



IOWA FAMILY PHYSICIAN

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75
YEARS

2023
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NOVEMBER 16-18, 2023

INSIDE:

- IAFP Education Issue
- Preview the IAFP Annual Conference
- Learn About IAFP's On-Demand and Virtual CME Offerings

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*Committees meet once a year.
This year, the meetings will be held on
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MEMBER ADVOCACY COMMITTEE:
Duties include serving as an advocate for family physicians and their patients in matters relating to the delivery of health care, and promoting the image of family physicians in the state of Iowa. In addition, the committee seeks members to serve on committees and boards for the government and other health care related organizations, and assist in the legislative activities of the Academy including grassroots lobbying and serving as key contacts to Iowa legislators. The committee is also responsible for the annual legislative coffee.

MEMBER SERVICES COMMITTEE:
Oversees the production of the Iowa Family Physician magazine and the Membership Directory. In addition, the committee recommends public relations projects to the board of directors. Current projects include FP of the Year, Educator of the Year, Lifetime Achievement Award, and numerous public relations efforts. The committee reviews all membership applications, relocations, delinquent CME records and members delinquent in dues payments. The committee also conducts membership surveys.

To get involved: email Kelly at kscallon@iaafp.org or fill out form online at: www.surveymonkey.com/s/IAFPvolunteerform

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IN THIS ISSUE

President's Message 2

Editor's Desk 4

Student's Corner

MECO: Making the Most of My Summer Break 6

2023 AAFP Program of Excellence Overall Award..... 7

Students & Residents

2023 AAFP National Conference for Residents & Students 10

Resident's Corner

Hazardous Crossing 12

First-Year Residents - 2023-2024 14

Our Role in Education 16

National Conference of Constituency Leaders..... 18

Strategic Planning

2023 Strategic Planning..... 20

Office News

Fall 2023 Office News..... 22

Member Advocacy

FMAS..... 24

Thank You 2023 PrimCare PAC Donors 25

Education

Annual Conference Program..... 26

Annual Conference Registration..... 28

IAFP 2023 Galena Fall CME Getaway..... 29

Pediatric Mental Health Care Access Programs..... 30

Members in the News

New Members 32

Milestone Memberships 34

Doug Martin Volunteers 36

Iowa Family Physician is addressed and mailed to every family physician, resident, and medical student throughout the state and serves as the Academy's major communication source regarding public relations, legislative and membership information.

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A FALL MESSAGE FROM YOUR IAFP PRESIDENT

By Corrine Ganske, M.D.

Fall is approaching as this edition is being prepared. It is the time of year when people turn their attention to school and learning objectives. Whether one is a student, parent, grandparent or professional with educational credit requirements, that rhythm of life continues.

For me, this has always been the time of year to look at my CME requirements and set goals for the rest of the year. Over the years this has become easier with the ABFM's portfolio system and improved educational offerings from the AAFP and the IAFP.

We in IAFP leadership know that our members have many options for obtaining CME credits. Between in-person, virtual, self-directed and travel options, we can all find CME offerings that fit our needs, time and learning preferences. This has not always been the case. Why should we choose an IAFP educational opportunity over others?

First and foremost, I think, is that we strive to tie the content of IAFP educational offerings to the needs and practice realities of working in Iowa. The Education Committee of the IAFP works diligently to create a broad and evidence-based curriculum that avoids repetition and is responsive to our feedback. Presenters work to tie content to Iowa-based specifics of patient needs, practice environment realities and state licensing requirements.

Another reason to choose IAFP educational offerings is that they give us an opportunity to network with others who practice in Iowa. These may be medical school or residency classmates or people who work in similar practice environments. These encounters enrich our educational experience.

Lastly, choosing an IAFP educational offering gives us a chance to engage with and support our own professional organization. Attending meetings lets us meet our professional staff, Board members and officers personally and opens opportunities for giving our feedback and increasing our engagement. By paying for IAFP educational courses we support our organization so that it can provide other member services and advocate for the needs of family medicine and family physicians in our state. For me, that is a win-win scenario!

The IAFP Annual Meeting is approaching. Consider attending. Get your CME credits and medical license requirements, meet new and old friends and support your organization so it can meet your needs.



"Another reason to choose IAFP educational offerings is that they give us an opportunity to network with others who practice in Iowa. These may be medical school or residency classmates or people who work in similar practice environments. These encounters enrich our educational experience."



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IAFP MAKES EDUCATION FUN AND REWARDING

By Jason Wilbur, M.D.

According to George Bernard Shaw (maybe...the quote is of uncertain origin), “Youth is wasted on the young.” The first time I heard that, I was young myself. I can’t remember exactly why my dad said it, but I had probably done something that irritated him or perhaps even caused some jealousy. At any rate, I was offended. Did he mean that I took my gifts for granted? Now, from the half-century mark of life, where med students really do look like kids, I can appreciate my dad’s perspective.

I have the good fortune to spend much of my time working with medical students and resident physicians, and their youth and enthusiasm is invigorating. This time of year is particularly exciting with new residents and students wandering around campus trying to find their way – metaphorically and literally. I am reminded of how alert and ready I was on my first days of medical school, then clinical rotations, then residency. Every once in a while, I feel that little hint of mixed nostalgia and jealousy: what would it be like to go back and do it again, but with more confidence and wisdom? It could be fun, right? Then I remember the long hours, hard work, anxious moments,

and all the things foregone or deferred. So, maybe not. Maybe I’m happy being a 50-year-old family doctor.

Now, as a fully formed adult doctor in charge of my own lifelong learning, I have two wonderful opportunities that did not exist as a student or resident: I can learn what I want, and I can pace myself. Over the past year, I have participated in ABFM, AAFP and IAFP educational programs and completed a 5-day point-of-care ultrasound course. Now, I’m two months away from a “high stakes” test as I plan my strategy for studying for the Geriatric Medicine CAQ recertification exam. Guess what? It’s all been fun! I can’t say that med school and residency were always fun, but I can say that this adult learning gig is pretty great.

IAFP puts on high quality educational programming, but the importantly unique aspect of IAFP events is that they bring us together with peers in a way no other organizational event does. You might engage in CME locally with your health care organization. Maybe you’re on Team Unity Point, Team Mercy, Team University, or some other team. When we go to our “team” events, we



get that perspective and reinforce those connections, which are important in order for us to grow and succeed within those organizations. But those types of events don’t do that special thing that IAFP does. IAFP pulls together Iowa family doctors with uniquely Iowa family medicine concerns and breaks through the artificial barriers established by competing health care organizations. When we come together at the IAFP Annual Meeting, we are learning family medicine with peers from all over the state and reinvigorating our shared passion for family medicine.

As a member of the IAFP Board, I participated in our recent strategic planning retreat. One of our guiding

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documents was our recent member survey results. Perhaps to no great surprise, education was identified as one of our members' top priorities. More than any other activities, our members reported participating in the state-mandated pain and end-of-life courses (57% of respondents reported participating in the past 5 years), followed by the annual meeting (44%).

Although we are still in the process of completing our strategic plan, one clear priority is that IAFP must continue to provide CME that is engaging, pertinent, and accessible. With that in mind, I would

ask you – our members – to consider what you want to see from IAFP in the future. Then the next step is for you to engage with IAFP leadership to get that vision realized. How do you do this? It could be as easy as talking to your EVP and/or board members at the annual meeting. Or you can email us. Even better, you could become a member of the Education Committee. We're always looking for members to do the valuable work of planning the next cycle of educational activities.

So, it looks like I'm ending my column like I usually do. I'm asking members

to jump into the IAFP and get involved! I know you're busy. It might not be the right time. But if you've got a little to give, IAFP is an effective and adaptable organization, and we could use your help!

As always, email your comments, corrections, questions, and great big ideas to jason-wilbur@uiowa.edu.



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MECO: MAKING THE MOST OF MY SUMMER BREAK

By Matthew Benson, M2, University of Iowa Roy J. and Lucille A. Carver College of Medicine

"If you want to learn to swim, jump into the water. On dry land, no frame of mind is ever going to help you."
— Bruce Lee

While growing up I have always had a genuine interest in learning scientific facts and the processes behind natural phenomena. Whether it was watching the Discovery Channel or reading encyclopedias about the wonders of the biological world, I became fascinated with the process of education. Sure, not every class or subject was my favorite, but there was a certain challenge or quest to conquer and learn about something I didn't know. However, this learning style only got me so far. I wanted to travel to the ocean to swim with the sharks I had observed majestically portrayed gliding through the turquoise blue Caribbean water and go to the forest to explore the realm where the woodland creatures frolic with each other and frantically scurry away from predators. By physically being present with nature I was able to find the beauty in learning and not think of it as a chore but rather a chance to immerse myself in an area I was not familiar with to become more knowledgeable. This trait helped me throughout grade school and into college, and ultimately still helps me today while in medical school.

Even though it may seem like fascination in the outdoors is unrelated to medicine, I would argue otherwise. By delving deeper into the natural resources that have surrounded me during my life, I have been able to find peace, relaxation, renewed marvel, and endless questions about what makes the world so fascinating. This quality and persona I developed eventually led me to interact in a similar way with the human body by conducting the same process of finding new facts and physiology about the mysteries that make our internal selves' function. However, it wasn't until I laid my hands on the cadavers in my undergraduate

anatomy and dissection lab course that I fully realized the joy and wonder it brought me to explore and conceptualize the complexities that are so tightly and neatly organized within us. I personally feel that being present in an unusual situation has had a larger influence on my comprehension and understanding than any information in a book or PowerPoint

"Even though it may seem like fascination in the outdoors is unrelated to medicine, I would argue otherwise. By delving deeper into the natural resources that have surrounded me during my life, I have been able to find peace, relaxation, renewed marvel, and endless questions about what makes the world so fascinating."

conveyed to me. This may be because I may learn more kinesthetically, but I think there is value in being left to struggle to discover and experience something new.

Over the past four weeks of my summer break, I have had the opportunity to take part in the Medical Education Community Orientation (MECO) program offered to medical students after their first year at the Carver College of Medicine, where

the student will go to a community in Iowa to observe and assist the physicians in various procedures and encounters. This is the type of experience, like the ones I mentioned previously, that I find so valuable in my education. It shed light on the conditions and injuries I was only able to read about in my lectures during my first year of medical school. By physically interacting and communicating with the patients, I was able to comprehend the presentation and symptoms of the diseases I had only been able envision in my mind prior to this. Of course, I shadowed and had other forms of exposure to the clinic and hospital before this, but I felt like I was finally able to utilize the information in a way that tested me to retrieve facts genuinely and with a sense of pleasure that was entirely different than the sensation one feels when answering a question on an exam like I have done so often in school. The conversations I had with physicians filled the gaps in my knowledge I was lacking that I craved to know the answer to. I felt like I had more motivation to pursue the mechanism of action behind medications I was unfamiliar with and inquire about the process behind the optimal technique the physician was using during procedures. By getting to use my hands to experience this profession for the first time, it only strengthened my passion in my choice to pursue this career and understand more about what I don't know. Maybe that's why I resonate so well with that quote from Bruce Lee and anticipate my clinical rotations with eagerness.

2023 AAFP PROGRAM OF EXCELLENCE OVERALL AWARD

We're pleased to announce that the Roy J. and Lucille A. Carver College of Medicine at University of Iowa Family Medicine Interest Group was recognized as a winner of the 2023 Program of Excellence Award at AAFP National Conference of Family Medicine Residents and Medical Students. The award recognizes FMIGs for their efforts to promote interest in family medicine careers at a time when family physicians are in especially high demand for their comprehensive primary care expertise.



Jayden Amsler (Bisson), M4; Andrea Fjelstul-Bonert, M3; Sarah Costello (Farrell), M4

An advertisement for Copic Insurance. It features a photograph of two men in medical lab coats looking at each other and smiling. Below the photo, the word "CONFIDENCE" is written in a serif font. Underneath that, the word "BEYOND" is written in large, bold, blue letters. Below "BEYOND", the word "COVERAGE" is written in a smaller, bold, blue font. At the bottom of the ad, there is a paragraph of text: "As your premier medical liability insurance carrier, you can trust us to put our strength, expertise, and agility to work on your behalf. Our claims support helps you confidently manage unexpected outcomes and preserve patient relationships. We protect and guide you each step of the way. **That's Value Beyond Coverage.**" To the right of the text is the Copic logo, which consists of a stylized 'C' icon followed by the word "COPIC" in a bold, serif font, with the tagline "Better Medicine • Better Lives" underneath. At the very bottom right, there is a line of small text: "CALLCOPIC.COM | 800.421.1834".

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If you are a certified medical examiner through the FMCSA/NRCME, your certification is valid for 10 years, are required to recertify every 10 years. For those of you certified in 2013, you are eligible to recertify any time before your certificate expires. In order to maintain your ability to continue to perform DOT exams, you are required to complete an accredited training course and pass the NRCME certification exam before your certification expires. You can complete the recertification starting at 9 years following your initial certification. Examiners who were certified in 2013 can now pursue recertification through the IAAFP.

*This session is 5 hours long and offers AAFP CME credit.
For more information about the program go to
www.iaafp.org*

2023 AAFP NATIONAL CONFERENCE FOR RESIDENTS & STUDENTS



Broadlawns Medical Center

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Cara Drew, MD
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Adam Gordon, MD



IAFP hosted a special Iowa event at National Conference where Iowa students, residents, program directors, program coordinators and faculty gathered to both socialize and answer students' questions.

HAZARDOUS CROSSING

By Brandon Hart, M.D., R3 / MercyOne North Iowa Family Medicine Residency Program / Mason City, Iowa

Residency is a unique time in a physician's career as it represents the intersection of medical education and its application through patient care. From the development of the "model" residency training program by Dr. William Halstead in the 19th century¹ to the creation of the first fifteen family practice programs in 1968, thousands of physicians have undergone medical training at residency programs across the nation.² Our country remains one of the most desired places for residents to train, with many medical students uprooting from their families and moving across the country or world to apply what they have learned into practice. The foundation residency training lays for a physician is vital, and how one is educated and works during residency influences how they practice afterwards. Challenges and conflicts exist between how medicine is learned and how it is applied must be addressed to ensure that family medicine remains an attractive option and our patients receive the best care possible.

The fund of knowledge in medicine is larger than ever and continually growing. Consequently, the amount of knowledge a physician needs to know is also growing. For instance, First Aid for the USMLE Step 1, a popular review book nearly every medicine student buys to study for the initial board exam, has significantly increased in size since it came out over three decades ago. Yet, the time to learn knowledge in medical school and residency remains the same, with students having to adopt new and faster ways to learn, such as making computer flashcards or watching recorded lectures at double-speed.

Meanwhile, my specialty of family medicine residency is among the shortest residencies in the amount of time needed in training — three years.

Unfortunately, medical students may be intimidated by the sheer volume of knowledge and broad scope of practice required by family medicine. As a result, they may steer away from a specialty that requires them to have such a breath of knowledge with only three years of training. Instead, learners may choose such specialties as internal medicine

of providers who are broader in their scope of practice. Meanwhile, both the *AFP* and *FP Essentials* journals serve as a primary knowledge base for many residents and are frequently reviewed during education time, helping decrease resource overload. Various medical societies and organizations also exist to help the resident learn and practice.

"Our country remains one of the most desired places for residents to train, with many medical students uprooting from their families and moving across the country or world to apply what they have learned into practice. The foundation residency training lays for a physician is vital, and how one is educated and works during residency influences how they practice afterwards."

or medicine-pediatrics, allowing them to limit the volume of knowledge one must acquire and use. Increasingly subspecialization is occurring in medicine, including fellowship options not just in those specialties one might expect such as general surgery and cardiology, but even in family medicine in areas such as advanced obstetrics and geriatrics. Controversial arguments exist for the addition of a fourth year of residency in family medicine to improve the number

Part of medical education and practice involves learning about and following guidelines made by medical organizations. While their purpose is to be helpful, these guidelines may conflict with each other or be subtle in their differences, making how one should practice family medicine unclear or even contradictory. For example, the medical resource, *UpToDate* has a table listing nine different goal blood pressure thresholds from different society guidelines based on a patient's underlying comorbidity.³ Another contributor to this confusion can be training opportunities themselves. Family medicine offers unique training by giving a resident the ability to rotate and do electives with various specialists to see their point of view. A resident could do a rotation in urology and become more assertive in their practice regarding screening for prostate cancer or do a rotation in gynecology and be more assertive in screening pelvic exams and mammograms. But, at the same time, being more assertive may mean going against USPSTF recommendations and subsequently, the resident might be considered overly interventional and costly. Residency also provides an opportunity to learn shared decision making with patients while providing options. Regarding those options, one must consider how different organizations and their guidelines fit one's patient population in a specific locale. Further, cost and availability of treatment can also affect how one follows guidelines.

Cost of treatment such as medication remains a significant barrier between being educated on a topic versus its application through patient care. Many first-line treatments may be out of reach for patients for reasons as simple as type of insurance coverage or cost of medication. Much time in family medicine is spent filling out prior authorizations for clinic patients.⁴ This can result in frustration for both the patient and the physician. While many patients would benefit from medications such as Entresto for heart failure or GLP-1 agonists for diabetes or weight loss, they may be unable to obtain them due to cost or their insurance. Regulation can help, as we have seen with Medicare part D or capping of the cost of insulin for Medicare patients to \$35 followed by private companies changing how much they charge.⁵ Needless to say, I have learned a lot about a variety of resources for cost of medications including local pharmacists, GoodRx, Walmart's \$4 prescription list, or estimates found in AAFP journals.

Overshadowing these concerns is the realization that the need for all this medical knowledge may contribute to burnout which in turn affects residency education and work. This hazardous intersection of knowledge and education is a topic increasingly focused on by residencies, especially with the recent pandemic and newsworthy events such as resident physician suicide.⁶ The 80-hour work week and 24+4-hour shift limits have been instituted not only for patient safety, such as in the case of Libby Zion, but for resident well-being, including avoiding sleep deprivation and improving mental health. Some argue these limits need to be stricter, like in Western European countries; but these arguments may not consider longer time spent in training and, at times, worse pay. Recent inflation is making it more difficult to live on a resident salary with some residents in more populous regions of the country forming unions to argue for better pay

and benefits. Cuts to Medicare by the federal government is not helping the situation, leading to worry about salaries after residency and heavy loan repayment obligations.

Luckily, family medicine is known as one of the better specialties when it comes to duty hours and lifestyle, which is one reason medical students are drawn into it.⁶ Many family medicine training programs are in non-metropolitan population or rural areas with lower cost of living and less strenuous commutes to the residency. In addition, practicing in rural communities often leads to higher salaries compared to larger metropolitan areas. However, the shorter length of residency training and the stress of the need to practice a full scope of medicine in a rural area, can come at a cost.

Residency provides a unique set of challenges in terms of medical education and its actual application. The size of the knowledge base, medical guidelines and recommendations, and restriction of treatment options for patients layered by concerns of physician wellness and burnout are some of the factors that a resident must learn to navigate during training. Improvements to expectations, processes, and standards are needed to ease the intersection of medical education knowledge and how resident physicians can apply what we learn. While these concerns are not necessarily unique to family medicine, family medicine should be one of the specialties that lead the way through advocacy for these changes.

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FIRST-YEAR RESIDENTS - 2023-2024

Broadlawns Medical Center | Des Moines

Jessica Aguilera, DO | A T Still University Kirksville College of Osteopathic Medicine, Kirksville, MO
 John Dahl, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Jessica Giller, MD | Texas Tech University School of Medicine, Lubbock, TX
 Carley Irlmeier, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Megan Lee, DO | A T Still University Kirksville College of Osteopathic Medicine, Kirksville, MO
 Raquel Relph, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Evelyn Shaw, DO | A T Still University Kirksville College of Osteopathic Medicine, Kirksville, MO
 Megan Slattery, DO | A T Still University Kirksville College of Osteopathic Medicine, Kirksville, MO

Genesis Quad Cities | Davenport

Ali Ilahi, MD | University of Medicine and Health Sciences, St. Kitts, West Indies
 Blain Samuelson, MD | The University of Iowa Roy J and Lucille A Carver College of Medicine, Iowa City, IA
 Jacob Staudt, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Eric Stevens, MD | University of Illinois College of Medicine at Rockford, Rockford, IL
 John Whitney, DO | Chicago College of Osteopathic Medicine, Chicago, IL
 Anna Wilcox, MD | The University of Iowa Roy J and Lucille A Carver College of Medicine, Iowa City, IA

MercyOne Des Moines | Des Moines

Robert Aghasaryan, MD | Armenian Medical Institute Faculty of Medicine
 Pedro Febo Toledo, MD | Universidad Autónoma de Guadalajara Facultad de Medicina Guadalajara
 Brittney Gee, DO | Kansas City University College of Osteopathic Medicine
 Sarah Klinger, MD | American University of the Caribbean School of Medicine
 Ayola Leitao, MD | American University of Caribbean School of Medicine
 Victor LeClair, DO | Kansas City University College of Osteopathic Medicine
 Brenden Starkey, DO | Rocky Vista University College of Osteopathic Medicine

MercyOne North Iowa | Mason City

Nimay Anand, MD | Meharry Medical College, Nashville, TN
 Cassey Jo Mae Fuller, DO | Idaho College of Osteopathic Medicine, Meridian, ID
 Brian Grose, MD | Poznan University of Medical Sciences Center for Medical Education in English, Poznan, Poland
 Cristen Kern, MD | Trinity School of Medicine, Kingstown, Saint Vincent and the Grenadines
 Raymond Michael Tamburro, MD | Washington University of Health and Sciences, San Pedro, Belize
 Justin Zubak, MD | University of Queensland School of Medicine, Herston Australia

MercyOne Northeast Iowa Waterloo | Waterloo

Melissa Andrews, MD | Medical University of the Americas (Nevis), Saint Kitts and Nevis
 Luke Hallman, MD | Creighton University, Omaha, NE
 Ajak (AJ) Mayen, MD | Medical University of the Americas (Nevis), Saint Kitts and Nevis
 Ajay Rajagopalan, MD | Univerzita Karlovy, Prague, Czechia
 Shikha Yadav, MD | Nepalgunj Medical College, Nepalganj, Nepal

Siouxland Medical Education Foundation | Sioux City

Erica Luke, DO | Western University of Health Sciences College of Osteopathic Medicine of the Pacific, Pomona, CA
 Sara Mesenbrink, MD | University of Nebraska College of Medicine, Omaha, NE
 Rebecca Steineck, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Deena Sunny, MBBS | Father Muller Medical College, Mangalore, India
 Jeremy Wright, MD | University of Nebraska College of Medicine, Omaha, NE
 Lazarus Zamora, MD | Saint Louis University School of Medicine, St. Louis, MO

UnityPoint Allen | Waterloo

Meagan Etchemendy, DO | Idaho College of Osteopathic Medicine, Meridian, ID
 Ryan Neuhaus, MD | The University of Iowa Roy J and Lucille A Carver College of Medicine, Iowa City, IA
 Oskar Wallen, MD | Umea University Faculty of Medicine, Umea, Sweden

UnityPoint Iowa Lutheran | Des Moines

Ethan Fabrizius, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Taryn Hye, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Kimberly Miller, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Michael Olivier, DO | Lake Erie College of Osteopathic Medicine, Greensburg, PA
 Hannah Pathmaperuma, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Samantha Storts, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA

The University of Iowa Carver College of Medicine | Iowa City

Emily Anderson, MD | The University of Iowa Roy J and Lucille A Carver College of Medicine, Iowa City, IA
 Maria Bianchi (Rey), MD | Universidad Central de Venezuela, Caracas, Venezuela
 Joshua Borwick, MD | The University of Iowa Roy J and Lucille A Carver College of Medicine, Iowa City, IA
 Rafik Bous, MBBCh | Cairo University Faculty of Medicine, Cairo, Egypt
 Kaitlyn Chantrey, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Kaylie Duit, MD | The University of Iowa Roy J and Lucille A Carver College of Medicine, Iowa City, IA
 Kathleen Sorensen, DO | Michigan State University, Grand Rapids, MI
 Alayna Williams, DO | Idaho College of Osteopathic Medicine, Meridian, ID

Family Medicine-Psychiatry Residency | Iowa City

Brooke Byun, MD | Washington State University, Seattle WA
 Kacie Griffith, DO | Des Moines University, Des Moines, IA

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PAIN MEDICINE

DECEMBER 16, 2023 - 8:00 AM TO NOON (ESTIMATED) | ZOOM WEBINAR | 8 CME CREDITS
\$175 FOR IAFP/AAFP MEMBERS | \$200 FOR NONMEMBERS

Easily fulfill the 60-question Knowledge Self-Assessment (KSA) with this one-day session that meets your ABFM's Family Medicine Certification Self-Assessment Activities requirement.

- Review 60 core competency questions with experienced family physician faculty, and decide the best answer with your colleagues.
- The IAFP reports your answers directly to the ABFM on your behalf.

MORE INFORMATION AND REGISTRATION CAN BE FOUND AT
[HTTPS://IAFP.ORG/KSA/](https://iafp.org/KSA/)

OUR ROLE IN EDUCATION

By Anthony Day, MD

Editor's Note: Thank you to Dr. Day for his years of serving as the Residency Representative on the IAFP Board of Directors. We have appreciated his insight, collaboration, and service.

My name is Tony Day and I have been the Family Medicine Residency program director in Waterloo, Iowa for 17 years. Given this is the annual education issue, I asked to take this opportunity to share a few thoughts on Family Medicine in Iowa. I know many of us have had concerns about the future of Family Medicine, but working on the frontlines of residency and student education, I still have a positive outlook. The last few years we have seen more medical students showing interest in full-spectrum primary care, both in rotations with us and in our residency interviews. I want to credit many of you

who routinely take medical students from the University of Iowa and Des Moines University for rotations. Nothing makes a bigger impact on students' interest in Family Medicine than working with a compassionate, comprehensive family physician. Additionally, I want to encourage those of you who are not working with students or residents to give back to our profession by getting involved with teaching and modeling great Family Medicine. For residents, you can volunteer even a half day a month to staff in a nearby residency clinic. Meeting with those resident physicians while they are

training is a great way to welcome them into the Iowa family and encourage them to stay and practice in Iowa. I know that DMU and UICCOM are always looking for family docs to take students for two or four weeks. You have so much to offer, and it doesn't have to cost you a lot of time. So please, investigate opportunities to reach out to these young developing Family Physicians.

Speaking of physicians doing comprehensive primary care, we all know that our health systems continue to push us into boxes doing one kind of



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care every day. The ABFM recently did a study with residency graduates five years out. It demonstrated that the more types of patient care family physicians do, the less they struggle with burnout. We need to push our health systems to let us keep skills like nursing home visits, newborn rounds, staffing at residency programs, doing procedures and prenatal care in our offices. And we need to create collegial relationships across our healthcare systems. The competitive approach of our healthcare systems is dividing us as family physicians. Collegial relationships are imperative to maintaining the prominent position in the healthcare system that we need to have. Our patients benefit when we work together to improve our communities and deliver high-quality care, but the systems box us into our practice and divide us from each other.

This is getting worse, in my opinion, so I encourage all of you to reach out to your colleagues in Family Medicine.

Finally, one of the best ways to build collegial relationships and encourage new family physicians in Iowa is to get involved with your Academy. Having been the Residency Program Director member on the Iowa Academy Board the last five years, I know first-hand how committed the Board is to Iowa family physicians and our patients. Come to the excellent CME the IAFP offers. Go to district CME dinners and interact with your colleagues. Offer to mentor new physicians in Iowa or partner with rural physicians practicing without colleagues. Donate to the Foundation for student and resident outreach programs. Lobby with the Board members for Family Medicine

in Iowa. Everyone feels that they don't have time, but we simply don't make time. Our lives are as full and busy as we choose to make them. Give a little time to each other, to students and residents, to the Iowa Academy and you will be richer for it. My seventeen years back in Iowa have proven it over and over.

For those of you that have not heard, I am moving to Nashville in November of this year. We have grandchildren spread from eastern West Virginia to Des Moines, so Nashville puts us "in the middle" where we can see all of them much easier. But I will still be involved in teaching Family Medicine in a newer residency in Nashville.

Best wishes,
Tony



IAFP SEPTEMBER MEMBER MEET-UP

WEDNESDAY, SEPTEMBER 27 | BIAGGI'S IN CEDAR RAPIDS

6:30 pm - Networking Reception

7:00 pm - 1 hour CME Presentation on Physician Wellness

IAFP is coming to eastern Iowa! You are invited to join the IAFP for a CME Member Meet-Up on Wednesday, September 27th at Biaggi's in Cedar Rapids.

The event begins at 6:30 p.m. with a networking reception followed by a presentation at 7:00 by Dr. Gerard Clancy titled: More Than Burn-Out (MTBO): Health Workforce Retention and Well-being Strategies in the Post Pandemic Era.

FEE AND REGISTRATION: There is a \$25 registration fee. Food and drinks will be provided.

REGISTER BY SCANNING THE QR CODE IN THE CORNER OR ONLINE AT:

<https://iaafp.org/Education/>

LOCATION: Biaggi's | 320 Collins Rd NE | Cedar Rapids, IA 52402

CME INFORMATION

TITLE: More Than Burn-Out (MTBO): Health Workforce Retention and Well-being Strategies in the Post Pandemic Era

Learning Objectives: Upon successful completion of this activity, participants should be able to:

1. Recognize the impact of the pandemic and society's response on clinician safety, well-being and retention.
2. Apply new knowledge to assist in the building of improved systems for clinician safety, well-being and retention.

FACULTY:

Gerard Clancy, MD Professor of Psychiatry and Emergency Medicine, Senior Associate Dean, University of Iowa Health Care

We hope to see you there!



NATIONAL CONFERENCE OF CONSTITUENCY LEADERS

By Savannah Marker, DO, R2, Broadlawns

Thanks to the Iowa Academy of Family Physicians, I was able to attend the National Conference of Constituency Leaders (NCCL) held in Kansas City. This conference is the AAFP's main leadership and policy development for underrepresented constituencies. Those constituencies included women, minorities, new physicians, international medical graduates, and LGBTQ+ physicians or physician allies.

For three days, I joined the women's constituency. We discussed issues that related to our female patients and to us as women in medicine. We teamed up with other constituencies to write resolutions that may help guide current stances and policy of the AAFP. I was able to assist in writing my first resolution that aimed to decriminalize physicians or anyone who assisted women in their legal reproductive rights across state lines.

This conference was my first exposure to the national level of family physician policy making. I gained confidence in my ability to advocate for my patients and my profession. I was able to meet family physicians from around the US and build relationships with physicians from our state. My advice to anyone considering attending national or local conferences is to go, learn, and have fun. I'll see you in November for the IAFFP Annual Conference!





The impact of exceptional senior care

The Good Samaritan Society is proud to provide comprehensive services to health care partners nationwide. With a commitment to quality, we believe that relationships, collaboration and human connection are essential in providing compassionate care.

Our expansive footprint ensures we have the expertise to provide residents and clients with a smooth transition through various levels of care. And as an affiliate of Sanford Health, a leading health care organization, we have access to a vast wealth of educational training and resources making us the right choice for health care providers and their patients.

Our integrated approach means we're improving the quality of life and well-being of our residents and clients and developing better standards of care across our communities. Services vary by location but may include:

- **Assisted living** – Convenient, maintenance-free living with services, amenities and security features to help residents live vibrantly.
- **Home-based services** – Customized, in-home medical or non-medical care within the comfort of a person's home with extra support for meals, medications and more.
- **Long-term care** – 24-hour care and services for those who need the assistance of licensed nursing or rehabilitative staff.
- **Rehab therapy** – Quality inpatient or outpatient services using physical, occupational and speech therapies to enhance recovery after a hospitalization, illness or injury.

The help your patient needs, when and where they need it.

You can be assured that we will be there for your patient every step of the way, supporting their physical, emotional and spiritual well-being and safety. Learn more about each of our services below.

Assisted living

When a person's health and personal needs change, assisted living provides extra support, so they can have their needs met in a comfortable environment. Assisted living empowers residents to lead an active, social lifestyle in a community that offers safety and security with supportive services available should the need arise.

Home-based services

Home-based services encompass a wide range of offerings from medical care and rehabilitation therapies to assistance with everyday household activities and shopping. These services are provided to people of all ages in their homes.

Inpatient and outpatient rehab therapy

Our rehabilitation services are for people of all ages who would benefit from additional therapy to enhance recovery after a hospitalization, illness or injury.

Our Medicare-certified inpatient and outpatient rehab programs feature therapy gyms and include physical, occupational and speech therapy. We offer tailored services to meet the patient's needs.

Long-term care

We offer around-the-clock care that supports our residents and meets their needs. We help anyone in need of long-term care, including rehabilitation therapy or skilled nursing care.

Our long-term care communities offer:

- On-site licensed therapists
- Social and spiritual activities
- Around-the-clock, personalized care
- Nutritious meals
- Barbershops and salons
- Care planning with residents' family

All in one place

Our goal is to provide the care and services our residents need to live their best life. We strive to deliver the highest quality of care to each resident and are dedicated to enhancing their lives by giving attention to the finer details of everyday life so they get the time and opportunities to focus on what matters most to them.

For more information on the services we offer, and to learn how to refer a patient, visit our referral partners page at good-sam.com.

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2023 STRATEGIC PLANNING

The IAFP board and staff spent a day together this August focused on strategic planning.

Board members began by reflecting on the successes of the past two years, reviewing comments from the summer member survey, then identifying those forces impacting the lives of Iowa family physicians. For the next two years, the strategic focus areas and objectives include:



Workforce

- Develop a rural physician support system
- Develop a private practice/ independent physician support system
- Establish an IMG mentorship program



Member Engagement

- Diversify methods of communication
- Develop issue groups to foster networking and engagement
- Revamp/reorganize the IAAFP website based on goals for members



Education

- Create an online library for required CME
- Include education in our printed material
- Host short, local CME across the state and pertinent to Iowa



Pathway

- Collaborate with Health Occupations Students of America to develop programs specific towards a career in Family Medicine
- Connect with Iowa college advisors and offer programming about family medicine
- Develop materials for Family Physicians to share with primary schools



Advocacy

- Support you to practice at your highest level
- Solidify a process to identify those issues that support all Family Physicians in Iowa
- Support evidence-based care

The Board of Directors will develop objectives for these focus areas in the coming weeks using the SMARTIE framework (Specific, Measurable, Achievable, Realistic, Time-bound, Inclusive, and Equitable). Once complete, the full strategic plan will be shared with members on the website and in newsletters and publications.



IAFP board members and staff spent a day developing IAFP's new strategic plan. We are excited to start implementing the new ideas. We plan to share more about the strategic plan in future magazines.

FALL 2023 OFFICE NEWS

By Sonia Bell, MBA, Executive Vice President

In my first months as Executive Vice President, I've been so impressed by the dedication and passion our Board, members, residents, students, and staff have for our mission and their devoted work to improve the health and well-being of families across Iowa. Everyone dove into the work alongside me in my first weeks, from executive committee meetings to Diversity, Equity, and Inclusion (DEI) task force work to streamlining operations and meeting our partners across the state. During this time, we also continued our work on the pediatric mental health care grant with the Iowa Chapter of the American Academy of Pediatrics (AAP), attended National Conference, and hosted a successful strategic planning meeting.

I can't thank our staff, Katie and Kelly, enough for their collaboration and guidance through my first months. They patiently answered my questions and worked alongside me as I oriented to IAFP, then eagerly dug in on the ideas and new projects thrown their way. They possess a wealth of information about IAFP and are incredibly dedicated to its mission and serving our members. I am grateful to be supported by such a fantastic team!

Our Board, Dr. Ganske, and our Executive Committee have been incredible mentors

through my first in-person meeting with everyone at ACLF-NCCL, then subsequent transition into the role through the summer. And, of course, IAFP is where it is today with the leadership and guidance of my predecessor, Pam Williams. Not only did she leave us with a successful and well-managed organization, but she also worked with me in June to ensure a smooth transition. She continues to advise and lend her expertise whenever we need anything. I am privileged to experience such a positive, supportive transition and am honored at the chance to try and fill her shoes! Thank you for all you've done for AAP and IAFP throughout your career, Pam.

PEDIATRIC MENTAL HEALTH CARE GRANT

One of our proudest accomplishments this quarter was continuing our work with AAP to expand pediatric mental health initiatives throughout Iowa. With this funding, we increased educational programming and shared new resources to better serve the needs of children and families struggling with mental health challenges. We are deeply grateful for the support of our partners in this effort and look forward to the positive impact this grant will have on our communities.



NATIONAL CONFERENCE

I had the opportunity to attend AAFP's National Conference of Family Medicine Residents and Medical Students in Kansas City this July, with all our Iowa residency programs hosting booths in the Exhibit Hall and an incredibly popular reception one evening with the Oklahoma chapter. We had over seventy medical students, residents, and faculty attend the reception, and I appreciated the wonderful conversations and ideas heard. The future of family medicine in Iowa is bright with this many passionate and dedicated students, residents, faculty, and program staff! Don't miss all the great photos from our program booths and the reception on page 10.

IMPORTANT DEA LICENSE UPDATE

In December 2022 Congress passed the MATE Act, which imposes a one-time eight-hour training requirement for physicians and other clinicians who register or renew a DEA license to prescribe controlled substances in schedules II, III, IV or V. **Effective June 27, 2023**, prescribers with a DEA license will be required to complete a total of eight hours of training on opioids and other substance use disorders prior to renewing or obtaining their DEA license. The required training focuses on "treatment and management of patients with opioid or other substance use disorders, or the safe pharmacological management of dental pain and screening, brief intervention, and referral for appropriate treatment of patients with or at risk of developing opioid or other substance use disorders."

Be sure to check out resource page for further details and available courses! <https://iaafp.org/MATE-training/>.

STRATEGIC MEETING

We held a strategic planning meeting in August to assess our progress and update IAFP's course for the future. The Board of Directors, our staff, and partners from Cornerstone Government Affairs worked together to reflect on our accomplishments, identify challenges, and set goals for the coming months and years. Through thoughtful discussion and collaboration, we developed a comprehensive plan to guide our work and help us achieve our vision of a healthy and thriving organization. Pages 20 and 21 detail the work accomplished during this session and our strategic plan for the future.

Overall, the past three months have been a time of significant progress and achievement for the Iowa Academy of Family Physicians. We remain committed to improving the health and well-being of families across the state, and we look forward to continuing our work in the months and years to come. We are grateful for the support of our partners, members, and community, and we will continue to work tirelessly to ensure that all Iowans have access to the high-quality healthcare they deserve.

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DON'T MISS THESE UPCOMING EVENTS!

Please visit our website at <https://iaafp.org/Education/> to register for these upcoming events!

September Member Meet-Up

If you are on the state's East side, please join us at Biaggi's in Cedar Rapids for a presentation on physician well-being and time to network with your fellow members. \$25 covers the cost of CME and food and drinks.

2023 Fall Getaway in Galena

We are thrilled to offer a Fall CME Getaway in beautiful Galena, Illinois, in October 2023! Eagle Ridge Resort & Spa has something for the whole family. You can go horseback riding, unwind at the spa, hit the greens, or enjoy a dip in the pool.

IAFP Annual Conference-Celebrating 75 Years!

IAFP is celebrating 75 years at its Annual Conference November 16-18 at the West Des Moines Sheraton. Featuring special guest speakers, a great line-up of educational sessions, exhibits, and the ever-popular Resident Medical Jeopardy Throwdown, it's sure to be an event to remember. Be sure to register today to secure your spot!

FMAS



From left to right: Laura Bowshier, MD (IAFP Board Chair); Drew Amador, MD (Resident Attendee); Andrea Fjelstul-Bonert (Student Attendee); Kate Hanrahan, MD (IAFP President-Elect); Corrine Ganske, MD (IAFP President); Pam Williams, (IAFP EVP 2010-2023); Jeff Hoffmann, DO (IAFP Advocacy Committee Co-Chair); David Carlyle, MD, (IAFP Advocacy Committee Co-Chair); Alexander Dresden, DO (Resident Attendee)

Iowa sent a delegation to the AAFP Family Medical Advocacy Summit and State Legislative Conference that was held in Washington D.C. in May. They learned about AAFP advocacy efforts, State advocacy issues, and had the opportunity to meet with Iowa's Representatives and Senators.

FMAS from the Resident Perspective

Iowa sent a delegation to the AAFP Family Medical Advocacy Summit that was held in Washington D.C. in May. They learned about AAFP advocacy efforts, State advocacy issues, and had the opportunity to meet with Iowa's Representatives and Senators. Every year, IAFP is thrilled to bring a student and resident member along with the group. After the event, we ask them to reflect on their experience.

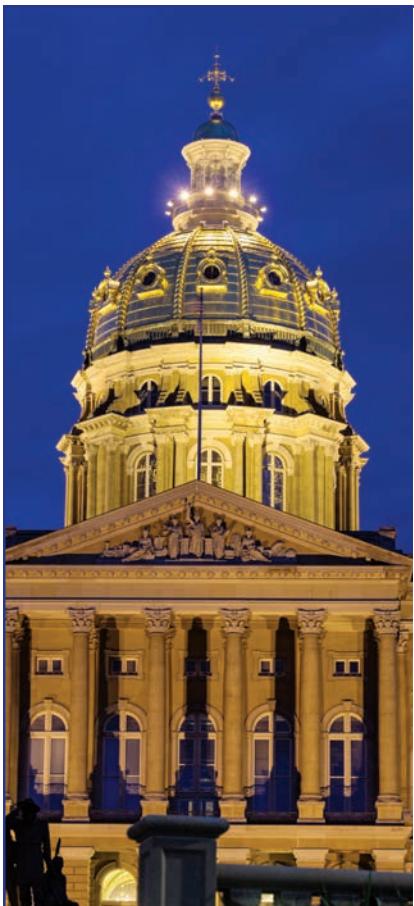
Walking along the west face of the capitol building and seeing the scaffolding enveloping it was a grim reminder of the importance of democracy. During the FMAS conference, a poll was cited that said only 11% of constituents believe that their representatives care what they think. Going to the FMAS was an eye-opening experience for me to get an inside look at the lawmaking process and to see our representatives as people. During the conference we advocated on your behalf for adjusting Medicare reimbursements, simplifying the prior authorization process for Medicare, and increasing the physician workforce by stabilizing funding for GME programs. Overall, our representatives across the state were all very receptive and earnest in hearing what we think. Walking away from each meeting, whether in a hallway outside a televised committee meeting or in a grand conference room with large portraits of important people looking down, I was struck by how busy each representative is and impressed by how they conveyed earnest sincerity while we gave them our ask. I don't know what will ultimately come from what we did, but watching the broadcast 2 years ago in January assures me that this process is more important than ever to engage in. Approximately 95% of surveyed representatives care about what constituents think and they really do read your emails to them. Find your ask and share your story! Only you can stop wildfires and only you can advocate for yourself and your patients!

- Alexander Dresden, DO, PGY3, University of Iowa



Thank you so much to our 2023 PrimCare PAC Donors:

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WHAT IS THE IAFP PRIMCARE PAC? IAFP PrimCare PAC is the state political action committee of the Iowa Academy of Family Physicians. The PAC is a special organization set up to collect contributions from a large number of people, pool those funds and make contributions to state election campaigns.

WHERE DOES MY DONATION GO? IAFP PrimCare PAC will make direct contributions to candidates for the Iowa General Assembly (either State House of Representatives or State Senate), and statewide offices. Contribution decisions are made in a nonpartisan way based on candidates' positions, policies and voting records as they relate to family physicians and our patients. Direct contribution decisions are made by the PAC Committee.

I ALREADY PAY MY DUES—ISN'T THAT ENOUGH? Election laws prohibit the use of membership dues for donations to political candidates. Funds to be used for donations to candidates must be raised separately from membership dues. Voluntary PrimCare PAC donations are what will enhance IAFP's clout in the elections and with elected members of the Legislature.



IAFP PRIMCARE PAC DONATION:

- \$1000 PLATINUM MEMBERSHIP
- \$750 GOLD MEMBERSHIP
- \$500 SILVER MEMBERSHIP
- \$250 BRONZE MEMBERSHIP
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Contributions to PrimCare PAC are not deductible for federal income tax purposes. Voluntary political contributions by individuals or an LLC to PrimCare PAC should be written on a PERSONAL CHECK OR PERSONAL CREDIT CARD. Funds from corporation cannot be accepted by the PAC. Contributions are not limited to suggested amounts. The Iowa Academy of Family Physicians will not favor nor disfavor anyone based upon the amount of or failure to make a PAC contribution. Voluntary political contributions are subject to limitations of FEC regulations.

MAIL FORM & PAYMENT TO: IAFP, 1515 LINDEN STREET, SUITE 220 | DES MOINES, IA 50309

2023 IAFP ANNUAL CONFERENCE

SCHEDULE OF EVENTS | NOVEMBER 16-18, 2023

THURSDAY, NOVEMBER 16

IAFP BUSINESS MEETINGS

- 9:00 am Foundation Board Meeting
 10:30 am Education and Membership Committee Meetings
 12:30 pm Advocacy Committee Meeting
 2:30 pm Board Meeting

ANNUAL CLINICAL EDUCATION CONFERENCE OPENS

- 4:00 pm Registration
 5:00 pm Annual Business Meeting
 5:45 pm Welcome/Introductions & Overview
 6:00 pm **Practical Aspects of Asthma Management**
 Douglas B Hornick, MD, Clinical Professor Department of Internal Medicine/Pulmonary Division, University of Iowa Carver College of Medicine, Iowa City, IA
 6:30 pm **The Skinny on Weight Management Medications**
 Katherine White, MD, MME, FACP, Fellow, American Board of Obesity Medicine, Clinical Associate Professor, General Internal Medicine, University of Iowa Hospitals and Clinics, Iowa City, IA
 7:00 pm Question and Answer/Panel Discussion
 7:15 pm **Gun Violence Prevention in Youth**
 Cecilia Redmond-Norris, MD, Medical Director, Iowa City Free Medical Clinic, Iowa City, IA
 7:45 pm **Food Allergy Diagnosis**
 Vuong Nayima, DO, President, Iowa Allergy, Asthma, & Immunology PC., West Des Moines, IA
 8:15 pm Question and Answer/Panel Discussion
 8:30 pm Recess
 8:45-9:15 pm **2023 Donor Appreciation Reception**
 In recognition of 2023 Donors of the IAFP Foundation, Rural Loan Repayment Program and PrimCare PAC

* Members must have donor ribbon to attend

FRIDAY, NOVEMBER 17

- 7:00 am Registration
 7:00-8:30 am Breakfast in Exhibit Hall
 7:55 am Introductions and Announcements
 8:00 am **Dementia Update**
 Yogesh Shah, MD, MPH, FAAFP, Chief Medical Officer, Broadlawns Medical Center, Des Moines, IA
 8:30 am **Common Apophyseal and Physeal Injuries**
 Shaun Spooner, MD, FAAFP, Family Medicine / Sports Medicine, UnityPoint Clinic Urbandale, IA
 9:00 am Q & A/Panel Discussion
 9:15 am Break – Exhibit Hall
 9:35 am **Incorporating Continuous Glucose Monitoring into Your Clinic**
 Leslie Eiland, MD, Associate Professor of Medicine Division of Diabetes, Endocrinology & Metabolism, Medical Director, Endocrine Telehealth Program, Medical Director of Patient Experience & Digital Health, University of Nebraska Medical Center, Omaha, NE
 10:20 am **My Journey to Direct Care**
 Rinku Mehra, MD MBA, CEO and Founder The Mehra Clinic, PLLC , Pediatric Endocrinology Direct Care Serving VA, MD, IA, FL
 10:50 am Resident Case Presentation
 11:05 am Q & A/Panel Discussion
 11:20 am **Lunch and Keynote Presentation: AAFP UPDATE**
 Steven P. Furr, MD, FAAFP, AAFP President, Jackson, AL
 12:20 pm Visit Exhibits
 12:50 pm **JOURNAL CLUB LIVE**
 Jill Endres, MD, MS, Clinical Professor of Family Medicine; Mark Graber, MD MSHCE FACEP, Emeritus Professor of Emergency Medicine, and Jason Wilbur, MD, FAAFP, Clinical Associate Professor, Department of Family Medicine, University of Iowa Carver College of Medicine, Iowa City, IA
 2:05 pm Q & A

2:20 pm **Obesity Medications in Pediatrics**

Rinku Mehra, MD MBA, CEO and Founder The Mehra Clinic, PLLC , Pediatric Endocrinology Direct Care Serving VA, MD, IA, FL

3:20 pm Q & A

Break in Exhibit Hall

4:00 pm **Fentanyl Awareness Panel**

Kevin Gabbert, LISW, IADC, Opioid Initiatives Director Iowa Department of Health and Human Services Des Moines, Iowa and Deric Kidd - Co-Founder of Become Their Voice, Des Moines, IA

5:00 pm Recess for the Day

5:30 pm **Reception/Resident Medical Jeopardy**

Banquet Reception

6:00 pm Installation & Awards Banquet

9:00 pm Post-Banquet Reception

SATURDAY, NOVEMBER 18

- 7:15 am Past President's Breakfast
 7:30 am Breakfast for Registrants
 8:00 am **How My Prescribing of Controlled Substances Has Changed Over the Years**
 Steven P. Furr, MD, FAAFP, AAFP President-elect
 9:00 am Q & A/Panel Discussion
 9:15 am Break
 9:30 am **Practical Approaches to Acute Pain Management**
 Stephen Brunton, MD, FAAFP, FRACGP, CDECS, Executive Vice President, Primary Care Education Consortium, Executive Director, Primary Care Metabolic Group, Fairfield Medical Associates, Winnsboro, SC
 This presentation is sponsored by the Primary Care Education Consortium and supported by an educational grant from Kowa Pharmaceuticals.
 10:30 am **Updates in Heart Failure**
 Jennifer Goerbiger-Campbell, MD, MercyOne Iowa Heart Center, Advanced Heart Failure Cardiologist, Chief Medical Officer Cardiology, Fellowship Program Director, Des Moines, IA
 11:10 am Adjourn

SPECIAL GUEST SPEAKERS



STEVEN P. FURR MD, FAAFP

Steven P. Furr, MD, FAAFP, a family physician in Jackson, Alabama, is the current President of the AAFP. Dr. Furr is the co-founder of Family Medical Clinic of Jackson, which also supports a small rural hospital and a local nursing home. Furr has cared for patients for more than 35 years, including obstetrics care for more than 25 years. He is a certified medical director, as well as a certified medical examiner.



RINKU MEHRA MD, MBA

Rinku Mehra, MD, MBA, practices Pediatric Endocrinology in Northern Virginia, the same area in which she was raised. After completing her undergraduate education and medical school at the University of Virginia, she ventured to Rush University Medical Center in Chicago for her residency, followed by a Pediatric Endocrinology fellowship at the University of Iowa. She is board-certified in Pediatric Endocrinology and in Obesity Medicine.

CONFERENCE INFO

CONFERENCE LOCATION/HOTEL INFO.

**Sheraton West Des Moines Hotel | 515-223-1800
1800 50th Street | West Des Moines, IA 50266**

Special Conference room rates are \$122 single/double + tax per night. Please identify yourself as part of the Iowa Academy of Family Physicians when booking a room to receive special room rates. Reserve your room before November 2, 2023 to receive this rate.

CERTIFICATE OF ATTENDANCE

Upon completion of the conference please complete the CME card in your packet and return it to staff at the registration desk. IAFP staff will report your CME to the AAFP and e-mail your certificate the following week.

EDUCATIONAL OBJECTIVES

At the conclusion of this conference the participant should be able to:

- Review practical clinical information helpful in diagnosis
- Apply current clinical concepts in family medicine
- Integrate advanced knowledge and skills with professional performance, thereby furthering excellence in health care

Specific objectives for each topic will be included on the syllabus.

ATTENDEES WITH SPECIAL NEEDS

The Iowa Academy of Family Physicians will make every effort to accommodate registrants with special needs. Please let us know if you have an ADA disability that we should be aware of when you attend our conference.

TARGET AUDIENCE

This program is intended for family physicians, residents, students, physician assistants and nurse practitioners. Faculty will use lectures, augmented by audio-visual aids as well as interactive discussions.

EXHIBITS

Take time to spend with our exhibitors this year. You can learn about new products/services offered by exhibiting companies and thank them for exhibiting and supporting IAFP CME activities. It's due to their support the IAFP can offer quality CME and at the same time keep registration fees at an affordable rate.

EXHIBITORS

Thank you to our current exhibitors. [AS OF AUG. 28, 2023]

- AbbVie • Aledade Inc. • Abbott Rapid Diagnostics
- Army Healthcare Recruiting • Boehringer-Ingelheim
- COPIC • Curana Health • Docs Who Care
- Gundersen Health System • Idorsia
- Iowa Beef Industry Council • Iowa Cancer Consortium
- Iowa Maternal Quality Care Collaborative
- Novavax • Oasis Health Partners • Organon
- The Iowa Clinic • UCS Healthcare • UnityPoint Health
- University of Iowa Department of Family Medicine
- Wolfe Eye Clinic

2023 IAFP SUPPORTERS

- Iowa Beef Industry Council
- McFarland Clinic
- Wellmark

EDUCATION COMMITTEE

We would like to express our appreciation to the members of the 2022-2023 Education Committee. Without their hard work and dedication this meeting would not be possible.

- Laura Abels, DO • Jim Bell, MD • George Bergus, MD
- Sherry Bulten, MD • Elise Duwe, MD
- Mara Groom, DO (chair)* • Kate Hanrahan, MD*
- Jeffrey Hoffmann, DO • Amr Kamhawy, MD
- Dave Larson, MD • Sarah Ledger, DO*
- Douglas Martin, MD • Noreen O'Shea, DO
- Sarah Olsasky, DO • Doug Peters, MD • Dean Moews, MD*

*Denotes Subcommittee

CONFERENCE HIGHLIGHTS

- **THREE-YEAR CURRICULUM CYCLE** – The Education Committee uses a very strategic approach to planning The Annual Clinical Education Conference based on a three-year curriculum that covers the practice areas that comprise the discipline of family medicine. By attending three years in a row you will have received a review and update in many of the areas within the discipline.
- **RESIDENT MEDICAL JEOPARDY COMPETITION** – You won't want to miss this exciting and fun competition that has quickly become a highlight of the conference! IAFP member Doug Martin, MD develops the questions and will MC the event. Cheer on your favorite team to victory.
- **BANQUET (additional fee)** – We hope you and your guests will join us for the banquet and support IAFP leadership and members as Corrine Ganske, MD turns over the reigns as IAFP President to Kate Hanrahan, MD. Help us to honor the new Iowa Family Physician and Educator of the Year, pay tribute to those receiving the Lifetime Achievement Award, recognize our outstanding residents and medical students who receive the Farm Bureau Scholarships, confer AAFP Fellows, and enjoy the company of your peers over a delicious meal.
- **PHOTOGRAPHY AND RECORDING** – The IAFP may take photographs and/or record audio and video at this event. By attending, you consent to the use of photographs, audio, and video recordings of you by the IAFP and its designees in IAFP communications and promotions, or for any other lawful purpose.



CME STATEMENT

The AAFP has reviewed 75th Annual Clinical Education Conference and deemed it acceptable for up to 13.75 Live AAFP Prescribed credits. Term of Approval is from 11/16/2023 to 11/18/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

2023 ANNUAL CONFERENCE REGISTRATION FORM

Name _____ Spouse/Guest Name (s) (if attending) _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Additional Accommodations (Vegetarian Diet, Food Allergies, Other) _____

Exhibitor and Attendee list Opt In

- Opt In:** Include my name, city, and state on the attendee list
 Opt In: Receive communication from exhibitors, supporters, in-kind support

A. THURSDAY, FRIDAY & SATURDAY NOVEMBER 16-18 CME REGISTRATION FEES:

Registration Type	Early Fee (Until 10/15/2023)	Regular Fee (Starting 10/16/2023)
Active Member	\$345	\$375
New Physician Member (< 7 yrs in practice)	\$275	\$275
Life/Inactive Member	\$240	\$240
Resident/Student Member	N/C	N/C
PA/NP who works with an AAFP member	\$345	\$375
Non-Member (includes PA/NP)	\$445	\$475

IMPORTANT: The syllabus will be available online prior to the conference for you to download and/or print free of charge. NO PAPER COPIES WILL BE PROVIDED.

To help with meal and material counts please select which sessions you will attending.

- Thursday Evening Friday Saturday Morning None of the options listed above

Total Section A: _____

B. FRIDAY INSTALLATION/AWARDS BANQUET:

Friday Evening, Installation/Awards Banquet: (\$50 for registered attendee) Yes _____ No _____
 Spouse/Guest Banquet Fee @ \$85 per person Number of guests for Friday Banquet _____

Total Section C: _____

C. DONATIONS:

- Rural Primary Care Loan Repayment Program in the Amount of:
 \$ _____
- IAFP PrimCare PAC Donation in the Amount of:
 \$ _____
- Foundation Donation in the Amount of:
 \$ _____

Total Section C: _____

D. PAYMENT:

- Section A: \$ _____
 Section B: \$ _____
 Section C: \$ _____
 Total Due: \$ _____

REGISTER TODAY! 2 EASY WAYS TO REGISTER

MAIL COMPLETED REGISTRATION FORM WITH PAYMENT TO:
 IAFP | 1515 Linden Street, Suite 220 | Des Moines, IA 50309

REGISTER ONLINE AT: www.iaafp.org/2023-Annual-Conference

CANCELLATION POLICY

A \$50 administrative fee will apply to all cancellations from date of registration up to and including 15 days prior to the start of the conference. Due to financial obligations incurred by the Iowa Academy of Family Physicians no refunds or credits will be issued on cancellation requests received less than 15 days prior to the start of the event. In the event of cancellation of the conference, a full refund will be provided.



SCAN ME!

For more details on the 2023 Annual Conference schedule, speakers and much more!

IOWA ACADEMY OF FAMILY PHYSICIANS

2023 GALENA FALL CME GETAWAY

Join us October 6-8, 2023 at Eagle Ridge Resort & Spa
for the 2023 Galena Fall CME Getaway



WE ARE THRILLED to be offering a Fall CME Getaway in beautiful Galena, Illinois in October of 2023! Eagle Ridge Resort & Spa has something for the whole family. You can go horseback riding, unwind at the spa, hit the greens, or enjoy a dip in the pool. Check out the resort website (eagleridge.com) for all the available activities and to view photos of the accommodations. We hope to see you there.

ABOUT THE RESORT: Tucked among The Galena Territory's 6,800 rolling acres of pristine woodlands and open countryside, Eagle Ridge Resort & Spa offers "country elegant" hotel accommodations and rental homes and villas only minutes from the quaint shopping and dining of Galena, Illinois. Eagle Ridge Resort is a gateway to boundless adventures and activities, from four award-winning championship golf courses and the luxurious Stonedrift Spa to tennis, boating, fishing, riding, and even hot air ballooning!

RATES: We are pleased to offer a rate of \$219.00 per night for a King or Queen/Queen in the Inn. We are also excited to offer special rates of \$269.00 for a one-bedroom villa and \$329.00 for a two-bedroom villa. All room rates are quoted exclusive of applicable state and local taxes, currently 11%, as well as the resort amenity fee.

HOTEL RESERVATIONS must be made directly with the resort at 1-800-892-2269. Please tell them you are with the IAFP room block to receive the discounted room rate.

CME REGISTRATION: You can register for the CME Portion of the meeting by going to the IAAFP website (iaafp.wufoo.com/forms/z3w8kaz1qhc4so/) The CME program will take place over three half-day sessions that will be held Friday afternoon, Saturday morning, and Sunday morning.

CME REGISTRATION FEES: IAFP/AAP Member - \$395.00 Non-Member - \$450.00

Name _____

Email _____

Street Address _____

City _____

State _____

Zip _____

Phone# _____

MAIL PAYMENT TO: IAFP, 1515 Linden Street, Ste 220, Des Moines, IA 50309 or register online at iaafp.org/Galena
For additional information please check out iaafp.org/Galena

PEDIATRIC MENTAL HEALTH CARE ACCESS PROGRAMS

The Iowa Pediatric Mental Health Collaborative supports primary care providers in their treatment of children and youth with mild to moderate mental health needs within their medical home. Project activities include webinars and trainings, consultations with a University of Iowa child and adolescent psychiatrist and expanding access to telepsychiatry services.

Workforce Development- Webinars and Trainings

Approximately ten webinars are held each year on topics specific to children and youth with mental health diagnoses including anxiety and depression, behavior problems, eating disorders, and adverse childhood experiences. All webinars offer participants Continuing Education credit.

In addition, trainings on evidenced-based child and adolescent therapies are offered including, IoWA Parent-Child Interaction Therapy, Trauma Focused Cognitive Behavioral Therapy, Parent Management Training, Unified Protocol for Children and Adolescents and Collaborative and Proactive Solutions.

Consultations

Primary care providers can consult with a University of Iowa Child Psychiatrist 24 hours a day, 7 days a week through UI Consult.

Common questions include:

- Are there other medication options for this specific clinical problem?
- What guidance can I give parents?
- Are there resources for a specific clinic problem?
- What is an approach to use for a child having school issues?
- What screening tools could I use?

Consult with a child and adolescent psychiatrist 24/7
800-322-8442

The Iowa Pediatric Mental Health Collaborative provides mental health resources for health care providers.



Telepsychiatry

The Iowa Pediatric Mental Health Collaborative strengthens Iowa's existing child psychiatry telehealth network by providing direct services to children and youth with moderate to severe mental health needs.

Program staff have also developed an **online resource** and **referral database**. Visit www.chsciowa.org for more information.



Division of Child and Community Health

The Iowa Academy of Family Physicians is pleased to be able to partner with the Iowa Chapter of the American Academy of Pediatrics to increase awareness of and access to Pediatric Mental Health Care Access (PMHCA) programs to Iowa family physicians, pediatricians and other primary care providers, and support efforts to advance the sustainability of PMHCA programs. This is made possible through a grant from the American Academy of Pediatrics (AAP) who is partnering with the Health Resources and Services Administration (HRSA) to provide grant funding to AAFP chapters. Please look for more information in the magazine, on our website and stay tuned for information about upcoming webinars that will provide details about Pediatric Mental Health Care Access programs in Iowa.

IAFP OFFERING ON-DEMAND CME

The IAFP is excited to bring you a wide variety of on-demand webinars on our website to meet your CME needs anytime, anywhere.

ON-DEMAND IAFP END OF LIFE CARE COURSE

COST: \$40 IAFP/AAFP MEMBERS
\$50 NON-MEMBERS

ON-DEMAND EVIDENCE BASED CARE OF CHRONIC PAIN COURSE

COST: \$40 IAFP/AAFP MEMBERS
\$50 NON-MEMBERS

FMCSA MEDICAL EXAMINER CERTIFICATION TRAINING COURSE

COST: \$325 AAFP MEMBER (OR ARNP OR PA THAT WORKS WITH AN AAFP MEMBER)
\$295 AAFP RESIDENT OR NEW PHYSICIAN MEMBER
\$400 NON-MEMBER

TO GET MORE INFORMATION OR TO REGISTER, VISIT
WWW.IAAFP.ORG/EDUCATION

NEW MEMBERS

Active

Scott Hanson, DO, Winterset

Residents

Nimay Anand, MD, MercyOne North Iowa
Meagan Etchemendy, DO, UnityPoint Allen
Ethan Fabrizius, DO, UnityPoint Iowa Lutheran
Cassey Jo Fuller, DO, MercyOne North Iowa
Brian Grose, MD, MercyOne North Iowa
Taryn Hye, DO, UnityPoint Iowa Lutheran
Cristen Kern, MD, MercyOne North Iowa
Erica Luke, DO, University of Iowa Healthcare - Sioux City
Sara Mesenbrink, MD, University of Iowa Healthcare - Sioux City
Ryan Neuhaus, MD, UnityPoint Allen
Michael Olivier, DO, UnityPoint Iowa Lutheran
Hannah Pathmaperuma, DO, UnityPoint Iowa Lutheran
Rebecca Steineck, DO, University of Iowa Healthcare - Sioux City
Samantha Storts, DO, UnityPoint Iowa Lutheran
Deena Sunny, MD, University of Iowa Healthcare - Sioux City
Raymond Tamburro, MD, MercyOne North Iowa
Oscar Wallen, MD, UnityPoint Allen
Jeremy Wright, MD, University of Iowa Healthcare - Sioux City
Lazarus Zamora, MD, University of Iowa Healthcare - Sioux City
Justin Zubak, MD, MercyOne North Iowa

Students

Shaelyn Adams, Des Moines University
Muhammad Aftab, University of Iowa
Hend Al-Kaylani, University of Iowa
Jayden Amsler, University of Iowa
Maura Benson, Des Moines University
Mounica Bevara, Des Moines University
Claire Boettcher, University of Iowa
Ryan Bonthius, University of Iowa
John Buckner, University of Iowa
Rebecca Bushbaum, University of Iowa
Martin Goree, University of Iowa
Kaleigh Haus, Des Moines University
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Sonia Martinez, Des Moines University
Sierra O'Sullivan, Des Moines University
Cole Pennock, University of Iowa
Nicholas Pitcher, University of Iowa
Doris Rapp, Des Moines University
Dev Sheth, University of Iowa
Aravin Sivamurugan, University of Iowa
Emilio Tovar, University of Iowa
Aneli Villa, University of Iowa
Noah Wick, University of Iowa

In Memorium



*Fred Ashler, MD
Past President 1974-1975*



Don Rodawig, Jr., MD, FAAFP

I'd like to educate my staff about HIV—where do I start?

The Bureau of HIV, STI, and Hepatitis at Iowa HHS is here to help!

Did you know?

The Bureau of HIV, STI, and Hepatitis has an entire team dedicated to providing health education for clinicians! We're called **regional health specialists**—and we're located all throughout Iowa.



How we can help:

We know you're busy! So we're here to help you access **accurate, up-to-date information** about HIV, sexually transmitted infections (STIs), and hepatitis in Iowa.

Just ask us about:

- How to offer an HIV or STI test
- How to talk to patients about their sexual health
- Being prepared for your first patient who is living with HIV
- Addressing stigma
- Troubleshooting on issues related to health equity
- Supporting the effort to stop HIV in Iowa

Let us do the work!

We come to you—no fuss, no bother! Schedule a convenient time to meet with an RHS for an informational program.

Questions? Contact us at stophiviowa@gmail.com.

|STOP HIV IOWA

How to get in touch:



Fill out our interest form—your local RHS will reach out to you to follow up



View our map to find the name & contact information for the RHS in your area

MILESTONE MEMBERSHIPS

Congratulations to all of our members celebrating milestone anniversaries with the IAFP!

10 Years

Matthew Abendroth, DO, Des Moines
Nicole Barbee, MD, New Albin
Edna Becht, DO, Atlantic
Rebecca Bollin, DO, Clive
Nicole Brokloff, MD, MPH, Davenport
Jeremy Cordes, DO, PharmD, Parkersburg
Craig Cunningham, MD, Spirit Lake
Mitalee Dharwadkar, MD, Clarinda
Susan Donahue, DO, Adel
Case Everett, MD, New Sharon
Amber Galey, MD, Davenport
Molly Gentle, MD, Ames
Orietta Girard MD, Davenport
Kristin Gisselman, DO, Marion
Christian Grindberg, DO, Algona
Sebastian Harris, MD, MS, Fairfield
Hannah Heckart, MD, West Burlington
Alexandra Hubbell, DO, Des Moines
Javeria Iqbal, DO, Perrysburg
Brianna Jewell-Newton, DO, Cedar Falls
Sarah Jones Ketter, DO, Des Moines
Whitney Kaebring, MD, Iowa City
Hilary Kerrick, DO, Spencer
Christopher Ketter, DO, Des Moines
Ola Khraiwesh, MD, Rock Island
Robert Kruse, MD, MPH, FAAFP, Des Moines
Aaron Kunz, DO, Coralville
Claire McKinley, MD, Iowa City
Eric Miller, DO, FAAFP, Oskaloosa
Lydia Mustafic, MD, Waterloo
Michael Nicholson, DO, Polk City
Mary Nicol, DO, Cedar Falls

Angela Olerich, DO, Webster City
Deborah Ralston, MD, Shellsburg
Brandon Rickertsen, DO, Bellevue
Amir Sajadian, MD, Mason City
Seokhan Song, DO, Robins
Claire Stefl, MD, FAAFP, Ames
John Vogel, DO, Decorah
Cherielynn Wagner, DO, Mason City
Thomas Waters, DO, Iowa Falls
Blaine Westemeyer, MD, Grinnell
Elizabeth Wooster-Pierson, MD, Pella
Mackenzie Worthington, DO, Pleasantville

20 Years

Zachary Alexander, MD, Newton
Anne Boileau, DO, Iowa City
Kyla Carney, DO, FAAFP, Des Moines
Rick Colwell, DO, Sioux City
Paul De Jong, MD, Rock Valley
David Gabel, MD, Indianola
Ryan Grandgenett, MD, Ames
Savita Hegde, MD, Iowa City
Aaron Heiar, DO, Iowa Falls
Kayleen Hornbrook, DO, Ankeny
Julia Jenkins, DO, FAAFP, Saint Charles
Jason Koelewyn, MD, Sioux Center
Geethalakshmi Mani, MD, Clive
Upneet Nijjar, MD, FAAFP, Iowa City
Stephen Pallone, MD, Sioux City
Sarah Parrott, DO, FAAFP, Des Moines
Amanda Tew, DO, Clarion
Ryan Werling, DO, Indianola

30 Years

Joseph Behr, MD, Rockwell
 Ricardo Bendezu, MD, Ankeny
 William Butz, MD, Red Oak
 Darron Cutler, DO, Cedar Falls
 Bruce Feldmann, MD, Spencer
 Laura Ferguson, MD, Grinnell
 Kimberly Hass, DO, Westside
 Kathleen Haverkamp, MD, Iowa Falls
 Timothy Hunter MD, Burlington
 Mark Irland, MD, Grinnell
 Christian Jones, MD, Council Bluffs
 Thomas Lyons, MD, Davenport
 William Maher, DO, Des Moines
 Michael Maharry, MD, FAAFP, Muscatine
 Paul Manternach, MD, Mason City
 Bryant Mutchler, DO, Davenport
 Stacey Neu, MD, West Des Moines
 Twyla Ostercamp, DO, Forest City
 Jeffrey Quinlan MD, FAAFP, Iowa City
 Brian Rafferty, MD, Waterloo
 Michelle Rebelsky, MD, MBA, FAAFP, Grinnell
 Minyon Rittgers Easton MD, Iowa City
 Christopher Stille, MD, Dubuque
 Valerie Torgerson, DO, Huxley
 Neil Wickham, MD, Waterloo
 Kathleen Wittich, MD, Iowa City

40 Years

Wayne Alberts, MD, FAAFP, Cedar Rapids
 Donald Bumgarner, MD, FAAFP, Shenandoah
 William Halverson, MD, FAAFP, Ames
 Samuel Hunt, MD, Mason City
 Michael Jung, MD, FAAFP, Sioux City
 Charles Korte, MD, West Des Moines
 Marilyn Lensing, MD, Davenport
 Paul Ruggle, MD, FAAFP, Newton
 Mark Schultz, DO, Grand Rapids
 Andrew Smith, MD, Guttenberg
 Craig Thompson, DO, FAAFP, Manchester
 Timothy Vermillion, DO, Pleasant Hill

50 Years

Eddie DeHaan, MD, Maplewood
 Robert Fryzek, MD, Glenwood
 Douglas Weddle, MD, FAAFP, Villisca

60 Years

Paul Holzworth, MD, Des Moines
 Harry Robison, MD, FAAFP, Sioux City
 Ronald Zoutendam, MD, FAAFP, Sheldon

DOUG MARTIN VOLUNTEERS TO MEMBERS IN THE COMMUNITY

Past IAFP President, Doug Martin, MD volunteered at the National Boy Scout Jamboree, July 17-28 at Summit Bechtel Reserve in West Virginia. ACOEM member, Dr. Scott Spillmann, is seen in the photo with Dr. Martin. Dr. Spillmann served as the public health team lead physician and Dr. Martin served on the public health team as chief medical officer of isolation.





THE IOWA CLINIC®



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Practice healthcare the way it's meant to be.

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- Work in a collaborative and supportive environment that's consistently ranked for top quality and care by Iowa's largest health insurer.

Contact us about joining our team of physician owners.

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THE HEART OF THE FOUNDATION



STUDENTS Your support provides funding for the Annual FMIG dinner, \$300 scholarships for students attending the AAFP National Conference, the outstanding student award, and travel expenses to send a student to the Family Medicine Congressional Conference.

RESIDENTS Your support provides funding for residency program visits, the AAFP National Conference – Iowa Residency exhibit hall, Resident Council summer meeting luncheon, Resident Medical Jeopardy Throw Down, and travel expenses to send a resident to the Family Medicine Congressional Conference.

RURAL LOAN REPAYMENT Your support helps to provide funding for students entered into the Rural Iowa Primary Care Loan Repayment Program. This program helps to increase Iowa's primary care physician population and improve access to care for people living in Iowa's rural communities.

UNRESTRICTED Your donation helps to support programs where funding is needed in the areas of resident and student programming.

THANK YOU TO ALL OF OUR 2023 DONORS! WANT TO SEE YOUR NAME HERE? PLEASE DONATE BELOW!

Larry Beaty, MD
George Bergus, MD
Jenny Butler, MD
Patrick Courtney, MD
Alan Fisher, MD
Corrine Ganske, MD

Steven Gordon, MD
Kate Hanrahan, MD
Jeff Hoffmann, DO
Amr Kamhawy, MD
Robert Kruse, MD
Shauna LaFleur, MD

Sarah Ledger, DO
Barcey Levy, MD
Ursula Livermore, MD
Patricia Magle, MD
Doug Martin, MD
Brian Mehlhaus, MD

Donna Nelson, MD
Francis Pisney, MD
Bridget Ray, MD
Steve Richards, DO
Thomas Richmann, MD
Dawn Schissel, MD

Donald Skinner, MD
Dustin Smith, MD
Jerrold White, MD
Jason Wilbur, MD

To keep family medicine in Iowa strong, we are asking **all Iowa family physicians** to donate to the IAFF Foundation. ANY amount is appreciated! We are aiming for **100% participation!** Below are the different levels of donation.

IAFP Foundation Donation:

- \$1000 Grand Patron
- \$750 Patron
- \$500 Benefactor
- \$250 Sponsor
- \$100 Friend
- Other _____

Please use my donation for: (Check all that apply)

- Students / Family Medicine Interest Groups
- Residents Rural Loan Repayment
- Unrestricted

Your gift is tax deductible as the IAFF Foundation
is a 501 (c) 3 charitable organization.

Make a donation online at www.iaafp.org or

- Pay by check Pay by credit card
- Visa MC Other _____

Name: _____

Address: _____

CC# _____ CVC Code _____

Signature _____ Exp. Date _____



Iowa Academy of Family Physicians
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Des Moines, IA 50309

kcox@iaafp.org
kscallon@iaafp.org
sbell@iaafp.org
www.iaafp.org

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Fax 515-244-4131

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