



The Roadrunner

Published quarterly by the New Mexico Academy of Family Physicians, Inc.



Vol. 32, No. 4

Winter 2014



President's Column

By Melissa Garcia, MD

Physicians are searching for new models to deliver care in an attempt to remain viable in an ever-changing health-care delivery landscape. In this search the direct primary care (DPC) model is gaining attention. What is direct primary care? Simply stated it is a model in which a patient and physician enter into a contractual relationship for primary care. A flat monthly or yearly rate is paid for access to a broad range of health care and administrative services. There is no billing to third party or government entities. Visits are typically longer and panel sizes smaller. In some communities practices have been able to contract with small employer groups directly to provide primary care for its employees.

The AAFP has created a policy on this model and there are now toolkits available and workshops being held around the country to educate physicians on how to transform their practices into a DPC practice. The first such workshop was held in Phoenix, AZ in November. Some local physicians were in attendance. I spoke with one of the physicians who stated she was there primarily on a fact-finding mission. She stated her primary care practice was doing ok financially, but she has become increasingly frustrated about the disruption of the physician-patient relationship due to her patients' insurance plans constantly changing.

DPC is not insurance and this can be a source of confusion. The fact that medical insurance is used to cover low-cost primary care services should be questioned. As one of the DPC physicians quoted, "It is like buying car insurance to pay for gasoline".

- Continued on page 2

Congress of Delegates Meet in DC

By Melissa Martinez, MD

The US Congress was not in session but political activity was happening as the AAFP Congress of Delegates was in session in Washington DC in mid October. The Congress of Delegates directs the AAFP Board of Directors, President and other AAFP leadership on policy directions for the AAFP. This year the New Mexico Chapter was represented by Delegates Dion Gallant and Melissa Martinez, Alternate Delegates Karen Phillips and Stephanie Benson and Chapter Executive, Sara Bittner. Arlene Brown and Rick Madden, both former AAFP Board of Directors from New Mexico, and Jason Lee, Assistant Chief Resident from the Las Cruces Family Medicine Residency, also attended.

The first agenda item was the Town Hall. This is a big group meeting in which AAFP Leaders address members about some of the "big picture" items that the AAFP is dealing with. This year's topics ranged from policy proposals to increase Graduate Medical Education funding of primary care to payment reform (Sustained Growth Rate is still an issue) as well as an initiative to change the US health care system for the better called Family Medicine for America's Health (see separate article).

The next day there were several reference committees. Members from all over the country submitted resolutions. These resolutions were divided up and assigned to one of five different reference committees who heard testimony from the authors and others supporting or opposing the resolutions. A complete list of resolutions is available at <http://www.aafp.org/about/governance/congress-delegates/2014/resolutions.html>.

Some of the more interesting ones included: 1) A proposal to pay Family Physicians a fee to consult on their continuity patients when the patients are hospitalized by a Hospitalist System

2) A call for recognition of Family Physicians who do not accept pharmacologic detailing or samples

3) Several resolutions on the study and regulation of E-cigarettes

4) Many resolutions had to do with reproductive health including a reaffirmation of a woman's right to access reproductive health services and opposition to non evidence-based restrictions on the provision of such services

5) The need for more evidenced-based information on the medical and recreational uses of marijuana was highlighted in several resolutions

All opinions on these and other issues were heard in an open and collegial manner that seems to be lacking in other political arenas in this country. The committees deliberated on these issues and made recommendations that the congress pass, don't pass or refer these resolutions.

The next day the Congress of Delegates met as a whole and decided to uphold the committee's recommendations or to debate the issues on the floor. One of the biggest points of discussion was a resolution calling for the AAFP to discontinue its relationship with Coca-Cola. This resolution did not pass.

The election of national officers was also part of the Congress. Several very qualified candidates ran very good campaigns. Wanda Filer (Pennsylvania) was selected as President-Elect. Mott Blair (North Carolina), John Cullen (Alaska), Lynne Lillie (Minnesota) and Carl Olden (Washington) were elected to the Board of Directors.

All in all it was a well-run meeting with much business accomplished that leaves the AAFP with many tasks to complete in the next year. Next year's Congress of Delegates will be in Denver, Colorado. All interested members are encouraged to attend.



Delegates, Drs. Melissa Martinez and Dion Gallant



The New Mexico Delegation: Dr. Karen Phillips, Dr. Dion Gallant, Sara Bittner, Dr. Melissa Martinez and Dr. Stephanie Benson



Alternate Delegates, Drs. Karen Phillips and Stephanie Benson

Universal Purchase in New Mexico

Lance Chilton, MD

On Tuesday, September 23, we met with representatives of the New Mexico Department of Health, vaccine manufacturers, the health insurance industry in New Mexico, the general counsel for the Office of the Superintendent of Insurance, an analyst for the Legislative Finance Committee and an attorney in the Legislative Counsel Service in a meeting called by State Senators Michael Sanchez and Bill O'Neill. The Senators had called the meeting to look for a solution to a problem that had developed in the state's exemplary Vaccines for Children Program, which provides vaccines free of charge and risk to providers throughout New Mexico for children until their nineteenth birthday – it's called "Universal Purchase VFC."

In most other states (41 of them), VFC vaccines are only for children who are uninsured, have Medicaid, are Native American, or whose health insurance doesn't cover vaccines. In New Mexico, that's 80% of all kids. But what about the other 20%? We fear that many providers would skip the hassle and risk of having to contract with vaccine manufacturers for their supplies and then hope for insurance payments as vaccines were given. Vaccine rates would drop, and infectious diseases would rise.

The meeting showed impressive unanimity, with all groups without exception extolling the benefits of Universal Purchase. The Department of Health came in for much praise in the efficient, even-handed way in which it supplies the vaccines. David Barton, the general counsel for the Superintendent of Insurance, caused an almost palpable relief in the group of about 40, saying that there was statutory authority in New Mexico law providing that the Superintendent of Insurance had the right to assure that all insurers in the state must act in the interest of the people of New Mexico, and that paying assessments for VFC vaccines through a process to be devised by DOH would be in the interest of the people of New Mexico. Mr. Barton said that he was speaking for the Superintendent of Insurance, Mr. John G. Franchini.

"Trust but verify" Robert Reagan said a few years ago, in another context. Prudently, Senators Sanchez and O'Neill are working with LSC attorney Shawn Mathis, J.D., on a bill that could be introduced in the 2015 Legislature to solve the problem if this ground-breaking action somehow fails. We will look for Republican co-sponsors as well.

I wrote the preceding paragraphs before a second meeting, much less hopeful the following week, with K. Lynn Gallagher, J.D., Deputy Secretary of the Department of Health, and James Ross, Cabinet and Federal Affairs Director for Governor Susana Martinez. Ms. Gallagher and Mr. Ross indicated that they did not believe that the Superintendent of Insurance could en-

force the proposed new provision, and that they believed the insurance company, that still has not agreed to pay for the vaccines received by its insured children, would continue to refuse to pay. This would leave the state in the hole to the tune of about \$3.5 million, which they could not allow to happen. Statutory enforcement would have to occur, if we are not to lose the program. So we'll continue our efforts.

The next chapter of this story is provided by United Health Executive Jennifer Jessep in an email to Senator Bill O'Neill on October 16: "Per our conversation, UniteHealthcare will provide funds for 2013, 2014 and 2015 at \$1 million per year with a program review in 2015. We have informed the Governor's Office, as well." That would appear to be a solution for at least 2014 and 2015. Stay tuned; we'll let everyone know what next steps are needed.

Lance Chilton, who wrote this, is the ringleader in the effort, but had major support from the other providers, including Brian Etheridge, who drove up from Silver City to give his very effective presentation on the effects losing VFC-Universal Purchase would have on private practitioners and from Melissa Martinez, MD, Family Physician and Therese Hidalgo, RN, FNP, nurse practitioner at UNM's School of Nursing.

President's Column Continued

It is estimated that physicians spend a significant amount of their time and energy managing patients behind the scenes. Primary care is not an 8-5 job. As our last visit for the day leaves the office, there is typically another 1-2 hours spent in onerous EMR documentation and other administrative burdens. This drowning in administrative quicksand accounts for 30 percent or more in overhead costs in some practices. Small independent practices are somehow supposed to absorb these costs by seeing more and more patients for less and less reimbursement. As one participant at the aforementioned DPC conference stated, "Physicians need to speak with their feet or health care is never going to change".

This model obviously has its downside. The legal hurdles and cost to opening a DPC practice are not insignificant. DPC could not provide care to the entire population as panel sizes are typically 1000-1500 per FTE provider. The model does offer small independent practice another option to help stay afloat in the face of the sluggish government and insurance adoption of blended payment models and the "take it or leave it" mentality of insurance companies as they move to narrow networks which offer little to no negotiating power or even acknowledgement to small independent practices and little to no choice for patients. It will be interesting to see if this model continues to gain traction. There is not a one-size fits-all solution to this health care crisis. We will need to continue to rely on the innovative efforts of physicians to challenge the status quo.

Help Our Legislature with Your Professional Expertise

By Rick Madden, MD

New Mexico has a unique role for Family Physicians. We will have first-hand access to our state's legislators at this year's session in Santa Fe, January 20 through March 21.

The NMAFP's Doctor of the Day Program puts Family Physicians in the Round House to give care to sick legislators and staff during the session. As a medical professional, the Doctor of the Day may also be asked to testify at a committee on a health-related issue, providing important insights based on one's own experience serving our patients. This is valuable input and can make a real difference in the development and passage of legislation. On the other hand, if the Doc of the Day does not feel up to testifying, it is understood as a personal choice.

The docs who have participated have been enthusiastic about their time spent at the legislature. They learn about the legislative process, meet staff and lawmakers they would not have met, and hear about the wear and tear on the people involved. It is a very rewarding time and makes a great contribution to our state.

There will be a training and issue-briefing lunch meeting for those interested in Doc of the Day at Noon on January 24, 2015 at the Academy headquarters in Albuquerque, located at 2400 Louisiana Blvd. NE. Please join us, but let our Executive VP, Sara Bittner, know at familydoctor@newmexico.com. We look forward to seeing you!

Volunteers are still needed!

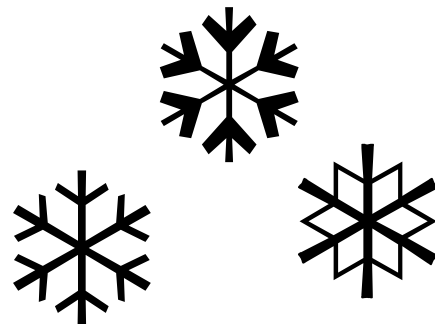
Our Doctor of the Day program needs your help. At the time this newsletter went to print, the following days need volunteers:

January: 28

February: 3, 4, 5, 6, 10, 11, 12, 16, 23, 24, 25, 26,

March: 2, 3, 4, 5, 6, 9, 10, 11, 13, 17, 18 and 19.

If you would like to participate, email Sara, familydoctor@newmexico.com



Med Student Reception

by Daphne Olson, FMIG President

This year, at the Annual Med Student Reception hosted by the NMAFP, students from the University of New Mexico School of Medicine joined residents and physicians from across the state in order to celebrate the field of Family Medicine. The evening began with inspiring words from presenters from the NMAFP and various health organizations. Students heard first hand that they could be a part of the future of Family Medicine as health care groups from around the state reinforced the idea that there is an immense need for primary care physicians in many New Mexican communities. In addition, presenters emphasized that Family Medicine Physicians are often leaders within the community and have a meaningful impact on society, both inside and outside the clinic.

Once the presentations were complete, students, residents, and physicians participated in "speed-dating" style conversations about careers and opportunities in Family Medicine. Students had the unique opportunity to learn about Family Medicine from multiple perspectives, with the physicians in attendance representing rural medicine, urban medicine, academic medicine, and private practice. Various subspecialties, such as geriatrics and sleep medicine, were also represented. As the evening progressed, casual conversations transformed into important networking opportunities as students conversed with residency directors and possible employers. The room was filled with lively conversation, and both the students and the physicians seemed to enjoy the opportunity to reflect upon past experiences and explore future possibilities. Overall, the event was a tremendous success, with more students in attendance than in any previous year. The UNM Family Medicine Interest Group would like to thank the NMAFP for hosting the event and for sharing the joy and excitement of Family Medicine with so many medical students. We look forward to seeing you all at the Med Student Reception next year!

UNM Med Student Report

Hello from the UNM Family Medicine Interest Group!

We would like to start by thanking the NMAFP for their kindness and support. It has been almost a year since we assumed our current roles within this organization, and we cannot believe how quickly the time has gone. At first, we were nervous to join an organization full of talented and devoted physicians, unsure if we could make any sort of meaningful contribution to your group. However, we could never have anticipated the warm welcome we received. Right from the start, the NMAFP demonstrated a commitment to student input. Leaders frequently consulted students regarding their perspective and took student opinions into consideration when making important decisions. We feel honored to have worked alongside such quality physicians, and we hope that you know that your openness to our ideas has only reaffirmed our interest in Family Medicine. We hope to become a part of the future of Family Medicine, and thanks to the NMAFP, we have already begun to realize that dream. A special thanks to Sara Bittner, our primary contact with the NMAFP, for her never-ending kindness and support. We would also like to give heartfelt thanks to Dr. Liz

Grant, Dr. Kate McCalmont, and Annette Creasman, our devoted advisers who have helped bring many of our visions to life. We would never have made it through this year without all of you!

In other news, we are currently in the process of FMIG elections. As this semester comes to a close, we are electing a new set of officers for the upcoming year. We will serve along-side and train these new student leaders, hopefully continuing many of our FMIG traditions, particularly the Match Mixer. Our primary focus for the coming year will be to continue exposing students to the diverse and fascinating field of Family Medicine through presentations, social events, and community outreach projects. Our first event for the new year will be a resident dinner in which students can talk with current Family Medicine residents about their residency experiences as well as the application process.

As this year comes to a close, we are grateful to have learned from all of you over the past several months, and we are excited to continue this journey. Thank you, not only for your help and support, but also for forging a path for us within the field of Family Medicine. We cannot wait to join you in the meaningful work you do each day, for your patients, your community, and for aspiring physicians like us.

Sincerely,

Daphne Olson and the other FMIG Officers



Dr. Karen Phillips, NMAFP Board Chair, sharing information with the Med Students



FMIG Officers, L-R Katherine Kilgore, Daphne Olson, Kaitlyn McCranie, Thomas Schelby and Yitong Albert Liu



Dr. Art Kaufman, Distinguished Professor of Family and Community Medicine, Vice Chancellor for Community Health, UNM, visiting with interested Med Students

33rd Annual NMAFP

Winter Refresher in Albuquerque

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

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

SCHEDULE OF EVENTS

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" by Sanjeev Arora, MD
9:00 am – 10:00 am	"Skin Rashes- A Potpourri" by 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" by Dan Waldman, MD
11:30 am – 12:30 pm	"AAFP Chapter Lecture Series: Adolescent Immunizations and the Barriers that Exist" by Belinda Vail, MD FAAFP <i>(This CME activity is funded by an educational grant to the AAFP from Merck)</i>
12:30 pm – 1:30 pm	Lunch - Exhibit Hall
1:30 pm – 2:30 pm	"Best Medical Apps for Family Medicine: How toPimp your Peripheral Brain" by 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" by Peggy Porter, MD
4:00 pm - 5:00 pm	"Oral Anticoagulants - Choices after 60 Years" by Michael Chartrand, MD
5:00 pm	Drawing for Door Prizes - Must be registered for the Conference & present to win

REGISTRATION FORM (Please Print Clearly)

Name _____ Designation: ☐ MD ☐ DO ☐ NP ☐ PA ☐ RN
AAFP ID# _____
Address _____ C/S/Z _____
Phone _____ Email _____

How would you like to receive your handout:

☐ Electronic Version *(Printouts are not included with electronic version)*

☐ Hardcopy Book

_____ AAFP Member Practicing Physician \$175

_____ Family Medicine Resident (no charge)

_____ Non-Member Practicing Physician \$300

_____ Medical Student (no charge)

_____ NP/PA/RN \$100

_____ Yes, I want to sponsor a student attendee \$25

_____ Retired Physician \$100

_____ Total Enclosed from Both Columns

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

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

An Opportunity to Participate in Organized Medicine

By Irene Gutierrez, MD

Recently, I was appointed the American Academy of Family Physicians (AAFP) Resident Delegate to the American Medical Association-Resident Fellows Section (AMA-RFS). In this role, I attended the AMA Interim meeting November 6-9, 2014 in Dallas which was a great opportunity to see how organized medicine works. The AAFP is one of the few national specialty groups with a large voice at the AMA. As a group, we met to discuss all the resolutions being brought before each of the sections of the AMA. This includes the Medical Student Section, Resident Fellows Section (RFS), Young Physicians Section and, of course, the House of Delegates. This is our opportunity as a society to discuss the resolutions and what the AAFP position should be on any resolution. We do a search of AAFP policy that pertains to the resolution and discuss whether we will testify on the resolution.

Some of the hot topic resolutions in the RFS had to do with Ebola and Immigration. There was a resolution out of the RFS regarding AMA response to Epidemics and Pandemics. The resolved clause urged the AMA to provide regular updates in a timely manner on any disease classified by the WHO as an urgent epidemic or pandemic and that the AMA work with the CDC to provide organizational assistance. This was heavily debated because there was differing opinion on whether the AMA should be providing the updates or whether they should be echoing the CDC. It was felt that the AMA did not provide timely information regarding Ebola. Ultimately this resolution was passed and referred immediately to the House of Delegates.

The immigration resolution was urging the federal and state government agencies to ensure standard public health screening and indicated prevention and treatment for immigrant children regardless of legal status and the AMA advocate against and publically correct medically inaccurate accusations that contribute to anxiety, fear, and marginalization of specific populations. This resolution was very important to the AAFP as they had recently passed a similar resolution at the Congress of Delegates meeting in October, 2014. I had the opportunity to personally testify on behalf of the AAFP in strong support of this resolution during the debate.

Organized medicine is an interesting arena. I often thought that Family Medicine didn't have a strong voice within organized medicine, but I learned that we are a growing voice. Often specialties are looking to us for information because what is being discussed is what we do everyday. I'm looking forward to a future in leadership within the AAFP and pushing the objectives of Family Physicians forward.

UNM Family Medicine Update

The UNM Family Medicine Residency Program is in height of interview season. As always, we have some great applicants. We always look forward to meeting the diverse set of people who apply to be part of Family Medicine. The interview day consists of interviews in the morning followed by a tour of Albuquerque and the clinics. The day ends with a casual dinner at a resident home (the best part in my opinion). We are looking forward to match day!

The UNM Residency continues to build the curriculum around Community Engagement and Scholarly Activity. There are projects in the works around Teen Sex Education, Native American Nutrition and Physical Activity. There are also group classes around Diabetes, Hypertension and Mental Health to name a few. The residency was happy to have Dr. Will Kaufman come on board as Associate Program Director to help oversee the population and community health curriculum.



Happy New Year from NMAFP!

Open Rank Faculty FM Physician – Geriatrician

The Department of Family and Community Medicine (DFCM) seeks a family medicine physician with special interest and/or training in Geriatric health for a faculty position at the University of New Mexico (UNM).

This position will serve as coordinator for geriatric teaching in the DFCM. A month-long geriatric rotation is required of all Family Practice (FP) residents and home care and nursing home care continuity experiences are offered to medical students, residents and fellows. Curriculum development, clinical teaching and student evaluation will be an integral part of the position. Supervision of residents in long term care settings will also be included in the job responsibilities.

For a complete description and application requirements, please see the UNM job application system at: <http://www.unm.edu/jobs/> and search for posting #0827464.

For assistance with the Application Process or questions, please contact: Amy Herrera, Faculty Human Resources, (505) 272-8460, amyherrera@salud.unm.edu. For a complete listing of open faculty positions with Family and Community Medicine, please go to: <http://hsc.unm.edu/som/fcm/>.

The University of New Mexico is an Equal Opportunity/Affirmative Action Employer and Educator.

Medical Director

Qualis Health has been selected by the Human Services Department to serve as the Third Party Assessor (TPA) and utilization review organization that will evaluate the medical necessity of healthcare services provided to New Mexico Medicaid recipients. In this 12-hour per week role, you would serve as our primary physician liaison and medical subject matter expert, perform clinical peer reviews, participate in appeals and hearings, and provide other programmatic support. Requires 4+ years of medical practice, current MD licensure, and board certification. Prior UM experience and/or experience with intellectual disabilities or other disability populations is preferred. Submit your CV at <https://qualishealthcareers.silkroad.com/qualisext/EmploymentListings.html>

2014-1015 NMAFP Board Members

Past Board Chair
Dolores Gomez, M.D.
2450 S. Telshor Blvd.
Las Cruces, NM 88011
(575) 915-2800
dolores.gomez@lpnt.net

Board Chair
Alternate Delegate to AAFP Congress
Karen Phillips, M.D.
145 Don Pasqual NW
Los Lunas, NM 87031
(505) 865-4618
karen_phillips@fcch.com

President
Scientific Advisory Committee
Melissa Garcia, M.D.
1518 Girard Blvd NE
Albuquerque, NM 87106
(505) 249-7913
mgarcia8168@comcast.net

President-Elect
Gregory Koury, MD
P.O. Box 891, 10983 Highway 180 W
Silver City, NM 88062
(575) 534-4299
dockoury@signalpeak.net

Secretary-Treasurer
Scholarly Activities Committee
Scientific Advisory Committee
Southern NM Residency Program Liaison
John Andazola, MD
2450 S. Telshor Blvd.
Las Cruces, NM 88011
(575) 521-5385
john.andazola@lpnt.net

Vice President
Scholarly Activities Committee
Frank Ralls, MD
1101 Medical Arts Ave. NE
Albuquerque, NM 87102
(505) 272-6110
fralls@salud.unm.edu

Delegate to AAFP Congress
Chairman, Chapter Affairs
Dion Gallant, M.D.
8300 Constitution Ave. NE
Albuquerque, NM 87110
(505) 291-2402
dgallant@phs.org

Delegate to AAFP Congress
Chair, Communications
Scientific Advisory Committee
Melissa Martinez, M.D.
32 Chavez Road
Belen, NM 87002
(505) 272-3935
mmsmart@juno.com

Alternate Delegate to AAFP Congress
Stephanie Benson, M.D.
2450 S. Telshor Blvd.
Las Cruces, NM 88011
(575) 521-5370
Stephanie.Benson@lpnt.net

Chair, Legislative Affairs Committee
Richard F. Madden, M.D.
609 S. Christopher Road
Belen, NM 87002
Work: (505) 864-5429
rmadden@phs.org

Legislative Affairs Committee
Arlene Brown, M.D.
1401 Sudderth Drive
Ruidoso, NM 88345
(575) 257-7712
arlenebrownmd@gmail.com

Legislative Affairs Committee
Sally Bachofer, MD
Dept. of Family & Community Med.
MSC09-5040, 1 UNM
Albuquerque, NM 87131
Work: (505) 272-2165
sbachofer@salud.unm.edu

Scientific Advisory Committee
Larry Leeman, MD
1 University of New Mexico
MSC 09 5040
Albuquerque, NM 87131
(505) 272-2165
lleeman@salud.unm.edu

Legislative Affairs Committee
Leigh Vall-Spinosa, MD
First Choice, 1231 Candelaria NW
Albuquerque, NM 87107
(505) 345-3244
leigh_vallspinosa@fcch.com

Legislative Affairs Committee
Virginia Hernandez, MD
IHS Shiprock Service Unit
PO Box 160, Hwy 491 North
Shiprock, NM 87420
gehernandez@gmail.com

Chair, Scholarly Activities Committee
Scientific Advisory Committee
UNM Residency Program Liaison
Daniel Waldman, MD
Dept. of Family & Community Medicine
MSC09-5040, 1 UNM
Albuquerque, NM 87131
(505) 272-6607
dpwaldman@salud.unm.edu

Scholarly Activities Committee
Scientific Advisory Committee
Northern NM Residency Program Liaison
Luis Rigales, MD
435 St. Michaels, Suite B-104
Santa Fe, NM 87505
luis.rigales@stvin.org

Scholarly Activities Committee
Scientific Advisory Committee
Hidalgo Medical Services Residency
Program Liaison
Darrick Nelson, MD
Hidalgo Med. Services, 114 W. 11th Street
Silver City, NM 88061
(575) 597-2717
dnelson@hmsnm.org

Scholarly Activities Committee
Daniel Stulberg, MD
1209 University Ave. NE
Albuquerque, NM 87102
(505) 272-2165
dstulberg@salud.unm.edu

Scientific Advisory Committee
Damian Bello, MD
PMG Los Lunas
200 Emilio Lopez Rd
Los Lunas, NM 87107
505-866-2700
dbello@phs.org

Resident & Student Affairs Committee
Linda Stogner, M.D.
Esperanza Family Health Center
P. O. Box 807
Estancia, NM 87016
(505) 384-4408
Linda_Stogner@pmsnet.org

Resident & Student Affairs Committee
Legislative Affairs Committee
Lourdes Vizcarra, M.D.
UNM Continuum of Care Project
2350 Alamo Ave. SE, Suite 160
Albuquerque, NM 87106
Work (505) 925-2350
lvizcarra@salud.unm.edu

Legislative Affairs Committee
Karen Vaillant, M.D.
350 W. Country Club Rd. #101
Roswell, NM 88201
(575) 624-5625
karen_vaillant@chs.net

Resident & Student Affairs Committee
Lisa Stolarczyk, MD
8 Alicia Rd.
Cedar Crest, NM 87008
(505) 270-6499
lisa@nmgeriatrics.com

Executive Director & Board Secretary
Sara Bittner
2400 Louisiana NE, Bldg. 2, #101
Albuquerque, NM 87110
(505) 292-3113
familydoctor@newmexico.com

Resident Representatives
Southern FM Residency Program
Jason Lee, MD
2450 S. Telshor Blvd
Las Cruces, NM 88011
(575) 386-7358
jason.lee@lpnt.net

Northern FM Residency Program
Ahmed El-Emawy, MD
6716 Beck Dr. NE
Alb., NM 87109
Work: 505-272-6607
ael-emawy@salud.unm.edu

Michael McKinney, MD
9700 Westbound Ave. SW
Alb., NM 87121
Work: 505-272-6607
mmckinney@salud.unm.edu

Board Members Continued

UNM FM Residency Program
Kate McCalmont, MD
MSC 08 4680, 1UNM
Albuquerque, NM 87131
(505) 879-4694
kmccalmont@salud.unm.edu

Irene Gutierrez, MD
MSC 09-5040, 1 UNM, FMC
Albuquerque, NM 87131
(505) 272-6607
igutierrez@salud.unm.edu

Hidalgo Medical Services Residency
Program
Cid Sumulong, MD
HMS
Silver City, NM 88061
(714) 397-1298
asumulong@hmsnm.org

Ben Cluff, MD
114 W. 11th Street
Silver City, NM 88061
bcluff@hmsnm.org

UNM Student Representative
Daphne Olson
2715 Santa Clara Ave. SE
Albuquerque, NM 87106
(505) 238-2539
daphne@salud.unm.edu

Minutes - NMAFP BOD Meeting - Nov. 8, 2014

Present: Drs. John Andazola, Damian Bello, Stephanie Benson Ahmed El-Emawy, Dion Gallant, Dolores Gomez, Virginia Hernandez, Larry Leeman, Kate McCalmont, Rick Madden, Darrick Nelson, Karen Phillips, Frank Ralls, Linda Stogner, Lisa Stolarczyk, Dan Stulberg, Leigh Vall-Spinosa & Dan Waldman. Medical Student Daphne Olson and Exec Sara Bittner.

Introductions: Dr. Damian Bello, Dr. Virginia Hernandez, Dr. Dan Stulberg and Dr. Larry Leeman introduced themselves to the Board.

NM Perinatal Collaborative: Dr. Leeman shared information about a new group forming in NM over the past year that is called the New Mexico Perinatal Collaborative. The Board voted to appoint Dr. Leeman to represent the NMAFP at the Collaborative.



July 31-August 3, 2014 Taos Conference: Revenue was the highest we have ever had. Evaluation Results were very positive. Dr. Karen Phillips did a fabulous job putting together this extremely successful conference.

Med Student Reception, Sept. 19, 2014: Highest attendance ever - 110 - all the FMIG Officers came early to help set up and greet their peers. Five Co-Sponsors, new venue - Hotel Albuquerque worked very well. Good response from students, docs, and sponsors. Next year it will be held at the same place on Friday, Sept. 18th.

Budget Meeting, Sept. 20, 2014: Dr. Dion Gallant, Chapter Affairs Chair and Budget Committee Chair shared with the Board that the meeting went well.

Scholarly Activity Committee Update: Dr. Dan Waldman shared with the Board that NMAFP is looking into the possibility of embellishing the research poster presentations for students, residents, and other health professionals during future NMAFP Conferences. Current members of this committee are: Drs. Dan Waldman (Chair), Darrick Nelson, John Andazola, Luis Rigales, Frank Ralls & Dan Stulberg. Other Docs are being considered. The NMAFP will create a Scholarly Raffle among the research poster presenters. The winner would receive a scholarly gift. This new initiative will be implemented during the Winter Refresher, 2016.

Doc of the Day 2015: Dr. Rick Madden gave the Board background information about the Program that was resurrected several years ago by Dr. Arlene Brown. Since this time, it has seen many positive changes and is very well supported by the NMAFP Members. Volunteers are needed every day during the 60-day Session that will begin January 20th and end March 21st. Steve Lucero, NMAFP Legislative Liaison will lead a Legislative Training Session on January 24th. Dr. Madden shared pertinent information about upcoming legislation during the 2015 session.

Multi-State Forum, Feb 28-March 1, 2015: Dr. Melissa Garcia, Sara and possibly Dr. Frank Ralls will attend. There are two opportunities for Chapter Officers to present at this Forum: Best Practices and Legislative Update. Dr. John Andazola agreed to attend the Annual Leadership Forum in Kansas City, April 30-May 2, 2015 along with Dr. Melissa Garcia and Sara.

Scientific Advisory Committee: It was determined in August that the SAC would meet once a year immediately following the Board Meeting during the State Conference. The members of this Committee would come prepared with 5 or 6 guaranteed speakers and their presentations. The members of this Committee are the 4 Residency Directors, Melissa Martinez and the current President and President-Elect.

Winter Refresher, Feb. 21, 2015, Hotel Albuquerque, Old Town: Brochures were shared with each Board Member for them to take back to their offices and share with their peers. Dr. John Andazola volunteered to be the moderator for this Conference.

Strategic Planning Session: An information sheet was shared with the Board regarding the SPS. More information will follow.

Resident Report: Dr. Kate McCalmont, gave a UNM Residency report. Vast amounts of students are interested in FM, perhaps more than any other year. Work is being done on the Scholarly Curriculum. Dr. Ahmed El-Emawy gave a Santa Fe Residency report. Great deal of interest in their Residency during the interviewing process. Many more graduates are staying in NM now. Silver City has had a huge number of applicants for 2 slots. Dr. Darrick Nelson shared the news about the AAFP Foundation Grant that they were awarded for an immunization project in Silver City.

Student Report: Daphne Olson, FMIG President, gave a report on their latest activities. Election of new officers is almost here. The current officers are going to stay on board for another year to help the new officers in their transition. Daphne also shared with the Board her experience this past summer as the Student Delegate to the National Resident & Student Conference in Kansas City.

Medicaid Primary Care Parity Program to expire Dec. 31, 2014: Dr. Rick Madden shared with the Board the request by AAFP for all Chapters to contact their federal legislators to hopefully extend this program. A motion was made that a cover letter be electronically sent along with a Report from the NMAFP about the particular Medicaid situation here in NM.

Board Members: A current list of the NMAFP Board Members was included in each Board packet. Dr. Karen Phillips invited Dr. Virginia Hernandez and Dr. Dan Stulberg to join our Board. Dr. Hernandez will be on the Legislative Affairs Committee, and Dr. Dan Stulberg will be on the Scholarly Activities Committee. Dr. Larry Leeman and Dr. Damian Bello had to leave the meeting early, but they were also invited to become a member of the NMAFP BOD.

Next Board Meetings:

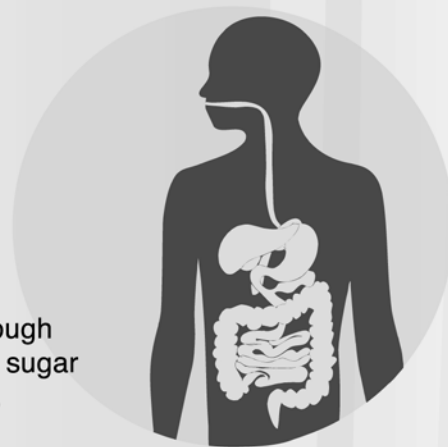
Feb. 20, 2015 - NMAFP Office - 5:30 pm
Dinner Served (night before Winter Refresher)
April 18, 2015 - NMAFP Office - Noon
Lunch Served
July 28, 2015 - Ruidoso Convention Center
12:30 pm - Lunch Served



LACTOSE INTOLERANCE

Making the Most Out of Milk

People who are lactose intolerant don't have enough lactase, the enzyme that breaks down lactose (a sugar naturally found in milk), in their digestive system.



If you are lactose intolerant, it's still possible to eat dairy foods - the key is to learn what works best for you. There's an option to meet most needs in the dairy case ranging from lactose-free milk to natural cheese and yogurt.



You can also mix milk with other foods. Blend with fruit, include in soups and cereal or drink milk with meals. Solid foods help slow digestion and allow the body more time to digest lactose.

LOWFAT (1%)
milk



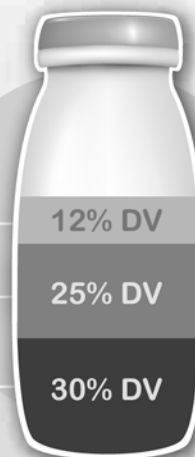
&

Potassium

Vitamin D

Calcium

LOWFAT (1%)
LACTOSE-FREE milk



Lactose free milk is real cow's milk, just without the lactose. And it provides the same essential nutrients, including those that many people fall short on.

*nutritional content may vary by brand

Source: MyPlate, MilkPEP, USDA National Nutrient Database, Hood®

National Dairy Council is not your health professional, and does not provide medical services or offer medical advice. It does not diagnose or treat actual or potential health problems. Content provided is solely educational and consultative in nature, helping individuals navigate health and diet-related issues, and is not intended in any way to replace the advice of licensed health care providers including, but not limited to, physicians, dietitians, physician assistants, nurses, or nutritionists. Please consult a doctor or other licensed health care provider with any questions or concerns you might have regarding your health or conditions.



NATIONAL DAIRY COUNCIL



Brought to you by: Dairy MAX, Your Local Dairy Council

THE
HUFFINGTON
POST

CDC Warns About Drifted Influenza A (H3N2), Recommends Antiviral Medications

December 08, 2014 07:12 pm

Chris Crawford – AAFP New Now

Of the influenza virus strains that have been circulating during the 2014-15 flu season, influenza A (H3N2) viruses have been reported most frequently and have been detected in almost all states. That's according to a Dec. 3 CDC Health Alert Network advisory(emergency.cdc.gov), which reported that influenza viral characterization data indicate 48 percent of the H3N2 viruses collected and analyzed in the United States from Oct. 1 through Nov. 22 were antigenically "like" this year's H3N2 vaccine component.

Fifty-two percent, however, were antigenically different, or had drifted, from the H3N2 vaccine virus.

In past seasons during which the predominant circulating influenza viruses have drifted, decreased vaccine effectiveness has been observed, the advisory noted.

However, the CDC still recommends administering the flu vaccine to patients because it has been found to provide some protection against drifted viruses. "Though reduced, this cross-protection might reduce the likelihood of severe outcomes such as hospitalization and death," said the agency in its announcement. "In addition, vaccination will offer protection against circulating influenza strains that have not undergone significant antigenic drift from the vaccine viruses (such as influenza A (H1N1) and B viruses)."

In light of the H3N2 virus drift, the advisory went on to re-emphasize the importance of using neuraminidase inhibitor antiviral medications when indicated for treatment and prevention of influenza as an adjunct to vaccination. The two prescription antiviral medications recommended for flu treatment or prevention are oseltamivir (Tamiflu) and zanamivir (Relenza).

"Evidence from past influenza seasons and the 2009 H1N1 pandemic has shown that treatment with neuraminidase inhibitors has clinical and public health benefit in reducing severe outcomes of influenza and, when indicated, should be initiated as soon as possible after illness onset," the advisory noted.

Story HighlightsA Dec. 3 CDC Health Alert Network advisory said drifted influenza A (H3N2) viruses have been detected this flu season and recommended antiviral medication use when indicated.

The CDC still recommends administering the flu vaccine to your patients as it

has been found to provide some protection against drifted viruses.

When antiviral treatment is indicated, the CDC recommends starting administration as soon as possible after illness onset, ideally within 48 hours.

AAFP liaison to the Advisory Committee in Immunization Practices Jamie Loehr, M.D., of Ithaca, N.Y., said the announcement actually doesn't change much for the average family doctor.

"We still recommend flu vaccine for everyone older than age 6 months; we still recommend meds for certain patients with flu, as well," Loehr told AAFP News. "What this says is that there is drift and that the drifted strains not covered by the vaccine are sensitive to the medicines (i.e., no resistance seen), so you should use the medicines in appropriate cases."

When antiviral treatment is indicated, the CDC recommends starting the medication as soon as possible after illness onset, ideally, within 48 hours.

Treatment with oseltamivir or zanamivir is recommended for any patient with confirmed or suspected influenza who

- is hospitalized;
- has severe, complicated or progressive illness; or
- is at higher risk for influenza complications.

The CDC advisory reinforced the point that decisions about starting antiviral treatment should not wait for laboratory confirmation of influenza.

Oseltamivir is approved to treat influenza in patients age 2 weeks and older and as chemoprophylaxis to prevent influenza in patients age 1 year and older. Zanamivir is approved to treat flu in patients age 7 years and older and to prevent the illness in patients age 5 and older.

Because high levels of resistance to adamantane antiviral medications continue to be observed among circulating influenza A viruses, these drugs (rimantadine [Flumadine] and amantadine [Symmetrel]) are not recommended to treat or prevent influenza.

*Related AAFP News Coverage
ACIP: LAIV Preferential Use Recommendation to Be Reviewed Further
Committee Hears Evidence Questioning
Vaccine's Effectiveness in Young Children*



Newsletter Legislative Update December 2014

By Steve Lucero, NMAFP Legislative Liaison

We'll have our Legislative Update meeting at 12:00 noon on January 24, 2015 at the NMAFP office on Louisiana. At this meeting we'll have an opportunity to review pre-filed healthcare bills and have a discussion about what legislation to support. Legislation may be pre-filed December 15th – January 16th. You can monitor pre-filed legislation by going to the New Mexico Legislature website at nmlegis.gov and clicking on the Pre-Filed Legislation link. *Be on the lookout for a continued legislative effort in 2015 to provide a tax credit for gross receipts taxes paid on co-pays and deductibles received. The effort hopes to reduce tax liabilities for independent for-profit practices and eliminate one of the barriers that hinder recruitment of physicians to open a medical practice in New Mexico.*

We'll also have general information about the Doc of the Day program. Veterans of the program will be available to answer questions and share experiences. We hope you'll have an opportunity to volunteer for the Doc of the Day program this year. It's an excellent opportunity to learn about and participate in New Mexico Healthcare policy.



NEW MEXICO ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR NEW MEXICO

MISSION STATEMENT

The New Mexico Academy of Family Physicians exists to improve the health of the people of New Mexico by supporting and advancing the specialty of Family Medicine and serving the needs of our members.

FAMILY MEDICINE *for* AMERICA'S HEALTH

Family Medicine for America's Health

Organizational Update: October 2014

* The launch press conference is available online from the website

Health is Primary has launched (check out the launch press conference [here](#)*)! **Family Medicine for America's Health** – a new, 5-year coalition of eight family medicine groups – kicked off the campaign at the American Academy of Family Physician's Assembly in Washington, DC last week. The goal is to demonstrate the value of primary care in delivering on the Triple Aim of better health, better care and lower costs.

The campaign will use national advertising, partnerships and stakeholder outreach to raise awareness of the role of primary care in improving the health care system. **Family Medicine for America's Health** will also drive a five-year strategic initiative to transform family medicine to meet the changing needs of the health care system.

Health is Primary will travel to cities around the country to engage local stakeholders and showcase community level interventions that are working to enhance and expand primary care and improve health. The campaign will also partner with employers, disease groups and health advocates to activate patients around major health issues like chronic disease management and smoking cessation and advance the use of technology tools for patient communication.

At the same time, **Family Medicine for America's Health** will work to modernize the family medicine specialty and transform the nation's health care system. The strategic effort will focus on expanding access to the patient-centered medical home, ensuring a strong primary care workforce and shifting from fee-for-service to comprehensive primary care payment. **Family Medicine for America's Health** is establishing six tactic teams with broad representation from the primary care community that will focus on key areas for transformation: Payment, Practice Management, Workforce, Education, Technology and Engagement.

The campaign launch coincided with the release of a special supplement to the *Annals of Family Medicine*, which provides background on the planning process and the framework for execution. You can find the full article here http://annfammed.org/content/12/Suppl_1.

To learn more about the campaign, please join us for our first webinar. We will be holding these sessions periodically to update the family medicine community on our work and our progress.

Family Medicine for America's Health Webinar

Wednesday, November 5, 2014

7:00 pm – 8:00 pm Eastern Time

<https://www.anymeeting.com/483-312-304>

American Academy of Family Physicians
American Academy of Family Physicians Foundation
American Board of Family Medicine
American College of Osteopathic Family Medicine

Association of Departments of Family Medicine
Association of Family Medicine Residency Directors
North American Primary Care Research Group
Society of Teacher of Family Medicine

Find us online at:

- HealthIsPrimary.org
- FMAHealth.org

If you would like to donate to support the efforts of **Family Medicine for America's Health**, go to <http://aafpfoundation.org/donate today>.

We are pleased to report that the Board of Directors for **Family Medicine for American's Health** is now fully formed. Our twelfth member, Lauren Birchfield Kennedy, is the Director of Health Policy for the National Partnership for Women & Families. Lauren fills the patient advocate role on the Board and will bring that important perspective to the campaign.

Representative	Organization
Jen Brull, MD	Represents full-scope fulltime practicing family physicians
Thomas L. Campbell, MD	Association of Departments of Family Medicine
Jennifer DeVoe, MD, DPhil	North American Primary Care Research Group
Lauren S. Hughes, MD, MPH	Represents family physicians early in their career
Vincent D. Keenan, CAE	Represents AAFP chapter executives
Lauren Birchfield Kennedy	Patient Advocate, National Partnership for Women & Families
Jerry Kruse, MD, MSPH	Society of Teachers of Family Medicine
Paul A. Martin, DO, Secretary/Treasurer	American College of Osteopathic Family Physicians
Robert L. Phillips, Jr., MD, MSPH	American Board of Family Medicine
Glen Stream, MD, Chair	American Academy of Family Physicians
Michael Tuggy, MD, Vice Chair	Association of Family Medicine Residency Directors
Jane A. Weida, MD	AAFP Foundation

To read the background and earlier updates on this project, please visit www.fmahealth.org.

Volunteers are still needed!

Our Doctor of the Day program needs your help. At the time this newsletter went to print, the following days need volunteers:

January: 28

February: 3, 4, 5, 6, 10, 11, 12, 16, 23, 24, 25, 26,

March: 2, 3, 4, 5, 6, 9, 10, 11, 13, 17, 18 and 19.

Please see Rick Madden's "*Help Our Legislature with Your Professional Expertise*" on page 2 for additional information. If you would like to participate, email Sara Bittner, familydoctor@newmexico.com

The Roadrunner

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

Editor: Melissa Martinez, MD
1101 Medical Arts Ave. NE, Bldg. 4, Suite A
Albuquerque, NM 87102
505-272-3935

Deadline for submission of articles for
upcoming issues:
Feb 22, May 22, Aug 22, Nov 22

NMAFP Office Address:
2400 Louisiana NE, Bldg. 2, Suite 101
Albuquerque, NM 87110
505-292-3113 • Fax 505-292-3259

The American Academy of Family Physicians
website address: www.aafp.org

New Mexico Chapter website address:
www.familydoctornm.org

Design/layout/printing:
Print Express, LLC
505-881-2821

**New Mexico Chapter
American Academy of Family Physicians**
2400 Louisiana Blvd. NE, Bldg. 2, Suite 101
Albuquerque, New Mexico 87110

PRSRT STD
US POSTAGE
PAID
ABQ., NM
Permit No. 674

In This Issue...

*Universal Purchase in
New Mexico*

*Medical Student
Reception*

*Help Our Legislature
with Your Professional
Expertise*

*Registration for 33rd
Annual NMAFP Winter
Refresher in Albuquerque*

And more!

