

# The VIRGINIA

family physician

SPRING 2021



**VAFP**  
VIRGINIA'S FAMILY PHYSICIANS

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**VAFP 2021 ANNUAL MEETING & EXPOSITION**  
**JULY 8-11, 2021**  
**MARRIOTT VIRGINIA BEACH OCEANFRONT**

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# Mark Your Calendars!

## VAFP 2021 ANNUAL MEETING & EXPOSITION JULY 8-11, 2021 MARRIOTT VIRGINIA BEACH OCEANFRONT



SPRING • 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.

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- Approved the minutes from the November 7<sup>th</sup> meeting of the Board.
- Heard report from VAFP Treasurer Charlie Frazier, MD on the 2020 finances and the 2021 budget.
- Approved the VAFP budget for 2021.
- Heard report from VAFP CME Committee Chair Mitch Miller, MD on the 2021 VAFP Winter Family Medicine Weekend held January 30-31 and the VAFP Annual Meeting scheduled July 8-11 at the Marriott Virginia Beach.
- Heard update from VAFP EVP ML White on the 2021 VAFP KSA group sessions including a session held Thursday, January 28<sup>th</sup> and the additional four sessions scheduled for 2021.
- Heard report from VAFP Legislative Committee Chair Jesus Lizarzaburu, MD and VAFP General Counsel Hunter Jamerson on the 2021 VA General Assembly.
- Heard update from VAFP Director Tim Yu, MD on the planned meeting with Chethan Bachiredy, MD, Chief Medical Officer, DMAS regarding the resident supervision requirements in residency programs for Medicaid patients.
- Heard update from VAFP President-Elect Neeta Goel, MD and Dr. Lizarzaburu on the Governor's Primary Care Task Force.
- Heard report from VAFP FamDocPAC Chair Sean Reed, MD.
- Held in-depth discussion on the COVID vaccine distribution in the Commonwealth.
- Heard report from VAFP Resident and Student Directors Paulius Mui, MD, Kevin Lavender, DO, Sarah Beaverson and Claire Lockman on the activities of the Residents and Students during the Winter Family Medicine Weekend and their new initiatives regarding their work to improve communication across the state between resident and student members.
- Held discussion on the 2021 Scholarly Symposium.
- Heard update from ML White on behalf of Dr. Goel on the VAFP Practice Redesign & Quality Committee.

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## 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 e-mail VAFP Executive Vice President, Mary Lindsay White ([mlwhite@vafp.org](mailto:mlwhite@vafp.org)).



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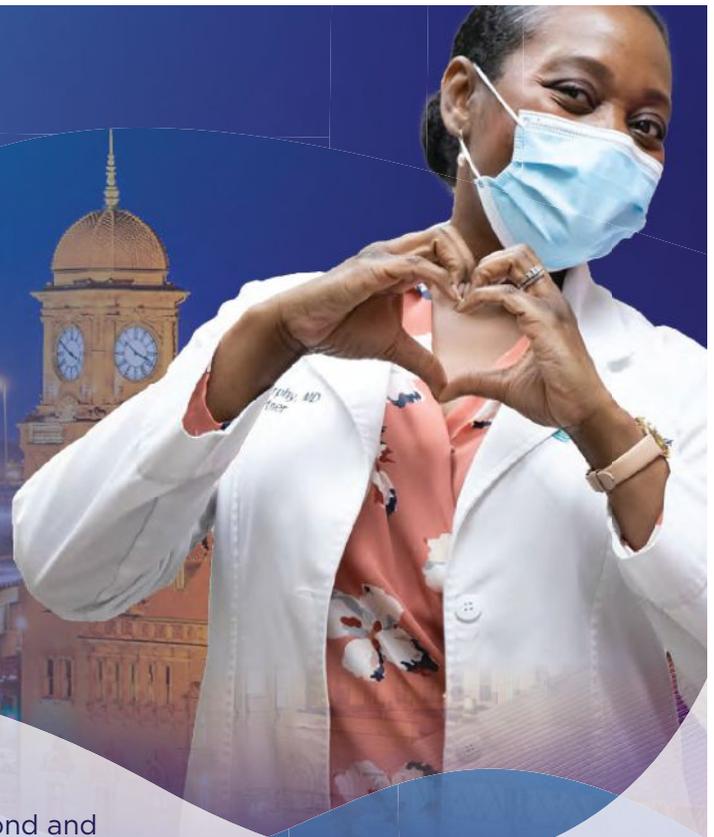


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The Virginia General Assembly has completed its regular and first special session of 2021. Presently, the Governor is considering action on legislation passed by the General Assembly. Governor Northam must act on these measures by March 31, 2021. On April 7, 2021, the Virginia General Assembly will reconvene to take action on any amendments or vetoes handed down by the Governor.

### 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 Surrovel 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

#### NPs

During the COVID-19 public health emergency, physician supervision of mid-level providers continues 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 this fall in time for review of the issue again in the General Assembly's 2022 regular session.

#### Pharmacists

The General Assembly continues to expand the scope of practice of pharmacy. While VAFP was able to restrain some of the most





VAFP Past President and Legislative Committee Chair, Jesus Lizarzaburu, MD, testifies on the NP Scope bill before the Virginia General Assembly.

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 Dunnivant, 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 will carefully monitor utilization of this emergency authority to ensure it does not lead to future scope of practice encroachments.

**FUTURE OUTLOOK**

The General Assembly is likely to return for as many as three special sessions this year. Issues remaining to be addressed include appropriation of federal COVID relief funds, judicial appointments,

and legislative redistricting. Appropriation of federal COVID relief funds may continue to support provider specific issues such as Medicaid telemedicine reimbursement, acquisition of PPE, vaccine supplies and administration fees, and other public health measures.

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 when the General Assembly holds elections for all 100 seats in the House of Delegates.

# 2021 Winter Virtual Experience

## 2021 WINTER VIRTUAL EXPERIENCE

The VAFP 2021 Winter Virtual Experience was a huge success! Over 175 family physicians, family medicine residents and medical students attended the virtual event! A huge thank you to the VAFP members who served as faculty for the event: Kurt Elward, MD, John Epling, MD, Mark Greenawald, MD, Alex Krist, MD, Sterling Ransone, MD and Christi Stewart, MD.

- The VAFP received great feedback from those who attended!
- Loved this meeting! Great content with pertinent topics.
- Lots of good take-home information. Great price too!
- Really liked the phone app for evaluations and CME.
- Overall a big success - the virtual format worked well.



### Direction and Strength of Recommendation

Evidence-to-Decision (EtD) tables determined direction of each recommendation (for or against intervention) and its strength (strong or conditional).

Implications	Strong Recommendation	Conditional Recommendation
For patients	Most would want; only small proportion would not.	Most would want, but many would not.
For clinicians	Most patients should receive intervention. Formal decision aids likely unnecessary.	Different choices appropriate based on individual values and preferences. Decision aids may be helpful.
For policy makers	Recommendation can be adapted as policy or performance measure.	Will require substantial debate and involvement of stakeholders.
For researchers	Supported by credible research. For low/very low certainty of evidence, new research may provide evidence to alter recommendation.	Likely to be strengthened by additional research.



2020 Focused Updates to the Asthma Management Guidelines  
 A Report from the National Asthma Education and Prevention Program  
 Coordinating Committee Expert Panel Working Group  
[www.nhlbi.nih.gov/AsthmaGuidelines](https://www.nhlbi.nih.gov/AsthmaGuidelines)

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## INTRODUCING THE RESIDENCY SPOTLIGHT!

VAFP Board Resident Directors Paulius, Mui, MD (Shenandoah) and Kevin Lavender, DO (Riverside) are excited to present the first edition of the VAFP Residency SpotLight. Thank you to Drs. LaFave and Yabluchanska for your submissions. 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!

Edition 2021 Volume 1  
Editor – Paulius Mui, MD – PGY1 Shenandoah  
Co-Editor – Mary Lindsay White, VAFP EVP



**Stephanie LaFave, PGY2 Shenandoah Valley Family Practice Residency**

At VCU-Shenandoah Valley we added a “Resident-Led Lecture” that occurs every Monday at 12:15pm via Zoom. Any available resident can attend and we have the capability to record if requested. It was created because there was a request for more adult inpatient medicine lectures and no real peer-to-peer teaching was currently in place. Lecturers are scheduled on a volunteer basis and the topic is the resident’s choice.

Right now we keep it low-key with an informal format of verbal presentation covering key history, differential, workup and treatment plus any “pearls” on the topic for

about 10-15 minutes with time for questions after. It definitely makes the lecturer accountable for being the “expert” and everyone ends up learning something new by the end. We additionally set up a Google Drive to complement the lectures where up-to-date guidelines and other practice changing articles are stored on the various topics for easy to reference material at a later time.



**Valeriya Yabluchanska, PGY2 VCU-Bon Secours’ St. Francis Family Medicine Residency**

VCU-Bon Secours’ St. Francis Family Medicine residency program is one of the largest family medicine residencies in the state of Virginia. It is also known as a diverse program with an emphasis on camaraderie. Since the onset of the pandemic, the “Chief Hour” was established via a monthly Zoom in an effort to further integrate resident-led didactic learning. Chief Residents lead this hour-long session dedicated to skill-building and team work. The sessions have ranged from interesting topics on how to approach difficult conversations with vaccine-hesitant parents, learning to recognize the signs of burnout, playing medicine-themed “Family Feud” or taking the time to share feedback and ask questions about residency. The sessions are designed to be a safe space that encourages open and confidential conversations among residents. Most importantly, it has engaged the new intern class and allowed them to get to know their fellow residents a little better as they navigate residency in a remote, socially-distanced world. We hope to continue the tradition of “Chief Hour” in the years to come and that this form of integrative and resident-led learning contributes to the development of clinicians ready for their future careers!

## “CHOOSE VIRGINIA” SCHOLARSHIPS

“Choose Virginia” Scholarships for Graduating Medical Students and Family Medicine Residents

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

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

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

In addition, we are offering one \$2,000 scholarship for a graduating PGY-3 Virginia family medicine

resident who wishes to practice in an underserved area of Virginia. The requirements for this scholarship are as follows:

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

Application letters may be sent to Mrs. Mary Lindsay White at [mlwhite@vafp.org](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, 2021

## GRADUATING FAMILY MEDICINE RESIDENTS – MARK YOUR CALENDARS!

The Virginia Academy of Family Physicians is pleased to offer all graduating family medicine residents a **complimentary registration fee** (\$285 value) to attend the 2021 VAFP Annual Meeting & Exposition scheduled July 8-11, 2021 at Marriott Virginia Beach Oceanfront Hotel in Virginia Beach, Virginia. The promotional materials and preliminary program for the conference will be available in April 2021. The VAFP Annual Meeting & Exposition is known as

the Premier CME Event of the Year. The VAFP is known nationally for its' outstanding continuing medical education programs. Each program is created by family physicians for family physicians. Offering an array of outstanding topics and exceptional workshops all presented by engaging and knowledgeable speakers.

Don't miss out on the complimentary registration fee! For additional information, please contact Cheryl Modesto at the VAFP Headquarters Office [cmodesto@vafp.org](mailto:cmodesto@vafp.org).

*Continued on page 14*



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Awards are provided for second-year graduate training only and must

be used for the academic year awarded from July 1 to June 30 of the following year.

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**Deadline: June 8, 2021**

### Eligibility Requirements

- Current AAFP Resident Member.
- Eligible to practice family medicine in the United States.
- Currently in second year of an ACGME accredited family medicine residency

VISIT [WWW.AAFP.ORG/GMEAWARD](http://WWW.AAFP.ORG/GMEAWARD) FOR MORE INFORMATION AND TO COMPLETE THE APPLICATION PROCESS

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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)

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# 2021 VAFP AWARDS

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

## JAMES P. CHARLTON, MD TEACHER OF THE YEAR AWARD

In memory of James P. Charlton, MD, a VAFP Past President, the VAFP awards annually the James P. Charlton, MD Award for excellence in teaching in family medicine. Nominees may include teachers of family medicine who participate in teaching at the medical school level, residency faculty level or community preceptorship

level. Award recipients will receive a commemorative certificate during the 2021 VAFP Annual Meeting, land travel expenses, one night's lodging and a \$100 honorarium.

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

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

In honor of former VAFP President F. Elliott Oglesby, MD, the Virginia Academy of Family Physicians' Board of Directors has established the "F. Elliott Oglesby, MD Volunteer of the Year Award." The award is designed to recognize annually a Virginia Family Physician whose service to his or her profession and/or community exemplifies the true nature of

volunteerism. Award recipients will receive a commemorative certificate during the 2021 VAFP Annual Meeting, land travel expenses, one night's lodging and a \$100 honorarium. In addition, the award recipient will be provided a \$1,000 grant to donate in his or her name to the organization of their choice.

## VIRGINIA FAMILY PHYSICIAN OF THE YEAR AWARD

Nominees should:

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

Award recipients will receive a commemorative certificate during the 2021 VAFP Annual Meeting, land travel expenses, one night's lodging and a \$100 honorarium.

Please submit your nomination(s) no later than June 15, 2021. Please visit [www.vafp.org/awards](http://www.vafp.org/awards) or call 1-800-THE-VAFP for more information.

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**Nutrients that the body needs for energy!**<sup>1,2,3</sup>

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

1. U.S. Department of Agriculture. Agricultural Research Service. 2013 USDA National Nutrient Database for Standard Reference. Release 26. Available at: <http://www.ars.usda.gov/ha/bhnr/nd/>  
2. Zanovec M, O'Neil CE, Keast DR, Fulgoni VL, Nicklas TA. Lean beef contributes significant amounts of key nutrients to the diets of US adults: National Health and Nutrition Examination Survey 1999-2004. Nutrition Research. 2010; 30 (6):375-81.  
3. Cotton PA, Subar AF, Friday JE, Cook A. Dietary sources of nutrients among US adults, 1994 to 1996. Am Diet Assoc 2004;104:921-30

# MARK YOUR CALENDARS!

VAFP 2021 ANNUAL MEETING & EXPOSITION  
JULY 8-11, 2021  
MARRIOTT VIRGINIA BEACH OCEANFRONT

The VAFP is returning to Virginia Beach!! The brand-new Marriott Virginia Beach has so much to offer with oceanfront dining, swimming, and a location like no other hotel in Virginia Beach!

The format for this year's event will be general sessions each day from 8:00 a.m. until approximately 3:00 p.m. For those that attend in-person, the seating in the ballroom will be socially distanced and for those that want to attend virtually, the VAFP will be streaming the sessions. The preliminary program and additional meeting information will be available in April.

## MAKE YOUR HOTEL RESERVATIONS

The cut-off date for room reservations is June 18. If you would like to call to make your reservations, please call 1-888-236-2427. This will direct you to Marriott Central Reservations. Please mention that you will be attending the VAFP 2021 Annual Meeting.

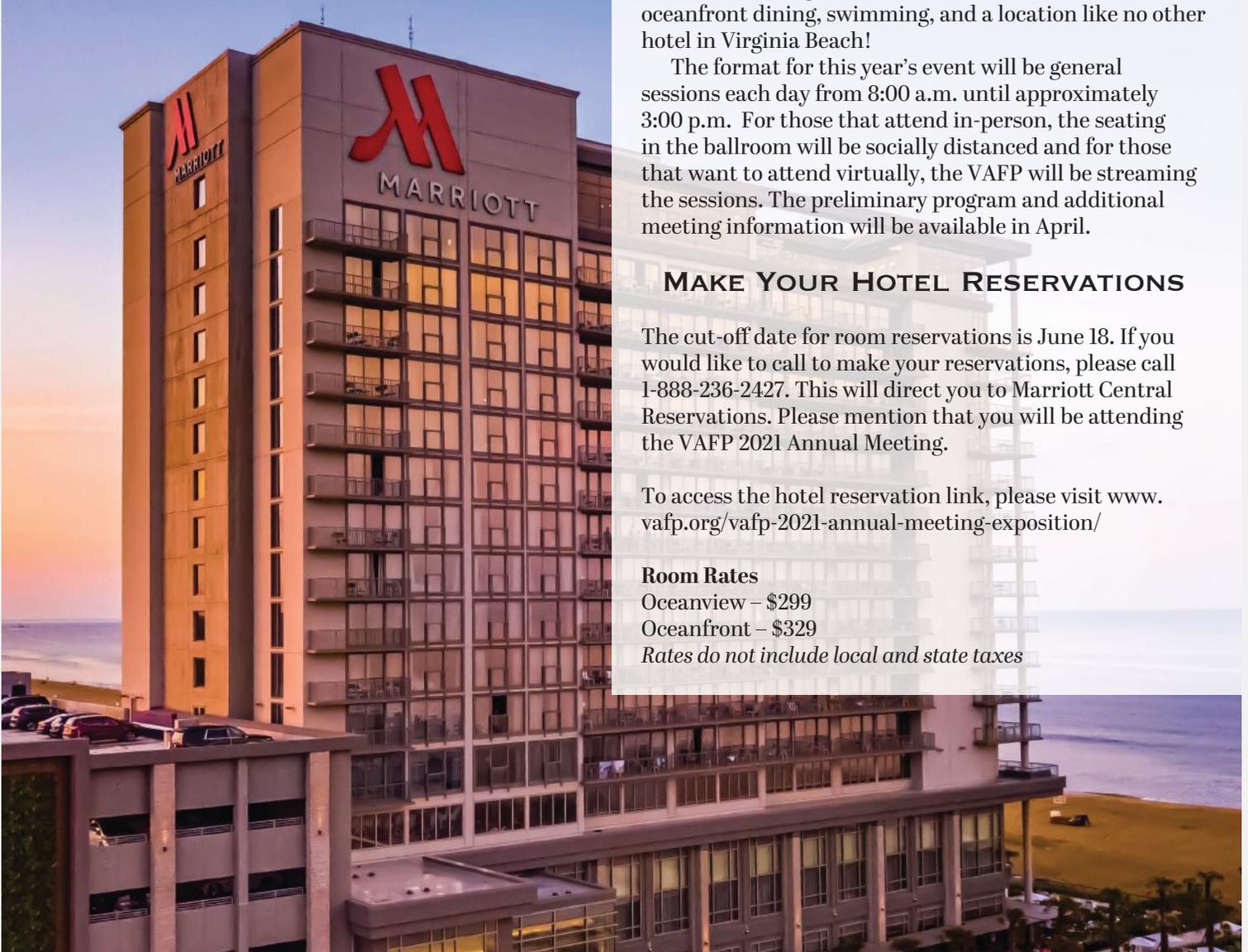
To access the hotel reservation link, please visit [www.vafp.org/vafp-2021-annual-meeting-exposition/](http://www.vafp.org/vafp-2021-annual-meeting-exposition/)

### Room Rates

Oceanview – \$299

Oceanfront – \$329

*Rates do not include local and state taxes*



## THE VAFP WELCOMES NEW MEMBERS

### ACTIVE

Christina Bauer, DO  
Emily Bergman, MD  
Michel Bornacelly, MD  
Oleg Glushkov, MD  
Marvyn Grayson, II, MD  
Yousif Hassan, Sr, MD  
Mylene Huynh, MD, MPH, FAAFP  
Muna Jama, MD  
Lisa Jefferson, DO  
Richard Kauffman, DO  
Kelvin Kemp, MD, MBA, MPH  
Hina Mian, MD  
Matthew Paine, MD  
John Patterson, MD  
John Priddy, MD  
Gobindveer Sahi, MD  
Sergey Shvygin, MD  
Khiem Tran, MD  
Katherine Walker, DO  
Tresha Ward, MD  
Su Chong Weber, MD

### STUDENT

Neha Agrawal  
Pouya Ataey  
Sabbu Bajimaya  
Thomas Balint

Hannah Berguson  
Hanna Carrasco  
Charlotte Chambers  
Renjie Chen  
Kelly Cheung  
Margaret Chi  
Kritika Chugh  
Anna Cronin  
Kevin Danner  
Hannah DePoy  
Kelley Devove  
Samuel Dobbs  
Alsiddig Elmahdi  
Beenish Faraz  
Abigail Fariscal  
Anthony Fisher  
Cleumy Gama  
Bemenet Getachew  
Tyler Glendrange  
Theodore Hagens  
Logan Haley  
Brett Harris  
Hala Hasan  
Joanna Huckabay  
Eugenie Hughes  
Kayla Iannarelli  
Douglas Jiang  
Kritika Joshi  
Zack Kaplan

Ramneek Kaur  
Taylor Keiper  
Brianna Kelly  
James Lau  
Aline Le  
Rose Lekwuwa  
Kenan Michaels  
Scott Moberg  
Michael North Jr  
Nickzad Oraee  
Tanner Petty  
Emily Rabinovich  
Lauren Robbins  
Ryan Roche  
Koriant Rogers  
Jordan Saunders  
Katherine Schaffer  
Vivek Seelamneni  
Christopher Serle  
Akif Shameem  
Amir Shazad  
Ariana Spiegel  
David So Sam Sonuth  
Christopher Stocki  
Jason Toy  
Sandra Vargas Ortega  
Noelle Varney  
Eunice Wu

*New Members*

## *CVMP* CME CALENDAR

### 2021

**2021 Annual Meeting & Exposition**  
July 8-11  
Marriott Virginia Beach Oceanfront

**Asthma KSA**  
Saturday July 10  
2:00 p.m. - 5:00 p.m.  
Virginia Beach, Virginia  
Will be held in conjunction with the  
VAFP 2021 Annual Meeting & Exposition

### **Preventive Health KSA - New Topic!**

Thursday, September 16  
6:00 p.m. - 9:00 p.m.  
Virtual via Zoom  
This is a new topic combining the  
previous Preventive Medicine and  
Health Behaviors KSA topics. You will be  
eligible to take it even if you took either  
of the previous titles in your current  
recertification cycle.

### **Palliative Care KSA**

Saturday, November 6  
8:30 a.m. - 12:00 noon  
Virtual via Zoom - computer and  
internet access is required.

### **Preventive Health 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

### 2023

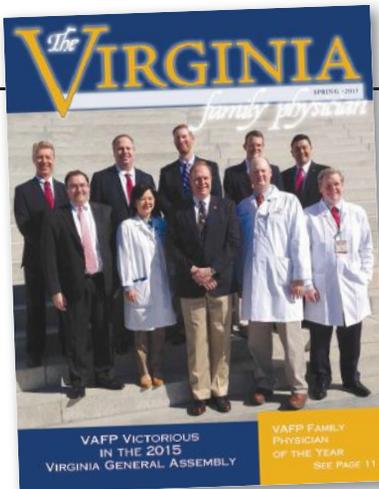
**VAFP Annual Meeting & Exposition**  
July 13-16  
Marriott Virginia Beach Oceanfront



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## Botox Certification, Orthopedic, and Neurology Workshop



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- Workshop for hands-on practice and minimal invasive injection technique
- Botox for facial aesthetics, migraine, cervical dystonia, and limb spasticity
- Hip injection, trochanteric bursa, ischial bursa injection
- Knee joint injection from all 4 quadrants, pes anserine bursa injection
- Shoulder, AC joint block, and subacromial bursa injection
- Sciatic, peroneal, and occipital nerve block
- Carpal tunnel /median nerve block, cubital tunnel/ulnar nerve block
- Elbow, wrist, and ankle joint injection

### Audience:

Family physicians, nurse practitioners, and physician assistants

### Venues and dates:

**June 4-5, 2021** — Omni Oceanfront Resort, Hilton Head, SC 29928

**Jul 16-17, 2021 & Dec 10-11, 2021** — Orlando World Center Marriott, Orlando, FL 32821

**Aug 6-7 2021** — Chapel Hill, NC

### AMA credit:

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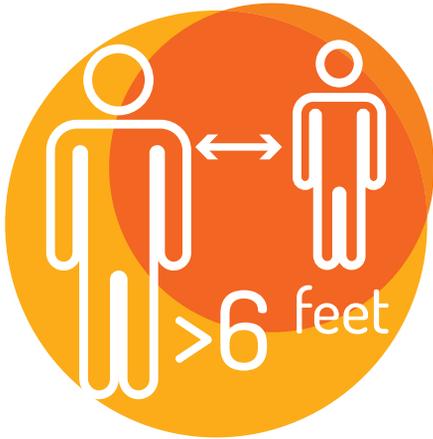
# Getting 'Back to Normal' Is Going to Take **All of Our Tools**

If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces "back to normal" sooner:

Get vaccinated.



Wear a mask.



Stay 6 feet from others,  
and avoid crowds.



Wash  
hands often.



[www.cdc.gov/coronavirus/vaccines](http://www.cdc.gov/coronavirus/vaccines)

# VAFP membership Benefits

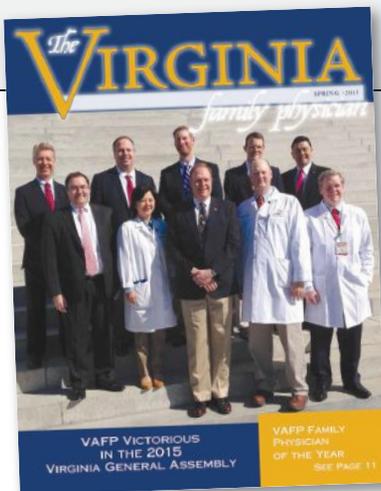
## VAFP MEMBERSHIP BENEFITS



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

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## 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.



# VIRGINIA ACADEMY OF FAMILY PHYSICIANS FOUNDATION

# Why Get Vaccinated?

## To Protect Yourself, Your Coworkers, Your Patients, Your Family, and Your Community

- Building defenses against COVID-19 in this facility and in your community is a team effort. And **you** are a key part of that defense.
- Getting the COVID-19 vaccine adds **one more layer of protection** for you, your coworkers, patients, and family.



Here are ways you can **build people's confidence** in the new COVID-19 vaccines in your facility, your community, and at home:

- ✓ **Get vaccinated** and enroll in the **v-safe** text messaging program to help CDC monitor vaccine safety.
- ✓ **Tell others why** you are getting vaccinated and encourage them to get vaccinated.
- ✓ **Learn how to have conversations** about COVID-19 vaccine with coworkers, family, and friends.



[www.cdc.gov/coronavirus/vaccines](http://www.cdc.gov/coronavirus/vaccines)



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