

2020 SHIELD Conference Clinical Panel



Nancy Klimas, MD
Moderator



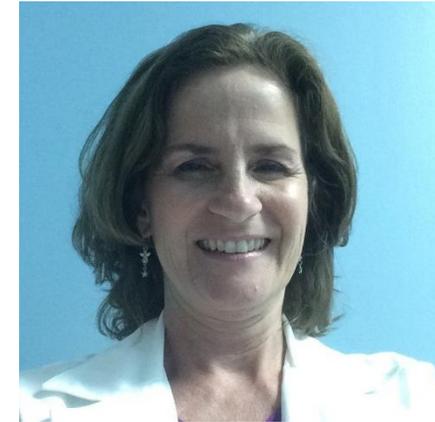
Alison Bested, MD



IRINA ROZENFELD,
MSHS, MSN, APRN



Violetta Renesca,
DNP, APRN



Denise Pryor Kruszynski,
MSN, ARNP, FNP-BC



Gulf War Veterans



 650,000 Service members served in Operation Desert Shield and Desert Storm from August 2, 1990 to July 31, 1991.

 The Gulf War period is still in effect.

 Anyone who served on active duty in Southwest Asia from August 2, 1990, to present is considered a Gulf War Veteran.

Institute for
Neuro-Immune Medicine
NOVA SOUTHEASTERN UNIVERSITY

NSU
Florida



Chronic Multisymptom Illness

 Many Gulf War Veterans are affected by a cluster of medically unexplained chronic symptoms that can include fatigue, headaches, joint pain, indigestion, insomnia, dizziness, respiratory disorders, and memory problems.

 VA refers to these illnesses as "chronic multisymptom illness," "medically unexplained illness," or "undiagnosed illness."

 Medically unexplained illness is presumed by the VA to be related to military service in designated areas of Southwest Asia.



Presumptive Conditions

 These "presumptive" illnesses must have appeared during active duty in the Southwest Asia or by December 31, 2021, and be at least 10 percent disabling. These illnesses include:

 Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME/CFS)

 Fibromyalgia

 Functional gastrointestinal disorders

 Undiagnosed illnesses

Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME/CFS):

fatigue not relieved by rest, worsen by physical or mental activity and is not caused by other conditions.



Fibromyalgia:

widespread muscle pain. Other symptoms may include insomnia, fatigue, and memory problems.



Functional gastrointestinal disorders:

irritable bowel syndrome (IBS), functional dyspepsia, and functional abdominal pain syndrome. Functional refers to a abnormal function of an organ, without structural alteration in tissue



Undiagnosed illnesses:

other symptoms like abnormal weight loss, muscle and joint pain, headache, neurological and psychological problems, skin conditions, respiratory disorders, and sleep disturbances.

Presumptive Conditions

How to talk to your doctor about your health concerns

Or, how to get the best bang for your buck during your next 10' doctor's appointment...

TIME IS PRECIOUS



How to Inform Your Doctor

- Not all doctors are trained in conditions related to deployment specifically in the Gulf War or any military maneuvers
- Good news – doctors are quick learners and speed readers!
- Doctors do know how to give supportive symptomatic care.

Tips for Your Next Doctor's (Healthcare Providers') Follow-up Visit

1. Come prepared
2. Organize yourself the day before your visit
3. Prioritize your needs
4. **Write it down** on a piece of paper (typed is best – handwriting often not legible)
5. Copy your list and give one copy to your doctor (speed reader)

Tips to help you have a more Productive Visit with Your Doctor

- 1. Medications and Supplements**
- 2. Symptoms** – list 3 that have improved?
- 3. Problems/symptoms** – list 3 today?
- 4. Referral** – do you need one?
- 5. Forms** – do you need a form completed?

Medications and Supplements

(Anything you put in your mouth or on your skin)

List of Medications and Supplements:

Ativan sublingual 0.5 mg nightly for sleep when needed

Multivitamin for men 1 tablet daily

Fish oil 1,000 mg 3X per day with food

Prescription Renewal

Ativan 0.5 mg nightly for sleep when needed. Bring empty bottle.

What has improved?



Music to my (the doctor's) ears!
Make my day!

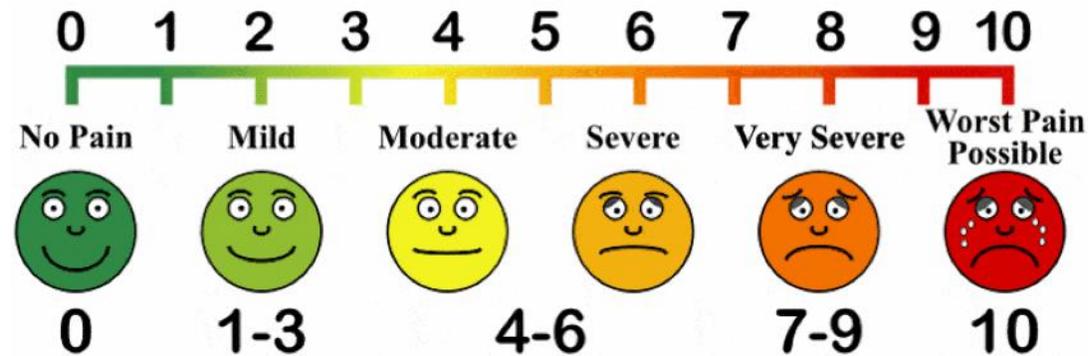
Celebrate the improvement!

Quantify the improvement.

Pain, sleep, anxiety, depression, etc.

Improvements

Wong Baker Pain Scale



I was a 9/10 and now most days I'm a 5-6. [That's fantastic!](#)

[What specifically helped?](#) I went for a twenty minute walk every day and stretched afterwards.

What are your top 3 problems you need help with? (Not all 16)

1. I can't sleep. (describe it) I wake up feeling very hot every night. It interrupts my sleep.
2. My wife of 20 years left me and my two teenage kids for another woman.
3. I've lost 8 pounds in the last in the last 2 weeks.

Referrals

Counselling

- what type: individual or group?
- who is available?
- where do I go?
- is there a cost?
- how is the referral made?
- long many times will I go for counselling?

Forms

1. Date form needs to be completed by.
2. Complete all the details that you can.
3. Complex history – complete a copy with the details for the doctor
so he won't have to waste time going through the chart for the
dates or medications in your history

New Appointment

1. Bring a typed chronological summary of your medical history including dates of past operations, exposures, medications, smoking, drinking, physical, emotional and sexual traumas, past medications to your first visit.
2. When did your illness start (deployment, infectious disease, car accident) and how has it affected you – sleep, pain, etc.
3. What were like and what were you able to do before your illness that you can't do now?

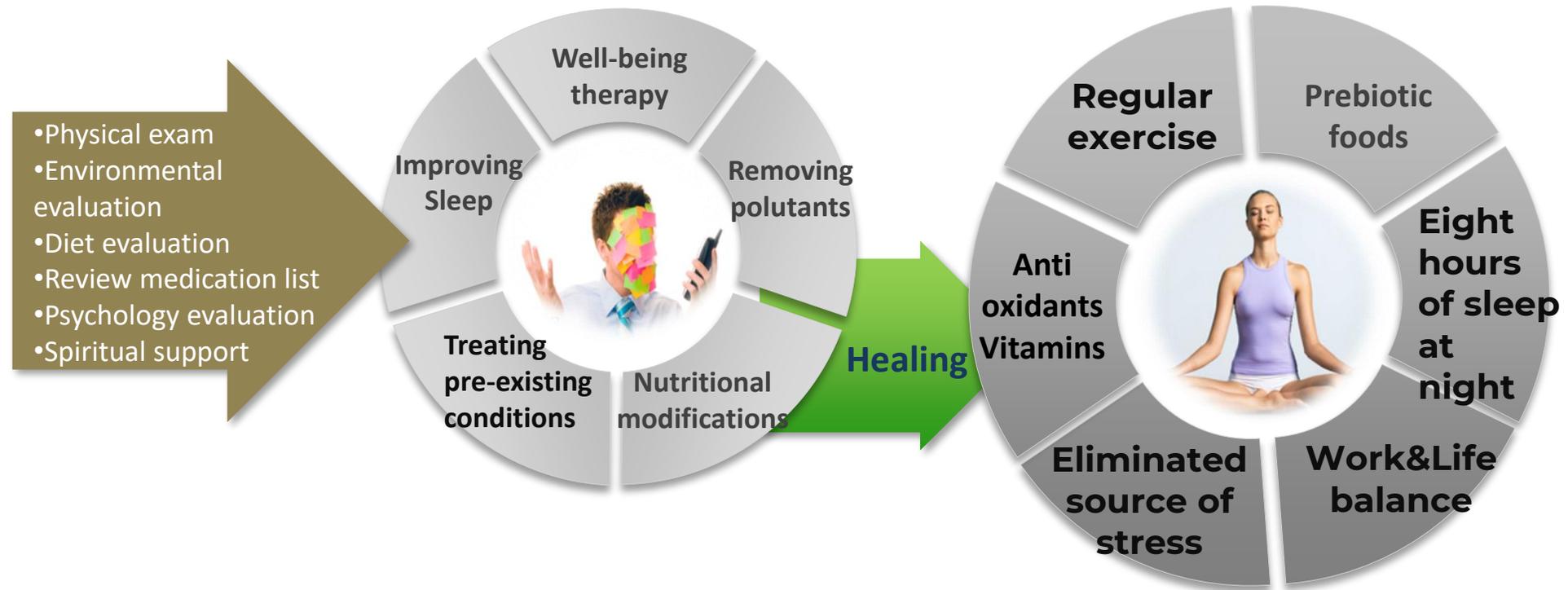


Summary: Tips to Help You with Your Next Doctor's Appointment

1. Come prepared with **written list**
2. Medications and Supplements
3. Symptoms – list 3 that have improved?
4. Problems/symptoms – list 3 today?
5. Referral – do you need one?
6. Forms – do you need a form completed?

Self-care/Wellness Techniques

Changing Perception and Attitude



Useful Links

Environment:

<https://www.ewg.org/>

Nutrition:

<https://www.ewg.org/foodscores/>

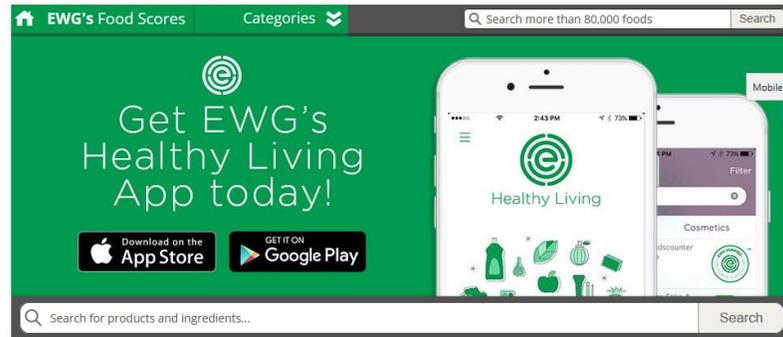
Drug-induced nutrient deficiencies:

<https://mytavin.com/>

Self-care links:

<https://www.healthjourneys.com/app>

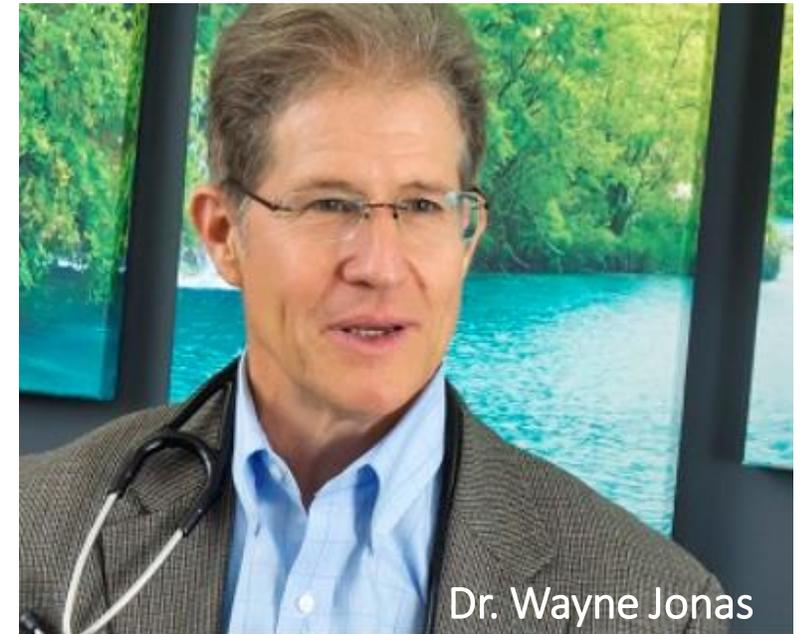
<https://drwaynejonas.com/resources/>





“Chronic disease requires an approach in which healing is as important as curing. Where the focus is not just on countering illness but also on supporting health—fully integrating preventative care and self-care with the treatment of disease, illness and injury. That approach is called integrative health” (Jonas, 2020).

- Former Director NIH Office of Alternative Medicine
- Former Director World Health Organization Center for Traditional Medicine
- Former Director of Medical Research Fellowship at
- Walter Reed Army Institute of Research
- Retired Lt. Colonel United States Army Medical Corps
- Practicing Family Physician at Fort Belvoir Community Hospital Pain Clinic
- Clinical Professor of Family Medicine, Georgetown University
- Executive Director of Samueli Integrative Health Programs
- www.samueliinstitute.org





Veterans Access Clinic

Who is Eligible for Services

Honorably discharged US Armed Forces Veterans with a **DD-214**, Army, Navy, Air Force Marine Corps, Coast Guard

Spouses and dependent, minor children are eligible for services

Preventative Care is Free of Charge

Medical office visits and evaluation for follow up care, including limited laboratory work

Dental visits for comprehensive exams, X-rays, cleaning, simple extractions, fillings (not covered: dentures, crowns, root canals, implants, braces)

Eye and Audiology exams

Physical therapy, occupational therapy and speech therapy

Psychological and behavioral counseling, Family and individual

Vision, Dental, Medication Allowances

Optometry - \$500.00 benefit used towards eyeglasses or contacts. \$200 towards low vision device

Audiology - \$2000.00 benefit towards hearing aides

Medications – limited list of medications covered free of charge

Denise Pryor Kruszynski, MSN, ARNP, FNP-BC

NSU Veterans Access Clinic Locations:

Fort Lauderdale/Davie Campus

3200 South University Drive
Sanford L. Ziff Health Care Center
Fort Lauderdale, FL 33328-2018
(954)262-FLAG (3524), option 2

Miami Campus

8501 SW 124th Avenue, Suite 111A
Miami, FL 33183-4631
305-275-5468

- Denise Kruszynski is a **Family Nurse Practitioner** positioned to treat her patients from a nursing as well as a medical perspective.
- As a nurse, Denise approaches individuals with a **holistic approach** to meet them in physical, emotional and spiritual dimensions to join with them to explore how to best work towards achieving their best health.
- Denise currently works seeing patients at the **INIM Clinic** and **NSU Veteran Access Clinic**, including US Armed Forces Veterans with a DD-214, spouses, and dependent minor children, where **preventative care is free of charge**

(954)262-FLAG (3524), option 2

www.nova.edu/veterans

email: veteransclinic@nova.edu