



VIRGINIA'S FAMILY PHYSICIANS

MARK YOUR CALENDAR!

2022 VAFP ANNUAL MEETING & EXPOSITION AUGUST 4-7, 2022

HOTEL ROANOKE - ROANOKE, VA



FOR YOU

AGGRESSIVE CLAIMS DEFENSE

Getting the right pieces in place is the foundation of every strong defense. At Professionals Advocate, our aggressive and unyielding approach to defending good health care has made us one of the leading professional liability insurers in the region. Our dedicated claims management team utilizes only top defense attorneys. When we're defending your reputation and your practice, our strategy is simple: we don't back down.

Aggressive claims defense is one of the many benefits of being a ProAd Insured. Our Doctors also enjoy:

- Access to the best defense attorneys in the region
- The Mutual Advantage Plan financial reward program
- MedGuard administrative defense coverage and e-dataRESPONSE data breach response
- Comprehensive risk management education programs with premium discounts and CME credits
- A large collection of online resources
- Superior service from experienced, local insurance Agents and Brokers.



Proudly defending Virginia's Doctors

PROAD.COM

Mark Your Calendars! VAFP 2022 Annual Meeting & Exposition

AUGUST 4-7, 2022 THE HOTEL ROANOKE ROANOKE, VIRGINIA





VAFP MISSION STATEMENT

The mission of the VAFP is to empower its members to be physicians who provide high quality, accessible health care, dedicate themselves to the well-being of the citizens of Virginia, and are guided by the principle that the family physician remain the specialist of choice to guide lifelong health care.

VAFP VISION STATEMENT

The vision of the VAFP is for Virginia to be the best place for our citizens to receive their health care and for family physicians to practice medicine.

OFFICERS

PRESIDENT Neeta Goel, M.D.

Ashburn

PRESIDENT-ELECT David Gregory, M.D.

Roanoke

FIRST VICE-PRESIDENT Denee Moore, M.D.

· North Dinwiddie

SECOND VICE-PRESIDENT Timothy Yu, MD

Fairfax

PAST PRESIDENT Jerome Provenzano, M.D.

· Newport News

TREASURER Charles Frazier, M.D.

• Williamsburg

SECRETARY Robin Anderson, M.D.

· Virginia Beach

DIRECTORS

Jonathan W. Biggers, D.O.

· Aylett

Julia A. Bruce, M.D.

· Clifton

Sharon Diamond-Myrsten, M.D.

Keswick

Joseph L. Fields-Johnson, D.O.

Richmond

Alison Huffstetler, M.D.

• Fairfax

Macy Rupprecht, D.O.

Chincoteague

Mark Ryan, M.D.

Richmond

Bobbie Jo Sperry, M.D.

• Yorktown

Emily Young, D.O.

· Charlottesville

RESIDENT **REPRESENTATIVES**

Camilla M. Maybee, M.D.

• Inova Fairfax Family Medicine Residency

Michaela O. Varvs. M.D.

• St. Francis Family Medicine Residency

STUDENT REPRESENTATIVES

Erika M. Coleman

· Virginia Tech / Carilion School of Medicine

Allison N. Smith

• Liberty University College of Osteopathic Medicine

ADVISORS

AAFP DELEGATES Jesus L. Lizarzaburu, M.D.

· Yorktown

Kent Willvard, M.D.

· Newport News

AAFP ALTERNATE DELEGATES

Emmeline Gasink, M.D.

· Newport News

Delmas Bolin, M.D., PhD

Salem

EX OFFICIO MEMBERS

Alison Dobbie, M.D.

• Eastern Virginia Medical School

Brian Dickens, D.O.

· Via College of Osteopathic Medicine

Michael Jeremiah, M.D.

· Virginia Tech/Carilion School of Medicine

Li Li, M.D.

· University of Virginia

Raena M. Pettitt. D.O.

· Liberty University School of Medicine

Scott Strayer, M.D., M.P.H.

• Virginia Commonwealth University

The Virginia Family Physician is published by the Virginia Academy of Family Physicians 1503 Santa Rosa Road Suite 207

Richmond, VA 23229

Edition 67



Created by Publishing Concepts, Inc.

David Brown, President David Brown, President • 1-800-561-4686 ext. 103 dbrown@pcipublishing.com



VAFP PRESIDENT'S MESSAGE

Neeta Goel, M. D.



Dear Colleagues,

It was great to see the physicians who could make it to the Wintergreen Family Medicine Weekend in January. I hope you had a good time meeting your colleagues face-to-face and enjoyed the festivities Wintergreen has to offer. Those who could not make it, we hope to see you this summer in Roanoke, VA, for the VAFP Annual Meeting from August 4th to 7th.

The beautiful spring season is upon us, which means we have almost completed one-quarter of our way into this year. There is a lot of important work going on in Virginia's General Assembly this year. The VAFP Legislative Committee, led by Dr. Jesus Lizarzaburu and supported by Hunter Jamerson, J.D., has actively contested on your behalf several bills related to immunization practices,

the scope of practice of non-physician providers, and healthcare workforce issues. The unprecedented healthcare crisis brought on by the recent pandemic required all-hands-on-deck, allowing the nurse practitioners to practice medicine independently after two years of experience working under a physician's supervision. However, this should not become the norm. The qualification and clinical experience of a nurse practitioner who sometimes completes a nurse practitioner course online are not equivalent to a physician who has spent several years in medical school learning by following a rigorous curriculum and acquiring hands-on clinical experience. The training of non-physician providers can never be the same as a physician, but with appropriate safeguards in place to ensure patient safety, there may be an

opportunity for the independent

practice of medicine by a non-physician healthcare provider. Every healthcare provider, including the nurse practitioner, physician assistant, pharmacist, registered nurse, care manager, and social worker, plays a key role in delivering comprehensive care to patients to keep them healthy. By virtue of their training, knowledge base, and skillset, the physician remains the leader of this patient-centered team. I welcome your thoughts on this critically important issue facing our family physicians and nurse practitioners.

Thank you to all who volunteered their time, despite being so busy delivering excellent care to your patients, serving as Family Physician of the Day during the 2022 Virginia General Assembly! Please know that the time invested in connecting with your legislators sharing your views about the issues important to you, and impacting your practice, your financials, and your well-being is valuable and helps shape the legislators' healthcare decisions. Lastly, every bit of vour contribution to the FamDocPAC, the Political Action Committee of Virginia's Family Physicians, is truly appreciated and is used by the Academy in supporting the election of the candidates who share your commitment to family medicine. Thank you if you have already donated to FamDocPAC this year. If you have not had a chance, you can visit www.famdocpac.org to make a donation.

Thank you again for trusting your Academy to cultivate a Commonwealth of Virginia desirable to family physicians from all walks of life. I wish you a healthy and happy spring and look forward to seeing you in August for another cutting-edge CME session and an opportunity to network with colleagues in Roanoke, VA.

With tremendous respect and gratitude,

Neeta Goel, M.D.

FAMILY MEDICINE PHYSICIAN NEEDED IN SC and NC NEAR MYRTLE BEACH, FLORENCE, SOUTHERN PINES

STUDENT LOAN REPAYMENT!

Employed, outpatient-only position with group practice located in Bennettsville, SC or Laurinburg, NC. Bennettsville is 25 minutes from Scotland Memorial Hospital in Laurinburg, NC and less than an hour from Florence. Live in either community or commute from Florence or Southern Pines. Both experienced candidates and residents will be considered. Substantial student loan assistance is available as are NHSC sites. Competitive compensation includes sign on advance and bonus opportunities.

ABOUT SCOTLAND HEALTH CARE

Scotland Health Care is a community owned, not-for-profit system. Scotland Memorial Hospital is the only hospital in North Carolina to achieve recognition as one of the Top 49 Safest Hospitals in the nation and has received a Quality score of A by Leapfrog for 2 consecutive years.

For more information, please contact:

Melisa Ciarrocca, Director

office: **800-764-7497** mobile: **910-280-1337**

melisa.ciarrocca@scotlandhealth.org

www.scotlandhealth.org



PRESCRIBE PREP

Did You Know That Any Licensed Provider Can Prescribe PrEP?

Pre-exposure prophylaxis (PrEP) is a powerful tool for preventing HIV. However, fewer than 1 in 4 people who could benefit from PrEP receive a prescription. You can help change that!

You do not need to be an infectious disease or HIV specialist to prescribe PrEP. Any licensed prescriber can prescribe PrEP. If you see patients at risk for HIV, share the power of PrEP by making it part of their comprehensive prevention plan.





Access new Centers for Disease Control and Prevention resources with guidance and practical tools to help you prescribe PrEP: cdc.gov/PrescribeHIVPrevention.





BOARD OF DIRECTORS MEETING BOARD BRIEFS

January 29, 2022 – Wintergreen Resort

- Approved the minutes from the October 9, 2021, VAFP Board of Directors meeting held via Zoom.
- Reviewed the 2021 Financial Statements and the proposed 2022 budget.
- Approved a motion for a fiscal note of \$2,000 for the Resident Exchange program.
- Approved a motion to accept the 2022 budget as amended.
- Approved a motion to recommend to the membership at the 2022 Annual Business Meeting a \$20.00 Active member dues increase for 2023.
- Heard report on the 2022 VAFP Winter Family Medicine Weekend and discussed locations and dates for the 2023 winter CME meeting.
- Heard update on 2022 VAFP KSA group sessions.
- Heard update on the 2022 VA General Assembly from VAFP Legislative Committee Chair Dr. Jesus Lizarzaburu and VAFP Legislative Consultant Mr. Hunter Jamerson.
- Heard update on VAFP and American Cancer Society work on colorectal cancer screening from VAFP President Dr. Neeta Goel, MD and VAFP Second Vice President Dr. Tim Yu.
- Heard report from VAFP Resident, Student and Faculty Committee Co-Chair Dr. Denee Moore on the 2021 Scholarly Symposium and the Executive Committee discussion on the combination of the Scholarly Symposium and Choose Virginia.
- Heard comments from VAFP Resident Board Representatives Drs. Michaela Varys (St. Francis) and Camilla Maybee (Fairfax) and VAFP Student Board Representatives Ms. Erika Coleman (VTC) and Ms. Allison Smith (Liberty).
- Heard update from Practice Redesign & Quality Committee Chair Dr. Neeta Goel on the work to revitalize the committee.
- Approved a motion for Board support of a PI project focused on vaccine declination through a partnership with the ImmunizeVA coalition and the Virginia Chapter of the American Academy of Pediatrics.
- Held discussion led by VAFP President-Elect Dr. Dave Gregory on the establishment of a Committee on Health of the Public and Science.
- Heard reports from VAFP member serving on AAFP Commissions: Drs. Goel and Moore on Health of the Public and Science; Dr. Del Bolin on Continuing Professional Development and Dr. Bobbie Sperry on Federal and State Policy.
- Heard report on the AAFP Congress of Delegates Virtual Reference Committee Meetings held January 22-23, 2022 from Drs. Goel, Lizarzaburu, Willyard, Bolin and Gasink.
- Heard report from VAFP Medical Society of Virginia Representative Dr. Bobbie Sperry.



Have a career. Have a life.

LIFEPOINT HEALTH

LifePoint Health offers unique opportunities for providers to prosper professionally and personally at hospital campuses nationwide. Quality care is our top priority – we give you access to the tools, resources, and support you need to help you care for your patients and grow your business. In addition, we offer competitive compensation packages, which may include a sign-on bonus, student loan reimbursement, and residency stipends.

Join us in Making Communities Healthier.®

For more information, visit **MeetLifePoint.com**Submit your CV for consideration to **LPNT_Provider.Recruitment@lpnt.net**

We are an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability or veteran status



A SPECIAL THANK YOU TO THE PHYSICIANS THAT SERVED DURING THE 2022 VIRGINIA GENERAL ASSEMBLY AS FAMILY PHYSICIAN OF THE DAY.

Every year during the Virginia General Assembly members of the VAFP volunteer to serve as Family Physician of the Day by providing medical care in the courtesy medical station located in the General Assembly Building.

Charles Frazier, MD Robert Newman, MD

Bambi Gladfelter, MD Susan Osborne, MD

Trice Gravatte, MD Shyama Rosenfeld, MD

Jesus Lizarzaburu, MD Scott Strayer, MD

Sohini Majumdar, MD Gordon Theisz, MD

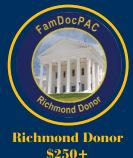
Donate now to FamDocPAC, the Political Action Committee of Virginia's Family Physicians!!

FamDocPAC

The Political Action Committee of Virginia's Family Physicians

"FamDocPAC puts family doctors at the table when health care decisions are made."

FamDocPAC is the political action committee through which you can support the election or re-election of those candidates for state office who share your commitment to family medicine.





Yorktown Donor \$175 to \$249



Williamsburg Donor \$100 to \$174



Jamestown Donor \$50 to \$99

To donate please visit www.famdocpac.org. You will receive a commemorative lapel pin in recognition of your donation.

FamDocPAC

1503 Santa Rosa Road, Suite 207, Richmond, Virginia 23229 Phone: 804-968-5200 Fax: 804-968-4418

MEMBERS IN THE NEWS

Congratulations to VAFP Past President Mitchell B. Miller, MD for being the of the VCU School of Medicine's Outstanding Educator Award for the M3 Family Medicine Clerkship for 2020-2021! The award was presented to Dr. Miller during the VAFP 2022 Winter Family Medicine Weekend.

Congratulations Dr. Miller!

Pictured left to right:

Scott M. Strayer, MD, MPH, Department Chair, Department of Family Medicine & Population Health, VCU School of Medicine; Mitchell B. Miller, MD, Coastal Family Practice; Denée Moore, MD, Department of Family Medicine & Population Health, VCU School of Medicine





The Virginia Academy of Family Physicians invites you to nominate a VAFP member for one of the Academy's Prestigious Service Awards. These awards were established to recognize members who have distinguished themselves either as an extraordinary teacher, volunteer or exemplary Virginia Family Physician.

JAMES P. CHARLTON, MD TEACHER OF THE YEAR AWARD

In memory of James P. Charlton, MD, a VAFP Past President, the VAFP awards annually the James P. Charlton, MD Award for excellence in teaching in family medicine. Nominees may include teachers of family medicine who participate in teaching at the medical school level, residency faculty level or community preceptorship level. Award recipients will receive a commemorative certificate during the 2022 VAFP Annual Meeting, land travel expenses, one night's lodging and a \$100 honorarium.

F. ELLIOTT OGLESBY, M.D. VOLUNTEER OF THE YEAR AWARD

"The voluntary gift of one's time on behalf of our profession is one of the greatest gifts one can make."

In honor of former VAFP President F. Elliott Oglesby, MD, the Virginia Academy of Family Physicians' Board of Directors has established the "F. Elliott Oglesby, MD Volunteer of the Year Award." The award is designed to recognize annually a Virginia Family Physicians whose service to his or her profession and/or community exemplifies the true nature of volunteerism. Award recipients will receive a commemorative certificate during the 2022 VAFP Annual Meeting, land travel expenses, one night's lodging and a \$100 honorarium. In addition, the award recipient will be provided a \$1,000 grant to donate in his or her name to the organization of their choice.

VIRGINIA FAMILY PHYSICIAN OF THE YEAR AWARD

Nominees should:

- Provide his/her community with compassionate, comprehensive and caring medical service on a continuing basis.
- Be directly and effectively involved in community affairs and activities that enhance the quality of life of his/her home area
- Provide a credible role model as a healer and human being to his/her community, and as a professional in the science and art of medicine to colleagues, other health professionals and especially, to young physicians in training and to medical students.
- Be in good standing in his/her medical community.
- Be a member of the VAFP.

Award recipients will receive a commemorative certificate during the 2022 VAFP Annual Meeting, land travel expenses, one night's lodging and a \$100 honorarium.

Please submit your nomination(s) no later than June 15, 2022. Please visit www.vafp.org/awards or call 1-800-THE-VAFP for more information.

CORRECTION

In the Winter Issue we misprinted the name of Dr. Bobbie Sperry's practice name. Dr. Sperry practices at Hampton Family Practice.

2022 WINTER FAMILY MEDICINE WEEKEND

The VAFP 2022 Winter Family Medicine Weekend was a huge success! It was wonderful to see many in person! Offering the virtual option allowed others to join in from home!

Meeting comments highlighted the outstanding conference at Wintergreen Resort!

- Wonderful conference!
- Very well-organized meeting and great lectures
- Excellent job with important information shared under challenging circumstances
- Great program. I've been coming for nearly 40 years
- Glad to see in person event happen again refreshing to reconnect with colleagues. Organization was excellent despite COVID restrictions. You kept participant safety at the forefront. Great job VAFP team! See you next year.
- Another great winter VAFP conference!
- Great conference! First time attendee and looking forward to attending again. Good variety of high yield topics.
- As always, an excellent conference with interesting speakers and topics very relevant to my every day practice. Thanks VAFP!
- Always wonderful. I never miss the meetings









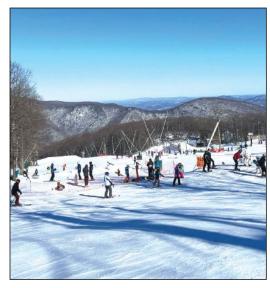






























Our patients have voted us best.

Our team has voted us best.

Patient First is looking for the best.

Physician opportunities available now.

Patient First has received "Top Workplace" awards from the *Washington Post, Baltimore Sun,* and *Richmond Times-Dispatch*, and our patients continue to recognize us as the "best urgent care" provider in their areas. Come join an award-winning team at one of our 70-plus medical centers across the region, and thrive in a supportive, team-oriented environment that enables you to work the way you want.

To learn more, please contact us at 804-822-4478 or physiciancareers@patientfirst.com.

Or visit www.patientfirst.com/careers

Patient First

- Comprehensive compensation package
- Outstanding benefits
- Flexible schedules
- Highly trained staff
- Comprehensive EMR system
- Full-service on-site lab
- On-site dispensary
- Desirable work/life balance

TARGETED ADVERTISING FOR THE MEDICAL PROFESSIONAL

CONTACT

Nancy Montgomery at 501.725.3781

nmontgomery@pcipublishing.com





A VERY SPECIAL THANKS TO THE
WINTER VIRTUAL EXPERIENCE
PARTNERS AND SPONSORS

PLATINUM SPONSOR

Professionals Advocate Insurance

Company

GOLD SPONSOR

PATIENT FIRST
SENTARA HEALTHCARE

BRONZE SPONSOR

AbbVie CNS – Migraine Aledade

Novo Nordisk

VIRGINIA TOTAL SLEEP



ABBOTT DIABETES CARE
ABBVIE CNS – MIGRAINE
ALEDADE

AMARIN PHARMA
BEYOND / HELLO THE CANNABIS DISPENSARY
BIOGEN ALZHEIMER'S DIVISION
BIOHAVEN PHARMACEUTICALS
BOEHRINGER INGELHEIM
CENTRA MEDICAL GROUP

DEFENSE HEALTH AGENCY CIVILIAN MEDICAL CORPS ESPERION

INOVA HEALTH SYSTEM
LEGACY CARE

LIFEPOINT HEALTH (VIRTUAL EXHIBIT)

MERCK VACCINES

Novo Nordisk

Otsuka

PATIENT FIRST

PFIZER

PFIZER VACCINES

Professionals Advocate Insurance

RIVERSIDE MEDICAL GROUP

SANOFI PASTEUR VACCINES

Sentara Healthcare

SuCasa Health

Suki AI

TEVA PHARMACEUTICALS

TPMG (VIRTUAL EXHIBIT)

VIRGINIA TOTAL SLEEP

Resident & Student Corner



EDITION 2021 VOLUME 10

2021-22 VAFP Resident Directors

Michaela Varys, MD (St. Francis Family Medicine Residency) and Camilla Maybee, MD (Inova Fairfax Family Medicine Residency) present the next VAFP Residency SpotLights. Each month, the VAFP will feature unique happenings from the Family Medicine Residency Programs across the Commonwealth. The VAFP hopes these SpotLights will encourage residents to learn from each other and show our student members how amazing it is to be a Family Medicine Resident in

Virginia!

Editors – Michaela Varys, MD – PGY-2, St. Francis Family Medicine Residency

Camilla Maybee, MD – PGY-2, Inova Fairfax Family Medicine Residency Co-Editor – Mary Lindsay White, VAFP EVP

EDITION 2021 VOLUME 10



Lindsay Raulston, DO PGY-3 St. Francis Family Medicine Residency

Knowledge is Power!

Sports have always been a big aspect of my life. I was a three-sport athlete in high school and went on to play collegiate tennis at the University of Mary Washington. As I focused my sights on a career in medicine I discovered the niche of a Family Medicine trained Sports Medicine physician. I always enjoyed the relationships I built with patients

through Family Medicine. I also knew I wanted to work with athletes moving forward in a non-surgical arena. Sports Medicine through Family Medicine gives me the perfect opportunity for this. As I researched Family Medicine programs for residency I knew I wanted a program that had a Sports Medicine Fellowship. Being at St. Francis has allowed me to build relationships with our Sports Medicine attendings early on. It has also allowed to me to be involved in sideline coverage, sports specific workshops, and research throughout my time here. I look forward to cultivating my skills in Sports Medicine next year as I take on this new opportunity.



Sharon Kim, DO PGY-3 St. Francis Family Medicine Residency

I initially became interested in Hospice and Palliative Medicine (HPM) during my inpatient palliative medicine rotation in medical school. I found it very meaningful to be able to deal with patients with complex health issues, build trusting relationships with patients and their families, effectively collaborate with an interdisciplinary team, and discern when a patient's well-being and quality of life need to be addressed. Throughout my family medicine residency training, I incorporated goals of care conversations during various patient encounters, worked on an advanced care planning initiative within our clinic, and fostered my interest by seeking out elective rotations in HPM. I further witnessed the importance of this specialty during the COVID-19 pandemic and decided to pursue fellowship training in HPM. I am very grateful and excited for the opportunity to obtain further training in order to fulfill the distinct needs of this patient population as a Hospice and Palliative Medicine fellow this year.

Aesthetic/Medical Botox, Orthopedic, and Ultrasound Workshop

Actionable skills for reimbursable injections — live 2-day workshop

- Hands-on practice with real and simulated Botox injection
- · Ultrasound imaging practice on volunteers
- · Joint injection and nerve blocks on models
- Hip & Knee injection, trochanteric bursa, ischial bursa injection
- Shoulder, AC joint block, elbow, wrist, and ankle joint injection
- Sciatic, peroneal, and occipital nerve block
- Carpal tunnel & cubital tunnel/ulnar nerve block

Audience:

Family physicians, nurse practitioners, and physician assistants

Venues and dates:

Jun 24-25, 2022 — Sheraton Grand Hotel, 1400 6th Ave., Seattle, WA
July15-16, 2022 — World Center Marriott, 8701 World Center Dr., Orlando, FL
Aug 19-20, 2022 — Hampton Inn Murrells Inlet, Myrtle Beach, SC
Sep 16-1, 2022 — Homewood Suite, 50 M St. SE, Washington DC
Oct 7-8, 2022 — Hampton Inn, 9850 Weddington Road Ext, Charlotte, NC
Dec 9-10, 2022 — World Center Marriott, 8701 World Center Dr., Orlando, FL

AMA credit:

Accredited by the American Academy of Family Physicians for up to 20 AMA PRA Category 1 Credits™.

Register now at www.epixcme.com
For questions, call 808-828-5777 or email info@epixcme.com

EDITION 2022 VOLUME 11

Jenna Lyn, MD PGY-1 Johnston Memorial Family Medicine Residency Program



On January 27th, Family medicine physicians from all over Virginia came together at the beautiful Wintergreen Resort. This was a great

opportunity to meet like minded individuals and share our experiences and knowledge in a wonderful setting. There were exhibits, breakout sessions, and numerous presentations all aimed at making us better physicians. There was a wide range of topics from COVID updates and the long lasting symptoms of COVID to common orthopedic conditions and the best test for diagnosing them. It was a weekend filled with a good mix of learning and outdoor activities.

I specifically enjoyed interacting with interns from other residency programs. It's interesting to learn how other programs are organizing their rotations and going about the daily activities. We had time to really get to know each other and learn about our different interests and how they are handling being a first year resident! We were housed together which allowed for us to bond over meals and enjoy our down time. I also thought this was a great time to gain information from the senior residents. They have been in our shoes and know what its like to be an intern. It was great learning their tips and tricks for surviving first year and different ways to get through the tougher rotations.

The exhibits were also a great learning opportunity. There were many different companies present with information about their products and how we could implement them in our clinics. They gave us information on how

to get certain medications and devices covered by insurance, how to explain the use of them in terms that our patients would understand, and different options that they have for common ailments.

Overall, the VAFP conference in Wintergreen was a wonderful experience, especially for interns! It was a great time to learn from physicians who have been in this longer than we have and gain advice from senior residents on how to advance. I am looking forward to attending the next conference in August in Roanoke!

Continued on page 16

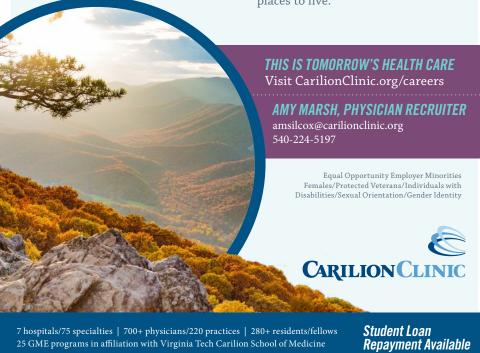
Primary Care Opportunities

IN THE SHENANDOAH, ROANOKE, AND NEW RIVER VALLEYS

Carilion Clinic, a community-based, integrated health system, is an organization where innovation happens, collaboration is expected and ideas are valued. Our mission-driven organization is built on progress and academic partnerships. Our courageous team is always learning, never discouraged and forever curious.

With electronic medical records (Epic), our primary care physicians are collaboratively healing patients and improving outcomes.

And you'll find it all in Virginia's family-friendly Blue Ridge region, where exceptional schools, low cost of living and abundant year-round outdoor activities consistently rank among the nation's highest-rated places to live.



Resident & Student Corner

Continued from page 15

Deepika Dhary, MD PGY-1 Lynchburg Family Medicine Residency



Attending the VAFP conference at Wintergreen Resort was a refreshing experience. There were ample opportunities

to learn, network, and mingle with residents & faculty from different programs as well as medical students. I attended many lectures however the one that stuck out the most was by Dr. Greenawald who addressed physician burnout. It was a much needed reminder of how important it is to take care of ourselves along with our patients. As providers, we always put our patients first but forget that we can't take care of others without taking care of ourselves as well. I'm looking forward to the next VAFP conference in Roanoke this summer with more new and exciting opportunities!



"CHOOSE VIRGINIA" SCHOLARSHIPS

"Choose Virginia" Scholarships for Graduating Medical Students and Family Medicine Residents The Virginia Academy of Family Physicians (VAFP) Foundation is delighted to offer a medical student scholarship and a resident scholarship for assistance with education loan repayment. Many medical students and family medicine residents in Virginia have expressed an interest in staying in Virginia after their graduation to complete a family medicine residency or to practice in a medically underserved area. Over the past two years the VAFP Foundation has received donations to support this effort to keep our own.

This year the Foundation will offer one graduating Virginia medical student a \$1,500 scholarship. The successful candidate will meet the following criteria:

- Graduating Virginia medical student in good academic standing.
- Entering a Virginia family medicine residency program. A letter from the program director is required.
- Will have completed the PGY-1 year successfully and be entering into the PGY-2 year at that program. A letter from the program director is required in order to receive the scholarship check for loan repayment at that time.
- Must submit a 250-500 word letter explaining why he/ she wants to practice family medicine in Virginia as a resident and as a family physician.

In addition, we are offering one \$2,000 scholarship for a graduating PGY-3 Virginia family medicine resident who wishes to practice in an underserved area of Virginia. The requirements for this scholarship are as follows:

- Graduating as a PGY-3 Virginia family medicine resident
- Have an up-to-date Virginia medical license.
- Practicing family medicine in an underserved medical area after graduation as designated by United States Human Resource Service Administration (HRSA) and/or Virginia Department of Health. A letter verifying this is required.
- Must submit a 250-500-word letter explaining why they he/ she wants to practice in an underserved area of Virginia.
- Practicing at the underserved site for one year. Documentation is necessary to receive the scholarship check for loan repayment after one year of practice in an underserved area.

Application letters may be sent to Mrs. Mary Lindsay White at mlwhite@vafp.org or to Dr. Roger Hofford at rhoffordl@cox.net. The deadline for application letters is June 30, 2022.

CAREER CENTER CHOOSE VIRGINIA

POST YOUR RESUME AT CAREERCENTER.VAFP.ORG

The premier resource for you to explore employment opportunities in Virginia. If you have any questions, please do not hesitate to contact the VAFP at 804-968-5200 or email Matt Schulte at mschulte@vafp.org



THANK YOU FOR ADVOCATING ON BEHALF OF FAMILY MEDICINE!

Hofford: Are you having problems getting prescriptions filled?

Dr. Roger A. Hofford Nov 4, 2021 🔍 0

VAFP Past President Roger Hofford, MD's Op Ed brought attention to the issue related to out-of-date pharmacy database patient information.

The Academy thanks all of our members and specifically those that serve on the Legislative Committee for their tireless work both during the General Assembly and in the off season. This year's General Assembly was a 60 day "long" session and we called upon our members to submit Opinion Editorials and Speak Outs to their legislators, and you came through and voiced your concerns.

There were many bills that covered a wide variety of health-related topics including Medical Mandates, Vaccines, Emergency Services and Disaster Law, Prescriptions, Scope of Practice, Medical Malpractice, Associate Physicians, Health Work Force Development and many more.

Your voice matters!



Contact your Senator to SUPPORT THE SENATE SUBCOMMITTEE RECOMMENDATION on HB 1245 – NP Scope of Practice

Delegate Dawn Adams introduced <u>HB 1245</u> to permanently decrease the number of years of clinical experience required for a nurse practitioner to practice independently from five years to two. In a 7-1 vote last week, the Senate sub-committee on Health Professions voted to revert NP autonomous practice to the pre-pandemic requirement of 5 years of clinical experience before an NP can practice independently. The subcommittee also agreed to grandfather any NPs who signed up for an autonomous practice license under the public health emergency order to keep their license.

The Senate Committee on Education and Health meets tomorrow, March 3 at 8:00 a.m. Please click the link below to send a note to your Senator before 8:00 a.m. tomorrow.

SPEAK OUT LINK

Lizarzaburu: Rules governing nurse practitioners exist for patient safety

By JESUS LIZARZABURU, published in Virginian-Pilot (Metered Paywall - 2 articles a month)

The title of House Bill 1245 is, "practice [medicine] without a practice [of medicine] agreement." Ask yourself, what do nurse practitioners practice? The answer is they practice medicine. To practice medicine, you need a bachelor's degree, a medical degree and residency training in a discipline of medicine. Practicing medicine in the commonwealth is done under the jurisdiction of the Virginia Board of Medicine.

Lizarzaburu is a family physician in Yorktown and the legislative committee chair for the Virginia Academy of Family Physicians.

VAFP Legislative Committee Chair Jesus Lizarzaburu, MD is published for hie Op Ed on Nurse Practitioner Scope of Practice. VAFP was successful in advocating to uphold the 5-year requirement for supervised practice prior to application for autonomous practice for NP's.

VAFP MEMBERSHIP BENEFITS





The VAFP is pleased to provide as a membership benefit a free subscription to Daily POEMs from Essential Evidence Plus. Daily POEMs

(Patient Oriented Evidence that Matters) alerts and 3,000+ archived POEMs help you stay abreast of the latest and most relevant medical literature. Delivered directly to you by e-mail every Monday through Friday, Daily POEMs identify the most valid, relevant research that may change the way you practice. Monthly, the

complete set is compiled and sent for additional summary review. Ongoing since 1996, their editors now review more than 1,200 studies monthly from more than 100 medical journals, presenting only the best and most relevant as POEMs. The acclaimed POEMs process applies specific criteria for validity and relevance to clinical practice. If you want to subscribe, please e-mail the VAFP at cmodesto@vafp.org so your e-mail address can be added to the distribution list.

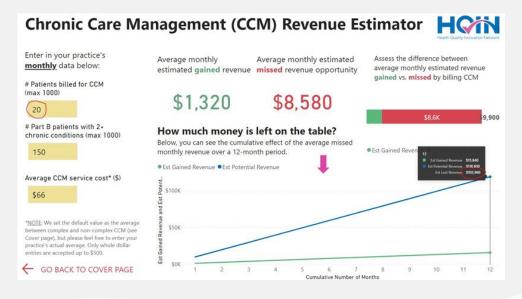
Please enjoy this complimentary VAFP membership benefit.

CHRONIC CARE MANAGEMENT

Easier Than You Think!

No-cost, turnkey support is available to help independent practices implement a chronic care management program to improve care to patients with significant chronic diseases, increase practice revenue AND incorporate best practices. Could your practice benefit?

How Much Revenue is Your Practice Leaving on the Table Monthly?



Simple to Implement with the Right Team Assembled!

CCM Care Team Roles and Responsibilities			
Legend ✓ = QHP required O = Team members or QHP	Qualified Healthcare Professionals (Physician, Physician Assistant, Nurse Practitioner)	Clinical Staff (Pharmacist, Nurse, Social Worker)	Non-Clinical Staff (Pharmacy Tech, Office Manager)
Consent Patient	✓		
Collect Structured Data	0	0	0
Develop Comprehensive Care Plan	✓		
Maintain/Inform Updates for Care Plan	0	0	
Manage Care	0	0	
Provide 24/7 Access to Care	0	0	
Document CCM Services	0	0	
Bill for CCM Services	✓		
Provide Support Services to Facilitate CCM		0	o

- Practice completes 3 out of 9 requirements:
 - Consents patient (verbal)
 - Develops Care Plan
 - Bills for service
- Clinical Extender (Pharmacist) completes other 6 requirements under your directionincluding monthly patient meetings to implement your care plan
- Entire team is local and practicing within their scope of practice (i.e. cares about your patients and community)
- Association support to gather your team

No Cost Tools and Team Support to Execute a Short Trial - Win/Win for All

Turnkey Toolkit includes:

- No Cost technical assistance to implement a 4-month trial including team assembly, workflow, EHR inclusion, and trial analysis
- Value Proposition for Practice includes:
 - Increased Practice Revenue and Reputation
 - Improved Quality Measures & Patient Outcomes
 - Improved Practice Efficiency for both office staff and practitioners (aids in decreasing current stresses)
 - Improved Patient Care

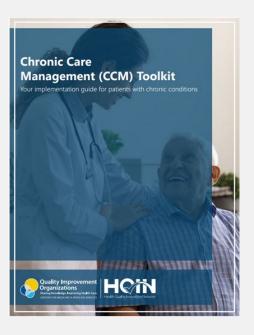


...It also gives life back to team-based care. When you go to the hospital you have an entire team dedicated to your care. Why can't we bring this same level of care to patients outside of the hospital and into their homes?

CCM helps reduce readmission rates, improve chronic diseases, and improve quality of life for patients. These outcomes are the ultimate goal, but CCM also helps reduce the financial burden to the system and improve measures for the practitioners. Everybody wins....

...If I could offer a piece of advice, it would be, start small. It won't happen overnight, but you will start to see improvements in your patients and your measures."

-Dr. Jennifer Jonkers, MD *Abingdon Internal Medicine*



Virginia Academy of Family Physicians and Medical Society of Virginia have collaborated with the Virginia Department of Health, Virginia Pharmacists Association and Health Quality Innovators to provide this opportunity for you.

If you are interested in exploring your options, tools available or next steps, please contact:

Amy Swierczewski

Assistant Director, MSVF Programs foundation@msv.org

or Executive Vice President.

Executive Vice President, VAFP mlwhite@vafp.org

Don't Let This Opportunity Pass You By!









Funding to support expansion of CCM initiatives is supported through the Virginia Department of Health and CDC Cooperative Agreements NU58DP006535 (LivingWell In Virginia) NU58DP006620 (InnoVAte). The content is solely the responsibility of the authors and does not necessarily represent the official views of the Virginia Department of Health or the Centers for Disease Control and Prevention.





VAFP 2022 Annual Meeting & Exposition

August 4-7, 2022 The Hotel Roanoke Roanoke, Virginia

The VAFP is excited to announce the dates and location of the 2022 Annual Meeting & Exposition!

Roanoke offers something for everyone. Biking, hiking, shopping, and much more!

We Hope You Will Join VAFP In Roanoke This Summer!

MAKE YOUR HOTEL RESERVATIONS TODAY!!

Please visit link below to reserve your room today. The cut-off date for room reservations is July 10. If you would like to call to make your reservations, please call 1-866-594-4722. The hours for the call center are Monday-Friday, 8 AM -5 PM. Please mention that you are with the Virginia Academy of Family Physicians.

Please visit www.vafp.org for the hotel reservations link and for current conference information.

Room Rates - \$184 Rates do not include local and state taxes

> Overnight Self-Parking: \$11.00 Daily Self-Parking: \$1.00-\$8.00

Guestroom Cancellation - Cancellations must be received at least 72 Hours Prior to Arrival. If the reservation is not cancelled by this time, one night room and tax deposit is forfeited.





VIRGINIA PRIMARY CARE AND MEDICAID SURVEY 2022

Reach out here to get a unique link to your practice's survey: https://redcap.vcu.edu/surveys/?s=DNDK7HXYMXMY9PY4

In 2018, you helped us with a survey about Medicaid expansion and the impact it might have on your practice. Since that time, Medicaid expansion has enrolled more than 540,000 Virginians, providing much needed access to healthcare.

Virginia is working towards increased Medicaid reimbursement and increased primary care funding. We need your thoughts to help identify where funding would be best served.

Your personal and specific practice information will remain confidential and will not be shared or

published. Your answers will be aggregated with all primary care practices in Virginia and only be used for statistical analyses. Information about you, your practice, or your patients will never be identifiable from publicly released reports or analyses.

If you have any questions about this survey, please contact our survey team atEvaluatingMedicaid@vcuhealth.org or 804-827-6750 and ask for Ms. Paulette Lail Kashiri.

VIRGINIA ACADEMY OF FAMILY PHYSICIANS FOUNDATION SUPPORT FAMILY MEDICINE

For more information on the VAFP Foundation, please visit www.vafpf.org or call 1-800-THE-VAFP. Secure donations can be made online at www.vafpf.org or checks can be mailed to the VAFP office.



TARGETED ADVERTISING FOR THE MEDICAL PROFESSIONAL CONTACT

Nancy Montgomery at 501.725.3781

nmontgomery@pcipublishing.com





INOVA PRIMARY CARE IN THE COMMUNITY

THE FRONT DOOR TO HEALTH & WELLNESS

Primary care is often considered the "front door" to Inova, supporting the community with wellness and high-quality healthcare services. In 2021-2022, Inova continued to build its primary care network to provide a patient-centered, high reliability, seamless system of care. With the integration of Fairfax Family Practice Centers (FFPC), services expanded to meet growing and diverse healthcare needs across Northern Virginia. Inova Primary Care now includes 400,000 covered lives, 40+ care sites, and 247 providers.

Improved integration of primary care within Inova's healthcare system gives patients seamless access to specialists, easier access to hospital care when needed, and a single patient portal for their medical records. Care is safer, with improved communication and handoffs among primary care, specialists, and hospitals.

For more information on open opportunities, or about our health system, please visit https://www.inova.org/ or email Ethan Shore at brent.shore@inova.org



THE VAFP WELCOMES NEW MEMBERS

ACTIVE

Alice Calhoun, MD Sean Connors-McBride, DO Zainab Jalal, MD Vinit Jalandhara, MD, MBBS Jihyun Jun, DO Clay Loucks, MD Marsha Taylor, MD Felix Rivera Mercado, MD Jonathan Saks, MD Jeannette Tao, MD

RESIDENT

M'Kayla Francis, DO

STUDENT

Madihah Alam Mackenzie Barker Hanna Batchelor Rebecca Blade Natalie Blatz Hannah Boyd Allison Burns Mary Rose Canlas Ani Chandrabhatla Drake Donaldson Leela Ekambarapu
Yajaira Garcia
John Gote
Jefferson Griscavage
Hannah Jacobs-El, MPH
Justin Lagbo
Jack Lawton
Melissa Leaf
Barika Mirza
Brennan Pace
Krunal Patel
Mahiar Rabie
Emmanuel Ravichandar
Vivian Rivero Bucett

Yongdeok Shin Bonita Simmons Rohini Siva Srinivas Karen Soohoo Manaswitha Thota Alper Turgut Abraham Van Voorhis Jacob Verter Claire Weaver Isabelle Williams Andrew Williams Taylor Williams

CME CALENDAR

2022

2022 Annual Meeting & Exposition August 4-7, 2022 The Hotel Roanoke

Care of Children KSA Saturday, August 6 Hotel Roanoke In person and virtual

Heart Disease KSA

Thursday, September 15 Virtual

Hypertension KSA Saturday, November 19 Virtual

Care of Children KSA Saturday, November 19 Virtual

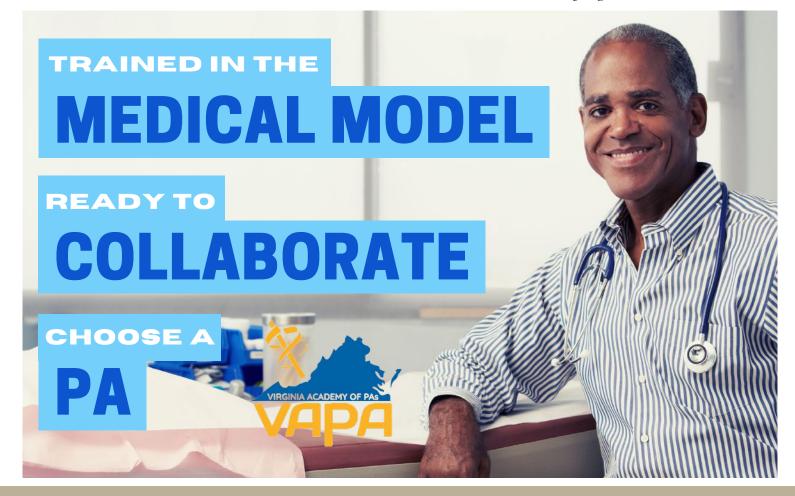
2023

2023 Winter Family Medicine Weekend

January 25-29, 2023 Wintergreen Resort

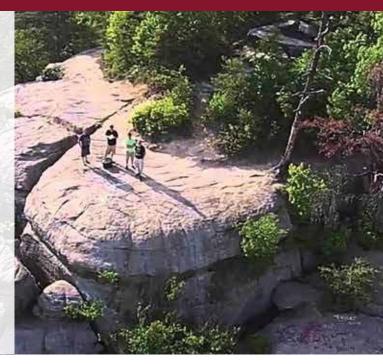
2023 Annual Meeting July 13-16, 2023 Marriott Virginia Beach Oceanfront

For more information, visit www.vafp.org

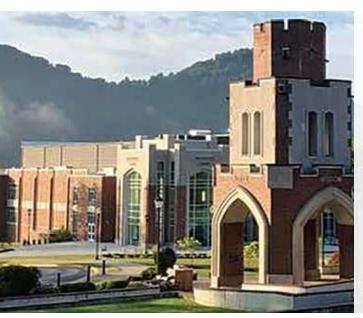




We are looking for a "Dynamic Family Medicine Physician" to join our collegial, physician centric culture that enjoys:



- A University Town one hour from Lexington KY/Huntington WV
- Minutes from the Daniel Boone National Forest
- Being a part of a Mission & serving Appalachian region for nearly 60 yrs.
- Outdoor Activities (Cave Run Lake provides: hiking and biking trails, boating, fishing, camping & water sports)
- Cultural Activities (theatre productions, art displays, concert recitals, & festivals)



St. Claire HealthCare Benefits

- Lucrative Hospital Employed Guaranteed Salary; moving to wRVU based model
- Full Benefits including Health, Dental, Vision, Life, LTD insurance
- Retirement Benefits (401k, 403b & 457)
- CMF allotment
- Time off includes: CME/Vacation & PDL bank
- Moving Expenses
- · Signing Bonus
- Loan Repayment or NHSC Eligible; dependent upon clinic location

St. Claire HealthCare Overview

- Largest employer in the county
- 159-bed not-for-profit regional referral hospital
- Providing patient care for 11 Counties population of 160,000 people
- 32 Medical Specialties
- Mentor residents/students from the Universities of Kentucky & Pikeville

ABBY M. BAKER, CPRP | Coordinator, Medical Staff Development/Recruitment
ST. CLAIRE HEALTHCARE
222 Medical Circle | Morehead, KY 40351
p 606.783.6829 | f 606.783.6503 |
www.st-claire.org





Welcome to your next rewarding career move. CHI Saint Joseph Health, one of the largest and most comprehensive health systems in the Commonwealth, has more than 200 locations, including hospitals, physician groups, clinics, primary care centers, specialty institutes and home health agencies in Kentucky.

If you are a primary care physician who is called to serve and looking for a health system who shares your values, we would like to hear from you. Immediate opportunities are available.

Please contact Jill Edwards at 859-893-1633 or JillianEdwards@sjhlex.org to learn more.

