



The Roadrunner

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NMAFP

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Summer 2019

President's Column

By Dr. Valerie Carrejo



It is bittersweet to write this last President's column. This year, as Chapter President, has been fun, rewarding, educational and sometimes challenging; yet, the year went by so quickly. As I reflect on this past

year, I reflect on my own career and goals as a physician. Why did I choose Family Medicine? I did it because, in my eyes, that is what a "real doctor" encompassed. Growing up, I never comprehended specialists as the prominent force in medicine. I only knew that we went to a Family Doctor and that person was what I wanted to be someday. My driving force, my father, the man who said that I could do "anything I put my mind and heart into" was right. Going into medicine was an easy decision, but medical school was challenging. My Family Medicine preceptors appeared tired, frustrated, and beat by the healthcare system. This was devastating for me, as this is who I wanted to be. One Family Medicine Physician even told me not to choose family medicine, as it is just a gatekeeper to specialty care. Eventually, I leaned toward Internal Medicine, however, my life changed when I lost my father while I was in medical school. I was completely devastated and I almost

quit going to medical school altogether. In spite of this, it was a Family Physician that called me at home one night, talked to me for hours, and gave me the pep talk that my father would have given me. It was at that moment that I chose Family Medicine, and I have never had regret for that choice. I was inspired in residency to care for the whole family. I got to know generations of patients and how their family dynamic, community, and social determinants all affect their health. I delivered babies, and I knew everyone in the room because they too were my patients.

As I moved into my early career at an FQHC, these dynamics remained just as rewarding. However, the practice of medicine became more challenging. Caring for the underserved population with limited resources and an ever-expanding need for more care, I began to feel what I saw in my previous Family Medicine preceptors. I did not feel like a gatekeeper; I did as much care as I could because getting into the specialist would take so long. I did begin to feel tired, frustrated and beat by the system. No matter how hard I worked, longer hours, more patients, I still couldn't provide the care that I knew I wanted to give and that the patients deserved.

I now work in the UNM Department of Family and Community Medicine. I actually still see the same patients as I saw in my prior FQHC. But now I have more resources and a team to help me care for these patients. It was enlightening to see how having just a few more members of my team made taking care of the same patient

so much more rewarding. Now I can give the care that I feel my patient deserves. Nevertheless, the ever-expanding tasks applied from our healthcare system continue to be a challenge. I know that I am not alone in this feeling, nor is it independent to being in an academic setting, group practice, hospital practice or private practice. The pressure is there for all of us.

Over this past year, I have met some wonderful people who face the same challenges that I do, all of us working to provide the best patient care possible in a time when providing this care is difficult due to the demands of our patients, health care payers, health care systems and the balance between all of these entities. It is comforting to know that there is a support system through the NMAFP and the AAFP for all of us. Being part of this organization has given me the opportunity to travel, to go to conferences and to discuss the issues that affect all of our lives. It has given me a voice at a higher level to push for change in our healthcare system. In addition, it has been very rewarding to help plan our high-quality CME events. I want to thank the NMAFP for this opportunity. Thank you!

As I complete this article, I am reminded of a quote by one of my colleagues, again inspiring me as a Family Physician. "A lot of physicians take care of diseases; Family Physicians take care of patients." This is true to my heart and a quote that resonates on a tough day at work. I am here to take care of patients and give them the care that they deserve. I know that all of you feel the same way. Cheers to Family Physicians!

AAFP Leadership Conference, April 25-27, 2019, Kansas City

Annual Chapter Leader Forum (ACLF)
By Veneta Ianakieva, MD

The Annual Chapter Leader Forum (ACLF) in Kansas City focused on leadership, strategies to address the issues that affect members of our chapters and states, and networking opportunities. ACLF was an excellent experience for me as a first-time attendee.

The first session I attended discussed strategies for effective board leadership, ways to assure healthy partnership between board members and the chapter executive and chapter staff, and importance of setting strategic direction for the board. We are fortunate to have a very well-run chapter with minimal staff due to our excellent chapter executive, Sara Bittner. Dr. Valerie Carrejo, the NMAFP president, proposed

to survey members present at our chapter board meetings on what went well and what to improve for the next board meeting. This was implemented at our last board meeting.

The town hall meeting with AAFP panelists, including John Cullen, was very informative. The CMS update by Patricia Meler, MD highlighted the new primary care models to deliver value-based transformation in primary care, "patients over paperwork" initiative to reduce unnecessary burden, increase efficiency and improve workforce satisfaction, as well as update on opioid initiative and quality payment program. The hope of a direct way to access prior authorization and documentation requirements at the time of service through the EHR is promising to help reduce provider burn-out. I also attended a

workshop on membership recruitment and engagement and artificial intelligence and the future of the EHR. The AAFP is already exploring artificial intelligence through Innovation Lab to optimize the family medi-

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Representing NMAFP at the AAFP Annual Chapter Leader Forum in Kansas City, L-R Dr. Veneta Ianakieva, Dr. Valerie Carrejo, Dr. Bridget Lynch and Sara Bittner, Chapter Exec.

AAFP Leadership Conference Continued

cine experience through innovations in self-documenting record, integration of artificial intelligence into practice and solutions to efficiently support value-based care and also reduce provider burn-out.

For the plenary, Col. Nicole Malachowski, the first woman to fly on any US Department of Defense military jet, presented her experience of transcending social norms to follow her dreams as well as her personal struggle with tick-borne illness which ended her military career. This was one of the most inspiring talks I have attended!

There were multiple opportunities to network with board members of other state chapters and fellow physicians interested in leadership. I attended a chapter president/presidents-elect luncheon where chapter members shared challenges from their organizations and explored possible solutions or strategies which have been helpful to them. We had a lot of fun during the evening socials with the Montana and Georgia chapters and got to enjoy delicious, authentic Kansas City barbeque.

Annual Chapter Leader Forum (ACLF) By Bridget Lynch, MD

This year, a NMAFP chapter member, many chapter leaders, and our chapter executive all attended one of two parallel 3-day leadership conferences that are hosted annually by the AAFP in Kansas City. One of the two conferences was the National Conference of Constituency Leaders (NCCL), and it focused on teaching about policy writing and providing opportunities for members to influence AAFP policy creation as well as provide opportunities to rise in national AAFP leadership.

This is the conference I would recommend all members consider attending in future years if you have an interest in learning how the governance structure of the AAFP functions and how AAFP Policy making works to address the needs of our members, our patients, and our communities. Attendees must contact the NMAFP chapter and be sent through the chapter in order to be able to participate fully and have voting rights while at this conference.

Running parallel to the NCCL in the same hotel conference center, was the Annual Chapter Leader Forum (ACLF); and, as your current NMAFP Vice-President, I was fortunate to attend this valuable conference that aims to teach leaders how to best think about and run a state academy of Family Physicians. I learned many things at this conference, and I enjoyed getting to spend time with the current and future AAFP presidents, many AAFP board members, and many of our current and future AAFP leaders. The presentation I appreciated most at ACLF was given by Gabriel Eckert, an expert on organizational effectiveness and leadership. His talk was about thinking beyond strategic planning, and he provided a structure for me to think about how to best contribute to helping the NMAFP achieve the substantial, positive impact that we aim to have on a lo-

cal, state and national level.

Listening to Mr. Eckert's presentation gave me more perspective and appreciation for the process that our NMAFP Legislative Affairs Committee has used over this past year. This Committee exemplifies to me the purpose of the NMAFP. It is during participation in this Committee that I feel like I can be myself, and I feel included. At every meeting it is palpable to me what the reasons and values are that impact us as an organization and drive what we do. It is through involvement with this Committee that I continuously sense the potential that we can do something bigger than ourselves. Under the leadership of our Legislative Affairs Committee Chair, Dr. Rick Madden, this Committee has set forth new processes to better define our priorities, and he has helped us maintain the flexibility we need to respond to unpredicted outside forces. Under Rick's leadership this year, we have worked toward creating more tools for gathering data and getting a stronger sense of what our members want and our professional needs, underpinning what we are trying to do. In summary, this is a Committee where yearly, our priorities are better defined, and where our impact is growing fast. If you would like to learn more, please contact Sara Bittner. Your perspectives and concerns are at the forefront of what our committee aims to listen to and incorporate in order to keep our priorities straight.

National Conference of Constituency Leaders (NCCL) By Dawn Drumm, MD

While waiting to board the plane in Dallas, on my way to Kansas City, I ran into Sara Bittner. We were both surprised to see each other. I registered for the National Conference of Constituency Leaders to learn more about how to research and write a resolution to present to the National Congress of Delegates and how parliamentary procedure works in application.

I should have realized that Sara would also be in Kansas City attending the Annual Chapter Leader Forum which happens simultaneously at the same hotel. Physicians that attended these two conferences were passionate to help their patients, improve their profession, and grow in their careers. During NCCL, I witnessed AAFP members from across the US demonstrating an almost encyclopedic knowledge of prior resolutions and causes, and they were eager to help new physicians learn how to advance their priorities. A fellow attendee told me about an AAFP advocacy program to talk with US congressional representatives in Washington DC that takes place every May.

Perhaps the most memorable experience was a speaker talking about physician burnout from her personal life and the lessons she learned from improv theater to enable her to return to medicine. Her advice was to accept compliments with thank you, and too often we dismiss sincere appreciation as just doing our jobs. We deprive both ourselves and the compliment-giver of the joy of accepting their praise. When we make a mistake, own it. When an improv actor

trips walking across the stage, they make a grand bow or raise their hand high in the air, and say "Yes, that was me." It prevents us from hiding in shame, frees us from the burden of perfection, and allows us to get help to improve. Growing as a physician, as an advocate, and as a person are all great reasons to come to this conference next year.

WAC is Wack: Five Ways to Improve Practice Efficiency Increase Revenue and Reduce Burden

By Kate Freeman, MPH, Quality Improvement Strategist, AAFP

Primary care in the United States is becoming increasingly complex. The compiling evidence-based medicine practices, along with increased and disparate reporting requirements of quality measures to multiple payers, task family physicians with seemingly insurmountable responsibility during each patient visit and oftentimes leads to work after clinic (WAC). This can result in burnout, which is a critical concern as family physicians suffer from significantly higher rates of burnout than physicians in most other specialties. While there is no magical pill that increases physician wellbeing, improves practice efficiencies, and immediately generates a return on investment, here are five strategies you can consider implementing to whack the WAC!

Agenda Setting - Physicians see many patients with multiple complex chronic conditions daily. Physicians' time is already limited during the patient visit, and the number of tasks family physicians are expected to cover in an office visit continues to grow. Best practices suggest setting a mutually agreed upon agenda between the physician and patient at the beginning of the appointment allows for an effective visit. Here are five steps to help you AGREE on the visit agenda:

1. Acknowledge patient's list of concerns
2. Get on the same page
3. Recap top priorities
4. Ensure no additional concerns
5. Execute plan for next visit

Inbox Management - A physician's inbox can be unruly and difficult to manage during the work day, resulting in multiple hours of WAC to complete burdensome clerical work. Most inbox messages can be handled by other team members in between patient visits, thereby reducing the administrative burden and WAC that physicians experience. Consider the three following categories when determining how to redistribute inbox workload:

1. Requests that require direct physician management
2. Messages that can be routed to other care team members, such as refills, referrals, patient questions, and portal messages

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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)"
Kasia Wilamowska, 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 in a Primary Care Setting"
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

Register online at www.familydoctormm.org

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Address _____ C/S/Z _____
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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?

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

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Board Notes May 4, 2019

Present: John Andazola, MD; Susan Bauer, MD; Stephanie Benson, MD; Cheri Blacksten, MD; Sara Bittner; Valerie Carrejo, MD; Dawn Drumm, MD; Dion Gallant, MD; Virginia Hernandez, MD; Veneta Ianakieva, MD; Steve Lucero; Rick Madden, MD; Eliana Otero-Bell; Jennifer Phillips, MD; Frank Ralls, MD; Lisa Stolarczyk, MD; Dan Stulberg, MD; Karen Vaillant, MD (by phone); and Dan Waldman, MD. The meeting was chaired by Dr. Ralls.

Winter Refresher, Feb. 22, 2019: Dr. Virginia Hernandez shared the WR Final Evaluations and Financial Statement with the Board. The speakers were well received, and the Conference was financially successful.

Legislative Update: Dr. Rick Madden & Steve Lucero: A handout was shared with the Board, which included bills, pertinent to NMAFP and signed by the Governor, as well as bills of interest to NMAFP that did not pass. Sending a survey to our members regarding future legislative issues was also a topic of discussion.

Annual Chapter Leader Forum, April 25-27, 2019: Dr. Valerie Carrejo, Dr. Veneta Ianakieva, Dr. Bridget Lynch, and Sara represented the NMAFP at this year's ACLF. Dr. Ianakieva shared that the NM Delegation met with several chapters over dinner on Thursday and Friday night. Learning how other chapters handle the same issues is very enlightening, and many new ideas can come from this exchange. The classes were excellent this year and covered many topics such as how to make the Board more effective, web designing and advocacy. Dr. Carrejo shared that one of her favorite sessions was the Town Hall with CMS. The CEO of Medicare led this session, and Dr. Carrejo described her presentation to be actually promising in the end because our voices are being heard.

Update on Ruidoso Conference, August 1-3, 2019: Dr. Valerie Carrejo shared the Ruidoso brochure with the Board and explained about condensing this year's CME to three full days instead of 2 full days and 2 half days. Our Board Meeting will take place on Sunday morning, at 8:00 am, breakfast served. Dr. Dion Gallant suggested that a specific question be added to the Conference Evaluation forms regarding this scheduling change.

Silent Auction Opportunity: Steve Lucero, NMAFP Lobbyist and Executive Director of the NM Hispanic Medical Assn., shared with the Board a fundraising revenue opportunity for non-profit organizations called Trips 4 Fundraising. The Board decided to try it out during the Silent Auction at our Ruidoso Conference in August.

Silent Auction Items at the Ruidoso Conference: Dr. Virginia Hernandez passed around the sign-up sheet and encouraged the members to please donate.

NMAFP Resolution Ideas for the 2019 COD: Dr. Stephanie Benson, NM Delegate to the AAFP COD, shared some thoughts on upcoming Resolutions that she has been discussing with Dr. Bridget Lynch, NM Alternate Delegate to the AAFP COD. Maternal Mortality Grant: Dr. Virginia Hernandez is a member of the MMRC and shared a letter that Dr. Valerie Carrejo, NMAFP President, wrote in support of the grant application for the MMRC.

A vote was taken as to whether or not NMAFP would support this grant application and it passed unanimously.

Nominations for 2019-2020 NMAFP Vice President: Dr. Valerie Carrejo spoke to this topic and shared that she had reached out to a potential candidate and will follow up when the individual returns from vacation. Dr. John Andazola also said he would reach out to a potential candidate to see if there is interest.

Physician of the Year Nominations: Dr. Brian Solan will be the 2019 NM Family Physician of the Year. This year's Chapter Service Award will be presented to Dr. Dan Stulberg, and Dr. Valerie Carrejo will present her President's Award to Dr. Dan Waldman. Congratulations to all three honorees.

2020 Winter Refresher New Location: Dr. Veneta Ianakieva, Scientific Program Chair, shared with the Board that our February 8, 2020, Winter Refresher will take place at the Sandia Resort Conference Center. Dr. Ianakieva has completed the program, and a copy was placed in each packet.

Poster Session at the Winter Refresher: Dr. Dan Waldman gave some background information about the Poster Session including positive comments from the Residents, themselves, as well as

the Winter Refresher attendees who also seem to want NMAFP to continue this activity at future conferences. Dr. Ianakieva shared that the Poster Session at her Winter Refresher in 2020 will take place at 4:30 pm and will include a Happy Hour.

Fact Sheet & Board Orientation Documents: (for informational purposes only)

Resident Report: Dr. Susan Bauer shared that the Silver City Residency had 100% pass rate for their Board Exam this year. They had a very successful match as they got 2 people out of their top ten. Dr. Pedro Armendariz is staying in Silver City after graduation. Dr. Bauer is moving to Minnesota.

Student Report: Eliana Otero-Bell, FMIG Vice President, shared about the Family Medicine Match Mixer they held a month ago. This is an annual celebration for all UNM students that match in Family Medicine. The FMIG's are putting together a big workshop next week, which is called Prep for PIE.

Academic Detailing: Dr. John Andazola shared information about a new state-funded grant program designed to improve appropriate opiate prescription use in New Mexico. This grant covers 17 counties in Southern New Mexico. A booth will be provided in the Exhibit Hall at the Ruidoso Conference in August if needed.

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This activity has been planned and implemented in accordance with the accreditation requirements and policies of the New Mexico Medical Society (NMMS) through the joint providership of Memorial Medical Center and the Center for Health Innovation. Memorial Medical Center is accredited by the NMMS to provide continuing medical education for physicians. Memorial Medical Center designates this live activity for a maximum of 5 hours AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This project funded by the New Mexico Department of Health Epidemiology Response Division, and is a program of the Center for Health Innovation, New Mexico's Public Health Institute.

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1 serving

3 servings

Calories 130

% Daily Value

% Daily Value

Total Fat 5g

8%

24%

Saturated Fat 3g

Trans Fat 0g

Cholesterol 15mg

4%

12%

Sodium 130mg

5%

15%

Total Carbohydrates 12g

4%

12%

Dietary Fiber 0g

Sugars 12g

Protein 9g

16%

50%

Calcium

23%

70%

Vitamin A

15%

45%

Riboflavin (B2)

33%

100%

Niacin (B3)

12%

35%

Pantothenic Acid (B5)

16%

50%

Vitamin B12

46%

140%

Vitamin D

15%

45%

Phosphorus

20%

60%

NM Family Medicine Residency Updates

HMS Family Medicine Residency Program (Silver City)

By Roberto Agüero, MD

The Hidalgo Medical Services Family Medicine Residency Program continues to be a significant part of the community. We took part in providing medical support during the Tour de Gila, presented our research on screening for Adverse Childhood Events, documenting the high rate among our patient population, and we matched two great candidates for the Class of 2022! Drs. Armendariz and Bauer will be graduating and moving on to new careers. Dr. Armendariz will be staying at HMS and will take on a leadership role in HMS' geriatric care services, and Dr. Bauer will be moving back to Michigan to rejoin her family and develop her new practice.

We were honored to have PGY-2, Dr. Susan Muraida, from UNM Family Medicine here for a month of a "rural" Family Medicine. I was personally pleased to see Dr. Muraida again after our time volunteering during medical school at the Albuquerque Opportunity Center, a men's homeless shelter. I would encourage others to come down to Silver City for a rural rotation as a student or resident.

We will be welcoming Drs. Shen and Heywood, our two upcoming PGY-2 Residents, who will come from Las Cruces after finishing their internships, and we are happy to incorporate them into the Silver City community.

Southern New Mexico Family Medicine Residency Program (Las Cruces)

By Emilia Vesper, MD

We are preparing for graduation and have recently congratulated our seniors for a 100% board pass rate. We are very proud of each of them and the great things they will go on to accomplish. We have welcomed our next ED fellow, Dr. Francisco Vargas, who is also graduating from the program and will be the second ED fellow following Dr. Dick Romero. A while back, we held elections and are proud of our 2 new female chief residents: Dr. Ramona Sharma and Dr. Jeanette Lara. We held our office retreat and focused on fun in the workplace, teambuilding, and practicing mindfulness to look out for each other.

Our residents' workload with the refugees is ongoing, and one accomplishment was getting more involvement from local providers. The state of NM donated use of their mobile clinic, and there has been an outpouring of community support to help the refugees and asylum seekers. The residents continue to be involved in these efforts and are happy for the extra help. We are working on seeing if something similar to the refugee efforts here in the southern part of NM can be set up in Albuquerque.

We continue to see efforts towards establishing a new 1+2 program in Al-

amogordo and are eager to see what this year brings. As the interns prepare for transition to 2nd year and say goodbye to their Hidalgo counterparts, who are moving to Silver city, they are preparing to welcome the new incoming class of interns.

Northern Family Medicine Residency Program (Santa Fe)

By Kavitha Kirubanandan, MD

As we move closer to the end of this academic year, we are excited for the graduation of current third years. Three of our graduates will continue to practice here in NM in Taos, Roswell, and Espanola. One graduate is pursuing a Global Health fellowship at Contra Costa with plans to return to NM. Our current interns are approaching completion of their intern year at UNM and are in the process of transitioning to Santa Fe. We recently had a fun time at our resident-only retreat in Jemez Springs where we worked on team building exercises and getting to know our colleagues.

We are also very excited about moving forward with our Point of Care Ultrasound curriculum and have invested in SonoSim, a Virtual Ultrasound training kit, which will help us improve our ultrasound skills.

UNM Family Medicine Residency Program (Albuquerque)

By Brianna Muller, MD

UNM residents have been staying busy over the last few months! We're thrilled for our new intern class which includes five UNM SOM grads and nine grads from all over the country. Four new chiefs have been selected from the rising third-year class: Drs. Jaleh Akhavan, Sabrina Gill, Quinn Jackson, and Susan Muraida.

The current third years will be wrapping up at the end of June. Many of them will be staying in New Mexico and working at various locations in Albuquerque and the surrounding areas.

14th Annual NMAFP Med Student Reception

NMAFP Members, the 14th Annual Med Student Reception will take place on Saturday, September 14, 2019 in the TEWA Ballroom at the Nativo Lodge in Albuquerque. The Reception provides a venue for medical students at all stages of education to have access to the Family Physicians of New Mexico.

The buffet dinner and cash bar will begin at 5:30 pm. There will be a student-focused introduction with informal small group discussion to follow. The Students will remain in their original seats, and the Docs will rotate among the student tables. The Docs' name badges will have a ribbon attached to inform the students whether the Docs are Residency-based, ER/Hospitalists, Solo/Small Practice or Employed Physicians.

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

When: Saturday, September 14, 2019

Time: 5:30 pm - 8:30 pm

Where: TEWA Ballroom, Nativo Lodge

Address: 6000 Pan American Freeway, NE Albuquerque, NM 87109

RSVP: familydoctor@newmexico.com (Sara)

Future Board Meetings

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

November 2, 2019
NMAFP Office
Noon, Lunch Served

February 7, 2020
Sandia Resort Conference Center
Roadrunner Room
5:30 pm, Hors d'oeuvres Served

Future Activities

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

3. Messages that are not related to patient care or practice business and can be deleted

Expanded Rooming - Expanded rooming protocols allow physicians to delegate tasks that an MA or nurse can do and frees up precious time during patient visits to focus on higher priority patient and physician concerns. Based on state specific scope of practice laws, an MA or nurse may:

1. Help the patient prioritize their list of concerns and begin the agenda setting process
2. Perform medication reconciliation
3. Screen for conditions or social needs based on practice protocols
4. Update medical, family, and social history
5. Provide immunizations per standing orders
6. Identify and arrange preventive care based on gaps through standing orders
7. Ensure room is prepared with necessary medical equipment for visit

Team member co-location - Effective communication between care team members is essential to delivering high quality care, but many important conversations in traditional practices often must occur at the end of the day. Co-location of care team members is a strategy that allows for verbal communication between the team in real time and results in a decrease in inbox clutter from electronic communication that would otherwise occur. Even if this strategy is not a reality for your current clinic layout, you may be able to implement other non-inbox communication tactics to increase efficiency. Some practices use walkie-talkies, instant messaging, or secure text messaging services to allow more rapid responses to questions that may arise during triage, rooming, and scheduling.

Team Documentation - Team documentation, or "scribing", is a care model where a staff member assists a physician in real-time during an examination by documenting notes, orders, and referrals, and by queuing up prescriptions, thereby allowing the physician to be face-to-face with the patient. This model allows physicians to use their medical expertise to focus on patients while members of their team work at the top of their training and capabilities. Team documentation may be a solution for your practice - interested in learning more? The AAFP TIPS on Team Documentation is free to AAFP members.



BCOM FMIG Update

By Billy Spivey

Officers: President - Billy Spivey; Vice President - Gary de Leon; Treasurer - Reina Qu; Secretary - Jeff Bettencourt; Director of Community Outreach - Lauren Williams; 2021 Class Representative - Bianca Martinez; 2021 Class Representative - Brenda Pelayo; 2022 Class Representative - Rich Capone

Las Cruces Health Fair (at the Las Cruces Farmer's Market) - May 4th, 2019

Together with BCOM SOMA (Student Osteopathic Medical Association), we helped host a community health fair at the Las Cruces Farmer's Market, where community members had the opportunity to check their blood pressure, blood glucose, and receive tips on their overall health and well-being for free. The BCOM FMIG promoted awareness of blood glucose and diabetes, and warned the public about the "hidden" sugars found in popular foods ranging from candy bars to energy drinks. We displayed multiple food items including "junk foods" such as candy bars and "healthy foods" like Yoplait Yogurt and a 12-oz bottled Lemonade. We randomly arranged multiple Ziploc bags of sugar of varying amounts (from 20g to 62g) and then encouraged community members to match the food with the corresponding amount of sugar in the bag. Many were surprised to discover that the bottled lemonade (a drink most people would choose as "healthy" over the other food items) had a whopping 40 grams of sugar, which exceeded the sugar amount in the candy bar and the yogurt combined. We then proceeded to warn patrons on how easy it is for an individual to exceed their daily sugar intake, thereby predisposing oneself for diabetes.

Helping out the community

Our club used a portion of our funds to donate to a local non-profit organization: Jardin de Los Niños, which specializes in providing early childhood education, therapeutic intervention, and comprehensive services to homeless and near homeless children (6 weeks to 10 years of age). We donated diapers of various sizes as well as baby wipes. In addition, we also donated school supplies (in partnership with Sin Limites, an educational mentorship club for at-risk youth) to a local Title I elementary school - the supplies included 130 markers, 128 dry erase markers, 255 ball-point pens, and 136 pencils. These donations totaled over \$200 in value. As a fairly new club at BCOM, we hope to forge friendships and gain the trust with local organizations within the community of Las Cruces.

Guiding students to a career in Family Medicine and beyond

Throughout the spring semester, we had the benefit of hosting various talks by physicians and residents aiming to guide students interested in a career in primary care. One session was given by Dr. John

Andazola, the program director for the Southern New Mexico Family Medicine residency program and Family Medicine residency director at Memorial Hospital in Las Cruces. Dr. Andazola shared which qualities he considers to be competitive attributes for prospective Family Medicine residents. On another occasion, we hosted first and second year residents from Memorial Hospital who shared their experiences of juggling residency applications while studying for board exams in medical school. We really appreciate Dr. Andazola and the residents from Memorial Hospital in supporting our endeavors to foster future Family Physicians from BCOM.

Finally, we partnered with the Infectious Disease interest group of BCOM to host a seminar regarding global health challenges. Danielle Walker, PhD., the Executive Director of Heart for the World Global, shared her moving experiences in the Philippines in respect to bringing awareness to the cross-cultural challenges of aiding marginalized communities that lack access to clean water, education, and health care. Dr. Walker reminded us that maintaining optimal health is a challenge that persists globally, beyond the borders of New Mexico.

UNM FMIG Update

By Eliana Otero-Bell

Officers: President - Meagen Twyeffort; Vice President - Eliana Otero-Bell; Secretary - Nardos Dawitt; Treasurer - Lucia Vulcan

The UNM SOM FMIG Leadership is excited to announce that we have been selected to take part in the Primary Care Leadership Collaborative (PCLC) spearheaded by AAFP. PCLC was established in 2017 to help support FMIGs across the country that are "passionate about advancing primary care at their schools and in their communities." Student-led FMIGs participating in PCLC work to develop projects locally and become change agents in one of the following areas:

- Workforce development and diversity
- Elimination of health disparities and achievement of health equity

Students that are part of PCLC complete mandatory leadership trainings and workshops in order to build Relational Leadership skills to assist them in achieving their project aims. As part of this training, PCLC students participate in an eight-hour in-person training session at the AAFP National Conference of Family Medicine Residents and Medical Students in Kansas, MO in July as well as receiving mentoring from FM physician coaches and expert consultants.

AAFP accepts applicants every two years and the UNM SOM FMIG is extremely grateful for having been selected, and very excited for this opportunity.



PRACTICE NEAR PERFECTION



Our exceptional, rural health care team is growing! Nestled within the Gila National Forest in Silver City, NM, Gila Regional Medical Center (GRMC) is currently recruiting the following physicians:

- **Family Medicine Physician**
- **Physician: General Surgery**
- **Physician: Otolaryngology**
- **Physician: Urology**
- **Physician: Gastroenterology**
- **Physician: Internal Medicine**
- **Physician: Pediatrics**

Confidential CVs may be submitted directly to Kathy-Lyn Pacheco, GRMC Professional Recruiter, via email at kpacheco@grmc.org. Please visit www.grmc.org to learn more about GRMC today. (575) 538-4000 • www.grmc.org • SILVER CITY, NM



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www.familydoctornm.org

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Register for the 62nd Annual NMAFP Family Medicine Seminar! **www.familydoctornm.org**

Agenda and registration information available online or inside on pages 4-5.

NMAFP Slate of Officers 2019-2020

Members will vote for their 2019-2020 Officers during the 62nd Annual Family Medicine Seminar, August 1-3, 2019, Ruidoso Convention Center.

On Friday, August 2, there will be a call for nominations from the floor, and voting will take place during the 2:30 pm break. The results will be announced during the Awards Dinner & Dance Friday evening, and Dr. Ada Stewart, Honored Guest and AAFP BOD Member, will induct the newly elected NMAFP Officers.

Board Chair will be elected from among the current Board members during the Annual Meeting

President Valerie Carrejo, MD will become Immediate Past President

President-Elect Virginia Hernandez, MD will become President Virginia Hernandez, MD by automatic ascension

NOMINATIONS ARE:

President-Elect: Veneta (Veny) Ianakieva, MD

Secretary-Treasurer: Bridget Lynch, MD

Vice President: William (Mac) Bowen, MD

Save the Date

The Second Annual Member Reception During FMX

Last year's Member Reception in New Orleans during FMX was a huge success, and NMAFP is looking forward to another fun event with the South Dakota and Montana Chapters in Philadelphia. It will take place on Thursday evening, September 26th, 5:30-7:30 pm, location to be determined.

NMAFP will send an electronic invitation to all members that register for FMX (AAFP's Family Medicine Experience). A big thanks goes out to Presbyterian Healthcare Services for sponsoring this year's reception in Philly.

