Development of an Evidence-Based Online Veteran Health Course

Alicia Gill Rossiter DNP, FNP, PCPNP-BC, FAANP, LT COL (Ret) USAFR NC
Dianne Morrison-Beedy PhD, WHNP, FNAP, FAANP, FAAN
Rita D’Aoust PhD, ANP-BC, CNE, FAANP, FNAP
Disclaimer

The views expressed in this presentation are those of the authors and do not reflect the views, official policy, or position of the University of South Florida, Johns Hopkins University, United States Air Force, Department of Defense, or the U.S. Government.
Background

- Longest war in history
- Largest troop reintegration since Vietnam
- To date 2.6 M veterans served in OEF/OIF/OND
- Invisible and visible wounds of war
- 26M veterans in the country
- Healthcare providers in VA and civilian sector ill prepared to meet challenge to care veteran population
“When a service member deploys, they return one of three ways (1) Deceased; (2) Injured; (3) Mentally changed. They never really return the same way they left”.
Issues Facing Today’s Active Duty Military and Veterans

- Polytrauma and Traumatic Brain Injury
- Unemployment/Underemployment
- Post Traumatic Stress Disorder
- Military Sexual Trauma
- Homelessness
- Military Families
- Divorce
- Suicide
- Homicide
Significance

Veterans 26 M

Civilian Sector 18M

VA Healthcare System 8M

Veterans Healthcare System

26 M

Civilian Sector

18M

VA Healthcare System

8M

Significance
The Challenge

• 18 Million veterans receiving care in the civilian sector
  – Most veterans do not self identify
    • Military status unknown to healthcare providers
    • Many women veterans do not identify themselves at veterans and do not know they are eligible for VA services
  – Lack of knowledge regarding military and military culture
  – Lack of knowledge regarding services available to veterans in our community
  – Effects of military service impact:
    • Mental health
    • Physical health
The Challenge

• Veterans Access, Choice, and Accountability Act 2014
  – Veterans can receive care outside VA if:
    • They must wait more than 30 days for service
    • Live greater than 40 miles from a VA
    • Have excessive travel burdens
  – Nursing education programs are now mandated to incorporate education on delivering culturally competent care for the veteran population
  – License and Certification requirements?
Integrating EBP

- Course development by faculty with military/veteran and VA experience
- Evolving development of undergraduate nursing competencies influenced by faculty expertise and Veterans Affairs Nursing Academy (VANA) and VA Nursing Academic Partnership (VANAP)
  - Military and Veteran Culture,
  - Post Traumatic Stress Disorder,
  - Amputation and Assistive Devices,
  - Environmental/Chemical Exposures,
  - Substance Use Disorder,
  - Military Sexual Trauma,
  - Traumatic Brain Injury, Suicide,
  - Homelessness,
  - Serious Illness Especially at the End of Life.

Introduction to Military and Veteran Health Course

- Interactive online course design
- 8 Modules integrating competencies
- Initially targeted for BSN students
- Faculty with Military/Veteran or VA experience
# Answering the Call

<table>
<thead>
<tr>
<th>Module</th>
<th>Module Title</th>
<th>Module Content</th>
<th>Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Defining the Veteran</td>
<td>Introduction to Military and Veteran Health</td>
<td>Veteran Interview Discussion Board</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Defining a veteran</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Military Cultural Competence</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Caring for the Military Population</td>
<td>Veteran Specific Health Concerns</td>
<td>Veteran Service Organizations Discussion Board</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Department of Defense and VA healthcare systems</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Battlefield Medicine and Military Evacuation System</td>
<td>Military Culture Interactive Webinar</td>
</tr>
</tbody>
</table>
### Answering the Call

<table>
<thead>
<tr>
<th>Module</th>
<th>Module Title</th>
<th>Module Content</th>
<th>Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>The Military Family and the Impact of Deployment</td>
<td>Military Family&lt;br&gt;Deployment Cycle&lt;br&gt;Caring for Military Children</td>
<td>Military Family Case Study&lt;br&gt;Military Family and Deployment Quiz</td>
</tr>
<tr>
<td>4</td>
<td>Physical Wounds of Military Service</td>
<td>Physical wounds of war&lt;br&gt;Polytrauma and TBI&lt;br&gt;Impact of blast injuries&lt;br&gt;Rehabilitation process for veterans experiencing physical injuries.</td>
<td>Polytrauma Web Quest&lt;br&gt;Polytrauma Quiz</td>
</tr>
</tbody>
</table>
## Answering the Call

<table>
<thead>
<tr>
<th>Module</th>
<th>Module Title</th>
<th>Module Description</th>
<th>Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Psychological Wounds of Military Service</td>
<td>Psychological “Invisible” wounds of war</td>
<td>Development of a Patient and Family Psychological Health Educational Pamphlet</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Suicide, PTSD</td>
<td>Psychological Wounds Quiz</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Resilience</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Emerging Therapies for PTSD</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Unique Needs of Women Veterans</td>
<td>History of women in the military</td>
<td>Women’s Health Issue Reflection Paper</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women veterans healthcare needs</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Impact of Military Service on Marriage/Divorce</td>
<td></td>
</tr>
</tbody>
</table>
# Answering the Call

<table>
<thead>
<tr>
<th>Module</th>
<th>Module Title</th>
<th>Module Description</th>
<th>Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Military Sexual Trauma</td>
<td>Military Sexual Assault&lt;br&gt;Impact of MST on physical and psychological health</td>
<td>Military Sexual Trauma Documentary Discussion Board&lt;br&gt;MST Quiz</td>
</tr>
<tr>
<td>8</td>
<td>No One Returns from War Unchanged</td>
<td>Veteran Advocacy&lt;br&gt;“Have You Ever Served?”&lt;br&gt;VA Military Health History Pocket Card for Clinicians</td>
<td>Creation of a Veteran Education Power Point Presentation&lt;br&gt;End of Course Reflection</td>
</tr>
</tbody>
</table>
Veteran Advocate

- Military service involves environmental health exposures, assessments, and potential health outcomes for the service member and family
- Educate yourself
- Ask the question
- Listen
- Incorporate health concerns/issues into your H and P
- Physical
- Mental
- Document
- Referral
- Support
Questions??

Creating the nursing leaders of tomorrow and the research that improves health for our military and their families