Service News

Honours, Awards and Citations

Surgeon Commodore T R Douglas-Riley QHP Royal Navy CBE
Surgeon Lieutenant O Rainey Royal Navy Oliver Sword
Chief Petty Officer Kendall
Accepted as a Brother into the Order of St John

Clinical Excellence Awards
Surgeon Captain A J Walker Road Navy
2008 MOD Clinical Excellence Silver Award
Surgeon Captain M J Midwinter Royal Navy
2008 MOD Clinical Excellence Bronze Award
Surgeon Captain A J Burgess Royal Navy
2008 MOD Clinical Excellence Award – Continuation of existing B grade Distinction Award

Academic Achievements
Surgeon Commander D Blair Royal Navy Distinction in the MA in Defence Studies
Surgeon Commander N Greenberg Royal Navy MD
Lieutenant P Burnett Royal Navy MSc with Distinction

PROMOTION
Surgeon Vice Admiral
Surgeon Rear Admiral P I Raffaelli QHP BSc MSc MBChB MRCGP FFOM Royal Navy currently Director General Strategic Change - to be Surgeon General in December 2009, in the rank of Surgeon Vice Admiral, in succession to Lieutenant General L P Lillywhite MBE QHS.

Surgeon Commander to Surgeon Captain
Surgeon Commander P J Benton Royal Navy

Acting Surgeon Commander to Surgeon Commander
Acting Surgeon Commander S E T McCabe Royal Navy

Surgeon Lieutenant Commander to Surgeon Commander
Surgeon Lieutenant Commander S R Schofield Royal Navy

Surgeon Lieutenant to Surgeon Lieutenant Commander
Surgeon Lieutenant A L Cockram Royal Navy
Surgeon Lieutenant M J Scutt Royal Navy
Surgeon Lieutenant J Ralph Royal Navy

Acting Surgeon Lieutenant to Surgeon Lieutenant
Acting Surgeon Lieutenant B Castledine Royal Navy
Acting Surgeon Lieutenant R Thomas Royal Navy

MEDICAL SERVICES
Lieutenant to Lieutenant Commander
Lieutenant P Burnett Royal Navy
Lieutenant K Duke Royal Navy
Lieutenant N O Vines Royal Navy

QARNNS
Commander to Captain
Commander J M Onions ARRC

Lieutenant to Lieutenant Commander
Lieutenant S J Brocklehurst QARNNS
Lieutenant S D Brodie QARNNS
Lieutenant R P Carnell QARNNS
Lieutenant A Clarkson QARNNS
Lieutenant S France QARNNS
Lieutenant A Glendinning QARNNS
Gilbert Blane Medal

Awarded to Surg Cdr Neil Greenberg

The Gilbert Blane Medal is awarded annually to an RN MO who, to a degree worthy of recognition, has brought about an advance in any branch of medical science in its application to Naval Service, or has contributed to an improvement in any matter affecting the health or living conditions of Naval personnel.

The Gilbert Blane Medal was awarded to Surgeon Commander Neil Greenberg who is a Consultant Psychiatrist, for his leadership of a team of researchers and work on bringing a peer group risk assessment process, called Trauma Risk Management (Trim), into the Naval Service. This process is aimed at identifying personnel who have been involved in major incidents (in the battle or elsewhere) who might later suffer from mental stress. A part of the programme involved a randomised controlled trial of Trim in Fleet Units which validated its positive benefits to wellbeing.
Olympic rowers visit to INM

Two men who know about pain and discomfort, in regular tough training and racing leading up to the final of the men’s coxless four at the Olympic Games in Beijing last year are Lieutenant Peter Reed Royal Navy and his fellow crew member Andrew Triggs Hodge.

Rowing is a brutal sport, requiring superhuman fitness, enormous muscle power and the ability to deliver vast amounts of oxygen to working muscle.

The two visited the Institute of Naval Medicine at the end of November and were put through some hard physical tests of physiological performance. The first thing you notice is these guys are huge, they tower over most men and they are broad too. But the truly amazing thing is how physiologically suited they are to their sport. In Gosport, Peter Reed, 27, has his lung function measured, and it is off the scale with a lung capacity of 11.68 litres. This is roughly double that of a normal man and is one of the largest ever recorded. Later sat on a concept 2 rowing ergometer, he pulled some truly amazing splits and those huge lungs got through 220 litres of air per minute, other elite athletes general manage about 180, giving him an absolute oxygen capacity (VO2max) of around 6 L/min.

Andrew Triggs Hodge, 29, measured himself in some other physical tests in a climatic heat chamber. Dressed in combats he ran on a treadmill as the environment

Left to right: Andrew Triggs Hodge, Dr Dan Roiz de Sa, Lt Peter Reed
recreated those faced by forces in Iraq and Afghanistan. Having been through the Olympic performance system, the two men were impressed with the facilities at INM. “They are as good, if not better and more detailed than those we have used in the elite sport setup” says Lieutenant Reed who has promised to return to INM to see how he measures up when back in training.
PRMC Gibraltar Team participate in Royal Navy Winter Sports Association (RNWSA) Championships

L England

In January four members of the QARNNS from Princess Royal Medical Centre joined the British Forces Gibraltar command team to take part in the Royal Navy Winter Sports Association (RNWSA) championships which were held between 10 – 24 January in Les Menieres, France.

The team left Gibraltar in two waves travelling by air and road. The week one team enjoyed perfect ‘blue-sky’ days with somewhat spartan piste conditions while the week two team were challenged by heavy snow falls and sub-zero temperatures.

The purpose of the RNWSA championship weeks were to; prepare potential competitors for inter-service competition events and to give individuals who had never skied, snowboarded or telemarked the opportunity to learn or develop these alpine skills. LNN Rebecca Royds took to the slopes for the first time to learn basic alpine downhill skills while LNN Louisa Mason and LNN Nick Ward developed their existing downhill alpine skills by undertaking intermediate lessons.

The team manager Lieutenant Commander Lorraine England achieved success in both intermediate downhill alpine and novice telemark competitions and having learnt the basic art of telemarking during the event is now a convert to this old alpine discipline.

Lieutenant Commander L. England QARNNS (Gibraltar Team Manager)
The Institute of Naval Medicine heat illness clinic team were nominated for the Health Improvement and Promotion Award at the Military and Civilian Health Partnership Awards in October 2008.

The entry for the award tackles an almost unique field of investigation, that of heat injury – the only other similar centre being that of the Israeli Defence Force – by bringing together a diverse team of specialists and facilities. The assessment procedure combines basic data from exercise and thermoregulation with medical examination and judgement reliant on good case histories and careful consultation. It also seeks to feed into an internationally acclaimed centre of excellence at Leeds to maximise the value of assessment for the patient and the military.

The Awards were held at the Royal Hospital Chelsea and presented by HRH Camilla, Duchess of Cornwall, Commodore-in-Chief of Naval Medical Services.

Although not awarded the team felt honoured to be nominated and enjoyed the evening.
Future Events

SpR Symposium
21 and 22 May 2009 – contact Lieutenant S Peake on 02392 768001

MDG(N) Symposium
15 and 16 September 2009 – contact Lieutenant G Beels on 02392 768021

Blood Red Cocktail party and dinner
This is a very special year for the Royal Naval Medical Club. The Blood Red Cocktail party will be held on HMS VICTORY on Friday, 26 June 2009 with the annual dinner at Greenwich on 11 September 2009. Details will be sent out in due course.
If you are interested in joining the Royal Naval Medical Club, you should contact Lieutenant Commander Manwaring, the Secretary, on 02392 625589
In order to increase awareness of our ‘sister’ Journal, it has been agreed that we will each publish the respective contents pages.

**Journal of the Royal Army Medical Corps**

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**Original Papers**

Hugh Cairns – Neurosurgical Innovator  
*N M Walker*

Collaborative Training with Ambulance Service NHS Trusts  
*R J McBroom*

“What Else Is There To Do?” – A qualitative study of the barriers to soldiers stopping smoking  
*R C Owers, K D Ballard*

Viral Gastroenteritis Outbreaks in deployed British troops during 2002-7  
*M S Bailey, C I Gallimore, L D Lines, A D Green, B A Lopman, J J Gray, D W G Brown*

Anchor failure following shoulder stabilisation: delayed diagnosis and potential consequences  
*M K Pimple, J Clasper*

The management of acute diarrhoea in a healthy adult population deploying on military operations  
*S Bourne, C Petrie*

**Case Reports**

A rare cause of recurrent iron deficiency anaemia  
*J Binham, I Arshad, H J R Evans, S Rehman*

‘Wristwatch Fracture’ of the distal radius: a new diagnosis?  
*A D Yewlett, R Khan, J Clasper*

Delayed presentation of an intra abdominal arteriovenous fistula  
*I L L Davies, G Keightley, M L Davies, G Davies, R I Dowdle, M H Lewis*

**Self Assessment**

Oral and maxillofacial surgery  
*J Breeze, A J Gibbons*

**Classic Paper**

The prevention of veneral disease: a sociological approach  
*F G Neild*

Sex, Statistics and Stereotypes  
*B P Bergman*
Meetings & Abstracts
The Civil and Military medical response to natural disasters
Heywood Club April 2008
H Dowlen, E Nichol, A Mozunder
Military Surgery 2008
Society of Triservice Anaesthetists in Training 2008

Focus on....Hospex
HOSPEX: A historical view and the need for change
C W F M Cox, P Roberts
HOSPEX 2008
T J Davies, M N Nadin, D J McArthur, C W F M Cox, P Roberts
HOSPEX Photographs
HOSPEX and Concepts of Simulation
S Arora, N Sevdalis
The Advanced Life Support Group’s view of HOSPEX
M Davis, P Driscoll, J Hanson, S Wieteska

Medical Victoria
Bravery in the Trenches – The Attack on the Redan
P H Starling

Famous Figures
Sir William Leishmann
J S G Blair

Letter to the Editor
Pre-deployment medical documentation for Non-MultiNational Forces on Operation Telic T Wood
Hydroxyethyl Starches should not be used in critically ill patients
A McD Johnston, L Clarke
Combat Casualty Care
J R Timothy
Head and neck trauma research
J Breeze

Book Reviews
Chronic Pain
B J Field, R A Swarm
Social Anxiety Disorder
A Martin, R Karen

Campaign Medals
Crimean Medal 1854-56