



64th Annual NMAFP Family Medicine Seminar Recap

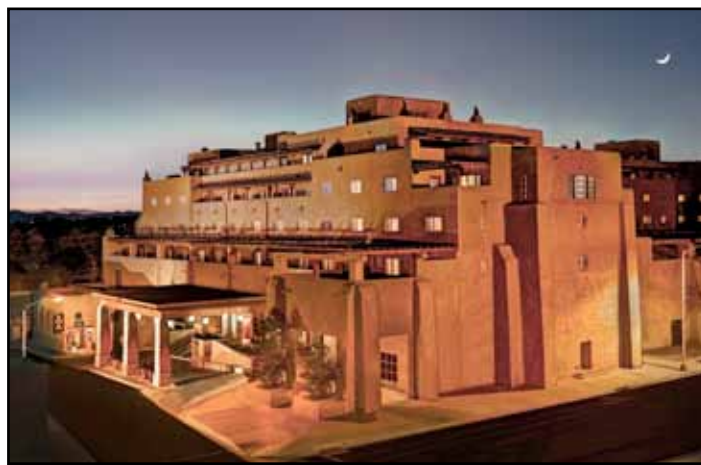
By Bridget Lynch, MD, Scientific Program Chair

This year's 64th Annual NMAFP Family Medicine Seminar was held in Santa Fe at the Eldorado Hotel. The event was a great success and a much-needed opportunity to reconnect with old friends. We welcomed 165 conference attendees this year from 13 states: Washington, Maryland, Texas, Arizona, Oklahoma, Florida, Colorado, Kentucky, Georgia, California, Wisconsin, Kansas, and New Mexico, as well as attendees from Washington DC. This cross pollination of ideas provided perspective and insight into many of the larger questions and challenges within our society and the field of Family Medicine right now.

We want to thank our conference sponsors for bringing such a relevant and meaningful event to fruition: Burrell College of Osteopathic Medicine; DermLite; Luna Community College Montanas del Norte AHEC; and UNM School of Medicine, Office for Community Faculty.

We also want to thank all our speakers, every one of whom impressed us with their knowledge and sense of commitment to the humanism that runs deeply in Family Medicine.

- Continued on page 2



Eldorado Hotel in Santa Fe, New Mexico



L-R Jenny Davis, MS-II & UNM FMIG President; Sarah Bouquin, MS-II & UNM FMIG Vice President; Dr. Silvia Santiago; Dr. James Ellzy, AAFP Honored Guest; Dr. Alyssa Vecchio; Sara Bittner, NMAFP Chapter Exec; Dr. Mac Bowen, newly-inducted NMAFP President & current Program Director for the UNM-Santa Fe Family Medicine Residency Program; Dr. Mario Pacheco, previous Program Director/Founder of the UNM-Santa Fe Residency Program; Newton Tomar; Dr. Abhishek Tomar; and Dr. Alicia Gonzales



Dr. James Ellzy receiving a Nambe platter from Sara Bittner and Dr. Bridget Lynch for his service to NMAFP as the AAFP Honored Guest during the Santa Fe Conference



64th Annual NMAFP Family Medicine Seminar Recap Continued

Thank you also, conference attendees. We hope you enjoyed the conference as much as we enjoyed being your hosts. We also hope you will join us next year for our 41st Annual NMAFP Winter Refresher in Albuquerque, Sandia Resort & Casino, February 25, 2023 and our 65th Annual NMAFP Family Medicine Seminar in Ruidoso, MCM Elegante Lodge and Resort, August 3-5, 2023.

NMAFP would also like to thank all the vendors that participated in the 64th Annual Family Medicine Seminar last month in Santa Fe: American Board of Family Medicine; Biohaven Pharmaceuticals; Burrell College of Osteopathic Medicine; Cano Health LLC; CHRISTUS St. Vincent; Comprehensive Integrated Care; Daiya Healthcare; DermLite, LLC; Keck Enterprises dba Roadrunner Hospice; Montanas del Norte Area Health Education Center; Mora Valley Community Health; New Mexico Health Resources; NM Primary Care Training Consortium; Pathology Consultants of NM; Presbyterian Healthcare Services; Presbyterian Provider Well-Being and Burnout ECHO; Public Alliance LLC/Defense Health Agency; Sanofi; Southwest Care Center; Southwest Labs; SYNCRONYS; The Doctors Company; UNM School of Medicine Office for Community Faculty; and UNMMG Locum Tenens.



Dr. Mac Bowen receiving the President's Plaque upon induction by Dr. James Ellzy, AAFP Honored Guest



Dr. Stephanie Benson receiving the President's Award from Dr. Bridget Lynch, NMAFP Past President and Board Chair



Dr. James Ellzy, AAFP Honored Guest, congratulating Dr. Lisa Stolarczyk, NMAFP President-Elect, and Dr. Lourdes I. Vizcarra, NMAFP Secretary-Treasurer



Dr. Karen Vaillant, Clerkship Director of Family Medicine & Associate Professor of Clinical Medicine, BCOM, receiving the Chapter Service Award from Sara Bittner



L-R Molly Madden, Dr. Stephanie Benson, Dr. Dion Gallant, Dr. Rick Madden, Dr. Veny Ianakieva, Sara Bittner, Dr. Jennifer Phillips, Dr. Valerie Carrejo, Dr. Lisa Stolarczyk, Dr. Bridget Lynch, Dr. Dessy Ianakieva, Dr. Alicia Gonzales, Dr. Lourdes I. Vizcarra, Dr. Karen Vaillant, Dr. Emilia Vesper, Jenny Davis, and Samantha Morris



Group dancing at the Awards Dinner and Dance



Provider Well-being and Burnout ECHO

FALL 2022



Join us for presentations, discussions and community building.

Connect through Zoom: 747-792-3246



Who should attend?

- All providers in New Mexico (MDs, DOs, PAs, clinical pharmacists, psychologists, NPs) are welcome to attend

Benefits

- Earn up to 1 AMA PRA Category 1 Credit™ per session
- Create a sustainable career and reduce burnout
- Experience your own joy in medicine
- Limit the effects of burnout in people in your healthcare ecosystem
- Help make your workplace more rewarding
- Free activity

Learning Objectives

- Learn practices to support your well-being
- Identify system-level drivers of burnout
- Learn about your burnout and ways to mitigate its effects
- Take action to make changes and create a more well-being-centered work environment



Scan or visit
<https://qrco.de/bbna20>
to join a clinic or
learn more about
Project ECHO.

Contact the clinic coordinator at
PWB_ECHO@phs.org for more information.

Symposiums

07/27/22 7 a.m. - 8 a.m.

12 p.m. - 1 p.m.

5:30 p.m. - 6:30 p.m.

Morning Sessions: Monthly, 7 a.m. - 8 a.m., second Wednesday

08/10/22 Provider Well-being and Burnout – It Matters, You Matter

09/14/22 Envisioning Your Ideal Practice – Give Yourself Permission

10/12/22 Developing Emotional Intelligence

11/09/22 Maintain the Flame

Noon Sessions: Twice monthly, 12 p.m. - 1 p.m., first and third Wednesday

08/03/22 Provider Well-being and Burnout – It Matters, You Matter

08/17/22 Well-being: Practicing Introspection and Setting Intentions

09/07/22 Aligning Personal and Organizational Resilience

09/21/22 Humanism, Creativity and Joy in Medicine

10/05/22 Microaggressions in Medicine – Our Experience as Providers

10/19/22 Self Compassion

11/02/22 Strength Embodied – Our Physical Selves and Burnout

11/16/22 Maintain the Flame

Evening Sessions: Monthly, 5:30 p.m. - 6:30 p.m., fourth Wednesday

08/24/22 Provider Well-being and Burnout – It Matters, You Matter

09/28/22 Moral Injury and Burnout

10/26/22 Mentorship in Medicine

11/23/22 Maintain the Flame

Credit Designation: Presbyterian Healthcare Services designates this live activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Accreditation: Presbyterian Healthcare Services is accredited by the New Mexico Medical Society (NMMS) to provide continuing medical education for physicians.





[“If I have seen further it is by standing on the shoulders of giants.”
Sir Isaac Newton]

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UNM School of Medicine

By Jenny Davis, FMIG President and Sarah Bouquin, FMIG Vice President

It has been a whirlwind of a summer! We returned from a brief summer break to kick off our second year of medical school with the GI, Nutrition, and Metabolism block of our curriculum. We put together a lunchtime Zoom cook-along with one of our professors, Dr. Amy Robinson, who is a Family Physician with special interest in nutrition. We tuned in from our kitchens as Dr. Robinson walked us through making delicious kale salads. We discussed the gut microbiome, why garlic is good for you, how to eat healthy on a budget, and much more.

Looking ahead, we are excited to host a physician/resident panel exploring the many forms that a career in Family Medicine can take. As we welcome new first-years onto campus, we hope to expose many of them to the importance, joys, and challenges of Family Medicine!

With the Primary Care Leadership Collaborative (PCLC) through the AAFP, we attend monthly seminars on topics like relational leadership, eliciting personal stories, and how to connect more deeply with one another – for example, telling a personal story rather than regurgitating your resume when introducing yourself.

We look forward to attending the NMAFP Med Student Reception on September 9th and are hopeful that many of our classmates will be in attendance. As we connect with more of our classmates, particularly the new first-years, we plan to generate even more excitement for Family Medicine among our peers and grow our FMIG!

Burrell College of Osteopathic Medicine

By Carl Brayton, FMIG President

Greetings from Las Cruces! This past July we had the privilege of welcoming the Burrell class of 2026 to our campus and the greater Las Cruces and Mesilla area. They are a motivated cohort, determined to roll up their sleeves, and selflessly serve their communities. We look forward to hearing about their progress with great anticipation.

Due to recent curriculum changes and to reduce the overall stress upon starting the fall semester, we will have our first FMIG general body meeting of the new school year in mid to late September. We anticipate a good turnout with a few Burrell Alumni in attendance to discuss their Family Medicine residency application experiences.

As Summer draws to a close, we plan

to return to the Las Cruces Farmer's Market, maintain a presence there, and expand our involvement with the community of which we are so fortunate to be a part of. We are excited for the opportunities offered by the coming year, and hope to build upon the legacy of the Osteopathic physicians that have come before us.

Santa Fe Residency Program

By Alicia Gonzales, MD

We have so much to be grateful for here in Santa Fe! First, may I say thank you on behalf of my residency to everyone who came up and joined us for the NMAFP conference in July. We are so lucky to be able to live and train in this beautiful city and, as you all came to appreciate during the conference, be surrounded by such amazing artistic and culinary talent!

Our program is celebrating so many wins this summer - first, we welcome an amazing new class of interns which is our largest yet! Our program was recently approved to add on an additional two residents to each class making our current class of interns total six! We are so thankful to the main UNM program for accommodating this increase in their class size as well.

The only downside to training in this majestic city is the cost of living - which has been inflated in all of New Mexico over the recent years. Thanks to our extremely motivated group of now PGY2s who worked so hard to develop a proposal, we are celebrating a 50% increase in our supplemental pay provided by Christus St. Vincent to offset these costs.

Finally, we want to say CONGRATULATIONS to our beloved PD, Dr. Mac Bowen, who was inaugurated as NMAFP President during the July conference. His strong leadership, vision, and morale has been instrumental in our residency program, and we are pleased that NMAFP will be able to benefit from it going forward.

If any PGY3s across the state or attendings are interested in spending some time with us in Santa Fe, please reach out!! It would be a pleasure to share our City Different with you.

UNM Residency Program

By Hannah Udell, MD

Over the summer, we were thrilled to welcome a new cohort of UNM Family Medicine residents, including the inaugural class of the Rural Shiprock Residency Program residents who will spend the majority of their intern year at UNM before transitioning to the Northern Navajo Medical Center.

The 22 Family Medicine interns came

to Albuquerque with a variety of backgrounds and experiences, with roots across New Mexico, the United States, and several other countries. It's exciting to uncover the personality of this new cohort and to see the passion and ideas they bring to our didactics sessions, clinics, and inpatient services.

Our four lead residents are working hard on making positive changes on our inpatient family medicine and maternal child health services, the latter of which is going through a large institution-wide transformation with the parallel midwifery and obstetric services. We appreciate the faculty and residents who are dedicating their time designing this newly organized service, passionate about maintaining the essence of family medicine and the unique skills we bring to labor and delivery.

Several residents and faculty have also kicked off the second year leading an optional longitudinal abortion training curriculum, which was adopted to increase residents' knowledge of and experience in early abortion and comprehensive reproductive health care. Over one third of our residents participated in the first workbook session, and we are excited for continuing to come together every few weeks for future sessions and workshops.

We continue to feel lucky to be a part of a robust Family Medicine community and to be practicing in this wonderful state.

Las Cruces Residency Program

By Kaela Moldowan, MD

The Southern New Mexico Family Medicine Residency Program is happy to welcome two of the residents who were previously part of Hidalgo Medical Services as they officially start with our residency. They are a valuable addition, and we hope to make their transition to joining our Program as smooth as possible.

Our new intern class completed their orientation rotation, as well as their first rotation as physicians with our program. They are all doing well, and we are happy to have them as part of our team. We look forward to working with them through their residency experience and watching how they grow and learn.

Our residency continues its involvement with providing medical care to those seeking asylum in the United States. This gives our residents a chance to give back to the community and provides them with exposure to the challenges these asylum seekers face while seeking asylum. We look forward to this coming academic year with our residency.



Letters to Warren Heffron, MD upon Retirement from UNM

Dear Dr. Heffron,

Your dedication, drive and desire to provide care to those who weren't getting it elsewhere was (and still is) the heart of Family Medicine. What you've created in Family Medicine as a specialty and at UNM particularly has changed countless lives. So many people have come through the training that you were so seminal in creating, and just imagine all the patients who have been touched by all the people that your vision was able to train.

It has been an honor to be trained, and to work, in this amazing specialty and department that you created...and even more of an honor to get to work with you and learn directly from your wisdom.

Thank you from the bottom of my heart for what you have done for so many of us!

Molly McClain, MD

I write to you, as you are going through your final retirement, a letter of gratitude and remembrance. You have been my clinical teacher and my leadership mentor. I remember doing my first (and last) breast cyst aspiration at Tucker clinic with you.

I remember you giving me leadership books, tips, and tricks as I was vice chair for clinical when you were chair for the third time. You taught me that our faculty, residents, and students are like our family and a special community to nurture and support. What a legacy. You will not be forgotten. I love you very much,

Jen Phillips, MD

It has been a honor to know and work and learn from you these many years. From my time as a medical student, and as a resident, I have had the opportunity to learn from you. We rounded on patients, and we even did an LP on a new born together over 20 years ago.

Your passion for travel and making connections and creating Family Medicine residencies has been inspiring. I had the opportunity to spend a month in Chile as a third-year resident and the experience of seeing another country's healthcare system was eye opening. I don't think anyone has seen more systems than you have. I think that means your eyes are the most open of anyone I know!

I wish you all the best in retirement. You've been a great teacher and an inspiring builder. All the best to you.

Sincerely,

Dion Gallant, MD

Warren Heffron holds a special place in my life. He was Program Director of the UNM Family Practice Residency when I started in 1980. I got to know him as a teacher and mentor during my three years of residency. He had collaborated with others and led the process to start the residency a few years before in a challenging environment. Warren's vision and resolve in the specialist-dominated world of Bernalillo County Medical Center at that time struck me, even back then, as a major contribution to the medical campus as well as the state of New Mexico. As a practicing Family Physician, I have been grateful ever since.

My wife and I were included in Warren and Rosalie's family when I was a resident, and we both had children with developmental challenges. That was validation for a young doctor that family life was important to keep in balance with professional demands. Their kindness was apparent to both Molly and me.

Warren and I kept in contact and got to be colleagues over the years, mainly through the AAFP. I watched Warren as national AAFP Vice-President, admiring his awareness of health policy and leadership. He had many friends and supporters who obviously enjoyed his jovial friendship.

Warren was supportive of several New Mexican FPs who ran for and were elected to the national AAFP Board of Directors, including Phil Briggs, Arlene Brown, and me. His experience and insight aided each of us, and his presence at the national meetings was tangible and warm.

Throughout the AAFP, Warren is known for his efforts to spread the teaching of Family Medicine in many developing countries around the world over many years. His passion continues to this day.

Thank you, Warren, for being who you are all these years.

Rick Madden, MD

**Warren
Heffron:
leader, mentor,
guiding light**

Below is one of my favorite memories during my residency training at UNM Family & Community Medicine (UNM F&CM):

I was on call for our inpatient service, and you were the attending on call with me. One of the many benefits of the UNM F&CM program was that our attending was usually in house with us for most, if not all, of the night.

I received a call from an internal medicine (IM) intern who informed me that his team had started an admission on a patient in the emergency department (ED) and that it had turned out that the patient had been seen by one of our Family Medicine docs. So, he was handing off the patient to our service.

The patient had a very complex past medical history including chronic pain and severe lung disease. One of the Emergency Medicine attendings had been looking over my shoulder as I read through the medical records, and he made a comment along the lines of "that's an internal medicine patient if I ever saw one." Apparently, the family doc who had seen the patient was one who specialized in chronic pain and had been providing consultative services for pain management. The patient's primary care physician was indeed an internal medicine doctor.

I presented the patient and the situation to you. You did not hesitate to support my decision-making process. I then called the IM team to inform them that the patient was an IM patient. I spoke with the resident who was not at all pleased, to say the least. I explained that the patient had been seeing one of our FM docs for his expertise in pain management and that I was handing the patient back. She disagreed. She informed me that she was going to call her attending to support her in her refusing to admit the patient to their service. I informed her that my attending was sitting right next to me and asked if she would like to speak with you. She did not.

You and I were still in the ED evaluating our next patient when the IM team returned. The intern had to retrieve his torn-up History & Physical and the Admission orders from the trashcan in order to re-write them to admit their patient. This was pre-electronic health records of course.

Mil gracias Warren, for being such an incredible inspiration, an amazing mentor, and for having my six!

Todo mi amor y cariño!

Lourdes I. Vizcarra, MD



Dear Dr. Heffron,

Congratulations on your retirement! You have had a wondrous and adventure-filled career as a pioneering Family Physician.

One of my favorite memories is when I asked you to circuit ride for us to visit one of our practical immersion students in Fort Defiance straddling the New Mexico Arizona border. You advised me that it had been 50 years since you've been to Fort Defiance where you had worked early on in your career. What a small world and how wonderful to come full circle from early practice to master educator and distinguished leader in Family Medicine to return back to the community you served for a visit to one of our students.

Very few people have achieved the accomplishments that you have in leading and establishing Family Medicine in the United States as well as many other countries.

I've been honored to work with you. Best wishes in your retirement.

Sincerely,
Dan Stulberg, MD

Very few people have achieved the accomplishments that you have in leading and establishing Family Medicine in the United States as well as many other countries.

It has been such an honor and privilege to get to know you and to have the opportunity to learn from you. I will always remember the first time I attended your global health presentation and talking to you about creating a Family Medicine residency in Bulgaria. I was in awe of how much of an impact one Family Medicine physician can have. I was so impressed with how much you have accomplished, truly a visionary! During residency at the Tucker clinic, I was fortunate to staff many patients with you, to learn from you, and to get to know you. Your personality was just as impressive as your accomplishments. You have touched the lives of many, trained and mentored the best of the best in Family Medicine. You will be missed. But rest assured, you leave behind a legacy that will be carried on by all of your trainees and their trainees. A legacy that will live on not only here in New Mexico but throughout the world! I am forever grateful for you teaching me and showing me the essence of Family Medicine which has no limits or boundaries. From the bottom of my heart, thank you!

Sincerely,
Dessislav Ianakieva, MD*

You are an inspiration to so many with your vision and leadership of Family Medicine world-wide. I am honored to have learned from one of the Fathers of Family Medicine. I will never forget the first time I met you during my interview for the UNM Family Medicine Residency Program. You asked me about my "husband, Dessislav" and we talked about establishing a graduate medicine residency in Bulgaria. I was so impressed by you. I hope to one day carry out your legacy and help start a family medicine residency in Bulgaria.

Thank you for everything you have done over your long career span to further your vision and inspire and groom young physicians like me. Although you are retiring, you have left a legacy that will be carried on by the physicians you trained and the passion you have ignited.

Congratulations on your retirement!!! You will be missed in the department, Dr. Heffren, but you will never be forgotten.

Sincerely,
Veneta Ianakieva, MD*

I am so happy to take this opportunity to thank you for your years of service and especially for the countless hours you have mentored me since my very first day in Roswell. I have no doubt that, if it had not been for the support from you and your colleagues at UNM, our path to establishing the ENMFMRP in Roswell would have been much bumpier.

It is difficult to measure your contribution to Family Medicine and Medicine in general in New Mexico, the United States and all over the world. I have wonderful memories of the many stories of your travels and experiences abroad, as well as the many conferences and meeting we have attended together. David and I have always enjoyed our dinners with you and Rosalee at NMMS and NMAFP gatherings.

It has been an honor and privilege to work with you. We will miss you and think of you and Rosalee often.

All the Best,
Karen Vaillant, MD

*Editor's note: Dessislav and Veneta are twin sisters from Bulgaria

Opinions Needed for the NM Legislative Session in January, 2023

By Rick Madden, MD, Governmental Affairs Committee Chair & Steve Lucero, NMAFP Lobbyist

From the Governmental Affairs Committee: We will be sending a survey by email to all members in November/December asking for input for our legislative advocacy efforts during the session beginning in January, 2023.

Please take the time to fill out this brief questionnaire so that we may advocate on your behalf! If you have a particular burning issue, we want to hear about it. Contact Sara by email at familydoctor@newmexico.com.

Future NMAFP Dates

Board Meeting

Saturday, November 5, 2022,
NMAFP Office
Noon
Lunch Served

Board Meeting

Friday, February 24, 2023
Sandia Resort
(night before Conference)
5:30 pm
Hors d'oeuvres served

41st Annual Winter Refresher in Albuquerque

Saturday, February 25, 2023
Sandia Resort & Casino

Board Meeting

Saturday, May 20, 2023
NMAFP Office
Noon
Lunch Served





41st Annual NMAFP Winter Refresher in Albuquerque

Saturday, February 25, 2023

Lisa Stolarczyk, MD, Scientific Program Chair

7:00 am–8:00 am

Registration/Exhibits Open

Breakfast – Exhibit Hall

7:55 am–8:00 am

Introduction & Welcome/Lecture Hall

Lisa Stolarczyk, MD, Scientific Program Chair

8:00 am–9:00 am

"Beyond the Standard of Care: Not Just Treating.

Teaching Patients How to Have Better Health"

Lori Eanes, DO

9:00 am–10:00 am

"Medical Aid in Dying (MAID) in New Mexico"

Jacqueline O'Neill, MD

10:00 am–10:30 am

Break – Exhibit Hall

Sponsored by Montanas del Norte AHEC



10:30 am–11:30 am

"Urinary Incontinence: Causes & Treatment Options"

Nickolas Rockefeller, MD

11:30 am–12:30 pm

"Current Addictions Explained: Meth and Fentanyl"

Dan Duhigg, DO

12:30 pm–1:30 pm

Lunch – Exhibit Hall

Sponsored by UNM SOM Office for Community Faculty



1:30 pm–2:30 pm

"Treating Latent TB in Primary Care Clinics"

Amy Robinson, MD and Kaitlyn Cano, FNP

2:30 pm–3:30 pm

"Treatment Strategies for Basal Insulins to Manage Time-in-Range and Glucose Variability to Improve Outcomes in Patients with Diabetes"

Matthew F. Bouchonville, MD, CDCES

3:30 pm–4:30 pm

"The History of Family Medicine"

Warren Heffron, MD & Arthur Kaufman, MD

4:45 pm–6:45 pm

Poster Session/Happy Hour

Sponsored by Burrell College of Osteopathic Medicine



Burrell College of
Osteopathic Medicine



41st Annual NMAFP Winter Refresher in Albuquerque

Saturday, February 25, 2023

Lisa Stolarczyk, MD, Scientific Program Chair



Hotel Information

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

A discounted room block rate of \$194 will be held until January 24, 2023. After this date, rooms will be on a space-available basis.

To make reservations:

Call (505) 798-3930 or (877) 272-9199 and give the group code 9420 to receive the room-block rate.



Scan this QR code to reserve online

You can also visit <https://book.b4checkin.com/chameleon/sandia/rlp/41stAnnualNMAFPWinterRefresher>, which will take you directly to the NM Academy of Family Physicians room block.

Register online at www.familydoctormn.org

Please Print Clearly

Name: _____

Designation: ☐ MD ☐ DO ☐ NP ☐ PA ☐ RN ☐ PhD ☐ Resident ☐ Student AAFP ID: _____

Full Address: _____

Phone: _____ Email: _____

_____ AAFP Member Licensed Practicing Physician \$210

_____ Non-member Licensed Practicing Physician \$340

_____ PhD \$210

_____ NP/PA/RN \$165

_____ Retired Physician \$165

_____ Family Medicine Resident (no charge, must include AAFP ID)

_____ Medical Student (no charge, must include AAFP ID)

_____ Yes, I want to sponsor a student attendee \$60

_____ Total enclosed from both columns above

Your registration includes breakfast, break, lunch, and snacks during the Poster Session at the end of the day. Handout materials will be provided online the night before the conference. You may download materials in advance to follow along, or during the conference.

Save a stamp and register online at www.familydoctormn.org! Or mail form & check to:

NMAFP, Educational Fund, 2400 Louisiana Blvd. NE, Bldg. 2, Suite 101, Albuquerque, NM 87110

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



Harm Reduction for Opioid Use

By Emilia Vesper, MD, Chair of the Health Equity and Racial Justice Committee

Hello fellow peers and colleagues, I would like to share about our ability to impact lives through harm reduction and what steps we can take to assist patients with opioid use disorder. Fentanyl is becoming a larger danger given counterfeit pills leading to opioid overdose deaths. In 2020 the CDC notes 784 deaths in NM were related to opioid overdose, and the CDC notes overdose related deaths have dramatically in-

creased since the COVID pandemic began.

As Family Physicians, we have a unique opportunity to intervene and help with this opioid epidemic. One thing we can do is prescribe Narcan to those we know might be affected, as well as describe how to use Narcan. Another action we can take is to obtain an X-waiver and prescribe Suboxone.

I want to discuss a unique opportunity that is available to us. We are collaborating with Ideal Option through the NM Health Institute Center for Health Innovation (CHI). Amy Lucero and Athena Huckaby are available to provide individual, in person or virtual, private/confidential, non-judgmental, and supportive academic

detaining, for 5 CME credits for treatment of chronic pain and up to 7 CME credits for treatment of Opioid use disorder with Suboxone. Registration available at: <https://chi-phi.org/2020/09/25/update-nm/>

If you need peer-to-peer support and are struggling with a case there are a couple options also available to you for help with questions:

Option 1) is to call the NM poison control line and there is someone available 24/7 to help 1-800-222-1222.

Option 2) through Ideal Options, there is a provider consult line where you can reach out for help. Please email Sara Bittner, familydoctor@newmexico.com, for their personal phone line.

National AAFP Student & Resident Conference, July 28-30, 2022, Kansas City

The American Academy of Family Physicians hosted its 47th Annual National Resident & Student Conference in Kansas City in late July. It has become the premier destination for Family Medicine Residents and Medical Students interested in Family Medicine to explore all this awesome specialty has to offer. This Conference gives their attendees the opportunity to interact with more than 3,000 peers, hundreds of residency programs and leaders in the specialty.

Residents & Students attending this annual event can also be a part of the Resident & Student Congress which is happening simultaneously. This is the chance to voice your opinions and vote on issues important to future family physicians. Many of the initiatives launched by residents and students in prior years are now Academy policy.

Each Chapter sends one student member and one resident member to serve as chapter delegates. These delegates attend all business sessions, poll their state delegations about issues before the congresses, and vote in the elections.

NMAFP is very appreciative to the NM Student and Resident Delegate that represented our Chapter in a stellar way. See below their stories:

By Alicia Gonzales, MD, NMAFP Delegate to the Resident Congress of Delegates

I have always robustly supported that New Mexico has got it going on, and my experience as Resident Delegate for NMAFP at the National Resident and Students AAFP Conference in Kansas City only fortified that sentiment. First, what an amazing learning experience (not to mention honor!!) to be selected to represent all of New Mexico Family Medicine Residency Programs, as the Delegate! This means that I held the sole voting power for all of New Mexico. I am so glad I poured over the instructional pamphlet provided by AAFP to fulfill this role so far ahead of time prior to attending the Kansas City Conference. I had plenty of time to attend NMAFP meetings and talk to other residency programs, which was crucial to hit

the ground running when I checked into the conference.

Upon arrival my responsibilities began almost immediately. Caucuses were in session nearly eight hours a day, every day. I quickly began drinking from the proverbial fire hose as I went from learning how to write a Resolution, to writing and submitting my own, to attending committees where I analyzed, stood up in support or against, and voted on resolutions submitted by other residents. To be surrounded by so many young, passionate, ambitious family residents was inspiring to say the least.

Most encouraging about the experience was my renewed awe and love for New Mexico. As many stood up on behalf of their

home states to establish movements for trauma informed care, distribution of feminine hygiene products, health-equity for under-represented groups and much more, I found myself constantly standing in front of the microphone speaking in behalf of such resolutions on the basis that New Mexico firmly stands behind them.

As I've always known, New Mexico truly does have it going on. For any residents who are interested in participating in such an experience, I highly encourage you to reach out to myself or Sara Bittner regarding your interests. I can't imagine a more high-yield and fun experience to teach gubernatorial affairs and bring change back to our home state.

By Aaron Trillo, NMAFP Delegate to the Student Congress of Delegates

My name is Luis Aaron Trillo, and I am a first generation Mexican-American. The first thing I usually share about myself is that I grew up on a sheep farm in rural New Mexico. I knew I was going to pursue medicine from a really young age, despite no one in my family being a doctor. I saw a veterinarian fix one of our horses up around six years old; and, after that, I was sold. I was pursuing Veterinary Medicine until I had the opportunity to shadow Medical Doctors in High School, and my path shifted instantly. I was hooked on the "physician-patient" relationship and how much more that healed than any medication could.

I was able to attend the American

Academy of Family Physicians Conference in Kansas City, thanks to the generosity of the New Mexico Academy of Family Physicians. I was selected to be a student delegate to represent our state on important issues at the conference including officer elections, parliamentary procedure, caucusing, resolution writing, and amendments. I developed an incredible amount of leadership skills in just three short days that I will carry with me as I apply to residency and into my career as a Family Medicine Doctor for New Mexico. It was only my first year going to the national conference, but I hope to run for elected official positions throughout my residency and represent our beautiful state. I

was able to network with Program Directors across the country and figure out what residencies will fit my goals of caring for entire families, including high-risk obstetrics.

One experience, in particular, stuck in my head. A group of us had congregated on the patio of the hotel where we were staying, and a beautiful sunset suddenly streaked the sky of Kansas City. Everyone was mesmerized by it, but all I could think about was the KC sunset didn't come close to the beautiful sunsets we have every day in New Mexico. Thank you NMAFP for the opportunity and the honor!





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Dr. Will Kaufman, 2022 Physician of the Year

By Dion Gallant, MD

Dr. Kaufman is the 2022 New Mexico Chapter Physician of the Year. You may know that he is son of Drs. Arthur and Ellen Kaufman, but you may not know he was a high school soccer star who attended the University of Chicago before returning to NM to attend medical school at UNM. He then went to Massachusetts where he completed his Family Medicine residency, obtained a PHD in Public Health at Harvard, and met and married his wife, Rachel. Will then returned to his Native NM, taking on a leadership position at First Choice and a faculty role with UNM Department of Family & Community Medicine. While continuing his work as an outstanding clinician, and teaching UNM medical students and residents, he also helped develop practice-based initiatives that are at the forefront of medical care. Will developed and implemented the use of the Social Determinant Script with patients in practice. This work was recognized in an article in the JABFM.

He has been a leader in implementing Lifestyle Medicine into practice. He began the work of expanding the Health Commons model at First Choice and working with La Cosecha, a cooperative of local community growers. He has helped develop and open a greenhouse on the Commons campus where food baskets for patients are prepared, and teaching classes with groups of patients are conducted focusing on healthy food preparation and eating. These comprise the concept of a Wellness Ecosystem that he has championed.

Will's colleagues at First Choice recognized him for empowering their voices, supporting their passion, and for helping to guide First Choice through the COVID pandemic. Dr. Kaufman has been both a model Family Doctor and teacher, and a true pioneer and leader in developing and implementing new models of care delivery. It was an honor to recognize him, and we all wish him great success in his future endeavors.



Dr. Will Kaufman receiving the NMAFP Physician of the Year Award from Dr. Dion Gallant and Sara Bittner