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WINTER 2020

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### VAFP VISION STATEMENT

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# VAFP PRESIDENT'S MESSAGE

Jerome A. Provenzano, MD



As 2020 comes to a close I was reflecting upon the chaotic events of this year. Certainly 2020 has been a time of incredible change and tumult but there have been some positive happenings as well. Since early winter the practice of medicine, especially Family Medicine has had to radically evolve in order to meet the challenges of the global pandemic. Recently with the approval of two new coronavirus vaccines, there is at last a positive step in fighting COVID -19.

At the most recent AAFP Congress of Delegates Dr. Sterling Ransone of Deltaville, Virginia, a past president of the VAFP and board member of the AAFP was voted president-elect of the American Academy of Family Physicians. Dr Ransone's leadership, experience and foresight will be a benefit to family physicians on a national level.

The upcoming legislative session is expected to be an eventful time at the General Assembly. The VAFP Legislative Committee led by Jesus Lizarzaburu, MD and General Counsel Hunter Jamerson are, as always poised to keep the mission of the VAFP in the forefront of discussions with Virginia legislators. Because of the pandemic there are changes to the mechanics of legislative meetings which will make it difficult to directly lobby the lawmakers; but the VAFP will ensure that Family Medicine is well represented during the session and may call upon you to contact your legislator on a specific issue.

There are several bills that are coming before the General Assembly of special interest to our Academy. Once again, nurse practitioner autonomy and scope of practice have become an issue. Due to the governor's executive order which allowed nurse practitioners to have

autonomous practice on a temporary basis during the pandemic, there is a bill which has been introduced to reduce permanently the time of training for nurse practitioners to achieve independent practice from 5 years to 2 years. This presents yet another unfortunate opportunity for fragmented care and an obstacle to the concept that the primary care physician is the leader of the healthcare team.

In addition, there is a bill addressing scope of practice for pharmacists. Specifically, this bill would permit pharmacists to dispense medication and to treat conditions without a doctor's prescription or without consultation with a physician.

Finally there is a bill which would prematurely remove the medical malpractice settlement cap. Our Academy will constantly monitor these issues and I would request that our Academy members use this as an opportunity to contact their specific legislator and voice their concern about these issues. Please contact the VAFP if you are willing to serve as a key contact to your local legislator to improve VAFP'S advocacy base.

Recently members of the VAFP as well as representatives from the Virginia Chapter of the American Academy of Pediatrics and Virginia Chapter of the American College of Physicians met with executives from Anthem regarding Anthem's intent to drastically lower physician reimbursement for administration of immunizations in 2021. Prompt action by our Academy and our pediatric and internal medicine colleagues resulted in Anthem's adjusting their reimbursement schedule.

The FACES of Family Medicine is a project of the VAFP and Sean Reed, MD which presents interviews with

family physicians about their personal experience with family medicine in Virginia. Please see the VAFP website for links to these conversations.

I ask you to support the Virginia Academy of Family Physicians Foundation which fosters and builds an increased interest in the specialty of Family Medicine in Virginia among medical students and Family Medicine residents as well as the FamDocPAC, the political action committee of Virginia's Family Physicians. The FamDocPAC, is the financial vehicle through which the Academy can support the election or reelection of those statewide candidates who share a commitment to Family Medicine.

The past summer meeting was the first time the academy offered virtual CME via ZOOM. The 2021 Winter Family Medicine Weekend will be held virtually on Saturday, January 30 and Sunday, January 31. This is an opportunity to obtain excellent CME at a most reasonable price. I also suggest attending the virtual KSA session on Palliative Care offered on the Thursday prior the meeting.

The Annual Summer Meeting is at this time scheduled for July of 2021 in Virginia Beach. Hopefully, circumstances will allow an in-person meeting or even a hybrid meeting of virtual an in-person event.

While the past year has been chaotic, the Virginia Academy has a strong foundation and remains engaged and committed to the vision of making Virginia the best place for our citizens to receive their healthcare and for family physicians to practice medicine.

Please stay healthy and safe and I look forward to seeing you in the future.

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The Virginia General Assembly has completed its legislative special session. The special session, focused on social equity and criminal justice reform matters in the wake of the murder of George Floyd as well as COVID-19 matters, was conducted largely virtually. The General Assembly continues to grapple with how to legislate during the time of COVID-19.

The special session grappled with several issues specifically impacting the practice of family medicine. In particular, the General Assembly examined the issue of telemedicine. During COVID-19, telemedicine utilization has become a central part of patient care. As a result, the General Assembly worked to relax site of service requirements to ensure patients may 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 has filed legislation in the upcoming regular general assembly session in order to, irrespective of COVID-19, reduce the education and

training requirements for the autonomous practice of medicine by nurse practitioners from 5 years down to 2 years. VAFP is opposed to this reduction in supervision requirements for nurse practitioners. The Department of Health Professions is scheduled to 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.

The upcoming regular session will address a number of issues important to VAFP. Scope of practice issues, including nurse practitioner autonomy, and a revisit of pharmacist scope of practice will be taken up in January. Telemedicine will again be examined, to determine mechanisms of telemedicine, standard of care, and mandated benefit considerations in the commercial market. Vaccines will be back on the General Assembly's radar, given the pending emergency use authorizations for vaccines for COVID-19. The General Assembly will also consider Medicaid physician reimbursement, in particular focused on shortfalls continuing from COVID-19.

The VAFP is also actively engaged in legislative initiatives outside of the General Assembly's regular session. These include a primary care task force at the Virginia Center for Health Innovation examining delivery and reimbursement reform in primary care. Additionally, VAFP is engaged with the Joint Commission on Health Care which is examining Virginia's healthcare programming and financing.



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## VAFP PAST PRESIDENT STERLING N. RANSONE, JR, MD, FAFPP ELECTED TO SERVE AS PRESIDENT-ELECT OF THE AMERICAN ACADEMY OF FAMILY PHYSICIANS!

During the 2020 AAFP Virtual Congress of Delegates, Dr. Ransone was elected to serve a one-year term as President-Elect. His service will also include one-year terms as President and Board Chair.

Dr. Ransone is a third-generation family physician and has practiced rural medicine for more than 20 years. He currently serves as the physician practice director at Riverside Fishing Bay Family Practice in Deltaville.

In addition to his office practice, Dr. Ransone is an assistant clinical professor of family medicine and population health at Virginia Commonwealth University in Richmond. He previously held the role of chief resident of family medicine at Riverside Family Medicine Center in Newport News, Virginia. He volunteers as the football and soccer team physician at Mathews High School in Mathews County, Virginia.

A member of the AAFP since 1995, Ransone served as a Virginia delegate to the AAFP's Congress of Delegates. He has served on multiple AAFP committees and commissions, including the Commission on Governmental Advocacy and the Reference Committee on Advocacy, for which he held the position of chair in 2015 and 2016. He also served as a member of the Commission on Membership and Member Services and as liaison to the Commissions on Continuing Professional Development and Health of the Public and Science. At the



state level, Ransone has served the Virginia Academy of Family Physicians in various leadership roles including chapter president, vice president and board chair. He also established FamDocPAC, the Virginia Academy's political action committee and served as its first leader. Most recently, Ransone served the Commonwealth on the Virginia Department of Health's COVID-19 Testing Advisory Commission.

Dr. Ransone is a former president of the Medical Society of Virginia, chair of MSVPAC, and president of the Mid-Tidewater Medical Society.

Dr. Ransone earned his Bachelor of Science and Master of Science degrees in biology from the College of William and Mary in Williamsburg, Virginia. He earned

his medical degree from the Medical College of Virginia of Virginia Commonwealth University in Richmond. He completed his internship and residency at the Riverside Family Practice Center in Newport News.

*The VAFP congratulates Dr. Ransone and looks forward to his continued AAFP leadership representing over 136,700 physicians and medical students nationwide. As AAFP President-Elect, he advocates on behalf of family physicians and patients across the country to inspire positive changes in the U.S. health care system.*

## 2020 AAFP VIRTUAL CONGRESS OF DELEGATES OCTOBER 3-4 & OCTOBER 11-13

The VAFP was well represented at the Congress by Past Presidents Drs. Jesus Lizarzaburu (Delegate), Mark Watts (Delegate), Kent Willyard (Alternate Delegate), and Emmeline Gasink (Alternate Delegate).

The Congress of Delegates (COD) is the American Academy of Family Physicians' (AAFP) policy-making body. Its membership consists of two delegates and two alternates from each constituent chapter and from the member constituencies including new physicians, residents, students, and other constituency groups represented at the AAFP Leadership Conference. The Congress of Delegates meets annually to address resolutions brought forward by constituents on topics that are of interest to physician members and the patients they serve.

2020 was very interesting as the Congress was held virtually. The reference committees were held on 3-4 October and provided members the opportunity to publicly comment on the 28 resolutions submitted by constituent chapters. Reference committees are committees of the COD that consider business (resolutions) items referred to them for recommendation to the COD for debate and action. AAFP members were welcome to participate in hearings of the four reference committees: Advocacy, Health of the Public and Science, Organization and Finance, and Practice Enhancement.

The Congress elects new officers and members to serve on the Board of Directors during the meeting. The Officers and Board

Members elected are noted below. The VAFP had the pleasure of running Past President Sterling Ransone, MD for President-Elect.

Sterling Ransone, MD, Virginia, President-Elect  
Alan Schwartzstein, MD, Wisconsin, Speaker  
Russell Kohl, MD, Kansas, Vice Speaker  
Todd Shaffer, MD, Missouri, Director  
Mary Campagnolo, MD, New Jersey, Director  
Jennifer Brull, MD, Kansas, Director  
Danielle Carter, MD, Florida, New Physician Director  
Anna Askari, MD, California, Resident Director  
Cynthia Ciccotelli, Pennsylvania, Student Director

During the meeting (held prior to AAFP FMX), the Congress of Delegates agenda included addresses from AAFP officers, resolutions from chapters, and reports from the Board of Directors. The wide array of resolutions focused on universal healthcare coverage; public health initiatives to include vaccines and buprenorphine administration; ending police brutality; firearm safety; telehealth; reducing regulatory and administrative burden, pharmacy services; gender affirming care; reproductive health related issues; and medical aid in dying just to name a few.

If you are interested in learning more about the AAFP Congress of Delegates check out the link at <https://www.aafp.org/about/governance/congress-delegates.html>.



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- Approved minutes from the July 9, 2020 meeting of the VAFP Board of Directors.
- Heard report from VAFP Legislative Committee Chair Jesus Lizarzaburu, MD and VAFP Legislative Consultant Hunter Jamerson, JD, MBA on the 2020 Virginia General Assembly Special Session to include updates on the budget and the telehealth legislation. Discussion also ensued on potential changes to the Medicaid program structure.
- Heard report on the Governor's Primary Care Task Force from VAFP President-Elect Neeta Goel, MD and Dr. Lizarzaburu.
- Discussed the issues related to vaccine administration payments and the increased cost of the COVID-19 vaccine.
- Reviewed report from the Medicaid Physicians Managed Care Liaison Committee as submitted by the VAFP representative to the committee Bob Elliott, MD. Discussed billing and oversight issues in residency programs related to the Medicaid MCO's.
- Heard report on plans and programming for the 2021 Virtual Winter Experience scheduled January 30-31, 2021.
- Heard report on 2020 Group Family Medicine Certification group sessions.
- Heard report from Resident, Student & Faculty Initiatives Committee Co-Chairs, Denee Moore, MD and Amber Fedin, DO on the 2020 VAFP Scholarly Symposium held Saturday, November 7, 2020.
- Heard update on FACES of Family Medicine Project.
- Heard report on the 2019-20 Resident Director Wellness Initiative and heard comments from the Resident and Student Directors.
- Heard report on the AAFP Virtual Congress of Delegates held October 3-4 and 11-13, 2020.
- Heard AAFP Update from President-Elect Sterling Ransone, MD on the newly elected officers and the AAFP's work with Congressional staffers as it relates to payment reform.
- Heard reports from VAFP Members Serving on AAFP Commissions; Federal and State Policy Commission Chair, Dr. Jesus Lizarzaburu and Health of the Public and Science Commission Members, Drs. Neeta Goel and Denee Moore.



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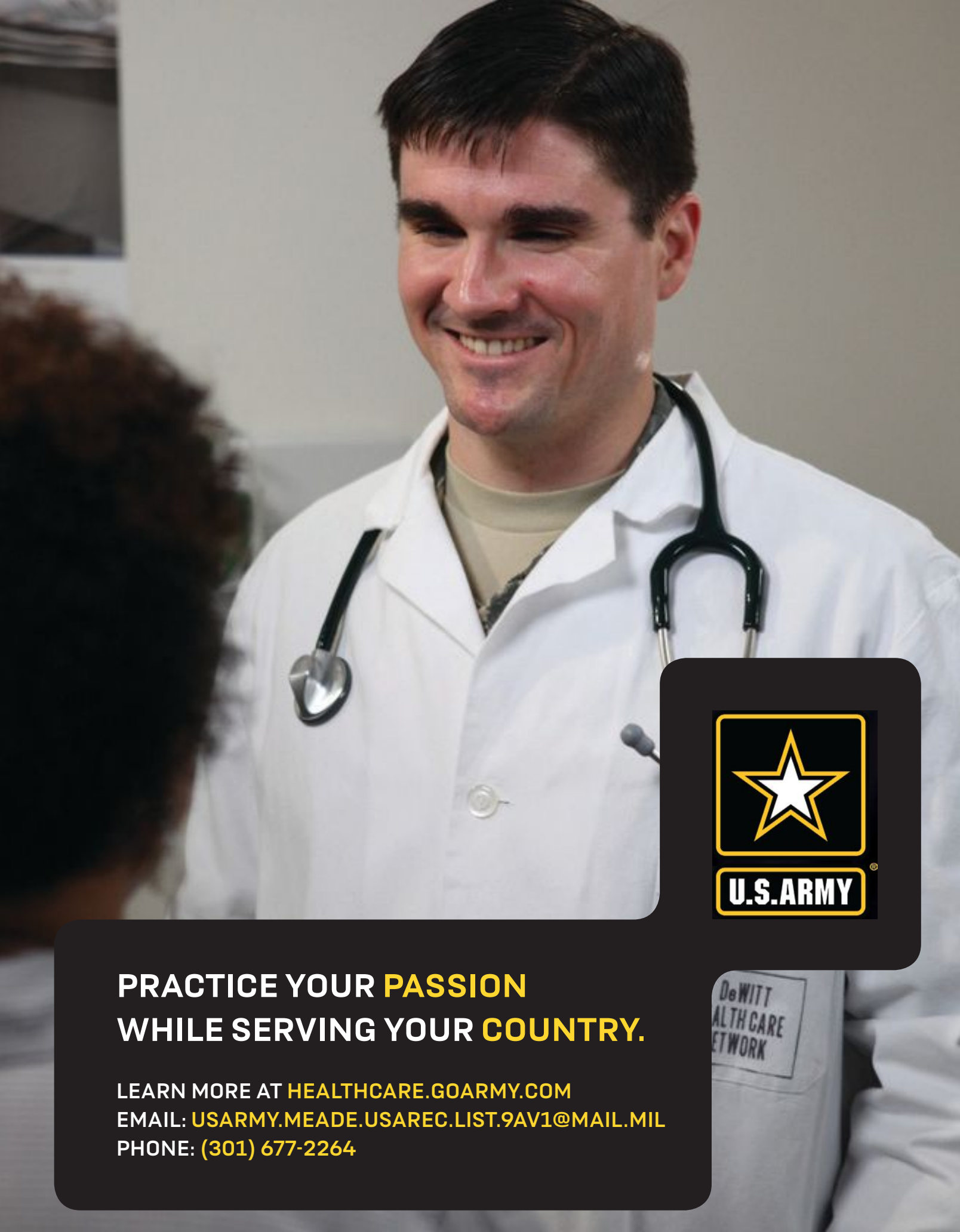
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# GOVERNOR'S TASK FORCE ON PRIMARY CARE TAKES QUICK ACTION TO AID VIRGINIA'S PRIMARY CARE CLINICIANS

## OVER 750,000 PIECES OF PPE SENT TO FRONT LINE PRIMARY CARE CLINICIANS!

The Primary Care Task Force was formed in July 2020 as a response to the increasing strain on primary care clinicians due to the COVID pandemic. While one of the aims of the Task Force is to define long term payment models that better support patient access to primary care while ensuring practice viability, the group identified a number of short-term supports that it is recommending for immediate action.

One of the first needs the group identified was access to personal protective equipment (PPE) for primary care clinicians. Shortages of PPE, especially N95 masks, have been widely publicized. Unlike hospitals with established supply chains, primary care practices have struggled to identify vetted vendors and meet significant minimum order requirements. Primary care clinicians are the front line – often doing a significant amount of COVID testing - so access to PPE is critical. In order to better understand the need, the Task Force partnered with Virginia's primary care professional associations to survey primary care clinicians across the commonwealth regarding their access to PPE. The survey results showed that 83% of practices reported difficulty procuring PPE. The PPE needs were not limited to N95 masks - the survey showed a wide range of equipment needs. After sharing the results of this survey with members of the Governor's administration, including Task Force member Secretary of Health and Human Resources Daniel Carey, MD, MHCM, VCHI was able to secure a one-time allocation of PPE for primary care clinicians across Virginia from the Virginia Department of Emergency Management. "Across Virginia, primary care practices have had to lay off staff and even close due to impacts of the COVID-19 pandemic," said Secretary of Health and Human Resources Daniel Carey, MD, MHCM. "Through the hard work and expertise of this task force, we have been able to help get Virginia's primary care teams the resources they need to continue safely treating their patients. I am grateful for the partnership with the Virginia Center for Health Innovation (VCHI) and their assistance in these efforts."

Thanks to a collaborative effort that included logistical support from VCHI staff; packing help from faculty and students from the University of Lynchburg's Physician Assistant program; shipping boxes donated by The Supply Room; and special shipping rates from UPS; nearly 750,000 pieces of PPE were distributed. Dr. Jeremy A. Welsh, Dean of the School of PA Medicine at the University of Lynchburg and a member of the Task Force said, "the University of Lynchburg and the School of PA Medicine

was proud to contribute to the work of distributing PPE for the Governor's Task Force. Our students and faculty are committed to servant leadership and are honored to contribute to clinician health and safety throughout the commonwealth of Virginia." After the initial round of orders were distributed, remaining supplies were sent to Virginia's free clinics and federally qualified health centers.

Rhonda Muchmore RN, MSN, a nursing supervisor with Virginia Pediatric & Adolescent Center and a recipient of the supplies, expressed her gratitude. "We were very grateful to receive supplies of masks, gowns and gloves from the Governor's Task Force on Primary Care", said Ms. Muchmore. "Since the start of the COVID pandemic we have struggled to obtain necessary PPE to keep our staff and patients safe from any possible transmission of COVID. We have been limited to the very bare minimum in our allocations of needed supplies, so getting a shipment like this was extra appreciated. Receiving the N95 masks is especially important as we have not been able to order any of these since the pandemic first started. To get what we considered a large amount was very much appreciated as we are seeing an increase in cases within our pediatric population."

In addition to the physical distribution of PPE, the Task Force focused on short-term payment reform solutions that could aid primary care. These recommendations are as follows:

1. Virginia's health plans voluntarily implement one or more of the following options for their commercially fully-insured and willing self-insured customers:
  - a. extend the telehealth provisions of HB 5046 (Adams) and the identical SB 5080 (Barker); and/or
  - b. reimburse CPT code 99072 (for PPE) at a rate not below \$6.57 for the later of the duration of the Public Health Emergency or December 31, 2021; and/or
  - c. pay each primary care provider (PCP) \$2 per member per month (PMPM) for patients attributed to them by current methodologies, starting as soon as feasible and for one year or the duration of the Public Health Emergency, whichever is longer, IF the PCP agrees to a contract wherein, within one year of the end of the Public Health Emergency, the PMPM amount or other non-Fee For Service (FFS) payment will depend upon performance on

quality, patient experience, and total cost of care metrics; and/or

- d. implement an enhanced FFS payment plan that would apply to all PCPs and pay all FFS evaluation and management CPT codes at 110% of current rates, starting as soon as possible and continuing for one year or the duration of the Public Health Emergency, whichever is longer.
2. Virginia's health plans, with assistance from the Virginia Association of Health Plans, submit a report to the Governor's Task Force on Primary Care no later than February 1, 2021 detailing the specific financial support each provided to Virginia primary care clinicians to address pandemic issues from March 1, 2020 through December 31, 2020. This data will be utilized to better inform long-term task-force recommendations. This report would include but is not limited to data pertaining to increases in FFS rates, PMPM, PPE CPT code reimbursement, and expansions in telehealth coverage.
3. A recommendation that the Department of Medical Assistance Services (DMAS) submit a report to the Governor's Task Force on Primary Care no later than March 1, 2021 detailing the anticipated impacts (financial, logistical, access) of a) paying for Medicaid primary care services at parity with Medicare and b) of implementing a PMPM model for Virginia Medicaid.

The work of the Task Force now turns to long-term payment reform and will continue to meet monthly through July 2021.

The Task Force Members are:

- Sandy Chung, MD, Co-Chair** | Fairfax Pediatrics Associates, Immediate Past President- AAP, Virginia Chapter, Fairfax
- Jeff Ricketts, Co-Chair** | President, Anthem Virginia, Richmond
- Jill Age** | EVP Towne Insurance, a subsidiary of Towne Bank, also Past President Virginia Association of Health Underwriters, Tidewater
- Delegate Lashrecse Aird** | Democrat, 63<sup>rd</sup> District, Chesterfield/Petersburg
- Julie Bilodeau, MBA** | CEO, CrossOver Healthcare Ministry, Richmond
- John Brady, MD** | TPMG, Newport News, Chair - American Board of Family Medicine
- Michael Bucci** | Market President, Aetna, Maryland, DC, and Virginia
- Secretary Daniel Carey, MD, MHCM** | Health and Human Resources Secretary, Commonwealth of Virginia, Richmond
- Michael Cassidy, MPP** | President and CEO, Commonwealth Institute for Fiscal Analysis, Richmond
- Colette Chichester** | VP, CareFirst, DC, and President,

- Virginia Association of Health Plans
- Senator Siobhan Dunnivant, MD** | Republican, District 12; OBGYN, Henrico
- Emily Elliott** | Director, Virginia Department of Human Resource Management, Richmond
- Wina Giddens** | Director, Benefits & HRIS, Port of Virginia, Tidewater
- HoChong Gilles, NP** | McGuire Department of Veterans Affairs Medical Center, Chesterfield, Immediate Past-President, Virginia Council of Nurse Practitioners
- Neeta Goel, MD** | Chief Medical Officer, Ambulatory Services, Inova Health System Fairfax
- Jill A. Hanken, Esq.** | Director of the Center for Healthy Communities and ENROLLVirginia!; Virginia Poverty Law Center, Richmond
- Bryan Haynes** | CEO, Southwest Virginia Community Health System, Saltville
- Stuart Henochowicz, MD, MBA, FACP** | Internal Medicine and Allergy Associates; Governor ACP, Virginia Chapter, Burke
- Cornel Hubbard, JD, CCEP** | VP and General Manager, Magellan of Virginia, Richmond
- Anthony Keck** | EVP for System Innovation and Chief Population Health Officer, Ballad and VCHI Chair, Bristol
- Jesus Lizarzaburu, MD** | Legislative Chair, Virginia Academy of Family Physicians, Yorktown
- Thomas Lundquist, MD** | SVP and CMO, Optima, Tidewater
- Ellen Montz, PhD** | Chief Deputy and Chief Health Economist, DMAS
- Katherine Neuhausen, MD, MPH** | Senior Medical Director, Community and State, UnitedHealthcare, Richmond
- Deborah D. Oswalt** | Executive Director, Virginia Health Care Foundation
- Nicole Riley** | Virginia State Director, National Federation of Independent Businesses, Richmond
- Christina Stasiuk, DO** | Mid-Atlantic Market Medical Executive, Cigna, Philadelphia
- Meredith Touchstone** | Director, Benefits, Carmax, Richmond
- Cameron Webb, MD, JD** | Internal Medicine, Director of Health Policy and Equity, University of Virginia
- Jeremy Welsh, PA-C, JD, DHSc** | Dean and Chair, School of PA Medicine, University of Lynchburg; President Virginia Academy of Physician Assistants
- Lisa Woods** | Senior Director, Strategy and Design, US Benefits, Walmart, Arkansas

Thank you to VAFP Members John Brady, MD, Neeta Goel, MD, Jesus Lizarzaburu, MD and Kate Neuhausen, MD for serving on the Task Force and representing Family Medicine's interests.



## IN MEMORIA . .

# VAFP PAST PRESIDENT STAN MITCHELL, MD

Dr. George Stanley "Stan" Mitchell Jr., 94, died peacefully on Friday, November 13, 2020.

Stan was born in Fairbury, Nebraska and graduated from Murphy High School, Mobile, Alabama, in 1944. Stan served in the U.S. Navy Hospital Corps, as pharmacist mate 2nd class from 1944 to 1946. He graduated from Duke University in 1950 with a B.A. Degree in Chemistry, received an M.D. Degree at Medical College of Virginia in 1954 and completed his internship year at Portsmouth Naval Hospital in 1955.

Stan was a strong patriot; he valued the American flag and prayed daily for troops in service to their country. Stan was in the U.S. Naval Reserve as pharmacist mate 2nd class, 1946 to 1950; ensign in Hospital Corps, 1951 to 1954; and lieutenant in Medical Corps, 1954 to 1955.

Practicing family medicine was his pride and joy. Stan first entered family practice in 1955 with Dr. G.C. Amory in historic Hilton Village of Newport News. He later moved to Ivy Farms Family Practice in partnership with Dr. Henry Ware. In 1971, Stan left private practice to become the director of the Riverside Hospital Family Practice Residency Program. In this position, he combined his love of medicine with his love of teaching. In 1991, he became the geriatrics director of the residency program and retired in 1995.

Stan was director of Patient Care Services at Peninsula Health Center from 1971 to 1988. He served as the medical director of Riverside Regional Convalescent Center from 1973 to 1994. He was medical director for Virginia Health Services from 1964 until his retirement.

Stan was chief of staff at Riverside Hospital, 1965; assistant state medical examiner for Newport News 1957 to 2005. He served as president of the Virginia Academy of Family Physicians from 1984 to 1985 and as a board member from 1962 to 1964 and 1979 to 1986. He was past president for Peninsula Heart Association and for Hampton Roads Academy of Family Practice. He was a charter member of the American Board of Family Medicine and a charter fellow of the American Academy of Family Physicians.

As an only child, Stan enjoyed being the center of attention. He was naturally confident and welcomed leadership positions, public speaking opportunities and political debates with friends. He was a voracious reader of newspapers, history, Christian studies, novels, biographies and sailing adventures. Travel tours to Alaska, New Zealand and Antarctica fed his love of learning. Sailing his 36-foot "Ultimo" with his crew, up and down the East Coast, or to Bermuda and back, brought joy.

He enjoyed the local symphony, big bands and dancing the jitterbug. Stan wore bowties and dapper caps, enjoyed an occasional dark (not sissy) beer, his cottage on the Severn River, wine and cheese parties with his residents. He loved life and his type A personality kept his "bucket list" full to overflowing.

Stan was preceded in death by his loving wife of 70 years, Connie Green Mitchell, who died Aug. 23, 2020. He is survived by his three children, Julie Mitchell Mabe (Don) of Beaufort, South Carolina, Jodie Mitchell Bayne of Newport News and George Stanley "Mitch" Mitchell III (Marty) of Midlothian.



Lifestyle medicine is an evidenced based approach to preventing, treating and reversing many chronic diseases. Learn more at: [lifestylemedicine.org](http://lifestylemedicine.org)



Full Plate Living Nutrition Programs  
Now Available at No Cost for Your Patients

Full Plate Living helps your patients add more whole plant-based foods to meals they're already eating. It's a small step approach that can lead to big health outcomes.

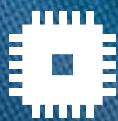
Prescribe nutrition improvement programs for your patients by directing them to [fullplateliving.org](http://fullplateliving.org)



# LESS COMPROMISING. MORE COMPASSION.

As a Doctor in the U.S. Air Force, you'll not only be serving your country and caring for its Airmen and their families—you'll also be an officer with benefits and advantages that allow you to advance your career and take your ongoing medical education as far as you'd like it to go. And since you won't have to worry about managing a practice or meeting insurance companies halfway, you can focus more on doing what you love: helping others.

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PAY  
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# Resident & Student Corner

## CONGRATULATIONS TO THE NEW RESIDENT AND STUDENT REPRESENTATIVES ON THE VAFP BOARD OF DIRECTORS

The following VAFP members were elected by their peers to serve on the VAFP Board of Directors. They will serve a one-year term which began in October.

### Student Representatives



Sarah E. Beaverson - Virginia Commonwealth University School of Medicine



Claire Lockman - Liberty University College of Osteopathic Medicine

### Resident Representatives



Paulius Mui, MD - Shenandoah Family Medicine Residency



Kevin A. Lavender, DO - Riverside Family Medicine Residency

## CONGRATULATIONS TO VAFP RESIDENT MEMBER EMMA YORK, DO

Dr. York was selected to represent the American Academy of Family Physicians (AAFP) as a delegate to the American Medical Association Resident and Fellow Section. As delegate, she is responsible for representing the AAFP resident interests at the AMA-RFS meetings, providing written and oral reports to the AAFP Commission on Education (COE) and the National Congress of Family Medicine Residents at National Conference and attending the Education Reference Committee of the AMA House of Delegates immediately following the AMA-RFS meeting. Dr. York attended medical school at the Virginia College of Osteopathic Medicine in Blacksburg and graduated in 2020. She is an intern at EVMS Family Medicine Residency in Norfolk. Congratulations Dr. York!



## “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



**REGISTER NOW!**



**VAFP 2021 Winter Virtual Experience  
January 30-31, 2021**

The Virginia Academy of Family Physicians is pleased to offer all residents and students a **complimentary registration fee** to “attend” the VAFP 2021 Winter Virtual Experience scheduled January 30-31, 2021 via Zoom.

**Registration is available now  
through [vafp.org](http://vafp.org)**

Don't miss out on the complimentary registration fee! If you have any questions, please contact Cheryl Modesto at the VAFP Headquarters Office ([cmodesto@vafp.org](mailto:cmodesto@vafp.org)).

**MARK YOUR CALENDARS**

**AAFP**  
***national conference***  
FAMILY MEDICINE RESIDENTS & MEDICAL STUDENTS

**July 29-31, 2021**

National Conference is the must-attend event of the year for students and residents. The virtual event will continue to provide a valuable opportunity for attendees to learn, network and interact with exhibitors, many of which are residency programs.

For more information, visit <https://www.aafp.org/events/national-conference.html>

## CAREER CENTER CHOOSE VIRGINIA

The premier resource for you to explore employment opportunities in Virginia. Visit <http://careercenter.vafp.org> to access the VAFP Career Center.

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)



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

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

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

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



**THIS IS TOMORROW'S HEALTH CARE**  
Visit [CarilionClinic.org/careers](http://CarilionClinic.org/careers)

**AMY MARSH, PHYSICIAN RECRUITER**  
[amsilcox@carilionclinic.org](mailto:amsilcox@carilionclinic.org)  
540-540-224-5197

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25 GME programs in affiliation with Virginia Tech Carilion School of Medicine

**Student Loan  
Repayment Available**

# THE VAFP 2020 SCHOLARLY SYMPOSIUM WAS A HUGE SUCCESS!!

The VAFP held the first Resident and Student Scholarly Symposium on Saturday, November 7<sup>th</sup>. The symposium was virtual via Zoom and attended by over 50 students, residents and family physicians. The Scholarly Symposium offered Family Medicine Residents and Medical Students the opportunity to present scholarly work in poster format or as an oral presentation.

The type of scholarly activity presented was clinical or population health research, medical education research, literature review, case reports, QI/PI projects, clinical successes, patient stories, or educational projects and relevant to family medicine/primary care. The submissions were original work not yet published or presented at regional or national meetings.

The presentations were broken down into four topic categories 1) Basic and Biomedical Sciences, 2) Clinical Medicine and Impact, 3) The Future of Medicine and Impact of COVID-19, and 4) Education and Preventive Medicine.

If you are interested in listening to the presentations, the link is <http://vafp.org/scholarly-symposium-2020/>.

At the conclusion of the morning's presentations and question and answer session, the winners were announced in both the oral and poster categories and the student and resident categories. The winners are noted below.

## First Place in Oral Presentations – Student Category

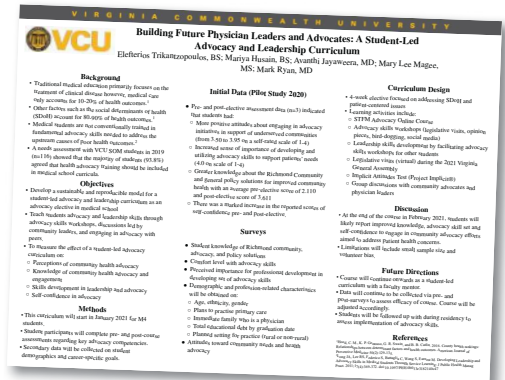
**Title: Two-Cell-to-Hatching-Blastocyst Development of Embryos After E-Cig Aerosol Exposure in Adult Female Beginning 3 Days Prior to Ovulation and Continuing to 2-Cell Collection**

**Lead Author: VicLouis Arreola, Aubrey Ann Jackson & King Ampofo (MS2, Liberty University College of Osteopathic Medicine)**

## First Place in Oral Presentations – Resident Category

**Title: Evaluating the Impact of High Risk Patient Outreach during the COVID-19 Pandemic**

**Lead Author: Cora Owen, DO (PGY-2, Bon Secours St. Francis Family Medicine Residency)**



## First Place in Poster Presentations – Student Category

**Title: Building Future Physician Leaders and Advocates: A Student-Led Advocacy and Leadership Curriculum**

**Lead Author: Eleftherios Trikantopoulos (MS4, Virginia Commonwealth University School of Medicine)**

## First Place in Poster Presentations – Resident Category

**Title: Beyond Repletion: Refractory Hypokalemia and the Search for a Cause**

**Lead Author: Maya Sukhari (PGY-3, St. Francis Family Medicine Residency)**

The meeting attendees very much enjoyed the inaugural and said it best in their comments!

- I was very impressed with the turn out, quality of presentations and the support of so many physician mentors.
- I really liked how the moderators prepared questions for the presenters!
- Thank you for the opportunity to participate!
- Great format, the breakout rooms were great, excellent presentations. Perfect length!

*Financial support for this program is provided by the AAFP Foundation's Family Medicine Philanthropic Consortium (FMPC).*



THE NATIONAL HEALTH SERVICE CORPS (NHSC) builds healthy communities by supporting qualified health care providers dedicated to working in areas of the United States and its territories with limited access to care.

- NHSC Scholarship Program
- NHSC Student-to-Service Loan Repayment Program
- NHSC Loan Repayment Program
- NHSC Rural Community Loan Repayment Program
- NHSC Substance Use Disorder Workforce Loan Repayment Program

**88%** of NHSC members continue to serve in areas of greatest need after completing their service obligation.



Email the Capital Area Health Education Center with questions: [info@capahec.org](mailto:info@capahec.org)



## THE VAFP WELCOMES NEW MEMBERS

### ACTIVE

Ekkarat Akragorn, MD  
Nalliene Chavez, MD  
Sarah Cunningham, DO  
Chris Howard, DO  
Philip Hoyt, Jr, MD  
Simeon Melaku, DO  
Elizabeth Robledo, MD  
Akhila Sulemani, MD

### RESIDENT

Raju Alluri, MD  
Danielle Bullock, MD  
Steven Cook, MD  
Jomarys Demorizi Guzman, MD  
Kathryn Donovan, DO  
Amelia Fatsi, MD  
Tim Howland, MD  
Nicholas Kidd, MD  
Travis Lipscomb, DO  
Taylor Love, DO  
Karla Maltez Salvador, MD  
Stephen Mulkey, MD  
Ashley Newsome, MD, PhD  
Doshi Noopur, MD  
Hannah Rak, MD  
Adam Richardson, MD  
Erik Richardson, DO  
Jessica Row, MD  
Terrell Smith, MD  
Michaela Varys, MD  
Stephen Vinoba, MD  
Tyler Willson, MD  
Victoria Witt, DO

### STUDENT

Jehwoo Ahn  
Carson Arthur  
Renu Bansal  
Jacqueline Bellaci  
Eric Bonar  
Anna Broshkevitch  
Rawson Chase  
Rebecca Clawson  
Leah Creamer  
Tyler Davidson  
Ariel Eanes  
Meghan Ellwood  
Whitney Fidelis  
Rebekah Fraley  
Jordan Freeland  
Erik Garcia  
Shivani Gaur  
Shayan Gharagozlou  
Daniel Griffin  
Bilal Haque  
Reece Hoerle  
Meghan Izak  
Ronston Jackman  
Elisabeth Kamano  
Julianna Kang  
Ria Khandpur  
Ally Ledwith  
Claire Lockman  
Joy Ma  
Lauren Marks  
Audrey McMurtrie  
Lauren Miller  
Robell Morehouse  
Kaydie Murphy

Krystie Murphy  
Amelie Nkodo  
Jerry Onyeador  
Saivarshith Peddireddy  
Hannah Peters  
Joseph Pollei  
Alana Porat  
Ashleigh Powell  
Keshin Purohit  
Namita Raghavan  
Daniel Ratushnyak  
Sherry Rethnaswamy  
Denis Ruzdija  
Tamanna Sahni  
Bari Scott  
Ethan Sewell  
Mishell Siles Borda  
Kawana Simon  
Alarmel Sira  
Claudia Sollee  
Ethan Steele  
Jack Sutcliffe  
Peter Tamura  
Vivek Vadlamudi  
Daniel Van Orman  
Alison Verster  
Taylor Walters  
Sarah Warner  
Jessica Wimberly  
Jean Wu  
Brandon Yeatts  
Priscilla Yoon  
Sarina Zahid  
Dekuang Zhao, PhD

*New Members*

## CME CALENDAR

### 2021

#### Palliative Care KSA - New Topic!

Thursday, January 28

6:00 p.m. - 9:00 p.m.

Virtual via Zoom

Will be held in conjunction with the VAFP 2021 Winter Virtual Experience

#### 2021 Winter Virtual Experience

January 30-31

Via Zoom

#### 2021 Annual Meeting & Exposition

July 8-11

Marriott Virginia Beach Oceanfront

#### Asthma KSA

##### Saturday July 10

1:30 p.m. - 4:30 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

#### Preventive Health KSA

Saturday, November 6

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

Virtual via Zoom

For more information and to register, please visit [www.vafp.org](http://www.vafp.org)

# IMPROVING OUTCOMES FOR CHILDREN THROUGH PROVEN INVESTMENTS IN REACH OUT AND READ

A children's book is a powerful tool for both parents and doctors.

Reach Out and Read (ROR) is two-generation intervention that happens at well child visits by over 750 trained medical providers in 99 pediatric and family practice clinics across Virginia.

ROR is unique for its unparalleled access to children through the medical home, supporting families through the trusted voice of a provider. Primary care providers have a unique opportunity to support the development of healthy relationships and brain development by encouraging parents to read together with their children every day, beginning at birth.



ROR offers a three-pronged research-based model to promote healthy brain development in children and healthy family relationships:

**1. The primary care provider coaching and building skills in**

**parents, modeling and supporting early brain development and relationships:** During well-child visits, the medical provider prescribes reading by modeling read-aloud strategies while teaching and coaching the parent about how to share books and why it is important. Parents are engaged in the conversation as the provider offers guidance and emphasizes how reading brings families together and why this matters.

**2. The book:** Each child is given a new, culturally and developmentally appropriate book to take home, building a collection of 10-15 new books in the home before the child goes to kindergarten.

**3. Literacy-rich environment and resources:** Clinic environments support literacy-rich messaging and resources to families, supporting providers in community-health resources, and supporting parents in daily literacy activities with their children.

What distinguishes ROR from other interventions is the large and growing research on positive outcomes. We know that families served by ROR read together more often, and their children enter kindergarten with larger

vocabularies and stronger language skills- better prepared to achieve their potential.

Reach Out and Read is the only national pediatric literacy model endorsed by the American Academy of Pediatrics

“Reach Out and Read is a wonderful model that can be blueprinted into any clinical practice,” says Bergen Nelson, pediatrician at Children’s Hospital of Richmond at VCU and the Medical Director for Reach Out and Read in Virginia. “As a pediatrician, I know how critical early reading is to early brain development, social-emotional development and building resilience. Research affirms that parents who spend time reading to their children on a regular basis strengthen parent-child bonds that last a lifetime. Everyday moments created together around a book have the potential to build resilience in both children and adults, buffer stress, and support safe, stable and nurturing relationships that allow children to thrive.”

Questions? Interested in getting involved? Give us a call at 804-521-1140. Or visit <https://reachoutandread.org/affiliate/virginia/>

## 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.

The VAFP Foundation would like to thank the following individuals for their support this year and thank you also to those who used AmazonSmile to donate.

KIMBERLY COMBS, MD  
EDWARD FRIEDLER, MD  
ROGER HOFFORD, MD  
SOUHA KHAWAM, MD  
DAN McCARTER, MD  
VALERIE MUTCHLER-FORNILL, MD  
JEFF ROBERTS, MD  
MARK WATTS, MD



# ADVOCATE FOR FAMILY MEDICINE RECEIVES AWARD

Thanks to all VAFP members that completed the COVID-19 surveys each week and now monthly. The positive press it created for primary care was nationwide and continued to bring to light the struggles COVID placed on you and your patients. The below excerpt is from an award that was given to VCU's Associate Professor of Family Medicine Rebecca Etz, PhD.

## VCU'S ASSOCIATE PROFESSOR OF FAMILY MEDICINE REBECCA ETZ, PHD RECEIVES BARBARA STARFIELD PRIMARY CARE LEADERSHIP AWARD

The Primary Care Collaborative (PCC) awarded the Barbara Starfield Primary Care Leadership Award to Rebecca S. Etz, PhD, Associate Professor of Family Medicine and Population Health at Virginia Commonwealth University and Co-Director of the Larry A. Green Center.

The PCC established the Barbara Starfield Award in 2012 to honor Dr. Starfield, recognizing her enduring commitment to the philosophy that all individuals should receive comprehensive, coordinated, and person-focused care. The award is presented to an individual who demonstrates exceptional work toward advancing the goals of primary care and, in particular, a strong commitment to person-focused care. Barbara Starfield, MD, MPH, was a Distinguished Professor at the Johns Hopkins Bloomberg School of Public Health, the founding Director of the Johns Hopkins Primary Care Policy Center, and the Co-Founder of the International Society for Equity in Health. She died in June 2011.

Rebecca S. Etz, PhD, is a cultural anthropologist, Associate Professor of Family Medicine and Population Health at Virginia Commonwealth University, and Co-Director of the Larry A. Green Center for the Advancement of Primary Health Care for the Public Good, based in Richmond, Virginia. She has spent the last number of years working with practices and policy makers on primary care-related measurement, professionalism, and vision.

Dr. Etz has been the Principal Investigator of several federal and foundation grants, contracts and pilots, all directed toward making the pursuit of health a humane experience. Recent research activities have included studies in primary care measures, behavioral health, simulation modeling, care team models, and adaptive use of health technologies.

In 2020, Dr. Etz has led the



fielding of the COVID-19 Primary Care Survey regarding the response to and impact of COVID-19 on U.S. primary care practices. The regular survey has been recognized as an authoritative source of information on clinicians and practices during the pandemic and has been cited in

more than 100 mainstream and trade media outlets.

**Congratulations Dr. Etz and thank you for being an advocate for primary care!**



## Practice Opportunity for Full-Time Provider

- Outpatient Practice Opportunity Available
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- Onsite Lab
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cbrown@vaphysicians.com

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# 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.

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## JOIN THE VAFP IN EARLY 2021 FOR TWO WEBINARS ON UPDATES IN FAMILY MEDICINE CODING PRACTICES!

VAFP Past President, former CPT Panel Advisor and current member of the CPT Assistant Editorial Board, David A. Ellington, MD, will facilitate webinars on the latest CPT coding changes and updates. Dr. Ellington will present the information and then be available for questions and answers.

**Tuesday, January 12, 2021**

**7:00 p.m. – 8:00 p.m.**

### **Evaluation and Management Office Visit 2021 Primer**

- Review the CPT Editorial Panel Workgroup's process for revising the E/M codes including the goal for reduced administrative burden
- Provide summary of the Major E/M Revisions for 2021 in the Office or in Other Outpatient Services
- Learn how to code using the new guidance for new and existing patients including 1) how to best select a level of service and 2) modifications to the criteria for medical decision making, 3) time, and 4) prolonged services

**Wednesday, February 10, 2021**

**12:00 noon – 1:00 p.m.**

### **COVID-19 CPT Coding and Guidance for Immunizations and PPE**

- Discuss the New CPT codes that have been created to streamline the reporting of COVID immunizations
- Review a summary of the SARS-CoV-2 related CPT codes that have been approved and published for the 2021 CPT code set
- Discuss how/when to use the new CPT code to report the additional supplies, materials, and clinical staff time over and above the practice expense(s) included in an office visit or other non-facility service(s) when the office visit or other non-facility service(s) are rendered during a Public Health Emergency (PHE)

*CME Approval: Evaluation and Management Office Visit 2021 Primer is approved for 1 live AAFP Prescribed Credit of CME. COVID-19 CPT Coding and Guidance for Immunizations and PPE is approved for 1 live AAFP Prescribed credit of CME.*

Register at this link -

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