illnesses and injuries particular to this season are probably cropping up in your patient population. The hospital's website currently features a cache of excellent resources on these issues for your patients and the CRDAMC Medical Library boasts a wealth of resources that address these issues from the health care provider's perspective.

For sun-related risks, you might refer to

- *Atlas of Emergency Medicine, WB 17 A8817 2010*
- *Fitzpatrick's Dermatology in General Medicine, WR 140 D46 2012*
- *Habif's Clinical Dermatology, 2009* (online in MD Consult and Nursing Consult)
- *Treatment of skin disease, 2009*, online
- *Vaughan & Asbury's General Ophthalmology, WW 100 V4 2011*
- *Wills Eye Institute 5-Minute Ophthalmology Consult, WW 39 W7411 2012*
- *Wills Eye Manual, WW 18.2 W741 2012*
- Yanoff & Duker: *Ophthalmology, 3rd ed, 2008* in MD Consult.

*Atlas of Emergency Medicine* provides a three-page visual guide to squamous cell carcinoma basal cell carcinoma and melanoma. Part VII of *Fitzpatrick's* devotes more than 200 pages to skin neoplasia. If you can't get to the library, try *Treatment of skin disease, 2009*, from the library's ebrary electronic book collection or *Habif's Clinical Dermatology*.

Cataracts, macular degeneration, pinguueculae, ptergia and photokeratitis are among the eye problems associated with ultraviolet light exposure. Good sources of brief treatment of these issues can be found in the *Wills Eye Manual*, *Vaughan & Asbury's General Ophthalmology*, or *Wills Eye Institute 5-Minute Ophthalmology Consult*. The *5-Minute Ophthalmology Consult* covers each topic in only two pages using an encyclopedic format. Each entry includes sections called Basics, Diagnosis, Treatment, Ongoing Care, References, Additional Reading, ICD9 Codes and Clinical Pearls. For an online reference, check the Yanoff & Duker: *Ophthalmology, 3rd ed, 2008* in MD Consult.

Thermal injury is another concern. These resources are worthwhile for this topic:

- *Wallace/Maxcy-Rosenau-Last public health & preventive medicine. 15th ed., WA 100 W195 2008*
- *Tactical Medicine Essentials WB 105 T335 2012*
- *Prehospital Trauma Life Support (PHTLS), Military 7<sup>th</sup> edition, WO 700 P74 2011*

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### CRDAMC Contributes to Professional Knowledge

Applewhite, Larry, Nathan Keller, and Adam Borah. "Mental Health Care Use by Soldiers Conducting Counterinsurgency Operations ." *Military Medicine* 177.5 (2012): 501-. Print.

#### ABSTRACT:

Counterinsurgency (COIN) has become the cornerstone of the military's strategy to combat terrorist threats. COIN operations are complex and often expose soldiers to unfamiliar stressors as they fight the enemy while developing and maintaining rapport with the local populace. Utilizing a retrospective record review protocol, we examined 282 mental health files of soldiers assigned to a brigade combat team that operated from a large forward operating base in Iraq during the counterinsurgency campaign. Most reported sleep disturbance, depression, anxiety, irritability, and conflict with supervisors related to either operational stress, exposure to direct combat, or home front concerns. Most received brief individual supportive therapy or attended solution-focused group counseling emphasizing life skills training, post-traumatic stress treatment, women's support, or relationship skills. Psychopharmacologic treatment was an essential adjunct to the counseling program. Results indicate that supporting a COIN deployment requires a comprehensive mental health program that can respond to a wide range of mental health problems.

Fortner, P. A. (2012). Burn care update. *Perioperative Nursing Clinics*, 7(1), xi-xiii.

Fortner, P. A. (2012). Perioperative nursing considerations in burn care. *Perioperative Nursing Clinics*, 7(1), 35-52.

Fortner, P. A. (2012). Review of burn treatment: early care to current practices. *Perioperative Nursing Clinics*, 7(1), 1-8.

Are you working on a publication or presentation? We want to know about it!

## More on Resources for Summer Health and Safety

Injury due to cold and heat are broadly addressed in *Wallace/Maxcy-Rosenau while Tactical Medicine Essentials* gives focused, concise overviews for first responders on causation, symptoms, assessment and treatment for hypothermia, frostbite, trenchfoot, heat cramps and exhaustion, and heatstroke. *Prehospital Trauma Life Support (PHTLS)* covers heat and cold injuries in 40 pages. This practical volume is heavily illustrated and includes many data summary tables and a treatment algorithm for heat exhaustion, heatstroke and hypothermia.

Injury associated with water recreation:

- *Prehospital Trauma Life Support (PHTLS), Military 7<sup>th</sup> edition, WO 700 P74 2011*
- *Wilderness Medicine, 6<sup>th</sup> ed., WB 107 W673 2012* and online in MD Consult

Drowning, lightning and diving injuries are also covered in *PHTLS*. The 38-page chapter covers shallow-water blackout, cold-water submersion, recreational scuba-related injuries, decompression sickness, lightning injury and altitude sickness. The sixth edition of Paul S Aurbach's *Wilderness Medicine*, 2012, devotes 12 pages to submersion injuries and drowning and 29 more pages cover diving accidents.

Wilderness Medicine is an excellent one-stop resource for many, if not most of the common illnesses and injuries of summer. More than 40 pages are given to lightning injuries while cold and heat injuries are given more than one hundred pages of coverage. Sunburn, hunting and fishing injuries, envenomations, and plant-induced dermatitis are just a few of the topics that are covered at the chapter-level of this volume.

Foodborne illness is another issue that features prominently during the summer months.

- *Food Safety Hazard Guidebook, WA 701 L418 2008*
- *Epidemiologic Principles and Food Safety WA 701 E64 2007*
- A to Z Index for Foodborne Illness (link below)

*The Food Safety Hazard Guidebook* deals with bacterial, viral and parasitic-driven foodborne illness along with many others. Those interested in the epidemiological perspective will want to consult *Epidemiologic Principles and Food Safety*. Fast facts and statistics are easily accessed at the CDC's online A to Z Index for Foodborne Illness at <http://www.cdc.gov/foodsafety/diseases/>.

Insect bites and stings and the allergic responses that often accompany them are another summer ill.

- *AFPMB Technical Guide No. 36, Personal Protective Measures Against Insects and Other Arthropods of Military Significance* (link below)
- *Allergic Diseases : Diagnosis and Treatment, WD 300 A43108 2007*
- *Casarett & Doull's Essentials of Toxicology, QV 600 C3349 2010*
- *Living Hazards Database* (link below)
- *Field Guide to Venomous and Medically Important Invertebrates Affecting Military Operations: Identification, Biology, Symptoms, Treatment* (link below)
- *Roitt's Essential Immunology, QW 504 R742 2011*

Insect sting allergy is covered specifically in chapter six of *Allergic Diseases*. For an overview of allergy in general, see the twenty-five page chapter fifteen of *Roitt's Essential Immunology*. Envenomations from arthropods, arachnids, centipedes, millipedes, insects, cone snails and reptiles are covered in the *Casarett & Doull's Essentials of Toxicology*. Plant and food toxicology are also covered in this volume; a ten-question self-test follows each chapter. Another publication of note is from the Armed Forces Pest Management Board (AFPMB). The *AFPMB Technical Guide No. 36, Personal Protective Measures Against Insects and Other Arthropods of Military Significance* and the *Field Guide to Venomous and Medically Important Invertebrates Affecting Military Operations: Identification, Biology, Symptoms, Treatment* are available from AFPMB at <http://www.afpmb.org/content/afpmb-publications>. This website also hosts the Living hazards Database, which is described as "a comprehensive compilation of more than 500 species worldwide, which are reported to cause serious injury or death of humans."

## Missed the Skills Fair?

The Library has many resources for skills development and maintenance. Linked from our Online Resources page you will find these two excellent resources:

- Mosby's Nursing Skills (MNS) — provided by the AMEDD, this resource was recently blocked DoD-wide inadvertently as noted in our June 6 Postmaster message.
- Procedures Consult— purchased locally, Procedures Consult is aimed primarily at physicians, but other practitioners may also find it useful. For example, the Family Medicine section on injections or the Tick Removal module which is found in the Internal Medicine/ Dermatology module may be of interest to a variety of practitioners.

Both of these resources offer checklists, video demonstrations of the procedure, supply and equipment lists.

If you prefer a hard-copy resource, the library offers many books such as *ABC of tubes, drains, lines and frames*, *ABC of practical procedures*, *Central venous catheters*, *12-lead EKG confidence : a step-by-step guide* and more. You will find a bibliography for the library's skills fair display linked to our "Additional Resources" page.