



The Roadrunner

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2018 American Academy of Family Physicians ACLF/NCCL April 25th-28th, Kansas City

Annual Chapter Leadership Forum

Dr. Valerie Carrejo

NMAFP President-Elect

The AAFP Annual Chapter Leadership Forum (ACLF) conference was another terrific experience. I attended several leadership workshops. A very valuable one was on how to run an effective Board. Based on what I learned, our Chapter is doing a great job! We manage our finances well, we have effective board meetings and we produce excellent CME. I also learned that we have a much more diverse Board than some states and do so without a strict application and rubric for selection. We are on track to continue to be successful.

I also attended several workshops on social media and keeping up with websites. Our Chapter has had this topic on our task list for about a year, and these workshops were a great base to start to learn how to redesign our NMAFP voice in this day and age of social media and online communications. In fact, I was so inspired that I want to make this a project for my year as President.

The ACLF conference was also an excellent networking experience. I was able to spend an evening with several of our AAFP Board Members, including President-Elect, John Cullen, MD from Alaska. It was a fun evening of music and dancing. I also attended a President and President-Elect luncheon and listened to topics of discussion such as recruitment of medical students into Fam-

ily Medicine, issues with state laws around medical and mental illness in healthcare providers, physician wellness, and recruitment of rural primary care providers. It was nice to hear that we all have common struggles, but more so, that the AAFP hears these struggles and is attempting to work at the national level to address them. Now is the time to donate to the AAFP PAC. We need our national chapter leaders to be supported so they can go and fight for what we see on the frontlines of healthcare every day.

National Conference of Constituency Leaders

Dr. Bridget Lynch

NMAFP Alternate Delegate to the AAFP Congress of Delegates

This year, I was fortunate to attend the AAFP National Conference of Constituency Leaders (NCCL) in Kansas City as the NMAFP Women Physicians Delegate. NCCL is an annual conference that was started in 1990, and it continues to serve as an annual platform for underrepresented voices in the AAFP to be brought to the inner workings of policy making in the AAFP. Importantly, this is achieved through resolution writing, voting in of NCCL Delegates to the COD, voting in of a new physician member to the AAFP Board, and through days of hard work and comradery.

There are five constituency groups in the NCCL (Women, Minority, New Physician, International Medical Graduate, & Lesbian, Gay, Bisexual, and Transgender), and each state chapter is allowed one delegate and one alternate delegate for each constituency. At the conference there is instruction on writing resolutions for the AAFP Congress of Delegates (COD), and there are brainstorming sessions and creative work sessions where resolutions are actually written and different constituen-

cies sign on in support of the resolution. The conference attendees can then volunteer for and be selected to serve on one of five reference committees, and these committees then review pertinent proposed resolutions and make final recommendations to the general NCCL body. Ultimately all resolutions are then voted on by the NCCL delegates, and the resolutions that pass are then passed on to the AAFP COD.

This year I coauthored three resolutions, and I served as an observer on the Reference Committee on Health of the Public and Science. I learned about the policy making process of the AAFP and gained even greater insight in to the reality that any AAFP member is able to have his or her voice heard through the participatory process that makes the AAFP unique in its governing structure. I would encourage any member of the NMAFP who wants to get involved at the national level to contact Sara Bittner and inquire about options for attending the NCCL as a NMAFP delegate or alternate delegate in any of the 5 constituencies. Ultimately the NCCL is a conference about inspiration and action, comradery and wisdom, and it's all done in order to help the AAFP and its Board of Directors move forward and keep at the forefront the issues which matter most to our members.



Attending the ACLF/NCCL Conference in Kansas City (L-R) Sara, Dr. Valerie Carrejo and Dr. Bridget Lynch

President's Column: Family Physicians Leave Their Mark

By Frank Ralls, MD

At a highway rest stop near Albuquerque, the letters "EL ESE" are colorfully inscribed on a men's bathroom door. El Ese wanted everyone that used that bathroom to know that he had been there. He left his "mark"—a hieroglyphic symbol for generations to come. His grandchildren may visit that bathroom one day, recognize the emblem, and with excitement say, "Look, look, Grandfather was here." That bathroom will at once be enshrined!

Throughout history, people have marked their surroundings, left traces behind for others to discover. At Chaco Canyon one can see 1,000-year-old chisel marks left behind by the Chacoan people in the soft sandstone walls. In China, Fighting Tower 14 of the Mutianyu section of the Great Wall was recently designated a "free graffiti zone" so that people could sign their names for posterity. Similarly, some of us may once have carved initials into a tree to say, "I love you" and create a sense of permanence.

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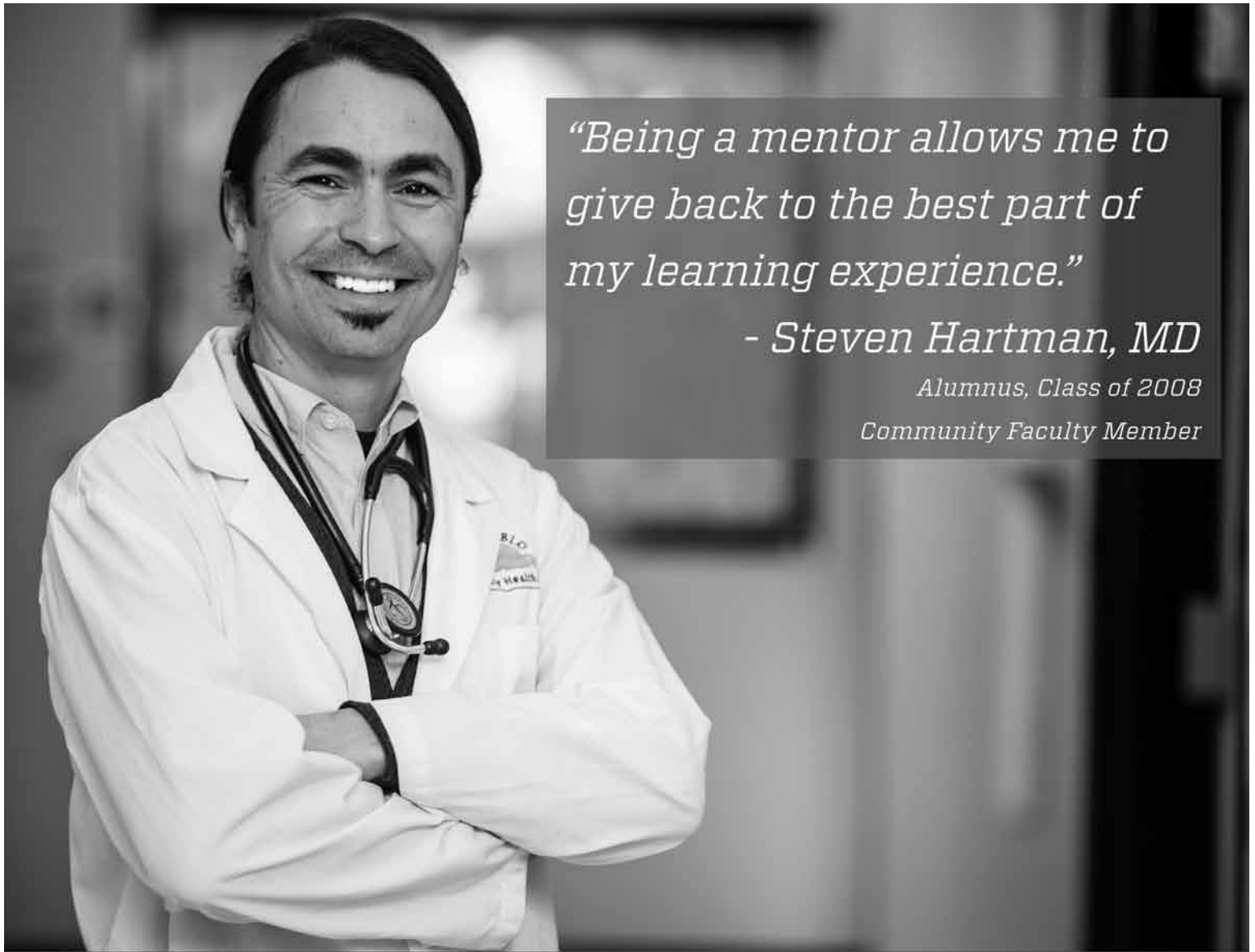
Frank Ralls, MD, President's Column, continued from page 1

Today people chisel mission statements onto buildings and hallways. Mission statements should be guiding principles, but sometimes they are nothing more than empty words. I once visited a hospital that had on its entryway a mission statement that read in part: "...compassionate professionals...." The mission statement served as the screensaver for all the computers in

the patient care areas and continuously scrolled across the screens 24-hours a day.

As I sat beside a bed, a physician walked past me to see the other patient in the room, isolated by a curtain. The doctor quickly moved the curtain just enough to poke his head in and said, "You OK?" Before the patient could answer, the physician replied, "Good," and quickly left the room. I wondered if he knew that the patient did not speak English. In the background, the mission statement continued to scroll by, "...compassionate professionals...." Empty hearts and empty faces—the mission statement had become a myth.

The mission statement of the hospital should have been scrolled on their hearts instead of their computers. Maybe a better screen saver would have been, "𐀀𐀁𐀂𐀃𐀄𐀅𐀆𐀇𐀈𐀉𐀊𐀋𐀌𐀍𐀎𐀏𐀐𐀑𐀒𐀓𐀔𐀕𐀖𐀗𐀘𐀙𐀚𐀛𐀜𐀝𐀞𐀟𐀠𐀡𐀢𐀣𐀤𐀥𐀦𐀧𐀨𐀩𐀪𐀫𐀬𐀭𐀮𐀯𐀰𐀱𐀲𐀳𐀴𐀵𐀶𐀷𐀸𐀹𐀺𐀻𐀼𐀽𐀾𐀿𐁀𐁁𐁂𐁃𐁄𐁅𐁆𐁇𐁈𐁉𐁊𐁋𐁌𐁍𐁎𐁏𐁐𐁑𐁒𐁓𐁔𐁕𐁖𐁗𐁘𐁙𐁚𐁛𐁜𐁝𐁞𐁟𐁠𐁡𐁢𐁣𐁤𐁥𐁦𐁧𐁨𐁩𐁪𐁫𐁬𐁭𐁮𐁯𐁰𐁱𐁲𐁳𐁴𐁵𐁶𐁷𐁸𐁹𐁺𐁻𐁼𐁽𐁾𐁿𐂀𐂁𐂂𐂃𐂄𐂅𐂆𐂇𐂈𐂉𐂊𐂋𐂌𐂍𐂎𐂏𐂐𐂑𐂒𐂓𐂔𐂕𐂖𐂗𐂘𐂙𐂚𐂛𐂜𐂝𐂞𐂟𐂠𐂡𐂢𐂣𐂤𐂥𐂦𐂧𐂨𐂩𐂪𐂫𐂬𐂭𐂮𐂯𐂰𐂱𐂲𐂳𐂴𐂵𐂶𐂷𐂸𐂹𐂺𐂻𐂼𐂽𐂾𐂿𐃀𐃁𐃂𐃃𐃄𐃅𐃆𐃇𐃈𐃉𐃊𐃋𐃌𐃍𐃎𐃏𐃐𐃑𐃒𐃓𐃔𐃕𐃖𐃗𐃘𐃙𐃚𐃛𐃜𐃝𐃞𐃟𐃠𐃡𐃢𐃣𐃤𐃥𐃦𐃧𐃨𐃩𐃪𐃫𐃬𐃭𐃮𐃯𐃰𐃱𐃲𐃳𐃴𐃵𐃶𐃷𐃸𐃹𐃺𐃻𐃼𐃽𐃾𐃿𐄀𐄁𐄂𐄃𐄄𐄅𐄆𐄇𐄈𐄉𐄊𐄋𐄌𐄍𐄎𐄏𐄐𐄑𐄒𐄓𐄔𐄕𐄖𐄗𐄘𐄙𐄚𐄛𐄜𐄝𐄞𐄟𐄠𐄡𐄢𐄣𐄤𐄥𐄦𐄧𐄨𐄩𐄪𐄫𐄬𐄭𐄮𐄯𐄰𐄱𐄲𐄳𐄴𐄵𐄶𐄷𐄸𐄹𐄺𐄻𐄼𐄽𐄾𐄿𐅀𐅁𐅂𐅃𐅄𐅅𐅆𐅇𐅈𐅉𐅊𐅋𐅌𐅍𐅎𐅏𐅐𐅑𐅒𐅓𐅔𐅕𐅖𐅗𐅘𐅙𐅚𐅛𐅜𐅝𐅞𐅟𐅠𐅡𐅢𐅣𐅤𐅥𐅦𐅧𐅨𐅩𐅪𐅫𐅬𐅭𐅮𐅯𐅰𐅱𐅲𐅳𐅴𐅵𐅶𐅷𐅸𐅹𐅺𐅻𐅼𐅽𐅾𐅿𐆀𐆁𐆂𐆃𐆄𐆅𐆆𐆇𐆈𐆉𐆊𐆋𐆌𐆍𐆎𐆏𐆐𐆑𐆒𐆓𐆔𐆕𐆖𐆗𐆘𐆙𐆚𐆛𐆜𐆝𐆞𐆟𐆠𐆡𐆢𐆣𐆤𐆥𐆦𐆧𐆨𐆩𐆪𐆫𐆬𐆭𐆮𐆯𐆰𐆱𐆲𐆳𐆴𐆵𐆶𐆷𐆸𐆹𐆺𐆻𐆼𐆽𐆾𐆿𐇀𐇁𐇂𐇃𐇄𐇅𐇆𐇇𐇈𐇉𐇊𐇋𐇌𐇍𐇎𐇏𐇐𐇑𐇒𐇓𐇔𐇕𐇖𐇗𐇘𐇙𐇚𐇛𐇜𐇝𐇞𐇟𐇠𐇡𐇢𐇣𐇤𐇥𐇦𐇧𐇨𐇩𐇪𐇫𐇬𐇭𐇮𐇯𐇰𐇱𐇲𐇳𐇴𐇵𐇶𐇷𐇸𐇹𐇺𐇻𐇼𐇽𐇾𐇿𐈀𐈁𐈂𐈃𐈄𐈅𐈆𐈇𐈈𐈉𐈊𐈋𐈌𐈍𐈎𐈏𐈐𐈑𐈒𐈓𐈔𐈕𐈖𐈗𐈘𐈙𐈚𐈛𐈜𐈝𐈞𐈟𐈠𐈡𐈢𐈣𐈤𐈥𐈦𐈧𐈨𐈩𐈪𐈫𐈬𐈭𐈮𐈯𐈰𐈱𐈲𐈳𐈴𐈵𐈶𐈷𐈸𐈹𐈺𐈻𐈼𐈽𐈾𐈿𐉀𐉁𐉂𐉃𐉄𐉅𐉆𐉇𐉈𐉉𐉊𐉋𐉌𐉍𐉎𐉏𐉐𐉑𐉒𐉓𐉔𐉕𐉖𐉗𐉘𐉙𐉚𐉛𐉜𐉝𐉞𐉟𐉠𐉡𐉢𐉣𐉤𐉥𐉦𐉧𐉨𐉩𐉪𐉫𐉬𐉭𐉮𐉯𐉰𐉱𐉲𐉳𐉴𐉵𐉶𐉷𐉸𐉹𐉺𐉻𐉼𐉽𐉾𐉿𐊀𐊁𐊂𐊃𐊄𐊅𐊆𐊇𐊈𐊉𐊊𐊋𐊌𐊍𐊎𐊏𐊐𐊑𐊒𐊓𐊔𐊕𐊖𐊗𐊘𐊙𐊚𐊛𐊜𐊝𐊞𐊟𐊠𐊡𐊢𐊣𐊤𐊥𐊦𐊧𐊨𐊩𐊪𐊫𐊬𐊭𐊮𐊯𐊰𐊱𐊲𐊳𐊴𐊵𐊶𐊷𐊸𐊹𐊺𐊻𐊼𐊽𐊾𐊿𐋀𐋁𐋂𐋃𐋄𐋅𐋆𐋇𐋈𐋉𐋊𐋋𐋌𐋍𐋎𐋏𐋐𐋑𐋒𐋓𐋔𐋕𐋖𐋗𐋘𐋙𐋚𐋛𐋜𐋝𐋞𐋟𐋠𐋡𐋢𐋣𐋤𐋥𐋦𐋧𐋨𐋩𐋪𐋫𐋬𐋭𐋮𐋯𐋰𐋱𐋲𐋳𐋴𐋵𐋶𐋷𐋸𐋹𐋺𐋻𐋼𐋽𐋾𐋿𐌀𐌁𐌂𐌃𐌄𐌅𐌆𐌇𐌈𐌉𐌊𐌋𐌌𐌍𐌎𐌏𐌐𐌑𐌒𐌓𐌔𐌕𐌖𐌗𐌘𐌙𐌚𐌛𐌜𐌝𐌞𐌟𐌠𐌡𐌢𐌣𐌤𐌥𐌦𐌧𐌨𐌩𐌪𐌫𐌬𐌭𐌮𐌯𐌰𐌱𐌲𐌳𐌴𐌵𐌶𐌷𐌸𐌹𐌺𐌻𐌼𐌽𐌾𐌿𐍀𐍁𐍂𐍃𐍄𐍅𐍆𐍇𐍈𐍉𐍊𐍋𐍌𐍍𐍎𐍏𐍐𐍑𐍒𐍓𐍔𐍕𐍖𐍗𐍘𐍙𐍚𐍛𐍜𐍝𐍞𐍟𐍠𐍡𐍢𐍣𐍤𐍥𐍦𐍧𐍨𐍩𐍪𐍫𐍬𐍭𐍮𐍯𐍰𐍱𐍲𐍳𐍴𐍵𐍶𐍷𐍸𐍹𐍺𐍻𐍼𐍽𐍾𐍿𐎀𐎁𐎂𐎃𐎄𐎅𐎆𐎇𐎈𐎉𐎊𐎋𐎌𐎍𐎎𐎏𐎐𐎑𐎒𐎓𐎔𐎕𐎖𐎗𐎘𐎙𐎚𐎛𐎜𐎝𐎞𐎟𐎠𐎡𐎢𐎣𐎤𐎥𐎦𐎧𐎨𐎩𐎪𐎫𐎬𐎭𐎮𐎯𐎰𐎱𐎲𐎳𐎴𐎵𐎶𐎷𐎸𐎹𐎺𐎻𐎼𐎽𐎾𐎿𐏀𐏁𐏂𐏃𐏄𐏅𐏆𐏇𐏈𐏉𐏊𐏋𐏌𐏍𐏎𐏏𐏐𐏑𐏒𐏓𐏔𐏕𐏖𐏗𐏘𐏙𐏚𐏛𐏜𐏝𐏞𐏟𐏠𐏡𐏢𐏣𐏤𐏥𐏦𐏧𐏨𐏩𐏪𐏫𐏬𐏭𐏮𐏯𐏰𐏱𐏲𐏳𐏴𐏵𐏶𐏷𐏸𐏹𐏺𐏻𐏼𐏽𐏾𐏿𐐀𐐁𐐂𐐃𐐄𐐅𐐆𐐇𐐈𐐉𐐊𐐋𐐌𐐍𐐎𐐏𐐐𐐑𐐒𐐓𐐔𐐕𐐖𐐗𐐘𐐙𐐚𐐛𐐜𐐝𐐞𐐟𐐠𐐡𐐢𐐣𐐤𐐥𐐦𐐧𐐨𐐩𐐪𐐫𐐬𐐭𐐮𐐯𐐰𐐱𐐲𐐳𐐴𐐵𐐶𐐷𐐸𐐹𐐺𐐻𐐼𐐽𐐾𐐿𐑀𐑁𐑂𐑃𐑄𐑅𐑆𐑇𐑈𐑉𐑊𐑋𐑌𐑍𐑎𐑏𐑐𐑑𐑒𐑓𐑔𐑕𐑖𐑗𐑘𐑙𐑚𐑛𐑜𐑝𐑞𐑟𐑠𐑡𐑢𐑣𐑤𐑥𐑦𐑧𐑨𐑩𐑪𐑫𐑬𐑭𐑮𐑯𐑰𐑱𐑲𐑳𐑴𐑵𐑶𐑷𐑸𐑹𐑺𐑻𐑼𐑽𐑾𐑿𐒀𐒁𐒂𐒃𐒄𐒅𐒆𐒇𐒈𐒉𐒊𐒋𐒌𐒍𐒎𐒏𐒐𐒑𐒒𐒓𐒔𐒕𐒖𐒗𐒘𐒙𐒚𐒛𐒜𐒝𐒞𐒟𐒠𐒡𐒢𐒣𐒤𐒥𐒦𐒧𐒨𐒩𐒪𐒫𐒬𐒭𐒮𐒯𐒰𐒱𐒲𐒳𐒴𐒵𐒶𐒷𐒸𐒹𐒺𐒻𐒼𐒽𐒾𐒿𐓀𐓁𐓂𐓃𐓄𐓅𐓆𐓇𐓈𐓉𐓊𐓋𐓌𐓍𐓎𐓏𐓐𐓑𐓒𐓓𐓔𐓕𐓖𐓗𐓘𐓙𐓚𐓛𐓜𐓝𐓞𐓟𐓠𐓡𐓢𐓣𐓤𐓥𐓦𐓧𐓨𐓩𐓪𐓫𐓬𐓭𐓮𐓯𐓰𐓱𐓲𐓳𐓴𐓵𐓶𐓷𐓸𐓹𐓺𐓻𐓼𐓽𐓾𐓿𐔀𐔁𐔂𐔃𐔄𐔅𐔆𐔇𐔈𐔉𐔊𐔋𐔌𐔍𐔎𐔏𐔐𐔑𐔒𐔓𐔔𐔕𐔖𐔗𐔘𐔙𐔚𐔛𐔜𐔝𐔞𐔟𐔠𐔡𐔢𐔣𐔤𐔥𐔦𐔧𐔨𐔩𐔪𐔫𐔬𐔭𐔮𐔯𐔰𐔱𐔲𐔳𐔴𐔵𐔶𐔷𐔸𐔹𐔺𐔻𐔼𐔽𐔾𐔿𐕀𐕁𐕂𐕃𐕄𐕅𐕆𐕇𐕈𐕉𐕊𐕋𐕌𐕍𐕎𐕏𐕐𐕑𐕒𐕓𐕔𐕕𐕖𐕗𐕘𐕙𐕚𐕛𐕜𐕝𐕞𐕟𐕠𐕡𐕢𐕣𐕤𐕥𐕦𐕧𐕨𐕩𐕪𐕫𐕬𐕭𐕮𐕯𐕰𐕱𐕲𐕳𐕴𐕵𐕶𐕷𐕸𐕹𐕺𐕻𐕼𐕽𐕾𐕿𐖀𐖁𐖂𐖃𐖄𐖅𐖆𐖇𐖈𐖉𐖊𐖋𐖌𐖍𐖎𐖏𐖐𐖑𐖒𐖓𐖔𐖕𐖖𐖗𐖘𐖙𐖚𐖛𐖜𐖝𐖞𐖟𐖠𐖡𐖢𐖣𐖤𐖥𐖦𐖧𐖨𐖩𐖪𐖫𐖬𐖭𐖮𐖯𐖰𐖱𐖲𐖳𐖴𐖵𐖶𐖷𐖸𐖹𐖺𐖻𐖼𐖽𐖾𐖿𐗀𐗁𐗂𐗃𐗄𐗅𐗆𐗇𐗈𐗉𐗊𐗋𐗌𐗍𐗎𐗏𐗐𐗑𐗒𐗓𐗔𐗕𐗖𐗗𐗘𐗙𐗚𐗛𐗜𐗝𐗞𐗟𐗠𐗡𐗢𐗣𐗤𐗥𐗦𐗧𐗨𐗩𐗪𐗫𐗬𐗭𐗮𐗯𐗰𐗱𐗲𐗳𐗴𐗵𐗶𐗷𐗸𐗹𐗺𐗻𐗼𐗽𐗾𐗿𐘀𐘁𐘂𐘃𐘄𐘅𐘆𐘇𐘈𐘉𐘊𐘋𐘌𐘍𐘎𐘏𐘐𐘑𐘒𐘓𐘔𐘕𐘖𐘗𐘘𐘙𐘚𐘛𐘜𐘝𐘞𐘟𐘠𐘡𐘢𐘣𐘤𐘥𐘦𐘧𐘨𐘩𐘪𐘫𐘬𐘭𐘮𐘯𐘰𐘱𐘲𐘳𐘴𐘵𐘶𐘷𐘸𐘹𐘺𐘻𐘼𐘽𐘾𐘿𐙀𐙁𐙂𐙃𐙄𐙅𐙆𐙇𐙈𐙉𐙊𐙋𐙌𐙍𐙎𐙏𐙐𐙑𐙒𐙓𐙔𐙕𐙖𐙗𐙘𐙙𐙚𐙛𐙜𐙝𐙞𐙟𐙠𐙡𐙢𐙣𐙤𐙥𐙦𐙧𐙨𐙩𐙪𐙫𐙬𐙭𐙮𐙯𐙰𐙱𐙲𐙳𐙴𐙵𐙶𐙷𐙸𐙹𐙺𐙻𐙼𐙽𐙾𐙿𐚀𐚁𐚂𐚃𐚄𐚅𐚆𐚇𐚈𐚉𐚊𐚋𐚌𐚍𐚎𐚏𐚐𐚑𐚒𐚓𐚔𐚕𐚖𐚗𐚘𐚙𐚚𐚛𐚜𐚝𐚞𐚟𐚠𐚡𐚢𐚣𐚤𐚥𐚦𐚧𐚨𐚩𐚪𐚫𐚬𐚭𐚮𐚯𐚰𐚱𐚲𐚳𐚴𐚵𐚶𐚷𐚸𐚹𐚺𐚻𐚼𐚽𐚾𐚿𐛀𐛁𐛂𐛃𐛄𐛅𐛆𐛇𐛈𐛉𐛊𐛋𐛌𐛍𐛎𐛏𐛐𐛑𐛒𐛓𐛔𐛕𐛖𐛗𐛘𐛙𐛚𐛛𐛜𐛝𐛞𐛟𐛠𐛡𐛢𐛣𐛤𐛥𐛦𐛧𐛨𐛩𐛪𐛫𐛬𐛭𐛮𐛯𐛰𐛱𐛲𐛳𐛴𐛵𐛶𐛷𐛸𐛹𐛺𐛻𐛼𐛽𐛾𐛿𐜀𐜁𐜂𐜃𐜄𐜅𐜆𐜇𐜈𐜉𐜊𐜋𐜌𐜍𐜎𐜏𐜐𐜑𐜒𐜓𐜔𐜕𐜖𐜗𐜘𐜙𐜚𐜛𐜜𐜝𐜞𐜟𐜠𐜡𐜢𐜣𐜤𐜥𐜦𐜧𐜨𐜩𐜪𐜫𐜬𐜭𐜮𐜯𐜰𐜱𐜲𐜳𐜴𐜵𐜶𐜷𐜸𐜹𐜺𐜻𐜼𐜽𐜾𐜿𐝀𐝁𐝂𐝃𐝄𐝅𐝆𐝇𐝈𐝉𐝊𐝋𐝌𐝍𐝎𐝏𐝐𐝑𐝒𐝓𐝔𐝕𐝖𐝗𐝘𐝙𐝚𐝛𐝜𐝝𐝞𐝟𐝠𐝡𐝢𐝣𐝤𐝥𐝦𐝧𐝨𐝩𐝪𐝫𐝬𐝭𐝮𐝯𐝰𐝱𐝲𐝳𐝴𐝵𐝶𐝷𐝸𐝹𐝺𐝻𐝼𐝽𐝾𐝿𐞀𐞁𐞂𐞃𐞄𐞅𐞆𐞇𐞈𐞉𐞊𐞋𐞌𐞍𐞎𐞏𐞐𐞑𐞒𐞓𐞔𐞕𐞖𐞗𐞘𐞙𐞚𐞛𐞜𐞝𐞞𐞟𐞠𐞡𐞢𐞣𐞤𐞥𐞦𐞧𐞨𐞩𐞪𐞫𐞬𐞭𐞮𐞯𐞰𐞱𐞲𐞳𐞴𐞵𐞶𐞷𐞸𐞹𐞺𐞻𐞼𐞽𐞾𐞿𐟀𐟁𐟂𐟃𐟄𐟅𐟆𐟇𐟈𐟉𐟊𐟋𐟌𐟍𐟎𐟏𐟐𐟑𐟒𐟓𐟔𐟕𐟖𐟗𐟘𐟙𐟚𐟛𐟜𐟝𐟞𐟟𐟠𐟡𐟢𐟣𐟤𐟥𐟦𐟧𐟨𐟩𐟪𐟫𐟬𐟭𐟮𐟯𐟰𐟱𐟲𐟳𐟴𐟵𐟶𐟷𐟸𐟹𐟺𐟻𐟼𐟽𐟾𐟿𐠀𐠁𐠂𐠃𐠄𐠅𐠆𐠇𐠈𐠉𐠊𐠋𐠌𐠍𐠎𐠏𐠐𐠑𐠒𐠓𐠔𐠕𐠖𐠗𐠘𐠙𐠚𐠛𐠜𐠝𐠞𐠟𐠠𐠡𐠢𐠣𐠤𐠥𐠦𐠧𐠨𐠩𐠪𐠫𐠬𐠭𐠮𐠯𐠰𐠱𐠲𐠳𐠴𐠵𐠶𐠷𐠸𐠹𐠺𐠻𐠼𐠽𐠾𐠿𐡀𐡁𐡂𐡃𐡄𐡅𐡆𐡇𐡈𐡉𐡊𐡋𐡌𐡍𐡎𐡏𐡐𐡑𐡒𐡓𐡔𐡕𐡖𐡗𐡘𐡙𐡚𐡛𐡜𐡝𐡞𐡟𐡠𐡡𐡢𐡣𐡤𐡥𐡦𐡧𐡨𐡩𐡪𐡫𐡬𐡭𐡮𐡯𐡰𐡱𐡲𐡳𐡴𐡵𐡶𐡷𐡸𐡹𐡺𐡻𐡼𐡽𐡾𐡿𐢀𐢁𐢂𐢃𐢄𐢅𐢆𐢇𐢈𐢉𐢊𐢋𐢌𐢍𐢎𐢏𐢐𐢑𐢒𐢓𐢔𐢕𐢖𐢗𐢘𐢙𐢚𐢛𐢜𐢝𐢞𐢟𐢠𐢡𐢢𐢣𐢤𐢥𐢦𐢧𐢨𐢩𐢪𐢫𐢬𐢭𐢮𐢯𐢰𐢱𐢲𐢳𐢴𐢵𐢶𐢷𐢸𐢹𐢺𐢻𐢼𐢽𐢾𐢿𐣀𐣁𐣂𐣃𐣄𐣅𐣆𐣇𐣈𐣉𐣊𐣋𐣌𐣍𐣎𐣏𐣐𐣑𐣒𐣓𐣔𐣕𐣖𐣗𐣘𐣙𐣚𐣛𐣜𐣝𐣞𐣟𐣠𐣡𐣢𐣣𐣤𐣥𐣦𐣧𐣨𐣩𐣪𐣫𐣬𐣭𐣮𐣯𐣰𐣱𐣲𐣳𐣴𐣵𐣶𐣷𐣸𐣹𐣺𐣻𐣼𐣽𐣾𐣿𐤀𐤁𐤂𐤃𐤄𐤅𐤆𐤇𐤈𐤉𐤊𐤋𐤌𐤍𐤎𐤏𐤐𐤑𐤒𐤓𐤔𐤕𐤖𐤗𐤘𐤙𐤚𐤛𐤜𐤝𐤞𐤟𐤠𐤡𐤢𐤣𐤤𐤥𐤦𐤧𐤨𐤩𐤪𐤫𐤬𐤭𐤮𐤯𐤰𐤱𐤲𐤳𐤴𐤵𐤶𐤷𐤸𐤹𐤺𐤻𐤼𐤽𐤾𐤿𐥀𐥁𐥂𐥃𐥄𐥅𐥆𐥇𐥈𐥉𐥊𐥋𐥌𐥍𐥎𐥏𐥐𐥑𐥒𐥓𐥔𐥕𐥖𐥗𐥘𐥙𐥚𐥛𐥜𐥝𐥞𐥟𐥠𐥡𐥢𐥣𐥤𐥥𐥦𐥧𐥨𐥩𐥪𐥫𐥬𐥭𐥮𐥯𐥰𐥱𐥲𐥳𐥴𐥵𐥶𐥷𐥸𐥹𐥺𐥻𐥼𐥽𐥾𐥿𐦀𐦁𐦂𐦃𐦄𐦅𐦆𐦇𐦈𐦉𐦊𐦋𐦌𐦍𐦎𐦏𐦐𐦑𐦒𐦓𐦔𐦕𐦖𐦗𐦘𐦙𐦚𐦛𐦜𐦝𐦞𐦟𐦠𐦡𐦢𐦣𐦤𐦥𐦦𐦧𐦨𐦩𐦪𐦫𐦬𐦭𐦮𐦯𐦰𐦱𐦲𐦳𐦴𐦵𐦶𐦷𐦸𐦹𐦺𐦻𐦼𐦽𐦾𐦿𐧀𐧁𐧂𐧃𐧄𐧅𐧆𐧇𐧈𐧉𐧊𐧋𐧌𐧍𐧎𐧏𐧐𐧑𐧒𐧓𐧔𐧕𐧖𐧗𐧘𐧙𐧚𐧛𐧜𐧝𐧞𐧟𐧠𐧡𐧢𐧣𐧤𐧥𐧦𐧧𐧨𐧩𐧪𐧫𐧬𐧭𐧮𐧯𐧰𐧱𐧲𐧳𐧴𐧵𐧶𐧷𐧸𐧹𐧺𐧻𐧼𐧽𐧾𐧿𐨀𐨁𐨂𐨃𐨄𐨅𐨆𐨇𐨈𐨉𐨊𐨋𐨌𐨍𐨎𐨏𐨐𐨑𐨒𐨓𐨔𐨕𐨖𐨗𐨘𐨙𐨚𐨛𐨜𐨝𐨞𐨟𐨠𐨡𐨢𐨣𐨤𐨥𐨦𐨧𐨨𐨩𐨪𐨫𐨬𐨭𐨮𐨯𐨰𐨱𐨲𐨳𐨴𐨵𐨶𐨷𐨹𐨺𐨸𐨻𐨼𐨽𐨾𐨿𐩀𐩁𐩂𐩃𐩄𐩅𐩆𐩇𐩈𐩉𐩊𐩋𐩌𐩍𐩎𐩏𐩐𐩑𐩒𐩓𐩔𐩕𐩖𐩗𐩘𐩙𐩚𐩛𐩜𐩝𐩞𐩟𐩠𐩡𐩢𐩣𐩤𐩥𐩦𐩧𐩨𐩩𐩪𐩫𐩬𐩭𐩮𐩯𐩰𐩱𐩲𐩳𐩴𐩵𐩶𐩷𐩸𐩹𐩺𐩻𐩼𐩽𐩾𐩿𐪀𐪁𐪂𐪃𐪄𐪅𐪆𐪇𐪈𐪉𐪊𐪋𐪌𐪍𐪎𐪏𐪐𐪑𐪒𐪓𐪔𐪕𐪖𐪗𐪘𐪙𐪚𐪛𐪜𐪝𐪞𐪟𐪠𐪡𐪢𐪣𐪤𐪥𐪦𐪧𐪨𐪩𐪪𐪫𐪬𐪭𐪮𐪯𐪰𐪱𐪲𐪳𐪴𐪵𐪶𐪷𐪸𐪹𐪺𐪻𐪼𐪽𐪾𐪿𐫀𐫁𐫂𐫃𐫄𐫅𐫆𐫇𐫈𐫉𐫊𐫋𐫌𐫍𐫎𐫏𐫐𐫑𐫒𐫓𐫔𐫕𐫖𐫗𐫘𐫙𐫚𐫛𐫜𐫝𐫞𐫟𐫠𐫡𐫢𐫣𐫤𐫦𐫥𐫧𐫨𐫩𐫪𐫫𐫬𐫭𐫮𐫯𐫰𐫱𐫲𐫳𐫴𐫵𐫶𐫷𐫸𐫹𐫺𐫻𐫼𐫽𐫾𐫿𐬀𐬁𐬂𐬃𐬄𐬅𐬆𐬇𐬈𐬉𐬊𐬋𐬌𐬍𐬎𐬏𐬐𐬑𐬒𐬓𐬔𐬕𐬖𐬗𐬘𐬙𐬚𐬛𐬜𐬝𐬞𐬟𐬠𐬡𐬢𐬣𐬤𐬥𐬦𐬧𐬨𐬩𐬪𐬫𐬬𐬭𐬮𐬯𐬰𐬱𐬲𐬳𐬴𐬵𐬶𐬷𐬸𐬹𐬺𐬻𐬼𐬽𐬾𐬿𐭀𐭁𐭂𐭃𐭄𐭅𐭆𐭇𐭈𐭉𐭊𐭋𐭌𐭍𐭎𐭏𐭐𐭑𐭒𐭓𐭔𐭕𐭖𐭗𐭘𐭙𐭚𐭛𐭜𐭝𐭞𐭟𐭠𐭡𐭢𐭣𐭤𐭥𐭦𐭧𐭨𐭩𐭪𐭫𐭬𐭭𐭮𐭯𐭰𐭱𐭲𐭳𐭴𐭵𐭶𐭷𐭸𐭹𐭺𐭻𐭼𐭽𐭾𐭿𐮀𐮁𐮂𐮃𐮄𐮅𐮆𐮇𐮈𐮉𐮊𐮋𐮌𐮍𐮎𐮏𐮐𐮑𐮒𐮓𐮔𐮕𐮖𐮗𐮘𐮙𐮚𐮛𐮜𐮝𐮞𐮟𐮠𐮡𐮢𐮣𐮤𐮥



*"Being a mentor allows me to
give back to the best part of
my learning experience."*

- Steven Hartman, MD

Alumnus, Class of 2008

Community Faculty Member

PRECEPTING IS GIVING BACK

Thank you to all of our community faculty,
we truly appreciate you!



**SCHOOL OF
MEDICINE**

OFFICE FOR
COMMUNITY FACULTY

April 21, 2018 BOD Minutes, NMAFP Office Noon, Lunch Served

Present: Tristen Adams; Jaleh Akhavan, MD; John Andazola, MD; Pedro Armendariz, MD; Stephanie Benson, MD (Skype); Sara Bittner; Arlene Brown, MD; Dion Gallant, MD; Nancy Guinn, MD; Virginia Hernandez, MD; Veny Ianakieva, MD; Anna Kistin; Bridget Lynch, MD; Melissa Martinez, MD; Jennifer Phillips, MD; Karen Phillips, MD; Joseph Salazar; Lisa Stolarczyk, MD; Dan Stulberg, MD; Lourdes Vizcarra, MD; Dan Waldman, MD and Jamie Weinand, MD. The meeting was chaired by Dr. John Andazola.

Aid in Dying Resolution on a National & State

Level: Dr. Nancy Guinn, Hospice and Palliative Physician, directs a program at Presbyterian involving care for medically fragile geriatric patients in the home as well as hospice and palliative medicine. Nancy is also one of the Co-Authors of the document, "Medical Order for Scope of Treatment". All Family Medicine Physicians are going to be involved in the Aid in Dying topic...there is an AAFP Draft Resolution for this year's COD, and AAFP is looking for input from State Chapters. The first act as the NMAFP Board is how do you want to respond to AAFP regarding this topic: negative, neutral or positive. There will, most likely, be another bill submitted on this topic during the NM Legislative Session beginning in January 2019. It was determined that Dr. Guinn will write an article for the summer newsletter and will also attend the July 28th Board Meeting in Santa Fe to share more information pertaining to this very important topic.

Resolution on Medical Licensure: Dr. Jennifer Phillips shared with the NMAFP Board that in November 2017, UNM sent a letter to the NM Medical Board, with NMAFP's name included, regarding the recent physician suicides and the suggestion for new language on the Board's application for licensure. Dr. Phillips drafted a Resolution to the NM Medical Board from the NMAFP and brought it to the Meeting today for discussion and possible approval. The verbiage in question reads "In the five (5) years prior to this application, have you had any physical injury or disease, or mental illness or impairment, which you are currently under treatment for or could reasonably be expected to affect your on-going ability to practice medicine safely and competently? If yes, please have your treating physician send the NM Medical Board a letter regarding your diagnosis and treatment." The Resolve to this Resolution reads "that the New Mexico Academy of Family Physicians work with our colleague organizations and other stakeholders to advocate and suggest new language for question 18 that only asks about current medical or mental impairment and not about past." A discussion ensued, a motion was made, and it passed unanimously. The motion states that Dr. Phillips will make small changes in the wording and then the Resolution will be sent to the NM Medical Board by NMAFP. The motion also states that Dr. Phillips will create a revised version for NMAFP to take to the AAFP Congress of Delegates, October 8-10, 2018 in New Orleans.

Update on 61st Annual Family Medicine Seminar, July 26-29, 2018, Santa Fe: Brochures were included in the packets and will be sent electronically to all Board Members for sharing with their peers. Registration is live and brochures have been mailed. Dr. Dan Stulberg shared that he will be doing an "Office Cryosurgery Overview and Hands-on

Workshop." NMAFP is very appreciative to Dr. Stulberg for continuing to share his expertise with attendees during our Conferences.

Update on the 37th Annual Winter Refresher in Albuquerque, Feb. 23, 2019: Dr. Virginia Hernandez, Scientific Program Chair, shared her completed Agenda with the Board. The process for AAFP CME accreditation will now begin.

Physician of the Year: The written nominations were shared with the Board Members, and the votes were turned in for a count. The 2018 Family Medicine Physician of the Year Award recipient is Dr. Valerie Carrejo, nominated by Dr. David Rakel, Chair of Family Medicine at UNM SOM. Dr. Carrejo will be honored on July 27th at the Awards Dinner and Dance during the 61st Annual FMS, Eldorado Hotel, Santa Fe. Congratulations Dr. Carrejo!

Congratulations to Dr. Stephanie Benson: Dr. John Andazola shared with the Board that Dr. Benson has been appointed to the AAFP Commission on Governmental Advocacy, December 2017 through December 2021. We know Dr. Benson will represent NM well and will do a superb job for the Commission on Governmental Advocacy. Congratulations Dr. Benson!

Nominations for Vice President: Dr. Dion Gallant shared information about the various positions on the Board and asked if there was anyone who would like to run for Vice President. Dr. Bridget Lynch shared her interest in running for this position. Dr. Lynch is currently an NMAFP Alternate Delegate to the AAFP Congress of Delegates and is also a member of the Legislative Affairs Committee. Dr. Jennifer Phillips also agreed to run for VP. She is currently serving as Chief of Staff for UNM Hospitals and Clinics (2017-2019). NMAFP has asked Dr. Phillips numerous times to speak during our winter and summer conferences, and she always says yes. A big thank you goes out to Drs. Lynch and Phillips, and NMAFP knows they will be in good hands regardless of the outcome.

Resolutions for AAFP COD: Dr. Dion Gallant addressed the Board regarding Resolutions that the Delegates and Alternate Delegates will take to the AAFP COD, October 8-10, 2018 in New Orleans. Besides the Aid in Dying Resolution (Dr. Nancy Guinn) and the Resolution on Medical Licensure (Dr. Jennifer Phillips), Dr. Dawn Drumm, Las Cruces Resident, has written a Resolution about receiving compensation for all the time spent on prior authorizations. Dr. Arlene Brown suggested that unless there are evidenced-based reasons for a prior authorization, the process should be eliminated. Other Resolutions are currently being formulated and will be presented to the Board on July 28th in Santa Fe.

Member Reception at the FMX in New Orleans,

October 11, 2018: Dr. Dion Gallant shared that Sara attended a member reception hosted by the Montana and South Dakota Chapters last year in San Antonio. There were 50-60 in attendance, and it provided Delegates, Alternates and Officers an opportunity to reach out and network with members that don't always attend the local Chapter activities. NM has been invited to join MT and SD this year in New Orleans. It will take place at Mulate's---The Original Cajun Restaurant, across the street from the Convention Center. The menu has been set, and the price should not be more than \$2,500 per Chapter. Dr. Brown suggested we track graduating Residents and Students that have moved out of state and invite them to also join us in New Orleans if they are attending FMX. A motion was made to move forward with this reception, a

vote was taken, and it passed. This project will be included as a line item in the 2018-2019 Proposed Budget presented at the Annual Budget Meeting on September 8, 2018.

Legislative Update: (handout from Dr. Rick Madden & Steve Lucero) According to Dr. Arlene Brown, Legislative Affairs Committee Member, the Legislative Affairs Committee had a dinner meeting the night before which was very well organized and quite productive. Upcoming Legislation was discussed, and a feel from the Board is requested regarding the following: 1. Marijuana Derivative Drug Exemptions – support and work with DOH on providing a speaker for the 2019 NMAFP State Conference; 2. Explore Medicaid Buy-In Plan – support; 3. Pediatric Specialty Care Task Force – support and Dr. Madden will write an article for the summer newsletter; 4. Health Insurance Market Stability Task Force – support; 5. Study Heroin-Assisted Treatment – support the study; 6. Medical Marijuana & Opioid Use Disorder – support.

Another Legislative item to be discussed is how can the Legislative Affairs Committee better engage the NMAFP Board Members? Perhaps a breakfast session on Friday, July 27th during the Santa Fe Conference, between 7-8 am. Ask the Eldorado Hotel to have breakfast ready at 6:45 and meet over breakfast in the Exhibit Hall.

The NMMS has a new format for their state meeting in 2018. The new format includes a partnership with some of the specialty societies, and the revenue will be split among the organizations. This will be considered by NMAFP for 2019.

Draft Policy on Healthcare Reform: (handout from Dr. Rick Madden) Dr. Andazola led the conversation regarding this topic. It was determined that NMAFP would support the AAFP Document as a Board and support universal access to coverage. Dr. Andazola will write the response that will be sent to AAFP by May 15th.

Resident Reports:

Dr. Jamie Weinand – Las Cruces: Dr. Weinand shared there will soon be a 1+2 in Alamogordo. Great news for all.

Dr. Pedro Armendariz – Silver City: Dr. Armendariz shared their 2 new Residents will begin training in Las Cruces. He thanked Dr. Andazola and staff for a wonderful first year of training. Another note of interest - the 3rd year SC Residents all passed their Boards.

Dr. Jaleh Akhavan – UNM: Dr. Akhavan shared that UNM is very excited about their Match with the Santa Fe 1+2 Residents and their core Residents. She shared that 13 out of 14 of the UNM graduates last year are still in NM which is very good news for all. UNM has started doing Residency Retreats for each class this year which creates more cohesiveness in the classes.

Student Reports:

Joseph Sanchez – FMIG President: Joseph shared the Officers are organizing workshops for the different classes. The FMIG Dinner was held for a second year and hosted by Dr. David Rakel. It is open to all Medical Students at UNM. There was an informal panel about the breadth of Family Medicine. It was very well received.

Anna Kistin – Delegate to the National Resident & Student Conference and Past FMIG President: The Board welcomed Anna and thanked her for her work on behalf of the FMIG.

ally fill shingles vaccine prescriptions. Currently, she is leading students in a research project to understand reasons for influenza vaccine hesitancy in New Mexico. She is also heading a quality improvement project aimed at optimizing maternal Tdap immunization. By engaging in immunization activism at multiple levels – national, state and local – Dr. Martinez facilitates an effective exchange of information and interplay of ideas. Her impact on her students, her patients and her community are immeasurable.

About the Awards Program: The Immunization Excellence Awards Program recognizes the value and extraordinary contributions of individuals and organizations towards improved access to adult vaccinations and influenza vaccinations within their communities. The National Adult and Influenza Immunization Summit (NAIIS) is pleased to announce the recipients of the 2018 Immunization Excellence Awards. There are five categories of recognition: overall influenza season activities, “immunization neighborhood” adult immunization champion, corporate campaign, “non-healthcare employer campaign, and adult immunization publication award. Nominees were evaluated based on the areas of impact, collaboration, originality, overcoming challenges, and opportunities. The Summit applauds all stakeholders who are working towards improving the health of their communities.

Family Medicine Residency Program Updates

Southern NM Family Medicine Residency Program by Jamie Weinand, MD

There are lots of good things happening down in Las Cruces! We are most excited about our new intern class for the Southern New Mexico Family Residency Program Class of 2021, and also excited to welcome the Hidalgo Medical Services interns of the 1+2 program to Las Cruces for their intern year. Our program is also working to establish a new residency in the Southern part of our state, where the Memorial Medical Center hospital here in Las Cruces will serve as the intern year site for a 1+2 program located in Alamogordo. This is to help serve our mission to train and retain physicians locally in our state. Our faculty also recently presented our innovative behavioral health integrative curriculum at the annual national conference at the Society of Teachers of Family Medicine. We are looking forward to another great academic year!

UNM Family Medicine Residency Program by Jaleh Akhavan, MD

We’re really excited about our incoming intern class! Our new rural health fel-

lowship starts this year. We are collaborating with UNM Department of Emergency Medicine & Guadalupe County Hospital. We’re sad to see our 3rd years go, but so excited for all they will do!

Northern NM Family Medicine Residency Program by Nora Gibbons, MD

Greetings from the Northern New Mexico FM Residency here in Santa Fe! All is well, although it’s hard to believe there is only one month left of this academic year. It will be hard to say goodbye to the PGY3s, but they are moving on to do some exciting things! Some residents will be going on to fellowships, such as the new UNM Rural Health Fellowship, addiction medicine, and geriatrics/palliative care, while others will begin their new jobs right away. Although it is tough to see them go, it will be great to have the current PGY1s join us in Santa Fe from Albuquerque and meet the new interns in a couple of months! It’s definitely an exciting time of year. On behalf of the residency program, congratulations and best of luck to all the graduating Family Medicine Residents in New Mexico. Until next time!

Climate Change and the Health of New Mexicans: An Overview

Editorial by Val Wangler, MD

Introduction: Over the coming decades, climate change, caused by human activities, will increasingly impact the health of New Mexicans. Some of those impacts are already underway. Higher numbers of dangerously hot days, wildfires and drought pose immediate risks, and changes in vector-borne disease are a potential threat. With a heavy fossil fuel industry and the nation’s largest methane “hot spot,” due to natural gas leaks, New Mexico is also an important contributor to climate change. New Mexico’s Native American communities will be disproportionately impacted due to the importance of drying waterways and traditional landscapes, as well as fossil fuel industry installations close to Native communities and cultural sites. As Family Physicians, we must understand the effects climate change has and will have on the health of our patients and to advocate for the wellness of our communities.

Climate Change: Globally, 2017 was the third hottest year on record, following 2016 and 2015. The five hottest recorded years all occurred since 2010. Atmospheric CO2 levels have blown past 400 parts per million, far exceeding the 300ppm high of the previous 800,000 years or the 350ppm goal thought to limit climate change. As ice melts, less heat is reflected, and one of many feedback cycles accelerates climate change. Fossil fuel burning is responsible for most

of this change. Simultaneously, industrial-scale agriculture releases large quantities of methane, a greenhouse gas 86 times more potent than carbon dioxide over the first 20 years (methane clears from the atmosphere more quickly than CO2).

About three-fifths of the electricity used in New Mexico is generated from coal, with natural gas the second biggest source and renewables approaching 15%. New Mexico ranks among the top 10 producers of oil and natural gas, much of which is exported. In northwest New Mexico, the San Juan basin is home to the US’s largest methane “hot-spot,” a 25,000 square-mile methane cloud caused by fossil fuel industry emissions.

Climate Change in New Mexico: While New Mexico has no need to worry about sea-level rise, increasing numbers of extreme heat days (expected to double by mid-century) and ongoing drought are anticipated. Wildfires are expected to increase and annual snowpack to decrease. In a state where many people, especially in rural Native communities, lack air conditioning or even electricity, increasing temperatures are particularly dangerous, and prolonged drought threatens traditional food sources. **Heat-Related Illness:** Europe’s 2003 heat wave killed an estimated 35,000 people. The elderly, children and the chronically ill are most impacted by heat-related illness. Certain medications, obesity, cardiac and renal disease can make patients particularly vulnerable to heat, even without exhibiting classic symptoms of heat exhaustion or heat stroke.

Drought and Wildfires: This winter’s poor snowpack, compounding chronically dry conditions, left 99% of New Mexico in a drought this spring, with a third in extreme drought. In addition to impacting agriculture, drought increases the risk of wildfires, which, in turn, displace residents and visibly impacts air quality, exacerbating asthma and other chronic cardiopulmonary disease.

Vector-Borne Disease: In addition to increase human travel, climatic changes may alter the range of vector-borne diseases including Zika, Lyme disease, dengue and malaria. In New Mexico, warm winters mean fewer rodents die off in the cold months which, combined with drought-rain cycles, may increase the risk of Hantavirus. **Impact on Native American Communities:** Globally, under-resourced populations are the most vulnerable to climate change. This is also seen in New Mexico where Native Americans are among the most impacted groups due to a reliance on traditional food sources, lack of home cooling for extreme heat, and higher rates of cardiopulmonary and other chronic disease. Some Native American cultural traditions depend on traditional water sources and are threatened by the drying of water supplies. Fossil fuel industry installations are often near tribal

-Continued on page 8

61st Annual NMAFP Family Medicine Seminar

July 26-29, 2018 Eldorado Hotel & Spa, Santa Fe, New Mexico

Frank Ralls, MD, Scientific Program Chair

This activity has been reviewed and is acceptable for up to 22.00 Prescribed credits by the AAFP

SCHEDULE OF EVENTS AND LECTURES

THURSDAY, JULY 26

- 8:00 a.m. Registration, Exhibits Open
Breakfast (Exhibit Hall)
- 8:50 a.m. Introduction & Welcome
Frank Ralls, MD
President, Scientific Program Chair
- 9:00 a.m. "The Unexpected Results: Interpreting Urine
Drug Screens"
Valerie Carrejo, MD
- 10:00 a.m. "They Walk Amongst Us: Cirrhosis in Primary Care"
Joe Alcorn, MD
- 11:00 a.m. "You Can Fight or You Can Roll...Over: Making a
Difference for Your Practice, and Legislative Updates"
Rick Madden, MD
- 12:00 p.m. Lunch - Exhibit Hall
(Co-Sponsored by The Doctors Company)
- 1:00 p.m. "Emotion v. Medical Science: Update of New Mexico
Litigation"
Mary Behm, Esq.
(Sponsored by the Doctors Company)
- 2:00 p.m. "Oral Sleep Appliances - Not Sexy but They Get the
Job Done"
Anne Scott, DDS
- 3:00 p.m. Break – Exhibit Hall
- 3:30 p.m. "Update on the Role of Gut Microbiome in Health
and Disease"
Amy Robinson, MD
- 4:30 p.m. "Intimate Partner Violence"
Wanda Filer, MD
Past AAFP Board Chair & Honored Guest
- 5:30 p.m. At Leisure
- 6 - 8 p.m. Welcome Reception
(Co-Sponsored by UNM SOM Office for
Community Faculty)
Eldorado Ballroom
Honored Guest & Past AAFP Board Chair,
Dr. Wanda Filer
Introduction of Candidates for Office, 2018-2019
Town Hall – Dr. Dion Gallant, Moderator

FRIDAY, JULY 27

- 7:00 a.m. Registration, Exhibits Open
Breakfast - Exhibit Hall
- 8:00 a.m. "What is Lurking Beneath the Surface? The War
Against Superbugs"
Monique Dodd, PharmD, PhC, MLS(ASCP)CM
- 9:00 a.m. "Give Me Some Drugs, Man....Knowing When to
Treat Adult ADHD"
Dion Gallant, MD
- 10:00 a.m. "Food as Medicine: The DASH Prescription"
(Sponsored by Dairy Max)
Cindy Kleckner, RDN, LD, FAND
- 11:00 a.m. Lunch - Exhibit Hall
(Co-Sponsored by Dairy Max)

FRIDAY, JULY 27 CONTINUED

- 12:00 p.m. "Seizures: What's Shake'n"
Thomas Minahan, MD
- 1:00 p.m. "Ascertaining the Role of the Primary Care Clinician in
the Recognition and Management of Patients with
Multiple Sclerosis in the Modern Era"
Andrew Woo, MD, PhD
- 2:00 p.m. Break – Exhibit Hall
- 2:30 p.m. "Opioid Prescribing: Safe Practice, Changing Lives"
(2 hours)
Carol Havens, MD
- 4:30 p.m. Leisure
- 6 - 10 p.m. Awards Dinner & Dance
(Co-Sponsored by Christus St. Vincent Regional
Medical Center)
Honored Guest & Past AAFP Board Chair,
Dr. Wanda Filer
Entertainment – The Exit Zero Band

SATURDAY, JULY 28

- 7:00 a.m. Registration
Breakfast - Exhibit Hall
- 8:00 a.m. "Office Cryosurgery Overview and Hands on Workshop"
(2 hours)
Dan Stulberg, MD
- 10:00 a.m. Break – Exhibit Hall
- 10:30 a.m. "Immunization Update"
Melissa Martinez, MD
- 11:30 a.m. "Using the Media to Tell the Story of Family Medicine"
Wanda Filer, MD
Past AAFP Board Chair & Honored Guest
- 12:30 p.m. Afternoon at Leisure
- 12:30 p.m. NMAFP Board Meeting
(Lunch Served) - Eldorado Ballroom
Scientific Advisory Committee Meeting
(immediately following the BOD Meeting)

SUNDAY, JULY 29

- 7:00 a.m. Breakfast - Exhibit Hall
- 8:00 a.m. "Human Health Harms of a Changing Climate"
Matthew Burke, MD, FAAFP
- 9:00 a.m. "Hastening Death: Drawing the Line"
Robert Brody, MD
- 10:00 a.m. Break – Exhibit Hall
- 10:30 a.m. "The Clinician Effect: Why You Will be the Most
Important Ingredient in the Medical Clinic of
the Future"
Dave Rakel, MD
- 11:30 a.m. "Traumatic Brain Injury: An Overview in Pediatric
and Adult Populations"
Michael Carvajal, Psy.D., BCB
& Stephanie Gorman, Ph.D.
- 12:30 p.m. Conference Ends

REGISTRATION FORM

61st Annual NMAFP Family Medicine Seminar in Santa Fe, NM

Register online at www.familydoctornm.org

Please Print Clearly

Name _____ Designation: ☐ MD ☐ PhD ☐ DO ☐ NP ☐ PA ☐ RN

AAFP ID# _____

Address _____ C/S/Z _____

Phone _____ Email _____

- | | |
|---|---|
| ☐ AAFP Member Practicing Physician \$510 | ☐ Retired Physician \$265 |
| ☐ Non-Member Practicing Physician \$665 | ☐ Family Medicine Resident (no charge) |
| ☐ PhD \$510 | ☐ Medical Student (no charge) |
| ☐ NP/PA/RN \$390 | ☐ Yes, I want to sponsor a student attendee \$75 |

Your conference registration includes one free Adult ticket for the Thursday Dinner and one free Adult ticket for the Friday Dinner & Dance. Would you like to join either of these activities?

- ☐ Yes, I want to attend the Thursday Dinner. Please provide me with a free ticket.
☐ Yes, I want to attend the Friday Dinner & Dance. Please provide me with a free ticket.

Will you need to purchase any extra tickets for family members? If so, how many? (Please note children 5 and under are free.)

_____ Thursday Dinner - Adult \$30 _____ Friday Dinner & Dance - Adult \$35
_____ Thursday Dinner - Child (6-12) \$15 _____ Friday Dinner & Dance - Child (6-12) \$15

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

- ☐ Electronic Handout (please note that a hardcopy handout is not included)
☐ Hardcopy Handout (please note that an electronic handout is not included)

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

\$ _____ Total enclosed from columns above

Want to save a stamp and pay with a credit card? Register online at www.familydoctornm.org.

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

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



Traditional Spanish Market

Santa Fe Plaza will come to life on July 28th and 29th, bringing approximately 250 artists to showcase their handcrafted work at the 67th Annual Traditional Spanish Market. This market has pieces created using traditional tools and techniques more than 400 years old. Featured works will include woodcarving, tinwork, colcha, hide painting, retablos, straw appliqué, furniture and furnishings, weaving, jewelry, filigree, pottery, and even ironwork. This event also has live music and performances and local cuisine.

Historical Sites

Eight different Native American Pueblos are within close proximity. Each nation hosts a variety of cultural events throughout the year that preserve their history and traditions and enrich the culture in New Mexico. Native American ruins are only a short drive away also.

Home to the oldest church in the United States, San Miguel Chapel is a living piece of history in Santa Fe. The church dates back to the early

Santa Fe is rich with diversity, culture, and history. Spend an afternoon relaxing at the Japanese-inspired mountain resort, Ten Thousand Waves or exploring the city with the family at the Plaza. The Plaza has been the city's heart for over 400 years with businesses and attractions nearby. Get a taste of the city at a number of local restaurants, shop for souvenirs and traditional clothing and jewelry while strolling the area. Pop your head in for some loose leaf tea at Artful Tea, a scoop of handcrafted ice cream from La Lecheria, or some cheese from around the world at Cheesemongers of Santa Fe.

1600's, has beautiful imagery, and still has services. Loretto Chapel dates back to the 1800's and features the renowned "miraculous staircase." The unknown carpenter who built it simply vanished without thanks or any payment after completing the masterpiece. The staircase baffles experts with two 360 degree turns, no nails, and no visible means of support.

Museums

With over 20 local museums, from art museums, like the Georgia O'Keeffe Museum, to family-oriented ones such as the Santa Fe Children's Museum, and living museums like El Rancho De Las Golondrinas, you are sure to find a place the whole family will enjoy. Museum Hill alone hosts four so close together you won't need to drive from place to place.



One particular place you don't want to miss is Meow Wolf. The House of Eternal Return is an explorable, immersive art installation filled with technology, and fantastic environments to inspire visitors of all ages. The wildly imaginative art space is a collaboration of over 100 local artists and is a unique combination of children's museum, art gallery, jungle gym, and fantasy novel. It is an unique art experience featuring an astonishing new form of non-linear storytelling that unfolds through exploration, discovery and 21st century interactivity.

Each visitor is invited to choose his or her own path through the 20,000 sq. ft exhibition by walking, climbing, and crawling through an imaginative multi-universe of unexpected environments. Guests discover a multidimensional mystery house with secret passages, portals to magical worlds, and a climbing apparatus. The experience is appropriate for people of all ages as it provides children a fantastic world to play within and adults a sophisticated artistic experience with narrative depth.

505-395-6369 • www.MeowWolf.com • 352 Rufina Cir, Santa Fe, NM 87507

lands, including the coal-fired plants of the northwest state and the fracked gas and oil operations near Chaco Canyon which many believe encroach on culturally-important lands.

Conclusion: New Mexico, and the Southwest in general, will face increasingly significant impacts of climate change in the coming years. Drought, wildfires, extreme heat, and vector-borne disease are significant threats to the health of our communities, with New Mexico's Native American communities disproportionately impacted. Family Physicians have a responsibility to understand these risks, counsel patients appropriately, and advocate for public policy that minimizes and mitigates the effects of climate change on our communities.

Medical Aid in Dying in New Mexico & at the AAFP National Congress of Delegates

By Nancy Guinn, MD

Medical Aid in Dying is a topic that we are hearing more about, across the country and here in New Mexico. It affects Family Physicians directly, as we care for people throughout their entire lives. Most of us are aware of a legal case on the topic that worked its way through the New Mexico court system in 2015 and 2016. The State Legislature considered a bill on Medical Aid in Dying during the 2017 session. Our National AAFP Congress will be considering a resolution on this issue this October. Recently, the Albuquerque City Council passed a resolution requesting that the New Mexico Legislature enact Medical Aid in Dying, with unanimous support. Our own NMAFP Board just discussed Medical Aid in Dying in the April meeting.

First what is it? Medical Aid in Dying refers to the practice of meeting with a patient who has a terminal disease to confirm their motivations and prognosis, then prescribing a medication that the patient self-administers to end their life. As part of the evaluation, the physician confirms the patient's decisional capacity and determines that a request for Aid in Dying is not driven by mental illness and that the patient is acting independently. The practice has become legal in seven states (CA, CO, HI, MT, OR, VT, WA, most of them western) and the District of Columbia.

Medical Aid in Dying was first legalized in Oregon in 1997, when the "Death with Dignity Act" passed as a statewide referendum. We now have twenty years of data on the practice from Oregon, which gathers information on every prescription and case. During 2017, 218 people received prescriptions for lethal medications, and 143 people died from taking those medica-

tions. Since the law was passed, a total of 1,967 people have had prescriptions written under the DWDA, and 1,275 patients have died from ingesting the medications.

Of the 143 patients reported as taking medications in 2017, most patients (80%) were aged 65 years or older. 94% were white (the Oregon population was 78% white in the 2010 census) and well educated (49% had at least a baccalaureate degree).

The most frequent terminal diagnosis was cancer (76.9%), followed by amyotrophic lateral sclerosis (ALS) (7.0%) and heart/circulatory disease (6.3%). 90% of patients died at home, and 90% were enrolled in hospice care.

As in previous years, the three most frequently reported end-of-life concerns expressed by the patients were their decreasing ability to participate in activities that made life enjoyable, loss of autonomy and loss of dignity. It's notable that symptoms such as pain are not usually given as the reason to make this choice.

To obtain the prescription, all of the patients made a written application to a physician twice, with at least 15 days between the two applications. Two physicians had determined that the diagnosis was terminal and that prognosis was 6 months or less. All patients had to be able to take the medication themselves.

Most paid for the medication out of pocket as Medicare does not cover these prescriptions. (Medicaid does in some states). The cost was quite high in recent years (\$3,000-4,000), as the most common medication used, Seconal, has been manufactured by the notorious Valeant Pharmaceuticals since 2015. The company doubled the price of the medication in 2016, the same year the California legislature started considering an Aid in Dying bill.

A resolution on Aid in Dying to the AAFP Congress of Delegates was introduced in 2017 and will be re-introduced in 2018. It addresses the fact that the AAFP has never created its own policy on the issue and has deferred to the AMA policy written in 1992. The resolution has two parts; the first is to recommend that the phrase "Physician Assisted Suicide" no longer be used to describe Aid in Dying. The second is for the AAFP to "acknowledge that use of medical aid in dying is an ethical, personal end-of-life decision that should be made in the context of the doctor-patient relationship." The hope of the groups introducing the resolution is to move the AAFP (and the AMA) to a position of "studied neutrality," if not support, on the topic, from the current state of condemning it. In doing this, the AAFP would join several other medical societies, including the American Academy of Hospice and Palliative Medicine, who have taken this position.

The reasoning behind the suggested language change in the referendum involves the idea that suicide driven by mental illness, depression and anxiety is a very different act than choosing to take a medication

to end one's life late in a terminal illness. And that mental illness and a terminal disease each deserve a very different medical approach and treatment.

A bill to legalize Medical Aid in Dying will be introduced at the 2019 session of the New Mexico Legislature. The "bones" of the bill will most likely be as follows: A patient would be required to have a terminal diagnosis with a short prognosis (most likely months) to be able to request the medication. Perhaps two separate requests would have to be made, with a short waiting period. The requests could be either oral or written. The physician would explore the reason behind the request, ensure that the patient had decisional capacity, didn't suffer from a significant mental health issue driving the request and was not being compelled to make the request by others. All individual physicians could choose to "opt out" of this care.

Questions about other key details in the bill still stand, driven by the rural nature of our state. Should two separate physicians determine the prognosis, as in Oregon? Should Advance Practice Providers, such as NP's or PA's be allowed to participate in either the prognosis or writing the prescription? If a mental health evaluation is determined to be important, can that be done by a Family Physician in rural areas where there is no other access to that care? And if this legislation is passed, how can the practice be offered with equity, given the high cost of medication and the difficulty many people in rural areas have accessing care?

It is hard to predict exactly what will emerge from the Legislative committees as the bill proceeds through both the House and the Senate. And there is no certainty this bill will pass in 2019, though public opinion (and the opinion of physicians) now favors this practice, according to surveys in the last couple of years. However, it is very likely that this practice will become legal in New Mexico at some point in the next few years, given national trends. It behooves all of us to learn about Medical Aid in Dying now and to make sure our opinions on the topic are informed by the patient and physician stories from the regions who have experience.

There are several opportunities to learn more about this topic and to discuss it with your colleagues. At the 61st Annual Family Medicine Seminar in Santa Fe, Dr. Robert Brody from California will give a talk on Sunday, July 29th. The topic will also be discussed at the Town Hall on Thursday, July 26th. Register online for the Family Medicine Seminar at: www.family-doctornm.org.

There is a CME on Aid in Dying being offered by GAMA on October 27 at The Marriot Pyramid. An invitation to the event was sent out to GAMA members. Tickets are available at: <https://www.eventbrite.com/e/aid-in-dying-tickets-46026847540>



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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

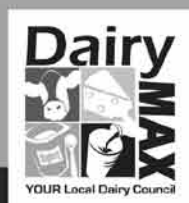


Oils

Use sparingly



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



Find helpful DASH printables at DairyMAX.org

A Solution to Increasing Medical Access Through Training and Empowering Young Health Advocates

By Sanjog Singh

I'm a 3rd-year medical student at UNM SOM and a former project-based learning teacher at Health Leadership High School (HLHS) in Albuquerque, NM. With the help of the UNM Department of Family and Community Medicine, the UNM Office for Community Health First Choice, and support from the NMAFP, Dr. Art Kaufman and I are working on a curriculum to train high school students to become Community Health Workers (CHWs). As part of their curriculum, we are creating an annual clinical summer internship. Our hope is that this program serves as a statewide model pipeline for students interested in pursuing careers in medicine.

I believe this project has the potential to support the ongoing efforts of health care workers across our state of providing a more effective and equitable health care system. The generous donation from the NMAFP will help fund this project in the form of curriculum and stipends for the high school students. And with HLHS and First Choice scheduled to move into the brand-new Health Commons Campus in the South Valley, I hope that this project will continue to provide opportunities for our youth and help meet the health care needs of our community.

CHWs are health advocates who work with underserved populations to help meet their needs in the health care setting. In the United States and in our local communities, patients are increasingly struggling to understand how to navigate the care system, understand the complexities of their disease, and finance their care. This project has the potential to have a tremendous impact for both disadvantaged students and patients in our Albuquerque community.

HLHS is a public charter school dedicated to hands-on, project-based learning through the lens of the health profession. Curriculum is designed around industry-focused projects, group learning, and

student support. Students engage in collaborative work with vital community partners such as First Choice in a supportive, school environment that values the overall well-being of their students. As a teacher at HLHS, my task was to create projects that tried to answer a driving question. The curriculum and all the coursework and activities were geared towards answering that question. For instance, one of the projects focused on the question: "How can we create a tool that will help people in our community understand the health care system?" We then spent a semester learning the history of health care, the ACA/Medicaid/Medicare, and different models of health care systems around the world. Concurrently, students created audio podcasts that they wrote the script for then recorded. We created a podcast series that was put on iTunes for the community.

The CHWs project builds from these experiences at HLHS. The driving question for this project is "How can we create a successful project-based learning curriculum that will train interested high school students at Health Leadership High School to become health advocates and educators for their communities in the form of community health workers?" Our student CHWs will be members of the target population and will, therefore, share social, cultural, linguistic, and economic characteristics with their patients. Their roles may be incredibly diverse. They can serve as patient health coaches, interpreters, and health advocates. They can focus on direct health care services such as measuring vitals, health screenings, and other basic services. Not only will students gain invaluable clinical experience, they will help fill such an important role that is lacking in so many health care settings across our community. It will give them an opportunity to gain clinical experience in high school as well as create competitive resumes for health care programs coming out of high school.

13th Annual NMAFP Med Student Reception

NMAFP Members, the 13th Annual Med Student Reception will take place on Friday, September 7, 2018 in the TEWA Ballroom at the Nativo Lodge in Albuquerque. The Reception provides a venue for medical students at all stages of education to have access to the Family Physicians of New Mexico.

The buffet dinner and cash bar will begin at 6:00 pm. We are planning a format in which there will be a 10-minute inspirational student-focused introduction with informal small group discussion to follow. The Students will remain in their original seats, and the Docs will rotate among the student tables for the first portion of the evening. During the second portion of the evening, there will be focus groups in four different parts of the room. The topics will be: Residencies, Hospitalists/ER, Solo/Small Group, and Employed Physicians. The Docs will go to their respective area, and the Students will visit the groups they are most interested in.

The critical component lies in having plenty of Family Docs present to informally discuss their work and lives as Family Physicians. Experience with recruiting has consistently shown there is nothing more powerful for a student doctor, contemplating his or her future in medicine, than to hear from and connect with an experienced physician. You all have a wealth of amazing and powerful experiences to share, so please join us for a fun and interesting evening of developing our future Family Medicine Physicians of New Mexico.

When: Friday, September 7, 2018

Time: 6:00 – 9:00 pm

Where: TEWA Ballroom, Nativo Lodge
6000 Pan American Fwy, NE
Abq. NM 87109

RSVP: familydoctor@newmexico.com

Future Meetings & Activities

July 28th
Board Meeting
Eldorado Hotel, Santa Fe
12:30 pm, Lunch Served

September 7th
13th Annual Med Student Reception
Nativo Lodge, Albuquerque
6-9 pm

September 8th
Annual Budget Meeting
NMAFP Office
Noon, Lunch Served

November 3rd
Board Meeting
NMAFP Office
Noon, Lunch Served

February 22nd
Board Meeting
Hotel Albuquerque
5:00 pm

May 4th
Board Meeting
NMAFP Office
Noon, Lunch Served

Opportunities Available In Beautiful Santa Fe, New Mexico

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NMAFP Slate of Officers 2018-2019

Members will vote for their 2018-2019 Officers during the 61st Annual Family Medicine Seminar, July 26-29, 2018 at the El-dorado Hotel, Santa Fe.

On Friday, July 27, there will be a call for nominations from the floor, and voting will take place during the 2:00 pm break. The results will be announced during the Awards Dinner & Dance Friday evening, and Dr. Wanda Filer, Honored Guest and Past AAFP Board Chair, will induct the new NMAFP Officers.

Board Chair A Board Chair will be elected from among the current Board members during the Annual Meeting. **President** Frank Ralls, MD will become **Immediate Past President**. **President-Elect** Valerie Carrejo, MD will become **President** Valerie Carrejo, MD by automatic ascension.

Nominations are:

President-Elect: Virginia Hernandez, MD
Secretary-Treasurer: Veny Ianakieva, MD
Vice President:
Bridget Lynch, MD or Jennifer Phillips, MD

If you would like to register for the Santa Fe Conference, please go to: www.familydoctormn.org. There is also a Registration Form and Agenda included in this issue.

FMIG Update

By Joseph L. Sanchez, FMIG
President

The FMIG Officers worked hard this last semester to host events for Medical Students and Family Medicine Faculty. With Dr. Rakel, Head of the Family Medicine Department, we held the Annual Family Medicine Dinner where students attend an informal panel. During dinner, students were invited to ask any questions they had regarding the specialty. It was very well received, and we hope to continue this tradition for many years to come.

Towards the end of the semester, FMIG held their annual Family Medicine Match Mixer. This event serves to celebrate 4th year medical students that matched into Family Medicine. Graduates attended with their families, and there was plenty of fun to be had.

Finally, over the summer, FMIG Officers will be planning workshops for the incoming class of 2022 and other colleagues. Ideas being thrown around include skills and interview workshops, where students will gain hands-on experience they can carry with them throughout their medical training. We are very excited about what the upcoming months have in store!

Pediatric Specialties Task Force Established

By Rick Madden, MD

House Memorial 14, introduced by Representative Deborah Armstrong, passed the NM House of Representatives in March 2018. The intent is to gather data on the availability and shortcomings of all pediatric specialties in NM and make recommendations to improve access to high quality care. The NM Pediatric Society, who requested this, is tasked to present a report to the interim legislative health and human services committee and the interim finance committees by December 1st.

They are further directed to invite input from many sources, including the Department of Health, Department of Human Services, UNM, and Presbyterian Health-care Services.

The Pediatric Society has been aware, as have many Family Physicians, of the challenges of getting timely pediatric specialty care for patients because of the dearth of specialists. They want to improve the situation.

