



## Winter Refresher in Albuquerque

Another amazing year for the Winter Refresher! The 36th Annual Winter Refresher was held on Saturday, February 10, 2018, with Scientific Program Chair, Dr. Valerie Carrejo. It was a very successful day of CME for NMAFP. We had a large diverse group of attendees this year. It was wonderful to reunite with Family Physicians from around the state and surrounding areas. Our stellar speakers did a wonderful job at presenting up-to-date and very applicable information to attendees. The topics ranged from pediatrics to geriatrics, including updates on diabetes, Native health, key articles from 2017 and a futuristic view of Family Medicine as we move forward in an age of digital medicine. The evaluations from the conference were very positive and motivating to continue our spectacular conferences.

Hotel Albuquerque was a busy place to be on Saturday, but they did a terrific job at providing a top venue for conference attendees. The food was wonderful and time

spent visiting with friends and colleagues was memorable. We had our 3rd Annual Poster Session, which was well received. Our Poster Session keeps getting larger every year, this year included presenters from the Family Medicine Residencies around New Mexico, UNM School of Medicine, and even other specialties. It is inspiring to see our upcoming trainees and students working on projects and moving into roles to improve care as they become our new generation of providers.

Special thanks to the Exhibitors attending the conference: American Massage Therapy Association NM Chapter; Burrell College of Osteopathic Medicine; Dairy MAX; El Paso Army Medical Recruiting Station; Hidalgo Medical Services; Lovelace Medical Group; MHM Services, Inc/Centurion LLC; Mitchell's Silver and Turquoise; New Mexico Cancer Center; NM Health Connections; NM Health Resources Inc.; NM Primary Care Training Consortium; NORCAL Mutual Insurance Company;

Pathology Consultants of NM; Petroglyph Pathology Services; Pfizer Vaccines; Presbyterian Healthcare Services; Presbyterian Medical Services; Quality Sleep Solutions; Sunrise Medical Group P.C.; TeamHealth; The Doctors Company; TriCore Reference Laboratory; UNM Medical Group Inc.; UNM School of Medicine, Office for Community Faculty; UNMMG Locum Tenens & Specialty Extension Services; and Vein Center of New Mexico.

A very special thanks also goes to the Winter Refresher Co-Sponsors: Dairy MAX; Luna Community College, Montanas del Norte Area Health Education Center in Las Vegas; and Southern Area Health Education Center in Las Cruces. Without our Co-Sponsors, our events would not be as successful as they are. Looking forward to seeing you all at the 61st Annual Family Medicine Seminar in Santa Fe, July 26-29, 2018.



*Past President's Breakfast Attendees: (L-R) Dr. Frank Ralls, President; Dr. Lana Wagner; Dr. Warren Heffron; Dr. Bert Umland; Dr. Gwenn Robinson; Sara Bittner; Dr. Dion Gallant; Dr. Valerie Carrejo, President-Elect; Dr. Nancy Guinn; Dr. Rick Madden; Dr. Arlene Brown; Dr. Melissa Martinez; Dr. Alfredo Vigil; Dr. Linda Stogner; and Dr. Dave Holten*

## Physician of the Year Nominations

NMAFP seeks your nomination for Physician of the Year. This is an excellent opportunity for members to recognize an esteemed peer. All nominees must be an active member, and nominations must include an explanation of why the individual deserves this prestigious award. Please submit your nomination to Sara, [familydoctor@newmexico.com](mailto:familydoctor@newmexico.com) no later than April 15th.

This year's Physician of the Year honoree will be introduced at the Awards Dinner & Dance, Friday, July 27th, during the 61st Annual Family Medicine Seminar, Eldorado Hotel, Santa Fe. The POY will receive an engraved Nambe plaque and a certificate. An article about the POY will be included in the fall issue of the Roadrunner.



## President's Column

By Frank Ralls, MD

Inscribed in the forecourt of the Temple of Apollo at Delphi was sage advice: "Know thyself." Over centuries, this phrase has been used by philosophers, and has since been adapted by the medical community, as an entreaty for self-reflection and cultural competence: "Physician, know thyself."

It is so important for me to support and encourage Family Medicine Residents and Family Physicians to avoid burnout. I was deeply affected by a Resident who recently spent a month with me and then within weeks committed suicide. He was filled with promise, able to build rapport with the most challenging patients, willing to spend the time needed with a patient to ensure the best patient-doctor collaboration, and phenomenal at capturing the important details in his clinical documentation. I had to ask myself: Were there signs that I missed? Could I have done or said anything to prevent his death?

Medicine has unique challenges for medical students, residents, and physicians alike. An estimated 300-400 physicians commit suicide every year. Burnout is a reality. It is a menacing combination of emotional exhaustion, depersonalization, and reduced personal accomplishment. Many of us have struggled with burnout and often try to hide it, even from ourselves. Passionately caring about the well-being and success of patients and their families is a rewarding part of being a good physician, though can all too easily come at the cost of adversely affecting a physician to the point of becoming burned out.

Burnout is never an easy topic to address, as challenges are different depending on whether you practice in an urban setting or one of the many rural areas in the state. Addressing underserved neighborhood filled with racism and poverty, feeling that patients deserve better, facing the demands of ever-changing insurance rules, and legislative denials for funds that are critical to New Mexicans—these issues can all weigh heavily on the Family Physician. Add to that a tiring call schedule and endless meetings by administrators who are unwilling or unable to understand the myriad challenges Family Physicians face, it's easy to feel overwhelmed at times.

Although we have heard many lectures on burnout, it may not be easy to identify in oneself when it's happening. Avoiding burnout is not as easy as meditating on a raisin or imagining inserting one's every problem and concern into a raisin fold, or curling up like a pretzel and meditating under a maple tree in the Himalayas Evergreen Oak Forest Belt.

Although there are many strategies to avoid burnout, I have seen over the years five common patterns among successful physicians who have avoided burnout: 1) Healthy boundaries. Physicians often say "yes" for good reasons, but it is important to recognize that your "yes" may mean that you allow others to spend time with their families at the expense of spending time with your own. Learn to say "not this time" and feel good about it. Physicians work very hard and carry long hours, and there comes a point when the best answer is "not this time." Even if you do "too much," it will never be enough to meet everyone's perceived needs of you, so prioritize your own needs first. 2) Spend time with the one(s) you love. It may be a partner, spouse, child, parent, etc. They need and deserve your time as much as or more than your patients. 3) Don't give up the things that bring you joy and contentment. Some give up reading, writing, walks, time at the gym, or watching movies on a Saturday night. Once those things are lost, it may be difficult to regain them. 4) No Guilt Allowed! Do not feel guilty about setting healthy boundaries, spending time with the ones you love, and keeping the things you love close to your heart. 5) Wingmen: A wingman is a pilot who supports another in a potentially dangerous flying environment with a purpose of ensuring that everyone made it to safety. A wingman watches your back. Psychiatrists and other mental health experts are in the same battle as the rest of us. Reaching out to them shows strength and wisdom. Likewise, when needed, we will serve as their wingman as well.

### AVOIDING BURNOUT: PHYSICIAN, KNOW THYSELF.

- 1) Set healthy boundaries
- 2) Spend time with people you love
- 3) Keep doing the things you love to do
- 4) Do not allow guilt to keep you from doing the top three things
- 5) Wingmen

## Legislative Update

By Steve Lucero  
NMAFP Lobbyist

Doc of the Day volunteers helped over 60 legislators, staff, and visitors of the Roundhouse and provided important perspective on health-care legislation. Legislators and staff expressed great appreciation for the availability of family doctors during the session.

Docs of the Day expressed their support for adequate Medicaid funding and Medicaid is fully funded for the coming fiscal year. The budget for Medicaid includes a 2% rate increase for primary care providers and small increases for nursing homes and behavioral health services. Both the House and Senate passed memorials that direct the interim Health and Human Services Committee to study a Medicaid buy-in vehicle to provide another option to insure more New Mexicans.

The perspective of family doctors provided a voice for patients often left out of the healthcare conversation. Their voices were heard when Docs of the Day shared stories of "fail first" or step therapy prescription protocols not always seen as being in the best interest of their patients. On February 28th the Governor signed into law **SB 11 Guidelines for Step Therapy for Drug Coverage** making step therapy protocols more responsive to the needs of patients while modifying provisions that can help curb the rising cost of medications.

The House passed a Memorial asking the NM Pediatric Society to form a task force to work on pediatric specialist availability in under-served areas. Both the House and Senate passed a Memorial asking UNM Regents to develop a Movement Disorders Center at UNM.

We are pleased with the support the NMAFP membership has given this effort to engage in healthcare policy debates while providing an important service to the legislature. The NMAFP Board of Directors and the Legislative Committee would like to thank all of the Doc of the Day volunteers from this session and previous sessions. Our engagement over the years is having meaningful impact. We hope to build on this momentum to craft a legislative agenda that promotes access to primary care and active input from family physicians.



**YOUR QUICK  
DASH  
GUIDE**

Named “**Best Overall Diet**” by U.S. News & World Report seven years running, **DASH** (Dietary Approaches to Stop Hypertension) is a flexible, balanced eating plan that’s great for everyone – especially patients concerned about heart health.

**DASH Diet**

Keep this handy graphic for the basics, and visit [DairyMAX.org/health/printables](http://DairyMAX.org/health/printables) to find meal plans and more you can share with your patients.



**Dairy**

Fat-free or low-fat milk and dairy:  
2-3 cups daily



**Fruits**

2-2.5 cups daily



**Vegetables**

2-2.5 cups daily



**Grains**

Make half your grains whole:  
6-8 ounces daily



**Protein**

Lean meat, fish or poultry:  
6 ounces or less daily



**Nuts, seeds and legumes**

4-5 times weekly



**Oils**

Use sparingly



*One of the best healthy eating plans for people of all ages.*



**Find helpful DASH printables at [DairyMAX.org](http://DairyMAX.org)**

## New FMIG Officers

By Anna Kistin, Past President

It's that time of year again when FMIG officer positions transition over to the MSIs. We've had such a great time over the past year and want to thank Dr. Elena Bissell, FMIG Faculty Advisor as well as NMAFP for all of your help!

The new FMIG Officers are:  
President

**Joseph Sanchez**

Vice President

**Clement Jose**

Secretary

**Paulina Majewska**

Community Outreach Liaison

**Deanna Gonzales**

Treasurer

**Eliana Garci**

## Silver City Residency Report

By Neel Patel, MD

The HMS Family Medicine Residency is pleased to say everything is going smoothly during the middle of our academic year so far. Along with all the other NM Family Medicine Residency Programs, we enjoyed presenting our poster at the 2018 NMAFP Winter Refresher. Our project involved a retrospective chart review to determine if HMS providers were appropriately prescribing statins based on USPSTF and ACC/ASCVD guidelines. We had the opportunity to present to our providers as well and hope to make clinic-wide changes based on our results.

In the coming months, we plan to have our first-year residents from Las Cruces come to Silver City to get acclimated before permanently arriving in July, 2018. We look forward to integrating Dr. Rory Keys and Dr. Roberto Aguirre into our program after a successful first year at Memorial Medical Center. HMS is also happy to say Dr. Brandon Ferguson, one of our third-year residents, will continue working in Silver City after residency. We are always happy to retain one our residents, and we know it means everything to our patients. Until next time, we wish the best to all NM FM Residency Programs for a successful remainder of the year.



January 27, 2018

Dear New Mexico Academy of Family Physicians:

On behalf of the Board of Trustees of the Indiana Academy of Family Physicians (IAFP) Foundation, I would like to thank you for your support. Your contribution in the amount of \$600.00 (paid by credit card) has been received.

Through the IAFP Foundation, your donation has been used to support physicians impacted by Hurricane Maria as they attempt to reopen their practices and begin caring for their communities again. Over \$100,000 had been raised, with 66 generators purchased to date. We will continue to work with family physicians, health professionals, and relief groups to get generators and other crucial supplies into the hands of physicians in Puerto Rico as long as there are funds available. Recent reports are that some areas of Puerto Rico will not regain power until Summer 2018.

This relief effort was truly a collaboration of family physicians and friends of family medicine across the entire country-the IAFP Foundation was merely a partner in the work. We must offer an enormous THANK YOU to the Academia de Medicos de Familia de Puerto Rico, as without their invaluable efforts on the ground, these funds would have not had near the impact.

Again, thank you for your generous contribution to support our colleagues in Puerto Rico.

Sincerely,

A handwritten signature in black ink, appearing to read "Kevin Speer".

Kevin Speer, JD Executive Vice President IAFP and IAFP Foundation

## Medical Students Sponsored by NMAFP at the National Resident & Student Conference

Again, this year, NMAFP will sponsor several Medical Students at the American Academy of Family Physicians Resident & Student Conference in Kansas City, August 2-4, 2018. Each year, an essay contest is held in which all interested Medical Students write a one-page essay on, "Why I Want to Become a Family Medicine Physician". NMAFP feels this National Conference offers a wealth of information to Medical Students and hopefully helps guide their future aspirations toward the specialty of Family Medicine.

Med Students, if you are interested in Family Medicine and want to apply for a scholarship to the Resident & Student Conference this summer, email your essay to Sara, [familydoctor@newmexico.com](mailto:familydoctor@newmexico.com), by April 21st.

# 61st Annual NMAFP Family Medicine Seminar

## July 26-29, 2018 Eldorado Hotel & Spa, Santa Fe, New Mexico

*Frank Ralls, MD, Scientific Program Chair*

*This activity has been reviewed and is acceptable for up to 22.00 Prescribed credits by the AAFP*

### SCHEDULE OF EVENTS AND LECTURES

#### **THURSDAY, JULY 26**

- 8:00 a.m. Registration, Exhibits Open  
Breakfast (Exhibit Hall)
- 8:50 a.m. Introduction & Welcome  
Frank Ralls, MD  
President, Scientific Program Chair
- 9:00 a.m. "The Unexpected Results: Interpreting Urine  
Drug Screens"  
Valerie Carrejo, MD
- 10:00 a.m. "They Walk Amongst Us: Cirrhosis in Primary Care"  
Joe Alcorn, MD
- 11:00 a.m. "You Can Fight or You Can Roll...Over: Making a  
Difference for Your Practice, and Legislative Updates"  
Rick Madden, MD
- 12:00 p.m. Lunch - Exhibit Hall  
(Co-Sponsored by The Doctors Company)
- 1:00 p.m. "Emotion v. Medical Science: Update of New Mexico  
Litigation"  
Mary Behm, Esq.  
(Sponsored by the Doctors Company)
- 2:00 p.m. "Oral Sleep Appliances - Not Sexy but They Get the  
Job Done"  
Anne Scott, DDS
- 3:00 p.m. Break – Exhibit Hall
- 3:30 p.m. "Update on the Role of Gut Microbiome in Health  
and Disease"  
Amy Robinson, MD
- 4:30 p.m. "Intimate Partner Violence"  
Wanda Filer, MD  
Past AAFP Board Chair & Honored Guest
- 5:30 p.m. At Leisure
- 6 - 8 p.m. Welcome Reception  
(Co-Sponsored by UNM SOM Office for  
Community Faculty)  
Eldorado Ballroom  
Honored Guest & Past AAFP Board Chair,  
Dr. Wanda Filer  
Introduction of Candidates for Office, 2018-2019  
Town Hall – Dr. Dion Gallant, Moderator

#### **FRIDAY, JULY 27**

- 7:00 a.m. Registration, Exhibits Open  
Breakfast - Exhibit Hall
- 8:00 a.m. "What is Lurking Beneath the Surface? The War  
Against Superbugs"  
Monique Dodd, PharmD, PhC, MLS(ASCP)CM
- 9:00 a.m. "Give Me Some Drugs, Man....Knowing When to  
Treat Adult ADHD"  
Dion Gallant, MD
- 10:00 a.m. "Food as Medicine: The DASH Prescription"  
(Sponsored by Dairy Max)  
Cindy Kleckner, RDN, LD, FAND
- 11:00 a.m. Lunch - Exhibit Hall  
(Co-Sponsored by Dairy Max)

#### **FRIDAY, JULY 27 CONTINUED**

- 12:00 p.m. "Seizures: What's Shake'n"  
Thomas Minahan, MD
- 1:00 p.m. "Ascertaining the Role of the Primary Care Clinician in  
the Recognition and Management of Patients with  
Multiple Sclerosis in the Modern Era"  
Andrew Woo, MD, PhD
- 2:00 p.m. Break – Exhibit Hall
- 2:30 p.m. "Opioid Prescribing: Safe Practice, Changing Lives"  
(2 hours)  
Carol Havens, MD
- 4:30 p.m. Leisure
- 6 - 10 p.m. Awards Dinner & Dance  
(Co-Sponsored by Christus St. Vincent Regional  
Medical Center)  
Honored Guest & Past AAFP Board Chair,  
Dr. Wanda Filer  
Entertainment – The Exit Zero Band

#### **SATURDAY, JULY 28**

- 7:00 a.m. Registration  
Breakfast - Exhibit Hall
- 8:00 a.m. "Office Cryosurgery Overview and Hands on Workshop"  
(2 hours)  
Dan Stulberg, MD
- 10:00 a.m. Break – Exhibit Hall
- 10:30 a.m. "Immunization Update"  
Melissa Martinez, MD
- 11:30 a.m. "Using the Media to Tell the Story of Family Medicine"  
Wanda Filer, MD  
Past AAFP Board Chair & Honored Guest
- 12:30 p.m. Afternoon at Leisure
- 12:30 p.m. NMAFP Board Meeting  
(Lunch Served) - Eldorado Ballroom  
Scientific Advisory Committee Meeting  
(immediately following the BOD Meeting)

#### **SUNDAY, JULY 29**

- 7:00 a.m. Breakfast - Exhibit Hall
- 8:00 a.m. "Human Health Harms of a Changing Climate"  
Matthew Burke, MD, FAAFP
- 9:00 a.m. "Hastening Death: Drawing the Line"  
Robert Brody, MD
- 10:00 a.m. Break – Exhibit Hall
- 10:30 a.m. "The Clinician Effect: Why You Will be the Most  
Important Ingredient in the Medical Clinic of  
the Future"  
Dave Rakel, MD
- 11:30 a.m. "Traumatic Brain Injury: An Overview in Pediatric  
and Adult Populations"  
Michael Carvajal, Psy.D., BCB & Stephanie Gorman, Ph.D.
- 12:30 p.m. Conference Ends

# REGISTRATION FORM

## 61st Annual NMAFP Family Medicine Seminar in Santa Fe, NM

Online registration will begin April 1, 2018 at [www.familydoctormn.org](http://www.familydoctormn.org)

### **Please Print Clearly**

Name \_\_\_\_\_ Designation:  MD  PhD  DO  NP  PA  RN

AAFP ID# \_\_\_\_\_

Address \_\_\_\_\_ C/S/Z \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

- |   |   |
|---|---|
| <input type="checkbox"/> AAFP Member Practicing Physician \$510 | <input type="checkbox"/> Retired Physician \$265                        |
| <input type="checkbox"/> Non-Member Practicing Physician \$665  | <input type="checkbox"/> Family Medicine Resident (no charge)           |
| <input type="checkbox"/> PhD \$510                              | <input type="checkbox"/> Medical Student (no charge)                    |
| <input type="checkbox"/> NP/PA/RN \$390                         | <input type="checkbox"/> Yes, I want to sponsor a student attendee \$75 |

Your conference registration includes one free Adult ticket for the Thursday Dinner and one free Adult ticket for the Friday Dinner & Dance. Would you like to join either of these activities?

- Yes, I want to attend the Thursday Dinner. Please provide me with a free ticket.  
 Yes, I want to attend the Friday Dinner & Dance. Please provide me with a free ticket.

Will you need to purchase any extra tickets for family members? If so, how many? *(Please note children 5 and under are free.)*

\_\_\_\_\_ Thursday Dinner - Adult \$30      \_\_\_\_\_ Friday Dinner & Dance - Adult \$35  
\_\_\_\_\_ Thursday Dinner - Child (6-12) \$15      \_\_\_\_\_ Friday Dinner & Dance - Child (6-12) \$15

Handout material is provided for you to follow along with each speaker and for future reference. How would you like to receive your handout?

- Electronic Handout *(please note that a hardcopy handout is not included)*  
 Hardcopy Handout *(please note that an electronic handout is not included)*

### **Take \$15 off your registration by choosing the Electronic Handout!**

\$\_\_\_\_\_ Total enclosed from columns above

### **Want to save a stamp and pay with a credit card? Register online at [www.familydoctormn.org](http://www.familydoctormn.org) beginning April 1st.**

*Due to internet security concerns, some links embedded in emails will not be usable. If the link is not functioning, please copy or type the following URL into your browser: [familydoctormn.org](http://familydoctormn.org).*

Or mail form and check to: NMAFP, Educational Fund  
2400 Louisiana Blvd. NE, Bldg. 2, Suite 101  
Albuquerque, New Mexico 87110

Questions? Call or email Sara: (505) 292-3113 • [familydoctor@newmexico.com](mailto:familydoctor@newmexico.com)

# How Scaffolding Helps Build Executive Function Skills

By Pathways.org

Do you talk to parents about executive function? Many parents are not familiar with this term. The executive function (EF) skill set acts as a coordination center in the brain and depends on three main functions: working memory, mental flexibility, and inhibition control.<sup>1</sup> These crucial skills are needed to perform daily tasks, such as prioritizing, controlling impulses, filtering distractions, and accomplishing goals. Issues with executive function in children may look like:

- Trouble with organization
- Struggling with time management
- Difficulty with open-ended assignments or tasks and trouble starting tasks by themselves
- Inability to complete assignments efficiently
- Difficulty with memorizing or remembering rules<sup>2</sup>
- Impulsivity<sup>1</sup>

Executive function involves goal-directed behavior that not only influences success in academic achievement and daily activities, but it influences success later in life through job skills, social skills, and independent living skills.<sup>3</sup> If a child is having issues with executive function, it is important to intervene early in order to give this child every opportunity for success.

It is important to understand that children are not born with these skills, but they're born with the potential to develop them.<sup>1</sup> Adults aid in the development of a child's executive function skills in various ways including: establishing routines, demonstrating social behavior, guiding children through modeling the use of executive function skills, and maintaining supportive, stable relationships.<sup>1</sup> If parents notice executive function issues, they should begin intervention by making adaptations at home. Using charts, checklists, and schedules on a daily basis helps children build a routine and accomplish goals. Examples of home interventions include but are not limited to the following:

- For homework time: Set a specific time each day after school when the child will begin homework and designate a distraction-free area. This will help establish a routine and allow the child to focus on the tasks each day.
- For managing the day: Teach the child to use a daily agenda planner to promote organization.
- For getting ready for school: Create a morning routine with visual cues and reminders for each step of the process, such as brushing teeth, combing hair, putting on each layer of clothing, tying shoes, etc.
- For remembering instructions: Create a mnemonic to help with recalling multi-step instructions.<sup>4</sup>

Along with adaptations to daily activities, parents should also use scaffolding as a method to teach their children and guide them through tasks. Scaffolding is a learning technique in which the adult relinquishes control of a task to the child over time. The effectiveness of scaffolding hinges on the contingency rule: when the child struggles, the adult should increase the level of support provided, and when the child succeeds, the adult should gradually decrease the level of support.<sup>5</sup> Scaffolding allows parents to adjust their support based on the child's needs. For example, when teaching a child to brush their teeth independently, parents can use scaffolding to help their child achieve this daily skill. The parent may first start by brushing the child's teeth for them and then slowly decrease their amount of help over time, from being prompted with cues to complete independence.

While scaffolding and daily home adaptations are effective beginning steps for early intervention at home, clinical intervention may be necessary if improvements are not seen. For a diagnosis, refer your patients to a neuropsychologist or a child psychologist. For ongoing treatment, you should refer patients to occupational therapists or speech therapists. Occupational therapists and speech therapists will work on the underlying issues with the child that are preventing the child from developing healthy executive function skills, as well as, work with the child and family to develop specific strategies that will most benefit the child.

For more information about executive function and other issues related to childhood development, please visit [www.pathways.org](http://www.pathways.org) or email [friends@pathways.org](mailto:friends@pathways.org). Pathways.org, founded in 1985, provides parents and health professionals with free educational resources on children's motor, sensory, and communication development to promote early detection and intervention.

## Sources

- 1) Executive Function & Self-Regulation. Center on the Developing Child at Harvard University. <https://developingchild.harvard.edu/science/key-concepts/executive-function/>. Accessed October 26, 2017.
- 2) Morin A. 9 Terms to Know If Your Child struggles With Executive Functioning Issues. National Center for Learning Disabilities. [www.ncl.org](http://www.ncl.org). Accessed November 6, 2017.
- 3) Anderson M, Brydges CR, Fox AM, Reid CL. A unitary executive function predicts intelligence in children. *Intelligence*. 2012; 40(5):458-469. doi: 10.1016/j.intell.2012.05.006
- 4) Executive Function Interventions. Children's Hospital of Philadelphia. <http://www.chop.edu/centers-programs/executive-function-consultation-education-and-skills-excel-clinic/interventions>. Accessed November 8, 2017.
- 5) Mermelstine R. Parent-child learning interactions: A review of the literature on scaffolding. *British Journal of Educational Psychology*. 2017; 87(2):241-254. doi:10.1111/bjep.12147

# CMS Seeking Practices to Participate in Measure Development Testing Opportunity

The Centers for Medicare & Medicaid Services (CMS) is currently seeking primary care practices to help test a potential change to an electronic clinical quality measure (eCQM) related to clinician referrals. The measure is entitled Closing the Referral Loop: Receipt of Specialist Report (CMS50v5). The benefit to practices testing this measure is they will directly contribute to the refinement and validation of an eCQM that CMS uses in its quality reporting programs. In addition, honoraria will range from \$2,000-\$4,000, depending on practices' level of testing participation.

Interested practices should be reporting this eCQM under the Merit-Based Incentive Payment System (MIPS) or another CMS quality improvement initiative. Data elements should be documented in structured fields of the electronic health record (EHR) or electronic medical record (EMR), and practices should be able to extract patient-level information about data elements. Under the current measure specification, the denominator includes the first referral for each patient who was referred to other clinicians during the measurement period. Under the proposed revisions to the measure, the denominator includes all referrals during the measurement period.

The testing activities will involve practice staff—both clinicians and, if applicable, practice managers—speaking with a project team from Mathematica Policy Research, a CMS contractor, about the practices' workflows and the data elements they capture in their EHRs. Practices will be asked to submit an extract of de-identified patient-level data from the EHR, including all of the data elements required to calculate the current and proposed revised versions of the measure. Additionally, practices will be asked to work with the Mathematica project team who will abstract data from a sample of charts to verify the accuracy of the data elements. The de-identified patient-level data will be shared with Mathematica for analysis. Practices will receive feedback from Mathematica about their data, including rates of referrals and the proportion of referrals with follow-up information returned to the referring provider by the specialist. None of the testing activities will involve an audit of the practices' performance scores reported to CMS quality reporting programs.

For more information or if you are interested in assisting with this activity, please contact Shari Glickman at [SGlickman@mathematica-mpr.com](mailto:SGlickman@mathematica-mpr.com) and Omoniyi Adekanmbi at [OAdekanmbi@mathematica-mpr.com](mailto:OAdekanmbi@mathematica-mpr.com)

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## Feb. 9th BOD Notes

Present: Tristen Adams; Pedro Armendariz, MD; Sara Bittner; Arlene Brown, MD; Valerie Carrejo, MD; Dawn Drumm, MD; Brandon Ferguson, MD; Dion Gallant, MD; Shelbee Geyer; Leif Gregory; Virginia Hernandez, MD; Veny Ianakieva, MD; Steve Lucero; Bridget Lynch, MD; Rick Madden, MD; Melissa Martinez, MD; Darrick Nelson, MD; Frank Ralls, MD; Luis Rigales, MD; Lisa Stolarczyk, MD; Dan Stulberg, MD; Lourdes Vizcarra, MD; Kendall Vote; and Dan Waldman, MD. The meeting was chaired by Dr. Ralls.

Introduction: Kendall Vote was introduced to the Board. She is our second work study student. Shelbee Geyer will be with NMAFP until May, 2019.

### Old Business:

2017 State Legislative Conference: Dr. Bridget Lynch gave a brief report on the AAFP State Legislative Conference that she attended in Dallas in Nov., 2017. NMAFP has created a new line item in the Budget in the amount of \$2,000 to help cover expenses for up to four interested Board Members to attend this conference each year. The 2018 Conference will take place in Fort Lauderdale, FL, Oct. 25th-27th. Dr. Lynch highly recommends participation in this Annual AAFP event.

### New Business:

Leif Gregory, NMAFP Web Designer and IT Specialist, gave a presentation with handout to the Board regarding a website redesign. Dr. Dion Gallant shared some background information: During the Budget Meeting last October, the Budget Committee, which includes the current officers and is Chaired by Dr. Gallant, expressed a desire to improve the NMAFP website by bringing it up to date, and making it more interactive and user friendly; perhaps, have a suggestions link for the members to input their thoughts to the Board so the Board will know they are hearing the voice of the membership and not just the voice of the BOD. The Budget Committee asked for a report to be given at the Feb. 9th Meeting. The Board discussed the pros and cons and decided to postpone the website redesign until the April 21st BOD Meeting.

Steve Lucero, NMAFP Lobbyist, gave an update with handout to the Board on the current state of affairs as this year's Legislative Session nears the end. His handout highlighted bills pertinent to health care issues. Not mentioned in his handout was the Appropriations bill that passed the house and is now in the Senate. They say that Medicaid is going to be fully funded. Steve feels that the NMAFP DOD Program is very well received at the Round House. With one week to go, volunteers have seen 50 patients while serving as DOD. NMAFP is very appreciative to Steve for his lobbying efforts on our behalf.

This year's Winter Refresher was very successful with 158 attendees, 27 vendors, 3 Co-Sponsors and an awesome lineup of speakers, thanks to Dr. Valerie Carrejo, Scientific Program Chair.

The Annual Chapter Leader Forum (ACLF)/National Conference of Constituency Leaders (NCCL), April 25-28, Kansas City, was the next order of business. Dr. Bridget Lynch will represent NMAFP as the Women's Delegate to the NCCL. Dr. Valerie Carrejo, President-Elect and Sara will represent NMAFP at the ACLF.

The 61st Annual Family Medicine Seminar, July 26-29, 2018, Eldorado Hotel, Santa Fe was the next order of business. Dr. Frank Ralls is the Scientific Program Chair, and the program has been approved and accredited by the AAFP for 22 Prescribed credits. Brochures will be mailed in late March/early April and online registration will be available at that time. Dr. Ralls thanked the Scientific Advisory Committee for doing such a great job of helping him assemble the speakers at a time when he needed them.

Dr. Dan Stulberg addressed the BOD about the issue of the UNM server blocking NMAFP online conference registrations due to increased IT security, and the following statement will be included in future conference materials to eliminate the problem: Due to Internet security concerns, some links embedded in emails will not be usable. If the link is not functioning, please copy or type the following URL into your browser. (link information available following that sentence for folks to use)

Resolution ideas for the AAFP COD, Oct. 8-10, New Orleans were requested by Dr. Dion Gallant, NMAFP Delegate to the AAFP COD. Bring your suggestions to the April 21st BOD Meeting so they can be finalized at our July 28th BOD Meeting in Santa Fe.

### Resident Reports:

Dawn Drumm, MD, Las Cruces Residency, shared changes that have been made recently such as no longer sending Residents to Truth or Consequences for their rural rotations. They will now go to Nor-Lea Hospital in Lovington. The Las Cruces Residency has had a lot of pediatric admissions lately so they have started having senior residents on house call at home in order to help facilitate. Out of 1,200-1,400 applications, they interviewed 77 applicants for residency positions next year. Las Cruces Residency is seeing a significant increase in number of applications and qualifications of the applicants. They accept 6 residents a year for their program and 2 for Silver City for the first year.

Brandon Ferguson, MD, Silver City Residency, said they were glad to be finished with the interview season. For the 2 resident slots, they had over 1,000 applications of which they interviewed 40. HMS is the only teaching health center in NM so they were thrilled when Congress decided to pass continued funding for federally qualified health centers and teaching health centers for the next 2 years. This is where most of their funding comes from. Dr. Darrick Nelson, Silver City Residency Program Director, shared further information about the amount of funding they receive and its uniqueness.

Luis Rigales, MD, Santa Fe Residency Program Director, shared that the Santa Fe Residency had an excellent interview season as well. The Residency is expanding so there will be new faculty hired in the next 6-12 months. They had 954 applicants and interviewed 56 for 4 slots.

Dan Waldman, MD, UNM Residency Program Director, said their applicant number has increased dramatically. He also shared that of the 14 graduates this past July, 12 of them took jobs in NM. UNM has just started working on a rural fellowship which will have real potential for rural NM in the future. Dr. Rick Madden commented that it is heartwarming to see all the fine work that our NM residencies are doing along this line. Dr. Waldman shared that last year UNM had the highest

percentage of any allopathic medical school in the country for students going into Family Medicine. Dr. Valerie Carrejo shared that there is currently no Addiction Fellowship in NM; but, there is an Addiction Psychiatry Fellowship. Dr. Carrejo is working with her Department at UNM to start an Addiction Fellowship, hopefully in the next one to two years.

Item Added to Agenda: Dr. Rick Madden shared a topic that the Legislative Affairs Committee has been discussing in terms of advancing advocacy. The idea is to try and get together a group of interested NMAFP members, especially Board Members, to attend a meeting in September at the New Mexico Medical Society to present something about advocacy. Dr. Madden asked the Board, "Would any of you come if we had such a thing?" The Medical Society is doing this as part of their Annual Meeting on September 14-15, 2018 in which a new format is being used. We would have 2 hours to present to the entire group. No further comments were made at this time.

Resident & Alumni Reception: Dr. Gallant gave a little background about the Reception that immediately followed the Board Meeting at Hotel Albuquerque. Dr. Saverio Sava had a vision a few years ago to bring back the UNM graduating Med Students that left NM to attend FM Residencies in other states. It was sponsored by the UNM Alumni Association and Office of Community Faculty. The plan is to continue this activity next year in combination with the NMAFP Winter Refresher. Dr. Gallant explained that the Residents can get their travel paid for if they interview with a participating recruiter. Informing this year's graduating Med Students of the opportunity to "come back to Albuquerque with travel covered" may increase the numbers of residents in attendance next year.

## Future Meetings & Activities

April 21, 2018 - BOD Meeting  
NMAFP Office  
Noon  
Lunch Served

July 28, 2018 - BOD Meeting  
Eldorado Hotel, Santa Fe  
12:30 pm  
Lunch Served

November 3, 2018 - BOD Meeting  
NMAFP Office  
Noon  
Lunch Served

September 7, 2018 - 13th Annual  
Med Student Reception  
Nativo Lodge  
6-9:00 pm  
Dinner Served

September 8, 2018 - Annual Budget  
Meeting  
NMAFP Office  
Noon  
Lunch Served



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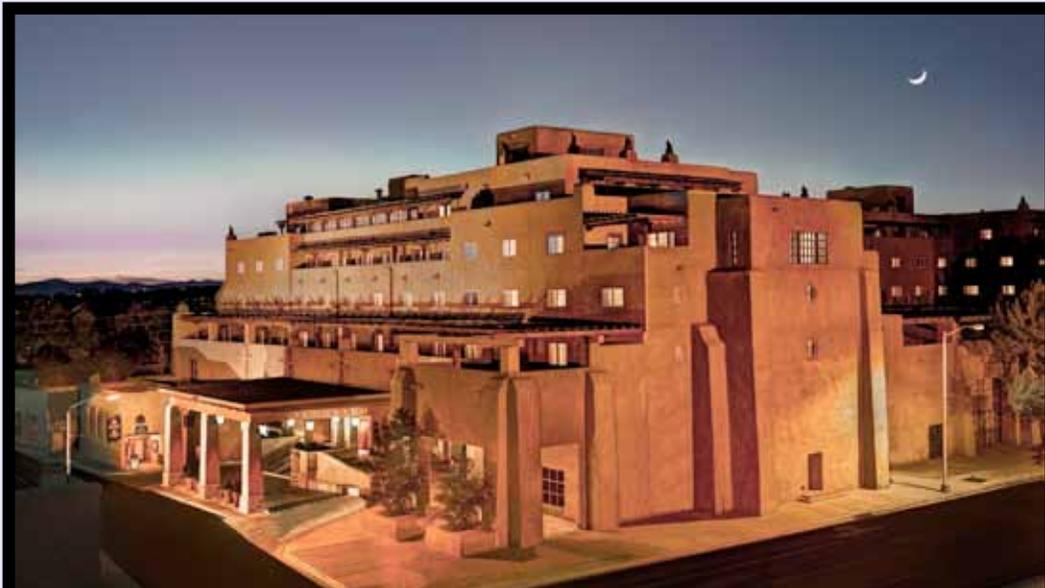
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**July 26-29, 2018**

**61st Annual Family  
Medicine Seminar**

**Eldorado Hotel & Spa  
Santa Fe, New Mexico**



The Eldorado Hotel & Spa is a premier Santa Fe hotel, with award-winning luxury and unexpected delights. Guests can enjoy underground covered parking with free valet service, no resort fee, a spa, restaurant, 3 lounges, and a small cozy heated pool and hot tub on the fifth floor roof. The hotel is conveniently located near the Historic Santa Fe Plaza, offering the perfect embodiment of the spirit of the city. Easily visit nearby downtown landmarks, restaurants, shopping, and businesses, or enjoy a train ride on the nearby Rail Runner. The same weekend is the Traditional Spanish Market, featuring an extraordinary array of handcrafted Spanish Colonial art works created using traditional tools and techniques. Receive high-quality CME accredited by AAFP, visit with your peers, and bring the entire family to enjoy everything that Santa Fe has to offer.