



# The Roadrunner

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NMAFP

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## NMAFP Winter Refresher

By Dr. Veneta Ianakieva  
Scientific Program Chair

The 38th Annual Winter Refresher was again a very successful event for the NMAFP. The Winter Refresher was held on Saturday, February 8th at the Sandia Resort and Conference Center with Scientific Program Chair, Dr. Veneta Ianakieva. The conference was very well attended with 161 registrants. The speakers delivered excellent presentations on a wide array of topics, including cardiovascular disease screening, management of migraines, treatment of insomnia, diabetic kidney disease, pilot on teen pregnancy prevention, management of bariatric surgery, and C. difficile treatment. Our chapter had the honor of personally congratulating Dr. Pickler on his 80th birthday and recognizing his countless years of service to Family Medicine and our community. The conference was well received by our attendees with very positive reviews regarding the variety of topics and the quality of the speakers. We are proud to continue to provide excellent CME conferences to our members and attendees

and, as always, we value your feedback. I want to thank all of the wonderful speakers for sharing their expertise! We were very pleased with the quality of the AV at the Sandia Resort; also, despite the construction, they were very accommodating and professional, and we enjoyed incredible views of the Sandia Mountains.

The Annual Poster Session this year was held at the end of the conference accompanied by a Happy Hour, which was kindly sponsored by Burrell College of Osteopathic Medicine. The presenters included many students from UNM School of Medicine and Burrell College of Osteopathic Medicine and residents from the Las Cruces, Silver City, Santa Fe and UNM FM Residencies. I am impressed at the thoughtful research projects the students and residents are conducting, and I am pleased to have so many conference attendees providing feedback to the presenters as well as learning from the new generation of physicians!

We certainly want to thank all of the attendees for joining us, and we look forward to seeing you in Santa Fe for our 63rd Annual Family Medicine Seminar, July 23-25th, at the Eldorado Hotel in Santa Fe!

Our conference would not be possible without our sponsors, and we extend special thanks for the continued support of Burrell College of Osteopathic Medicine, Dairy MAX, Luna Community College, Montanas del Norte Area Health Education Center, and UNM School of Medicine Office for Community Faculty.

A big thank you also goes to the vendors: City of Roswell, NM; Compassion & Choices; Dairy MAX; Eastern New Mexico Medical Center; La Familia Medical Center; Lovelace Medical Group; Mitchell's Silver & Turquoise; Mora Valley Community Health Services, Inc.; New Mexico Health Resources, Inc.; New Mexico Primary Care Training Consortium; NORCAL Group; Pathology Consultants of New Mexico; Presbyterian Healthcare Services; Presbyterian Medical Services; Rehabilitation Partners, LLC; Relay New Mexico (Hamilton Relay); Southwest Clinical Trials Network; Southwest Labs; The Doctors Company; UNM Medical Group, Inc.; UNM Medical Group Locum Tenens; UNM School of Medicine Office for Community Faculty; Viamed; Wexford Health Sources, Inc.



Attendees at this year's Annual Past-President's Breakfast (L-R): Dr. Warren Heffron; Dr. Bert Umland; Dr. Rick Madden; Dr. David Church; Dr. Valerie Carrejo; Dr. Christian Meuli; Dr. Linda Stogner; Dr. Frank Ralls; Dr. Lana Wagner; Dr. Dion Gallant; Dr. Virginia Hernandez, NMAFP President; Dr. Melissa Martinez; Sara Bittner, NMAFP Chapter Exec; Dr. Veneta Ianakieva, NMAFP President-Elect; Dr. Karen Vaillant; Dr. Alfredo Vigil; Dr. Gwenn Robinson; Dr. Elliot Pierce



Dr. Valerie Carrejo receiving the Past-President's Plaque from the NMAFP President, Dr. Virginia Hernandez, during the Past-President's Breakfast



Dr. Karen Vaillant Participating in the Poster Session During the Winter Refresher. Thanks again to BCOM for sponsoring this awesome event



Poster Session Attendees Learning About the Research Behind this Poster

# President's Column

By Virginia Hernandez, MD



As I was thinking about the President's Column this quarter, I was reminded by a dedicated medical student the reason why I love Family Medicine. More importantly, I was reminded why I teach. As we train Residents and Medical Students to be the best physicians they can be, we do not do this alone. In reality, it takes a village or community to raise a dedicated Family Physician.

The clinical hours spent with Clinical Preceptors that willingly participate in the education of our Students and Residents is crucial. There are also some hard-working, unsung heroes, such as the Program Coordinator and Medical Student Coordinators, that make schedules and help our learners meet their requirements for graduation. The Medical Assistants and Nurses that room and assist in the treatment of our patients also help in the training of our Students and Residents. After all, someone has to teach us how to try to stay on time with our outpatient clinic schedules. This is not always easy, since we try to address the most important patient complaints in a short time frame.

One of our 3rd year Medical Students from the Burrell College of Osteopathic Medicine, Brody Cody Beltran, wrote us a very much-appreciated thank you letter after his Family Medicine rotation with our Rural Family Medicine Residency Program at Hidalgo Medical Services in Silver City. With Cody's permission, I am sharing his letter with you.

*South Pod of HMS,*

*First and foremost, thank you! Each and every one of you made such an impact on my time here. When I first got here, you guys made me feel welcome from the very beginning. It seems like it was only just a couple of days ago that I was giving you guys a hard time about the fact that you would be stuck with me for eight whole weeks. Well, those weeks flew by faster than I could have ever imagined, and I believe the old saying is true, "Time flies when you are having fun." Being around awesome people like you guys every day is what makes it so much fun.*

*To the Attendings, thank you for allowing me to grow and pushing me along the way to becoming a better physician for my future patients. I got to experience so much during my time here, more than I could have ever imagined. From getting to perform various procedures, going on home visits, and participating in the MAT clinic, I really feel that I got the best possible Family Medicine experience I could have asked for. Thank you for taking the time to invest*

*in me and my learning. Sometimes, as we rotate through various places, it becomes pretty obvious that some physicians don't really LOVE what they do. That was definitely not the case here. Each of you are so invested in caring for your patients, and it was a privilege to be alongside each of you. You all are making such an impact in the lives of this community. I can only hope that some student says the same thing about me someday.*

*To the Residents, thank you for allowing me to be a part of your time here and the knowledge that you guys passed on to me. I had never had the opportunity to work with residents before and had no idea how awesome of an experience it would be. You guys allowed me to slide right in alongside you and helped me learn so many things. I know that having a medical student with you can slow you down or maybe make things a little harder, but I really do appreciate how much time you spent helping me. As your time in residency comes to a close, I wish you the absolute best in wherever your careers may take you.*

*To the MA's and Nurses, you guys are the glue that bring this place together. I don't feel like there was ever a dull moment in the office, and I can't help but attribute that fact to you. I was given a hard time from the moment I walked in, and you guys kept me on my toes. I laughed harder with you guys than I have in a very long time. You guys also taught me various things along the way. Although, I now know to never walk in with only one taco, most importantly, you taught me that in order to enjoy what you do, you have to be surrounded by people that you can laugh with. I will truly miss each and every one of you.*

*As cliché as it may sound, this team puts the word FAMILY in Family Medicine. Above all, I am most grateful for the fact that I felt like I was a part of that family during my time here.*

*Thank you again,  
Brody Cody "Canelo" Beltran*

I thank Cody for reminding all of us why it is so important to be a Preceptor or Attending for Medical Students and Residents. Collectively, we are the village that will raise our Students and Residents to be the best physicians they can possibly be, while showing them how much we enjoy the practice of Family Medicine. Investing our time and teaching has its rewards when we make a strong impact on our learners. I hope that all learners feel that they are getting the best medical education that New Mexican Family Physicians have to offer. If you are a Preceptor, I would like to thank you for your dedication in teaching. If you are not a Preceptor, I encourage you to invest some of your valuable time in the mentoring and teaching of our future physicians. As Cody stated above, it will be time well-invested.

## Future Board Meetings:

May 2, 2020  
NMAFP Office  
Noon  
Lunch Served

July 26, 2020  
Eldorado Hotel, Room TBD  
8:00 am  
Breakfast Served

November 7, 2020  
NMAFP Office  
Noon  
Lunch Served

February 26, 2021  
Sandia Resort  
Conference Center  
Roadrunner Room  
5:30 pm  
Hors d'oeuvres Served

## Med Student Reception & Budget Meeting:

September 26, 2020  
15th Annual Med Student  
Reception  
Sandia Resort & Casino  
Eagle Room  
5:30-8:30 pm  
Dinner Served

September 27, 2020  
Annual Budget Meeting  
NMAFP Office  
10:00 am  
Breakfast Served

## NM Family Medicine Residency Reports

### UNM Residency Program Jamie Majdi, MD, MSPH

This month has been a flurry of activity at our Albuquerque headquarters. Many of the residents have spent time up at the Roundhouse advocating for their patients. The intern class has been participating in a re-vamped 'Engagement Month', designed to foster connections within the department and the Albuquerque community. However, it hasn't been all work; many of us have enjoyed a wonderful ski season and the mild winter weather. We also recently celebrated the arrival of a residency baby and anticipate the imminent arrival of another one. We are anticipating an exciting Match Day next month!

### Santa Fe Residency Program Kavitha Kirubanandan, MD

Greetings from Santa Fe! This year is already off to a great start. We submitted our rank list last week and successfully wrapped up the interview season. Four of our residents had the opportunity to present their research posters at the NMAFP Winter Refresher in Albuquerque, and some of us are preparing to present at the 2020 Quality Improvement and Patient Safety Symposium at UNM. Our 2nd year residents just finished their legislation rotation at the Round House; they all really enjoyed it. We are also looking forward to our resident retreat in March at Pagosa Springs. I am very excited to share that two of our current 3rd year residents will be pursuing a fellowship and the other two residents have signed up for jobs in rural New Mexico.

### Las Cruces Residency Program Emilia Vesper, MD

Here in Las Cruces, we are welcoming our newest faculty member, Dr. Patterson, who will soon be joining us for rounds

in the hospital. In addition, we have Dr. Montanez who joined us this past fall. Match Day is coming up on Friday, March 20th, and we will know who is part of our new welcoming class. Our ED fellowship has proven popular, and there are several doctors that are interested in applying. Two of our residents just ran a half marathon: Dr. Leija and Dr. Rachelson. Pharmacy is interviewing candidates for the Pharmacy Residency Program, which we hope will soon expand to be a two-year program.

### Silver City Residency Program Rory Keys, MD

Hello from Silver City! I hope everyone is having a great start to 2020. This is a busy time of year for us in Silver City. Our 2nd year residents volunteered as "Doc of the Day" at the Legislative Session, which is a great experience and one I would recommend to anyone who has not volunteered with the session before. Also, our program was fortunate to be able to present a poster at the recent NMAFP Winter Refresher. We have also been participating in many local programs. We just wrapped up our yearly collaboration with the Dream Makers program, a program that gives junior high and high school students exposure to health professions. This is always a lot of fun for the residents, as they get to take a little break from their daily routines and teach human anatomy and suturing.

Residency interviews have wrapped up, and we are diligently working on finalizing our rank list. There were so many great candidates this year, and we wish that we could take them all! However, it will be exciting to see who will be the two new residents joining us later this year. It was refreshing to see such interest in our program from BCOM students, and we hope that they continue to enjoy their rotations here with us.

## 2020 NMAFP Legislative Report

By Steve Lucero, NMAFP Lobbyist

Surveys played a great part in the success of this year's Doc of the Day Program. They identified the cost of medications, gun violence, early childhood education, and access to substance use disorder treatments as the top legislative priorities for the NMAFP. These priorities were well aligned with the Governor's agenda and legislation that made its way through the session.

House Bill 83, establishing the Early Childhood Education Care Fund, and Senate Bill 5, giving the courts and law enforcement the ability to seize firearms from those deemed to be at risk to themselves and others, have been signed into law by the Governor. Senate Bill 1, giving New Mexico the green light to establish rules and infrastructure for purchasing medications from Canada, still awaits the Governor's signature. She has until March 11th to sign the bill, or it will be pocket vetoed.

Doc of the Day volunteers treated a variety of ills and ailments during the session. Legislators and staff at the Roundhouse appreciated the great care they received. Volunteers engaged the legislature in patient advocacy and provided the Family Physician's perspective on health care policy. NMAFP priorities, informed by the surveys, gave us direction and purpose in our conversations with legislators. It's an effective approach.

Thanks to the NMAFP board and the membership for continued support of the Doc of the Day Program!



## 2020 NMAFP Physician of the Year Nominations Requested

NMAFP Members, nominate a peer that you know is deserving of the 2020 Physician of the Year Award! This is a very prestigious honor! A plaque is kept in the NMAFP Office with all the POY recipients' names and the year that they were honored.

All nominees must be active members of the NMAFP. Include a paragraph telling why your nominee should be the 2020 POY. Please email your nomination to Sara at [familydoctor@newmexico.com](mailto:familydoctor@newmexico.com) by April 21st.

The winner will be acknowledged and presented a Nambe plaque and certificate at the Awards Dinner and Dance on Friday, July 24, 2020 during the 63rd Annual NMAFP Family Medicine Seminar, Eldorado Hotel, Santa Fe. An article featuring the 2020 POY will be included in the fall issue of the Roadrunner that is mailed to 1,050 NMAFP members and posted on the NMAFP website.

I WOULD LIKE TO NOMINATE: \_\_\_\_\_

THE REASON I BELIEVE THIS INDIVIDUAL SHOULD RECEIVE THE POY AWARD:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

NOMINATION MADE BY: \_\_\_\_\_

# 63rd Annual NMAFP Family Medicine Seminar

July 23-25, 2020 - Eldorado Hotel, Santa Fe, New Mexico

Virginia Hernandez, M.D., Scientific Program Chair

*This program has been approved and is accredited for 23 Prescribed credits by AAFP*

## SCHEDULE OF EVENTS AND LECTURES

### THURSDAY, JULY 23RD

- 7:00 a.m. Registration, Exhibits Open  
Breakfast - Exhibit Hall
- 7:50 a.m. Introduction & Welcome  
Virginia Hernandez, M.D., Scientific Program Chair
- 8:00 a.m. "Deprescribing Opioids and Benzodiazepines"  
Daniel Duhigg, DO
- 9:00 a.m. "Billing and Coding Pearls for Primary Care"  
Stephanie Benson, MD, FAAFP
- 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. "Diabetes Management: Putting the Patient First"  
Stephen Brunton, MD, FAAFP
- 1:00 p.m. "Caring for Survivors of Sexual Trauma: Pain and Anxiety Management Through Trauma-Informed Care"  
Carmen Landau, MD
- 2:00 p.m. Break - Exhibit Hall
- 2:30 p.m. "Advanced Planning & Palliative Care"  
Dion Gallant, MD, FAAFP
- 3:30 p.m. "Managing Hepatitis C Through Laboratory-Generated Diagnostic Insights"  
Teofilo Borunda, PharmD, MS
- 4:30 p.m. "Rural Maternity Care"  
John Cullen, MD, AAFP Board Chair & Honored Guest
- 5:30 p.m. At Leisure
- 6 - 8 p.m. Welcome Reception  
Sponsored by UNM SOM  
Office for Community Faculty
- John Cullen, MD, AAFP Board Chair & Honored Guest  
Introduction of Candidates for Office 2020-2021  
Town Hall



### FRIDAY, JULY 24TH

- 7:00 a.m. Registration, Exhibits Open  
Breakfast - Exhibit Hall
- 8:00 a.m. "Key Articles & Clinical Developments in Family Medicine"  
Dan Waldman, MD
- 9:00 a.m. "The Essential Role of Primary Care in the Diagnosis, Assessment, and Co-Management of SLE"  
Louis Kuritzky, MD
- 10:00 a.m. "Better Together: Dairy & Plants"  
Cindy Kleckner, RDN, LD, FAND  
Sponsored by Dairy MAX
- 11:30 a.m. Lunch - Exhibit Hall  
Sponsored by Dairy MAX



### FRIDAY, JULY 24TH CONTINUED

- 12:30 p.m. "The Top 10 Pediatric Infectious Disease Articles of 2020"  
Michael Radetsky, MD, CM
- 1:30 p.m. "Pediatric Hematology Oncology in the Rural Setting"  
Sam Lew, MD
- 2:30 p.m. Break - Exhibit Hall
- 3:00 p.m. "Bringing Meaning Toward Behavior Change into the 15-Minute Visit: Tools to Ease Practice Flow"  
David Rakel, MD
- 4:00 p.m. "Providing Medication Assisted Treatment (MAT) for Opioid Use Disorder in Rural New Mexico"  
Darrick Nelson, MD
- 5:00 p.m. At Leisure
- 6 - 10 p.m. Awards Dinner & Dance  
John Cullen, MD, AAFP Board Chair & Honored Guest

### SATURDAY, JULY 25TH

- 7:00 a.m. Registration  
Breakfast - Exhibit Hall
- 8:00 a.m. "E-Cigarettes and Vaping: What the Primary Care Clinician Needs to Know"  
Valerie Carrejo, MD, FAAFP
- 9:00 a.m. "Vaccine Equity"  
Melissa Martinez, MD, FAAFP
- 10:00 a.m. "The Perimenopausal & Menopausal Woman - Updates"  
Tabatha Wells, MD
- 11:00 a.m. Lunch - Exhibit Hall
- 12:00 p.m. "Dermoscopy Workshop"  
Mac Bowen, MD
- 1:30 p.m. "Challenges and Joys of Rural IHS Medicine with Lessons Applicable Everywhere"  
Jason Kurland, MD

- 2:30 p.m. Break - Exhibit Hall

- 3:00 p.m. "Preconception Counseling in Women with Medical Issues"  
Nicole Yonke, MD, MPH
- 4:00 p.m. "Frontier Medicine"  
John Cullen, MD, AAFP Board Chair & Honored Guest
- 5:00 p.m. End of Continuing Medical Education Presentations

### SUNDAY, JULY 26TH

- 8:00 a.m. Breakfast BOD Meeting
- 10:00 a.m. Scientific Advisory Committee Meeting

# Registration Form: 63rd Annual NMAFP Family Medicine Seminar in Santa Fe, NM July 23-25, 2020

You will also be able to register online at <https://www.familydoctormn.org>

## PLEASE PRINT CLEARLY

Name \_\_\_\_\_ Designation: ☐ MD ☐ PhD ☐ DO ☐ NP ☐ PA ☐ RN

AAFP ID# \_\_\_\_\_

Work Organization \_\_\_\_\_

Preferred Email \_\_\_\_\_

☐ AAFP Member Practicing Physician \$550

☐ Non-Member Practicing Physician \$695

☐ PhD \$550

☐ NP/PA/RN \$425

☐ Retired Physician \$350

☐ Family Medicine Resident (no charge)

☐ Medical Student (no charge)

☐ Yes, I want to sponsor a student attendee \$100

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

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

☐ Yes, I would like 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 \$35

\_\_\_\_\_ Friday Dinner & Dance - Adult \$40

\_\_\_\_\_ Thursday Dinner - Child (6-12) \$20

\_\_\_\_\_ Friday Dinner & Dance - Child (6-12) \$25

\$ \_\_\_\_\_ Total enclosed

**Your registration includes a free electronic handout on a USB so you can follow along with each speaker and for future reference!** (The speaker handout will also be posted on the NMAFP website for those of you who no longer have USB ports.)

**Save a stamp and register online at <https://www.familydoctormn.org>**

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

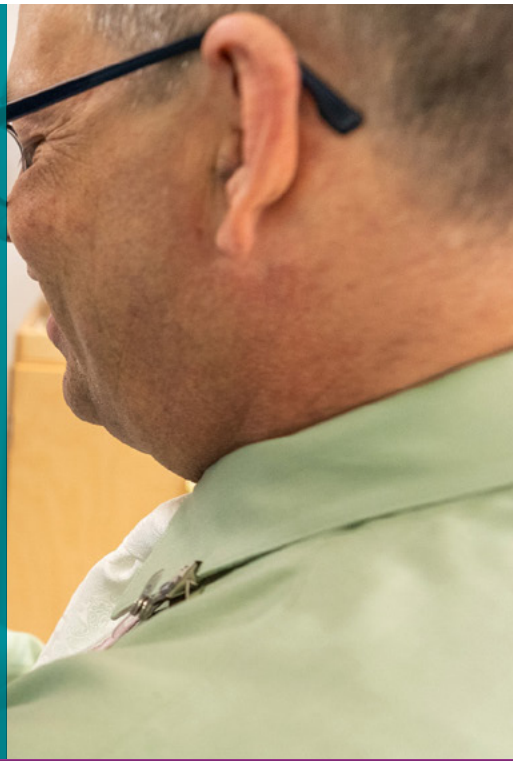
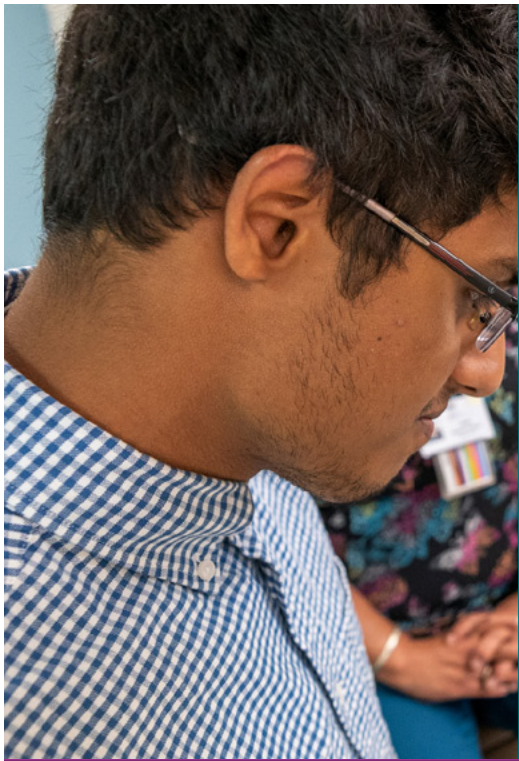
Questions? Call or email Sara: (505) 292-3113 • [familydoctor@newmexico.com](mailto:familydoctor@newmexico.com)

The Eldorado Hotel & Spa is the premier Santa Fe hotel with award-winning luxury and unexpected delights. Guests can enjoy a spa, restaurant, three lounges, and a small and cozy heated pool and hot tub on the fifth-floor roof, **plus the NEW Eldorado Rooftop Pool and Terrace**. A room block has been arranged to provide discounted rooms along with underground covered parking **with free valet service and no resort fee (\$25 daily value)**. The temporary rate of \$180 is available for the rooms below: Deluxe King (one king-sized bed), Deluxe Double (two full-sized beds) and Deluxe King with Balcony, based on availability. We recommend you reserve early to get the type of room you want. The room block will be held until June 22, 2020, so please make your reservations before this date. After this date, rooms will be on a space and rate available basis. The reservations call center is open seven days a week from 6 am to 10 pm MST. The call center can be reached at 505-988-4455 or toll free at 800-955-4455. Guests calling in may reference either the group name, New Mexico Academy of Family Physicians, or the Group Code, 200719NMAFP. Group Booking Link: <https://bit.ly/32wl9rm>

For more information, visit their website [www.eldoradohotel.com](http://www.eldoradohotel.com). Please be aware that a deposit of the first night's room and tax is required at the time of reservation. You must cancel reservations 72 hours prior to your arrival date in order to receive a full refund. Cancelled reservations after this date are subject to a room charge, including tax, for the first night's stay. The hotel is conveniently located at 309 W. San Francisco Street, Santa Fe, NM 87501 near the Historic Santa Fe Plaza, offering the perfect embodiment of the spirit of the city. Easily visit nearby downtown landmarks, restaurants, shopping, and businesses, or enjoy a train ride on the nearby Rail Runner.

Santa Fe is the capital of New Mexico and the oldest state capital in the United States. It is beautiful any time of the year, and the warm mountains provide great hiking and photo opportunities. Santa Fe is filled with museums, art galleries, history, and culture that is sure to impress. The same weekend of the conference is the Annual Traditional Spanish Market, featuring an extraordinary array of handcrafted Spanish Colonial art works created using traditional tools and techniques. This is an event you don't want to miss!

Receive high-quality CME accredited by AAFP, visit with your peers, and bring the entire family to enjoy everything that Santa Fe has to offer. Due to space constraints, NMAFP will not offer the two-hour arts and crafts session for children each morning. We have also decided not to have a silent auction, so all attendees can shop and enjoy the Spanish Market on the Santa Fe Plaza.



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

Sir Isaac Newton

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## Board Notes - Feb 7, 2020

Present: Sara Bittner; Cheri Blacksten, MD; Mac Bowen, MD; Valerie Carrejo, MD; Dawn Drumm, MD; Dion Gallant, MD; Virginia Hernandez, MD; Connie Hu; Veny Ianakieva, MD; Steve Lucero; Rick Madden, MD; Brianna Muller, MD; Chuck North, MD; RayLee Otero-Bell; Jennifer Phillips, MD; Abby Pribisova; Lisa Stolarczyk, MD; Dan Stulberg, MD; Karen Vaillant, MD; Emilia Vesper, MD; Lourdes Vizcarra, MD; Dan Waldman, MD.  
The meeting was chaired by Dr. Carrejo.

**Legislative Training Session:** The Jan. 18th Legislative Training Session was very well attended and quite successful. Steve Lucero, NMAFP Lobbyist, shared that the Legislative Survey has been very helpful and given direction when talking to individuals at the Round House. It allows doctors to say, "The members have been surveyed, and these are the four priorities: 1. Cost of Pharmaceuticals; 2. Gun Safety; 3. Early Childhood Education & Access to Substance Use Disorder Treatment.

Two more points of interest from the Legislative Affairs Committee:

1. Medical School Scholarship Act – House bill that provides scholarships for students who choose to practice in NM or rural communities. Students would receive one year of scholarship for every year they commit to practice in NM.
2. Primary Care Spend Rate - Memorial 39 that would put a group together to define Primary Care and determine what percentage of Medicaid dollars are used on Primary Care

**Announcement of new Alternate Delegate to the AAFP COD:** Dr. Dion Gallant announced that Dr. Val Carrejo is our new Alternate Delegate to the AAFP Congress of Delegates. Congratulations Dr. Carrejo! The AAFP COD will take place Oct. 12-14, 2020 in Chicago.

**Announcement of Appointment to the AAFP Commission on Quality & Practice:** Dr. Rick Madden announced that Dr. Bridget Lynch was appointed to the AAFP Commission on Quality & Practice. Congratulations Dr. Lynch!

**38th Annual Winter Refresher in Albuquerque, Feb. 8, 2020:** Dr. Veny Ianakieva, Scientific Program Chair for this conference, shared the number of registered attendees and vendors the night before the conference: 157 and 25, respectively. New this year, the Poster Session will be held at the end of the day in conjunction with a Happy Hour that is sponsored by Burrell College of Osteopathic Medicine.

**Ideas for NMAFP Resolutions at the AAFP COD, Oct. 12-14, 2020 in Chicago:** Dr. Jen Phillips, Alternate Delegate, led the discussion. At this time, there were no suggestions, but this topic will be included in the May 2nd BOD Agenda.

**63rd Annual Family Medicine Seminar, July 23-25, 2020, Eldorado Hotel, Santa Fe:** Dr. Virginia Hernandez informed the Board that the final agenda for this conference has been accredited by AAFP for 23 Prescribed Credits, and a copy was included in each board packet.

**Fact Sheet & Board Orientation Documents:** (for informational purposes only) Dr. Valerie Carrejo reminded the BOD members to be thinking of who they would like to nominate for the position of NMAFP Vice President, as this topic will be on

the May 2nd BOD Agenda.

### Resident Reports:

Dr. Emilia Vesper, Las Cruces Residency, shared some of the goals of the Residency, such as to expand the Program to include 10 Residents. They are looking for funds from the State to support these new positions. Another project of the Las Cruces Residency is starting a Psychiatry Residency Program.

Dr. Brianna Muller, UNM Residency, shared that UNM is finalizing their list of applicants for Match Day, and they have a lot of wonderful applicants this year. UNM has a new Inpatient Director, Dr. Gabriel Palley. The UNM Residency is trying to build another one-plus-two program in Shiprock.

Dr. Virginia Hernandez, Silver City Residency, shared that they are getting their rank list together, and a lot of people have come for a second look, which is very nice. HMS is gaining a Psychiatry Faculty in March, which will be very helpful.

Dr. Mac Bowen, Santa Fe Residency, shared that the Residency is doing very well. They have been working on in-patient teaching service. They would love to expand. They hired another faculty, who is one of their recent grads that did a Global Health Fellowship. They would love to take advantage of some of the expansion funds. The Resident salaries are the sticking point, as they have enough space and faculty.

### Student Reports:

RayLee Otero-Bell, UNM FMIG President, shared that they have just elected the new officers. They have a couple of on-going projects: English for Health Project and Primary Care Leadership

Collaborative Project. They are planning their Match Celebration for the 4th years, which will take place in April. They are also thinking about doing a workshop to prepare Med Students for their Practical Immersion Experience. They are also working on getting a physician panel together. They are planning on being at the NMAFP Med Student Reception in September.

Connie Hu, UNM FMIG Vice President, shared that the UNM School of Medicine Family Medicine Interest Group is working on a project called English for Health. This six-week long project is targeted toward English as a second language learners. There are a few classes each week held throughout Albuquerque in which they focus on practicing essential medical encounters, such as making an appointment, talking to doctors and nurses, reading prescription labels via worksheets and dialogue activities.

**Point of Interest:** Dr. Rick Madden asked if he could give an update on the Health Security Plan (Single Payer) that has been in the works for over 20 years in NM. He is helping to do background work on the fiscal analysis. There are contractors from London, Maryland, and Albuquerque working on this project. Dr. Madden has been assigned to get a practice expense survey done to help inform the fiscal analysis of NM-specific, physician-practice expenses. How much does it take to stay in practice? This is for all physicians in NM. This will be new information that will be very helpful in informing not only that initiative, but also many others.

**Point of Interest:** Dr. Karen Vaillant announced that Burrell College of Osteopathic Medicine is graduating their first class this year. It will take place on May 8, 2020.



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# Disease-Defying Dairy

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

## A REDUCED RISK OF HEART DISEASE

Several studies have shown that people who eat dairy, especially low-fat dairy, had a lower risk of both heart disease and stroke.

## IMPROVED BONE HEALTH

The essential nutrients in dairy - especially protein, calcium, vitamin D and phosphorus - are important for achieving peak bone mass and reducing risk for osteoporosis later in life. Research has linked eating dairy to improved bone health, especially in children and teenagers.

## A LOWER RISK OF TYPE 2 DIABETES

Researchers analyzing a variety of studies found that people who ate dairy, especially yogurt, had a 6% to 20% lower risk of Type 2 diabetes.



### ENJOY THREE SERVINGS EVERY DAY:

- Dairy is a source of affordable nutrition, backed by decades of research.
- Milk is good for all ages as the No. 1 food source for calcium, vitamin D and potassium - nutrients most Americans are missing.
- Milk contains nine essential nutrients that can help Americans achieve their health and wellness goals.



See the science at  
**DairyMAX.org.**



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## University of New Mexico FMIG Update

By RayLee Otero-Bell

UNM School of Medicine's Family Medicine Interest Group (FMIG) started a new year of leadership with RayLee Otero-Bell as President, Connie Hu as Vice President, and Heather Metcalf as Treasurer. The group has several ongoing projects, including work with the Primary Care Leadership Collaborative (PCLC) and English for Health programs. In addition, UNM's FMIG has several projects and events planned, including an annual Match Celebration in April to celebrate 4th year students who have matched into Family Medicine and a summer workshop to help prepare 2nd year students for their Practical Immersion Experience (PIE). RayLee Otero-Bell and Connie Hu attended the NMAFP Board Meeting, where Connie presented the following on the English for Health program:

"English for Health is a 6-week long project targeted toward English as a second language learners. In weekly classes held throughout Albuquerque, we focus on practicing essential medical encounters, such as making an appointment, talking to doctors and nurses, and reading prescription labels, through worksheets and dialogue activities."

UNM's FMIG is looking forward to continuing involvement with both medical students and the NMAFP.



## Burrell College of Osteopathic Medicine FMIG Update

By Jonathan Kreger

It is an exciting year here at the Burrell College of Osteopathic Medicine! Our first graduating class will walk this May, paving the way for full accreditation from the osteopathic medical school governing body, COCA. Our Family Medicine Interest Group has elected new first-year board members to continue the progress made by their predecessors. In the few years that the FMIG has been functioning, we have established relationships throughout Las Cruces and southern New Mexico. Through Habitat for Humanity, local high school mentoring, and community healthcare education events, the FMIG continues to impact our community in a positive and productive way. Coming up on February 24th, the FMIG will have a Family Medicine Resident, Dr. Philip Manzano, give a talk on all things residency-related as well as the fellowship options available to FM graduates. As a new school, we look forward to growing our relationships with the NMAFP and our peers and mentors throughout New Mexico.