



The Roadrunner

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Spring 2019

President's Column

By Dr. Valerie Carrejo



When I began to think of what to write about for this column, my friend and mentor suggested that I write about my passion which is Addiction Medicine. I first became interested in treating addiction when I was

in residency. I worked in an underserved FQHC, and I saw that so many patients had medical issues related to their addiction or addictive behaviors. When we think of addiction, most think of alcohol, heroin, other opioids or methamphetamines. The reality is that the addiction affecting most of our patients is tobacco use and food issues that lead to obesity. So why don't we have a better way to address addiction in our practice, especially when almost every patient is affected in some way?

From the most recent New Mexico Substance Abuse Epidemiology Profile in December 2018, "all of the leading causes of death in New Mexico are, at least partially, attributable to the use of alcohol, tobacco or other drugs. In 2016, the ten leading causes of death in New Mexico were diseases of the heart, malignant neoplasms, unintentional injuries, chronic lower respiratory diseases, cerebrovascular disease, diabetes, Alzheimer's disease, chronic liver disease and cirrhosis, suicide, and influenza and pneumonia. Of these, chronic liver disease, unintentional injuries and suicide are associated with alcohol use, chronic respiratory diseases and influenza and pneumonia are associated with tobacco use; heart disease, malignant neoplasms, and cerebrovascular diseases are associated with both alcohol and tobacco use; and unintentional injuries and suicide are associated with the use of other drugs."

I think that in today's world of regulations and increasing documentation burden, just to get paid, we forget to do the basic screenings that may help us find the behaviors that are feeding the disease burdens that we see every day. Asking one simple question about a patient's alcohol, tobacco or drug use may simply open the door of discussion. "How many times in the past year have you used an illegal drug or used a prescription medication for non-medical reasons?" An answer of one or greater is considered a positive screen. But

then what? What is the next step? Who can we refer to for help? These are all terrific questions. Questions that we need to figure out how to answer in our own communities.

As Primary Care Physicians in a rural state, we run into a lack of resources to help our patients; but, learning the basics of treating tobacco, alcohol and opioid use disorders is something that we can all do. The New Mexico Department of Health "Quit Now" program is great for addressing tobacco use. There is medication assisted treatment available for all three disorders. Buprenorphine/naloxone is easy to learn how to prescribe with just a bit of additional training. Naloxone can be given to all patients, even those who do not have opioid prescriptions.

The University of New Mexico Department of Family and Community Medicine will be starting an Addiction Medicine fellowship in 2019. This is a 12-month training program to learn more about treating addiction. Our goal is to produce specialty-trained Primary Care Physicians so that they can go out into the communities in our state to be a resource to all the other primary care providers in their area. This is the model I practice, and it is a blast!

NMAFP Winter Refresher

By Dr. Virginia Hernandez

The 37th Annual NMAFP Winter Refresher in Albuquerque was once again an amazing up-to-date clinical learning experience. The conference was held on Saturday, February 23, 2019 at Hotel Albuquerque, Old Town. This program, approved by

AAFP for 6 Prescribed credits, was well attended and had excellent speakers from our sister organization in California as well as our State Chapter. Topics included areas of Key Review Articles, Reproductive Health, Gastrointestinal Disease, Orthopedics/Pain Management and Physician Wellness. Outstanding speakers delivered information on "Key Articles & Clinical Developments of 2018 in Family Medicine," "Reproductive Health", "Irritable Bowel Syndrome", "Elevate: Your Gender-Affirming Healthcare Environment for Optimal HIV Care," "Osteoarthritis and Low Back Pain" and "Physician Wellness and the New Mexico Medical Board." Conference evaluations were positive, and suggestions for future topics were applicable to urban and rural areas of Family Medicine. The venue, atmosphere and excellent cuisine made for a great time to reconnect with colleagues and fellow practitioners.

Our 4th Annual Poster presentation was also a success with 11 presentations. Participating this year were Residents and Medical Students from HMS FMRP in Silver City, UNM FMRP in Albuquerque, Burrell College of Osteopathic Medicine in Las Cruces, and Family Physicians practicing in New Mexico. Presentation topics ranged from "Adverse Childhood Events (ACEs) a place in Family Medicine," "Evaluation of Wellness Factors and Burnout Trends Associated with Intern Year of a Large Family and Community Medicine Residency," "Incidental Discovery of Hypertension in an Adolescent Male," "Group Prenatal Visits at Albuquerque IHS Clinic," "Resident Desire for Spanish Curriculum During Training: A Needs Assessment", "Nutrition

Continued on page 2



NMAFP Past Presidents attending the Past President's Breakfast during the Feb. 23rd Winter Refresher in Albuquerque: L-R Dr. Karen Vaillant, Sara Bittner, Dr. Frank Ralls, Dr. Lana Wagner, Dr. Valerie Carrejo, Dr. Virginia Hernandez, Dr. Bert Umland, Dr. Stephanie Benson, Dr. Warren Heffron, Dr. Dion Gallant and Dr. Dave Holten

Winter Refresher Continued

Counseling Needs Assessment Among UNM Family Medicine Residents”, “Teen clinic: Understanding Common Beliefs Surrounding Sexual/Reproductive Health at the First Choice South Valley Clinic”, “Sometimes the Patient Isn’t the Patient”, “The Interacting Effects of Smoking vs Employment Status on Additional Unhealthy Habits Practiced by Patients Who Seek Care at a Free Clinic”, “Understanding Barriers Faced by Refugees in a Primary Care Clinic in Accessing and Navigating the Healthcare System” and “Use of a Standardized Handout to Improve Patient Compliance with High Intensity Interval Training (HIIT) in a Family Medicine Clinic”. Thank you to all our presenters who did an excellent job in studying these essential clinical topics in Family Medicine. We look forward to more trending topics and presenters in the years to come.

A special thank you to all our sponsors: Dairy Max, Luna Community College, Montanas del Norte Area Health Education Center. Thank you to all our Exhibitors: American Massage Therapy Assn., New Mexico Chapter; Burrell College of Osteopathic Medicine (BCOM); Epigenomics; Hidalgo Medical Services; Mitchell’s Silver & Turquoise; New Mexico Health Resources, Inc.; New Mexico Primary Care Training Consortium; NORCAL Group; Pathology Consultants of New Mexico; Petroglyph Pathology Services; Pfizer Vaccines; Poms & Associates; Presbyterian Healthcare Services; Presbyterian Medical Services; Relay New Mexico/Hamilton Relay; Roswell Community Healthcare Solutions; The Doctors Company; TriCore Reference Laboratories; UNM Medical Group, Inc.; UNMMG Locum Tenens & Specialty Extension Services and UNM School of Medicine, Office of Community Faculty.

Our Co-sponsor and Exhibitor support allow us to bring you current and up to date CME. We look forward to seeing you in Ruidoso for the 62nd Annual NMAFP Family Medicine Seminar on August 1-3, 2019.

Hidalgo Medical Services FM Residency Report

By Susan Bauer, MD

All has been going well in Silver City! We’ve been getting a lot of snow this winter, so much that the clinic was closed for a few hours due to highways being closed in the area! We’ve been working with the Dream Makers group, which is a group associated with the SWCHI to encourage and support middle-school children in pursuing their goals of going into health careers. Rank day was 2/20, and we’re hoping to do well in the match!

UNM FM Residency Report

By Jaleh Akhavan, MD

UNM has submitted their rank list, and they are super excited to see who they get.

The second-year class enjoyed their retreat in Las Vegas, NM, and the Interns are currently on their retreat in Taos. The UNM Residents have enjoyed their experience at the Round House during this Legislative Session, and many have testified for multiple bills especially the abortion decriminalization and contraception house bills. Dr. Akhavan also shared information about the new Addiction Medicine Fellowship at UNM, thanks to our NMAFP President, Dr. Valerie Carrejo.

Las Cruces FM Residency Report

By Jamie Weinand, MD

Hello from sunny Las Cruces! We are honored to be continuing to serve our local community. Since August, we have been visiting local churches and providing medical triage and care to refugees recently released from ICE custody. Most recently, we have been expanding our involvement from once a week refugee clinic to participating in this outreach throughout the week. In addition, our clinic’s initiative to distribute naloxone to all individuals at risk of opiate overdose was recently accepted for poster presenta-

tion at the Society of Teachers of Family Medicine this 2019 Annual Spring Conference. Like many of our fellow programs, we also recently wrapped up a great interview season, and we are looking forward to welcoming 8 new residents to our combined 1+2 program this March Match Day.

Santa Fe FM Residency Report

By Nora Gibbons, MD

Greetings all from Santa Fe! Hope everyone has had a great new year so far. The new year for us has brought some exciting things. Dr. Trisha Fleet (PGY3) and I had the opportunity to present our contributions to the Sweet Dreams Project, part of the hospital Clinician Driven Performance Improvement initiative at Christus St. Vincent, at the 2019 Quality Improvement and Patient Safety Symposium at UNM this February. Additionally, one of our residency continuity clinics has moved to a larger building to include more exam rooms and a larger resident work and learning space. Now we’re looking forward to what the rest of this year will have in store!

SAVE THE DATE

WONCA World Rural Health Conference

October 12-15, 2019
Albuquerque, NM

Join us for the 2019 WONCA World Rural Health Conference. Expand your knowledge of rural health best practices and engage with clinicians, educators, and health researchers from around the world.

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www.wrhc2019.org





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62nd Annual NMAFP Family Medicine Seminar

August 1-3, 2019 Ruidoso Convention Center & MCM Elegante Lodge & Resort, Ruidoso, New Mexico

Valerie Carrejo, M.D., Scientific Program Chair

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

SCHEDULE OF EVENTS AND LECTURES

THURSDAY, AUGUST 1ST

- 7:00 a.m. Registration, Exhibits Open
Breakfast (Exhibit Hall)
- 7:50 a.m. Introduction & Welcome
Valerie Carrejo, M.D.
President, Scientific Program Chair
- 8:00 a.m. "2019 Update in Geriatrics (for the Non-Geriatrician)"
David Scrase, MD
- 9:00 a.m. "Venous Disease: Aching Legs, Ugly Veins, Wounds and More"
Robert Cutchen, MD
- 10:00 a.m. "Family Medicine Certification: What's New, What's True and What's Ahead"
Elizabeth Baxley, MD
- 11:00 a.m. Lunch - Exhibit Hall
- 12:00 p.m. "Managing Chronic Kidney Disease Using Laboratory-Generated Diagnostic Insights"
Kathleen Swanson, M.S., R.Ph.
- 1:00 p.m. "Update on COPD"
Dion Gallant, MD
- 2:00 p.m. Break – Exhibit Hall
- 2:30 p.m. "The Health Policy Landscape: Initiatives and Developments, Pro and Con"
Rick Madden, MD
- 3:30 p.m. "Sleep Apnea & the CPAP Experience Workshop"
Frank Ralls, MD
- 5:00 p.m. At Leisure
- 6 - 8 p.m. Welcome Reception
Sponsored by UNM SOM Office for Community Faculty
Patio, MCM Elegante Lodge & Resort
Introduction of Candidates for Office, 2019-2020
Town Hall – Dr. Dion Gallant, Moderator



FRIDAY, AUGUST 2ND

- 7:00 a.m. Registration, Exhibits Open
Breakfast - Exhibit Hall
- 8:00 a.m. "Coordinated Approaches for the Care of Women with Substance Use in Pregnancy"
Andy Hsi, MD & Janis Gonzales, MD
- 9:30 a.m. "How to Approach the Evaluation and Treatment of Urinary Incontinence"
Gena Dunivan, MD
- 10:30 a.m. "Incorporating Pre- & Probiotics into Clinical Practice: Does the Science Support Adoption"
Robert Martindale, MD
Sponsored by Dairy MAX
- 11:30 a.m. Lunch - Exhibit Hall
Sponsored by Dairy MAX



FRIDAY, AUGUST 2ND CONTINUED

- 12:30 p.m. "FDA REMS CO*RE Update"
Carol Havens, MD
- 2:30 p.m. Break – Exhibit Hall
- 3:00 p.m. "Miscarriage Management"
Kira Paisley, MD & Emily Cohen, MD
- 4:00 p.m. "Hepatitis C Treatment"
Ada Stewart, MD
- 5:00 p.m. At Leisure
- 6:30-10 p.m. Awards Dinner & Dance
Sponsored by Burrell College of Osteopathic Medicine



SATURDAY, AUGUST 3RD

- 7:00 a.m. Registration
Breakfast - Exhibit Hall
- 8:00 a.m. "A Brief History of the Anti-Vaccine Movement in the United States and Addressing Vaccine Hesitancy in your Patient Population"
Walter Dehority, MD
- 9:00 a.m. "The Well-Woman Task Force: Evidenced-Based Well-Woman Care"
Jody Stonehocker, MD
- 10:00 a.m. "Integrating Transgender Care from a Primary Care Perspective"
Ada Stewart, MD
- 11:00 a.m. Lunch - Exhibit Hall
- 12:00 p.m. "Cutting, Sewing & Burning Workshop: Fast & Easy Skin Updates for Your Practice"
Dan Stulberg, MD
- 2:00 p.m. Break – Exhibit Hall
- 2:30 p.m. "Don't be Down on the Mouth: Oral Assessment & Treatment for Primary Care Practice"
Christine Cogil, DNP
- 3:30 p.m. "The Science of Perception: How the Eye of the Beholder can Lead to Disease or Health"
David Rakel, MD
- 4:30 p.m. End of Continuing Medical Education Presentations

SUNDAY, AUGUST 4TH

- 8:00 a.m. Breakfast Board Member Meeting
Ruidoso Convention Center
- 10:00 a.m. Scientific Advisory Committee Meeting
Ruidoso Convention Center

REGISTRATION FORM

August 1-3, 2019 Ruidoso Convention Center & MCM Elegante Lodge & Resort

Online registration will begin in April 2019 at www.familydoctormn.org

Please Print Clearly

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

AAFP ID# _____

Address _____ C/S/Z _____

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☐ AAFP Member Practicing Physician \$510

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☐ Non-Member Practicing Physician \$665

☐ Family Medicine Resident (no charge)

☐ PhD \$510

☐ Medical Student (no charge)

☐ NP/PA/RN \$390

☐ Yes, I want to sponsor a student attendee \$75

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

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

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

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

_____ Thursday Dinner - Adult \$30

_____ Friday Dinner & Dance - Adult \$35

_____ Thursday Dinner - Child (6-12) \$15

_____ Friday Dinner & Dance - Child (6-12) \$15

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

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☐ Hardcopy Handout *(please note that an electronic handout is not included)*

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\$ _____ Total enclosed from columns above

Want to save a stamp and pay with a credit card? Register online at www.familydoctormn.org beginning in April.

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Albuquerque, New Mexico 87110

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

Board Notes February 22, 2019

Present: Tristen Adams; Jaleh Akhavan, MD; Susan Bauer, MD; Sara Bittner; Valerie Carrejo, MD; Dawn Drumm, MD; Dion Gallant, MD; Dayana George-Lucero, MD; Shelbee Geyer; Virginia Hernandez, MD; Veny Ianakieva, MD; Steve Lucero; Bridget Lynch, MD; Chuck North, MD; Eliana Otero-Bell; Jennifer Phillips, MD; Frank Ralls, MD; Dan Stulberg, MD; Meagen Twyeffort; Karen Vaillant, MD; Lourdes Vizcarra, MD; and Dan Waldman, MD. The meeting was chaired by Dr. Frank Ralls.

Introduction of New Delegate to the AAFP COD: We look forward to having Dr. Stephanie Benson serve as the Delegate for many years to come.

Introduction of New Alternate to the AAFP COD: We look forward to having Dr. Jennifer Phillips serve as the Alternate Delegate for many years to come.

Legislative Training Session: Steve Lucero, NMAFP Lobbyist, shared that the Training Session was very well attended and quite educational this year. Toward the end of the session, the NMAFP Executive Committee listed five pertinent pieces of legislation: 1. Decriminalization of Abortion 2. Availability of Contraception 3. End of Life Options, House Joint Resolution One (that would take 1% of the permanent fund to fund early childhood education) and 5. Gun Safety.

Update on Winter Refresher: Dr. Virginia Hernandez shared that tomorrow's Winter Refresher will have 21 vendors in the Exhibit Hall and 110-120 registrants, weather permitting.

Poster Session at the Winter Refresher: It was determined that the Poster Session is always well received and will continue to be a part of future Winter Refresher Conferences in Albuquerque. The time of the Poster Session will be changed next year.

Update on Ruidoso Conference, August 1-3, 2019: Dr. Valerie Carrejo shared the changes that have been made for our upcoming state conference this summer. "We have decided to crunch it into three days but to make it more interactive." During the three-day conference, we will have two workshops. Thank you to Dr. Frank Ralls and Dr. Dan Stulberg for offering to do these workshops. The last speaker on the third day will be Dr. Dave Rakel, who received the highest scores at last summer's conference. The CME portion will end at 4:30 pm on Saturday. The Board Meeting will take place on Sunday morning, 8:00 am, breakfast served.

Silent Auction During Ruidoso Conference: Dr. Virginia Hernandez passed around the Donation Sheet from our last Board Meeting. We are hopeful to gather as many donations from the Board as possible. NMAFP has a letter of explanation as well as a thank you letter to share with shop owners, etc. that are willing to donate.

Second Annual Member Reception at FMX in Philadelphia, Sept. 26, 2019: Dr. Virginia Hernandez shared that NMAFP will have a Member Reception in conjunction with the Montana and South Dakota Chapters during FMX. Last year's reception was well attended and enjoyed by all. The location and time will be scheduled in the spring, and

all NMAFP members that register for FMX will receive an invitation. NMAFP is very appreciative to Presbyterian Healthcare Services for sponsoring this event.

Candidates for 2019-2020 Vice President: Dr. Valerie Carrejo asked the Board to start thinking about who would like to run for Vice President of our Chapter. We are looking for individuals that have experience with our Board and would like to serve in an Officer capacity. People who regularly attend our meetings and who know what we stand for are asked to consider this opportunity.

NMAFP Resolution ideas for the 2019 AAFP COD: Dr. Stephanie Benson, our new Delegate to the COD, will share resolution ideas with the BOD before the next meeting. The deadline for submission of resolutions to the 2019 COD is August 24; however, the deadline for resolutions to have AAFP staff-produced background information is August 14.

Fact sheet and Board Orientation Documents: (for informational purposes only)

2019 Board Member List: (for informational purposes only)

Resident Reports:

Dr. Susan Bauer, HMS: The Match is March 11-15, and they are eager to see who they will be matched with. Everything is going well at HMS, and they are still looking for new faculty.

Dr. Jaleh Akhavan, UNM: They have submitted their rank list and are super excited to see who they get. The UNM Residents have enjoyed their experience at the Round House during this Legislative Session. Dr. Akhavan also shared information about the new Addiction Medicine Fellowship at UNM thanks to our NMAFP President, Dr. Valerie Carrejo.

Student Reports:

Meagen Twyeffort, UNM FMIG President: The new FMIG Officers held their first event at the beginning of Feb. during lunch. They invited Dr. Rohan-Minjares to speak, and she brought Dr. Elena Bissell and three Residents to talk about Family Medicine and what it is like in a day in the life of a Family Medicine Resident.

Eliana Otero-Bell, UNM FMIG Vice President: Two big events coming up: 1. Match Mixer for all UNM SOM students that match in FM. There will be dinner and gifts. 2. Very big workshop for our first-year class called Prep for PIE (6-week practical immersion experience).

Dr. Ralls shared that Eliana is also the President of the Sleep Medicine Interest Group at UNM.

Next Year's Winter Refresher Conference: Dr. Veny Ianakieva will be the Scientific Program Chair for the Winter Refresher in Albuquerque, Feb. 29, 2020.

Physician of the Year Nominations

NMAFP seeks your nomination for Physician of the Year. This is an excellent opportunity for members to recognize an esteemed peer. All nominees must be an active member, and nominations must include an explanation of why the individual deserves this prestigious award. Please submit your nomination to Sara, familydoctor@new-mexico.com no later than April 21st.

This Year's Physician of the Year honoree will be introduced at the Awards Dinner & Dance, Friday, August 2, 2019 during the 62nd Annual Family Medicine Seminar, Ruidoso Convention Center. The POY will receive an engraved Nambe plaque and a certificate. An article about the POY will be included in the fall issue of the *Roadrunner*.

Future Meetings & Activities

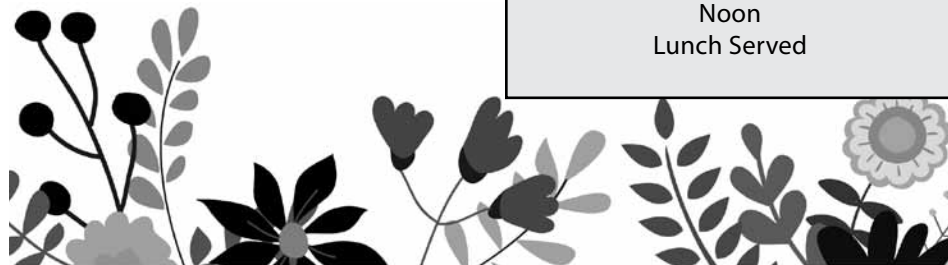
May 4, 2019
BOD Meeting
NMAFP Office
Noon
Lunch Served

August 4, 2019
BOD Meeting
Ruidoso Convention Center
8:00 am
breakfast served

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

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

November 2, 2019
BOD Meeting
NMAFP Office
Noon
Lunch Served





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Fat-free or low-fat milk and dairy:
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Fruits

2-2.5 cups daily



Vegetables

2-2.5 cups daily



Grains

Make half your grains whole:
6-8 ounces daily



Protein

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



Nuts, seeds and legumes

4-5 times weekly

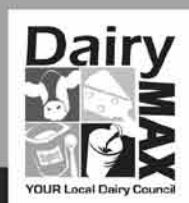


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Medical Students Sponsored by NMAFP at the National Resident & Student Conference in Kansas City

Again, this year, NMAFP will sponsor several Medical Students at the American Academy of Family Physicians Resident & Student Conference in Kansas City, July 25-27, 2019. Each year, an essay contest is held in which all interested Medical Students write a one-page essay on, "Why I Want to Become a Family Medicine Physician". NMAFP feels this National Conference offers a wealth of information to Medical Students and hopefully helps guide their future aspirations toward the specialty of Family Medicine. The NMAFP Officers will read the essays and determine the winners.

Med Students, if you are interested in Family Medicine and want to apply for an NMAFP Scholarship to the AAFP Resident and Student Conference this summer, email your essay to Sara, familydoctor@newmexico.com by April 1st. The Scholarship will cover your conference registration, three nights at one of the conference hotels, and economy airfare.

Burrell School of Osteopathic Medicine Update

By William (Billy) Spivey, OMS-1

The BCOM FMIG is making strides to encourage and teach students about careers in Family Medicine. On February 18th, our FMIG Advisor and FM Physician, Dr. Stefan Schaefer, talked about healthcare reform and the importance of having more Family Doctors in New Mexico.

On March 11, Family Medicine Residency Director, Dr. John Andazola, will come to BCOM to provide guidance and answer questions for students who are interested in learning more about Family Medicine and what it takes to get into a FM Residency. In addition, we will host a similar talk April 8th given by current Family Medicine Residents from local hospitals in Las Cruces to share their experiences about medical school, getting into FM Residency Programs, as well as their current experiences in residency.

Lastly, we are also doing a fundraiser. We designed a shirt for our club and plan to start selling them within the next couple weeks. We hope to use this fundraiser to not only promote the upcoming 62nd Annual NMAFP Family Medicine Seminar, August 1-3, but to also help with the cost of going to the Conference.

University of New Mexico School of Medicine Update

By Meagen Twyeffort, FMIG President

On Monday February 11th, the UNM FMIG held their first event as newly-elected, first-year officers. Meagen Twyeffort is the new President, Eliana Otero-Bell is the new Vice President, Lucia Vulcan is the new Secretary, and Nardos Dawit is the new Treasurer. The event consisted of a Q&A lunch panel for first-year UNM medical students with Dr. Rohan-Minjares, Dr. Bissell, and three third-year Residents, Drs. April Curly, Jasmine Nanez, and Samantha Sanchez.

The Med Students learned there is no typical day in the life of a Family Medicine Physician because every day is stimulating in different ways. Residents talked about slowly building a cohort of their own patients throughout their residency program, the flexibility of electives and the progressive community models of the various clinics they represented.

The UNM FMIG is planning a Spring Match Mixer to celebrate students that match into Family Medicine. In addition, we are planning a Prep for PIE event for first-year students with rotating workshops to gain skills for the summer Practical Immersion Experience in rural areas around the State.