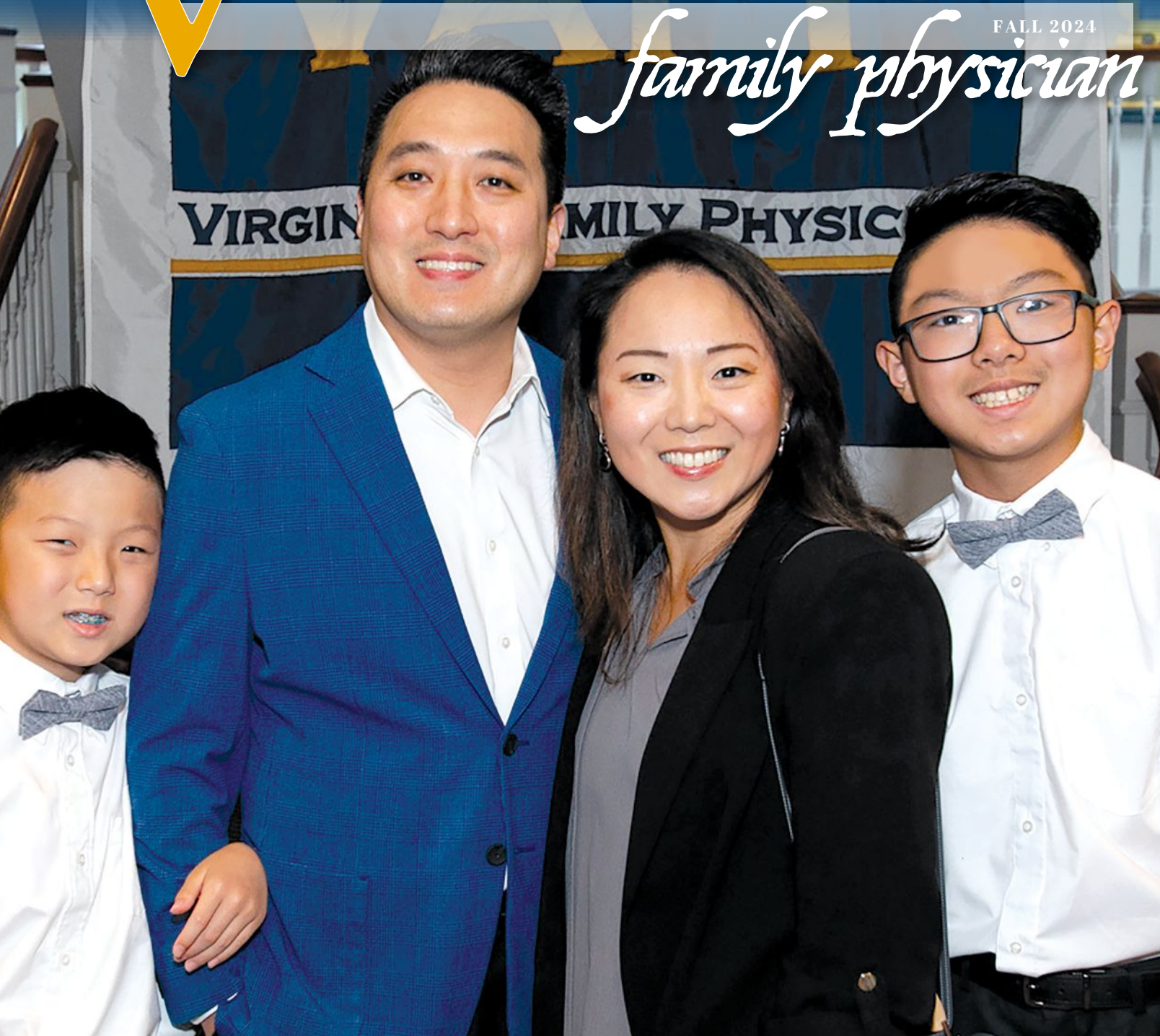


# The VIRGINIA

*family physician*

FALL 2024



**VAFP**

VIRGINIA'S FAMILY PHYSICIANS

**TIMOTHY J. YU, MD, FAAFP**  
INSTALLED AS 2024-2025 PRESIDENT DURING THE VAFP  
2024 ANNUAL MEETING & EXPOSITION.  
SEE PAGE 10



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VAFP WINTER FAMILY MEDICINE WEEKEND  
JANUARY 23-26, 2025  
WINTERGREEN RESORT  
REGISTRATION INFORMATION COMING SOON!



## FALL • 2024

# The VIRGINIA

family physician

### 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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The Virginia Family Physician  
is published by the Virginia Academy of Family Physicians  
2924 Emerywood Parkway,  
Suite 102,  
Richmond, VA 23294

Edition 77

 Publishing  
PCI Concepts, Inc.

Created by Publishing Concepts, Inc.

David Brown, President  
David Brown, President • 1-800-561-4686 ext. 103  
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# VAFP 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.

**JULY 19, 2024**

- Approved a motion to accept the Consent Agenda items including Minutes from the April 10 VAFP Board of Directors virtual meeting; Report from the VAFP CME Committee; Meeting minutes from the VAFP Well-being committee meeting held on May 23, 2024; Report from the VAFP Resident, Student & Faculty Committee and Report from the VAFP Nominating Committee.
- Reviewed report from members serving on AAFP Commissions including Denee Moore, MD – Health of the Public & Science.
- Noted upcoming professional and educational events to include local, state, and national conferences.
- Heard report from VAFP Continuing Medical Education Committee Chair

Mitch Miller, MD on the attendance trends at VAFP CME meetings over the last 10 years with a Board recommendation to pursue a contract with the Williamsburg Lodge for the 2026 VAFP Annual Meeting.

- Heard report from VAFP EVP Mary Lindsay White on the VAFP and MSV educational partnership related to the Adult Psychiatric Access Line (APAL) initiative.
- Heard Legislative Committee Report from Co-Chair Jesus Lizarzaburu, MD and VAFP General Counsel and Legislative Consultant Hunter Jamerson, JD on the impact of presidential politics on state politics and the anticipated issues in the 2025 legislative session including the medical malpractice cap, increased Medicaid funding and enforcement of electronic prior authorizations in the broader commercial space.

- Heard update from Scott Strayer, MD on the Virginia Joint Commission on Health Care Workforce Program Review.
- Heard report from VAFP President and Resident, Student & Faculty Committee Co-Chair on the 2024 Choose VA event.
- Heard updates from Resident and Student Board members Daniel Fathalikhani, DO and LB Canary.
- Heard updates from VAFP Secretary Alison Huffstetler, MD on the Robert Graham Center and the AAFP Federal Government Relations activities.
- Reviewed resolution to the AAFP Congress of Delegates on the Primary Care Exception as submitted by VAFP President-Elect Tim Yu, MD.

**JULY 21, 2024**

- Noted upcoming professional and educational events to include local, state, and national conferences.
- Participated in Board Orientation as facilitated by VAFP President Tim Yu, MD.
- Heard report from Drs. Moore and Yu on the Program Director's Summit held Saturday, July 20, 2024.
- Heard report from Dr. Miller, Chair, VAFP CME Committee on the 2024 Annual Meeting & Exposition.



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### Program Highlights

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|              |                               |                          |
|--------------|-------------------------------|--------------------------|
| <b>DEIJ</b>  | <b>Scholarship</b>            | <b>LGBTQ+</b>            |
| <b>Rural</b> | <b>Substance Use Disorder</b> | <b>SDOH</b>              |
| <b>Urban</b> | <b>Global Health</b>          | <b>Behavioral Health</b> |

- 3 residents per year

### Rural Track Program with 1-2 Design

- Year 1: Richmond, Virginia  
*urban underserved clinic with academic hospital rotations*
- Years 2-3: South Hill, Virginia  
*rural underserved continuity clinic & hospital rotations at VCU Health Community Memorial Hospital*

### 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**



### 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**



### details

- ▶ **academic career development** and **strong faculty support**
- ▶ **comprehensive benefits package** includes **annual CME/professional development funds; license, professional membership, board certification, and DEA** paid by department
- ▶ The **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**.



### contact

Interested candidates,  
please contact **Bree Bolin**  
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briana.bolin@vcuhealth.org  
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*VMAP is a state-funded program and is offered to Virginia family physicians at no cost!*

## 2024 VAFP ANNUAL MEETING HIGHLIGHTS AND PICTURES!

*Annual Meeting*

The VAFP 2024 Annual Meeting & Exposition was held at the Williamsburg Lodge in Williamsburg, Virginia. 150 family physicians and other healthcare professionals attended and enjoyed a variety of CME, history, and fun!

Some comments from the meeting:

- Another great summer meeting! Thanks!
- As always . . .well organized, outstanding lectures, very nice accommodations, and everyone involved at the event and the hotel were friendly and helpful.
- Excellent meeting and venue as always. Looking forward to next year's conference.
- Excellent meeting; very informative; pleasant setting.
- Great Conference! Excellent Speakers!
- Great location, Great agenda, appreciate always the wonderful staff and GF options with meals this year!
- Greatly appreciate the smooth, run meeting, dedication of VAFP staff, lovely event venue, Advocacy of VAFP on the part of physicians and Virginia patients
- Overall fantastic conference. CME sessions well curated - good variety of topics with many helpful pearls.
- Thanks for another great CME meeting!
- Thanks! Terrific management, prep and interaction for the conference admin. Really appreciate all my emails being responded to so quickly!
- This was a great meeting! I commend Dr. Miller and the CME committee for another wonderful conference. The Williamsburg Lodge is a fabulous meeting location!
- Well-run, well-organized meeting
- Wonderful conference as usual. Looking forward to the next one







# TIMOTHY J. YU, MD, FAAFP, CLIFTON, INSTALLED AS 2024-2025 PRESIDENT DURING THE VAFP 2024 ANNUAL MEETING & EXPOSITION



Timothy J. Yu, MD, FAAFP, Clifton, was installed as the 78th President of the Virginia Academy of Family Physicians on Friday evening, July 19th during the VAFP 2024 Annual Meeting & Exposition. The VAFP 2024 Annual Meeting & Exposition was held July 18-21 in Williamsburg, Virginia. AAFP and VAFP Past President Sterling N. Ransone Jr., MD, FAAFP had the privilege of installing Dr. Yu.

Congratulations Dr. Yu!

AAFP and VAFP Past Sterling N. Ransone Jr., MD, FAAFP, installs VAFP 2024-2025 VAFP President Timothy J. Yu, MD, FAAFP

## WELCOME TO THE NEWLY INSTALLED VAFP BOARD OF DIRECTORS!

The VAFP 2024-2025 Board of Directors were installed by AAFP and VAFP Past President Sterling N. Ransone Jr., MD, FAAFP during the VAFP 2024 Annual Meeting and Exposition.



Pictured left to right is Secretary Alison Huffstetler, MD, FAAFP; Treasurer Charles O. Frazier MD, FAAFP, Williamsburg; First Vice-President Verneeta L. Williams, MD, FAAFP, Williamsburg; President-Elect Robin N. Anderson, MD, FAAFP, Virginia Beach; Director Tabatha B. Davis, MD, FAAFP, Lynchburg; AAFP and VAFP Past President Sterling N. Ransone, Jr., MD, FAAFP, Deltaville; Director Michelle M. Tran, Sterling; Director Gordon W. Theisz, MD, FAAFP, Norfolk; Director Charlotte Heppner, MD, Henrico; AAFP Delegate Delmas J. Bolin, M.D., PhD, FAAFP, Salem; AAFP Alternate Delegate David S. Gregory, M.D., FAAFP, Roanoke; Not pictured: Second Vice-President Julia A. Bruce, MD, Clifton.



The VAFP was honored to have 18 VAFP Past Presidents in attendance!  
 Pictured: Larry G. Mitchell MD, FAAFP, Richlands; Kent E. Willyard, MD, FAAFP, Newport News; Lindsey D. Vaughn, MD, FAAFP, Suffolk; Charles O. Frazier MD, FAAFP, Williamsburg; Denée J. Moore, M.D., FAAFP, North Dinwiddie; Jesus L. Lizarzaburu, MD, FAAFP, Yorktown; Neeta Goel, MD, Ashburn; Timothy J. Yu, MD, FAAFP, Clifton; Wayne J. Reynolds, DO, FAAFP, Gloucester Point; Mark H. Greenawald, MD, FAAFP, Roanoke; Janice E. Ragland MD, FAAFP, Herndon; Sterling N. Ransone Jr., MD, FAAFP, Deltaville; David S. Gregory, MD, FAAFP, Roanoke; Delmas J. Bolin, MD, PhD, FAAFP, Salem; Emmeline S. Gasink, MD, FAAFP, Newport News; Kurtis S. Elward, MD, MPH, FAAFP, Charlottesville; Michelle Y. Whitehurst Cook MD, FAAFP, Richmond; David A. Ellington, MD, FAAFP, Lexington; and Mitchell B. Miller, MD, FAAFP, Virginia Beach

# 2024 VAFP ACADEMY AWARDS

Congratulations!

The awards were presented on Friday, July 19, 2024, during the VAFP 2024 Annual Meeting at the Installation of Officers and Directors & Academy Awards Dinner at the Williamsburg Lodge in Williamsburg, Virginia.

## FAMILY PHYSICIAN OF THE YEAR AWARD PRESENTED TO PRISCILLA TU DO, FAAFP



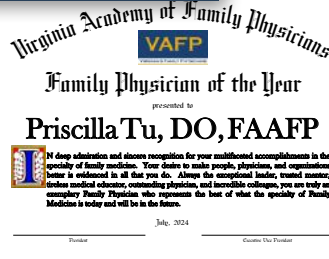
VAFP 2023-2024 President Denée J. Moore, MD, FAAFP presents the award to Priscilla Tu DO, FAAFP

Priscilla Tu DO, FAAFP was named the 2024 recipient of the Family Physician of the Year Award. The award is presented annually to a VAFP member who provides his/her community with compassionate, comprehensive and caring medical service on a continuing basis; who is directly and effectively involved in community affairs and activities that enhance the quality of life of his/her home area; who provides 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; and who is in good standing in his/her medical community.

Dr. Tu's award reads: "In deep admiration and sincere recognition for your multifaceted accomplishments in the specialty of family medicine. Your desire to make people, physicians, and organizations better is evidenced in all that you do. Always the exceptional leader, trusted mentor, tireless medical educator, outstanding physician, and incredible colleague, you are truly an exemplary Family Physician who represents the best of what the specialty of Family Medicine is today and will be in the future."

## JAMES P. CHARLTON, MD TEACHER IN FAMILY MEDICINE AWARD

The 2024 recipient is Dr. Sarah Dalrymple. Her award will be presented during the VAFP 2025 Winter Family Medicine Weekend in January.



## F. ELLIOTT OGLESBY, M.D. VOLUNTEER OF THE YEAR PRESENTED TO FAITH R. PASLEY MD, FAAFP



VAFP 2023-2024 President Denée J. Moore, MD, FAAFP presents the award to Faith R. Pasley MD, FAAFP.

Faith R. Pasley MD, FAAFP was named the 2024 recipient of the F. Elliott Oglesby, M.D. Volunteer of the Year Award. This award is presented annually in memory of former F. Elliott Oglesby, MD, a VAFP Past President. The award is designed to recognize Virginia Family Physicians whose service to his or her profession and/

or community exemplifies the true nature of volunteerism. Recipients must also possess those unique and special qualities that are indicative of a truly outstanding family physician. Accompanying the award is a \$1,000 contribution to the organization of Dr. Pasley's choice, \$1,000 to the Rescue Mission of Roanoke.

Dr. Pasley's award reads: "In sincere recognition and deep appreciation for the countless hours devoted to providing physical healing and hope to Roanoke's less fortunate while serving as Volunteer Medical Director of the Fralin Free Clinic at the Roanoke Rescue Mission. With an ever-present smile and positive attitude, your dedication and selfless work exemplifies a truly outstanding family physician and one who we should all aspire to be in a life of service and volunteerism through Family Medicine."

## 2024 PRESIDENT'S AWARD

The President's award was presented to VCU Health Hayes E. Willis Health Center

The award reads "In sincere recognition and appreciation for your steadfast commitment to providing high quality and accessible health care, dedication to enhancing the well-being of the community, and investment in educating the next generation of physicians."



VAFP 2023-2024 President Denée J. Moore, MD, FAAFP presents the award to Scott Strayer, MD MPH, Chair of the Department of Family Medicine and Population Health, VCU School of Medicine.

# 2024 VAFP Annual Meeting

## Partners & Sponsors

The Academy deeply appreciates the following organizations for supporting the 2024 Annual Meeting & Exposition

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The Academy gratefully acknowledges the participation and support of these organizations that chose the 2024 Annual Meeting & Exposition to display their products and service! Thank you!

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William Johnson West Lectureship VCU Department  
of Family Medicine & Population Health - New  
Directions in Management of Type 2 Diabetes



James Donecker MD, FAAFP; Lola Ogbonlowo MD, FAAFP; Ian Giles MD, FAAFP; Yasir Abdul-Rahman DO, FAAFP; Shokoufeh Dianat, DO MAS DO, FAAFP; AAFP and VAFP Past President Sterling N. Ransone Jr., MD, FAAFP; Tabatha Davis MD, FAAFP (not pictured).

**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!

- Yasir Abdul-Rahman DO, FAAFP
- Tabatha Davis MD, FAAFP (not pictured)
- Shokoufeh Dianat, DO MAS DO, FAAFP
- James Donecker MD, FAAFP
- Ian Giles MD, FAAFP
- Lola Ogbonlowo MD, FAAFP

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*Ms. R's daughter messages me through the portal that her 80 year old mother with mild dementia and frequent UTIs is still not getting better after the round of antibiotics I called in for her last week. She is falling, no longer vomiting but has no appetite, complains of persistent dizziness. Her head CT showed no bleeding from when she hit her head last week. Her urine culture was negative but she did have an elevated white count and new transaminitis. She has had multiple recent hospital admissions and always deteriorates when she is in the ER. Her complaints are vague, she's medically complex, her daughter is worried. I straddle that uncomfortable fence of inadequacy. I don't feel like she needs the ER right now. I'm unsure about those lab abnormalities. I'm hesitant to order more imaging if I'm not sure what I'm looking for. Clearly, I should know what to do. Obviously, I'm not skilled enough. Who am I kidding?*

Despite the years of training and countless successful patient interactions, many of us family physicians experience imposter syndrome. This psychological phenomenon describes a nagging feeling of intellectual and professional inadequacy despite objective evidence of competence. **Medicine is complex** and grows more so every year, there is no way we can keep up with all the developments in oncology or cardiac electrophysiology. Our patients come to us first (and back again after making a circuit of specialists) and the answers to their ailments are not always clear on the first pass. Because of our dedication and the comprehensive nature of the care we give, we are susceptible to the demoralizing thought patterns of imposter syndrome.

Imposter syndrome manifests in several ways. Some physicians downplay our achievements, attributing success to luck or external factors. We might doubt our diagnostic skills, fearing we'll miss a crucial detail. This constant self-

doubt can lead to excessive work hours and neglecting personal needs in pursuit of perceived perfection. We may feel uncomfortable accepting praise, seeking approval from others, holding ourselves back from our goals. We over-prepare, we take on more tasks to prove our worth, we chase perfectionism. The pressure to excel can contribute to burnout, expressed as cynicism, decreased fulfillment in our jobs, and withdrawing from full practice.

We can combat imposter syndrome by building a foundation of confidence and then practicing whenever that inner negative voice pipes up.

**Recognition:** Imposter syndrome is common, it's not just us in medicine. Recognize when your thoughts are turning to a cycle of worry, self-doubt, and fear. Openly discuss this fear of not being good enough with colleagues. Sharing our experiences fosters a sense of community and demonstrates that even accomplished physicians grapple with self-doubt. Join local physician groups,

Our patients have voted us best.

Our team has voted us best.

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VAFP meetings, sign up for PeerRxMed ([www.peerrxmed.com](http://www.peerrxmed.com)). Call out that inner narrative when you find yourself judging yourself harshly, putting yourself down, or drawing yourself back and then re-frame those thoughts: How would someone who has never felt imposter syndrome respond with humility in this situation?

**Celebrate Success:** Intentionally celebrate successes in patient outcomes. High five the patient who has dropped her A1C 1%. Share your published article with your family, colleagues, and clinics. Bask in the positive feedback our patients and colleagues drop on us daily and blow aside that one passive aggressive comment. Highlight others on your team that are also doing good work.

**Practice Accepting Praise:** Many of us have been cultured to be humble and don't feel comfortable with compliments. Receiving feedback, even positive feedback, can feel like opening ourselves up to judgement. However, we do good strong work and play a valuable role in people's lives. Accepting praise is one way to practice self-compassion. How would you want your best friend to take your compliment? Surely not with a shrug, deflection, or embarrassment. Just say "thank you", to start. Perhaps share what that compliment means to you. We can accept praise humbly without putting ourselves down. Don't feel obligated to reciprocate, instead thank them for the notice. "Thank you. I feel honored to be recognized among so many of my deserving peers. I'll be sure to share your congratulations with the team that helped create this win!"

**Don't Compare Yourself to Others:** Each of us practices medicine and relates to our patients with different styles. We are as diverse as our patients and their health conditions. We derive joy in different aspects of the care we provide. We have different goals and daily choose different paths to walk. Because medicine is complex, some of us will have stronger backgrounds in different areas of family medicine and none of us know it all.

**Accept Uncertainty:** Medicine is a discipline built on the foundation of knowledge and evidence, yet uncertainty

is its constant companion. We are often expected to provide definitive answers and solutions, and the complexity of human biology and the ever-evolving landscape of medical science necessitate a degree of acceptance of the unknown. Acknowledging uncertainty is not a sign of weakness, but rather a testament to a commitment to providing the best possible care. By openly discussing limitations and exploring various possibilities with patients, we can foster trust and create a collaborative approach to guide our patients, ultimately leading to better outcomes. Keeping uncertainty in our differential reminds us that not everyone is expected to know everything and that not knowing does not make us an imposter.

**Prioritize Self-Care:** Prioritizing self-care, including healthy work-life balance, fosters emotional resilience and reduces the negative effects of self-doubt. Doing acts that demonstrate we value ourselves re-trains our narrative to put trust in our analysis and decision-making. Such practices can erode the self-doubt and self-criticism that define imposter syndrome.

We graduated medical school and passed our boards. We learned the basics we need to know and have the skills to continue to learn and improve as we practice daily.

*I message Ms. R's daughter as she is vigilant on the portal: "I'm not sure what the next best step is. It would not be wrong if you think she is worsening to take her to the ER. For now, let's watch her closely. Let's recheck her labs in two weeks. I've run her story by my colleague, and he agrees this is a tough spot. Let's focus on keeping her hydrated and pushing gentle nutrition. Let me know if you notice something new or different."*

Find more resources for Physician Wellbeing through the AAFP: <https://www.aafp.org/family-physician/practice-and-career/managing-your-career/physician-well-being.html>

Please send us your experiences, tips, and questions for the next issue at [admin@VAFP.org](mailto:admin@VAFP.org). Is there a specific challenge you are facing as a physician preventing you from thriving that you'd like to see featured in this corner?



Photo by Dennis Ludlow (Sharkshock)

Special CME  
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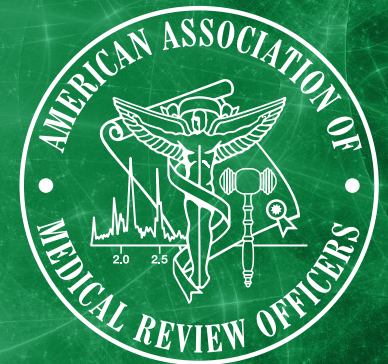
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# AAFP NATIONAL CONFERENCE OF FAMILY MEDICINE RESIDENTS AND STUDENTS

## VAFP ATTENDS THE 2024 AAFP NATIONAL CONFERENCE!

Student, Resident and Active VAFP representatives attended the AAFP National Conference for Family Medicine Residents and Students held August 1-3 in Kansas City, Missouri. The National Conference is a place for residents and medical students to learn more about family medicine including student and resident specific main stage sessions and procedural skills workshops.

In addition to the excellent educational offerings targeted at future family physicians, VAFP residents and students participated in the National Congress of Family Medicine Residents or National Congress of Student Members.

The following Virginia Residency Programs were represented at the conference:

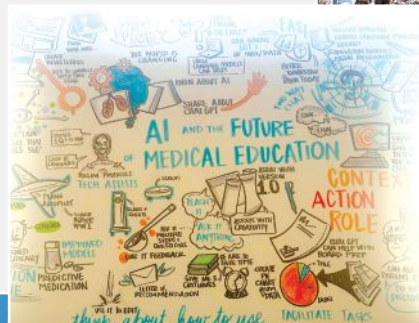
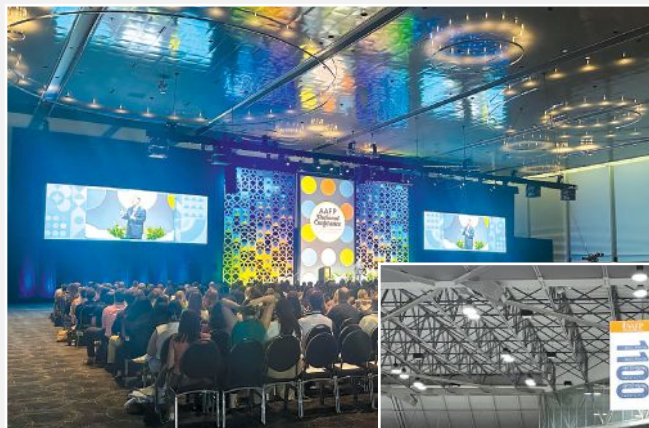
- Eastern Virginia Medical School (EVMS) Family Medicine Residency
- HCA Lewis Gale Family and Community Medicine Residency
- Inova - Fairfax Family Medicine Residency
- Lynchburg Family Medicine Residency
- University of Virginia Family Medicine Residency
- VCU - Shenandoah Family Medicine Residency
- VCU Health - Community Memorial Hospital Family Medicine Residency
- VCU – Riverside Family Medicine Residency

The following VAFP Members attended the conference:

Sanjoli Agarwal MPH, Schabnam Ahmadi, Jeremy Allred, Meena Alzamani, Ashish Bala, Brianna Baldwin, Sandra Balmoria, MD, Vanessa Boosahda, Jennifer Bratton, Stephanie Browne, Lauren Canary MD, Katelyn Carpenter MD, Daniel Fathalikhani, DO, Joseph Gallagher, Arsa Ghazal DO, Omid Hassanpour, Shivani Kapoor, Ashley Le-Pham, Nafeesa Lodi, Duc Linh Luong, Nassim Mafi, MD, Stephen Manga, Parshva Mehta, Raghuma Nakka, MBBS, Heema Patel, Michael Petrizzi, MD, Jeffrey Roberts, MD, FAAFP, Ethan Sewell, Sumi Sexton, MD, Parker Sullivan, Isabelle Williams, Kyle Woisard, Derek Yoder, Priscilla Yoon, Timothy Yu, MD, Allison Zamora, DO, and Jennifer Zeng.

Special thanks to Resident Board Members Katelyn Carpenter MD and David Fathalikhani, DO and Student Board Member Lauren Canary for being there to represent the VAFP's Resident and Student Members. VAFP President Tim Yu, MD also attended and presented at the conference.

Looking ahead, the 2025 National Conference is now **FUTURE**—a new name to capture the energy of family medicine residents and medical students. Mark your calendars for next year's event July 31 – August 2 in Kansas City, MO.





# Resident & Student Corner

## VIRGINIA ACADEMY OF FAMILY PHYSICIANS 2024 SCHOLARLY SYMPOSIUM

Saturday, November 2, 2024

10:00 a.m. – 11:30 a.m.

Virtual via Zoom

### 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.

Visit or More Information and To Submit Your Application!



### 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.



### Virginia Medical Student – \$2,500 Scholarship

The successful candidate will meet the following criteria:

- 1) 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 they want to practice family medicine in Virginia as a resident and as a family physician.

### Graduating PGY-3 Family Medicine Resident – \$3,000 Scholarship

The requirements for this scholarship are as follows:

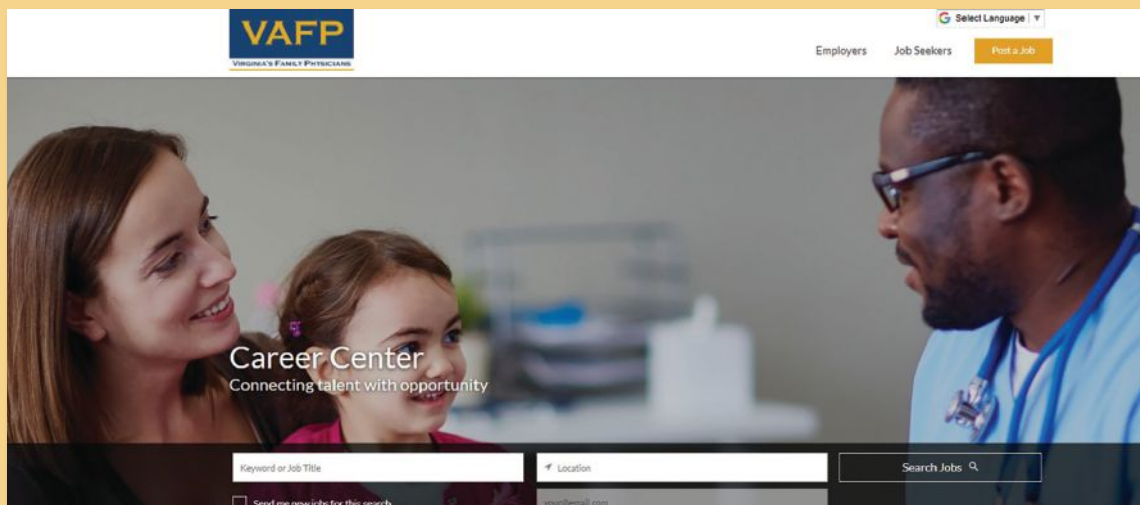
- 1) Graduating as a PGY-3 Virginia family medicine resident
  - 2) Have an up-to-date Virginia medical license
  - 3) Practicing family medicine in an underserved medical area after graduation as designated by United States Human Resource Service Administration (HRSA) and/or Virginia Department of Health. A letter verifying this is required.
  - 4) Must submit a 250-500-word letter explaining why they want 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](mailto:mlwhite@vafp.org) or to Dr. Mark Watts at [emarkwatts@hotmail.com](mailto: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](mailto:mschulte@vafp.org). LOOKING FOR AN FP TO JOIN YOUR PRACTICE – SEARCH THE VAFP CAREER CENTER! RESIDENTS, POST YOUR RESUME!



VISIT THE CAREER CENTER!





## A Day in the Life of a CenterWell Physician



**Abraham Teklu, M.D., MPH**  
**Geriatrics Specialist**  
**CenterWell Senior Primary Care**

Working at CenterWell Senior Primary Care provides professional satisfaction and personal life balance. As a physician, the supportive team environment and resources empower me to deliver exceptional patient care while maintaining a healthy work-life mix.

### Setting Myself Up for Success: My Morning Routine

My day begins early with a grounding routine consisting of meditation and a short prayer that sets a positive tone for the hours ahead. This practice helps me get centered so that I can focus on treating my patients with the compassion and respect I would want for my own family. I then spend quality time with my wife, preparing us a healthy breakfast.

### Starting the Workday the Right Way

I'm usually the first to arrive at the clinic, appreciating the quiet time and preparing for the day ahead. With a cup of coffee in hand, I review my patient list, considering each individual's needs and the type of visit planned—whether it is a new patient, follow-up or acute visit. This preparation allows me to focus on specific issues and set clear intentions for each appointment.

Our day officially starts with a huddle from 8 to 8:20 a.m., during which the care team discusses each patient scheduled for the day. Our nurse practitioner, medical assistants, front office staff, center administrator, referral coordinators and I are all engaged to ensure we are aligned and prepared to provide top-tier, comprehensive care. We discuss everything from medical issues and transportation arrangements to prescription drug assistance, mental health assessments and chronic disease management, which helps streamline our workflow and enhance patient experiences.

### A Day Filled with Patient Care

At 8:30 a.m., I start seeing patients, spending up to 50% more time with each individual than a typical provider's appointment. This extended time allows me to address not only medical concerns, but also any social issues that may significantly impact their health and well-being. I enjoy these in-depth conversations, learning about my patients' lives, aspirations and challenges. This holistic approach fosters strong relationships and trust, which are critical for effective care.

Collaboration with my care team and medical assistants is a cornerstone of our success at CenterWell. For instance, our care integration team plays a crucial role in transitional care, contacting patients discharged from hospitals within two days and scheduling follow-up visits at our center.

This proactive approach has led to positive outcomes, such as connecting patients with community resources to address food insecurity and financial challenges.

### Stress-Free Downtime and a Timely "Close-Out"

When I have downtime between patients, I use it productively by reading about medical conditions, answering team members' questions or preparing for upcoming appointments. I also have time throughout the day to finish patient documentation before I leave the clinic, allowing me to leave work at work. The advanced technology and EMR systems help facilitate this, further saving time that I can then dedicate to patient care and follow-ups.

Maintaining a work-life balance is a priority for me, and CenterWell's model supports this. The manageable patient panel and control over my schedule and patient visit frequency allow me the autonomy to address non-urgent issues in subsequent visits, ensuring thorough and thoughtful care.

### Returning to "Abraham" After a Day of "Dr. Teklu"

After a full day of patient care, I transition to personal joys. One highlight is my weekly date night with my wife, where we disconnect from daily life to reconnect with each other, whether dining out, playing piano, cooking or watching a movie. These moments are invaluable to my personal and professional success. In addition, evening walks, bike rides or my cherished Monday night golf league immerse me in a hobby I love while staying healthy.

These pastimes—and the time that my job allows me to dedicate to them—help me show up as the best version of myself, both for my patients during the day and for my loved ones at home. This balance is crucial for sustaining the passion and dedication required in my role at CenterWell, and it's a testament to the supportive environment that allows physicians to thrive both in and out of the clinic.

CenterWell offers an environment where physicians can grow professionally and personally. The focus on patient-centered care, supported by advanced technology and a collaborative team, allows us to make a meaningful impact. Moreover, the work-life balance fostered here ensures that we can enjoy fulfilling personal lives alongside our careers.

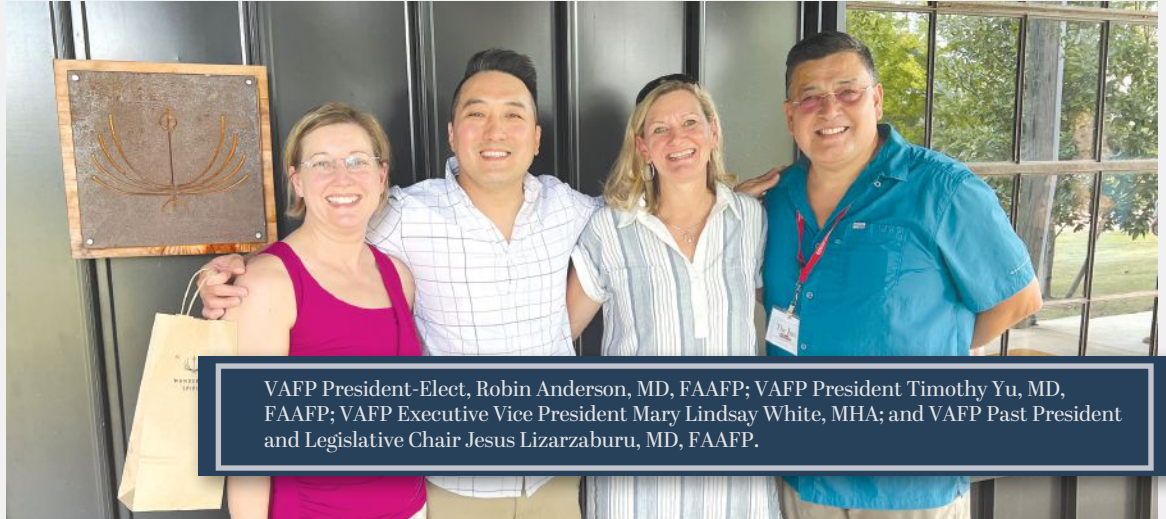
*CenterWell currently has six centers in Virginia, including in Brook Road, Midlothian, South Laburnum, Chesapeake, Hampton and Tidewater; with two centers opening soon in Portsmouth and Newport News.*

**To learn more about careers at  
CenterWell Senior Primary Care, please  
visit [CenterWellCareers.com](https://www.CenterWellCareers.com).**

# MISSISSIPPI AFP Hosts Southeast Family Medicine Forum

VAFP President Tim Yu, MD, President-Elect Robin Anderson, MD, VAFP Past President and Legislative Committee Co-Chair Jesus Lizarzaburu, MD and VAFP Executive Vice President Mary Lindsay White represented the VAFP at the 2024 Southeast Family Medicine Forum August 15-17 in Oxford, MS. Joining eleven other southeastern states, the VAFP leaders engaged with other chapter leaders on a multitude of issues related to advocacy, practice management, workforce and much more. The topics presented ranged from AAFP updates on resident and student engagement, prior authorization at the state and national levels, and growing transformative leaders and industry updates on physician led care teams, rural health equity, patient assistance programs and the future of

family medicine. Dr. Yu provided an overview of the VAFP's resolution to the AAFP Congress of Delegates related to the Primary Care Exception and Dr. Lizarzaburu presented an overview of the VAFP's legislative advocacy platform from 2024 and previewed 2025. The Academy was well represented by our leaders!



VAFP President-Elect, Robin Anderson, MD, FFAFP; VAFP President Timothy Yu, MD, FFAFP; VAFP Executive Vice President Mary Lindsay White, MHA; and VAFP Past President and Legislative Chair Jesus Lizarzaburu, MD, FFAFP.

## BOLD TIPS FOR A HEART-HEALTHY LIFESTYLE

- There have been more than 20 research studies that support including lean beef in a heart-healthy diet and lifestyle.<sup>1-9</sup>
- When recommending a heart-healthy diet and lifestyle, consider:<sup>10</sup>
  - Overall healthy dietary pattern. Emphasize consumption of a variety of fruits, vegetables, whole grains, and lean proteins like lean beef.
  - Portion size. A 3 oz portion of cooked lean beef is about the size of a deck of cards.
  - Physical activity. Most Americans should aim for 75-150 minutes of physical activity each week.



1 Fleming, J.A., Kris-Etherton, P.M., Petersen, K.S., Baer, D.J. Effect of varying quantities of lean beef as part of a Mediterranean-style dietary pattern on lipids and lipoproteins: a randomized crossover controlled feeding trial. *Am J Clin Nutr* 2021; 113(5): 1126-1136. <https://doi.org/10.1093/ajcn/nqaa375>.  
 2 Maki, K.C., Van Elsland, M.E., Alexander, D.D., Rains, T.M., Sohn, E.L., McNeill, S. A meta-analysis of randomized controlled trials that compare the lipid effects of beef versus poultry and/or fish consumption. *J Clin Lipidol* 2012; 6(4): 352-361. <https://doi.org/10.1016/j.jacl.2012.01.001>.  
 3 Maki, K.C., Wilcox, M.L., Dicklin, M.R., Buggia, M., Palacios, O.M., Maki, C.E., Kramer, M. Substituting Lean Beef for Carbohydrate in a Healthy Dietary Pattern Does Not Adversely Affect the Cardiometabolic Risk Factor Profile in Men and Women at Risk for Type 2 Diabetes. *J Nutr* 2020; 150(7): 1824-1833. <https://doi.org/10.1093/jn/nxaa116>.  
 4 O'Connor, L.E., Campbell, W.W. Red Meat and Health: Getting to the Heart of the Matter. *Nutr Today* 2017a; 52(4): 167-173.  
 5 O'Connor, L.E., Kim, J.E., Campbell, W.W. Total red meat intake of ≥0.5 servings/d does not negatively influence cardiovascular disease risk factors: a systematically searched meta-analysis of randomized controlled trials. *Am J Clin Nutr* 2017b; 105(1): 57-69. <https://doi.org/10.3945/ajcn.116.142521>.  
 6 O'Connor, L.E., Kim, J.E., Clark, C.M., Zhu, W., Campbell, W.W. Effects of Total Red Meat Intake on Glycemic Control and Inflammatory Biomarkers: A Meta-Analysis of Randomized Controlled Trials. *Adv Nutr* 2021; 12(1): 115-127. <https://doi.org/10.1093/advances/nmaa096>.  
 7 O'Connor, L.E., Paddon-Jones, D., Wright, A.J., Campbell, W.W. A Mediterranean-style eating pattern with lean, unprocessed red meat has cardiometabolic benefits for adults who are overweight or obese in a randomized, crossover, controlled feeding trial. *Am J Clin Nutr* 2018; 108(1): 33-40. <https://doi.org/10.1093/ajcn/nqy075>.  
 8 Roussel, M.A., Hill, A.M., Gaugler, T.L., West, S.G., Heuvel, J.P., Alaupovic, P., Gillies, P.J., Kris-Etherton, P.M. Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. *Am J Clin Nutr* 2012; 95(1): 9-16. <https://doi.org/10.3945/ajcn.111.016261>.  
 9 Sayer, R.D., Speaker, K.J., Pan, Z., Peters, J.C., Wyatt, H.R., Hill, J.O. Equivalent reductions in body weight during the Beef WISE Study: beef's role in weight improvement, satisfaction and energy. *Obes Sci Pract* 2017; 3(3): 298-310. <https://doi.org/10.1002/osp4.118>.  
 10 American Heart Association. 2021. The American Heart Association Diet and Lifestyle Recommendations. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>.

# VAFP FAMILY MEDICINE PRACTICE TRANSFORMATION GRANT INITIATIVE

The VAFP is pleased to offer active and resident members the opportunity to apply for \$2,500 in grant funds for a project that supports family physicians and their care teams in enhancing the patient experience and/or delivering the highest level of care to patients. The areas of focus can include Patient access; Patient experience of care; Transitions and coordination of care; Team based care; Quality; and any other area that you feel would enhance your delivery of care. This initiative began in 2023 with great success and funded a project that increased prenatal ultrasounds in a family physicians office.

Please click the link below to view the application which requests the area of focus, a brief description of the project including goals and evaluation methods as well as a preliminary budget.

The application deadline is October 15, 2024. If you have any questions, please contact ML White at the VAFP Headquarters office at [mlwhite@vafp.org](mailto:mlwhite@vafp.org) or 804-968-5200.

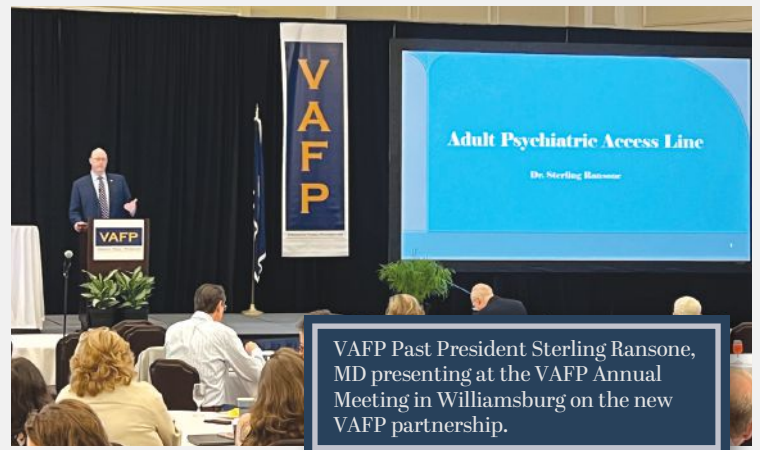


## VAFP PARTNERING WITH THE MEDICAL SOCIETY OF VIRGINIA'S APAL PROGRAM ON EDUCATIONAL OFFERINGS

The VAFP is partnering with the MSV's Adult Psychiatric Access Line (APAL) program to bring adult mental health medical educational resources to family physicians including program specifically targeted at substance use disorder, transitional adults aged 18-22 and senior adults.

Educational resources that the VAFP will be providing in the next year include webinars, scholarships to the Virginia Academy of Addiction Medicine Annual Meeting, an Addiction 101 session held in conjunction with the VAFP 2025 Winter Family Medicine Weekend and scholarships for family physicians and family medicine residents to participate in the REACH Training on Adult Behavioral Health in Primary Care and the Addiction Medicine ECHO.

Be on the lookout for e-mails that outline the process for receiving the scholarships and the dates for the webinars!! If you have interest in helping the VAFP develop/facilitate education on these topics or are interested in the scholarships, please e-mail Mary Lindsay White at [mlwhite@vafp.org](mailto:mlwhite@vafp.org).



VAFP Past President Sterling Ransone, MD presenting at the VAFP Annual Meeting in Williamsburg on the new VAFP partnership.

### VAFP OFFERING SCHOLARSHIPS TO FAMILY PHYSICIANS AND FAMILY MEDICINE RESIDENTS TO ATTEND VA SOCIETY OF ADDICTION MEDICINE ANNUAL MEETING

The VAFP is offering scholarships to VAFP members to attend the Virginia Society of Addiction Medicine Annual Meeting November 1-2, 2024, at the Westin Dulles in Herndon, VA. The scholarship covers the registration fee, hotel and travel. If interested, please contact Mary Lindsay White ([mlwhite@vafp.org](mailto:mlwhite@vafp.org)).



Addiction Medicine ECHO



REACH Training on Adult Behavioral Health in Primary Care



Click Here for information on the programming and location.

## ADULT PSYCHIATRIC ACCESS LINE

The **Adult Psychiatric Access Line (APAL)** is a statewide consult and care navigation program designed for adults struggling with substance use disorders to access specialized mental health services and prepare primary care and emergency clinicians to support patients' behavioral health needs through trainings and education.

### The Problem: Too Few Providers

Despite sizable investments at the state and federal level, Virginia's capacity is constrained across the Commonwealth's continuum of behavioral health care. **There are not enough specialized healthcare providers to meet patient demand for behavioral and mental health services.** Virginia faces significant challenges in developing specialized solutions to reduce adverse health outcomes related to substance use disorders.

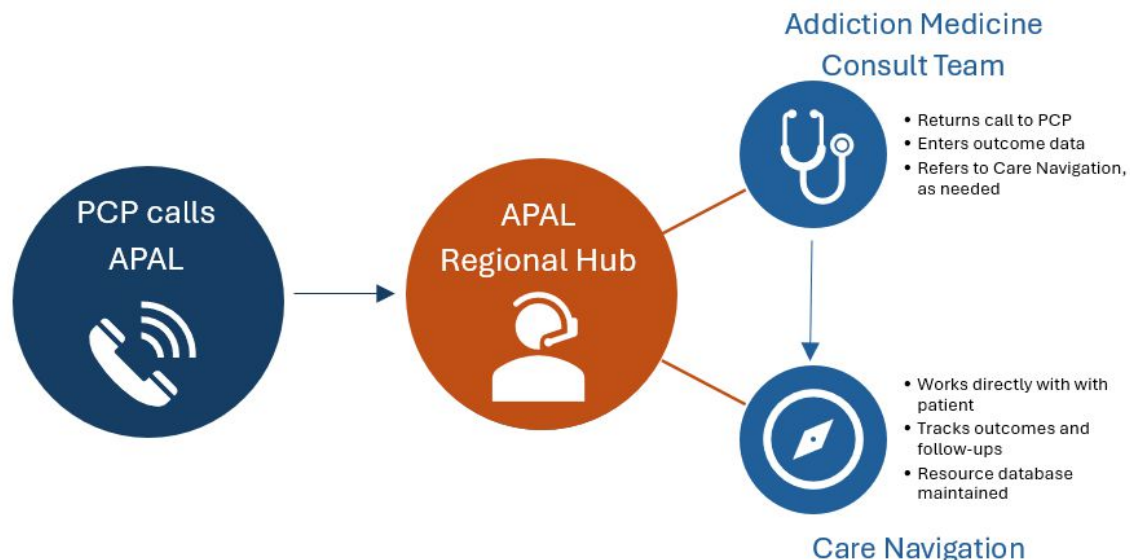


**93 of Virginia's 133 localities are federally-designated Mental Health Professional Shortage Areas.**

*Virginia Health Care Foundation, 2022*

### The Solution: The Adult Psychiatric Access Line

With the support and resources provided by APAL, healthcare providers, particularly those in primary care and emergency settings, will have the tools and knowledge to help effectively diagnose, prescribe, and assist patients in navigating substance use recovery care. APAL's care model is based on three components: **Provider education** on screening, diagnosis, management, and treatment of SUDs; access to **telephonic consultations** via regional hubs comprised of addiction medicine specialists and psychiatrists, psychologists, and/or social workers; and **care navigation assistance** to help identify additional regional mental health services and resources.





# 2024 VAFP ANNUAL REPORT

## 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-convenor 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

*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 Boysko'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.

*Continued on page 24*

### 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 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.

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 2024, 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 [cmoesto@vafp.org](mailto:cmoesto@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](mailto: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](http://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.

*Continued on page 26*

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 2<sup>nd</sup> from 10:00 a.m. – 11:30 a.m.

### Choose VA

On May 4<sup>th</sup> 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           | \$ 68,714    |
| 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 | \$ 3,495   |
| 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

## CME CALENDAR

### 2024

#### October 26, 2024

Diabetes KSA  
8:30 AM – 12:30 PM  
Virtual

#### October 26, 2024

Asthma KSA  
1:00 PM – 5:00 PM  
Virtual

### 2025

#### January 23-26, 2025

VAFP 2025 Winter Family Medicine Weekend  
Wintergreen Resort  
Wintergreen, Virginia

#### July 10-13, 2025

VAFP 2025 Annual Meeting & Exposition  
Virginia Beach Marriott  
Virginia Beach, Virginia

### 2026

#### July 16-19, 2026

VAFP 2026 Annual Meeting & Exposition  
Williamsburg Lodge  
Williamsburg, Virginia

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



# THE VAFP WELCOMES NEW MEMBERS

## ACTIVE

Tasmia Ahmed MD  
 Sonia Alencherry MD  
 Mohsin Ali MD  
 Aaser Ali MD  
 Hassan Arrabi MD  
 Jasmine Arzadon DO  
 Momna Ayub DO  
 Alexandra Bachman DO  
 Adam Blank MD  
 Micah Brickhill-Atkinson MD  
 Steven Brodar MD  
 Kara Cabbage MD  
 Priscilla Caldwell MD  
 Katelyn Carpenter MD  
 Lindsey Casal-Roscum MD  
 Ashwin Chandra DO  
 Cariana Clanton DO  
 Derek Clark DO  
 Jay Clark MD  
 Matthew Clem DO  
 Bryan Cochran MD  
 John Collins DO  
 Frank Dang DO  
 Quan Dao MD  
 Emily Davis DO  
 Samantha Day MD  
 Jordan Delhi DO  
 Deepika Dhary MD  
 Mitalee Doshi MD  
 Ariel Eanes DO  
 Andrew-Anthony Edwards MD  
 Farrah El-khatib DO  
 Brittany England MD  
 Scott Estep MD  
 Nicolas Farenwald DO  
 Shazia Farooqi MD  
 Nicole Fremarek DO, MBA  
 Priya Ghadge MD  
 Nicole Ha DO  
 Matthew Hageman MD  
 Ramin Haidari MD  
 Zachary Hall DO  
 Henry Hartsoe DO  
 Madison Heflin DO  
 Daniel Ho MD  
 Amelia Hubach DO  
 Richard Jones MD  
 Kelvin Kemp MD, MBA, MPH  
 Taelim Kim MD  
 David Kirkland MD  
 Agnijita Kumar MD  
 Dixon Lee MD  
 John Lillegraven MD  
 Ainsley Lundgren MD  
 Jenna Lyn MD, MHA  
 Matthew Madujibeya MD  
 Christopher Mariano DO  
 Aubrey Massmann DO  
 Warren McGee MD, PhD  
 Sheela McNulty MD  
 Katherine Mekolik MD  
 Springer Michael MD  
 Michaela Miller DO

Daniel Muir MD  
 David Murray MD, MBA  
 Sharvani Naik DO  
 Justin Navarro DO  
 Junetta Nuckels DO  
 Kudirat Olatunde MD  
 Vaneesha Patel DO  
 Neha Patel MD  
 Ashleigh Powell DO  
 Shaime Powers DO  
 Isaac Prince MD  
 Kaitlyn Proctor DO  
 Lauren Rank DO  
 Matthew Ray DO  
 Yolanda Reid MD  
 Julia Resil MD  
 Soquel Rey MD  
 Yorke Reynolds DO  
 Lorna Ringwood MD, PhD  
 Loren Saffle MD  
 Helay Said-Miakhel MD  
 Makenna Schultz DO  
 Brian Shaffer DO  
 Connor Sheehan MD  
 Anjali Sood MD  
 David South MD  
 Caleb Southall MD  
 Bernd Stab II, MD, PhD  
 K. Ruth Stockton MD  
 Akaraphan Sukanthanag DO  
 Victoria Talley MD  
 Hannah Thacker MD  
 Tam Tran MD  
 Mansi Trivedi MD  
 Kahsu Tsehay MD  
 Joseph Tuck MD  
 Umut Tufan MD  
 Gregory Turissini DO  
 Joseph Varner DO  
 Jennifer Voorhees DO  
 Michelle Vu DO  
 Janelle Weaver MD, PhD  
 Whitney Wills MD  
 Kurtis Wilson DO  
 Everett Wilson DO  
 Prashant Yamajala MD  
 Richard Zhou DO

## RESIDENT

Marianne Abadam DO  
 Isobel Abeyounis MD  
 Charles Adams DO  
 Greg Adiele MD  
 Izza Ahmed MBBS  
 Shaun Aichelmann MD  
 Lubna Alhalabi MD  
 Samar Alkhrait MD  
 Waseem Alnahhas MD  
 Khalifa Al-Sulaiti MD  
 Rachel Armstrong MD  
 Pramanu Aryal MBBS  
 Sylvia Attito MD  
 Matthew Baskette DO  
 Valentina Battistoni MD

Annemarie Beran DO  
 James Black III, MD  
 Lauren Canary MD  
 Jonathan Castro DO  
 Ezra Chow MD  
 Olena Chuzhyk MD  
 Christopher Ciccone Jr, DO  
 Matthew Colas MD  
 Rohit Dasgupta MD  
 Erin Davis DO  
 Robbie Dennis MD  
 Alexander Denny MD  
 Suraj Divecha MD  
 Devon Dryer MD  
 Shondaray Ducheine MD  
 Jared Dunlap MD  
 Ali Ebadi MD  
 Elizabeth Ellis DO  
 Mashal Fakhar MD  
 Waivelle Farmer MD  
 Daniel Fordice DO  
 Sherry Fu MD  
 Himbindu Gampa DO  
 Nathan Givens DO  
 Ruta Gokhale DO  
 Faisal Gondal MD  
 David Graham III, DO  
 Philip Grotz MBBS  
 Nicole Gunawansa MD  
 Niharika Gupta DO  
 Logan Haley DO  
 Taylor Harrold MD  
 Amani Hasona DO  
 Kenneth Haynes Jr, MD  
 Mario Hernandez MD  
 Isobel Hunter MBBS  
 Aneela Ijaz MD, MPH  
 Rosetta Irons MD  
 Harris Jackson DO  
 Faith Jackson DO  
 Noah Kathe MD  
 Mayuri Kathrotia MD  
 Spencer Keck DO  
 Taylor Keiper DO  
 Rachel Kelliher DO  
 Tala Khalefa MD  
 Zafar Khan MD  
 Kaleem Khan MD  
 Shandesh Khanal MBBS  
 Sungdo Kim DO  
 Sean Kim DO  
 Megan Knapp MD  
 Ryota Kuwahara DO  
 Stephenie Kyeremeh DO  
 Meilin Ladines-Lim MD  
 Grace Le MD  
 Meredith LeBel Hopland DO  
 Ally Ledwith MD  
 Seung Yoon Lee DO  
 Madalyn Lee Fritch MD  
 Collin Leibold MD  
 Elizabeth Lindsay MD  
 Shraddha Lohani MD, MBBS, MPH  
 Thi Lovo DO

Perla Maldonado Rivera MD  
 Johnafaye Mariano DO  
 Veronica Marin-Magana MD  
 Santosh Mathews MD  
 McKenzie Million DO  
 Brianna Mitchell MD  
 Michael Mitkos DO  
 Jason Moore MD  
 Tyler Morey DO  
 Mary Myers DO  
 Sean Naimi MD  
 Nhiem Nguyen DO  
 Dung Nguyentran MD  
 Davina Oke MD  
 Saheed Olaogun MD  
 Ifeoma Oriala MD  
 Alexander Ortiz DO  
 Alberto Ospina DO  
 Priya Patel DO  
 Diksha Paudel MD  
 O'Connell Penrose MD  
 Hannah Peters MD  
 Cary Pillow DO  
 Shivana Ramphall MD  
 Gabrielle Richards DO  
 Joshua Rogers DO  
 Justin Salak DO  
 Michaela Nicole San Juan MD  
 Neola Satish MD  
 Sassicaia Schick MD  
 Abhishek Seth MD  
 Sydney Setree DO  
 Amir Shazad MD  
 Courtney Silver DO  
 Cody Smith DO  
 Muhammad Tariq MD  
 Brice Tene Defo MD  
 Sean Thuesen DO  
 Huy Tran MD  
 Zachary Treser DO  
 Nima Trivedi DO  
 Haley Turany DO  
 Alexa Vasiliadis DO  
 Christopher Vaughan DO  
 Sean Vellavallil MD  
 Jacob Whitley MD  
 Alexandria Williams MD  
 Sushmita Yadav MD, MBBS  
 Bina Yarlagadda MD  
 Rishita Yeduri MD  
 Robert Yotz MD  
 Aleshba Yousuf MD  
 Telesha Zabie MD  
 Allison Zamora DO

## STUDENT

Rebecca Alemu  
 Meena Alzamani  
 Eyiram Ametepe  
 Ryan Angeloni  
 Jordan Arista  
 Ria Bhutra  
 Geneva Bouton  
 Peter Burbach

Victoria Calvert  
 Jeffrey Chen  
 Ziyang Chen  
 Jane Choi  
 Sarah Cook  
 Daniel Courter  
 Mallika Datta  
 Sumner Dieck  
 Michael Foley  
 Sammy Gao  
 Julianne Ghiorzi  
 Mary Ellen Gill  
 Amanda Graves  
 Caleb Hartman  
 Xin He  
 Jake Holland  
 Shilpa Jasti  
 Deepthi Jayakumar  
 Richard Kang  
 Shivani Kapoor  
 Bridget Kastelberg  
 John Kay  
 Jaxon King  
 Michael Klingener  
 Sriya Kongala  
 Anuj Kotak  
 Sean Kumar  
 Christopher Kwon  
 Allison Ladetto  
 Kerry Lee  
 Joanna Lee  
 Amalendu Manoj  
 Laiba Murad  
 Sarina Nikzad  
 Careniena Opem  
 Satya Paruchuri  
 Heema Patel  
 Alex Pham  
 Alex Roney  
 Fatima Sabti  
 Shreya Shah  
 Andrew Simpson  
 Faith Skogen  
 Sandin Skow  
 Sarah Stoyanoff  
 Parker Sullivan  
 Nikita Thakur  
 Luc Gregory Tran  
 Jennifer Valentin MSN, NP  
 Hisham Vohra  
 Brennan Wells  
 Sydney Williams  
 Kyle Woisard  
 Anna Xystros  
 Prerna Yadav  
 Priscilla Yoon  
 Kenneth Young, II  
 Kiran Zaidi  
 Dean Zhang  
 David Zhu

# FAMILY PHYSICIAN OF THE DAY

## VOLUNTEERS NEEDED!!

Volunteers are needed to serve as Family Physician of the Day during the 2025 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](mailto:mschulte@vafp.org) with your preferred date(s). For more information, please call 1-800-THE-VAFP.

### JANUARY

WEDNESDAY, JANUARY 8  
THURSDAY, JANUARY 9  
FRIDAY, JANUARY 10  
MONDAY, JANUARY 13  
TUESDAY, JANUARY 14  
WEDNESDAY, JANUARY 15  
THURSDAY, JANUARY 16  
FRIDAY, JANUARY 17  
MONDAY, JANUARY 20  
TUESDAY, JANUARY 21  
THURSDAY, JANUARY 23  
FRIDAY, JANUARY 24  
MONDAY, JANUARY 27  
TUESDAY, JANUARY 28  
WEDNESDAY, JANUARY 29  
THURSDAY, JANUARY 30  
FRIDAY, JANUARY 31

### FEBRUARY

MONDAY, FEBRUARY 3  
TUESDAY, FEBRUARY 4  
WEDNESDAY, FEBRUARY 5  
THURSDAY, FEBRUARY 6  
FRIDAY, FEBRUARY 7  
MONDAY, FEBRUARY 10  
TUESDAY, FEBRUARY 11  
WEDNESDAY, FEBRUARY 12  
THURSDAY, FEBRUARY 13  
FRIDAY, FEBRUARY 14  
MONDAY, FEBRUARY 17  
TUESDAY, FEBRUARY 18  
WEDNESDAY, FEBRUARY 19  
THURSDAY, FEBRUARY 20  
FRIDAY, FEBRUARY 21

## FAMDOCPAC

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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## 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](mailto:mlwhite@vafp.org).



## Immunization Updates

The CDC's Advisory Committee on Immunization Practices (ACIP) met from June 26-28 and unanimously (11-0) approved the following recommendations\*:

### **RSV Vaccines -**

- Adults 75 years of age and older receive a single dose of RSV vaccine.
- Adults 60–74 years of age and older who are at increased risk of severe RSV disease receive a single dose of RSV vaccine.\*\*

### **Influenza Vaccines -**

- Routine annual influenza vaccination of all persons aged ≥6 months who do not have contraindications.
- High-dose inactivated (HD-IIV3) and adjuvanted inactivated (aIIV3) influenza vaccines as acceptable options for influenza vaccination of solid organ transplant recipients younger than 65 years.

### **COVID-19 Vaccines -**

- 2024-2025 COVID-19 vaccines as authorized or approved by FDA in persons ≥6 months of age.

### **Pneumococcal Vaccines -**

- PCV21 as an option for adults aged ≥19 years who currently have a recommendation to receive a dose of PCV.

### **DTaP-IPV-Hib-HepB Vaccines -**

- Addition of DTaP-IPV-Hib-HepB (Vaxelis, Merck/Sanofi, MSP) as a preferred product option for vaccination of American Indian and Alaska Native infants

\*Insurance coverage of these changes will become effective through the publication of an MMWR in the coming months.

\*\*RSV is not an annual vaccine. Adults who have previously received a dose of an RSV vaccine are NOT recommended to receive another dose

## Misinformation Corner

The posts of a Canadian doctor, William Makis, that link the tragic deaths of individuals to the COVID-19 vaccine have been gaining traction in Virginia. His posts claim the COVID-19 deaths have caused conditions like blood clots and cancer. These posts illustrates a theme that has become prevalent in online communities in the Commonwealth – that the COVID-19 vaccine causes terminal illness.

Nothing replaces an honest conversation with your patients and a strong recommendation from you. [Learn more about communication strategies that work here.](#)



## Immunization Pearl

The Hep B vaccination is now universally recommended for adults 19-59 years of age. It is also recommended for adults aged 60 and older with certain risk factors (chronic liver disease, HIV infection, sexual exposure risk, injection drug use, personal or occupational risk for exposure to blood, persons on dialysis, Incarceration. travel in endemic countries) and is a shared-decision-making recommendation for persons with diabetes aged 60 and above.

Want to learn more?

ACIP's Universal Adult HepB Vaccination Recommendation Update ([MMWR](#))

CDC's Universal Adult HepB Screening Recommendation Update ([MMWR](#))

HepB Foundation's [White Paper](#) on Integrating Screening and Vaccine Recs

HepB Foundation's [Patient-Facing Educational Print-Out /Card](#)

American Academy of Family Physicians Supplement on Hepatitis B Vaccination.

[Understanding the Updated Hepatitis B Vaccination Recommendations and Guidance](#)

## About Us

ImmunizeVA was founded in 2020 as Virginia's statewide immunization coalition. Our projects support advocacy, outreach, communications and educational projects across the Commonwealth. [Learn more and become a member today!](#)

ImmunizeVA is a project of the Institute for Public Health Innovation, a 501(c)3 nonprofit organization. This publication is created by ImmunizeVA members who have no conflicts to report. Please email [immunizeva@institutephi.org](mailto:immunizeva@institutephi.org) should you have any questions.



# Family Medicine Advocacy Rounds



## FAMILY MEDICINE ADVOCACY ROUNDS – MAY - AUGUST 2024

*\*Please note this is a summary of the Family Medicine Advocacy Rounds that the AAFP publishes monthly. To access the monthly reports, please access via the QR code at the end of the article.*

### FAMILY PHYSICIANS SUPPORT FTC RULE TO BAN NON-COMPETES AND IDENTIFY OPPORTUNITIES TO IMPROVE COMPETITION IN HEALTH CARE

**Why it matters:** The Federal Trade Commission issued a final rule to promote competition by banning non-competes nationwide. As noted in our support for the proposal, noncompete agreements in health care employment impede patient access to care and disrupt care continuity, deter advocacy for patient safety, limit physicians' ability to choose their employers, and stifle competition.

### AAFP SHARES RECOMMENDATIONS WITH CONGRESS TO AVOID FUTURE CYBERATTACKS IN HEALTH CARE

**Why it matters:** The cyberattack on Change Healthcare has had far-reaching implications for family physicians and other providers of health care services, affecting their ability to receive payments and perform everyday business functions that are essential to the delivery of care to patients.

### MEDICAID FINAL RULES IMPROVE ACCESS TO CARE

**Why it Matters:** Medicaid payment rates are typically lower than Medicare rates and vary by state. Payment is one issue that influences clinician participation and beneficiary access in Medicaid. The AAFP urged the Centers for Medicare and Medicaid Services (CMS) to advance proposals to improve rate transparency in both the Medicaid Fee-For-Service (FFS) and Medicaid Managed Care Access rules. The AAFP is pleased that CMS finalized requirements for states to publicly post provider payment rates. This will enable policymakers, clinicians, and other stakeholders to more easily compare Medicare, Medicaid FFS, and Medicaid managed care payments by service and identify disparities.

### AAFP APPLAUDS REINTRODUCTION OF LEGISLATION TO STREAMLINE PRIOR AUTHORIZATIONS

“The average physician spends two business days completing prior authorizations. The impacts on patient care are jarring, with nearly 97 percent of physicians reporting that their patients experienced delays or denials for medically necessary care due to prior authorization requirements. Congress must pass the Improving Seniors' Timely Access to Care Act to ensure physicians can spend more time treating patients and practicing medicine.”

– Steven P. Furr, MD, FAAFP, President, American Academy of Family Physicians



**Why it matters:** Family physicians are overburdened by prior authorization requirements, which can often cause harmful care delays and inadvertently lead to negative patient outcomes. The AAFP advocates reforming prior authorization and remains focused on enabling physicians and patients to have access to clear guidelines for prior authorization requirements and timely responses from insurance plans.

### FAMILY PHYSICIANS RELIEVED SCOTUS PRESERVES PATIENT-PHYSICIAN RELATIONSHIP

**Why it matters:** The June 13 U.S. Supreme Court decision in the case of *Alliance for Hippocratic Medicine (AHM) v. Food and Drug Administration (FDA)* preserves the patient-physician relationship and upholds access to mifepristone, an FDA-approved medication. The AAFP has long made clear that patients must be able to depend on their physicians to help them in making critical decisions about their health. Physicians must be able to practice medicine that is informed by their years of medical education, training, and experience and the available evidence.



## **AAFP ASKS CDC AND FDA TO ENSURE CONTINUED, TIMELY ACCESS TO COVID-19 VACCINES**

**Why it matters:** As we prepare for another COVID-19, flu, and RSV season, it's important that family physicians can provide immunizations to patients in a timely manner. AAFP President Steven P. Furr, MD urged Congress to pass legislation to require Medicare Part B coverage of all recommended vaccines.

## **MEDICARE PHYSICIAN FEE SCHEDULE PROPOSED RULE SIGNALS NEED FOR SWEEPING PAYMENT REFORM**

**Why it matters:** The Medicare program is essential in helping millions of people access comprehensive, continuous primary care. While the 2025 Medicare physician fee schedule proposed rule includes some proposals to strengthen primary care, its 2.8% reduction in the Medicare conversion factor once again highlights the urgent need for congressional action to ensure that physician payments keep up with the costs of running a practice.

## **AAFP PROVIDES RECOMMENDATIONS TO CONGRESS ON GME REFORM**

**Why it matters:** The AAFP has long been concerned about the shortage of primary care physicians in the U.S., particularly the supply of family physicians, who provide comprehensive, longitudinal primary care services for patients across the lifespan, including chronic disease management, treatment of acute illnesses, and preventive care.



## **FAMILY PHYSICIANS SECURE WINS IN FINAL E-PRESCRIBING REGULATIONS**

In a win for AAFP advocacy, CMS recently finalized e-prescribing health IT standards and implementation specifications for the Medicare Advantage program and Medicare Prescription Drug Benefit Program. The AAFP applauds CMS for finalizing regulations that will provide enhancements to e-prescribing capabilities, including the ability to communicate with long-term care settings and pharmacies to improve health outcomes. CMS also listened to AAFP recommendations and finalized rules to increase transparency and give physicians a more complete view of patient-specific medication options and costs to select the most clinically appropriate medication at the point of care. The AAFP is also pleased that CMS will now support enhancements that will enable payers to provide additional product-level details about coverage and formulary status.

For the latest policy updates on family medicine, follow AAFP at [@aafp\\_advocacy](https://twitter.com/aafp_advocacy).



## **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.



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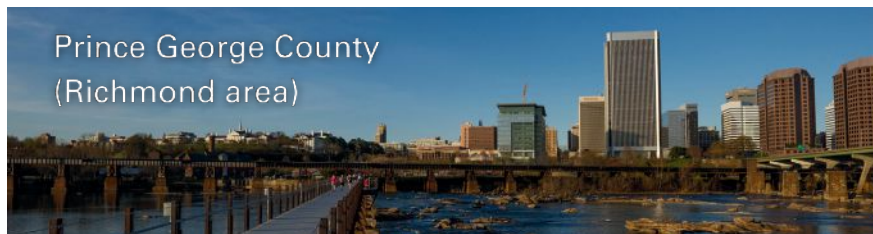


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### contact

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



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