

**VIRGINIA ACADEMY
OF
FAMILY PHYSICIANS**

**2024
ANNUAL
REPORT**

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2024 ANNUAL BUSINESS MEETING AGENDA

- I. Call to Order & Welcome - Denée J. Moore, MD, FAAFP, VAFP President
- II. President's Remarks
- III. Vote on Recommended Bylaws Changes
- IV. Vote on Recommended 2025 VAFP Dues Structure
- V. Election of 2024-25 VAFP Officers and Directors
- VI. Incoming President's Remarks
- VII. Confirmation of AAFP Fellows
- VIII. Legislative Report—Hunter Jamerson, JD, MBA, VAFP General Counsel & Legislative Consultant
- IX. Adjournment

VIRGINIA ACADEMY OF FAMILY PHYSICIANS

VAFP VISION STATEMENT

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

VAFP MISSION STATEMENT

The mission of the VAFP is to empower its members to be physicians who provide high quality, accessible health care, dedicate themselves to the wellbeing of the people of Virginia, and are guided by the principle that the family physician remains the specialist of choice to guide lifelong health care.

2023-2024 OFFICERS, DIRECTORS, EX OFFICIO MEMBERS & CHAIRS

PRESIDENT

Denée J. Moore, MD, FAAFP, Dinwiddie

PRESIDENT ELECT

Timothy J. Yu, MD, FAAFP, Clifton

FIRST VICE PRESIDENT

Robin N. Anderson, MD, FAAFP, Virginia Beach

IMMEDIATE PAST PRESIDENT

David S. Gregory, MD, FAAFP, Roanoke

TREASURER

Charles O. Frazier, MD, FAAFP, Williamsburg

SECRETARY

Alison Huffstetler, MD, Alexandria

EXECUTIVE VICE PRESIDENT

Mary Lindsay White, MHA, Richmond

2024 DIRECTORS

Jonathan W. Biggers, DO, Aylett

Julia A. Bruce, MD, Clifton

Joseph Fields-Johnson, DO, Richmond

2025 DIRECTORS

Yasir Abdul-Rahman, DO, Woodbridge

Amanda L. Russell, MD, Carson

Verneeta L. Williams, MD, FAAFP, Williamsburg

2026 DIRECTORS

Linwood T. Joyner, MD, Portsmouth

Robert J. Newman, MD, FAAFP, Virginia Beach

Matthew S. Paine, MD, Moseley

RESIDENT DIRECTORS

Katelyn Carpenter, MD, Shenandoah

Daniel Fathalikhani, DO, HCA-Lewis Gale

Arsa Ghazal, DO, Fairfax

STUDENT DIRECTORS

Lauren Canary, MPH, VTC School of Medicine

Cassandra L. Ritter, VCU School of Medicine

AAFP Delegates

Jesus L. Lizarzaburu, MD, FAFP, Yorktown

Emmeline C. Gasink, MD, FAAFP Newport News

AAFP ALTERNATE DELEGATES

Neeta Goel, MD, Ashburn

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

EX OFFICIO MEMBERS

Brian A. Dickens, DO, FAAFP, Blacksburg

John Snellings, MD, Norfolk

Michael P. Jeremiah, MD, FAAFP, Roanoke

Li Li, MD, PhD, MPH, Charlottesville

Raena M. Pettitt, DO, Lynchburg

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

CME/PROFESSIONAL DEVELOPMENT

Mitchell B. Miller, MD, FAAFP, Virginia Beach

EXECUTIVE

Denée J. Moore, MD, FAAFP, Dinwiddie

FINANCE

Charles O. Frazier, MD, FAAFP, Williamsburg

NOMINATING

Timothy J. Yu, MD, FAAFP, Clifton

LEGISLATIVE

Jesus L. Lizarzaburu, MD, FAAFP, Yorktown

E. Mark Watts, MD, FAAFP, Vinton

RESIDENT, STUDENT & FACULTY

Daniel F. McCarter, MD, FAAFP, Richmond

Denée J. Moore, MD, FAAFP, Dinwiddie

WELL-BEING

Mark Greenawald, MD, FAAFP, Roanoke &

Neeta Goel, MD, Ashburn

FAMDOCPAC

Sean W. Reed, MD, Charlottesville

2024-2025 NOMINEES FOR OFFICERS, DIRECTORS AND AAFP REPRESENTATIVES

PRESIDENT

Timothy J. Yu, MD, FAAFP, Clifton

PRESIDENT ELECT

Robin N. Anderson, MD, Virginia Beach

FIRST VICE PRESIDENT

Verneeta L. Williams, MD, FAAFP, Williamsburg

SECOND VICE PRESIDENT

Julia A. Bruce, MD, Clifton

TREASURER

Charles O. Frazier, MD, FAAFP, Williamsburg

SECRETARY

Alison Huffstetler, MD, Alexandria

2027 DIRECTORS

Tabatha B. Davis, MD, FAAFP, Lynchburg

Gordon W. Theisz, MD, FAAFP, Norfolk

Charlotte Heppner, MD, Richmond

2025 DIRECTOR

Michele M. Tran, MD, Sterling

AAFP DELEGATES

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

AAFP ALTERNATE DELEGATES

David S. Gregory, MD, FAAFP, Roanoke

OUTGOING PRESIDENT'S MESSAGE

DENÉE J. MOORE, MD, FAAFP, DINWIDDIE



Dear Colleagues,

I am very honored to have represented the Virginia Academy of Family Physicians as its 77th President. Serving in this capacity has been one of the highlights of my career. Last summer, the Academy celebrated its 75th anniversary, and throughout the year, the Academy strived to build on its legacy of making Virginia the best place for people to receive healthcare and for family physicians to practice medicine. I want to highlight the many achievements of the Academy and its members as we worked together to move Family Medicine forward in Virginia.

The VAFP continued to offer well attended and highly rated CME events for members. Thank you to the CME committee, led by Mitch Miller, MD, and the Academy staff for your hard work and dedication to ensuring these events are a success.

The 2024 Virginia General Assembly provided the Academy with an opportunity to engage with elected officials and promote legislation to streamline patient care, maintain patient safety, enhance practice sustainability, and grow the state's Family Medicine physician workforce. Thank you to the Legislative Committee, led by Jesus Lizarzaburu, MD and Mark Watts, MD, General Counsel Hunter Jamerson, JD, Key Contacts, and members who served as Family Physician of the Day at the General Assembly for your great advocacy work.

Several successful resident and student events were held. These included the Scholarly Symposium which gave Family Medicine residents and students the opportunity to present scholarly work to their peers and Academy members, resident- and student-focused educational sessions at the Academy's Winter meeting, and Choose Virginia which gave students an opportunity to learn about Virginia's Family Medicine residency programs and network with faculty and residents from those programs. Thank you to the Resident, Student, and Faculty Committee members, fellow co-chair Dan McCarter, MD, and the VAFP staff for your tremendous efforts and commitment to supporting our state's Family Medicine residents and students. Also, the Academy regularly convened Virginia's Family Medicine residency program directors and associate program directors to facilitate networking and learn how the VAFP can assist them with educating the next generation of family physicians. Thank you to those who participated in the meetings and partnered with the Academy to strengthen Family Medicine residency training in the state.

Wellness is key to maintaining physician joy in practice and sustaining the Family Medicine physician workforce. The VAFP launched a new column in the Academy's spring magazine called the "VAFP Well-being Corner" which highlights potential challenges to physician well-being and provides examples of how physicians can improve their response to these situations. Thank you to the Well-being Committee, led by Neeta Goel, MD and Mark Greenawald, MD, for the incredible work you've done to help members achieve wellness.

To promote practice innovation and transformation, the VAFP piloted the Family Medicine Practice Transformation Grant Initiative. This grant is 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. David Killeen, MD at Neighborhood Health in Alexandria, VA was the winner of the inaugural grant. Dr. Killeen used the grant to expand the prenatal ultrasound services offered at the practice which provided prenatal patients with more complete and timely care.

A number of Academy members were selected for leadership positions at the national level. Allison Zamora, a

recent graduate of Liberty University College of Osteopathic Medicine - Center for Medical and Health Sciences, was elected as Student Chair of the 2024 AAFP National Conference. Tabatha Davis, MD was elected as New Physician constituency co-convener for the 2025 AAFP National Conference of Constituency Leaders (NCCL) and New Physician Alternate Delegate to the 2024 AAFP Congress of Delegates. Heba Elzawahry, MD was appointed to serve on the reference committee for Organization and Finance for the 2024 NCCL and Richard (Rich) Uribe, MD was appointed to serve on the reference committee for Education for the 2024 NCCL. One Academy member was recognized at the national level for significant contributions to advance community health. Fern Hauck, MD, MS, received the 2024 AAFP Public Health Award for her care of refugee populations in the greater Charlottesville community. Congratulations to all!

As my term as President concludes, I would like to thank the amazing VAFP officers and directors for their service to the organization. Also, thank you to the wonderful and talented VAFP staff for making the Academy a thriving organization. Together, we guided the Academy to represent the interests of Virginia's family physicians. Finally, thank you to VAFP members for giving me the opportunity to lead this great organization. It has been a pleasure to serve Academy members, Virginia's family physicians and patients across the state. The Academy has a bright future ahead, and I hope you will continue to be a part of that journey.

With gratitude,

Denée J. Moore, MD, FAAFP, DABFM

INCOMING PRESIDENT'S MESSAGE

TIMOTHY J. YU, MD, FAAFP, CLIFTON



As the 78th President of the Virginia Academy of Family Physicians (VAFP), it is my honor and privilege to serve you, the Family Physicians of Virginia, for the upcoming year. Over the years I've served our academy, I can recall several highlights:

- Partnering with former colleagues at the American Cancer Society to ensure plans and insurers cover a follow up colonoscopy for a positive stool-based screening test
 - Increasing Medicaid payments for primary care
 - Protecting our medical malpractice cap
 - Improving immunization coverage for Virginians
 - Decreasing administrative and prior authorization burden
- Developing policies to help alleviate the number of unnecessary refill requests we receive from pharmacies
 - Improving resident teaching environments by engaging with policymakers and insurers to streamline competency-based supervision requirements
 - Successfully advocating against scope creep from other health professionals

There is no better specialty than ours. Our specialty leads in decreasing healthcare costs, improving mortality rates in various settings, adding days of life to communities we care for, and adapting skillfully to positively impact the care of our patients. Our community impact factor is unquestionable. As the reliable, holistic first contact for patients, there is no better specialty for the undiagnosed undifferentiated patient to come see.

We are privileged to care for and advocate for our patients through a sacred relationship and continuity. Protecting this relationship is pivotal and as we have in the past, we will continue to advocate against any legislation that compromises this. We know our patients. It is an art to know what is in their best interest while balancing their personal beliefs and wishes. Patients prefer physician-led care with 95% of them saying it's important for a physician to be involved in their diagnosis and treatment. Having physician-led healthcare teams working together is critical to ensure the safest and best outcomes for our patients.

Though market forces and consolidation within the healthcare industry continue to impact our specialty, our academy's advocacy work to maintain our scope of practice has been critical. Evidence has shown that family physicians who practice with a broader scope and comprehensiveness are associated with less burnout and improved access which leads to better quality care. Family physicians are uniquely trained and poised to care for all patients and their families no matter their age, life stage or challenges faced. Supporting our members to continue to practice in this manner is imperative and we are with you.

With excitement I want to welcome the new officers and directors to our vibrant VAFP Board. Our board reflects the varied practice models our members are involved in and come from regions throughout our Commonwealth.

Our officers this year are Robin Anderson, M.D. as President-Elect, Verneeta Williams, M.D. as First Vice-President, Julie Bruce, M.D. as Second Vice-President, Charlie Frazier, M.D. as Treasurer and Alison Huffstetler, M.D. as Secretary. I am also pleased to welcome our new directors Tabatha Davis, M.D., Michelle Tran, M.D., Gordon Theisz, M.D. and Charlotte Heppner M.D. Thank you to VAFP out-going President, Denee Moore, M.D. for an amazing year and to our amazing VAFP staff: Mary Lindsay White, Matt Schulte, Cheryl Modesto, Kristi Reynolds, Kristie Duncan and

Hunter Jamerson, who work tirelessly alongside us, behind the scenes, keeping our state chapter credible at both the local and national level. The combined experiences of our VAFP officers, directors and advisors along with the dedication of the VAFP staff will contribute to an eventful and productive year.

I look forward to engaging with each of you as we move forward and continue to improve the care we deliver to our patients and to advocate for ways to unlock the full potential of our specialty. I encourage each of you to become more involved with our academy and share innovative ideas on how we can continue to have Virginia be the best place for our communities to receive their healthcare and for family physicians to practice medicine.

LEGISLATIVE UPDATE

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

The VAFP Legislative Committee Co-Chaired by Jesus Lizarzaburu, MD and Mark Watts, MD, VAFP Legislative Consultant and General Counsel Hunter Jamerson, JD and family physician members of the committee were extremely busy working to advocate on behalf of family medicine in Virginia. The committee meets virtually weekly during the General Assembly and on an as needed basis meets virtually or communicates via list serv outside of the General Assembly. This group is very important to the mission of the VAFP in representing you in the legislative arena to ensure that primary care and specifically issues impacting your daily practice of family medicine are monitored and addressed.

2024 Annual General Assembly Report

The VAFP completed another successful General Assembly session, advocating for the interests of family medicine. This session presented significant challenges in both scope, reimbursement, and professional defense. Through VAFP's advocacy, in coordination with our colleagues in the House of Medicine, the VAFP secured several major victories.

This session also presented an opportunity to introduce the priorities of family medicine to a new group of legislators. More than 60% of the General Assembly was new this year. As a result, VAFP spent a significant amount of time educating legislators who were learning about the challenges facing family medicine for the first time. VAFP sponsored a successful Advocacy Day allowing members to directly connect with their legislators in order to provide a primary resource for the issues facing family physicians practicing on the front lines.

VAFP's 2024 General Assembly Session victories included:

Medical Malpractice

Senator Stanley's SB 493 proposed to eliminate the cap on the recovery in actions against health care providers for medical malpractice where the act or acts of malpractice occurred, on or after July 1, 2024, against a patient aged 10 or younger. After advancing from the Courts Committee on a vote of 8-4 with 3 abstentions, VAFP, in coordination with other stakeholders, was able to defeat the bill on a vote of 6-9 in the Senate Committee on Finance. Threats to the Med-Mal cap remain, however, so an inter-session work group will meet to discuss concerns about the Med-Mal cap and map out possible future reforms.

Nurse Practitioner Autonomous Practice

Delegate Tran's HB 971 proposed to reduce from 5 years to 2 years the post-graduate pathway to autonomous practice for nurse practitioners. It became clear that the votes were not present in either chamber to support a 2 year pathway; however, it was equally clear the votes were not present to hold the current 5 year standard. After substantial negotiations, consensus was reached to reset the pathway to 3 years (the high end of the national average) with the understanding that the issue will not be raised again for the foreseeable future. To help ensure the longevity of this "deal," a study will be conducted by Department of Health Professions with a report due prior to the 2028 General Assembly detailing how many nurse practitioners sought autonomy, where they chose to practice, and how many disciplinary claims arose against autonomous nurse practitioners.

Joint Boards of Medicine and Nursing

Senator Boyko's SB 351 sought to eliminate the Joint Boards of Medicine and Nursing in favor of nurse

practitioners being solely regulated by the Board of Nursing. Presently, nurse practitioners are regulated by physicians and nurses comprising the Joint Boards. In conjunction with other stakeholders, VAFP was able to defeat this bill in the Health Professions subcommittee. The bill failed for lack of a second to the motion to recommend reporting the bill.

Administrative Burdens

Senator Favola's SB 425 significantly improves carrier business practices. The bill prohibits a carrier from imposing any retroactive denial of a previously paid claim or in any other way seeking recovery or refund of a previously paid claim unless the carrier specifies in writing the specific claim or claims for which the retroactive denial is to be imposed or the recovery or refund is sought, the carrier has provided a written explanation of why the claim is being retroactively adjusted. The bill provides that the time limit for a retroactive denial is 12 months; however, a provider and a carrier may agree in writing that recoupment of overpayments by withholding or offsetting against future payments may occur after such 12 month-limit. The bill requires carriers, beginning no later than July 1, 2025, to make available an electronic means for providers to determine whether an enrollee is covered by a health plan that is subject to the State Corporation Commission's jurisdiction. The Governor signed this bill into law.

Prior Authorization

Senator Favola's SB 98 enshrines certain protections for prior authorization approvals. SB 98 requires that any provider contract between a carrier and a participating health care provider contain specific provisions that require that if a prior authorization request is approved and services and supplies have been scheduled, provided, or delivered to the patient consistent with the authorization, the carrier shall not revoke, limit, condition, modify, or restrict that authorization unless (i) there is evidence that the authorization was obtained based on fraud or misrepresentation; (ii) final actions by the U.S. Food and Drug Administration, other regulatory agencies, or the manufacturer remove the drug from the market, limit its use in a manner that affects the authorization, or communicate a patient safety issue that would affect the authorization alone or in combination with other authorizations; (iii) a combination of drugs prescribed would cause a drug interaction; or (iv) a generic or biosimilar is added to the prescription drug formulary. The Governor signed this bill into law.

Looking Ahead

VAFP will continue its zealous advocacy in the General Assembly to support the priorities of family medicine. The VAFP Legislative Committee is presently focused on continued defense of scope of practice, implementation of administrative burden reforms, support for family medicine residency programs, and expanding opportunities for reimbursement in both the public and private payor space. VAFP is especially focused on continuing to work toward Medicare – Medicaid payment parity. In a world of finite resources and competing priorities, your support is more important than ever. Please consider supporting the FamDocPAC to assist VAFP in promoting the importance of legislative support for family medicine!

2024 Advocacy Day

On Thursday, January 18, 2024, VAFP members participated in the annual VAFP Advocacy Day at the Virginia General Assembly. The day started with breakfast and a briefing on the issues of interest from VAFP Legislative Consultant Hunter Jamerson, JD. Following breakfast and briefing, the group made their way to the newly opened General Assembly building where they had in person meetings with their respective Senators and Delegates, lobbying on issues pertinent to the daily practice of family medicine and attended health sub-committee meetings in both the Senate and the House. Many of the legislators VAFP members met with during the day were newly elected to the General Assembly which was a great avenue for developing relationships and educating on the importance of primary care in the

Commonwealth.

Issues that the family physician, family medicine resident and medical student participants focused on in their discussion with legislators and their aides included the medical malpractice cap, prior authorization, scope of practice, incentives for mental health services, covenants not to compete, health insurance coverages and the importance of the primary care workforce in Virginia. On the state budget front, participants emphasized the importance of the passage of funds to increase the Medicaid reimbursement in primary care and funds for loan repayment to family physicians that choose to practice in a health professions shortage area of the Commonwealth.

This year's Advocacy Day was a tremendous success!! The VAFP thanks all members that volunteered their time to support advocacy efforts in the Commonwealth. Any member interested in participating in 2025, please reach out to ML White (mlwhite@vafp.org) and/or sign up to be a VAFP Key Contact.

VAFP Key Contact Program

With so many new legislators in the Virginia General Assembly, it is now more important than ever to participate as a Key Contact for your senator or delegate. If you know your legislator or want to get to know your legislator, please use the QR code below to sign up to be a VAFP Key Contact.



Family Physician of the Day Program

Again in 2024, the VAFP staffed the medical station in the General Assembly Building daily from 9:00 a.m. – 3:00 p.m. VAFP members volunteer to work the clinic each day of the legislative session. It is a great way to meet your legislator and continue to have family medicine at the forefront in the minds of our lawmakers.

CONTINUING MEDICAL EDUCATION

The Virginia Academy of Family Physicians continues its tradition of offering first class, affordable continuing medical education conferences for Academy members. The Academy is pleased to report that the 2023-2024 year saw a rebound for attendance at our CME events that mirrors the pre-COVID years. The VAFP CME Committee Chaired by Mitchell Miller, MD, continually works on behalf of family physicians to create events that focus on the most up to date topics that are pertinent to the daily practice of family medicine and national/state educational requirements.

Each year, the Academy sponsors two major CME activities. The Winter Family Medicine Weekend is held over four days in the month of January. The 2024 winter event was held over the dates of January 25-28 at Wintergreen Resort. It drew over 200 family physicians, residents, medical students, and other health care professionals and 38 exhibiting organizations supported the meeting. The Academy continues to offer a one-time complimentary registration to all AAFP member recent graduates that were less than 5 years out of residency. Thirteen 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 18-21 at The Williamsburg Lodge. 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 Lodge. In 2024, the Academy is offering the VAFP Journal Club as a new session that satisfies the ABFM certification requirements. A special thank you to VAFP Past President and Treasurer Charles Frazier, MD for facilitating this inaugural session.

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

Continuing in 2024, the VAFP offered at each major CME event an opportunity to attend sessions focused on the management of pain and opioid prescribing that serves to satisfy the MATE act which is a federal requirement for continuing education in pain management, proper prescribing of controlled substances, and the diagnosis and management of addiction. The Drug Enforcement Administration (DEA) and the Substance Abuse and Mental Health Services Administration (SAMHSA) released materials in 2023 related to the new Medication Access and Training Expansion (MATE) Act. The Act requires new or renewing DEA licensees, 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 partnered with the American Academy of Pediatrics (VA-AAP) and the Virginia Mental Health Access Program (VMAP) on the provision of pediatric mental health education to include live sessions on helping families get the treatment their children need and a webinar on the impact of the internet on youth mental health.

The Academy expresses its deep appreciation to the Chair of the Continuing Medical Education Committee 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, Mary Beth Sweet, MD, and Charles Frazier, MD, FAAFP for their exceptional work as Family Medicine Certification session presenters.

MEMBERSHIP

As of May 2023, total VAFP membership stood at 3,076 with Active membership totaling 1,810, resident membership at 346 and student membership at 509. Four additional categories including Life membership totaled 411. The membership numbers are slightly decreased from 2023 and an area that the VAFP staff is focused on for the remainder of the 2024 membership year. In evaluating the drop in active membership, the New Physician category (graduation from residency within seven years) and those members that are transitioning from the Active Member to Life Member category show the largest decrease. Additionally, our resident members decreased slightly and an area that staff will work with program coordinators to strive for 100% resident membership in the VAFP.

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 16 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.

In addition to the specific benefits mentioned above, members of the VAFP generally benefit in multiple ways noted below.

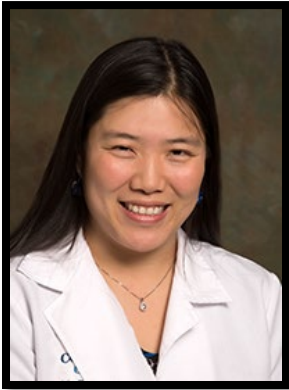
- Advocacy and representation at a state and national level
- Continuing medical education offerings that are family medicine specific
- Communications and services to keep you up to date
- Cost effective VAFP's dues structure
- Leadership opportunities at the committee and board levels
- Access to the VAFP's dedicated staff to answer your questions
- Monthly e-mail updates and a quarterly magazine
- Online registration for all VAFP events
- Facebook/Twitter/Instagram social media content to keep members connected with the Academy
- Easy online CME reporting, tracking, and planning

For information on all the member benefits, please contact the VAFP at admin@vafp.org; 1-800-THE-VAFP or the website <https://vafp.org>.

AWARDS

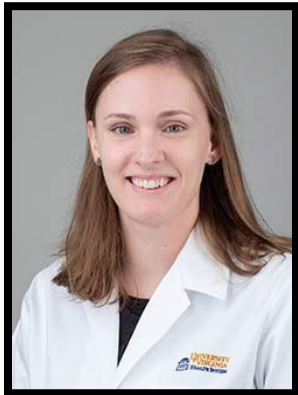
Congratulations to the recipients of this year's VAFP Awards.

The 2024 Awards will be presented during the Installation of Officers and Directors & Academy Awards Dinner on Friday, July 19, 2024. Congratulations again to each of the recipients!!



Virginia Family Physician of the Year Award

*Priscilla Tu DO, FAAFP
Carilion Clinic Family Medicine
Roanoke, VA*



James P. Charlton, MD Teacher of the Year Award

*Sarah N. Dalrymple MD
UVA Health
Nellysford, VA*



F. Elliott Oglesby, MD, Volunteer of the Year Award

*Faith R. Pasley MD, FAAFP
Roanoke Rescue Mission's Volunteer Medical Director
Fralin Free
Roanoke, VA*

CAREER CENTER

The VAFP Career Center is the hub for physician employment opportunities in Virginia and is the premier member resource to explore employment opportunities in Virginia or to recruit for open positions within your practice. The VAFP has discounted rates for members that want to advertise open positions within the Career Center.

To access the Career Center, visit vafp.careerwebsite.com or scan the QR code below. 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.



RESIDENT, STUDENT & FACULTY

The Virginia Academy of Family Physicians puts great focus on our resident and student members and the faculty at the residency programs and medical schools that support the training of these future family physicians.

Resident and Student Leadership

VAFP resident and student members can participate in multiple leadership positions at the state level on the VAFP Board of Directors, as members of VAFP committees and as Delegate to the AAFP National Conference representing Virginia. On the national level, as members of AAFP commissions and other various representatives to partner AAFP organizations. On the VAFP Board, resident and medical student representatives serve a one-year term beginning in the fall of each year. 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/August.

Resident and Student Benefits

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

In addition to membership dues benefits, the VAFP provides complimentary housing for students and residents to attend the VAFP Winter Family Medicine Weekend held annually at Wintergreen Resort. At the 2024 VAFP Winter Family Medicine Weekend, 11 Family Medicine Residents and 36 medical students were in attendance. Continued from previous years, was a resident panel discussion that offered students the opportunity to ask questions of residents related to "What It's Like to be a FM Resident?". At the conclusion of the panel discussion, the residents and students enjoyed a complimentary networking dinner.

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.

Choose VA Scholarships

The VAFP Foundation offers 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 the Commonwealth after their graduation to complete a family medicine residency or to practice in a medically underserved area. The VAFP Foundation receives donations from generous members to support this effort to keep our own. A \$2,500 scholarship is available for a graduating medical student that attends a Virginia Residency Program a \$3,500 scholarship is available for a Virginia PGY-3 Graduating Resident that chooses to practice in an underserved area of Virginia. The Foundation awarded its first scholarships in 2017.

Research

In the fall of 2023, 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. Over 40 student, resident and family physician members attended the virtual conference which was approved for 2.00 AAFP Prescribed CME credits. The event for 2024 is slated for Saturday, November 2nd from 10:00 a.m. – 11:30 a.m.

Choose VA

On May 4th the VAFP hosted Choose Virginia 2024 at the Virginia Crossings Hotel & Conference Center in Glen Allen, Virginia. This event was first held back in 2009 in partnership with the Virginia Workforce Development Authority and the Virginia Department of Health.

Over 55 medical students representing all six medical schools and over 40 faculty and family medicine residents from eleven programs across the Commonwealth were in attendance.

Choose VA offers medical students a firsthand look into what it's like to be a family physician with introductions to

Virginia's family medicine residency program faculty and residents as well as multiple procedural sessions for that clinical experience.

The residency programs in attendance included:

- Carilion Clinic - Virginia Tech Carilion Family Medicine Residency Program
- Centra - Lynchburg Family Medicine Residency Program
- Dr. S. Hughes Melton Family Medicine Residency Program
- EVMS Family Medicine Residency Program
- HCA-LewisGale Medical Center Family Medicine Residency Program
- Mary Washington Hospital Family Medicine Residency Program
- Riverside/VCU Family Medicine Residency Program
- Shenandoah Valley Family Medicine Residency Program
- University of Virginia Family Medicine Residency Program
- VCU Health Community Memorial Hospital Family Medicine Residency Program

Virginia Program/Associate Program Director Engagement

Beginning in July 2023, Virginia Family Medicine Residency Program leadership faculty met on a quarterly basis to share ideas and learn from each other on ways to continue to enhance the training of our future family physicians.

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 2023 was \$71,667, which exceeded the budgeted projections by just over \$50,000. The VAFP ended fiscal year 2023 with Net Assets of just over \$2,260,000.

Finances—Statement of Financial Position & Activities FOR THE YEAR ENDING DECEMBER 31, 2023

SUPPORT AND REVENUE

Membership dues	\$ 596,500
Annual Meeting	\$ 189,090
CME seminars	\$ 158,295
Choose VA	\$ 7,702
Career Center	\$ 3,526
Grants	\$ 8,512
Interest income	<u>\$ 68,714</u>
Total support and revenue	\$1,032,339

EXPENSES

Program	
Education	\$ 533,704
Advocacy	\$ 229,452
Supporting services	
General and administrative	\$ 194,021
Loss on disposal of property	<u>\$ 3,495</u>
Total expenses	\$ 960,672

Unrestricted Net Assets, beginning of year	\$2,188,883
Increase in unrestricted net assets	\$ 71,667
Unrestricted Net Assets, end of year	\$2,260,550

WELLBEING COMMITTEE REPORT

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

The committee addressed multiple topics over the course of the quarterly meetings with specific action related to educational topic suggestions for the VAFP CME Committee and the creation of a Well-being Corner in the VAFP magazine.

The CME session related to well-being was very well received at the 2024 Winter Family Medicine Weekend. Committee member and former board member Beth Polk, MD, facilitated the closing interactive session titled, "Everyday Well-being for the Busy Clinician: Simple Practices for a Healthier and Happier You". It focused on short well-being practices that can be easily done for individuals. Slated for the 2024 Annual Meeting is a closing session facilitated by VAFP Member Jason Cooper, MD titled, "Meditation, Mindfulness, and Mind-Body Medicine: Paths to Well-Being".

Specific topics discussed in the quarterly meetings of the committee included the following:

- Wellbeing Priorities for VAFP members
- The Lorna Breen Foundation National Campaign ALL IN: WellBeing First for Healthcare
- The MSV SafeHaven Program
- Well-being Resources Available In Practices/Health Systems/Institutions
- 2024 VAFP Winter Family Medicine Weekend and 2024 VAFP Annual Meeting Well-being CME Sessions
- Creation of a Quarterly "Well-Being Corner" in the VAFP Magazine
- Well-being Resources on VAFP website
- Promotion of the AAFP Leading Physician Well-being Program
- Promotion of the AAFP Physician Health and Well-being Conference
- Virginia Joy in Healthcare Initiative

PAST PRESIDENTS OF THE VAFP

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

PAST PRESIDENTS OF THE VAFP

- *Robert S. Smith, MD, Richmond 1975-76
- *Levi W. Hulley, Jr., MD, Richmond 1976-77
- *George Robert Smith, MD, Shawsville 1977-78
- *Emerson D. Baugh, Jr., MD, Kenbridge 1978-79
- *Gene E. Clapsaddle, MD, Moneta 1979-80
- *Harold M. Horden, MD, Norfolk 1980-81
- *James P. Charlton, MD, Virginia Beach 1981-82
- *Benjamin E. Norfleet, MD, Newport News 1982-83
- *J. Francis Amos, MD, Rocky Mount 1983-84
- *G. Stanley Mitchell, Jr., MD, Newport News 1984-85
- *F. Elliott Oglesby, Sr., MD, Richmond 1985-86
- *Alvin J. Ciccone, MD, Norfolk 1986-87
- *Robert F. Baxter, MD, Grundy 1987-88
- J. Albert Hagy, MD, Roanoke 1988-89
- Harold W. Markham, MD, Virginia Beach 1989-90
- *Leroy S. McDaniel, MD, Richmond 1990-91
- *T. P. Davis, MD, Christiansburg 1991-92
- *Charles H. Crowder, Jr. MD, South Hill 1992-93
- Stuart M. Solan, MD, Richmond 1993-94
- J. Michael Ponder, MD, Franklin 1994-95
- Roger A. Hofford, MD, Roanoke 1995-96
- Michelle Whitehurst-Cook, MD, Highland Springs 1996-97
- Mitchell B. Miller, MD, Virginia Beach 1997-98
- Larry G. Mitchell, MD, Richlands 1998-99
- David A. Ellington, MD, Lexington 1999-00
- J. Douglas Smith, MD, Harrisonburg 2000-01
- Joseph Leming, MD, Colonial Heights 2001-02
- Shane J. Kraus, MD, Glen Allen 2002-03

PAST PRESIDENTS OF THE VAFP

Cynthia C. Romero, MD, Virginia Beach 2003-04

Dena R. Hall, MD, Suffolk 2004-05

Kurtis S. Elward, MD, MPH, Charlottesville 2005-06

Wayne J. Reynolds, DO, Gloucester Point 2006-07

Sterling N. Ransone, Jr, MD, Deltaville 2007-08

E. Mark Watts, MD, Vinton 2008-09

Janice E. Ragland, MD, Herndon 2009-10

Jesus L. Lizarzaburu, MD Grafton 2010-11

Kent E. Willyard, MD, Newport News 2011-12

Mark H. Greenawald, MD, Roanoke 2012-13

Sean Reed, MD, Charlottesville 2013-14

Robert I. Elliott, MD, Hurt 2014-15

Charles O. Frazier, MD, Williamsburg 2015-16

Lindsey D. Vaughn, MD, Suffolk 2016-17

Rupen S. Amin, MD, MBA, Chicago 2017-18

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

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

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

Neeta Goel, MD, Ashburn 2021-2022

David S. Gregory, MD, FAAFP, 2022-2023

* Deceased