



The Roadrunner

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President's Column

Veneta Ianakieva, MD



Dear Members:

I want to express my gratitude for the opportunity to serve as your President. It has been an honor and privilege to do so alongside my incredible mentors! 2020 has been a very trying and

unusual year to say the least. The new "normal", social injustice, and unrest has started to wear down on our society, and the important months to come, in selecting the new president to lead our nation, are putting further strain on all of us.

My initial thoughts on the pandemic were that the solitude and isolation accentuated the essentials in life: family, health, and home. There was more time for self-reflection and appreciation of the things we usually take for granted in the hustle of daily life, especially in this demanding profession. Then the uncertainty and lack of coordination, in the response to the pandemic nationally, started hanging like a cloud over clinicians and patients alike. Not having students in the office, not seeing patients in person, not socializing with colleagues, and transitioning to virtual care, all demonstrated how precious our specialty is and how much we, as clinicians, and our patients value the human connection in the process of delivery of care. I certainly love and miss my patients!

More importantly, I am impressed at the resilience of my patients, colleagues, friends and family. I hope this unusual year will serve as an opportunity for us to evaluate our healthcare system, how we deliver healthcare, and how we connect with patients and each other. Kindness and compassion can go a long way in trying times. I am impressed at how engaged the new generation of physicians in training is, from launching platforms to educate and help patients to register to vote, to organizing peaceful protests in the name of social justice, and readily serving on new committees on our Board. This gives me hope for the future of medicine and the future of Primary Care.

In the coming months, our communities will be faced with important decisions with the upcoming election, educating our children, and flu season in the midst of the pandemic. I urge everyone to remember to be kind, flexible, and understanding of each other and to

empower our family, friends, colleagues, and patients with every opportunity we get. Together, we are stronger than in isolation; and, if anything, this pandemic has pointed out that we are resilient and can adapt. The examples range from senior patients learning to use video calls, virtual meetings,

birthdays, and conferences, online grocery shopping, managing home schooling while working from home, senior hours in more retail locations, and the list goes on. In our resilience, we can adapt to this new normal and learn from the hardships this year has presented us with.

New Mexico Physician of the Year Award

By Dr. Lourdes Vizcarra, Editor



Dr. Stephanie

Benson was named the New Mexico (NM) Physician of the Year (POY) by the NM Academy of Family Physicians (AFP). Stephanie received multiple nominations and was described as

"an exemplar Family Physician and role model" and "an incredible mentor who is approachable for both professional as well as personal matters." Her work in end-of-life/palliative care, policy development at both the state and national levels, her knowledge base, her response to the COVID pandemic, and her commitment to the underserved and undocumented are just a few of the many admirable traits embodied by her.

In a pre-COVID time, Stephanie would have been presented with a plaque and certificate during the 63rd Annual Family Medicine Seminar, which would have taken place in Santa Fe July, 2020.

Stephanie stated that being named POY is "very, very humbling". She first started participating on the NMAFP Board of Directors (BOD) as a Resident Representative in 2008/2009. She is "in awe" of the board members and the work that they have done/continue to do and "any one of them deserves to be named POY". Feeling "blessed to be a part of such a great group of people", Stephanie has "learned so much from everyone" on the Board. She currently serves as the Delegate to the AAFP Congress of Delegates and looks forward to continuing with the NMAFP BOD for many more years.

Stephanie grew up in rural West Virginia. Her father was a carpenter, and her mother worked in a grocery store. She had always been interested in medicine; she decided sometime in the 5th grade that she wanted to be a physician and was "determined" to become one. She went on to be the first in her family to graduate

from college and then went on to graduate from West Virginia University School of Medicine. She specialized in Family Medicine (FM), because "she wanted to take care of everyone".

And taking care of everyone is what she has been doing and doing well since. Stephanie started her Family Medicine Residency Program at West Virginia University, Department of FM and transferred in 2007 to Southern NM FM Residency Program in Las Cruces, NM. Upon completing her Residency Program here in NM, she stayed on as faculty and is also the Assistant Program Director at the Southern NM Family Medicine Residency Program. She practices full spectrum Family Medicine: outpatient primary care, inpatient medicine and maternal child health, while also teaching/training FM residents. She has a special interest in Palliative Care and started a Palliative Care (PC) Team in 2017 providing inpatient PC consultations, half-day clinic for outpatient PC and doing home visits, as possible. She is a founding member of the Las Cruces Palliative Care Coalition.

Her interest in Border Health continues to motivate her and dreams of establishing a collaboration with Mexico for cross-border care coordination/management for her patients receiving PC by her team and needing to return to their family/home in Mexico. She is also hoping to add a half-day clinic for outpatient PC at the MMC Cancer Center. Stephanie will also be involved with the 1+2 Residency Program development in Alamogordo, NM. And, because of her commitment to/passion for PC, Stephanie also takes overnight and weekend call for two Hospice organizations in Las Cruces.

Stephanie met her husband in the 7th grade, and they married in college. They have three children. She enjoys horseback riding, playing guitar, kayaking, and hiking.

After interviewing Stephanie for this article, an honor of being the new Editor for our newsletter, I can't think of a more deserving physician to be named the 2020 NMAFP Physician of the Year. Congratulations Stephanie! I have no doubts that you will continue to fulfill your dreams. Thank you for sharing your amazing story with me.

NMAFP Legislative Update

By Steve Lucero, NMAFP Lobbyist & Dr. Rick Madden, Legislative Affairs Committee Chair

Your Legislative Committee is actively preparing for the 2021 Session. We are members of a coalition engaging in conversations to study the New Mexico healthcare system's investment and expenditures in primary care. Our goal for the 2021 Session is to submit legislation that will establish an Interdisciplinary Primary Care Task Force. The Task Force will adopt a shared definition of primary care; analyze the share of New Mexico's healthcare delivery expenditures currently allocated to primary care; and review national models guiding optimal primary care expenditure with the objectives of improving access, increasing quality, and reducing cost. The Task Force will also make recommendations to the legislature.

The New Mexico Human Services Department Secretary, Dr. David Scrase, is engaged in the coalition's work and is making a commitment to support the Task Force becoming part of the Human Services Department. State Representative Deborah Armstrong, Albuquerque, is providing guidance on legislative procedures. Our goal is to make a presentation to the Health and Human Services Interim Committee later in the Fall.

Also, your Legislative Committee is preparing the annual legislative priorities survey to be sent out to the membership in November. Please be on the lookout for the survey. Following is a sample of topics: Establishing a Primary Care Taskforce, Medical Malpractice, Medicaid Fees Increases, Gross Receipts for Medical Services, Medicaid Buy-In, and Health Security for New Mexicans. Your input is critical in preparation for the legislative session and will provide the ingredients for a well-organized message to legislators.

NM Legislature Meeting in 2021, January to March: Virtual or In Person?

By Rick Madden, MD and Steve Lucero
Legislative Affairs Committee (Doctor of the Day Program)

We don't know how the state legislature for 2021 will be conducted yet. Our Doctor of the Day Program may be virtual or in person, just like it is for so many other things that have changed in our lives. We will still need our valuable medical volunteers as in year's past.

For instance, if it is all virtual, the legislators and their staff may still need medical advice over the phone; and, we certainly can play a role in advocating for legislation remotely at committee meetings. There will be a process for public comment,

such as putting one's name on a list before public comment for that committee begins. It will be in real time, and you will talk to real legislators.

We will be looking at all of this and the opportunities to serve. We will stay in touch!

NM Family Medicine Residency Updates

Southern NM Family Medicine Residency Program

By Jennifer Nordhauser, MD, MPH

Greetings from the Organ Mountains! The year has kicked off with a record number of Interns, increasing our first-year class from 8 to 11 with the addition of three Residents bound for Alamogordo next year. We also have two new Pharmacy Residents, doubling the size of our Pharmacy training program. It has been a pleasure to start working with these new residents and look forward to continuing to see their contributions to our program.

Also new to our program is the addition of a mandatory Health Policy elective. This elective emphasizes the importance of advocacy and gives residents the tools to navigate and influence the policies in which we practice. As we continue our partnership with Burrell College of Osteopathic Medicine and start working with their FMIG, we are grateful for the teaching opportunities they offer us as well as other opportunities to engage with our Las Cruces community. The COVID-19 Pandemic has put many of our lives on pause, but we are constantly exploring creative ways to bring our resident community together, learn from each other, and prioritize safety, wellness, and quality patient care.

Northern NM Family Medicine Residency Program

By Maya Armstrong, MD

The theme for this quarter's update from the Northern NM Family Medicine Residency is "Exploration and Discovery" – from outdoor adventures to intellectual pursuits to forging the paths of our future careers. Here's a taste:

Our adventures begin with new interns navigating the corridors of UNM Hospital, new PGY-2s landing in Santa Fe to master new environments and different EMRs, and new PGY-3s shaping the paths of their future careers, guided by the light at the end of the tunnel! Along this sometimes dark and bumpy road, we have managed to map out uncharted territories (i.e. the Zoomiverse), take some exciting side trips, and place a few signposts for those who follow us.

Career exploration has led our residents to hospitalist medicine, integrative medicine, addiction and pain, women's health, and more. We are helping to build a new hepatitis C clinic and planning research

projects in resident wellness, antibiotic stewardship, and opioid stewardship. And, we are thrilled that one of our former graduates, after her own adventures in global health, came back home to help us explore the greyscale world of ultrasound.

But don't worry...we know how to relax and have fun too. On days off, our residents have paddle-boarded in Abiquiu Lake, mountain biked in Taos, explored Chaco Canyon, hiked all over the state, and will soon have our resident retreat in Madrid, featuring yoga and yurts (and plenty of space for social distancing!)

Finally, one of our amazing new interns, Dr. Dathan Tsosie, beautifully summed up his short but intense residency adventures to date: "I have been an intern for all of 70 days so far, and so many things have changed since my last day of physical presence in the hospital as a medical student to my current daily journeys as "Dr. Such-and-so", Resident Physician.

Within these first few weeks, I find myself exploring so many topics of varying degrees of clinical importance to the population of New Mexico, from Pulmonary Embolism to anhidrosis and ectodermal dysplasia. I'm also exploring and cherishing the joys I have found so far within Emergency Medicine and Pediatric Urgent Care; the learning I have received from seeing my patients is staggering, compared with what I had received from medical school. My constant roving curiosity is sated by Family Medicine each and every day, and I find myself excited to see more and do more.

The promise of looking deep into the medical universe, being able to navigate and connect galaxies for better outcomes, teaching and guiding those who seek this path that touches on every aspect of medicine, from birth to death, is the energy that powers my starship from celestial dawn to celestial dawn."

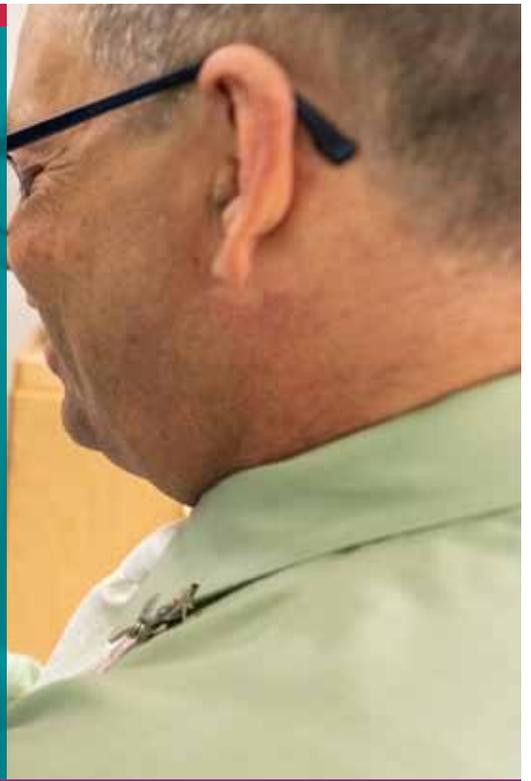
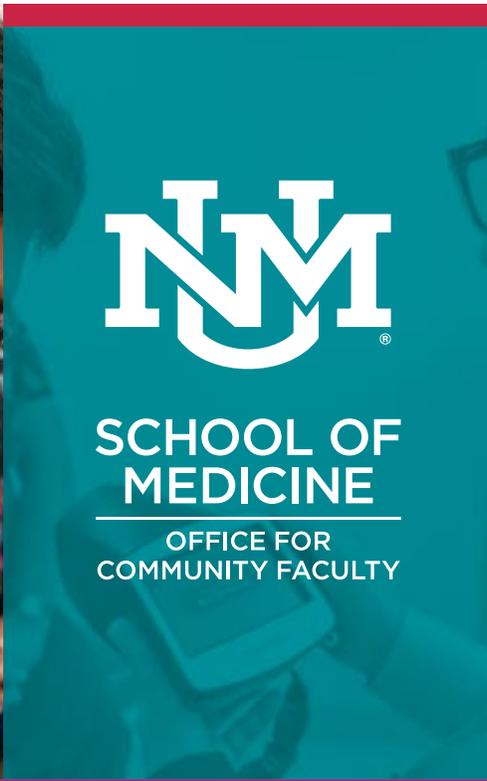
UNM Family Medicine Residency Program

By Erik Unruh, MD, MPH & Bailee Lutz, MD

Greetings from Albuquerque! We've welcomed in a new class of interns while wishing our graduating third-years the best in their careers. On-boarding a new class of residents during the time of social distancing was challenging, but our faculty and chief residents adapted and got our newest members up and running.

In June, we learned that our Program Director, Dr. Daniel Waldman, will be transitioning out of his role as PD and Dr. Molly McClain will be taking over. We are so grateful and appreciative of Dr. Waldman's leadership and investment in our program. He has gone above and beyond during these recent months to help re-arrange schedules for COVID. We will miss him as PD but are excited to see the development of the new Family Medicine Residency Program at Northern Navajo Medical Center in Shiprock, N.M! We are thrilled to have Dr. McClain as our new PD

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“If I have seen further it is by standing on the shoulders of giants.”
 Sir Isaac Newton

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Residency Updates Cont.

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and are excited for the direction she will take our program in the coming years.

A number of our residents have been active in the recently formed White Coats for Black and Indigenous Lives, an anti-racist coalition of residents, students, and faculty. This group has been at work in advocating for institutional change in numerous areas of UNM's processes including hiring, admissions and pipeline programs, data collection, finance and investments, and curriculum. Dr. Darshan Patel (PGY3), Dr. Farinaz Khan (PGY3), Dr. Rory Aufderheide (PGY3), Dr. Jaime Majdi (PGY3) and many others have been integral to its work in the group's mission to bring about racial justice in our institution.

We recently started a pilot curricular track in Integrative Medicine in Residency in partnership with the Andrew Weil Center for Integrative Medicine at the University of Arizona. Seven residents are participating in this 200-hour longitudinal curriculum that will last for the duration of residency with the goal of expanding knowledge and practice of integrative medicine in primary care. Thank you to Dr. McClain and Dr. David Rakel for helping to approve and organize this opportunity!

Our residents are active in a number of research, curricular and social endeavors. We want to highlight just a few:

Dr. Nathan Birnbaum (PGY2) is developing operating procedures for screening and isolation protocol to prevent community spread among individuals returning home from the criminal justice system who seek shelter at New Mexico's isolation hotels. His work involves collaboration with the Department of Health and Corrections with aims to inform policy regarding incarcerated individuals.

Dr. Jaron Kee (PGY2) is undertaking a research project with multidisciplinary providers to capture the narratives of lived-experiences and the impacts COVID-19 has had among individuals who consider New Mexico home or have ancestral associations to this land.

Dr. Megan Moorhead (PGY2) is developing a project to help increase medical provider's comfort level, skill level, and knowledge base when caring for Jehovah's Witness patients.

Drs. Chelsea Travers and Orli Florsheim (PGY2s) have partnered with One Hope Clinic to assess patients' needs and desires for Long-Acting Reversible Contraception with the goal of expanding access to LARCs at this clinic.

Dr. Halea Meese (PGY1) penned an OpEd published by CNN regarding voter registration and an organization called *VotER* (www.vot-er.org), a nonpartisan nonprofit healthcare-based voter registration organization.

There are many others to highlight, and we are very proud of the transformative work our colleagues are engaged in for our health system and our state.

New Mexico FMIG Updates

University of New Mexico FMIG

By RayLee Otero-Bell, FMIG President & Connie Hu, FMIG Vice President

Several FMIG students attended the virtual AAFP national conference. Many of us felt that the diversity of topics was not only engaging and interesting, but very useful as well. We especially appreciated information on residency interviews and writing personal statements. The expo was also a great opportunity for us to reach out to different residency programs and fellow students interested in Family Medicine. Given the circumstances and restrictions on travel, many students felt very grateful to have these opportunities to meet new residency programs and fellow peers. Officers also attended several Primary Care Leadership Collaborative (PCLC) sessions during the conference. One such session was about the Five Dynamics, designed to increase our understanding of self and better our understanding of one another in order to lead to stronger team collaborations. The one-to-one narrative leadership session helped us develop our own narratives and emphasized the importance and influence of them. Despite the conference being online, we all had a great time and learned a lot! Our most exciting project that occurred over the summer was a panel dedicated to exposing UNM School of Medicine students to Family Medicine. This panel was conducted over Zoom, and combined both Family Medicine residents and physicians from multiple aspects of the profession, such as public health, rural health, hospital-based care, and obstetrics. This panel was primarily focused on engaging first-year medical students and answering any questions they had about the field. Overall, students enjoyed the session and appreciated the diversity of both individuals and interests within the profession of Family Medicine.

While many of our projects are on hold or modified due to COVID, we continue to work with our students and physicians to build interests and connections in Family Medicine. We look forward to continuing our work with not only our first-year students, but with the NMAFP as well.

Burrell College of Osteopathic Medicine FMIG

By Selena Gallegos, FMIG Vice President

With the school year in full swing, the students, faculty, and staff of Burrell have been extremely flexible with the moment to moment changes occurring while facing the current pandemic. Students have rallied together and started a grass-roots program, *Protect NM*, to help supply PPE and hand sanitizer to the Native American communities here in New Mexico.

Additionally, Burrell welcomed the class of 2024 with a drive-thru celebration where they received welcome gifts. The college will hold a white coat ceremony for the new class at a later date. On September 1st, the college says goodbye to our greatly

appreciated Dean, Dr. Peska, who has been serving the college since 2018. It won't be a long goodbye though, as he will be providing academic development support to the college after Dr. Pierrat takes over.

In other news, the Family Medicine Interest Group (FMIG) is looking forward to a year full of virtual lunch and learning to widen the breadth of medical student knowledge before they get out on their own one day. FMIG has also participated in a schoolwide initiative to create and send out various health infographics to the community. FMIG continues to seek new opportunities to connect with mentors and the NMAFP in the upcoming year.

15th Annual Med Student Reception

Medical students, please join the New Mexico Academy of Family Physicians on October 17th for a virtual gathering. Meet and visit one-on-one with Family Physicians from clinical and academic settings in both urban and rural environments. Representatives from all NM Family Medicine Residencies will be in attendance.

After an inspirational convocation from our special guest speaker, we will utilize Zoom breakout rooms where FM Physicians and residents will discuss their various practice settings and answer any and all questions you may have.

If you attend the 15th Annual Med Student Reception on October 17th, 2020, NMAFP will send you a \$25 egift card to GrubHub to take the place of our usual in-person dinner. Please RSVP as soon as possible to Sara Bittner at familydoctor@newmexico.com and please indicate which year you are in training.

July 25, 2020 Board Notes

By Dr. Lourdes Vizcarra, Editor

Present:

Chair: Valerie Carrejo, MD
Stephanie Benson, MD; Sara Bittner; Cheri Blacksten, MD; Mac Bowen, MD; Valerie Carrejo, MD; Dawn Drumm, MD; Dion Gallant, MD; Virginia Hernandez, MD; Mason Heywood, MD; Veneta Ianakieva, MD; Jonathan Kreger; Irene Lazarus, MD; Steve Lucero; Bailee Lutz, MD; Bridget Lynch, MD; Rick Madden, MD; Jen Nordhauser, MD; Chuck North, MD; Jennifer Phillips, MD; Abby Pribisova; Laura Shaw; Lisa Stolarczyk, MD; Dan Stulberg, MD; Karen Vaillant, MD and Emilia Vesper, MD.

Old Business:

63rd Annual Family Medicine Seminar: July 23-25, 2020 Rescheduled for July 22-24, 2021, Ruidoso Convention Center, due to COVID 19. All but three of the 2020 speakers agreed to present their topics in 2021. Co-Chairs: Virginia Hernandez, MD & Veneta Ianakieva, MD.

New Business:

Installation of New Officers: Installation was performed by Dr. Rick Madden, Past AAFP Board Member. Dr. Lisa Stolarczyk, Vice President; Dr. Mac Bowen, Secretary-Treasurer; and Dr. Bridget Lynch, President-Elect, were asked to step

forward, virtually. He read the Officer's Oath. Dr. Madden then asked Dr. Veneta Ianakieva to step forward to repeat the Oath of President. The Board congratulated all the new officers and thanked Dr. Madden for helping with the 2020 officer installation. Dr. Carrejo congratulated Dr. Hernandez on her year as President and shared with the Board that she will be moved to her new role as Immediate Past President.

The 2020 Award Presentations: Physician of the Year Award was given to Dr. Stephanie Benson. This award is selected by the members of the NMAFP. The President's Award was given to Dr. Dion Gallant by the current NMAFP President, Dr. Virginia Hernandez. The Chapter Service Award was given to Abby Pribisova by Sara Bittner, NMAFP Chapter Exec. The Board congratulated the three recipients and thanked them for their service to NMAFP and to the patients of New Mexico.

Nominations for the position of Board Chair: Nominations were called for by Dr. Valerie Carrejo. Dr. Rick Madden nominated Dr. Virginia Hernandez. No further nominations were made, and Dr. Hernandez will now step into the position of Board Chair.

Possible formation of an NMAFP Systemic Racism Committee: Dr. Valerie Carrejo announced that NMAFP Officers had held a discussion after receiving a letter from an antiracist group of over 40 UNM medical students, residents, faculty and healthcare professionals. Request was made for NMAFP to publicly join the AMA, ACP, ACOG, and AAFP in releasing a statement of support and solidarity condemning police brutality and stating that racism is a public health crisis. Dr. Bailee Lutz added that UNM group feels that policy change would make the most impact and would like to collaborate with NMAFP Legislative Affairs Committee. Dr. Karen Vaillant shared that BCOM has formed an Advisory Council in collaboration with the FM Residency Program in Las Cruces and hopes to collaborate with the UNM group. Motion to form a committee for health equities was made, seconded and passed without opposition. Dr. Carrejo appointed Dr. Veneta Ianakieva as chair of this committee. Drs. Emilia Vesper, Bailee Lutz, Karen Vaillant, Jennifer Phillips, Bridget Lynch and Erik Unruh expressed interest in joining this committee. Dr. Lutz will provide a five-question survey to Board Members regarding this topic, giving the committee an opportunity to edit survey prior to sending to the entire NM AFP membership. Committee will provide a formal name before the Nov. 7th Board Meeting.

NMAFP Resolutions for Virtual AAFP COD: Oct. 12-14, 2020 Dr. Bridget Lynch shared that the due date for in Resolution submission to AAFP is August 26th. Each Chapter is limited to two Resolutions this year since the COD is virtual. The presented resolutions are:

1. RESOLVED that the AAFP engage in efforts to have Medicaid and the private insurance sector to pay for annual exams, well woman exams, and well child exams done through telehealth formats, including but not limited to telephone visits and video visits.

2. Resolved that the AAFP, as an organization committed to universal coverage, engage in efforts to address and improve the specific inequality of health insurance access and availability among the unemployed.

After considerable discussion, it was determined that the Delegates and Alternates will

meet again to go over options and considerations presented today. A final copy of the two NM Resolutions will be shared with the BOD and submitted to AAFP.

Medical Student Reception: Sept. 26, 2020 Dr. Mac Bowen, moderator for 2020 reception, and Drs. Veneta Ianakieva and Bridget Lynch, moderators for 2018 and 2019 reception, will be looking at a Zoom alternative due to COVID-19. The group would like to continue the same format with one or two speakers as well as break-out sessions.

There was extensive brainstorming regarding possibilities, alternatives etc. Dr. Bowen will contact the FMIG at UNM & BCOM for input. Dr. Dan Stulberg suggested including the link to join the AAFP/NMAFP for free on the invitation. Dr. Karen Vaillant also mentioned that AAFP student members can receive Strolling Through the Match, put out by STFM and AAFP for free, and that might be an enticement for the Students to join.

CME Opportunities in lieu of 2020 Summer FM Seminar Postpone until 2021 due to COVID: Agenda item added by Dr. Rick Madden

- Dion Gallant, MD: many online live Zoom presentations available to members in need of CME credits.

- Karen Vaillant, MD: BCOM recently had a live 4-hour CME Zoom presentation that was very well received.

- Valerie Carrejo, MD: NMAFP website has link to the AAFP COVID 19 weekly CME series. AAFP has also accredited her recent video/documentary entitled "The Providers" about medical providers in Northern NM treating addiction in underserved populations for 2 Prescribed credits. Available on AAFP website.

- Stephanie Benson, MD: Memorial Medical Center has restarted Grand Rounds at via Zoom with CME credit.

- Scientific Advisory Committee to discuss options, reach out to other Board Members for input and start database of CME links to share with the membership at suggestion of Dr. Carrejo. Dr. Carrejo thanked Dr. Madden for adding this topic to the Agenda.

Update on the Winter Refresher: Feb. 27, 2020 Dr. Bridget Lynch, Scientific Chair, Final Agenda, accredited by AAFP for 7 Prescribed credits. Undetermined at this time whether in person will be possible. Concerns whether the Poster Session will meet the requirements for the Residents presenting their research or if AAFP will accredit it for 2 Prescribed credits if done virtually. If determination is made to do virtual conference an investigation into accrediting the Poster Session for 2 additional Prescribed credits will be initiated. Thanks, Dr. Lynch, for all your work on this topic. Current COVID State of Affairs

Dr. Bridget Lynch suggested consideration for NMAFP to create social opportunities for our members to get together. Several ideas were shared, and Dr. Lynch will look into this and report back at our Nov. 7th BOD Meeting.

Dr. Dawn Drumm, Metropolitan Detention Center, reported a COVID transmission rate at an internal 0% infection rate until the State opened up, after which guards brought COVID into the MDC.

Legislative Affairs Committee Report: Dr. Rick Madden, Legislative Affairs Chair, and Steve Lucero, NMAFP Lobbyist: Dr. Madden provided list of topics for the NMMS Legislative Agenda for

2021 Session: Gross Receipts for Medical Services; Vaccines for Children; Medical Malpractice; Medicaid Fee Increases and Primary Care Spend Memorial: Memorial & Legislation (Appropriations Bill).

Survey for Legislative Priorities for 2021 Legislative Session: Steve Lucero, NMAFP Lobbyist, hoping to have the annual priority survey ready for distribution to the NMAFP members by early November via Survey Gizmo.

List of priorities include: Establish Primary Care Task Force, Medical Malpractice, Medicaid Fees Increases, Gross Receipts for Medical Services, Scope of Practice, Global Budgets for Healthcare, Medicaid Buy-in; Recreational Marijuana, and Health Security for New Mexicans Act. Board to share any further questions to include in survey. Dr. Madden requested draft survey be sent to board members for input prior to distribution to the entire membership. Concerns re: what Doc of the Day will look like if COVID 19 regulations still in place. Will discuss further at Nov. 7th BOD Meeting.

Resident Reports:

Emilia Vesper, MD (Las Cruces Residency Program), shared they welcomed their new incoming class of 2023. Program's curriculum has shifted focus with an emphasis on social determinants of health with health equity. All residents will participate in a health-policy elective. Pharmacy residents increased from one to two. Have begun the 1+2 Program with Gerald Champion in Alamogordo with three interns to start this year. Four of graduating residents stayed in local region, one to go on to Addiction Medicine Fellowship, and one returned to Utah.

Bailee Lutz, MD (UNM Residency Program), shared that all didactics transferred to online due to COVID 19. Were fortunate to complete some of their intern orientation in person. Working on online socialization activities. Program Director, Dr. Dan Waldman, is transitioning out and Dr. Molly McClain transitioning in with a six-month overlapping period from June 2020 through January 2021. Dr. Waldman will be starting up the Family Medicine Residency in Shiprock. We wish them both well and will look forward to inviting Dr. Molly McClain to join the NMAFP BOD. Several residents graduated and many are staying in NM.

Mason Haywood, MD (Silver City Residency Program) shared that he enjoyed his first NMAFP BOD Meeting and feels inspired by what he heard from the group today. It is a 1+2 Program with interns completing their first year in Las Cruces. Interns were able to spend some time getting to know each other and second year resident were welcomed to Silver City and spent the last month orienting to the community health rotation. Due to COVID 19, Dr. Haywood and his colleague were invited to sit on a Hidalgo Medical Services Organization wellness committee, providing an opportunity to bring the perspective of residency wellness. Live didactics were continued due to class size of four residents. Two residents graduated: one will stay in NM, the other accepted a rural position in Nebraska.

Mac Bowen, MD (Santa Fe Residency) Director, shared due to COVID, they are struggling to provide specialty rotations. A community medicine orientation allows residents to adjust to the Santa Fe medical community and is well received. Four residents graduated, two will

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We are going virtual!

39th Annual NMAFP Winter Refresher in Albuquerque

(live streamed in real time with presenter & learner interactive Q&A)

Saturday, February 27, 2021

Dr. Bridget Lynch, Scientific Program Chair

(This program has been approved for 7 Prescribed Credits by the AAFP)

Schedule of Events and Lectures

7:50 am - 8:00 am	Introduction & Welcome Dr. Bridget Lynch, Scientific Program Chair
8:00 am - 9:00 am	"COVID-19 Updates: Where We Are Now" Jason Mitchell, MD
9:00 am - 10:00 am	"Reflective Writing in Medicine" Ariel Scott, MD
10:00 am - 10:15 am	Break
10:15 am - 11:15 am	"Innovations and Advancements in Reproductive Health" Nicole Yonke, MD, MPH
11:15 am - 12:15 pm	"Osteoporosis Screening and Treatment" Sheila Acheson, DNP, FNP, ONP
12:15 pm - 1:00 pm	Lunch
1:00 pm - 2:00 pm	"Skin Exams, Treatments, and Prevention in this New Period" Dan Stulberg, MD
2:00 pm - 3:00 pm	"Healing Trauma and Addiction with Psychedelic-Assisted Psychotherapy" Larry Leeman, MD, MPH
3:00 pm - 4:00 pm	"Exploring Continuous Glucose Monitoring – Essentials for Primary Care" Armand Krikorian, MD

Board Notes Cont.

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stay in NM (Hobbs, Zuni), and two will go on to Fellowships: ED and Sleep Medicine. Plans to expand to a six-resident program were postponed due to COVID.

Student Report:

Jonathan Kreger, BCOM FMIG President, shared that didactics have all moved online which has been a challenge for some. FMIG has reached out to first years to offer support. The new Dean is from Texas A&M and starts this year. Dr. Madden recommended using the full name Burrell College of Osteopathic Medicine in place of abbreviation of BCOM given possible lack of recognition that it is a college of medicine. Per Jonathan, this has been an issue and BCOM is actively working on it. Dr. Madden complimented the faculty working for all their efforts to try and help the students during this pandemic.

Dr. Karen Vaillant shared with the Board that there are two Family Medicine Residents in Carlsbad and two in Hobbs that are affiliated with the Texas program in Midland-Odessa. When able to travel again, she will reach out to them and report back to the Board.

Virtual AAFP National Resident & Student Conference July 30-August 1, 2020

New Mexico Delegate to the AAFP Resident Congress of Delegates

by Emilia Vesper, MD

It's amazing how time flies. It feels like it was just last weekend I was attending the Resident and Student National AAFP Conference, as the Resident Delegate to the AAFP Resident Congress of Delegates. Every morning the day began with a yoga session, which was a great mindful way to start the day. There was a recurring theme of mindfulness throughout the conference with most speakers taking a mindful minute to check in before starting the lecture. This year, due to COVID-19, the conference was held virtually. The virtual event space was nicely formatted, and there were only a few hiccups on the first night opening the expo hall. The time difference possibly contributing to the confusion for drop-in video sessions with residency programs, and we had a lower than anticipated turn out for people stopping by our booth. We wonder as we transition interviews to virtual world, if there were missed opportunities to share information about our program, when in-person we might catch the eye of a random participant strolling down the aisle to become acquainted with all the wonderful programs here in New Mexico. Applicants for this year were still encouraged to only apply to programs they are interested in attending, to reduce the possibility of application influx since interviews will be held virtually and easier to attend than in the past when you needed to travel. We

look forward to seeing how this year's virtual interviews will take place.

The Congress of Delegates was also formatted differently this year. Residents and Medical students did not participate in resolution writing this year. Instead, throughout the conference there was a platform for open questions and answers to take place. Residents and Medical Students from across the United States asked questions, held discussions; and, based on these discussions, the AAFP leadership would compile the information and take this forward to discuss any future advocacy and policy changes. The leadership forums involved Resident and Student leaders sharing what they learned over the past year, and giving updates on projects they worked on. We felt heard as we had AAFP President Dr. Gary Leroy & President-Elect Dr. Ada Stewart listen in and share in the conversation of the residents and student's responses.

Resident Delegates voted on the next resident leadership. It was a difficult choice given every candidate was well qualified. Whomever is elected will represent resident and student issues with diversity and inclusion in mind.

It was exciting to see so many resident physicians come together to have a seat at our virtual round table and talk about how to get through this COVID-19 pandemic together. Great discussions and ideas were shared about physician well-being and mental health, mindfulness, racism as a public health crisis, and how we can advocate for better guidelines for Social Determinants of Health training in medical school and residencies and ways we can all combat racism as a public health crisis.

New Mexico Delegate to the AAFP Student Congress of Delegates

by Meagen Twyeffort, MS3

This year, the annual AAFP National Conference was held virtually instead of in Kansas City. Former and current UNM Family Medicine Interest Group (FMIG) leaders had the opportunity to participate in zoom panels, workshops, and seminars to learn about health disparities, community involvement, global health, and Family Medicine's role in fighting COVID-19.

We were able to participate in the second year of the two-year Primary Care Leadership Collaborative (PCLC) with other FMIGs around the country to conduct a team dynamics activity and to learn about relational leadership. It was fun to see how our group dynamics changed from last year to this year to incorporate our individual strengths. We also learned about the power of storytelling in medicine and had the opportunity to practice this skill with other FMIG leaders during breakout sessions.

New Mexico Alternate Delegate to the AAFP Student Congress of Delegates

by Eliana Otero-Bell, MS3

When I attended the AAFP National Conference in the summer of 2019, I felt a connection to not only the other members

of the UNM FMIG that attended with me, but to many strangers that I met at this conference. When I heard that the conference would be held virtually this year, I was disappointed to say the least. I thought that I would miss out on the workshops and connecting with new people, not to mention all the networking to be done and residency programs to be evaluated. I thought that the whole experience would be much less powerful for me, simply because it would be online. However, I found the exact opposite to be true.

In these strange and unexpected times, many of us find ourselves craving one thing: human connection. While the conference attendees were all participating remotely from our homes across the country, there was a sense of unity that everyone was still able to come together for this conference. Workshops and interest group meetings were all held via Zoom, and while medical students across the country are all in different situations clinically (i.e. some of us are back in the hospitals, and some of us are not), it was wonderful to get to bond with others experiencing similar challenges while we all pursue a common goal: providing the best care possible for our future patients.

My dream is to practice rural FM and eventually complete a fellowship in Maternal, Child Health and/or OB so that I can provide full-spectrum care, including obstetrics. One of my favorite workshops that I attended covered the value and role of a FM Physician providing Obstetric care in a rural setting. I was shocked to find out that 15% of all FM Physicians provide some OB, only 4% providing Cesarean Sections. In addition, only 6.4% of OB/GYN providers practice in a rural area, meaning that this is a further need for care that many rural communities face, and a niche that FM docs can step into. When a FM doc provides OB in a rural community, it adds an average of \$489,000 to the local economy.

While I have understood the unique position that rural and full spectrum FM Physicians play, this workshop enforced that not only is it crucial that rural and underserved communities have FM docs, but that it is also possible to provide Obstetric care as a FM doc (it just takes a little bit of planning). Even though the National Conference was very different this year, I still am feeling many of the same emotions that I did last year: I am feeling refreshed and more committed than ever (and can't wait to see patients sometime soon!)

Thank you to the NMAFP for always supporting me and many of my peers on our journey to becoming FM Physicians.

Vasectomy Instruments to be Donated

Members, if anyone is interested in a set of NO SCALPEL Vasectomy Instruments, Dr. Scott Brown, a local Family Physician and former UNM faculty, has 2-3 sets that he would like to find a good home for. If interested, you can reach Dr. Brown on his cell, 505-401-9037, or email at yourowndoc@comcast.net. Thanks to Dr. Dan Stulberg for sharing this information with NMAFP.

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15th Annual NMAFP Virtual Med Student Reception

NMAFP Members, the 15th Annual Med Student Reception will take place on Saturday, October 17, 2020 virtually via Zoom. The Reception provides a venue for medical students at all stages of education to have access to the Family Physicians of New Mexico.

There will be a student-focused introduction with informal small group discussion to follow. The Docs will be placed in different Zoom Breakout Sessions, and the Students will rotate talking to each automatically coordinated by the host. Docs will be grouped by practice setting - Residency-based, ER/Hospitalists, Solo/Small Group or Employed Physicians striving for representation from each.

The critical component lies in having plenty of Family Docs present to informally discuss their work, lives as Family Physicians, and their passions. Experience with recruiting has consistently shown there is nothing more powerful for a student doctor, contemplating his or her future in medicine, than to hear from and connect with an experienced physician. You all have a wealth of amazing and powerful experiences to share, so please join us for a fun and interesting evening of developing our future Family Medicine Physicians of New Mexico.

When: October 17, 2020

Time: 5:30 pm – 7:30 pm

Where: On Zoom From The Comfort of Your Home

RSVP: familydoctor@newmexico.com (Sara)