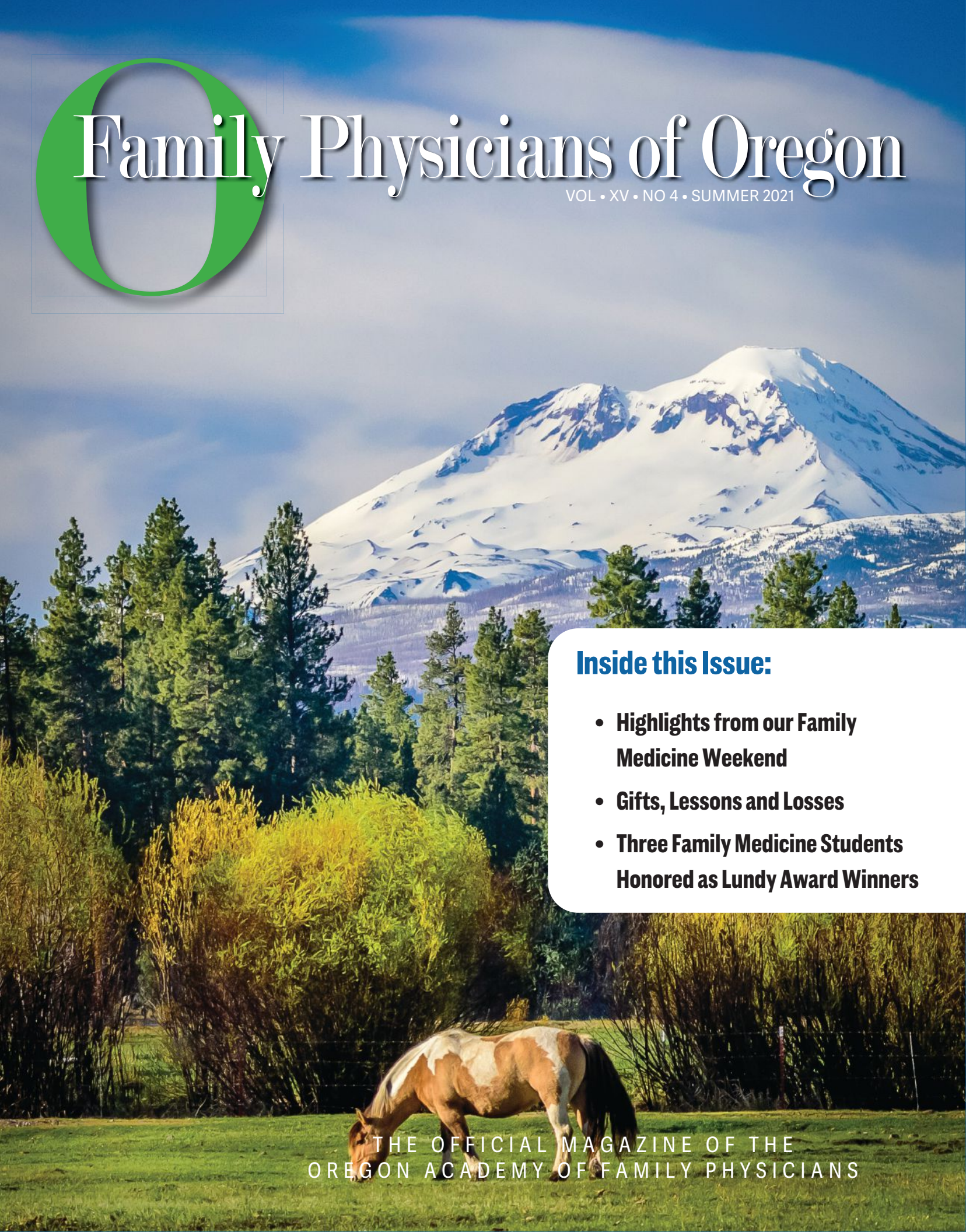




Family Physicians of Oregon

VOL • XV • NO 4 • SUMMER 2021



Inside this Issue:

- **Highlights from our Family Medicine Weekend**
- **Gifts, Lessons and Losses**
- **Three Family Medicine Students Honored as Lundy Award Winners**

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Family Physicians of Oregon

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About the cover:

Horse grazing in the Big Meadow at Black Butte Ranch, with the South Sister in the background.
Photo by Bill Origer, MD, FAAFP.



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OREGON ACADEMY OF
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MAKING HEALTH PRIMARY

EDITION 58

• PRESIDENT'S MESSAGE



STEWART L. DECKER, MD, FAFAP, FWMS, OAFP PRESIDENT
SKY LAKES WELLNESS CENTER – MEDICAL DIRECTOR

It is an honor and privilege to help lead the OAFP during this topsy turvy time. While dealing with a pandemic there is no better time to strengthen the relationship between family medicine and public health. This, I think, is what I hope to do for the OAFP over the next year.

My favorite thing in medicine is all the stuff that happens before you have to actually prescribe medicine. My dearest love is preventing disease. This means, in my spare time I imagine ways to connect bike lanes and fund parks. I like the idea of prescribing vegetables instead of pharmaceuticals, and more importantly I like the idea of creating systems, like a VeggieRx program, that make the practice of prevention easy for individual providers to do on a daily basis. There is a particular frustration in medicine that is both common and naive: "If my patients would just do what I tell them to do, they would be so much better." I catch myself thinking that almost daily. I love preventive medicine and systemic change for the same reason I am able to "catch" myself thinking this phrase instead of just ruminating upon it: I have seen why it is frequently impossible to treat oneself well.

I currently live and work in Klamath Falls. I moved here in 2014 for residency and fell in love with the community and the town. I bought a house and (so far) have planted 36 fruit trees. One could say I have put down some roots. I stayed in Klamath at least partially because during my residency stay the hospital system, Sky Lakes, built a wellness center, complete with test kitchen and year-long programs focusing on lifestyle medicine. I am now the Medical Director of the Wellness Center and, though the in-person programs have been interrupted somewhat by the pandemic,

I am looking forward to continuing to work on community-based preventive medicine with the county commissioners, city council, school systems, and community agencies.

My passion is finding ways for family medicine physicians to have an easier and more obvious route to working with public health. I know that not everyone wants to do this, but I want it to be easy for family docs to help change their communities. I have found success primarily by partnering with my local public health department - once my Director of Public Health knew that I was interested, she would ask for help on any project that might need a little more clinical inspiration.

When you come to visit Klamath Falls, make sure to check out our protected bike lane, our pocket parks downtown, and our 20 miles of newly machine-built mountain bike trail, all examples of when the medical community helped shape the direction of the community's investments at large, focusing on things that make healthy choices easier and more accessible to all.

Again, I thank you for your trust and the opportunity to serve. I will do everything I can to make sure that family physicians in Oregon have an easy time doing whatever it is that they want to do, whether that is to interact with public health, learn new skills, or perfect their practice.

Cheers,

A handwritten signature in black ink, appearing to be 'Stewart'.

Stewart



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• GREETINGS FROM THE OAFP



BETSY BOYD-FLYNN, OAFP - EXECUTIVE DIRECTOR

A Year of Learning

The Commission on Education and OAFP staff were so pleased to have the Annual Conference go smoothly. The patience and good cheer of our members was an essential ingredient for success.

Thanks to Zoom and a conference website that collected all the resources for the sessions, we were able to offer CME sessions ranging from a poster session for students and residents to a virtual session on implicit bias where participants were polled for their opinions on key questions.

Well north of 150 attendees attended all or part of the conference. Did you miss it? For just \$100, you can buy access to recordings of most sessions, including five on-demand only sessions. See p. 15 for a complete listing.

We have done a lot of learning this year. Louise and I learned how to keep everything going for OAFP from home while our kids were in remote school. We learned how to stay connected to each other and our members even when we couldn't see them in person. We re-learned what we already knew: our members are critically important to keeping Oregon healthy.

We've learned by watching the COVID-19 response unfold, that there are some critical gaps between silos in the health care system. We learned that in many communities, creative thinkers are working together to break those silos apart.

Through a grant from a local foundation, we were able to bring on a contractor to help steer work on linking up community-based organizations (CBOs) with local primary care providers to help educate and inform the people they serve about

the COVID-19 vaccine. We are actively seeking ways to continue to engage primary care in the long-term pandemic response and recovery effort, and the necessary work to catch Oregonians up on their vaccines, among other population health concerns. Building these connections now will make Oregon more ready for the next health crisis.

One of the resolutions passed in the Congress of Members (see full list on p. 16) directs OAFP to declare racism a public health crisis. There is unquestionably so much for us to learn about the deep wounds inflicted by systemic racism on our members and their patients. The OAFP task force on Equity, Inclusion and Diversity is working with OAFP staff and board leadership to create a plan of work that will include mapping out the OAFP's long-term approach to this critical topic. Look for further educational offerings of education on Implicit Bias to come this summer.

I've often said that the most important part of my job is feeling like I'm learning new things in the course of my work. Without doubt, this year has offered lots of opportunities to learn; perhaps the next year will have gentler lessons.

A handwritten signature in black ink, appearing to read "Betsy".

NEW FROM CDC

HIV NEXUS

CDC RESOURCES FOR CLINICIANS

HIV Nexus is a new comprehensive website from the Centers for Disease Control and Prevention that provides the latest scientific evidence, guidelines, and resources on:

- Screening for HIV.
- Preventing new HIV infections by prescribing PrEP and PEP.
- Providing treatment to people with HIV to help improve health outcomes and stop HIV transmission.

To access CDC tools for your practice and patients, visit:

www.cdc.gov/HIVNexus



Ending
the
HIV
Epidemic

FOUNDATION NEWS



GINA A. MILLER, MD
OAFP/FOUNDATION PRESIDENT
SAMARITAN FAMILY MEDICINE RESIDENCY CLINIC - LEBANON

Hello Esteemed Colleagues,

It is with great honor that I have represented the Foundation during this past year. As I took on the position of Chair we immediately began work to update the Bylaws. It was entertaining to change the major form of urgent communication from facsimile to email, it had certainly been awhile since they were last updated! As part of the process we amended the composition of the Board and recruited new members. We still have some open positions and would welcome your involvement, we are particularly

interested in representation from Southern Oregon. I am also very pleased with your generous donations during the Annual Meeting, during which we exceeded our goal of raising \$25,000!

Warmest Regards,
Gina Miller, MD

Thank you to the following for your generous donations! Because of you, we were able to surpass our goal!

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Patricia P. Ahlen, MD

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Rickreall Dairy

Riverhouse on the Deschutes

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The Oregon Golf Club

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Brian Timm, PA-C

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George Waldmann, MD, FAAFP

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Amy & Eric Wiser, MD, FAAFP

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• PUBLIC POLICY AND LEGISLATIVE AFFAIRS



SAM BARBER, LOBBY OREGON - OAFP LOBBYIST

With just a week to go in the 2021 Legislative Session, a clear picture has emerged of what will pass and what will fall by the wayside. Last night I learned that the OAFP's top priority, HB 3108, will likely not move forward this session for procedural reasons. The bill would have removed barriers for patients who wish to receive behavioral health care in a primary care clinic, required insurers to assign patients to a primary care provider if they didn't choose one themselves, and required insurers to cover three primary care visits annually at no cost to the patient. The bill's sponsor told me that due to limited time left in session, and a backlog of bills in Ways and Means, leadership chose to prioritize legislative fiscal staff time to paperwork for major budgets and other priority bills.

SB 193 passed the House floor last week in another blow to providers. In 2020, the Oregon Supreme Court ruled that Oregon's non-economic damages cap was unconstitutional in a case called *Busch v McInnis Waste System, Inc.* The question legislators had to wrestle with was, did the court rule that the cap is unconstitutional in all injury cases or just in *Busch*? The Oregon Trial Lawyers Association argued that the ruling *should* extend to all personal injury cases, while health care providers and others argued that it should not, and will cause malpractice insurance rates to rise even further. Ultimately the legislature sided with the trial bar.

There are also a number of bills passing to be excited about. HB 2508 requires health insurers to reimburse telemedicine services at the same rate as an in-person service. Governor Brown had worked out commitments from insurers to continue this practice through the end of the pandemic, but providers and legislators agreed that pay parity should be

permanent. Insurers successfully advocated to include a report back to the legislature from the Insurance Division in 2023 on how the policy has impacted premiums.

Legislators also allocated \$45 million to advance OHA's public health modernization efforts. That money will go to local public health authorities, community-based organizations and tribes to improve health outcomes in the areas of communicable disease control, emergency preparedness and response, health equity and environmental health. They also included \$7.8 million to continue the phased roll-out of universally offered home visiting in Oregon.

For years the legislature has talked about the need to improve Oregon's behavioral health system. They found a way to put their money where their mouth is this session with HB 2949. The bill sets aside \$60 million dollars to support things like scholarships, loan repayment incentives, housing assistance, and signing bonuses for behavioral health practitioners who are BIPOC or working in rural or underserved communities. The Healthcare Workforce Committee will be charged with determining how that money is spent. The bill also allocates \$20 million dollars to the Oregon Health Authority to create a grant program to support behavioral health professionals who provide supervised clinical experience to individuals seeking licensure.

A lot can happen in the remaining days of session, as legislators decide where to spend any remaining funding available for the biennium. More to come.

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JENNIFER E. DEVOE, MD, FFAFP, DPHIL
OHSU SCHOOL OF MEDICINE – FAMILY MEDICINE DEPARTMENT CHAIR & PROFESSOR OF FAMILY MEDICINE

“The Art of Being a Person”: A Farewell to Fran Biagioli

This summer, after more than two decades at OHSU, Family Medicine’s Vice Chair of Education **Fran Biagioli, MD**, is not only retiring, and not only leaving Oregon, but is moving to Busan, South Korea (where her husband landed his dream job). Fran started at OHSU Family Medicine as a resident in 1995 and has held a number of positions with us and in the community since then – faculty, Medical Director, Director of Student Education and Faculty Affairs, and President of the Oregon Medical Association. She’s made a lasting impact on medical education in the state, and on so many of us who have had the pleasure of working with her, which is why we’re using our space here as a tribute to our colleague, mentor, provider, and friend.

A Fond Memory

“Mentoring and watching other people succeed is where I’ve derived joy. I get to see really cool people do spectacular things with just a nudge. I get a lot of credit for simply suggesting ‘You can do that’ or asking ‘Would you be interested in this?’ or giving a thumbs up to great ideas.”



Our Fran-tastic Friend

“Fran has been an amazing mentor to so many faculty and residents during her time at OHSU. I can say, without a doubt, I would not be where I am today were it not for Fran’s continued nudges in the right direction over the years. She has been a sounding board every step of the way, helping me contextualize challenges in medical education, solve problems – and then quickly reminding me to include that on my CV/EP. Fran is a catalyst for student and faculty growth. She is an expert in presenting ‘opportunities’ that are just a bit bigger than you think you can take on and is then prepared to help support you as you grow into the challenge. I can only hope that I am half the mentor to future faculty as she has been to us.”

—Benjamin Schneider, MD

A Proud Moment

“Christina Milano and I were on the team that created the system by which students learn in the EHR. When Epic was introduced, I thought ‘Why can’t we teach students how to care for people in this tool before they enter actual patient care?’ I wrote my first federal grant and it got funded! We worked with IT to build the infrastructure and create simulated environments where students could learn, and the institution adopted it.”

“Fran is the embodiment of the phrase ‘Just Do It.’ She identifies a task or opportunity ahead, and just starts moving in that direction, with engineer instincts firing on all cylinders. Best of all, she brings whomever is in the vicinity right along with her, and has done so for the entirety of the time I have known her in this work. So many of us have her to thank for ensuring we amassed the right potpourri of activities and accomplishments to achieve promotion.”

—Christina Milano, MD

"She made a lasting impact on many of us, OHSU, and all of Oregon with the amazing infrastructure she created."

—**Rebecca Cantone, MD**

"I have often said that most of my favorite doctors from the OMA were the family physicians; Fran is one who set the bar. Her commitment to using the power of medical associations to do good for medical learners and for patients was formidable, and her fierce advocacy for creating excellent family doctors is something I deeply admire."

—**Betsy Boyd-Flynn, CAE, OAFP Executive Director**

On Her Legacy

"I'd like to think my legacy is the ethos of being a person. Setting priorities in a manner that lets you be a person as well as a professional – a human as well as a physician. I am a mother, teacher, an artist, and I also happen to be a full-time family physician. I lived by that – my priorities were in that order. And it did not detract from my ability to do any of those roles. It's been very important to me to let people set their own priorities based on their own values, and allow that to naturally guide them in how they select to emphasize what they're doing. It's the art of being a person."

"Fran is a champion of wellness: She has taught us to take care of ourselves in ways I couldn't imagine – blocking out time for exercise, walking during meetings, working from creative/beautiful locations, adjusting work hours to meet our families' needs, finding joy in everything we do at work and at home, and – most reliably – ensuring that everything we are working on gets shared, documented, and filed for promotion and tenure!"

—**Rebecca Cantone, MD**

LJ Fagnan, MD, who hired Fran, *"noted her ability to multi-task as she presented with a young child in her lap for the interview."* He says, *"Her background as a mechanical engineer has led her to build a 'better mousetrap' wherever she went. I will remember her smile and optimism as a source of energy and joy. I am grateful for Fran's presence in my life as a caring colleague and friend."*

"From the moment that Fran arrived as a resident, her positive energy was an asset for her patients and all of us who were interacted with her. Whether in the care of her patients; advocating for learners, both students and residents; or trying to make the work environment better of our faculty and staff, Fran always impresses with her thoughtful, passionate approaches. She has always cared more about the people she was impacting than the work itself."

—**Scott Fields, MD, MHA**



1995 OHSU Family Medicine Interns (Back row left to right): Ole Ersson, Cathleen London, David Graham, George Delaney, Mark Livingston, Richard Harsch, Donna Burkett (Front row): Kristin Behle, Fran Biagioli, Peter Hatcher

"In my 35 years in academics, I don't think I have met someone as determined and purposeful about doing the right thing and making any project she touches better than how she found it. Fran has a unique and exceptional ability to be both creative and practical at the same time and she does this while absorbing as much learning as she can along the way. She is a humble master teacher who is always learning alongside you."

—**Pat Eiff, MD**

I truly don't have the words to describe all of the wonderful things I want to share about Fran and all of her Fran-tastic Fran-isms. So in closing, I'll include a few glimpses of the words I've seen in the letters pouring in from her patients:

"I just wanted to say thank you so much for your 22 years of care. I truly felt a patient/provider partnership that was very reassuring and helpful, and I want everyone to experience that kind of care."

"Thank you for twenty years of medical care. I will miss you beyond words!!!!"

"I will never forget you and your compassion when I truly needed it."

Farewell Fran, and when I'm in a pinch, I will forever be asking myself: What would Fran do in this situation?

• FROM THE VALLEY



MIRABELLE FERNANDES PAUL, EDD
WESTERN UNIVERSITY - CHIEF DIVERSITY, EQUITY AND INCLUSION OFFICER
COMP-NORTHWEST – ASST VICE PRESIDENT, UNIVERSITY STUDENT AFFAIRS, & ASST DEAN, STUDENT AFFAIRS

Diversity, Equity, and Inclusion Efforts at WesternU COMP and COMP-Northwest

2020 may have been the year when the WesternU College of Osteopathic Medicine of the Pacific launched its Diversity, Equity, and Inclusion (DEI) office. However, the building blocks were being laid for this initiative in as early as 2014. Our DO students were exposed to discussions on unconscious bias and its impact on disparate health outcomes for Americans belonging to marginalized groups. Students hosted events to increase awareness of these issues through their clubs. In 2018, COMP-Northwest launched the DREAM (Diversity Recognized Emphasized and Assimilated into Medicine) an annual cost-free, four day-long pathway program created to help students from groups historically underrepresented in medicine consider careers in health care, especially physician careers. This program has successfully prepared many participants to apply medical school. Almost every year, DREAM participants apply to COMP/COMP-Northwest and have been successfully accepted. In the summer of 2020, WesternU's first chapter of White Coats for Black Lives was formed on both the Lebanon and Pomona campuses and our Dean launched a DEI office for the college.

Overwhelming, research has alerted us to the grim reality that some Americans experience substandard care and health disparities because of their marginalized identity. One of the goals of our DEI office and its programs is to prepare students to serve those people, even if they do not share identities. Our strategy is to expose students to as much diversity and diversity of thought as possible to be well prepared to care for all patients.

The office is made up of a Chief Diversity Officer, two Anti-racist Curriculum Directors and a council made up of 40 faculty, staff, and students. Four members of the council are students who are Student Government "Diversity reps". Leadership for the White Coats for Black Lives chapters have held Microaggressions and Prejudice reduction workshops for groups ranging from incoming students to faculty senate, deans, and staff. Starting with the academic year of 2020-

2021, DEI items were strategically integrated into existing DO curriculum. Students are tested on these items during exams. A "Humanism, Diversity, Equity and Inclusion in Medicine" program was launched last summer that is well attended. The program includes a monthly panel discussion called "Diversity Talks" that involve discussions on health care disparities in the US. Students attend monthly Diversity Talks, complete related assignments and during their clinical years submit reflection assignments on how they applied DEI knowledge acquired during their pre-clinical years to their patient-care experiences. Students who complete all requirements may receive a special mention in their Medical Student Performance Evaluation (MSPE) when applying for residencies.

Students have provided feedback that the material provided via curriculum, Diversity Talks and other platforms has been greatly impactful to their preparation to be the best physician they can be to all their patients, especially those on the margins. The DEI office also focuses on developing scholarships and funding sources to help recruit and retain students historically underrepresented in medicine. Some of the other goals of the office is to create and support research opportunities for employees and students in this field, as well as work in conjunction with University resources to recruit and retain BIPOC faculty and staff to increase mentorship relationships with students and lead our institution towards greater innovation and growth.

WesternU COMP and COMP-Northwest have made great strides on this journey towards preparing the next generation of physicians shape their brand of patient care to be medically competent and socially just. Even as we look back at our past with pride and a sense of accomplishment, we are excited for what the future will bring as we further develop our curricular and co-curricular DEI initiatives. More information on our office and its programs can be found at Diversity, Equity, and Inclusion (DEI) (westernu.edu).

HIGHLIGHTS FROM OUR FAMILY MEDICINE WEEKEND

This year over 150 family physicians, residents, medical students, and presenters gathered virtually for three days of education and celebration for the 74th OAFP Annual Meeting.

THURSDAY

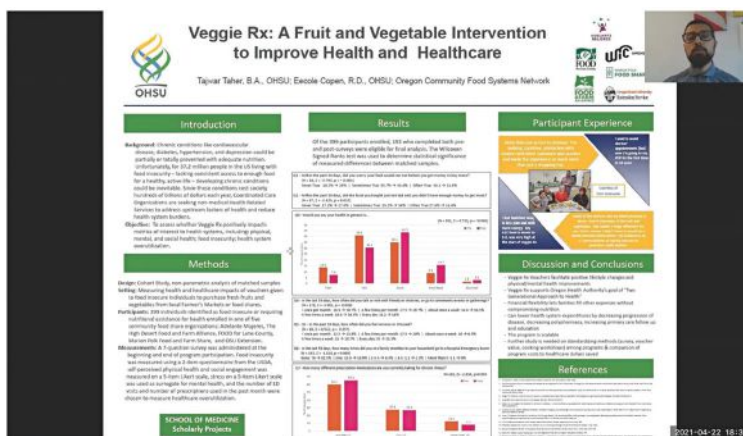
A **Remembrance Gathering** took place on Thursday afternoon to remember the lives of those lost during the pandemic. We created a safe space for members to honor their patients, colleagues, and friends who died during this past year. Music, reflection, prayer and tributes were shared during the hour we shared together.

Following was a fast-paced **Virtual Poster Session** for students and residents. Twenty-five presenters were given just three minutes each to present their work. Judges gathered by the team at ORPRN scored the posters, and the top three poster winners were notified the next day. Thank you to **Nancy Elder, MD, MSPH** from ORPRN for coordinating this popular session.

- 1) Veggie Rx: A Fruit and Vegetable Intervention to Improve Health and Healthcare – **Tajwar Taher**
- 2) Enhancing naloxone distribution at OHSU South Waterfront clinic – **Michelle Scheurich**
- 3) “The Interstitium” - A Novel Narrative Medicine Platform for Meaning-Making in Healthcare – **Benjamin Colburn, MD**

We are thankful to NORTHWEST HUMAN SERVICES, OREGON PATIENT SAFETY COMMISSION, ORPRN, and ORCA-FM for their support of our Virtual Poster Session.

At the close of the Poster Session, we offered three of our partners the opportunity to share; ALEDADE, JONES & ROTH CPAS AND ADVISORS, and VAXCARE each had thirty minutes to present information and answer questions from attendees.



Winning Poster Presentation via Zoom

FRIDAY

The morning started with three sessions for students and residents. **Drs. Rick Moberly** and **Joe Skariah** (OHSU FMRP) presented *Crossing the Bridge: Resident as Teacher*. The team at Oregon’s newest FM Residency, OHSU Hillsboro Medical Center FMRP, **Drs. Jimmy Beckwith, Nic Johnson,** and **Kay Nordling** presented *What are Your Strengths? An Interview Skills ‘Speed Dating’ Workshop to Help Prepare You for the Match and Beyond*. This interactive session was followed by some practical advice from THE PARTNERS GROUP with *So You’re a Doctor Now: How to Protect Your Assets*.

At 10:45 am, we officially began the regular programming with a Welcome by our outgoing president, **Dr. David Abdun-Nur**, and the Chair of our Commission on Education, **Dr. Carrie Pierce**.

Our opening Keynote speaker, Dr. James L. Mason, delivered *Diversity, Equity, and Inclusion: Implications for 21st Century Health Care*. This thought-provoking, highly informative session was incredibly dynamic and followed by a valuable Q + A session. As CAREOREGON sponsored the session, it was an opportune moment for Dr. Mason to announce that he had just been hired as their new DEI Director.

“Your way of approach[ing] a fraught topic with love and compassion is inspiring. You modeled human greatness.”

No conference would be complete without an update from the ABFM. Dr. Libby Baxley, ABFM Executive Vice President, spoke about *What’s New to Support Your Certification Journey*. Thank you ABFM for supporting this session.

MAGMUTUAL sponsored our next session, *Long COVID State of the Science and Care Delivery Models*. **Anthony Cheng, MD** and Eric Herman, MD are experts on this topic. Dr. Cheng is the Medical Director for OHSU’s Long COVID Clinic and Dr. Herman is the Executive Director of the COVID Long Haul Clinic.

“Thank you for your expertise and your very clear and informative presentations!”

Dr. Amy Wiser followed with *Overview of the 2019 ASCCP Risk Based Consensus Management Guidelines*.

“Thank you for presenting this topic. It was helpful to understand the rationale for changing the guidelines.”

Another OAFP conference must-have session, *OHSU's Pennington Lecture* was presented by **Dr. Kevin Ewanchyna**. Thank you to OHSU DEPARTMENT OF FAMILY MEDICINE for bringing us *Steering Toward Health - The Intersection of Family Medicine and Public Health*.

"Thank you for the information about this important resource to reduce barriers for our patients to access care!"

After such an informative afternoon, attendees had a few minutes to take a break before logging in to enjoy the virtual cheese tasting sponsored by the OREGON DAIRY AND NUTRITION COUNCIL. (Please see the Foundation News for details).

SATURDAY

Early Saturday morning, the attendees gathered to participate in the Congress of Members discussing and passing all or part of six important resolutions. A summary is listed below which the OAFP delegates will present to the AAFP.

- 1) That the AAFP commits the organization to:
 - Advance racial equity and justice in all aspects of its conduct, procedures and in its efforts to shape health policy and health care.
 - Call on AAFP members to integrate issues of racial injustice, including recognition of provider bias, into the teaching of students, residents, and practitioners, and all levels of clinical care.
 - Allocate time and budget in the coming program year for the Board and applicable Commissions to identify what future actions may be appropriate in furtherance of the goal of dismantling institutional racism and implementing anti-racist policies within the AAFP and its membership.
- 2) The AAFP will advocate for federal legislation to allow the use of and payment for telemedicine visits across state lines for patients who are established in a primary care medical home practice.
- 3) The AAFP will initiate communication with the Academy of Nutrition and Dietetics to pursue a workgroup focusing on improving nutrition services in primary care clinics and payment reform to permit such advances in care.

The AAFP will advocate for expansion of the "required primary health services" identified in Section §254b of the Public Health Services Act of 1996. Medical Nutrition Treatment should be identified as a service for expansion and integration into Medicaid payment systems and HRSA health centers, similar to the expansion of behavioral health services.
- 4) The AAFP will send a letter to the Federal Aviation

Administration asking for the medical first aid kits on airplanes to be updated to include narcan, glucagon, and medication for seizure treatment, and also to establish a schedule for routine updates to kit contents based on professional society guidelines.

- 5) The AAFP will endorse the position that the Department of Health and Human Services eliminate DATA training requirements for all qualified clinicians - including PAs and APRNs - to further increase access to evidence-based treatments for opioid use disorder.
- 6) One other resolution was focused on Oregon; it directed the OAFP to reaffirm its support of equitable access to health care, and for the value of the 2021 Task force on Universal Access to Health Care Task Force being able to complete its work, the Commission on External Affairs to evaluate the best path forward for the OAFP to support the work of the 2021 Task force.

Back by popular demand, **Dr. Bill Origer** presented *New Drugs 2021: the Good, the Bad, and the Worthless*. Once again, Dr. Origer delivered an informative lively speech and pulled no punches in his critique of areas where new drugs may not be worth the hype. Thank you to ASANTE PHYSICIAN PARTNERS for bringing back this very informative session.

"His information will inform my prescribing habits."

Creating Safe & Inclusive Learning Environments was presented by **Monica H. DeMasi, MD, FAAFP** (Faculty at Samaritan FMRP) and Kathryn P. Fraser, PhD (Behavioral Medicine Coordinator at Halifax Health FMRP). This interactive session included breakout rooms and was sponsored by VAXCARE.

"Kudos for presenting a difficult topic but making it easier to understand. very thought provoking."

Nationally recognized health care expert, documentary film maker and author, T. R. Reid, delivered our Closing Keynote- *Health Care for Everybody: The Next Steps*. Mr. Reid's session was very popular amongst attendees and was followed by an informative Q & A session. He hopes to make it to one of our conferences in person in the future. Thank you ALEDADE for your support of this session.

"Wonderful Big ideas - inspirational content."

The final session of the 2021 OAFP Annual Conference was a combined Awards Ceremony and Oregon Health Policy and Legislative Update. Sam Barber interviewed **Senator Elizabeth Steiner Hayward, MD, FAAFP** about this year's fast-changing, virtual legislative session in Salem.

After David Abdun-Nur, MD, bid farewell as President, incoming OAFP Board President **Stewart Decker, MD, FAAFP, FWMS**,

made a few remarks. We celebrated all OAFP members as the Doctor of the Year with a video presentation including photos of key moments this year, submitted by you. AAFP President, Ada Stewart, MD, FAAFP, conferred fifteen new fellows: **Breanne D. Brown, DO, FAAFP; Matthew P. Clausen, MD, FAAFP;** Stewart L. Decker, MD, FAAFP, FWMS; Monica H. DeMasi, MD, FAAFP, **Jennifer E. DeVoe, MD, DPhil, FAAFP; Jon E.L. Ermshar, MD, FAAFP; Roger D. Garvin, MD, FAAFP; Gabriel R. Mayland, MD, FAAFP; Trevor J. Moerkerke, MD, FAAFP;** (Bill) William J. Origer, MD, FAAFP; **Judy Richardson, MD, FAAFP; Ariel K. Smits, MD, FAAFP; Douglas B. Thayer, MD, FAAFP; Eric M. Wisner, MD, FAAFP** and **Amy L. Wisner, MD, FAAFP.** Dr. Stewart also installed the new officers and board members.

In the afternoon, several members attended a KSA Study Hall



Still shot from Doctor of the Year video

on Asthma. The OAFP Board had its spring meeting over dinner. We thank all of you who attended, assisted and participated in this wonderful weekend. We are hopeful that when we gather next year, as we celebrate 75 years of getting together in community to learn and reflect, we'll be able to come together in person.

As a bonus, all registrants have access to several hours of enduring CME credit which are available through October 29th.

Make plans now to attend April 7 – 9, at the RiverHouse on the Deschutes.

In addition to the content from the conference, the following presentations are available for CME credit:

Expanding Primary Care Beyond the Clinic Walls: Lessons from COVID-19

Presenters: Brian E. Frank, MD and Jennifer Hendrickson

Medication-Assisted Treatment for Opioid Use Disorder in Pregnancy

Presenters: (Bob) Robert P. Jackman, MD & Hannah C. Schreiber, DO

Pediatrics & COVID-19: Clinical Overview, Vaccine Challenges, & Beyond

Presenter: Judy A. Guzman-Cottrill, DO

Tips for Managing the Inbox

Presenter: Brian Timm, PA-C

Deprescribing 101

Presenter: Stephen Kerner, DO, CMD

Oregon at its Best!



Relationships are paramount with us. We seek highly engaged physicians and staff where everyone works together toward our common vision of accessible and quality health care for our patients. With 31 clinic sites located throughout the state of Oregon, **Praxis Health** currently has needs for Family Medicine physicians in these locations:

- PORTLAND SUBURBS | PacificMedicalGroup.com
- BEND AND REDMOND | HighLakesHealthCare.com
- EUGENE AND SPRINGFIELD | OakStreetMedical.com & ThurstonMedicalClinic.com
- RURAL NORTHEAST OREGON | LaGrandeFamilyMedicine.com
- SALEM | SalemPrimaryCare.com

For more info, visit: gopraxishealth.com

The largest independent medical group in Oregon, **Praxis Health** is a family of community-based clinics. We are dynamically different than what physicians find elsewhere. We are not big box health care, and offer the collegiality of a small neighborhood clinic environment. Each practice functions much like an independent group, and each provider retains a great deal of autonomy.

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Shannon Lynch,
Provider Recruitment
541-278-4349
sklynch@adaugeohealthcare.com



2021 OAFP ANNUAL CONFERENCE SPONSORS

Thank you to our **FAMILY MEDICINE CHAMPIONS**. As a Pharma-Free organization, we appreciate your support and presence immensely. Your generosity helps us to provide high quality programming at our conference.



Aledade is a new company with an old-fashioned goal: putting doctors back in control of health care.

Aledade partners with independent, primary care physicians to provide everything the doctors need to create and run an Accountable Care Organization (ACO) – from business and practice transformation services to upfront capital and a cutting-edge technology platform. Their customized solutions – and their continuous, on-the-ground support of their physician partners – will help doctors in all types of communities across America preserve their autonomy, deliver better care to their patients, reduce overall costs, and keep independent physician practices flourishing.



For more than 25 years, **CareOregon** has offered health services and community benefit programs to Oregon Health Plan members. Today,

they support the needs of 450,000 Oregonians through three coordinated care organizations, a Medicare Advantage plan, a tribal care coordination program, a dental care organization, and in-home medical care with Housecall Providers. CareOregon members have access to integrated physical, dental, and mental health care, and substance use treatment. They believe that good health requires more than clinics and hospitals, so they also connect members to housing, fresh food, education, and transportation services. CareOregon is a mission-driven, community-based nonprofit with offices in Portland, Medford and Seaside, Oregon.



MAGMUTUAL

For nearly four decades, **MagMutual** has been a leading provider of

medical professional liability insurance. Today, they deliver comprehensive coverage for the practice, business, and regulation of medicine to more than 30,000 health care providers and organizations nationwide. Their focus on innovation enables them to provide exceptional service, extensive support and financial benefits that result in improved outcomes and stronger PolicyOwners™.

Our **VIRTUAL CHAMPIONS** allowed us to try something new this year. We were able to host partner sessions and videos on our conference platform. Thank you for your support and generosity.



ACTIVE RECOVERY TMS

Active Recovery TMS is a Portland-based mental health clinic specializing in transcranial magnetic stimulation (TMS) for patients with treatment-resistant depression and OCD. With six locations across the Portland metro, including Salem

and Vancouver, the clinic provides patients struggling with depression and OCD with a valuable non-drug option for managing their mental health — particularly those who have not responded to multiple antidepressant treatments or talk therapy in the past — as TMS can reduce symptoms of depression or bring depression under control with minimal side effects.



Healthcare CPAs & Advisors

Jones & Roth Healthcare CPAs & Advisors are a specialized team of CPAs that deliver financial management guidance for providers & their

practices. The services are anchored by the Practice Success Plan, a comprehensive suite of services designed for medical practices and their owners seeking to maximize successful financial performance. The Practice Success Plan provides a forward-looking advisory perspective. Rather than simply providing year-end tax preparation, the services contribute value throughout the year that result in superior financial management. The plan also supports practice owners in their personal tax, retirement planning, and financial management success.



VaxCare fully stocks practices with vaccines, so they can provide the very best preventive

care to their patients. VaxCare's end-to-end solution removes the financial and operational burdens of buy-and-bill vaccines by providing vaccines at no up-front cost and lowers coding and billing errors after the dose is administered. The result is vaccine programs with greater profitability and visibility, and most importantly, greater patient outcomes. With VaxCare you give the shot, they do the rest.

OAFP's **FAMILY MEDICINE ADVOCATES** stayed with us through the pandemic, allowing us to hold their funds and apply them to this year's conference. Thank you for believing in us.

Thank you to our **FAMILY MEDICINE SUPPORTERS** who value your service to all Oregonians and the profession of family medicine.



The mission of the **American Board of Family Medicine** is to improve the health of the public through board certification, establishment of standards for residency training, research that impacts the discipline, and leadership development for advancing the specialty. Currently, more than 90,000 family physicians are maintaining their board certification through ABFM, making it the third largest of 24 boards that make up the ABMS.



PeaceHealth Medical Group consists of 10 medical centers and 139 clinics in Alaska, Oregon, and Washington with more than 1,200 physicians and providers, and 16,000 caregivers. Operating under a dyad leadership model, the medical group structure pairs administrative leader with a clinical leader, facilitating the partnership and cooperation needed to achieve shared goals. As PHMG's physicians and advanced practice clinicians, they are committed to advancing the Mission and making this the best place to receive care and to work.



Asante Physician Partners is a group of top medical professionals working together to provide comprehensive care to patients in Southern Oregon. They collaborate with other health care professionals throughout the area to offer you a full array of quality care close to home, supported by Asante's full range of services and hospitals.



Samaritan Health Services is a non-profit integrated health care delivery system providing exceptional primary care and a range of specialty services throughout the mid-Willamette Valley and Oregon Coast. The network serves approximately 300,000 residents in Linn, Benton, Lincoln and portions of Polk and Marion counties. Samaritan's award-winning health care system employs skilled providers that have a passion for building healthier communities through world-class, compassionate health care.

What makes them different?

Their team-based clinics operate on a Patient-Centered Primary Care Home model. This allows physicians to do what they do best: take care of patients while being supported by a team of specialty professionals.

What to expect at Asante's medical clinics:

Things may look a little different, but their quality care remains the same.

Building healthier communities together



THE PARTNERS GROUP

PERMANENTE MEDICINE. Northwest Permanente Northwest Permanente **Northwest Permanente**, the Northwest largest physician-led, self-governed multispecialty group. Opportunities are available in Portland metro, and south to Eugene, Oregon, and north as far as Longview, Washington.

What sets them apart?

When you join Northwest Permanente, you are joining a practice with purpose that provides unparalleled opportunities for a meaningful and rewarding career in medicine.

Their medical group offers:

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Through their consulting, insurance, and financial services, **The Partners Group** has been making a difference in their communities since 1981. They're a partner that helps individuals and businesses across the nation solve problems and grow by building custom strategies that discover, protect, and enhance the future. Their consulting services include employee benefits, retirement plan, wellness, total absence management, health care analytics, wealth management, and commercial and personal insurance. They work across divisions as a fully integrated team of specialists who understand your bigger picture and can strategize for growth. They call that the One Partner Advantage.



The **US Air Force Health Professions Recruiting** has 3 tiers of opportunities to apply. HPSP scholarships for students entering medical school, financial assistance program for those entering residency training, and fully qualified positions for physicians already licensed and practicing. Find out if you qualify and how to apply now!

continued on page 20

This year's **POSTER PATRONS** are dedicated to supporting our family medicine residents and medical students.



Northwest Human Services is an innovative Federally Qualified Health Center (FQHC) that has

been providing residents of Marion and Polk counties with compassionate and professional medical, dental, mental health, wraparound services, and transitional support programs for over 45 years. Their medical clinics in Salem and Monmouth are Tier V Patient Centered Medical Homes and their West Salem location offers fully integrated primary care, psychiatry, therapy, and dentistry all on one campus. Their care teams are committed to the overall wellness of their patients and work together to ensure patient needs are expertly evaluated and met with compassion and respect. They offer a first-class employment experience, with a focus on teamwork, integrity, growth, and balance. This has contributed to a fast-growing and dedicated team of nearly 250 individuals with an average tenure of over 5 years.



The **Oregon Patient Safety Commission** is a semi-independent, non-punitive state agency. They administer

the Patient Safety Reporting Program (PSRP) and Early Discussion & Resolution (EDR). Their mission is to improve patient safety by reducing the risk of serious adverse events in Oregon's health care system and encouraging a culture of patient safety. EDR is Oregon's voluntary, confidential process for clinicians and patients to have open conversation following unintended patient harm and work together towards resolution.

Our **OAFP FRIENDS** mean the world to us. Thank you for your support!



The **American College of Lifestyle Medicine** is the nation's medical professional

society dedicated to the advancement and clinical practice of lifestyle medicine as the foundation of a transformed and sustainable health care system. Lifestyle medicine is the use of evidence-based lifestyle therapeutic intervention—including a whole-food, plant-predominant eating pattern, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection—as a primary modality, delivered by clinicians trained and certified in this specialty, to prevent, treat, and often reverse chronic disease.



The **Oregon Medical Association** (OMA) is the state's largest professional organization engaging in advocacy, policy,

community-building, and networking opportunities for Oregon's physicians, physician assistants, medical students, and physician assistant students. In the state capitol of Salem and in Washington, DC, the OMA's members speak with one voice as they advocate for policies that improve access to quality patient care and reduce administrative burdens on medical professionals.

Headquartered in Portland, Oregon, the OMA is governed by the 60+ members of its Board of Trustees. Association members meet annually at the OMA Annual Conference. The association was first founded in 1874 as the Oregon State Medical Society, with Dr. Alfred C. Kinney elected as president.

*Last, but not least, this conference would not have been possible without the thoughtful assistance and generosity of our **PROGRAM PARTNERS.***



Oregon Health & Science University School of Medicine Department of Family Medicine provides outstanding clinical and academic experiences for students and residents interested in shaping the future of primary care.

Excellence in Research, Scholarship, Patient Care and Education



The **Oregon Dairy and Nutrition Council** (ODNC) works on behalf of all dairy farm families and dairy processors throughout the state of Oregon. Building trust and demand for Oregon dairy products and support for those who make them is accomplished through efforts and involvement in schools, health and wellness, communications, and industry development.

The ODNC's origins trace back to as early as 1918, when the Oregon Dairy Council was created to advance the benefits of dairy nutrition. The Oregon Dairy Products Commission was later created by the Oregon Legislature as a commodity commission in 1943. These two organizations merged in 1985, but the names remained separate until January 1, 2016.

Today, ODNC operates daily under the supervision of an executive director, who leads a team of professionals representing program areas and disciplines necessary to successfully fulfill the mission and shared goals of the Council.

The Council is governed by the ten members of the Oregon Dairy Products Commission — six of whom are dairy farmers, plus one dairy processor, and one public member. A representative from the Oregon Department of Agriculture sits on the board as a non-voting member, as does a representative from Oregon State University's College of Agricultural Sciences.

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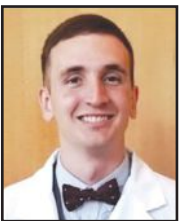
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MEMBERS IN THE NEWS



Rebecca E. Cantone, MD received the OHSU School of Medicine Outstanding Required Course in Clinical Experiences Award this year. Dr. Cantone is an Assistant Professor of Family Medicine and an Assistant Dean of Student Affairs, Undergraduate Medical Education at OHSU.



Drs. Amity Calvin and **Andrew Duchesne** were both Student Award Finalists for the Leonard Tow Humanism in Medicine Award. Dr. Calvin is heading to University of New Mexico FMR. Dr. Duchesne will remain in Portland and be a new resident at Providence Oregon FMR in Milwaukie.

Eva Davis, MD, received the OHSU Family Medicine Outstanding Clinical Experience Award. Dr. Davis graduated from OHSU this June and will be heading to Tacoma for family medicine residency at MultiCare Tacoma FMR.



In addition to receiving the OAFP Lundy Award, **Shane Hervey, MD**, received the Diversity & Inclusion Leadership Award. Dr. Hervey was also a Student Award Finalist for the Leonard Tow Humanism in Medicine Award and was inducted into the Alpha Omega Alpha Medical Honor Society.



Brett Lewis, MD, another recent OHSU graduate, received both the Leonard Tow Award for Humanism in Medicine and the Robert B. Taylor Family Medicine Award. Dr. Lewis also received the AMWA Glasgow-Rubin Certificate of Commendation for Academic Achievement and was inducted into Alpha Omega Alpha. Dr. Lewis will continue his road to family medicine at Boston Medical Center Dept. of Family Medicine Residency.

Another OHSU MD 2021 graduate, **Dr. Colin Luh** won a Scholarly Project Poster Award for his work in Epidemiology, Community Health, and Global Health. Dr. Luh will take up residency at Providence Saint Peter FMR in Washington.



Jess Miller, MD received the OHSU Rural Community Preceptor Award. Dr. Miller practices family medicine at Legacy Medical Group – Mt. Angel.



Rick Moberly, MD also received the OHSU School of Medicine Outstanding Required Course in Clinical Experiences Award this year. Dr. Moberly is an Assistant Professor of Family Medicine and serves as the Vice President on the OAFP/Foundation Board.



Note from **Stephen "Miles" Rudd, MD, FAFAP, CPPS, CAPT, USPHS (Retired)**

In 1994, I made the cross-country journey from residency to start my career with the Indian Health Service in Warm Springs, OR. As I had been involved with the AAFP as both a resident and student leader, the OAFP was quick to reach out and welcome me into their family. The IHS gave me the opportunity to serve American Indians and Alaska Natives, truly speaking to my desire to serve underserved populations. OAFP gave me the opportunity to serve not only my patients, but all family physicians in Oregon. The greatest of these opportunities was to serve as the President of the OAFP in 2002-2003. It has been an incredible honor to get to know the family physicians across our State, professionals that epitomize my view of what physicians should aspire to be. I have made so many lifelong friends among my colleagues, each of whom has had an impact on helping me to be a better person and a better physician. Now after nearly 27 years, I have retired from the US Public Health Service. I will be moving back to my home state of North Carolina to be closer to my aging parents. It is my hope that I will be returning to work for IHS as a civilian, as there remains much work to accomplish. I want to express my profound gratitude to all of the members and staff of the OAFP. Oregon will always be "home" for me as well. Please keep in touch (miles.rudd65@gmail.com).



Ben Schneider, MD won the OHSU Faculty Mentor Award. Dr. Schneider is an Associate Professor of Family Medicine and an Assistant Dean for Student Affairs, Undergraduate Medical Education.



In addition to his Lundy Award, **Dr. Derek Wiseman** was awarded the William O. Stahl, MD Award for Rural Health Practitioners. He will continue in rural health at OHSU Cascades East FMRP.

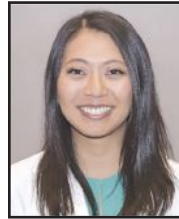


Dr. Tajwar Taher won a Scholarly Project Poster Award for his work in Law, Business, and Policy and is a member of Alpha Omega Alpha Medical Honor Society. RWJ Somerset FMR in New Jersey will welcome Dr. Taher as one of their new residents this summer.

Inducted into the Alpha Omega Alpha Medical Honor Society were: **Lai Hin Kimi Chan, MD** (University of California Davis FMR), **Michaela Merrill, MD** (FMR of Idaho), and **Arianna Robin, MD** (Contra Costa FMR).



Nellie Wirsing, MD was honored with the Excellence in Education Award (UME). Dr. Wirsing is an Associate Professor of Family Medicine at OHSU.



New members from OHSU MD'22 of the Gold Humanism Honor Society are:



Mary Earp



Madison Egan



Cassandra Kasten-Arias



Alexandra Kiesling, MPH



Christina Miller



Huong Nguyen



Rachel Patterson



Kate Rosen



Ryley Saedi-Kwon



Erin Urbanowicz, MPH



Heidi VanCampen



Malika Waschmann

STUDENTS SPEAK OUT!

Oregon Health & Science University



A majority of medical students' interest in medicine begins with wanting to help people. Of those that choose Family Medicine as their specialty, most do so because of the relationships they build with their patients and the community. The new class of future OHSU physicians started medical school in a significantly different environment due to the COVID-19 pandemic, which brought virtual learning and an inability to meet up and connect with classmates. Despite these unanticipated challenges, the Family Medicine Interest Group adapted and searched for ways to get students involved and interested in Family Medicine. We hosted virtual lunch talks with topics ranging from EKG interpretations to how to use your platform as a physician to help improve health care at a systemic level; however, attendance was low because very few students wanted to log into another virtual call after hours on end of virtual lectures. Then when prospects for future

activities were looking grim, Scappoose called for aid. The OHSU Scappoose clinic was looking for help setting up and running a COVID-19 vaccine clinic to help increase the vaccination rate in Columbia County. The Family Medicine Interest Group took that opportunity to not only help the community, but to do everything we had been wanting to do from the beginning of medical school: step into a community with health care needs, develop relationships, and converse with actual patients. Although we had very little turnout for our other events, once we started taking volunteers, the students at OHSU turned out in droves on Friday nights to help vaccinate a population that was significantly under-vaccinated.

Since the beginning of the pandemic, the Family Medicine Interest Group was looking for a direction for this year's members and we finally found it. We are a large group of medical students looking to interact with people and help those in the surrounding communities and the vaccination clinic was the perfect opportunity. It gave us the ability to see how public health efforts

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NW Regional Hospital Medicine Conference
September 23-24, 2021



46th Annual
Pacific NW Update of OB-GYN
and Women's Health
October 21-22, 2021

Musculoskeletal Update for Primary Care
November 5, 2021



53rd Annual
Primary Care Review
February 7-11, 2022

are managed and their role within communities. The clinic allowed us to meet not only the patients in the communities we hope to serve one day, but also our fellow classmates in person.

Now, as vaccination rates are close to reaching the numbers required to open the state up, the weekly vaccination rates are decreasing, and the Family Medicine interest group is searching for the next opportunity. These are unprecedented times that will have an effect on medical students, as they choose which specialty they want to pursue for the rest of their medical

careers. This pandemic has shown the importance of community involvement and integration for Family Medicine physicians. The pandemic allowed us, as medical students, to have an increasing impact on the health of the community around us that not many medical students get to have. This year especially, the goal of the Family Medicine interest group is to show each budding student how amazing and important the field of Family Medicine is, particularly in the grand scheme of what medicine is and all it has to offer.

Virtual Cheese Tasting

After an afternoon packed with informative CME offerings, the OREGON DAIRY AND NUTRITION COUNCIL sponsored our first-ever OAFP/Foundation Virtual Cheese Tasting Fundraiser. Those who purchased tickets received boxes of cheese in the mail from Rogue Creamery. The delicious boxes contained three cheeses, Smokey Blue, Rogue's Mary Cheddar and Cheese is Love Cheddar. The virtual presentation started with a Welcome from Oregon Dairy & Nutrition Council's Executive Director, Anne Goetze, followed by a virtual visit to the calving barn at Rickreall Dairy and cheese tasting notes from Rogue's President, David Gremmels. As this was a fundraiser, OAFP/Foundation President, **Dr. Gina Miller**, conducted a virtual paddle raise and invited all to view the wonderful auction items in the Virtual Auction. The evening ended with a special guest; Dr. Kathleen Merrigan, Former US Deputy Secretary of Agriculture, stuck around to answer questions about sustainable farming and organics.



Louie Kazemier, owner of Rickreall Dairy, in the Calves Barn during the Virtual Cheese Tasting

"My son's experience with pain has changed my ideas on working with doctors. I realized I can speak up more."



To turn the tide on the opioid crisis, it's time to change how we talk with patients about pain. New research reveals the link between identity, lived experience and pain — and provides practical guidance to support our patients in asking questions, learning about their options and choosing safer ways to heal.

Download the groundbreaking research healsafely.org/toolkit





NATHANEAL DOUGLAS, MD
HERITAGE FAMILY MEDICINE

Looking to the Past to Guide Our Future: Direct Primary Care

The fine red dust in the air was thick enough to taste, every movement multiplying the growing cloud in the dirt floored hut baking underneath the hot African sun. The line of patients stretched out the door and down the worn rutted road bustling with hand carts. Villagers had traveled for miles to see the American doctor within. Acting as the medical assistant, I never realized that my life would be changed in that most foreign of places. The Family Physician had just masterfully extracted a metal shard from the cornea of the village woodcutter, an instant relief from weeks of suffering. Dark sinewy arms embraced the man in the white coat, as tears of pain were replaced by tears of joy streaming down his face. The man produced a crude tool from under his tunic, placed it in the Doctor's hands, bowed, and left. Heavily worn goat skin wrapped around a curved branch, a crude iron blade firmly attached at one end. It was priceless; it was his axe.

There is something ethereal about the doctor/patient relationship, sacred really. It is the engine that drives us, the healthiest of addictions. It causes us to be better physicians, to take extra time when it is needed, to hold a suffering hand, to do the extra research, to truly care. When all of the distractions; the performance measures, the coding audits, the chart notes, the prior authorizations, the administrators' demands, the RVU's etc. etc. etc. when all of that is stripped away and you look at our profession for what it truly is, it all boils down to one simple thing; a meaningful relationship with the patients we serve.

If we could design a medical system that valued this sacred relationship the way we do, what would that look like?

A woodcutter giving up his most prized possession in exchange for the loving care of a physician. Direct Primary Care.

Direct Primary Care is neither new nor novel. In the 1800's, small towns across the new American frontier often commissioned doctors to settle in their area. Payment, whether in food, services, trade, and sometimes money, left the doctor/patient relationship in its purest form. Doctors were needed and therefore, were cared for by their community. It wasn't until the late 1970's and early 1980's when insurance payments crept into the primary care scene that this form of direct payment started to dwindle. Now that most of us are fully dependent on insurance reimbursement to sustain our practices, we have invited a middleman into the exam room. We have been hijacked.

This realization hit me like a ton of bricks one day as I was finishing up my typical clinic day at 8pm, after a long evening of charting and catching up on reams of paperwork on my desk. To make my private practice's ends meet, we initiated shorter visit times, limited chief complaints, no nursing phone advice, more frequent follow up visits, and more staff for pay for performance mandates' to make up for ever dwindling insurance reimbursements. Although my business was sustaining, my family was suffering, patients were underserved, and my purpose as a Family Physician was eroding away.

Then I remembered that axe.

After 4 years of Direct Primary Care, my love of medicine has been rekindled. My practice looks much like that of frontier doctors of yore; a full spectrum Family Medicine clinic in my home. My patients have paid me in construction work, vegetables, childcare

services, and even books. My average visit time is over 30 minutes. My chart notes are succinct and pertinent, and never keep me from time with my family. If patients can't come to my home, I go to theirs. Where many of my physician colleagues are struggling, my new enrollment rates since the pandemic have tripled. Ultimately, I am free to practice evidence-based medicine, spend as much time as needed with my patients, and provide for my family even in the most challenging of times. I care for my community, and they support me. There are no middlemen allowed here.

Family Medicine is ripe for change. It is time to cement the doctor/physician relationship as the foundation of our practices once again. And how? When that first patient steps into your office and offers you their well-worn axe in exchange for your care, you too will realize the transformative power of Direct Primary Care.

* In My Own Words reflects the opinion of the author. This article has been shortened for print. To enjoy the full story, please visit <https://oafp.org/membership/oafp-magazine/>



Dr. Neal enjoys time with one of his pediatric patients.



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Gifts, Lessons and Losses –

A Year in the Life of a RWJ Foundation Health Policy Fellow



KRISTEN DILLON, MD, FAFP, HEALTH POLICY & OPERATIONS CONSULTANT
OREGON HEALTH AUTHORITY COVID-19 VACCINE UNIT – OPERATIONS BRANCH LEAD



Memories of an unprecedented year in Washington

I'm unpacking a box that came home with us from DC. Out comes a Time magazine with John Lewis on the cover, then a photo of Ruth Bader Ginsburg's casket on the Supreme Court steps. There's articles about health care costs, the New York Times headline announcing the (first) impeachment of the President, some charging cables, a January policy memo that I wrote about respiratory illness in China, my pass from the State of the Union address, and voter protection fliers from our volunteer work in North Carolina. And more and more. What a jumble of a year.

I know I'm not alone in this. The year 2020 changed me in ways I value and am grateful for, but the memories keep shuffling around, not yet a coherent narrative. I'm still piecing together all the gifts, losses, and lessons that came too quickly to make sense of in the moment.

Just after Labor Day, I joined my five new colleagues at the National Academy of Medicine as we started our time as the 2019-2020 Health Policy Fellows. The program is the longest-running professional development program sponsored by the Robert Wood Johnson Foundation, now over 45 years old. We spent four months together every day in intensive study, mostly briefings and seminars, followed by a brief search to find placements in Congressional offices or committees, where we would work during 2020.

I chose to start my year with the Health Policy team in the Speaker's Office in December, a few weeks earlier than required. I didn't want to miss what might be the most interesting things that were going to happen all year: a crucial end of year appropriations package and a looming impeachment vote. How little we knew about what 2020 would hold for the world and our lives in DC.

Looking back now, I see gifts from the year and have a new perspective on the value of our training as family physicians, as well as the places where doing the work well involved unlearning my professional training.

Gifts

My fellowship colleagues were similar in wonderful ways, each with optimism, vision, and insight. We had also been carefully chosen to bring a diverse range of perspectives from our professional backgrounds, identities, and personal experiences. Spending long days together over our first four months of academic study built lasting bonds that continue to be a source of grounding and support for me.

The Congressional staff members that I worked with have deep technical and political expertise. They are brilliant and motivated by a sense of mission and service that made the long hours seem worth it and continue to give me hope.

Experts and advocates from across the country were willing, even eager, to advise and assist us. In a time of national crisis, we benefitted enormously from all the academics, scientists, former government officials, and industry representatives who took time from busy schedules to help.

I came away with a feeling that I was part of helping some good things happen. I worked hard to prepare our boss well for important meetings, track the myriad public health programs that we needed to prioritize for funding, and check that key equity items were on our list for each round of legislation. Several made it through, including restoring Medicaid eligibility to



Dr. Dillon (second from left) with her RWJ Foundation Health Policy Fellowship colleagues

immigrants from the Marshall Islands, parity in reimbursement for Urban Indian Health Organizations, and extending Medicaid for a year postpartum. It's a gift to know that I was at least part of the process when these things happened.

And, finally, I was able to pause and notice some sweet, special moments during my 16 months in our nation's capital. Even in the rush of getting where I needed to go, I remember the sparkling white walls on my walk past the Supreme Court, the beams of sunlight illuminating the Capitol rotunda, the famous passers-by, or the simple awareness that I was climbing a stone staircase with treads eroded by hundreds of years of people climbing those same steps to write laws and look for solutions.

Lessons and Losses

The discretion and respect for privacy in our profession prepared me well for being part of the inside game. Working for a Member of Congress means pulling yourself out of the public debate. We make the world a better place not with our individual voices, but by advancing the office's goals, which the outside world only sees in what your boss says and does.

Learning to manage rounds with those fierce attendings from med school and residency taught me how to prepare and brief a very busy leader. I got 5 minutes to present, say, the World Health Organization's role in responding to coronavirus and how the US could partner internationally on vaccine development, and then needed to be able to cut it to 60 seconds with no notice when the prior meeting ran late.

Experiences like that also highlighted what I needed to unlearn. No more exhaustive, balanced presentations of the research. When legislative bodies move, the text of a bill can change quickly, and votes come fast. There's often only time to glance at media coverage, refer to some notes, check with a couple trusted advisors, and consider the political risks and benefits of a decision that needs to be made now.

I learned important new lessons about relentless prioritization. In Congress there's way more that's worth doing than there are hours in a day or votes in a year. Building good teams helps, but a big piece of success is knowing what to grab onto and what to let go.

I also learned about humility and loss. If you choose to get closer to politics, you need to be prepared to lose on some things that really matter. Even within a party in the majority, turning a good idea into law surfaces interests that diverge and splinter. The struggles can be fierce and substantive, and the losses hurt. I learned from my colleagues to pause only briefly and then look to the future and get ready for next time.

Homecoming

Looking back across the county from here in Oregon, DC now seems familiar and life-sized. The US Congress can do things that have huge national impact, but it's not the place where the levers that move everything are suddenly within reach. Those particular levers don't exist. National policy is a powerful instrument and a blunt one. It mostly creates the opportunity for progress. The process in states and communities is what fine tunes the power and connects it to change in people's lives.

Progress comes at all levels and from any of us in a range of roles – the inside game and the outside game, the policy game and the ground game. My time in DC helped me to learn where I might fit best in the future, and I encourage you to discern for yourself which game and which role might be one for you.

Footnote

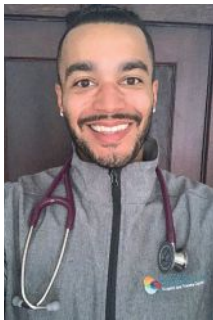
Applications for the Robert Wood Johnson Foundation Health Policy Fellowship will open for the 2022-2023 cohort in September of this year. To register for program announcements, subscribe at <https://www.healthpolicyfellows.org/apply/>



Kristen Dillon and her husband, Paul, in front of the Supreme Court during the RBG Vigil.

Three Family Medicine Students Honored as Lundy Award Winners

The Lundy Award was established in 2000 to honor Mary Gonzales Lundy upon her retirement after 21 years of service as Executive Director of the Academy. This fund provides scholarships to fourth year OHSU medical students who are entering family medicine residency. The three recipients were chosen by the Trustees of the Oregon Academy of Family Physicians Foundation Board on the basis of leadership, service to the community, and essays describing their paths to family medicine.



SHANE HERVEY

While at OHSU, Shane became very involved in a variety of leadership and volunteer activities, including assisting with the creation of a White Coats for Black Lives Chapter at OHSU, facilitating a course on Microaggressions in Medicine, serving on a Climate Change Taskforce, co-founding OHSU Students Against Gun

Violence, teaching cultural competency, serving on the Health Care Equity Week Planning Committee, representing OHSU as the Chapter President of the Student National Medical Association, which is dedicated to support underrepresented minority medical students, and volunteer mentoring local middle and high school students to increase engagement in the sciences of underrepresented minority students. Shane was also the sole student member on the Oregon Health Authority's Oregon Health Care Workforce Commission, was a COVID Wellness Hotline Volunteer, completed his clinical experience at North by Northeast Community Health Clinic while creating opportunities for future medical students, volunteered in Angola, and at the Southwest Community Health Clinic.

Shane has been inducted into the Senior Alpha Omega Alpha and Gold Humanism societies. He was an OHSU Diversity and Inclusion Award Nominee, Diversity Enrichment Scholar at Portland State University (where he studied for one year between high school and his matriculation into the University of Oregon), and a recipient of the OHSU President's Fund Scholarship.

Shane has been accepted into the Family Medicine Residency Program at University of California at San Francisco where he will spend the next three years honing his skills as a family physician.



WAKABA C. OMI

Wakaba entered OHSU in 2017 and became involved in a plethora of volunteer and leadership activities, including creating a training video for navigating EMRs, designing social media flyers for patient outreach, mentoring other medical students, teaching elementary school children about careers in medicine, leading a cultural competency

program, creating OHSU's Aerial magazine which showcases student talent, volunteering at Southwest Community Health Center and the Oregon Food Bank, and serving on the OHSU Student Council.

Wakaba has been accepted into the OHSU Portland Family Medicine Residency Program where she will spend four years honing her skills as a family medicine doctor.



DEREK J. WISEMAN

In 2017, Derek entered medical school at OHSU and continued his service to others, amidst his time-consuming medical studies. Derek's leadership and volunteer activities included tutoring Anatomy for medical students, serving as an OHSU Admissions Ambassador, volunteering for Operation Nightwatch and the Pacific

Northwest Mobile Healthcare Association, recruiting community programs for the OHSU Health Care Equity Series, serving on the leadership of the Family Medicine Interest Group (FMIG) where he co-authored columns for the OAFP quarterly magazine, co-leading the Rural College program at OHSU, co-presenting at the Society for Teachers of Family Medicine, and Japan Primary Care Association Annual Conferences in 2020.

His awards include the Klamath County Volunteer of the Year Award in 2015, and the CASA Myron Gitness Volunteer of the Year Award in 2016. Oregon Institute of Technology awarded Derek the President's Senior Cup, Outstanding Community Service Award, and Outstanding Scholar in Biology/Health Sciences in 2016. Derek was a recipient of OHSU's Scholar for Healthy Oregon Initiative and School of Medicine Ambassador Spring Quarter Award. He is also an AHEC Scholar.

Derek has been accepted into OHSU Cascades East Family Medicine Residency in Klamath Falls where he will spend the next three years honing his skills for his career in family medicine.

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