



The Roadrunner

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Spring 2022

President's Column

Bridget Lynch, MD, MPH



Dear fellow Family Physicians of New Mexico,

Today I want to spotlight an upcoming opportunity for all members of the American Academy of Family Physicians. Beginning in August 2022, the AAFP will be launching the first national Well-being and Burnout ECHO, blazing the trail as the first medical specialty to start this type of ECHO. This AAFP ECHO is modeled after the nation's first-ever Well-being and Burnout ECHO, which was launched at Presbyterian Healthcare Services here in New Mexico in the Fall of 2020.

The new national AAFP ECHO hopes to replicate the shining outcomes that the Presbyterian Well-being and Burnout ECHO has already demonstrated – such as helping providers better identify burnout in themselves and their colleagues, identify burnout more quickly, and know how to limit its effects on personal lives and careers. Participation in this ECHO is not a cure to burnout,

but it does help people to experience it less frequently and less intensely, and it provides a community in which people can learn and know they do not have to work on this alone.

Through the use of the ECHO model, the AAFP is offering its members an opportunity to grow close as a community and to come together to learn and explore ideas. The supportive network that develops in an ECHO is the wealth that helps members to thrive and to feel more valued by and committed to their own practice of medicine.

The AAFP is proud to announce this project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS). Closer to August, the AAFP will be providing members with information regarding how to connect to the national Well-being and Burnout ECHO. Our NMAFP Board has dedicated itself to helping our members join and benefit from this new ECHO. Please be on the lookout for our electronic and printed invitations to participate. As August nears, please feel free to reach out to us if you have not yet received an invitation to sign up for this ECHO. In the meantime, take care and thank you for all you do for yourselves and your patients, families, and communities.

Future NMAFP Dates

Board Meeting

Saturday, May 14, 2022

NMAFP Office

Noon

Lunch Served

Board Meeting

Sunday, July 24, 2022

Eldorado Hotel

8:00 am

Breakfast Served

(Scientific Advisory Committee Meeting immediately following the Board Meeting)

Annual Med Student Reception

Friday, September 9, 2022

Sandia Resort & Casino, Eagle Room

5:30-8:30 pm

Dinner Served

Annual Budget Meeting

Saturday, September 10, 2022

NMAFP Office

10:00 am

Breakfast Served

Legislative Session Ends with Some Health Care Success

By Dr. Rick Madden & Steve Lucero on behalf of the NMAFP Government Affairs Committee

The NMAFP Government Affairs Committee conducted a member survey about health-related legislative issues in December of 2021. Thanks to the 78 respondents for sharing their thoughts on this year's Legislative Priorities Survey. The results identified the following priorities for the 2022 Session:

1. Women's health and reproductive rights
2. Pharmaceutical costs
3. Harm reduction for substance abuse and medication assisted treatment
- Tied for fourth:
4. Gross receipts tax repeal on medical services
4. Medicaid fee increase for clinicians

Because a 30-day legislative session focuses on New Mexico's revenue and budget items, it came as no surprise that many of our top priorities were not addressed. The fol-

lowing summarizes the outcome of selected health-related bills at the end of the legislative session on February 17th. The Governor has until March 9th to sign these bills into law.

House Bill (HB) 52 Harm Reduction Act Amendments passed both chambers. It refines language in the Harm Reduction Act to allow individuals to carry and use testing devices that can identify adulterants such as fentanyl, subsequently reducing overdose in NM.

HB 95 The Health-Easy Enrollment Act passed both chambers unanimously. This bill will allow NM taxpayers to have their pertinent information used for streamlined application for enrollment into Medicaid and insurance offered on the NM Health Insurance Exchange.

Senate Bill (SB) 138 The Medical and Health Care Gross Receipts Act passed both chambers unanimously. This bill provides

GRT deduction for medical providers who receive payments from a qualified Medicare Administrative Contractor.

HB 48 The "Junior Appropriations Bill" passed both chambers and designated \$790K to the Superintendent of Insurance for continued study of the Health Security Act.

Our Doctor of the Day program functioned by remote contact again this year due to the pandemic. There were no requests for medical consultations this year. Our lobbyist, Steve Lucero, talked to the DOD volunteer each morning about issues and processes. Residents from several sites were able to participate.

We appreciate the members who responded to our survey, and we will continue to improve it next year. The 2023 session will be 60 days long and will include many more issues related to health care.

UNM Family Medicine Residency Program

By Ricardo Galicia, MD

With the Spring time comes the much awaited anticipation of the residency Match and seeing who we will be working with this upcoming year! We had such a great batch of applicants and look forward to working with our new colleagues. We are especially excited this year as we will be matching the inaugural Shiprock class for the new Shiprock Residency Program! The UNM hospital remains as busy and as full as ever, with a lot of patients that have not sought care because of fear from the pandemic. There are a lot of admissions of really sick folks which means, lots of learning and great opportunities to help patients in our community. The residency is definitely trying their best at keeping morale up by sending the residents care packages, setting up private movie nights, setting up mini massage sessions, etc! We are all looking forward to spending time outside and enjoying our last few months with our soon-to-be graduating third years before they move on to their next journeys!

Southern New Mexico Family Medicine Residency Program

By Jennifer Nordhauser, MD

The Southern New Mexico Family Medicine Residency Program has further incorporated social determinants of health into our curriculum and rotations. We recently hosted a didactics session with Aprendamos, an early child intervention program that offers multiple PT, OT, and behavioral services to the children in Las Cruces, and we started rotating with them to get a first-hand view of their work with our pediatric population. We also recently toured our trio of Las Cruces community services, Casa de Peregrinos, Jardin de los Ninos, and Amador Health Clinic as well as our temporary housing site, Community of Hope.

This year, we had multiple residents virtually attend the New Mexico Legislative Session with Dr. Stephanie Benson as Doc-of-the-Day. Via Zoom, these residents engaged in policy-making and were available for any medical concerns during the session. Special thanks to Steve Lucero for orienting us to this process and answering our many questions.

We are also excited to have finished a great round of interviews this season. One

hundred and one impressive applicants interviewed with our faculty and Chiefs and will be hopefully matching to our 14 first-year positions! Six residents will be matching to Memorial Medical Center, our main campus; three residents will be based at La Clinica de Familia, our community partner FQHC; three first-year residents for the 1+2 Alamogordo Gerald Champion program; and two first-year residents for the 1+2 Hidalgo Medical Services program in Silver City. Best of luck to all residency applicants this year!

First, as COVID-19 numbers improve, we look forward to continuing to engage with our community through more in-person experiences, such as sports medicine, volunteering, and rotating in our community clinics. Warm wishes from the Organ Mountains!

Hidalgo Medical Services Residency Update

By Dr. Erica Palin

As 2022 begins, our residency program is saying farewell to old friends and saying hello to new ones.

First, we would like to say farewell to our program director, Dr. Darrick Nelson. His accolades are far too numerous to list. His influence and teaching run far too deep to put into words. To say he will be missed would be an understatement. We here at HMSFMRP all wish him the best in his future endeavors and commit to continuing the work that he started here, in us as future physicians, and in Southern New Mexico.

We would also like to welcome some new faces to our program. First, Dr. Salvador Adame-Zambrano as our new site director. We are very happy to have him come aboard and be part of the HMSFMRP family. Secondly, we would like to welcome, Dr. Oliver Hayes as the new Designated Institutional Officer (DIO) and Mr. Ethan Novikoff as the new Quality Improvement (QI) Director at Hidalgo Medical Services. They have both met with the residency program and have seen presentations on the residents' recent QI projects. We are excited to see what comes of our future collaboration together.

We recently finished our interview session (all virtual) and eagerly await to see who will be joining our HMSFMRP family. The candidates were all extraordinary people, ready to help those in rural communities like ours. Now we wait with anticipation to see who matches with us.

Due to COVID restrictions, our didactics has been returned to virtual only. So, we decided to make the best of it and

take advantage of what is available to us. HMSFMRP will now be doing joint didactics with SNMFMRP over Zoom for part of their schedule. We will also enroll in the lecture series being done by the New Mexico Primary Care Training Consortium. These lectures will be in adjunct to our lecture schedule and Family Medicine Board review sessions.

Plans are currently in the works for residents to have more opportunities to be involved in community outreach. We look forward to being present to take care of our patients, in and out of the office.

Northern New Mexico Family Medicine Residency Program

By Jennifer Prosser, MD

Greetings from sunny Santa Fe! February finds us eagerly anticipating the Match results to see which colleagues will be joining our newly expanded class of six interns. We are excited to announce that Abhishek Tomar, MD was elected as chief resident, and we welcome Sanford Lax, MD, as our new Assistant Program Director. We look forward to his contributions as he has a long career in resident education.

Resident projects continue to enhance our didactics and curriculum with Dr. Tomar contributing longitudinal curriculum related to transgender health, and Dr. Prosser finalizing our new hospitalist track with attending Dr. Koffler. It is an exciting time for us in Santa Fe as we grow our program, strengthen our curriculum with Hospitalist and OB tracks, and diversify our didactics with a focus on underrepresented competencies in residency training. Our third-year residents are polishing resumes, interviewing, and look forward to announcing their post-graduate plans in the next issues of The Roadrunner.

Shiprock UNM FM Residency

By Dr. Heather Kovich, Residency Director

The Shiprock UNM Family Medicine Residency completed its inaugural recruitment season, interviewing 40 applicants for the two spots in its first class. They are grateful for the collaboration and assistance of the main UNM Program. While they excitedly await Match Day, they are hard at work on the Native Health curriculum that will be the cornerstone of the community health experience.



Burrell College of Osteopathic Medicine

By Logan Harris, FMIG President

The Family Medicine Interest Group (FMIG) at Burrell started the new year off with a big bang! Thank you to our advisor, Dr. Karen Vaillant, who helped build a panel of Family Medicine Physicians from a wide variety of backgrounds. We had five different speakers share stories of their unique paths within the specialty and convey to students how diverse and fulfilling a career in Family Medicine is. There were lots of great questions from the students and an expressed desire for the event to return next year.

In the upcoming months, the FMIG will be co-hosting a movie screening and mediated discussion on chronic pain management with the Psychology Interest Group. We will also participate in another Health Fair for the Las Cruces community in April. Both of these events will no doubt be as successful as our last.

Finally, we began to transition our roles over to the class of 2025 and welcome our new board members as they take over the FMIG. We are sad to see our current board leave but thrilled for them to begin their clinical rotations!



"Career Decisions: Why Primary Care" event, hosted by Dr. Karen Vaillant

University of New Mexico, School of Medicine

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

Over the past month we have officially transitioned into our new roles as officers of the Family Medicine Interest Group (FMIG) at the University of New Mexico School of Medicine. We have Jenny Davis as President, Sarah Bouquin as Vice President, Johanna Michelsohn as Treasur-

er, and Maryssa Young as Secretary. We are honored and excited to explore our shared interest in Family Medicine with our classmates and distinguished mentors.

Over the next year, we plan to host a series of lectures for our classmates highlighting the many faces of Family Medicine. Specifically, we aim to further the dialogue on campus about serving elderly populations, basic life support skills in obstetrics, and serving the underserved from the perspective of Family Medicine providers.

We are in the process of applying for

the Primary Care Leadership Collaborative (PCLC). We are currently formulating our preliminary proposal, in which we plan to integrate health literacy education while addressing access barriers in issues of aging.

As we settle into our new roles with FMIG, we look forward to deepening and strengthening our relationship with the NMAFP and getting to know many of you. As budding physicians, we thank you for this opportunity to engage with family practice in New Mexico!

New NMAFP Resident Representatives' Committee

Dr. Jennifer Nordhauser, PGY-3, SN-MFMRP, suggested to the NMAFP BOD that an informal forum for Residency Program Representatives to collaborate on projects and resolutions; promote resident involvement in organized medicine; discuss issues going on in each program; and share ideas on how to approach those issues would be very beneficial to all concerned. This Committee will be designated as the Resident Representatives' Committee. Below are the notes taken from the first meeting:

The Resident Representatives on the NMAFP Board enjoyed our first meeting on 2/24/22. During our meeting, we discussed ways to increase resident involvement in NMAFP activities, such as inviting NMAFP Board Members to speak at didactics sessions and incorporating more resident-directed programming in NMAFP events.

We also talked about issues each residency has been facing during the pandemic, including burnout, missed rotations, and virtual instead of in-person didactics, and shared ways that each residency is dealing with these issues. As the number of resi-

dency programs in New Mexico grows, we hope to collaborate more and support the Family Medicine Residents through this committee.

We are open to ideas and input from NMAFP members regarding ways we can best foster a strong resident presence in our organization. If you have any ideas to help increase resident involvement, and/or if you would like to be involved in the Resident Committee, please email Jen Nordhauser, PGY-3 in Las Cruces, jennifer.nordhauser@lpnt.net and Sara Bittner, Chapter Exec for NMAFP familydoctor@newmexico.com.



64th Annual NMAFP Family Medicine Seminar

This Conference has been reviewed and approved for up to 20.50 Live AAFP Prescribed credits

Conference Schedule: July 21-23, 2022

THURSDAY, JULY 21

- 7:00 a.m. Registration, Exhibits Open
Breakfast - Exhibit Hall
- 7:50 a.m. Introduction & Welcome
Bridget Lynch, MD, Scientific Program Chair
- 8:00 a.m. Re-envisioning FM: State of Residencies,
Medical Students
David Rakel, MD
- 9:00 a.m. "Identification of Alcohol Use Disorder and
Treatment Options"
Valerie Carrejo, MD, FAAFP, FASAM
- 10:00 a.m. Break – Exhibit Hall
- 10:30 a.m. "Updates in Asthma Care"
Dion Gallant, MD, FAAFP
- 11:30 a.m. "Ophthalmology for the Primary Care Physician"
Rachel Davis, MD
- 12:30 p.m. Lunch – Exhibit Hall
- 1:30 p.m. "Updates in Type-2 Diabetes Management"
Gretchen Ray, PhD, RPh
- 2:30 p.m. "Methamphetamine Use Disorder:
Here's How to Treat It"
Dan Duhigg, DO
- 3:30 p.m. "Rural Maternity Care"
John Cullen, MD
Past AAFP Board Chair & Honored Guest
- 4:30 p.m. At Leisure
- 6-8:00 p.m. Welcome Reception
Exhibit Hall
John Cullen, MD
Past AAFP Board Chair & Honored Guest
Announcement of the Candidates for
Office 2022-2023

FRIDAY, JULY 22

- 7:00 a.m. Registration, Exhibits Open
Breakfast - Exhibit Hall
- 8:00 a.m. "Hot Vaccine Updates - Covid Vaccine Updates"
Melissa Martinez, MD, FAAFP
- 9:00 a.m. "Exercise Prescription for Chronic Disease"
Lisa Stolarczyk, MD, PhD
- 10:00 a.m. Break – Exhibit Hall
- 10:30 a.m. "Seeing Eye to Eye – Improving Outcomes Among
Rural Spanish-Speaking Latinx Patients with
Diabetic Retinopathy or Diabetic Macular Edema"
J. Fernando Arevalo, MD, PhD
- 11:30 a.m. "ABFM Update: What's New to Support
Your Certification Journey"
Elizabeth Baxley, MD

FRIDAY CONTINUED

- 12:30 p.m. Lunch – Exhibit Hall
- Sponsored by  American Medical Association
Area Health Education Center
- 1:30 p.m. "Hands-on and Practical Dermoscopy Workshop"
Mac Bowen, MD
Sponsored by  dermLite
- 3:00 p.m. "Pearls in Birth Control Options"
Miranda Aragon, MD
- 4:00 p.m. At Leisure
- 6-10 p.m. Awards Dinner & Dance
Exhibit Hall
John Cullen, MD
Past AAFP Board Chair & Honored Guest

SATURDAY, JULY 23

- 7:00 a.m. Registration
Breakfast - Exhibit Hall
- 8:00 a.m. "Weighing Risks and Benefits of Cannabis
in Treatment of Chronic Pain"
Brant Hager, MD
- 9:00 a.m. "Primary Care Call to Action for VTE Management:
Sharpening Skills in Recognition, Treatment &
Secondary Prevention"
Gregory Piazza, MD
- 10:00 a.m. Break – Exhibit Hall
- 10:30 a.m. "Trigger Point Injections: Lessons from
the Literature"
Brian Shelley, MD
- 11:30 a.m. "Family Medicine Updates"
Dan Waldman, MD
- 12:30 p.m. Lunch – Exhibit Hall
- 1:30 p.m. "Update on the Virology & Immunology of
COVID SARS"
Debra Bramblett, PhD & Gabor Szalai, PhD
- 2:30 p.m. "Osteoarthritis, the Most Common Joint Problem"
Rachel Chamberlain, MD
- 3:30 p.m. "Frontier Medicine"
John Cullen, MD
Past AAFP Board Chair & Honored Guest
- 4:30 p.m. End of Continuing Medical Education
Presentations

SUNDAY, JULY 24TH

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



64th Annual NMAFP Family Medicine Seminar

Bridget Lynch, MD, Scientific Program Chair

This Conference has been reviewed and approved for up to 20.50 Live AAFP Prescribed credits

REGISTRATION FORM

Online registration available in mid-April at www.familydoctormn.org

Please Print Clearly

Name _____

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

Address _____ C/S/Z _____

Phone _____ Email _____

☐ AAFP Member Practicing Physician \$600

☐ Non-Member Practicing Physician \$775

☐ PhD \$600

☐ NP/PA/RN \$475

☐ Retired Physician \$390

☐ Family Medicine Resident (no charge)

☐ Medical Student (no charge)

☐ 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 \$40

_____ Friday Dinner & Dance - Adult \$45

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

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

\$_____ Total from all columns above

Register online in mid-April at www.familydoctormn.org.

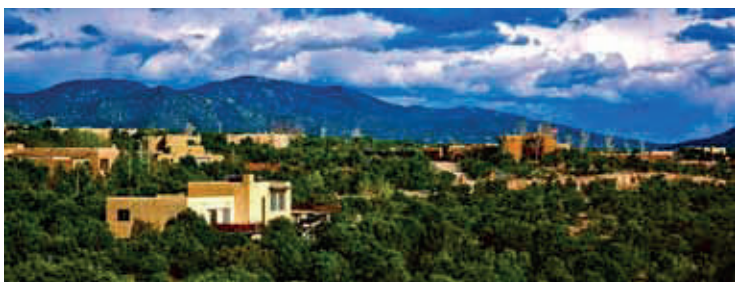
Or mail form and check to: NMAFP, Educational Fund, 2400 Louisiana Blvd. NE, Bldg. 2, Suite 101, Albuquerque, NM 87110

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

The Eldorado Hotel & Spa is a premier Santa Fe hotel, with award-winning luxury and unexpected delights. A room block has been arranged to provide discounted rooms along with underground covered parking with free valet service and no resort fee (\$30 daily value). The temporary rate of \$180 is available for either the Deluxe King (1 king bed) or the Deluxe Double (2 full size beds).

We recommend you reserve early to get the type of room you want. The room block will be held until June 22, 2022. After this date, rooms will be on a space and rate available basis. The reservations call center is open seven days a week from 6am -10pm MST and 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, 220717NMAC. For more information, visit their website www.eldoradohotel.com.

Please be aware that a deposit of the first night's room and tax is required at the time of reservations. 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.



About Santa Fe, New Mexico

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 but cool mountains provide great hiking and photo opportunities. Santa Fe is filled with museums, art galleries, history, and culture that is sure to impress.

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.



February 18, 2022 Board Notes

Present: In Person – Sara Bittner; Sarah Bouquin; Mac Bowen, MD; Valerie Carrejo, MD; Veneta Ianakieva, MD; Bridget Lynch, MD; Samantha Morris; Lisa Stolarczyk, MD; Dan Stulberg, MD; Emilia Vesper, MD; and Lourdes Vizcarra, MD. Virtual – Stephanie Benson, MD; Jenny Davis; Logan Harris; Kate Kollers, MD; Steve Lucero; Rick Madden, MD; Molly McClain, MD; Jen Nordhauser, MD; Chuck North, MD; Jennifer Phillips, MD; and Karen Vaillant, MD.

Old Business:

2022 NM Legislative Report: Rick Madden, MD & Steve Lucero

RFM Notes 2022 NM State Legislature, 30-day session, ended February 17.

Survey results and bill updates were reviewed. Detailed information can be found on page 1 and entitled Legislative Session Ends with some Health Care Success.

Virtual AAFP Reference Committee Hearings, Jan. 21-22, 2022:

Dr. Stephanie Benson (Delegate) & Dr. Bridget Lynch (Delegate)

Committee hearings and delegate activity were reviewed. Detailed information can be found on page 8 and entitled AAFP 2021 Congress of Delegates Virtual Reference Committee Meetings.

New Business:

40th Annual Winter Refresher in Alb. Update:

Dr. Mac Bowen, Scientific Program Chair

In order to protect the attendees of this first in-person Conference in two years, NMAFP decided in early January to offer it virtually as well. Due to the Governor ending the mask mandate 48 hours before the Winter Refresher Conference was to take place, NMAFP determined an email should be sent to all in-person attendees now (night before conference) informing them that mask wearing at Sandia Resort was now optional. The reasoning behind this plan was to give all in-person attendees the opportunity to switch to virtual if they felt uncomfortable about optional masks.

Purchase of Equipment for future NMAFP BOD Meetings:

Dr. Veneta Ianakieva

NMAFP is considering purchasing equipment to continue to have BOD members attend in person or virtually. Cost of equipment shared. Suggestion for purchase of a projector. A discussion ensued. A motion was made, seconded, and passed unanimously. NMAFP will purchase a camera, microphone, and projector before our May 14th Board Meeting.

Health Equity & Racial Justice Committee Update:

Dr. Emilia Vesper

Several House Bills (HB) are being introduced to make harsher punishments for crimes committed with guns, as well as dangerous criminals not being allowed to be released before trial: HB-9 (unlawful access to firearm for minor), HB-26 (unlawful firearms while trafficking), HB-27 (pretrial release of certain persons), and HB-28 (felon in possession of firearm penalty). HB-16, victim advocate funds: would allow more funds to have more advocates for victims and their families of violent crimes. HB-85, missing in NM event: to help families with missing persons' reports and get resources. HB 96, violence intervention program act: would support grants for programs to intervene.

Health Equity bills we should support:

- HB 126, state personnel diversity act: creates a diversity department and moves towards investigating and ending some systemic racism.
 - Do-pass recommendation
- HB 174, hearing aid health insurance coverage
 - Not printed

- HB 120, broadband changes and definitions: better internet access for NM
 - Not printed
- HB 65, housing modernization changes: helps do more to protect renters
 - Passed in the House, pending Senate
- HB 23, HPV PAP registry: reminds me of the NMSIS but for abnormal PAPs.
 - Do-pass recommendation
- HB-32, feminine hygiene gross receipts: allows feminine hygiene products to not be taxed
 - Do-pass recommendation
 - Should we create and push for legislation to have free feminine hygiene products in school?
- HB 52, Harm Reduction Act Amendments: more than just syringe exchanges, allows to give out fentanyl test strips.
 - Passed in the House and Senate

Bills we should oppose:

- HB 40, Termination of States Emergency: this would create funding implications given current pandemic.
 - Not Printed.
- HB 91, prohibit critical race theory teaching
 - Not printed.
 - Dr. Vesper is working on a response to send to the sponsors

64th Annual Family Medicine Seminar, July 21-23, 2022:

Dr. Bridget Lynch, Scientific Program Chair

Tentative Agenda for the three-day conference in Santa Fe shared. It is near completion, and the CME accreditation from AAFP will hopefully be received in the next couple of weeks.

Primary Care Council: Dr. Jennifer Phillips

There have been two quarterly meetings of the Primary Care Council (PCC). Third meeting scheduled for Feb. 26th. PCC was formed to revolutionize primary care through innovation and creativity and increase the amount of health care dollars spent on primary care. Members applied and were selected by Secretary Scrase from New Mexico HSD. It is made up of a nine-member council and a thirteen-member advisory board. Dr. Phillips was chosen as one of the council members. There is a five-year strategic plan to lay out how primary care investment can increase access to primary care, improve the quality of primary care services, increase the efficiency in primary care, address the shortage of primary care providers, and reduce overall health care costs. Dr. Phillips volunteered and was elected to be the Chair of the Council. Congratulations to Dr. Phillips!

Letter to NMAFP BOD from Dr. Virginia Hernandez, Past NMAFP

Board Chair: Dr. Ianakieva read the letter of gratitude from Dr. Hernandez for the time spent on the NMAFP BOD. NMAFP wishes Dr. Hernandez well in her new endeavors in CA. NMAFP BOD will be sending a Letter of Gratitude for her service to NMAFP.

Conversation about Governor Lifting Mask Mandate:

Dr. Emilia Vesper

Discussion. Some of the Conference attendees were checking in tonight without masks for the Conference tomorrow. Signage will be placed around our registration area asking that attendees please be respectful and wear masks in order to protect their colleagues, patients, and families. Dr. Bowen, Scientific Program Chair, will also include a statement, regarding mask wearing during the conference, in his announcements tomorrow morning.





MENTOR OUR NEXT GENERATION OF PHYSICIANS

7 HUBS

- ◆ Four Corners
- ◆ Eastern New Mexico
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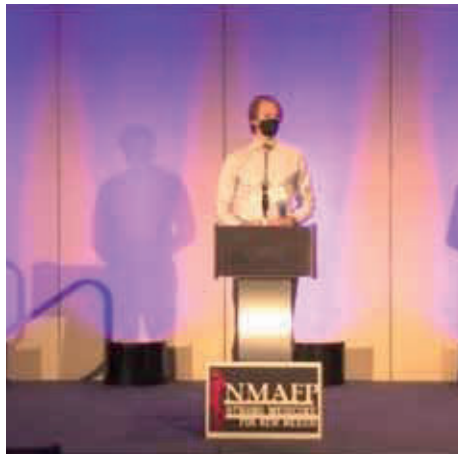
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Feb. 19th Winter Refresher Recap

By Dr. Mac Bowen, Scientific Program Chair

The 40th annual NMAFP Winter Refresher and first in-person event in two years was a great success by all measures. With the vast majority of attendees in person, the energy of reunion was palpable. Our staff worked hard to ensure that online attendance was an option during the ongoing pandemic to protect our members. Presenters covered a broad range of topics that reflected the incredible scope of our specialty. The audience engagement was excellent throughout the entire conference with attendees displaying their thirst for knowledge to continue to provide the best care possible for our patients. We even had a last minute brainstorming session with representatives from the Department of Health, who solicited our feedback in crafting their childhood Covid vaccination rollout efforts, in recognition of how crucial Family Medicine is to



Dr. Mac Bowen, Scientific Program Chair for this year's Winter Refresher in Albuquerque

the delivery of public health. There was great conversation and networking going on in between and after presentations at our medical student poster session, which was an invigorating signal that our specialty will continue to thrive in the future. Thanks for all who contributed to a memorable conference and

we look forward to seeing you all at the Seminar this summer in Santa Fe!

NMAFP is very grateful to our Winter Refresher Sponsors this year: Burrell College of Osteopathic Medicine; Luna Community College, Montanas del Norte AHEC; TRI-CORE; and UNM School of Medicine Office for Community Faculty.

NMAFP would also like to give a big thank you to all the vendors that attended our Winter Refresher: Burrell College of Osteopathic Medicine; CHRISTUS St Vincent; Compassion & Choices; CoreCivic/Correctional Medical Associates; Immunization Program, Infectious Disease Bureau, Public Health Division; Keck Enterprises dba Roadrunner Healthcare; Mora Valley Community Health Services, Inc; New Mexico Health Resources; New Mexico Primary Care Training Consortium; Pathology Consultants of NM; Presbyterian Healthcare Services; Relay New Mexico; SYNCRONYS; The Doctors Company; UNM Medical Group Locum Tenens & SES; UNM SOM Office for Community Faculty; and Viemed.



Past President's Breakfast attendees, L-R Dr. Mac Bowen, Dr. Dion Gallant, Dr. Alfredo Vigil, Sara Bittner, Dr. Melissa Martinez, Dr. Veneta Ianakieva, Dr. Bridget Lynch, Dr. Valerie Carrejo, Dr. Lana Wagner, and Dr. Rick Madden



The Poster Session/Happy Hour was very well attended.

AAFP 2021 Congress of Delegates Virtual Reference Committee Meetings

By Drs. Stephanie Benson & Bridget Lynch

The American Academy of Family Physicians' 2021 Congress of Delegates held virtual reference committee meetings on January 22-23, 2022. These meetings were held on the virtual platform Lumi and registration was free. After the Reference Committee meetings, the Reference Committee members met virtually and wrote their final reference committee recommendations. Each committee created a consent calendar with all resolutions submitted and debated this year to the 2021 Congress of Delegates. Any committee recommendation, whether for adopting, not adopting, affirming as policy, or referring to the board, that was not extracted was then approved by acclamation.

All extracted resolutions will be brought, along with their respective reference committee recommendations, before the AAFP COD to be heard on the floor at the next in-person AAFP COD, currently planned for September 2022 in Washington, DC.

Our two state delegates to the COD, Dr. Brigitte Lynch and Dr. Stephanie Benson, served on Reference Committees. Dr. Benson served on the Reference Committee on Advocacy and Dr. Lynch served as a commission liaison on the Reference Committee for Practice Enhancement. Among all the committees, a total of 71 individual resolutions plus numerous board reports were debated and discussed over those two days. Topics of discussion were varied and widely ranged. Given the virtual nature of this hearings, members were able to give written testimony in advance, and each reference committee considered these as well during deliberations. In fact, a resolution was adopted stating the AAFP would continue to allow for

written testimony on resolutions in advance of all CODs in the future to allow for greater member participation and input. Following the hearings, after delegations reviewed the Reference Committees' recommendations, a total of 38 resolutions were extracted to be debated in person on the floor of the COD this fall. A summary of all actions will be made available to members online. Our NM chapter submitted two resolutions this year. One, on removing patient caps from providers providing buprenorphine as MAT, was reaffirmed as current policy. The second, on adding questions about gun safety to ESPS-DT and Medicare AWP questionnaires was initially recommended for adoption with a substitution and then extracted for debate later. All in all, it was a productive experience where the views of members were heard and considered, and your NM delegation was involved throughout the process.



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the shoulders of giants.”

Sir Isaac Newton

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City, State Turn to FP for Leadership During Pandemic

January 27, 2022, 10:57 a.m. David Mitchell

AAFP / AAFP News / Family Doc Focus / City, State Turn to FP for Leadership During Pandemic

When the city of Albuquerque asked Laura Chanchien Parajón, M.D., M.P.H., to lead the community's COVID-19 response for people experiencing homelessness in March 2020, she didn't walk away from her faculty role at the University of New Mexico. Instead, she brought students and residents with her.

"I was like, 'OK, I am totally willing to help out with this full time,' but I never stopped teaching," said Parajón, who developed a community health and engagement course with funding from the CDC and the AMA that gave students tools to address social determinants of health and social justice issues. "During the whole pandemic, I have been able to work with medical students, public health students, undergraduates and residents to actually help with the pandemic. There have been staffing issues during the whole pandemic. Involving students and residents really helps amplify the workforce. Not only that, it gave them an amazing experience."

Parajón led a team of service providers, volunteers, shelter staff and students to develop testing, quarantine and isolation protocols to help prevent the spread of COVID-19 in the largest homeless shelter in the state. The team also secured hotel accommodations for those who had tested positive and supported medical staff who cared for those patients. These testing and isolation protocols are now being used in other places, she said.

Her efforts included training shelter staff to do contact tracing.

"They became better at it than our own contact tracers because they had trust of the community of people experiencing homelessness," she said. "They knew what people needed and what they wanted in order to stay in quarantine and isolation. When you give people the opportunity to work to their top skill level, they tend to want to serve their communities."

Her work with the city's homeless population didn't go unnoticed. In December 2020, the state called with an even bigger COVID-related task.

"They asked, 'We know we can get vaccines out quickly, but we also want to make sure we are reaching people who have been disproportionately affected by the pandemic. Would you be willing to take a challenging job with less pay and more responsibility?'" she said. "I had been in the trenches for nine months taking care of people experiencing homelessness who are at way higher risk of COVID. The vaccine was like a beacon of hope for all of us working in health care and being able to be a part of a team serving the state to make sure the most vulnerable people also get vaccinated was an amazing

#FAMILYDOC FOCUS

Laura Chanchien Parajón, M.D., M.P.H.

"During the whole pandemic, I have been able to work with medical students, public health students, undergraduates and residents to actually help with the pandemic. There have been staffing issues during the whole pandemic. Involving students and residents really helps amplify the workforce. Not only that, it gave them an amazing experience."

AAFP

opportunity."

Parajón is currently serving as deputy secretary of health in the New Mexico Department of Health, where she has oversight of the state's labs, public health and epidemiology divisions. Her tasks also include working with a team to develop and implement a vaccine equity plan, expansion of a community health worker network to support vaccine equity efforts and managing more than \$100 million of CDC funds for health and vaccine equity.

As of Jan. 17, more than three-fourths of New Mexico adults had completed the COVID vaccination series, and 90% had at least one dose. For children ages 12-17, 58% had completed the series, and 68% had at least one dose.

Although she is technically on leave as executive director for community health and associate professor in the UNM Department of Family and Community Medicine, Parajón is once again involving students in her work, including projects related to rapid testing in vulnerable populations, increasing vaccine uptake for children and the development of a student-run clinic for people experiencing homelessness.

In 2020, she was recognized at UNM with both exemplary teacher and community service awards, and in 2021 the AAFP honored her with its annual Public Health Award.

"Most of my background in family medicine has been in the area of community health and asking, 'How do we partner well with communities and really work alongside communities to address not just health issues

but all the social determinants of health?'" she said.

Parajón completed her medical, public health and residency training at the University of New Mexico. After working with her father, Tsunie Chanchien, M.D., at his internal medicine practice in College Park, Md., for two years, she moved to Nicaragua, the home country of her husband, David Parajón, M.D., as medical missionaries with American Baptist Churches International Ministries.

"They ask communities what they want and then they provide the missionaries that can help support the local people," she said. "Your mission is really to train local people in whatever skills you have and then leave. The job is to work yourself out of the job." The job was supposed to last five years. They stayed for 18.

Ultimately, the Parajóns started a sustainable nonprofit, AMOS Health and Hope, that compliments Nicaragua's existing health system by reaching extremely remote areas that had previously been underserved. The organization has 25 community health workers in 25 remote communities, serving roughly 74,600 people.

"I saw babies die of things that I never saw babies die from in the States, like diarrhea and pneumonia," she said. "I saw people dying of completely preventable diseases, but I also saw how community health workers can make a huge difference. We trained community health workers in very simple protocols, how to recognize danger signs, how to know when to refer a patient, how to treat the simplest of things. These people

aren't medical professionals initially, but they are once you train them."

Parajón said her training as a student and resident at New Mexico helped her build partnerships in Nicaragua, and her experience in Nicaragua helped prepare her for COVID-19.

"I worked with tons of community partners in Nicaragua," said Parajón, who returned to UNM as faculty in the fall of 2018. "I really learned how to partner with multiple sectors and saw the power of public health linked with primary health care. Nicaragua does that really well, as well as many other Latin American countries. In the United States, you'll see a primary care clinic and a public health clinic in the same building, but they'll literally draw a line between medical work and public health work."

Parajón's role with the state is unclear beyond 2022, and that's OK with her.

"I'm just taking it a year at a time," she said. "I know I'm staying for this year, and I'm still teaching at UNM. It doesn't matter to me where I am. I am principle-driven. How do we link public health to primary care? How do we reach the most people who have been most affected by any illness, which is primarily populations that live in high socially vulnerable index areas, and address racism and racial and ethnic inequities?"

Parajón's work with the city and state has thrust her into high-profile roles, something counter to advice she received from her father growing up. The family immigrated from Taiwan in the 1960s before she was born.

"I realized at a really young age that things weren't really equitable," she said. "My dad actually told me, 'Stay invisible. Asian people get discriminated against all the time.' That's how we grew up. I think that that really affected my thinking because I was always like, 'Oh, yeah, don't make waves. Don't do anything different.'"

Parajón, however, has found her voice as an educator and advocate.

"Working in this field, you can't stay quiet," she said. "You have to keep on pushing for the people whose voices you represent, people who are disproportionately affected. I had to fight a lot against that 'invisible Asian' motif in order to do my job. You can't be invisible."

What is Critical Race Theory (CRT) and What is all the Fuss About?

By Dr. Emilia Vesper, Family Medicine Doc,
FCCH-Los Lunas

Critical race theory (CRT) is an academic and legal framework that originated around the 1980's. The core idea is that racism isn't just a few bad apples, but that racism is woven into policies and laws and into our current systems. It's a way of thinking about the world, how racial unfairness in our history is systemic, and how those policies and laws affect people to this day. We have a common history, despite how fair or unfair it was to certain groups of people. Yet, what was done in the past has repercussions for certain groups of people to this day.

To understand this further, we could talk about historic red-lining and housing districts which impact certain zip codes, as we know a person's zip code affects their health outcomes in demonstrable ways. Where we know that unconscious bias leads to longer wait times in providing pain management for African Americans or Indigenous people. Where microaggressions lead to chronic stress that contributes to gross health disparities, such as higher rates of infant/mother mortality in women of color, or higher rates of chronic diseases, or COVID disproportionately impacting communities of color. Or the fact that Rudy Bridges, who after segregation was the first child of color to attend an all-white school, is only 67 years old. These are some of the hard truths.

People who are white or non-white who don't intend to be racist, can make choices that fuel racism. Some critics of CRT think that this framework of thinking pits those who are different against each other, further creating a wider divide in our already politically polarized environment. They are concerned that having conversations about race or racism or our history of slavery, or the forced removal of indigenous people in the "trail of tears" may make some feel uncomfortable. This may be, but we have to examine our past and discuss the uncomfortable truths in order to learn from prior mistakes to be able to move forward and create a more equitable system for our future. These discussions may make us feel uncomfortable, and that is ok, as without discomfort there is no growth. These conversations are necessary in order to understand another's perspective. Attempts to limit or ban CRT may be well-intentioned, but to ban CRT creates further division instead of dialogue.

For those interested in participating as a volunteer with the NMAFP Health Equity and Racial Justice Committee please reach out to Sara Bittner, familydoctor@newmexico.com, and we can invite you to our next meeting.



Primary Care Council Update

By Jennifer Phillips, MD

The third quarterly meeting of the New Mexico State Primary Care Council met on Saturday, February 26th from 9:00 am to noon on Zoom. I helped lead the meeting as Chair with great leadership and help in facilitation from Alex Castillo Smith from New Mexico Human Services Department (HSD). Dr. Scrase, acting Secretary of Health and Director of New Mexico HSD, was also in attendance.

There was active participation by the public, the New Mexico Academy of Family Physician members, the nine-member board, and the advisory members. We created a five-year strategic plan to accomplish the mission of revolutionizing primary care into inter-professional, sustainable teams delivering high-quality, accessible, equitable health care across New Mexico through partnerships with patients, families, and communities.

We spent a good portion of the morning discussing what providers, places, and services should be included in the primary care spending calculation as we look to increase overall health care spending on these services. It also was discussed that the focus for payment strategies will target how Medicaid spending will be structured in New Mexico over the next several years to support and incentivize primary care. The sub-committees of Health Equity, Payment Strategies, Health Technology, Workforce Sustainability, and the Steering Committee continue to meet more frequently. The next full meeting of the New Mexico State Primary Care Council will be in mid-May.





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2022 NMAFP Physician of the Year Nominations Requested

NMAFP Members, nominate a peer that you know is deserving of the 2022 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 they were honored.

All nominees must be active members of the NMAFP. Include a paragraph telling why your nominee should be the 2022 POY. Please email your nomination to Sara at familydoctor@newmexico.com by May 1st.

The winner will be acknowledged at the July 22nd Awards Dinner & Dance during the July 21-23, 2022 Family Medicine Seminar at the Eldorado Hotel in Santa Fe. An article, featuring the 2022 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:

NOMINATION MADE BY: _____