



The Roadrunner

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NMAFP

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Fall 2018

61st Annual Family Medicine Seminar in Santa Fe

By Dr. Frank Ralls, Scientific Program Chair

Greetings fellow Family Physicians and Providers, the 61st Annual Family Medicine Seminar in Santa Fe was quite exciting! I've received great feedback from many attendees.

The diversity of the topics was exceptional. They ranged from how to make a head of lettuce a tasty part of a DASH diet, to great advice on protecting oneself from litigation, as well as many more topics on how to improve the way we practice. On a personal level, I was intrigued by the oral sleep appliances that are not sexy but are effective treatments for obstructive sleep apnea. What dentists are able to do these days with oral appliances is truly amazing!

Dr. Wanda Filer, past AAFP Board Chair, was inspiring and reminded us to proudly inform others that we are Family Physicians. I greatly enjoyed Dr. Thomas Minahan's touching lecture on seizures. I learned that people who have seizures with their eyes closed and have to take a brief

second to cover parts of their body during their "seizure" are probably having a pseudoseizure. I voted to give the man who covered his large tummy during his seizure (shake-shake-shake: to the tune of Taylor Swift) an Academy Award for his acting. Dr. Minahan's story about treating his daughter with intractable epilepsy was both touching and educational. He provided a unique perspective about a sometimes-controversial subject regarding the treatment of epilepsy with medical marijuana. Many thanks to the many exceptional speakers that presented. There are not enough pages in this edition to summarize all the excellent points from all lectures.

We appreciate all the exhibitors who contributed time and money to help keep the cost of the conference affordable. The Eldorado Hotel & Spa was such a comfortable hotel with great rates. I also saw many of you enjoying Santa Fe throughout the day and evenings. It was good to reunite with old friends and meet new friends from all over the country. Special thanks to Sara Bittner and her wonderful staff who spent many hours making this conference run smoothly.

I want to thank all of you for attending as your presence and participation made this an exceptional conference.

A big thanks goes out to the Vendors in Santa Fe: Active Life O&P + Juzo USA, American Board of Family Medicine, American Massage Therapy Association NM Chapter, AstraZeneca, CHRISTUS St. Vincent Medical Group, Compassion & Choices, El Paso Army Medical Recruiting Station, Epigenomics Estrategy Consulting, LLC, GlaxoSmithKline, Hidalgo Medical Services, Marley Drug, MHM Services/Centurion, Mitchell's Silver & Turquoise, New Mexico Health Resources, Inc., New Mexico Primary Care Training Consortium, Pathology Consultants of New Mexico, Pfizer Vaccines, Presbyterian Healthcare Services, Presbyterian Medical Services, Quality Sleep Solutions, Sunrise Medical Group, P.C., The Doctors Company, TriCore Reference Laboratories, UNM Department of Psychiatry & Behavioral Sciences Division of Community Behavioral Health, UNM Medical Group, Inc., UNM SOM Office for Community Faculty, and UNMMG Locum Tenens & Specialty Extension Services.

NMAFP would also like to thank the Co-Sponsors of the Santa Fe Conference: CHRISTUS St. Vincent, Dairy Max, Luna Community College, Montanas del Norte Area Health Education Center, The Doctors Company and UNM School of Medicine, Office for Community Faculty.



First set of equipment from the Cryosurgery Lending Library went home with Dr. Mhapsekar to the Mimbres Valley Medical Group in Deming New Mexico. Dr. Mhapsekar was among the many attendees present for Dr. Stulberg's 2-hour Cryosurgery Workshop at the Santa Fe Conference.



(L-R) Dr. Frank Ralls and Sara Bittner giving Dr. Dave Rakel his President's Award at the Awards Dinner and Dance.



Sara Bittner receiving a gift from NMAFP's work study student, Shelbee Geyer. Shelbee will be graduating in May, 2019.



(R-L) Dr. Wanda Filer, Past AAFP Board Chair, inducted our new 2018-2019 NMAFP Officers: Dr. Bridget Lynch, Vice President; Dr. Veny Ianakieva, Secretary-Treasurer; and Dr. Virginia Hernandez, President-Elect.

A special note to Dr. Stulberg:

"Dr. Stulberg, thank you for letting me borrow the liquid nitrogen equipment. Using it has helped my patients in the rural community of Deming. Used it on many warts and AKs. Great equipment and idea is wonderful!"
Shailen



Dr. Dan Stulberg sharing his cryosurgery tips with the Santa Fe attendees



(L-R) Drs. Bob Wergin, Stephanie Benson, Dion Gallant and Rick Madden networking during the 61st Annual Family Medicine Seminar.



(L-R) Dr. Wanda Filer, Past AAFP Board Chair; Dr. Valerie Carrejo, newly inducted NMAFP President and Sara Bittner.

AAFP National Conference of Family Medicine Residents and Medical Students



Robert Courtney and Marcus Eckstein arriving at the AAFP National Conference of Family Medicine Residents & Medical Students in Kansas City.

This year, NMAFP provided financial support for five Med Students and one Resident to attend the AAFP Resident & Student Conference in Kansas City, August 2nd – 4th. The FM Resident Congress of Delegates and the FM Med Student Congress of Delegates was held in conjunction with this annual conference.

To receive a scholarship from NMAFP, students were asked to write an essay on, “Why I Want to Become a Family Medicine Physician.” Below are comments from the NM Resident Delegate to the Resident Congress of Delegates, the NM Student Delegate to the Student Congress of Delegates and the four scholarship recipients about their experiences in KC.



On the way up to the Expo Hall for the Residency Fair.

Nora Gibbons, MD
Resident Delegate from NM

During this year’s AAFP student and resident conference, I had such a blast returning to Kansas City as a resident and chapter delegate to the Congress of Delegates held in conjunction with the National Resident & Student Conference. The last time I was at the conference, I was a 4th year medical stu-



Dr. Brent Smith (current president of the AAFP Foundation) giving a talk.

dent from Arkansas and didn’t know quite where to start exploring Family Medicine residencies. I remember wandering through the exhibit hall and even stopping in the New Mexico section. It was one of my first exposures to the diverse programs throughout the state, and I was really excited to be able to talk to future FM residents about New Mexico and specifically the Santa Fe Residency Program. Fortunately, the whole 3rd year class of Santa Fe residents were able to go to the conference this year and act as ambassadors for our program – we certainly talked to a lot of students from all over the country and abroad! It was also great to see some of the other residents from Las Cruces, Silver City, and UNM.

I was also grateful to have the opportunity to act as the New Mexico Chapter Delegate to the Congress of Delegates. I was impressed by the AAFP’s attempt to involve more residents and students to make a change to the AAFP itself as well as healthcare in general. Residents and students sit on various committees within the AAFP, ranging anywhere from political action/healthcare policy to Graduate Medical Education policies to informatics. Some resolutions that were passed this year by the Congress of Delegates involved having the AAFP adopt a policy on the health impacts of immigration policy, universal health access, and increasing pediatric mental health funding. It was a great learning experience, and I’m honored to have had the opportunity to represent New Mexico in this fashion.

Joseph Sanchez
Student Delegate from NM

When one hears Family Medicine, words often associated include “community” and “generalist”. It is not often that “innovative” and “groundbreaking” would make one think of their small-town doctor, but this year’s AAFP National Conference showed me as much, and more, about Family Medicine. Hosted in Kansas City, MO, this conference saw a record number of attendees this year. I had the pleasure of serving as New Mexico’s Student Delegate, where I worked alongside medical students from other states as legislative bodies. We wrote resolutions, voted on amendments, and elected national

leaders that will advocate for patients at the federal level. I was amazed by the innumerable bright young minds just in the room we worked in over the weekend, and that was a drop compared to the sea of attendees.

The AAFP National Conference reinforced in me why Family Medicine is the specialty for me. Not only am I working towards being the best doctor I can be, I’m sharing the same goal as hundreds of other student doctors, all working on the front lines of medicine. We are making strides to better patient care, honing our skills, participating in discussions that will change the future of healthcare as we know it. I am proud to have served as New Mexico’s Student Delegate, and I can’t wait to return to the conference next year.



The tables representing New Mexico programs (usually very busy throughout the fair!).

NMAFP Scholarship Recipients to the Resident & Student Conference:

Marcus Eckstein

At the conference I was able to participate in numerous workshops (such as preparing for residency applications and interviews, wilderness medicine, point-of-care ultrasound, etc.), hear inspiring talks by current Family Medicine Physicians, and learn about many residency programs across the country. I particularly enjoyed the residency fair, as I was able to speak to current

residents and better clarify what I am looking for in a program. The best part about the AAFP conference was that it reminded me yet again why I am so excited to soon become a Family Medicine doctor. Family physicians have a unique opportunity to truly improve the health of people and communities, and I am thrilled to get to be a part of that.



Marcus Eckstein tying a makeshift sling on Robert Courtney.

Robert Courtney

The AAFP National Conference exceeded my expectations. I learned a lot about just how broad the scope of Family Medicine can be and heard from some great speakers who shared what they've done with their careers as Family Medicine Physicians. It was really educational and gave me new ideas for what my future could look like in FM. The residency fair was also fantastic. I talked with dozens of programs and was surprised how eager they all seemed to recruit us. I'm looking forward to interview season and getting to meet them again. I'm really grateful for the opportunity to travel to the conference and excited for what's coming next.

Melissa Shoemaker

Kansas City AAFP conference was such a great experience! We were able to attend some talks specifically for students, particularly helpful for tips on applying for residencies. While at the residency fair, I was overwhelmed with the number of programs in attendance but also the tremendous enthusiasm for Family Medicine by all. It was really inspirational and affirming to be surrounded by all that energy. After attending the conference, we were able to enjoy the barbecue and jazz music that KC is known for as well! I know all the medical students who were lucky enough to go this year had a fun and motivating few days. We are so appreciative of the opportunity!

Lucinda Rios

The AAFP Conference in Kansas City this year was both amazing and overwhelming. It was wonderful to see so many Family Medicine Programs from across the country there together in one giant convention center. Talking to people from many programs gave me hope for the future. I was inspired by what people are doing around the country to address various health issues and to improve health equity and outcomes. At the same time, it was initially overwhelming to imagine the possibilities of training and practice; although with each conversation and workshop, I felt more certain of what aspects of Family Medicine I want to practice and how to get there.



KC Convention Center with one of KC's many fountains in the foreground.

Doc of the Day Volunteers Needed for 2019 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 19th, 12:30 pm at the New Mexico Academy office. The session will review anticipated legislation and the Academy policy regarding the issues. Steve Lucero, NMAFP Lobbyist, will lead the training session. The 60-day session begins January 15th and ends March 16th. The DOD Schedule will begin on Tuesday, January 22nd. If you are interested in participating, email or call Sara: familydoctor@newmexico.com or 505-292-3113.

Performance Improvement Activities Approved for ABFM Continuing Certification Credit-20 Points

The ABFM's PRIME Support and Alignment Network, in collaboration with the University of Colorado-Denver, Department of Family Medicine's e-Learning team have leveraged the power of Bodenheimer's 10 Building Blocks of Primary Care and best practices from the landmark, federal Transforming Clinical Practice Initiative to help you improve in three areas:

- Person- and Family-Centered Care
- Cost and Value of Care
- Care Across the Medical Neighborhood

Create your own PDSA cycle intervention using PRIME Registry or other data for tracking your improvement.

Complete one of these three activities—hosted on the University of Colorado's e-Learning platform—for 20 ABFM PI activity credit points.

Go to: https://cuelearning.org/focus_areas/abfm/ to access activities, then select Register and use the code: ABFM, if Diplomate, otherwise, non-ABFM certified clinicians use the code: TCPI

Completing one of these modules will satisfy requirements for Performance Improvement Activity/MOC Part IV for family medicine physicians and possibly other specialties.

For more information visit the Prime San web page at <http://primeregistry.org/primesan/> or email us at support@primesan.org

Learning Collaborative to Improve HPV Immunization Rates

About the Project

The National Immunization Partnership with the APA, or NIPA, is a CDC-funded project that combines the expertise of the National Improvement Partnership Network (NIPN) and the Academic Pediatric Association (APA) to improve adolescent HPV immunization rates. NIPA is a multi-state, virtual learning collaborative. Participants are trained in QI methodology and strategies to improve HPV vaccination via monthly webinars. Sites submit data electronically, receive monthly feedback reports and individualized coaching support. Through four consecutive cohorts, NIPA has proven an effect model for getting results.

5 reasons
to sign
up for
NIPA

1

Prevent Cancer

Each year, an estimated 32,500 new cases of HPV-related cancer are diagnosed in the U.S.

2

Earn MOC

Participants earn credit towards professional certifications:

- ABP Part 4 MOC
- ABFM Part IV MC-FP
- Performance Improvement CME

3

Get Results

HPV series initiation rates increased by **20%** and series completion rates increased by **15%** in past cohorts.

5

Experience

NIPA has run **4** cohorts with **215** practices in **23** states

4

PCMH

Project meets criteria for Patient Centered Medical Home recognition.

Project Details

Who



- Pediatrics
- Family Medicine
- School-based health centers
- Public health clinics
- Community health centers
- FQHCs

What



- Attend 6 webinars
- Complete 3 project surveys & 6 PDSA Logs
- Submit pre- and post- project HPV vaccination rate data
- Audit 16 patient visits per month for 9 months
- Test strategies to reduce missed opportunities for HPV vaccine

When



November 2018
through August 2019.

Enrollment deadline:
October 15, 2018

How Enroll online at https://www.surveymonkey.com/r/NIPA_5_Enrollment

Questions?

For more information, please contact us!

Jennifer Le | Outreach and Training Associate

802.656.9195 | Jennifer.a.le@med.uvm.edu

<http://www.academicpeds.org/NIPA/>

37th Annual Winter Refresher in Albuquerque

Saturday, February 23, 2019, Hotel Albuquerque, Old Town

Dr. Virginia Hernandez, Scientific Program Chair

This program has been approved for 6 Prescribed Credits by the AAFP

Online Registration at www.familydoctormn.org will be available in October

Schedule of Events and Lectures

7:00 am-8:00 am

Past President's Breakfast
Rendering Room

7:00 am-8:00 am

Registration/Exhibits Open
Breakfast - Exhibit Hall

7:55 am-8:00 am

Introduction & Welcome
Dr. Virginia Hernandez
Scientific Program Chair

8:00 am-8:50 am

Poster Session – in back of Lecture Hall

9:00 am-10:00 am

"Key Articles & Clinical Developments
of 2018 in Family Medicine"
Dan Waldman, MD

10:00 am-11:00 am

"Reproductive Health Care: Conversations
for Family Physicians and Their Patients"
Shannon Connolly, MD

11:00 am-12:00 pm

Lunch - Exhibit Hall

12:00 pm-1:00 pm

"Case Studies in the Practical Evaluation
and Management of Irritable Bowel
Syndrome with Diarrhea"
Stephen Brunton, MD, FAAFP

1:00 pm-2:00 pm

"Elevate: Your Gender-Affirming
Healthcare Environment for
Optimal HIV Care"
Madeline Deutsch, MD, MPH

2:00 pm-2:30 pm

Break - Exhibit Hall

2:30 pm-3:30 pm

"Pathways in Management: Osteoarthritis
and Chronic Low Back Pain"
Blair Cushing, DO

3:30 pm-4:30 pm

"Physician Wellness and the New Mexico
Medical Board"
Steven Jenkusky, MD

4:30 pm

Conference Ends

Hotel Information

Hotel Albuquerque in Old Town is
located at 800 Rio Grande Blvd. NW,
Albuquerque, NM 87104 (I-40 to Rio
Grande, South).

A room block will be held until

February 1, 2019. After this date, rooms
will be on a space-available basis. To
make your reservation, call 505-843-6300
or toll free at 866-505-7829 or go to this
website: <https://bit.ly/2MH18uS> and
use the **Group Code 1902FP** to receive
the room block rate by February 1st.



Please Print Clearly

Name: _____ ☐ MD ☐ DO ☐ NP ☐ PA ☐ RN ☐ PhD ☐ Resident ☐ Student

AAFP ID: _____

Address: _____ C/S/Z: _____

Phone: _____ Email: _____

Handout material is provided for you to follow along with each speaker and for future reference. How would you like to receive your handout?

☐ Hardcopy ☐ Electronic on USB (hardcopy not included)

_____ AAFP Member Licensed Practicing Physician \$190

_____ Non-member Licensed Practicing Physician \$315

_____ PhD \$190

_____ NP/PA/RN \$130

_____ Retired Physician \$120

_____ Family Medicine Resident (no charge, must include AAFP ID)

_____ Medical Student (no charge, must include AAFP ID)

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

Take \$15 off your registration by choosing the Electronic Handout!

_____ Total Enclosed from Both Columns Above

Save a stamp and register online at www.familydoctormn.org!

Or mail form & check to: NMAFP, Educational Fund, 2400 Louisiana Blvd. NE, Bldg. 2, Suite 101, Albuquerque, NM 87110

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

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Future Board Meetings:

November 3, 2018
NMAFP Office, Noon
Lunch Served

February 22, 2019
Hotel Albuquerque, Rendering Room
5:00 pm

May 4, 2019
NMAFP Office, Noon
Lunch Served

August 3, 2019
Ruidoso Convention Center, 12:30 pm
Lunch served



Named “**Best Overall Diet**” by U.S. News & World Report seven years running, **DASH** (Dietary Approaches to Stop Hypertension) is a flexible, balanced eating plan that’s great for everyone – especially patients concerned about heart health.

DASH Diet

Keep this handy graphic for the basics, and visit DairyMAX.org/health/printables to find meal plans and more you can share with your patients.



Dairy

Fat-free or low-fat milk and dairy:
2-3 cups daily



Fruits

2-2.5 cups daily



Vegetables

2-2.5 cups daily



Grains

Make half your grains whole:
6-8 ounces daily



Protein

Lean meat, fish or poultry:
6 ounces or less daily



Nuts, seeds and legumes

4-5 times weekly

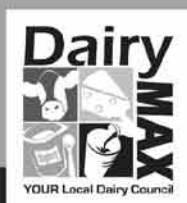


Oils

Use sparingly



One of the best healthy eating plans for people of all ages.



Find helpful DASH printables at DairyMAX.org

Opportunities Available In Beautiful Santa Fe, New Mexico

Santa Fe offers the perfect balance of city life and relaxed mountain west living. Hundreds of world class restaurants and art galleries are at your doorstep along with unmatched access to world-class hiking, biking, horseback riding, and skiing only minutes from downtown. Santa Fe averages more than 320 days of sunshine per year and commute times under 15 minutes.

CHRISTUS St. Vincent has opportunities in both the inpatient and outpatient medicine settings. As a provider within our health system, you can expect the following:

- Competitive compensation package
- CME allowance and Professional Business Expense Reimbursement
- Generous benefits package
- Productivity bonuses
- Time Away from Practice
- Occurrence based medical liability coverage
- Sign on bonus
- Relocation Reimbursement
- Patient focused, mission driven company culture

Currently welcoming:

- Outpatient Family Medicine Physicians
- Outpatient Internal Medicine Physicians
- Outpatient Geriatricians
- Outpatient Pediatrician
- Adult Hospitalists
- Pediatric Hospitalist
- Geriatric and Family Nurse Practitioners

Join an established team in a beautiful, lifestyle friendly location and come see what "the city different" is all about!



Megan Varela-Lujan
Provider Recruitment Manager
(505) 913-3658
PhysicianRecruitment@stvin.org
www.stvin.org/careers



NM Family Medicine Residency Reports

UNM - Jaleh Akhavan-Yekta, MD:

We were excited to offer an orientation month to our new interns. They expressed feeling more prepared to hit the wards afterwards! We also started working with our new Rural Medicine Fellow, Dr. Souers, who will begin attending the inpatient service this fall. We've been feeding our competitive sides by playing jeopardy based off the most recent AAFP articles- encouraging us to stay current with the literature!

Santa Fe – Nora Gibbons, MD:

Greetings from Santa Fe! The year has kicked off with a bang up here – we welcomed our new PGY2s as they transitioned from intern year at UNMH and even got to spend some time with the new interns as well during a resident outing that involved an outdoor concert up by St. John's College. It was great to have everyone together for good food, drinks, and music. The PGY3s were all able to attend this year's AAFP national conference in Kansas City and act as recruiters for our lovely program – we had a blast and met some interesting students from all over the world. I predict a robust resident applicant pool this year judging by the crowds that visited each New Mexico residency program. Stay tuned for more interview season scoop! Until next time!

Silver City – Pedro Armendariz, MD:

The HMS Family Medicine Residency Program is doing really well. Our residents, Third-year Dr. Bauer, myself, Dr. Armendariz, the second-year residents, Dr. Aguero and Dr. Keys, are adjusting well in Silver city. The first-year residents are training in Las Cruces, Dr. Shen and Dr. Heywood. Dr. Shen rotated with us for two weeks, and it was a great experience to be able to work with him. Our residents are working hard and learning many things in our training and doing great. Our former recent resident, Dr. Ferguson, will be staying locally to work and also help with the Residency Program. Dr. Patel is working in North Carolina. I thank HMS Family Medicine Residency Program for the continuous excellent training, and I'm learning so much. The rural medicine field is one of the best opportunities, not only to train, but to also be able to take care of a wonderful community.

Las Cruces – Jamie Weinand, MD:

Hello from sunny Las Cruces! Our new intern class is up and running, and we are excited and grateful to have such a diverse class here. We have started a new teaching elective for each intern where they are a preceptor at the Burrell College of Osteopathic Medicine (BCOM) located right here in Las Cruces, just minutes away from our residency program. BCOM has also just started their first third-year class, and we are grateful to have the opportunity to teach, work with, and learn from BCOM students as they start their Family Medicine clerkships with us in the inpatient Family Medicine wards as well as in the Family Medicine outpatient clinic each week. Lastly, we recently partnered with Dona Ana County to distribute, free-of-

charge, Narcan to ALL patients on opiates or using illicit opiates in order to make this the year of the opiate crisis in our clinic. It's a great time to be a resident in SNMFMRP.

FMIG Update

Joseph Salazar, FMIG President

The FMIG Officers have officially started their 2nd year of medical school. Things have been busy since the last update. All the officers participated in UNM's PIE rotation (Practical Immersion Experience) where we worked 6 weeks in rural New Mexico to hone skills practiced in the 1st year of medical school. Now that school has commenced, talks of officer succession and continuity of leadership have taken priority. Alongside our faculty advisor, Dr. Elena Bissell, the officers are working to get 1st year medical students involved in FMIG. The next big item events are the Student Organization Fair in September and an upcoming Skills Workshop. In the Skills Workshop, Residents and Fellows will help students practice skills like ultrasound readings and suturing. We are very excited to see the large interest in Family Medicine with this year's new class.

July 28, 2018 BOD Minutes Eldorado Hotel, Santa Fe, 12:30 pm Lunch Served

Present: John Andazola, MD; Jaleh Akhavan, MD; Pedro Armendariz, MD; Stephanie Benson, MD; Sara Bittner; Valerie Carrejo, MD; Dawn Drumm, MD; Dion Gallant, MD; Shelbee Geyer; Nancy Guinn, MD; Virginia Hernandez, MD; Veny Ianakieva, MD; Bridget Lynch, MD; Rick Madden, MD; Melissa Martinez, MD; Chuck North, MD; Jennifer Phillips, MD; Karen Phillips, MD; Frank Ralls, MD; Lisa Stolarczyk, MD; Dan Stulberg, MD; Karen Vaillant, MD; & Lourdes Vizcarra, MD; The Meeting was chaired by Dr. John Andazola and Dr. Frank Ralls.

ACLF/NCCL April 25-28, 2018, Kansas City: Dr. Valerie Carrejo and Sara attended the ACLF while Dr. Bridget Lynch attended the NCCL. Dr. Carrejo found it very informative to sit in groups of current Chapter Presidents while discussing the various issues that Chapters are currently facing only to realize that many issues, such as Prior Authorization, are the same across the US. Social Media at the Chapter level was also a topic of interest that Dr. Carrejo found to be very helpful. Dr. Bridget Lynch attended the NCCL portion of the Conference which heavily concentrates on resolution writing – turning ideas into changing policy in order to have a positive impact on the future of Family Medicine. The Conference is all about networking and getting to know one's peers in other Chapters.

Congratulations to the newly elected NMAFP Officers: Immediate Past President Dr. Frank Ralls; President Dr. Valerie Carrejo; President-Elect Dr. Virginia Hernandez; Secretary-Treasurer Dr. Veny Ianakieva; and Vice President Dr. Bridget Lynch. Nominations were called for the new Board Chair. Dr. Frank Ralls was nominated, and the vote was unanimous. Congratulations to Dr. Ralls who is now Board Chair, Immediate Past President and Editor.

Draft Resolutions for 2018 AAFP COD:

Dr. Dion Gallant informed the Board that the 3 draft Resolutions received before the meeting are in their packets. They were all discussed during the Welcome Reception at the Town Hall: Physician Wellness and Medical Board Licensure Language; Prior Authorization Reimbursement; and a Co-Sponsor of another Chapter's Medical Aid in Dying draft Resolution. (A motion was made, voted on and passed that Dr. Nancy Guinn will forward the final draft Resolution to Dr. Rick Madden, Legislative Affairs Chair for discussion before it is shared with the rest of the Board). There will be other draft Resolutions submitted by the NMAFP and, in particular, Dr. Stephanie Benson, Alternate Delegate to the AAFP COD. The deadline for submitting draft resolutions is September 8, 2018.

Update on Winter Refresher, Feb. 23, 2019: Dr. Virginia Hernandez, Scientific Program Chair for this Conference, informed the Board that the Conference is complete and has been accredited by AAFP for 6 Prescribed Credits. The Agenda was included in the Board packets.

Update on Burrell College of Osteopathic Medicine: Dr. Karen Vaillant, Past NMAFP Officer and now affiliate of BCOM, gave a report to the Board. NMAFP is very interested in getting to know more about the new Med School in Las Cruces and developing a working relationship with the Students and Faculty.

NMAFP Table at UNM SOM Dinner: Dr. Valerie Carrejo gave a synopsis of last year's Dinner and suggested that NMAFP purchase a table again this year. The cost is \$600 for a table that seats 8, and the date is Oct. 27th. This is open to any NMAFP member. A vote was taken, and it passed unanimously.

Legislative Report: Dr. Rick Madden, Chair of the Legislative Affairs Committee, shared results from the Survey he sent to the Board regarding legislative priorities during the 2019 NM Legislative Session. The intention of this survey was to help engage the Board for legislative affairs. Below are the results:

Rank High for NMAFP support:

1. Prior authorization
2. Pharmaceutical costs
3. Tied: Guns and Early Childhood funding

Low Rank:

1. Recreational marijuana - we will take no position on this, need more data
2. Scope of practice

Didn't really discuss taking a position on these:

1. Surprise billing. (we did discuss the NMMS bill)
2. Opioid addiction tx w suboxone, barriers (didn't discuss bill, though this is a high priority for Steve)
3. Tax reform (we did discuss the rationale, provide better tax revenue)
4. Medical malpractice act (we did discuss rationale; all of the people in attendance were employees, so they are buffered from the consequences of the threats to the current act if underfunded)

Dr. Madden asked for comments from the Board, and Dr. Dion Gallant suggested that an NMAFP Legislative Update/Survey be included in all NMAFP conference packets going forward. He also discussed NMMS and GAMA PACs and how NMAFP could have a voice during their discussions and leverage off their PACs without having one of our own.



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2018 Family Physician of the Year

By Dr. Frank Ralls, Editor

This year we elected Dr. Valerie Carrejo as Family Physician of the year. Valerie was born in El Paso, Texas, and moved to Moriarty at age 4. Her father, Joe Carrejo, was a retired Lieutenant Colonel in the Army who decided to move his family to the beautiful community of Moriarty and take up farming. Valerie credits her father with teaching her some of the most valuable lessons in life. She can still hear him say: "You are always independent, you are always beautiful. There are no limitations in life. I will always support you in your pursuit of your dreams. Do not let anything or anyone stop you from fulfilling your dreams."

Valerie initially thought she would become a veterinarian; but, after experiencing what was meant to be a touching kiss from her horse that turned into the horse burping and raining stomach contents all over her veterinarian, she thought humans might be a lot easier to deal with.

Valerie attended the University of New Mexico (UNM) for an undergraduate degree in biology with a minor in chemistry. She then continued at UNM for medical school and completed her residency at the University of New Mexico Family Medicine Program. While in residency, she met and married the love of her life, Adam Trionfo. He has enthusiastically supported her since day one. Like her father, Adam supports Valerie in accomplishing all her goals, particularly the goals of improving health care throughout the state. Valerie helped Adam raise Dominic Lowhar, Adam's son, since age 11, and today he's a music teacher

in California. Valerie states that Dominic has always been a wonderful, gracious and kind child. He is a blessing in her life. This reflects who Valerie is on a personal and professional level.

I asked Valerie what was the most frightening experience she'd had in her career. She shared that one time, while working for First Choice, the last patient of the day came in with a bottle of wine in her hand. The patient wanted her Oxycodone and Valium. The wine in her hand was there to help her guzzle her pills down, we guess. When Valerie refused to give her those prescriptions, the patient became angry, stood up, broke the bottle against the chair, and gripped the broken bottle by neck, ready to attack. In the middle of this frightening event, Valerie ran out of the room and called mental health. She knew even then that the patient needed mental health services and not to be thrown in jail. Valerie was able to get over this event by processing the event with her many close friends in the community, a skill that we all should think about when confronted with a frightening event. We have resources in the community who may or may not be doctors, and reaching out to them when there is a crisis is often of great benefit.

Valerie and her husband, Adam, greatly love live music and have found themselves traveling the country to see their favorite band, Roger Clyne and the Peacemakers, a band from Tempe, Arizona, that has lots of fun and can rock the house down! Recently Valerie asked Adam where they should travel, and Adam responded by pulling out an edition of a local magazine highlighting vacation spots throughout the Land of Enchantment. They had fun in their own "backyard." Val-

erie's dream vacation would be a wine-tasting tour of Spain.

Valerie is quite accomplished in her academic life. She recently submitted an application to start an addiction fellowship at the University of New Mexico. She maintains a vision in promoting education and health throughout the state. She greatly enjoys teaching medical students and residents. She has completed the Medical Education Scholars Program, UNM Medical Leadership Academy and is an accomplished speaker on topics related to addiction and primary care topics. She continues to look for opportunities to promote and work with others to improve the educational environment within the University of New Mexico and serves throughout the state as a resource for Family Physicians and Primary Care Providers.

We thank you, Valerie, for your continued and dedicated service caring for difficult patients and fellow providers throughout New Mexico. We also welcome Valerie as President of our state chapter for 2018-2019. Congratulations, NMAFP 2018 Family Physician of the Year!



Drs. Frank Ralls (Left) and Dave Raketel (Right) giving Dr. Valerie Carrejo her Physician of the Year award.