



The Roadrunner

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NMAFP

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President's Column

By Greg Koury, MD

Greetings NMAFP Members,

I hope this letter finds all of you doing well. I am currently between soccer matches. My youngest daughter is celebrating her 18th birthday today by playing soccer for Silver High School. My youngest son is playing for Silver High School in a soccer tournament in Taos. My wife is holding down the fort in Silver City, and I am answering patients on the phone, by text and calling in prescriptions. I believe this exemplifies the life of a Family Physician; we do everything, anywhere, anytime and all the time. I am very proud to be a Family Physician and feel very strongly we all chose family practice not simply as a career but a vocation.

I would like to share with you my personal goals as president of the NMAFP:

1. Meet with Governor Martinez this fall to discuss healthcare in NM from the perspective of a Family Physician and member of the NMAFP, thus establishing an ongoing dialogue with the Governor. Then meeting at least twice a year with the Governor, passing this on to my successor and continuing this into the future.

2. Promote and encourage all of you, our membership, to get involved in the leadership of the NMAFP. Family Physicians are the future of quality healthcare in NM, and we must be involved in all areas that impact healthcare.

3. Continue to support the growth and effectiveness of our Board. I am humbled and proud of our previous leadership: Stephanie Benson, Dolores Gomez, Karen

Phillips and Melissa Garcia, just to mention a few. They have all done a great service for our membership.

4. Increase attendance at the Winter Refresher and our Annual Conference by bringing in strong speakers, relevant topics and introducing the 'FUN' back into the practice of medicine.

5. And finally, help our members realize you are not alone in the practice of Family Medicine, especially our rural members. Also, to remind all our members that you are appreciated, you are significant, and we are a remarkable specialty in medicine. Example: I had a patient in the office this past week that simply came in to be assured she was still a person, not just a disease. After months of seeing specialists, being given powerful and very expensive medications, she was exhausted, depressed and still had no relief. She came to realize that everyone was treating the disease and NOT her as a person. At the conclusion of her visit with me, she left with a smile on her face and a confidence that she lacked 30 minutes before. This is what Family Medicine has taught all of us: the patient comes first, and the patient is a whole (not parts). Listening to the patient is far better than talking to the patient allowing us to treat and heal our patients like no other specialty.

So here is your 'Task' list...

First task as a member of the NMAFP: go to your smart phone, your laptop, your PC or (the old fashion item) a real paper calendar and write down the dates for the Winter Refresher in Albuquerque (FEBRUARY 20, 2016) and the Annual Conference in Taos (JULY 28-31, 2016). Then decide, now, to attend!!

Second task: go to our website, www.familydoctornm.org, check it out, now and often. Our site is a great place for information and resources (Thank You Sara Bittner!!).

Third task: keep delivering quality healthcare to our families and our communities in the great state of New Mexico.

Thank you for this opportunity to serve you as President of the NMAFP. I look forward to visiting with many of you in this upcoming year. Please contact me to say 'Hi', ask questions, offer ideas and/or submit requests.

I pray for blessings, good health and happiness for you and your families.

Gregory Koury, MD

Chronic Kidney Disease Improvement Project

Today 26 million American adults suffer from Chronic Kidney Disease (CKD) with millions of others at increased risk. As the prevalence of diabetes and hypertension rise so does the prevalence of CKD. Progression of CKD leads to dialysis and kidney transplant and patients with CKD are at increased cardiovascular risk, risk of stroke and premature death.

High-risk groups include those with diabetes, hypertension and family history of kidney failure as well as African Americans, Hispanics, Pacific Islanders, American Indians and Seniors. The Kidney Disease Outcomes Quality Initiative (KDOQI) guidelines provide evidence-based recommendations for detecting and treating CKD in primary care and in partnerships with nephrologists.

Want to work to improve the care you and your team provides to patients with chronic kidney disease? And, want to complete an ABFM Maintenance of Certificate Part IV module as well? "Chronic Kidney Disease" was developed by the CAF, the National Kidney Foundation of Wisconsin and Interstate Postgraduate Medical Association to save kidneys in your patient population by improving care for your patients with stage 3 CKD.

This Part IV is FREE of charge to you between now and December 1. You'll receive both 20 prescribed credits and MOC completion. To register, go to: <http://www.ckdmoc.org>. Questions? Please feel free to call Shelly Rodrigues, California AFP, 415-345-8667.



Doc of the Day Volunteers Needed for 2016 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 23, 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 30-day session begins January 19th and ends Feb. 18th. The DOD Schedule will begin on Tuesday, January 26th. If you are interested in participating, email or call Sara: familydoctor@newmexico.com or 505-292-3113.

National FM Resident & Student Conference in KC, 2015

Melissa A. Martinez - First of all, I would like to thank NMAFP for the incredible opportunity to attend the American Academy of Family Physicians Students and Residents Conference at this point in my career. I learned invaluable tips to help me in my Family Medicine Residency search such as the variable emphasis on pediatrics, obstetrics, inpatient, and procedures. I also learned the difference between unopposed vs. opposed and community vs. academic medical centers. I furthermore learned about different loan repayment options such as Indian Health Services, Civil Service Corps, National Health Service

Corps, and the Air Force Financial Assistance Program. I was excited to learn about the UNM Northern Residency Program, and the UNM Residency Program. I am excited to apply to these programs.

Attending this conference further strengthened my resolve to train as a Family Medicine Physician, and to return to my hometown of Española to improve quality and access to care. This area has not reached its full potential, and I have a strong desire to create a positive change.

I attended many interesting workshops at the conference; but, perhaps, the most impactful discussed the role of Family Medicine Physicians in rural America. The workshop elicited audience participation about participant's fears about working in a small town such as quality of schools, spousal employment opportunities, professional isolation, limited resources and support, and decreased compensation. The workshop offered suggestions to overcome these challenges such as researching the school systems and using the physician role to be a community leader and impact change within the local school system. The isolation and limited resources and support can result in a broader scope of practice, and a wider and deeper breadth of knowledge than one's urban counterparts. I also learned that FM Physicians who perform more procedures can have higher compensation rates than their urban counterparts. At the end of this workshop, I was convinced that the benefits of rural employment outweighed that of urban employment. I also believe that intrinsically, I have a need to be needed, and that need can be met with rural employment. With conviction, I am committed to achieving my career goal of improving health and health services in my home state. Thank you so much, NMAFP, for this wonderful opportunity.

Katie Ogawa, FMIG President-Elect - As I walked around the expo hall, I was overwhelmed and extremely excited. As a student who has just finished her first year, residencies were not the first thing on my mind; however, walking around that hall, I was excited about the possibilities of the future. I loved talking to current residents from around the country about what they are excited about in their programs. I also was able to start to think about what I really wanted in a residency program and why I truly loved Family Medicine.

I also had the opportunity to be part of the Student Congress of Delegates. I enjoyed learning how to write a resolution and hearing about the variety of topics that students were passionate about. I was touched and inspired by my peers and encouraged about the future of Family Medicine. Thank you, NMAFP, for this incredible opportunity to learn, to explore, and to invigorate my passion for Family Medicine.

Rob Martin - Thank you, NMAFP, for such a generous opportunity to experience the AAFP National Conference for Students and Residents. As a

fourth-year student in the midst of planning for residency, the conference was a fantastic way to cement my commitment to Family Medicine and to see all the incredible niches available in this specialty. The conference boasted invigorating speeches on the power and diversity of our specialty that made me proud to call myself a future family doctor and eager to speak with many different residency programs.

I was most excited to attend the massive residency fair with booths representing hundreds of programs across the country. I was able to meet residents and program directors from many of the programs I am interested in as well as learn about new, promising programs. It was so exciting to see how passionate all the representatives were about their unique programs and how energized they were to be practicing a new generation of Family Medicine. The energy in the room was incredible and contagious!

In addition to the residency fair, there were workshops on strengthening my application for residency which were very helpful to me in this stage of my education. I also really enjoyed spending time with fellow UNM students matching into Family Medicine and meeting new peers. The conference was a great tool for spring-boarding me into this next phase of my journey into Family Medicine. I am so grateful that I was able to attend. Thank you very much.

Susan Muraida - The Family Medicine Resident & Student Conference was refreshing and inspiring. I attended workshops ranging from learning how to care for the community from an exceptional rural Family Physician in South Carolina, to learning about the direct primary care model from an entrepreneurial physician in Kansas, to reviewing common dermatological conditions and nutrition in the elderly. The main stage presentations were exceptional. We heard from a charismatic young physician who exudes Family Medicine with social justice at her core, whose aim is to be "a doctor for, with and by" her community. Dr. Manisha Sharma shared her unexpected journey into medicine from music: how navigating a difficult system as a patient drew her to the field, how she realized her natural aptitude for community organizing and engagement, and how even in a residency heavily based in social justice, work needed to be done on a "systems" level to avoid sending patients back into the community, the home or the job where they first became sick. She now works for a company with an innovative primary care model. Exposure to these ideas and enthusiasm renewed in us that idealism with which we all enter medical school. There is not enough room to sufficiently describe the energy all the attendees felt after this and other presentations. Suffice it to say that we are all very grateful for the opportunity to attend this conference, to gain exposure to the multitude of national campaigns and residency programs available, to meet other students just as excited about Family Medicine, and to spark new interest in other aspects of Family Medicine.

Congress of Delegates Held in Conjunction with the National FM Resident & Student Conference, KC, 2015

*K*resta Antillon, MD - Resident Delegate from NM

The 2015 AAFP National Conference was my first ever to attend. As a first-time Delegate to the Resident Congress of Delegates, I was not completely sure what to expect but I was sure that I wanted to immerse myself completely in order to fully gain an understanding of the resolution-writing process. The first day consisted of a Business Session to outline the conference schedule. During this session, I was impressed with the overflowing enthusiasm and energy in the air exhibited by multiple-year attendees and first-year attendees alike. After the Business Session, there were breakout discussion groups, where residents from all over the country met to discuss their individual ideas for change and improvement within the realm of residency, the Family Medicine profession, and public health that they are passionate about.

I sat in the Health of the Public and Science Group Session, where I met two other delegates with interests in addressing an individual patient's unique social determinants of health within an outpatient setting. It was intriguing to hear the wide spectrum and depth to which other medical schools and residencies were addressing a patient's social determinants of health. Some clinics in which residents worked had a formal approach to addressing these issues, while others had none. For this reason we developed a resolution as a team that would encourage AAFP to further explore already-existing clinic tools to screen for social issues that may be affecting an individual's health in order to appropriately refer to social work or community health workers in clinics where these personnel exist.

After writing and submitting our resolution, the first day of the Resident Congress of Delegates came to an end. The second day was filled with Reference Committee hearings, where each resolution went before a committee and others would testify either for or against the resolutions. We successfully testified in favor of ours without any opposition and committee passed the resolution to be voted on the following day by the rest of the delegates. The last day, we had the opportunity to vote on and amend resolutions that were either accepted or rejected by the committees. Luckily, our resolution passed without any further testimony or debate.

Overall, I found Kansas City to be beautiful, with great barbecue! And found AAFP National Conference to be refreshing as it was filled with enthusiasm, encouragement, and commitment to improve and advance the profession of Family Medicine not only for medical students, residents, and family physicians, but also for our patients. I am very grateful to have had this opportunity to represent the New Mexico Academy of Family Physicians at the AAFP National Conference!

*D*aphne Olson - Student Delegate from NM

This year, I had honor of serving as the New Mexico Student Delegate at the American Academy of Family Physicians National Conference for Medical Students and Residents. Together with my outstanding alternate delegate, Katie Ogawa, I attended several business sessions where I had the opportunity to meet delegates from other states and discuss many of the key issues being debated at this year's conference. Just to name a few, we discussed the discontinuation of the American Academy of Family Physicians' relationship with the Coca Cola Company, the importance of addressing the social determinants of health in various healthcare settings, and increased access to funding for medical students across the country. I also had the opportunity to serve on a Reference Committee for the Student Congress of Delegates. These committees hear testimony regarding any new resolutions submitted by students during the conference and then vote to determine whether the Student Congress of Delegates should adopt these resolutions. This experience helped me to better understand the key components of a resolution as well as the overall structure of the American Academy of Family Physicians.

Overall, I had a wonderful time at this conference. It was an honor to represent our state at the Congress of Delegates and to work with my alternate delegate, Katie Ogawa, as well as other students from our state in order to make sure that the New Mexican voice was heard. I know that this opportunity would not have been possible without the generous support of the New Mexico Academy of Family Physicians, and therefore I would like to thank all of you for helping me get involved in governmental advocacy starting in medical school. These experiences have inspired me to participate in larger conversations regarding the future of Family Medicine and will certainly help to shape and guide my future as a Family Medicine physician. I would also like to give a special thank you to Sara Bittner and the members of the NMAFP Board of Directors for their help and support, as well as to Katie Ogawa for her wonderful insight and energy.

Get the Lowdown on Low Lactose Tip and Tricks: Chef Caitlin Steinenger to inspire with Low Lactose Menu

By Sara Robbins, RD, Director of Health & Wellness, Dairy Max

*M*any people love cheese, but when you mention milk, yogurt and ice cream, some complain that it hurts their stomachs. A few might even say they are "allergic" to milk or dairy, not knowing that they likely just have trouble digesting milk's sugar, lactose. They cut dairy from their diets to prevent unwanted gastrointestinal issues, but little do they know they are cutting out key ingredients to good health like calcium, vitamin D and protein, as well as a host of other nutrients the body needs to develop and maintain strong muscles and bones. In addition, research shows that low-fat dairy foods can help prevent chronic disease like cardiovascular disease, type 2 diabetes and hypertension.

Did you know that only about 12 percent of the population is lactose intolerant? And that number is based on self-diagnosis. Very few know that they can still enjoy the recommended three daily servings of dairy if they're strategic about the types of dairy foods they choose.

Join the party on Thursday October 22 at Casa Rodeña in Albuquerque and enjoy Chef Caitlin's low lactose and lactose free recipes that incorporate milk, cheese, yogurt and lactose-free products in a playful and delicious way.

From monterey jack tuilles with pico de gallo to a cheese stuffed relleno with charred tomato sauce and the perfect finale of Mexican Hot Chocolate to toast to the benefits of real cows milk, you will not want to miss the delectable tapas-style meal with no gastrointestinal complaints!

A few lactose intolerance facts, tips and tricks will be shared to have everyone lactose-intolerance savvy. Here are three lactose-intolerance tips you can share with your patients and friends today to help everyone around you enjoy #dairyamazing milk, cheese and yogurt:

- Choose lactose-free milk like Lactaid Brand Milk; real milk without the lactose!
- Choose harder cheeses like Cheddar, Swiss, Colby and Monterey Jack to add to your dishes or eat as a snack.
- Include low-Fat Greek yogurt into meals and snacks as it contains probiotics that can help digest lactose found in the yogurt.



Family Medicine Residency Reports

*L*as Cruces - My name is April A. Leonardo, and I am a second-year resident at the Southern New Mexico Family Medicine Residency Program in Las Cruces, NM. I am transitioning into senior-hood, and finding this opportunity to mentor the incoming interns more rewarding, fulfilling, and encouraging than I would have imagined. I truly believe we have a great new group starting with us this year and, from what I hear, we'll have a much larger group joining us next year!

Dr. John Andazola, our Program Director, said we may have a total of 12 interns next year, six more than we have currently. The plan is for the HMS program in Silver City to join us in their 1+2, so we will have two of their residents as well as four of our own. We are expanding our clinic to La Clinica de Familia, where some of us will begin to have our continuity clinics. Our attending, Dr. Hales, will be moving over to precept at LCDF.

We are also expanding in other ways. We have a new Emergency Medicine Fellowship starting in July, 2015. Our first fellow, Dr. Ben Cluff, is actually a graduate of the HMS program in Silver City. We also have an anthropologist on our faculty, Dr. Mary Alice Scott. She has joined us to observe and evaluate our teaching-learning process. She is studying the culture of our residency program and the integration of social determinants of health training.

On other fronts, we, as second year residents, are starting our semester of Public Health coursework at the New Mexico State University. This will be the second year our residents will be participating in this graduate education program. One of our residents already has her Master's in Public Health, so she will be focusing on Health Business Management, and Health Policy and Administration.

And, saving the best for last, we just returned from a resident retreat for which all but two of our residents were present. Over the course of our two-night stay at Ghost Ranch in Abiquiu, NM, we learned about ourselves and each other, and grew into a truly cohesive group. Through Strengths Finder and team-building exercises, we learned how to cultivate a culture of positivity through our own self-assessment and self-regulation, open and constructive communication, as well as through the three types of mentoring: informal, formal, and silent. We will strive for "servant leadership" and are ready to move toward affirmative change, supporting each other every step of the way. I think the skills we learned will prove to be beneficial in every relationship and interaction we have throughout our lives.

One of the highlights of our trip, besides the s'mores by the campfire, breath-

taking scenery, hikes, and the camaraderie, was the half-day whitewater river-rafting on Class III rapids down the Rio Grande. No one fell out or was injured, and some non-swimmers among us even took to the river voluntarily, in their life-jackets, of course. The trip was a great success and taught us to not only see the best in one another, but to treat our differences as beneficial skill sets to ultimately improve patient outcomes. Our confidence and trust in one another is renewed, and we would like to thank our attending physicians and coordinator who helped cover for us while we were gone, thereby making the retreat possible.



From left to right: April A. Leonardo, Sarah Gude, Lance Whitehair, Dawn Drumm, Martha Montanez, Elaina Escalante, Anna Roberti, Cyntia Saenz, Salvador Zambrano-Adame, Alaa Hussein, Marco Maldonado, Minerva Medrano-Ramirez, Mai Oushy, Sindy Chilakapati, Dickie Romero

*S*ilver City - Rachel Seltzer, MD - We're moving full-speed ahead into the academic year: our graduates are both practicing in Las Cruces right now, one at La Clinica de la Familia, and one as their first ER fellow. Us third years are enjoying planning out elective and selective time to tailor the remainder of our training toward the scope we want to practice. Our second years are integrating nicely into the community here, and we love that they're finally here. We hear our interns are settling into their experience at UNM. (Unless UNM has anything else to report.) Our major improvement initiative for the first half of the academic year is Reach out and Read, a proprietary initiative to introduce books and conversation with parents about reading with their children, and is a tool for developmental surveillance. Dr. Andazola and John Kutinac came out from Las Cruces to help us host folks from the DHHS Office of Rural Health Policy, grantors for some of our improvement initiatives and family support services, and from the National Rural Health Association. And we're looking forward to recruitment season!

*S*anta Fe - Ahmed El-Emawy, MD - The Northern New Mexico Family Medicine Residency Program has had yet another successful year. We have successfully matched four outstanding interns with very diverse backgrounds and are enthusiastic about working with them. They are currently in their intern year at UNM, and we look forward to having them up here in Santa Fe next year. Our retention rate for the state of New Mexico was 100% this year. All three of our graduates went into primary care in New Mexico serving underserved communities. There are some exciting changes going on in our residency program. We are currently working on creating a resident-run hospitalist service to provide our residents with better learning opportunities. We have decided to create a chief resident position and are in the process of voting for chief resident. Three of our residents attended the AAFP conference in Kansas City this year. They had the opportunity to meet with excellent potential candidates for our residency program, meet with other Family Medicine residency programs across the country, and attend some very informative lectures.

*U*NM - Kresta Antillon, MD - Greetings from the UNM Residency Program! We are now three months into the new resident cycle, and our residents are all transitioning well into their new roles. Some updates for past two to three months include efforts in recruitment and continued quality improvement within our inpatient services and continuity clinics. In August we joined our colleagues from other New Mexico residency programs at the AAFP National Resident & Student Conference to showcase to medical students across the country what New Mexico has to offer in regards to Family Medicine residency training. As far as our inpatient services, the last week of August proved to be the busiest week in the history of our Maternal Child Health service. Additionally, within our inpatient Family Medicine service, we are currently focusing on a project where we hope to further improve continuity of care by facilitating communication between a patient's primary care provider and the inpatient team during a hospitalization, allowing us to provide the best care for our patients. Lastly, as we approach Mid-September and October, we are looking forward to a new interview season where we will begin the process of building our 2016 intern class!



58th Annual Family Medicine Seminar in Ruidoso

By Melissa Garcia, MD

The NMAFP 58th Annual Summer Conference was held at the Ruidoso Convention Center July 16-19th. Although attendance was down slightly this year, the conference nonetheless was a great success. We were honored to have as our guest, Dr. Wanda Filer, President-Elect of the American Academy of Family Physicians, who gave some eloquent and inspiring presentations. She inducted our new officers, and 3 of our chapter members were inducted as fellows. The fellows are Drs. Dion Gallant, Melissa Martinez, and Rosete Samuel. Dr. Valerie Carrejo was elected as our Vice President.

This year's Chapter Service Award was presented to Dr. Rick Madden for his continued service and leadership on the Board. The President's Award was presented to a group of state political leaders who were instrumental in the passage of the Vaccine Purchase Act. Senator Bill O'Neill and Representative Don Tripp were on hand to accept their awards. Senator Michael Sanchez and Representative Terry McMillan, MD were also honored but unable to attend.

These conferences serve not only as a source of continued medical education but also bring providers together from around the state to network, socialize and provide one another with ideas and support to take back to their existing practices. I ask that our members continue to support these conferences by attending and encouraging their colleagues to attend.

Special thanks to the Co-Sponsors of the Ruidoso Conference: Dairy MAX, Luna Community College, Montanas del Norte Area Health Education Center, Las Vegas, NM; Memorial Medical Center, Las Cruces, NM; Presbyterian Healthcare Services; UNM Locum Tenens & Specialty Extension Service; and Western Dermatology Consultants, Albuquerque, NM

Thanks to the Exhibitors at the Ruidoso Conference: American Massage Therapy Association – NM Chapter (AMTA-NM); Asperio Labs; BioTek Labs, LLC; City of Roswell, New Mexico; Compassion & Choices; Corizon Health; Genzyme; IPC Healthcare; Lovelace Medical Group; Medical & Commercial Communications/GAMA; MedXPrime; Mitchell's Silver & Turquoise; New Mexico Health Resources; NextCare Urgent Care; NMPCTC; Pfizer Vaccines; Philips Respironics; Presbyterian Healthcare Services; Presbyterian Medical Services; Quality Sleep Solutions; The Doctors Company; UNM Preceptorship Department; UNM Locum Tenens & Specialty Extension Services; and US Army Healthcare Recruiting;



Dr. Wanda Filer, President-Elect of the American Academy of Family Physicians, inducting Dr. Greg Koury as the 2015-2016 NMAFP President



Dr. Melissa Garcia and Sara presenting Dr. Wanda Filer with a Nambe gift



Dr. Melissa Garcia presenting the President's Award to Senator Bill O'Neill and Representative Don Tripp who worked together in a bipartisan manner to pass the Vaccine Purchasing Act which protects New Mexico's children



Dr. Wanda Filer inducted 3 NMAFP Members as Fellow. (l to r) Drs. Rosette Samuel, Dion Gallant, Melissa Martinez, & Wanda Filer



Once again, Linda Gregory creates a wonderful arts and crafts experience for all the children attending the Ruidoso FM Conference



Sara Bittner, Executive Director, Dr. Melissa Garcia, Board Chair & Dr. Dion Gallant, Delegate to the AAFP Congress of Delegates and Chapter Affairs Chair, having fun at the Ruidoso Conference



Dr. Rick Madden receiving the Chapter Service Award from Sara along with Dr. Melissa Garcia



2015-2016 NMAFP Officers: (l to r) Drs. Greg Koury, President; Frank Ralls, Secretary-Treasurer; John Andazola, President-Elect; Valerie Carrejo, Vice President; and Melissa Garcia, Board Chair

Three NM Residents Share International Fellowship Award

Dr. Thomas Betjeman, Jimmy Crumbacher, and Magda Ramirez are the winners of the Warren and Rosalee Heffron International Fellowship for 2015. The award is to foster global health as a part of Family Medicine education. On alternate years it has been used to provide help for New Mexico family medicine residents to do an international elective as a part of their curriculum. The other years it is to bring a young Family Medicine faculty member from another country to have a one month faculty development fellowship here at UNM.

Dr. Betjeman is currently a resident in the Santa Fe program and will spend his time in Iquitos, Peru which is a beautiful part of the Andes Mountains near the headwaters of the Amazon River. He will be teaching local medical students focusing on rural health care in the rural Amazon basin and utilizing some of his past experiences in telemedicine to enhance medical care and education. He also hopes to work with the ministry of health to establish ongoing collaboration and rotation exchange experiences.

Dr. Crumbacher is a second year resident in the Albuquerque program. He will be studying rural Japanese medicine on a small remote island 180 miles off the coast of Okinawa. (Yes, there are rural areas in Japan) The remote area where he will be working is an area where family medicine is being developed distinctly from the main specialty stream in Japan. He will be comparing family medicine in the American and Japanese models.

Dr. Ramirez is a second year resident in the Silver City program. She will return to Guatemala to work with the Guatemalan Institute of Inclusive Health using some Bright Futures materials to bring a new program to largely indigenous Mayan infants and toddlers receiving care in "puestos de salud". This will open an international rotation opportunity for Silver City residents.

They are the fourth, fifth and sixth Heffron fellows. Two years ago Dr. Brian Smith went to Guatemala and South America and Dr. Jenifer Lasman had a rotation in Uganda. This past year we hosted Dr. Ann Huang from China in the department for a one month faculty development program.



FMIG Update Fall 2015 & National Resident & Student Conference

By Katie Ogawa, FMIG President-Elect

FMIG is off and running for the fall. This past summer a few officers had the opportunity to go to the National Resident & Student Conference, held in Kansas City. It was a chance to learn more about other FMIG chapters and the vast opportunities in Family Medicine. For the fall, we will be having a lunch targeted toward the first and second year medical students. The goal of the lunch is to show off the breadth of Family Medicine. We will have a panel discussion with a few Family Physicians who are all using their talent and passion in different ways. We are also aiming to have a dinner at the home of a faculty or resident in order to build connections in a relaxed and fun atmosphere for students. Thank you, NMAFP, for the continued support to make this semester (and each semester) a possibility.



UNM Locum Tenens & Specialty Extension Services

UNM Medical Group

Primary Care Providers Needed

- ♦ Work flexible hours ♦ Choose your work schedule
- ♦ Help where the need is greatest
- Travel benefits: mileage; meal allowance; paid housing; drive time compensation; distance incentive pay
- Assignments from a few days to several months
- Malpractice coverage provided
- Variety of work settings and patient populations
- Explore the Land of Enchantment

505-272-1475 or KRandall@unmmg.org

34th Annual NMAFP Winter Refresher in Albuquerque

February 20, 2016 • Hotel Albuquerque, Old Town • Albuquerque, New Mexico

John Andazola, MD - Scientific Program Chair

(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, Dr. John Andazola, Scientific Program Chair
8:00 am – 9:00 am	"Screening, Brief Intervention and Referral to Treatment for Risky Alcohol Use" by Jennifer Hettema, PhD
9:00 am – 10:00 am	"Key Articles & Clinical Developments of 2015 in Family Medicine" by Dan Waldman, MD
10:00 am – 10:30 am	Break - Exhibit Hall
10:30 am – 11:30 am	"Evidence-Based Parenting" by Heather Kovich, MD
11:30 am – 12:30 pm	"Quality Improvement in Your Clinic" by Darrick Nelson, MD
12:30 pm – 1:30 pm	Lunch - Exhibit Hall
1:30 pm – 2:30 pm	"Patient Rights Versus Social Needs in a Measles Outbreak" by Nina Ahmad, MD (New York Public Health Department)
2:30 pm - 3:00 pm	Poster Session - Lecture Hall
3:00 pm - 3:30 pm	Break - Exhibit Hall
3:30 pm – 4:30 pm	"Medication Issues in the Elderly" by Patrick Leung, PharmD & Davena Norris, PharmD
4:30 pm - 5:30 pm	"Upstream Medicine" by Stephanie Benson, MD, Ivan de la Rosa, PhD & Stephen Colmant, PhD
5:30 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 \$190

_____ Family Medicine Resident (no charge)

_____ Non-Member Practicing Physician \$315

_____ Medical Student (no charge)

_____ NP/PA/RN \$130

_____ Yes, I want to sponsor a student attendee \$30

_____ Retired Physician \$120

Take \$15 off your registration by choosing the Electronic Version of the handout!

_____ Total Enclosed from Both Columns

Online Registration will
be available in October
www.familydoctorm.org

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

Cardholder Name: _____

Billing Address (if different): _____

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Minutes - NMAFP BOD Meeting - July 18, 2015 Ruidoso Convention Center - Ruidoso, NM

Present: Kresta Antillon, MD; John Andazola, MD; Meredith Barlow, MD; Sara Bittner; Val Carrejo, MD; Emily Cohen, MD; Dion Gallant, MD; Melissa Garcia, MD; Irene Gutierrez, MD; Virginia Hernandez, MD; Greg Koury, MD; Jimmy Le; April Leonardo, MD; Rick Madden, MD; Melissa Martinez, MD; Molly McClain, MD; Michael McKinney, MD; Katie Ogawa; Karen Phillips, MD; Frank Ralls, MD; Rachel Seltzer, MD; Linda Stogner, MD; Lisa Stolarczyk, MD; Karen Vaillant, MD; and Dan Waldman, MD. The meeting was chaired by Dr. Melissa Garcia.

Introductions of new Board Members: Dr. Valerie Carrejo, NMAFP Vice President; Dr. Kresta Antillon, NMAFP Resident Delegate to the National Resident & Student Conference & Resident Rep from UNM; Drs. Molly McClain, Emily Cohen, & Meredith Barlow, UNM Resident Representatives and Dr. April Leonardo, Southern NM Resident Rep.

Old Business: Drs. Melissa Garcia and Frank Ralls, along with Sara, attended the Annual AAFP Chapter Leader Forum in Kansas City in April. Melissa shared information she learned in KC about Board size and functionality. Perhaps this topic will be addressed during the Strategic Planning Session in November. Direct Primary Care Initiative by AAFP was also addressed in KC, giving doctors options since one size does not fit all. Frank shared his thoughts from KC regarding legal issues involving Board Support. Board Members must always be well aware of how the Board actually feels about a particular topic first.

New Business: Dr. Dan Waldman passed around a handout as he gave an update on the Scholarly Activity Committee. The project this Committee has been charged with is to showcase Family Medicine Resident Scholarly Activity posters at the Feb. 20, 2016 NMAFP Winter Refresher in Albuquerque. Dan is working with Dr. Alex Rankin, a faculty member at UNM on this project as well as Drs. Darrick Nelson, John Andazola and Luis Rigales, the other three FM Residency Directors. The Feb. Conference aligns better with the Resident schedules than the summer conference. Perhaps there will be an award for audience favorite. It was suggested that the Medical Students research posters could also be viewed in the Lecture Hall but clearly marked as Med Student Poster. Their posters could also be peer-reviewed but with a different bar. One of the next steps is to create some kind of infrastructure as to where the presentation applications will go and how they will be distributed to the reviewers.

Med Student Reception: Dr. Frank Ralls will be the moderator for the 10th Annual Med Student Reception, Friday, Sept. 18, 2015, 6-9 pm, Hotel Albuquerque, Old Town. A sign-up sheet was passed around and returned to Sara.

Resolutions for AAFP COD, Sept. 28-30, Denver: Dr. Dion Gallant, NMAFP Delegate to the AAFP COD, informed the Board that NM has not submitted a resolution for a few years. Deadline for submission is August 29th. Dr. Rick Madden suggested a resolution should be written to establish a review board for all requests for expansion of Scope of Practice. It was determined that Rick will write this resolution and email to the Board for a vote. Dr. John Andazola would like to learn more about writing resolutions as a Board, and he would like to see NMAFP participate more on the National Level. Dion suggested that the list of Resolutions for 2015 be forwarded to the entire Board once NMAFP receives them. When the COD ends, a list of all the Resolutions that passed will also be sent to the Board. Dr. Melissa Martinez, NMAFP Delegate to the COD, suggested that if any board member feels strongly about one or more of the Resolutions for 2015 to let the Delegates know so they can lobby during the COD. A motion was made by Dr. Madden to have the NMAFP Delegation form a process to expand our capability to write resolutions to the AAFP COD. It passed unanimously.

Strategic Planning Session: Nov. 6-8, 2015, Hotel Encanto, Las Cruces. A sign-up sheet was passed around. The SPS will take place from 8 am -12 pm and the Board Meeting will take place from 12 pm - 2 pm. Sara will send to the Board the 2012 Strategic Plan.

Resident Report: Irene Gutierrez, MD - UNM - new class of interns. Several Residents are going to KC to R&S Conference to recruit. Rachel Seltzer, MD - Silver City - all slots filled. 2 are going to National Conference to recruit. The first two graduates from their program stayed in NM. Michael McKinney, MD - Santa Fe - 3 graduates all stayed in NM. Redesigning the structure of some of their rotations. April Leonardo, MD - Las Cruces - Just had graduation and new class of 6 interns are awesome. Talking about expanding their program. Started an ER Fellowship. Have an Anthropologist on Board in their program. Dr. Greg Koury suggested that the Board send out a thank you to the preceptors that work so hard in NM. Dr. Darrick Nelson has started sending out a thank you to the volunteer preceptors in Silver City. Members can get up to 20 hours of CME a year for precepting. Dr. Gallant suggested that we write a thank you letter signed by the President and sent electronically to each Residency Program for their use so a motion was made to write an NMAFP Appreciation letter for anyone who trains our students and residents. It passed unanimously. Dr. Koury offered to write the letter.

Student Report: Katie Ogawa gave a FMIG Update to the Board. They had a prep for PIE. Just had their first year's coming in, and they will have a luncheon for them in August. Katie thanked the NMAFP for their donation to Shave the Date in support of one of the Med Students that was diagnosed with breast cancer at the age of 25.

Future Board Meetings:
November 6-8, 2015
Strategic Planning Session/Board Meeting
Hotel Encanto, Las Cruces

Feb. 19, 2016
NMAFP Office - 5:30 pm (dinner served)
Night Before Winter Refresher

April 23, 2016
NMAFP Office - Noon (lunch served)

July 30, 2016
Sagebrush Inn - 12:30 pm (lunch served)



NEW MEXICO ACADEMY OF
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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.

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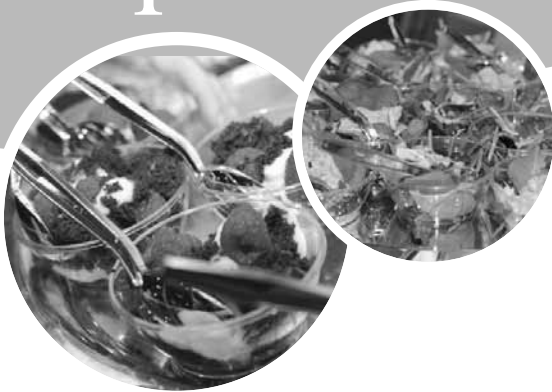
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