



The Roadrunner

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President's Column: The Case for Life-long Learning

By Melissa Garcia, MD

I attended the UNMSOM from 1992-1996. I was part of the last Primary Care Curriculum (PCC) track. For those of you unfamiliar with the UNMSOM's history, the PCC program was a curriculum in which students during their first two years of medical school learned their basic sciences outside the traditional confines of the medical school lecture hall and anatomy lab. The learning took place in small problem-based learning groups where we developed learning issues and explained answers to clinical questions through peer group and faculty led discussions as well as independent study and early clinical experiences. Basic science was learned in the context of a clinical problem. There were no "tests" in the formal sense. Assessment of our knowledge and its applications was by way of individual learning assessments. Grades were given by faculty preceptors through competency and performance assessments that included standardized patient encounters and their presentations followed by and an oral exam. These were done over several days. The brilliance of this curriculum was that we were responsible for taking charge of our own learning. We had to learn how to seek out relevant information and develop the ability to recognize our own learning needs. These are the tenants of life-long learning.

With the explosion of medical information, it is very difficult to stay current and informed of new technologies and treatments. Given the ever-increasing time demands placed on physicians, much of which is for non-clinically related tasks, attending conferences, reading journal articles and evaluating the latest studies are difficult if not impossible.

There has been recent debate among physicians and the medical establishment

regarding Maintenance of Certification (MOC) requirements. Participation in this program is now a requirement for Board Certification across a number of specialties. Board Certification is often tied to employment and participation in health plans and hospital systems. In August the American Board of Internal Medicine (ABIM) was forced to re-evaluate its process due to an outpouring of criticism by physicians. A protest began and was led by cardiologist, Paul Teirstein. A signed petition with over 19,000 signatures was sent to ABIM, and an anti-trust lawsuit against the ABIM was initiated. The ABIM has begun to make changes to its process in addition to cutting the cost of the program. At this date, the American Board of Family Medicine (ABFM) has stated it does not foresee making changes to its process. To date there has been no conclusive data to support the process and mixed data to support that certification status is associated with positive clinical outcomes and improved patient care. I am in the final stages of the MOC and will sit for my recertification boards next year. I know that I will frantically be pouring over testing materials and try to figure out how to finance a board review course, travel and lodging expenses. As I go through the questions and reviews of my most recent SAM, I know I will only retain a tidbit or two of the information I've learned and apply it to my clinical practice. My patients and I would be much better served if I participated in a Project Echo clinic, attended a conference in obesity medicine, attended a journal club with my peers or consulted an up-to-date point of care reference. Life-long learning is a concept that involves a set of self-initiated activities and information-seeking skills which put the information into a contextual framework. I am cautiously optimistic that, with continued physician organization and input, the medical establishment will continue to improve and reevaluate its process to make the process meaningful and valuable for physicians.

Legislative Update

By Steve Lucero
NMAFP Legislative Liaison

The Doc of the Day Program, once again sponsored by NMAFP, was a tremendous success. Thirty-six physicians and resident physicians volunteered to be "on-call" at the Roundhouse during the session. The care given by the volunteer physicians was

met with great appreciation by legislators, staff members, and the general public. Volunteers also had the opportunity to interact with legislators, participate in committee hearings, and advocate on behalf of bills of interest to the NMAFP.

With leadership from NMAFP member Melissa Martinez, MD and Lance Chilton, MD of the NM Pediatric Society, Senate Bill 121 "The Vaccine Purchasing Act", sponsored by Senator Bill O'Neill, passed the Senate and the House unanimously. The Governor signed the bill on March 20, 2015. This bill fixes a problem that created a 2.5 million dollar shortfall in the Department of Health's vaccine for children program. Under the new law, insurance companies will be required to reimburse the Department of Health for vaccines given to their insured children or face a penalty.

Three other bills of interest to NMAFP passed both chambers of the legislature and are now awaiting action by the Governor:

Senate Bill 325 "Health Agreement No-Compete Provisions", sponsored by Senator Stuart Ingle, would make clauses that limit a provider's ability to practice medicine in a community unenforceable while allowing clauses that allow for liquidated damages to repay costs such as signing bonuses, relocation costs, or payment of student loans as stipulated in an agreement.

House Bill 122 "Scope of Practice Act", sponsored by Representative Terry McMillan, would create an interim committee of legislators to hear scope of practice request changes and make their recommendations to the legislature. A licensee would make a request to their licensing board, then the licensing board would have 10 days to inform Legislative Council Services for the process to begin.

Senate Bill 571 "Physical Therapy Treatment & Board", sponsored by Senator Benny Shendo, would allow physical therapists to accept patients without an existing medical diagnosis from a licensed primary care provider. There is a provision in the bill that requires a physical therapist to refer a patient to their licensed physician if the physical therapist believes the patient has a condition that is beyond their scope of practice or if the patient's condition does not improve after 30 days of treatment.

Special thanks goes out to Randy Marshall and the NM Medical Society for arranging coverage for many of the prescriptions made by the volunteer docs and also for Randy's generous sharing of information regarding healthcare bills and the legislative process.

Would You Know Measles if You Saw It?

by Melissa Martinez, MD

I could swear this child has measles". That is what Dr. Ellen Hammer said as she walked into our office after seeing a patient at the community health center where we both worked in the early 1990's. She was right. I was really lucky that she saw the patient. Had I seen the patient I might have missed the diagnosis. That year there was an outbreak of measles in New Mexico. Now 20 years later, measles has the potential to pop up again. As frontline clinicians, we could always use a refresher.

Epidemiology

It is hard to know the exact risk of measles in New Mexico. Before 1963 there were an estimated half million cases per year with 400 deaths. Remember that the populations were much smaller back then. Since the vaccine has been in use, the disease is considered to be "eliminated from the US". Unfortunately, every year there have been a few cases, and the number of cases is more or less going up each year. In 2014 there were over 600 cases, which is a very high number. There was one case of measles in December, 2014 in New Mexico. It is likely that there were other cases that did not seek care or the disease went undiagnosed. None the less, we are very lucky that a well-immunized population stopped the disease from spreading as it did in California.

Cases are increasing because there is a high prevalence of the disease in other countries, and we have pockets of unimmunized people in the US. For example, there was an outbreak in an Amish population in Ohio where over 300 people very quickly got the disease.

Signs and Symptoms

Measles is a highly contagious virus that can live outside of the body for up to two hours. There was a well-documented outbreak where a person with measles rode the elevator in an apartment building. Several people who rode the elevator after he did got measles.

According to the CDC measles symptoms include a "prodrome of fever (as high as 105°F) and malaise, cough, coryza, and

conjunctivitis -the three "C"s -, a pathognomonic enanthema (Koplik spots) followed by a maculopapular rash. The rash usually appears about 14 days after a person is exposed; however, the incubation period ranges from 7 to 21 days. The rash spreads from the head to the trunk to the lower extremities. Patients are considered to be contagious from 4 days before to 4 days after the rash appears. Of note, sometimes immunocompromised patients do not develop the rash". Photos are available on the CDC web site: <http://www.cdc.gov/measles/about/photos.html>

Most people are ill for several days and get better but immunocompromised patients and children are at risk of complications including: pneumonia, diarrhea, ear infections, encephalitis and pregnant women are at risk of having babies with low birth weight and prematurity. The CDC summarizes the risk as follows:

- One out of every 1,000 measles cases will develop acute encephalitis, which often results in permanent brain damage.
- One or two out of every 1,000 children who become infected with measles will die from respiratory and neurologic complications.
- Subacute sclerosing panencephalitis (SSPE) is a rare, but fatal degenerative disease of the central nervous system characterized by behavioral and intellectual deterioration and seizures that generally develop 7 to 10 years after measles infection.

If you see someone with measles or potential measles, it is a notifiable disease. The NM Health Department can assist with advice on the best tests-measles RNA testing and IgG tests are available. Care is mostly supportive measures.

It is best to prevent measles with immunizations. Some people choose not to vaccinate their children because they worry about potential side effects, do not trust doctors or medical science or have a religious objection. I try to reassure patients that the MMR vaccine has been in use for over 50 years, it has been extensively studied. No vaccine has zero risk and the MMR has, very rarely, caused anaphylaxes and other side effects. On the other hand as we see more and more measles cases, it becomes more likely that the risk of disease outweighs the risk of the vaccine.

News From the NM Family Medicine Residencies

By Jason Lee MD Las Cruces

1. Attending physician Dr. Stephanie Benson has been continuously improving the community medicine curriculum at our program. Resident physicians will be required to conduct a community health needs assessment project during their training.

2. The residency program received about 900 applications this cycle via ERAS and completed the recruitment season utilizing behavior based interviews.

3. Post-graduate plans for our senior resident physicians are being finalized.

a. Dr. William Adkins will be returning home to work at Sierra Vista Hospital in Truth or Consequences, New Mexico.

b. Dr. Eric Sandoval is negotiating a position with the Memorial Medical Center (MMC) Bone and Joint Center and MMC Family Medicine Center.

c. Dr. Lawrence Devolld will be working at Shannon Clinic in Sweetwater, Texas.

d. Dr. Jason Lee matched into the geriatrics medicine fellowship at UCLA.

e. Dr. Clayton Smith will be working with Presbyterian Medical Services and will be based in Grants, New Mexico.

f. Dr. Benjamin Wilson is negotiating a position with MMC Emergency Department.

4. Our residency program continues its partnership with New Mexico State University (NMSU) College of Health and Social Sciences. The current second year residents have completed one semester of their online public health certificate program. We look forward to having all residents complete the public health certificate program.

5. Jason Lee completed a one year appointment as resident representative to AAFP Tobacco Cessation Advisory Committee. The AAFP offers annual, customizable mini-grants of \$4,000 each for tobacco prevention and control efforts at the state and local level. Dr. Lee served as a grant reviewer, and was pleased that NMAFP was one of the 10 recipients of the grant. The project team is to create an E-Tar Wars curriculum aimed at educating students about electronic cigarettes and new tobacco products. The project team will develop and implement a "Breathe Tradition, Not Addiction" campaign intended to educate 6th to 12th grade students about the differences between tobacco use in Native American traditions/ceremonies and recreational tobacco use. <http://www.aafp.org/news/health-of-the-public/20150121tobaccominigrants.html>



Dr. Melissa Martinez being interviewed on New Mexico In Focus regarding the measles outbreak and Senate Bill 121.

- Continued on page 3

Residency News Continued

6. Jason Lee was accepted into the Institute for Healthcare Improvement Open School Improvement Change Agent Network (I-CAN). I-CAN is the IHI Open School's campaign to improve population health, with the aim of building a network of 30,000 students by December 2015. <http://www.ihio.org/education/IHIOpenSchool/Chapters/Groups/ICAN/Pages/default.aspx>

UNM - Kate McCalmont, MD

The UNM Family Medicine Residency Program completed another great interview season. We met many enthusiastic applicants and are excited for Match Day. We had over 20 applicants from the UNM School of Medicine, a demonstration that interest in primary care is on the increase. The intern class at UNM recently completed the Population Health block in which they analyzed legislation and had opportunities to go to Santa Fe and participate in the legislative process. The residency program continues to develop the population health curriculum and formalize mentorship for resident community projects. UNM will be hosting the "Beyond Flexner 2015: Social Mission in Medical Education" conference in April 2015. This conference will bring together leaders from around the country to discuss the role of medical education in addressing health inequities.

2015 NMAFP Physician of the Year Nominations Requested

NMAFP Members, nominate a peer that you know is deserving of the 2015 Physician of the Year Award. This is a very prestigious honor! A Plaque is kept in the NMAFP Office with all POY recipient names and the year they were honored.

All nominees must be an active member of the NMAFP. Include a paragraph telling why your nominee should be the 2015 POY. Email by April 15th to Sara: familydoctor@newmexico.com.

The winner will be acknowledged and presented a Nambe plaque and certificate at the Awards Dinner and Dance on Friday, July 17, 2015, during the 58th Annual NMAFP Family Medicine Seminar at the Ruidoso Convention Center, Ruidoso, New Mexico. An article featuring the 2015 POY will be included in the Fall issue of the Roadrunner that is mailed to 900 NMAFP members and posted on the NMAFP website.

Call for Nominations for Vice President
Email or phone Sara:
familydoctor@newmexico.com
505-292-3113

NMAFP BOD Fact Sheet

Order of Officers:

1. First Year as an Officer on the Board - Vice President - Is responsible for helping to plan the annual Med Student Reception that takes place around the 3rd week in Sept. on a Friday night. During this year, the Vice President attends the 4 Board Meetings, 2 Conferences, Budget Meeting and has an opportunity to learn from the other officers what will be expected as he/she moves up in the ranks.

2. Second Year as an Officer on the Board - Secretary-Treasurer - Works with the new Vice President in the planning of the annual Med Student Reception during the 3rd week of Sept., attends the 4 Board Meetings, 2 Conferences, Budget Meeting and is still on a learning curve.

3. Third Year as an Officer on the Board - President-Elect - Attends the 4 Board Meetings, 2 Conferences, Budget Meeting and is the Scientific Program Chair for the Winter Refresher. He/She is responsible for contacting speakers to present at his/her conference. Sara works closely with the President-Elect on this project, and so will the newly formed Scientific Advisory Committee.

4. Fourth Year as an Officer on the Board - President - Attends the 4 Board Meetings, 2 Conferences, Budget Meeting and is responsible for addressing various issues that come into the NMAFP Business Office from the press, other organizations, etc. The President writes 4 articles during his/her year as President for the quarterly Roadrunner that is mailed to 900 members and posted on the NMAFP website. The President is the Scientific Program Chair during the summer conference, just as he/she is moving to the final officer position of Board Chair. There is an 18-month period in between the time the President-Elect is Scientific Program Chair for the Winter Refresher and the President is the Scientific Program Chair for the Summer Conference. Sara works closely with the President on this project, and so will the newly formed Scientific Advisory Committee.

5. Fifth Year as an Officer on the Board - Board Chair - Attends the 4 Board Meetings, 2 Conferences, Budget Meeting and resides over the next 4 Board Meetings. Sara gets approval from the Board Chair before the Agenda and Minutes are shared with the BOD members. The Board Chair is

also available for questions from the press, other organizations, etc. that come into the NMAFP Business Office.

Active NMAFP Committees:

1. Resident & Student Affairs Committee (concentrates on resident & student activities during the year)

2. Legislative Affairs Committee (concentrates on Legislative activities throughout the year and especially during the Legislative Session)

3. Scientific Advisory Committee (meets once a year during the state conference with the intention of building a speaker data base for the following year's conferences)

4. Scholarly Activities Committee (working on a new plan for Med Students, Residents, and other interested parties to present research in poster form during the Winter Refresher in Albuquerque each Feb. and beginning in 2016)

Meetings:

1. There are four BOD Meetings a year. The winter meeting is always the night before the Winter Refresher in Albuquerque. It is held at the NMAFP Office in Albuquerque, and dinner will be served. The summer meeting is always on Saturday during the State Conference in either Taos or Ruidoso, and lunch will be served. The fall and spring meetings are held at the NMAFP Business Office in Albuquerque on a Saturday at Noon, lunch served.

2. There is one Budget Meeting a year. It takes place in conjunction with the Med Student Reception around the 3rd week in September at the NMAFP Office in Albuquerque. Dr. Dion Gallant is the Budget Chair, and the 5 Officers make up the Budget Committee. Sara works closely with this Committee throughout the year.

3. There is a Strategic Planning Session every 3 years. It is in conjunction with the fall Board Meeting. The next Session is planned for the weekend of November 6, 2015 in Las Cruces.



58th Annual NMAFP Family Medicine Seminar

July 16 -19, 2015 Ruidoso Convention Center & Lodge at Sierra Blanca

Melissa Garcia, M.D. – Scientific Program Chair

This activity has been approved for 21. 5 Prescribed credits by the AAFP

SCHEDULE OF EVENTS AND LECTURES

Thursday, July 16th

- 8:00 a.m. Registration, Exhibits Open, Breakfast (Exhibit Hall)
- 8:50 a.m. Introduction & Welcome
Melissa Garcia, M.D., President
Scientific Program Chair
- 9:00 a.m. "End of Life Decision Making in New Mexico:
Then and Now"
Revathi A-Davidson, MA, MPH; Joan McIver Gibson, PhD;
Terrence Meyer, MD; Robert Swartz, BA, JD; Traci White, MD
- 10:30 a.m. "Keeping Track of our Smallest Patients: Premature
Infant Follow-Up"
Lance Chilton, MD
- 11:30 a.m. Lunch - Exhibit Hall
- 12:30 p.m. "Family Medicine for America's Health Initiative Update"
Mike Tuggy, MD, Vice Chair of the Family Medicine for
America's Health BOD
- 1:30 p.m. "Foot Problems Seen in the Family Medicine Clinical
Setting"
Attlee B. Benally, MD
- 2:30 p.m. Break – Exhibit Hall
- 3:00 p.m. "Sodium-Glucose Cotransporter 2 (SGLT2) Inhibition in
Type 2 Diabetes Management: A New Therapeutic Option
in Primary Care"
Dolores Gomez, MD
- 4:00 p.m. "The Lifetime Impact of Child Sexual Assault"
Wanda Filer, MD, MPH, FAAFP, AAFP President-Elect
- 5:00 p.m. At Leisure
- 6:00-8:00 p.m. Welcome Reception – Barbeque Dinner on the Patio
Introduction of Candidates Running for Office, 2015-2016
Honored Guest - Wanda Filer, MD, MPH, FAAFP - AAFP
President-Elect

Friday, July 17th

- 7:00 a.m. Registration, Exhibits Open
Breakfast - Exhibit Hall
- 8:00 a.m. "Maintenance of Certification (MC-FP) 2015- Helpful,
Time-Saving Approaches"
Joe Tollison, MD
- 9:00 a.m. "New Mexico Department of Health Medical Cannabis
Program"
Maureen Small, MD, DOM
Kathryn Riter, Health Educator, NMDOH
- 10:00 a.m. Break – Exhibit Hall
- 10:30 a.m. "Circadian Rhythms - When Insomnia is Not Insomnia"
Frank Falls, MD
- 11:30 a.m. "State Innovation to Meet Health Workforce Demand in
a Reformed System"
Daniel Derksen, MD
- 12:30 p.m. Lunch – Exhibit Hall
- 1:30 p.m. "AAFP Chapter Lecture Series: Barriers to Adult
Immunizations"
*(This CME activity is funded by an educational grant to the
AAFP from Merck)*
David G. Weismiller, ScM, MD, FAAFP

Friday Continued

- 2:30 p.m. "Creating Value from the EMR Investment"
Jason Mitchell, MD
- 3:30 p.m. Break – Exhibit Hall
- 4:00 p.m. "Screening, Diagnosing, and Treating Hepatitis C in Primary
Care: A Patient-Centered Approach"
John Andazola, MD
- 5:00 p.m. At Leisure
- 6:00-10:00 p.m. Awards Dinner & Dance
Special Guest - Wanda Filer, MD, MPH, FAAFP - AAFP
President-Elect
Entertainment - Jim Dixon

Saturday, July 18th

- 7:00 a.m. Registration, Exhibits Open
Breakfast - Exhibit Hall
- 8:00 a.m. "Abnormal Uterine Bleeding: Evaluation & Management
for Ovulatory Dysfunction"
Amy Garcia, MD
- 9:00 a.m. "Family Approaches to the Treatment of Substance
Use Disorders"
Brandi Fink, PhD
- 10:00 a.m. Break – Exhibit Hall
- 10:30 a.m. "Patient Centered Medical Home - What It Can Do For
Your Patients and You!"
Jennifer Phillips, MD
- 11:30 a.m. "JNC Hypertension Guidelines"
Dion Gallant, MD
- 12:30 p.m. Afternoon at Leisure
- 12:30 p.m. NMAFP Board Meeting – Ruidoso Convention Center
(Lunch Served)

Sunday, July 19th

- 7:00 a.m. Exhibits Open
Breakfast - Exhibit Hall
- 8:00 a.m. "Making Sense of the New Cholesterol Guidelines"
Robert DuBroff, MD
- 9:00 a.m. "It's Time to Change How We View Child Health:
The Importance of the Family Physician in
Developmental/Behavioral Screening of Young Children"
Nancy Lewis, MPA, M.S. CCC-SLP
- 10:00 a.m. Break – Exhibit Hall
- 10:30 a.m. "Dementia Update - How to Diagnose, Treat and Manage
Symptoms of Cognitive Decline"
Janice Knoefel, MD, MPH
- 11:30 a.m. "Practical Guide to the Use of Urine Drug Screens in
Primary Care"
Valerie Carrejo, MD
- 12:30 p.m. Drawing for Door Prizes
Must be registered for the conference & present to win

REGISTRATION FORM FOR 58TH ANNUAL NMAFP FAMILY MEDICINE SEMINAR

(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 \$390
_____ Non-Member Practicing Physician \$510
_____ NP/PA/RN \$275
_____ Retired Physician \$175
_____ Family Medicine Resident (no charge)
_____ Medical Student (no charge)
_____ Yes, I want to sponsor a student attendee \$40

Extra Tickets for Family Members

_____ Thursday BBQ Dinner - Adult \$25
_____ Thursday BBQ Dinner - Child (6-12) \$10
_____ Friday Awards Dinner & Dance - Adult \$30
_____ Friday Awards Dinner & Dance - Child (6-12) \$15

_____ Total Enclosed from Both Columns

Registration includes one Adult ticket for the Thursday BBQ Dinner and one Adult ticket for the Friday Dinner & Dance. Children 5 and under are free.

Payment Information: ☐ Check Credit Card: ☐ Visa ☐ Mastercard ☐ Discover ☐ American Express (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

Register Online:
www.familydoctormn.org

Questions? Call or email Sara: (505) 292-3113 • familydoctor@newmexico.com

Silent Auction at the Ruidoso Conference July 16th – July 19th, 2015

NMAFP will have a Silent Auction during the 58th Annual Family Medicine Seminar. Proceeds will go toward the support of various activities throughout the year that involve our FM Residents & Medical Students interested in FM. This also includes free registration to all of our Conferences.

Find that "very special item" that you want to donate and bring it with you to the Conference. Email Sara (familydoctor@newmexico.com) to let her know what you are bringing and the approximate value so she can have the bid sheet ready.

It will be a lot of fun, and the proceeds will support a very important cause. The Silent Auction held in Taos last year was a huge success bringing in over \$4,500. Let's keep up the good work for our Residents and Med Students!

"The future of Family Medicine is Dependent on the Residents & Medical Students of Today"

Board Notes

NMAFP BOD Meeting

February 20, 2015

Present: Drs. John Andazola, Damian Bello, Arlene Brown, Dion Gallant, Melissa Garcia, Irene Gutierrez, Virginia Hernandez, Greg Koury, Larry Leeman, Rick Madden, Melissa Martinez, Kate McCalmont, Michael McKinney, Karen Phillips, Frank Ralls, Linda Stogner, Lisa Stolarczyk, Dan Stulberg, Karen Vaillant, Leigh Vall-Spinosa, and Lourdes Vizcarra. Also in attendance Katie Ogawa; Daphne Olson, Steve Lucero and Sara Bittner. Chair: Dr. Karen Phillips.

Introductions: Katie Ogawa, the newly-elected President-Elect of the Family Medicine Interest Group (FMIG) was introduced.

Legislative Training Session: Steve Lucero, Legislative Liaison for NMAFP, gave a synopsis of the Training Session held on January 24 for DOD volunteers.

Endorsement of Upcoming Healthcare-Related Bills: The Board considered the following bills which existed on February 20, 2015. New, amended or substituted bills will be reconsidered and the decision to support, oppose, or remain neutral may be changed. The process to change a position on a bill will consist of notification of changes to the NMAFP Legislative Committee who will then send out an electronic poll to the board members.

SB 325 Health Agreement No-Compete Provisions (Sen. Ingle)
NEUTRAL

SB 121 Vaccine Purchasing Act (Sen. O'Neill)
SUPPORT

HB 122 Scope of Practice Act (Rep. McMillan)
SUPPORT

HB 259 Certain Physician Services Gross Receipts (Rep. McMillan)
SUPPORT

SB 363 (Expectant Mothers and Postpartum Prisoners Act)

Dr. Larry Leeman spoke on behalf of this bill, and a letter of support was signed by NMAFP and other organizations that stated: We request that SB 363 be recognized as a critical statewide priority and strongly urge the legislature to support this bill and allocate appropriate funding to ensure these programs remain viable for as long as pregnant and post-partum women are housed within the criminal justice system.

Federal Legislation from Senator Tom Udall - Save our Next Generation Act (SONG)

Dr. Rick Madden addressed the Board regarding Senator Tom Udall's SONG Act, and the NMAFP BOD voted unanimously to send a letter in support of his efforts through this far-reaching legislation to improve the chances for children to succeed in life through improved health and education.

SB 376 Chiropractic Medicine & Advanced Practice (Sen. McSorley)
OPPOSE

SB 571 Physical Therapy Treatment & Board (Sen. Shendo)

SUPPORT (In its current form with the following concerns)

- What would the liability be for physicians if we're asked to attest to the diagnosis?
- Unclear definition of the need for referral within 30 days; ie, always refer within 30 days? Or only when the condition of the patient does not improve?
- Would the referral within 30 days be to inform the physician or to make an appointment with physician within 30 days?

Nomination Request for AAFP Resident Director, 2015 - The BOD voted to write a letter of support for Irene Gutierrez, MD, second-year Resident at UNM, who is running for a position on the AAFP Board as the Resident Director.

Scientific Advisory Committee Update: Committee Members are: Drs. Dan Waldman, Luis Rigales, John Andazola, Darriek Nelson, Melissa Martinez, President Melissa Garcia and President-Elect Greg Koury. All members are to come prepared for the annual meeting of this committee immediately following the Board Meeting at the Ruidoso Convention Center during the State Conference, Saturday, July 18, 2015. Each committee member is to bring 5-6 confirmed speakers with presentation titles for the 59th Annual Family Medicine Seminar, July 28-31, 2016, Sagebrush Inn, Taos, New Mexico.

Immunization Practice Advisory Council Finance: NMAFP has been asked to help the Council with some of the clerical responsibilities involving the grant that supports this council. The motions was table pending more information.

Multi-State Conference, Feb. 28-March 1, 2015: There was a discussion as to what NMAFP should present for Best Practices and Legislative Update. Many ideas were shared. Drs. Melissa Garcia and Frank Ralls will represent the chapter at this meeting. (Note: Unfortunately, due to the snow storm, no one from NM made it to the Conference)

Annual Chapter Leader Forum (ACLF) formerly Annual Leadership Forum (ALF) April 30-May 2, 2015, KC: It was determined that Dr. Melissa Garcia, Dr. Frank Ralls and Sara will attend the ACLF while Dr. Tatyana Guerrero will attend the National Conference of Constituency Leaders (NCCL).

Registration Fee Waiver for Officers: Dr. Melissa Garcia addressed the Board about Conference fees for the 5 years a Doctor is an Officer of the NMAFP. Drs. Gallant and Garcia will investigate the feasibility of this.

Call for Resolutions for AAFP Congress of Delegates, Sept. 28-30, 2015, Denver: Dr. Dion Gallant, Delegate to the AAFP Congress of Delegates, addressed the Board regarding a call for Resolutions for this fall. Dr. Gallant encouraged the BOD Members to give this some consideration and bring ideas back to the Board Meeting on April 18th. NM has not submitted a Resolution in several years.

Resident Report: Dr. Jason Lee submitted a written report for the Las Cruces Residency Program. The residency program received about 900 applications this cycle via ERAS and completed the recruitment season utilizing behavior based interviews. Dr. Kate McCalmont shared there is a group from UNM heading out to the Farmington/Shiprock area next week to look into options for more rural rotations and possibly create 2 new Residency spots in that area.

Student Report: Daphne Olson, FMIG President, gave a report on the FMIG. Elections were held at the end of 2014, and they welcomed all their newly elected officers. There will now be two Student Members on the NMAFP Board - the second-year President and the first-year President-Elect. This should help with the continuity of the FMIG.

NCCL: Dr. Linda Stogner suggested that NMAFP send someone to this Conference that coincides with the ACLF in Kansas City, April 30-May 2, 2015. It is a great opportunity to learn how to be an Officer in your state. Anyone interested in attending please contact Dr. Linda Stogner or Dr. Arlene Brown. Also let Sara Bittner know so she can take care of your registration.

Upcoming BOD Meetings:
April 18, 2015 - NMAFP Office - Noon - Lunch Served
July 18, 2015 - Ruidoso Convention Center - 12:30 pm - Lunch Served
Nov. 7-8, 2015 - Strategic Planning Session/ Board Meeting, Hotel Encanto, Las Cruces (Nov. 6, drive to Las Cruces and check in to hotel; Nov. 7, Morning SPS, Afternoon BOD, Evening Dinner with Families; Nov. 8, check out and drive home)

2015 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
fralls39@gmail.com

Delegate to AAFP Congress

Chairman, Chapter Affairs
Dion Gallant, M.D.
8300 Constitution Ave. NE
Albuquerque, NM 87110
(505) 291-2402
dgallant@pshs.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@pshs.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
geehernandez@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@pshs.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
aelmaoued@salud.unm.edu

Michael McKinney, MD

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

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 Representatives

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

Katherine Ogawa – FMIG President-Elect

6019 Downey St. NE
Albuquerque, NM 87109
Email: kogawa@salud.unm.edu

Winter Refresher in Albuquerque: A Huge Success

By Dr. Greg Koury
Scientific Program Chair

Hello NMAFP Members. I would like to express my gratitude to all that attended the 2015 Winter Refresher and to Sara Bittner, our Chapter Exec, and her staff that made the Winter Refresher a great success. I would also like to thank the NMAFP Board for their leadership, support and opportunity to participate in this day of education and peer interaction.

I had several members approach me by day's end commenting that this was one of the best conferences they had attended in years. As for me, I am in complete agreement. The speakers were informative, presentations were stimulating, and the subjects were relevant to current medical practice. This conference exemplifies the hard work that your NMAFP staff and Board put into making a successful educational event.

The NMAFP Board Meeting, held the night before the Conference, was standing room only. Your fellow physicians in leadership strive to promote the success of your practice of medicine in New Mexico and dedicate themselves to keep Family Physicians at the forefront of healthcare delivery in New Mexico.

Please consider getting involved at the leadership level. Join the NMAFP Board or nominate one of your peers. We are accepting nominations for the Vice-President position, and the election will take place at our

state conference in Ruidoso. Please mark your calendar for the 58th Annual Family Medicine Seminar, July 16-19, Ruidoso Convention Center/Lodge at Sierra Blanca. Check our website for further information: www.familydoctornm.org. Registration will go live in late March or early April. Dr. Melissa Garcia, our President, has put together another great program, and it has been approved by AAFP for 25.5 Prescribed credits, including 4 Prescribed credits for 2 Post Tests. Don't miss out on a great experience and join us in July.

Special Thanks to the Co-Sponsors of the Conference: Atrine Health & PACO (Physicians Accountable Care Organization); Luna Community College, Montanas del Norte Area Health Education Center, Las Vegas, NM; and Memorial Medical Center, Las Cruces, NM.

Thanks to the 28 Exhibitors that attended the Conference: Ambergare; American Massage Therapy Association – NM Chapter; Atrine Health; Blue Cross Blue Shield of NM; Compassion & Choices; Dairy Max; The Doctors Company; HealthInsight New Mexico; La Familia Medical Center; Medrano & Associates, LLC; Lovelace Medical Group; Medical Billing Practice Management, Inc.; Mitchell's Silver & Turquoise; New Mexico Air National Guard; New Mexico Health Connections; New Mexico Health Resources; New Mexico Primary Care Training Consortium; (PACO) Physicians Accountable Care Organization; Petroglyph Pathology Services; Pfizer Vaccines; Presbyterian Healthcare Services; Presbyterian Medical Services; Roadrunner Healthcare; Roswell Mayor's Healthcare Solutions; SiliconMesa; UNM Locum Tenens & Specialty Extension Services; UNM Preceptorship Program; and US Army Healthcare.

University of New Mexico Family Medicine Interest Group!

By Daphne Olson, FMIG President

We have completed the new year election's process and have elected five outstanding new officers:

Katherine Ogawa, President-Elect
Michael Louie, Vice President-Elect
Jimmy Le, Treasurer-Elect
Karissa Vasquez, Secretary-Elect
Carmela Smith, Outreach Officer-Elect

We would like to extend a sincere welcome to these new officers and to thank them for their interest in the wonderful field of Family Medicine. We look forward to working with them throughout the coming year and to growing our organization together.

In other exciting news, our organization has recently qualified for national funding from the AAFP and will therefore have additional resources for events and education. We would like to thank Sara Bittner, Annette Creasman, and our faculty adviser Dr. Elizabeth Grant for their assistance with the application process. They have helped our organization grow and reach out to additional students.

Upcoming FMIG events:

In April, we will be hosting the Second Annual Family Medicine Match Mixer to celebrate all of the fourth-year medical students who match in Family Medicine this year. The event will be held at a local restaurant and will bring medical students, residents, and attendings together for tasty food, lively discussion, and networking. If you think you may be interested in attending this event and would like additional information, please contact me at daphne@salud.unm.edu.

Our second project, a Workshop to Prepare first-year medical students for clinical rotations, is a collaboration with the Pediatrics and Internal Medicine Interest Groups. Together, we are planning a workshop to include several stations, each featuring an interactive lesson on a different topic, such as patient-centered interviewing, infectious disease, common skin conditions, and more. The workshop will take place in May, prior to students' six-week primary care rotation in rural New Mexico.

We would once again like to thank you, the members and the Board of the NMAFP for your continued support. As we strive towards a meaningful career and attempt to understand the ever-changing medical landscape, we find clarity and inspiration in the work of the dedicated Family Medicine Physicians around our state. Please remember that, while you are caring for patients, you are also setting a very powerful example that nurtures our passion for Family Medicine. We would also like to give a special thank you to Sara Bittner, our faculty adviser, Dr. Elizabeth Grant, and our resident adviser Dr. Kate McCalmont. We truly value your help and support.



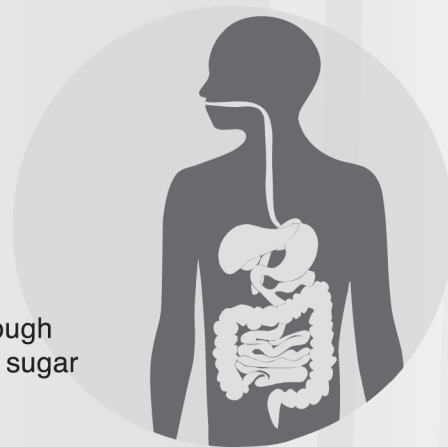
Past Presidents Attending this year's Past President's Breakfast:

L-R Dave Holten, 1977-1978; Phil Briggs, 1984-1985; Gwenn Robinson, 1985-1986; Bert Umland, 1988-1989; Melissa Garcia, 2014-2015; Karen Phillips, 2013-2014; Melissa Martinez, 2002-2003; Dion Gallant, 2004-2005; Arlene Brown, 1989-1990; Dan Derksen, 1999-2000; Sara Bittner; Karen Vaillant, 2000-2001; Linda Stogner, 1995-1996; Lana Wagner, 2007-2008; David Church, 1986-1987; Stephanie Benson, 2011-2012; Rick Madden, 1994-1995; Alfredo Vigil, 2008-2009; and Jim Koch, 1965-1966.

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.

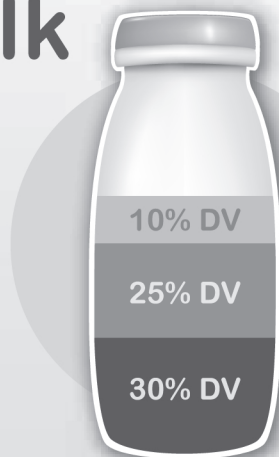


If you are lactose intolerant, it's still possible to eat dairy foods - the key is to learn what works best for you. There's an option to meet most needs in the dairy case ranging from lactose-free milk to natural cheese and yogurt.



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**



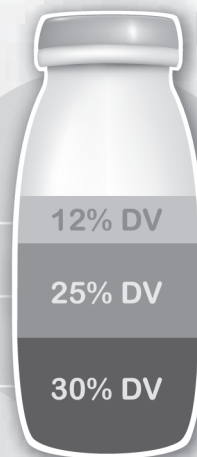
&

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.



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HUFFINGTON
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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:
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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

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

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Med Student Essay Contest

**Win a Scholarship to the National
Resident & Student Conference
July 30-August 1, 2015, Kansas City**

Again this year, NMAFP will sponsor several Medical Students at the National Resident & Student Conference in Kansas City, July 30-August 1. In order to win a scholarship, which includes registration, hotel and air fare, the Med Students must write a one-page essay on "Why I Want To Become a Family Medicine Physician" and submit it before May 1st to Sara: familydoctor@newmexico.com.

The essays will be judged by the Officers, and the number of scholarships awarded will be dependent on the Chapter's financial capabilities. NMAFP feels this national conference offers a wealth of information to Medical Students and hopefully helps guide their future aspirations in the direction of the specialty of Family Medicine.

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