



The Roadrunner

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NMAFP

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Family Physician of the Year: Arlene Brown

As told to Melissa Martinez

I like challenges. Once I sky dived out of an airplane. As a medical student I went to remote areas in Alaska where I was the only medical person caring for people. As a doctor I ran for the office of President of the AAFP. But my biggest challenge has been practicing in Ruidoso for 30 years. Practice in a rural New Mexico town comes with a whole set of challenges like unexpected twin deliveries, doing home care for people who may live without running water or power and caring for patients in the ICU (a privilege I had to fight for).

I was born in Los Alamos, New Mexico. There is a joke about Los Alamos: "The most western suburb of Chicago is Los Alamos". This could apply to my family. My father was drafted out of graduate school and sent to Los Alamos to work on The Bomb. My mother was a strong Jewish mother who knew I was going to be a doctor when I was nine years old. I think I became convinced that I wanted to be a physician when my mother, at age 39, was diagnosed with advanced stage breast cancer. We battled the cancer for 28 years.

I went to undergraduate school in Saint Louis and returned to New Mexico to attend UNM School of Medicine. For residency I went to Wisconsin. While I was there, I met Paul who had grown up in Wisconsin. I told him, "I can't date you because I am returning to New Mexico to practice." Lucky for me that happened during a very cold winter in Wisconsin; and, Paul said, "I'll move to New Mexico with you," so we ended up getting married.

At the end of residency, I began looking at places to practice in New Mexico. Los Alamos was out because they had too many specialists with crazy rules such as Family Physicians could not deliver babies and could only see kids older than 2 years. There were plenty of other communities that wanted a Family Physician to work the full scope of practice. I was recruited to Ruidoso with a group of several other doctors. At the time I was

one of only two residency-trained Family Physicians in Ruidoso and the second female to practice in the community I am the only physician left of the original group that was recruited in the early 80s, and I have been there 30 years.

Paul and I like being a part of the community. We helped install the first radio translator so the town could get a classical radio station. At the time we had two radio stations, country and western. We set up community concerts. We started the first shelter for domestic violence. Making a living here has been a challenge, but the rewards have been more than monetary. We feel like we are supported by the community. When my son, Ryan, was born, my patients were quite involved. Baby Ryan would come to my office and the hospital with me. The whole staff helped look after him and so did the patients. Frequently I would walk into an exam room, and he would be sitting on someone's lap. He is finished with graduate school and working, but patients still ask about him. To me that epitomizes Family Medicine.

It never occurred to me to go into any specialty other than Family Medicine. I like getting to know people, their history, and their family. It is incredible to do a delivery with three generations of women involved in supporting the mother and baby. I once took care of the granddaughter of a famous Apache leader. I would make house calls to her one room cabin in rural Lincoln County. She had never seen a physician until well into her 70's. She carried in her own water from a nearby creek and used a wood-burning stove to cook. She had an amazing "depth of history."

In medical school they tell you that to be a "professional" you have to be detached and you cannot be friends with your patients. But in small town practice, you cannot help but have friends as patients. Another source of friendship and support is the doctors that I have met through the AAFP and the New Mexico Medical Society. I started as one of six Family Doctors from rural southern

New Mexico who gathered together and decided to meet on a regular basis to support each other. We would share our problems, and we set up our own CME. Eventually we rolled into the New Mexico Chapter of the AAFP which was really just getting started. I can still remember meeting in a cramped hotel room of the then president of the Chapter and planning CME activities as we all sat on the bed. It is really rewarding to see how the Chapter has grown and prospered with wonderful CME conferences, great advocacy and the, ever present, need to support Family Physicians and their patients.

It was an honor to serve as President and as a representative to the National Congress of Delegates for the New Mexico AAFP. Through this work, as well as on AAFP committees, I interacted with many national leaders in Family Medicine. Like me, they wanted to advance the specialty and the care of patients. As an elected member of the AAFP Board of Directors and the American Board of Family Medicine, my experience as a

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Co-Editor Wanted For the NMAFP Quarterly Newsletter

Are You Creative and Interested in Family Medicine?

Have you ever wanted to:

- Use your creative energy
- Get involved with the New Mexico Academy of Family Physicians
- Get to know Family Medicine Physicians throughout the state
- See your name in print
- Make a difference

Then volunteer to be part of the NMAFP Newsletter Team so you can:

- Generate ideas for articles
- Write articles
- Get others to write articles
- Edit articles
- Journalism experience welcomed but not required

Contact: Sara Bittner - familydoctor@newmexico.com or 505-292-3113

AAFP Honors Medical Schools for Their Outstanding Contributions To Building the Family Medicine Workforce

By Leslie Champlin

Twelve of the nation's 126 allopathic medical schools were honored today by the American Academy of Family Physicians for contributing the most to the pipeline of family physicians.

Each year during the Society of Teachers of Family Medicine spring conference, the AAFP recognizes schools that — during a consecutive three-year period — graduated the greatest percentage of students who chose first-year family medicine residency positions. Known as the Top Ten Awards, this year's recognition was expanded to 12 schools to accommodate the growth in the number of geographically separated medical school campuses.

At a time when the United States is facing a shortage of primary care physicians, filling the pipeline is vital to the health of America, according to AAFP President Jeff Cain, MD.

"Family physicians are the foundation of primary care," said Cain. "Theirs is the only specialty in which all physicians are trained to provide primary care. Research has consistently shown that more than 6 in 10 people who have a usual source of health care say a family physician provides that care. The expertise of family physicians becomes even more important to people who have serious and chronic health conditions."

Americans make more office visits to family physicians than any other medical specialty, and family physicians provide care for patients who have a sore throat, patients who need stitches, and patients who have multiple, complex conditions such as diabetes with congestive heart failure.

Research has shown family physicians are the usual source of care for more than 6 in 10 patients with anxiety, depression or diabetes; 6 in 10 patients with cancer, and nearly 6 in 10 patients with heart disease.

"These 12 medical schools have demonstrated their consistent commitment to meeting the nation's need for family physicians," said Cain. "I commend them, their leadership and their faculty to helping ensure that Americans have access to the care they need."

Stan Kozakowski, MD, AAFP director of medical education agreed. "Initiatives at the medical school level are invaluable to increasing the number of students who choose family medicine for their specialty," he said. "Admissions policies, academic and clinical experience with family physicians, and rural medicine tracks have significant influence on students' choices."

He noted that 2013 is the third con-



L-R Valerie Carrejo, MD; Jeff Cain, MD, AAFP President; Daniel Stulberg, MD; and Jordana Price, MD

secutive year that 6 of the AAFP's top 10 schools — the Brody School of Medicine at East Carolina University; the University of North Dakota School of Medicine & Health Sciences; the Joan C. Edwards School of Medicine at Marshall University; the University of New Mexico School of Medicine; the University of Kansas School of Medicine; and the University of Washington School of Medicine — have been cited as a Top 10 school.

"This says much about their focus on educating students to meet the needs of the nation," Kozakowski said.

Top 10 Award schools employ several initiatives that support students who are interested in and most likely to become family physicians. Those initiatives include student outreach, admissions policies that target students from rural and medically underserved areas, clinical rotations that emphasize positive experiences in family medicine, faculty involvement in medical school committees, strong family medicine interest groups and financial aid packages that minimize student debt.

The 2013 award recipients and the percentage of graduates entering family medicine are:

- The Brody School of Medicine at East Carolina University — 20.9%
- University of Kansas School of Medicine — 20.8%
- University of North Dakota School of Medicine & Health Sciences - 20.5%
- Oregon Health & Science University School of Medicine — 20.1%
- Joan C. Edwards School of Medicine at Marshall University — 18.5%
- University of New Mexico School of Medicine — 18.3%
- University of Minnesota Medical School — 17.3%
- University of Arizona College of Medicine — 17.2%
- University of Washington School of Medicine — 17.2%
- Wright State University Boonshoft School of Medicine — 16.1%
- University of California-Davis School of Medicine — 15.8%
- University of Missouri-Columbia School of Medicine — 15.4%

NMAFP Slate of Officers 2013-2014

Members will vote for their 2013-2014 Officers during the 56th Annual Family Medicine Seminar, July 18-21, 2013 at the Ruidoso Convention Center.

Nominations are:

- President Dolores Gomez, MD will automatically move to the position of Board Chair
- President-Elect Karen Phillips, MD will become President Karen Phillips, MD by automatic ascension
- President-Elect: Melissa Garcia, MD
- Secretary-Treasurer: Greg Koury, MD
- Vice President:
John Andazola, MD
Erin Bouquin, MD

On Friday, July 19th, there will be a call for nominations from the floor, and voting will take place during the 10:00 am break. The results will be announced during the Awards Dinner that evening, and Dr. Reid Blackwelder, AAFP President-Elect, will induct the new NMAFP Officers.

If you would like to register for the Conference, please go to: www.familydoctornm.org or call Sara: 505-292-3113.

Arlene Brown

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practicing rural doctor helped to guide me as I worked on issues at a national level.

I am grateful for many things in my life. My son and my adopted son have both grown up to be good men. I am grateful for Paul who has shared in the challenges and success of my life. I am grateful for my patients and hope to continue in clinical care. Besides serving my community as a physician, I have been a teacher to medical students, residents, other physicians, and I want to continue with these relationships. I am very happy with the enthusiasm and involvement of the "young docs" and the Executive in the New Mexico AAFP. I feel like the organization is moving forward and successfully.

Who knows what the future holds, but I am always ready for new challenges.

Meeting the Challenge of Healthcare Improvement

By Jason Lee, MD

Training Family Physicians of tomorrow with the clinical skills and perspectives needed to promote patient safety and quality has been a focus of the Southern New Mexico Family Medicine Residency Program. The residency program increased its educational emphasis on patient safety demanded by the public to improve resident physicians' ability to operate effectively in current and evolving healthcare delivery systems. In July 2012, it joined the mission of the Institute for Healthcare Improvement (IHI) and established Memorial Medical Center's Chapter of the IHI Open School, an online, international, educational community pursuing a certificate in quality improvement and patient safety.

The hospital's Chapter has brought Family Medicine residents, attending physicians, pharmacists, psychologists, nurses, and hospital administrators together through a shared, interprofessional interest in learning about patient- and family-centered care, managing healthcare operations, and leadership. In particular, resident physicians have learned about medical errors, unsafe conditions, and near misses, and explored evidence-based medicine to optimize systems of care, reduce healthcare disparities, and improve patient outcomes. The overall goal has been to enforce a commitment to providing care that is safe, timely, effective, efficient, equitable, and patient centered. The residency program has been grateful to join over 570 Chapters established in 59 countries and over 13,000 students and residents in the completion of the IHI Open School certificate.

With a growing interest in interdisciplinary education for the continuous improvement of healthcare, the hospital's IHI Open School Chapter celebrated National Public Health Week by hosting a free, public screening of the award-winning Sundance Festival documentary, "Escape Fire: The Fight to Rescue American Healthcare," at Memorial Medical Center. The film highlighted the importance of changing healthcare in the public and private sectors to focus on prevention rather than costly disease-management to save dollars and lives and empower individuals and communities to promote health and wellness.

After the film, the Chapter moderated a panel discussion featuring Mr. Phillip Rivera, the hospital's Chief Operating Officer, Ms. Ann DeBooy, the hospital's Chief Nursing Officer, Dr. Stephanie Benson, Chair of the New Mexico Academy of Family Physicians, and Dr. Mark Kit-

leson, Academic Head of New Mexico State University's Department of Public Health Sciences to engage a positive and constructive discussion about educational opportunities in healthcare improvement.

The residency program has continued to grow outside of the hospital setting and to learn about leadership in patient safety, quality improvement, and reduction in health care disparities. With the generosity of New Mexico State University's Department of Public Health sciences, resident physicians are eligible to pursue a degree program leading to a Master's of Public Health concurrently with their clinical training. This opportunity will enable resident physicians to explore the importance of preventive medicine in Family Medicine, deconstruct issues within the current healthcare system, and evaluate new approaches for improving patient outcomes by increasing focus on prevention.

Moreover, the residency program was selected to attend the 4th Annual IHI Open School Quality Leadership Academy, sponsored by the Robert Wood Johnson Foundation, in Cambridge, Massachusetts. The conference is a two-day program for students and residents designed to build the leadership competencies within all health professions. Dr. Donald M. Berwick, President Emeritus and Senior Fellow at the Institute for Healthcare Improvement and former Administrator of the Centers for Medicare and Medicaid Services, will lead the program with several expert faculty from and outside of the healthcare community.

The Southern New Mexico Family Medicine Residency Program aims to utilize these educational opportunities to train compassionate and outstanding Family Physicians and deliver high quality, comprehensive care to the patients and families of southern New Mexico. It wishes the continued success to the graduating Class of 2013: Dr. Rashmi Narasimhamurthy, Dr. Pierrette Lenoir, Dr. Javier Salazar, Dr. Bharath Karnati, Dr. Aaron Pfau, and Dr. Kyoung Ho Lee. Likewise, it welcomes the Class of 2016: Dr. Sindy Chilakapati, Dr. Lance Whitehair, Dr. Sarah Gude, Dr. Sucharitha Meka, Dr. Margaret Thomas, and Dr. Brenda Cuellar. The program is optimistic about its graduates, the next academic year, and building a culture of patient safety and quality improvement in Family Medicine.

NMAFP Resident Report

by Kate McCalmont, MD

The University of New Mexico (UNM) and Santa Fe Family Medicine Residency Programs had yet another great year in the Match. The UNM Family Medicine Program matched 13 students to the three-year program in Albuquerque. 5 of the 13 students (38%) graduated from the University of New Mexico School of Medicine (UNM SOM). The Santa Fe 1+2 Family Medicine Residency Program expanded to 4 residents a year, and 3 of the 4 students (75%) who matched are graduates of UNM SOM. Clearly there is interest in Family Medicine among medical students, and it is exciting that so many excellent students are eager to stay in New Mexico for their residency.

Although the Roswell 1+2 Family Medicine Program closed this past year, there is a 1+2 program being developed in Silver City, New Mexico. One of this year's interns who had been planning on going to Roswell is now hoping to move to Silver City as the first resident in the program!

It is very exciting that we are retaining UNM SOM graduates in Family Medicine residency programs in this state. Equally impressive is the number of residency graduates that plan to stay and practice in New Mexico. Of the 12 UNM Family Medicine Residency graduates this year, 10 (83%) are planning to stay and practice in New Mexico. One of the graduates leaving New Mexico will be working for the Indian Health Services in Fort Defiance, Arizona (just across the state border). The 10 graduating residents staying in New Mexico will spread across the state to Zuni, Crownpoint, Silver City, and Albuquerque. Residents will be working in Federally Qualified Health Centers (First Choice Clinics), private practice, Presbyterian Medical Services, UNM Family Medicine clinics and inpatient service, and Indian Health Services.

**850 Family Doctors in New Mexico Will
View This Spot Every Quarter...
So Be Sure to Post Your Ads With Us**

Special Offer

Ad posted in two newsletters
(newsletter posted on website)

Ad on web site for six months
(under Job Positions in New Mexico)

Cost for Both - \$100

Contact: Sara Bittner, familydoctor@newmexico.com
or 505-292-3113

A Day In the Life Of A Micropractice

by Melissa Garcia M.D.

I recently ventured out into the jungle of independent solo practice. I guess medicine in this day and age could be considered a jungle regardless of whether you are employed or independent. I thought I had done all of my homework. It took 3 years of pondering and then a full year of actually putting my plans into place. I formed an LLC, obtained a business license, began the credentialing process and began researching EMR's. My children's pediatrician had recently moved into a new office and offered to let me rent a couple of exam rooms and an office. I realized early on that I did not want to jump from one hamster wheel to another. I did not want to assume a lot of overhead and staff and have to see 30 patients a day just to support it. I had networked with a few physicians in Albuquerque who had similar models of practice. These physicians helped put me in touch with a contract attorney, a credentialing agency and a small business

development firm, who for a low cost helped me write a business plan and cash flow summary to secure a loan. I had anticipated opening my doors January 1, 2013, but ran into what can only be described as being held hostage by insurance companies. Insurance provider representatives who would not return phone calls, contracts sent with the wrong fee schedules, and effective dates that changed depending on who you spoke with in the contracting department. Every day was a new battle to fight. Even my previous practice put barriers into place, which made it difficult for my patients to transition into my new practice. Using EMR has proven to be a challenge and drain on cash flow and efficiency.

Every day I wonder if I have made the right decision. But I ask myself where I would go? I have always worked part time and that is rarely an option with employed physicians these days. Even employed physicians do not have it safe. I

spoke with a physician from rural southern NM who was let go by the hospital system in her community because primary care was losing too much money. So now she is back on her own as well.

There have been comments on docnet recently about physicians forming unions in order to have more negotiating power within the health care system. A recent feature in the AAFP newsletter featured Direct Primary Care. In this model, physician practices collect a member per month fee, sometimes as low as \$30 per month, and then \$15-20 office visits and access to low cost prescriptions, labs and procedures and bypass insurance all together. In some parts of the country, these clinics have been able to contract directly with small business owners and are participating in the health insurance exchange. I don't know if the system is too damaged and broken to fix but rest assured the road ahead will continue to be a rocky one.

Legislative Update April 18, 2013

By Steve Lucero, NMAFP Legislative Liaison

Governor's action on health related bills. Go to the Governor's website www.governor.state.nm.us to view her messages on acted legislation; under the Webcasting & Public Information Tab, click on 2013 Governor's Action on Bills. A Pocket Veto is non-action on a bill as of April 5, 2013 and does not require a message from the Governor. As a reminder, go to nmlegis.gov and use Bill Finder within the Legislation Tab to view legislation.

House Bills

HB 22: Autism Coverage in Group Health Coverage (Rep. James Smith) Signed on April 5, 2013
 HB 171: Insurance Coverage for Telemedicine Services (Rep. Stephen Easley) Pocket Veto
 HB 227: Move Brain Injury Advisory Council Functions (Rep. Gail Chasey) Signed on April 2, 2013
 HB 260: Oriental Medicine Doctor Imaging Licensure (Rep. Emily Kane) Pocket Veto
 HB 343: Health Group Benefits for Non-Profits (Rep. George Dodge, Jr) Pocket Veto
 HB 393: Dangerous Drug Disposal by Pharmacists (Rep. Terry McMillan) Signed on April 3, 2013
 HB 416: Anesthesiologist Assistant Supervision (Rep. Gail Chasey) Signed on April 2, 2013
 HB 580: NMFA Bonds for Hospitals (Rep. Rodolpho Martinez) Signed on March 14, 2013.
 HB 654: Group Insurance Premiums & Fund Transfers (Rep. Henry Kiki Saavedra) Signed April 5, 2013

Senate Bills

SB 4: Dialysis Facility Gross Receipts (Sen. Carlos Cisneros) Veto
 SB 43: Require Health Services for Pregnant Women (Sen. Linda Lopez) Pocket Veto
 SB 58: Reports to Immunization Registry (Sen. Sue Beffort) Signed on April 1, 2013
 SB 65: Pre-Release Medicaid for Incarcerated Persons (Sen. Gerald Ortiz y Pino) Veto
 SB 69: Insurance Coverage for Telemedicine Coverage (Sen. Gerald Ortiz y Pino) Signed April 2, 2013
 SB 156: Formulary Changes in Health Laws (Sen. Jacob Candelaria) Signed on April 3, 2013
 SB 198: Hospitals as STEMI Centers (Sen. Howie Morales) Signed March 11, 2013
 SB 221: New Mexico Health Insurance Exchange Act (Sen. Benny Shendo) Signed on March 28, 2013
 SB 271: Emergency Mental Health Evaluations (Sen. Mary Papen) Signed on March 26, 2013
 SB 296: Prescription Drug Insurance Coverage Review (Sen. Mary Papen) Signed on April 4, 2013
 SB 342: Nurse-Midwife Ultrasound Procedures (Sen. Howie Morales) Signed on April 2, 2013
 SB 586: Additional Healthcare Source Payments (Sen. Phil Griego) Signed on April 3, 2013

56th Annual NMAFP Family Medicine Seminar • July 18-21, 2013 - Ruidoso Convention Center, Ruidoso, NM

Dolores Gomez, M.D. – Scientific Program Chair

This activity is acceptable for up to 23.5 Prescribed credits by the American Academy of Family Physicians

THURSDAY, JULY 18TH

- 8:00 am Registration, Exhibits Open
Breakfast in the Exhibit Hall for those not staying at the Lodge at Sierra Blanca
Breakfast at the Lodge at Sierra Blanca for those staying there
- 8:50 am Introduction & Welcome
Dolores Gomez, M.D.
President, Scientific Program Chair
- 9:00 am "PSA Screening - Panel Discussion"
William Adler, MD, Cherie Hayostek, MD,
Rich Hoffman, MD, & Mike Davis, MD
- 10:00 am "ABFM Update"
Joe Tollison, MD
- 11:00 am "Optimizing Fracture Prevention in Patients with Osteoporosis"
Louis Kuritzky, MD & Diane Schneider, MD
- 12:00 pm Lunch - Exhibit Hall
- 1:00 pm "Top Five Things to Know to Practice in the Hospital"
Darla Bejnar, MD
- 2:00 pm "Hepatitis C Update"
Sanjeev Arora, MD
- 3:00 pm Break – Exhibit Hall
- 3:30 pm "AAFP Chapter Lecture Series: Type 2 Diabetes"
(This CME activity is funded by an educational grant to the AAFP from Novo Nordisk, Inc.)
Steve Milligan, MD, FAAFP
- 4:30 pm "Patient-Centered Care: A Practical Approach"
Reid Blackwelder, MD, AAFP President-Elect
- 5:30 pm Leisure
- 6-8:00 pm Fajita Dinner on the Patio of the Lodge at Sierra Blanca
Introduction of Candidates for Office – 2013-2014
Special Guest - Reid Blackwelder, MD, AAFP President-Elect

FRIDAY, JULY 19TH

- 7:00 am Registration, Exhibits Open
Breakfast in the Exhibit Hall for those not staying at the Lodge at Sierra Blanca
Breakfast at the Lodge at Sierra Blanca for those staying there
- 8:00 am "Skin Ulcers & Pressure Sores"
Dan Stulberg, MD
- 9:00 am "Integrating Incretin-Based Therapy into Diabetes Management"
Louis Kuritzky, MD
- 10:00 am Break – Exhibit Hall
- 10:30 am "Sleep and Neurodegenerative Disease"
Frank Ralls, MD
- 11:30 am "The Evolution of Anticoagulation Management"
Mark Dressner, MD
- 12:30 pm Lunch – Exhibit Hall
- 1:30 pm "Extended Release/Long Acting Opioid Therapies: Balancing Primary Care Education, Patient Access, and Public Health Issues"
Speaker TBD
- 3:00 pm "Geriatric Wellness"
Reid Blackwelder, MD, AAFP President-Elect
- 4:00 pm Leisure

FRIDAY (CONTINUED)

- 5:00-9:00 Awards Presentation & Dinner
Flying J Ranch Chuck Wagon Supper & Western Show - Family Fun at Its Finest
5 minutes from the Lodge & Convention Center on Highway 48

SATURDAY, JULY 20TH

- 7:00 am Registration, Exhibits Open
Breakfast in the Exhibit Hall for those not staying at the Lodge at Sierra Blanca
Breakfast at the Lodge at Sierra Blanca for those staying there
- 8:00 am "Baby Friendly Evidence Based Program for Promoting Breast Feeding in Hospitals & Birthing Centers"
Emilie Sebesta, MD
- 9:00 am "Approach to Hip Pain in the Adult Patient"
John Franco, MD
- 10:00 am Break – Exhibit Hall
- 10:30 am "Health Care Implementation: Two Roads Diverge in a Red/Blue State"
Dan Derksen, MD
- 11:30 am "Child Maltreatment: Recognition, Reporting & Referral"
Leslie Strickler, MD
- 12:30 pm "The Relationship of Obesity & Cancer"
Shirley Beresford, PhD
- 1:30 pm Afternoon at Leisure for all not attending the Hypertension SAM Session
- 1:30 pm NMAFP Board Meeting – Room 1 (Lunch Served)
- 1:30-5:30 "Hypertension Self Assessment Module"
Kern Low, MD (Lunch Served)
Group Learning worth 12 Prescribed credits upon completion. Additional Fee - \$175 for AAFP members and \$275 for non-members

SUNDAY, JULY 21ST

- 7:00 am Exhibits Open
Breakfast in the Exhibit Hall for those not staying at the Lodge at Sierra Blanca
Breakfast at the Lodge at Sierra Blanca for those staying there
- 8:00 am "Disclosing Adverse Events to Patients & Family--Doing the Right Thing"
Michelle Swift, BSN, RN, JD
Patient Safety/Risk Management
- 9:00 am "Integrated Behavioral Medicine"
John Andazola, MD & Marlin Hoover, PhD, MS
- 10:00 am Break – Exhibit Hall
- 10:30 am "Common Occupational Medicine Issues in Family Medicine"
Erik Vinge, MD
- 11:30 am "Incorporating Buprenorphine Treatment Into Your Practice: Can I REALLY Do This? Yes!"
Sally Bachofer, MD, Valerie Carrejo, MD & Leigh Vall-Spinosa, MD
- 12:30 pm "The Ethics of Managing ADHD in the Patient with Prior Substance Abuse Issues"
Mike White, MD
- 1:30 pm Drawing for Free Raffle
(Must be registered for the conference and present to win)



56TH ANNUAL NMAFP FAMILY MEDICINE SEMINAR REGISTRATION FORM

You can also register on our website:
www.familydoctormn.org

REGISTRATION FORM (Please Print Clearly)

Name _____

Designation: ☐ MD ☐ DO ☐ NP ☐ PA ☐ RN

AAFP ID# _____

Address _____

C/S/Z _____

Phone _____

Email _____

_____ AAFP Member Practicing Physician \$385

_____ Non-Member Practicing Physician \$500

_____ NP/PA/RN \$250

_____ Retired Physician \$100

_____ Family Medicine Resident (no charge)

_____ Medical Student (no charge)

_____ Yes, I want to sponsor a student attendee \$40

_____ Extra tickets for Fajita Dinner

_____ children (6-12) x \$10 = _____

_____ adults x \$20 = _____

_____ Extra tickets for Awards Presentation & Dinner

_____ at Flying J Ranch

_____ children (6-12) x \$12.50 = _____

_____ adults x \$25 = _____

_____ (Children 5 and under are free)

_____ Total Enclosed

Payment Information: ☐ Check

Credit Card: ☐ Visa ☐ MC ☐ Disc ☐ AMEX

Cardholder Name: _____

Billing Address (if different): _____

Card Number: _____

Expiration: _____ CVC (3 or 4 digit code): _____

I authorize NMAFP to charge the amount indicated to my credit card provided herein. I agree that I will pay for this purchase in accordance with the issuing bank cardholder agreement.

Signature: _____

Date: _____

Please mail form & payment 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

Dairy Max is proud to sponsor the
Fuel Up to Play 60 Kids Activity Zone
Thursday and Friday from 1:30-3:00pm
outside on the lawn around the patio at the
Sierra Blanca Lodge. Join in to reach your
goal of 60 minutes of activity at the fun fitness
stations to win prizes and learn about ways to
fuel up your body the healthy way.



..... Love your Heart DAIRY'S TRIO OF NUTRIENTS

Low-fat and fat-free milk, cheese and yogurt
boast a *trio of nutrients*.

CALCIUM, POTASSIUM AND MAGNESIUM

Studies show these nutrients have
benefits for your heart, specifically
lowering blood pressure.

Ca

K

Mg

What's up with Potassium?

Potassium helps our bodies regulate fluid and minerals and is integral in healthy blood pressure.¹ Did you know one glass of milk has the same amount of potassium as one small banana? Get your three servings of dairy daily to get enough.

Health Professionals Agree:
The DASH diet (*Dietary Approach to Stop Hypertension*) and Dietary Guidelines for Americans support getting your three every day of dairy.

The DASH diet is rich in the trio of nutrients - eating low-fat and fat free dairy, fruits and vegetables as the DASH diet recommends provides about 2 to 3 times the nutrients most Americans get.^{1, 2, 3, 4}

Consuming a DASH diet has been shown to have beneficial effects on blood pressure - in both kids and adults - and is simple to follow and yummy to eat.

1. Appel LJ et al. Dietary patterns on blood pressure. NEJM (1997);336:1117-1124.

2. Appel LJ et al. A scientific statement from the AHA. Hypertension (2006);47:296-308.

3. What We Eat in America, NHANES 2001-2002; <http://www.ars.usda.gov/foodsurvey>.

4. IOM. Dietary Reference Intakes. 1st ed. National Academy Press (2004).

5. Insel R et al. Nutrition, 2002 Update. Jones and Bartlett Publishers (2002).



What do the Dietary Guidelines and MyPlate say?

Enjoy 3 servings of low-fat or fat-free milk, cheese or yogurt each day.

Make dairy, fruits, vegetables a part of your plate every day.



NMAFP Board Notes - May 4, 2013 NMAFP Office

Present: Sally Bachofer, MD; Stephanie Benson, MD; Sara Bittner; Fernando Bolanos, MD; Arlene Brown, MD; Melissa Garcia, MD; Jason Lee, MD; Rick Madden, MD; Melissa Martinez, MD; Kate McCalmont, MD; Karen Phillips, MD; Linda Stogner, MD; Leigh Vall-Spinosa, MD; Lourdes Vizcarra, MD; and Caitlin Williamson. Dr. Benson chaired the meeting.

Introductions: Dr. Jason Lee, new Resident Rep from Las Cruces, and Dr. Kate McCalmont, new Resident Rep from UNM, were welcomed by the Board.

Awards: UNM SOM received an award for the second year in a row from AAFP for the percentage of graduates matching in the specialty of Family Medicine. NMAFP received an award from AAFP again this year for 100% Residency membership.

Silent Auction: Board Members are looking for businesses interested in donating to the Silent Auction that will be held in Ruidoso. Proceeds from the Silent Auction aid NMAFP in the support of Student & Resident activities.

Dr. Madden's Campaign: Dr. Phil Briggs and Atrinea Health made a donation to Dr. Rick Madden's campaign for AAFP President-Elect in September in San Diego. A campaign meeting followed the BOD meeting.

Physician of the Year: Dr. Arlene Brown was selected for the 2013 POY.

Final Legislative Report: Dr. Martinez reported that the Doc of the Day Program was very well received this year, thanks to the many volunteers that took time out of their busy schedule to spend a day advocating for Family Medicine. Steve Lucero, NMAFP Legislative Liaison, shared a list of health-related bills which included whether they were signed by the Governor or received a Pocket Veto.

Multi-State Forum: Dr. Melissa Garcia reported there was a lot of discussion about the Medicaid Expansion Act, Medical marijuana legislation in CO, as well as scope of practice issues at the Multi-State Forum. It is informative to hear how other states are coping with many of the same problems.

Annual Leadership Forum: Drs. Dolores Gomez & Karen Phillips, along with Sara attended the CEO Forum on Thursday. Many interesting ideas for working together and serving our membership were shared.

National Conference of Special Constituencies (NCSC) Conference: Dr. Fernando Bolanos represented NM as a New Physician at the NCSC which is in conjunction with ALF. NMAFP appreciated Dr. Bolanos representing NM at the NCSC and plans to continue sending Delegates to this meeting in the future. Dr. Karen Phillips commented on how

powerful some of the speakers were at ALF & NCSC.

Final Winter Refresher Report: Dr. Karen Phillips shared with the Board that the Winter Refresher in Albuquerque was very well received. Evaluations were proof that the attendees were very pleased with the presentations, speakers, and location. Financially it was also a success.

Ruidoso Conference, July 18-21, 2013: Board Members were given brochures to distribute. Dr. Dolores Gomez, Scientific Program Chair, has a great program planned with many nationally-known speakers and two panel discussions included in the 3 1/2 day conference.

BOD Booth at Ruidoso Conference: The NMAFP Board will again have a booth in the Exhibit Hall. The Board Members share information about the Academy and give value to membership.

Family Medicine Residency Consortium: Dr. Sally Bachofer shared that accreditation approval may happen this month for the new FM Residency Program in Silver City. If approved, one of the Roswell FM Residents will begin Residency there on July 1st. A meeting of the FM Residency Consortium is scheduled for June 3rd.

Pediatric Preparedness Project Update: Dr. Sally Bachofer informed the Board that this project is up and running. It identifies needs for training and support for pediatric urgent emergency preparedness throughout the state.

Strategic Plan 2012-2014 Revisited: The Board reviewed the current plan. A private practice network was discussed; A rotating article with practice pearls could be included in the quarterly newsletter; Dr. Benson suggested that more postings on the NMAFP Facebook page will help generate discussions about the Chapter and what it has to offer; Dr. Melissa Garcia suggested that some form of training session or advocacy dinner for our Legislators be considered.

AAFP Update: Dr. Rick Madden informed the Board that the new official membership of AAFP is 110,000. Students are the biggest single-category growth group. There is more and more talk about the value of Family Medicine to improve health care in the future. TransforMED is the AAFP wholly-owned subsidiary to help practices transform from the old style practice to the patient-centered medical home based practice. There is a renewed effort to help members with NP's and PA's in terms of policy and how we can work together as teams. AAFP has a member value statement that drives everything that the AAFP Board does. It is revisited each year. The Scientific Assembly will have a new theme this year and

be more modern and member driven. It will take place in San Diego, Sept. 24-28, 2013.

Winter Refresher, Feb. 8, 2014: Dr. Melissa Garcia is the Scientific Program Chair for this conference and shared a tentative Agenda with the Board.

Bylaws & Policy Statement Revision: Dr. Stephanie Benson informed the Board that the Bylaws don't need revision. The Policy Statement does need revision. Drs. Benson, Gallant, Gomez & Koury will work on the Policy Statement revisions and present them to the Board at our July 20th Board Meeting.

Request for Resident Sponsorship to Congress of Delegates: Dr. Jason Lee, Resident Rep from Las Cruces, has volunteered to attend the Congress of Delegates and support Dr. Rick Madden's campaign for AAFP President-Elect. He is very interested in health policy and decision making. A decision was made to support Jason's attendance at the COD in San Diego.

Resident Report: Dr. Kate McCalmont, UNM Resident Rep, shared that of the thirteen residents that matched with the UNM FMRP, five were UNM Med School graduates and of the four residents that matched with the NNMFMRP, 3 were UNM Med School graduates. A total of 8 out of 17 incoming Residents were from Albuquerque. Outgoing 3rd years are going to the following locations: 4 in IHS; 1 going to Silver City; 1 maybe 2 staying on with UNM as Faculty; and 3 maybe 4 staying in Albuquerque. 10 of 12 are staying in the NM area (83%).

Dr. Jason Lee, Las Cruces Resident Rep, shared that 4 of 6 graduating 3rd years are staying in NM: Albuquerque; Hobbs; Truth or Consequences; and Ruidoso. The SFMRP had over a thousand applications for 6 spots. Dr. Melissa Garcia suggested that we put together a fact sheet and share it at our booth in Ruidoso with a poster and handouts. Drs. Benson & Lee arranged a very successful screening of Escape Fire, a movie about America's health care system, in Las Cruces sponsored by Memorial Medical Center.

Student Report: Caitlin Williamson, FMIG President, indicated that a partnership is being established between the UNM FM Residency and the FMIG to actively recruit students to go into Family Medicine at UNM and to stay in New Mexico for their FM Residency. The UNM FMIGs want to also be connected with the Residents at the SFMRP in Las Cruces. She invited the Board Members to give lunch talks to the FMIGs.

Next Board Meeting: July 20, 2013 - Ruidoso Convention Center, Room 1, 1:30 pm

The National Conference of Special Constituencies Experience

By Fernando Bolaños, MD

Until an email announcing the National Conference of Special Constituencies arrived in my box, I was never aware that the NCSC conference existed. Like many residents or new physicians I did not know where the AAFP stood on so many subjects. The email gave me a glimpse about what the NCSC was; the National Conference of Special Constituencies includes: 1) New Physicians, 2) Minority, 3) International Medical Graduate (IMG) 4) Women and 5) Gay Lesbian Bisexual and Transgender (GLBT). I fit into 2 categories (New Physician and IMG). I talked to my co-worker who is a Board Member of the AAFP, who quickly replied, "You should attend our NCSC conference". After a few emails to my state Chapter Executive, I found myself on my way to Kansas City to attend the conference.

At the orientation session I learned that we were going to be learning how to write a resolution. We brain stormed about specific actions we wanted the AAFP to take and broke into groups to write these resolutions. Once written, these go to a reference committee. I volunteered to be part of the Health of the Public and Science Committee. Here we proofread and verified the intent of each resolution. Once finalized, they go to a Reference Committee Hearing where any representative was able to speak for or against the resolution. The representatives then voted and those that passed were sent to the AAFP Board of Directors or the Congress of Delegates.

This process opened my eyes immensely. I finally understood where the AAFP stands on so many subjects, and I also found myself being part of the voice for Family Physicians.

But it wasn't all work. I got to meet tons of new people who were incredibly smart and seasoned. I attended a conference entitled "What the Dog Saw" conducted by Ron Taylor, who presented a unique approach to leadership examining how we learn from other leaders. Robyn Benincasa, an Eco Challenge winner and firefighter, spoke about different types of leadership and how a good leader can allow groups of people to accomplish extraordinary things.

Overall this was a great learning experience. I'm looking forward to the next NCSC conference, and I want to thank the BOD of the NMAFP for letting me be part of this team.

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American Academy of Family Physicians**
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Silent Auction at the Ruidoso Conference Bigger & Better Than Ever!

Members, the Officers and Board Members have been busy collecting items for the Silent Auction that will take place during the Ruidoso Conference, July 18-21, 2013. The proceeds from last summer's Silent Auction in Taos totaled \$4,000. All money was spent toward the support of our New Mexico Family Medicine Residents and Medical Students at UNM that are interested in Family Medicine.

NMAFP Resident & Student Opportunities & Support

- Student & Resident representation on the NMAFP BOD
 - Building leadership skills for NM
- Free Registration to both NMAFP Conferences each year
 - \$560 value/individual (2013)
- Financial support for participation at the AAFP Resident & Student Conference in Kansas City
 - \$4,000
- Resident Membership to AAFP paid for all three years
 - \$3,000
- Medical Student Reception held annually
 - \$3,500
- Free American Family Physician Journal
 - \$173 value/individual
- Free quarterly NMAFP newsletter (The Roadrunner)
- Free Family Practice Management Journal
 - \$68 value/individual
- Free web-based Board Review

We are looking for more items for the Silent Auction. To donate an item, please contact Sara: familydoctor@newmexico.com or 505-292-3113



NEW MEXICO ACADEMY OF FAMILY PHYSICIANS

Proudly endorses the candidacy of

Rick Madden, MD

For AAFP President-Elect 2013



☒ **Yes, I want to help Rick get elected!**

Your contribution to the "Rick Madden Campaign Fund" will help the New Mexico Chapter support Dr. Rick Madden for AAFP President-Elect

Contribution Information: ☐ Check ☐ Credit Card: ☐ Visa ☐ MC ☐ Disc ☐ AMEX (See below)

Amount of Contribution: ☐ \$50 ☐ \$100 ☐ \$250 ☐ \$500 ☐ Other _____

Cardholder Name: _____

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Card Number: _____ Expiration: _____ CVC (3 or 4 digit code): _____

I authorize NMAFP to charge the amount indicated to my credit card provided herein. I agree that I will pay for this purchase in accordance with the issuing bank cardholder agreement.

Signature: _____ Date: _____

Please mail form & payment to: NMAFP, 2400 Louisiana Blvd. NE, Bldg. 2, Suite 101, Albuquerque, New Mexico 87110
Questions? Call or email Sara: (505) 292-3113 • familydoctor@newmexico.com



Join us in 2013!

AAFP Congress of Delegates
September 23-25, 2013
San Diego Marriott Marquis & Marina

☐ Yes, I will join Dr. Rick Madden & NMAFP in San Diego for the Hospitality Suite, Monday, September 23rd, 7-9 pm, San Diego Marriott

☐ No, I will be unable to join Dr. Rick Madden & NMAFP in San Diego

The election will take place Wednesday, September 25th in the final session of the Congress of Delegates

RICK MADDEN BIOGRAPHY

At age thirteen my dad suggested I think about becoming a doctor. It immediately made sense to me because I wanted to help people. I learned being a Family Doctor would suit me well. What a privilege, an honor, and a responsibility!

Based on that awareness, after college in Rhode Island, then a stint in the Army in Texas, I attended med school and residency in New Mexico. In 1985 my wife Molly and I moved to the small town of Belen, 30 miles south of Albuquerque. I set up my private practice and later became Chief of Staff of our rural hospital.



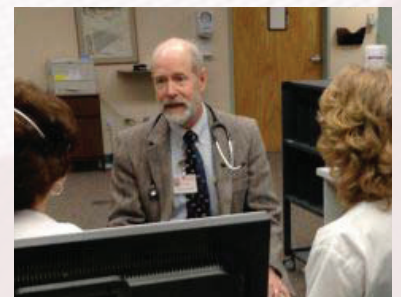
Making follow-up plans with one of my long-term patients in my office.



Rick leads a weekly meeting of a PCMH team in his office.

In 1990 our hospital was one of many small hospitals that closed across the country. I helped transform the former hospital into a clinic. We have made many improvements over the years, and I now lead a group of 30 professionals in improvement cycles for an ever higher-functioning Patient Centered Medical Home at our clinic.

Participation in the Academy has helped me greatly in this work. In addition to serving as Delegate, I served on the Chapter Affairs Committee, then spent five years on the Commission on Quality and Practice which immersed me in the Academy's expertise. I have continued to expand my knowledge base as an Academy Director these past three years, and have been liaison to the Commissions on Health of the Public and Science, Membership and Member Services, and Education. I also learn about the depth of commitment to students and humanitarian projects from my participation in the important work of the AAFP Foundation's Board of Trustees.



Rick working with nurse care managers in our PCMH team.

My community is important to me. My contributions include the Belen School Health Clinic and the National Children's Health Study advisory



Cross-country skiing on the rim of the Grand Canyon, what a trip!

boards, 13 years as director of EMS services, and 28 years of nursing home involvement. As Speaker of the New Mexico Medical Society for the last four years, I hone my negotiating skills among multiple medical specialties. I regularly meet with state and national legislators to influence and guide policy that benefits our patients and members.



U.S. Representative Michelle Lujan-Grisham and I had just finished talking about the importance of Family Medicine to our country.

We have three grown children: Jennifer, who lives in a group home in Belen, Melissa, a farmer in western New York, and Ellen, a teacher in Albuquerque. My wife of 40 years, Molly, is also a teacher and has taught me much about people, raising children, and persevering.

What more can one ask in life?