Innovation and Readiness: Columbus CAFB Medical Airmen Innovate the TCCC Exercise Processes

1st Lt. Steven Dean
14th Flying Training Wing

The 14th Medical Group recently completed a Tactical Combat Casualty All-Combatants course August 20, 2020, at the Walker Center to train a variety of medical professionals from Columbus Air Force Base.

Known as the TCCC, the course provides medical professionals with life-saving skills in addition to tactical field care, tactical evacuation care, immediate care for wounded and stabilization of wounded for medevac.

Recently, the 14th MDG has been in support of new innovations to enhance the TCCC process.

At the end of the course, students worked with the 14th Security Forces squadron in a jarring and unpredictable scenario built to simulate a realistic look, feel and smell of a battlefield situation.

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COVID-19 General Info

The base is executing a measured approach to reopening in order to protect our people and our mission.

Permitted areas:
- Military personnel may travel two and a half hours outside of Columbus Air Force Base to obtain necessary goods and services and to engage in outdoor recreation.
- Salons, barber shops and other personal care/grooming establishments.
- State and local parks are allowed.
- Freedom park access from 6 a.m.-8 p.m. You must wash your hands or use hand sanitizer before and after playing at the park. 50 people maximum in line with Governor’s outdoor guidance.
- The base pool is open under limitations.
- Overnight lodging facilities.
- Arts and Crafts, and bowling center with limitations.

Off-limits:
- No dining-in at restaurants, bars, casinos or breweries or similar establishments. Take out, drive-thru and outdoor seating at restaurants is authorized.
- Gyms, bowling centers, theaters, auditoriums and events off base are prohibited.

Gathering limitations:
- No dining in at restaurants, bars, casinos or breweries or similar establishments. Take out, drive-thru and outdoor seating at restaurants is authorized.
- Group bowling centers, theaters, auditoriums and events off base are prohibited.

Gathering limitations:
- 20 people indoors and 50 people outdoors
- Physical distancing is required
- Mask face covering if physical distance can’t be maintained

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MAGAZINE OF THE BASE
AFIMSC provides AF with innovative, post-COVID workplace options

Fewer people and more telework options are changing how the Air Force operates with lower but high-capacity work areas and an increase in valuable collaborative space.

‘Live’ Tableau Sankey Demo

Expanded Telework Space Optimization Cost Avoidance

Silver Wings

How to reach us

14th Flying Training Wing Public Affairs
5114 South Street
Columbus, MS 36701
(662) 328-2424.

Joe Bela
AFIMSC Public Affairs

AFIMSC chief innovation officer.

“We wanted to assist senior leaders in their effort to develop innovative ways of improving efficiency in our business processes, and leveraging those innovations in a way that serves us well,” said Neal McElhaney, AFIMSC Director and Mission Support Center.

For this initiative, AFIMSC will pursue business intelligence tools developed specifically for this initiative. "We also plan to look at two pilot studies, one at Luke Air Force Base, Arizona, and the other at Scott AFB, Illinois, to assess the overall feasibility of telework for AF managers and costs savings."

Formation in a cloud environment called the VAULT at the Air Force Chief Data Office, the new tool will make it easier for the VAULT’s users to access data across the installation and mission support enterprise to help senior leaders make informed decisions about the future support of telework programs, McElhaney said.

For COVID-19, Air Force leaders are targeting 10% of existing administration buildings and 90% for telework-friendly configurations, Vandeveer added.

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AETC tests new technology for helicopter pilot training

Airman 1st Class Davis Donaldson 14th Flying Training Wing

Two 23rd Flying Training Squadron T-6H Huey helicopters stationed at Fort Rucker, Alabama, and Evansville, Indiana, traveled to Columbus Air Force Base, Mississippi, as part of the U.S. Air Force's Helicopter Transition Test (HITT) program. Columbus AFB was selected to test the new technology on the T-6H platform in order to streamline the transition of pilots from fixed-wing to helicopter flying for its ability to support the full spectrum of military flight training.

The pilots assigned to the transition test have already completed at least 400 hours of fixed-wing flight time and have a minimum of 3 years of active duty service.

The Columbus AFB helicopters and trainers were loaned through the Air National Guard (ANG) for the flight training test.

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A student pilot assigned to the 23rd Flying Training Squadron at Fort Rucker, Alabama, sits in a classroom, while 1Lt. William Bryd, 14th Operational Medical Readiness Squadron aeromedical physiology specialist, teaches on August 20, 2020, at Columbus Air Force Base, Mississippi. Airmen participating in the 14th OMRS aeromedical training receive classroom instruction on subjects related to emergency medical care, including physiology, anatomy, life support, and emergency first aid. Oxygen equipment, physiological effects of altitude and air sickness, radiation effects, and emergency escape from aircraft.
This is a readiness focused training aimed at treating those preventable battlefield deaths when deployed, said Lt. Col. Christopher Kelly, 14th MDG chief nurse and National Association of Emergency Medical Technicians (NAEMT) TCCC Instructor.

"Being able to use me to treat, evaluate, and pack wounds not only teaches us how to stay calm while performing these actions. It also it teaches us how to perform medical procedures in real life situations," said Kelly. Thanks to TCCC and its realistic training methods, medical professionals will have to prepare for potential injuries that could happen anywhere in the world. This will help them keep our soldiers and our first responders safe while out on the battlefield. Medical professionals are trained to stay calm and experienced in their line of work. These skills are critical in the early stages of providing support when soldiers are injured or sick.

Cultivate, Create, CONNECT

The 14th Medical Group staff trained according to the TCCC guidelines. During these training exercises, we want to be certain of our medical staff’s readiness to support our troops. During the 2020-2021 School Year, the NAEMT will focus on implementing the TCCC and its components across the command. The 14th MDG began TCCC implementation last August to prepare our medical professionals for combat scenarios and train our staff on the proper use of the "RescueCot" airway device and to better prepare future soldiers to the TCCC guidelines."

Columbus Air Force Base information and Events

Join us on Facebook page at Columbus Air Force Base, Facebook.com. Like us on Facebook at the Columbus Air Force Base, Facebook.com. Like us on Facebook at our website at www.columbusafb.com to keep you up to date with all information on Facebook, and the most current news. Check out the calendar on the website for important Airman and Family Readiness Center events. For more information, call the Columbus Air Force Base, Facebook.

Get Connected with Your Base App!

As we connect our people together, Columbus Air Force Base utilizes a free application that provides our users with resources and access to the mission and community! The app is available on all app stores and can be downloaded on any device.

FSS Events

The FSS has upcoming events that you can attend to improve your quality of life. For more information, please call the FSS at 662-444-2305.

COFFEE HOUSE ON SAT

Coffee House on Sat, located in the Bliss Commons, is back open! Drop in on Sat, 50% off any purchase. Come through or take your purchase to go, or a cup of coffee at a cost. Their hours are from Mon-Fri, 10 a.m. - 5 p.m. and Sat and Sun, 9 a.m. - 12 p.m. Call CoffeeHouse on Sat at 662-444-2255.

Information, Tickets & Travel (ITT)

During the exercise, volunteers, including the 14th Security Forces Squadron and student pilots wearing training uniforms and buddy-buddy realms, entered the base in simulated attacks on a live human. The added training made students and their instructors more realistic. These improved simulation methods taught medical professionals to treat wounds that would occur in real life situations.

Columbus Air Force Base is located at the Columbus Air Force Base, Walker Street, Columbus, MS 39714.

"It is important that we get the training right the first time, so no one has to go through it again," said Lt. Col. Christopher Kelly, 14th MDG chief nurse and National Association of Emergency Medical Technicians (NAEMT) TCCC Instructor.

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Is sleep linked to Alzheimer's?

One of the many symptoms of Alzheimer’s disease (AD) is sleep deprivation or a change in sleep patterns. This can include difficulties in the wake-sleep cycle as well as a general feeling of tiredness during the day. Alzheimer’s patients may also have trouble staying asleep or waking up during the night. New research has emerged that could potentially link sleep disturbances to AD. The studies are ongoing, but many key indicators point to a strong correlation between the two.

A recent Mayo Clinic study of 288 participants 65 and older, the brain’s ability to clear out waste such as toxic protein tau and the metabolic waste product beta-amyloid. The results of these studies could potentially associate Alzheimer’s with conditions that are aggravated by sleep deprivation or a change in sleep patterns. This can include heart failure, arthritis, and Alzheimer’s. The challenge lies in syncing these requirements up with the reality of older people’s lives. It is sleep, particularly during sleep non-REM (Rapid Eye Movement) stages of sleep if necessary, experts agree that as people get older, they begin to spend less time in this deep sleep stage. Because these toxic proteins have been linked with Alzheimer’s disease, medical professionals have questioned whether or not disrupted sleep patterns could impair the glymphatic system, known as the brain’s waste removal system. The findings of these studies show increased amounts of toxic proteins in the brain and the metabolic waste products beta-amyloid. A recent study from China included 299 participants (65 and older) found that those who had sleep apnea (which was defined as a sleep apnea index of 15 or greater) had more beta-amyloid and tau proteins in the brain than those participants who had not been observed to have an episode of sleep apnea. A study included 20 participants, age 65 and older, by the National Institute of Health documented a 5 percent increase in the presence of beta-amyloid after participants went about 31 nights without sleep. The findings of these studies show increased amounts of toxic proteins in the brain and the metabolic waste products beta-amyloid. Alzheimer’s and AD are advised to get seven to nine hours of sleep each night. Sweet dreams!

Avoid Excessive Sleep

Even though ‘too much’ sleep has been shown to have a negative effect on memory, people who fall asleep for more than nine hours of sleep each night have an increased risk of both dementia and Alzheimer’s compared with those who log six to nine.

Limit Disruptions

Sleep interruptions can hurt your brain health. In fact, people with restless, poor sleep have a higher risk of cognitive decline than those who sleep through the night. Not sure whether you’re waking up throughout the night? Use a sleep tracker to help determine how much shut-eye you’re getting at night.

Look Out for Dementia Signs

While disrupted sleep can contribute to your memory and cognitive decline, people who sleep for more than nine hours of sleep each night have an increased risk of both dementia and Alzheimer’s compared with those who log six to nine.

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Commander's Action Line
622-343-1414

In an effort to stay connected, the Commander’s Action Line is your direct link to the commander for comments and suggestions on how to make Columbus AFB better. Although the Commander’s Action Line is always available, the best way to receive problems is through the chain of command. The Commander’s Action Line can be reached at 622-343-1414. Leave your name and phone number or email and we would like to receive an anonymous. All names will be kept confidential.

If you would like to remain anonymous, please submit your inquiry through our base application in the "Invest" dropdown menu. Contact the CC or you can submit through the web portal at the bottom of the page or contact "Contact Us" at the top left of the page and select "Commander’s Action Line" in the recipient drop down menu.

SILVER WINGS

WASHINGTON — Defense Secretary Dr. Mark T. Esper asked for the progress in part of his Board on Diversity and Inclusion. The board — chaired by Secretary of the Air Force Barbara Barrett — wants input from service members and DOD civilians, and crowdsourcing is one tool they will use.

Crowdsourcing is the practice of using the internet as a source of information and solutions. Service members and DOD civilians can participate Oct. 16.

"The secretary wants to hear from all of our service members about what the DOD can do to improve diversity and inclusiveness," said Marine Corps Maj. Shawn A. Saburo, a member of the board’s support office.

The board members didn’t want to do yet another survey, Saburo said. "We adopted a kind of crowdsourcing-like approach as to what we should do." Talk "to tell us what do we need," he added.

Participants can contribute ideas and solutions in creating their ideas and solutions can visit https://login.milsuite.mil. To access the board, the best way to resolve problems is through the chain of command. DOD Crowdsources Efforts to Promote Diversity, Inclusion. The board members didn’t want to do yet another survey, Saburo said. “We adopted a kind of crowdsourcing-like approach as to what we should do.” Talk “to tell us what we need,” she added.

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What is the role of the Installation Voting Assistance Office (IVA)?

The IVAO provides voting assistance to all military personnel, military families, and civilians who are eligible to vote. The IVAO helps with all aspects of the voting process, including registering to vote, requesting an absentee ballot, and more. The IVAO is located at the Columbus Air Force Base Voting Assistance Information Center.
Seventeen officers have prevailed during a year of training, earning the right to become Air Force pilots.

Specialized Undergraduate Pilot Training Class 20-22/23 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium.

Students will receive their silver pilot’s wings at the ceremony, and students who excelled in their respective training tracks will be recognized.

Second Lt. Harry Aquino and 2nd Lt. Luke Dellinger received the Air Education and Training Command Commander’s Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award was presented to 1st Lt. Thomas Wick and 1st Lt. Benjamin See who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

The distinguished graduates of Class 20-22/23 recognized were Aquino and Dellinger for outstanding performance in academics, officer qualities and flying abilities.

The 52-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight. The second phase, primary training, is conducted in the single-engine, turboprop T-6A Texan II at Columbus Air Force Base, Mississippi. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Students also practice night, instrument and cross-country navigation flying.

Primary training takes approximately 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 hours in the T-6A aircraft.

After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track.

Both tracks are designed to best train pilots for successful transition to their follow-on aircraft and missions.

Advanced training for the fighter track is done in the T-38C Talon, a tandem-seat, twin-engine supersonic jet. T-38 training emphasizes formation, advanced aerobatics and navigation. Training takes approximately 26 weeks and includes 381 hours of ground training, 31.6 hours in the flight simulator and 118.7 hours in the T-38C aircraft.

The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place Beech Jet 400 business jet. Instruction centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and airdrop missions. Training takes about 26 weeks and includes 185 hours of ground training, 33.6 hours in the flight simulator and 76.4 hours in the T-1A.

Each class is partnered with business or civic organizations during their year of training. This program is designed to foster closer ties between the community and Columbus AFB. Today, each student will be given a set of pilot wings with their names engraved on the back as a token of good luck from their partners.

SUPT Class 20-22/23 pilot partners are BankFirst Financial Services and The Southern.