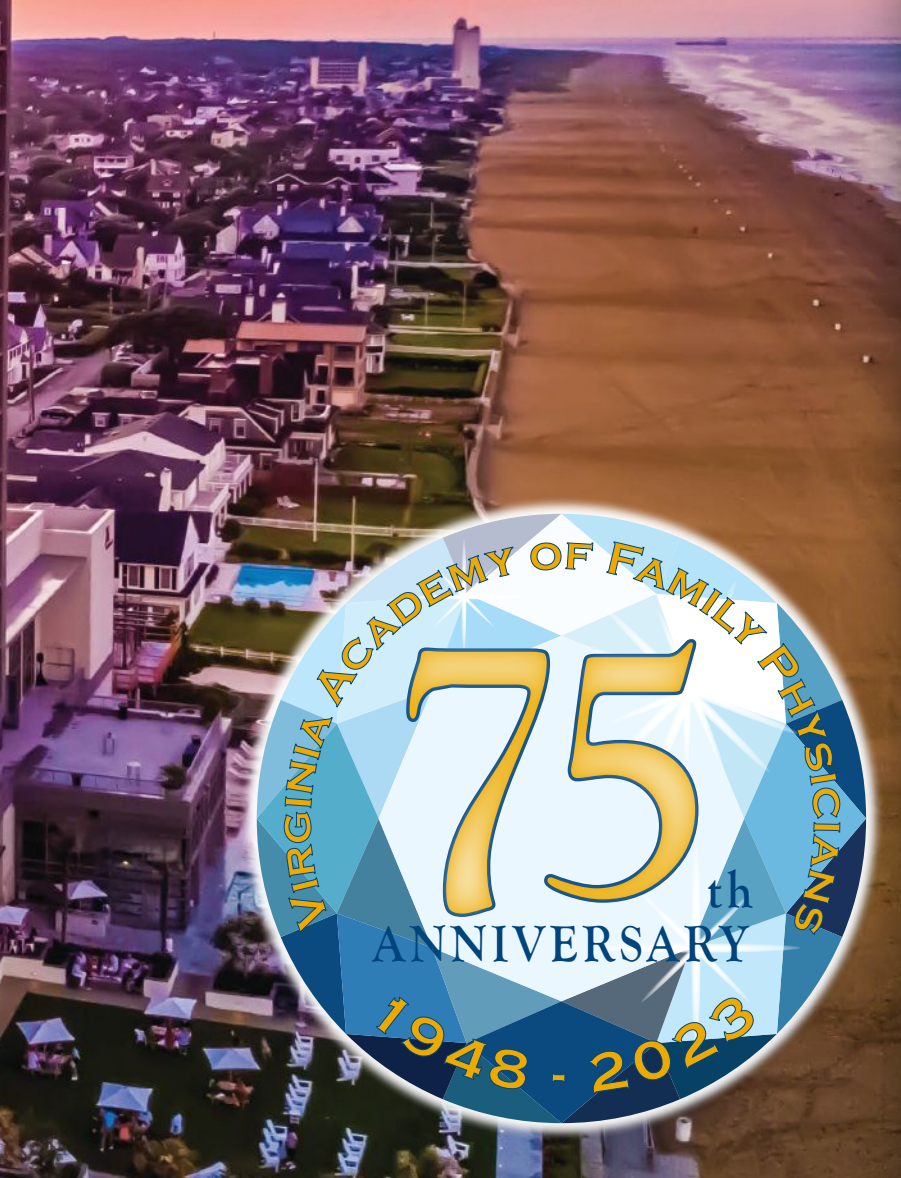


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## VAFP MISSION STATEMENT

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 people 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 people to receive their health care and for family physicians to practice medicine.

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David S. Gregory, MD, FAAFP



Two major things to share: “Choose Virginia” is back, and our Virginia delegations visit to Washington.

With joy and hope, the “Choose Virginia” event was held again on May 20<sup>th</sup> in Richmond for the first time in years, with energetic and broad attendance. We had over forty-five students from all Virginia medical schools, with over twenty-five residents and faculty, representing nine of our Virginia Family Medicine Programs. Being the first year back doing so, we learned key lessons for next year to be even more of a success, but the benefit of the investment in this recruitment effort for our specialty and for Virginia’s future primary care was obvious. Thank you to all who came and contributed. Well done!

On a more mixed and pensive note, this year has not been one of my easiest. Sure, there have been challenges in my leadership role, but I am talking about the unexpected challenges of my year - those that I have had no cause in, no influence over, but still had to deal with the outcome. Without going too into detail, a big part of these challenges has been that my mother, mother-in-law, most significant career mentor’s wife and even my family’s dog, have all passed away these past few months. These losses remind me of the process of true personal grieving, and as I was recently able to be at the Capital in late May for the AAFP “Family Medicine Advocacy Summit,” I reflected upon how this grieving process is remarkably like how many deal

with challenges to our specialty.

Name the challenge of a “new reality,” a minor one or a big one in our specialty – an example being using EMR’s in our clinics - each of us has:

- Denied it - initially accommodate or adjust to that challenge and find work arounds. We continue to function for a period, surviving moment to moment, avoiding change to the new reality. We “kick the can down the road” until we have the bandwidth to deal with the emotions of the new situation.
- Gotten angry - As we begin to deal with that challenge, denial gives way to dismay, disappointment and anger to the unbelievable state of the new inalterable reality.
- Bargained for a different reality
  - For those with the sense of control that we could find a different new reality, we begin offering solutions, frequently unachievable, unrealistic, or magical, in hopes that the new reality will just go away.
- Flirted with depression - As those solutions show to be ineffective, we confirm our feeling of powerlessness to alter the new reality, depersonalizing the issue, lose hope, burnout or begin to have depressed feelings.
- Eventually accept the new reality - realizing the change is inalterable and we have to move on.

Advocacy is a way of proactively fortifying ourselves against the risks of change, having influence over these risks, reducing the regret that comes when

change may not go our way and building realistic (not magical or unrealistic) options before the loss occurs. In this way, advocacy is like being a very pragmatic physician trying to help a patient with an incurable medical problem, meeting frequently to build a trusting relationship, using the relationship to develop shared models for change, understanding what is realistically able to be achieved and having no regret that through the advocacy, we did our best to create a realistic new reality.

In Washington, this year, the major themes we advocated for included:

- Reduced administrative burden by requiring standardized and transparent prior authorization requirements for Medicare Advantage and commercial insurances.
- Increased financial support of primary care, by closing the gap between mandated increases in reimbursement for hospital, nursing home and outpatient surgical services over time versus reimbursements for outpatient primary care that have remained flat for 20 years.
- Supporting sustained funding for a newer funding stream for Family Medicine residency training that is less hospital-centric, and more outpatient and community linked – called Teaching Health Center Graduate Medical Education

*Continued on page 6*

### Stay up to date on HIV prevention with the Centers for Disease Control and Prevention's (CDC's) updated *PrEP Toolkit*.

PrEP (pre-exposure prophylaxis) is a powerful tool for preventing acquisition of HIV. When taken as prescribed, PrEP reduces the risk of getting HIV from sex by about 99% and from injection drug use by at least 74%.

CDC's updated *PrEP Toolkit* contains essential resources for you, your patients, and your practice, including:

- Easy-to-use Clinicians' Quick Guides with answers to your frequently asked questions about PrEP.
- Practical strategies for discussing sexual health—including HIV prevention—with your patients.
- Updated brochures for your patients to help them learn more about the power of PrEP.



To order your copy of CDC's updated *PrEP Toolkit*, visit: [cdc.gov/PrescribeHIVPrevention](https://cdc.gov/PrescribeHIVPrevention).



Continued from page 4

(THC-GME) – shown to double retention of residency graduates from residency programs into the communities in which they train. Sustained funding allows programs to grow in a realistic manner without risk of funding loss

that has caused most states, like Virginia, to not seek this concept without assurances of success.

- A study of whether present hospital centered residency funding - \$16 billion of annual federal spending – is meeting the healthcare needs of the country. There has been no audit on this spending in over

50 years of this spending, and although primary care accounts for over 50 percent of the health care, Family Medicine has historically received less than 5% of this funding.

Each of these asks were bipartisan, win-win, and either budget neutral or low budget. Virginia’s delegation was among the largest, meeting with the staff of both of our Senators and US representatives of all delegation members. We went together (not alone) without denial of our reality (instead sharing real life stories), having impassioned (not angry) hearts, offering realistic and achievable (not magical) options, with a sense of hope (not depression), and accepting the viewpoints of those we spoke, as well as the outcomes that may occur, but without regret because we shared our voice.

I encourage each of you to fortify yourself against the grief of loss related to our specialty. Advocacy is that vehicle and your voice is very influential. Contact your State Delegate and Senator to offer your experience and perspectives. Develop a relationship over time with them and other representatives near by to be the voice of reason that our specialty has historically been. We cannot afford our voice to be small, distracting or overlooked. Get involved through our own “FP of the Day” program, VAFP Advocacy Day, Speak Out and Key Contact initiatives. You do not have to grieve change but can influence it.

You do not have to be alone with all the challenges in our specialty, and we can be together soon.

With pride and hope, I look forward to seeing you soon at our Annual Meeting in Virginia Beach this July.

Dave Gregory

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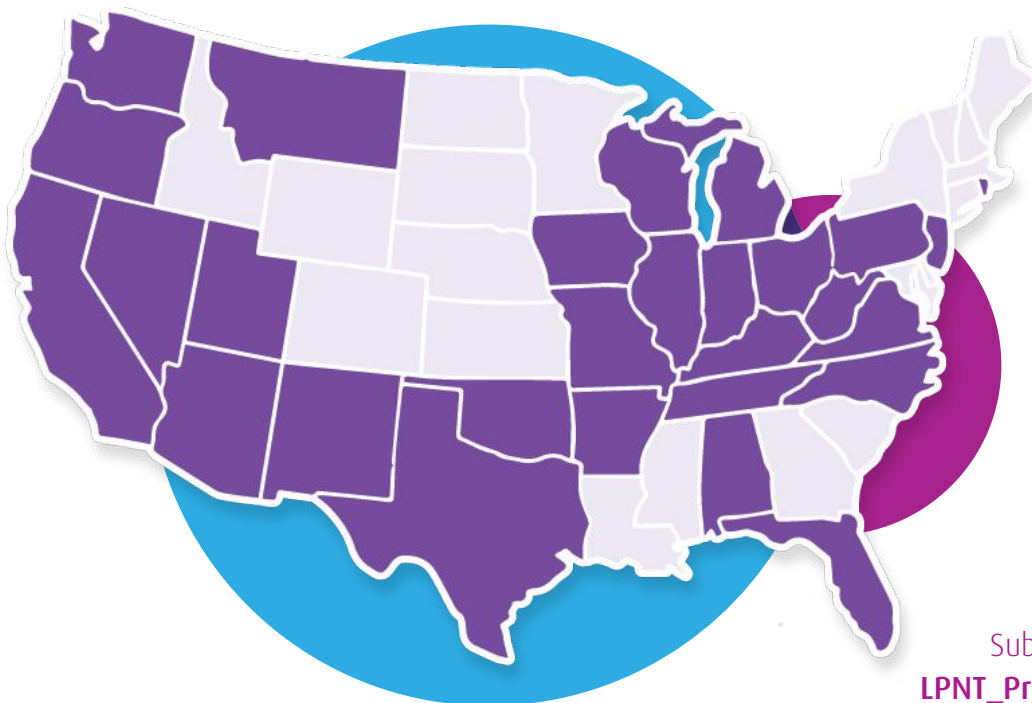
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# VAFP LEADERS ATTEND THE AAFP'S ANNUAL CHAPTER LEADERSHIP FORUM AND NATIONAL CONFERENCE OF CONSTITUENCY LEADERS

Over 400 family physicians met in Kansas City May 8-11 for the AAFP's Annual Chapter Leadership Forum (ACLF) and the National Conference of Constituency Leaders (NCCL). Members from across the Commonwealth represented the VAFP at ACLF and NCCL.

VAFP President David Gregory, MD, FAAFP, VAFP President-Elect Denee Moore, MD, FAAFP, VAFP First Vice President Tim Yu, MD, FAAFP, and VAFP Secretary Robin Anderson, MD, FAAFP attended ACLF. ACLF is the AAFP's leadership development program for chapter-elected leaders, aspiring chapter leaders, and chapter staff. Among other roles, ACLF functions as an orientation for emerging leaders who serve on chapter boards, as well as professional development for new and seasoned chapter staff. Drawing hundreds of chapter leaders each year, ACLF features targeted breakout sessions on chapter governance, advocacy, communication and much more.

VAFP members Macy Rupprecht, DO (Woman), Nader Silver, MD (LGBTQ+), Linwood Joyner, MD (Minority), Kara Foster-Weiss, MD (IMG), and Tabatha Davis, MD (New Physician) attended NCCL to represent the VAFP. NCCL is the AAFP's leadership and policy development event for underrepresented constituencies. NCCL serves as a platform for different perspectives and concerns of AAFP members to help bring about change. The five constituencies with representation include: Women, Minorities, New Physicians (in the first seven years of practice following residency), International Medical Graduates (IMG), from schools outside the U.S., Canada, and Puerto Rico and Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ+) physicians or physician allies. At NCCL, physicians develop skills to advocate for issues that are relevant to specific constituencies, practices, the specialty, and patients.



VAFP Leaders - Front row left to right VAFP Past President and AAFP Board Chair Sterling Ransone, MD, FAAFP, VAFP First Vice-President Timothy J. Yu, MD, FAAFP, VAFP Secretary Robin Anderson, MD, FAAFP, VAFP Member Kara Foster-Weiss, MD, VAFP Director Macy Rupprecht, DO, and VAFP Member Nader Silver, MD. Back row: President-Elect Denee Moore, MD, FAAFP, VAFP Member Linwood Joyner, MD, VAFP Member Tabatha Davis, MD, VAFP President Dave Gregory, MD and VAFP Executive Vice President Mary Lindsay White.



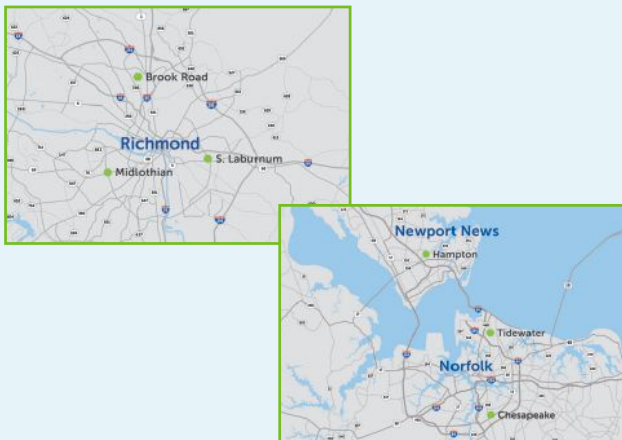
Pictured are delegates to NCCL discussing the resolutions submitted for consideration.

*Continued on page 10*





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LSmith259@humana.com  
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Continued from page 8

On May 8<sup>th</sup>, the attendees of NCCL and ACLF were invited to attend the Gender and Negotiation dinner and workshop. On May 9<sup>th</sup>, an opening session with AAFP's senior leadership provided updates on the Academy and addressed current issues of critical importance.

Following the opening session, the ACLF delegation attended sessions focused on Board Leadership, Member Engagement, Implicit Bias, Communications, Education and much more. The NCCL constituency delegates attended their opening plenary titled, "Joy as Revolution: On



VAFP Past President and AAFP Board Chair Sterling Ransone, MD, FFAFP speaks to the attendees.



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Leadership, Intersectionality and the Profound Freeing Altruism of Choosing Oneself and then divided out into working groups and drafted resolutions to forward to the reference committees including advocacy, education, health of the public and science, organization and finance, and practice enhancement.

Delegates to NCCL worked through the business of the meeting discussing resolutions that were presented to the reference committees focused on a wide variety of topics including administrative burden (credentialing, prior auth, coordination of care), DEI issues, transgender care, social determinants of health, workforce and pathway issues, payment reform and much more.

The 2024 NCCL is scheduled for April 18-20, 2024, in Kansas City, MO. If you have an interest in attending, please e-mail [mlwhite@vafp.org](mailto:mlwhite@vafp.org) so the VAFP can include your name for consideration.

For more information on AAFP NCCL, please visit <https://www.aafp.org/events/aclf-nccl/nccl.html>



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- Approved the Consent Agenda items to include reports from the CME Committee, Nominating Committee, Resident, Student & Faculty Committee and Well-being Committee.
- Heard report from VAFP Director Verneeta Williams, MD on the Association of Immunization Managers (AIM) Meeting held in March in Ashville, NC.
- Heard reports from Members Serving on AAFP Commissions: Drs. Neeta Goel & Denee Moore – Health of the Public & Science; Drs. Del Bolin & Dave Gregory - Continuing Professional Development; and Dr. Bobbie Sperry – Federal and State Policy.
- Reviewed and approved the fiscal year 2022 VAFP audit as presented by VAFP Treasurer Charlie, Frazier, MD.
- Heard report from VAFP Legislative Committee Chair Jesus Lizarzaburu, MD and VAFP General Counsel and Legislative Consultant Hunter Jamerson, JD on the 2023 General Assembly wrap-up and budget discussions.
- Heard report from Resident, Student and Faculty Co-Chair Denee Moore, MD on the 2023 Choose VA symposium held May 20<sup>th</sup> in Richmond.
- Reviewed proposal as presented by VAFP President Dave Gregory, MD on the development of a FM Resident and FMIG Medical Student Involvement/ Training in Legislative Committee/ Advocacy.
- Heard updates from Resident Board Members Drs. Ali & Powell (St. Francis) and Dr. Carpenter (Shenandoah).
- Heard updates from Student Board Members Erika Coleman (VTC) & Sarah Edwards (VCU).
- Heard report and reviewed survey results from the Well-being Committee as presented by Co-Chair Neeta Goel, MD.
- Heard report from VAFP Ex Officio member Michael Jeremiah, MD on the DMAS Unwinding Town Hall meeting and the Virginia Telehealth Summit.
- Heard update from VAFP EVP Mary Lindsay White on the VAFP's receipt of a grant from the American Academy of Pediatrics Pediatric Mental Health Care Access targeted at promoting pediatric mental health resources to family physicians.
- Discussed drafting a resolution for submission to the AAFP Congress of Delegates on the prescription auto refill issue.



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# VAFP HOSTS CHOOSE VIRGINIA 2023 IN RICHMOND

On May 20<sup>th</sup> 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 Dene 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
  - Dene Moore, MD
  - Jesus Lizarzaburu, MD
  - Amanda Russell, MD
  - Michelle Kingsbury, MD
  - Dan McCarter, MD
  - Mark Watts, MD
- A grant from the Family Medicine Chapter Alliance (FMCA), a collaborative program of the AAFP Foundation
- Capital Area Health Education Center (Capital AHEC) - Financial Incentive Programs & AHEC Scholars Program
- ChenMed

The VAFP looks forward to future Choose VA events and the continued support of our future family physicians!







## “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. Mark Watts at [earlwatts@hotmail.com](mailto:earlwatts@hotmail.com). The deadline for application letters is June 30, 2023.



## AAFP NATIONAL CONFERENCE FAMILY MEDICINE RESIDENTS & MEDICAL STUDENTS WHERE YOUR FUTURE BEGINS

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Three invigorating days where you'll have the opportunity to meet with hundreds of residency programs, network with your peers, listen to inspiring speakers, and engage in one-of-a-kind experiences!

Scan for more information and to register!



## Recent Family Medicine Graduates

The Virginia Academy of Family Physicians is pleased to offer AAFP Members that are recent graduates of a family medicine residency a complimentary registration fee (\$285 value) to attend the 2023 VAFP Annual Meeting & Exposition scheduled July 13-16, 2023 at Marriott Virginia Beach Oceanfront in Virginia Beach, Virginia. Please note that this includes those that are within 5 years of completion date of their Family Medicine Residency. The complimentary registration is for a one time use.



## 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.



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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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# VIRGINIA DELEGATION MAKES A STRONG SHOWING AT FMAS

Hailey Sparacino, DO  
Centra Lynchburg Family Medicine  
Residency Program  
Lynchburg, VA

On Monday morning, May 22, 2023, over 276 Family Physicians gathered, with 93 of them being residents and students. This was more than double the number of last year's conference, and I am proud to say that the majority of resident members from the Virginia delegation were from the Lynchburg Family Medicine Residency.

After being welcomed by the AAFP's current president, Dr. Tochi Iroku-Malize MD, we were treated to an awe-inspiring speech by Admiral Rachel Levine MD, who serves as the 17<sup>th</sup> Assistant Secretary for Health for the US Department of Health and Human Services. Not only is her resume impressive, but the work she has done for children as a board-certified pediatrician, focusing on the intersection of mental and physical health, as well as all Americans during her appointment is simply stunning.

Admiral Levine was certainly a tough act to follow, however follow it we did, with break out groups. Having done Advocacy 101 last year, I decided to attend "Recruiting Future Advocates" with Drs. David Gregory MD (VAFP President) and Bobbie Sperry MD. Here, we heard from Dr. Rick Madden MD about his efforts to expand advocacy in New Mexico. Kathy Pabst, Executive Director from the Missouri Academy of Family Physicians, also detailed out a syllabus for implementing an advocacy curriculum in residency programs—something that I intend to follow up on.

The rest of the day was spent going over policy, being prepped on the bills we would be asking our elected officials and their aides to consider, as well as helpful tips about lobbying and remaining bipartisan. The most important thing that we, as Family Physicians, can do is tell our stories. We are the ones treating patients on the front lines of medicine. We are the ones that are taught how to deliver safe, effective, cost-conscious care. Our job, as advocates, is to take these narratives and make them public.

Finally, it was time to prep our



VAFP Member Hailey Sparacino, DO, Lynchburg participating during the event's sessions.

delegation. This year, there were 13 members of the VAFP delegation, including 3 residents, most of which had never been to an advocacy conference before! We brainstormed our approach, with Dr. Sterling Ransone MD (board chair of the AAFP) and Dr. David Gregory MD taking the lead.

The next day we were sent off to lobby by yet another inspiring speaker, Dr. Yadira Caraveo MD, a pediatrician who serves as the Congressional Representative for the 8<sup>th</sup> District in Colorado. Armed with our leave-behinds, speaking notes, and a good breakfast, the delegation of Virginia trekked across the Capitol to the House of Representatives offices to meet with the aides for Representatives Ben Cline and Rob Wittman. After those, we walked over to the Senate offices, meeting with the legislative aides of

both Senator Time Kaine and Senator Mark Warner.

Finally, our delegation split into smaller groups for our final meetings. Myself, Dr. Gregory, Dr. Carolyn Seep MD (Danville), and our two residents (Dr. Nick Battaglia DO and Dr. Harry Ratanpal DO) walked back over to the House offices to meet with the legislative aide for Representative Bob Good, the representative for the 5<sup>th</sup> district of Virginia, our home district. While we were finishing our meeting, Rep. Good happened to be walking back to his office. Without prompting, Drs. Battaglia and Ratanpal launched immediately into conversation with him, talking about their respective experiences attending Liberty University College of Osteopathic Medicine, serving the greater Lynchburg Community, and inviting him to visit

the residency the next time he was in Lynchburg- an invitation that we are hoping he accepts.

This year, the biggest takeaway for me was how receptive all our elected Senators and Representatives were to our talking points. Many of them were co-sponsors or already supportive of the measures we were asking congress to take. While the COVID-19 pandemic has dwindled down, the catastrophic ramifications of a global disaster are still being felt. Seeing the large number of Family Physicians, and the incredible amount of Family Medicine Resident Physicians, as well as medical students, coming to DC to advocate for their patients gives me hope. Watching my residents going from background observers to leading conversation with legislative aides, sharing their stories, and gaining confidence, made me incredibly proud. After all, when it comes to legislation, if you're not at the table, you're likely on the menu.



Front row, left to right: VAFP President Dave Gregory, MD, FAAFP, Roanoke, VAFP Members Magna Kowalcykowski, MD, Arlington, Cecily Havert, MD, Arlington, Allison Hastings, MD, Richmond, Carolyn Seepe, MD, Danville. Back row, left to right: VAFP Members Harkaranveer Ratanpal, DO, Lynchburg, Nicholas Battaglia, DO, Lynchburg, Hailey Sparacino, DO, Lynchburg, Bobbie Sperry, MD, FAAFP, Yorktown, VAFP Past President & AAFP Board Chair Sterling Ransone, MD, FAAFP, Detaville, and VAFP Executive Vice President Mary Lindsay White in attendance at the AAFP Family Medicine Advocacy Symposium (FMAS).

*Continued on page 20*

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## REFLECTION BY DR. NICK BATTAGLIA, DO

This week was the AAFP Family Medicine Advocacy Symposium (FMAS). I had the privilege to attend this event and represent the 5<sup>th</sup> district of VA, the state of VA, and resident family physicians throughout our country. This was my first time attending an advocacy event and I was eager to see what I was getting into. The first night included a reception for resident physicians and medical students to meet each other and learn more about what the week would entail. There was also a formal reception hosted by the AAFP for all the attending members. The following day was full of guest speakers, breakout sessions, and strategic planning sessions. It was quite the informative day as a multitude of physicians and legislators gave their perspectives on trying to get support for desired changes. The three main asks/issues the AAFP wanted to bring to Congress this year included reducing the administrative burden on physicians, updating Medicare physician payments to account for inflation, and investing in the primary care workforce. After our planning sessions with the rest of the Virginia delegation, it was back to our rooms for some last-minute studying on important topics and (hopefully) a good night's sleep.

The next day was the big day, going to congress. The day started back at the hotel with a wonderful guest speaker, Dr. Yadira Caraveo MD, a Pediatrician who now represents one of the districts of Colorado in the House. Hearing her story of how she went from treating patients on a local level with medicine, to a state level, and finally a national level through politics was fascinating and inspiring. Then we set off to the House, where we had multiple meetings with representatives for House members from Virginia. After some quick photo ops and sightseeing around Congress, it was inside the Senate buildings for meetings with the legislative aides of the two Virginia senators, Tim Kaine and Mark Warner. It was great to



VAFP Members attending FMAS in front of the Capitol in Washington, DC. Front row, pictured left to right Emmeline Ha, MD, Springfield, Allison Hastings, MD, Richmond, Magna Kowalczykowski, MD, Arlington, , Bobbie Sperry, MD, FAAFP, Yorktown, Carolyn Seepe, MD, Danville, : VAFP President Dave Gregory, MD, FAAFP, Roanoke. Pictured back row, left to right: Harkanveer Ratanpal, DO, Lynchburg, Nicholas Battaglia, DO, Lynchburg, VAFP Past President & AAFP Board Chair Sterling Ransone, MD, FAAFP, Detaville, and Hailey Sparacino, DO, Lynchburg.

## REFLECTION BY DR. HARRY RATANPAL, DO

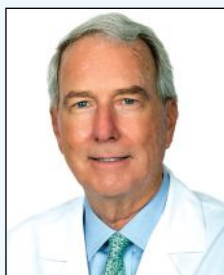
As a family medicine (FM) physician, I feel an inherent drive to advocate for my ability to provide effective care. I believe our collective efforts with the AAFP were not only impactful to the staffers and representatives we met but were also personally transformative. It was inspiring to see a conference hall full of 200+ physicians with busy schedules take time out of their daily routine to travel from all over the US to advocate over shared strife. The bill that I felt most strongly about entailed efforts to reduce administrative burden on physicians by streamlining and standardizing prior authorizations and increasing transparency in step therapy requirements (Safe

Step Act-HR 2630). I felt empowered after hearing from my colleagues about their experience with delays in care due to the arbitrary stepwise treatment plans dictated largely by contracts between insurance and pharmaceutical companies. The staffers were very receptive to the concerns of the constituents and at times shared their stories of how therapy dictated by their insurance company negatively impacted them personally. Admittedly, I was emboldened by our collective stance; it was challenging to not tie in my own emotion when detailing a story of my long-term patient with cancer and the delays in obtaining necessary imaging. Prior to this experience, I believed that advocacy for legislation was up to the professional lobbyists who were “in the know” about all the statistics and data. I was happy to learn that this is not the case. As a family physician, I am as qualified as one of those experts to advocate on behalf of other doctors and most importantly the patients we serve.

hear and read that our senators were already quite aware of the issues we were bringing up and in fact had been co-sponsors on some of the bills. The support from the representatives was palpable. My final meeting was with the representative for Bob Good of Virginia's 5<sup>th</sup> district, which is where I reside and work. It was another great meeting where we discussed our three main points that we wanted addressed. On our way out, we happened to run into Bob Good, himself. He walked us back to his office, engaged us in meaningful conversation, and even had time for a quick photo. He was so personable and really hit home how these politicians are often everyday people like us. It truly motivated me to want to come back and become even more involved in advocacy. This was an experience I will never forget, and I hope I can inspire more physicians to pick up the cause next year and for years to come. That is how we will make our careers more sustainable and worthwhile.

# MEMBERS IN THE NEWS

VAFP Member James D. Mumper, MD is Co-Founder and Chief Medical Officer of PartnerMD, a Richmond-based concierge medicine practice with four offices across the Commonwealth (three in the Richmond region and one in McLean). PartnerMD is celebrating its 20-year anniversary this year. PartnerMD is a subsidiary of Markel Corporation, a Richmond-based Fortune 500 company with 20,000+ employees around the globe.



On May 17<sup>th</sup>, Dr. Mumper was honored with the prestigious national award – the ‘Markel Style’ Award, in recognition of a career’s worth of notable accomplishments. Each year, Markel honors a select number of employees who best embody the company’s values – both at work and in the community.

This year, Dr. Mumper is one of only 16 people worldwide to earn this distinguished Award. The Award was presented to Dr. Mumper on May 17 at Markel’s Annual Shareholders Meeting, in front of the 2,000 people in attendance and the thousands more watching virtually.

Congratulations Dr. Mumper!

## THE VAFP WELCOMES NEW MEMBERS

### ACTIVE

Imtiaz Ahmed MD	Christopher Ciccone Jr	Ryota Kuwahara	Melissa Rego-Valdes PhD
Erica Allen Winslow MD, MPH	Natalie Cohen	Amrita Ladwa	Alexia Richie
Sarah De Boer MD	Rohan Dod	Christine Li	Harrison Scott
Quang Nguyen MD	Joshua Dolsen	Jonathan Light	Natalie Simon
Kyle Smith MD	Megan Duggins	Maryam Mahdi	Madeline Smart
Saima Zaidi MD, FAAFP	Naomi Frey	Anna Massey	Derek Smith
	Philip Grotz	Sasheenie Moodley	Leah Smith
	Netsanet Hailemariam	Snigdha Nandipati	Rishi Talati

### STUDENT

Waleed Ahmad	Dallas hampton	Angie Ocampo	Ronil Vaghjiani
Sanya Bansal	Carolyn Haynes	Hajara Ouattara	Jacob Whitley
Abes Bautista Neughebauer	Tanner Jennings	Ashley Parkhurst	
Taylor Bontrager	Jonathan Johnson	Swet Patel	
Lauren Canary MPH	Alex Joun	Derek Petrosian	
	Mayuri Kathrotia	Pierce Publico	
	Caellaigh Kimpston	Helen Query	

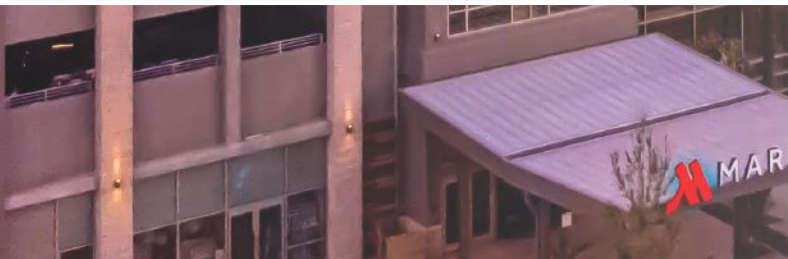
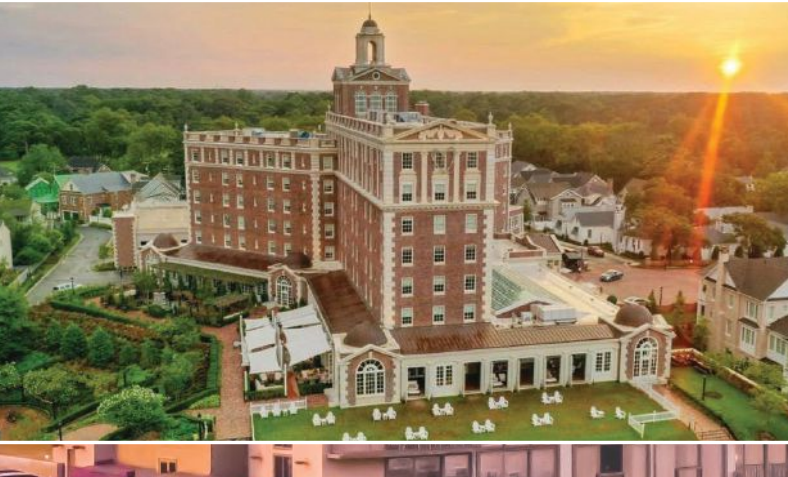
# VAFP 2023 Annual Meeting July 13-16, 2023

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## Recent Family Medicine Graduates

The Virginia Academy of Family Physicians is pleased to offer AAFP Members that are recent graduates of a family medicine residency a complimentary registration fee (\$285 value) to attend the 2023 VAFP Annual Meeting & Exposition scheduled July 13-16, 2023 at Marriott Virginia Beach Oceanfront in Virginia Beach, Virginia. Please note that this includes those that are within 5 years of completion date of their Family Medicine Residency. The complimentary registration is for a one time use.

# VMAP REACH PPP

## Mental Health in Pediatric Primary Care Roanoke, Virginia - September 22-24

The Virginia Mental Health Access Program proudly presents The REACH Institute's  
**Patient-Centered Mental Health in Pediatric Primary Care (PPP)**



September 22-24, 2023  
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Stay at Hotel Roanoke  
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Earn up to 28.25 CME &  
25 ABP MOC 4

This innovative program increases clinicians' comfort with assessing, diagnosing, and treating pediatric mental health concerns. Participants can earn AMA PRA Category 1 Credits by completing the mini-fellowship components, with MOC 4 Credits available:

- A dynamic three-day, 16-hour **in-person interactive course** focused on building skills and confidence in diagnosing and treating pediatric behavioral health problems led by Virginia faculty.
- A six-month, case-based **online program**. Participants join 12 bi-monthly, 1 hour group conference calls with Virginia primary care providers and child psychiatry experts to learn how to manage pediatric mental health issues encountered in daily practice.
- All participants will receive **custom-designed toolkits** with guides, assessment instruments, dosing and side effect charts, medication comparison tables, and handouts for patients and parents.

### Course Goals

*In order to effectively use medications for pediatric behavioral health problems, participants learn to:*

- ✓ **Correctly identify and differentiate among pediatric behavioral health problems** such as childhood depression, ADHD, bipolar disorder, anxiety states (including PTSD), oppositional and conduct disorders, and psychosis.
- ✓ **Effectively manage psychopharmacology:** selecting medications, initiating and tapering dosages, monitoring improvements, and identifying and minimizing medication side effects.
- ✓ **Create and implement a treatment plan** by mobilizing existing resources like family members, school personnel, and other professional caregivers.

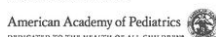
**Only a \$100 Registration Fee! (Lodging included!)**  
**Learn More & Register: [www.VMAP.org/REACH](http://www.VMAP.org/REACH)**

*VMAP offers this training program developed by The REACH Institute ([www.TheREACHInstitute.org](http://www.TheREACHInstitute.org)), adapted for Virginia primary care providers.*

*\*VCU Health Continuing Education designates this live activity for a maximum of 28.25 AMA PRA Category 1 Credits. Successful completion enables the participant to earn 28.25 MOC points in the American Board of Pediatrics (ABP) Maintenance of Certification (MOC) Program.*

*Successful completion of Call Group project enables the participant to earn 25 MOC 4 points in the American Board of Pediatrics (ABP) Maintenance of Certification (MOC) Program.*

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# Family Medicine Advocacy Rounds



## **AAFP ENDORSES THE STRENGTHENING MEDICARE FOR PATIENTS AND PROVIDERS ACT**

### ***Why it matters:***

Medicare's physician payment system is undermining physicians' ability to provide high-quality, comprehensive care — particularly in primary care. The AAFP applauds Reps. Raul Ruiz (D-Calif.), M.D.; Larry Bucshon (R-Ind.), M.D.; Ami Bera (D-Calif.), M.D.; and Mariannette Miller-Meeks (R-Iowa), M.D.; for their leadership in introducing the Strengthening Medicare for Patients and Providers Act (H.R. 2474). This bill would enact a positive annual update to the Medicare physician fee schedule conversion factor based on the Medicare Economic Index - a top priority for the AAFP and an important step toward building a sustainable Medicare payment system.

## **AAFP RESPONDS TO FTC PROPOSED BAN OF NONCOMPETE CLAUSES**

### ***Why it matters:***

In January, the Federal Trade Commission (FTC) proposed a new regulation that would ban noncompete clauses in employment contracts. Noncompete clauses are uniquely challenging to family medicine's emphasis on longitudinal care and can be used inappropriately to prevent physicians from maintaining patient relationships when they change jobs. The AAFP has long opposed restrictive clauses in employment contracts, which can negatively affect care continuity and physician wellbeing as well as worsen health care consolidation.

## **AAFP APPLAUDS FINAL PRIOR AUTHORIZATION RULE FROM CMS**

### ***Why it matters:***

The AAFP applauded the 2024 Medicare Advantage final rule from CMS, which includes new policies supported by the AAFP to address prior authorization. This will strengthen coverage requirements and reduce administrative complexity so that physicians can spend more time with patients. These new regulations mark a significant step toward addressing the harms caused by prior authorization.

## **AAFP ALARMED BY FEDERAL COURT RULING JEOPARDIZING CARE FOR MILLIONS OF AMERICANS**

### ***Why it matters:***

A federal court's March 30 ruling in *Braidwood Management Inc. v. Becerra* renders unconstitutional the Affordable Care Act's requirement for insurers and health plans to cover preventive services recommended by the U.S. Preventive Services Task Force, jeopardizing equitable, affordable access to evidence-based preventive services for millions.

The AAFP continues to advocate to ensure that all patients receive equitable and reliable access to preventive services. Research demonstrates that health care systems prioritizing access to primary and preventive care have better patient outcomes and lower health care costs, including decreases in costly hospitalizations and emergency department visits.

## **AAFP RECOGNIZES MINORITY HEALTH MONTH AND BLACK MATERNAL HEALTH WEEK**

### ***Why it matters:***

The AAFP consistently advocates for policies that close equity gaps, including inequities in maternal health outcomes. Family physicians play a key role in mitigating health disparities, bias, and discrimination. We are committed to developing strategies that promote health equity through identifying and addressing unmet social needs in all health care delivery systems, with the goal of prioritizing preventive health and management of chronic conditions.

## **MATCH DAY 2023 REINFORCES NEED TO INVEST IN PRIMARY CARE WORKFORCE**

### ***Why it matters:***

On the heels of Match 2023, AAFP President Tochi Iroku-Malize, M.D., M.P.H., FFAFP, writes in *Medical Economics* how this year's Match emphasizes the importance of a strong family medicine workforce. This year's Match results offer reason to celebrate, but the U.S. faces pressing workforce and health equity problems: We need more primary care doctors, and we need them practicing in underserved communities where a family physician or primary care doctor is often the only one trained to meet area patients' health care needs.





## **FAMILY MEDICINE ADVOCATES VISIT CAPITOL HILL**

### ***Why it matters:***

Nearly 300 family physicians, residents, and medical students travelled to Washington, D.C., for the AAFP's Family Medicine Advocacy Summit. As part of the summit, they met with policymakers to discuss urgent health care issues affecting patients and practices. This included ensuring adequate Medicare physician payment, strengthening the primary care workforce, and easing the administrative burden too many physicians face.

## **AMERICA'S LEADING PHYSICIAN GROUPS ADVOCATE FOR ACCESS AND WORKFORCE PRIORITIES**

### ***Why it matters:***

Earlier this month, leaders from the AAFP, the American Academy of Pediatrics, the American College of Physicians, the American College of Obstetricians and Gynecologists, the American Psychiatric Association, and the American Osteopathic Association visited Capitol Hill to advocate on behalf of the 600,000 physicians, residents, and medical students they represent.

Leaders engaged with members of Congress and their staffs about the urgent need to bolster the physician workforce, improve Medicare physician payment, and ensure Medicaid coverage for millions of patients.

*Continued on page 26*

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## AAFP RECOGNIZES MENTAL HEALTH AWARENESS MONTH

### Why it matters:

Family physicians play a critical role in addressing mental health. They are often the first point of contact for patients seeking care and



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**TOGETHER: A BETTER WAY TO FIGHT CANCER**

can provide screening, diagnosis, and treatment for mental health conditions. The AAFP consistently advocates for policies to better integrate mental health care and primary care for children and adults.

In recent video interviews, AAFP Board Chair Sterling Ransone, M.D., and AAFP Board Member Mary Campagnolo, M.D., talk about the importance of closing addressing the mental health crisis. In an op-ed for Medical Economics, Dr. Ransone outlines how effective mental health treatment requires coordinating primary and behavioral health care.

For the latest policy updates impacting family medicine, follow AAFP at @aafp\_advocacy.

### Stay Informed with AAFP Advocacy

Follow us on Twitter @aafp\_advocacy and read AAFP's policy newsletter, Family Medicine Advocacy Rounds



# ATTENTION VAFP STUDENT AND RESIDENT MEMBERS

Interested in being nominated for a Director position on the VAFP Board of Directors? The VAFP Board of Directors is the governing body of the VAFP and is comprised of physicians across the Commonwealth from many different practice types and geographic regions. The elected Resident and Student Directors are voting members of the Board, funded to attend required meetings, and serve a one-year term beginning in October 2023.

## Duties/Responsibilities

- Be a member of the VAFP.
- Review meeting agenda and supporting materials prior to each Board meeting.
- Intent to attend the four quarterly VAFP Board of Directors Meetings.
- Attend the AAFP National Conference of Family Medicine Residents and Medical Students in Kansas City, Missouri and serve as the Virginia Delegate.
- Represent the views and interests of residents/students within the Commonwealth.
- Provide brief oral and/or written report at each Board meeting on resident/medical student activities within the Commonwealth.
- Support from program director/medical school for participation.
- Follow-up communications to fellow residents/students regarding any Board actions that impact residents/students.

## Nomination/Voting Process

- Each Virginia residency program/medical school may nominate one person to run as a candidate.
- Candidates complete the on-line nomination form that will be distributed to nominated persons in August 2023.
- Submit head shot photo to [mschulte@vafp.org](mailto:mschulte@vafp.org) no later than September 1, 2023.
- In September, information that includes the name, program and personal statement from each candidate and a ballot will be distributed to each residency program/medical school.
- Each Virginia family medicine residency program/medical school is entitled to cast one vote each to two nominees out of the total group of nominees.
- The residency program/medical school contact is responsible for querying to determine who will receive the two votes.
- Each residency program/medical school must vote for two candidates for the ballot to be valid, and only one of these votes may go to a resident/student from their program/school if one is nominated.
- Election results will be announced in September 2023.

For additional information or questions, please contact Matt Schulte at 804-968-5200 or [mschulte@vafp.org](mailto:mschulte@vafp.org).

A call for nominations will be sent to all residency programs and medical schools in August 2023.



# VAFP MEMBERSHIP BENEFITS

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## CME CALENDAR

**2023**

### 2023 Annual Meeting & Exposition

July 13-16, 2023

Marriott Virginia Beach Oceanfront

### Behavioral Health Care KSA

Thursday, July 13, 2023

1:00 p.m. – 5 p.m.

*Virtual and in person in conjunction  
with the VAFP Annual Meeting*

### Care of Women KSA

Friday, July 14, 2023

1:30 p.m. – 4:30 p.m.

*Virtual and in person in conjunction with the  
VAFP Annual Meeting*

### Behavioral Health Care KSA

Saturday, November 11, 2023

8:30 a.m. - 12:30 p.m.

*Virtual*

### Care of Women KSA

Saturday, November 11, 2023

1:00 p.m. - 5:00 p.m.

*Virtual*

### 2024 Winter Family Medicine Weekend

January 25-28, 2024

Wintergreen Resort

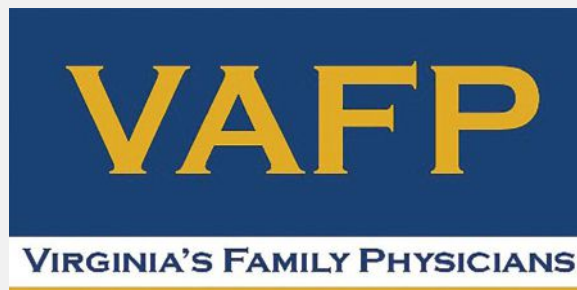
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## GET INVOLVED WITH YOUR ACADEMY!

Interested in a VAFP Committee or Task Force,  
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Leadership Opportunities in the Commonwealth?  
Complete this short interest form via the QR code  
provided.

If you have questions or want to discuss  
further, please contact Mary Lindsay White at  
[mlwhite@vafp.org](mailto:mlwhite@vafp.org).



## CALL FOR SPEAKERS

The VAFP CME Committee is interested in identifying members of the VAFP that have an interest/expertise in an educational topic for presentation at a future VAFP CME Event. The Committee relies heavily on family physician faculty at our CME events as VAFP members appreciate their colleague's expertise and educational knowledge.

The Committee is always working to grow our pool of presenters and the lenses that we learn from to ensure we represent all of our family medicine colleagues



and the needs of the diverse patient populations in Virginia.

The QR code will take you to a very short survey (2-3 minutes) that will provide the opportunity to submit proposals for future CME topics. If you have more than one topic to submit, you may complete the survey more than once.

The VAFP will contact you if additional information is needed. Thank you in advance for your interest in presenting at a VAFP CME event.

# VIRGINIA MENTAL HEALTH ACCESS PROGRAM



The Virginia Mental Health Access Program (VMAP) is a statewide initiative that helps health care providers take better care of children and adolescents with mental health conditions through provider education and increasing access to child psychiatrists, psychologists, social workers, and care navigators.

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**Enroll in a VMAP REACH PPP!**

- This innovative program increases clinicians' comfort with assessing, diagnosing, and treating pediatric mental health concerns.
- Participants can earn up to 28.25 AMA PRA Category 1 Credits



VMAP's REACH PPP training was an incredible experience that dug into pediatric mental health in ways that I haven't had an opportunity before in my training."

Dr. Joe Fields-Johnson, Family Physician



Visit [www.VMAP.org](http://www.VMAP.org) to learn more!



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# Inova

## Primary Care

Attention all physicians! Are you looking for a new opportunity to grow your career and make a difference in the lives of your patients? Look no further! Inova Health is seeking talented and passionate family medicine and internal medicine physicians to join our team. Don't miss out on this exciting opportunity to take your career to the next level. Apply now!

Our primary care team across 39 practice locations is proud to be the first point of care for over 300,000 individuals and families in Northern Virginia, with an integrated care model and seamless referral access to Inova's world-class specialists.

### Position Features/ Criteria

- Market Competitive Salary plus bonuses
- Full medical, dental & vision
- 401k, 403(b) & 457(b)
- Generous PTO
- Short term and long term disability
- CME & paid days off to attend CME
- A++ Comprehensive Medical Malpractice Insurance with Tail Coverage

If you are interested in this opportunity please reach out to Provider Recruiter, Meredith Williams at [Meredith.Williams@inova.org](mailto:Meredith.Williams@inova.org)

Check out Inova's Website!

