



The Roadrunner

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

NMAFP

Vol. 40, No. 4

Winter 2018

AAFP Congress of Delegates, October 8-10, 2018, New Orleans

Greetings from your AAFP COD Delegation! We had a wonderful time in New Orleans representing you this past October. Much was accomplished at the Congress, and each of us (plus guest Dr. Dawn Drumm) have written up some of our thoughts.

Dr. Melissa Martinez, Delegate:

This was my last year as a Delegate, and I spent quite a bit of time reflecting on the COD. The process of the COD rocks! It is amazing how every member of the AAFP has a voice. A perfect example of that is Dr. Jennifer Phillips. She wrote a resolution to ask that the AAFP work to remove questions about current mental illness from the medical licensure application. She became concerned about this when a former UNM Resident was afraid to seek care for depression due to worries about the question on the licensure. The tragedy of his suicide motivated Dr. Phillips to write the resolution. The resolution, Number 612, was reviewed in a COD committee and many people testified. As always, I was impressed with the thoughtful comments and civility of those testifying. Many supported the resolution stating the Federation of State Medical Boards and the AMA made recommendations that called for a focus on current impairment and protecting physician confidentiality. Those testifying against the resolution pointed to the role of licensing boards to protect the public. After hearing all of the testimony, the reference committee wrote a substitute resolution: That the American Academy of Family Physicians work with our colleague organizations and other stakeholders to advocate and suggest new language for medical board applications that only asks about current medical or mental impairment and not about past.

This substitute resolution passed the Congress of Delegates the next day.

Another important example of progress relates to Board Certification. Physicians have long complained and rallied for a change in the American Board of Family Medicine recertification process. There was an announcement at the COD that a new process is being piloted which will include longitudinal testing rather than one high stakes exam. It will be open-book, and doctors can take it at home.

A few years ago, Dr. Stephanie Benson wrote a resolution calling for the AAFP to develop a toolkit for physicians to use in addressing Social Determinates of Health. This year the AAFP announced the toolkit at FMX.

The other thing that always impresses me about the Congress of Delegates is the people who attend. Overall, I have found attendees to be concerned and aware people who care about the practice of medicine. This includes our current national leaders like Dr. Michael Munger (new chair of the Board) who stated that more spending for primary care would improve health. Primary care makes up about 6-8% of health care dollars, and the AAFP wants to increase that amount to at least 12%. Dr. John Cullen, the AAFP President, stated: "Every dollar spent on primary care saves \$13 in health care costs."

In my tenure as Alternate and then Delegate, I have come to know and respect the folks that have faithfully represented New Mexico including Drs. Dan Derksen, Rick Madden, Arlene Brown, David Church, Linda Stogner, and Dion Gallant. Drs. Bridget Lynch and Stephanie Benson have great passion and will represent New Mexico well in the future. I am so proud

of the way the New Mexico Delegation works together to support our resolutions and make change happen. Dr. Dion Gallant has been an amazing Delegate. He is so good at reaching out to people and hearing their concern. He is also good at analyzing a complex issue and breaking it down into understandable points. I will miss his insight on issues.

New this year, was a reception for NM Family Physicians attending the FMX. It was so great to see so many physicians from NM!

Thank you for giving me the honor of serving New Mexico at the Congress of Delegates. I will end with a few interesting quotes that caught my attention during the week:

"I wish we could, one day, look at immigration, not as a problem to be solved, but as an opportunity to be seized." Dr. Doug Henley AAFP Executive Vice President

"Watson (the IMB computer) could not do what a Family Physician does; the work is too complex and nuanced." Dr. John Cullen, AAFP President

"Who dat, Who dat," all over the streets of New Orleans especially during the Saints game.

"Laissez les bon temps rouler" which means: "let the good times roll." Family Medicine in New Mexico is on a roll and ready to lead. I encourage everyone to get involved.

Dr. Dion Gallant, Delegate:

A great big thanks to Dr. Martinez for her many years of service! Her passion and experience will be missed. I know she will continue to be influential in her favorite subject of immunization policy. This coming year will be my last as Delegate, and



(L-R) Dr. Dion Gallant, Delegate; Dr. Bridget Lynch, Alternate Delegate; Dr. Melissa Martinez, Delegate; Sara Bittner, Chapter Exec; and Dr. Stephanie Benson, Alternate Delegate



(L-R) Dr. Dawn Drumm, Dr. Stephanie Benson, Dr. Melissa Martinez, Sara Bittner, Dr. Dion Gallant & Dr. Virginia Hernandez at the Delegate's Dinner



NMAFP folks catching up with old friends during the Congress of Delegates in New Orleans

I thank the Chapter and all of you for letting me serve and represent you. I know our Chapter will continue to have great representation.

In what turned out to be a much less contentious event than expected, the AAFP Congress of Delegates adopted a position of “engaged neutrality” on the subject of medical aid in dying and will no longer use the term “physician assisted suicide.” In fact, the adopted language states that the Academy will reject the phrase “assisted suicide” or “physician assisted suicide.” Our delegation co-sponsored the resolution which encountered virtually no opposition. To be clear, this is the beginning of a complex discussion and not the end. The resolution simply asks the Academy to change the tenor of the conversation to one that is respectful of all sides and that seeks to support the critical role of Family Physicians in helping patients manage the myriad of choices inherent in end of life conversations.

Dr. Stephanie Benson, Alternate Delegate: Report on actions taken for NM resolutions:

1. Resolution No. 513 “Immigration Policy”

The original resolution read:

RESOLVED, That the American Academy of Family Physicians support a progressive immigration policy that would recognize the human rights of migrants and immigrants and that would allow them access to health care.

The Rules Committee reviewed resolutions ahead of the congress and pulled out resolutions that would require special consideration or actions as well as those they thought were consistent with current AAFP policy. Our resolution was presented for reaffirmation in the Rules Committee Report. Items are recommended for reaffirmation if they are “current policy or are already addressed in current projects.” This report was accepted by the consent calendar at the start of the Congress. In reference to this resolution, the Rules Committee had this to say:

“AAFP has many policies related to health care for all, discrimination, and migrant health care. In addition, the AAFP has communicated its concern on several issues related to the current Administration’s immigration policies including the attempt to ban travelers from certain countries, DACA, and separation of families at the border.”

2. Resolution No. 608 “Removal of Language 261 from ACGME Program Requirements”

The original resolution read:

RESOLVED, That the American Academy of Family Physicians request that the Accreditation Council for Graduate Medical Education and the Review Committee for Family Medicine remove from the common program requirements and the program requirements for graduate medical education in family medicine, language that encourages self-sacrificial behaviors and the placement of responsibilities of the profession before personal wellbeing.

This resolution was discussed in the

Reference Committee on Education. There was testimony given by far in favor of the resolution, but some suggested during testimony that there should still be language in the Common Program Requirements that addresses the expectation of responsibility for patient care. The reference committee reports stated, “This was discussed as a complex issue with the need to find the right wording to express the balance between self-care and responsibility toward patients.” They recommended the substitute resolution:

“RESOLVED, That the American Academy of Family Physicians recommend to the Accreditation Council for Graduate Medical Education that language in the Common Program Requirements promote the concept of physician self-care and physician wellbeing as an important component of professional obligation in order to provide optimal patient care.”

This substitute was adopted by the Congress within the consent calendar for the Reference Committee on Education.

3. Resolution No. 205 “Non-Physician Faculty 611 Membership”

The original resolution read:

RESOLVED, that the American Academy of Family Physicians create a nonvoting membership category for non-physician faculty of family medicine training programs, and be it further

RESOLVED, that upon creation of a nonvoting membership category for non-physician faculty of family medicine residency training programs, the American Academy of Family Physicians (AAFP) allow access to the AAFP resources that would be beneficial to resident education, such as the Metric, The EveryOne Project, the American Family Physician, and Family Practice Management.

This resolution was discussed in the Reference Committee on Organization and Finance. There was testimony given for and against this resolution. Testimony for the resolution included discussion of how these faculty are investing in and helping train future family physicians and therefore should be acknowledged by the AAFP. Those opposed felt that STFM had a membership category for such faculty and therefore filled this role. There was further discussion that although STFM does allow non-physician faculty membership, STFM membership does not gain you access to resources produced by the AAFP, such as those listed in the resolution. In addition, a representative from the student and resident caucus stated they felt a study of the market need for such a membership category should be performed before it is created.

The reference committee recommended that Resolution No. 205 not be adopted. This recommendation was ratified by the Congress within the consent calendar for the Reference Committee on Organization and Finance. Afterwards, there was informal discussion with members of some other state chapters who approached our chapter to give support for this idea. Particularly, it came from smaller chapters and those who work in more rural areas with smaller resi-

dency programs. Allowing non-physician faculty membership would benefit smaller residency programs who rely even heavier on these faculty to accomplish educational goals. We have been approached by one of these other state chapters to co-sponsor a revised version of this resolution next year.



Best known by his alter ego, viral sensation, ZDoggMD, also known as Zubin Damania, MD, uses a mix of rap, humor, and creative storytelling to educate patients and providers about today’s dysfunctional health care system and the need for revitalization through his popular social media parody videos. ZDoggMD was the Keynote Speaker for the 2018 AAFP Family Medicine Experience (FMX) in New Orleans. (L-R) Dr. Dawn Drumm, Sara Bittner, ZDoggMD, Dr. Stephanie Benson & Dr. Dion Gallant. Photo taken by Dr. Melissa Martinez.

Dr. Bridget Lynch, Alternate Delegate: Resolution No. 309 (NM B) – “Prior Authorization Reimbursement”

The New Mexico Academy of Family Physicians’ resolution titled, “Prior Authorization Reimbursement” was successful in being referred to the American Academy of Family Physicians (AAFP) Board of Directors by the 2018 AAFP Congress of Delegates (COD). It is important to highlight that this was the only resolution in the 2018 Congress of Delegates to address prior authorization improvements. Therefore, it was important that the entire Congress of Delegates’ vote be considered after the Reference Committee on Practice Enhancement initially recommended the resolution not be adopted.

This resolution works to improve many of the aspects of the prior authorization process. Prior authorizations cause delays in patient care and contribute to burnout of providers and their staff. This resolution offers viable options for promoting the quadruple aim, so long as prior authorizations are required from physicians and their staff. This process, by which a Delegate extracted this resolution on the COD floor, called for debate, and then had the issue voted on by all COD Delegates, is a testament to the participatory, inclusive nature of the AAFP governance structure.

Guest Attendee, Dr. Dawn Drumm:

I felt like a “deer in the headlights” attending my first American Academy of Family Physicians (AAFP) Congress of Delegates when, as a newly graduated resident physician, I presented my resolution to a room full of distinguished colleagues. As I sat watching the proceedings, somewhat in disbelief that I was actually there, I kept asking myself how

I had gotten to this point. It started during my residency when I spent countless hours filling out prior authorizations. I kept thinking, "I am not getting paid for this. The insurance companies have no accountability for how many authorizations they can request." Not only was the paperwork adding hours every day to my already extremely busy schedule, but it also impeded my ability to provide the best care for my patients. This was perhaps best demonstrated when I had a patient with a pulmonary embolism, and his insurance company would not pay for any medication to treat him even after four prior authorizations had been filled out over two weeks. Frustrated and concerned about my patient, I finally called the insurance company and said I would hospitalize him to protect him from dying if they did not agree to pay for the cheap medication I had initially asked for. As I talked with other health providers about my experiences, I realized that many others were also frustrated with this break in our health care system. I knew that complaining was not going to fix the problem. Instead, I decided to write an AAFP resolution in an attempt to voice our concerns and enact a change.

While at the Congress in New Orleans, the entire delegation welcomed me warmly and included me in all of their activities. My colleagues came to my presentation to support me and to testify on behalf of my resolution. I was disappointed when my resolution died in committee. I wondered to myself if it had been worth the personal expense I had paid to be there. But then, the unexpected happened. Another state extracted the resolution in the general assembly, strongly advocated for it, and sent it to the full board for further review. My resolution would be discussed by the AAFP board during the year, and a position paper would be written for the next year's conference. The issue would be addressed! Suddenly, the time and the emotional and financial resources I had committed to this process were fully worth it. In nine months, I had gone from being a resident physician with an idea to presenting a resolution to the AAFP COD. I was influencing national medical policy. Medicine does not get any more upstream than this. I now feel a little less like a "deer in the headlights" and more like "I won the lottery" after participating in this process that works so well.

A recurring theme during the delegation was the importance of mentoring younger physicians, how just a suggestion or word of encouragement could make a huge difference in someone's life and future career. I thought about all the support I had received in getting to the Congress of Delegates. I had so much help writing this resolution that it developed into a co-authorship and treasured friendships. I am blessed to be a part of the New Mexico Chapter of AAFP that so generously reaches out to and mentors new physicians such as myself.

Member Reception during FMX in New Orleans, 2018

By Dr. Valerie Carrejo, NMAFP President

In October, our NMAFP Chapter joined Chapters from South Dakota and Montana to host our 1st Annual Member Reception during the FMX immediately following the AAFP Congress of Delegates in New Orleans. FMX is the "Family Medicine Experience," the AAFP's largest annual meeting. Our Member Reception was held at a local New Orleans restaurant near the Convention Center. We invited all the conference participants from New Mexico, and we had a great showing!

There were a lot of attendees who are still in New Mexico and some who were from New Mexico, now living elsewhere. It was a great networking event, as well as a nice chance to see friends whom we haven't seen for years. Having the Reception with other Chapters was also nice. We have similar-sized Chapters with similar issues, and the conversations at tables were quite inspiring. The Reception was successful, so we are going to host again next year in Philadelphia. If you happen to be attending FMX, look out for the NMAFP Member Reception and please attend.



Photos above: NMAFP members seeing old friends and meeting new ones at the 1st Annual Member Reception during the Congress of Delegates in New Orleans

New Mexico Residency Reports

Las Cruces Family Medicine Residency Program By Jamie Weinand, MD

Hello from warm Southern New Mexico! The Las Cruces Family Medicine Residency Program is doing great things. We are continuing our quality improvement project in our Resident Family Medicine Clinic to distribute Narcan free of cost to all our patients at risk of an opiate overdose through a partnership with the Dona Ana County overdose prevention program. The Alamogordo 1+2 Family Medicine Residency Program (which will perform their intern year here with our program) is gearing up for their submission this upcoming year as a potential new residency to contribute to the state. We are also welcoming Burrell College of Osteopathic Medicine (BCOM) third year medical students into their clinical rotations with us for their very first third-year class, and we are so glad to have them with us and to be able to have this second medical school in the state of New Mexico and the first medical school located in Las Cruces. One of our program graduates will also be starting in January the new Emergency Medicine Fellowship for Family Medicine graduates located right here at our Memorial Medical Center hospital.

Santa Fe Family Medicine Residency Program By Nora Gibbons, MD

Greetings all from Santa Fe! Interview season is in full swing here, and we've been lucky to have had some great resident applicants thus far. It's been wonderful to meet so many medical students interested in not only practicing Family Medicine, but Family Medicine in New Mexico. Otherwise this year is marching along. The second years have settled into Santa Fe nicely. We recently had our resident-faculty retreat which included some great bonding time and brainstorming on opportunities to improve the residency. I hope everyone is doing well and gearing up for a great holiday season. Stay warm!

UNM Family Medicine Residency Program By Jaleh Akhavan, MD

We are full-swing into interview season and are impressed, as usual, with our inspiring applicants. The intern class has brought a new energy for social advocacy. The third years had their retreat in Ruidoso last month while the first and second years are planning their upcoming retreats and looking forward to the time to bond!

- Continued on page 4

HMS Silver City Family Medicine Residency Program by Pedro Armendariz, MD

We have been working, learning a great deal and getting great experience.

We have also been working on our winter refresher project to prepare

and present. We look forward to presenting the poster as these activities are always rewarding. Dr. Keys one of our pg2 and Dr. Bauer Pgy3 will be the two who will participate and present the poster.

Our two residents Dr. Shen and Dr. Heywood are keeping really busy and have been getting great experience at Memorial

Medical Center in Las Cruces.

One new thing that we are incorporating are new ideas for resident wellness as these activities help form a better bond and stronger team.

Finally, I appreciate all the hard work NMAFP does for us, and I wish all of you a Happy New Year.

President's Column

By Dr. Valerie Carrejo



This is my first article as NMAFP President. It is quite intimidating! I had no idea what to write, so I thought that I should start with why I am writing this to begin with. I never thought that

I would be so interested and involved in becoming an active participant in this organization. I joined the NMAFP as a Family Medicine Resident and stayed an active member following residency so that I could continue to get the good, high-quality CME. As I attended multiple conferences, got to know some of the more active NMAFP members, I decided I wanted to get more involved. I decided to run for a position and became an officer in the NMAFP. As I attended our board meetings, I realized that I had made the right decision. I was exactly where I needed to be. I got to be involved in

planning the high-quality CME and be part of a group of amazing people with similar interests and obstacles.

I am not a person who has been particularly interested in policy or advocacy, other than at a more individual or local level. However, as I have been practicing medicine for the past several years, I have realized that I have to be involved. I have to be involved so that I can be part of the progress that needs to occur in healthcare so that our system can change. Patients need access to care that they can afford. Physicians need to have a work-life balance to prevent burnout. Healthcare organizations need to be able to be paid for the services they provide. We have to work together to make change. As I became more involved with NMAFP, I began to see that having a network of Family Physicians from around the state makes us a stronger unit to advocate for what Family Physicians need. I have attended several AAFP conferences as an officer in the NMAFP; and, each time I return, I am inspired by the work we do. We are the backbone of the healthcare system; and, if Family Physicians don't organize and utilize organizations such as the AAFP to help advocate for us, we will not be as

strong or as successful in getting our missions and values represented and supported. I encourage anyone who may be thinking about getting involved to reach out to our organization and give it a try.

As I think about the upcoming year, I am very excited to be your acting NMAFP President. Over the next few months, I will be working with our IT team to update our NMAFP website. We hope to have a section for members to be involved online---a place that you can tell us what you would like our Chapter to focus on as we plan our CME events and also work to advocate for Family Physicians during legislative sessions. We are looking for Family Physicians to volunteer for "Doc of the Day" and participate in the upcoming legislative session. If you would like to participate, contact Sara Bittner for more information at familydoctor@newmexico.com.

This is an interesting, exciting and sometimes distressing time to be in medicine and especially in primary care. Let's all get involved. Let's move Family Medicine to be the most desired specialty. We are the ones who can make the biggest difference in the lives of our patients, families and communities.

Family Medicine Interest Group Updates

University of New Mexico Family Medicine Interest Group

By Joseph Sanchez, MSII, President

During this semester we were able to reach out to a large number of students and encourage them to become members of the American Academy of Family Physicians/New Mexico Academy of Family Physicians. We also hosted a very successful injection workshop with the help of several Sports Medicine Fellows. The current cycle of FMIG Officers is coming to a close. We are in the process of choosing our successors. The current FMIG Officers will continue to promote Family Medicine throughout our training and keep working towards a stronger FMIG presence at the University of New Mexico.

Burrell College of Osteopathic Medicine Family Medicine Interest Group

By William (Billy) Spivey, OMS-1

Our student-run FMIG was established earlier this year. BCOM, located in Las Cruces, NM, is one of the nation's newest medical schools, having opened its doors to the first class of medical students in 2016. Currently, three classes are enrolled at BCOM, with the inaugural class set to graduate in 2020. Thus far, we have welcomed residents in Family Medicine from local hospitals as guest speakers to encourage and provide advice to students who express interest in exploring a career in Family Medicine. In doing so, we help connect medical students with residents in order to help with the residency application process. Additionally, we direct and inform students of resources that can be used to supplement their academic studies, such as subscriptions to medical journals and access to practice questions for board and shelf examinations. As BCOM continues to establish itself within the community and among medical schools, we are determined to foster a community of future physicians

committed to serve New Mexico and the southwest region in Family Medicine.

The goal of our club is to bring together students of BCOM in multidisciplinary efforts to empower the communities of Las Cruces and the surrounding region through community engagement, mentorship, focused clinical experiences, education, and health promotion. Our FMIG seeks to provide practical information for our students about the various stages of pursuing a medical career by hosting guest lectures from clinicians and residents. In addition, we provide students with opportunities to serve in our community by participating in local health fairs.

By being part of the FMIG at BCOM, we hope to encourage future physicians to take interest in Family Medicine so that we as providers will be able to address the needs of our patients, especially in medically underserved communities. We hope to inspire fellow students to see the possibility in making a great career of Family Medicine, while also exposing some opportunities to stay and practice in our area of high need for primary care.

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

Register online at www.familydoctornm.org

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.familydoctornm.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

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.

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AAFP State Legislative Conference October 25-27, 2018

By Bridget Lynch, MD

This year the AAFP State Legislative Conference was held in Fort Lauderdale, Florida. At this conference, attendees learned from and shared with AAFP members from all over the US about health-related legislative issues, successes, and challenges that have come through each state. At this conference, similarities of issues, new concepts on the horizon, and age-old wisdom about process are all shared in an effort to keep Family Physicians well prepared to address the legislative issues that affect our patients, our communities, our practices, and our nation.

The areas emphasized this year included:

- Health-related bills (primary care investment bills showing primary care saves money and lives)
- Bills aimed at reining in drug costs (through price transparency, allowing lower-price substitutes being offered by pharmacists, and aligning formularies)
- Medicaid-related bills (parity, expansion, waivers, work requirement restrictions)

- Scope of practice bills (including those of licensing Assistant Physicians, as in Missouri, and allowing independent practice for Physicians Assistants)
- Tobacco 21 bills (raising age of tobacco sales to age 21)
- Prior Authorizations and Step-Therapy bills
- Telemedicine/telehealth bills
- Tax incentive bills for community preceptors

Presentations at this conference educated physicians on being a trusted health-care advisor to their patients and elected officials. Attendees also learned about using advocacy as a mechanism for population health improvement. A few resources that were mentioned at the conference included the AAFP Family Physician Action Network, the AAFP Speak Out website, the AAFP Family Medicine PAC, and the AAFP EveryONE Project Neighborhood Navigator tool. The Neighborhood Navigator tool uses any US zip code to direct a patient or a provider to all resources in that neighborhood for help with food, housing, transportation, employment, legal aid and financial aid services.

The slide deck for the conference presentations can be found at:
<https://www.slideshare.net/AAFP>



Dr. Bridget Lynch, Sara Bittner, and newly inducted AAFP President, Dr. John Cullen, during the AAFP State Legislative Conference in Ft. Lauderdale



Dr. Bridget Lynch giving the Legislative Report for the NM Chapter at the AAFP State Legislative Conference



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Cryosurgery Equipment Lending Library

The New Mexico Academy of Family Physicians has started a cryosurgery equipment lending library for its members to be able to try out cryosurgery as part of their practices. The Academy has access to a liquid nitrogen storage container, a cryosurgery gun with assorted tips and Cryo tweezers. The NMAFP will lend the set to a member's practice for one month to see if they would like to incorporate this into their practice or justify the overhead costs of this equipment to a practice manager. Please contact Sara Bittner at familydoctor@newmexico.com to make arrangements. There is no charge for the equipment as long as it is returned in good condition. You will need to make your own arrangements for liquid nitrogen to be delivered to your practice. It is available via Airgas or other vendors. You can contact Daniel Stulberg, MD at dstulberg@salud.unm.edu for technical questions.



Whole-Fat Dairy Foods: Exploring the Evolving Science

By Sara Robbins, RDN

(This article originally appeared on DairyMAX.org and is used with permission from Dairy MAX.)

In a world where the Dietary Guidelines Advisory Committee begins the process of re-evaluation shortly after an edition of the Dietary Guidelines for Americans (DGA) is released, it shows that we cannot account for all we are learning about nutrition and health. It can be frustrating to wait on evidence-based recommendations to catch up with the latest science. The current guidelines recommend low-fat or fat-free dairy foods. Today, with continued research about whole-fat dairy foods and their place in a healthy diet, there's hope for change in the upcoming editions of the DGA and the recommendations. Why all this focus on whole fat? Because we're finding it may be possible to be a little more flexible.

Shifting Fat Focus

For 30 years, the DGA have recommended limiting saturated fat intake, due to its associations with heart disease and stroke risk related to the hypothesis and the idea that saturated fat increases in LDL-cholesterol. The 2015-2020 DGA recommend less than 10 percent of daily calories from saturated fat for a healthy eating pattern. The American Heart Association (AHA) also recommend limiting saturated fats. Current AHA guidelines recommend a reduction in saturated fat to 5-6 percent of daily calories for individuals with elevated LDL-cholesterol. These recommendations could change. A 2014 review published in the *Annals of Internal Medicine* found

that observational evidence over the last 10 years indicated that saturated fat may not be directly associated with CVD risk – a story that appears to be much more complex.

With dairy, it isn't solely about fat content. Dairy foods play a beneficial role in cardiovascular health. Dairy's role in cardiovascular and metabolic health was recognized by the Dietary Guidelines Advisory Committees in both 2010 and 2015—much of that due to calcium, magnesium and potassium acting together to lower blood pressure. Calcium from dairy has additional benefits. A 2016 study from the *Journal of the American Heart Association* found that higher calcium intake obtained from food, not from dietary supplements, was associated with decreased risk of atherosclerosis and coronary artery calcification. Here are a few other highlights from recent studies:

- A 2016 systematic review from *Advances in Nutrition* found that eating dairy foods had favorable or neutral associations with cardiovascular-related clinical outcomes.

- A 2016 meta-analysis from the *British Journal of Nutrition* found that eating dairy foods may be associated with reduced risks of CVD. It was recommended that additional research was needed to fully understand and examine potential dose-response patterns.

- Another meta-analysis from the *Asia Pacific Journal of Clinical Nutrition* in 2015 found that eating dairy foods was significantly and inversely associated with the risks of CVD and stroke. Dairy foods had this effect regardless of fat content.

- When whole-fat dairy foods were incorporated into the popular DASH diet, participants maintain the cardiovascular benefits, according to a 2016 study in the *American Journal of Clinical Nutrition*.

- A small randomized crossover study from 2017 in the *European Journal of Clin-*

ical Nutrition found that drinking about 2 cups of whole milk for three weeks as part of participants habitual diet did not negatively impact markers of CVD or Type 2 Diabetes, as compared to drinking fat-free milk.

Undeniably Dairy

As more research comes out about dairy and cardiovascular health, it is natural to question how dairy fats differ from other saturated fats and what other evidence could begin to help explain some of these research findings. Dairy fat is unique and complex, containing over 400 different types of fatty acids, according to a 2008 study in *Food & Nutrition Research*. Among the saturated fatty acids, dairy fat contains short-, medium- and long-chain fatty acids from four to 18 carbons in length. All these fats have different biological effects that contribute to the complexity of our favorite dairy foods. Dairy foods also contain additional components such as protein, vitamins, minerals and bioactive compounds that may modulate the effects of dairy fat on CVD biomarkers and risk, according to a 2013 study from *Proceedings of the Nutrition Society*.

Additionally, much of the emerging scientific evidence points to the need to examine disease endpoints, rather than solely look at saturated fat intake as it relates to LDL cholesterol, indicating that this biomarker broadly used as a primary predictor of risk for CVD might not be the most appropriate in all cases.

The tide may be changing when it comes to our recommendations with whole-fat dairy foods, specifically as it relates to including them as part of a balanced diet. For now, it may be time to just embrace the flavor, texture and deliciousness that dairy brings. We eat to live, but we should also enjoy what we choose to eat. I'll raise my glass of whole-fat milk to the great taste and great nutrition dairy provides all of us.



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. Doc of the Day volunteers provide medical evaluation and care. The NMMS provides support for medications when indicated. Doc of the Day volunteers can observe the legislative sessions, attend committee hearings, provide testimony when appropriate, and generally learn about the legislative process.

This year the NMAFP is considering a focus on areas associated with prior authorizations, pharmaceutical costs for patients, early childhood education, gun violence, and other issues. We'll talk about these issues and the legislative process at a lunch training session planned for Saturday, January 19th, 12:30 pm at the Academy office. The session will also 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.

Board Notes from November 3, 2018

Present: Jaleh Akhavan, MD; Sara Bittner; Cheri Blacksten, MD; Valerie Carrejo, MD; Dion Gallant, MD; Virginia Hernandez, MD; Veny Ianakieva, MD; Bridget Lynch, MD; Rick Madden, MD; Chuck North, MD; Frank Ralls, MD; Lisa Stolarczyk, MD; Dan Stulberg, MD; and Lourdes Vizcarra, MD. The Meeting was chaired by Dr. Frank Ralls.

Santa Fe Conference Wrap-Up, July 26-29, 2018: Dr. Frank Ralls, Scientific Program Chair for the Santa Fe Conference, shared with the Board that the Conference was very well received and well attended. The Final Evaluations and the Financial Statement were shared with the Board, and a contract has been signed for 2020 to return to the El dorado Hotel in Santa Fe.

Med Student Reception, Sept. 7, 2018: Dr. Bridget Lynch, Moderator for this year's Reception, held at the Nativo Lodge in Albuquerque, informed the Board there were 100+ individuals present, and 2/3's were Med Students, interested in the Specialty of Family Medicine, from the UNM SOM in Albuquerque and the Burrell College of Os-

teopathic Medicine in Las Cruces.

Budget Meeting, Sept. 8, 2018: Dr. Dion Gallant, Budget Committee Chair, shared the final budgets with explanation for the new year beginning October 1, 2018 and ending Sept. 30, 2019. Dr. Gallant shared that the state of the Academy is strong, and the Chapter is doing well in spending money appropriately.

AAFP Congress of Delegates Resolution Wrap-up: Dr. Dion Gallant walked the Board through the NM Resolutions and what the outcome was for each. A document with the information was included in each Board packet. The NMAFP Delegation has been quite active in Resolution writing during the last 2 years.

First Annual Member Reception During FMX, Oct. 11, 2018: Dr. Valerie Carrejo shared that NMAFP co-hosted a Member Reception along with the South Dakota and Montana Chapters in New Orleans. It was very well attended, and everyone seemed to really enjoy this opportunity. A second Annual Member Reception is scheduled to take place in 2019 in Philadelphia during the AAFP COD.

AAFP State Legislative Conference, Oct. 25-28, 2018: Dr. Bridget Lynch reported to the Board that this Conference was a great educational experience with pertinent topics being discussed such as reigning in drug costs, price transparency, Medicaid expansion, Medicaid waivers, Scope of Practice and many others. The word that best describes this Conference is "Networking".

Thanks to Dr. Melissa Martinez: Dr. Gallant thanked Dr. Martinez for her many years of service as the NMAFP Alternate Delegate to the AAFP Congress of Delegates and then as the Delegate to the COD. Dr. Gallant will step down after the 2019 Congress of Delegates.

Winter Refresher Update: Dr. Virginia Hernandez, Scientific Program Chair, gave an update on the Feb. 23, 2019 Conference at Hotel Albuquerque. Online registration is available at www.familydoctornm.org and brochures have been mailed.

Second Annual NMAFP Holiday Card: Dr. Valerie Carrejo shared that NMAFP will again send a Holiday card to the Membership, wishing them well and sharing the dates of both of our 2019 Conferences along with the Officer signatures.

62nd Annual Family Medicine Seminar, August 1-3, 2019: Dr. Carrejo, Scientific Program Chair, informed the Board that next summer's conference will last 3 days instead of 4. There will be no difference in CME credits from a 4-day conference to a 3-day conference. Dr. Carrejo will present the Ruidoso Agenda at the Feb. 22, 2019 BOD Meeting.

Silent Auction During Summer Conference: Dr. Gallant shared that it is getting more and more difficult to procure donations for our Silent Auction. Donations will be appreciated from the NMAFP Members. Contact Sara at www.familydoctor@newmexico.com.

Med Student Reception & Budget Meeting Date to Coincide with NMMS Conference: Dr. Gallant shared that the

Med Student Reception and Budget Meeting dates have been scheduled to coincide with the NMMS Conference in 2019. The 14th Annual Med Student Reception will take place for the first time on Saturday, Sept. 14, 2019, immediately following the conclusion of the NMMS Conference. The Budget Meeting, that always coincides with the Med Student Reception, will take place for the first time on Sunday, Sept. 15, 2019, the morning after the Med Student Reception, at the NMAFP Office. NMAFP is hopeful that these changes will be successful and benefit both organizations.

Doc of the Day Program and Legislative Update: Dr. Rick Madden, Legislative Affairs Committee Chair, gave the report from the Legislative Committee meeting prior to the BOD Meeting today. The Legislative Training Session for the 2019 Session will take place on Saturday, January 19th, 12:30 pm, NMAFP Office, Lunch Served

Resident Reports:

Dr. Jaleh Akhavan, UNM – Our new intern class started a policy group and have had speakers address the residents on various topics such as becoming more aware of legislative activities and how to talk to your legislators. The third years are attending a retreat in Ruidoso as we speak and are enjoying themselves. They are interviewing applicants for next year's match. All is well at the UNM Residency Program.

Dr. Pedro Armendariz, Silver City - Our residents have been busy and are doing very well. We have been working on our Winter Refresher poster project and are making progress. We just completed our in-training exam and have been studying for the Family Medicine boards. I have the opportunity to stay in New Mexico and work for HMS when I finish, and I am happy to inform everyone that I am looking forward to this journey and to call Silver City my new home.

Future Board Meetings:
Friday, February 22, 2019
Hotel Albuquerque
Rendering Room
5:00 pm

Saturday, May 4, 2019
NMAFP Office
Noon
Lunch Served

Sunday, August 4, 2019
Ruidoso Convention Center
8:00 am
Breakfast Served

14th Annual Med Student Reception
Saturday, September 14, 2019
Nativo Lodge
5:30-8:30 pm
Dinner Served

Annual Budget Meeting
Sunday, September 15, 2019
NMAFP Office
10:00 am
Breakfast Served



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The Roadrunner

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

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1101 Medical Arts Ave. NE
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Deadline for submission of articles for upcoming issues: Feb 22, May 22, Aug 22

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Design/layout/printing:
Print Express, LLC • 505-888-3500

13th Annual Med Student Reception By Bridget Lynch, MD

On Friday, September 7th, 2018, the New Mexico Academy of Family Physicians (NMAFP) held its 13th Annual Medical Student Reception at the Nativo Lodge in Albuquerque. Over 100 attendees enjoyed an engaging evening together talking and learning about Family Medicine and the many opportunities for training and practicing in New Mexico. Approximately 2/3 of the evening's participants were Medical Students, both from Burrell School of Osteopathic Medicine in Las Cruces and the University of New Mexico School of Medicine in Albuquerque. These students and NMAFP Family Physicians from across the state brought an amazing level of enthusiasm and comradery to the evening. This event confirmed the importance of dedicating time to face-to-face opportunities to share the message of Family Medicine with students.

The students' interests in the core aspects of Family Medicine were impressive, and they spoke about how these interests were further solidified by hearing the stories of the physicians, training program representatives, and community resource representatives present that evening. This year's Med Student Reception was a great success. All NMAFP members are welcome to join us next year for the 14th Annual NMAFP Med Student Reception, Saturday, September 14, 2019, at the Nativo Lodge in Albuquerque. Please contact Sara at familydoctor@newmexico.com to learn more.



Dr. Melissa Martinez gave another excellent Slide Show depicting the history of Family Medicine to a packed audience



Med Students hearing personal stories about what it is like to be a Family Medicine Physician



*2018 FMIG Officers with Sara Bittner
L-R Denna Gonzales, Eliana Garcia, Sara Bittner,
Paulina Majewska, and Joseph Sanchez*



Dr. Bridget Lynch, Moderator for the 2018 Med Student Reception