

# The VIRGINIA

FALL 2021

## *family physician*



# VAFP

VIRGINIA'S FAMILY PHYSICIANS

**NEETA GOEL, MD, FAAFP**  
INSTALLED AS 2021-2022 PRESIDENT DURING THE VAFP  
2021 ANNUAL MEETING & EXPOSITION.

SEE PAGE 10

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## *The* VIRGINIA *family physician*

FALL • 2021

### 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*

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• *Riverside Family Medicine Residency*

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• *Virginia Commonwealth University School of Medicine*

Claire Lockman

• *Liberty University College of Osteopathic Medicine*

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• *Yorktown*

Kent Willyard, M.D.

• *Newport News*

#### AAFP ALTERNATE

##### DELEGATES

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• *Newport News*

Delmas Bolin, M.D., PhD

• *Salem*

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# VAFP PRESIDENT'S MESSAGE

Neeta Goel, M. D.



Dear Colleagues,

I hope you have had a great summer taking care of your patients, family, friends, and, most importantly, yourselves. It was great to see many of you at Virginia Beach for the 2021 Annual Meeting. I trust you enjoyed networking with colleagues and the educational sessions organized by Dr. Mitch Miller, the CME Committee Chair, and the Virginia Academy of Family Physicians (VAFP) staff.

Over the last year, people across the globe have experienced a healthcare crisis of their lifetime. The Virginia family physicians have risen to the occasion, responding to understandably apprehensive Virginians as the first and most trusted contact for their health

concerns, helping them navigate a crisis new to physicians themselves, many times keeping their patients above their safety. It has been a stressful time for all, but I am proud to say that the VAFP has emerged to be stronger, extra resilient, and ready to support you more than ever. The credit goes to the tremendous insights of the past presidents, incredibly talented and experienced team of officers and board of directors led by the Academy's 74th President, Dr. Jerome Provenzano, and an extremely hardworking and dedicated team of staff led by the Executive Vice President, Mary Lindsay White. This team adapted with time, innovating new ways to connect with the family physicians across the state, ensuring the collaboration with the Virginia Department of Health

to address the pandemic's impact on our family physicians. The COVID-19 crisis has enhanced the partnership among various primary care professional organizations in the Commonwealth of Virginia, as we learned of the common challenges experienced by physicians and patients during a public health emergency.

The experts believe that the pandemic has somewhat accelerated the much-needed shift from fee-for-service models to value-based reimbursement models that incentivize physicians for improved health outcomes instead of paying to do more tests and procedures.

It will be necessary for family physicians to adapt to these models of care, with more emphasis on outcomes and patient experience, while delivering excellent quality care. The Academy will be here to support the physicians in this transition as appropriate.

The member advocacy and legislative initiatives are top priorities for the Academy. We recently sent you a brief survey to help you share the legislative issues you consider a top priority for practicing in Virginia. Your participation will help ensure greater value from the resources currently invested in the VAFP legislative program and will assist our Legislative Committee, led by Dr. Jesus Lizarzaburu and Hunter Jamerson, J.D., in advocating for the initiatives most important to you.

Thank you all for trusting your Academy to cultivate a Commonwealth of Virginia desirable to family physicians from all walks of life. It is my honor and privilege to serve as the 75th President of your Academy. I look forward to seeing you at the Winter Family Medicine Weekend in January.

With tremendous respect and gratitude,

Neeta Goel, M.D.

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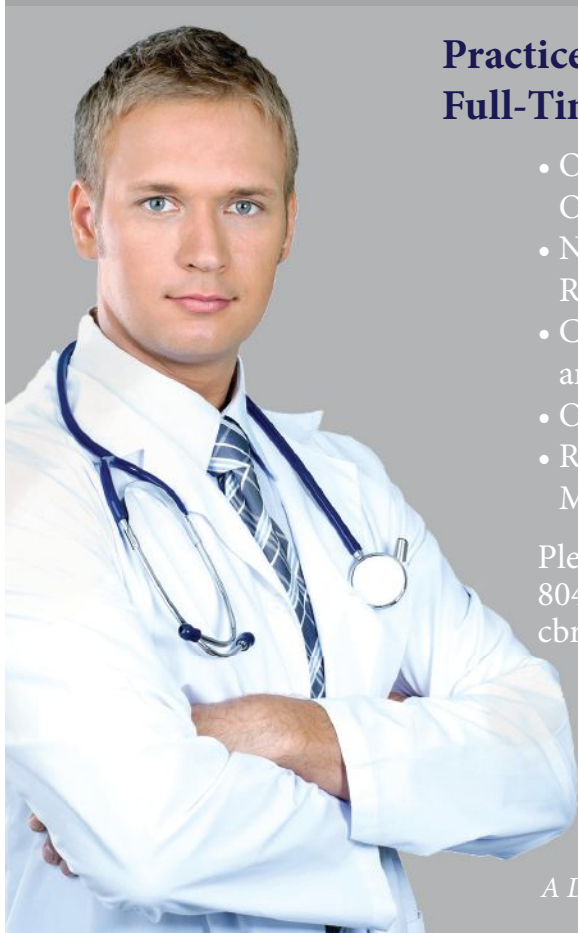
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## NURSE PRACTITIONER AUTONOMY

VAFP remains steadfast in its advocacy that appropriate medical education and training is necessary in order to safely practice medicine in Virginia. This debate will continue into fall as the Department of Health Professions publishes its workforce studies. The Joint Board of Medicine and Nursing received recommendations from the Board of Nursing to maintain the reduced two-year clinical practice standard as the basis for autonomous nurse practitioner practice of medicine. Alternatively, the Joint Board of Medicine and Nursing received a recommendation from the Board of Medicine to restore the five-year clinical practice standard prior to autonomous practice of medicine by nurse practitioners. The issue of nurse practitioner scope of practice will be a significant part of the 2022 General Assembly session as the General Assembly determines whether or not to extend the sunset clause on the two-year clinical standard.

## INTER-SESSION

While the General Assembly is not in session, legislative activities continue in the form of Commissions, Inter-Session Committees, and Health Regulatory Boards. VAFP is an active participant in these forums, including the Joint Commission on Health Care, the Health Insurance Reform Commission, the Medicaid Physician Liaison Committee, the Board of Medicine and the Board of Health Professions. These inter-session activities offer the opportunity for more

intensive studies and debates of key policy issues. In addition to health workforce studies, VAFP is also focused on prescribing guidance documents, medical and recreational cannabis, and health care reimbursement. One key activity this summer has been the negotiation and development of pharmacist practice protocols related to the initiation of therapy and certain clinical testing.

## GOVERNOR'S RACE AND GENERAL ASSEMBLY

The Democratic nominee for Governor is Terry McAuliffe, who is poised to return to the Governor's mansion for a non-contiguous second term. Republicans have nominated former private equity CEO Glen Youngkin. Polls have variously shown a race within the margin and a slight lead for McAuliffe outside of the margin of error.

While the Senate of Virginia is not up for re-election this cycle, the entire House of Delegates must stand for re-election. Democrats hold a 54-46 advantage in the House today, although several seats were won with very narrow margins (the narrowest being 27 votes). Republicans are contesting nearly every seat in the General Assembly. While shifting population demographics tend to favor Democrats maintaining a narrow majority, a low turnout election could certainly result in Republicans taking control of the House of Delegates. Split control of the General Assembly would dramatically reshape health policy in Virginia.

## 2022 LEGISLATIVE SESSION PREVIEW

VAFP's legislative priorities include a focus on health equity in order to ensure that all Virginians have an opportunity to be as healthy as possible. Ensuring that all Virginians have access to quality physician-led healthcare, access to clean water, transportation, vaccines, and other necessities, in addition to ensuring that a family physician health workforce is available in all geographies and ensuring that fair compensation is available for physician services will all help improve the quality of health of Virginians. VAFP is helping lead the way on health equity in the Commonwealth.

Regardless of the electoral victors, however, VAFP will again vigorously contest and defend scope of practice and health workforce issues. VAFP will also focus on continuing to support the health of the public in Virginia, this year looking closely at mandatory preventative healthcare screenings. Your input into VAFP's legislative policy is welcome – please contact VAFP Legislative Committee Chair Jesus Lizarzaburu, M.D. or the VAFP staff with your ideas and feedback.

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VIRGINIA ACADEMY OF FAMILY PHYSICIANS  
BOARD OF DIRECTORS MEETING BOARD BRIEFS

Marriott Oceanfront Virginia Beach

### JULY 8, 2021

- Approved the minutes from the April 14, 2021, VAFP Board of Directors virtual meeting.
- Heard report from VAFP 2021-22 President Neeta Goel, MD on the Nominating Committee's slate of officers and directors.
- Heard report from VAFP CME Committee Chair, Mitch Miller, MD on the 2021 VAFP Annual Meeting, contract negotiations for the 2022 VAFP Annual Meeting and the dates for the 2022 Winter Family Medicine Weekend.
- Heard update from ML White on the group KSA's completed and scheduled in 2021.
- Heard report from VAFP Legislative Committee Chair, Jesus Lizarzaburu and VAFP Legislative Consultant and General Counsel Hunter Jamerson, JD, MBA, on the 2021 Virginia General Assembly Special Session, the VAFP's 2022 legislative priorities and other regulatory/administrative updates.
- Approved communications with the Governor's office on ways the VAFP supports utilizing the budget surplus monies.
- Heard update from members serving on the Virginia Center for Health Innovations' Primary Care Task Force and Sub-groups.
- Held discussion and heard update from Virginia Department of Health physician, Brooke Rossheim, MD, regarding point of care COVID Testing and Monoclonal Antibody Therapy.
- Heard update from the Resident, Student & Faculty Committee

Co-Chair Deneen Moore, MD on the 2021 Scholarly Symposium slated for Saturday, November 13, 2021.

- Heard comments from VAFP Resident and Student Representatives – Drs. Paulius Mui & Kevin Lavender, Claire Lockman & Sarah Beaverson.
- Heard update on VAFP Foundation Choose VA Scholarship from Foundation Chair Roger Hofford, MD.
- Heard update from Dave Gregory, MD, VAFP's representative to the Virginia Neonatal/Perinatal Collaborative.
- Approved a motion to request family medicine representation on the recently created Maternal Death Review Committee.
- Heard update from Dr. Hofford on a meeting with the Virginia Workforce Development Authority and Senator Barker.
- Reviewed the resolution submitted by the VAFP to the AAFP Virtual Congress of Delegates.
- Discussed national leadership opportunities on AAFP Commissions and on the AAFP Foundation.
- Presented outgoing Board plaques to the Secretary, Directors and Resident and Student Directors.

### JULY 11, 2021

- Welcomed new members of the Board Joe Fields-Johnson, DO, Jonathan Biggers, DO and Julia Bruce, MD.
- Participated in a Board Orientation as presented by VAFP President Neeta Goel, MD
- Heard report from VAFP CME Committee Chair Mitch Miller, MD on the 2021 VAFP Annual Meeting and potential locations for the 2022 VAFP Annual Meeting.
- Discussed and approved an opportunity for a member webinar on rapid COVID Testing and Monoclonal Antibody Therapy.
- Heard report from VAFP Legislative Committee Chair, Jesus Lizarzaburu and VAFP Legislative Consultant and General Counsel Hunter Jamerson, JD, MBA, on the 2021 Virginia General Assembly Special Session, the VAFP's 2022 legislative priorities and other regulatory/administrative updates.
- Discussed national leadership opportunities on AAFP Commissions.
- Discussed the nomenclature of family medicine vs family practice and the words clinician or physician vs. provider with a suggestion from the Board to request all CME speakers to refer to the audience at CME events as family physicians practicing family medicine.





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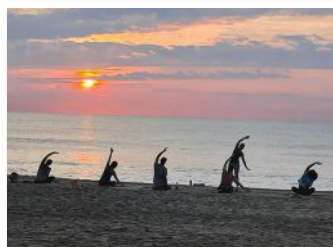
## 2021 VAFP ANNUAL MEETING HIGHLIGHTS AND PICTURES!

# FP Annual Meeting

The VAFP 2021 Annual Meeting & Exposition was held at the Marriott Virginia Beach Oceanfront Hotel in Virginia Beach. Over 175 family physicians and other healthcare professionals attended both in person and virtually. All enjoyed a variety of CME!

Some comments from the meeting!

- Another great meeting! Thanks to all for your hard work.
- Excellent speakers, length of presentations was excellent, and live help was wonderful.
- Fabulous, as usual! In spite of the pandemic, your dedication to VAFP physicians is phenomenal! Thank you for an outstanding conference!
- Great meeting. Congrats to the entire team. Good useful CME. Great setup. Fine meals. Great to be back.
- Great to get back to live events and meeting real people
- I attended virtually by Zoom and this went very well.
- Online was very convenient! Thank you for offering this!
- It was great to be back to live meetings. VAFP provides great opportunity for learning, CME activities. Staff is very supportive, thank you for being there all times and assisting with all questions throughout.
- Well done meeting as always. CME content was well balanced and strong, location is amazing and the food was great!
- Well organized and informative conference!





# 2021 VAFP Annual Meeting

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The Academy deeply thanks the following organizations for supporting the 2021 Annual Meeting & Exposition

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Primary Care Education Consortium and supported by an educational grant from Bayer HealthCare Pharmaceuticals Inc. - Diabetic Kidney Disease

Professionals Advocate Insurance - Medical Legal Updates

Smart Smiles at the Doctor supported by Delta Dental of Virginia - Oral Health

The Dairy Alliance - Nutrition

Virginia Academy of Family Physicians Foundation - Preconception Care - Planning for Healthy Mom's & Babies

William Johnson West Lectureship VCU Department of Family Medicine & Population Health - Top Ten Evidence-Based Medicine Updates

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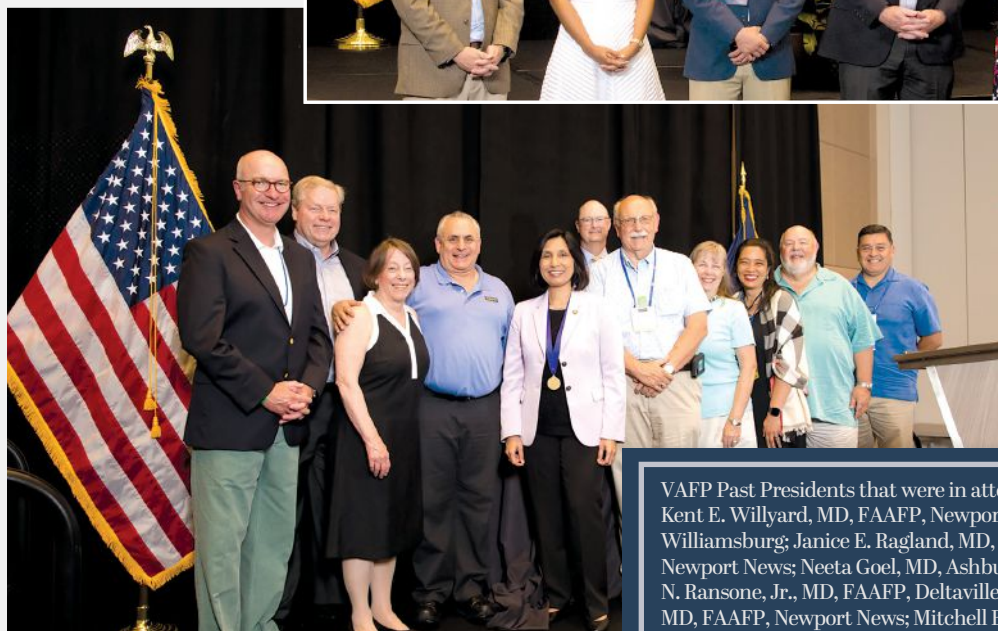
# NEETA GOEL, MD, FAAFP, ASHBURN, INSTALLED AS THE 2021-2022 VAFP PRESIDENT



Sterling N. Ransone, Jr., MD, FAAFP, VAFP Past President & AAFP President Elect installs Neeta Goel, MD, into office as 2021-2022 VAFP President.

Neeta Goel, MD, Ashburn, was installed as the 75th President of the Virginia Academy of Family Physicians on Friday evening, July 9th during the VAFP 2021 Annual Meeting & Exposition. The VAFP 2021 Annual Meeting & Exposition was held July 9-11 in Virginia Beach, Virginia. Sterling N. Ransone, Jr., MD, FAAFP, VAFP Past President & AAFP President Elect had the privilege of installing Dr. Goel. Congratulations Dr. Goel!

Newly installed VAFP Board of Directors - The VAFP 2021-2022 Board of Directors is installed by VAFP Past President and AAFP President-Elect Sterling N. Ransone, Jr., MD, FAAFP during the VAFP 2021 Annual Meeting and Exposition. Pictured left to right are President-Elect David S. Gregory, MD, FAAFP, Roanoke; First Vice President Denee J. Moore, MD, FAAFP, North Dinwiddie; Second Vice President Timothy J. Yu, MD, FAAFP, Midlothian; Treasurer Charles O. Frazier, MD, FAAFP, Williamsburg; Secretary Robin N. Anderson, MD, Virginia Beach; Director Joseph L. Fields-Johnson, DO, Richmond; Director Jonathan W. Biggers, DO, Aylett and AAFP Delegate Kent E. Willyard, MD, FAAFP, Newport News. Not pictured are Director Julia A. Bruce, MD, Clifton and AAFP Alternate Delegate Delmas J. Bolin, MD, PhD, FAAFP, Roanoke.



VAFP Past Presidents that were in attendance and the newly installed President. Kent E. Willyard, MD, FAAFP, Newport News; Charles O. Frazier, MD, FAAFP, Williamsburg; Janice E. Ragland, MD, FAAFP, Herndon; Jerome A. Provenzano, MD, Newport News; Neeta Goel, MD, Ashburn; Larry G. Mitchell, MD, FAAFP, Richlands; Sterling N. Ransone, Jr., MD, FAAFP, Deltaville; Dena R. Hall, MD, Suffolk; Emmeline S. Gasink, MD, FAAFP, Newport News; Mitchell B. Miller, MD, FAAFP, Virginia Beach & Jesus L. Lizarzaburu, MD, FAAFP, Yorktown



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## 2021 VAFP ACADEMY AWARDS

### CONGRATULATIONS!

The awards were presented on Friday, July 9, during the 2021 VAFP Annual Meeting at the Annual Business Meeting at the Marriott Virginia Beach Oceanfront Hotel in Virginia Beach, Virginia.

### FAMILY PHYSICIAN OF THE YEAR AWARD PRESENTED TO DENEEN J. MOORE, MD, FAAFP

Deneen J. Moore, MD, FAAFP was named the 2021 recipient of the Family Physician of the Year Award. The award is presented annually to a VAFP member who provides his/her community with compassionate, comprehensive and caring medical service on a continuing basis; who is directly and effectively involved in community affairs and activities that enhance the quality of life of his/her home area; who provides 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; and who is in good standing in his/her medical community.

Dr. Moore's award reads: "In deep appreciation for modeling the core values of Family Medicine by providing comprehensive, compassionate care to all patients. Your community activism, passion and dedication for health equity is evident through your student, resident and faculty teaching at The University of Virginia School of Medicine. Improving the quality of life for all patients especially advocating for those most vulnerable truly signifies the immeasurable qualities of an outstanding family physician and is to be commended and applauded."



### JAMES P. CHARLTON, MD TEACHER OF THE YEAR IN FAMILY MEDICINE AWARD PRESENTED TO THOMAS R. GRANT, JR., MD

Thomas R. Grant Jr., MD was named the recipient of the James P. Charlton, MD Teacher of the Year Award in Family Medicine. In memory of James P. Charlton, MD, a VAFP Past President, each year the VAFP recognizes a physician for this award. Nominees may include teachers of family medicine who participate in teaching at the medical school level, residency faculty level or community preceptorship level.

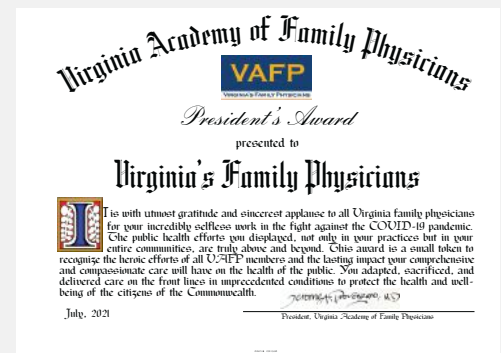
Dr. Grant's award reads: "In deep recognition of your excellent work at Eastern Virginia Medical School teaching and challenging students and residents to improve medical knowledge and clinical decision making." As best said by a third-year resident, "Dr. Grant's ability to empower students and residents to be the best version of themselves brings out the best in those that he teaches." To be respected and commended by those who you teach exemplifies the nature of a truly outstanding teacher of family medicine.



## 2021 PRESIDENT'S AWARD

Presented to Virginia's Family Physicians!

The award reads: "It is with utmost gratitude and sincerest applause to all Virginia family physicians for your incredibly selfless work in the fight against the COVID-19 pandemic. The public health efforts you displayed, not only in your practices but in your entire communities, are truly above and beyond. This award is a small token to recognize the heroic efforts of all VAFP members and the lasting impact your comprehensive and compassionate care will have on the health of the public. You adapted, sacrificed, and delivered care on the front lines in unprecedented conditions to protect the health and wellbeing of the citizens of the Commonwealth."



## 2020 VAFP TEACHER OF THE YEAR AWARDS JAMES P. CHARLTON, MD TEACHER OF THE YEAR IN FAMILY MEDICINE AWARD PRESENTED TO MELISSA BRADNER, MD, MSHA & KRISTINA JOHNSON, MD

In memory of James P. Charlton, MD, a VAFP Past President, each year the VAFP recognizes a physician for this award. Nominees may include teachers of family medicine who participate in teaching at the medical school level, residency faculty level or community preceptorship level.

Dr. Bradner's award reads: "In recognition and appreciation for your roles as clerkship and course director, preceptor, mentor, role model and teacher. Your sensitivity and sense of humanity are evident in every one of these roles and in each interaction with learners and colleagues. The impact you have on students is instrumental in helping shape their Family Medicine experience, is pivotal in their choice of specialty, and demonstrates what it truly means to be an outstanding teacher of Family Medicine."

Dr. Johnson's award reads: "In recognition and appreciation for your roles as clerkship and course director, preceptor, mentor, role model and teacher. Your sensitivity and sense of humanity are evident in every one of these roles and in each interaction with learners and colleagues. The impact you have on students is instrumental in helping shape their Family Medicine experience, is pivotal in their choice of specialty, and demonstrates what it truly means to be an outstanding teacher of Family Medicine."



## AMERICAN ACADEMY OF FAMILY PHYSICIANS DEGREE OF FELLOW

The Degree of Fellow recognizes AAFP members who have distinguished themselves among their colleagues, as well as in their communities, by their service to Family Medicine, by their advancement of health care to the American people and by their professional development through medical education and research.

Fellows of the AAFP are recognized as Champions of Family Medicine. They are the physicians who make family medicine the premier specialty in service to their community and profession. From a personal perspective, being a Fellow signifies not only 'tenure' but one's additional work in your community, within organized medicine, within teaching, and a greater commitment to continuing professional development and/or research. Congratulations to the following VAFP members!

Stephen Bunnell DO, FAAFP – virtual  
Sharon Diamond-Myrsten MD, FAAFP – virtual  
Anand Kapur MD, FAAFP  
Anthony Morris MD, FAAFP  
Susan Osborne DO  
Timothy Yu MD, FAAFP



## THE VAFP WELCOMES NEW MEMBERS

### ACTIVE

Jaspreet Ahuja, DO  
 Shalom Akauola, MD  
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 Shayan Anwar, DO  
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 Courtney Dawson, MD  
 Katharine DeGeorge, MD  
 Frances Ding, DO  
 Cassandra Dishman, DO  
 Michael Dobson, MD  
 Andrew Doyle, DO  
 Jessica Evans, DO  
 Jason Evers, DO  
 Elizabeth Flory, MD  
 Julia Frankel, DO  
 Andrew French, DO  
 Aviva Friedman, MD  
 Fernando Fuentes, MD  
 Rita George, DO  
 Sameen Ghani, MD  
 Darren Gibson, DO  
 Andrea Gonzalez, MD  
 John Grimsley, MD  
 Molly Grover, MD  
 Brittney Hall, DO  
 Fallon Hayes, MD  
 Brittany Hearst, MD  
 Allison Hinson, MD  
 Zachary Holden MD  
 Hunter Holloway, DO  
 Kristen Holtz, DO  
 Sahra Hossainzadha, MD  
 Adam Huryta, DO  
 Nauras Hwig, MD  
 Sharese Jefferson, MD  
 Christopher Jeu, DO  
 Christopher Joachim, DO  
 Misty Kasky, DO  
 Ryan Kasky, DO  
 Kara Keefe, MD

Mariana Keener, DO  
 John Kriese, DO  
 Kedar Kulkarni, MD  
 Andrew Lam, MD  
 Teresa Landore, DO  
 Tierra Leak, MD  
 Courtney Levendorf, DO  
 Lisa Li, MD  
 Natalie Lipscomb, DO  
 Donald Lock, II, DO  
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 Christian Machado, MD  
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 Barbara Oppong, MD  
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 Karishma Tolani, MD  
 Justin Tondt, MD  
 Trish Tran, MD  
 Sukruti Udeshi, MD  
 Courtney Varbanoff, DO  
 Jennifer Ware, MD  
 Charlotte Wertz, DO  
 Stephanie Wesley, DO  
 Allison Yeaman, MD

### RESIDENT

Mohsin Ali, MD  
 Hassan Arrabi, MD  
 Momna Ayub, DO  
 Alexandra Bachman, DO  
 Micah Brickhill-Atkinson, MD  
 Steven Brodar, MD  
 Kara Cabbage, MD  
 Priscilla Caldwell, MD  
 Katelyn Carpenter, MD  
 Lindsey Casal-Roscum, MD

Aubrey Chow, MD  
 Cariana Clanton, DO  
 Derek Clark, DO  
 Jay Clark, MD  
 Matthew Clem, DO  
 Bryan Cochran, MD  
 John Collins, DO  
 Garrett Cudmore, DO  
 Frank Dang, DO  
 Samantha Day, MD  
 Jordan Dehli, DO  
 Deepika Dhary, MD  
 Mitalee Doshi, MD  
 Emily Edwards, DO  
 Scott Estep, MD  
 April Fields, DO  
 Austin Gold, MD  
 Nicole Ha, DO  
 Matthew Hageman, MD  
 Ramin Haidari, MD  
 Henry Hartsoe, DO  
 Madison Heflin, DO  
 Daniel Ho, MD  
 Amelia Huback, DO  
 Taelim Kim, MD  
 David Kirkland, MD  
 Agnijita Kumar, MD  
 Erick Larson, MD  
 Dixon Lee, MD  
 Carlos Llanes, MD  
 Ainsley Lundgren, MD  
 Jenna Lyn, MD  
 Nassim Mafi, MD  
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 Springer Michael, MD  
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 Caleb Southall, MD  
 Christopher Sue-Wah-Sing, DO  
 Alan Tate, DO

Hannah Thacker, MD  
 Ginger Tissier, MD  
 Tam Tran, MD  
 Mansi Trivedi, MD  
 Kahsu Tsehay, MD  
 Joseph Tuck, MD  
 Umut Tufan, MD  
 Gregory Turissini, DO  
 Joseph Varner, DO  
 Jennifer Voorhees, DO  
 Michelle Vu, DO  
 Kurtis Wilson, DO  
 Richard Zhou, DO

### STUDENT

Kristin Boakye  
 Gillian Carl  
 Vaisali Chilamkurthy  
 Blanton Cohen  
 Jacob Deubler  
 Saow Renn Ding  
 Landon Hobbs  
 Nancy Kaura  
 Elizabeth Kazarian  
 Lauren Keenan  
 Ariana Kim  
 Peter Larnar  
 Connor Lemos  
 Maria Maslyanko  
 Robert McCauley, III  
 Mackenzi McHugh  
 Austin Meals  
 Mohamud Mohamud  
 Mansoor Mubeen  
 Praveena Mylvaganam  
 Sara Negash  
 Hayne Noh  
 Sarah O'Berry  
 Hakeem Oufkir  
 Aneesha Penn  
 Fallon Peplinski  
 Rosellen Provost  
 Miyabi Saito  
 Rhitwika Sensharma  
 Charles Siegel  
 Allison Smith  
 Hollie Soave  
 Lucy Su  
 Jasmine Vatani  
 Grace White  
 Devan Wilkins  
 Julia Worley  
 Christie Zheng



## IN MEMORIAM

### VAFP PAST PRESIDENT GENE EDWARD CLAPSADDLE, MD

1923-2021

Gene E. Clapsaddle, 98, of Vinton passed away on August 24, 2021. Dr. Clapsaddle is survived by his four children, Sara Gipson, David Clapsaddle, John Clapsaddle, and Anne Cinsavich; granddaughters, Emily Gipson, Margaret Gipson, and Katherine Gipson; grandson, Jakob Nathaniel Tyler Clapsaddle; and one great-grandson, Maurice Burrelle. A private family service was held at Thrasher Memorial United Methodist Church. In lieu of flowers, the family suggests friends make memorial contributions to Thrasher Memorial UMC, Good Samaritan Hospice, or to a charity of their choice.

#### *A few words from VAFP Past President Al Hagy, MD*

A few months short of his 99th birthday Gene finished his last ride with hospice at his side insuring a smooth final trip. He died peacefully August 24, 2021.

His death closed the door on a pioneer who, in 1974, moved from a highly successful General Practice in Vinton, Virginia to that of educator in the new specialty of Family Practice. Armed with a faculty position from The University of Virginia, Family Practice Board certification and observed practice skills, each element placed a critical steppingstone on his path to medical education and his appointment as Program Director



of Roanoke Memorial Hospital's Family Practice Residency.

The Carilion Health System grew around his program from the bedrock of Roanoke Memorial Hospital, giving added strength and attraction to a steady parade of strongly prepared young graduate physicians, who, with his guidance, would complete the three years of training, with many of these graduates serving patients in the communities of Virginia.

His stature as a leader in Family Practice led him into the 1979-80 term as president of a young and growing Virginia Academy of Family Practice.

His energies were not spent entirely in medical education as many weekends would find him astride his favorite horse riding to the hounds. And further evidence of his leadership was rewarded by selection as Master of the Rockbridge Hunt, to lead the chase in singular prominence wearing special attire of red coat with tails, green velvet collar and gold piping. Mondays would find him decompressed and ready for all goblins.

So, a highly skilled physician and medical educator has "ridden into the sunset" leaving a long trail of accomplishments and an untarnished reputation in several fields of endeavor. Tally-Ho Dr. Clapsaddle!

## 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](mailto:cmodesto@vafp.org) so your e-mail address can be added to the distribution list.

Please enjoy this complimentary VAFP membership benefit.

### VIRGINIA ACADEMY OF FAMILY PHYSICIANS FOUNDATION SUPPORT FAMILY MEDICINE



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

# Resident & Student Corner

## AAFP NATIONAL CONFERENCE OF FAMILY MEDICINE RESIDENTS AND STUDENTS

The AAFP National Conference of Family Medicine Residents and Medical Students was held July 29 - 31, 2021. This year's conference was held virtually.

The National Conference is a place for residents and medical students to learn more about family medicine, explore residency programs, and connect with potential employers.

*The following Virginia Residency Programs were represented at the conference:*

Carilion Clinic - VTC Family Medicine Residency  
EVMS  
Lynchburg Family Medicine Residency  
University of Virginia Family Medicine Residency  
VCU - Fairfax Family Medicine Residency  
VCU - Shenandoah Family Medicine Residency  
VCU - St. Francis Family Medicine Residency and Blackstone Rural Tract  
HCA - Lewis Gale Family and Community Medicine

VAFP Resident Board Members Paulius Mui, MD, Shenandoah Family Medicine Residency and Kevin A. Lavender, DO, Riverside Family Medicine Residency attended along with VAFP Student Board Members Sarah E. Beaverson, Virginia Commonwealth University and Clair Lockman, Liberty University School of Medicine.

## EMMA YORK, DO EVMS FAMILY MEDICINE, PGY-2 AAFP RESIDENT DELEGATE TO THE AMA RFS 2020-2021



This past year I had the opportunity to serve as an AAFP Resident Delegate to the American Medical

Association's Resident Fellow Section. The Resident and Fellows section (RFS) is the dedicated branch of the AMA that gives a voice to and advocates for issues specifically impacting resident and fellow physicians. Functionally, the RFS operates as an autonomous "mini-AMA" made up of an appointed body of resident and fellow delegates who elect a governing council. At these RFS assembly meetings, resolutions are introduced, debated, and voted upon to incorporate as new policy into the RFS and sometimes, resolutions are forwarded to the AMA House of Delegates (HOD) to become potential policy within the full AMA.

As an AAFP Delegate, my role was to represent family medicine and family medicine residents by advocating for primary care issues. A key role of the AAFP resident delegate is to bring back the views of the RFS to the full AAFP delegation so that priority issues can be identified and represented in the house of delegates. Altogether, this year's delegation represented family medicine at the November and June AMA meetings testifying on many important primary care issues including: identifying racism as a public health threat, protection of resident and fellow training in the case of hospital or training program closure, telemedicine regulations and clarifying roles of non-physician post-graduate medical training. This year's meetings, although virtual, displayed the strength of our physicians to advocate on pressing issues regardless of the adversity facing them. As a delegation, we attended the meeting from more than 10 states and represented many areas within family medicine including residents, private practice, rural medicine, women's health, underserved medicine, and sports medicine.

This past year solidified the importance of getting outside of my local bubble and comfort zone. To me, this meant engaging with residents and physicians who aren't

## Enjoy Lean Beef



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- Beef is as effective as chicken as part of a healthy diet to manage cholesterol<sup>1,2,3</sup>

*Learn more and visit <http://bit.ly/VAHealthInfo>*

1. McNeil SH, et al. The evolution of lean beef: Identifying lean beef in today's U.S. marketplace. *Meat Sci.* 2012; 90(1):1-8.  
2. Roussel MA, et al. Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. *Am J Clin Nutr.* 2012; 95(1):9-16.  
3. Maki KC, et al. A meta-analysis of randomized controlled trials comparing lipid effects of beef with poultry and/or fish consumption. *J Clin Lipidol* 2012;6:352-61.



based solely at my training hospital about issues that are pertinent to both family medicine and the medical community as a whole. By seeing what issues are being discussed at the national level, both within family medicine and outside of it, it brought a new perspective to the issues I am seeing in my own community. It sparked new ideas on how to address problems at my program and also gave me the opportunity to inform others about the work that is being done at the national level. It was incredible to see all physician groups and specialties represented in one meeting and hear about what topics they, and sometimes what we all, are passionate about.

I feel extremely fortunate to have been able to represent family medicine residents, physicians and primary care at these meetings. I learned the value of speaking on behalf of those I was representing and was able to conquer my fears of speaking in front of a large group of my highly-esteemed colleagues. My favorite moment in this role was partaking in resolution writing at the AAFP national conference where the resolution I authored, "Recognizing Osteopathic Manual Therapy as a Treatment for Musculoskeletal Conditions" was passed. This resolution will now go on to effect policy at AAFP by recognizing OMT as a first line treatment for musculoskeletal conditions, increasing research on OMT and increasing CME opportunities for family physicians to learn about this treatment modality. Without my position this past year, I likely would not have participated in advocacy on this level.

This year was truly an inspiring one for me. I watched medical students and residents push the boundaries on topics being discussed at the AMA, reinforcing the idea that medicine should not be a hierarchical field because when we are all represented and work together, our best ideas are created. I'm excited to see what the AMA and AAFP do with the resolutions passed at this year's meetings and hope to continue my advocacy journey throughout residency. If any residents out there are considering being involved on the national level, I urge them to take the plunge. You won't regret it!

*Continued on page 18*

## CAREER CENTER CHOOSE VIRGINIA

### POST YOUR RESUME AT [CAREERCENTER.VAFP.ORG](http://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](mailto:mschulte@vafp.org)

## Explore All the Nation's Capital Has to Offer with an Opportunity at Inova Primary Care



### Inova Health Primary Care, and Partners- Find Your Balance Here!

Inova Primary Care, and Partners, is seeking Family Medicine Physicians and Advanced Practice Practitioners to provide world class care in the diagnosis and treatment of our patients in the Northern Virginia Community.

#### **Inova Primary Care: Convenient. Personal. Comprehensive Care.**

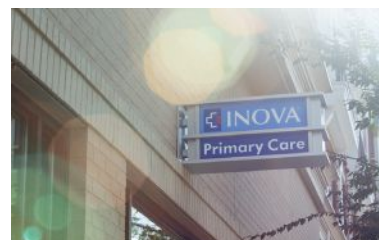
Our 40+ Primary Care Practices focus on meeting the unique needs of our communities. Our physicians are committed to providing excellent direct care, establish rapport with our patients/families and provide a resource within the community that focuses on health and wellness. In our outpatient practices, physicians and advance practitioners provide care for a wide range of ages, covering general annual preventative care through managing a variety of medical conditions. Our physicians foster a positive team culture that relies on partnerships and collaboration with leadership and the multi-disciplinary team of healthcare providers.

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#### **Community Highlights:**

With an unparalleled quality of life — both personal and organizational — the Northern Virginia and metropolis provides a unique blend of business, government, international commerce, education and culture that have attracted the best and the brightest. The cultural and recreational opportunities offered in Northern Virginia are abundant, diverse, and ranked among the nation's best.

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**For more information about each location, please contact**

Gene Itoh at [Susumu.Itoh@inova.org](mailto:Susumu.Itoh@inova.org)  
or Ethan Shore at [Brent.Shore@inova.org](mailto:Brent.Shore@inova.org)

# Resident & Student Corner

Continued from page 17

## VIRGINIA ACADEMY OF FAMILY PHYSICIANS SCHOLARLY SYMPOSIUM

**NOVEMBER 13, 2021**

**10:00 A.M. – 1:30 P.M. VIRTUAL VIA ZOOM**

### CALL FOR SCHOLARLY ACTIVITY

The Virginia Academy of Family Physicians is seeking submissions for the VAFP Scholarly Symposium.

### Criteria/Who Can Participate:

Submissions from AAFP members (\$15 fee) and non-members (\$25 fee) who are medical students, residents, and fellows.

### Meeting Format:

The 2021 Scholarly Symposium participants can either attend in-person or virtually. All participants will pre-record their presentations – oral presentations limited to 5 minutes and poster presentations limited to 2 minutes. The preliminary schedule of events will be based on the number of submissions received/selected but is anticipated to be based on the format below.

### Preliminary Schedule:

10:00 a.m. – 11:30 a.m. – Presentation of Research

11:30 a.m. – 12:30 p.m. – Guest Speaker and Presentation of Awards

### Guidelines:

Scholarly activity may be presented in poster format or as an oral presentation

- Type of scholarly activity may be clinical or population health research, medical education research, literature review, case reports, QI/PI projects, clinical successes, patient stories, or educational projects.
- Topic should be relevant to family medicine/primary care.
- Submissions must be of original work not yet published or presented at regional or national meetings (except institutional symposiums).
- Submission may be a work in progress or completed.
- Collaborative work is welcome.
- Concurrent (2021) submissions to other conferences such

as the North American Primary Care Research Group (NAPCRG) and Society of Teachers of Family Medicine (STFM) are encouraged.

- Medical student projects previously presented at medical schools are accepted/encouraged.

### Format of Submission:

The format may be an oral presentation, electronic poster or printed poster viewed in a gallery setting on boards. Submissions from each category by registrant type (medical students, residents, and fellows) will be included. The pre-recorded presentations (oral – 5 minutes and poster – 2 minutes) will be followed by a question-and-answer session that will be “live” either in-person or virtually by the presenter.

### Feedback on Submitted Research:

All projects will be reviewed and provided written feedback by a minimum of two judges. Review will focus on the following:

- Significance of findings for practicing family physicians
- Innovation of scholarly activity
- Quality of presentation
- Quality of methods used to generate findings

For presentations and posters in which the above criteria do not apply, reviewers will seek to evaluate the extent to which the submitted presentation is of interest to family physicians.

### How to Submit Your Project:

Complete the application form at the following link: <https://www.surveymonkey.com/r/Scholarly2021>

If you have multiple submissions, one application form should be completed for each submission.

### Submission Deadlines:

Submit application including abstract (250 words or less) no later than October 1, 2021.

Submit audio files, electronic posters and/or oral presentations no later than November 1, 2021.

**Questions:** Please call Cheryl Modesto at 804-968-5200 or e-mail [cmodesto@vafp.org](mailto:cmodesto@vafp.org).



## 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 few 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:

- 1) Graduating Virginia medical student in good academic standing
- 2) Entering a Virginia family medicine residency program. A letter from the program director is required.
- 3) 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.
- 4) 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:

- 1) Graduating as a PGY-3 Virginia family medicine resident
- 2) Have an up-to-date Virginia medical license
- 3) 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.
- 4) Must submit a 250-500-word letter explaining why they he/she wants to practice in an underserved area of Virginia
- 5) 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](mailto:mlwhite@vafp.org) or to Dr. Roger Hofford at [rahofford@carilionclinic.org](mailto:rahofford@carilionclinic.org). The deadline for application letters is June 30.**

Each month, the VAFP will feature unique happenings from the Family

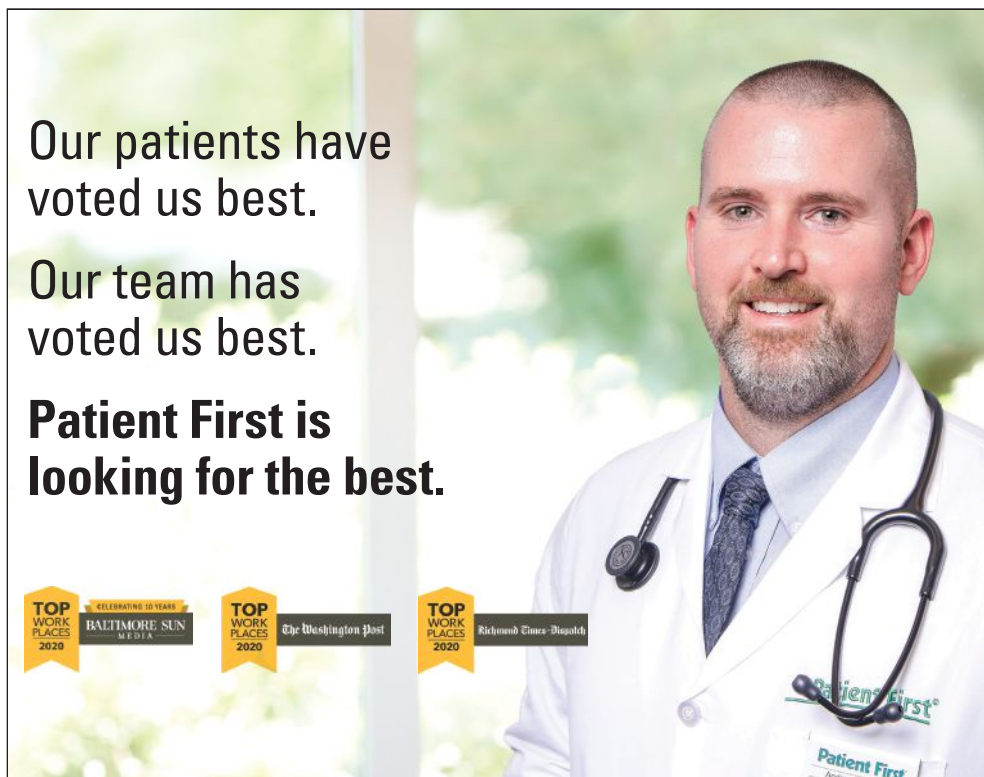
Medicine Residency Programs across the Commonwealth. The VAFP hopes these SpotLights will encourage residents to learn from each other and show our student members how amazing it is to be a Family Medicine Resident in Virginia!

*Continued on page 20*

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voted us best.**

**Our team has  
voted us best.**

**Patient First is  
looking for the best.**



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# **Patient First®**

Continued from page 19



## EDITION 2021 VOLUME 4

Editor – Paulius Mui, MD – PGY2  
Shenandoah

Co-Editor – Mary Lindsay White, VAFP  
EVP



**Kevin Lavender, DO,  
PGY3  
Riverside Family  
Medicine Residency**

### “Financial Fitness for Residents”

As Michael Scott stated in The Office, “Mo’ money, Mo’ problems.” Obviously stating, “I declare bankruptcy!” does not make your money problems go away. With our current student loan debt and limited learning during medical school and residency, it is crucial we learn how to manage our money. Personal finance is just that, personal. So the advice given here is for educational and entertainment purposes. If you have further questions please seek professional advice.

#### Student Loans

Most medical students and residents finish academic medicine woefully underprepared to tackle debt. Whether that is having a plan of action or just ignoring it. Most family physicians will have two options to tackle their student debt: either using the Public Service Loan Forgiveness (PSLF) program or paying them outright. The PSLF program is for those who have federal debt, in an income-driven repayment plan, and make 120 monthly payments while employed by a non-profit (503c). Paying them off outright is another

option that requires careful planning and a desire to eliminate debt as soon as possible. Each person must decide what is best for them and their situation. Do not forget that most states offer other repayment options and forgiveness. Google “physician loan forgiveness” for the state you are in. There are also the National Health Service Corps (NHSC) and Armed forces. The more you Google, the more you will find. If you intend to pay them off outright, then you will need a BUDGET!

#### Budget

If you are like me, my parents tried really hard at this. But then I got my first paycheck and, oh boy, did that go fast. In high school, I decided it would be brilliant to spend my hard-earned summer job money on a \$1200 kayak and \$700 golf clubs. Now, these did bring me pleasure, but now just wonder what my Roth IRA would be worth... As for medical students and residents, building a strong and emotionally healthy relationship with money is crucial to paying off loans. We learn how to live on a budget during residency. The best advice to give is follow your pennies and dimes. Start tracking your spending and monitor closely. If you have a significant other you share an account with, have a financial date once a month. There are plenty of apps out there like Mint and YNAB. Personally, I just use an Excel sheet. I borrow my wife’s phone a couple times a month to plug in the expenses. Then I promptly find out that I have an addiction to coffee and should have put more money into my Roth IRA.

#### Retirement

Trading stocks and becoming an investor has become more accessible since apps on our phones let us trade without commissions. We all heard about GameStop, Bitcoin, AMC, and started experiencing FOMO (fear of missing out). We wanted to put money into these stocks and watch our money grow. Who can argue with that? Well, I will. For those that

might not have researched capital gain taxes and taxable accounts, they might have paid more money than they gained. I would argue that ALL residents should max out their Roth IRAs first. A Roth IRA is a tax free account, meaning you put a part of your take-home pay into the account. Now there are stipulations to contribute to this account. If you are married and making <196,000 you are able to contribute \$6,000 a year. If you are single and making <125,000 you can contribute \$6,000 as well. Most residents are below these thresholds and should have the goal to max out the Roth IRA for 3 years. If anything is left over after maxing out the Roth IRA and in your budget, then have some fun day-trading, but make sure you DO NOT need the money first.

Finally, and the most important piece of advice. Live like a resident until all loans, except for mortgage, are paid off.

#### Resources

##### Books:

The White Coat Investor by: James Dahle \$16 on Amazon  
Financial Residency by: Ryan Inman \$15 on Amazon  
The Physician Philosopher Guide to Personal Finance by: James Turner \$25 on Amazon  
The Boglehead’s Guide to Investing by: Mel Lindaduer \$16 on Amazon  
Podcasts/Blogs:  
The White Coat Investor (blog and podcast)  
Financial Residency (blog and podcast)  
Money Meets Medicine (podcast)  
The Passive Income MD (podcast)

*(For direct links, please visit <http://vafp.org/highlights-from-virginias-family-medicine-residency-programs/>)*



## EDITION 2021 VOLUME 5

Editor – Paulius Mui, MD – PGY2

Shenandoah

Co-Editor – Mary Lindsay White, VAFP EVP



**Edition 2021 Volume 5**  
**Kiersten Pikarsky, DO**  
**2021 Graduate**  
**Lynchburg Family**  
**Medicine Residency**  
**Program**

### Wellness

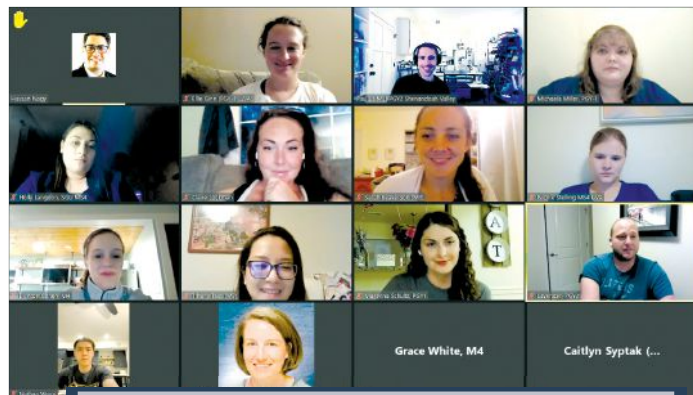
Lynchburg Family Medicine Residency is fortunate to have had one of our residents create a wellness elective. The goal of this elective was to educate others and ourselves about burnout and other mental health issues we experience as physicians. The elective can be a 2-4-week rotation pending the needs of the residents. It helps to educate the residents as well as help them avoid burnout while doing the majority of their work at home or wherever they needed to be.

We have a newsletter that the wellness committee works on and distributes four times a year. The content included in that newsletter consist of topics ranging from personal tips as a resident to avoid burnout, hot topics in medicine today, and upcoming events at the residency. Especially during COVID, this newsletter has been helpful as we have not been together as a group. It keeps us in touch.

Prior to COVID, we were trying to do a wellness event every month/couple of months so we could enjoy each other's company outside of the residency. Thankfully, while getting used to a new normal, we have been able to modify and restart our wellness events. We appreciate our program's flexibility and support as we all try to navigate wellness together.

### Monthly Resident Lounge

The VAFP resident lounge is a casual space to bring together family medicine residents in Virginia. Residents meet each month to explore shared interests and network with each other. Check your email for the monthly invitations!

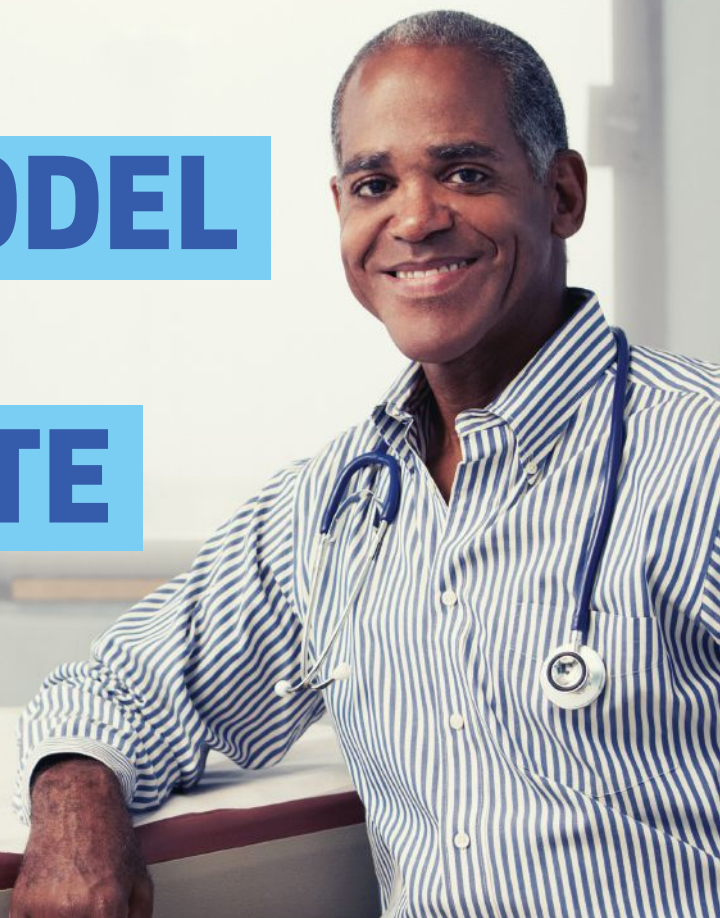


The July Resident Lounge included Medical students were attendees shared experiences and advice!

**TRAINED IN THE**  
**MEDICAL MODEL**

**READY TO**  
**COLLABORATE**

**CHOOSE A**  
**PA**



## A CONVERSATION WITH DR. FAUCI AND HEALTHCARE PROVIDERS

Held, on August 3<sup>rd</sup>, this virtual event focused on strategies for building confidence in the COVID-19 vaccines, engaging communities about the importance of vaccination, and collaborating with trusted messengers. The panelists included:

Dr. Anthony Fauci, Chief Medical Advisor to the President

Dr. Danny Avula, Virginia Vaccination Coordinator

Dr. Chris Ghaemmaghami, Professor of Emergency and Internal Medicine, UVA  
Honorable Ralph Northam, Governor of Virginia

Dr. M. Norman Oliver, State Health Commissioner

Dr. Gloria Addo-Ayensu, Director of Health, Fairfax County

Dr. Erin Brickley, MountainView Pediatrics, Marion



To access this recording, please visit: [governor.virginia.gov/providerwebinar](https://governor.virginia.gov/providerwebinar)

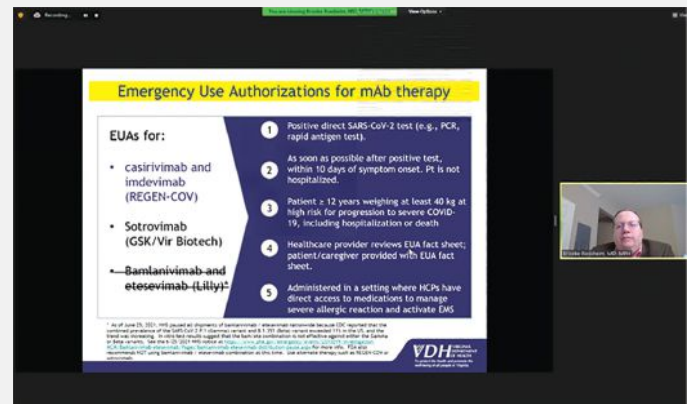
## UPDATES IN FAMILY MEDICINE – MONOCLONAL ANTIBODY THERAPY AND COVID-19 POINT OF CARE TESTING

Held on July 29<sup>th</sup>, Brooke Rossheim, MD, MPH, Public Health Physician Specialist, COVID-19 Health Information Team at the Virginia Department of Health led a discussion on Monoclonal Antibody Therapy and Covid-19 Point of Care Testing.

The following was reviewed:

- Current monoclonal antibody products that are indicated for treatment of patient with mild to moderate Covid-19
- Current clinical criteria that patients need to meet to be eligible for monoclonal antibody therapy
- Data supporting the use of specific monoclonal antibody drugs in the treatment of patients with mild to moderate Covid-19
- Instructions on how to order and obtain monoclonal antibody products for patients, or how patients can be referred to another site for monoclonal antibody treatment
- Current point-of-care molecular and antigen tests for the diagnosis of acute Covid-19
- The concept of screening antigen testing for people who are not fully vaccinated against Covid-19

To access this recording, please visit:  
[www.vafp.org/current-webinars](https://www.vafp.org/current-webinars)

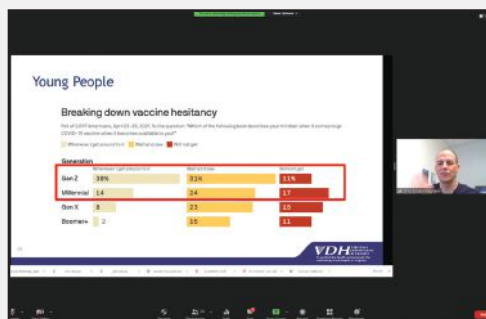






## VAFP ZOOM MEETING WITH DANNY AVULA, MD, STATE VACCINE COORDINATOR

On Wednesday, June 16<sup>th</sup> the VAFP had Danny Avula, MD, State Vaccine Coordinator, present to engage with VAFP members on updates in vaccine distribution, changes to vaccine storage and handling and a discussion on ways to encourage patients around vaccination.



## Primary Care Opportunities IN THE SHENANDOAH, ROANOKE, AND NEW RIVER VALLEYS

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**AMY MARSH, PHYSICIAN RECRUITER**  
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# 2021 VAFP ANNUAL REPORT

## OUTGOING PRESIDENT'S MESSAGE

JEROME A. PROVENZANO, MD, NEWPORT NEWS

Serving as the 74<sup>th</sup> President of the Virginia Academy of Family Physicians, has been an honor and a privilege. I began this journey after responding to a request for volunteers for Board members by Past-President Dr. Lindsey Vaughn. Usually, I am more passive but as I have gotten older, I have become more outspoken with regards to issues pertaining to physicians in the Commonwealth. We as physicians must continue to advocate for our specialty and for our patients. Advocacy without involvement is ineffective. Theodore Roosevelt once said complaining about a problem without offering a solution is whining. And so, I became involved with the Virginia Academy.

My year as President has been anything but “normal”. All national and state CME meetings that would have attended in person have been virtual, all Board meetings have been held via Zoom (the household name for anything that allows people to connect via their computer!), we began seeing patients via telehealth, navigated a General Assembly without ever seeing a legislator in person, guided our patients through the pandemic and now finally are working to ensure that our patients receive the COVID-19 vaccine and begin to emerge out into what we now know as the “new normal”.

The Academy experienced many highlights during this past year of which we all can be very proud of despite having to accomplish them in an unfamiliar manner! VAFP leadership and staff quickly transitioned in July the 2020 VAFP Annual Meeting and Knowledge Self-Assessment (KSA) to virtual experiences, our AAFP Delegation did the work of the AAFP Congress of Delegates over two weekends in October via the Lumi platform, the Academy supported VAFP Past President Sterling Ransone, MD's candidacy for AAFP President-Elect (Sterling is the first from Virginia!!), VAFP held the first annual Resident and Student Scholarly Symposium in October via Zoom, VAFP hosted the 2021 Winter Family Medicine Weekend in January via Zoom; our Legislative Committee and Legislative Consultant Hunter Jamerson navigated

the 2021 General Assembly via text and virtual meetings, nine VAFP leaders attended the AAFP's Annual Chapter Leadership Forum and National Conference of Constituency Leaders in April and finally, the 2021 VAFP Annual Meeting is back in person in July at the new Marriott Virginia Beach! I look forward to “really” seeing all that attend.

The Academy worked diligently with the Virginia Department of Health and the State Vaccine Coordinator to offer our members the opportunity to engage directly with the leadership at VDH on vaccine testing, vaccine distribution and vaccine coordination efforts. Many of you participated in the VAFP's COVID-19 Testing webinar in May of 2020 and many more of you will participate in the June 2021 meeting with Dr. Danny Avula, State Vaccine Coordinator. Your leaders and staff worked on your behalf to ensure that family physicians played a vital role initially helping our patients navigate how to access COVID testing and now how to access a vaccination.

We are very fortunate in Virginia to have a group of forward thinking and engaged physicians who hail from various practice models and locations. They have provided a very balanced approach to the issues facing physicians in the Commonwealth today. I would like to thank the officers and directors for their expertise and for serving our Academy in such an exceptional way during my Presidency.

Finally, I would like to thank my wife Kris, who is the best person I know and who has an unwavering moral compass. And without whose help in corralling seven dogs and numerous grandchildren I would not have been able to participate over the years in VAFP leadership positions.

We as family physicians are the true specialists who collaborate for the lifelong care of our patients and for that, I thank all of you. No one knows what the future holds but we can rest assured that the Virginia Academy of Family physicians will remain engaged, responsive, and enduring.





## INCOMING PRESIDENT'S MESSAGE

NEETA GOEL, MD, ASHBURN

Dear Colleagues,

As the 75th President of the Virginia Academy of Family Physicians (VAFP), it is my honor and privilege to serve you, the Family Physicians of Virginia, for next year. To those of you who could make it to this year's annual meeting in-person, it is truly exciting to welcome you to the beach! I hope you are thrilled to get away from the online meetings and have an opportunity to "see" your colleagues from across the state and beyond. If you were not able to make it in-person, no worries, your experience should be no less than amazing, learning and networking virtually – thanks to our wonderful Academy staff and the Continuing Medical Education (CME) committee led by Dr. Mitch Miller. The team has been very meticulous in putting together this year's CME event, ensuring your safety and comfort while offering the best of the class speakers to enhance the learnings of all medical professionals who have joined us.

I like to believe that there is no profession as rewarding as medicine. Like many of you, I chose to be a family physician because I wanted to positively impact every patient's life, regardless of age or gender. During the early part of my medical career, I was involved in caring for individuals living in remote villages in India. I touched the lives of many with the greatest healthcare needs. It was an incredible experience – very humbling and, at times, incredibly overwhelming. In return, they touched my life in so many ways, helping me grow into a more compassionate physician, instilling in me a greater sense of purpose. Over the years of practicing family medicine in Virginia, I have been fortunate to have experienced a variety of practice settings, starting with a single-specialty group practice, moving onto being a solo family physician, and then transitioning to be a team member in a large healthcare system. Each of these practice experiences has allowed me to interact with not only the patients facing a myriad of healthcare challenges but the family physicians who have their unique needs, regardless of their practice setting. This led to my quest to be part of the efforts required to change the lives of family physicians for the better. I was introduced to the VAFP Board by one of our past presidents, Dr. Lindsey Vaughn. I was immediately impressed by the team's immense focus on the well-being and interest of all family physicians in the Commonwealth of Virginia. I feel honored to have been part of the VAFP Board as a Director and Officer over the last five years and am humbled to now have the opportunity to serve as President.

Last year, people across the globe experienced a healthcare crisis of their lifetime. The Virginia family physicians rose to the occasion, responding to understandably apprehensive Virginians as the first and most trusted contact for their health concerns, helping them navigate a crisis that was new to physicians themselves, many times keeping their patients

above their safety. It has been a stressful time for all, but I am proud to say that the VAFP has emerged to be stronger, extra resilient, and ready to support you more than ever. The credit goes to the tremendous insights of the past presidents, incredibly talented and experienced team of officers and board of directors led by Academy's 74th President, Dr. Jerome Provenzano, and an extremely hardworking and dedicated team of staff led by the Executive Vice President, Mary Lindsay White. This team adapted with time, innovating new ways to connect with each other and with the family physicians across the state, ensuring the collaboration with the Virginia Department of Health to address the pandemic's impact on our family physicians. Last year's crisis enhanced partnership among various primary care professional organizations in the Commonwealth of Virginia. We recognized the common challenges experienced by physicians and patients during a public health emergency. This has made us stronger together as the organization serving the best interest of all primary care physicians.

The COVID-19 pandemic has caused enormous devastation, unfortunately affecting certain ethnic and socio-economic groups much more than others. As the pandemic raged through parts of our state, family physicians saw their revenues going down, and many had to close their practices. The experts believe that the pandemic has somewhat accelerated the much-needed shift from fee-for-service models to value-based reimbursement models that incentivize physicians for improved health outcomes instead of paying to do more tests and procedures. It will be necessary for family physicians to adapt to these models of care, with more emphasis on outcomes and patient experience, while delivering excellent quality care. The Academy will be here to support the physicians in this transition as appropriate.

One of the most significant recent legislative successes of the VAFP is the passage of bill HB1090, requiring all Virginia children to have access to immunizations recommended by CDC to protect their health and well-being. We are proud to have Hunter Jamerson, J.D., and Dr. Jesus Lizarzaburu, the Chair of VAFP's Legislative Committee, representing us in the Virginia General Assembly for these issues. In the coming year, we will continue to have the support and expertise of this team to drive additional agenda items, such as the need to continue to defend the scope of practice and healthcare workforce issues. All healthcare team members have a role to play in patients' care, but the education, training, skill set, and expertise of a physician cannot be replaced by a non-physician provider. This year's agenda will also continue to include payor reforms to allow family physicians fair

*Continued on page 26*

and equitable telemedicine services to all Virginians. This includes video and telephone visits, recognizing that not all Virginians have access to the technology required to perform a video visit.

The VAFP will continue to engage medical students and residents in having them consider making Virginia their permanent home. The Academy organizes many students and resident activities during its annual and winter meetings. In addition, similar to the last year, we plan to have a Scholarly Symposium this Fall, where medical students and residents will have an opportunity to present their clinical research, case reports, Q.I. projects, or other educational projects, with a goal of shared learning and networking.

To represent the interests of all family physicians in the Commonwealth of Virginia is a huge responsibility. I feel ready to be on this journey with you, knowing that I am supported by a highly experienced team of VAFP staff, Directors, and Officers. I want to extend my warm welcome

to the Officers to the VAFP Board - Dr. David Gregory as President-Elect, Dr. Dennee Moore as First Vice President, Dr. Timothy Yu as Second Vice President, Dr. Robin Anderson as Secretary, and Dr. Charles Frazier as Treasurer. I am also pleased to welcome the new and returning Board of Directors. Thank you to Dr. Dan McCarter for your service as Secretary for the past two years and our outgoing President, Dr. Jerome Provenzano, who led the VAFP during a unique time of our lives. The VAFP is nothing without the support of our talented and dedicated VAFP staff - Mary Lindsay White, Matt Schulte, Cheryl Modesto, Kristi Reynolds, and Kristie Duncan. Thank you all for serving with a passion and for making a difference!

Thank you all for placing your trust in us to cultivate a Commonwealth of Virginia desirable to family physicians from all walks of life as we together help our patients live healthier lives.

With tremendous respect and gratitude,

Neeta Goel, M.D.

## LEGISLATIVE UPDATE

*Hunter Jamerson, JD, MBA, General Counsel & Legislative Consultant*

Whether virtual or in-person, the legislative business of the Commonwealth has continued through the time of COVID. VAFP quickly adapted to the challenges of advocating remotely in order to lobby for the success of family medicine in Virginia. VAFP faced both opportunities and threats during the 2020-2021 legislative cycle as detailed below:

### 2020 Virginia General Assembly Special Session

The Virginia General Assembly completed a virtual legislative special session in the fall of 2020 that focused on social equity and criminal justice reform matters in the wake of the murder of George Floyd as well as COVID-19 matters and continued to figure out how to legislate during the time of COVID-19.

The special session focused on several issues specifically impacting the practice of family medicine. In particular, the General Assembly examined the issue of telemedicine. During COVID-19, telemedicine utilization became a central part of patient care. As a result, the General Assembly worked to relax

site of service requirements to ensure patients can undertake telemedicine encounters from any location. Additionally, the General Assembly worked to ensure continuity of audio-only telemedicine coverage in the Medicaid program through COVID-19. VAFP was successful in advocating for a change in the law to preclude health plans from requiring physicians utilize a proprietary telemedicine system and requiring that physicians be allowed to use any means to conduct telemedicine.

Over VAFP's opposition, the special session also enshrined in code a waiver of current law regarding experience and training requirements for the autonomous practice of medicine by nurse practitioners during COVID-19. Delegate Dawn Adams filed legislation in the 2021 regular general assembly session that called for the reduction of the education and training requirements for the autonomous practice of medicine by nurse practitioners from 5 years down to 2 years. VAFP strongly opposed this reduction and emphasized the importance of the review of the Department of Health Professions study and report to the General Assembly regarding the number of nurse practitioners who have applied for autonomy and where those nurse practitioners are now practicing.

### 2021 Virginia General Assembly

#### ***Medical Malpractice and Litigation***

VAFP, in coordination with the broader House of Medicine, successfully defeated legislation by Senator Bill Stanley, Senate Bill 1107, that would have rolled back Virginia's medical malpractice cap. Presently, Virginia is one of the few states that limits physician exposure to medical malpractice claims. Virginia still operates under a 20-year graduating medical malpractice cap agreed to in negotiations between the House of Medicine and the Virginia Trial Lawyers Association.

VAFP was also successful in defeating another measure, Senate Bill 1446, brought by Senator Surovell to require physician participation as a fact witness in civil personal injury proceedings. While this legislation would have permitted a physician to present a fee schedule for these services, VAFP is opposed to any legislated mandate on physician participation in personal injury litigation. Both this measure and the malpractice cap are likely going to be the subject of legislative study during the inter-session period.

#### ***Scope of Practice***

Nurse Practitioners - During the COVID-19 public health emergency, physician supervision of mid-level providers continued to be undermined



by executive and legislative action. The Governor's Executive Order, waiving autonomy qualifications during the public health emergency was enshrined into the state budget during the summer special session. During the 2021 regular session, the General Assembly passed legislation, House Bill 1737, from Delegate Dawn Adams to legislate a reduction in clinical experience prior to eligibility for autonomous practice from the current five-year requirement down to two years. VAFP succeeded in applying a sunset provision onto the bill so that the legislation expires on June 30, 2022, unless renewed by the General Assembly. The Department of Health Professions will complete a workforce study of nurse practitioner autonomy in the fall of 2021 in time for review of the issue again in the General Assembly's 2022 regular session.

**Pharmacists** - The General Assembly continued to expand the scope of practice of pharmacy. While VAFP was able to restrain some of the most aggressive expansions, such as near universal non-controlled prescriptive authority, multiple provisions in legislation, House Bill 2079, patroned by Delegate Sam Rasoul advanced including broader vaccination administration authority and initiation of HIV prophylaxis. These activities will be governed by statewide protocols which must be developed jointly by the Board of Medicine and Board of Pharmacy.

**Naturopaths** - VAFP successfully defeated legislation, House Bill 2044, from Delegate Sam Rasoul to license naturopaths. Despite a recommendation by the Board of Health Professions not to license the profession of naturopathy, this legislation nearly advanced for the second year in a row. Had the legislation advanced, it would have represented a substantial infringement on the scope of practice of family medicine.

### **COVID-19**

The General Assembly passed legislation from Senator Siobhan Dunnavant, Senate Bill 1445, and Delegate Lamont Bagby, House Bill 2333, to empower Department of Health Professions licensed health

care providers who completed training in vaccine administration to provide COVID-19 vaccines during the public health emergency. VAFP was successful in restricting this measure to trained providers and has carefully monitored utilization of this emergency authority to ensure it did not lead to future scope of practice encroachments.

VAFP advocated throughout the spring of 2021 for broader distribution of vaccines through family medicine offices. It was no coincidence, as distribution of vaccines to family physician offices increased, infection prevalence dramatically decreased – confirmation that office-based distribution helps reach vulnerable and reluctant populations.

Although prevalence of COVID 19 waned in the spring, the political impact of COVID-19 remained as some of the Governor's Executive Orders expired, other measures taken, purportedly to expand access during the pandemic, such as temporary experience waivers for nurse practitioner autonomy remains in place. VAFP is steadfast in its advocacy that appropriate medical education and training is necessary to safely practice medicine in Virginia. This debate will continue in the fall of 2021 as the Department of Health Professions continues its workforce studies. The issue of nurse practitioner scope of practice will be a significant part of the 2022 General Assembly session.

### **Re-Districting**

Legislative redistricting will re-set the electoral boundary lines for both state house of delegate and senate elections as well as congressional house of representative elections. This will be the first redistricting cycle in history where district lines will be drawn by a bi-partisan redistricting commission. These lines will be used in November 2021 when the General Assembly holds elections for all 100 seats in the House of Delegates.

### **Intersession**

While the General Assembly is not in session, legislative activities continue in the form of Commissions, Inter-Session Committees, and Health Regulatory Boards. VAFP is an active participant

in these forums, including the Joint Commission on Health Care, the Health Insurance Reform Commission, the Medicaid Physician Liaison Committee, the Board of Medicine, and the Board of Health Professions. These inter-session activities offer the opportunity for more intensive studies and debates of key policy issues. In addition to health workforce studies, VAFP is also focused on prescribing guidance documents, medical and recreational cannabis, and health care reimbursement. One key activity this summer has been on further discussion and implementation of directives to combine all Medicaid programming into one managed care program. Virginia Medicaid continues to move forward with this initiative and is presently negotiating the re-setting of rates with its contracted MCOs. It is likely the re-contracting with Medicaid MCOs will result.

### **Implementation of HB 1090 – July 1, 2021**

In the 2020 General Assembly, the VAFP drafted and was instrumental in advocating for the passage of House Bill 1090 patroned by Delegate Patrick Hope. This legislation amends the minimum vaccination requirements for attendance at a public or private elementary, middle or secondary school, childcare center, nursery school, family day care home, or developmental center. The bill amends the dosage for the human papillomavirus (HPV) vaccine to two, rather than three doses. The bill also requires the State Board of Health to amend the State Board of Health Regulations for the Immunization of School Children as necessary from time to time to maintain conformity with evidence-based, routinely recommended vaccinations for children and to provide for a 60-day public comment period prior to the adoption of the regulations. In addition, the Department of Health and the Department of Education are directed to jointly review immunization requirements in the Code of Virginia and report to the House Committee on Health, Welfare and Institutions and the Senate

*Continued on page 28*

Committee on Education and Health on the effectiveness of the required vaccination program in promoting public health by December 1, 2021.

The VAFP is working closely with the Virginia Department of Health and the Department of Medical Assistance Services to promote vaccine administration and to ensure access as families seek to meet school vaccination deadlines. VAFP also continues to monitor the need for additional legislative changes to ensure that herd immunity is established in Virginia for all illnesses which can affect children for which a vaccine is widely available.

### **2022 Legislative Session Preview**

VAFP's legislative priorities will continue to take shape through the Fall as Virginia's gubernatorial and General Assembly elections proceed. Regardless of the electoral victors, however, VAFP will again vigorously contest and defend scope of practice and health workforce issues. VAFP will also focus on continuing to support the health of the public in Virginia, this year looking closely at mandatory preventive healthcare screenings.

Your input into VAFP's legislative policy is welcome – please contact VAFP Legislative Committee Chair Jesus Lizarzaburu, MD or the VAFP staff with your ideas and feedback. I hope that you will consider donating to the VAFP's political action committee. ([www.famdocpac.org](http://www.famdocpac.org)) This is frankly more important now than ever. We have much more limited ability to be face to face with legislators and distribute our message. As a result, our ability to influence the legislative process through our political contributions and campaign contributions really is critical.

Thank you for serving the patients of the Commonwealth and advocating for the specialty of Family Medicine. The 2021-2022 legislative cycle promises to present unique challenges to the practice of family medicine. The VAFP looks forward to meeting those challenges to ensure the laws and regulations in Virginia provide you with the resources to navigate today's health care environment.

## **CONTINUING MEDICAL EDUCATION**

The Virginia Academy of Family Physicians continues its tradition of offering first class, affordable continuing medical education conferences for Academy members.

Each year, the Academy sponsors two major CME activities. The Wintergreen Winter Family Medicine Weekend is held over four days in the winter months of January or February annually. This year the conference was held virtually over the dates of January 30-31 due to the COVID-19 pandemic. The virtual offering drew over 175 family physicians, residents, medical students, and other health care professionals. The exhibit portion of the conference was also held virtually, and 8 organizations supported the meeting.

The Academy's Annual Meeting & Exposition is held each summer in mid-July or early August. This year's Annual Meeting is scheduled for July 9-11, 2021, at the Marriott Virginia Beach Oceanfront Hotel and is also offering a virtual component. The meeting will be comprised of two full days and one-half day of general CME sessions and up to 16.50 credits of live CME. Sessions will be in-person at the Marriott and streamed via Zoom to those physicians attending virtually.

The VAFP sponsored five group learning sessions to assist VAFP members with the completion of their ABFM Family Medicine Certification Process requirements. Knowledge Self-Assessment (KSA) programs were held during 2020 and the first half of 2021 virtually and an in-person and virtual Family Medicine Certification KSA will be held in conjunction with the VAFP 2021 Annual Meeting. These sessions drew maximum attendance and continue to be evaluated very highly. The facilitation of the KSA's virtually has truly been a great member benefit as it allows members to feel as though they are in person without having to travel.

Continued in 2021, the VAFP offered at each major CME event an opportunity to attend a pain management continuing medical education session. Physicians who attend these sessions satisfy the Board of Medicine requirements for continuing education in pain

management, proper prescribing of controlled substances, and the diagnosis and management of addiction. The Board requires all prescribers licensed by the Board of Medicine to obtain 2 hours of education in the 24 months prior to their next biennial renewal.

The Academy expresses its deep appreciation to the Chair of the Continuing Medical Education Committee, Mitchell B. Miller, MD, FAAFP and his committee for their outstanding work in creating superb CME for VAFP members and to Kurtis S. Elward, MD, MPH, FAAFP and Mark H. Greenawald, MD, FAAFP, for their exceptional work as Family Medicine Certification session presenters.

## **MEMBERSHIP**

The Virginia Academy of Family Physicians membership was impacted by this year's pandemic in that the membership decreased in all categories just slightly. As of May 2021, total VAFP membership stood at 3,328 with Active membership totaling 1,833, resident membership at 321 and student membership at 833. Four additional categories including Life membership totaled 341. The Academy is seeing a rebound with increases in all categories of membership in both June and July.

The VAFP continues to offer multiple member benefits including access to the Daily POEMS, the VAFP Career Center and legal resources for employment contract negotiations, regulatory and administrative issues.

Daily POEMS (Patient Oriented Evidence that Matters) from Essential Evidence Plus provide members with complimentary daily alerts and over 3,000 archived POEMS to help members stay abreast of the latest and most relevant medical literature. Delivered directly to by e-mail every Monday through Friday, Daily POEMS identify the most valid, relevant research that may change the way physicians' practice. Since 1996, POEMS editors 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.

The VAFP Career Center is housed on the VAFP website and is the career hub for physician employment opportunities in Virginia. The VAFP Career Center is the premier resource for you to explore employment opportunities in Virginia or to recruit for open positions within your practice. The VAFP has discounted member rates for those that want to advertise open positions within the VAFP Career Center.

The VAFP's General Counsel, Hunter Jamerson, JD, MBA, continues to partner with the VAFP to provide a legal resource for flat fee physician employment contract review and negotiations. This service was developed in 2016 by the VAFP's General Counsel K. Marshall Cook, JD and is invaluable to those physicians that are beginning their practice of family medicine after residency completion or those members that are changing employers or hiring partner physicians.

For information on all the member benefits, please contact the VAFP at [admin@vafp.org](mailto:admin@vafp.org) or 1-800-THE-VAFP.

## AWARDS

Congratulations to the recipients of this year's VAFP Awards.

The 2021 Awards will be presented during the State of the Academy on Friday, July 9, 2021. Congratulations again to each of the recipients!!

### **Virginia Family Physician of the Year Award**

*Denee J. Moore, MD, FAAFP  
Virginia Commonwealth University  
School of Medicine  
Richmond*

### **James P. Charlton, MD Teacher of the Year Award**

*Thomas R. Grant Jr., MD  
Professor of Clinical Family and  
Community Medicine  
Eastern Virginia Medical School  
Norfolk VA*

### **President's Award**

*Virginia's Family Physicians*

## CAREER CENTER

The VAFP Career Center is the hub for physician employment opportunities in Virginia and is the premier member resource to explore employment opportunities in Virginia or to recruit for open positions within your practice. The VAFP has discounted rates for members that want to advertise open positions within the Career Center.

To access the Career Center visit [www.vafp.org](http://www.vafp.org) and utilize the Career Center link on the home page. The VAFP Career Center will provide the opportunity to:

Manage Your Career - search and apply to multiple family medicine positions that are all located in Virginia, upload your anonymous resume, and allow employers to contact you through the Career Center's messaging system, set up job alerts specifying your skills, interests, and preferred location(s) to receive email notifications when a job is posted that matches your criteria.

Recruit for Open Positions - promote your jobs directly to VAFP members via the exclusive Career Center email system, search the anonymous resume database to find qualified candidates, manage your posted jobs and applicant activity easily on this user-friendly site.

One of the goals at the VAFP is to provide members with training and tools to advance their career development. Please utilize the VAFP Career Center to find or fill a job in the future. If you have any questions, please do not hesitate to contact the VAFP at 1-800-THE-VAFP or e-mail Matt Schulte at [mschulte@vafp.org](mailto:mschulte@vafp.org).

## IN MEMORIAM

Joseph J. Baum, MD  
Floyd, Virginia

John E. Donnelly, MD  
Virginia Beach, Virginia

Corbin G. Eissler, MD  
Lorton, Virginia

Webb D. Jones, MD  
Williamsburg, Virginia

Desmond J. Longford, MD  
Smithfield, Virginia

Ernest E. Moore MD  
Big Stone Gap, Virginia

The VAFP will be making a \$500 donation to a charitable organization that supports patients in the Commonwealth in memory of these members that passed during the year. The VAFP made donations at the end of 2020 in memory of those physicians that had passed to the Mercy House in Williamsburg and to the Central Virginia COVID Response Fund.

## RESIDENTS & STUDENTS

The Virginia Academy of Family Physicians Board of Directors has two elected resident representative and two elected medical student representative who serve a one-year term on the Board beginning in the fall. Representatives are funded to attend all VAFP Board Meetings as well as the AAFP's National Conference of Family Medicine Residents and Medical Students held annually in August.

The process for election of the Resident Representative is facilitated by each Virginia residency program nominating one resident to run as a candidate. Candidates complete an on-line nomination form and each Virginia family medicine residency program is entitled to cast two votes for residents nominated for Resident Director on the VAFP Board of Directors. Only one vote may be for the resident from their respective program for the ballot to be valid.

The process for election of the Student Representative is facilitated by each Virginia medical school nominating one student to run as a candidate. Student candidates complete an on-line nomination form and each medical school must vote for two candidates for the ballot to be valid, of which only one of these votes may go to a student from their school, if one is nominated.

In a typical year, the VAFP would provide complimentary housing for

*Continued on page 30*



students and residents to attend the VAFP Winter Family Medicine Weekend but this year since it was virtual, the Academy promoted the virtual attendance at specific sessions focused on each group. Nine residents and fifty students attended the Winter Family Medicine Weekend in 2021. Continued from 2020, was a resident panel discussion that offered students the opportunity to ask questions of residents and get a good feel for what it is like to be a family medicine resident. At the conclusion of the research and panel discussion, the residents and students enjoyed a virtual social event.

The VAFP also supports residents with discounted employment contract review by the VAFP's General Counsel and a Career Center that houses multiple job offerings in the Commonwealth. The VAFP supports the Family Medicine Interest Group's at each of the six Virginia medical schools with \$500.00 in funding to develop programs that promote Family Medicine.

The VAFP Foundation offers a graduating medical student that attends a Virginia Residency Program a \$1,500 scholarship as well as a Virginia PGY-3 Graduating Resident a \$2,000 scholarship that chooses to practice in an underserved area of Virginia. The Foundation awarded its first scholarships in 2017.

The fall of 2020 brought about a new offering for residents and students, The VAFP Scholarly Symposium. This one-day event showcased scholarly work in the areas of clinical or population health research, medical education research, literature review, case reports, QI/PI projects, clinical successes, patient stories, or educational projects. Nine residents and fourteen students presented research during the virtual event. The session was highly attended by not only student and resident presenters but other family physicians from across the Commonwealth that were interested in learning about future family physicians' research.

Academy dues are paid by the VAFP for resident members in their first year of residency and all medical student dues are complimentary.

## FINANCES

The Virginia Academy of Family Physicians continues its tradition of operating under sound financial management. This effort is led by VAFP Treasurer Charles Frazier, MD, and the members of the VAFP Executive/Finance Committee. The committee meets each year to develop an operating budget that meets the needs of the Academy yet is very mindful of the fiscal responsibility to the Academy. During the meeting, the committee also reviews the Academy's Financial Reserve Policy.

The VAFP's dues are the second lowest in the country as compared to other AAFP Chapters with an active membership of similar size. Additionally, the VAFP has had only three dues increases in the last 30 years.

Net income for fiscal year 2020 was \$119,798. This is significant given the financial impact of COVID-19 related to the non-dues revenue that is typically generated by the VAFP's CME offerings. COVID-19 had a negative impact on the income of the Academy related to non-dues revenue but also greatly decreased the expenses resulting from limitations on travel and education gatherings. These offsetting increases/decreases allowed the Academy to stay on sound financial footing during the pandemic. The VAFP held steady and ended fiscal year 2020 with Total Assets of just over \$2,200,000.

## PRACTICE ENHANCEMENT & QUALITY

### Committee Service

Interested in Quality and Practice Enhancement? VAFP Incoming President Neeta Goel, MD is the Chair of the VAFP's Committee on Quality and Practice Enhancement. Dr. Goel is excited to work with VAFP members that have an interest in this strategic focus area's goal which is to continue to promote, encourage, and educate our members on effective models of care and care delivery.

The VAFP Quality and Practice Committee will focus its work to support the VAFP Legislative

Committee and Board of Directors in the areas of:

- Health care delivery
- Performance measurement
- Practice redesign/quality improvement
- Health information technology
- Practice management
- Physician payment
- Practice environments

If you are interested in serving as a member of this committee or would like additional information, please contact the Headquarters office.

### Family Physicians Serving on Statewide Commissions and Task Forces

In the late summer of 2020, Governor Ralph Northam announced the creation of a task force on primary care in partnership with the Virginia Center for Health Innovation (VCHI) and Secretary of Health and Human Resources Daniel Carey, MD.

The Governor's Task Force on Primary Care was developed to address the stresses that the COVID pandemic caused to primary care. There are several VAFP members serving on the task force and its subcommittees. Family physicians who serve on the task force and on one of the subcommittees are: Drs. John Brady, Neeta Goel, Gordon Moore, Jesus Lizarzaburu, and Katherine Neuhausen.

The family physicians serving on subcommittees are Drs. Andrew Bazemore, Daniel McCarter, Charles Frazier, Scott Strayer, Alex Krist, Mark Watts, and Mitchell Miller.

In addition, Gordon Moore, MD serves on the Board of VCHI, and Drs. Neeta Goel, David Ellington, and Lindsey Vaughn serve on the VCHI Leadership Council. The Virginia Department of Health also created task forces around the COVID 19 pandemic and a special thank you to Dr. Mark Ryan for serving on the Telehealth Task Force and Dr. Sterling Ransone for serving on the Testing Task Force.

Thank you to all who are serving to represent the specialty of Family Medicine.

# MEMBERS IN THE NEWS

The follow VAFP Members were chosen to present their research posters during the AAFP National Conference of Family Medicine Residents and Medical Students, The conference was held virtually July 29 - 31, 2021.

The National Conference is a place for residents and medical students to learn more about family medicine, explore residency programs, and connect with potential employers.

The poster applications were reviewed by a panel of active physician judges. Applicants could submit under one of four categories: clinical inquiry, community project, educational program, and research.

Posters had to be submitted by an active student or resident member and were to reflect work done while the applicant was

a student or resident. The subject of the poster was to be of value to family medicine and within the scope of the specialty, and projects were required to be complete at the time of submission.

Akta Bhukhen, MD

Eastern Virginia School of Medicine Family Medicine Residency Program

Cassandra Dao

Eastern Virginia Medical School

Deepika Dhary, MD

Centra Health

## CME CALENDAR

### 2021

#### Palliative Care KSA

Saturday, November 6

8:30 a.m. - 12:00 noon

Virtual via Zoom - computer and internet access is required.

#### Health Counseling and Preventive Care KSA

Saturday, November 6

1:00 p.m. - 4:30 p.m.

Virtual via Zoom - computer and internet access is required.

### 2022

#### 2022 Winter Family Medicine Weekend

January 27-30, 2022

Wintergreen Resort

Visit [www.vafp.org](http://www.vafp.org) for more information and to register!

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