



**VIRGINIA ACADEMY
OF
FAMILY PHYSICIANS**

**2023
ANNUAL
REPORT**

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2023 ANNUAL BUSINESS MEETING AGENDA

- I. Call to Order—Dave Gregory, MD, FAFAP VAFP President
- II. Welcome and Introductions
- III. President’s Remarks
- VI. Election of 2023-24 VAFP Officers and Directors
- VI. Incoming President’s Remarks
- VII. Confirmation of AAFP Fellows
- VIII. Legislative Report—Hunter Jamerson, JD, MBA, VAFP General Counsel & Legislative Consultant
- IX. Adjournment

VIRGINIA ACADEMY OF FAMILY PHYSICIANS VAFP VISION STATEMENT

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

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 wellbeing of the people of Virginia, and are guided by the principle that the family physician remains the specialist of choice to guide lifelong health care.

2022-2023 OFFICERS, DIRECTORS, EX OFFICIO MEMBERS & CHAIRS

PRESIDENT

David S. Gregory, MD, FAAFP, Roanoke

PRESIDENT ELECT

Denée J. Moore, MD, FAAFP, Dinwiddie

FIRST VICE PRESIDENT

Timothy J. Yu, MD, FAAFP, Clifton

SECOND VICE PRESIDENT

Timothy J. Yu, MD, FAAFP, Clifton

IMMEDIATE PAST PRESIDENT

Neeta Goel, MD, Ashburn

TREASURER

Charles O. Frazier, MD, FAAFP, Williamsburg

SECRETARY

Robin N. Anderson, MD, FAAFP, Virginia Beach

EXECUTIVE VICE PRESIDENT

Mary Lindsay White, MHA, Richmond

2023 DIRECTORS

Alison Huffstetler, MD, Alexandria

Macy L. Rupprecht, DO, Chincoteague

Emily E. Young, DO, MA, MPH, Charlottesville

2024 DIRECTORS

Jonathan W. Biggers, DO, Aylett

Julia A. Bruce, MD, Clifton

Joseph Fields-Johnson, DO, Richmond

2025 DIRECTORS

Yasir Abdul-Rahman, DO, Woodbridge

Amanda L. Russell, MD, Carson

Verneeta L. Williams, MD, FAAFP, Williamsburg

RESIDENT DIRECTORS

Mohsin Ali, MD, St. Francis

Katelyn Carpenter, MD, Shenandoah

Ashleigh Powell, DO, St. Francis

STUDENT DIRECTORS

Erika M. Coleman, VTC School of Medicine

Sarah Edwards, VCU School of Medicine

AAFP Delegates

Jesus L. Lizarzaburu, MD, FAFP, Yorktown

Kent E. Willyard, MD, FAAFP, Newport News

AAFP ALTERNATE DELEGATES

Delmas J. Bolin, MD, PhD, FAAFP, Roanoke

Emmeline C. Gasink, MD, FAAFP Newport News

EX OFFICIO MEMBERS

Brian A. Dickens, DO, FAAFP, Blacksburg

Alison E. Dobbie, MD, MRCGP, Norfolk

Michael P. Jeremiah, MD, FAAFP, Roanoke

Li Li, MD, PhD, MPH, Charlottesville

Raena M. Pettitt, DO, Lynchburg

Scott M. Strayer, MD, MPH, FAAFP, Richmond

CME/PROFESSIONAL DEVELOPMENT

Mitchell B. Miller, MD, FAAFP, Virginia Beach

EXECUTIVE

David S. Gregory, MD, FAAFP, Roanoke

FINANCE

Charles O. Frazier, MD, FAAFP, Williamsburg

NOMINATING

Denée J. Moore, MD, FAAFP, Dinwiddie

LEGISLATIVE

Jesus L. Lizarzaburu, MD, FAAFP, Yorktown

RESIDENT, STUDENT & FACULTY

Daniel F. McCarter, MD, FAAFP, Richmond

Denee J. Moore, MD, FAAFP, Dinwiddie

WELL-BEING

Mark Greenawald, MD, FAAFP, Roanoke &

Neeta Goel, MD, Ashburn

FAMDOCPAC

Sean W. Reed, MD, Charlottesville

2023-2024 NOMINEES FOR OFFICERS, DIRECTORS AND AAFP REPRESENTATIVES

PRESIDENT

Denée J. Moore, MD, FAAFP, Dinwiddie

PRESIDENT ELECT

Timothy J. Yu, MD, FAAFP, Clifton

FIRST VICE PRESIDENT

Robin N. Anderson, MD, Virginia Beach

SECRETARY

Alison Huffstetler, MD, Alexandria

2026 DIRECTORS

Linwood Joyner, MD – Portsmouth

Robert Newman, MD – Virginia Beach

Matthew Paine, MD – Moseley

AAFP DELEGATES

Jesus L. Lizarzaburu, MD, FAFP, Yorktown

Emmeline C. Gasink, MD, FAAFP Newport News

AAFP ALTERNATE DELEGATES

Delmas J. Bolin, MD, PhD, FAAFP, Roanoke

Neeta Goel, MD, Ashburn

INCOMING PRESIDENT'S MESSAGE

DENÉE J. MOORE, MD, FAAFP, DINWIDDIE



Dear Colleagues,

As the 77th President of the Virginia Academy of Family Physicians, it is my privilege to welcome you to Virginia Beach for this year's Annual Meeting. Thanks to our wonderful Academy staff and the Continuing Medical Education (CME) Committee led by Mitch Miller, MD, this weekend at the beach offers high quality CME and opportunities to network with family physicians from across the state. I hope the knowledge you gain from the meeting's renowned speakers and your colleagues will help you provide the best medical care to your patients and efficiently manage your practice. This year marks the 75th anniversary of the Academy, and this meeting celebrates the Academy's accomplishments in advancing the specialty of Family Medicine in Virginia.

I believe that Family Medicine is the most rewarding specialty in the medical profession. My experiences growing up, working, and volunteering in communities that are medically underserved exposed me to the devastating health consequences associated with reduced access to medical care and the importance of health promotion and disease prevention. Family Medicine is the specialty that is on the front lines providing continuing comprehensive health care for all members of the family across the lifespan and within their communities. Also, Family Medicine acknowledges the intersection of the biological, clinical, and behavioral sciences in health care, understands how they contribute to disease, and works with other health care team members and community partners to address these influences on health. The specialty of Family Medicine felt like a natural "fit" for me, and I am grateful for the career opportunities the specialty has afforded me so far. Upon finishing residency, I served as the founding physician and clinical lead at a Federally Qualified Health Center (FQHC) in Charlottesville for four years. After establishing the practice, guiding it to achieve the National Committee for Quality Assurance Patient-Centered Medical Home (PCMH) designation, and serving as a preceptor for medical student and resident clinical rotations, my desire to become more involved with teaching and research led me to Virginia Commonwealth University (VCU) School of Medicine where I currently serve as an assistant professor in the Department of Family Medicine and Population Health, director of the M3 Family Medicine clerkship and M4 Family Medicine Acting Internship, and attending physician at the VCU Health Hayes E. Willis Health Center. My membership in the VAFP has been pivotal to my development as a person, a clinician educator, and an advocate for patients, colleagues, learners, and the specialty. As a medical student member of the Academy, I met many smart, talented, and dedicated family physicians who shared their passion for their work with me and Academy leaders who encouraged me to become involved in the VAFP by serving on the Resident, Student, and Faculty committee. Committee service eventually led to my service on the VAFP Board as a Resident Director for three years and a Director, Committee Co-chair, and Officer over the past five years. I am humbled to now serve as President of the Academy.

The specialty of Family Medicine has faced several challenges over the years including increased administrative complexity; reimbursement models that incentivize volume, testing, and procedures; workforce shortages; changes in the scope of the practice of medicine; technological advancements in medicine; and most notably the COVID-19 pandemic which significantly impacted the health, well-being, and finances of patients, physicians, and learners. VAFP members have a diverse range of knowledge, experience, and talent that collectively can lead to solutions that: 1) streamline patient care, 2) reward physicians for improving health outcomes and the patient experience while delivering high quality care, 3) increase the number of physicians entering and maintaining a practice in the specialty of Family Medicine, 4) enhance patient safety, 5) integrate technology to advance care delivery, 6) help patients lead their best lives, and 7) restore joy to the practice of medicine. During my term as President, the Academy will pilot the VAFP Family Medicine Practice Transformation Grant Initiative. This grant will be available to attending and resident physician members to support a project within their practice that enhances the patient experience or supports the delivery of the highest level of care to patients. More details about the grant will be available on the VAFP website soon, and I encourage members to apply. We are fortunate to have VAFP's General Counsel Hunter Jamerson, JD and VAFP Legislative Committee Chair Jesus Lizarzaburu, MD continue to represent the Academy in the Virginia General Assembly. With their expertise and experience, the VAFP is well positioned to advocate for legislation that benefits patients and family physicians. Every legislative session is an opportunity for members to engage with their elected representatives, inform them of the tremendous work we do for our patients and communities, and drive the legislative agenda to enhance patient care and the practice of Family Medicine. I encourage all members to review the VAFP website to learn how to become involved in the Academy's legislative efforts and to volunteer as Family Physician of the Day during the 2024 Virginia General Assembly.

The VAFP supports medical student and resident members throughout their educational journey so they will choose Virginia as the ideal location to practice Family Medicine. With the guidance of Resident, Student, and Faculty committee members and fellow Committee Co-chair Dan McCarter, MD, the VAFP hosted several successful programs over the past year to expose students and residents to the specialty of Family Medicine in Virginia. These programs included the annual Scholarly Symposium; workshops, panels, and social gatherings at the Academy's Winter Meeting; and the re-introduction of the Choose Virginia event where over 45 Virginia medical students and over 25 faculty and residents from nine Family Medicine programs across the Commonwealth gathered to host procedural sessions and a residency fair. The committee will continue to explore opportunities to enhance the VAFP's engagement with medical students and residents. I encourage members to volunteer as a preceptor for medical students and to serve as a mentor to medical students and residents so learners can see the vast career opportunities the specialty offers and how they can tailor their practice to meet their professional goals and the needs of their patients. The VAFP has been working with clerkship directors at Virginia's medical schools to enhance preceptor recruitment for clinical rotations and will continue to support this endeavor. Also, the VAFP will host a Residency Training Summit for Virginia's Family Medicine residency programs during this year's Annual Meeting to support residency training in the state.

I am excited to welcome the new officers and directors to the VAFP Board - Timothy Yu, MD as President-Elect, Robin Anderson, MD as First Vice President, Alison Huffstetler, MD as Secretary, and Linwood Joyner, MD, Robert Newman, MD, and Matthew Paine, MD as Directors. Also, I am pleased to welcome the

returning members of the Board of Directors. Many thanks to Macy Rupprecht, MD and Emily Young, MD for their service as Director the past three years, Kent Willyard, MD for serving a full eight-year term in Virginia's AAFP delegation, outgoing President David Gregory, MD for his remarkable leadership over the past year, and the VAFP's talented and dedicated staff who contribute to the year-after-year success of the Academy - Mary Lindsay White, Matt Schulte, Cheryl Modesto, Kristi Reynolds, and Kristie Duncan. Together, the VAFP officers, directors, committee chairs, advisors, and staff will guide the Academy to represent the interests of all Virginia family physicians.

It is my honor to serve as your President, and thank you for placing your trust in me and the Board to make Virginia the best place for people to receive healthcare and for family physicians to practice medicine.

With gratitude,

Denée J. Moore, MD, FAAFP, DABFM

LEGISLATIVE UPDATE

HUNTER JAMERSON, JD, MBA, GENERAL COUNSEL & LEGISLATIVE CONSULTANT

The Virginia Academy of Family Physicians enjoyed another successful year in its government relations activities on behalf of family physicians. VAFP's successes, and prospective challenges, are laid out below. More legislative action is likely this summer as the Commonwealth's budget remains in limbo. House and Senate negotiations recently broke off and may soon necessitate a special session to resolve the impasse. VAFP remains engaged in the budget conference advocating for appropriate reimbursement for the practice of family medicine.

General Assembly Wrap-Up

The Virginia General Assembly adjourned sine die in March. The most significant highlight this year was VAFP's successful defense of the scope of practice of medicine. A now annual effort by nurse practitioners to eliminate minimum competency standards for autonomous practice was defeated in the House Health, Welfare, and Institutions Committee. This threat grows in risk each year, as now the Youngkin Administration is supportive of the nurse practitioners' position citing health workforce shortages. VAFP remains stalwart in its defense of these important public safety standards.

The Senate budget contains an increase to raise primary care reimbursement codes to 80% of Medicare. While the House budget does not contemplate a reimbursement rate increase, VAFP is advocating that the final budget take the Senate position. This negotiation will play out over the next month.

VAFP succeeded again in preventing malpractice cap reform legislation this year. Likewise, VAFP continued to successfully advocate for implementation of electronic prior authorization systems across payors in Virginia.

Looking Forward to 2024

VAFP anticipates a renewed push in the 2024 General Assembly by mid-level providers seeking independent practice. Nurse practitioners, physician assistants, associate physicians, chiropractors, and pharmacists continue annual efforts to expand their statutory scope of practice. VAFP remains vigilant in resisting any effort to infringe on the scope of practice of medicine. The VAFP Legislative Committee is actively considering proactive legislation to manage some of these scope of practice challenges.

VAFP will also continue its focus on reducing barriers to practice, increasing provider reimbursement, and supporting graduate medical education and physician retention. These initiatives are bolstered by what continues to be a strong fiscal situation in the Commonwealth and may gain some tailwinds through changing Committee chair assignments in the General Assembly.

Impact of November 2023 Elections

VAFP is watching closely for electoral impacts changing the center of power in the Virginia General Assembly. As much as 40% of the 2024 General Assembly are likely to be new faces. Presently, Republicans

hold a 52-48 majority in the House while Democrats hold a 22-18 majority in the Senate. Redistricting has brought new electoral maps to Virginia and, at least on paper, suggests a change of control is possible in either or both chambers. Control of each chamber dictates the committee chair assignments which has an outsized influence on legislative prospects. Also, control of both chambers dictates the power dynamics between the General Assembly and Governor Youngkin as he enters the second half of his administration. The FamDOC PAC will be active, on a bi-partisan basis, in supporting members of the General Assembly who support family medicine.

Thank you to the VAFP Legislative Committee led by Chair Jesus Lizarzaburu, MD and the very active members of the committee for their commitment to weekly meetings during the session each year and their engagement with their respective Senators and Delegates on important issues that impact the daily practice of family medicine in the Commonwealth.

BECOME A VAFP LEGISLATIVE KEY CONTACT

Make Your Legislative Voice for Family Medicine Heard in the Virginia General Assembly

Become a VAFP Key Contact to actively advocate for the specialty of family medicine. A Key Contact is a VAFP member who is interested in legislative issues who has an established working relationship with a state and/or federal lawmaker or is interested in nurturing one. Key contacts are asked to be active on legislative issues, including sending letters/e-mails, and/or testifying before legislative committees. They play an important role in the Academy's legislative and advocacy processes.

The VAFP maintains a list of "Key Contacts" each year to readily reach out to during legislative sessions for their input on issues. It is very important for family physicians to have personal relationships with legislators so the family physician becomes that legislators trusted source of information as it relates to how they vote on health-related bills.

Would you like to be a Key Contact for your legislator on family medicine issues? If yes, please contact Mary Lindsay White (mlwhite@vafp.org) or complete the short interest form via this link www.surveymonkey.com/r/VAKeyContact.

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 Winter Family Medicine Weekend is held over four days in the winter months of January or February annually. The 2023 winter event was back as a full in-person event and was held over the dates of January 26-29 at Wintergreen Resort. It drew over 200 family physicians, residents, medical students, and other health care professionals and 36 exhibiting organizations supported the meeting. New this year, the Academy offered a one-time complimentary registration to all AAFP member recent graduates that were less than 5 years out of residency. Twelve of our new physician members took advantage of this outstanding opportunity.

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 13-16 at the Marriott Oceanfront in Virginia Beach. The meeting will be comprised of two full days and two half days of general CME sessions and workshops worth up to over 20 credits of live AAFP Prescribed CME. Sessions will be in-person at the Marriott.

During the Annual Meeting in July, the Academy will also be celebrating its 75th anniversary with a chapter inception date of May 25, 1948.

The VAFP sponsored five group learning sessions to assist VAFP members with the completion of their ABFM Family Medicine Certification Process requirements. These sessions drew maximum attendance and continue to be evaluated very highly. Knowledge Self-Assessment (KSA) programs are now always being offered in a hybrid model. The facilitation of the KSA's in a hybrid model has truly been a great member benefit as it allows members to feel as though they are in person without having to travel if they so choose.

Continued in 2023, 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 and the newly instituted MATE act which are federal 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 Drug Enforcement Administration (DEA) and the Substance Abuse and Mental Health Services Administration (SAMHSA) released materials in March 2023 related to the new Medication Access and Training Expansion (MATE) Act. The Act requires new or renewing DEA licensees, as of June 27, 2023, to have completed a total of at least eight hours of training on opioid or other substance use disorders and the appropriate treatment of pain.

The Academy also provided members CME opportunities via multiple webinar offerings in the 2022-23 year including COVID-19 Vaccine Recommendations Update, NovaVax and Bivalent COVID-19 Booster Vaccine Update and Monkeypox Overview in partnership with the Department of Health. All were very well received and attended by over 75 VAFP members.

The Academy expresses its deep appreciation to the Chair of the Continuing Medical Education Committee, Mitchell B. Miller, MD, FAAFP, and his committee members Joe Fields-Johnson, DO, Alison Huffstetler, MD, Tamara Spriggs, MD, MPH, Emily Young, DO, MA, MPH, and Tim Yu, MD, FAAFP for their outstanding work in creating superb CME for VAFP members and to Kurtis S. Elward, MD, MPH, FAAFP, Mark

H. Greenawald, MD, FAAFP, Tarin Schmidt-Dalton, MD, FAAFP and Mary Beth Sweet, MD, for their exceptional work as Family Medicine Certification session presenters.

MEMBERSHIP

As of May 2023, total VAFP membership stood at 3,111 with Active membership totaling 1,836, resident membership at 376 and student membership at 516. Four additional categories including Life membership totaled 383. The membership numbers are slightly decreased from 2022 but not significantly and an area that VAFP staff is focused on for the remainder of the 2023 membership year.

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. If you are interested in receiving, please e-mail cmodesto@vafp.org.

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. See page 14 for additional information on this great membership benefit.

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; 1-800-THE-VAFP or the website <https://vafp.org>.

AWARDS

Congratulations to the recipient of this year's VAFP Award.

The 2023 Award will be presented during the Installation of Officers and Directors & Academy Awards Dinner on Friday, July 14, 2023. Congratulations to Dr. Lustig!!

James P. Charlton, MD Teacher of the Year Award



*Michael R. Lustig, MD
Riverside Brentwood Medical Center
Newport News, VA*

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 vafp.careerwebsite.com. 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.

RESIDENTS & STUDENTS

The Virginia Academy of Family Physicians Board of Directors has two elected resident representatives and two elected medical student representatives 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 July.

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.

The VAFP provides complimentary housing for students and residents to attend the VAFP Winter Family Medicine Weekend held annually at Wintergreen Resort. At the 2023 VAFP Winter Family Medicine Weekend, 11 Family Medicine Residents and 59 medical students were in attendance. Continued from previous years, 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 pizza dinner with families and networking opportunities.

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.

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

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 scholarship in 2017.

Again, in the fall of 2022, the VAFP hosted a Scholarly Symposium for residents, medical students, and fellows. 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. Seven residents and eleven students presented research during the virtual event. Concluding the event was the Keynote Address titled *Practice-Based Implementation and De-Implementation to Promote High Value Primary Care* presented by Michelle Rockwell PhD, RD, Assistant Professor Family & Community Medicine, Virginia Tech Carilion School of Medicine. The symposium 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. The event for 2023 is slated for Saturday, November 4th virtually from 10:00 a.m. – 11:30 p.m.

On May 20th the VAFP hosted Choose Virginia 2023 at the Delta Hotels by Marriott Richmond Downtown. This event was first held back in 2009 in partnership with the Virginia Workforce Development Authority and the Virginia Department of Health. In the fall of 2022, VAFP was contacted by some of the Commonwealth's Family Medicine Residency Program Directors to again sponsor and host a Choose Virginia event. Over 45 medical students and over 25 faculty and family medicine residents from nine programs across the Commonwealth were in attendance.

The format for the event included a Welcome session where VAFP President Dave Gregory, MD along with VAFP Resident, Student and Faculty Committee Co-Chairs Denee Moore, MD and Dan McCarter, MD welcomed the group and discussed with the audience their personal family medicine journey.

The welcome was followed by a residency fair that provided an opportunity for the medical students to learn more about what the family medicine programs in Virginia have to offer them as family medicine residents. The programs in attendance included:

- Dr. S. Hughes Melton Family Medicine Residency Program
- LewisGale Medical Center Family Medicine Residency Program
- Lynchburg Family Medicine Residency Program
- Mary Washington Hospital Family Medicine Residency Program
- Shenandoah Valley Family Practice Residency Program
- St. Francis Family Medicine Residency Program and Blackstone Rural Track Family Medicine Residency Program
- University of Virginia Family Medicine Residency Program
- VCU Health - Community Memorial Hospital Family Medicine Residency Program
- Virginia Tech Carilion Family Medicine Residency Program

Mid-morning and following lunch, students had the opportunity to participate in procedural sessions facilitated by the residency program faculty and residents. The following hands-on procedural workshops were offered.

- Ultrasound Peripheral Vascular Access
- Shoulder and Knee Injections
- Dermoscopy and Skin Biopsy Techniques
- Casting
- Shave/Punch/Excisional Biopsies
- Point of Care Ultrasound
- OMT for Pregnancy
- IUD Placement and Endometrial Biopsies
- Diabetes Nuts and Bolts of Insulin Delivery

In addition to the tremendous support of the residency programs in attendance, a big thank you also goes out to the following supporters of the event. VAFP Members who donated to the VAFP Foundation in support of the Choose Virginia event were Denee Moore, MD, Jesus Lizarzaburu, MD, Amanda Russell, MD, Michelle Kingsbury, MD, Dan McCarter, MD and Mark Watts, MD. Other sponsors included the Family Medicine

Chapter Alliance (FMCA), a collaborative program of the AAFP Foundation; Capital Area Health Education Center Financial Incentive Programs & AHEC Scholars Program and ChenMed.

FINANCES

The Virginia Academy of Family Physicians continues its tradition of operating under sound financial leadership. 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 and Statement of Cash.

Currently, the VAFP's dues are among the lowest in the country as compared to other AAFP Chapters with an active membership of similar size. In the last 30 plus years, the Academy has only had four dues increases.

Net income for fiscal year 2022 was \$12,040, just slightly over the budgeted projection. The VAFP ended fiscal year 2022 with Net Assets of just over \$2,188,000.

Finances—Statement of Financial Position & Activities FOR THE YEAR ENDING DECEMBER 31, 2022

SUPPORT AND REVENUE

Membership dues	\$ 570,076
Annual Meeting	\$ 138,955
CME seminars	\$ 123,184
Career Center	\$ 3,777
Interest income	<u>\$ 25,129</u>
Total support and revenue	\$ 861,121

EXPENSES

Program	
Education	\$ 488,144
Advocacy	\$ 198,630
Supporting services	
General and administrative	<u>\$ 162,307</u>
Total expenses	\$ 849,081

Unrestricted Net Assets, beginning of year	\$2,176,843
Increase in unrestricted net assets	\$ 12,040
Unrestricted Net Assets, end of year	\$2,188,883

WELLBEING COMMITTEE REPORT

The VAFP Well-being Committee, co-chaired by VAFP Past Presidents Mark Greenawald, MD and Neeta Goel, MD met via zoom over the course of the last year specifically addressing issues that were derived from the all-member survey that was distributed in the spring of 2023.

The results of the survey are noted below.

Overview of Responders

98% of the respondents are active practicing physician's vs residents/students.

29% of the respondents are physicians from independently owned practices.

39% of the respondents are physicians that have been in practice > 30 years.

72% of the respondents practice full-time.

Professional Barriers (3 highest weighted averages)

1. EMR charting – 4.09

2. EMR inbox – 3.92

3. Staff Shortages – 3.49

Personal Barriers (3 highest weighted averages)

1. Feeling the need to “do it all” – 3.48

2. Work/Life balance – 3.42

3. Ability/time to Exercise – 3.05

In response, the committee made suggestions to the VAFP CME Committee to include in its offerings during the annual meeting, member sessions to combat the number one issue that the survey exposed, the electronic health record (EHR).

Included in the CME programming at the 2023 Annual Meeting are two sessions facilitated by VAFP members Charlie Frazier, MD, Tim Yu, MD and Gordon Theisz, MD titled, “EMR Best Practices: How to Manage your Inbox and Alerts” and “EMR Best Practices: Documentation Guidelines”.

PAST PRESIDENTS OF THE VAFP

- *William L. Powell, MD, Roanoke 1947-48
- *James L. Hamner, MD, Mannboro 1948-49
- *James D. Hagood, MD, Clover 1949-50
- *Ira L. Hancock, MD, Virginia Beach 1950-51
- *John O. Boyd, Jr., MD, Roanoke 1951-52
- *Edward S. Haddock, MD, Richmond 1952-53
- *Brewster A. Hopkins, MD, Stuart 1953-54
- *Richard M. Reynolds, MD, Norfolk 1954-55
- *Rufus Brittain, MD, Tazewell 1955-56
- *Frank E. Tappan, MD, Berryville 1956-57
- *Malcolm H. Harris, MD, West Point 1957-58
- *W. Linwood Ball, MD, Richmond 1958-59
- *Fletcher J. Wright, Jr., MD, Petersburg 1959-60
- *Boyd H. Payne, MD, Staunton 1960-61
- *William J. Hagood, MD, Clover 1961-62
- *Harry M. Frieden, MD, Norfolk 1962-63
- *Frank D. Daniel, MD, Lynchburg 1963-64
- *Thomas L. Lucas, MD, Charleston, SC 1964-65
- *Russell G. McAllister, MD, Richmond 1965-66
- *Robert L. Cassidy, MD, Culpeper 1966-67
- *J. Powell Anderson, MD, Waynesboro 1967-68
- *Howard I. Kruger, MD, Norfolk 1968-69
- *A. Epes Harris, MD, Blackstone 1969-70
- *Clarence W. Taylor, Jr., MD, Shawsville 1970-71
- *Thomas H. Jennings, MD, Bedford 1971-72
- *Alan Mackintosh, MD, Bristow 1972-73
- *T. Winston Gouldin, MD, Norfolk 1973-74
- *William B. Waddell, MD, Bald Head Island 1974-75

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*Emerson D. Baugh, Jr., MD, Kenbridge 1978-79

*Gene E. Clapsaddle, MD, Moneta 1979-80

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*G. Stanley Mitchell, Jr., MD, Newport News 1984-85

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Mitchell B. Miller, MD, Virginia Beach 1997-98

Larry G. Mitchell, MD, Richlands 1998-99

David A. Ellington, MD, Lexington 1999-00

J. Douglas Smith, MD, Harrisonburg 2000-01

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Lindsey D. Vaughn, MD, Suffolk 2016-17

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Delmas J. Bolin, MD, PhD, FACSM, Roanoke 2018-2019

Emmeline C. Gasink, MD, Newport News 2019-2020

Jerome A. Provenzano, MD, Newport News 2020-2021

Neeta Goel, MD, Ashburn 2021-2022

* Deceased