



# Countermeasures For Battlefield Stressors

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## **Countermeasures For Battlefield Stressors:**

Countermeasures for Battlefield Stressors Karl Friedl,2000      **Neurocognitive and Physiological Factors During High-Tempo Operations** Rebecca Steinberg,Steven Kornguth,Michael D. Matthews,2018-09-03 Neurocognitive and Physiological Factors During High Tempo Operations features world renowned scientists conducting groundbreaking research into the basic mechanisms of stress effects on the human body and psyche as well as introducing novel pharmaceuticals and equipment that can rescue or improve maximal performance during stress Its focus is on the military model as an exemplar for high stress environments the best for understanding human performance under stress both in the short term as well as in the long term The unprecedented demands on the modern soldier include constantly shifting enemy threat levels and tactics ambiguous loyalties rapidly evolving weaponry and the need to amass comprehend retain and act upon large datasets of information During high tempo operations soldiers must maintain superior cognitive and physical skill levels throughout extended periods of little to no sleep Furthermore although a soldier fresh from training may perform at peak skill the effects of cognitive and physical strain and sleeplessness during deployment can impair his or her ability to transfer instructional knowledge to complex real life situations It is necessary to understand how intense workloads both mental and physical combine with total sleep deprivation to alter soldier situation awareness decision making and physical abilities The resulting knowledge can be used to design rapid deployable fitness for duty measures alter training protocols and assess training efficacy in order to enable decision makers to act at peak ability during high operations tempo In addition dual use applications of resulting knowledge and technology extend well into the civilian sector to law enforcement officers healthcare professionals and emergency responders The book differs from many previous human factors publications by presenting state of the art neuroscience data in a format that is comprehensible and informative for readers of diverse backgrounds It not only details human behaviors and perception but also provides concise brain imagery and physiological findings to support its conclusions In addition the incorporation of the US Army soldier model of extreme stress and extreme performance demands provides a real life theme that anchors the scientific organizational assessment and response aspects of each chapter This book synthesizes hard facts with real life accounts of performing under stress and shows how a large oversight institution like the US Army can measure and improve human factors considerations for its members

**Battlefield Stress: Causes, Cures and Countermeasures** ,1985 This study identifies measures that can be taken by commanders to minimize the occurrence and impact of battlefield stress before and during combat This is achieved through an examination of the writings of the classic military philosophers articles on combat stress in the major military engagements of this century and the conclusions of clinical studies on combat stress on the battlefield are identified and discussed A bridge from the past to the future is made by examining those characteristics of future war which may further contribute to the rate of combat stress casualties The study concludes that battlefield stress is an unavoidable consequence

of man being exposed to the hostile environment of combat Combat stress is specifically caused by man's fear of the dangers of combat and is fueled and tempered by other variables such as morale cohesion fatigue confidence training and intensity of the combat Positive actions can be taken to reduce the occurrence of stress casualties and minimize the effects of combat stress on the unit mission These steps include education training and building unit cohesion before entering combat and active measures to ensure information is passed confidence is built and maintained and brief respite is obtained from the rigors of battle when actually in combat

**Mineral Requirements for Military Personnel** Institute of Medicine, Food and Nutrition Board, Committee on Military Nutrition Research, Committee on Mineral Requirements for Cognitive and Physical Performance of Military Personnel, 2006-07-21 The U S Army Health Risk Appraisal group surveyed 400 000 active duty U S Army personnel in the late 1990s to determine whether or not those personnel met the dietary objectives of Healthy People 2000 HP2000 a national agenda for health promotion and disease prevention As reported by Yore et al 2000 Army personnel generally did not meet the HP2000 goals for nutrition even though significant progress had been made during 1991 1998 Although the specific aspects of diet that would be relevant to this Committee on Mineral Requirements for Cognitive and Physical Performance of Military Personnel are lacking the findings from this survey suggest that there are dietary problems in the military population The potential for adverse effects of marginal mineral deficiencies among soldiers engaged in training or military operations and the prospect of improving military performance through mineral intakes have spurred the military's interest in this area of nutrition Mineral Requirements for Military Personnel provides background information on the current knowledge regarding soldiers eating behaviors as well as on the physical and mental stress caused by military garrison training or operations This report also offers facts on the mineral content of rations and its intake by military personnel and addresses the potential effects of nutrient deficiencies due to inadequate intake or higher requirements during military operations Mineral Requirements for Military Personnel provides information and recommendations on the development and uses of MDRIs and a description of strategies to increase intake of specific minerals whether via usual foods fortification or supplementation This report features a description of the metabolism and needs for selected minerals by military personnel under garrison training recommendations on mineral intake levels and an assessment of mineral level adequacy in operational rations This report also includes a prioritization of the research needed to answer information gaps and details of study designs required to gain such information

**Sleep Deprivation, Stimulant Medications, and Cognition** Nancy J. Wesensten, 2012-08-23 Provides a critical review of stimulant medication literature regarding stimulant efficacy for restoring maintaining cognition during sleep loss

**Biomonitoring for Physiological and Cognitive Performance During Military Operations** John A. Caldwell, Nancy Jo Wesensten, Society of Photo-Optical Instrumentation Engineers, 2005 Proceedings of SPIE present the original research papers presented at SPIE conferences and other high quality conferences in the broad ranging fields of optics and photonics These books provide prompt access to the latest

innovations in research and technology in their respective fields Proceedings of SPIE are among the most cited references in patent literature Department of Defense Chemical, Biological, Radiological, and Nuclear Defense Program Annual Report to Congress 2002 , Department of Defense Chemical, Biological, Radiological, and Nuclear Defense Program: Annual Report to Congress and Performance Plan 2001 , **Chemical and Biological Defense Program Annual Report to Congress ,2000** **Chemical and Biological Defense Program annual report to Congress (2000)** ,2006 This Annual Report of the Department of Defense DOD Chemical and Biological Defense Program CBDP provides information in response to several reporting requirements First this report is provided in accordance with 50 U S Code Section 1523 The complete reporting requirement is detailed at Annex L This report is intended to assess 1 the overall readiness of the Armed Forces to fight in a chemical biological CB warfare environment and steps taken and planned to be taken to improve such readiness and 2 requirements for the chemical and biological warfare defense program including requirements for training detection and protective equipment for medical prophylaxis and for treatment of casualties resulting from use of chemical and biological weapons The CBDP provides an integrated collection of chemical and biological defense systems to U S forces The overall readiness of U S forces is dependent on many factors One key factor is the availability of equipment Chapter 2 summarizes equipment requirements and the status of research development test and evaluation RDT the increased overall Service requirements in order to support operations in Iraq and Afghanistan the reorganization and the approved strength increase of the Army and equipment modernization efforts in all of the Services Another key factor in overall readiness is the education training and exercises conducted by U S forces to remain prepared for chemical and biological threats Education training and exercises are detailed in Chapter *Choice* ,2000 **Department of Defense Chemical, Biological, Radiological, and Nuclear Defense Program: Annual Report to Congress 2000** , **Stress and Cognition: A Cognitive Psychological Perspective** ,2003 **Military Medicine** ,2002 **Government Reports Announcements & Index** ,1992 Public Documents ,2000 **Government Reports Annual Index** ,1986 Sections 1 2 Keyword Index Section 3 Personal author index Section 4 Corporate author index Section 5 Contract grant number index NTIS order report number index 1 E Section 6 NTIS order report number index F Z American Book Publishing Record ,2000 Current Military Literature ,1984 Comment and abstracts citations of important articles from international military and defence periodicals *The Mechanized Battlefield* John Alan English,J. Addicott,P. J. Kramers,1985

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