

Family Physicians of Oregon

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- Dr. Wendy Warren Awarded OAFP 2024 Oregon Family Doctor of the Year
- Meet the Residents
- PCBCW Cohort Two Update



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FAMILY PHYSICIANS

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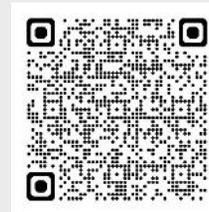
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"I truly think that every single person on the care team and administration bring value to the team and really are working together to make sure that we deliver care the best that we can to our patients in our community."

Shannon Markegard, DO



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CONTACT: Mindy Schneider
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Readership of this publication includes more than 1800 family physicians and their professional associates. Medical students and staff at OHSU and Western U/COMP-Northwest also receive the magazine.



About the cover:

Cape Perpetua is my "happy place" on the Oregon coast. I love it in any season, but especially when weather allows for sitting near the stone shelter and gazing miles and miles out to sea. Photo by Kristin Bradford, MD, MPH.



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OREGON ACADEMY OF
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EDITION 70

• PRESIDENT'S MESSAGE



EVA S. MCCARTHY, OAFP PRESIDENT
INTERIM PROGRAM DIRECTOR, SAMARITAN HEALTH SERVICES FMR RURAL TRACK - NEWPORT

Hi there, I am Eva and it is an honor to serve as OAFP President for this upcoming year. I joined the OAFP Board of Directors in 2014 as the first resident representative from Samaritan Health Services, back when there was separate accreditation for osteopathic residencies. While I always aspired to become a family medicine physician, I didn't fully understand the breadth of our profession until I had a seat at a very powerful and innovative table that has been at the forefront of primary care transformation. This inspired me to pursue a career in full spectrum family medicine which I

started at Harney District Hospital in Burns, Oregon. I returned to the OAFP in 2018 as a general board member and served as the chair of the OAFP Equity, Inclusion, and Diversity Task Force for the past three years. I continued practicing full spectrum family medicine at Santiam Hospital during the pandemic and have now come full circle back at Samaritan as the Interim Program Director for the rural training program in Newport.

I am grateful for my experience in rural family medicine. It fostered my love for continuity with patients and interdisciplinary problem solving when

there are limited resources. It showed me the healing power of listening to patients and it has helped me understand the importance of advocacy for primary care. There are a lot of challenges that lie ahead for our profession, changing payment models, the corporatization of medicine, political polarization of healthcare, and the ongoing impact of social and structural inequities on the wellbeing of our patients. Our communities need us to face these challenges so that family medicine can remain the specialty that consistently improves people's health outcomes.

With the invaluable support of this organization, we will adapt and persevere. Continued investment in ORCA-FM will provide communal resources for Oregon's family medicine residency programs. Ongoing engagement in Primary Care Beyond Clinic Walls will cultivate vital partnerships with community-based organizations serving vulnerable or underrepresented populations. Being community preceptors and mentors to the next generation of family medicine physicians will promote self-efficacy and fortify resilience within our profession. Staying committed to principles of equity, diversity, and inclusion will enhance our understanding of the vast needs of our patients and of each other in our collective work. Most importantly, listening, and extending grace to ourselves and one another will help us navigate these challenges together. I look forward to the year ahead and hearing from you.

Sincerely,
Eva S. McCarthy, DO

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• GREETINGS FROM THE OAFP



BETSY BOYD-FLYNN, OAFP - EXECUTIVE DIRECTOR

Creating a Pathway to Primary Care

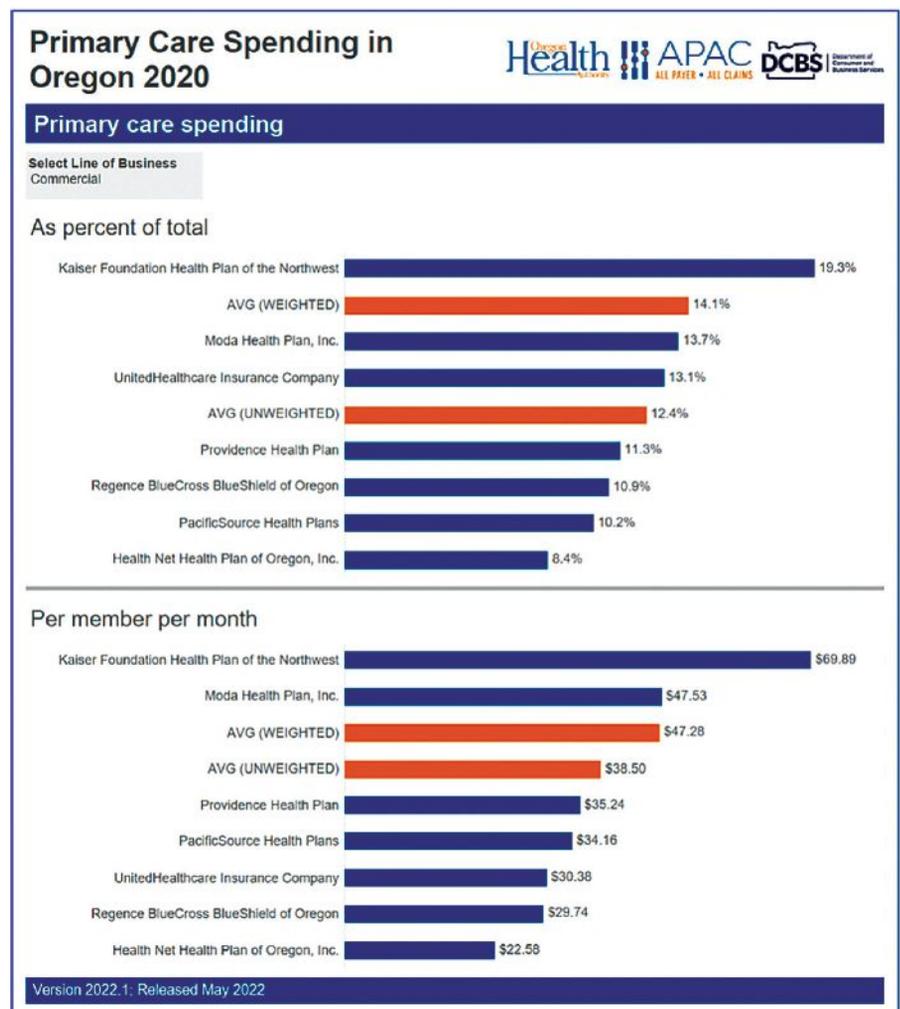
Coming back to primary care

What can we do to develop new champions for primary care in Oregon? This is a question that I've heard multiple times since 2020, when turnover in the Oregon legislature began accelerating. The question is even more urgent this election year, since **Sen. Elizabeth Steiner, MD, FAFP** has resigned her Senate seat to pursue her candidacy for State Treasurer. Sen. Steiner's impact on primary care and health care at large is hard to overstate, and the loss of her knowledgeable perspective will definitely be felt in Salem.

Rep. Maxine Dexter, MD, the pulmonologist who helped carry some of OAFP's legislative priorities in recent sessions, will also leave the Oregon legislature as she pursues the Congressional seat for the 3rd District. These two powerful voices for health care will be gone from Salem, and so we in the health care community will ramp up our efforts to share information about the importance of organizations like ours who help to shape policy by building relationships with legislators and their policy staff. We will need to help educate new legislators from all over Oregon about how health care works here. Health care advocates, along with advocates for every other type of policy, will work to set up meetings and send whitepapers and work to introduce ideas that will help shape the 2025 legislative session.

Circling back to shape the future

Through legislation sponsored by the OAFP in 2015 and 2017, Oregon began a program of analyzing insurance claims data to measure how much is spent on primary care. The 2017 legislation also set a target that health plans would have until 2023 to increase investments in primary care until 12% of medical



expenditures could be attributed to primary care. Each year's report on primary care spending is based upon data that is up to 18 months old; we will have a report that tells us which health plans have met the target in early 2025. Based on the most recent report, released in 2022, among commercial payers, many insurers would have many changes to make to have met the target in 2023.

The organizations that have been part of the Primary Care Payment Reform Collaborative have been discussing what could be changed through additional action. For the 2025 legislative session, OAFP will work closely with the Oregon Primary Care Association, which represents Federally Qualified Health Centers, to build consensus around a legislative concept aimed at improving upon Oregon's innovative efforts to measure primary care investment program.

Broadening pathways into family medicine

Another area of focus for OAFP, and more centrally for OAFP Foundation and ORCA-FM is supporting tomorrow's workforce. We know we

need to do all we can to keep individuals who train in Oregon residencies here in Oregon; before that, we need more medical students to choose family medicine; before that, we need more college students to consider careers as physicians; before that, we need to make sure that high school students from all over Oregon, from every community and demographic group, see that there is a path to family medicine for them.

Our capacity to direct resources and work toward individuals on the way to a career in family medicine has increased rapidly through the growth of ORCA-FM. We are finding ways for the three organizations to work together and play to each others' strengths so that we can have the largest possible impact.

Thanks for your time.



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• FROM THE HILL



SAM ELWOOD, OHSU ADMIN. AND COMMUNICATIONS PROGRAM TECHNICIAN

HANNAH KAMSKY, BSN, RN, CCCTM, OHSU STUDY COORDINATOR

SONIA SOSA, MD, OHSU ASST. PROFESOR OF FAMILY MEDICINE & RICHMOND PCC PROVIDER

NANCY ZINK, MD, OHSU ASST. PROFESOR OF FAMILY MEDICINE & RICHMOND PCC PROVIDER

Project Nurture Continues to Expand Access to Care

The team and the patients that make up Project Nurture

OHSU's first Project Nurture site began at the CODA Treatment Recovery Center almost ten years ago. This new model created a unique partnership between CODA's team and OHSU Richmond's primary care team and includes an embedded primary care team within CODA. Since then, Project Nurture has been providing high quality, multidimensional care to pregnant and postpartum patients who receive care for opiate use disorders at CODA, and for babies up to one year of age. Given Project Nurture's focus on providing care for both birthing parents and infants, family medicine teams are perfect for providing care within this model. When people think about Project Nurture, they often think of the baby as the primary beneficiary of the program; however, it is truly the whole family, including the birthing parent, the non-gestational parent, and other family members (e.g., siblings) that benefit from the comprehensive support included within Project Nurture. The team now includes a doula, social worker, a nurse from CODA, a prenatal nurse

from Richmond, a specialized medical assistant, and a family medicine physician.

Providing invaluable connections to health services in the community

The team focuses on building trust, getting to know the patients well, creating valuable relationships and breaking down barriers to social services in the community. The dedicated Project Nurture team cares for the patients in both inpatient and outpatient settings and can advocate for the needs of the family in both settings. This comprehensive care model helps to create stability in the lives of those involved in this unique program. The Project Nurture team also makes connections for patients with social and behavioral health services in the community. The team works diligently to ensure families have all the resources they need to thrive and have stable housing.

Introducing Project Nurture – Richmond!

OHSU Family Medicine at Richmond recently received grant funding from OHSU Health to expand Project Nurture

offerings to Richmond patients. This exciting opportunity will bring several changes to the Project Nurture - Richmond program, including:

- The program was limited to only patients who received care for opiate use disorders through CODA and their babies up to one year of age. The new model at Project Nurture - Richmond will include a similar care model but will extend care to patients up to five years postpartum and their babies up to five years of age.
- Project Nurture – Richmond will also expand care to patients with any substance use disorder. This could include substances such as nicotine or alcohol or methamphetamines. With these modifications, patients can get integrated substance use disorder (SUD) care and perinatal care regardless of type of use disorder and regardless of if/where they are engaged in SUD care.

These changes have undoubtedly expanded the pool of eligible patients.

Prenatal and postpartum patients with any substance use disorder, their infants, and children, are welcome to join Project Nurture - Richmond. The team is working to create an environment that is comfortable and welcoming for parents and babies/children. They hope the space will encourage regular attendance at prenatal, postpartum, and well child visits and provide peer support from others in attendance at the groups which are run by Project Nurture - CODA's long standing and fantastic doula, Christy Hall. Patients attend a support group for two hours and can be seen by a physician for any reason during or after this group. The family doctors staffing the clinics provide full scope care to pregnant and post-partum patients and their children.

Project Nurture - Richmond patients, and indeed all prenatal patients at Richmond, are eligible for free doula support through this program and through an ongoing collaboration with the Community Doula Alliance, a non-profit organization that aims to increase the diversity of trained doulas to support a more diverse patient population. The team is excited to continue offering patient-centered care in a successful model.

Due to their recent grant funding, the team is piloting this new expansion for a full year. The doula, Christy Hall, has completed eighteen weeks of Project Nurture-Richmond groups and so far, 31 patients have attended the groups, many on multiple days and many are new to Richmond. Since Spring 2024, there have been approximately 73 patient visits. The team has also received feedback from a partner site, Letty Owings Recovery Center, stating that there has been a lot of positive conversation around this program.

More impactful changes coming to Project Nurture

Members of the team created a new workflow to remove insurance barriers so Project Nurture patients can receive care at Richmond and especially receive sensitive and integrated perinatal/SUD care. Thanks to this new initiative, a patient with insurance through the Oregon Health Plan (OHP) of Yamhill County who thought that she would never be able to see a provider or participate in Project Nurture groups in Portland shared that she was so excited to now be able to participate in Project Nurture, to be with other moms with a shared lived experience, and get care in Portland while she is in residential treatment at Letty Owings. Yamhill County insurance had previously told a Letty Owings nurse that if a patient with their insurance needed care in Portland the only option was to go to the ED. Patients with any type of OHP are now able to access Project Nurture care through Richmond.

Looking beyond the pilot year

Project Nurture has been integral in providing prenatal, inpatient, postpartum, well-baby, and substance use disorder care, which is truly patient-centered, comprehensive, and evidence-based. The care is rewarding for the entire team and is often life changing for all involved. Despite the programs ongoing success, financial sustainability is still a constant challenge. Without a more secure financial plan, the Project Nurture - Richmond site will not be able to continue past its pilot year. When asked what she hopes for the program in the future, one of the family doctors involved in Project Nurture, **Dr. Sonia Sosa** shared, "It is our dream that the importance of Project Nurture is recognized in both positive recognition and long-term financial support; both the patients receiving care and the team supporting our patients deserve this recognition."



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• PUBLIC POLICY AND LEGISLATIVE AFFAIRS



IRIS MARIA CHÁVEZ
EQUITY ACTION PARTNERS - OAFP LOBBYIST

Oregon's primary elections are in our rearview mirror now and those of us in the political and policy making space are now turning our attention to preparation for the 2025 legislative session (our first bill drafting deadlines will happen in mid-September) and the November general election, which we do not expect to hold much excitement. Let's do a rundown of this May's primaries to learn what will monitoring over the next five months of the campaign season.

This year's primary elections saw a historically low voter turnout rate (27%), while analysts are still tracking information to determine causes of this low turnout

rate we have seen, across the country, younger voters and progressive voters protesting elections (by not participating) in the wake of international political issues and, as they have said, a lack of candidates they feel excited to support.

Some general themes of this primary election in addition to low voter turnout include some indication of Democrats voting a little more moderate and less "progressive" than has been the case in the past decade-plus as evidenced by:

- (1) Multnomah County (Portland) voting out their very progressive District Attorney in favor of a more traditional tough on crime prosecutor and

- (2) Democrat voters choosing the more moderate Janelle Bynum over the progressive darling Jamie McCleod Skinner by a wide margin in the Congressional District 5 race.

On the Republican side, primary voters continued a right-wing populist slant by voting for the son and wife of two Republican state senators who were barred from running for reelection for "walking out" and shutting down the legislative process over well-funded business backed challengers.

OAFP watched a few statewide races particularly closely. Democrat State

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Sen. Elizabeth Steiner, MD, FAAFP (OAFP member and health care champion) easily won her primary contest for State Treasurer and will face Republican State Senator Brian Boquist in the general election. Steiner is the heavy favorite in that race. Democrat Tobias Read coasted to a primary victory over State Senator James Manning, in the race for Secretary of State, and will match up against Republican State Senator Dennis Linthicum in the general. Read will likely win this race. And, in the race for the next Attorney General, former House Speaker Dan Rayfield won the Democratic primary and former Marion County prosecutor Will Lathrop won the Republican primary. While Rayfield has been designated the favorite in this race, Lathrop has emerged as a serious contender in the weeks since primary election day.

There were a few crowded state legislative primaries and fairly contested races, barring any surprising revelations between now and November we are fairly certain we know who we will see walking the halls of the State Capitol come January. A few state legislative primaries of note, with health care policy implications:

- HD 12: Rep. Charlie Conrad was not able to overcome backlash for voting for HB 2002 (reproductive health care legislation) in the 2023 session. Darin Harbick, a business owner in the McKenzie Valley, won 80.5% of the votes. It is worth noting that many of Conrad's supporters are not able to vote in Republican primaries. There is not a Democrat opponent, so Darin's seat is essentially guaranteed.
- HD 33 – NW Portland, St. John's: Current Rep. Maxine Dexter (healthcare champion) is likely off to Congress leaving her seat up for grabs. Shannon Jones Isadore, a veteran and founder of a behavioral health clinic won 49.2% of the Democrat votes essentially guaranteeing her victory

in the general election, besting Brian Duty an OHSU surgeon.

- SD 2 – Josephine, Douglas, and Jackson County: While Art Robinson is not able to run for re-election it does look like a Robinson is still going to hold the seat. Noah Robinson, the Senator's son and chief of staff won 60% of the votes, leaving current Representative Goodwin

(and a member of the House Health Care Committee) in the dust. While Goodwin is a conservative republican, this district has a heavy libertarian leaning.

In the next edition of the OAFP magazine we will preview legislative priorities for the 2025 legislative session.

STUDENTS SPEAK OUT!

Oregon Health & Science University



FAMILY MEDICINE
interest group

2024 Student Leaders of the FMIG Leadership Committee



Mako Gedi – CHAIR
MED27

My interest in Family Medicine did not sprout from a single event; rather, it grew from a culmination of moments where I felt a profound purpose in working to bridge the health inequities afflicting my community. My work started in early 2021, as the COVID Vaccine Coordinator at the only Black-health-focused primary care clinic in Oregon. I had originally volunteered to spearhead vaccination efforts because it was clear that mistrust in the healthcare system would present a significant barrier for people in my community to take the vaccine. What I did not expect was just how dedicated and resourceful a primary care team could be in facing this challenge. We started with phone calls to patients to discuss the vaccine. Physicians were readily available to take calls with hesitant patients, while those not yet ready to talk were extended an open invitation to

call or come by the clinic in their own time. Within two weeks, we opened our doors to a full schedule of clinic patients and community members who elected to get the vaccine from us. Listening to people reflect on what it was like to receive care at a place that consistently celebrated their culture, stayed attentive to their concerns, and advocated for their survival made one thing clear: those who had agreed to vaccination did not do so because they trusted the vaccine, but because they trusted the providers at this clinic. These providers did what the US healthcare system never bothered to do: earn trust. And now, it was this trust that was making the difference between life and death. The road to achieving health equity is an arduous one; I believe it hinges on the work of physician advocates who champion the holistic well-being of their patients, and by extension their communities. I have seen Family Medicine pave the way, and I am here to learn everything I can to continue the work.



SAVE THE DATE
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TYLER HUNT-SMITH – VICE CHAIR
MED27

Family medicine, to me, represents a holistic approach to healthcare that emphasizes continuity of care, preventive medicine, and patient-centeredness.

I hope to work in a field that allows me to see such eclectic conditions, since I find the vast array of problems a Family Medicine Doctor can encounter truly fascinating. I'm very excited to work with the team at FMIG to encourage more members of my class to consider the opportunities Family Medicine can provide. The faculty liaisons, I have met while being a part of FMIG, are so encouraging. I really appreciate the positive energy they bring to the organization and the care they put into the FM specialty.



**VEE VANDERPOEL – VOLUNTEER/
MENTORING CO-LEAD**
MED26 (MD/MPH)

As a third year MD/MPH student at OHSU who is passionate about public health, primary care, and preventative

medicine, I am excited to pursue a career in family medicine! Family medicine, to me, honors that medicine is much more than the clinical work; rather it encompasses every facet of where people live, work, and play, as well as the societal structures we all operate within. As someone who grew up in Colorado with my mom as the local swim coach and my dad as a wildlife conservationist, I view community, connection, environment, and advocacy as integral parts of medicine. I feel grateful and excited to soon work in a field that values these things as much as I do!

OHSU FMIG has been like a second family for me here in Oregon, and has helped me connect with wonderful friends, mentors, and role models. I'm excited to enter my second year with FMIG as the Volunteer/Mentoring Co-lead. I'm excited to focus this year on fostering continued mentorship between residents and medical students, partnering with Oregon high schools to host health occupations days, where students can explore medicine and access mentors. I look forward to continuing to connect OHSU medical students with volunteer opportunities such as the Portland Marathon Medical Tent and preventative skin screening outreach.



**CAROLYN GREEN – VOLUNTEER/
MENTORING CO-LEAD**
MED26

My path to medical school is a bit of an unusual one: I majored in Industrial Design and worked in the

design industry for several years before transitioning to clinical research and completing a post-baccalaureate to fulfill my

pre-medicine requirements. I used to think that my varied interests — especially creative pursuits like writing and fine art — meant I didn't fit the pre-med mold. However, I eventually realized that a broad range and depth of knowledge is exactly what I appreciate most about medicine. I can't think of a better example of this than family practice. I am in awe of family providers' commitment to community support, advocacy, and policymaking...all on top of maintaining the ability to provide empowering care to everyone from newborns to seniors. I am incredibly honored to be a part of FMIG!



CAROL NEWTON – ADVOCACY LEAD
MED25

I came into medical school with a basic understanding that the field of medicine needs of a federally qualified health center (FQHC) in Denver, CO turning away people daily who desperately needed care— simply

because there were not enough appointments or doctors to see them. When I started medical school as a first year MD student, I joined FMIG to learn more about family medicine; now, I'm involved in the capacity of Advocacy lead. My working definition of family medicine is based in long-term individual and community connection: it seems to be a never-ending (and unfortunately therefore inevitably frustrating) puzzle of how to make a sterile diagnostic code explain the complexity and intricacies of being human. Being a family med doctor requires medical excellence, but it also demands excellence in relationship-building and navigation of the medical system to break down barriers for patients. I enjoy sitting with a patient to solve these human-centered puzzles just as much as I enjoy the puzzles of medical complexity. In my role as Advocacy lead this year, I most look forward to learning from and collaborating with peers and providers around the scope of family medicine, from advocacy to addiction medicine to increasing access to medicine for historically underserved groups. I hope to play a role in fostering connection between people in the department, across specialties, and with the greater community for collective learning about how to better take care of our communities and each other.

2024 Student Leaders of the FMIG - FM Research Forum (FMRF)



**JONATHAN SISLEY – FAMILY
MEDICINE RESEARCH FORUM (FMRF)
CO- LEAD**
MED25

I'm one of the co-leads for the Family Medicine Research Forum. I

continued on page 14

joined FMIG in this capacity because I really enjoy the clinical research process—especially when you can get patients to feel passionate and excited about the research you are doing. In this role, I am excited to help students learn more about opportunities for research in FM and also to learn more myself! This includes connecting students with mentors, answering FAQs about involvement, and alleviating anxiety revolving around scholarly project as students transition out of didactics into the clinical realm.



LYNN BAJOREK – FAMILY MEDICINE RESEARCH FORUM (FMRF) CO-LEAD
MED25

Growing up in Portland, Oregon, I was inspired by the role my dad, affectionately known as “Dr. B” to many patients, played in the clinic and in our community as a family physician. Witnessing his joy and deep sense of purpose in providing care for generations of families - from delivering babies and supporting their health from infancy through adolescence and caring for adult patients as their lives were shaped by advanced age left a profound impression on me. In my experience working as a research coordinator in clinical

frontotemporal dementia research at UCSF, I saw how dementia patients and care partners navigate complex disease processes and it affirmed for me that a clinicians’ role is not only management of a malady that afflicts one patient, but that their mission extends to family engagement, education, and support as well. In starting medical school at OHSU, I always felt a calling to serving my community as a primary care doctor and have been able to explore family medicine through my first preceptorship, only six months into medical school, spending a half day per week at the FM clinic in Scappoose, and more recently through a two-month long continuity clinical rotation. I found immense fulfillment in the broad scope of patient centered care offered at the clinics and particularly enjoyed the procedural aspects of the field, such as performing pap smears, skin biopsies, joint injections, - and assisting with colposcopy, circumcision, and vasectomies. As a co-leader of FMIG’s research forum, I aspire to educate and inspire my peers to consider becoming family medicine physicians through events informing students about diverse approaches to primary care research and working with the department to share research opportunities with students. I am honored to be part of FMIG and look forward to contributing to the next generation of family medicine physicians, carrying on the legacy of my Dad as the next “Dr. B.”

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OHSU

Kiana Fincher

Western U/COMP-Northwest



LIAM CONTINO, OAFP ADMINISTRATIVE COORDINATOR

Primary Care Beyond Clinic Walls: A Pilot Program Finding Its Feet

Three years ago, Oregon was in the midst of the COVID-19 pandemic, with strained healthcare systems and public health entities fractured, and community-based organizations (CBO) struggling to support their local populations. The isolation of these population health adjacent entities led OAFP staff to an interesting idea: leverage the expertise of our members and utilize their vision to coalesce CBOs and stakeholders together to address social determinants of health, empowering our members to engage outside of the boundaries of their clinic walls and bolster resilience against physician burnout. The result became Primary Care Beyond Clinic Walls (PCBCW), and now, as the second group of physicians have wrapped up a year with PCBCW, a total of ten physicians have completed the program, partnering with ten CBOs on different projects tackling SDOH in their community while forming over 150 cumulative connections. I want to take a moment to share the wonderful work that our second cohort of PCBCW physicians have accomplished since the fall of 2023.



Dr. Jane Akpangbo channeled her passion for amplifying the needs of sickle cell patients and partnered with the Sickle Cell Anemia Foundation of Oregon (SCAF) to volunteer her time mentoring children and young adults who've been diagnosed with sickle cell anemia. Additionally, she has been working toward advocacy for improved sickle cell anemia treatment in Oregon emergency departments. Jane connected with SCAF because she wanted to lend her support and expertise as a physician and be there for the youth who attend the annual summer camp the SCAF hosts. Jane knows that advocacy is an ongoing effort and continues to find ways to support SCAF and be a partner for their work in Oregon.

Located out in Enterprise, OR, **Dr. Annika Maly** noticed that the parents and caregivers of infants and toddlers in Enterprise did not have sufficient support



and education – so she reached out to Building Healthy Families, a local CBO, to provide a time and space to teach her community about taking care of its youngest members. Her work over the course of a year grew into a coalition of educators, parents, and health professionals who want to come together and provide a supportive network for families with young children in the heart of Wallowa County. Annika had to navigate various challenges of coalition building in her town, including a flood in her CBO's building – but the growth of her network has pulled together the community members who are invested in the care of Enterprise's youngest residents.



Many physicians focus their work on keeping their patients alive – but **Dr. Eriko Onishi** has taken to heart the fragile and sensitive period at the end of life and is passionate about educating patients and their families about advanced care planning. While her clinic at OHSU, Gabriel Park, was already engaged in this work, she wanted to expand and bring advanced care planning education to the metro area. Eriko connected with the Oregon Hospice and Palliative Care Alliance to broaden her network and identify interested organizations in Oregon that could connect her with Oregonians across the state who wish to learn more about the complexities of end-of-life care and advanced care planning. Her project has taken her to libraries and summer camps where she steps outside of the clinic space to educate members of the public on the intricacies of advanced care planning and POLST in Oregon.

If you attended the OAFP Conference and listened to the PCBCW panel, then you may know that **Dr. Amanda Aninwene** loves to teach. Amanda enjoys teaching her patients in her clinic but yearned to expand beyond the clinic space into a public forum and improve health literacy in the Black community of Portland.



Through a colleague and good friend, Amanda connected with Highland Haven, a church affiliated group in East Portland. Amanda’s plan was simple; plan a seminar series to teach about various health topics, and work with the church to provide the audience. As the project grew, she ventured into other spaces, including a podcast, a middle school, and a substance recovery program. Amanda gained the experience of public speaking and breaking health talks down into palatable and understandable conversations to empower her attendees to feel more confident discussing their health with their primary care physician.



As a first generation BIPOC college graduate and physician, **Dr. Aoi Mizushima’s** experience drew her to working with students – and as a physician employed by Portland State University’s student health center, Aoi noticed that many Hispanic

students were not utilizing the clinic’s services. She set out to investigate the barriers that students face, many whom are first generation or who speak English as their second language. Recognizing the importance of gathering information, she held sensing sessions with students, and

then connected with graduate students in the School of Public Health to analyze the data and provide a coherent picture of the barriers to accessing care at the university. Understanding that the issue is complex, Aoi built a network of university stakeholders at student resource centers, the president’s office, and the School of Public Health to paint a vivid picture and build a plan to improve the accessibility of services at the student health center. Her hope is to engage leadership at the clinic to provide institutional changes that can make positive impacts on PSU students and align with the university’s goals of becoming a Hispanic Serving Institution (HSI).

PCBCW started out as an endeavor to more closely unite primary care providers with public health entities in the state. After two years, the program has grown in unexpected ways, and while certain challenges remain, we have learned about the immense power and impact that networking can bring to our members, allowing them to bring positive change to their communities beyond the four walls in which they practice. I have witnessed the immense returns that investing in our members through this program have produced firsthand, and it’s my pleasure to partner with our members in delivering better support to their communities through PCBCW.

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Oregon Residency Collaborative Alliance For Family Medicine (ORCA-FM) Update

Reshaping Residency Education: Innovations and Trends

In the dynamic landscape of medical education, residency programs continue to evolve to meet the needs of future physicians and patients alike. Ongoing developments in residency education highlight several key trends aimed at enhancing training effectiveness and preparing residents for the challenges of modern healthcare.

One prominent trend is the emphasis on **interdisciplinary training**. Recognizing the growing complexity of healthcare delivery, residency programs are integrating opportunities for residents to collaborate with professionals from various specialties and the community. This approach not only fosters a broader understanding of patient care but also cultivates teamwork skills essential for effective healthcare practice.

Technology integration is another pivotal area of advancement. Residency programs are increasingly incorporating virtual simulations and telemedicine experiences training into their curricula. These technologies not only simulate real-world clinical scenarios but also prepare residents to navigate digital healthcare systems—a crucial skill in today's tech-driven healthcare environment.

Moreover, there is a noticeable shift towards **competency-based education**. Traditional time-based training is being complemented or replaced by competency milestones, where residents advance based on demonstrated skills rather than the duration of training alone. This approach ensures that residents achieve proficiency in essential competencies before advancing to independent practice, thereby enhancing patient safety and overall quality of care.

Wellness initiatives are gaining prominence as residency programs acknowledge the demanding nature

of medical training. Institutions are implementing structured wellness programs that provide resources for stress management, mental health support, and work-life balance. These initiatives aim to mitigate burnout among residents and promote long-term career satisfaction and resilience.

In response to the evolving healthcare landscape, residency programs are also focusing on **health equity and social determinants of health**. Training now includes components that address disparities in healthcare access and outcomes, equipping residents with the knowledge and skills to deliver culturally competent care and advocate for vulnerable populations.

The Oregon Residency Collaborative Alliance for Family Medicine is using a landscape analysis and discussions with program directors, faculty, coordinators, residents and students to help identify the greatest needs and opportunities for Oregon residents. As ORCA-FM continues to innovate, we will incorporate new programming that touch on these essential areas, building on our current work in outreach, policy, and connection. These advancements not only aim to prepare residents for the complexities of modern healthcare but also uphold the core values of patient-centered, equitable, and compassionate medical practice.

By embracing these trends, residency programs can cultivate a new generation of physicians who are not only clinically adept but also compassionate, resilient, and ready to lead in an ever-evolving healthcare landscape.

Earlier this year, thousands of physicians found out where they were going for residency training. Oregon is home to nine residency programs and had an impressive 100% match rate. This summer we welcome 59 new Family Medicine interns, each bringing a unique set of talents, perspectives, and experiences.

Introducing Our New Family Medicine Residents

OHSU has four residencies in Oregon.

Cascades East Family Medicine Residency (FMR), located in Klamath Falls, appeals to residents who wish to learn about rural medicine and enjoy the outdoors. Say hello to the Class of 2027.



SAMMER DIA, MD (he/him)
MD: Frank H. Netter MD School of Medicine at Quinnipiac U.
Hometown: Dallas, TX
Sammer's hobbies include sky diving, mixed martial arts and archery.



DIEGO GERALDO, MD (he/him)
MD: U. Maryland School of Medicine
Hometown: Urbana, MD
Diego was part of the UMD boxing team for the last two years of undergraduate school.



MATT G. GUARINO, MD (he/him)
MD: U. Massachusetts T.H. Chan School of Medicine
Hometown: Walpole, MA
Matt will try and probably enjoy any hot sauce you put in front of him.



NURI K. HEGELMEYER, MD, PhD (she/her)
MD: Renaissance School of Medicine at Stony Brook U.
Hometown: Los Angeles, CA
Nuri's hobbies include cooking, hiking, music, games, and English and Slavic literature.



RYAN MORRIS, MD (she/her)
MD: Frank H. Netter MD School of Medicine at Quinnipiac U.
Hometown: New Haven, CT
Ryan likes to hike, horseback ride and spend time outdoors.



CAITLIN M. QUAEPTS, MD (she/her)
MD: U. Washington School of Medicine - Spokane
Hometown: Yakima, WA
Caitlin loves sports.



RYAN M. RICCI, MD (he/him)
MD: Kirk Kerkorian School of Medicine at UNLV
Hometown: Las Vegas, NV
Despite living in a hot desert for most of his life, Ryan is SCUBA certified and loves diving.



ZBIGNIEW "Z" A. SIKORA, MD (he/him)
MD: OHSU School of Medicine
Hometown: Ann Arbor, MI
Z celebrated Global Running Day this year by running a 5K at the original Olympic Stadium in Athens.



KRISTEN "Reese" WILLINGHAM, MD (she/her)
MD: U. North Carolina School of Medicine
Hometown: Hendersonville, NC
Reese was once attacked by a Canadian lynx.

Hillsboro Health FMR is a community-based program located at the Hillsboro Medical Center. Let's welcome the new Hillsboro Class of 2027.



THOMAS M. DREWS, MD (he/him)
MD: U. Massachusetts T.H. Chan School of Medicine
Hometown: Amherst, MA
Thomas participated in the National Health Service Corps.



GENEVIEVE ENG-SUROWIEC, DO (she/her)
DO: Pacific Northwest U./COMP
Hometown: Oakland, CA
Genevieve served in the Peace Corps. She enjoys playing soccer in her spare time.



SAMARS. FAKIH, DO (she/her)
DO: Western U./COMP-Northwest
Hometown: Tigard, OR
Samar participated in the National Health Service Corps. She plays tennis and is involved in advocacy.



MORGAN M. LEWIS, MD (she/her)
MD: Carle Illinois College of Medicine
Hometown: Challenge, CA
Morgan is a former firefighter and served in AmeriCorps.



STEPHEN D. MAY, MD (he/him)
MD: Meharry Medical College
Hometown: Nashville, TN
Thomas enjoys watching cooking and baking shows and trying to recreate some of the dishes. He also enjoys non-televised cooking and baking.



MORGAN NICHOLS, DO (she/her)
DO: Western U./COMP-Northwest
Hometown: San Diego, CA
Morgan is an OMT Fellow and was a gymnastics coach.



WILL SCHMIDT, MD (he/him)
MD: Texas A & M U. School of Medicine
Hometown: Port Lavaca, TX
Will likes cooking at home and spending time outdoors with his wife and their dog.



KIRAN VIRANI, DO (she/her)
DO: Western U./COMP-Northwest
Hometown: Eugene, OR
Kiran likes to hike and explore nature.

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Portland is home to **OHSU FMR**, which is a unique four-year program (most family medicine residencies are three-year programs) culminating with a capstone project. Here is the OHSU FMR Class of 2028:

- Shelby V. Anderson, MD** - U. Michigan Medical School
Alyssa D. Andretta, MD – OHSU School of Medicine
Mitchell T. Behle, MD – U. Louisville School of Medicine
Anna Bloom, MD – OHSU School of Medicine
Brandon Carey, MD – OHSU School of Medicine
Christina C. Cobb, MD – Robert Larner, MD College of Medicine at U. Vermont
Rachel J. Craven, MD - U. Wisconsin School of Medicine & Public Health
Erin L. Johnson, MD - U. Massachusetts T.H. Chan School of Medicine
Austin G. McCauley, MD – U. Oklahoma College of Medicine
L.J. McKenzie, DO – Western U./COMP-Northwest
Keaton T. Weil, MD – OHSU School of Medicine

This year, the **OHSU 3 Sisters Rural Track** will welcome its first class of residents. Although they will spend the majority of their first year in Portland, they are excited to complete their rural training in Madras. Hip hip hooray for this inaugural class.



BEN S. KHALIL, MD (he/him)
MD: OHSU School of Medicine
Hometown: Richland, WA
Ben enjoys riding his bike. In 2017 he rode a self-organized relay from San Francisco to Anchorage.



CALLIE J. KREWSON, DO (she/her)
DO: Pacific Northwest U./COMP
Hometown: Bend, OR
Callie enjoys rafting and upland bird hunting.



CHRISTOPHER D. SUTTON, DO (he/him)
MD: U. the Incarnate Word School of Osteopathic Medicine
Hometown: Warren, PA
Christopher used to do some light skydiving (he was training for licensure for a while before he went back to school).

Providence Hood River FMR residents spend their first year in the Portland area before moving on to Hood River. The Hood River FMR is community-based program. These doctors-in-training (most of whom speak Spanish as a second language) visit the local farms, orchards, and surrounding tribal nations to provide medical care. Welcome to Oregon!



AMANDA K. CIECHANOWSKI, MD (she/her)
MD: Escuela Latinoamericana de Medicina
Hometown: Arlington Heights, IL
In her free time, Amanda enjoys gardening, hiking, reading (especially short stories), cultivating personalized music playlists for friends and writing poetry.



AMELIA B. MATTHEWS, DO (she/her)
DO: NY Institute of Tech College of Osteopathic Medicine at AK State
Hometown: Waxhaw, NC
Amanda is invested in health policy and social change and was selected for her school's congressional health policy fellowship, where she conducted research into nutrition access in the Mississippi Delta and worked alongside community and national leaders in developing relevant policy.

Providence Oregon FMR is located in Milwaukie. Their mission is to train patient-centered socially responsible family physicians to provide community-oriented care. Congratulations to the Class of 2027!



MEGAN BASTIAN, MD (she/her)
MD: St. Louis U. School of Medicine
As a lifelong skier, Megan shared her passion by volunteering with Gateway Disabled Ski Program. Megan's recent adventures have taken her backpacking in Colorado, skiing across the US and Canada, stargazing under the northern lights and wine tasting in Argentina.



JOSÉ MANUEL CARRILLO-CASTRO, MD (he/they)
MD: OHSU School of Medicine
José Manuel was elected as the Diversity & Equity Liaison of their medical school class. They are also a current Pisacano Scholar.



LAYLA ENTRIKIN, MD (she/her)
MD: OHSU School of Medicine
Hometown: Portland, OR
Layla chaired her school's Narrative Medicine Interest Group and finds creative writing has been helpful in her processing her journey into medicine.



TERRY L. GARFIELD, MD (she/her)
MD: St. Louis U. School of Medicine
Hometowns: Manzanita & Portland, OR, Seattle, WA, St. Louis, MO & Livermore, CA
 Terry helped found a program to assist families with Medicaid benefits during a child's hospitalization at Seattle Children's Hospital.



ALEXIS "Lexi" R. LEONETTI, MD (she/her)
MD: OHSU School of Medicine
 Lexi loves hot yoga, hiking, knitting, crochet, and baking (with her orange cardamom olive oil cake being a favorite). She also loves to make pottery and has a cat named Tuna.



ALICE MOON, MD (she/her)
MD: U. Oklahoma College of Medicine
Hometowns: Edmond & Oklahoma City, OK
 Alice is a Pisacano Scholar, and Podiarian Award winner (for commitment to the University, community service, advocacy for patients and performance on clinical teams).



MARIA D. WETZEL, MD (she/her)
MD: OHSU School of Medicine
Hometowns: Portland & Salem, OR, Northfield, MN
 Maria is an Oregon Master swimmer and record for her age group in the 200-meter backstroke.

Roseburg FMR graduated its second class of residents this year. Residents in this community focused rural program can become dually certified in family and lifestyle medicine.



NAYAN S. BHAKTA, MD (he/him)
MD: Poznan U. Medical Sciences Ctr for Medical Education for Medical Education
Hometown: Angleton, TX
 Nayan's passion, besides medicine, is astronomy and astrophotography. He is working on photographing every Messier object within the night sky.



STEVEN C. BRANTLEY, DO, MPH (he/him)
DO: Pacific Northwest U./COMP
Hometown: Eugene, OR
 Steven is a scuba instructor.



SAMIA R. BUTT, MD (she/her)
MD: The U. of Lahore U. College of Medicine & Dentistry
Home Country: Pakistan
 Samia enjoys cooking for family, traveling, and swimming with her kids.



LANDON HASLEM, MD, PhD (he/him)
MD: U. Oklahoma College of Medicine
 Landon enjoys being outdoors, gardening, homesteading, hiking, hunting, fishing, woodworking, and riding motorcycles.



PAVEL V. KOLPIKOV, MD (he/him)
MD: Moscow State U. of Medicine & Dentistry
Home Country: Russian Federation
 Outside of medicine, Pavel enjoys exploring the Pacific Northwest with family and friends.



JAWAIRIYA RASOOL, MBBS, MBA, MPH (she/her)
MBBS: Dow International Medical College
Hometown: Chicago, IL
 Jawairiya loves to be outdoors, hiking, camping, kayaking and gardening. She also sews, paints, and builds things in her spare time.



MORGAN WARDLE, DO (she/her)
DO: Western U./COMP-Northwest
Hometown: Gold Beach, OR
 Morgan loves to spend time at the river and beach with her two boys, ages 4 and 8.



JONATHAN M. WILLIAMS, MD (he/him)
MD: Loma Linda U. School of Medicine
Hometown: Grants Pass, OR
 Jonathan enjoys fly-fishing. He grew up fishing the Rogue and Deschutes rivers and is excited to live by the Umpqua River.

Samaritan Health Service FMR, located in Corvallis, trains its residents to serve patients in a wide range of communities – rural, suburban, and underserved.



TREVOR D. BAILEY, MD (he/him)
MD: Drexel U. College of Medicine
Hometown: Albany, OR
 Trevor received THE DANIEL M. TABAS AWARD for outstanding scholarly achievement by a student pursuing a career in primary care.



FORREST T. BLISS, DO (he/him)
DO: Western U./COMP-Northwest
Hometown: Littleton, CO
 Forrest enjoys new languages. During his undergraduate studies, he majored in Spanish, minored in Linguistics, and took courses in Portuguese and Italian.



KYLE MINDICK, DO (he/him)
DO: Burrell College of Osteopathic Medicine
Hometown: McHenry, IL
 Kyle's best friend is one slightly rambunctious Border Collie named Finn.

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JONATHAN "Jonny" E. PALMER, MD

(he/him)

MD: U. Texas Health Science Ctr at San Antonio Joe R. & Teresa Lozano Long School of Medicine

Hometown: Chandler, AZ

Jonny likes to roast his own coffee. He's a big fan of naturally processed coffees from the central Ethiopian highlands.



JUSTIN J. TAYLOR, DO (he/him)

DO: Pacific Northwest U./COMP

Hometown: Beaverton, OR

Justin enjoys skiing. He had not been skiing since he was 8 years old but started again about 4 years ago. His wife was the one who retaught him to ski. They hope to go on exciting ski trips in the future.



KAYLEE A. THOMAS, MD

MD: Wake Forest U. School of Medicine

Hometown: Morgantown, NC

Kaylee is one of less than 20 people to have ever summited Mount Nirvana, the highest mountain in the NW Territories of Canada.



CHRISTOPHER "Topher" B. USI, DO

DO: Marian U. College of Osteopathic Medicine

Hometown: Aloha, OR

Topher is 1 of 31 maternal cousins (Mom is one of 13 children). Topher likes to play guitar, read fantasy/sci fi books, and watch Korean dramas.

Two years ago, **Samaritan Health Services** opened a rural training track in Newport. Three residents spend their first year in Corvallis and then head down to Newport to see what rural family medicine is about.



BAO B. LUONG, DO (she/her)

DO: Western U./COMP-Northwest

Hometown: Portland, OR

Bao was born in Vietnam and moved to Portland at the age of 14. She likes to hang out with family and friends and could eat instant noodles for the rest of her life.



CASSANDRA SWEETMAN, MD (she/her)

MD: U. Washington School of Medicine - Anchorage

Hometowns: Anchorage, AK and Eugene, OR

Cassandra is a formally trained artist, and worked on a Patwin Wintun language reclamation project to protect the native language as well as wrote and illustrated an Alaska children's book.



ANGELA M. TAVOLIERI, MD (she/her)

MD: USF Health Morsani College of Medicine

Hometown: Fleming Island, FL

Angela's partner of six years became her wife this Memorial Day weekend at a brewery in Asheville, NC. They named their dog after Fenway Park in Boston. They are also huge fans of any sport at Florida State U. which is where they met. Go Sox and Go Noles!

Save the Date
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Dr. Wendy Warren Named Oregon Family Doctor of the Year



Dr. Nellie Wirsing presents **Dr. Wendy Warren** with Oregon Family Doctor of the Year Award.

Dr. Wendy Warren, a family physician from Klamath Falls, was recognized by the Oregon Academy of Family Physicians as the 2024 Oregon Family Doctor of the Year on Saturday, April 13 during the organization's annual meeting in Portland.

Dr. Warren was honored for her contributions to the practice of family medicine in Oregon, her local community, and her patients.

After working as a social worker, Dr. Warren decided to enroll in medical school in her early thirties. She graduated from The George Washington University School of Medicine and Health Sciences and completed her family medicine residency at Georgetown University. During this time, Dr. Warren gave birth to her two daughters. In 1993, she and her husband, **Dr. Jim Calvert** (2012 Oregon Family Doctor of the Year) moved to Klamath Falls, where he started the Cascades East Family Medicine Residency. Dr. Warren

started a thriving private practice, providing primary and obstetrical care in town.

Dr. Warren joined the OAFP Board of Directors in 2004 and was elected to serve as the President of the Board from 2007 to 2008.

In 2011, Dr. Warren transitioned to locums work and spent time filling in for the obstetric and in-patient physicians at the family medicine residency. This experience solidified her love for rural residency education. She has been working at the OHSU Cascades East Family Medicine Residency in Klamath Falls ever since.

Dr. Warren has been an Associate Program Director, with oversight of the maternal and child health (MCH) curriculum. Her contributions to the community have been many, including integrating Clinic First into the Cascades East residency, incorporating American College of Graduate Medical Education (ACGME) requirements into the residency curriculum, and securing staffing at the reproductive health clinic at the Public Health Department.

Dr. Warren has also been the Klamath County Public Health Officer for several years. Her workload and time commitment to public health changed drastically during the COVID-19 pandemic. All COVID-19 test results were directed to Dr. Warren so that she could ensure that all patients received the appropriate follow-up. She dedicated numerous hours and boundless energy to ensure that the infections and vaccinations were being tracked, managed and updated.

Dr. Warren also has a strong leadership presence at the Sky Lakes Medical Center, both as a hospital community board member and a liaison for the Medical Executive Committee.

Dr. Warren received numerous letters from patients, colleagues and community members in response to her nomination by a colleague for this prestigious award. Her patients describe her as compassionate, non-judgmental, professional, knowledgeable and able to genuinely connect with them. Her colleagues have said that Dr. Warren is trustworthy, hardworking, constant and positive. She is always willing to take on extra work to ensure that her community is healthy. Community members have remarked on her dedication, commitment, experience, and leadership. "She is a legend in Klamath Falls."

It is with great pride that the OAFP recognizes and honors Dr. Warren for her impact on the field of Family Medicine.

Healing Oregon with Family Medicine Conference 2024



Dr. Sarah Skog demonstrating procedures to **Drs. Billy Balsom** and **Nick Jones** during the IUD workshop.

OAFP's annual conference was held from Thursday, April 11 to Saturday, April 13 at the Crowne Plaza Hotel in NE Portland. Over 100 family physicians, medical students and family medicine residents gathered to celebrate family medicine. Here are a few highlights.

Thursday was our Pathways Day. High school students, university pre-med students, medical students, family medicine residents and family doctors gathered for a day of workshops and lectures. There were three panels: Where Do I Want to Practice?, What I Wish I Had Know, and Pathways to Family Medicine; two hands-on workshops: Naloxone Training, and Toenail Removal; and two lectures: Residency Wrap Up: Tips & Timelines, and CV & Cover Letter Writing. The CV workshop included individual appointments throughout the day for one-on-ones with a CV expert.

We also held a half-day leadership workshop: Speaking to Groups: Public Speaking & Presence Training

for Physicians; half-day clinical workshop: IUD Insertion & Difficult Removal; and a full-day Mental Health First Aid course.

The day closed out with our annual Virtual Poster Session followed by a Reception for Students & Residents hosted by Provider Solutions & Development (PS & D).

Friday morning started off with movement and music. **Dr. Tanie Hotan**, "The Dancing Doctor" taught a Bachata dance class to a group of eager participants. **Dr. Andrew Suchocki** delivered the Pennington Lecture Keynote speech (Meeting the Needs of Our Patients and community: Expanding Family Medicine's Role in Opioid Use Disorder Care) to kick off the CME portion of the program. Kaiser Family Foundation News' Senior Correspondent, Noam Levey, spoke about Medical Debt in America during his mid-morning plenary.

Breakouts for the day included:

- Adolescent Mental Health: Social Media & Sleep
- Cutting Edge Neuroscience for Difficult Patients
- End of Life Conversations



Noam Levey delivers the Friday morning plenary.

- Menopause: Let's Open the Cryochamber, It's Time
- Polypharmacy, Deprescribing, and Symptom Management
- Post Dobbs – Roe v. Wade
- Primary Care Beyond Clinic Walls Cohort Two Wrap Up
- Screening for Social Needs: Understanding State Policy for Primary Care Implementation
- Treating Autistic Individuals



*Pathways to Family Medicine Panel – Participants from left to right: **Drs. Amanda Aninwene, Yoly Suarez, Annie Tubman, Mako Wakabayashi, Rick Moberly, and Esteban Garza.***

After a brief respite, the Annual Auction took place. Thanks to the generosity of our attendees, donors, and sponsors, we raised over \$40,000 this year. Midway through the dinner, our annual Lundy Award and McCarthy Award recipients were announced. Lundy winners were: Drs. **José Manuel Carrillo-Castro** and **(Lexi) Alexandra Wulf**. Our McCarthy Award winners were Drs. **Forrest T. Bliss** and **L.J. McKenzie**.

Saturday, the final day of our conference, began bright and early with the OAFP Congress of Members. Resolutions had been previously presented during a virtual reference hearing. The reference committee submitted a report to Congress with the following recommendations:

- (Resolution 1): "Physician Rights of Conscience" – Not adopt
- (Resolution 2): "Reducing the Harms of Indoor Tanning" - Reaffirm additional 1st resolved clause, adopt 2nd (Additional) resolved clause; Adopt substitute 3rd resolved clause; Not adopt final resolved clause
- (Resolution 3): "Affirming

Creation and Maintenance of Urban Green Spaces as a Public Health Need" – Not adopt

- (Resolution 4): "Corporate Practice of Medicine" – Adopt substitute 1st resolved clause; Adopt 2nd resolved clause
- (Resolution 5): "Support for Resident Union Creation, Maintenance and Funding"- Adopt substitute resolution

At the Congress, Resolution #1 was extracted, discussed, and was not updated. The Reference Committee Report was otherwise adopted as presented.

The Congress also accepted the work of the Board of Directors in updating the OAFP Policy Handbook to remove and archive some information,

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Drs. Sarah Skog and Dawn Mautner during the toenail removal workshop.

Person-centered care on the Oregon Coast

We are deeply committed to improving the health and wellbeing of our Astoria community and beyond. Through our unique partnership with Oregon Health & Science University, Columbia Memorial Hospital offers many specialties that patients may otherwise need to travel for.

CMH-OHSU Health Medical Group is the place where you can have it all — a thriving, fast-paced job, a beautiful place to live, and an ideal community where you can enjoy a magnificent coastal life.

Immediate openings for:

- Family Medicine
- Internal Medicine
- Obstetrics/Gynecology



Join our team

columbiamemorial.org/apply



reaffirm several items, and make the document easier to navigate.

Copies of the resolutions, reports, and Policy Handbook can be found at: [https:// oafp.org/membership/ congress-of-members/](https://oafp.org/membership/congress-of-members/)

During Congress the following individuals were conferred as Fellows of the Academy:

- Daniel A. Ananyev, DO, FAAFP**
- Jeffrey M. Blackmon, MD, FAAFP**
- James C. Chesnutt, MD, FAAFP**
- Nat Fondell, MD, FAAFP**
- (Tony) Antonio M. Germann, MD, MPH, FAAFP**
- W. Paul Goebel, MD, FAAFP**
- Crystal Hill, MD, FAAFP**
- Lance G. Loberg, MD, FAAFP**
- (Robbie) Robert D. Law, MD, FAAFP**
- Jonathan D. Schott, MD, FAAFP**
- Zoltan Teglassy, MD, MPH, FAAFP**
- Jie Wang, MD, FAAFP**
- Heather L. Whetstone, MD, FAAFP**

The OAFP Board of Directors' new officers and directors were installed. (See p. 15 for an updated list of board members).

When Congress adjourned, attendants were able to choose from three breakouts: Planetary Health and Climate Change: What Family Physicians



Annual Poster Session

Can Do to Protect Our Patients and the Planet; State Policy Update and Effective Advocacy; and STI Updates. These sessions were followed by a plenary: SUDs: Pregnancy Complicated by Chronic Disease.

During our celebration lunch, Dr. Wendy Warren was recognized as the 2024 Oregon Family Doctor of the Year and AAFP Board President-elect, **Dr. Jen Brull** gave the keynote speech "Value-based Care: What's All the Fuss?"

Typically, the conference wraps up after the celebration luncheon. We did things a bit differently this year. The OAFP Task Force on Equity, Inclusion and Diversity presented a panel "EID in Family Medicine - What Patients Want You to Know." Representatives from four community-based organizations (CBOs) were welcomed to speak about the

populations they represent and what some of their experiences are within the healthcare system. Members who did not attend this event were offered an opportunity to attend the KSA Study Hall on Diabetes.

This year's conference was a great success! Sponsors graced the Exhibit Hall on both Thursday and Friday and our invited CBOs were invited to table on Saturday. Our incredibly talented members jammed both Thursday and Friday nights during our Doctors' Jam Session. It is truly an honor and a privilege to work for such an amazing group of dedicated, extraordinary family doctors, residents, and medical students.

We hope to see you next year in Bend from May 29 – 31st! Save the Date.



OAFP Board of Directors Back row (left to right): **Dr. Ruth Chang, Dr. Olivia Kamayang, Dr. Mark Meyers, Dr. Carrie Pierce, Dr. Fayza Sohail, Dr. Jonathan Vinson, Dr. Brian Frank, Dr. Gina Miller, Dr. Eric Wiser, Dr. Dan Paulson, Dr. Doug Eliason.** Front row (left to right): **Dr. Eva Galvez, Dr. Melissa Hemphill, Dr. Eva McCarthy, Dr. Mako Wakabayashi, Kiana Fincher, Dr. Cat Reid, Stephanie Alden.**

Thank you to the following individuals who participated as speakers, facilitators, or panel participants:

Stephanie Alden

Amanda N. Aninwene, MD

Caroline M. F. Barrett, MD

Joyce Bernheim, JD

Forrest T. Bliss, DO

Tim Borne

Jennifer L. Brull, MD, FAAFP

T. Ruth Chang, MD, MPH, FAAFP

Iris Maria Chávez

Liam Contino

Monica H. DeMasi, MD, FAAFP

Chris Evans, MD, MPH, AAHIVS

Dirk J. Foley, MA

Eva Galvez, MD

Roger D. Garvin, MD, FAAFP

Esteban N. Garza, MD

(Sam) Samantha George, MD

(Tony) Antonio M. Germann, MD, MPH, FAAFP

Emily Hartley

Jennifer Hendrickson

Janet Hernandez, RN

Tanie Hotan, MD

(Becca) Rebecca H. Kennedy, MD

Aidan Key

Louise I. Kirz, MD

Kyle Kurzet, MD, MS, FAAFP

Noam N. Levey

Claire Londagin, MPH

Iman N. Malik, MD

Annika Maly, MD

Maggie McLain McDonnell, MPH

Betty Menkhous

Aoi N. Mizushima, MD

(Rick) Richard W. Moberly, II, MD

Eriko Onishi, MD, PhD

Aoife O'Sullivan, MD

Elijah Penner

Laura Perry, MD

Kiersten Peterson

Carrie Pierce, MD

Shaalini Ramanadhan, MD

(Josh) Joshua D. Reagan, MD

Jessica Reid, MD, MCR, FACOG

Rafael Romero

Lisa Scardina

Sarah Skog, MD, IBCLC

Sen. Elizabeth Steiner, MD, FAAFP
Candy A. Stockton-Joreteg, MD, FASAM
(Yoly) Yolanda B. Suarez, DO, MBA
Andrew G. Suchocki, MD, MPH, FAAFP
Mari Tasche
Pastor Marcia L. Taylor, MA

(Annie) Anna M. Tubman, MD, IBCLC
Jonathan L. Vinson, MD, FAAFP
Mako Wakabayashi, MD
Ellen Wirshup
Nellie Wirsing, MD
Lily J. Wittich, MD



The AAFP has reviewed OAFP Lunch and Learn, and deemed it acceptable for AAFP credit. Term of approval is from 09/19/2023 to 09/19/2024. Physicians should claim only the credit commensurate with the extent of their participation in the activity. (OAFP will reapply for CME credit for the sessions October through April.)

AAFP Prescribed credit is accepted by the American Medical Association as equivalent AMA PRA Category 1 credit(s) toward the AMA Physician's Recognition Award. When applying for AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.



Screen + Treat Pediatric Anxiety Disorders in Primary Care

Presented by Linda E. Schmidt, MD

1. Describe the symptoms and behaviors associated with pediatric anxiety disorders.
2. Review how to assess for anxiety disorders in children and adolescents including commonly used screening instruments.
3. Review evidence-based treatments for pediatric anxiety disorders.

Tuesday
July 16
Noon



Menopause: Prescribing Hormone Therapy

Presented by Aoife O'Sullivan, MD

1. Identify the different formulations available.
2. Initiate treatment.
3. Adjust treatment.

Tuesday
August 20
Noon

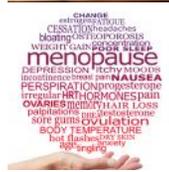


Top 5 Sports Medicine Topics for the PCP

Presented by Aaron J. Vaughan Frost, MD

1. Identify common musculoskeletal pathologies that present to the PCP.
2. Review high-yield clinical exam skills for musculoskeletal injury.
3. Discuss evidence-based treatment algorithms for common musculoskeletal injury.

Tuesday
September 17
Noon



Menopause: The Geniourinary Syndrome

Presented by Aoife O'Sullivan, MD

1. Identify the GU changes experienced during periods of low estrogen/testosterone.
2. Learn how to treat them.
3. Dispel myths about the dangers of vulvo-vaginal estrogen treatment.

Tuesday
October 15
Noon



AI in Healthcare Primer

Presented by Conor Davenport

1. Explain the fundamental concepts of how AI learns and makes predictions using data analysis techniques.
2. Identify key considerations for ethical use of AI in healthcare settings, such as patient privacy, transparency, and fairness in decision-making.
3. Learn about considerations for implementing AI in medical workflows, with a focus on responsible data management and understanding the limitations of AI models.

Tuesday
January 21
Noon

Other Dates: Nov, 19, Dec 17, Feb 18, Mar 18, and Apr 15

If you have a topic that you would like to present on one of these dates, please contact Louise Merrigan by email at Louisem@oafp.org

Other topics we are working on presenting: Autism & ADHD, Facing Challenges in Rural Medicine, Trans Health Care, Treating Sickle Cell Anemia



THANK YOU TO OUR SPONSORS!

We would like to thank the following organizations for their support of our "Healing Oregon with Family Medicine" Conference which took place April 11 – 13 in Portland. We are grateful for your commitment to the practice of family medicine.

FAMILY MEDICINE CHAMPIONS



Grants Pass Clinic has been serving the

health care needs of our community for 75 years. We are nationally recognized for our high level of patient-centered care and offer a true work/life balance with a 4-day work week in a supportive environment. We serve a community of 40,000 and 88,000 area wide. Grants Pass is a family oriented community located on the banks of the wild and scenic Rogue River. Take advantage of our amazing year-round climate for countless outdoor activities.

Multi-specialty clinic with 19 providers specializing in Family Medicine, Internal Medicine, Pediatrics and Podiatry with on-site lab, x-ray, physical therapy, anticoagulation clinic, and behavioral therapy.

- First year guaranteed salary followed by partnership eligibility.
- Signing bonus includes relocation assistance.
- Health insurance and other benefits effective on start date.
- Matching 401k Retirement Plan.
- Designated rural site for Oregon student loan repayment program.

OHSU Family Medicine has ranked in the top two academic programs in the nation for the past five years in a row. We are committed to serving our patients



and communities through excellence in clinical care, education, and research. We are transforming primary care and inspiring future leaders by demonstrating the best in Family Medicine.



Virginia Garcia Memorial
HEALTH CENTER

The Mission of
the **Virginia Garcia
Memorial Health**

Center is to provide high quality, comprehensive, and culturally appropriate primary health care to the communities of Washington and Yamhill counties with a special emphasis on migrant and seasonal farmworkers and others with barriers to receiving health care.

Our vision is simple. We work to ensure that all people in our service area have access to timely, high-quality health services, enabling them to achieve the best possible health outcome.

PATHWAYS CHAMPION

Provider Solutions & Development is reinventing recruitment.

With exclusive access to hundreds of positions across the nation, we offer holistic career guidance for physicians and advanced practice clinicians that puts your needs first.

We don't just fill positions, we fulfill individuals by helping you find where you're meant to be.

Tell us your why, we'll find your where.

PS&D is a community of experts founded within Providence, a purpose-driven, 51-hospital health system, out of a clear need to change recruitment. We're not focused on quotas, and we don't work on commission. We support and serve physicians and advanced practice clinicians with heart, from residency to



retirement, so you can do the same for your patients.

PS&D offers free professional support for residents at any step of their journey! Learn more in our GME Lounge, and ask our recruiters about a complimentary CV review!

FAMILY MEDICINE STARS



Southern Oregon Alliance of Physicians & Providers

Southern Oregon Alliance of Physicians and Providers (S.O.A.P.P) is a group of medical organizations working together to bring more physicians and providers to Southern Oregon. S.O.A.P.P would like to facilitate your visits to our region to tour our communities and have you interview with several medical organizations on the same trip. Come find the healthcare organization in Southern Oregon that fits you best. Learn more at www.soappinfo.com.

The U.S. Coast Guard is one of the six armed forces of the United States



and the only military organization within the Department of Homeland Security (DHS). Since 1790, the Coast Guard has safeguarded our nation's maritime interests and environment around the world as a federal law enforcement agency, humanitarian first responder, and military force.

In times of peace, the Coast Guard operates as part of DHS, enforcing our nation's laws at sea, protecting our marine environment, guarding our nation's vast coastline and ports, and performing vital life-saving missions. In times of war or at the direction of the President, the Coast Guard defends the nation against terrorism and foreign threats under the Department of Defense.

FAMILY MEDICINE ADVOCATES



AllCare Health

is a physician-led organization dedicated to strengthening healthcare for Southern Oregon and its people. Since 1994, AllCare Health has focused on improving the lives and health of our communities with affordable and adaptable healthcare. Combining the foundational ideas of Care, Coverage, and Compassion, we have a range of plans and businesses designed to meet our area's diverse health needs. Using our Purpose to accomplish our Vision while being guided by our Core Values, we are committed to our Brand Promise of "Changing Healthcare to Work for You." We truly believe that together, we can build a better tomorrow for all of us.

For 30 years, **CareOregon** has offered health services and community benefit programs to Oregon Health Plan members. Today, we support the needs of over 500,000 Oregonians through three coordinated care organizations, a Medicare Advantage plan, a Tribal Care Coordination program, an Indian Managed Care Entity, a dental care organization, and in-home medical care, palliative care and hospice with Housecall Providers.



The Oregon Dairy Council

was founded in 1918 in an effort to support the advancement of human health through dairy nutrition, and has been a trusted resource for evidence-based nutrition education, youth wellness, and community health promotion for over a century. With the support of Dairy Farm families and processors, we are constantly working to promote the health of Oregonians through

collaborative partnerships with healthcare system thought leaders, Providers, Pediatricians, Dietitians, Universities, and public health organizations. ODC is proud to support the work of OAFP in their pursuit of optimal health and vitality for all Oregonians, and in ensuring the success of future health professionals. Find us online for patient education resources, healthy eating information, continuing medical education webinars (CME), and more!



The Oregon Rural Practice-based Research Network (ORPRN)

was established in 2002 at Oregon Health & Science University. ORPRN's mission is to improve health outcomes and equity for all Oregonians through community partnered research, education, and policy. ORPRN facilitates a broad variety of clinical health care research, quality improvement projects, and practice transformation efforts in rural Oregon, and across the state. In 2017, ORPRN created the Oregon ECHO (Extension for Community Healthcare Outcomes) Network (OEN), a statewide telementoring platform for teaching community providers to deliver best-practice medical services. ORPRN is committed to building and sustaining a diverse, equitable, inclusive and anti-racist organization. We do so by evaluating how we develop and support our workforce, the partnerships we uphold and how we engage in our work throughout Oregon.

FAMILY MEDICINE SUPPORTERS



Active Path Mental Health is a leading provider of outpatient mental health services in the Pacific Northwest, guiding patients on the path to mental wellness. Active Path Mental Health specializes in the treatment of depression and anxiety

using Transcranial Magnetic Stimulation (TMS), SPRAVATO (esketamine), talk therapy, and medication management.

We're bringing confidentiality to the clinician job search experience.



Beginly Health empowers clinicians to match what matters in a job with complete personalization and anonymity. Simply build your free job seeker profile and let our algorithm do the rest. We continuously match you with the right jobs based on your unique clinical and lifestyle preferences. Explore opportunity insights and get your questions answered before deciding if you want to engage. No more cold-calls.



Columbia Memorial Hospital (CMH) is located in the beautiful and historic town of Astoria, Oregon, where the Columbia River meets the Pacific Ocean. At CMH, we are committed to providing person-centered care to our patients and Caregivers. We are a full-service, 25-bed, critical access, not-for-profit, Level IV trauma, Planetree Certified, hospital which includes a robust Medical Group.



Curry Health Network, southern Oregon's premier rural healthcare system, dedicates itself to fostering healthy communities through compassionate, quality healthcare. Our mission blends advanced medical care with genuine compassion across our critical access hospital—the county's only one—and three clinics, including a satellite emergency department, spanning a vital 60-mile coastal stretch.

Our values of Service, Teamwork, Curiosity, and Integrity inspire us to serve with compassion, embrace continuous

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learning, and uphold honesty. CHN is a place where every team member impacts our community's health and well-being.

Nestled in a region known for its breathtaking scenery and recreational opportunities, CHN offers a unique balance of professional fulfillment and an exceptional lifestyle. Joining us means being part of a network that values your expertise and passion, offering a chance to make a significant difference in rural medicine, all while enjoying an unparalleled quality of life.



Join the Opioid Response Network (ORN) at the Oregon

Academy of Family Physicians 2024 Annual Conference and learn how we can help you help others who are struggling with opioid and stimulant use disorders. ORN is a grant initiative funded by the Substance Abuse and Mental Health Services Administration. While communities across the nation are mobilizing to address the opioid crisis and stimulant use disorders, ORN serves as a launching off point.

Through training and education via local consultants with expertise and experience in all states and territories, ORN focuses on applying evidence-based practices in prevention, treatment, recovery and harm reduction to meet locally identified needs—all provided at no cost. Our mission? To help you reduce overdoses and address opioid and stimulant use disorders in your community.

Those seeking education and training should submit a request via the form on our website by visiting www.OpioidResponseNetwork.org. Your request will be forwarded to the designated specialist for your state/territory. Once the request form is submitted, you will be contacted within one business day to discuss your needs and next steps. Not sure what you need? Email orn@aaap.org.

PATHWAYS PATRONS



Northwest Medical Homes is the largest independent primary care group in Lane County. Eugene/Springfield is the second largest metropolitan area in the state and home to the University of Oregon. We are not a multi-specialty group, we intend to practice the best Family Medicine, and ONLY Family Medicine.

We continue to grow and are known as one of the leaders in primary care transformation in the county and in the state. Our three clinics are recognized by the Oregon Health Authority as Tier 5 Patient-Centered Primary Care Homes (the highest level). We have integrated behavioral health providers, care managers, and clinical pharmacists in the clinic every day of the week. We have on-site lab, X-ray, mammography, funduscopy, and ultrasound.

We have 25 providers currently, with 40% being physicians, and the other 60% NPs/PAs. We are always looking for outstanding providers to join our team.

PERMANENTE MEDICINE®

Northwest Permanente Northwest Permanente

As the largest self-governed, independent, multispecialty medical group in Oregon and Southwest Washington, we proudly practice Permanente Medicine. Our practice is made up of more than 1,500 of the best and brightest physicians and clinicians; subspecialists in virtually every area of medical and surgical practice; and more than 350 dedicated administrative professionals.



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.

Scribe-X builds high-performing and profitable medical scribe programs that enable health centers and clinics to significantly



decrease documentation workloads and reduce provider burden. U.S.-based Scribe-X Medical Scribes deliver real-time documentation directly into the clinics' EHR, allowing providers to save time, become more productive, and focus on the quality of care. As a result, clinical documentation is optimized for quality metric reimbursement and tracking.



As the nation's largest physician-owned medical malpractice insurer, **The Doctors Company** has always been guided by our mission: To advance, protect, and reward the practice of good medicine.

With over \$6.9 billion in assets, our financial strength gives us the power to protect our members today and tomorrow. Our member surplus is over \$2.7 billion, making us the strongest of any national physician-owned medical liability carrier, and we are rated A by A.M. Best Company and Fitch Ratings.



Incorporating Lifestyle Medicine Into Everyday Practice

Free Lifestyle Medicine Resources for Physicians



Use the American Academy of Family Physicians' **Lifestyle Medicine Toolkit**.



Read *The Journal of Family Practice's* **A Family Physician's Introduction to Lifestyle Medicine** supplement.



Prescribe free **plant slanted nutrition programs** available online on demand. Including a free **Shared Medical Appointment Program**.



Access these and more resources at:
ardmoreinstituteofhealth.org/resources



Oregon Academy of Family Physicians
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Portland, OR 97232

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State-of-the-art Critical Access Hospital
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Guaranteed conversation within one business day | Email Madeline.Felts@LivingstonHealthCare.org | *View benefits & apply:* livingstonhealthcare.org/careers