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Table of Contents

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



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IN THIS ISSUE

President's Message2
Editor's Desk
Student's Corner
Medical Students as Teachers
Students & Residents
2016 National Conference for Residents & Students8
Iowa Night at Nationals Conference9
Resident's Corner
The Empathy Argument10
Office News
Fall Update12
Education
68th IAFP Clinical Education Conference14
2016 IAFP Clinical Education Conference Registration Form16
2nd Annual Poster Presentations17
Calling All Spouses!
Official Notice
Okoboji Highlights19
Clinical Education Conference Faculty Proposal/Abstract20
Members in the News
New Members22
In Memoriam22
Thank you to our 2016 PrimCare PAC Donars23
Thanks to Our 2016 Foundation Donors23
Get to Know Dr. Mark Haganman24
Members Up for Re-Election in 201626
AAFP Members Hours Update27





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WHAT AN EDUCATION...

By Noreen O'Shea, D.O.

You may already know that around 2 1/2 years ago, I traveled from the Sioux City area back to central Iowa to teach at my alma mater, Des Moines University. I left a 15 year practice at a rural Community Health Center to start a big adventure in medical education. In addition to wanting a change of scenery, I believed I had a few pearls of wisdom to impart to young minds. That might have happened, but I too have learned so much about medical education in that time. One would say that I was the one that received the education. I wanted to share a few observations I've made about medical education since starting at Des Moines University.

First, medical students really love the chance to practice what they envisioned themselves doing when they applied to medical school. They volunteer in large numbers for free clinics, sports physicals, mentoring at elementary schools and helping at elder care facilities. Such volunteer work is a highlight during long hours of studying anatomy, biochemistry and other basic sciences.

Second, medical students love to hear about real patient cases. A version of that is called "problem-based learning," in which students in small groups, often led by a clinical faculty member, work through a patient presentation to find an appropriate solution to the problem. This is an alternative to the large group lecture format, which never generates the type of excitement and engagement I have seen in these small group sessions. It also has been shown to increase physician competence post graduation.

Third, medical students are learning to work in teams with other health profession students. These include students from pharmacy, nursing, physician assistant, and physical therapy programs. These students learn together to deliver team based here. Inter-professional education, as it is called, often starts in the first year of medical school. This chance to learn together allows for an increased comfort level and rich understanding of other professionals' strengths and gifts.

Beyond the student experience, I have found that medical schools across the country are experimenting with different

"I left a 15 year practice at a rural Community Health Center to start a big adventure in medical education. In addition to wanting a change of scenery, I believed I had a few pearls of wisdom to impart to young minds."

ways to deliver the curriculum. This includes shortening the didactic portions of medical school, utilizing rural sites for longitudinal experiences for their students and having students follow one patient throughout four years of study. A few schools are also experimenting with shortening the entire education to three years.

To my delight, I also discovered is that family medicine has often been at the



forefront of these innovative changes. The Society of Teachers of Family Medicine (STFM), which is one of the sister organizations to the American Academy of Family Physicians (AAFP), has been a leader in trying and testing different methods of teaching. They have resources for you, whether you teach in a medical school, family medicine residency or are a clinical preceptor.

Speaking of precepting, please consider giving back to your profession, sharing a passion for family medicine and possibly recruiting a future partner by precepting medical students. Both the University of Iowa Carver College of Medicine and the College of Osteopathic Medicine at Des Moines University are frequently looking for practicing physicians to take second, third and even fourth year medical students. This is the way to earn continuing medical education credits and for you yourself to stay in touch with the recent innovations in medical care. It's also a way for us to communicate the "art" and the "heart" of family medicine.

Finally, enrich your own learning by joining us at the Iowa Academy of Family Physician's Annual meeting November 3 - 5 at the Des Moines downtown Marriott. Find more information in this IAFP magazine.

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OUR COMMON EDUCATION KNITS US TOGETHER *By Jason Wilbur, M.D.*

Although I am writing this editorial during the dog days of August, I am anticipating my favorite time of year and looking forward to the changing colors and crisp mornings of autumn. As it was in my youth, autumn still brings thoughts of friends regrouping, classes restarting and new discoveries in the making – school in full swing!

Therefore, it seems fitting to me that your IAFP magazine has decided to dedicate this issue to education. It makes sense, right? We have our Annual Meeting coming up in the first week in November, and you will find many opportunities for learning there. In this edition, you will hear about a medical student's experience with teaching others, a resident's perspective on what she's learned about the importance of empathy, and our president's observations of medical education.

While education of physicians is an important element of IAFP service to its members, I want to step back and take a look at education in a broader context – how education, and specifically residency training, unites us.

I am writing this while over the Pacific during my return home from Indonesia with a mild fog of jet lag already rolling into my mind. Mark Graber, M.D., Lisa Soldat, M.D. and I were again fortunate to be invited to Gadjah Mada University and Airlangga University to advise and teach. Although it may sound cliché, it is truly an inspiration to witness these Indonesian pioneers of family medicine patiently struggle to lay the foundation of the specialty that their nation so desperately needs.

Indonesian family medicine faces many obstacles: a universal coverage system that promises to provide healthcare to all 250 million Indonesians by 2019 but an insufficient supply of physicians to care for all those patients; an entrenched system that values specialty care well above primary care; resistance from the "old guard" general practitioners who see no added value of family medicine; slowmoving bureaucracies with misaligned incentives. Does any of this sound familiar? Unfortunately, I bet some of it does!

Still, with smiles on their faces and a seemingly unlimited supply of patience, this small group of doctors pushes the agenda of high-quality primary care for all. Their goal: to establish 17 residency programs in family medicine across the country to begin to train a critical mass of high-quality primary care doctors. Gadjah Mada University formally inducted its first Chair of Family Medicine, Dr. Adi Heru Sutomo, in August 2016, and he hopes to launch their residency program in 2017. Airlangga University plans to begin residency training in 2017 as well.

Why do I mention this story of Indonesian family doctors in the making? To share the tale of "my summer vacation"? Maybe. I do like exotic foods and travel pictures! However, the larger point is the unifying factor of education in developing the specialty of family medicine and how post-graduate training brings us together. There is no family medicine in Indonesia today because there are no family medicine residents. My Indonesian colleagues understand the absolute necessity of building residency programs. It is the reason that they keep inviting us back.

During our visit, we described our experience training to be family physicians to hundreds of doctors, two medical school deans, and many other interested intellectuals. They wanted



to know, "What makes a good family doctor?" And we kept saying the same thing: the quality of the post-graduate education is key. Of course, you have to start with good substrate. You need intelligent, motivated, caring medical school graduates. But that's just the starting material. These doctors then will be forged into excellent family physicians during residency.

While family doctors share a common philosophy in caring for patients that certainly brings us together, the thing that most concretely unites us is our post-graduate training – the three years during which time we truly become family physicians. This point of view once seemed intuitive to me, but in my discussions with my Indonesian colleagues, it is clearly not understood by everyone.

Compared to Indonesia, it appears that family medicine residency training is taken for granted in the U.S. We expect all our medical school graduates to complete a residency; whereas, in Indonesia it is a privilege not granted to all. We have over 400 family medicine residency programs compared to only a few in Indonesia. The percentage of residency slots filled by U.S. medical school graduates has stagnated for years around 45%. Every interview season, I interview a few "fake family doctors" who are betting on a family medicine residency as a back-up plan in the event that they don't get their first choice specialty. Every year, the U.S. requires over 1,000 international medical graduates to help fill family medicine residency slots. This occurs amid dire talk from medical school deans that there are not enough residency positions for their graduates.

What needs to happen in the U.S. is almost the opposite of what needs to occur in Indonesia where the demand for family medicine residencies is on the rise. In the U.S., we need make the medical schools of the country see the value in the residency programs that we have. Do we really have twice as many residency slots as the country requires? The "law of supply and demand" would say so. But post-graduate medical training is not a free market economy. I doubt anyone reading this believes that we have too many family doctors.

Medical students choose residencies based on many factors: interest in the specialty, lifestyle, compensation, respect afforded to the specialty and more. Unfortunately, medical schools have a reputation for highlighting specialist care at the expense of primary care. Medical schools could do a much better job of showcasing family medicine, which would go a long way toward increasing student interest in the specialty.

Think back to your greatest learning experiences, and I bet you will find that many of them occurred in residency. That fire of residency in which we were all forged may need some rekindling. While this may sound oddly self-serving coming from a faculty member of a family medicine residency, I encourage IAFP members to consider how we can support residency training in our state. How do we move the medical schools, administrators, legislators, and the public at large? How do we pull the best and brightest students into family medicine? How do we increase demand for those residency slots? I don't have the answers, but I know we need to start the conversation.

I hope to see many of you at the Annual Meeting in November when we can continue this conversation. As always, please send me your comments, thoughts and recommendations for what you want to see in this magazine. I can be reached at Jason-wilbur@uiowa.edu.



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MEDICAL STUDENTS AS TEACHERS

By Grant Zomermaand, M2

There is no getting around the fact that medical school is very busy. No matter how efficient you are, there is always going to be something else to do and something else to study. I'm not asking for sympathy. We all knew that medical school would be hard when we started, and I enjoy what I do. There are just many days where it's hard to see beyond the endless list of things that need to be done. That is why I am impressed by the amount of time my medical school classmates spend helping others. Medical students at Iowa take time out of their precious weekends to help facilitate many activities. These range from road races that raise money and awareness for fantastic causes to clinics that offer healthcare to people who might not otherwise have access.

One great thing about being interested in family medicine is that no matter who you are helping – be they underserved or grade-school children – whatever you are doing is probably relevant to your future career. The Family Medicine Interest Group (FMIG) at Iowa is involved in several great programs. One of them is the STEM program (science, technology, engineering, and math). Here is what my friend and FMIG board member Matt Rudolph had to say about his experience as a STEM coordinator:

"The STEM program at the University of Iowa has worked with several CCOM student groups in order to reach out to children in the surrounding community to educate them about the sciences and inspire them to pursue careers in science, technology, engineering and mathematics. For the UIHC, most often this involves sending medical students to afterschool programs or oncampus events to demonstrate various health or science topics and answer questions about the requirements for entering careers in healthcare. What I enjoyed most as a former STEM coordinator for FMIG was attending these sessions and seeing the impact it has on children and teenagers. For children in afterschool programs, it was incredibly rewarding to see their eyes light up when their hands light up with microorganisms or when they experience just how much the senses of smell and taste

"The Family Medicine Interest Group (FMIG) at Iowa is involved in several great programs. One of them is the STEM program (science, technology, engineering, and math)."

interact. Many of our programs occur in smaller communities, where kids don't get as much exposure to careers in science and mathematics.

For high school students interested in medicine, the prospects of medical school and the application process can be confusing and anxiety-provoking. The University offers and annual Health Sciences Visit Day for these students with a variety of programs, some of which are facilitated by current medical students. After attending these visit days for two years, I've found that interacting with these students not only clarifies the steps to pursuing a career in medicine, but also shows them that medical school can be immensely gratifying and fun-filled."

FMIG members also participate in Tar Wars, a program designed by the American Academy of Family Physicians to educate kids about the dangers of smoking. FMIG helps train and organize medical students to facilitate interactive discussions with 5th graders in local elementary schools. The detrimental health impacts of smoking are far-reaching and magnified over time, so preventing even a few kids from smoking in the future makes this program worthwhile.

An essential part of both of these programs is education. As medical students, we have the privilege of focusing on learning every day, and we are fortunate to have excellent mentors and teachers. Though we may not feel like it sometimes, we have come a long way since we started medical school. We can use what we have learned so far to educate others. Being an educator is a large part of being a physician, especially in family medicine. I respect those who are willing to take the time to use their knowledge and abilities to help others. There are many medical students like that here at Iowa, and I know they will continue to do great things in the future.



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Cancer Screening Webinar Series

The Iowa Academy of Family Physicians is pleased to bring you this series in partnership with the American Cancer Society and supported in part by the Iowa Cancer Consortium and the Iowa Department of Public health. All webinars are free to attend and will take place over the Noon hour. To view more details or to register, visit <u>www.iaafp.org/education</u>.

This Live series activity, Cancer Screening Webinar Series, from 03/24/2016 - 12/22/2016, has been reviewed and is acceptable for credit by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Clinical Interventions to Increase HPV Vaccination

Date: September 28, 2016 Presenter: Molly Black, VACs Associate Director

Physical Activity, Diet and Nutrition in Family Practice

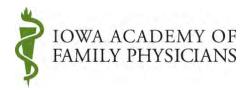
Date: October 26, 2016 Presenter: Colleen Doyle, MS, RD, Managing Director, Nutrition and Physical Activity

Tobacco Prevention and Control in Family Practice

Date: November 16, 2016 Presenter: Shelley MacAllister, MSW, Product Manager & Lee Westmaas, PhD, Strategic Director, Tobacco Control Research

Preventing Lung Cancer: Radon Education in Family Practice

Date: December 14, 2016 Presenter: Bill Field, PhD









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Tara Brockman, DO Sabrina Taylor, DO



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Iowa Lutheran Family Medicine Residency Program - Des Moines

Chris Champion, DO; Shaun Gould, DO; Jeri Paca; Christine Schaplowsky, DO



Siouxland Medical Education Foundation Residency Program

Leah Johnson, MD; Ashley Tiahrt, MD; Daniel Irwin, MD; Alanna Jannsen, DO



University of Iowa Family Medicine Residency - Iowa City

James Jackson, MD; Kate Thoma, MD; Garrett Wilcox, MD; Kati Jumper; Kathleen Schroeder, MD; Robert Wood, DO



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THE EMPATHY ARGUMENT

By Kathleen Ryan Schroeder, M.D., R2 / University of Iowa Family Medicine Residency Program / Iowa City, Iowa

"While I see my medical school classmates become relative experts on one part of the human body, I sometimes feel like I'm drowning in the flood of medical knowledge to be learned."

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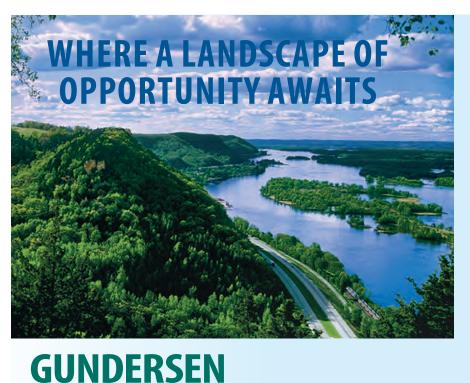
THE MAKINGS OF A DOCTOR

My mom is the healthiest human being I know. In her lifetime, she has had no chronic diseases, taken no medications, exercised regularly, and eaten the ideal diet. However, when she turned 60 a few years ago, her body gave protest. She was diagnosed with breast cancer and wet macular degeneration within the same year. As a daughter who always viewed my parents as the epitome of physical health, I could not wrap my head around this reality.

Throughout this experience, I was surprised at some of the things my mom would call about because they did not pertain to any of the actual medical interventions she was receiving. She told me about the nurse that made sure to keep the needle out of view prior to intraocular injections to reduce her anxiety. She told me about the breast surgeon who called to discuss her pathology results at 7 p.m. on a Friday night rather than waiting the formerly agreed upon three days. While facing some of the gravest health concerns of her life, what resonated with her was the *care* the physicians took in treating her, not the skill of her surgeon's hands or the intelligence of her oncologist, but their *empathy*.

IMPORTANCE OF EMPATHY

For me, the challenge of becoming a family physician is practicing broadly rather than being a specialist in any one area. Closing out my first year of residency in an academic medical center, I am surrounded by physicians who spend every day delving into specific branches of medicine. While I see my medical school



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classmates become relative experts on one part of the human body, I sometimes feel like I'm drowning in the flood of medical knowledge to be learned. But as I make my rounds in the hospital and see patients in the clinic, I've realized that one of the most valuable pieces of knowledge I've gained so far is something that physicians aren't tested on in medical school – that is, how important it is to my patients that I simply *care* about them.

Perhaps I'm overstating the case. I know there are some who would argue that bedside manner is a nice gratuity, but diagnostic and therapeutic skill is what makes a physician great. However, after seeing the gratitude my mom had towards her providers who truly cared for her through her most terrifying hours, I believe that empathy is paramount.

PUTTING EMPATHY TO PRACTICE

As for me, I wish to pay the gift of caring forward. In my experience, this means

finding a private area outside the Library of Congress during a recent vacation to Washington, D.C., in order to call a patient with the results of her thyroid nodule FNA pathology. It means brainstorming possible living situations for a soon-to-be evicted patient who came five miles in his wheelchair to see me in the clinic.

I've spent countless hours memorizing medications and differential diagnoses. While I still strive to hone these important skills, I also work to develop my perceptions of others' feelings. I look to my family medicine faculty, my friends and family, and my patients to learn compassion and empathy, which have never been part of my formal education. How do you understand someone else's life? How do you put yourself in someone else's shoes, feel their pain, their suffering, and their concerns?

I admit that this can be difficult. I enjoy being sarcastic and somewhat cynical -a trait which pairs well with residency. When

a patient shows up 25 minutes late to clinic or doesn't follow your recommendations, it feels almost therapeutic to whine about it to colleagues. Ultimately, though, while being flippant might seem gratifying in the moment, developing true empathy for my patients is what is going to make me a better doctor in the long run. As a family physician, I have the unique privilege of treating entire families and communities. In doing so, my aim is to provide them the most important thing in the doctor-patient relationship: *empathy*.

FALL UPDATE

By Pam Williams, Executive Vice President

Having recently returned from the AAFP National Conference of Family Medicine Residents and Medical Students I feel like there is cause for much optimism for the future of the specialty. We had an incredible group of Iowa Family Medicine residents, medical students and faculty attend the conference at the end of July. The Iowa "corridor" on the exhibit floor was impressive and it always seemed to be very busy with students from across the United States who may be interested in Iowa residency programs - and why wouldn't they? We have so much to offer! The IAFP hosted a reception for all Iowans one evening and had over 60 people attend. It was a great opportunity for all of the programs to visit with the students from the University of Iowa and Des Moines University and to share with them the many benefits of remaining in Iowa for their residency training.

The National Conference enjoyed record attendance this year. Our delegation was led by our Resident Delegate Amber Meyer and Benson Hargens as Alternate Delegate and our Student Delegate Norah Nguyen. The resident Congress debated 66 resolutions on such issues as health of patients, residency training sites and health policy education. The student members adopted resolutions dealing with protecting patient welfare and identifying residency program that offer rural training opportunities.

Thanks for representing Iowa so well during the conference.

IAFP staff is busy helping Iowa's own Rob Lee prepare for his candidacy for AAFP President-Elect. The election will take place during the AAFP Congress of Delegates September 19-21. So far we have about 20 Iowa family physicians, spouses, guests and staff who are planning to attend and support Dr. Lee in this endeavor. If your travels will be taking you to Orlando this September, please let us know and plan to join us.

Lake Okoboji! Wow! For the five-plus years I have been your EVP I've heard about the great conferences that once occurred at Lake Okoboji, and it was so exciting and fulfilling to be able to bring that conference back in June. We had about 30 family physicians and their families attend and enjoy the beautiful new facility

"Lake Okoboji! Wow! For the fiveplus years I have been your EVP I've heard about the great conferences that once occurred at Lake Okoboji, and it was so exciting and fulfilling to be able to bring that conference back in June."

at Bridges Bay Resort, the excellent CME program and a chance to visit with the exhibitors. We had a fun reception on a deck over-looking the lake and enjoyed a tour of the lake on a boat . . . well, barge. We received such good feedback that we have signed a contract again for summer 2017. The conference will again be held at The Waterfront at Bridges Bay from June 15-17. Plan now to bring your family and join us for this casual, fun and educational event.



We have two more excellent CME opportunities coming up: the Annual Meeting November 3—5 at the Downtown Marriott in Des Moines and the Winter CME Cruise that will sail away January 29 to February 5. The Annual Meeting is a great time to network with your colleagues from around the state and to participate in excellent CME programming. These credits will also count toward the 25 hours of live CME you must report to AAFP, and there is programming to help meet the state mandated CME requirement on End of Life Care.

The cruise leaves out of Ft. Lauderdale, Florida with stops in the Bahamas, St. Thomas and St. Marten. The Iowa winters are long and cold, and if you miss this opportunity you might regret that decision once winter closes in.

There is detailed information on both of these conferences later in this issue.

Have a great fall and I hope to see many of you at the Congress of Delegates and FMX in Orlando and at the IAFP Annual Conference in November.

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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.

IOWA ACADEMY OF FAMILY PHYSICIANS

TAR WARS

Your support helps fund Tar Wars, a preventative smoking program which educates students in the 4th/5th grade about the benefits of remaining tobacco-free. Money raised helps to fund the Iowa Tar Wars Poster Contest.

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.

WE NEED YOUR HELP TO SUSTAIN THE BRANCHES OF OUR GIVING TREE

To build strong roots for family medicine in lowa, we are asking **all lowa family physicians** to donate to the IAFP Foundation. ANY amount is appreciated! We are aiming for **100% participation**! We need **everyone's** help to sustain the branches of our giving tree. Below are the different levels of donation.

IAFP Foundation:	Name:
\$1000 Grand Patron \$750 Patron	Address:
↓ \$500 Benefactor ↓ \$250 Sponsor ↓ \$100 Friend	Make a donation online at www.iaafp.org
Other	Pay by check Pay by credit card
Please use my donation for: (Check all that apply)	☐ Visa ☐ MC ☐ Other
 Residents Rural Loan Repayment Students / Family Medicine Interest Groups 	CC#CVC Code
Your gift is tax deductible as the IAFP Foundation is a 501 (c) 3 chartable organization.	SignatureExp. Date

MAIL THIS FORM AND PAYMENT TO: IAFP, 100 E GRAND AVENUE, SUITE 170 • DES MOINES, IA 50309 • FAX (515) 283-9372

68TH LAFP CLINICAL EDUCATION CONFERENCE

November 3-5, 2016 Downtown Marriott, Des Moines, Iowa

THURSDAY, NOVEMBER 3. 2016

8:00 am	PAC Board N	leeting
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- 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
- 5:30 pm Welcome/Introductions & Overview
- 5:45 pm END OF LIFE CARE: PALLIATIVE CARE CONSIDERATIONS IN END-STAGE SYSTOLIC HEART FAILURE AND COPD W. David Clark, MD, Clinical Associate Professor of Family Medicine Palliative Care, University of Iowa, Iowa City
- 6:25 pm END OF LIFE CARE: CARE OF THE DWINDLING DEMENTIA PATIENT Michelle Weckmann, MS, MD, University of Iowa Healthcare, Iowa City
- 7:10 pm TO DO OR NOT TO DO: ETHICAL CHALLENGES AT END OF LIFE CARE Norma J. Hirsch, MD, FAAHPM, FAAP, Assistant Professor, Department of Behavioral Medicine, Medical Humanities, Bioethics, Des Moines University, Des Moines
- 7:55 pm Question and Answer/ Panel Discussion
- 8:15 pm Recess
- 8:15-9:15 pm 2016 Donor Appreciation Reception (In recognition of 2016 Donors of the IAFP Foundation, Rural Loan Repayment Program and PrimCare PAC)

IOWA BOARD OF MEDICINE CME REQUIREMENTS – END OF LIFE CARE

– Iowa-licensed physicians are required to complete 2 hours of a Category 1 activity in End of Life Care every five years. This requirement, which became effective August 17, 2011, is for physicians who provide primary care to patients. The IAFP has designated a special 2.5 hours of CME on End of Life Care that will be held as part of the program on Thursday evening, November 3 from 5:45 to 8:15.

KNOWLEDGE SELF-ASSESSMENT (KSA)

– Asthma (Additional Fee Required) The Knowledge Self Assessment (KSA) Study Group provides the opportunity for you to participate in the ABFM's KSA in a group setting. Our experienced faculty will review the 60 core competency questions and guide the group through selection of the most appropriate responses. The Clinical Self Assessment (CAS) will be offered after the KSA for those who choose to do a CSA as one of their certification point activities. More information about the KSA and CSA can be found on The ABFM website:

https://www.theabfm.org/moc/selfassessment.aspx

FRIDAY, NOVEMBER 4, 2016

	6:30 am	REGISTRATION
:00	- 8:30 am	BREAKFAST IN EXHIBIT HALL
:15	- 7:45 am	IAFP BUSINESS MEETING
	7:55 am	INTRODUCTIONS AND ANNOUNCEMENTS
	8:00 am	HYPERTENSION: EVIDENCE-BASED GUIDELINES AFTER SPRING & HOPE3 Paul James, MD, Professor and Chair, Department of Family Medicine, University of Iowa, Iowa City
	8:30 am	MYSTERY OF THE ADRENAL GLAND Pearl Dy, MD, Iowa Diabetes & Endocrinology Center, Des Moines
	9:00 am	CHRONIC HEPATITIS C Jorge A. Zapatier, MD, Mercy Gastroenterology Clinic, Clive
	9:30 am	Break – Exhibit Hall
	9:50 am	PAP SMEAR
		In cooperation with the Iowa Chapter of the American Cancer Society Hannah Heckart, MD, Great River Women's Health, West Burlington
	10:20 am	EVALUATION AND MANAGEMENT OF HIP IMPINGEMENT SYNDROMES Shawn Spooner, MD, Family Medicine/ Sports Medicine, UnityPoint Clinic - Sports Medicine, Urbandale
	10:50 am	Resident Case Presentation
	11:00 am	Q & A/Panel Discussion from Morning Presentations
	11:30 am	Lunch and Keynote Presentation: AAFP Update, AAFP President-Elect
	12:15 pm	Visit Exhibits
いたいとう	12:30 pm	JOURNAL CLUB LIVE Mark Graber, MD, Professor of Family and Emergency Medicine, University of Iowa Carver College of Medicine, Iowa City and Jason Wilbur, MD, Associate Professor, Department of Family Medicine, University of Iowa Carver College of Medicine, Iowa City
	1:30 pm	EVIDENCED BASED GUIDELINES FOR RETURN TO WORK Douglas W. Martin, MD. FAAFP, FACOEM,

FAADEP, Medical Director, UnityPoint Clinic-Occupational Medicine, Sioux City

- 2:00 pm RADON IN IOWA AND COMMUNITY ENGAGEMENT AS A SOLUTION In cooperation with the Iowa Chapter of the American Cancer Society and Supported by the Iowa Department of Public Health Cynthia K. Wolff, MD, Family Medicine, Mercy Medical Center, Akron
- 2:45 pm Break in Exhibit Hall with Dessert - Sponsored by Midwest Dairy
- 3:15 pm ANTI-PSYCHOTIC DRUGS IN PRIMARY CARE Ronald R. Berges, DO, Medical Director of Behavioral Health Services, Mahaska Health Partnership, Oskaloosa
- 3:45 pm CARE OF THE RETURNING VETERAN COL Erin P. Edgar, MD, FAAFP, U.S. Army
- 4:15 pm Resident Case Presentation
- 4:25 pm Q & A /PANEL DISCUSSION -FROM AFTERNOON PRESENTATIONS
- 5:00 pm Recess for the Day
- 5:00 pm Reception/Resident Medical Jeopardy Join us at 5:00 pm for snacks and refreshments as you cheer on your favorite Jeopardy team at 5:30 in this fun and lively competition. Doug Martin, MD, Master of Ceremonies
- 6:00 pm Reception
- 7:00 pm Installation & Awards Banquet
- 9:00 pm Receiving Line in honor of incoming President Jenny Butler, MD, Family Doctor of the Year and all Award Recipients
- 9:15 pm Post-Banquet Reception

SATURDAY, NOVEMBER 5, 2016

- 7:15 am Past President's Breakfast
- 7:30 am Breakfast for Registrants
- 8:00 am UPDATEONABFMPROCESS/PROCEDURES – GET ANSWERS TO YOUR QUESTIONS Joe Tollison, MD, Senior Advisor to the President, American Board of Family Medicine, Lexington, KY
- 10:00 am Adjourn

OPTIONAL SESSION - ADDITIONAL FEE REQUIRED

8:00 am Knowledge Self-Assessment KSA (formerly SAMs) -ASTHMA Mark Graber, MD, Professor of Family and Emergency Medicine, and Jason Wilbur, MD, Clinical Associate Professor, Department of Family Medicine, University of Iowa Carver College of Medicine, Iowa City

Education

NAVIGATING THE FUTURE 2016 IAFP CLINICAL EDUCATION CONFERENCE REGISTRATION FORM

Name	Spouse/Guest Name (s) (if attending)
Address		
City	State	Zip
Phone	Email	
Additional Accommodations (Vegetarian Diet, Foo	od Allergies, Other)	
A. Thursday, Friday and Saturday November Registration Type Active Member New Physician Member (< 7 yrs in practice) Life/Inactive Member Resident/Student Member PA/NP who works with an AAFP member Non-Member (includes PA/NP) Faculty Thursday ONLY-End of Life Care (This is incl Member \$80 Non-Member \$100 _ All attendees will receive a flash drive at the con also be available online prior to the conference for To help with meal and material counts pleas □ Thursday Evening □ Friday □	Early Fee (Until 10/1/2016) \$295 \$250 \$195 N/C \$295 \$395 N/C uded in the full conference registration 	Regular Fee (Starting 10/2/2016) \$350 \$275 \$195 N/C \$350 \$450 N/C . Select this if you ONLY want to attend this session) s part of your registration fee. The syllabus will harge. NO PAPER COPIES WILL BE PROVIDED. attending.
B. Optional Courses to be held on Saturday Asthma - KSA Course (4-6 hours) Member \$1 Total Section B:		00
C. Installation/Awards Banquet: Friday Evening, Installation/Awards Banquet: (Spouse/Guest Banquet Fee @ \$75 per person 1 Total Section C:		
D. Donations: Rural Primary Care Loan Repayment Program IAFP PrimCare PAC Donation in the Amount of Foundation Donation in the Amount of: \$ Total Section D:	of \$	
E. Payment: Section A: \$ Section B: \$ 2 EASY WAYS TO REGISTER: 1) Mail completed registration form with pa		

2) Register online at: www.iaafp.org

CANCELLATION POLICY: Canceling 14 or more days from course date will result in a full refund minus a \$25.00 administrative fee. Canceling 13-0 days before course date will result in a full refund minus a \$50.00 administrative fee.

2ND ANNUAL POSTER PRESENTATIONS

We are very pleased to let you know that we are offering the opportunity for family medicine residents, medical students and active IAFP members to prepare and present posters of research projects, clinical inquiry, or a community or educational project. Posters will be displayed during the Iowa Academy of Family Physicians Annual Clinical Education Conference in Des Moines on Friday, November 4, 2016 at the Downtown Des Moines Marriott. The purpose of the IAFP poster competition is to stimulate research by medical students, family medicine residents and active IAFP members, to provide a venue to share innovative and effective educational programs, to showcase unique community projects, and to encourage networking among medical students and residents with similar interests.

Poster Presentation Applications Due September 28, 2016.

Visit www.iaafp.org/posters for more information!

CALLING ALL SPOUSES! Italian Cooking Event During Clinical Education Conference

 The Clinical Education Conference is just around the corner and we have planned something special just for you. IAFP will be featuring a private cooking class in the East Village while the conference is taking place so you can get out of the hotel and have some fun! During this hands-on class you will learn about rice traditions, history and 3 fantastic recipes! (Risotto with Shrimps and Leeks, Risotto with Saffron and Toasted Pinenuts & Risotto with 3 Cheeses) The cooking class will take place on Friday, November 4th from 12-2. The cost will be \$75 per person and food and wine will be provided.

Go to http://iaafp.wufoo.com/forms/iafpcooking-class/ to register.

OFFICIAL NOTICE:

Official business meeting is to be held on Friday, November 4th at 7:15 am at the Downtown Des Moines Marriott.



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Education



IOWA ACADEMY OF FAMILY PHYSICIANS 2017 Annual Clinical Education Conference Faculty Proposal/Abstract

The 2017 IAFP Annual Clinical Education Conference will be held November 1-4 at the Downtown Marriott Hotel in Des Moines, Iowa. The conference starts on Thursday evening and continues all day on Friday and ends on Saturday. Most presentations are limited to 30 minutes followed by a 20 minute Q & A/Panel Discussion of all of the speakers who presented during the morning or afternoon block.

If you are interested in teaching at this conference, please complete the information below and return this form along with your topic suggestion and evaluations from previous presentations if available. The 2017 Curriculum will include topics in these areas: Cardiovascular, Female Reproductive, Hematology, Nephrology, Musculoskeletal, Population-Based Care, Psychiatry and Special Sensory.

Submit a separate form for each topic:

Title of Proposed Topic:

Statement of Identified Need:

Objectives (NOTE: The Education Committee may modify these changes to meet identified learner needs and/or gaps):

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

1)		
2)		
3)		
Proposed Faculty:		
Name:	Specialty:	
Email:	City:	Phone:
	be reviewed by the IAFP Education Commi be presented at the conference. Preference	

fall within the IAFP CME curricular framework outlined above and are received by January 15, 2017.

Return to:

Pamela Williams, IAFP 100 East Grand Avenue, Suite 170 Des Moines, Iowa 50309 Email: <u>pwilliams@iaafp.org</u> Fax: 515-283-9372 Phone: 515-283-9370

j SHIP DEPARTS FROM FT. LAUDERDALE, FL // PORTS-BAHAMAS, ST THOMAS & ST MAARTEN

You must register for the CME portion of the cruise separately this can be done by going to www.iaafp.org

\$90.65

\$119.00 Suites / \$89.00 Balcony / \$59.00 Interior









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Interior Staterooms	\$749.00
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Gratuities

OPTIONAL FEES:

• Cruise Care Travel Insurance

ROUNDTRIP AIRPORT TRANSFER-

HOUNDTHIL AND ONT THANSIEN.		
Fort Lauderdale	\$33.50	
• Miami	\$60.00	

CRUISE DEPOSIT/ PAYMENT SCHEDULE

- Initial Deposit of \$300.00 per person at the time of booking
- Final Payment: Balance due no later than November 15, 2016

CRUISE CANCELLATION/ATTRITION

- Between 57-89 days prior to sailing the cancellation penalty is \$250.00 per quest.
- Between 29-56 days prior to sailing the cancellation penalty is 50% of the total price.
- Between 15-28 days prior to sailing the cancellation penalty is 75% of the total price.
- · Between 14-0 days before until sailing date there is no refund.

Please note that we expect the cruise to sell out so please register ASAP to assure your spot!

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Legal Name of 1st Person in Cabin (If more than 2 people traveling fill out separate form)		Legal Name of 2nd Person in Cabin				
Date of Birth/Citizenship	ate of Birth/Citizenship		Date of Birth/Citizenship			
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Phone#	Emergency	Phone #		Fax	E-mail Address	3
PAYMENT INFORM	ATION FOR C	RUISE: Cru	uise payments	will go the Leis	sureCorp Travel Agency	
TOTAL FOR CRUIS	E TO LEISUR	ECORP: \$_				
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Name (as it appears on the card)		Credit Card Number				
Expiration Date				CCV Code (three	digit code on the back of the card)	

New Members Active

Maresi Berry-Stoelzle, MD, Iowa City Rebecca Bollin, DO, Van Meter Alexander Chung, MD, Dubuque Samuel Dvorak, MD, Carroll Aaron Kunz, DO, North Liberty Swetha Narayana, MD, Bettendorf Jared Nyabuti, MD, Dubuque Suman Tandra, MD, Dakota Dunes

Resident

Amard Abcejo, DO, Ankeny Saeed Afaneh, MD, Ankeny Jessica Alston, MD, Iowa City Julia Black, DO, Ankeny Jonathan Demory, MD, Mason City Michelle DiCostanzo, MD, Waterloo Kelly Duggin, MD, Mason City Ryan Dunn, DO, Des Moines Elizabeth Dupic, MD, Des Moines Alexandre Efimov, MD, Cedar Rapids Matthew Ferguson, DO, Des Moines D Pierre Gingerich-Boberg, MD, Elk Run Heights Christine Hawks, DO, Cedar Rapids Andrew Ingraham, MD, Cedar Rapids Alexandrea Jacob, DO, Des Moines Matthew Janzen, MD, Des Moines Travis Johnson, MD, Mason City Whitney Kaefring, MD, Iowa City April Lanning, DO, Davenport Jong Lee, DO, Bettendorf Danny Lewis, Jr., MD, Waterloo Kurtis Lucas, MD, Waterloo Claire McKinley, MD, Iowa City Andrew McMurray, DO, Des Moines Mark Mingo, MD, Des Moines Kyakumanya Mwanje, MD, Waterloo Stephan Pape, MD, Iowa City Preyanshu Parekh, DO, Mason City Monique Phillpotts, MD, Davenport Alec Pramhus, MD, Mason City Marissa Pyle, DO, Altoona Kelsey Randel, DO, Des Moines

Rajak Randhawa, MD, Davenport Katherine Renfer, DO, Mason City Jessica Rockafellow, MD, North Liberty Jasmina Sabic, DO, Urbandale Dania Siddiqui, MD, Des Moines Tyler Smith, MD, Des Moines Nayab Syed, MD, Des Moines Puja Toprani, MD, Iowa City Erika Toyoda, MD, Cedar Rapids Kelly Tse, MD, Waterloo Stephanie Vampola, DO, Bettendorf Emily Welder, MD, Coralville Bora You, MD, Cedar Rapids Ivan Zadounaev, MD, Cedar Rapids Jingna Zhao, MD, Coralville

Student

Mark Blomberg, Des Moines University Taylor Dreise, Des Moines University Gregory Esparza, University of Iowa Averill Fuhs, Des Moines University William Ganske, University of Iowa Jade Grimm, University of Iowa Jordan Harbaugh-Williams, University of Iowa Christianna Jahn, Des Moines University Jennifer Liu, Des Moines University Christine Pham, Des Moines University Kate Pitz, University of Iowa Mignon Rademan, Des Moines University Allison Rapp, University of Iowa Joseph Sumhlei, University of Iowa Avery Whitis, University of Iowa Brandon Wubben, University of Iowa Genesis Zamora, University of Iowa



In Memoriam

William Robson, MD of Cedar Rapids

Thank you to our 2016 PrimCare PAC Donors:

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Steve Richards, DO Dawn Schissel, MD Gerry Stanley, MD Jason Wilbur, MD Brent Hoehns, MD

Don't see your name and want to make a donation? Visit our web site to make a donation.

Thanks to Our 2016 Foundation Donors:

Melissa Austreim, MD Larry Beaty, MD Jim Bell, MD George Bergus, MD Scott Bohner, DO R. Ried Boom, MD Jenny Butler, MD Josephine Dunn Junius, MD Jill Endres, MD Garrett Feddersen, DO Corrine Ganske, MD Donal Gordon, MD Stephen Holmes, MD Amr Kamhawy, MD George Kappos, MD Laura Lasack, MD Eleanor Lisa Lavadie-Gomez, MD Kevin Locke, MD Michael Maharry, MD Doug Martin, MD Lonny Miller, MD Kenton Moss, MD Noreen O'Shea, DO Steven Perkins, DO

Don't see your name and want to make a donation? Visit our web site to make a donation or turn to page 13.

Members in the News

GET TO KNOW DR. MARK HAGANMAN 2015 IAFP FAMILY PHYSICIAN OF THE YEAR....

1. Why did you pick family medicine?

Initially as a young child I had several medical emergencies and some 'not so emergencies' which required care. My family physician was always there, readily available and managed those situations with wisdom beyond words. In addition to his clinic practice, he was also active in the community, often seen at sporting events, school board meetings, and other community functions. Each morning he would drive twenty-five miles to and from the hospital to make rounds. Often I would dream that one day I would be able to gather enough knowledge, trust, and insight to be just like him. I didn't realize the impact he made on me until I was involved with rotations during medical school. These experiences solidified family medicine as the top career choice!

2. Favorite part of being a family physician?

People....variety.....challenge.... staying up to date with evidence based medicine. It is truly a privilege and an honor to provide health care.

3. Biggest challenge facing family medicine today?

Currently there are a number of challenges facing family medicine. The greatest challenge is that the current health care system underestimates the value of family medicine. This 'undervalue' has lead to declining student interest in primary care and family medicine in particular. Programs directed to increase the number of family physicians will result in increased access for patients, optimized care at lower cost. As family medicine physicians we should continually strive to expose medical students to the unique, rewarding and exciting field of family medicine.



4. How do you balance your professional and personal life?

Recently, I have had the opportunity to discuss family medicine in the rural setting with medical students and residents. Each time there were a number of questions based on 'burn-out' and the balance between professional and personal life. The answer to balance and avoidance of burnout is easy....be happy, do the things professionally you enjoy. Try and minimize the things which aren't important and don't sweat the small stuff. Physicians tend to want to control, take care of the important issues at hand and let others do their jobs making yours easier.

5. Favorite ice cream flavor?

I like all flavors, just needs to be cold and frozen, vanilla always works

6. Favorite song?

Depends on the setting...Back in Black by AC/DC on a cool fall Saturday morning comes to mind. **7. Tell us something people would be surprised to know about you?** I would rather dictate a record than use EHR.

8. Favorite Movie? Top Gun.

9. Favorite Book?

Training Retrievers to Handle.

10. What was your first car? 1967 VW bug.

10 Reasons to Be an IMS Member Membership Benefits of the Iowa Medical Society

1. Center for Physician Advocacy

IMS' experienced legislative team is a consistent presence at the Capitol, before state agencies, and in the halls of Congress, engaging policymakers, monitoring legislation and representing the house of medicine. IMS keeps you informed via the weekly session e-newsletter the *IMS Advocate*, and in other publications throughout the year.

2. Leadership

IMS offers many leadership opportunities through our Board of Directors, committees, and special task forces. These opportunities are available to all member physicians, residents and students.

3. IMPAC

IMPAC is the political arm of IMS, providing physicians a strong, unified voice in the political process. IMPAC contributions are used to help elect pro-medicine candidates.

4. Your Voice

As the voice of Iowa physicians, IMS stays ahead of issues affecting physicians and their practices, and uses that knowledge to help you navigate the ever-changing practice environment.

5. CMEs

IMS offers online CME that meet the Iowa Board of Medicine's mandatory requirements for end-of-life care and chronic pain management. Members receive a discount on these courses.

6. Expert Resources

The IMS website offers a variety of resources for physicians, their practices, and patients. From the Iowa Statewide Universal Credentialing application forms to information regarding MACRA, Medicaid Managed Care, *Candor*, and more. These exclusive resources are only available to IMS members.

7. Stay Informed

IMS publications keep members and their practices informed and knowledgeable on issues affecting medicine in Iowa and nationally.

8. Practice Management

IMS offers education and resources tailored specifically to practice administrators and staff. Among these is the *Practice Manager*, a weekly e-newsletter.

9. Annual Educational Conference

The IMS Annual Conference engages state and national experts to address the most pressing subjects of relevance and concern to Iowa's medical community; learn, network and rediscover why you became a physician.

10. Service Referral Program

Looking for services to help your practice? The IMS Business Affiliate Program identifies trusted businesses committed to Iowa's medical community.

Membership renewal notices will soon arrive in your mailbox.

You may renew your dues online at www.iowamedical.org or by contacting Crystal Swanson (cswanson@iowamedical.org) at (515) 421-4774 or (800) 747-3070.



MEMBERS UP FOR RE-ELECTION IN 2016

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Members in the News

ACTIVE MEMBERS OF THE AAFP MUST COMPLETE 150 HOURS OF CME EVERY THREE

- 1. A minimum of 25 credits must be obtained from a live learning activities, (Live credit are conferences or activities for which an application has been submitted and approved for Prescribed or Elective credit.)
- 2. A minimum of 75 credits must be Prescribed Credit

The remaining credits may be Prescribed or Elective, or a combination of both.

Prescribed Sources of Credit

- 1. Advanced Training Up to 25 per 3-year cycle
- 2. Teaching includes instruction of health professions learners in formal individual (e.g. presceptorhips) or live education formats. Up to 60 Prescribed credits per 3-year cycle
- 3. Developing EB-CME Presentation 60 per 3-year cycle
- 4. Research Participation 30 per 3-year cycle

- 5. Published Research 15 per paper or 45 per 3-year cycle
- 6. Peer Review of Journal Manuscripts 3 per manuscript or 45 per 3-year cycle
- 7. Writing Questions for Standardized Tests/Examinations 30 per 3-year cycle

Elective Sources of Credit

- 1. AMA PRA Category 1
- 2. AOA CME
- 3. ABFM or AOA Certification 25 per 3-yr cycle
- 4. Scholarly Work Scientific Paper Presentation 10 paper or 30 per 3-year cycle
- 5. Preparation/Presentation of Scientific Exhibit 15 per 3-year cycle
- 6. Professional Enrichment Independent/Informal 25 per 3-year cycle

Iowa Cancer Consortium

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2016 IOWA CANCER SUMMIT October 18-19, Ankeny, Iowa. Keynote by Ernie Hawk, MD, MPH

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pberning@epamidwest.com



Would you like to get involved at the Academy? JONA COMULE

Committees meet once a year in a face-to-face meeting. Other meetings are conducted via conference call. <u>In 2016 the committees will meet on November 3, 2016 at the Downtown Des Moines Marriott prior to the Clinical Education Conference</u>.

EDUCATION COMMITTEE: Responsible for all continuing education programs of the Academy that includes the Clinical Education Conference and the Winter/Summer meeting.

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 promotes the image of family physicians in the state of lowa. In addition, the committee seeks members to serve on committees and boards for government and other health care related organizations, and assists in the legislative activities of the Academy including grassroots lobbying (Key Contacts). The committee is also responsible for the annual legislative coffee at the Capitol on February 17, 2016.

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 TAR WARS, 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: https://www.surveymonkey.com/s/IAFPvolunteerform



Join us June 15 - 17, 2017 at Bridges Bay Resort in Okoboji for the 2017 Summer Meeting

THE SUMMER CME WEEKEND GETAWAY was a long standing tradition at the IAFP and after more than a decade away we were thrilled to be bring the beloved Okoboji meeting back in 2016 to the excitement of our members. After the success of last year's meeting, we thought why not do it again? So we will be back in Okoboji in 2017 with all the fun, sun, education, and socialization this meeting is known for!

This meeting is truly a family event where there will be plenty of time for you to relax, explore and enjoy all the area has to offer. We will offer three, half-day CME sessions during this weekend beginning at 12:30 on Thursday and from 8:00 to 1:00 on Friday and Saturday.

We are excited to return to Bridges Bay Resort for the 2017 meeting!

ABOUT THE RESORT: Located in Arnolds Park and situated right on the lake, Bridges Bay is the perfect location to host our meeting. The Resort features an amazing indoor water park as well as a beautiful and spacious outdoor pool. The resort has several lake front restaurants where you can watch the sun set while enjoy a delicious dinner. The resort is conveniently located near many of Okoboji's top attractions making this an ideal location. In the summer of 2016 they completed the addition of a conference center where our CME meetings will take place. We look forward to seeing you ther



Hotel Reservations can be made directly with the hotel by calling (712) 332-2202. Please be sure to tell them that you are with the lowa Academy of Family Physicians to receive our special room rate.

CME Registration - You can register for the CME Portion of the meeting by going to the IAAFP website.

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

CME PRESENTATION: The IAFP offers a \$200 honorarium for each one hour topic presented. YES, I am planning to attend and would like to present a CME topic as follows:

Title of Proposed Topic(s):

□ You can count on me for a topic to be determined.

Name		Email			
Name		EITIAI			
Street Address	City		State	Zip	

Phone#

PLEASE VOLUNTEER TO PRESENT A CME SESSION(S) AT THIS CONFERENCE. THE CME PROGRAM AND NUMBER OF CREDITS WILL BE FINALIZED AFTER SPEAKERS AND TOPICS ARE IDENTIFIED.













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