



# The Roadrunner

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## President's Column

By Alfredo Vigil, MD

First of all, allow me to express my deep appreciation to the members of the Chapter for selecting me as your President. It is an honor and a privilege to serve you, and I'm looking forward to the coming year of activities. I am very, very interested in your suggestions and ideas so please do not hesitate to communicate those to me at any time.

Like many of you, my roots in Family Medicine go back a long way. I will never forget attending a lecture on the UNM campus that Warren Heffron gave in about 1971 or so describing the "new" specialty of Family Practice and describing his vision for a residency program. Little did I know that I would end up being a resident in that program years later let alone that I would be sitting here now as your new President in 2008.

The thought I would like to share with you is our responsibility as Family Physicians to be advocates. Advocacy means to support or recommend publicly. At first thought, the word is often associated with political advocacy. That would certainly be appropriate in these times when policy-makers are wrestling with how to fix our troubled health care system. But I propose to you that there are many, many ways to be an advocate outside of the political arena itself.

It is common to hear physicians, who are somehow dissatisfied with their vocation, mention that we just don't get the "respect" that physicians were given in years past. I think there are many reasons to believe that the observation is valid. What we need to consider is the possibility that we have not done as much as we can to earn that respect. I believe it is true that physicians in most communities were considered commu-

nity leaders as well as healers. Over the years, physicians have frequently served on boards and civic groups for example. Their opinions were often sought by many on issues both in and out of the health arena. It strikes me that physicians have become more protective of the personal time and are not as willing to participate as community leaders, of course with many sterling exceptions.

It is my belief that each and every one of us has the obligation to select some means to express our advocacy as part of our professional responsibilities. The phrase: "To whom much is given; much is expected" is applicable.

There are so many ways to do this realizing that we each have different skills, interests, and resources available to us. It might be as simple as writing an op-ed column to our local newspaper on an important issue, attending a legislative committee hearing on a health issue that interests us, or occasionally volunteering with a service organization. Even working with a local youth group would provide young people with an important role model for considering their own career plans.

Most of us already do these kinds of things. Some of us do not. So, what is YOUR way of being a physician advocate? If you have trouble answering the question then consider picking some doable way to give your community the gift of your leadership. Physicians have left a bit of a vacuum in the fabric of our society by somewhat withdrawing from their traditional roles as community leaders. It's time to reclaim our territory. ■

— Hasta luego, Alfredo

## Lt. Governor Diane Denish Honored by the New Mexico Academy of Family Physicians

Lt. Governor Diane Denish was honored by the New Mexico Academy of Family Physicians during their 51st Annual Family Medicine Seminar that took place August 7th-10th at the Sagebrush Inn & Conference Center in Taos, NM. Dr. Lana K. Wagner, NMAFP President and Scientific Program Chair for the Conference, presented the 2008 President's Award to Lt. Governor Denish for her outstanding work in New Mexico's health care arena. "Lt. Governor Denish has been a champion for many social changes that will continue to improve the health of all New Mexicans. Such programs include improved access to health care and health information, improvements in education, economic development projects, and programs for children", commented Dr. Wagner.

"I am honored to accept this award, but really this is an award for everyone who has worked on improving the quality and access of health care for the residents of our communities and state", Lt. Governor Denish said. "Healthy communities mean students are ready to learn and adults are able to work." ■



*Lt. Governor Diane Denish accepting the 2008 NMAFP President's Award from Dr. Lana K. Wagner.*

## In this issue...

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## Taos Conference Enjoyed By All

More than 160 individuals from 12 states registered for the NMAFP's 51st Annual Conference in Taos.

"There were a wide variety of talks, and the speakers were some of the best that we've had at our Conferences," commented Dr. Lana K. Wagner, Scientific Program Chair.

Rick Kellerman M.D., AAFP Board Chair, was on board to induct the 2008-2009

NMAFP Officers:

President – Dr.

Alfredo Vigil; Presi-

dent-Elect – Dr. Trey

Dodson; Secretary-

Treasurer – Dr. Sugar

Singleton; and Vice

President – Dr. Mario

Pacheco. NMAFP felt

honored to have Dr.

Kellerman at the Conference and presented him with a Medicine Kachina Doll to show their appreciation.

Dr. Dion Gallant received the 2008 Chapter Service Award from Sara for his many years of dedicated and continuous service to the Chapter. He has served as Vice President, Secretary-Treasurer, President-Elect, President, and Board Chair. Currently, Dr. Gallant is the Alternate Delegate to the AAFP Congress of Delegates and the Chapter Affairs Chair. Honored Guest Lieutenant Governor Diane

Denish attended the Awards Dinner on Friday night and received the President's Award for her work on the social determinants of health in New Mexico. Dr. Lonnie Alexander was voted the 2008 Family Medicine Physician of the Year by his peers. Entertainment at the Friday night Awards Dinner and Dance was provided by The Jimmy Stadler Band who was

excellent and had everyone dancing the night away. The Band played for three straight hours without one break.

New this year was a children's program that was wildly successful. It entailed two hours of sched-

uled daily arts & crafts in the morning, as well as two hours of scheduled outdoors activities in the afternoons when the conference was in session. Overall, the conference was fun and educational and a great time to reconnect with old friends and make new contacts! If you haven't been to one of the NMAFP Conferences in a while, you should give it a try! (See article for the Feb. 7, 2009 Winter Refresher on page 8.) ■



*Sugar's daughter was among the many kids who enjoyed the children's program.*



*Dr. Dion Gallant receiving the 2008 Chapter Service Award from Dr. Lana K. Wagner and Sara Bittner.*



*Dion's daughter, Sophie, sharing a creation.*



*Trey's daughters (Marianne, left and Molly, right) working with their grandmother in the arts and crafts class.*



*Left-to-Right during the Thursday Night Welcome Reception for the Taos Conference: Mario Pacheco, MD, Trey Dodson, MD, Lana K. Wagner, MD, Sara Bittner, Alfredo Vigil, MD, & Kathleen Hales, MD.*



*Bill Bittner and children enjoying outdoor activities at the Taos Conference.*

## Thanks to Taos Vendors and Sponsors

The NMAFP would like to thank the many vendors and co-sponsors that helped make our 51st Annual Seminar a great success:

### Vendors

American Massage Therapy Assn., New Mexico Chapter; AstraZeneca; Frontline Marketing; iMedica Corporation; Jewelz of Taos; Lilly; Merck & Co., Inc.; Natural Accents; New Mexico Wing of Angel Flight West; New Mexico Health Resources; Novartis Pharmaceuticals; NurseAdvice New Mexico; Oils by Edna Trujillo Martin; PDS CORTEX; Pfizer, Inc.; St. Joseph's Hospital & Medical Center; UNM/SOM Preceptorship Office; UNM Project ECHO; Wyeth Vaccines

### Co-sponsors

AstraZeneca; Ethicon, Inc.; Merck & Co., Inc.; Montanas Del Norte Area Health Education Center, Las Vegas, NM; Southern Area Health Education Center, Las Cruces, NM; Wyeth Pharmaceuticals



*Friday Night Awards Dinner & Dance folks dancing the night away to The Jimmy Stadler Band.*



*Lana's daughter, Tate, having fun with glitter and glue.*

## Family Doc of the Year Hails From Portales Lonnie Alexander, M.D.

Dr. Lonnie Alexander was presented the 2008 Family Physician of the Year Award at this year's conference in Taos. Dr. Joel Sievers stated in his nomination of Lonnie, "His tremendous care and compassion not only for his patients, but for the entire community never ceases to amaze me. The breadth of his knowledge and skills, as well as his commitment to care for others is a wonderful reminder of an era that has largely passed, as well as an excellent example of what 'Family Medicine' really means." In accepting the award, he emphasized the continuing importance of the "hallowed ground of the doctor-patient relationship."

Dr. Alexander is a life-long New Mexican. He was raised in Espanola and came to Portales to attend ENMU after serving as a medic in Vietnam. He went to UNM for Medical School and returned to Portales after a short stint in the Pacific Northwest. He has been practicing in Portales and Clovis since the mid 1980's and has delivered



*Dr. Lonnie Alexander receiving the 2008 NMAFP Physician of the Year Award from Dr. Lana K. Wagner.*

the children of many of the children he delivered and continues to provide OB care. Lonnie is involved with ENMU and in the community in other ways as well. Dr. Lana K. Wagner, President of The New Mexico Academy of Family Physicians, was proud to present Dr. Alexander with this outstanding award. ■

## UNM Children's Hospital Web Page is Up!

I wanted to follow up from my message to you in the last edition of the Roadrunner. Since that time, a web page that Dr. Martha Miller and I created for physicians in New Mexico concerning the UNM Children's Hospital is up and on line. This site will have contact information for appointments, divisional descriptions including a list of physicians, both medical and surgical, links to other sites (i.e. Med Flight, Neonatology Outreach, etc.), more in depth descriptions of specific programs, and CME presentations. The web page is finally available, and the address is:

**<http://hospitals.unm.edu/mds/unmch/Index.shtml>**

### Issues of note:

1. Please remember that this is only physician-to-physician information. Don't give the address to patients because there are email addresses and other physician-specific items on the site
2. You might want to add the link to your desktop so it is only a click away for info on specific divisions or docs.
3. For your initial CME program, you will need to register with the UNM library (simple directions are given when you click to the CME page.) Once registered, you will not need to register again.
4. Every 4-6 weeks we will add new CME presentations and highlighted programs. We will send a reminder email to you about this.
5. If you have any suggestions or ideas on other things you would like to see on the web page (such as CME presentations, etc.) please email Martha or me with your feedback.
6. If you know of any other docs/mid-levels not on our email list, please let me know, and I will add them to the list so they can also receive updates every month about the web page.

We hope you enjoy the web page and will find it helpful in your navigation of the UNM Children's Hospital and its programs.

— Ed Rose, MD and Martha Miller, MD

## Dr. Alfredo Vigil Installed as President New Mexico Academy of Family Physicians Elects New Officers

**A**lfredo Vigil, M.D. is the new President of the New Mexico Chapter of the American Academy of Family Physicians. He was inducted by the National Board Chair of the American Academy of Family Physicians, Dr. Rick Kellerman, on Friday, August 8th, during the Family Medicine Seminar.

Dr. Vigil is a native of New Mexico. He received his academic training at the University of New Mexico where he completed his specialty training in Family Medicine and Geriatrics. During the past 30 years he has worked in many rural clinics throughout New Mexico. Emergency medical services, reproductive health, clinical leadership, and behavioral health are areas of special interest to him. He has volunteered on numerous non-profit boards and commissions. Past responsibilities have included being the Vice President for Clinical Affairs for Presbyterian Medical

Services (PMS) and Chief Executive Officer for El Centro Family Health. He was appointed by Governor Bill Richardson to be the Cabinet Secretary for the Department of Health in June of 2007. He is most proud of being Gabriela's grandfather.

Also inducted by Dr. Rick Kellerman on August 8th: President-Elect Trey Dodson, M.D., Albuquerque; Secretary-Treasurer Sugar Singleton, M.D., Farmington; and Vice President Mario Pacheco, M.D., Santa Fe. From Albuquerque, Dr. Lana K. Wagner, Past-President, is now the NMAFP Board Chair. The New Mexico Academy of Family Physicians is proud to have Drs. Wagner, Vigil, Dodson, Singleton, and Pacheco serving as the Chapter's 2008-2009 Officers. ■



*Dr. Alfredo Vigil being congratulated by Dr. Rick Kellerman, Board Chair of the American Academy of Family Physicians, upon his induction as the 2008-2009 NMAFP President.*



*Left to Right: Dr. Sugar Singleton, Dr. Mario Pacheco, Dr. Trey Dodson, and Dr. Rick Kellerman*

## Board Notes

August 9, 2008, Sagebrush Inn, Taos, NM

- Guidelines for affiliation or support for outside initiatives at different levels were approved.
- The Board voted to support a health workforce bill to be introduced to the United States Senate by Senator Jeff Bingaman. Dan Derksen, NMAFP Board member who recently finished a Robert Wood Johnson Legislative Policy Fellowship with Senator Bingaman was a principal author of the legislation. The bill seeks to remedy health manpower shortages in health and dental nationwide, as well as to enhance public health education.
- The Doctor of the Day program gained notice from Governor Bill Richardson, who asked Arlene Brown for its presence at the Special Session of the State Legislature. This was put into action, and the session was covered.

■ Jenny Southard, MD reported ten residents and five medical students attended the AAFP National Resident and Student Conference in Kansas City in early August, participating in policy development and CME. Seventeen Family Medicine residents attended the annual resident meeting during the Taos Family Medicine Seminar in August. The Family Medicine Interest Group requested mentorship by residents, and that will begin soon.

■ The Family Medicine residencies are flourishing, and they are exploring the possibility of opening new sites in New Mexico.

■ Rick Madden's campaign team is working hard to help with the upcoming election for AAFP Vice Speaker, to be held in San Diego on September 15-17. The Board has extended further support for campaign expenses.

Next meeting: November 15, 2008 – Flying Star (Downtown), 723 Silver, SW - 11:30 a.m. – Lunch will be served

## Volunteers Needed for 2009 Doc of the Day Program

**T**he opening day of the 2009 NM State Legislative Session is January 20th. This will be a 60-day session that will end at noon on March 21st. It is important to have a Family Medicine presence during this upcoming session, and NMAFP again plans to coordinate the DOD Program.



A Legislative Training Session will take place later in the year. It will again be led by the NMAFP Lobbyist, John Anderson. Date and location will be announced through a Broadcast Email.

Members, please check your January 20-March 21, 2009 calendars to see if your schedule will permit you to participate in this worthwhile program. If you are interested in volunteering, please contact Sara at the Chapter Office and tell her the date you can be available. Phone: 505-292-3113 Email: [familydoctor@newmexico.com](mailto:familydoctor@newmexico.com).

For up-to-date information on the New Mexico State Legislature, go to their website: <http://legis.state.nm.us>

# Family Medicine Resident Update

By Jenny Southard, MD (PGY2, UNM, Albuquerque, NM)

The annual Family Medicine Residents and Students National Conference took place over July 30-August 2, 2008 in Kansas City, Missouri. Ten New Mexico residents representing all the NM residency programs were in attendance. The theme of the conference was "Global Health: Where will Family Medicine take you?" Seminars, group discussions, and sampling booths in the exhibit hall demonstrated the breadth of Family Medicine and the diverse array of possibilities our specialty offers. Family Medicine's array of offerings draw over 700 medical students to the conference, hopefully some of which we will be successful in recruiting to our NM residencies!

The National Conference also was floor to the Resident Delegate Congress, where residents representing their states come together to share ideas, draft resolutions, and debate about what we feel are important issues that the AAFP adopt and pur-

sue for current and future healthcare policy. Hot topics this year included requesting the AAFP to help bolster the patient-centered medical home concept in academic settings and residency training, seeking the Academy's help in getting hardship-based medical school loan deferments reinstated, scrutiny of pharmaceutical funding for various resident and student scholarships and other activities, instituting a web-based up-to-date current information hub about family medicine fellowships, and a centralized web-site that residency programs with international rotations could publicize their offerings. The AAFP web-site should soon have resolutions that were adopted up for all to view ... check out the website later in the month!

The NMCAAFP Annual Conference in Taos also offered wonderful lectures and great opportunities to meet and network with other NM Family Medicine Doctors. The annual conferences are FREE for residents ...



so if your call schedule allows, be sure to sign up for the Winter Refresher, and next year's Annual Meeting in Ruidoso.

Also, NM residents can stay in touch with one another on our own web-site and Bulletin Boards. Take a look: <http://familydoctornm.org/phpBB3/> ! ■

## FMIG Update

By Laura Burkhart

FMIG has been up to some exciting things these past months. New officers had the great chance to attend the National Family Medicine Conference for Students and Residents in Kansas City this past July. It was an amazing opportunity where we met new people and learned from interesting talks. Now with the new school year starting, we are scheduling projects such as 'Care bags for the Homeless' and setting up panels for upcoming meetings. FMIG had a booth at this year's orientation fair where people could sign up who were interested in Family Medicine. We are very excited about involving the new students and continuing the proud tradition of promoting Family Medicine. ■

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**ONE IN THREE ADULTS HAVE HIGH BLOOD PRESSURE.<sup>1</sup>**

And they probably don't know it.



Talk with your patients about DASH.

**Foods Emphasized  
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Eating Plan**

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yogurt or  
reduced-fat  
cheese**
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- ✓ **VEGETABLES**
- ✓ **WHOLE GRAINS**

Lifestyle changes, including diet, are an important part of any plan to achieve and maintain a healthy blood pressure. In fact, **the DASH (Dietary Approaches to Stop Hypertension) Eating Plan** is recommended to both prevent and control high blood pressure.

The DASH diet may even lower blood pressure as well as the use of some medications. In those with mild hypertension, the DASH diet reduced blood pressure as much as a single antihypertensive medication.<sup>2</sup>

Dairy foods are among the top food sources of calcium, potassium and magnesium in the DASH diet.<sup>3</sup> These three nutrients play an important role in blood pressure regulation.



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For DASH recipes and example calorie level menus, visit [http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf).

For more tips, go to [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org).

For additional DASH resources and healthy recipes, go to [www.3aday.org](http://www.3aday.org).



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<sup>1</sup> American Heart Association; High Blood Pressure Statistics; <http://www.americanheart.org>

<sup>2</sup> Appel LJ, et al., A clinical trial of the effects of dietary patterns on blood pressure, NEJM, 336: 1117-1124, 1997

<sup>3</sup> Lin P-H, et al., Food group sources of nutrients in the dietary patterns of the DASH-Sodium Trial, J Am Diet Assoc, 103(4): 488-496, 2003

## Developmental Disabilities Telehealth

The CDD works throughout the state to support training, technical assistance, and clinical evaluation for families and children with developmental disabilities, and for the providers who care for them. In 2003, the CDD began development of the Rural Early Access to Children's Health (REACH) telehealth program, targeting support to early intervention programs. Over the last five years, the Center has embraced the use of telehealth to supplement the work of multiple CDD programs serving a wide range of age groups. These are programs you do or may have access to, to support you in what you do. Below are some of the highlights, which may be in your community, or you or your patients may have accessed or want to access in the future.

### **Early Childhood Programs:**

Supporting and treating children in the early childhood years are critical for development of their full potential. Several Early Childhood and Specialized Personnel Development Division (EDSPD) programs are using telehealth to support communities around the state. REACH provides training, technical assistance, case consult and clinical support to *early intervention programs and to others caring for very young children* around the state, where telehealth access can be found: for example, a child with a speech language delay in a community where there is no pediatric speech language pathologist; a child with a motor delay whose occupational therapist wants a second opinion; a child with nutritional issues in need of pediatric nutritionist input. Any or all of these have been done and are possible. In addition, telehealth didactic (CEU or CME) sessions on Autism and other disabilities are presented through regular training sessions. Specifically, a one-hour CME program the fourth Thursday of the month from 12 – 1PM is offered from August through May, and will be tied in to UNM Pediatric Grand Rounds this fall. New this year will be support through education to school nurses, in the area of developmental disabilities. All these services are available to *primary care providers* around the state.

**The Early Childhood Network** (ECN) utilizes telehealth to communicate directly with *early childhood directors and programs*, regarding quality improvement in service delivery and

support in workforce development and recruitment in rural areas. One of the reasons that the telehealth is so effective is that the additional visual connection with the local provider builds the personal connection, decreases isolation and increases their sense of support for ensuring program/therapy services for children.

**The Preschool Network (PSN)** uses telehealth to connect childcare inclusion specialists across the state. Through video conferencing, a team of professionals connect on a monthly basis to review cases and share information. The Child Care Inclusion Specialists are newly funded positions through CYFD, who support child care providers as they include children with disabilities in their early childhood learning environments. Through these regularly scheduled sessions, the inclusion specialists have been able to learn from each other and develop a consistent approach to assisting child care providers who need help understanding the needs of children with disabilities. Up to 8 communities from Silver City to Taos have joined these sessions. Without the use of telehealth, this community support and learning across the state could not happen.

### **Autism Programs:**

**Autism Spectrum Disorders (ASD)** are a group of related brain-based disorders that affect a child's behavior, social, and communication skills. Approximately 1 in 150 children are diagnosed with an ASD, and most pediatricians and many Family Physicians have experienced what it means to support a family of a child with Autism.

The Autism Programs have two main outreach programs using telehealth: the Professional Development Program, and the Parent Home Training Program. The professional development team is providing in-depth multi-session training to *school professional teams who work with children with Autism*. The model is an evaluative (not diagnostic) and intervention model, that gives therapists, teachers, and parents a way to understand each child individually. It builds the program that best suits that child by integrating it into their daily

*“Increasing support for healthcare providers and schools working with children with disabilities: the Center for Development and Disabilities (CDD) Telehealth Programs”*

– Deborah C Hall MD

life at home and school. Giving school providers and families a distinct way to evaluate and treat children with Autism, builds capacity in each community to care for these children, to improve outcomes, and to decrease isolation of those working with this very challenging developmental disability.

**Autism Programs' Parent Home Training Program** is utilizing video-sharing with families, of in-home video-recorded observations of children, in their intensive work with selected *families of children with Autism*. This visual component provides invaluable information for the Autism Program specialists, in its intensive work to understand and to provide intervention strategies for families in the care of their children. Sharing this information securely over the internet in a timely way (what we call store and forward) allows families and providers to effectively treat each child.

The training teams have also provided telehealth follow-up for their in-person Autism trainings. Using telehealth allows trainees to discuss cases, talk about real-life questions, and improve their skills and/or knowledge in the area, without having to leave their communities.

As primary care physicians and health care providers, these programs can provide support to you in your practice. Telehealth is the new “tool” that can allow improved access. With or without telehealth, let us know if we can help you.

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Mark Your Calendar ✓ February 7, 2009



## 27th Annual Winter Refresher in Albuquerque

Embassy Suites Hotel

Dr. Trey Dodson, Scientific Program Chair

Watch for more information in your mail box this fall

And on our website: [www.familydoctornm.org](http://www.familydoctornm.org)

Questions, call Sara: (505) 292-3113

## Winter Refresher in Albuquerque Will Be a Winner

Members, plan now to attend the NMAFP Winter Refresher in Albuquerque that will take place at the Embassy Suites Hotel on Saturday, February 7, 2009. Dr. Trey Dodson has put together a great program that will include the following presentations:

- "Prevention of Dementia" by Janice Knoefel, M.D.
- Diabetes Metabolic and Cardiovascular Health: diagnosis and treatment options for the Family Physician (EB CME) by Dion Gallant, M.D., FAAFP
- "Pathways to Smoking Cessation: Genetics, New and Current Therapeutic Options, and Practice Guidelines" (EB CME) by Carol Havens, M.D.
- "Colorectal Cancer Screening and Treatment" by Rich Hoffman, M.D., MPH
- "Preconception Counseling" by Larry Leeman, M.D., MPH & Erin Lunde, M.D.
- "Art of Medicine" by Saverio Sava, M.D.
- "Pediatric Injury Prevention" by Ben Hoffman, M.D.

The Conference will begin at 8:00 a.m. and will end at 4:30 p.m. Breakfast and lunch will be included. You will receive detailed information in October. Hope to see you there.

## *The Roadrunner*

*is published quarterly by the New Mexico Chapter for the purpose of informing members and those interested in Chapter activities.*

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