

# ANESTHESIOLOGY & PAIN MEDICINE EDI BRIEF MAY 2024

## MILITARY APPRECIATION MONTH

### Celebrating veterans and military personnel

The [Veterans Health Administration](#) serves 9 million veterans in 172 medical centers and 1,138 outpatient sites across the United States. The [Seattle VA Medical Center](#) opened in 1951 to support the scores of Veterans returning home after World War II. Service members in Washington State have a long history of serving the US in crucial times.

This month's theme, "Military Appreciation," allows us to reflect on the courageous and dedicated veterans and active service members to acknowledge their service and sacrifices they make in the present day. It is also a reminder of how several of Washington's beautiful parks are remnants of extremely volatile times that changed the course of history.

Learn more:

- Explore the history of the 13<sup>th</sup> District Naval Station of Puget Sound at [Magnuson Park](#), how the army outpost of Fort Lawton became [Discovery Park](#), and check out other [Historic Forts](#) that exist across Washington State.

The Department would like to recognize and thank the veterans and service members in our department (John Bastien, Ian Johnson, Timothy Dawson, John Hamel, Brendan Kelley, Ronald Pauldine, Ivan Lesnik, Joseph Reno, David McCann, Mark Schierenbeck, Diana Hunt, and Brian Buchanan)

### Highlighting resilience and patient-center care for veterans

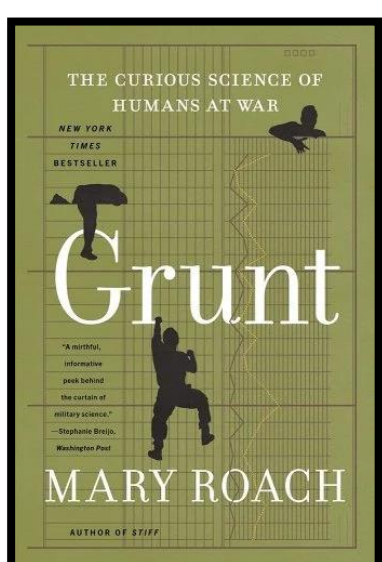
Data from the [National Health and Resilience in Veterans Study](#) indicates that veterans who report strong sense of purpose are more resilient and have better quality of life.

**Resilience** is the ability to adapt in the aftermath of trauma or extreme stress and maintain a high level of psychological functioning. It is connected to positive re-integration into civilian life, post-military employment, entrepreneurship, and post-traumatic growth (Fogle, et al. 2020). Below are articles that focus on how patient-centered efforts can improve supports for veterans and decrease staff burnout.

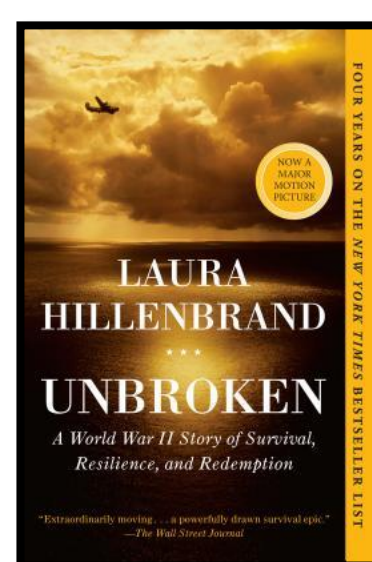
- Yoon, J., Leung, L. B., Rubenstein, L. V., Nelson, K., Rose, D. E., Chow, A., & Stockdale, S. E. (2020). [Greater patient-centered medical home implementation was associated with lower attrition from VHA primary care](#). *Healthcare (Amsterdam, Netherlands)*, 8(2), 100429. <https://doi.org/10.1016/j.hjdsi.2020.100429>.
- Radcliff, T., Ayele, R., McCreight, M., Lui, W., & Battaglia, C. (2023). [Implementation of VA care coordination program to improve transitional care for veterans post-non-VA hospital discharge: an incremental cost analysis](#). *Implementation science communications*, 4(1), 135. <https://doi.org/10.1186/s43058-023-00513-4>.

### Resources

#### Recommended Reading:



[Grunt: The Curious Science of Humans at War](#), Mary Roach



[Unbroken: A World War II Story of Survival, Resilience, and Redemption](#), Laura Hillenbrand

Visit [The Whole U](#) for events happening in the community and at UW:

- May 18 (9:30am): [Seattle Day of Service](#) in the U District, starting at [Herkimer Coffee](#).
- Visit: Some of the best [Military Museums](#) in Seattle and other PNW landmarks