



The Roadrunner

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President's Column

By Melissa Garcia, MD

I was inspired by a presentation given by Dr. Alfredo Vigil at our recent NMAFP conference in Taos. His presentation was entitled "Enlightened Well Man Care". Rather than discuss the updates of various professional organizations' recommendations regarding screenings and disease prevention, he took a decidedly different approach and touched on the aspects of health that impact the morbidity and mortality of our patients much more than whether they have received a mammogram or PSA test. He referenced a statistic which stated that only 20% of what we as physicians do impacts our patients health directly. The other 80% is affected by the social determinants of health. These factors speak to the conditions our patients live in: whether they have adequate housing and food; whether they are exposed to violence; and whether they have educational opportunities and a social infrastructure that lifts them from the cycle of poverty. These are factors that seem beyond our control in our daily clinic and hospital settings; however, it is these very factors which are contributing to the health epidemics we are facing such as obesity, diabetes and drug abuse to name just a few.

The fabric of our society and our communities is unraveling, and even the most successful patient centered medical home will do little to impact that. It will require, I believe, our voice in advocating for engaging communities in a different way. Imagine if we had our community health centers on the campus' of some of our elementary schools or programs such as the *vacunadoras* in Mexico. There are programs in place such as *Enlace Comunitario* who are helping to empower men and women to lift themselves from the cycle of domestic violence with the aid of community health workers and peer educators. In my opinion, we need to decentralize our health care system, but our systems are becoming more corporatized and centralized much like everything else in our society.

So I will step off my soapbox for a second and challenge each and every one of you to advocate for a cause you feel strongly about. I know there are never enough hours in the day; and, these days there is a growing dissatisfaction in our profession at large. We as a profession do not have a union to act as our voice on important political issues. Our medical education did little to prepare us for political advocacy. Unfortunately improvement in these social determinants of health can only be achieved with political action. I urge you to get to know your legislators. Develop relationships with your community leaders. Inform & educate them about the challenges you face in caring for patients. Contact myself or other members of the board, and we will work to help give your concerns a voice. The healthcare landscape will continue to evolve, and we should demand a role in shaping that evolution.

As German Physician Rudolph Virchow stated: "Medicine as a social science, as the science of human beings, has the obligation to point out problems and to attempt their theoretical solution: the politician, the practical anthropologist, must find the means for their actual solution. The physicians are the natural attorneys of the poor, and social problems fall to large extent within their jurisdiction."

NM Primary Care Training Consortium

By Charlie Alfero, Director

So many things are happening right now as a result of ACA initiated health system's reform. Our responses can range from despair to elation depending on what role we fill in health care. In states that have chosen not to expand Medicaid or operationalize health insurance exchanges, reductions in sole community hospital payments and other Medicare/Medicaid payment adjustments based on the assumption of increased coverage, have seen 24 mostly rural hospitals close across the United States since early 2013. On the other side of the spectrum, the new focus on primary care training and expansions in primary care funding and the National Health Service Corps, is creating the promise of a more balanced health

system that ensures higher quality at lower costs and with improved health outcomes. Everyone will make adjustments in practice and delivery and, frankly, this is long overdue.

One of the primary care friendly advances is the recognition of the need for patient support services. Recently, I attended an international meeting of primary care providers in San Francisco, and it is abundantly clear from listening to presentations from six of seven continents, that the traditional medical model, even in government-provided health systems, needs help in managing chronic disease patients to achieve the goals of better health at reduced costs. With the Patient Centered Medical Home or Health Home, we see an incentive in the U.S. to make the overly complex health system more manageable for patients and primary care providers.

In July, CMS released proposed regulations that, by next summer, will create a payment model for people with 2 or more chronic diseases supported by non-clinical personnel (i.e. Community Health Workers). After the initial diagnoses, CHWs may see patients in the clinic setting every month, and the practice will be able to bill CMS for these services. New Mexico Health Connections, the non-profit health insurance product in New Mexico has also developed a specific billing/coding system for non-clinical patient support services. Medicaid has followed suit it appears, through MCO development of demonstration programs supporting a comprehensive patient support service payment for high risk/high cost patients separate from the office visit rate in primary care settings.

All of these efforts, stemming from the ACA, put the patient, their system navigation and social infrastructure needs at the center of clinical experience. The measures will be improved outcomes, and there are now financial mechanisms to support this that are at a system's level and more than just a token add-on to the office visit payment. It's a step towards bolstering the primary care system and "meaningful use" while reducing the income discrepancy between primary care and sub-specialty providers. All of this is paid for by savings in unnecessary utilization through better patient management. It promises to be an excellent opportunity, and the NM Primary Care Training Consortium looks forward to working on developing training programs with our partners to prepare practices for more integrated, whole-person health systems.

John Andazola, MD 2014 Physician of the Year



Dr. John Andazola of Las Cruces was selected as Family Physician of the Year because he is a great Family Doctor and his outstanding work in improving medical practice and the health of the people of New Mexico. His

path to his current position of Program Director of the Southern New Mexico Family Medicine Residency took many twists and turns. He states "I never had a five-year plan or really any plans, I always just allowed things to happen. I believe in Divine Providence, the idea that there is a master plan". Dr. Andazola calls Las Cruces home-- he was born and raised in Las Cruces, and his family has lived in the Las Cruces area for hundreds of years. He became interested in medicine when his son was born, and he was exposed to medicine in collage. He started out studying to be an emergency medical technician, then a nurse; but, he was driven to learn more than the courses offered in these programs. So he decided to become a physician. He attended UNM Medical School and considered Emergency Medicine, Pediatrics and Surgery but really liked the culture of Family Medicine. "Dynamic faculty like Burt Umland, Martha McGrew and Art Kaufman inspired me." He completed residency at the Las Cruces 1+2 Program, where he was chief resident.

John is married to Dr. Dolores Gomez, and they have three children. When asked about Dolores he says "Dolores rocks! She has always been one step behind me in the progress or our careers. Whenever I start a program (residency, fellowship etc...) most people think I'm great; but, a year later, Dolores comes along, and they forget all about me! This is because she is so awesome!" After residency, Dolores and John had initially planned to join the practice of Dr. Denise Leonardi and Dr. Conchita Paz in Las Cruces. They met with Denise on a Saturday evening, and she asked about their five-year plan. Dr. Andazola told her that he would like to do a fellowship "one day". The following Monday Denise called Dr. Andazola and said, "John I have been thinking about what you said. I always wanted to do a fellowship but never did it. I have been looking online, and there is a fellowship in Advanced Hospital Medicine and Obstetrical Medicine in Phoenix. You need to call them. If you do not do it now, you never will." John did call them. He completed this fellowship and one in Faculty Development at the University of Arizona. The plan was to return to Las Cruces; but, Dolores wanted to complete the same fellowship, so he stayed on as faculty and later became Program Director and then Chair of Family Medicine at Maricopa Medical Center.

Dolores and John taught and practiced hospital medicine and obstetrics for eight years in Phoenix then jumped at a chance to return to Las Cruces and be part of the residency. Dr. Andazola became the Program Director of the Southern New Mexico Family Medicine Residency in 2009. "I was lucky enough to hire additional excellent faculty members; and, with Dolores, we were able to build the faculty from 2 to 5!" One of Dr. Andazola's goals was to improve the didactic education in the program. As co-chair of the CME committee he established Grand Rounds to improve offer educations to the residents and community physicians.

Dr. Andazola practices and trains residents in the full spectrum of Family Medicine. "I am very proud of our residents. They are excellent doctors, and we have a 60% retention rate in NM overall and over a 70% retention rate the last 5 years!" Thanks to John's effort, the residency program trains in an integrated, inter-professional fashion. "The program has a well-established integrated behavioral health program where we not only work side by side with psychologists in the care of our patients but also train PhD level counseling psychology students in the primary care setting next to our residents." The program has collaborative arrangements with training programs for other health professions like nursing, social work and pharmacy programs from UNM and NMSU. The residency also has pharmacist clinicians who work side by side with the physicians in the hospital and has just started a pharmacy residency where postdoctoral pharmacists train with the residents in the hospital and clinic.

Dr. Andazola is very involved with the New Mexico Primary Care Training Consortium which, with the help of Charlie Alfero and Hidalgo Medical Services Center for Health Innovation, formalized the relationship between the Program Directors of the Family Medicine residency programs in New Mexico. As a group of Family Medicine Program Directors, they were able to lobby and get funds from the state legislature to establish Medicaid teaching funds. This funding is to help fund training in Federally Qualified Health Centers, Community Health Centers and Teaching Health Centers in New Mexico. "This will enable us to train and retain doctors in the communities that need them the most! It allows us to keep good docs in New Mexico and increase our capacity to train more doctors." Dr. Andazola offers the following advice to medical students and young docs:

1. Do the right thing. It sounds simple, but it is harder than you might think.
2. Just let it happen. There is a path for you---just follow it.
3. Show up. I believe in a 'ministry of presence'. What I mean by this is your presence counts. You may not want to go to the quality meeting or a meeting of the hospital staff or even the AAFP; but, you can make a difference just by being present at the meetings.

The New Mexico Chapter of the American Academy of Family Physicians is grateful to

Dr. Andazola for all that he has done to help New Mexico's Family Physicians. Not only is John a recognized leader in Family Medicine locally, but also regionally--based on his many wonderful accomplishments.

JOHN ANDAZOLA, MD

Program Director,

Southern New Mexico Family Medicine Residency

Secretary-Treasurer,

New Mexico Academy of Family Physicians

President,

NM Primary Care Training Consortium

Medical Director and Board Member,

St. Luke's Health Care Clinic-serving the homeless population in Las Cruces

Board of New Mexico Health Resources

Aids in recruiting health care providers to underserved areas in NM

National Physician Advisory Board

To LifePoint Hospitals

HIDALGO MEDICAL SERVICES (HMS) RECEIVES SENIOR IMMUNIZATION GRANT AWARD.

The American Academy of Family Physicians Foundation has recognized the efforts of HMS for developing the Idalia Rodriguez Memorial Immunization Project. This project will focus on the reduction of the disparity seniors in our communities face in accessing education on the importance of immunizations as well as work toward providing increased access to important immunizations.

The Idalia Rodriguez Memorial Immunization Project will utilize four (4) HMS Family Medicine residents to direct and execute all project activities. Idalia Rodriguez, the name sake for this project, exemplifies the disparity the project endeavors to reduce. Idalia Rodriguez, a longtime member of our community, died at Age 65 of complications secondary to H1N1, which could have been avoided had Mrs. Rodriguez been vaccinated. This project will increase resident physician access to our community and provide a venue for our residents to disseminate important health information surrounding the importance of these vaccines for our seniors.

The project will endeavor to reach our Seniors in Grant and Hidalgo counties. The project findings will be presented by a Family Medicine Resident Physician from HMS at the 2015 American Academy of Family Physicians National Conference in Kansas City, MO. For more information about this project, contact Dr. Joyce Troxler at HMS at (575) 388-1511.

Capturing the Joy of Family Medicine

Jason F. Lee, MD, MPH

Family Medicine residents, medical students, specialty leaders, and educators from around the nation gathered at the three-day AAFP National Conference of Family Medicine Residents and Medical Students in Kansas City, Missouri, to capture the joy of Family Medicine. The National Conference, now in its fifteenth year, offered participants the opportunity to capture their vision of Family Medicine by way of workshops, social and networking events, an expo featuring representatives from more than 300 Family Medicine residencies and the resident and student congresses.

The AAFP highly values the contributions made by Family Medicine residents and medical students and recognizes the importance of training future leaders of medicine. It is one of the few specialty organizations to actively enlist resident and student members in leadership roles. Each year AAFP chapters designate one student member and one resident member to serve as chapter delegates to the National Congress of Student Members and National Congress of Family Medicine Residents.

Both congresses convene during the National Conference to discuss issues of vital interest to residents and medical students through the Leadership Forum. These bodies were created more than 35 years ago as the official voices of residents and students in the AAFP. Many of the initiatives launched by residents and students are now AAFP policy. This was my second time at the AAFP National Conference, and I attended the National Congress of Family Medicine Residents as the chapter delegate of the New Mexico Academy of Family Physicians and the chief resident of the Southern New Mexico Family Medicine Residency Program.

Through the Leadership Forum, I appreciated the opportunity to learn from national leaders in Family Medicine, to represent the diversity of resident interests at a national level, and to acquire enhanced skills in governance and advocacy. The Leadership Forum enabled student and resident delegates to explore issues important to education, training, and practice, to join forces with colleagues to write resolutions on key issues, to debate issues during reference committee hearings and final congress business session, to learn how to effectively run a meeting using parliamentary procedure, and to become a national resident or student leader.

Residents took seriously their role as patient advocates, and many resolutions focused on keeping patients healthy and safe. Resolution writing was a great way to fine-tune advocacy skills for patient health and safety. I coauthored a resolution with chief resident Dr. Noah Rosenberg, the chapter delegate of Massachusetts Academy of Family Physicians, on expanding primary care-based treatment of opioid addiction. Moreover, Family Medicine residents actively debated a wide range of issues, such as enhancing education about the direct primary care model of

Go Team Las Cruces!
(L-R) Assistant Chief
Resident, Dr. Eric Sandoval,
Resident Physician,
Dr. Sarah Gude,
Program Director,
Dr. John Andazola, and
Chief Resident,
Dr. Jason Lee represented
the Southern New Mexico
Family Medicine Residency
Program at the AAFP
National Conference



practice, relieving medical school debt and increasing support for rural medicine. Other resolutions residents adopted call for the AAFP to support any congressional action to ensure employees' access to essential health benefits, including contraception and oppose measures that shift the cost of contraception to insurers; develop a global health website linked to the AAFP home page that emphasizes Family Medicine as an ideal specialty for global health; work with the Society of Teachers of Family Medicine and other organizations to establish best practices in tracking patient encounters; and sign on to the AllTrials campaign, which calls for registering data and reporting results of all clinical trials.

In addition to the Leadership Forum, attendees also heard main stage presentations from nationally recognized leaders in Family Medicine and health care. Paul Grundy, MD, MPH, FACP, FACP, who is the President of the Patient-Centered Primary Care Collaborative and Director of Global Health Transformation for IBM, examined the evolution of health care away from just an episode of care to a proactive, healing, and personal trusting relationship. He discussed Family Medicine as the foundation of health care transformation, as well as why Family Physicians are best positioned to lead the nation in the continued evolution of the patient-centered medical home (PCMH). Then, the four main stage panelists shared unique perspectives on practice opportunities and career options for Family Physicians on topics including academic medicine, rural medicine, urban medicine, and direct primary care. AAFP President Dr. Reid Blackwelder concluded the conference by inspiring residents and medical students to become patient-centered in their attitude and actions, and showing how to have fun while doing so.

Many of today's AAFP members solidified their commitment to the specialty through participation in National Conference. To this end, I would like to thank the New Mexico Academy of Family Physicians for appointing me as the chapter delegate to represent residents of New Mexico at the National Congress of Family Medicine Residents.



AAFP President, Dr. Reid Blackwelder, and AAFP President-Elect, Dr. Robert Wergin, shared their joy of Family Medicine with New Mexico AAFP Resident Delegate, Dr. Jason Lee, and Massachusetts AAFP Resident Delegate, Dr. Noah Rosenberg (L-R) Blackwelder, Rosenberg, Lee, Wergin)

Capturing the

Vision of Family Medicine

Jason Lee, MD, MPH

The New Mexico Primary Care Training Consortium serves as a united front in statewide primary care training, advocacy, administration and development. The family physician fills a special role in medicine: meeting the challenge to bridge economic, cultural and language barriers to provide accessible, appropriate and effective care. The needs of patients, particularly the poor, cannot be adequately served by traditional hospital or office-based healthcare systems. Physicians in Family Medicine residency training in New Mexico are encouraged to provide clinical care within the context of the community in which they live.

The New Mexico Primary Care Training Consortium was represented by program coordinator Deborah Weiss, MPH, who brought together all Family Medicine residency programs in New Mexico to the AAFP National Conference to recruit medical students in an effort to increase the quality of primary care training in New Mexico. The Family Medicine residency programs in New Mexico offer a unique combination of tertiary care training with broad experiences in urban communities like Las Cruces and Albuquerque, while also decentralizing the training experience to rural and frontier settings like Santa Fe's "1+2" model, and the recently accredited Hidalgo Medical Services Teaching Health Center model in Silver City.

At the AAFP National Conference, all four residency programs worked together, and residents and faculty from each program spoke with potential applicants about the strengths and uniqueness of each program. The Southern New Mexico Family Medicine Residency Program was represented by program director Dr. John Andazola, chief resident Dr. Jason Lee, assistant chief resident Dr. Eric Sandoval, and resident physician Dr. Sarah Gude. The Northern New Mexico Family Medicine Residency Program was represented by program director Dr. Luis Rigales, resident physician Dr. Naveen Sarakanti, and resident physician Dr. Brian Smith. The Hidalgo Medical Services Family Medicine Residency Program was represented by faculty physician Dr. Joyce Troxler, resident physician Dr. Benjamin Cluff, and resident physician Dr. Cid Sumulong. The University of New Mexico Family Medicine Residency Program was represented by program director Dr. Dan Waldman, associate program director Dr. Chris Camarata, chief residents Dr. Sherry Weitzen, Dr. Jeffrey Norris, and Dr. Melanie Baca.

The New Mexico Primary Care Training Consortium believes that the health of a nation is built on the foundation of primary care, and we are dedicated to making this foundation strong for our community by training highly skilled Family Physicians.

Hello from the UNM Family Medicine Interest Group! Resident & Student Conference in Kansas City

By Daphne Olson,

UNM Family Medicine Interest Group President

We would like to thank the members of the NMAFP for their continued support, and we are pleased to announce exciting plans for the coming year. We are currently undergoing the charter renewal process and have started a discussion regarding the structure of our organization. Before resubmitting our charter, we plan to vote on possible revisions that would allow current leadership to serve an additional term alongside new leadership in order to increase support and continuity within our organization. We appreciate your support during this transition period and hope that this restructuring will prove beneficial for both our organization and the NMAFP.

In terms of activities for the coming year, we are hoping to take advantage of some of the new partnerships we have made, particularly with the New Mexico Primary Care Training Consortium. We are in the process of planning several small seminars in order to expose our fellow medical students to the unique features of New Mexico's Family Medicine Residency Programs and to share information regarding the different fellowship programs accessible to Family Medicine Residency Graduates. As we return to campus following our Practical Immersion Experience in rural New Mexico, we look forward to reconnecting with the student body and inspiring others to consider a career in Family Medicine. We would also like to thank Dr. Elizabeth Grant, our faculty adviser, and Dr. Kate McCalmont, our resident adviser. Our work would not be possible without their help and support.

Last but certainly not least, we would like to thank the NMAFP and particularly Sara Bittner for the opportunity to attend the AAFP's National Resident and Student Conference in Kansas City. As the student delegate for our chapter, I had the opportunity to attend several business sessions and learn about parliamentary process. I discussed key legislative issues, such as support for physicians in rural areas, with delegates from all over the United States. Many other students, residents, and residency directors were excited to hear more about our population, our climate, and our thoughts regarding the future of Family Medicine. After less than a day at the conference, Priya Shah, Julian Benavidez, Thomas Schelby, and I worked with students from other states to help draft two resolutions for the student congress. One resolution focused on additional legislative training for students in the AAFP, and the other addressed advocacy for equal standards of care for undocumented immigrants. Both resolutions were adopted by the student congress and will be submitted to the appropriate AAFP subcommittees. The conference also

4th Year Med Students attending the Resident & Student Conference in Kansas City: L-R Janae Lowe, Britta Beasley, Jamie MacArthur, and Amber Ortega



NMAFP Student Delegate, Daphne Olson



UNM Medical Students (L-R) Daphne Olson, Julian Benavidez, and Priya Shah



UNM Medical Students (L-R) Daphne Olson, Julian Benavidez, Priya Shah & Thomas Schelby at Wyandotte Lake

provided an FMIG development workshop where I learned about additional FMIG resources available through the AAFP. Overall, this was an unforgettable experience for all of us! We thank the NMAFP for the opportunity to represent our chapter and become more involved in the future of Family Medicine. We cannot wait to go back next year!

We have truly enjoyed being a part of FMIG and the NMAFP this past year, and we are excited to see what we will accomplish with your help and support in the months to come. Thank you all for inspiring us with the amazing work you do each day.

BY Priya Shah

Attending the AAFP National Conference of Family Medicine Residents and Medical Students was such an amazing experience! Between the awesome breakout sessions and the highly motivational main stage sessions, I felt quite at home amongst my peers from all across the country. It was humbling to spend a weekend with other medical students who shared the same passion for primary care as me. The physicians in attendance were so eager to tell us all they could about how they love their jobs--a very heartwarming sight for medical students who still may not be sure about what they want to be when they "grow up". Attending this conference as a second year gave me insight into what I need to do in the coming years to prepare myself for residency applications as well as what my life could look like should I decide to go into Family Medicine. Sitting in on lectures about primary care dermatology procedures, the obstetric aspect of Family Medicine, and the enormous effect a Family Physician can have on her patients' lives all instill a sense of anticipation and excitement in me. They say never to enter the world of medicine with your mind set on a particular journey; but, I didn't listen. I chose pediatrics long before I was ever handed my white coat. I have always claimed that children are the root and soul of my passion to become a physi-

cian. However, this conference has been a major turning point in the way I now view my future. I enjoy obstetrics, working with children, helping adults, and caring for the elderly! AAFP has given me a platform through which I can really do it all! I don't know what my heart will choose, but I am so thankful I was given the opportunity to attend this conference and see what Family Medicine has to offer; it is an experience that I will never forget!

By Thomas Schelby

As a newly minted second-year medical student my thoughts begin to shift a little more towards my future specialty. Honestly, at this point the future is wide open, and I am in no way ready to commit the remainder of my working career (and personal life) to one specialty. However, I do know some specifics are on the list of possibilities. The AAFP National Conference, sponsored by NMAFP, definitely placed Family Medicine strongly on that list.

With little Family Medicine experience before the 2014 trip to Kansas City, I entered the conference wanting to learn more about the life, trials, benefits and joys of a life in Family Medicine. The numerous talks, panel discussions and exhibitions provided me with a clearer understanding of the importance of Family Medicine doctors to our state and our country. That combined with the outstanding networking opportunities it provided, even to a lowly second year, made the trip to Kansas City one of the highlights of my summer. If I do decide on Family Medicine as my career, I will look back and know the AAFP National Conference played at least an initiating, if not a significant role, in that decision.

By Britta Beasley

I have been lucky enough to attend the conference twice now, once after my first year of medical school and then this year entering into my fourth year. What I

love about the national conference is that there is something for everyone. They do a great job of bringing in quality lecturers that truly encompass all aspects of Family Medicine from physical exam technique to practice management; there is programming for everyone from first-year medical students through residents looking for their first job. The reason why I was so keen to go this year was definitely the residency fair. Going in the ERAS application season, this conference is timed perfectly for fourth-year students to have a casual conversation with almost any residency program in the US. With so many residency options, I found this opportunity incredibly helpful to help me finalize my list of programs that I will be applying to, and even introduced me to some new programs that I had not previously considered. This conference has such a good reputation that several of my classmates who were not fortunate enough to get a scholarship paid their own way to Kansas City just to have this experience. I am extremely grateful to the NMAFP for providing scholarships to help students like me attend this conference.

by Janae Lowe

I am so thankful that I was able to attend this year's AAFP National Conference in Kansas City, not to mention be sponsored to do so! Knowing that my future is in Family Medicine, it was such a great opportunity to listen to all of the excellent talks and participate in some of the workshops. It was truly inspiring being surrounded by enthusiastic individuals who have the passion and drive for Family Medicine like I do. Importantly for me, as a fourth-year student, it was so nice to explore and network with different programs before going through the actual application process. Thank you so much for this outstanding and unforgettable experience!



Project ECHO

By Leena Matlib,
Distance Education Coordinator

Project ECHO is a disruptive innovation that dramatically improves both capacity and access to specialty care for rural and underserved populations. This low-cost, high-impact intervention is accomplished by linking expert inter-disciplinary specialist teams with primary care clinicians through teleECHO™ clinics, in which the experts co-manage patient cases and share their expertise via mentoring, guidance, feedback and didactic education. This enables primary care clinicians to develop the skills and knowledge to treat patients with common, complex diseases in their own communities which reduces travel costs, wait times, and avoidable complications. Technology is used to leverage scarce healthcare resources, and the specialists at Academic Medical Centers (AMCs) are better able to attend the most complex, high-risk patients. The ECHO model™ is not “telemedicine” where the specialist assumes

the care of the patient, but instead a guided practice model where the primary care clinician retains responsibility for managing the patient, operating with increasing independence as their skills and self-efficacy grow. <http://echo.unm.edu/>

MISSION & GOALS

The mission of Project ECHO is to develop the capacity to safely and effectively treat chronic, common, and complex diseases in rural and underserved areas, and to monitor outcomes of this treatment.

TeleECHO Clinics provide health professionals with no cost continuing education in specialty care and offers no cost continuing medical, nursing and pharmacy education credit. Two of the 11 weekly clinics are new:

Children and Youth with Epilepsy

Epilepsy is the most common neurological disorder in children and a major public health concern. Community clinicians often struggle with caring for children with epilepsy due to the complexities of treatment and the psychiatric conditions that can accompany this disorder. However, early diagnosis and treatment often results in improved outcomes with fewer complications.

Why a Child Youth Epilepsy TeleECHO Clinic?

Epilepsy and seizures affect nearly 3 million Americans of all ages, at an estimated annual \$15.5 billion in direct and indirect costs. Better access to specialty care and comprehensive systems of care to improve early detection and treatment.

Better understanding of the diagnosis and treatment of epilepsy and its consequences, especially in the areas of mental health and cognition.

The Child/Youth Epilepsy TeleECHO Clinic facilitates an innovative approach to early diagnosis and management by employing interdisciplinary specialists to support clinicians in rural or underserved communities, who otherwise lack the resources necessary to manage epilepsy. The clinic offers didactics, evidence-based educational resources, and in-depth, case-based presentations by community clinicians for feedback and recommendations. By learning from expert consultation and from each other, clinicians form a comprehensive knowledge network and community of practice. This environment of group learning, using best practice protocols, reduces variation in care and may improve outcomes for patients living with epilepsy

Endocrinology - The Endocrinology TeleECHO Clinic (Endo ECHO) trains and supports clinicians and their teams in rural and underserved locations to improve their knowledge of and skill in the care and management of patients with endocrinologic needs. Our clinics have an emphasis on patients with Type 1 diabetes (T1D) and complex Type 2 diabetes (T2D). Our aim is

to develop and support enough local expertise to meet the needs of patients requiring endocrine consultation. Few rural clinicians are prepared to deal with the complexities and risks of potential complications of endocrine disorders such as T1D. High quality management requires timely consultation with well-trained specialists from multiple areas including endocrinology, behavioral health, and pharmacy — along with assistance from certified nutritionists/dietitians, certified diabetes educators (CDEs), and others. Access to this kind of specialty care is unavailable in rural areas, and even in large urban communities it is impossible to receive this type of coordinated and synchronous team consultation.

Since its initial expansion project, the ECHO model has been successfully replicated across the United States and around the globe and these new efforts will help determine the broader applicability of the model.

Project ECHO's National and Global Replication Initiatives:

- University of Washington
- University of Chicago
- Department of Defense – Worldwide Initiative
- Veteran's Administration Health System - 12 Regions
- University of Nevada
- University of Nevada: Reno
- University of Utah
- University of South Florida, ETAC and Florida/Caribbean, AETC
- Harvard, Beth Israel Deaconess Medical Center
- St. Joseph's Hospital and Medical Center
- Community Health Center, Inc.
- LA Net, Project ECHO LA
- St. Luke's Health/Baylor St. Luke's Medical Center
- UNM: Envision NM
- UNM: Center for Development and Disability
- University of California Davis
- University of Wyoming
- Ochsner Health System
- University of Texas MD Anderson Cancer Center
- India – Maulana Azad Medical College
- India – Institute of Liver and Biliary Sciences
- Uruguay: Universidad de la Republica
- Ireland – West/North West Hospitals Group – Galway
- Canada – University of Toronto – Ontario (Chronic Pain)
- Northern Ireland Hospice – Belfast (Hospice Care)

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Taos Conference - A Huge Success

By Karen Phillips, MD
Scientific Program Chair

The 57th annual Family Medicine Seminar was held in Taos, New Mexico July 31st-August 3rd with record attendance and support. We had a number of nurse practitioners, physician assistants, and public health workers in attendance. Many noted that they were glad to be acknowledged as strong additions to the new team approach to health care. The theme of the conference was wellness. To that end Sara provided us with extraordinarily healthy and delicious food. Seth Vigil and Jessica Phillips, owners of Black Box Fitness, provided us with stretching between every lecture and morning exercise sessions. We had 15 exercise balls for people to sit on instead of chairs that may have helped them strengthen their core while expanding their knowledge.

We had a number of talented doctors from around the state who joined us to expand our knowledge about wellness and about diseases we see every day that are the barriers to wellness in our patients such as COPD, CHF, depression and diabetes. We learned about how kids learn better when they get breakfast, exercise and activity during lessons. We learned how adverse childhood events can sometimes be overcome with support to the kids and parents from a healthcare team. We focused on some areas of diversity. We had eye opening talks about our special needs population and our patient's with addictions. We thought about how we can provide more culturally effective care to the patients of New Mexico. A panel of four gave us ideas for treating patients who struggle with obesity. We heard new recommendations for well woman care, contraception and well man care. We talked about the importance of sleep, immunization, and advanced care planning. We thought about taking care of ourselves and taking steps to avoid burn-out.

We had several honored guests who helped us to focus outward to the big picture of medicine today. Many things are changing for us. Dr Lori Heim, former AAFP President and Board Chair, discussed accountable care organizations. Dr Rick Madden, former AAFP Board Member, discussed the changes we are seeing with the Affordable Care Act. Dr Joe Tollison, ABFM Board Member, discussed how maintaining our board certification is changing and developing. Dr Alfredo Vigil, former Secretary of Health for New Mexico, reflected on how we must find new models for delivery of care to all of our populations in New Mexico. Dr Arthur Bankhurst spoke about the internationally recognized and awarded ECHO program that expands specialty care into under-served areas.

In addition to all that mind work we had some fun! We inducted our new president, Dr Melissa Garcia, our new Secretary-Treasurer, Dr. John Andazola, and our Vice-



Andazola POY - Dr. Karen Phillips presenting Dr. John Andazola the Physician of the Year Award along with Sara Bittner



Dr. Lori Heim presented the President's Plaque to Dr. Melissa Garcia after inducting Melissa as President of NMAFP



Dr. Alfredo Vigil accepting the Chapter Service Award from Sara Bittner



Dr. Karen Phillips presenting the President's Award to Dr. Melissa Martinez along with Sara Bittner

President, Dr Frank Ralls. We recognized some special people. Dr. Andazola is our Physician of the Year. He effectively participates in every aspect of Family Medicine, from clinical practice to teaching and administration. The President's Award went to Dr Melissa Martinez, who has tirelessly worked to vaccinate the residents of New Mexico, who also teaches, and performs numerous services for the NMAFP Board. She also serves as one of our Delegates to the AAFP Congress of Delegates. Dr Alfredo Vigil received the Chapter Service Award for the many areas of service he has performed for the chapter and the state. Dr Vigil speaks up as a voice for Family Medicine whenever and wherever he can. Sara Bittner, our stupendous chapter executive, was recognized for ten years of outstanding service to the chapter. Without her much of what we do could not happen.

Our awards evening was topped off with Jimmy Stadler providing us music for dancing and family fun. It was very family friendly, and the kids danced as much as the adults. My grand-daughter even got to get on stage and sing with Jimmy! The kids and youth had a great time with their arts and crafts and outdoor activities. The bountiful summer rain fell on us while we were there, but our afternoon off was bright and sunny. Many took advantage of the sun to hike in the mountains or raft in the river.

We had a great silent auction which helps us support students and residents in an effort to grow Family Doctors for New Mexico. Our thanks goes out to the conference attendees who made it so wonderful! I feel so honored to have spent this year as your president, and as overwhelmed as I was with EMR, taking my boards, and planning Taos conference I felt so grateful for the time we spent together. All you have to do to have a great conference is to invite a lot of old and new friends to spend time together. Thanks again to everyone who attended and made the Taos conference a success. I can't wait until next year.



Dr. Karen Phillips honored Sara for 10 years of service as the NMAFP Chapter Exec.



Dr. Karen Phillips presenting Dr. Lori Heim a traditional Nambe bowl in appreciation for her presence and participation at our Taos Conference



Dr. Dolores Gomez presented Dr. Karen Phillips with a "Medicine Kachina" for her service this past year as President



Sara's Staff being honored for all their hard work (L-R) Linda Switzer, Susan Beckmann, Shelbee Geyer, and Linda Gregory

Thanks to Taos Conference Co-Sponsors

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Dairy MAX
Luna Community College, Montanas del Norte AHEC - Las Vegas, NM
Memorial Medical Center -Las Cruces, NM

Thanks to Taos Conference Exhibitors

American Massage Therapist Association (AMTA-NM)
Amethyst Healing Space
Atrinea Health
Compassion & Choices
HealthInsight New Mexico
La Familia Medical Group
Lovelace Medical Group
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Success Concepts Medical Books
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UNM FM Preceptorship & UNM FM Clerkship
UNM Locum Tenens & Specialty Extension Services
US Army Healthcare Recruiting



Dr. Frank Ralls sharing his vision for NMAFP as the new Vice President during the Welcome Reception



Susan Beckmann assisted Linda Gregory with Arts & Crafts each morning during the Taos Conference (shown here, Susan offering Theo Gallant a treasure)

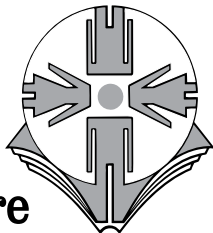


Dr. Karen Phillips presented Dr. Dolores Gomez with a "Crow Mother Kachina" for her service this past year as Board Chair

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Minutes - NMAFP BOD Meeting - August 2, 2014, Taos, NM

Present: John Andazola, MD; Sara Bittner; Laura Boyd, MD; Almed El-Emawy, MD; Dion Gallant, MD; Melissa Garcia, MD; Dolores Gomez, MD; Lori Heim, MD; Rick Madden, MD; Melissa Martinez, MD; Michael McKinney, MD; Daphne Olson; Karen Phillips, MD; Frank Ralls, MD; Luis Rigales, MD; Sid Sumulong, MD; and Lourdes Vizcarra, MD. Dr. Phillips chaired the meeting.

Introduction: Dr. Lori Heim, AAFP Past President & Board Chair, gave AAFP updates and also spoke to Dr. Melissa Martinez about Immunizations.

ALF: Sara gave a brief update on the Annual Leadership Forum, May 1-3, 2014 in Kansas City. Dr. Greg Koury attended the Forum with Sara. Great opportunity for Chapter Leaders to network and meet Officers from across the US and attend presentations geared to the workings of the Chapters. The National Conference of Special Constituencies (NCSC) also takes place in conjunction with ALF. NM has been underrepresented at NCSC in the past. Dr. Rick Madden encouraged the NMAFP to have more representation in the future because it is a great venue for learning and developing leadership skills.

9th Annual Med Student Reception: It will take place on Sept. 19th, 6-9 pm, Hotel Albuquerque with new format this year. A 10-minute inspirational student-focused introduction will start the evening off, and then there will be 3 20-minute speed-dating sessions where the FM Physicians rotate among the student tables & 45 minutes for Co-Sponsors to speak briefly. The last portion of the evening will consist of 4 focus groups - Residencies, Hospitalists/ER, Solo/Small Group & Employed Physicians. The physicians will go to their respective group, and the students will visit the ones they are interested in.

Budget Committee Meeting: The Budget Committee will meet the morning after the Med Student Reception, Sept. 20th, to formulate the final 2014-2015 Administrative Budget & Educational Budget.

Academic Poster Presentation Process Committee Report: The committee members, Drs. Darrick Nelson, Dan Waldman, John Andazola, Luis Rigales and Frank Ralls, reported they have not had a meeting yet. Comments from the Board Members indicate that they think it is a great idea for the future. Dr. Dan Stulberg would also like to participate on this project. Poster presentations will be very beneficial to the Residents

for their ACGME academic requirements. There will be a process where the Committee reviews the posters and awards will be presented.

Speaker Database for Future Conferences: Dr. Melissa Martinez addressed the Board about having a potential speaker database for future conferences. Ideas: a link on the website to submit ideas; newsletter articles asking for speakers. Dr. Madden suggested that the Residency Program Directors have a wealth of information on CME opportunities and are aware of all the new guidelines so, perhaps, they would create a Scientific Advisory Committee. Dr. Andazola would like to have an open group that allows people with expertise to also participate. Dr. Gomez made a motion that the SAC would be made up of the Residency Directors, the President, President-Elect, and Dr. Melissa Martinez. A discussion ensued. Dr. Heim pointed out that the role of the President has changed a great deal in the last 15 years. Many chapters have gone to an advisory committee instead of putting the task of recruiting speakers solely on the President's shoulders. Dr. Madden motioned that the Committee meet one time, be prepared, and meet a year in advance. The motion passed unanimously. Dr. Madden made a second motion that the Scientific Advisory Committee meet in conjunction with the annual meeting immediately after the Board Meeting to help plan the next year's conference. The President still determines what presentations will be used from all the offerings given by the SAC. The motion passed unanimously.

Winter Refresher in Albuquerque: Feb. 21, 2015 at the Hotel Albuquerque, Old Town. The Agenda was included in all attendee packets at the Taos Conference.

Financial Report Summary: Dr. Dion Gallant explained to the new members of the Board that the 2 NMAFP budgets are funded by dues and non-dues revenue. The dues are not enough to balance our 2 budgets. The main portion of our budget is supported by the net revenue from our 2 CME conferences. New in the last few years is our Silent Auction that feeds our non-dues revenue. NMAFP put reserves with the National Academy in Feb. of this year. It is felt that this will serve the NMAFP well over the next many years.

Strategic Planning Session: Dr. Dolores Gomez informed the Board that our last SPC was in 2012; and, at that Session, we planned to have another one in 3 years. Dr. Gomez made a motion that we have a SPC in the fall of 2015. The motion passed unanimously. It will take place Nov. 7-8 or 14-15.

Universal Purchase of Vaccines: Dr. Melissa Martinez gave an update on this topic and asked the Board if they wanted to go forward with legislative action. A motion

that NMAFP support legislative action to secure universal purchase of childhood vaccines passed unanimously.

Continuum of Care: Dr. Lourdes Vizcarra shared information about Continuum of Care, a Department at UNM within the Department of Pediatrics to aid in the care of people with disabilities. She has created a newsletter to help parents with children that have developmental disabilities with a goal of sharing her information with all healthcare professionals in the State so they can, in turn, share with their patients. A motion was made to send an initial email blast to the membership telling them they can find a link on the NMAFP website with information on Continuum of Care that includes education as well as resources. There will also be information about this in our Fall Newsletter. The motion passed.

Resident Report:

Santa Fe - Drs. Ahmed El-Emawy & Michael McKinney reported that Santa Fe previously accepted only 3 residents a year, but this year they accepted 4 and matched all 4 spots. All 3 residents that graduated this year have remained in NM. There is definitely room for the SF Residency Program to continue to grow. The Residents feel great support from St. Vincent's Hospital, La Familia Clinic and the Santa Fe community at large.

Silver City - Dr. Sid Sumulong gave a report for the newest FM Residency Program in NM. Sid & Dr. Ben Cluff are entering their third year. Silver City matched 2 very strong candidates out of UNM for their first-year slots, and they also have 2 very well-trained, second-year residents coming in. Sid & Ben plan to stay in Silver City upon graduation. Sid shared with the Board that The AAFP Foundation has recognized the efforts of HMS for developing the Idalia Rodriguez Memorial Immunization Project. This project will focus on the reduction of the disparity seniors in our communities face in accessing education on the importance of immunizations as well as work toward providing increased access to important immunizations. The project will utilize 4 HMS Family Medicine residents to direct and execute all project activities. It will increase resident physician access to our community and provide a venue for our residents to disseminate important health information surrounding the importance of these vaccines for our seniors. The project will endeavor to reach seniors in Grant and Hidalgo counties. Funding has been procured for the future of our newest Silver City Residency.

Las Cruces - Dr. Laura Boyd shared with the Board that 8 Residents completed the program and 5 of the 8 are staying in NM. 7 of the 8 passed their Boards, and the 8th Resident has not taken them yet. The Las Cruces Residency matched 6 into the program, and they all speak Spanish. Las Cru-

ces has a 60% retention rate in NM overall and over a 70% retention rate in the last 5 years. Dr. Jason Lee, Chief Resident in Las Cruces, will represent NM as the Resident Delegate at the National Resident & Student Conference in Kansas City, August 7-9, 2014. The Program Director for Las Cruces, Dr. John Andazola, was presented with the 2014 Physician of the Year award during the Awards Dinner & Dance at the Taos Conference.

Student Report: Daphne Olson, FMIG President, gave the student report to the Board. She will represent NM as the Student Delegate at the National Resident & Student Conference next week in Kansas City. Daphne took part in a webinar on how to write a resolution which will prepare her for the Student Congress in KC. As President, Daphne is going through the process of re-chartering the FMIG at UNM. She asked for the Board's approval to change the internal structure of FMIG where the President remains for 2 years instead of 1 so there will be more continuity. A possibility would be to add a President-Elect during the first year of Med School and then the President-Elect would become the President during the second year of Med School. Daphne will take this information back to the FMIG and give a report

to the NMAFP BOD on the outcome at the Nov. 8th BOD Meeting. Daphne posed another question to the Board - Would it be possible to have 2 Student Representatives on the NMAFP Board - President-Elect and President? The answer was yes.

Action Item from Dr. Jason Lee: Jason requested a letter of nomination from the NMAFP Board as he wants to apply for the Resident Representative to the AAFP Commission on Health of the Public and Science. A motion was made to approve, vote taken, passed unanimously.

Next Board Meetings:

November 8, 2014

NMAFP Office, Noon, Lunch Served

February 20, 2015

NMAFP Office, 5:30 pm, Dinner Served
(Night before Winter Refresher)

April 18, 2015

NMAFP Office, Noon, Lunch Served

July 18, 2015

Ruidoso Convention Center, 1:00pm,
Lunch Served



Newsletter Offers Resources to Aid in Care of Patients with Disabilities

Physicians who care for persons with intellectual and developmental disabilities know that finding resources and understanding the details of programs that are offered is a challenge. Fortunately more information and updates on the care of disabled patients are being made available thanks to the efforts of Lourdes Vizcarra, MD from the Continuum of Care Program at UNM. The Continuum of Care program has a mission: "To improve and sustain the quality of health and health care for all people with intellectual/developmental disabilities in New Mexico". Dr. Vizcarra is the creator and editor of a newsletter that will be published quarterly. Articles will cover information on clinics and other resources to help disabled patients, their families and physicians. The newsletter "e Noticias" and the important information is available on the NMAFP website: www.familydoctornm.org.

4 Free CO*RE Webinars Coming This Fall!

The State Academies of Family Medicine are pleased to invite you to attend a FREE webinar on Extended-Release/Long-Acting Opioids: Achieving Safe Use While Improving Patient Care. We have scheduled 4 webinars during the next several months -- one of them should be perfect for your busy schedule.

The 90-minute webinars meet the FDA requirements for ER/LA opioid risk management and mitigation strategies (REMS), and include cases, tools use and more. A post-activity assessment will help you gauge your increase in knowledge and competency. Upon completion of the assessment and evaluation you will receive 1.5 AAFP Prescribed credits and we'll send you both the faculty slides and additional resources you can use to improve your care of patients.

September 23 – Tuesday
November 11 – Tuesday

September 25 – Thursday
November 13 – Thursday

REGISTER TODAY!

If you have any questions, feel free to contact Shelly Rodrigues at srodrigues@familydocs.org



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33rd Annual NMAFP

Winter Refresher in Albuquerque

February 21, 2015 • Hotel Albuquerque • Old Town • Albuquerque, New Mexico

Greg Koury, MD - Scientific Program Chair



7:00 am – 8:00 am	Past President's Breakfast Fireplace Room
7:00 am – 8:00 am	Registration/Exhibits Open Breakfast - Exhibit Hall
7:55 am – 8:00 am	Introduction & Welcome Greg Koury, MD, Scientific Program Chair
8:00 am – 9:00 am	"Demonopolizing Knowledge to Provide Better Care to our Patients" Sanjeev Arora, MD
9:00 am – 10:00 am	"Skin Rashes A Potpourri" Dan Stulberg, MD
10:00 am – 10:30 am	Break - Exhibit Hall
10:30 am – 11:30 am	"Key Articles & Developments of 2014 in Family Medicine" Dan Waldman, MD
11:30 am – 12:30 pm	"AAFP Chapter Lecture Series: Adolescent Immunizations and the Barriers that Exist" Belinda Vail, MD FAAFP (This CME activity is funded by an educational grant to the AAFP from Merck)
12:30 pm – 1:30 pm	Lunch - Exhibit Hall
1:30 pm – 2:30 pm	"Best Medical Apps for Family Medicine: How to Pimp your Peripheral Brain" Jason Kurland, MD
2:30 pm – 3:00 pm	Break - Exhibit Hall
3:00 pm – 4:00 pm	"Current Strategies for Understanding the Risk & Biology of Cancer" Peggy Porter, MD
4:00 pm – 5:00 pm	"Oral Anticoagulants - Choices after 60 Years" Michael Chartrand, MD
5:00 pm	Drawing for Door Prizes Must be registered for the Conference & present to win

Registration Form: NMAFP 33rd Annual Winter Refresher in Albuquerque

You will also be able register online at www.familydoctornm.org this Fall

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November 22nd

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In This Issue...

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Capturing the Joy of Family Medicine

Hello from the UNM Family Medicine Interest Group!

Resident & Student Conference in Kansas City

Project ECHO

Taos Conference - A Huge Success

33rd Annual NMAFP Winter Refresher in Albuquerque - Registration

Doc of the Day Volunteers Needed for 2015 Legislative Session

Members, are you interested in the legislative process? Do you want to understand how our legislature works? Want to do some real community service? Then volunteer as a Doctor of the Day. The Doctor of the Day Program is our New Mexico Academy of Family Physicians (NMAFP) community service to the New Mexico State Legislature, and we need your help. Each volunteer serves a day (or more) to provide medical services to the legislators during the legislative session. NMAFP volunteers work in cooperation with the New Mexico Medical Society. NMAFP volunteers provide medical evaluation and care, and the NMMS provides pharmaceutical support when indicated. Volunteers will provide a cell phone number to the Round House operator and be "on call" during the day. Medical services will be provided in the privacy of the legislator's office. During the day volunteers can observe the legislative sessions, provide testimony on behalf of the New Mexico Academy (only on issues of direct relevance to the Academy) and generally learn about the legislative process.

A lunch training session is planned for Saturday, January 24, 12:30 pm at the Academy office. The session will review anticipated legislation and the Academy policy regarding the issues. Steve Lucero, NMAFP Legislative Liaison, will lead the training session. The 60-day session begins January 20th and ends March 21st. The DOD Schedule will begin on Tuesday, January 27th. If you are interested in participating, email or call Sara: familydoctor@newmexico.com or 505-292-3113.