



Family Physicians of Oregon

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MAKING HEALTH PRIMARY

THE OFFICIAL MAGAZINE OF THE
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Family Physicians of Oregon

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About the cover:

Taken during a hut to hut trip in Sisters. "Snow so deep it feels a little like the sky."

Photo by Stewart L. Decker, MD, MPH, FAAFP, FWMS



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EDITION 64

• PRESIDENT'S MESSAGE



NATHALIE J. JACQMOTTE, MD - OAFP PRESIDENT
NORTHWEST PRIMARY CARE, SELLWOOD

As some of us gathered for a long-term strategy meeting in Hood River, looking at the Columbia River I was reflecting on the meaning of the OAFP for me. This community is shaped by people who briefly leave their fast-paced clinic lives where they take care of people of all ages, backgrounds, sizes and shapes, to gather in this group. We leave the inevitably chaotic, unplannable, and sometimes beautiful clinic day rhythm to occasionally reflect, plan and impact. It has always been powerful to me, as a 20-year member, how much I have in common with the members of this group. Rural and city doctors, recent grads, and experienced physicians, have remarkably similar concerns about primary care, providing the best care possible to our patients, and their relationship to the future work force in Oregon. Whether, as members, you are participating at this time in our organization or not, we have people, especially our amazing staff, trying to make things better for you and your patients in Oregon.

I really like our mission statement:

The OAFP provides value to its members by advocating for sustainable, equitable health care in our communities; connecting with each other and to our sense of purpose; and inspiring lifelong learning in the current and future generations of family doctors.

This mission statement is idealistic and based in the real world, as is our organization. As a long time member and current president, I think this organization is very valuable to us as individuals, or organizations and our patients. Some of the values to members are:

Community

We gather, and we problem solve. Our recent long-term planning meeting was a powerful experience. Wow, do we have a lot of plans. People representing all kinds of organizations in family medicine participated around strategizing for our collective future.

Resource network

The OAFP is a place to connect, find resources, and problem solve when you need it.

CME

We have great in-person CME and connections with other offerings

Future work force

One of our goals is to support and engage our future colleagues in family medicine through projects, attendance at meetings, and scholarships.

Advocacy

We have people advocating for issues affecting primary care doctors and patients in the legislature. Given the wild ride of recent Oregon politics, there is a lot of possibility in this arena. Consider joining us for legislative day.

Equity

We are working on our goal of equitable health care by doing DEI work and thinking about our issues through the lens of equity.

We are glad you are members. The OAFP is doing a lot for us, and you. We love your input. Join us when you can, however you can. The Spring conference is a great way to connect and get CME.

Thanks for all your work in taking care of the fine people of Oregon.

A handwritten signature in black ink, appearing to read 'Nathalie J. Jacqmotte'.

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Ending
the
HIV
Epidemic

• GREETINGS FROM THE OAFP



BETSY BOYD-FLYNN, OAFP - EXECUTIVE DIRECTOR

Brain-work and Heart-work

As I write this, the Winter solstice is two days away. For those of us who follow a Western calendar up here around the 45th parallel, many are prone to reflect over the prior year in the hope of the new year to come.

Some of my best moments as your ED this year came from conversations I had with individuals. I am thinking about a quiet moment in the sun on the terrace at the Riverhouse in Bend at the annual conference talking about a beloved mentor, a phone call I took as I waited to board a plane from a member asking for help with a tricky workplace problem, or a video chat I had with a member a couple of weeks ago just to talk more about what we're working on at OAFP around

social determinants of health, and to learn more about what fires that member up and keeps them connected to their passion for family medicine.

A lot of what we do here is brain-work: representing family physicians at tables where complex health policy questions are being deliberated or figuring out the exact meaning of rules around reimbursement for key procedures. We find the right words for a legislative concept to try to advance Oregon's work on primary care payment reform and administrative simplification. We work with our Education Commission to fit together the pieces of the program for our annual conference. When we solve a problem, or have a

good talk with a stakeholder or potential ally, or when we hit a fundraising goal that lets us continue to support medical students and residents, we feel like we solved a problem. That's a powerful feeling.

The other side of those accomplishments is the heart-work. At least for myself, doing this work for our members lifts me up. I feel joy when I am able to help you, and empathy when I learn about what's hard for you. These things are why this work is my ideal job, and why I'm so grateful to be able to do it.

So, as I think about the high points of my year, and about what I want next year to hold, I have a resolution: I want to end every week with a conversation with a member. So I'm going to work with Louise to help me find folks from all over the state to reach out to, to listen to, and to connect with. I invite you to pick up the phone and call us, any time, if you'd like to do the same.

Thanks for your time.

A handwritten signature in black ink that reads "Betsy".

A lot of what we do here is brain-work: representing family physicians at tables where complex health policy questions are being deliberated or figuring out the exact meaning of rules around reimbursement for key procedures.



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AMBER HOLLINGSWORTH
OHSU SCHOOL OF MEDICINE – DEPT. OF FAMILY MEDICINE, COMMUNICATIONS PROGRAM SUPERVISOR

Making Health Care More Personal

In 2022 OHSU Family Medicine – along with institutional and community partners – experienced some big wins in our efforts to make health care a more personalized experience for patients. Here are a few projects coming to fruition on the hill and beyond.

Advanced Care Planning (ACP)

In 2021, a team from OHSU Family Medicine launched a pilot program to study the impacts of clinicians having guided ACP conversations with patients, allowing them to designate the type of medical care they want to receive now and if they become unable to speak for themselves. One of the best places to have that conversation is in a primary care practice, where relationships are already established and continuity of care is paramount.

“It’s so new to our patients,” said Erin Gallivan, RN, the ACP Coordinator for this project. “Many of them haven’t been approached about these conversations, and they’re happy to share their life experience and their wishes.”

The 3-year project is based out of the OHSU Family Medicine Gabriel Park Clinic, and is run by **Sumathi Devarajan, MD; Eriko Onishi, MD; Harry Krulewitch, MD; Erin Gallivan, RN; and Seiko Izumi, PhD, RN.**

The team’s main focus is introducing and using the Serious Illness Conversation Guide (by Ariadne Labs) with older and seriously ill patients during regular PCP visits. The other component is training residents and faculty to have these conversations in their everyday practice, so they’re not happening in a patient’s moment of crisis. The study also tracks whether patients and families feel the conversations

are helpful, and if they feel heard and understood by their primary care team.

“We’re getting a lot of new information about our patients,” Gallivan said. “Family members are appreciative too – we’re able to start conversations they maybe didn’t know how to have.”

Gallivan has been reaching out to patients to assess their interest in ACP, and having visits with them and family members in clinic, by phone, and virtually.

“We are seeing firsthand how starting these ACP conversations earlier on with patients and families can help them have a smoother transition to end of life care, with fewer crisis and more access to care,” Gallivan said. “I have seen effective ACP discussions lead to earlier, appropriate hospice referrals. I have also seen patients have more thoughtful in-depth discussion about POLST forms. They’re revisiting the topic with their PCP and realizing they didn’t understand the form when they filled it out years ago, and now they make a more informed decision.”

On the training end, the team is receiving a lot of positive feedback from residents who visit Gabriel Park Clinic during their geriatric rotation and shadow Gallivan during her patient conversations. They reported increased comfort in conducting ACP, and willingness to use the Serious Illness Conversation Guide. The shadowing and patient-clinician role play elements were very helpful parts of the training, they said.

Hospital at Home

Years ago when OHSU began to think about solutions to hospital bed capacity issues, providers

understood that not all care needed to be delivered in the same way in the same place for all patients. They knew that healing could happen outside the walls of the hospital given the right conditions and right support.

Through a vibrant partnership with OHSU Family Medicine and Internal Medicine providers, nurses, hospitalists, pharmacists, lab technicians, paramedics, and the technology-enabled services company Medically Home that provides the infrastructure, OHSU's Hospital at Home program was born. By combining virtual and in-person home care, patients can recover in their own homes with the help of their own providers.

In fall 2022, Hospital at Home served its 100th patient.

"So far we're hearing from patients that it's a very positive experience," said Family Medicine Director of Inpatient Care and Quality **Jessie Flynn, MD**. "For a patient with a progressive disease, or a young person with serious medical illness, they can get so lonely staying in the hospital. They're overjoyed to be at home instead."

Patients receive a router, an iPad, and other medical devices such as a blood pressure cuff delivered to their home. Providers, hospitalists, and nurses round to these patients virtually throughout the day. Paramedics can be deployed to do real-time physical assessments and perform basic EMT exams for stability. "We've also got phlebotomy, pharmacists, a meal delivery contractor, couriers, portable x-ray technicians, and medical transportation to take patients to the hospital for events like CAT scans... there's a whole team of people who manage the logistical piece," Flynn said.

The program went live in November 2021 with room for 20 enrolled patients and plans to expand. The current catchment area – Portland, most of Beaverton and Hillsboro – is determined by the vendors, so expansion will depend on new contracts. Dr. Flynn adds, "We're very close to this being available for direct admissions so patients can bypass the emergency department and get a bed right away. It's a great option for providers to keep in mind when they have patients who might be good candidates."

For those outside of our catchment area, but who

otherwise meet the Hospital at Home criteria, OHSU has set up a "home" for them at the Rood Family Pavilion. With Hospital at Home, more beds are available for those who need to be cared for at the hospital, while others can recover where they're most comfortable.

[Hospice specialty residential care](#)

From 1987 to 2019, Hopewell House provided high-quality advanced inpatient hospice care to more than 19,000 people. 10,000 died there and more than 9,000 others had their symptoms and care plans altered in such a way that they could return home.

In October 2019, the facility closed because of the financial challenges associated with the high-cost medical model and restrictive Medicare criteria for admission. Within days, Friends of Hopewell House (friendsofhopewellhousepdx.org) was formed – OHSU Family Medicine Professor Emeritus **Eric Walsh, MD**, and Assistant Professor of Family Medicine Eriko Onishi, MD, are on the board. This community-based organization has raised just under \$6 million, which allowed them to purchase the building and reopen Hopewell House in January 2023 as a hospice specialty residential care facility.

These days, people want dying to be less of a medical event. They're seeking a more comfortable, homelike environment for themselves and their families. With younger generations living far away, people living longer, and living alone – there's less access to the kind of hospice care people want and need.

Hopewell House offers an important training component, too. From Dr. Walsh: "We're hoping that this can be an educational center for residents and faculty who want to get additional training and expertise. Beyond that, we want to educate community members and professionals about what's on the horizon for end-of-life care."

The idea behind the new Hopewell House is that the people who have the greatest needs and the fewest options at the end of their lives can receive high quality care from a specially trained team. With a new model for both patient care and provider and community education, Hopewell House aims to reduce disparities in access to quality, inclusive hospice care.



JENNA COLLINS, MD
WESTERN UNIVERSITY/COMP-NORTHWEST – ASST. PROFESSOR OF FAMILY MEDICINE

The Latest Updates

Happy holidays from the Valley here at Western University of Health Sciences/COMP-Northwest! We have finished a packed first semester with students back on campus! We are proud to say our school received national recognition in 2022 ranking as a best medical school in primary care. We will continue to focus on primary care for our region!

National Recognition for COMP and COMP-NW

WesternU COMP is ranked in US News & World Report's 2022 Best Medical Schools for:

- Best Medical Schools: Research
- Best Medical Schools: Primary Care
- Most Diverse Medical Schools
- Most Graduates Practicing in Medically Underserved Areas
- Most Graduates Practicing in Primary Care Fields
- Most Graduates Practicing in Rural Areas



Update from the **Department of Family Medicine:** We are currently hiring faculty for our department. If you know any DO or MD family medicine or internal medicine physicians who are interested in academic medicine, please have them contact Dr. Jenna

Collins at jcollins@westernu.edu. This department's primary task is teaching first and second year medical students Clinical Medicine and Reasoning, fondly known as the "How to Be a Great Doctor" course.

Update from the **first- and second-year Clinical Medicine and Reasoning course:** First year students are finding their pacing as they have learned about annual exams, dermatology, musculoskeletal, HEENT, and neurological exams. They completed an OSCE on a complex neurological case with a standardized patient and SOAP note write-up. They came through strongly and are glad to be celebrating over holiday break this December. Second year students are dreaming of clinical rotations in their third year after completing a deep dive in cardiovascular, respiratory, abdominal,

and musculoskeletal systems. They are excited to finish the first semester.

Third year student update: After completing their first clinical rotations this fall, students returned to campus for a very successful Conference Week shepherded in by **Dr. Sarah Wolff**, our newest Family Medicine faculty. Students participated in our new SIM lab, and attended many hands-on sessions, panels, and lectures from local and national faculty. CPE-2 (Clinical Performance Evaluations) for DO 2024 finished this week, culminating in a series of five OSCEs back-to-back in the clinical skills lab.

Fourth year student update: Deep in their rotations, DO2023 students are finalizing their interviews to secure a spot in their desired residency. In the past four years, 295 students (>25%)



Faculty and staff at COMP-Northwest 2022

from COMP/COMP-Northwest that placed into family medicine residencies. Sixteen students from the COMP-Northwest DO2022 class placed into Oregon family medicine residency programs. We are excited to have so many of them stay locally! We know that 27% (25/93) of COMP-Northwest DO2023 students are planning to choose Family Medicine as their residency of choice. Best of luck to them all!

Many other campus specific club events feature family medicine interests. **The ACOFP (American College of Osteopathic Family Practitioners) Club** held two workshops that focused on musculoskeletal skills practice and an oral presentation workshop. The newly minted **Integrative and Functional Medicine Club** is getting their feet wet this year. Integrative medicine is making a strong presence in Family Medicine as well as many other specialties. Many family practice residencies currently offer fellowships or specialty tracks that include integrative medicine.

Finally, the Specialty Club held the **first annual COMP-NW Specialty Networking Night**. It was done in a round-robin or "speed dating" format for students to meet many clinicians practicing in the valley from a large swath of specialties, including Family Medicine. Kudos to DO2025 student Camille Carlisle for putting this together!

COMP-Northwest is proud to be a member of the medical school community here in Oregon. We love to see the students succeeding in our region with the dedication of the many family practitioners currently teaching this next generation of students.

Happy holidays to all!



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• PUBLIC POLICY AND LEGISLATIVE AFFAIRS



IRIS MARIA CHÁVEZ
EQUITY ACTION PARTNERS - OAFP LOBBYIST

Well, the 2022 November election cycle was a doozy. It showed us a crowded field, generated a lot of press, and defied pundit expectations. Political pundits predicted that, in both Oregon and nationally, a big red tide was coming on election day and would send an entire school of Democrats to wash up on the beach. Election results made clear that the predicted red wave was more of a ripple, but most definitely a costly one.

In the most expensive election in Oregon history, more than \$115 million was spent to simply tweak the

balance of power in Salem and many millions more was spent on Oregon's Congressional races. Democrats have maintained their 32-year occupation of the Governor's mansion with Tina Kotek's win over Republican rival Christine Drazan and Independent Betsy Johnson. In state legislative races many were left to linger with close counts all the way up until the December 6th election certification deadline causing quite a lot of angst amongst policy wonks, lobbyists, and professional associations. Weeks spent asking the question of "who

will we be working with this coming legislative session?" New rules related to mail in ballots played a role in this delay (ballots only need be post marked by 8pm on election day now, rather than received in elections offices on) but the most surprising part of this was how close so many races were. Notably, a mere dozen votes in the Clackamas County Senate District 20 and Bend's House District 59 separated candidates for weeks (eventually Senator Mark Meek won in SD 20 and Representative Emerson Levy won in HD 59.)



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What does this mean for the 2023 legislative session?

We'll continue to see Democratic majorities in the Senate and House, but no super majority, which is primarily relevant for the passage of tax measures but also provides a significant buffer for contentious policy debates (Senate is 17 Democrats, 12 Republicans, and 1 Independent while the House will be 35 Democrats and 25 Republicans.)

What does this mean for the Oregon Academy of Family Physicians policy priorities in 2023?

Many legislative champions for health care access, affordability, and innovation that OAFP has worked with in past years have been either re-elected or won new seats, among these were many of the candidates that were supported through contributions from the OAFP's Political Action Committee.

OAFP legislative priorities for the 2023 legislative session will include prioritizing legislation to provide state funding to Oregon's family medicine residency collaborative (ORCA-FM) and enforcing current laws requiring payment to providers for certain services. In addition, the External Affairs Commission (EAC) has been working hard over the last several months to vet policy priorities that have been brought forward by legislators and partner organizations. Follow the OAFP newsletter throughout legislative session to get updates on relevant legislation and its potential impact on family medicine. Key priorities for the legislature this year will be on addressing access to care for patients through recommendations from the Joint Task Force on Universal Access to Health Care and the Bridge Plan Task Force. Legislators will be sworn into office on January 9th and the first round of proposed legislation will become available for public viewing that same week.

Stay tuned for more as we get this next season underway – governing – it begins now!

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CONTINUING PROFESSIONAL DEVELOPMENT

• IN MY OWN WORDS



WILLIAM L. TOFFLER, MD – FAMILY PHYSICIAN, HOLY FAMILY CATHOLIC CLINIC; EMERITUS PROFESSOR, OHSU
STEVEN A. WAHLS, MD, FAAFP – FAMILY PHYSICIAN, HIGH LAKES URGENT CARE; FAA SR. MEDICAL EXAMINER

Letter to the Editor

re: “Caring for all of our patients: Perspectives on Care for Gender-Diverse Patients”
Chang, Milano & Kurzet. *Family Physicians of Oregon*, 63:18-19 Fall 2022

The opinions expressed in the following letter to the editor are those of the authors. They do not purport to reflect the opinions or views of the OAFP or its members.

It is OAFP policy, adopted through the Congress of Members, to support the physicians who provide gender-affirming care.

From our Policy Handbook:

The Academy supports family physicians in Oregon in providing gender-affirming care to all people, including transgender youth. (April, 2020)

That year, our Delegates co-sponsored a resolution to the AAFP which was reaffirmed as current policy, opposing the criminalization of family physicians who provide gender-affirming care for youths or adults. The resolution also called for additional education on the topic and inclusion of gender-affirming medical health care to its existing policy on adolescent health care confidentiality. The provisions were either reaffirmed or carried out in 2020.

The above article by Chang, Milano & Kurzet (described as an interview, though no author/ interviewer is identified) presents a set of perspectives on supporting a person’s preferred gender when discordant with their genetics or “gender assigned at birth”. Suggestions for provision of a welcoming care environment for this population are offered. We appreciate our colleagues and their differing viewpoints, but this article overlooks some concerns.

First, sex is binary and determined at fertilization. Gender is a psychological construct and does not invalidate or change one’s genetic sex- regardless of the hormonal and procedural treatments offered. Embryology and genetics are foundational to medical care, regardless of gender identification.

Second, mental health struggles have been shown to predate transgender identification. (1,2) We are concerned

that adequate evaluation and support are often lacking prior to embarking on gender transition interventions. One of our clinics has shared a list of behavioral health specialists who will support gender transition. We see transgender patients with significant trauma history and on multiple psychotropic medications. It is our impression that patients who seek transgender affirming treatments may lack full informed consent of alternatives and possible harms. (3,4)

Some individuals who, having undergone phenotypic interventions, in retrospect wish that clinicians had provided more clarity. They say they needed more support for continuing life with their biologic sex or, at least, healthy skepticism from providers about proceeding with transitioning. (5,6) Such individuals face the risk of being dismissed or attacked for expressing a viewpoint at odds with a dominant narrative

or business model. (7)

Third, it has not been established that GnRH agonists or cross sex hormones cause little harm. Their effects may not be reversible. At the very least, use of such agents can cause prothrombotic states, osteoporosis, loss of height and change in muscle strength. There are legitimate concerns about the ultimate fertility of an individual whose pubertal development has been inhibited. (8,9)

Fourth, some countries who previously embraced the procedures comprising gender transition now recommend avoiding such care for minors, and call in to question many of the practices of gender transition services. (10). We should ponder the evidence that caused reconsideration of previously accepted procedures.

As Board Certified Family Physicians, we are committed to professionalism and strive to communicate value and compassion to every patient we meet, whether or not we agree with their perspectives or endorse their requests. As we maintain scientific integrity, it is our duty to offer reasonable alternatives to gender transition for those who struggle with gender identity.

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Additional resource:

Society for Evidence Based Gender Medicine. <https://segm.org>. "Our aim is to promote safe, compassionate, ethical and evidence-informed healthcare for children, adolescents, and young adults with gender dysphoria."

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OAFP Membership – What’s in It for You?

The OAFP provides member value by advocating for sustainable and equitable health care, connection with other members and to our shared purpose, and inspiring lifelong learning among generations of family doctors, and there’s much more to the story.

What does OAFP value?

- Promoting justice, diversity, equity and inclusion for our colleagues and our patients, exemplified by universal access to care and the elimination of health disparities
- Valuing the qualities that underlie all healthy relationships: compassion, integrity & respect – we see relationships as the vehicle for transformation
- Advocating affordable, high-quality, patient-centered medical care and the belief that family physicians are ideally and uniquely suited to lead patient-first, collaborative medical teams
- Inspiring and facilitating life-long education of family physicians, patients, and communities to improve care, optimize health, and increase quality of life
- Developing and empowering forward-thinking family physician leaders in Oregon to shape the local and state health care system and improve the health of our patients and communities
- Celebrating the diverse experiences and practices of family physicians and supporting a broad scope of education and training
- Empowering family physicians to model health and wellness throughout the arc of their career

How Do We Put These Values into Action?

We Connect Members and Oregon Communities

OAFP has several programs that support and engage family physicians in Oregon.

Building Immunity by Building Community (BIBC) is a partnership with Boost Oregon and the Oregon Rural Practice-based Research Network to provide culturally robust, evidence-based vaccination education to communities most impacted by COVID-19. After receiving appropriate training, clinicians provide workshops within BIPOC, Latinx, and rural communities to improve vaccine confidence.

Primary Care Beyond Clinic Walls (PCBCW) seeks to support better collaboration among primary care, local public health officers (LPHO), and community-based organizations (CBOs) through a pilot program focused on community

challenges. Participants will establish enduring working relationships with CBOs working on social drivers of health and local public health through mentored development of projects aimed at improving community health needs related to inequities and social drivers of health.

We Celebrate and Represent Family Medicine

75 Stories for 75 Years is an ongoing effort to collect stories from members about their careers in family medicine through anecdotes, histories, and newspaper articles. The stories are being written and collected by medical students in an effort to promote family medicine as a profession and capture the stories of our members.

Ongoing Advocacy in Oregon and Beyond through our contracted lobbyist and the efforts of our Commission on External Affairs, the OAFP helps shape policy through participation in workgroups and task forces implementing health care policy changes. From prescription drug pricing to value-based payment, from reproductive health care to determining covered benefits for Medicaid members, OAFP members are involved across the state. We don’t just track policy made by others; we advance legislation (two bills and counting for 2023) and fight to pass laws that protect patient access to care.

Join your fellow family physicians at OAFP’s 2023 Lobby Day – Monday, March 6, 2023.

We Support the Future of the Profession

Your dues help OAFP partner with the **OAFP/Foundation** to support the future of family medicine in Oregon through a variety of programs, including scholarships for medical students, resident emergency fund, rural travel stipends, and support of Oregon FMIGs. The annual auction is the major fundraising event of the Foundation.

The **Oregon Residency Collaborative Alliance for Family Medicine (ORCA-FM)** enhances the ability of FM residencies in Oregon to improve the health of our communities through training comprehensive high-quality family physicians and fostering leadership and innovation in primary care; we’ve launched two pioneering programs and we’re just getting started.

Oregon Policy Scholars- a leadership and advocacy development program for medical students and residents that reinforces advocacy efforts addressed at expanding and sustaining workforce and expanding GME

opportunities in Oregon. Selected medical students and residents from around the state participate in monthly trainings and events with the expectation that they will be leading participants at future OAFP Lobby Days and share advocacy tips and learnings with their peers.

Virtual Family Medicine Residency Week showcases Oregon's family medicine residencies in a free virtual event for medical students and residents from around the world. Each program introduces their program twice during the week. Educational sessions highlight many aspects of family medicine in Oregon, including wilderness medicine; rural practice; health advocacy in Oregon; equity, inclusion and diversity in Oregon's residencies; lifestyle medicine, primary care and public health; reproductive health care & advocacy; and more.

What Else do You Get?

Your membership entitles you to access numerous direct benefits from OAFP and AAFP.

Education

OAFP Commission on Education plans:

- Annual conference
- KSA Study Halls
- Lectures and webinars

AAFP offers:

- Access to CME including up to 34 CME credits with Board Review Practice Questions
- Up to 18 Free CME credits in a variety of learning formats, accessible through AAFP.org

Career Advancement & Hiring Supports

OAFP has a free career website for members. Upload your resume and begin your search or browse candidates to find your next great hire.

AAFP has many resources for members:

- Access AAFP's contract negotiations tips
- Network with other members in an AAFP Member Interest Group
- Keep up with your CME, log procedures and professional requirements with Primary +
- Become a Fellow of the Academy

Leadership Opportunities

Serve on one of OAFP's Commissions, committees, or taskforces, or support the OAFP Foundation or Family

Physicians of Oregon PAC with service on their committees or boards. OAFP can also help members take leadership to the next level with opportunities to serve at the national level with AAFP.

Federal Advocacy

AAFP has several resources for members including:

- **AAFP Advocacy Toolkit** keeps you up to date on the Academy's efforts on your behalf
- Contact your members of Congress with AAFP's **Speak Out Now** tool
- Advocacy Insider weekly newsletter
- Join AAFP's Family Medicine Action Network
- Attend Family Medicine Advocacy Summit in Washington, DC

Strengthen Patient Care

Members can access the following:

- AAFP Clinical Recommendations
- The EVERYone Project offers education and resources to help you advocate for health equity, promote workforce diversity, and collaborate with other disciplines and organizations to reduce harmful health disparities
- Implicit Bias Training Guide
- Patient education resources, such as Familydoctor.org

AAFP Member Benefits

Members are offered resources for saving money and searching for industry-specific products with:

- AAFP Buyers' Guide
- AAFP Insurance Program
- Various discount programs with national chains

Stay Connected

- Make sure you're receiving our weekly e-newsletter, and weekly advocacy updates during legislative sessions
- Contact our office by phone or email with any questions or concerns. If we don't have the answer for you, we will help connect you with someone who does

These are only a few of the benefits of OAFP membership. Please visit www.oafp.org/membership/why-join-oafp/ for more information.

STUDENTS SPEAK OUT!



Oregon Health & Science University



FAMILY MEDICINE
interest group

ANNA BLOOM, MS3
OHSU FMIG GROUP LEAD

Bolstering Research in Primary Care: OHSU's New Family Medicine Research Forum

On November 7th, the Family Medicine Interest Group (FMIG) at OHSU and the OHSU Family Medicine research department hosted its inaugural Family Medicine Research Forum. This collaboration is a new student-led group created under the guidance and leadership of **Dr. Jennifer DeVoe** and the OHSU research team to begin offering monthly meetings to engage and promote collaboration between students, attending physicians and other research staff in family medicine.

The inaugural event, held at Robertson Life Sciences building, focused on demystifying research in primary care. A panel of fourth-year medical students applying into family medicine, pediatrics, internal medicine, answered questions about their research experience. Around twenty first- and second-year medical students attended and eagerly asked questions about how to get involved. The process of getting started on a research project or joining a research team can be daunting and is a primary reason for the creation of this forum. Senior medical students were transparent and offered actionable advice to their peers and the event was very well received.

One of the family medicine bound panelists, **Lila Hawkinson**, discussed their cost-effectiveness analysis project, assessing HIV screening practices in pregnancy. Current guidelines suggest that

repeat HIV screening in the third trimester should be performed only for individuals deemed at high risk. This project asked whether expansion of third trimester HIV screening to all pregnant individuals would be cost-effective, as well as whether it would reduce perinatal HIV infections.

Another third-year panelist, **Nathaniel Camaret**, discussed his epidemiologic research looking at the effects of the Affordable Care Act on diabetes-related mortality using a national database by the CDC.

Sammy Clark, also applying to family medicine residency this year, has been doing research on the impact of a student developed and student run diaper pantry at Doernbecher Children's Hospital. She describes it as a pantry "designed to be a resource for families when they come for appointments, and to connect with information about community resources where families can get diapers on a recurring basis. My research is an investigation comparing the distribution and accessibility of Portland's community diaper resources relative to where the families showing diaper need are living."

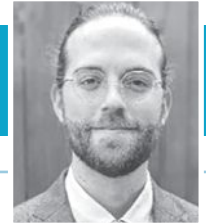
The diversity of ongoing projects reflects the many opportunities for students to get involved in primary care research. Future events will focus on sharing projects and

results, workshops on writing research papers and grant proposals, and opportunities for networking. We hope that the Family Medicine Research Forum will provide students with tools and connections to further research and innovation in family medicine.



Family Medicine Research Forum Panelists. Pictured from Left to Right: Sammy Clark, Nathaniel Camaret, Lila Hawkinson, Emily Mitchell, Gina Richardson

STUDENTS SPEAK OUT!



WESTERN UNIVERSITY OF HEALTH SCIENCES COMP - NORTHWEST



FORREST BLISS, OMS-3
OAFP BOARD STUDENT DIRECTOR

The Next Step

I am one of the members of the self-described “COVID class” (i.e., class of 2024), so called because we formally began our medical training in the fall of 2020, at the height of the Coronavirus pandemic. For some, this has been a badge of honor, a chance to prove that nothing can interfere with advancement and the long-held dream of becoming a physician. For others, it is an asterisk on their experience, a reminder of what their medical education might have been in a pre-COVID era. In either case, all were glad to return to campus in Lebanon mid-December for our first in-person “conference week” in two and a half years. Third-year students left Airbnb’s, relative’s homes, classmate’s couches, or other lodging arrangements behind to reconnect, receive practical skills training, and decompress after five months of clinical rotations.

It is a highly touted, longitudinal component of WesternU’s Osteopathic Medicine curriculum, and newly appointed Director of Clinical Education, **Sarah Wolff, DO**, did not disappoint. Dr. Wolff worked tirelessly to deliver engaging hands-on sessions, complimentary meals (always a hit!), and high-profile guest speakers, including past AOA president Karen Nichols, DO and then-current AOA CEO Kevin Klauer, DO, along with providers from surrounding communities

speaking about their areas of expertise. A particular highlight for me was receiving a tour of COMP-Northwest’s new state-of-the-art medical simulation lab and getting to participate in simulated deliveries as part of the OB/GYN plenary sessions. It was also refreshing to see OMS-I and OMS-II students holding large, in-person study halls and socializing between lectures.

All week, there was a palpable buzz in the air as one-hundred students got to experience medical education as we envisioned it when we received our acceptance calls. And this was all made possible by countless individuals working hard behind the scenes and striving for progress. When the two campus lecture halls were rarely in use due to curriculum being delivered virtually, they decided to convert one of them into a simulation lab. When students were denied the opportunity to attend two years of in-person conference weeks, they poured their energy into making the next one worthy of the wait.

The beginning of medical school has been challenging, but I know it is never easy. Our future careers will be full of unanticipated challenges, too, and our success will be determined by how we respond to them. To question whether being a medical student amid a global pandemic should be viewed as a trophy of perseverance or a justification for

ire misses the point entirely. Both perspectives are too heavily focused on reactions instead of positive, progress-oriented actions. With this in mind, and the new year upon us, I want to leave you with a quote from my favorite fantasy author, Brandon Sanderson: *“The most important step a man can take. It’s not the first one, is it? It’s the next one. Always the next step.”*

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Term: 2022-2023

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Term: 2022-2023

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Term: 2021-2023

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Term: 2021-2023

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 Posts: *EID TF*

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 Posts: *EID TF, Policy Scholars 20-21*

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 Posts: *EID TF*

(Alex) ALEXANDRA LEVIN, MPH

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BRIAN E. FRANK, MD

Commission on External Affairs Liaison *Ex-officio*
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 Posts: **External Affairs*

JOYCE C. HOLLANDER-RODRIGUEZ, MD

ORCA-FM Liaison *Ex-officio*
 OHSU Cascades East FM Residency (*Klamath Falls*)
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 Posts: **ORCA-FM, PAC Member*

EVAN T. SAULINO, MD, PhD

Commission on External Affairs Liaison *Ex-officio*
 Aledade, Inc. - West Coast Regional Medical Director
 Email: evan_saulino@hotmail.com
 Posts: **External Affairs, PAC Member*

Vacant Positions:

Western U./COMP-Northwest Liaison
 Director
 Resident Director – Samaritan RTT (*Newport*)

*** Denotes Chair or Co-Chair**

EID TF = Equity, Inclusion & Diversity Task Force
OAFP/F = OAFP/Foundation
ORCA-FM = Oregon Residency Collaborative Alliance for Family Medicine Task Force

OAFP STAFF**BETSY BOYD-FLYNN**

Executive Director
 Oregon Academy of Family Physicians (*Portland*)
 Email: bbf@oafp.org
 Duties: *All boards, commissions, committees and task forces*

IRIS MARIA CHÁVEZ

Contract Lobbyist
 Equity Action Partners (*Portland*)
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 Duties: *External Affairs*

LOUISE E. MERRIGAN

Program Director
 Oregon Academy of Family Physicians (*Portland*)
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 Duties: *All boards, EID TF, OAFP/F Manager*

KAYLA WRIGHT

Administrative Coordinator
 Oregon Academy of Family Physicians (*Portland*)
 Email: kaylaw@oafp.org
 Duties: *All boards, Career Center, Social Media*

EXECUTIVE COMMITTEE

Convened when an important decision must be made but there is no time to engage the entire Board. See OAFP Board for members.

BYLAWS COMMITTEE

Reviews and revises current bylaws at the request of the Board. Members are appointed as needed.

COMMISSION ON EDUCATION*

Develops the program for the annual conference, identifies faculty, and provides additional programming for members.

Chair: Fayza I. Sohail, MD, FAAFP

ORPRN Liaison: Melinda Davis, PhD

Oregon Rural Practice-based Research Network (Portland)

ORCA-FM Liaison: (Bob) Robert W. Gobbo, MD, FAAFP

Providence Hood River FM Rural Training Program (Hood River)

Teresa A. Everson, MD, MPH, CPH

Resident Member: Chase W. Mussard, MD

OHSU FM Residency (Portland)

Jacquelyn L. Serrano, MD, MPH, FAAFP

PeaceHealth Medical Group – Siuslaw (Florence)

Eric M. Wiser, MD, FAAFP

Student Member: VACANT

COMMISSION ON EXTERNAL AFFAIRS*

Stays current on state and federal regulatory and legislative issues. Develops position papers, engages in coalition development and participation, and oversees Kay Contacts program.

Co-Chairs: Brian E. Frank, MD and Evan T. Saulino, MD, PhD

Lobbyist: Iris Maria Chávez

David J. Abdun-Nur, MD

Mountainview Family Practice (Grants Pass)

Stewart L. Decker, MD, MPH, FAAFP, FWMS

(Tony) Antonio M. Germann, MD, MPH

Yakima Valley Farm Workers Clinic – Salud Medical Ctr (Woodburn)

Marcy G. Lake, DO

Kaiser Permanente – Beaverton Medical Office

Resident Member: Justin Lee, MD

OHSU FM Residency (Portland)

Robyn A. Liu, MD, MPH, FAAFP

Kaiser Permanente – Interstate Medical Office East (Portland)

Gina A. Miller, MD

Samaritan FM Resident Clinic (Lebanon)

Glenn S. Rodriguez

Providence Milwaukie Hospital Foundation (Milwaukie)

Melinda C. Ruberg

OHSU Primary Care Clinic, Richmond (Portland)

Michael Z. Saladik

Providence Medical Group – Lloyd Center (Portland)

Anne C. Toledo, MD

Stuart M. Zeltzer, MD

Kaiser Permanente – Beaverton Medical Office

Student Member: VACANT

NOMINATING COMMITTEE

Recruits and reports slate of candidates for future Board positions. EID Task Force has liaison on this committee.

FINANCE COMMITTEE

Oversees fiscal affairs and responsibilities, consults with staff, and prepares the annual budget.

Chair: Michael D. Goodwin, MD

(Gabe) Gabriel K. Andeen, MD, MPH

OHSU Primary Care Clinic, Scappoose

Resident Member: Seemal Kumar, MD, MPH, MBA

Roseburg FM Residency (Roseburg)

Eva S. McCarthy, DO

(Yoli) Yolanda B. Suarez, DO, MBA

Traditions Health (Portland)

TASK FORCE ON EQUITY, INCLUSION & DIVERSITY*

Dedicated to promoting and advocating for EID within Oregon’s health care systems and health care educational institutions. Oversees OAFP governance and strategic planning policies and initiatives through a racial justice lens.

Chair: Eva S. McCarthy, DO

Nominating Liaison: (Jane) Jane-Frances I. Akpamgbo, MD

Amanda N. Aninwene, MD

OHSU Primary Care Clinic, Scappoose

Rachel J. Bennett

Providence Medical Group - Gresham

Student Member: Forrest T. Bliss

Christal V. Crooks, MD

Oregon Medical Group – West Eugene Medical Clinic

Community Member: Mirabelle Fernandes-Paul, EdD

Western U./COMP-Northwest (Lebanon)

Eva M. Galvez, MD

Kyle M. Kurzet, MD, FAAFP

Private Practice (Eugene)

(Rick) Richard W. Moberly, MD

OHSU School of Medicine, Dept of Family Medicine (Portland)

Carrie Pierce, MD

(Yoli) Yolanda B. Suarez, DO, MBA

(Annie) Anna M. Tubman, MD, IBCLC

Northwest Primary Care – Oregon City Clinic

Resident Members:

(Oby) Obiageri Egeolu, MD

Roseburg FM Residency (Roseburg)

Iman N. Malik, MD

Providence Oregon FM Residency (Milwaukie)

Fernando J. Polanco, MD

Ashley Sparks, DO

Simran Waller, MD, MPH

* These commissions, and task forces have openings.



OREGON RESIDENCY COLLABORATIVE ALLIANCE

for Family Medicine

Network supporting the continued excellence and development of family medicine residencies in Oregon.

Chair: Joyce C. Hollander-Rodriguez, MD

Program Director, OHSU Cascades East FMRP (Klamath Falls)

Education Chair: (Bob) Robert W. Gobbo, MD, FAAFP

Program Director, Providence Hood River FM RTP (Hood River)

Advisor: Roger D. Garvin, MD, FAAFP

Education Vice Chair & Director, GME Expansion & Integration, OHSU Dept of Family Medicine (Portland)

Heidi M. Beery, MD

Program Director, Roseburg FMRP (Roseburg)

Bharat Gopal, MD, MPH

Interim Program Co-Director, Samaritan FMRP (Corvallis)

Jinnell Lewis, MD

Program Director, OHSU Three Sisters FM RTP (Madras)

Lance McQuillan, MD

Interim Program Co-Director, Samaritan FMRP (Corvallis)

(Luke) Lucien T. Megna, MD

Site Director, Samaritan FM RTT (Newport)

(Kay) Mary K. Nordling, MD, FAAFP

Program Director, OHSU Health Hillsboro Med Ctr FMRP (Hillsboro)

Justin E. Osborn, MD, FAAFP

Program Director, Providence Oregon FMRP (Milwaukie)

Joe M. Skariah, DO, MBA, MPH

Program Director, OHSU FMRP (Portland)



FAMILY PHYSICIANS OF OREGON PAC BOARD

Non-partisan board oversees donations to political campaigns.

Chair: Robyn A. Liu, MD, MPH, FAAFP

Kaiser Permanente – Interstate Medical Office East (Portland)

Secretary/Treasurer: Mark S. Meyers, MD

Northwest Medical Homes (Springfield)

Janet E. Patin, MD, FAAFP

Providence Medical Group - Gresham

At-large-members:

(Robbie) Robert D. Law, MD

Lower Columbia Clinic (Astoria)

Michael Z. Saladik, MD, MPH

Providence Medical Group – Lloyd Ctr (Portland)



OAFP/FOUNDATION BOARD

Mandated to make decisions relating to finances, foundation programs, awards, and fundraising initiatives. The Foundation’s mission is investing in future family physicians to serve our Oregon communities.

President: Gina A. Miller, MD

Samaritan Family Medicine Resident Clinic (Lebanon)

Vice President: (Rick) Richard W. Moberly, MD

OHSU Dept of Family Medicine (Portland)

Treasurer: (Alex) Alexandra D. Verdiecek, MD, FAAFP

OHSU Primary Care Clinic, South Waterfront (Portland)

Secretary: Amy L. Wisner, MD, FAAFP

PRISM Health, Cascades Aids Project (Portland)

OAFP Liaison: Nathalie J. Jacqmotte, MD

Community Partner: Lewis Martin, RDN, LD

Oregon Dairy and Nutrition Council (Portland)

Amanda N. Aninwene, MD

OHSU Primary Care Clinic, Scappoose

(Miguel) Juan Miguel A. Dela Cruz, MD

Kaiser Permanente - Mount Scott Medical Office (Clackamas)

Corbett Richards, DO

Samaritan Family Medicine Resident Clinic (Lebanon)

Lily J. Wittich, MD

Eastern Oregon Medical Associates - St. Luke’s Clinic (Baker City)

PAC MEMBERS

David J. Abdun-Nur, MD

Amanda N. Aninwene, MD

William R. Balsom, MD

Heidi M. Beery, MD

Betsy Boyd-Flynn

T. Ruth Chang, MD, MPH, FAAFP

Christal V. Crooks, MD

Stewart Decker, MD, MPH, FAAFP, FWMS

Kristen G. Dillon, MD, FAAFP

Kevin D.J. Ewanchyna, MD

(Molly) Miriam D. Fauth, MD

Eva M. Galvez, MD

Olivia A. Galvez, MD

(Tony) Antonio M. Germann, MD, MPH

Michael D. Goodwin, MD

Melissa A. Hemphill, MD, FAAFP

Joyce C. Hollander-Rodriguez, MD

Nathalie J. Jacqmotte, MD

(Robbie) Robert D. Law, MD

Andrea K. Lind, MD

Eva S. McCarthy, DO

Mark S. Meyers, MD

Gina A. Miller, MD

(Bill) William J. Origer, MD, FAAFP

Justin E. Osborn, MD, FAAFP

Denise S. Palke, MD

Janet E. Patin, MD, FAAFP

Daniel K. Paulson, MD

Carrie Pierce, MD

Gary M. Plant, MD, FAAFP

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Justin J. Santos, MD

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SAVE THE DATE

Building Better Healthcare

2023 Coastal Conference

April 13 - 15, 2023
Salishan Coastal Lodge

Registration is open for our 2023 Annual Conference hosted in collaboration with Oregon Pediatric Society. As we work to strengthen our connections with our colleagues in Oregon's primary care community, it's a natural fit to bring our two groups together.

What Do We Have Planned?

Up-to-date Clinical Workshops: ALSO® Instructor Course, ALSO® Provider Course, Cardiology Workshop, Joint Injection Workshop, Medication Abortion Workshop, NEXPLANON® Clinical Training Program, Vasectomy Workshop, and Wilderness First Aid Course

Breakouts, Keynotes & Plenaries: ADHD & Adults, Cannabis Use in Primary Care, EID Podcast Discussion, Eliminating Race-Based Medicine, Environmental Health: Wombs & Wildfires, Improving Vaccine Confidence, KSA Study Hall on Behavioral Health, Learning to Tell Walking Stories, Making Use of Social Needs Data, Pennington Lecture on Community Connections, Primary Care Beyond Clinic Walls Year One Reports & Recruitment, Professional Boundaries, Public Health Panel, Rebuilding Public Trust, Reproductive Health, SUD & Pregnancy, Workforce Pathways Panel and more!

Get social and rejuvenate! Attend the Welcome Reception sponsored by Aledade and make music at the famous Doctor's Jam Session. We'll offer early Morning Wellness opportunities, and dedicated space for families. Cheer on young scholars at the Poster Session on Friday and support the next generation of family physicians at the OAFP/Foundation Auction afterwards.

Find resources at the Exhibit Hall and connect with partner events.

Make policy at the Congress of Members on Saturday and **Congratulate** a new class of Fellows and the OAFP Family Physician of the Year.

Register Now at: <https://oregonacademyoffamilyphysician.regfox.com/oafp-ops-2023-coastal-conference>



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Gynecology, Asante

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