



The Roadrunner

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Fall 2019

Ruidoso Conference Wrap-Up

By Dr. Valerie Carrejo



Thanks to all of you who attended our 62nd Annual Family Medicine Seminar in Ruidoso in August. We had terrific attendance. This year, we tried a few new things. We condensed the program to three full

days, we included a couple of workshops, we had a successful town hall meeting, and we hired a DJ for entertainment at our awards banquet and dinner. I would say all of them were a success! Our program had a very well-rounded number of topics, covering geriatrics, pediatrics, women's health, obstetrics, chronic pain, dental health, and even current political issues in our state. Our honored guest, Dr. Ada Stewart, gave two wonderful talks on hepatitis C and transgender healthcare and brought us up-to-date on some of the national AAFP ini-

tiatives and issues. Dr. David Rakel closed our conference with a motivational talk on how our perception and the way we embrace the inevitable changes in healthcare can directly affect the health outcomes of our patients.

Our awards dinner event was a hit! We had good food, great attendance, and a really fun DJ! Dr. Ada Stewart declared and swore in our new slate of officers: Dr. Mac Bowen, Dr. Bridget Lynch, Dr. Veneta Ianakieva, and our new President, Dr. Virginia Hernandez. The NMAFP Chapter Service Award was given to Dr. Dan Stulberg for his consistent efforts to contribute to our chapter and his creative workshops at our CME events. The NMAFP President's Award was given to Dr. Dan Waldman. Dr. Waldman was chosen for his ongoing and endless efforts to educate our future Family Medicine providers and for his support of two new fellowships under his residency program: Rural Medicine and Addiction Medicine. Our NMAFP Family Physician of the Year was awarded to Dr. Brian Solan, who deserves this award through and through. His dedication to education, patient care, and our state is admirable. Following our awards, DJ Pete brought in the

party. We danced well into the night and had a great time.

Thank you to all of the speakers, Dr. Ada Stewart, and especially Sara Bittner for her never-ending commitment to our NMAFP chapter and the ongoing success of our CME events. I look forward to seeing you all again next year in Santa Fe!

Thank you to all of our Co-Sponsors! Burrell College of Osteopathic Medicine - Dairy MAX - Luna Community College - TriCore Reference Laboratory - UNM SOM Office for Community Faculty

Thank you to all of our Vendors! Active Life Orthotics and Prosthetics - American Board of Family Medicine - AMTA New Mexico Chapter - Burrell College of Osteopathic Medicine - CONMED - CoreCivic - Gila Regional Medical Center - GlaxoSmithKline - Mitchell's Silver & Turquoise - New Mexico Health Resources, Inc. - New Mexico Primary Care Training Consortium - PharmaScript, Inc. - Presbyterian Healthcare Services - Sanofi Pasteur - The Center for Health Innovation, New Mexico's Public Health Institute - The Doctors Company - UNMMG Locum Tenens - UNM SOM Office for Community Faculty - VieMed



Ruidoso attendees working hard during Dr. Dan Stulberg's Cutting Sewing & Burning Workshop



Delegates and Alternate Delegates to the AAFP Congress of Delegates & NMAFP Officers fielding questions from the audience during the Welcome Reception/Town Hall Meeting on Thursday evening (L-R) Drs. Stephanie Benson, Jennifer Phillips, Bridget Lynch, Valerie Carrejo and Dion Gallant



Dr. Ada Stewart administering the oath of office to the 2019-2020 Officers (L-R) Dr. Bridget Lynch, Secretary-Treasurer, Dr. Veneta Ianakieva, President-Elect, and Dr. Mac Bowen Vice President



Dr. Dan Waldman receiving the President's Award from Dr. Valerie Carrejo



Dr. Ada Stewart administering the oath of office to the newly-elected 2019-2020 NMAFP President, Dr. Virginia Hernandez



Dr. Brian Solan receiving the Physician of the Year Award from Dr. Valerie Carrejo and Sara Bittner



Dr. Dan Stulberg receiving the Chapter Service Award from Dr. Valerie Carrejo and Sara Bittner



AAFP Honored Guest, Dr. Ada Stewart, receiving a gift from Dr. Valerie Carrejo and Sara Bittner

AAFP National Conference of Family Medicine Residents & Medical Students

This year, NMAFP provided financial support for nine students and one resident to attend the AAFP Resident & Student Conference in Kansas City from July 25th-27th. The FM Resident Congress of Delegates and the FM Med Student Congress of Delegates were held in conjunction with this annual conference. To receive a scholarship from NMAFP, students were asked to write an essay on the topic: "Why I Want to Become a Family Medicine Physician." Below are comments from some of the attendees. Photos from the event are on the back page.

Brenda Pelayo, BCOM-OMS-III

My experience at the AAFP National Conference was absolutely life changing. I had the wonderful opportunity to meet medical students, residents, chief residents, and residency directors from across the country at the Expo Hall. Furthermore, I had the opportunity to attend a variety of procedural seminars to further expand my knowledge and to learn how to integrate high-demand modalities into a practice setting. I feel that I have solidified ideas and techniques that will set me up to successfully approach and treat patients from a variety of socio-economic and cultural backgrounds. The testimonies I witnessed from many Family Physicians have encouraged me to commit to addressing the vast needs of the community through the creation of ancillary programs to address the mental and social needs of patients as well as improve their overall well-being. I firmly believe that this scope of practice will prepare me to form meaningful, long-term relationships and offer my future patients both the utmost comprehensive, therapeutic approach and optimal preventative care.

Aнна Kistin, UNM-MSIV

The conference in Kansas City was a fantastic opportunity to explore different residencies. As a fourth-year medical student, it was great to chat with residents from programs around the country and to get their insights about their programs. In addition, the conference had a fantastic skills workshop. I appreciated the opportunity both to explore residencies and also to brush up on skills like ECG reading. I highly recommend taking advantage of this opportunity for anyone interested in Family Medicine.

Abigail M. Etters, BCOM-OMS-IV

I remain sincerely grateful to the NMAFP for awarding me a scholarship to attend the AAFP National Conference. As a fourth-year medical student, my experience at the conference significantly strengthened my passion for Family Medicine. The most important thing I took away from this meeting was well stated by one of the speakers: "Family Medicine is the specialty of 'pos-

sible.'" With the broad foundational training that Family Medicine residents receive, these physicians have the freedom to tailor their unique areas of interest and expertise to the needs of their community. With personal interests in primary care, geriatrics, and pain medicine, I envision myself applying this concept to practicing as a Family Medicine Physician in New Mexico.

The informative sessions that I attended emphasized my specific areas of interest, including teaching, the business of medicine, the opioid crisis, and fellowships in geriatrics or pain medicine. With this understanding, I will combine what I have learned on my rotations in Las Cruces, Las Vegas, and Albuquerque with what national leaders were communicating at the conference to fine-tune my personal practice of Family Medicine in New Mexico. Furthermore, the Expo Hall proved to be a very advantageous and positive experience, giving me the opportunity to speak with an innumerable amount of residency programs from across the country. The program directors and residents offered advice on residency application strategies and provided helpful descriptions of the type of graduates that they look for to join their teams.

I hope to pay it forward and give back what the NMAFP has so generously provided to me in experience and inspiration. Because of the NMAFP's generous sponsorship through scholarship, I was able to solidify my career path and increase my passion for Family Medicine. Thank you to the NMAFP for enriching my education and supporting the endless possibilities of medicine through its future Family Medicine Physicians!

Nardis Dawit, UNM-MSII

The AAFP National Conference was a fantastic experience. It was inspiring to hear from leaders in Family Medicine that are working to improve health equity, to expand care for gender and sexual minorities, and to incorporate health informatics into clinical practice. The workshops and main stage presentations provided me with insight into the scope of practice and the diverse career opportunities in Family Medicine. Our Family Medicine Interest Group also had the privilege of participating in the Primary Care Leadership Collaborative. We learned about relational leadership and gained the skills to start to work on a two-year project focused on improving health equity in our community. Thank you to the NMAFP for sponsoring our trip to the National Conference!

Emily Hanka, BCOM-OMS-IV

As a fourth-year medical student, being chosen as the recipient of the NMAFP scholarship to the AAFP National Conference has made a significant impact on my career trajectory. It cemented my commitment to serving in rural and underserved areas as well as my commitment to training in obstetrics.

The sessions were not only inspiring, but full of new learning. From the story telling session with current physicians that demonstrated the breath of Family Medicine and the benefit of forging my own path, to practical skills in EKG and interpreting chest

X-rays, to learning how to negotiate my first employment contract, there was a feast of sessions to attend. I also honed my understanding of and cemented my confidence in my chosen path of Family Medicine with obstetrics through two maternal health sessions and the OB Member Interest Group, which included statistics on deliveries, information on liability insurance and myths, encouragement, and a practical understanding of practicing obstetrics within our specialty.

Finally, I spent a considerable amount of time in the Expo Hall, which was full-to-bursting of residency programs, residents, and program directors. I was able to meet the chief resident for one of my upcoming sub-internship rotations and discover new programs I previously did not even know existed. I was also able to glean tips for interviewing and applying to residencies through ERAS and for writing my personal statement and CV, all things that will be critical to my success this winter.

Thank you NMAFP for this incredible opportunity to learn, grow, and to be inspired. Thank you for helping to ensure that I will pursue Family Medicine with a newfound passion, connection to my peers, and growth mindset, all things that are irreplaceable. Your commitment to the future generations of Family Physicians of New Mexico is invaluable.

Kareem Shahin, BCOM-OMS-IV

I had an amazing experience at the AAFP 2019 Conference. It helped introduce me to the many wonderful programs that align with my interests, connect me with residents and faculty, and reaffirm me in my decision to enter Family Medicine. In addition, the workshops offered were extremely helpful and relevant. My only regret was not knowing about this conference during my first three years of medical school. I look forward to being back next year as a resident! I am extremely thankful to the NMAFP for providing this opportunity!

Meagen Twyeffort, UNM-MSII

All four UNM FMIG officers - Meagen Twyeffort, Eliana Otero-Bell, Nardos Dawit, and Lucia Vulcan are grateful for the opportunity to attend the AAFP National Conference of Family Medicine Residents and Medical Students with their faculty advisor Dr. Bissell this past July in Kansas City. It was inspiring to be surrounded by other attendees who are also passionate about Family Medicine, community health, and serving others. The small-group seminar topics were stimulating and helped me learn more about underserved populations and full-spectrum primary care. The guest speakers were phenomenal, from sharing the experience of working in DC and running a veteran health program to providing information about the benefits of Direct Primary Care. This conference gave me an opportunity to network with residency programs and also made me realize why I love Family Medicine so much - there are so many Family Medicine Physicians who are everyday humanitarians and heroes. In addition, this year for the first time, the FMIG officers and Dr. Bissell par-

ticipated in the Primary Care Leadership Collaborative (PCLC), a leadership training held at the conference with FMIG groups around the country. Through this program, we assessed our group strengths using a team-dynamic model and brainstormed ideas for a service project that we plan to execute over the next two years with guidance from our PCLC coach, a current Family Medicine resident in Idaho.

Joseph Sanchez, NMAFP Delegate to the AAFP Medical Student Congress of Delegates

My time at the National Family Medicine Conference was an amazing reminder of why Family Medicine is an amazing career path. The depth of possible practice models, repertoire of skills Family Medicine Physicians can acquire, and the sheer happiness exuded by attendees was enough to make anyone want to pursue medicine as their life's work. I was surrounded by hundreds of medical professionals, young and old, all passionate about bettering their communities and practices.

I had the honor of serving as New Mexico's Student Delegate for the Student Congress of Delegates. The Student Congress of Delegates works as a voting collaborative body that proposes items to be recommended to the AAFP for policy changes. Members of the Congress have opportuni-

ties to run for leadership positions at the national level that allow them to act as a voice for other medical professionals. Attending the National Family Medicine Conference renewed my hope that the future of healthcare, currently filled with so many aspiring minds, can continue to be bettered for patient-centered care.

Daphne Olson, MD, NMAFP Delegate to the AAFP Resident Congress of Delegates

Let me begin with a giant thank you to Sara Bittner and the NMAFP Board of Directors for the wonderful opportunity to attend the AAFP National Conference of Medical Students and Residents this year. I had previously attended this conference as a student, and it was very meaningful to return as a resident and to represent my colleagues as the Resident Delegate of New Mexico. It was a busy year at the conference with many new resolutions submitted and debated in the Resident Congress. I had the opportunity to speak on behalf of my delegation in support of several resolutions, including those regarding increased resident education on opiate-use disorder and increased access to opiate-use disorder treatment in rural areas. An overarching theme of the conference was the modernization of medicine and using technology to improve patient care and physician experience. In the Resident Congress, we discussed ways

of utilizing technology more effectively in educational settings as well as utilizing technology to extend care and education into rural areas. Near the end of the conference, I met Dr. Robert Raspa, the current director of the AAFP Board of Directors. We discussed the critical need for Family Medicine Physicians in New Mexico and the ways in which the NMAFP and New Mexico residency leadership were working to address this need. He was very interested to hear about our endeavors, and I was very excited to share some of our successes with the AAFP leadership. It was very special to be able to reconnect with residents from all over New Mexico and to share our passion for Family Medicine with others from around the country. I look forward to following the resolutions we discussed, and I have enjoyed sharing my learning and inspiration with others since returning home.

Thank you all for this incredible opportunity. Please know that your participation in the NMAFP not only helps to improve patient care throughout our state, but also provides critical support for new physicians in training who hope to follow in your footsteps. We truly appreciate the legacy you have created and are so excited to join the profession and contribute to your amazing work!

2019 Rosalee and Warren Heffron International Fellowship Awards Shared Among Four New Mexico FM Residents

Three UNM Family Medicine residents and one resident from the Santa Fe program are sharing in this year's Heffron International Fellowship Awards. The fellowship funds or partially funds New Mexico Family Medicine residents for an international rotation for part of their residency curriculum. Each resident has a unique project of clinical learning, research, language study, cultural growth, and the creation of a project to share with the community where they are spending their rotation. We were able to fully fund two projects and partially fund an additional two projects this year. This year's winners will have experiences in Mexico, Guatemala, and Ecuador.

Dr. Brianna Muller will be working in a Doctors for Global Health project in a 60-bed, rural hospital in San Carlos, Altamirano, Chiapas, Mexico. She will spend five weeks in an under-resourced setting exploring clinical and community medical appli-

cations related to Liberation Medicine and the Zapatista Revolution. She will also be working alongside community health promoters in multiple communities. She plans to apply these skills to her South Valley clinic and utilize health promoters and collective power of patients and communities in her future work.

Dr. Jillian Moore will continue to develop the work she has been doing in Guatemala since 2012. She will be working with the Maya Health Alliance, an organization containing multiple programs for native Mayans with chronic diseases. She will develop a curriculum for palliative care and for trauma-informed care and use it to teach nurses and community health workers who work among the Mayan population. She will continue her work with a local women's health co-operative as well as further her language studies in Spanish and Kaqchikel.

Dr. Farinaz Khan received partial funding for her project in Rio Bamba, Ecuador. She will be studying applications of global health in a rural context. She will also be working in an indigenous population and improving her Spanish. She has the goal of learning how to establish a sustainable non-governmental organization, which she would ultimately like to create in the village of her grandparents in Bangladesh.

Dr. Niraj Ganjawala, a third-year resident at the Christus St. Vincent residency in Santa Fe, also received partial funding for his rotation. He will be participating in an intensive Spanish language study in Quetzaltenango, Guatemala while working in a medical and community medicine exposure clinic. He will also be obtaining cross-cultural experience that will better prepare him to return to his native Socorro, NM and to serve the people of our state.



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“If I have seen further it is by standing on
the shoulders of giants.”

Sir Isaac Newton

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38th Annual Winter Refresher in Albuquerque

Saturday, February 8, 2020

Sandia Resort & Casino Conference Center

Dr. Veneta Ianakieva, Scientific Program Chair

This program has been approved for 7 Prescribed Credits by the AAFP

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

Schedule of Events and Lectures

7:00 am - 8:00 am

Registration/Exhibits Open
Breakfast - Exhibit Hall

7:55 am - 8:00 am

Introduction & Welcome
Lecture Hall
Dr. Veneta Ianakieva
Scientific Program Chair

8:00 am - 9:00 am

"Cardiovascular Disease Screening"
Allen Adolphe, MD

9:00 am - 10:00 am

"Update on Management of Migraine Headaches"
WeiWei Dai, MD

10:00 am - 10:30 am

Break - Exhibit Hall

10:30 am - 11:30 am

"Medical & Surgical Management of Obesity"
William Rice, MD

11:30 am - 12:30 pm

"The Diabetic Kidney...What to Do"
Stephen Brunton, MD, FAAFP

12:30 pm - 1:30 pm

Lunch - Exhibit Hall

1:30 pm - 2:30 pm

"Insomnia for the Primary Care Provider"
Fouad Reda, MD

2:30 pm - 3:30 pm

"Unintended Teen Pregnancy Prevention"
Jennifer Hettema, MD

3:30 pm - 4:30 pm

"Clostridium Difficile - Beyond Pharmacotherapy"
Frank Czul-Gurdian, MD

4:30 pm - 6:30 pm

Poster Session/Happy Hour
Exhibit Hall

Hotel Information

Sandia Resort & Casino is located at
30 Rainbow Rd, Albuquerque, NM 87113

A room block will be held until January 8, 2020.
After this date, rooms will be on a space-available basis.

To make your reservation, call (505) 798-3930
or call (877) 272-9199 and give the group code
7064 to receive the room-block rate. You can
also visit <https://bit.ly/2kayWSN> which will
take you directly to the NMAFP room block for
NM Academy of Family Physicians.

Please Print Clearly

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

AAFP ID: _____

Address: _____ C/S/Z: _____

Phone: _____ Email: _____

_____ AAFP Member Licensed Practicing Physician \$195

_____ Non-member Licensed Practicing Physician \$325

_____ PhD \$195

_____ NP/PA/RN \$150

_____ Retired Physician \$150

_____ 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 \$50

_____ Total Enclosed from Both Columns Above

Your registration includes a free electronic handout on a USB so you can follow along with each speaker and for future reference! All speaker slides will also be posted on the NMAFP website under presentations.

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

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

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Board Notes August 4, 2019

Present: Roberto Aguero, MD; Sara Bittner; Mac Bowen, MD; Arlene Brown, MD; Valerie Carrejo, MD; Dion Gallant, MD; Virginia Hernandez, MD; Veneta Ianakieva, MD; Bridget Lynch, MD; Jennifer Phillips, MD; Abigail Pribisova; Frank Ralls, MD; Ada Stewart, MD; Dan Stulberg, MD; Emilia Vesper, MD and Lourdes Vizcarra, MD.

Ruidoso Conference: Dr. Valerie Carrejo, Scientific Program Chair, thanked everyone for attending the Conference. Feedback from the evaluation sheets showed that 51 – 7 voted for NMAFP to keep their conferences to three days of CME. This Conference was very successful according to the Final Evaluations and the Financial Statement.

Congratulations to the new NMAFP Officers: Dr. Valerie Carrejo, Immediate Past President & Board Chair; Dr. Virginia Hernandez, President; Dr. Veneta Ianakieva, President-Elect; Dr. Bridget Lynch, Secretary-Treasurer; and Dr. Mac Bowen, Vice President.

Call for Nominations & Vote for Board Chair: Dr. Frank Ralls asked for nominations, and Dr. Valerie Carrejo was nominated. No further nominations were received; a vote was taken, and the Board unanimously approved. Congratulations to Dr. Valerie Carrejo, the 2019-2020 NMAFP Board Chair.

Update on the Winter Refresher in Albuquerque: Dr. Veneta Ianakieva, Scientific Program Chair, shared the Agenda for her February Conference with the Board Members. It will be held at the Sandia Resort Conference Center on February 8, 2020.

NM Teaching Health Center GME Op-Ed Opportunity: Dr. Jennifer Phillips asked the Board if they would approve signing on to a letter that would be sent to multiple papers about the teaching health center refunding that will be voted on again in September or October. A motion was made to sign on to the letter that Dr. Phillips will critique; a vote was taken, and it passed unanimously.

14th Annual Med Student Reception, Sept. 14th: Dr. Veneta Ianakieva shared with the Board that, for the first time, the Med Student Reception will take place on Saturday instead of Friday. This is the same weekend as the New Mexico Medical Society's Conference, so hopefully both activities will have more participants.

Legislative Affairs Committee Report: Dr. Bridget Lynch gave the Committee report from the Legislative Affairs Committee meeting that was held the day before. In preparation for the next Legislative Session, Dr. Lynch asked if the Board would be willing to take another survey like they did last year. This information will be shared with our Lobbyist, Steve Lucero. Dr. Lynch says they plan to focus on the Board this year and to move on to the membership in future years.

Resident Reports:

Emilia Vesper, MD – (Las Cruces): The Las Cruces Residency Program has been concentrating on getting more local community physician involvement in helping the crisis at the border with asylum seekers.

Dr. Aguero shared that the Silver City Residency Program has also been getting a significant number of people for screening from Lordsburg's detention facility, which was reportedly over triple max capacity at one point. A motion was made to write a simple resolution about this mistreatment; a vote was taken, and the motion passed. Dr. Phillips will work on this resolution.

Roberto Aguero, MD – (Silver City): The Hidalgo Medical Services Residency Program is a 1 + 2 Program and the only Teaching Health Center in the State. We have our incoming class that starts in Las Cruces. We transition the second-year group to Silver City, and they are already on their rotations.

Mac Bowen, MD, Residency Director – (Santa Fe): Christus St. Vincent is still a 1 + 2, and their interns do their first year at UNM. They are working on getting their inpatient service back up to full spectrum. Dr. Bowen is struggling with how to expand Christus St. Vincent, since they are locked into their cap. They have been running very successfully for the last 20 years.

Future Board Meetings

November 2, 2019

NMAFP Office

Noon

Lunch Served

February 7, 2020

Sandia Resort Conference Center

Roadrunner Room

5:30 pm

Hors d'oeuvres Served

May 2, 2020

NMAFP Office

Noon

Lunch Served

New Mexico Physician of the Year Award

Dr. Brian Solan was named the New Mexico Physician of the Year during the 62nd Annual Family Medicine Seminar in Ruidoso from August 1-3, 2019. Outgoing President and Past Family Physician of the Year, Dr. Valerie Carrejo, along with Executive Director, Sara Bittner, presented Dr. Solan with a beautiful Nambe plaque and certificate.

Brian mentioned that he was very surprised and honored by the award. He wanted to thank the members of the Academy for all the great work that they do. Throughout his career, he has had the opportunity to visit many parts of the state and witness the excellent patient care, community outreach, educational opportunities, and health policies efforts provided by our members.

Brian's wife, Brenda, is an avid walker and tennis player. They have a daughter who teaches special-education and a son in veterinary school. When asked what he does in his free time, he responds, "What's that?" Obviously, there is still room for improvement in his work/life balance area.

Brian was raised in Santa Fe and completed his undergraduate and medical education at UNM. During his residency at Michigan State, he became more interested in migrant health. He supervised medical students providing care at summer agricultural sites. He has nothing against the state of Michigan, after all, he met Brenda there, but three winters were enough to convince him to move back to the southwest.

Arizona was their next stop. He worked in a migrant/community health center in El Mirage. Initially a rural site, it was swallowed up by Phoenix by the time

he left the site twelve years later. At the time, not all health centers had adopted a Family Medicine staffing model. Brian was their "pediatrician" for his first year and an "internist" during his second year. By then, he was the medical director and convinced them that having Family Medicine Physicians was a much better model. He swears that being on call every night for years on end was not the reason for this suggestion; however, no one seems to believe him.

Brian's interest in public health and education continued to grow during this time. He pursued a faculty teaching fellowship and an MPH; however, his health center became less interested in educating students. Both his elderly parents were still in Santa Fe and UNM had a great reputation for education, so he applied and was accepted for a position at the University of New Mexico in Albuquerque.

Brian is completing his 22nd year at UNM. His focus is on student education. He was director of the Preceptorship programs, Family Medicine clerkship, and helped develop courses for the BA/MD students. He supervises the student-run immigration clinic and volunteers with the NM Medical Reserve Corps, providing care for the asylum seekers. Brian enjoys going up to Santa Fe as the "Doc of the Day" during the legislative session and has retained health policy as an integral part of the Family Medicine clerkship. If you ride your bike to the Balloon Fiesta this fall, Brian, or one of his bike club members, will personally park and watch your bike for you. He hopes to see you there!

The AAFP encourages members, especially those serving a significant number of women of childbearing age, to apply for the Alcohol Screening and Brief Intervention (SBI) Office Champions Project. The project, which will accept up to 25 Family Medicine practices, aims to increase the use of alcohol SBI within primary care settings, utilizing the office champions model. Applications are due September 20, 2019. Physicians who complete this quality improvement project will also receive Part IV maintenance of certification credit.

Learn more and apply today! <https://www.aafp.org/patient-care/public-health/alcohol.html>

Contact Reshana Peterson at RPeterson@aaafp.org or 913-906-6103 with questions.

Decentralizing Physician Training in New Mexico

The New Mexico Primary Care Training Consortium and Visionary Communities Taking the Lead

By: Charlie Alfero, ED

The NM Primary Care Training Consortium (PCTC) has been a formal organization for about five years. Prior to that since the mid-90s, it met as a supporting group of Family Medicine Residency Programs (FMRP) during quarterly NM Academy of Family Practice meetings. The PCTC developed as a non-profit by adding the two medical schools and all the FMRPs to its Board of Directors in order to share residency program quality improvement efforts and to expanded primary care training in the state. It is harder than you might think.

In August of 2015, the PCTC, with support from the Federal Office of Rural Health Policy and state funding through the Medicaid program, sponsored a summit in Albuquerque to discuss options for increasing primary care physician training in the state. The summit was well-attended by legislators, administrative officials, hospitals, health centers, and many others. The summit came on the heels of a Medicaid agreement to fund residency operations in Federally Qualified Health Centers. The agreement drew opposition sometime later and was rescinded because of the doubt cast on the model and the recent turnover of almost all key Medicaid staff who were familiar with the concept at the time. However, the momentum to develop training programs in some communities continued.

After the summit, there was a lot of reinvigorated interest from several Community Health Centers/FQHCs, rural hospitals, Presbyterian Healthcare Services, Dona Ana County Health, the Human Services Department, and other organizations. The leadership of the PCTC, including John Andazola, MD from the FMRP in Las Cruces as Chairman of the Board, representatives from FRMPs in Santa Fe, Silver City, and UNM, and representatives from Burrell College of Osteopathic Medicine and others from UNM, supported by staff from the Center for Health Innovation, have attempted to engage several interested organizations concerning site development.

The loss of Medicaid support for FQHC-based training set the program back

several years in several places. The inability of rural hospitals and PHS to obtain Medicare financing for complicated reasons has also been a problem. State Medicaid rules limiting certain payments in support of Graduate Medical Education (GME) have provided an unlevel playing field for physician training across various provider groups. Like I said - it's complicated. However, there is also a lot of good news.

Two rural hospital administrators, in Gallup and Alamogordo, have seen the "writing on the wall" in terms of the impact of primary care shortages on access to health care in rural areas. Both David Conejo in Gallup and Jim Heckert in Alamogordo have pursued the development of training in their facilities and communities with targeted intent and significant investment. After all, we have been training 24 or 25 Family Physicians a year in New Mexico for the last 25 years in spite of the growing need for access to care. It is clear to some organizations that they need to be involved in solving their own problems. With initial planning support from the PCTC and its grants, both Rehoboth McKinley Christian Health Care Services and Gerald Champion Regional Medical Center hired Medical Directors, Program Coordinators, and consultants for their developing FMRPs and began their journey towards becoming rural residency programs. Recently, they both received Residency Development Grants from the DHHS, Health Resources, and Service Administration! On August 20th, Gerald Champion had a site visit from ACGME for accreditation of their Rural Training Track model in collaboration with Memorial Medical Center in Las Cruces. The program application in Gallup is well underway. Both facilities are approaching this with full ownership of the effort and support from partners.

The State of New Mexico is also on board with the development of new programs in the state. The Governor has said that access to primary care is a priority for this administration. Medicaid recently changed regulations to expand the number of hospitals eligible for certain GME financing and included the expanded Medicaid population in the calculation of payments and federal matching funds. The legislature has provided funding for Technical Assistance to communities seeking to develop residencies; planning and development funding will be available as well. Through HB480, the Human Services Department will be formulating plans for residency expansion and reviewing additional statutory or regulatory improvement to expand the types of providers eligible for Medicaid support to expand programs.

It feels like favorable forces are aligning to improve the quality and quantity of health services through local solutions, like residencies. Undoubtedly, other training will also evolve at the community level.

For more information regarding residency development in the state contact:

Charlie Alfero, ED – NM Primary Care Training Consortium – Calfero@swchi.org

Burrell College of Osteopathic Medicine Family Medicine Club Update

On August 28th, Dr. Karen Vaillant, the Family Medicine Club Advisor, gave a lunch and learn talk titled "Introduction to Family Medicine" to the students on the general "ins and outs" of Family Medicine and answered questions pertaining to the field. She also announced future volunteering events and plans for the Family Medicine Club.

From July 25-29th, OMS-II, OMS-III, OMS-IV students represented BCOM at the National AAFP Conference in Kansas City, MO and participated in a wide array of networking workshops, ranging from residency interview practice, meeting Family Medicine Clubs from other medical schools, to Introduction to OMM workshops.

From August 1-3rd, OMS-III, OMS-II, and OMS-I students attended the NMAFP 62nd Annual Family Medicine Seminar in Ruidoso, NM. They attended workshops ranging from suturing and dermatological skills to caring for transgender patients to the history of the anti-vaccination movement. Several students also participated in the dinner networking event. OMS-III students rotating in Eastern New Mexico were able to share their experiences with OMS-I and OMS-II students at the conference.

On August 23rd, board members accompanied Kris Vaudrey (BCOM Faculty from Anatomy/Cell Biology department) to Arrowhead Park Medical Academy to tutor and mentor students in their Anatomy and Physiology period with the hopes of establishing a peer-mentoring/tutoring program between BCOM and Arrowhead students.

The Family Medicine Club is working on setting dates for collaboration with Habitat for Humanity and Arrowhead Park Medical Academy in Las Cruces, NM.

Disease-Defying Dairy

Milk, cheese and yogurt, as part of a healthy diet, are associated with:

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- Milk contains nine essential nutrients that can help Americans achieve their health and wellness goals.



See the science at
DairyMAX.org.

Opioid Response Network

June 26, 2019

The Opioid Response Network (ORN) can help when technical assistance is required in the prevention, treatment, and recovery of opioid-use disorders. The ORN was created by the American Academy of Addiction Psychiatry (AAAP) and a large coalition of national professional organizations (including the AAAP) in response to the nation's opioid crisis. The ORN provides local training and education free-of-charge for specific needs at a community level in order to address this health crisis. When someone seeks assistance, the ORN identifies individuals with training and experience in that community to help them in addressing prevention, treatment, and recovery needs and also helps facilitate access to evidence-based resources.

This initiative, funded by the Substance Abuse and Mental Health Services Administration, utilizes experienced prescribers and clinicians, including Family Physicians, to collaborate in facilitating access to evidence-based resources that are necessary in prevention, treatment, and recovery. All fifty states and seven territories have a designated Opioid Response team led by a Regional Technology Transfer Specialist (TTS), who coordinates the implementation of evidence-based practices. Family Physicians and other additional consultants are also available to meet the requester's specific needs. Anyone can request technical assistance! No special criteria or restrictions are in place!

For more information, visit:

<https://www.aafp.org/patient-care/public-health/pain-opioids/states-consortium.html>

For assistance from the ORN, visit:

<https://opioidresponsenetwork.org/>

Those interested in learning more about the ORN may want to attend one of the two FMX sessions about the initiative in Philadelphia.

Sessions will be held on Tuesday, September 24th at 2:15-3:15 p.m. and 4:45-5:45 p.m.

Contact Cory Lutgen by email or at extension 6150 with questions.

Resident Reports

Santa Fe Residency Program Kavitha Kirubanandan, MD

Greetings from the Northern New Mexico Family Medicine Residency Program! We are now three months into the new academic year, and we already have some exciting updates.

We are very pleased to announce that Dr. William Bowen has transitioned into his new role as our program director, and we are all very excited about the upcoming year.

We are also thrilled to announce that we matched an awesome OB resident into

our second-year class. She completed a year of OB, then discovered her passion for Family Medicine, and now is loving her training here in Santa Fe.

In July, I was very fortunate to attend the AAFP National Conference of Family Medicine Residents & Medical Students in Kansas City, along with my other third-year residents. The tremendous energy in the hall recharged us and reminded us of why we do what we do. We all enjoyed the conference so much. We interacted with hundreds of enthusiastic medical students from all over the globe. While talking to all these amazing medical students about our program, we realized how fortunate we are to be part of such an awesome residency program. We also had the opportunity to meet residents and faculty from other Family Medicine residency programs and to exchange valuable ideas. We also participated in several great workshops and lectures, including wilderness medicine, point-of-care ultrasound, women's health, and others.

While nostalgically looking back at this retreat, we are also eagerly looking forward to our Resident-Faculty retreat in September!

UNM FM Residency Program Jamie Majdi, MD, MSPH

Our new intern class completed their orientation month and everyone is settling in nicely. It was an extremely busy summer with a very full hospital. All of us are looking forward to a beautiful New Mexico fall!

Silver City Residency Program Roberto Aguero, MD

Greeting from Silver City! We have successfully transitioned our new PGY-2 residents, Dr. James Shen and Dr. Mason Heywood, from Las Cruces to spend the next two years at Hidalgo Medical Services. Two new interns, Dr. Philip Manzano and Dr. Erica Palin, have started in Las Cruces for their PGY-1 year. The weather is just about perfect now at 6000', so if you need a break from the summer heat, you're welcome to visit us at HMS!

Las Cruces Residency Program Emilia Vesper, MD

Our Family Medicine interns have now finished their orientation month and are bringing great energy to the program. We are planning a residency wellness retreat that will be held October 11-13th in Cloudcroft, NM. In the spirit of being true Family Medicine, this retreat will include residents' families in order to provide a greater sense of community and support. The residency continues to support asylum seekers crossing the border who present themselves to the Armoury for assistance. Las Cruces was recently named one of thirteen real-life heroes on World Humanitarian Day for our work with asylum seekers: <https://www.krwg.org/post/las-cruces-named-one-13-heroes-world-humanitarian-day-helping-asylum-seekers>. The residency is happy to continue its support in the community and to help asylum seekers receive the help

they need. Frieda Adams, volunteer coordinator for medical personnel in Dona Ana County, has been a great resource in helping to coordinate the volunteer efforts. If physicians are interested in volunteering, the NM DOH website has a link to sign up for the NM Medical Reserve Corp, which will cover their medical malpractice: <https://nmhealth.org/about/erd/bhem/mrc/>.

Lastly, we are thrilled to have two new faculty join us this fall: Dr. Yuri Montanez and Dr. Danielle Fitzsimons-Pattison. Dr. Fitzsimons-Pattison is finishing a fellowship in global health medicine and is the author of the National Border Health Curriculum currently being implemented in Dona Ana County. This is a Family Medicine rotation in which residents from any program in the United States can participate.

Contact our training director, Dr. John Andazola, if you have questions or are interested in this rotation!

Doc of the Day Volunteers Needed for 2020 Legislative Session

Members - are you interested in the legislative process? Do you want to understand how our legislature works? Want to do some real community service? Then - volunteer as a Doctor of the Day! The Doctor of the Day Program is our New Mexico Academy of Family Physicians (NMAFP) community service to the New Mexico State Legislature, and we need your help.

Each volunteer serves a day (or more) to provide medical services to the legislators during the legislative session. NMAFP volunteers work in cooperation with the New Mexico Medical Society (NMMS) and provide medical evaluation and care while the NMMS provides pharmaceutical support when indicated. Volunteers will provide a cell phone number to the Round House operator and be "on call" during the day. Medical services will be provided in the privacy of the legislator's office. During the day, volunteers can observe the legislative sessions, provide testimony on behalf of the New Mexico Academy (only on issues of direct relevance to the Academy), and generally learn about the legislative process.

A lunch training session is planned for Saturday, January 18th, 12:30 pm at the Academy office. The session will review anticipated legislation and the Academy policy regarding the issues. Steve Lucero, NMAFP Lobbyist, will lead the training session. The 30-day session begins January 21st and ends February 20th. The DOD Schedule will begin on January 22nd.

If you are interested in participating - email or call Sara at familydoctor@new-mexico.com or 505-292-3113.

Stories of Family Medicine

By Dr. Arlene Brown

Number 1 - I am hosting a PIE medical student again this summer. Hosting students over the years has allowed me to remember my experiences during and since medical school. Here are a few of my memories:

During our years at the UNM School of Medicine, my class was one of the first, if not the first, to do patient- and clinical-centered learning. We were encouraged to set up rotations with practicing physicians, or local clinics, and spend Tuesday and Thursday afternoons shadowing or volunteering at places such as Healthcare for the Homeless, the All Faiths Home, the Metropolitan Detention Center, or similar organizations. Eventually, the program grew into fully-staffed clinics, staffed by medical students, PT students, nursing, and pharmacy students and was proctored by UNM faculty. I spent Tuesdays and Thursdays shadowing Dr. Robin Tuchler, whom I consider to be a friend and mentor to this day. My experience extended from my first year to the summer between first and second year, a second and third year rotation, and to my final rotation of medical school, the April just before graduation. I greatly appreciated the willingness of Dr. Tuchler to give me his time and experience as well as the generosity of his patients, as they also mentored me.

During medical school, students were encouraged to arrange "rural rotations", which for my roommates and me meant setting up extremely rural rotations. My roommates, who were two years ahead of me in medical school, arranged for their rural rotation to be in August of their senior year in Bethel, Alaska, 400 miles west of Anchorage. They came back raving about the experience, which prompted me to also apply.

Little did I know that at the time the Alaska Native Health Service was in the process of becoming independent from the Indian Health Service and that the transition was not going to be a smooth, seamless one. As a result, my initial application was misplaced. When I did not hear back, I applied a second time and was assigned a rotation in Tanana, Alaska, 100 miles north and west of Fairbanks, for November into early December. I planned the remainder of my year, including travel time for residency interviews and another rural rotation in rural Maine, where I was considering residency. Shortly before I was to leave for my interviews and three months of travel (including Tanana), I received a call from a doctor in Bethel. It seems my application had gotten covered up on a desk and had only just been found. I was accepted at that rotation, a plane ticket was being prepared, and I was expected in Bethel one week later. My travel plans rapidly changed, from interviewing and traveling by bus to flying from my first interview to Bethel for four weeks, exchanging airline tickets for others (which was allowed at that time) and

crisscrossing the country from Alaska to southern California, South Carolina, Rochester, New York, and the Midwest before traveling to rural Maine for a clerkship and then back to Alaska before returning home the week before Christmas. I found myself dragging luggage for all seasons through airports and bus stations across the country.

On my first day in Bethel, I was introduced to two concepts that shaped my view of Family Medicine and rural medicine. Our clinic was quite a distance from the airport, and the town was mostly boardwalks between buildings. During the short summer season, the boardwalks were indispensable. If you stepped off or slipped off of the boardwalks, you were in mud that, for me, extended above my knees. Housing was unimaginably expensive, as this was during the West slope oil boom. As a result, we stayed at the hospital in a wing set aside for that specific purpose. Other staff from the hospital actually lived there as well. Patients, especially obstetric patients, "roomed in" at the hospital from 35 weeks on, as many of the remote villages had no air connection to Bethel outside of a weekly postal plane. If a woman went into labor in the villages, without having "roomed in" at the hospital, there was often no way to get her to the hospital in time for delivery. Amazingly, those moms helped out with patient care in the hospital side, often helping with cleaning the delivery room or caring for other babes and moms pre- and post-delivery. I had one new mother who left the ward to find me and tell me that she thought she was in labor. We walked down to the delivery suite, where we realized she was actually "crowning", and got her onto the delivery table in time to deliver the baby. Then, she got off the delivery table, helped me and the nurse clean the delivery room, and swaddled her newborn while returning to the ward to help feed the patients their dinner.

Many of the medical staff at our hospital in Bethel were barely out of medical school. Our surgeon had completed his internship year in general surgery when his service obligation began. One day, we had a patient arrive from one of the outlying villages for admission for pneumonia. His first words on arriving at the hospital were, "I'm hungry, what's for lunch?", so he was fed lunch before being formally admitted. Shortly after lunch, one of the other doctors or students admitted him, and, in the course of evaluating him, they realized that he did not have pneumonia. Actually, he had a "surgical belly" and presumed peritonitis with appendicitis. Unfortunately, he had just eaten, so it was not safe for general anesthesia. We all looked around and discussed options. I had just finished my OB clerkship at William Beaumont Army Hospital in El Paso. At the time, virtually all deliveries were being done with epidural anesthesia, and we students were taught how to insert and manage epidurals as part of our rotation. So, since the patient needed an appendectomy and was not a candidate for general anesthesia, I was volunteered to provide epidural anesthesia for his proce-

dure. Everything was going well, the appendix was identified and was in the process of being removed. Suddenly, the patient sat up, exclaimed "That hurts!" and flung his IV and pole across the room. We were able to administer some IV sedation, supplement the epidural, and our surgeon was able to complete the case. It turned out that the appendix was a full eleven inches long and retroperitoneal. It was actually touching the diaphragm, so when the surgeon was detaching it, he put his hand into the abdomen above the level of anesthesia.

Later we all commented and laughed with the patient about the episode. He recovered uneventfully and went home the following week when the next postal plane returned to his village. The remarkable thing about it was the lack of training or experience any of us had and that we were allowed to proceed anyway! What a way to learn!

Finally, I have to describe "radio rounds". Bethel, Alaska is 450 miles west of Anchorage on the Bering Sea. Most of its service area is remote Athabaskan villages with 250 people or fewer. My impression is that most of the villagers were comprised of subsistence hunters and fishers, as we were on the Bering Sea, that fished at the junction of the Yukon and Tanana Rivers. Each village had an elected Health Aid who was trained and worked with the doctors at the Bethel Hospital. Every afternoon at 1pm, the doctor (or student) on call would make radio rounds with each village. Each Health Aid would call in, present patients, and their plan of action. Each presentation was identical, although the problems were not the same. The radio rounds proceeded as: "Patient X presents with an injury to hand, or Penile drip, or gunshot wound, or whatever". Then, there would be a short history, past history, physical exam, and afterwards the presentation of the plan - exactly as we teach our medical students to present today. However, the plans were vastly different. Many radio rounds involved the doctor in Bethel explaining, by radio, how to close a complex surgical wound so that the mail plane could be diverted to transfer the patient to Bethel for surgery or confirming a dose of penicillin for presumed gonorrhea, or strep, or whatever else the aid was handling that day. The aid was always in charge, as they were the ones seeing the patient. The doctor in Bethel would simply support and talk them through a procedure or would arrange to divert a plane and to attempt to pick up an unstable patient. It was an amazing process that always started with the same words - "This is X, I have patient, Y, complaining of ..."

I returned from Bethel, and then Tanana, committed to a career in rural Family Medicine. I am happy to say that I am completing my 35th year this summer, and I am still enjoying the experience.



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38th Annual Winter Refresher in Albuquerque Information **www.familydoctornm.org**

Agenda and registration information available online in October or inside on page 5.

AAFP National Conference of Family Medicine Residents & Medical Students

Here are some photos from the conference and comments from some of the attendees can be found inside on page 2.



Dr. Daphne Olson, NM Delegate to the Resident Congress of Delegates and Josep Sanchez, NM Delegate to the Student Congress of Delegates held in Conjunction with the AAFP National Conference of Family Medicine Residents and Medical Students



BCOM Students attending the AAFP Resident & Student Conference in KC



Emily Hanka and Abigail Etters in the Exhibit Hall



UNM FMIG Officers & their Faculty Advisor at this year's Resident & Student Conference (L-R) Eliana Otero-Bell, Nardos Dawit, Dr. Elena Bissell, Lucia Vulcan and Meagen Twyeffort



Brenda Pelayo attending a procedural seminar during the Conference