

The VIRGINIA

FALL 2023

family physician



VAFP

VIRGINIA'S FAMILY PHYSICIANS

**DENÉE J. MOORE, M.D., FAAFP
INSTALLED AS 2023-2024 PRESIDENT
DURING THE VAFP 2023 ANNUAL MEETING & EXPOSITION**



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VAFP WINTER FAMILY MEDICINE WEEKEND
JANUARY 25-28, 2024
WINTERGREEN RESORT
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FALL • 2023

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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Jesus Lizarzaburu, M.D., FAAFP

• *Yorktown*

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Neeta Goel, M.D.

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VAFP PRESIDENT'S MESSAGE

Denée J. Moore, MD, FAAFP, DABFM



Dear Colleagues,

I hope you had a great summer and were able to spend some time pursuing your interests and hobbies and connecting with family and friends. It was great seeing many of you at the 2023 Annual Meeting in Virginia Beach. The educational sessions were very informative, there were several opportunities to network with colleagues, and we celebrated the Academy's 75th anniversary. Thank you to the Continuing Medical Education (CME) Committee led by Mitch Miller, MD and the Academy staff for making the meeting a tremendous success.

At the Annual Meeting, I introduced the Academy's pilot of 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 are available on the VAFP website and via QR code below, and I encourage members to apply.

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. In November, the Academy will host the annual Scholarly Symposium. This event is held virtually and gives medical students, residents, and fellows the opportunity to present scholarly work relevant to Family Medicine in poster format or as an oral presentation. Attending physician members are invited to attend. Also, the VAFP supports medical student and resident members who desire to pursue Family Medicine leadership at the national level. In July, Allison Smith, a medical student at Liberty University College of Osteopathic Medicine - Center for Medical and Health Sciences in Lynchburg, VA, was elected as Student Chair of the 2024 AAFP National Conference. In this role, Allison will serve as a member of the AAFP Commission on Education (COE), the COE Subcommittee on Resident and Student Issues, and the COE Subcommittee on

National Conference Planning. In addition, she will coordinate and make decisions regarding student activities throughout the year, provide input into planning programming and special activities for the 2024 National Conference, and preside at the business sessions of the 2024 National Congress of Student Members. Congratulations Allison!

The 2024 Virginia General Assembly session starts in January. With the expertise of the VAFP's General Counsel Hunter Jamerson, JD and VAFP Legislative Committee Chair Jesus Lizarzaburu, MD, the Academy 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 great 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 General Assembly. Please see page 21 for information on volunteering.

It is an honor and privilege to serve as the 77th President of the Academy. I look forward to seeing you at the Winter Family Medicine Weekend in January.

With gratitude,

Denée J. Moore, MD, FAAFP, DABFM

VAFP FAMILY MEDICINE PRACTICE TRANSFORMATION INITIATIVE





VCU

Vice Chair of Family Medicine Medical Education

We seek an **experienced family physician faculty member** for the role of **Vice Chair of Family Medicine Medical Education** to work closely with our Department Chair to **lead and advance our unique educational missions.**

As an educational leader, the **Vice Chair will:**

- be responsible for the management of our Family Medicine medical education team across the domains of **teaching, service, and scholarship**
- serve as the **primary departmental advocate** for educational program **funding, development, and innovation across the full spectrum of our medical education, to include FM-interested undergraduate students, UME, GME, and faculty development**
- advise the Chair on **educational priorities, funding needs, faculty recruitment/development, and infrastructure support for educational programs**
- be an active participant in the Department's **research and scholarship programs**, including serving as a **mentor and co-author** for faculty with specific interests in medical education scholarship
- ensure oversight so that all education programs meet and exceed compliance standards and policies, including **accreditation standards and fostering trainee safety and well-being**



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details

- ▶ **academic career development and strong faculty support**
- ▶ medical education programs information: tinyurl.com/VCUFMed
- ▶ **comprehensive benefits package** includes **annual CME/professional development funds; license, professional membership and DEA** paid by department



tinyurl.com/VCUFamMedJobs

contact

Interested candidates, please contact **Karin Guye Guillou** (804) 382-6981 (call or text) karin.guye@vcuhealth.org

We seek **Core Faculty Members** for our **new rural Family Medicine Residency.**

Core Faculty: VCU Health-Community Memorial Hospital Family Medicine Residency

The residency will produce **community-centered family medicine physicians** trained to meet the **broad scope** of medical needs in **rural and underserved communities** of Virginia and beyond through **real-world learning that promotes diversity, civic engagement, discovery, and innovation.**

VCU Department of Family Medicine and Population Health hosts **four other affiliated residency programs** that work together collaboratively so you will be joining a **supportive and experienced GME team.**

South Hill, Virginia

- convenient to both **Richmond, VA and Raleigh, NC**
- **thriving rural community**
- investment in **lake living, green spaces, new schools, housing, and an active business sector**
- **arts and culture, restaurants, museums, and a growing tech industry**



South Hill, Virginia



VCU Health-Community Memorial Hospital

- **new, state of the art 70-bed hospital**
- **adjoining outpatient care facility allowing for easily integrated, broad scope family medicine practice**



JULY 13, 2023

- Approved all items under the consent and informational agendas including the minutes from the April 19th VAFP Board of Directors virtual meeting; Report from the VAFP CME Committee; Report from VAFP Representative to the MSV Specialty Advisory; Report from the VAFP Resident, Student & Faculty Committee; Report from the VAFP Nominating Committee; 2023 VAFP Annual Report; and Agenda for the Residency Program Director's Summit held Saturday, July 15th.
- Reviewed reports from VAFP members serving on AAFP Commissions including the Commissions on Health of the Public and Science; Continuing Professional Development; and Federal and State Policy.
- Heard report from VAFP CME Committee Chair Mitch Miller, MD on the 2023 VAFP Annual Meeting and heard discussion on options for the 2024 VAFP Annual Meeting.
- Discussed the Drug Enforcement Administration (DEA)'s new requirement under the Medication Access and Training Expansion (MATE) Act related to prescribing controlled substances.
- Heard report from VAFP Legislative Committee Chair Jesus Lizarzaburu, MD and VAFP General Counsel Hunter Jamerson on the Family Physician of the Day program; the date for the VAFP Advocacy Day at the 2024 General Assembly; updates on the state budget negotiations and the

results of the primary elections. Also discussed was the general election that will be held in November for all seats in the Virginia Senate and House and the issues of interest during the 2024 General Assembly to include Scope of Practice, Physician Reimbursement, and Administrative Burden.

- Heard report from VAFP Resident, Student & Faculty Committee Co-Chair Dene Moore, MD on the 2023 Choose Virginia event.
- Heard comments from VAFP Resident Representatives Drs. Mohsin Ali and Ashleigh Powell (St. Francis) and Dr. Katelyn Carpenter (Shenandoah) on their plans and programming for a September practice model virtual session. (See QR code below)
- Heard update from VAFP Director Alison Huffstetler, MD on the initiatives from the Robert Graham Center and the AAFP Government Relations team to include the Medicare physician fee schedule updates; hospital consolidations effect on primary care; the anticipated reauthorization of funding for teaching health centers; and the research being conducted on the NASEM report's proposal to develop a scorecard to monitor and ensure accountability for progress toward high-quality primary care.
- Reviewed the AAFP resolution titled, "Addressing Patient Safety Risk & Healthcare Dollar Waste through Regulation of Pharmacy Automatic Refill Programs" as proposed by VAFP President Dave Gregory, MD.

JULY 16, 2023

- Approved the consent agenda to include all informational items including the AAFP Commission nomination deadline, calendar of upcoming events, the Primary Practice Practitioner Program for Chronic Pain and the 2024 Medicare Physician Fee Schedule and Quality Payment Program Proposed Rule.
- Heard report from VAFP President Dene Moore, MD and VAFP Immediate Past President Dave Gregory, MD, on the Program Director's Summit held Saturday, July 15, 2023.
- Heard report from VAFP CME Chair Mitch Miller, MD on the final attendance and feedback from attendees from the 2023 VAFP Annual Meeting and Exposition.
- Discussed and finalized the language for the AAFP resolution titled, "Addressing Patient Safety Risk & Healthcare Dollar Waste through Regulation of Pharmacy Automatic Refill Programs".

ATTENTION RESIDENTS & STUDENTS
FAMILY MEDICINE SPECIALIZED PRACTICE PANEL DISCUSSION
TUESDAY, SEPTEMBER 26TH
6:00 P.M. – 7:30 P.M. VIA ZOOM



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
Training held @ Carilion Children's



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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

VMAP offers this training program developed by The REACH Institute (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.

Virginia Chapter
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American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



2023 VAFP ANNUAL MEETING HIGHLIGHTS AND PICTURES!

Annual Meeting

The VAFP 2023 Annual Meeting & Exposition was held at the Marriott Virginia Beach Oceanfront in Virginia Beach, Virginia. The VAFP celebrated their 75th Anniversary during the conference. Over 180 family physicians and other healthcare professionals attended and enjoyed a variety of CME!

Some comments from the meeting!

- Great meeting CME WAS EXCELLENT, Facility, and service was the best.
- Virginia Beach is an excellent venue for the whole family.
- Great variety of lectures with much to “take home” for better practice!!! Thanks!
- Thanks to Dr. Miller for another great CME program!
- Really really really loved being at the beach. So good for families, and so many options on what else to do when classes are over. As always, fantastic content by fantastic speakers, all of it relevant to my daily practice. Truly such a great conference, thanks for all of your hard work putting this together!
- Best meeting I've attended in many years. Great speakers and topics! Wonderful location, hospitality, food. Job well done!
- LOVE Virginia Beach as a meeting location! This is my favorite location for a conference so far :)
- Great presentation. Family atmosphere. Well organized
- Good educational programs and good opportunity for fellowship with peers from around the state.
- Great speakers and relevant topics, Lots to bring back to my patients and my practice
- Loved the location! Hotel/resort is gorgeous! I would definitely come back for the location Lectures were amazing.
- Appreciate max CME per conference.





DENÉE J. MOORE, M.D., FAAFP, NORTH DINWIDDIE, INSTALLED AS 2023-2024 PRESIDENT DURING THE VAFP 2023 ANNUAL MEETING & EXPOSITION



Denée J. Moore, M.D., FAAFP, North Dinwiddie, was installed as the 77th President of the Virginia Academy of Family Physicians on Friday evening, July 14th during the VAFP 2023 Annual Meeting & Exposition. The VAFP 2023 Annual Meeting & Exposition was held July 13-16 in Virginia Beach, Virginia. VAFP Past President Michelle Y. Whitehurst Cook MD, FAAFP had the privilege of installing Dr. Moore.

Congratulations Dr. Moore!

VAFP Past President Michelle Y. Whitehurst Cook MD, FAAFP pictured with VAFP 2023-2024 VAFP President Denée J. Moore, M.D., FAAFP,

WELCOME TO THE NEWLY INSTALLED VAFP BOARD OF DIRECTORS!

The VAFP 2023-2024 Board of Directors were installed by VAFP Past President Michelle Y. Whitehurst Cook MD, FAAFP during the VAFP 2023 Annual Meeting and Exposition.



Pictured left to right is President-Elect Timothy J. Yu, MD, FAAFP, Fairfax; First Vice-President Robin N. Anderson, MD, FAAFP, Virginia Beach; Director Robert J. Newman, MD, FAAFP, Virginia Beach; Director Linwood T. Joyner, MD, Portsmouth; AAFP Delegate Emmeline C. Gasink, MD., FAAFP, Newport News; AAFP Alternate Delegate Neeta Goel, MD, Ashburn. Not Pictured: Director Matthew S. Paine, MD, Moseley



The VAFP was excited to have 17 VAFP Past Presidents in attendance!
 First row: NCAFP Past President and AAFP Director Karen L. Smith MD, FAAFP, Raeford, NC; Janice E. Ragland MD, FAAFP, Herndon; Denée J. Moore, MD, FAAFP, North Dinwiddie; Michelle Y. Whitehurst Cook MD, FAAFP, Richmond; Dena R. Hall, MD, Suffolk; David S. Gregory, MD, FAAFP, Roanoke; Mark H. Greenawald, MD, FAAFP, Roanoke.
 Second row: Neeta Goel, MD, Ashburn; Roger A. Hofford, MD, FAAFP, Roanoke; Emmeline S. Gasink, MD, FAAFP, Newport News; E. Mark Watts, MD, FAAFP, Vinton; Kent E. Willyard, MD, FAAFP, Newport News.
 Third row: Delmas J. Bolin, MD, PhD, FAAFP, Salem; Mitchell B. Miller, MD, FAAFP, Virginia Beach; Sterling N. Ransone, Jr., MD, FAAFP, Deltaville; Jesus L. Lizarzaburu, MD, FAAFP, Yorktown; Kurtis S. Elward, MD, MPH, FAAFP, Charlottesville; Charles O. Frazier MD, FAAFP, Williamsburg, and Larry G. Mitchell MD, FAAFP, Richlands

2023 VAFP Annual Meeting

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The Academy deeply appreciates the following organizations for supporting the 2023 Annual Meeting & Exposition

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The Academy gratefully acknowledges the participation and support of these organizations that chose the 2023 Annual Meeting & Exposition to display their products and services!
Thank you!

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JenCare Senior Medical Center / ChenMed
Merck
Midlothian Family Practice
Novant Health
Novavax
Novo Nordisk
Novo Nordisk Obesity (Wegovy)
On Belay Health Solutions
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Virginia Total Care
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American Academy of Pediatrics Pediatric Mental Health Care Access (PMHCA) Program Utilization Chapter Funding
California Academy of Family Physicians (CAFP)
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Primary Care Education Consortium and supported by an educational grant from Bayer Healthcare Pharmaceuticals Inc.
Professionals Advocate Insurance
Virginia Academy of Family Physicians Foundation
William Johnson West Lectureship VCU Department of Family Medicine & Population Health

2023 VAFP ACADEMY AWARDS

These awards were presented on Friday, July 14 during the VAFP 2023 VAFP Annual Meeting at the at the Virginia Beach Marriott Oceanfront Hotel.

JAMES P. CHARLTON, MD TEACHER OF THE YEAR IN FAMILY MEDICINE AWARD

CONGRATULATIONS!



David S. Gregory, MD, FAFAP
presenting Dr. Lustig his award.

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

Dr. Lustig's Award reads: "In recognition of and appreciation for the significant amount of time you dedicate to teaching family medicine residents, the obvious care you have for the specialty of family medicine and your ability to convey your broad wealth of clinical knowledge and experience with passion and humor. The incredibly positive impact on over 400 family medicine residency graduates, many of whom practice in the Commonwealth of Virginia, is to be respected and commended and exemplifies the nature of a truly outstanding teacher of family medicine."

2023 PRESIDENT'S AWARD



David S. Gregory, MD, FAFAP
presenting Mrs. Gregory her award.

The President's award was presented to Claire Castorina Gregory.

Mrs. Gregory's award reads: "In sincere recognition, appreciation, and love for a person of great sensitivity and fortitude, who has endured many challenges and successes, too many losses and much joy, alongside me over this past year. You have continually inspired me to be better for the community, patients, family, and myself."

AMERICAN ACADEMY OF FAMILY PHYSICIANS DEGREE OF FELLOW

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

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

Congratulations to the following VAFP members!

Elizabeth Buchinsky, MD
Julia Ellison, DO
Gordon Theisz, MD



GET INVOLVED WITH YOUR ACADEMY!

Interested in a VAFP Committee or Task Force, Representing the VAFP at an AAFP Meeting, 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.



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.

Are you a Primary Care Doctor looking for a Top Workplace to build a career?

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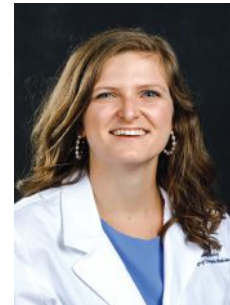
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VAFP STUDENT MEMBER ALLISON SMITH ELECTED BY PEERS TO SERVE AS STUDENT CHAIR OF THE AAFP 2024 NATIONAL CONFERENCE OF FAMILY MEDICINE RESIDENTS AND MEDICAL STUDENTS



Congratulations to Allison on her election to serve as student chair of the American Academy of Family Physicians National Conference

of Family Medicine Residents and Medical Students! Her leadership term officially begins with service on the Commission on Education

Subcommittee on National Conference Planning (SNCP) and will last

through the fall of 2024. In this role, Allison will provide input into planning the theme, programming, and special activities for the 2024 National Conference.

Allison is a fourth-year medical student at Liberty College of Osteopathic Medicine in Lynchburg and has held numerous leadership positions at both the state and national levels. Most recently in Virginia she served as the 2021-22 VAFP Student Representative to the VAFP Board of Directors and on the VAFP Well-being Committee. Nationally, she just completed a one-year term as the AAFP's Family Medicine Interest Group (FMIG) Network Region 5 Coordinator where she communicated with FMIG leaders at each medical school in her region, serving as a resource of information about the AAFP and assisting with FMIG programming.

As quoted best by Allison in her letter of interest for the position to the National Conference attendees, *"The role of Student Chair of the National Conference represents to me the perfect continuation of my experiences empowering students to pursue family medicine. My goal is to give students the same experience I had at my first in person National Conference. I want them to leave having grown in their networking, knowledge, and most importantly their passion for family medicine. National Conference is an opportunity like any other, and I want to be a part of making it the best it can be for student, resident, and physicians alike."*



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Allison Smith
 Student Chair, AAFP National Conference
 Liberty University College of Osteopathic
 Medicine
 Lynchburg, VA

AAFP NATIONAL CONFERENCE

The energy and excitement were palpable as thousands of people from all over the country gather for the AAFP National Conference in Kansas City, MO. From workshops to lectures, exhibits to social outings, National Conference has something for everyone, and it has opened my eyes to everything that the AAFP has to offer. If you have that fiery spirit in you and are passionate about serving as an advocate for real change, then the Student Congress might be right up your alley. Maybe you've been dying to get connected with someone from that dream family



medicine residency program of yours. Or maybe you are simply curious about all the programs out there and would love to discover one that fits you, then not too far down is the Expo Hall where you can do just that.

This was my second time attending National Conference in person, and it gets better each time with new events, speakers and opportunities. The Family Medicine Interest Group (FMIG) Leadership Team hosted its Inaugural FMIG Leadership Summit on the last day of the conference. We hosted speakers from the AAFP leadership and staff with topics ranging from advocacy to developing a social

media presence. Participants were able to get some hands-on time learning how to develop innovative programming at their home FMIGs while hearing from others about their successes.

I left having grown in my networking, knowledge, and most importantly my passion for family medicine. National Conference is an opportunity like no other, and I hope that more students will join us next year! Mark your calendar for August 1-3, 2024!

AAFP NATIONAL CONFERENCE OF FAMILY MEDICINE RESIDENTS AND STUDENTS

The AAFP National Conference of Family Medicine Residents and Medical Students was held July 27-29, 2023 in Kansas City, MO. The National Conference is a place for residents and medical students to learn more about family medicine, explore residency programs, and connect with potential employers. Workshops, procedural skills courses, and sessions about applying to residency are held during the conference. Attendees may participate in the National Congress of Family Medicine Residents or National Congress of Student Members and help shape the specialty.

The following Virginia Residency Programs were represented at the conference:
 Eastern Virginia Medical School Family Medicine Residency Program
 HCA Lewis Gale Family and Community Medicine
 Inova - Fairfax Family Medicine Residency Program
 Lynchburg Family Medicine Residency
 Mary Washington Family Medicine

Residency Program
 University of Virginia Family Medicine Residency Program
 VCU - Shenandoah Family Medicine Residency Program
 VCU Health - Community Memorial Hospital Family Medicine Residency
 VTC - Carilion Clinic Family Medicine Residency Program

The following VAFP Members attended the conference:

Mathew Alexander, Jitesh Anne MD, MBBS, Ashish Bala, Sandra Balmoria MD, Renu Bansal, Erika Coleman, Meghan Ellwood, Mohamed Elsherief, Philip

Grotz, Alireza Hashemi Nejad, Mario Hernández Cárcamo, Daniel McCarter MD, FAAFP, Ananya Mishra DO, Sasheenie Moodley, Snigdha Nandipati, Dung Nguyentran, Anusha Pasupuleti, Swet Patel, Alana Porat, Ashleigh Powell DO, Sterling Ransone MD, FAAFP, Emmanuel Ravichandar, Carolyn Sayers DO, Erika Coleman, Jonathan Stewart MD, FAAFP, Peter Tamura, and Brandon Yeatts

Special thanks to Resident Board Member Ashleigh Powell, MD and Student Board Member Erika Coleman for being there to represent the VAFP's Resident and Student Members.



Resident & Student Corner

VIRGINIA ACADEMY OF FAMILY PHYSICIANS 2023 SCHOLARLY SYMPOSIUM Saturday, November 4, 2023

Virtual

10:00 a.m. – 11:30 a.m.

CALL FOR SCHOLARLY ACTIVITY

The Virginia Academy of Family Physicians (VAFP) Scholarly Symposium offers Family Medicine Residents, Fellows, and Medical Students the opportunity to present scholarly work in poster format or as an oral presentation.

The submissions must be original work not yet published or presented at regional or national meetings and can either be work in progress or completed.

Submissions from medical students, residents, and fellows are eligible. A one time fee of \$15 is required per person

Guidelines

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

- Type of scholarly activity may be clinical or population health research,

medical education research, literature review, case reports, QI/PI projects, clinical successes, patient stories, or educational projects.

- Topic should be relevant to family medicine/primary care.
- Submissions must be of original work not yet published or presented at regional or national meetings (except institutional symposiums).
- Submission may be a work in progress or completed.
- Collaborative work is welcome.
- Concurrent (2023) submissions to other conferences such as the North American Primary Care Research Group (NAPCRG) and Society of Teachers of Family Medicine (STFM) are encouraged.
- Medical student projects previously presented at medical schools are accepted/encouraged.

Meeting Format

All participants will pre-record their presentations – oral presentations limited

to 5 minutes and poster presentations limited to 2-3 minutes. The preliminary schedule of events will be based on the number of submissions received/selected.

Submissions from each category by registrant type (medical students, residents, and fellows) will be included. The pre-recorded presentations (oral – 5 minutes and poster – 2-3 minutes) will be followed by a question-and-answer session facilitated by the moderator.

Submission Deadlines:

Submit application including abstract (250 words or less) no later than October 13, 2023.

Submit your prerecorded presentation (voice over PowerPoint file(s) with or without speaker view) no later than October 20, 2023.

Feedback on Submitted Research

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

- Quality of research/QI methodology and appropriate use
- Validity of conclusions or anticipated results
- Clarity and cohesive message during presentation
- Relevance of and/or impact on family medicine
- Innovation of research or quality improvement
- Organization/understandability of poster/presentation

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

How to Submit Your Project

If you have multiple submissions, one application form should be completed for each submission. You are only required to pay the \$15 fee once regardless of the number of submissions.

Questions: Please call Cheryl Modesto at 804-968-5200 or e-mail cmodesto@vafp.org



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CHOOSE VIRGINIA SCHOLARSHIPS

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

This year the Foundation will offer one graduating Virginia medical student a \$1,500 scholarship.

1. The successful candidate will meet the following criteria:
Graduating Virginia medical student in good academic standing
2. Entering a Virginia family medicine residency program. A letter from the program director is required.

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

In addition, we are offering one \$2,000 scholarship for a graduating PGY-3 Virginia family medicine resident who wishes to practice in an underserved area of Virginia.

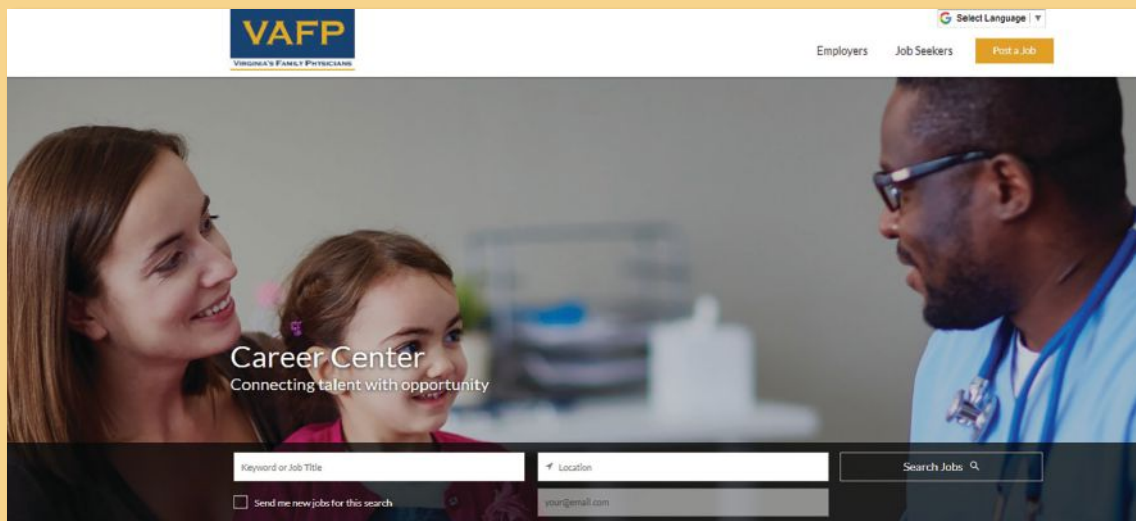
1. The requirements for this scholarship are as follows:
Graduating as a PGY-3 Virginia family medicine resident
2. Have an up-to-date Virginia medical license
3. Practicing family medicine in an underserved medical area after graduation as designated by United States Human Resource Service Administration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

Application letters may be sent to Mrs. Mary Lindsay White at mlwhite@vafp.org or to Dr. Mark Watts at emarkwatts@hotmail.com. The deadline for application letters is June 30.

CAREER CENTER CHOOSE VIRGINIA

The premier resource for you to explore employment opportunities in Virginia.

If you have any questions, please do not hesitate to contact the VAFP at 804-968-5200 or email Matt Schulte at mschulte@vafp.org



VISIT THE CAREER CENTER!





Family Medicine Advocacy Rounds



FAMILY MEDICINE ADVOCACY ROUNDS – ISSUE 14 AND 15, JULY AND AUGUST 2023

Welcome to Family Medicine Advocacy Rounds—the American Academy of Family Physicians’ monthly tip sheet to educate, engage, and update you on the latest policy issues affecting family physicians and their patients.

2024 PROPOSED MEDICARE PHYSICIAN FEE SCHEDULE REAFFIRMS NEED FOR SUSTAINABLE PAYMENT SYSTEM

Why it matters: The Centers for Medicare and Medicaid Services released its 2024 Medicare physician fee schedule (MPFS) proposed rule, which includes proposals to strengthen primary care. However, inadequate Medicare payment rates strain physician practices and create barriers to care for patients enrolled in Medicare.

The threat of Medicare cuts underscores the urgent need for Congress to invest in a more sustainable Medicare physician payment system — the only Medicare payment system lacking an annual inflationary update.

Many other health systems and payment schedules base their payment rates on the Medicare physician fee schedule, including TRICARE, state Medicaid agencies, and other insurers, so it’s important that Medicare rates accurately reflect the way physicians serve their patients and communities.

AAFP ASKS CMS TO IMPROVE ACCESS TO CARE FOR MEDICAID BENEFICIARIES

Why it matters: CMS recently released two major proposed regulations aimed at improving access to care for Medicaid beneficiaries. They include several major proposals aimed at improving Medicaid beneficiaries’ access to, and physicians’ payment for, primary care services—

including implementing appointment wait-time standards and strengthening the transparency of payment rates.

AAFP TELLS CONGRESS ABOUT CHALLENGES WITH MACRA

Why it matters: The House Energy and Commerce Subcommittee held a hearing titled “MACRA Checkup: Assessing Implementation and Challenges that Remain for Patients and Doctors.” The Medicare Access and CHIP Reauthorization Act sought to create incentives in Medicare to provide seniors with better-quality care rather than just greater volume of care. However, MACRA has left most Part B clinicians in a state of financial insecurity as Medicare payment rates have failed to keep pace with practice costs amid a dearth of value-based payment model options. The AAFP has long supported the transition to value-based payment through alternative payment models for family physicians ready to move away from fee-for-service toward payment policies that promote and finance comprehensive, continuous, coordinated primary care.

FAMILY PHYSICIANS URGE CONGRESS TO SUPPORT G2211 ADD-ON CODE

Why it matters: In the 2024 Medicare physician fee schedule (MPFS), the Centers for Medicare and Medicaid Services proposed to fully implement the G2211 add-on code, which accounts for the complexity of managing multiple acute and chronic conditions, providing preventive care across the lifespan, coordinating care across a team of clinicians, and addressing behavioral health and unmet social needs.

In the short-term, G2211 is an incremental step toward more appropriately valuing and paying for

primary care, which will help support physicians, their practices, and their relationship with their patients. In the long-term, it will bolster the primary care workforce and protect patients’ access to timely care.

IPPS FINAL RULE IS AN ADVOCACY WIN FOR FAMILY PHYSICIANS

Why it matters: This month, CMS released the final FY2024 Hospital Inpatient Prospective Payment System (IPPS) final rule. AAFP provided feedback on the proposed rule in a joint letter with the Council of Academic Family Medicine in June.

The IPPS rule will enable family medicine residents to train in and provide quality care in rural communities. Family physicians are an essential source of emergency care in rural areas and are uniquely suited to work in rural emergency hospitals (REHs). Multiple studies have demonstrated that, while many family physicians provide emergency care in urban and suburban communities, rural family physicians often work in emergency departments.

AAFP REAFFIRMS WORKFORCE PRIORITIES IN NEW JOINT LETTER

Why it matters: The primary care physician shortage is a complex issue affected by growing demand, a history of under investment in primary care, an aging physician workforce, and economic pressures on the rural health system.

For physicians—in communities both urban and rural, in hospitals, clinics and independent practices—a workforce shortage contributes to burnout, inability to take on new patients, shortened visit times, financial challenges, and increased administrative burden.

AAFP SUPPORTS INCREASED ACCESS TO PREP

Why it matters: The AAFP wrote to Congress expressing support for the PrEP Access and Coverage Act, which would increase access to pre-exposure prophylaxis for HIV by ensuring these medications are fully covered by health insurance.

This legislation would also prohibit prior authorization requirements for HIV prevention drugs, support educational public health campaigns on HIV prevention, and establish grants for states, community-based organizations, community health centers, and others to provide PrEP and PEP services to people who are uninsured.

AAFP RESPONDS TO FTC RULE ON PATIENT PRIVACY

Why it matters: Confidentiality and privacy are key elements of the patient-physician relationship and particularly important in family medicine. Only in a setting of trust can a patient share the private feelings and personal history that enable the physician to best treat them. The AAFP has long supported policies that guarantee health information is protected while working to improve patients' access to their data, as well as the ability to share patients' health information across the care team.

IMMUNIZATIONS MUST BE PART OF EVERY BACK-TO-SCHOOL CHECKLIST

Why it matters: The best way to prevent getting seriously ill, being hospitalized, or even dying from an infectious disease is to get immunized. This includes flu vaccines, COVID-19 bivalent vaccines, and other childhood immunizations, as recommended by

the CDC and AAFP. Understanding immunization schedules and keeping up with changing vaccine recommendations can be

overwhelming, but family physicians can ensure that every member of a family receives the recommended vaccinations.



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VIRGINIA ACADEMY OF FAMILY PHYSICIANS FOUNDATION SUPPORT FAMILY MEDICINE

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



THE VAFP WELCOMES NEW MEMBERS

ACTIVE

Ziya Aktig MD
Emily Aladnani MD
Joshua Albert DO
Emnet Alemu MD
Caroline Allen MD
Raju Alluri MD
Kaleigh Almeida DO
Eric Altman DO
Clay Anderson DO
Sheena Bali-Chaudhary MD
Margaret Basiliadis DO
Nicholas Battaglia DO
John Bianco DO
Jeffrey Blackwell MD, PhD
Robert Brackenrich DO
Julia Brown MD
Danielle Bullock MD
Nicole Bussiere MD
Erica Campbell MD
Jeffrey Carter DO
Colin Chao MD
Paige Charboneau MD
Meghna Chopra MD
Steven Cook MD
Bradley Cotrina MD
Sarah Day DO
Katya De La Torre DO
Jomarys Demorizi MD
Kathryn Donovan DO
Noopur Doshi MD
Cory Edwards MD
Deborah Enns DO
Danielle Estrada DO
Helen Evans MD
Charles Fencil MD, MPH
Bushra Ferdous DO
Richard Frazier DO
Zachary Garver DO
Christopher George DO
Kristen Gogoli DO
Haley Hammond MD
Peter Hartung DO
Anum Hasan DO
Allison Hastings MD
Laura Hernandez-Cruz MD
Holly Howard DO
Tim Howland MD
Oludolapo Ilori MD
Nicole Jensen MD
Geerthana Jeyakumar MD
Jasmine Jones DO
Daniel Jordan MD
Lauren Joseph MD
Nicholas Kidd MD
Jennifer Kosa DO
Vivian Lam MD
Jason Le DO
Veronica Lee DO
Daiyoon Lee MD
Andrew Leebolt DO
Yunzhou Li MD
Natnari Linwong MD
Travis Lipscomb DO
Taylor Love DO
Jaime Loyola III, MD

Nathan Luke MD
Karla Maltez Salvador MD
Camilla Maybee MD
Edmund Merife MD
Melissa Mohnal DO
Paulius Mui MD
Seavon Munoz DO
Amie Munson MD
David Murray MD, MBA
Nelya Nemcek MD
Robert Neubauer MD
Ashley Newsome MD, PhD
Hasamone Nimjareansuk DO
Kelsey Norris DO
Jessica Ochab DO
Olukayode Ojo MD
Patrick Pagador MD
Matthew Paine MD
Sarah Pardue DO
Mohini Patel MD
Stephen Pillinger DO
Hannah Rak MD
Harkaranveer Ratanpal DO
Kethan Reddy MD
Erik Richardson DO
Adam Richardson MD
Daniel Ripley DO
Madison Ross DO
Jessica Row MD
Chelsea Rubis DO
Tinsley Rucker MD
Shefali Shah MD
Joshua Slakman DO
Terrell Smith MD
Leon Smith-Harrison II, MD
Anna Stamas DO
Cameron Straughn DO
Jalicia Sturdivant DO
Sean Sutphen DO
John Syptak MD, MHA
Ruthy Tam MD
Joseph Thomas MD
Michaela Varys MD
Elizabeth Vass DO
Angel Vigo DO
Stephen Vinoba MD
Vivian Vu MD, PhD
Chiraag Vyas MD
Mary Wade DO
Kathleen White DO
Elizabeth Willoughby MD
Tyler Willson MD
Catherine Wilson MD
Stephen Woodall MD
Emma York DO
Kyaw Zaw MD

RESIDENT

Sally Abilmona DO
Mintesinot Achamyelehe MD
Tofunmi Adesanya DO
Keyur Adhvaryu MD
Arman Ali MD
Reem Alsibai MD
Chad Amos DO
Kazi Anwar MD

Michele Bahtiarian DO
Vishishya Bhatnagar MD
Alexa Caffio-Learner MD
Michael Carbone MS
Julian Carrier DO
Rida Choudhry MD
Kimaya Council MD
Jacob Craig DO
Gregory Crook MD
Aylin Crugnale MD
Baolian Deng MD
Taylor Dobyns MD
Pritty Dwivedy DO
Benjamin Eppolito MD
Daniel Fathalikhani DO
Elizabeth Fernandez DO
Margaret Foster DO
Brett Frommer DO
Allison Gerrard DO
Monique Ghazar MD
Gifty Gracious Ross MD
Brekhnnaa Gull DO
Chad Harrell MD
Nader Hasan MD
Lucas Hastings MD
Amanda Herbert MD
Abigail Hewitt MD
Brian Ho MD
Jung Huh MD
MacNair Jennings DO
Marek Jucovic MD
KC Kelley DO
Emily Knopf DO
Feeba Koshy MD
Lekha Kuchampudi DO
Dinesh Lal MD
Melissa Le MD
Brittany Lewis MD
Christina Litchfield DO
Nicole Lorezni MD
Ashane Lynch MD
Esther Madugu DO
Viraj Makavana DO
Jamison Maxwell MD
Shayla McCall MD
Caehla McGeady MD
Julie Mehta DO
Marissa Meyer DO
Patricia-marie Mgbodile MD
Broc Miller MD
Matthew Miracle MD
Mazher Mirza MD
Tae Moon DO
Jessica Morris DO
Quinn Morrow MD
Zarron Moses MD
Bradley Mueller MD
Meesam Naqvi MD
Thomas Nelson DO
Emily Notvedt DO
Muhammad Omer DO
Thomas ONeil DO
Jerry Onyeador MD
Katherine Pierce DO
Michael Polchert MD
Roberto Ramirez MD

Vanessa Rave MD
Catherine Romaine MD
Krista Rounds DO
Mary Scourboutakos MD
Neama Setambar DO
Sarah Shapiro MD
Heath Shelton DO
George Sherman IV, DO
Owen Sisbarro MD
Julia Stelter DO
Stephen Su DO
Shavanni Sydnor DO
Sydney Sykes MD
Hannah Teague DO
Kayla Thomas MD
Adrianna Uhlar MD
Helena Varys MD
Trieu Vo DO
Dianne Wagner MD
Thomas Wall DO
Tanner Weaver DO
Rachel Williams MD
Chanel Willis MD
Nermene Wilson MD
Tyler Wilson MD
Addison Wood MD
Ibtesam Zahid DO

STUDENT

Mathew Alexander
Brianna Baldwin
Demitra Chavez
Joseph Chibueze
Courtney Chmielewski
Jacob Cody
Peter Daniels
Rose Dever
Mohamed Elsherief
Monica Ethirajan
Alisha Freitas
Louisa Gamor
Krishna Gandhi
Kelley Goforth
Alireza Hashemi Nejad
Benjamin Henson
Mario Hernández Cárcamo
Jacob Holsopple
Thazin Latt
Thi Lovu
Bhavya Malladi
Sankar Muthukumar
Tanner Nelson
Anusha Pasupuleti
Vikram Seshadri
Julia Smolen
Brian Sun
Eric Tollis
Chukwuka Ukekwe
Phillip Wyatt
Nadia Zia

FAMILY PHYSICIAN OF THE DAY

VOLUNTEERS NEEDED!!

Volunteers are needed to serve as Family Physician of the Day during the 2024 Virginia General Assembly. As Family Physician of the Day, you are asked to provide medical care in the courtesy medical station located in the General Assembly Building from 9:00 a.m. – 3:30 p.m. Monday through Thursday and 9:00 a.m. – 12:00 noon on Fridays. Nursing staff is provided daily by Virginia Commonwealth University. More specific information regarding directions, special parking, etc. will be provided with confirmation of your assigned date. Reimbursement for participation as Family Physician of the Day includes \$100.00 per day per diem and mileage reimbursement. The VAFP requires that any physician serving as Family Physician of the Day in the General Assembly have professional liability insurance coverage that insures this activity.

To sign up, please email Matthew Schulte at mschulte@vafp.org with your preferred date(s). For more information, please call 1-800-THE-VAFP.

Please visit for available dates.



ADVOCACY DAY

THE VAFP IS HOSTING AN ADVOCACY DAY ON THURSDAY, JANUARY 18TH IN RICHMOND DURING THE FIRST WEEK OF THE VIRGINIA GENERAL ASSEMBLY 2024 SESSION. COME TO RICHMOND AND MEET YOUR LEGISLATORS, MANY OF WHICH MAY BE NEW TO YOU, AND LET THEM KNOW THE VALUE AND IMPORTANCE OF FAMILY MEDICINE. THE DAY WILL BEGIN WITH BREAKFAST AND A BRIEFING ON LEGISLATIVE INITIATIVES BY VAFP'S LEGISLATIVE REPRESENTATIVE HUNTER JAMERSON, FOLLOWED BY LEGISLATOR VISITS, ATTENDANCE AT A HEALTH COMMITTEE MEETING AND A WRAP-UP LUNCHEON.

IF INTERESTED IN ATTENDING, PLEASE E-MAIL [MSCHULTE@VAFP.ORG](mailto:mschulte@vafp.org). A LIMITED NUMBER OF COMPLIMENTARY HOTEL ROOMS WILL BE AVAILABLE TO VAFP MEMBERS THAT WANT TO ARRIVE THE EVENING OF WEDNESDAY, JANUARY 17TH. WE HOPE TO SEE YOU IN RICHMOND ON JANUARY 18TH!

Donate now to FamDocPAC, the Political Action Committee of Virginia's Family Physicians!!

FamDocPAC

The Political Action Committee of Virginia's Family Physicians

"FamDocPAC puts family doctors at the table when health care decisions are made."

FamDocPAC is the political action committee through which you can support the election or re-election of those candidates for state office who share your commitment to family medicine.



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Williamsburg Donor
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To donate please visit www.famdocpac.org. You will receive a commemorative lapel pin in recognition of your donation.

FamDocPAC

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VAFP MEMBERSHIP BENEFITS



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

The VAFP is pleased to provide as a membership benefit a free subscription to Daily POEMs from Essential Evidence

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 so your e-mail address can be added to the distribution list.

Please enjoy this complimentary VAFP membership benefit.

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CME CALENDAR

2023

November 11, 2023

Behavioral Health Care KSA

8:30 AM-12:30 PM

Virtual

Care of Women KSA

1:00 PM-5:00 PM

Virtual

2024

January 25-28, 2024

VAFP 2024 Winter Family Medicine
Weekend

Wintergreen Resort

Wintergreen, Virginia

July 18-21, 2024

VAFP 2024 Annual Meeting & Exposition

Williamsburg Lodge

Williamsburg, Virginia

For more information, visit
www.vafp.org

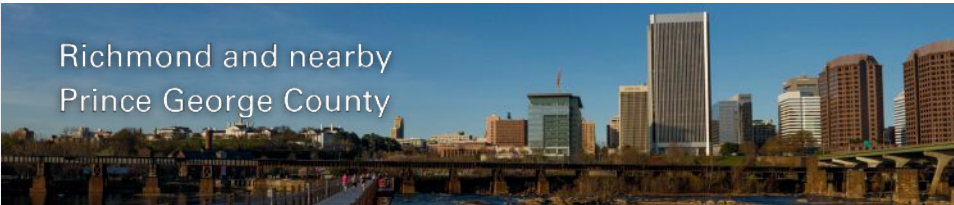




Family Physician opportunities

We seek **BC/BE Family Physicians** for clinical locations in **Virginia:**
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Prince George County
Tappahannock region

Richmond and nearby
Prince George County



Hayes E. Willis Health Center

- **dedicated, mission-driven** colleagues and team members, including **clinical pharmacist, social work and behavioral health support**, providing **holistic patient-centered care**
- experience working with **medically underserved communities, teaching, and expertise** in areas of care such as **opioid use disorder/substance use disorder, transgender care, and procedural care** preferred

Stony Point

- **new clinical site** in the **Stony Point 9000 building**

Waterside Commons

- **new clinical site** in **Prince George County/Hopewell area**

details

- ▶ **outpatient family medicine practices with fully integrated EPIC EMR**
- ▶ **comprehensive benefits package** includes **annual CME/professional development funds; license, professional membership and DEA** paid by department; **relocation, vacation, sick days, holidays**
- ▶ **5-day work week** (includes **clinical administrative time** for chronic disease management and responding to patient messaging); call is **phone only**
- ▶ support at nearby **VCU Medical Center (Richmond and Prince George) and Tappahannock Hospital (Mt. Clement and Warsaw)**, including **24/7 hospitalist service, laboratory, imaging, and specialty consult services**
- ▶ **eligible for clinical faculty appointment in the VCU Department of Family Medicine and Population Health**
- ▶ **medical student and resident teaching opportunities** and potential involvement in **department research programs**

contact

Interested candidates, please contact
Karin Guye Guillou
(804) 382-6981 (call or text)
karin.guye@vcuhealth.org



tinyurl.com/VCUFamMedJobs



Warsaw

Tappahannock/ Mt. Clement



Tappahannock region

- **comprehensive care** provided for **patients of all ages, with a focus on patients over 65 years of age**, with opportunities for **pediatrics and office-based procedures**
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2024 VAFP AWARDS

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

JAMES P. CHARLTON, MD TEACHER OF THE YEAR AWARD

In memory of James P. Charlton, MD, a VAFP Past President, the VAFP awards annually the James P. Charlton, MD Award for excellence in teaching in family medicine. Nominees may include teachers of family medicine who participate in teaching at the medical school level, residency faculty level or community preceptorship level. Award recipients will receive a commemorative certificate during the 2024 VAFP Annual Meeting, land travel expenses, one night's lodging and a \$100 honorarium.

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

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

In honor of former VAFP President F. Elliott Oglesby, MD, the Virginia Academy of Family Physicians' Board of Directors has established the "F. Elliott Oglesby, MD Volunteer of the Year Award." The award is designed to recognize annually a Virginia Family Physician whose service to his or her profession and/or community exemplifies the true nature of volunteerism. Award recipients will receive a commemorative certificate during the 2024 VAFP Annual Meeting, land travel expenses, one night's lodging and a \$100 honorarium. In addition, the award recipient will be provided a \$1,000 grant to donate in his or her name to the organization of their choice.



VIRGINIA FAMILY PHYSICIAN OF THE YEAR AWARD

Nominees should:

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

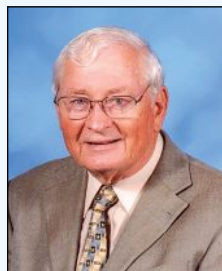
Award recipients will receive a commemorative certificate during the 2024 VAFP Annual Meeting, land travel expenses, one night's lodging and a \$100 honorarium.

Please submit your nomination(s) no later than June 1, 2024
Please visit www.vafp.org/awards or call 1-800-THE-VAFP for more information.

IN MEMORIAM

VAFP PAST PRESIDENT JESSE FRANCIS AMOS, MD JANUARY 12, 1943 - JUNE 8, 2023

Dr. Jesse Francis Amos, age 80, well-known physician and historian, went to be with his Heavenly Savior on Thursday, June 8, 2023, after battling acute leukemia. Francis served as the first Director of the Carilion Family Medicine Residency program, Assistant Professor of the Family Practice Residency program through the University of Virginia and served as President of the Virginia Academy of Family Physicians from 1983-1984.



He and longtime friend, Dr. Jack Bumgardner, Jr. realized a childhood goal when they opened their own Family Practice office, serving the Franklin County community for 39 years together. Francis loved his many devoted patients, working with young people over the years, and his church. He served as a deacon at Franklin Heights Church and was actively involved.

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*Individual results may vary.

2023 VAFP ANNUAL REPORT



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.

Continued on page 28

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 KSAs 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>.

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

Continued on page 30

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	\$ 25,129
Total support and revenue	\$ 861,121
EXPENSES	
Program	
Education	\$ 488,144
Advocacy	\$ 198,630
Supporting services	
General and administrative	\$ 162,307
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”.

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David Palmisano, MD, PhD
Family Medicine
Bayview Physician for 18 years

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Lynne Stockman, DO
Family Medicine
Bayview Physician for 13 years

“I like working for Bayview Physicians Group because we provide quality, evidence-based care for the whole person. As a Bayview physician, I appreciate that I can practice with more autonomy and fewer constraints than in a hospital-based system.”

Desiree Tan-Gonzales, MD
Family Medicine
Bayview Physician for 18 years

“Having spent nearly two decades at Volvo Medical Associates, the longevity of my stay speaks volumes about how much I enjoy working with my colleagues and staff. I find joy in my role as a Family Physician where every day presents as an opportunity to make a positive impact on the lives of my patients.”

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