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Hail, Farewell, and the Flu

you as a team! For those who do not know me, I have been a NRA member since February 1985 (Lifetime Member 1994) and received the first “Outstanding Junior Nurse Corps Officer of the Year—LCDR Bea Ratner Award” 1993. For the NRA, I have been an active member and contributor to Health Programs, Site Selection, and Awards Committees and regular attendee at National Conferences as well as past NRA 13th District President. In the Navy, I have held many leadership positions, currently as Command Staff ATO for OHSU Bremerton. I have served in a Navy hospital, fleet hospital, on aircraft carriers and in a submarine. In 2004, I was Senior Medical Officer for a successful humanitarian mission in Palawan, Philippine Islands. I enjoy the many opportunities the Navy has to offer and desire to bring you truth, variety, and enthusiasm. As a civilian, I have been a nurse for 25 years. I hold a MSN and have been Nurse Manager of Outpatient Services at Shriners Hospital for Children for over 18 years. I enjoy presenting at medical conferences annually.

To capture the interests of both active and retired Navy, future medical articles will contain relevant and current health topics related to land, sea (above and below the surface), and air.

A current hot topic is the flu. As recommended by the CDC, by now the high risk groups (including evacuees from Hurricane Katrina) and after 24 October, the rest of the population, have received their influenza vaccines. Young children have been shown to be a significant contributor to spreading influenza within households according to the research of Ann Walling, MD—so be sure children receive immunizations also. The 2005-2006 Influenza Guidance for Navy Reserve from BUMED M32 states, “all Navy Reserve personnel are required to have an annual influenza vaccination unless exempted” by **1 January 2006**. As this is a critical part of medical readiness, it is important to ensure this documentation reaches your medical record. A health provider can determine which of the two vaccines (Flumist intranasal or Fluzone injectable

vaccine) is right for you. If you are allergic to eggs, there is an antiviral influenza treatment. “Just do it!”

As of the submission of this article, there has been no confirmed person-to-person transmission of human avian H5N1 influenza strain in the US. The threat is real. While it can be asymptomatic in poultry and fowl, people with H5N1 can have a severe disease reaction that could progress to pneumonia and beyond, according to Benjamin Schwartz, MD, in the October 2005 issue of the *Infectious Diseases in Children*. The DOC states that there may be some limited immunity for those who had their annual influenza vaccination. Due to limited space for this topic, further information is available from the following references listed at the end of this article, or check out the World Health Organization link <http://www.who.int/mediacentre/factsheets/fs211/en>.

Getting that flu shot is the principal measure for preventing influenza. Another benefit is the possibility of avoiding secondary respiratory, cardiovascular, and some psychological concerns. Preventing the flu and good nutrition should be a priority for the entire family this season.

“Saved Rounds”

Just a few words of closure from me as I wind up my tour as NRA’s VP for Health Programs. It has been a pleasure and an honor to serve in this capacity from fall 2003 to the present, and I am pleased that such an able officer as CDR Susan Labhard succeeds me in this role.

I would be remiss if I did not, in closing, offer best wishes to two of my flag officer colleagues who have recently retired. RADM Duret Smith of the Medical Corps has exemplified Navy Medicine’s support for the Marine Corps, and RADM Dave Maserang of the Medical Service Corps retired as Deputy Chief of the Medical Service Corps. Both have earned a well deserved “BZ” from all of us and will be missed.

My own retirement was effective 1 November 2005 after a little more than 39 years from first raising my hand to take the oath. Fair winds and following seas to all of you. I plan to stay in touch and involved! **RADM Andrus sends.**

After an exciting NRA Conference in Phoenix, I have been given the honor to serve you as VP Health Programs. I want to take this opportunity publicly to thank RADM Peter L. Andrus, MC, USN, for his insightful Health Programs articles over the past two years and for his support and encouragement with medical issues in the Navy. As I slip into these shoes, I have a warm feeling that RADM Andrus will remain active in the Navy Reserve; and his legacy will not fade.

I am serious about the Navy and the NRA and will enjoy working with all of

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