



IOWA FAMILY PHYSICIAN

VOL. XLVII No. 2 / WINTER 2019-2020

ADVOCACY ISSUE



INSIDE:

- IAFP 2020 LEGISLATIVE PRIORITIES
- 2019 ANNUAL CONFERENCE RECAP
- 2020 EDUCATION PREVIEW

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On The Cover:

(Left photo) IAFP Family Physician of (left) Dr. Jim Bell, Dr. Sherry Bulten and Dr. Alan Schwartzstein. (right) (Melissa and Dr. David Nystrom)

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LOVE YOUR WHY

By Sherry Bulten, M.D.

As this is my first President's Message, I would like to thank so many people who have brought me here. First, I would like to thank the Academy! Who hasn't wanted to say that? I am truly grateful to the board for nominating me and Iowa Academy members for electing me. Thank you also to many of my cohorts for being there for me, and for being the best teachers and friends that anyone could ask for.

A great big thank you to my husband of forty some years, Jim Erickson, my soulmate and partner in life, I love you. Hugs to my son Jeff and his wife Summer and two little girls and my son Andy, his wife Emily and two little ones.

The theme of the AAFP 2019 FMX meeting was LOVE YOUR WHY. I instantly loved the theme and knew I had to incorporate it into my IAFP installation speech. Before you can LOVE YOUR WHY, we need to spend some time contemplating KNOW YOUR WHY. Why did you go into medicine? Why are you a family physician? Many of us went into medicine "to help people." Go deeper. When did you know you wanted to be a physician? What experiences or feelings stirred that want in you? You are having this discussion with yourself. You can be honest, toot your own horn and be as politically incorrect as you want. This is just between you and yourself. Here is some of my journey to give you an idea of what I mean.

When I was in third or fourth grade, I wanted to be Sherlock Holmes. More specifically when I grew up, I wanted to solve mysteries. Start with a problem, gather evidence, sort evidence in possible scenarios, gather additional evidence, narrow down scenarios and then solve the mystery. Does this sound familiar? You probably do this many times per day.

Why family medicine? My WHY is pretty conventional. My family physician as a kid was a real-life Marcus Welby (see Jim Bell's President Message in Fall 2019 IAFP magazine) and a great role model. Like a true FP, he would listen to the blubbering of a crying 7-year-old telling him how the sore throat she had had for three days really hurt. Could he make it better? Of course he did!

"When I was in third or fourth grade, I wanted to be Sherlock Holmes. More specifically when I grew up, I wanted to solve mysteries. Start with a problem, gather evidence, sort evidence in possible scenarios, gather additional evidence, narrow down scenarios and then solve the mystery. Does this sound familiar? You probably do this many times per day."

As I grew up, all of these influences coalesced into a belief system. Physicians are curious and bright with abilities to



collate large amounts of data. I believe FPs are born as well as made, they are inherently nice people who are personable and empathetic listeners. They really do care. These gifts can be nurtured but I believe most physicians have these traits at their core.

Wow! In my dreams could I be one of those?

If you KNOW YOUR WHY, you can use it as a touch stone to remember why you LOVE YOUR WHY. When you are frustrated trying to get a prior authorization or computers are interfering with your time with patients or whatever else your job negatives are, take a deep breath and remember your WHY! It will not make those stressors go away but hopefully will help remind you of your purpose. In my acceptance speech I gave out a small stone engraved with Love Your Why and suggested that it be kept at your desk as an actual physical touchstone. Any small object that is comforting can be used to help remember why you LOVE YOUR WHY.

Warm thoughts winging your way.

KNOW YOUR WHY!
LOVE YOUR WHY!
And Go Hawks!

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ADVOCACY IS NOTHING LIKE SUDOKU

By Jason Wilbur, M.D.

Happy New Year! It looks like 2020 will be an interesting year. The caucus always brings national attention to Iowa, and this year is no different. I've seen at least 5 presidential candidates just wandering around town. One attended church with me on two Sundays – that's right, two. If you're not good at math, that means that both of us had to go to church at least twice within the last few months. So... good for us!

With all these politicians and media-types bopping around Iowa, eating fried food on a stick at the State Fair and kissing babies, it's hard not to get a little excited about the political process. If you are soured by partisan rhetoric or stuck inside a social media echo chamber of angry tweets, just step out of that for a moment and appreciate that we do live in a place where we can have our voices heard. Why? Because we live in the U.S. More specifically, we're in Iowa during caucus time. Even more specifically, we're a bunch of doctors, and doctors still have a margin of respect in our culture. On top of that, it's the legislative "season" in Iowa, and it's time to get our voices heard and use some of the respect and influence we possess. That is why this issue focuses on advocacy.

What do we mean by "advocacy"? It's a fair question. Does it mean paying our dues? Donating to a PAC? Getting more involved in our communities? Calling our congressional representatives? We could pull out Webster's Dictionary, but I think we would find the definition lacking. However, there is one important thing to note from the dictionary definition. Advocacy must occur in our public lives. We cannot just sit alone in our offices and advocate. In this way, it is very different from sudoku.

We doctors are often introverted, quiet, thoughtful and hardworking. Physicians are often shy about getting involved in government. We currently have no doctors in the state legislature or our congressional delegation. That's probably OK. It's not what we went to med school to do. We want to be in our clinics, our hospitals, our communities. We want to be helping patients solve problems. We don't want to deal with red tape, undiagnosable problems, compromising solutions and all that mess that politicians handle. Fair enough. But the counter argument to that is that if you're not at the table, you're on the menu. So, at the least, we must take the time and effort to advocate for our profession with our elected leaders.

While we should educate our legislators about family medicine and why we are important to the state of Iowa, we must also be cautious not to appear self-serving. They should understand that none of us went into family medicine as part of a "get rich quick" scheme. We did it to help our patients. Therefore, our legislators should hear our patient stories. Those are more powerful than terms like "scope of practice." The average legislator is really just the average Iowan who is really just our average patient. They don't care if pharmacists want to prescribe vaccines or psychologists want to prescribe antidepressants. They care about access to safe, reliable, affordable health care. They care about having a personal physician and a medical home. They care that they can trust their doctor to be doing his or her best. And that's what we do every day. That's our story.

The next time you see that email from IAFP and think, "I'll just delete that and get back to my sudoku," stop and open it. There's some good stuff in there! You will find lists of active bills in the Iowa



legislature and our position on those. That could be a starting point for you to get involved. You might see that there's a bill on nicotine products which could limit your teenage patients' access to that addictive drug. You might decide that it's time for you to be an advocate for the health of your community, and you might start telling your patients' stories.

As always, please email me with any comments you have and any ideas for the magazine. You can reach me at jason-wilbur@uiowa.edu. Have a wonderful 2020!

ADVOCACY

By Emily Trudeau, MS2 Carver College of Medicine

Advocacy is an idea I did not contemplate much when I was younger. My mother raised me to be kind to everyone and help people when I can, but I had not considered the idea of helping people I had never even met. In the past, I often stayed out of controversial discussions, but I believe that is where much of the strength of advocacy lies. We can have compassion regarding someone's situation, but when we do not act, the compassion is meaningless. We have to be willing to have those difficult and informative conversations with people of differing opinions. I am inherently non-confrontational, so my entire journey of advocating for people and patients has been far outside of my comfort zone. It is a scary place, but it is definitely the place of the most personal growth and realization. It is a place where others are regularly asserting that your beliefs are wrong, forcing you to repeatedly reflect on your own values and ideals to assure your position.

For many, one of the hardest tasks when beginning the journey to advocate is moving past the idea that if an issue does not affect us, we should not create controversy about it. This avoidance of discussion can unintentionally come from a place of privilege. It is so easy to advocate for our own problems, but what about problems others experience that we know nothing about? As a white, American, cis-gender female, I have much privilege. I have clean drinking water, proper sewage in my home and easily accessible birth control. I am married and am privy to all the benefits within that union. So many do not have these things and that is why they fight for them. Those who fight for their justice are not asking for handouts or to receive more than their share; they are asking for a level playing field and a truly equal opportunity at the pursuit of happiness.

As a medical student, the idea I advocate most tirelessly for currently is reproductive healthcare. I am proud to be the co-president of Carver College of Medicine's organization Medical Students for Choice. We fight for the right to accessible reproductive healthcare and science-based sexual education. This is a controversial topic and, honestly, was an underexplored idea for me upon entering medical school. I was raised

“For many, one of the hardest tasks when beginning the journey to advocate is moving past the idea that if an issue does not affect us, we should not create controversy about it. This avoidance of discussion can unintentionally come from a place of privilege.”

with beliefs like those of my family and church. As I grew older, I realized my evolving values did not always match those I had initially held. As I gained experience and knowledge, I felt very strongly that healthcare decisions should be a conversation between a woman, her partner and her healthcare provider without government intervention. This is why I choose to advocate.

I advocate so that my future patients can come to me expecting a nonjudgmental, factual conversation about their best healthcare options. I advocate so that women will have access to safe, effective reproductive healthcare. I advocate because compassionate care that saves lives is more impactful than avoiding controversy. I realize that many people do not agree with this specific topic of reproductive healthcare access, and I understand many reasons why they believe otherwise. I empathize with them and hope to always have a conversation that results in shared understanding and respect. For me, one of the vital goals of advocating is considering all sides and drawing conclusions utilizing multifarious aspects of the argument. I believe wholeheartedly that I can advocate for my position while treating the opposing argument with dignity and compassion.

Ultimately, advocacy should boil down to compassion with action. I advocate so that my compassion, experiences and knowledge can be heard and better the lives of the people around me. I encourage anyone reading this that may struggle with advocating to take the first step that I did and really think about what your values are regarding these difficult issues. Why do you feel the way you do? This may encourage you to have those tough conversations with the people around you and empower you to do so in a respectful and helpful manner. I also implore you to never be discouraged about advocating, because even the smallest acts can motivate change and improve the lives of others.

THE REAL MEANING OF ADVOCACY

By Elise Duwe, MD, PhD, R2 / Northeast Iowa Medical Education Foundation / Family Medicine Residency Program / Waterloo, Iowa

“What letter does advocacy start with?” I ask my almost fully four-year-old.

“Ae--ae--advocacy,” she pauses a moment and then responds, “‘A’ like my name.”

“What does advocacy mean?” I ask.

She responds, “I don’t know.”

“Well advocacy means...” I start and realize that I do not have a definition for advocacy despite a long personal history of doing work that one might interpret as demonstrating advocacy. We toss around ‘advocacy’ like we toss around a wet football. Just as we have difficulty grasping the wet football, we have difficulty understanding the concept--advocacy. And, in that way, it becomes a nearly meaningless word.

Advocacy, I believe, is something

understood best in specifics as real actions impacting real problems. Of course, then one can ask what we mean by real. Do we mean real as in “The Velveteen Rabbit” where the rabbit becomes real through love? Yes, I think so. Advocacy is about love. The rabbit also becomes real through losing its bead eyes and its glossy fur and its soft ears. As such, advocacy is also about pain.

We, as family medicine residents, advocate for patients. We advocate for ourselves as residents. We advocate for internal, local, statewide, and national policies. Thus, advocacy spans the micro encounters we have in each exam room and the macro encounters of what encompasses health for the Earth.

Tools that I have found useful for advocacy on both the micro and macro level include the Ten C’s of primary care

[1] and the Person-Centered Primary Care Measure [2]. These tools improve patient care as well as explain to policymakers and stakeholders why what we do as family physicians is absolutely critical to improving population health. These tools also demonstrate advocacy as pain and advocacy as love.

Kroenke, 2004, describes the “Ten C’s” of primary care: continuity, comprehensiveness, coordination, first contact, competence, cost effectiveness, communication, collaboration, compliance, and competing demands. As family doctors, we are the first point of contact for our patients within the healthcare system. We communicate, collaborate, and coordinate between other healthcare specialists and allied health professionals. We provide continuity and are comprehensive in our assessments. These ten C’s can make us awesome physicians.



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They also burden us. Thus, advocacy is about pain.

The Green Center created, through a rigorous qualitative process, the Person-Centered Primary Care Measure, a questionnaire that asks patients to evaluate their doctor's practice on the Ten C's of primary care. Patients are asked, following a doctor visit, about the care they received--if it was easy to get, if they were able to get the care they needed, and if their care was coordinated. Additionally, patients are asked about their therapeutic relationship with their doctor: my doctor knows me as a person, stands up for me, and considers all factors impacting my health. The advocacy measured in the Person-Centered Primary Care Measure is about being through a lot together as doctor and patient. Patients wish their

doctors to have a broad knowledge of their family and community. Ultimately, the advocacy measured in the Person-Centered Primary Care Measure promotes patient health and assists patients in meeting their goals. Advocacy is about love.

When I questioned co-residents on how they advocate, they presented the following examples. As family physicians, we advocate for life and for death. The relationships we develop with patients enable the difficult conversations around advanced directives and end of life wishes so that we can advocate for the care our patients desire. Additionally, we have more joyous conversations about birth plans and wishes for the kind of parents our patients want to be. We also spend annoying time advocating with

insurance companies for patients to receive appropriate diagnostic testing or treatment.

We do all of this out of love, and in that process of love, we establish real relationships that enable real advocacy. And sometimes it hurts.

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- [1] Kroenke, K. (2004). The many C's of primary care. *Journal of general internal medicine*, 19(6), 708.
- [2] Etz, R. S., Zyzanski, S. J., Gonzalez, M. M., Reves, S. R., O'Neal, J. P., & Stange, K. C. (2019). A New Comprehensive Measure of High-Value Aspects of Primary Care. *The Annals of Family Medicine*, 17(3), 221-230.

IAFP End of Life Care Course

*Coralville Public Library,
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April 3, 2020 - 1:00-3:30 pm
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COST - \$75 for Residents

\$125 for IAFP/AAFP Members and/or
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Lecture 1: Palliative Care and Hospice Essentials

At the conclusion of the lecture, the participant will:

- Understand the difference between palliative care and hospice care
- Have a working knowledge of the universal principles of "primary palliative care"
- Be aware of the specific circumstances calling for referral to a palliative care team

Lecture 2: Goal setting: The Family Meeting

At the conclusion of the lecture, the participant will:

- Understand the essential elements of the family meeting for goals of care discussion
- Be able to incorporate those elements efficiently into a limited office visit
- Learn strategies for managing challenging situations such as requests to "do everything"

Lecture 3: The role of the Family Physician in the application of new technologies in advanced disease

At the conclusion of the lecture, the participant will:

- Recognize new technologies that patients may encounter as they face advanced disease
- Understand the role of the family physician in supporting patients and families in these situations
- Be able to support patients in decision making using specific communication tools

End of Life Care Course Registration at <http://iaafp.org/End-of-life/>

University of Iowa Spring Refresher Course Registration at <https://familyphysician.centerforconferences.uiowa.edu/>

EVP UPDATE - 2019 IN REVIEW

By Pam Williams, Executive Vice President

The Iowa Academy of Family Physicians had another great year and the leadership team was been very busy representing you at various meetings in Iowa and around the United States. I thank all of those who serve on the Boards of the Academy, the Foundation and the PAC and all who serve as delegates, and on state and national committees. Thanks to you, our members, who support the IAFP with their dues, who attend our conferences and use our services. Most importantly, thank you for the extraordinary care you give to the people of Iowa.

I also want to thank our very dedicated and hardworking Academy staff. We could not accomplish the work that is done throughout the year without them. I am so privileged to be able to work with Katie Cox and Kelly Scallon and every day starts as a new adventure with these two. Please share your gratitude with them when you have a chance.

The Advocacy Committee hosted the Legislative Coffee in early February. Members from around the state joined us to lobby for AAFP legislative priorities with their representatives. This gathering gave us the opportunity to share our views on workforce initiative, scope of practice, telehealth and prior authorization. Please plan to join us for the 2020 Legislative Coffee on February 12 at 7:30 am in Room 116 at the State Capitol. Also, please take time to read the bi-weekly Legislative Updates we send to keep you informed for legislation of interest to our members.

Following the coffee, the IAFP Board spent the day in a strategic planning session that will help guide our workflow for the next three to five years.

Later in February, IAFP President Jim Bell, President-Elect Sherry Bulten, and I attended the Multi-State conference

in Dallas. This conference provides the opportunity for leaders from 14 central states to get together to share state advocacy efforts, best practices and to hear from AAFP leaders. This conference will be held again February 22-23, 2020.

In April the IAFP had a great group of leaders represent Iowa for the Annual Chapter Leadership Forum (ACLF) and National Conference of Constituency Leaders (NCCL) in Kansas City. The Executive Committee members and staff attended the ACLF conference that included sessions on governance, AAFP updates and leadership development. We were very pleased to have a full delegation for the NCCL conference that included representatives to serve on the delegations of women, minorities, new physicians, GLBT and international medical graduates. These representatives discussed areas of common interest among the constituencies and crafted resolutions that were addressed by the AAFP. We were very pleased to be able to take a resident member who shadowed members of our delegation at NCCL.

In May President Jim Bell, President-Elect Sherry Bulten, Advocacy Co-Chairs Brent Hoehns and Dave Carlyle, IAFP Key Contact Rob Lee, resident member Sabrina Martinez, student member Tim Maxwell, and I attended the Family Medicine Advocacy Summit in Washington, DC. On the first day we attended sessions on Delivery Systems and Payment Innovations, Innovations to Modernize GME and Rural Health Disparities. On the second day we visited Iowa Senators and Representatives where we discussed the importance of the Primary Care Caucus, Graduate Medical Education Financing and Gun Violence Prevention. The inclusion of a resident and student in these visits is enthusiastically welcomed by our representatives. The 2020 AAFP



Family Medicine Advocacy will be held in Washington DC May 18-20.

In late May and early June, the IAFP and Nebraska AFP hosted our first Mediterranean CME cruise that was attended by 53 physicians and family members. The onboard CME was exceptional and attended by 19 physicians. IAFP received very positive feedback from our members on both the quality of the CME and the ports of call.

In June we also sponsored the third Summer CME Conference at Lake Okoboji. IAFP members in that part of the state welcome the return of this conference as an annual event. A summer 2019 survey of the membership also indicates members would be very interested in a second Summer CME event that might attract members from the eastern side of the state. We are very pleased to announce that IAFP will host summer conferences in Lake Okoboji June 11-13 and in Galena, Illinois June 25-27 in the summer of 2020. Please come out and support these events that will be designed for families, couples and singles.

The AAFP National Conference of Family Medicine Residents and Medical Students was held in Kansas City in late July. The IAFP Executive Committee had approved funds to provide for new Iowa-themed backdrops for the eight University of Iowa

Affiliated Family Medicine Residency programs. IAFP also hosted a reception for all residents, students, faculty and program coordinators from Iowa. It is estimated that 55 to 60 people attended. This reception provides a social opportunity for those from Iowa and is a great opportunity for students to meet with Iowa residency program representatives. Students attend from both the University of Iowa and Des Moines University, and IAFP provides travel funds for these students. We appreciate the generous contributions of IAFP members who support this travel provided through the IAFP Foundation.

The AAFP Congress of Delegates was held in Philadelphia in September. In addition to Drs. Bell and Bulten and staff Katie Cox and myself, IAFP was well-represented by Delegates Brian Mehlhaus and Doug Martin and Alternate Delegates Don Klitgaard and Amr Kamhaway. The 2020 Congress will be held October 12-14 in Chicago, Illinois.

The 2019 IAFP Annual Meeting that was held in November was a very successful event. Many thanks to the Education Committee for planning the conference and a special thank you to the Annual Meeting Subcommittee who refines the program, identifies speakers, help faculty define program objectives and review slides. This committee is chaired by Jenny Butler and the committee members are Jim Bell, Mara Groom, Sarah Ledger and Sarah Olsasky. Special highlights of the conference included topics to help fulfill state mandated CME on End of Life and Pain Management and a KSA on Hospital Medicine. The Subcommittee is busy planning the content for the November 12-14, 2020 conference that will be held at the Prairie Meadows Conference Center in Altoona.

In addition to the meetings above, the IAFP collaborated with a program spearheaded by the Iowa Hospital Association, that also included the Iowa Medical Society and the Iowa Health Collaborative. The Physician Business Leadership Program is

a certificate program that consists of four in-person full day training program with additional requirements in networking and involvement with other industry activities. The audience is emerging and aspiring physician leaders. The IAFP had no financial obligations for this program. However, the IHA later asked partners to consider providing grants for members to participate. The IAFP Executive Committee did approve funds totaling \$2500 to send one member through this longitudinal program. Laura Bowshier was selected to attend and will provide an article for an upcoming issue of *Iowa Family Physician* sharing her experience. The IAFP will remain a partner of this collaboration in 2020.

Board Chair Scott Bohner, President Jim Bell, AAFP Vice President for Governmental Affairs Shawn Martin, Lobbyists David Adelman and Sara Allen, and I met with representatives of Wellmark to discuss ways to increase patient wellness, control health care costs and improve health outcomes by putting a priority on primary care medicine. We followed up the meeting with a letter asking Wellmark to consider a 12% increase in the evaluation and management physician/patient encounter codes. We hope to have more dialogue in follow up to this meeting.

In summary, I would like to express my appreciation to the Executive Committee, the Board of Directors and all committee members for their hard work on behalf of Iowa family physicians in 2019. I would like to extend a special thank you to Dr. James Bell for his diligent, consistent and inspired leadership this past year during his term as President. He has been a strong spokesperson for the IAFP and we appreciate his accessibility and willingness to address issues and resolve problems. Dr. Scott Bohner has been a dedicated leader of the Board of Directors. His knowledge and experience were invaluable in guiding the Board through their deliberations in 2019 that included development of the strategic plan and implementing the governance changes

approved in 2018. Thank you, Dr. Bohner, for your dedication and strong leadership during your tenure on the Board and Executive Committee. It is my pleasure and privilege to extend a special thank you to Dr. Corrine Ganske whose six-year term as Secretary-Treasurer has come to an end. Prior to serving as Secretary-Treasurer, Dr. Ganske served on the Board as the residency director representative for many years. I cannot imagine a leadership team that does not include Dr. Ganske. She has been a stalwart steward of the Academy finances and I thank her for her professionalism, dedication and strong leadership over the past years. We look forward to the continued participation of Drs. Bohner and Ganske in IAFP activities.

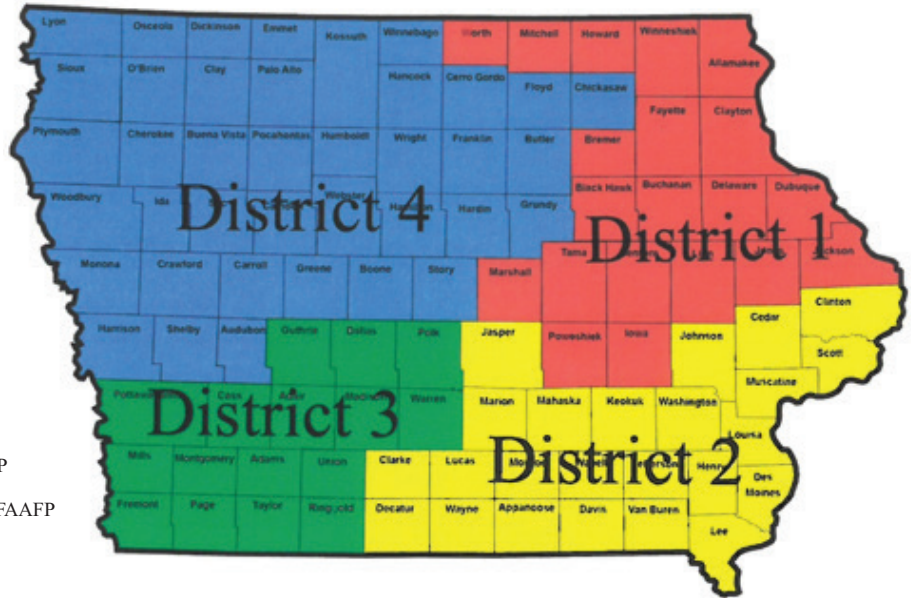
Congratulations to our new President, Dr. Sherry Bulten. We look forward to a great year and know we will be in good hands under her leadership.

I would be remiss if I did not also acknowledge the promotion of Katie Cox to Deputy Executive Vice President that occurred in 2019. Katie has been on the Academy team for 14 years. She has long served as my wingman (person) and I entrust the association to her during my travel and vacations. Both she and Kelly serve as valuable resources to you, our members, and are treasured members of the IAFP team. We are so fortunate to have them both as employees. Congratulations Katie on a well-deserved promotion.

Once again, I would also like to thank Iowa family physicians for their continued membership and involvement in our Academy. I encourage you to take advantage of the great CME offered by the Academy and challenge you to become involved in this great organization that represents you at the state and national level. Our continued success is dependent upon each of you. It remains an honor and a privilege to serve as your Executive Vice President and I wish you much happiness and success in 2020.

IAFP DISTRICT INFORMATION

We are pleased to present you with a map of the IAFP districts as well as listings of the counties in each district. You will also find a listing of the towns in each district and the ACTIVE IAFP members that live and/or work there. Please contact us at mail@iaafp.org if you see a mistake in the district in which you are listed.



District 1

Counties in District 1: *Allamakee, Benton, Black Hawk, Bremer, Buchanan, Clayton, Delaware, Dubuque, Fayette, Howard, Iowa, Jackson, Jones, Linn, Marshall, Mitchell, Poweshiek, Tama, Winneshiek, Worth*

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Anamosa
Angela Greif, MD
Charles Vernon, MD

Asbury
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Brian Nelson, MD
Ryan Stille, MD

Atkins
Eric Stenberg, DO

Bellevue
Jeffrey Hunter, MD
Brandon Rickertsen, DO

Brooklyn
Brian Heineman, DO

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Brian Burnett, MD
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Michelle Craig, DO
Darron Cutler, DO
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Daniel Glascock, MD
Kathleen Grauerholz, MD
David Hagedorn, DO
Sheryl Hansel, MD, FAAFP
Cindy Huwe, MD
Santhi Keeran, MD
Andrew Luke, MD
Kathleen Megivern, DO
Martha Ochoa, MD
Hetal Patel, MD
Sapna Patel, MD
Thomas Pattee, DO
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Brian Sankey, DO
Matthew Skeens, DO
Matthew Sojka, MD, CPE
Jeffrey Sutton, MD
Steven Tarr, MD

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John Brownell, MD
Maria Doce, MD
Jennifer Donovan, MD
Jason Ellis, DO
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Matthew Fox, MD
Mark Goedken, MD
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Ursula Livermore, MD
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Jami Maxson, MD
Ann McKinstry, MD
Monica Meeker, MD
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Mary Nelson, MD, FAAFP
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Jessica Price, DO
Brian Ray, DO
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Robert Schultes, MD
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Christine Warner, MD
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Kurt Swanson, DO
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John Vogel, DO
Daniel Wientzen, DO
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Geraldyn Zuercher, MD

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Todd Shover, DO
John Zehr, MD, FAAFP

Williamsburg

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Steven Rippentrop, MD

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Bettendorf

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Jared Terronez, MD
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Bonaparte

Amanda Gerber, MD

Brighton

Hilary Lash, MD

Burlington

Ruth Barosy, MD
Paige Deets, MD
Timothy Hunter, MD
Gary Mansheim, MD, FAAFP
Amy Moses-Nanthan, MD

Centerville

Nancy Barton, MD
David Fraser, MD
Kathleen Lange, MD

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Chillicothe

Joshwa Tromblee, DO

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Susan Mason, DO
Julia Matveeva, MD
Mark McEleney, MD

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Marie Oberst, DO
Timothy Park, DO
Jason Powers, MD
Brigit Ray, MD
Minyon Rittgers Easton, MD
James Schlichtmann, MD
Christopher Schuster, MD
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Leon

Larry Richard, MD

Montrose

Misty Bowen, DO

Mount Pleasant

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Newton

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Mureema Solberg, MD

Nichols

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Elizabeth Wooster, MD

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Riverside

Jamie Greiner, MD

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Tiffin

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G Nacos, MD
Matthew Prihoda, MD

Weldon

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West Branch

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Darbie Little-Cooper, MD

West Liberty

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Denise Martinez, MD

West Point

Christina Goebel, MD
Amy Huber, DO

Wilton

Stacie Kasper, DO

District 3

Counties in District 3: *Adair, Adams, Cass, Dallas, Fremont, Guthrie, Madison, Mills, Montgomery, Page, Polk, Pottawattamie, Ringgold, Taylor, Union, Warren*

Ackworth

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Adel

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Christine Davis, DO
Jody Helmick, MD, FAAFP


Altoona

Stanton Danielson, MD, FAAFP
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Debbie Sixta, MD

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Christopher White, MD

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**UNDETECTABLE
MEANS
UNTRANSMITTABLE**

U = U means that people with HIV who take their medications as prescribed to achieve and maintain viral suppression have effectively no risk of transmitting HIV to their sexual partners. CDC rates optimal use of HIV medications with a 100% effectiveness estimate for preventing sexual transmission.

Source: <https://www.cdc.gov/hiv/risk/estimates/preventionstrategies.html>



#UequalsU

TALK TO YOUR PATIENTS ABOUT U=U.

2020 LEGISLATIVE PRIORITIES

2019 LEGISLATIVE ACTION IN “GREEN”

1. Workforce Initiatives.

- a. The Academy will continue to explore ways to increase quality physician access to patients in Iowa through workforce programs like the Primary Care Rural Loan Repayment Program drafted by the IAFP in 2014. Fully funding, and in some cases increasing the funding, for these programs is critical to maintain a physician centered primary care workforce in Iowa. As such, IAFP supports:
- i. Increased funding for the Rural Primary Care Loan Repayment Program,
 - ii. Increased state funding for the Medical Residency Programs
 - iii. Continued funding for psychiatric training at Des Moines University.
 - iv. Establishment of an Iowa National Guard Loan Repayment Program.


- v. Increased funding for medical residency programs that focus on mental health, OB/GYN and primary care.
 - \$2 million to the Medical Residency Program
 - \$250k for psychiatric training for physicians through Des Moines University.
 - \$1.425 million for the Primary Care Loan Repayment Program (increase of \$300k)
 - \$400k for Rural Psychiatric Residency Development. New residencies that must be in rural settings and offer psychiatric training

2. Medical Liability Reform.

- a. In Iowa, noneconomic damage awards from juries has skyrocketed. More than \$63M has been awarded in noneconomic damages in just five cases. Noneconomic damages are defined as intangible harms like “severe pain, physician and emotional distress, loss of enjoyment”, etc. IAFP supports closing loopholes in the state’s cap on noneconomic damages. Closing these loopholes will ensure that “outlier” verdicts don’t become the norm in Iowa.

3. Scope of practice protection.


- a. IAFP is opposed to legislation that would erode physician’s ability to practice within their full scope and put Iowa patients in harms way. To this end, IAFP is aware of the following perennial legislative initiatives:
 - i. Pharmacy Statewide protocols. IAFP will monitor the legislation put forth to ensure patients care and the physician-patient relationship is not compromised. Pharmacists will continue to pursue legislation next year.
 - In 2018, a bill was passed that allowed, for patients 18 years and older, pharmacists are able to administer naloxone, nicotine replacement tobacco cessation products, immunizations recommended by the US CDC advisory committee for adults, Tdap in booster application, and other emergency immunizations or vaccinations in response to public health crisis.
 - The 2018 bill also allows pharmacists to administer the last two doses of HPV vaccination



2020 IAFP Legislative Coffee

Date: February 12, 2020
 Time: 7:30-9:00 a.m.
 Location: Room 116, Iowa Capitol Building
 RSVP: (515)283-9370 or kscallon@iafp.org

The Iowa Academy of Family Physicians represents 1,800 family physicians, residents and students. Academy members from all over the state will be there to discuss issues relating to the health care provided to all Iowans. We hope you will be able to attend.



in patients 11 and over; for patients 6 months and older, influenza and other emergency vaccinations for public health emergencies.

- ii. Direct entry midwives. The IAFP opposes direct entry midwives due to their lack of educational and medical training, and the impact this gap in education has on caring for their patients. **No legislation passed during the 2019 Legislative Session**
- iii. Naturopathic physicians. The IAFP opposes the licensure and recognition of naturopathic physicians because of the manner in which this group practices (i.e. do not follow evidence based practices). **No legislation passed during the 2019 Legislative Session**
- iv. Psychologist prescribing. The IAFP will closely monitor Rules being developed jointly by the Board of Medicine and the Board of Psychology allowing certain psychologist the ability to proscribe psychotropic drugs
- v. Optometry procedures. The IAFP will work with the Ophthalmologists at the Capitol to push back on any efforts to allow an optometrist to perform surgical procedures as part of the professions practice. **No legislation passed during the 2019 Legislative Session**

4. Telehealth

- a. In 2015 the IAFP was instrumental in creating payment parity for Medicaid patients being treated in person or through telehealth technology. The IAFP will advocate for private pay parity. In 2018 legislation was passed requiring commercial payors to provide parity for coverage, meaning the use of telehealth care is covered by healthcare insurance. IAFP will look to expand telehealth further to increase access to physicians for rural or underserved Iowans.

5. Behavioral Health.

- a. IAFP is aware and recognizes the mental health crisis that exists in Iowa and welcomed the work done in 2018 and 2019. As providers, we see every day the need for more behavioral health providers and more points of access for inpatient and outpatient behavioral health care. IAFP supports any piece of legislation that helps increase the

number of behavioral health providers, as well as increases access for behavioral health services across the state.

6. Medicaid Managed Care

- a. IAFP members continue to believe that *value* over *volume* is the answer to truly keeping patients well and bettering their health. With this in mind, IAFP supports Medicaid payment reform that pays physicians based on value rather than traditional fee-for-service payment methodology. IAFP will work to ensure there is proper oversight on the managed care companies overseeing the Medicaid program.

7. Access to Care and Public Health

- a. IAFP supports initiatives that promotes access to care in Iowa. As primary care physicians we understand the importance of access to care in both urban and rural settings. Additionally, IAFP supports public health initiatives like smoking cessation programs, obesity programs, etc.

ADVOCACY

How You Can Get Involved

- Attend the IAFP Legislative Coffee on February 12
- Donate to the IAFP PrimCare PAC and to the AAFP FamMedPAC
- Read the weekly Legislative Updates
- Become a member of the IAFP Advocacy Committee
- Attend the AAFP State Legislative Conference
- Attend the AAFP Family Medicine Advocacy Summit
- Participate in the AAFP Speak Out program to reach your legislators
- Read AAFP In the Trenches by AAFP Senior Vice President Shawn Martin
- Explore these and other opportunities at www.iaafp.org and www.aafp.org

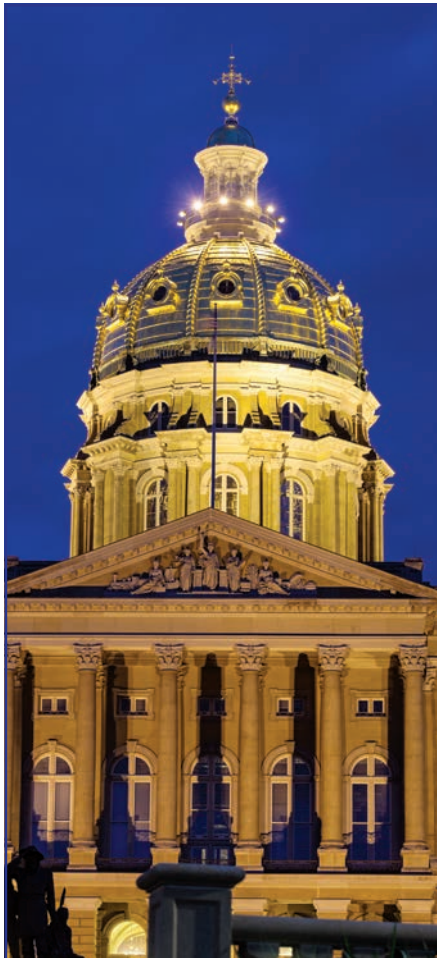
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*Thanks to your generous contributions, the PrimCare PAC raised \$7,238 in 2019.
Donate now to see your name in a future magazine.*



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.



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- \$1000 PLATINUM MEMBERSHIP
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2019 PHYSICIAN BUSINESS LEADERSHIP COURSE

By Laura Bowshier, M.D.

To paraphrase Margaret Mead, a small group of dedicated individuals has the power to change the world. Participating in the 2019 Physician Business Leadership Certificate course allowed me to see the truth of this statement. Together with twenty physician colleagues from various specialties across the state, I attended four day-long sessions providing education on leadership skills, on current issues facing our healthcare system, and on the business side of medicine.

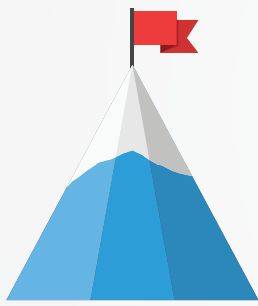
This physician leadership development effort was a joint project of Iowa Hospital Association, Iowa Academy of Family Physicians, Iowa Healthcare Collaborative and Iowa Hospital Association. We learned of the crisis facing our healthcare system and tools that we, as physician leaders, could use to affect change. Our societies invested in high quality speakers from across the country to teach and to share their perspectives.

Spending time in conversation and in learning with intelligent, motivated colleagues pushed me to think more boldly about my role individually as well as our role as a health care community to lead for patients and my peers. The continuity of the group throughout the year allowed for progressively deeper discussions and for meaningful relationships which can be drawn upon for growth going forward.

As a graduate of the initial class of the 2019 PBLC, I feel more empowered in my ability to lead within the Iowa Academy of Family Physicians and to shape a stronger health care community in the future. I am grateful to the IAFP for their scholarship to allow me this opportunity.

PHYSICIAN BUSINESS LEADERSHIP LEADERSHIP CERTIFICATION PROGRAM





Physician Business LEADERSHIP Certificate Program

Program Overview

Providers today face an era of change unlike any before. Reform policies, shifting requirements and fiscal uncertainty create a chaotic atmosphere for professionals and providers. During times like these, strong leaders with innovative and focused decision-making abilities are required. Participants in this program will gain the tools to become successful leaders in today's complex health care environment.

Program Structure

The Physician Business Leadership Certificate is achieved through attending four in-person sessions scheduled quarterly, with additional requirements in networking and involvement with other industry activities. The content includes three areas of focus:

1. **Foundational Leadership Skills:** Fundamental leadership and business skills.
2. **Equipping for Health Care Today:** Topics helping physicians improve their execution, efficiency and effectiveness.
3. **Hot Topics:** Issues in health care delivery affecting physicians (e.g., the opioid crisis and behavioral health issues).

Intended Audience

Emerging and aspiring physician leaders.

Program Enrollment

Participants register and commit to completing the requirements for certification.

Program Faculty

- Tammy Chance, DO, IHA Board Member, Emergency Department Medical Director, Boone County Hospital
- Marygrace Elson, MD, MME, University of Iowa
- Tom Evans, MD, FFAFP, Iowa Healthcare Collaborative, Des Moines

Program Components

Coursework

Before each in-person session, participants may have minor prep work related to the session topics. This will help them be fully prepared to engage in the subject matter.

On-site programs

These quarterly sessions will be led by subject matter experts and include interactive group discussions and group work.

Assessments

Following the conclusion of each on-site program, attendees will be given a survey to examine whether the educational objectives for that session were achieved.

Networking

Peer-to-peer learning and discussion of best practices will be integrated into the in-person sessions.

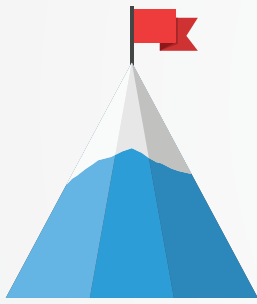
Involvement in industry education events

To qualify for the Physician Business Leadership Certification, participants must attend four additional professional or educational events within 24 months.

Examples of education events include: IHA and IMS advocacy events, IHA conferences, IHC conferences, IMS regional meetings and events, and national health care and professional development conferences. Additional registration fees may apply for some of these events.



Physician Business Leadership
Certificate Program



Physician Business LEADERSHIP Certificate Program

WAYS TO ENROLL

Email: martinc@ihaonline.org

Mail: Iowa Hospital Association • 100 E Grand Ave, Ste 100 • Des Moines, IA 50309 • Attn: Corey Martin

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Last Name _____

Title and Credentials _____

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TUITION FEES

IHA, IMS, IAFP Members – \$2,500

Non-members – \$3,000



Physician Business Leadership
Certificate Program

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MEDICAL RESIDENT JEOPARDY THROWDOWN

On November 1, 2019, 9 Iowa Residency programs participated in the 9th Annual Medical Resident Jeopardy Throw-Down. The teams each consisted of 3 resident participants and was hosted by Dr. Doug Martin! Fun was had by all as they enjoyed drinks and appetizers while they cheered on their favorite residency program. In the end, Narrow Yards pulled off their second victory. A very special thank you to Douglas Martin, MD for developing the questions and running the contest. Thanks to all the teams that participated!

BROADLAWNS MEDICAL CENTER FAMILY MEDICINE RESIDENCY - Narrow Yards

CEDAR RAPIDS FAMILY MEDICAL EDUCATION FOUNDATION - Cedar Rapids Crushers

GENESIS QUAD CITIES FAMILY MEDICINE RESIDENCY PROGRAM - River Bandits

IOWA LUTHERAN FAMILY MEDICINE RESIDENCY PROGRAM - East Siders

MERCY DES MOINES FAMILY MEDICINE RESIDENCY PROGRAM - Mercy

NORTHEAST IOWA FAMILY MEDICINE RESIDENCY PROGRAM - Waterloo Wizards

UNIVERSITY OF IOWA FAMILY MEDICINE RESIDENCY PROGRAM - Team Herky

MERCY FAMILY MEDICINE RESIDENCY - NORTH IOWA - Family Quizicians

SIOUXLAND MEDICAL EDUCATION FOUNDATION - Team SUX





*The 2019 Champions - Broadlawns Medical Center Family Medicine Residency
Winners: Hannah Thompson, DO; Bradley Waller, MD; Samiha Abdulrahim, DO.*



IOWA ACADEMY OF FAMILY PHYSICIANS 2020 GALENA SUMMER CME GETAWAY

Join us June 25-27, 2020 at Eagle Ridge Resort & Spa
for the 2020 Galena Summer Getaway



NEW SUMMER CME WEEKEND GETAWAY The IAFP is excited to bring a new summer option to our CME lineup. Join us as we travel to Galena! This meeting is truly a family affair 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 look forward to having you join us at this exciting new event!

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: King or Double Queen Room/ One Bedroom Villa \$190.00 a night plus state and local taxes.
Two Bedroom Villa \$250.00 a night plus state and local taxes.

HOTEL RESERVATIONS can be made directly with the hotel by calling (815) 777-5000. Please be sure to tell them that you are with the Iowa 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

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.

For additional information please check out iaafp.org/2020-galena

IOWA ACADEMY OF FAMILY PHYSICIANS 2020 Okoboji Summer CME Getaway

Join us June 11-13, 2020 at Bridges Bay Resort
in Okoboji for the 2020 Summer Getaway

THE SUMMER CME WEEKEND GETAWAY in Okoboji is a long standing tradition at the IAFP and we are heading back to Okoboji in 2020 for all the fun, sun, education, and socialization this event is known for! This meeting is truly a family affair 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 2020 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 there!

RATES:

Double Queen Room \$199.00 a night plus state and local taxes.

Room rates include 2 water park passes. Additional passes can be purchased and are good for the duration of your stay.

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 Iowa 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 _____

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.**

For additional information please check out iaafp.org/2020-okoboji



THANK YOU

2019 IAFP ANNUAL CONFERENCE

EXHIBITORS AND SUPPORTERS

EXHIBITORS

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Wapiti Medical Staffing

SUPPORTERS

Iowa Beef Industry Council
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Wellmark
Wolfe Eye Clinic

**Congratulations to all the nominees for the
Iowa Family Physician of the Year Award.**

**Iowa is lucky to have so many outstanding,
compassionate, and talented family physicians.**

Troy Buchholz, M.D. of Sumner

Scot Christiansen, M.D. of Manchester

Kyle Christiason, M.D. of Cedar Falls

Warren Hayes, M.D. of Red Oak

Stacie Kasper, D.O. of Wilton

David Keith, D.O. of Spencer

Nikolas May, M.D. of Manchester

NEW MEMBERS

Active

Samantha Algrim, MD, Pleasant Hill
 Emily Guerber, MD, Vinton
 Amy Laib, MD, Waterloo
 Rodney Logan, MD, Boone
 Ronald Lotoc, MD, Glenwood
 Lou Ann McStay, MD, Council Bluffs
 Tyler Slayman, MD, Iowa City
 Jonathan Sticca, MD, Emmetsburg
 Vijaya Subramanian, MBBS, Sioux City
 John Vogel, DO, Decorah

Students

Waale Gbara, University of Iowa
 Emily Hernandez, Des Moines University
 Lynsay Haverland, University of Iowa
 Alyssa Heinzman, University of Iowa
 Courtney Issacs, Des Moines University
 Marika Jeltema, Des Moines University
 Daniel Kasman, Des Moines University
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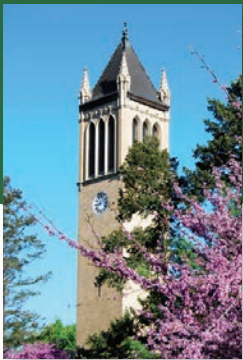
Colorado Hospital Association • Colorado Medical Society • Iowa Medical Society • Minnesota Medical Association • Nebraska Medical Association • North Dakota Medical Association • South Dakota State Medical Association • Utah Medical Association

NEW BOARD OF DIRECTOR MEMBERS NAMED



AAFP Speaker Dr. Alan Schwartzstein installing the new IAFP Board of Directors.

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Extraordinary Care, Every Day

**Congratulations to our newly elected Board Members!
Thank you for serving IAFP.**

Newly elected board members are:

- President - Sherry Bulten, M.D.
- President-Elect - Lonny Miller, M.D.
- Vice President - Laura Bowshier, M.D.
- Secretary-Treasurer - Jason Wilbur, M.D.
- Board Chair - James Bell, M.D.
- District 1 Director - Angela Greif, M.D.
- District 1 Director - Thomas Richmann, M.D.
- District 4 Director - Michael Lindstrom, D.O.
- District 4 Director - Mara Groom, D.O.
- Delegate to the AAFP - Douglas Martin, M.D.
- Alternate Delegate to the AAFP - Amr Kamhawy, M.D.

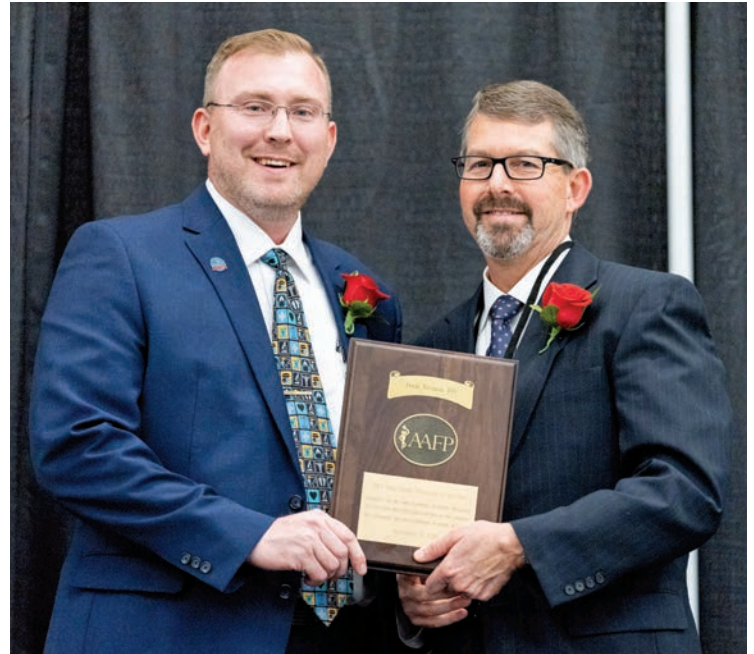
DR. DAVID NYSTROM RECEIVES FAMILY PHYSICIAN OF THE YEAR AWARD

The Iowa Family Physician of the Year award is presented to one outstanding physician in the state who best exemplifies the tradition of the family doctor and who epitomizes the finest standards of family health care.

A nomination letter we received said this about Dr. David Nystrom “Dr. Nystrom is exceptional. I have never had the feeling of being rushed through an exam or consultation. We come to our doctors with concerns that are important to us. Being rushed leaves people feeling our concerns are not being taken as seriously as we take them. In the case of Dr. Nystrom, the time he takes with me (other patients feel the same way), often showing me diagrams and models to explain the situation, acknowledges my concerns and leaves me knowing my issue is important to him and that I am in good hands. When specialists need to be seen, he arranges the appointment quickly, often before I leave the office, again relieving the stress I, as a patient, often feel coming to the doctor with a problem or a worry. When there are options, he explains them carefully. A doctor like Dr. Nystrom is such a blessing for me and everyone in our little corner of the world.”

As the Iowa Family Physician of the Year, Dr. Nystrom will become Iowa’s nominee to the American Academy of Family Physicians for the 2020 National Family Physician of the Year.

Congratulations to Dr. Nystrom



IAFP President, Dr. Jim Bell, presenting the Family Physician of the Year Award to Dr. Nystrom



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2019 IAFP LEGISLATIVE MERIT AWARD

The Iowa Academy of Family Physicians presented the 2019 IAFP Legislative Merit Award to Representative David Kerr of Morning Sun.

The IAFP annually evaluates the work of state legislators, Iowa congressional members, and our family physician members who through their efforts implement changes in policy that positively impact healthcare in Iowa.

David Kerr was first elected in 2016 and is serving his second term in the Iowa House. Kerr is a lifelong resident of Louisa County, growing up on a farm near Wapello.

Last legislative session Rep. Kerr became the chair of the education budget subcommittee. As a champion for rural Iowa, he understood the need to bring primary care physicians into these communities. He was instantly a champion for the Rural Physician Loan Repayment Program by increasing the appropriation to the program in 2019.

Thank you Representative Kerr for your support of Family Medicine!



Representative David Kerr receiving the IAFP Legislative Merit Award from IAFP Lobbyist David Adelman

NICHOLAS GALIOTO, M.D. NAMED IAFP MEDICAL EDUCATOR OF THE YEAR



Dr. Volker after receiving the IAFP Educator of the Year Award

Paul Volker, M.D. of Des Moines was named the 2019 Iowa Medical Educator of the Year. The presentation was made during the 2019 Iowa Academy of Family Physicians (IAFP) Annual Awards and Installation Banquet on Friday, November 15 at Prairie Meadows Event Center. The Medical Educator of the Year Award is presented annually to recognize a physician who is providing outstanding quality in family medicine education. Nominees are submitted by students, practicing physicians and educators.

A colleague had this to say about Dr. Volker “Dr. Volker brought a wealth of experience to his work in the Family and Internal Medicine Department when he joined DMU in 2015. He had practiced in a rural area for almost 30 years and was immediately tapped to head the Rural Medicine elective. This elective has grown into an Inter-Professional experience for our osteopathic medical students, physical therapy students and other interested health care professional students from around the Des Moines area. I highly recommend Dr. Paul Volker, MD for the Iowa Academy of Family Physicians’ Educator of the Year.”

Congratulations to Dr. Volker!

SHERRY BULTEN, M.D. NAMED PRESIDENT OF THE IOWA ACADEMY OF FAMILY PHYSICIANS

Des Moines, IA: Sherry Bulten, M.D. of Humboldt was installed as President of the Iowa Academy of Family Physicians at the installation and awards banquet held November 15, 2019 at Prairie Meadows Event Center.

Dr. Bulten completed her undergraduate degree at Drake University. She attended medical school at the University of Iowa. Dr. Bulten completed her Family Medicine residency at Iowa Lutheran Hospital. She practiced in Humboldt for 32 years.



Dr. Alan Schwartzstein, AAFP Speaker, installing Dr. Sherry Bulten as IAFP President



Dr. Willis Dankle saying a few words after receiving his Lifetime Achievement Award

THREE IOWA FAMILY PHYSICIANS RECEIVE WELL-DESERVED RECOGNITION BY COLLEAGUES

The IAFP has awarded the 2019 Lifetime Achievement Award to three family physicians.

The recipients of the award were Willis Dankle, M.D. of Clear Lake, Steve Hill, M.D. of Newton and Dawn Schissel, M.D. of West Des Moines.

The Lifetime Achievement Award is given annually to a family physician(s) who meet the following criteria:

- Have been a member of the Academy in good standing for at least 10 years
- Is a resident of Iowa
- Has been involved in significant community service and civic activities
- Is a role model for other family physicians, residents and/or medical students.

The Lifetime Achievement Award is unique in that all awardees are nominated by another member of the Iowa Academy of Family Physicians. A committee made up of physician members selects the awardees.

The IAFP would like to thank Dr. Dankle, Dr. Hill and Dr. Schissel for their significant contributions to their communities and patients. Their service to family medicine in their roles as a mentors, role models and teachers is tremendous and much appreciated.



IAFP President, Dr. Jim Bell, presenting Dr. Dawn Schissel with her Lifetime Achievement Award

FARM BUREAU AWARDS RURAL PHYSICIANS SCHOLARSHIPS

Awards presented by IAFP Foundation President, Dawn Schissel, MD and Iowa Farm Bureau Community Resources Manager, Ronnette Vondrak



Recipient: McKenzie Brekken, DO



Recipient: Matthew McKinney, DO



Recipient: Brian Marovets, MD

Des Moines, Iowa: Three Iowa Farm Bureau Rural Family Medicine Scholarships were awarded during the Iowa Academy of Family Physicians' (IAFP) Annual Meeting held November 15, 2019, at the Prairie Meadows Conference Center. Dawn Schissel, MD, President of the IAFP Foundation made the three \$2,500 award presentations.

"America is facing a physician shortage, but rural areas are especially vulnerable," said Ronnette Vondrak, Community Resources Manager for the Iowa Farm Bureau Federation (IFBF), "That's why IFBF is proud to sponsor the Rural Family Medicine Scholarship to encourage highly-valued graduates to stay in Iowa and practice medicine in a rural community."

The scholarships encourage residents upon graduation to pursue a medical career in Iowa communities with populations under 10,000.

"The Iowa Academy of Family Physicians Foundation is proud of its continued partnership with the Iowa Farm Bureau," said IAFP Foundation President, Dawn Schissel, MD. "We are working toward a common goal—that is to provide family physicians to rural Iowa. By providing assistance in the form of scholarships to students and residents we help to build the framework of excellence in medical care for the state of Iowa. The future of family medicine in Iowa looks bright as we continue to partner with organizations such as the Iowa Farm Bureau in supporting rural medicine."

2019 STUDENT RECIPIENTS:

McKenzie Brekken, DO – McKenzie grew up in Mason City, Iowa. After earning her undergraduate at the University of Northern Iowa, she attended medical school at Des Moines University. Like many medical school graduates, she has dreamed of becoming a physician for as long as she could remember. Unlike many, she will have the opportunity to start

her career as a physician in the halls of the hospital where her dream began. She is now a resident at Mercy One- North Iowa. McKenzie takes great pride in being born and raised in Iowa and hopes to spend her career as a family physician improving the health of those residing in the state she loves.

Matthew McKinney, DO – Matthew grew up in the rural community of Donahue, Iowa. After receiving his undergraduate degree at Luther College, he attended medical school at Des Moines University. Although he long desired to practice rural medicine, it was his experience as a 3rd year medical student in Oskaloosa that solidified that choice. Working in the rural critical care access hospital enlightened him on the unique challenges and rewarding nature of practicing medicine in a rural community. Matthew is now completing his residency at Broadlawns which he feels will prepare him to practice broad-spectrum family medicine in a rural community.

2019 RESIDENT RECIPIENT:

Brian Marovets, MD – Brian was born and raised in rural northeast Iowa on his family's dairy farm near Luana (population 200). After high school and two years at a community college, he decided to pursue engineering at Iowa State and joined the Naval ROTC program. He spent 8 years as an active duty Naval officer in aviation and lived in various locations around the United States. After his family made the decision to move back to Iowa, he spent the next 6 years working as an engineer at John Deere. After years of volunteering in the local emergency room on nights and weekends, he decided to pursue medicine, but only if he was accepted to the program at the University of Iowa. After several years of applying, his perseverance paid off. In 2012, his family moved to Williamsburg (population 3,500) approximately 25 miles west of Iowa City. Brian completed his residency at Cedar Rapids Medical Education Foundation and is now practicing full spectrum family medicine in Williamsburg.

RURAL MEDICINE SCHOLARSHIPS AVAILABLE!

M4 STUDENTS & R3 RESIDENTS!

The Iowa Farm Bureau Foundation and the Iowa Academy of Family Physicians' Foundation would like to encourage you to apply for the \$5,000 Farm Bureau Scholarships that are given to one student and one resident annually. Eligibility requirements are:

Resident (R3)

- Completing an Iowa residency program in 2020
- Locating in a practice in a rural Iowa setting under 26,000 population
- Holding membership in the IAFP/AAFP
- Demonstrated scholarship and achievement in medical school
- Completion of the application requirements

Student (M4)

- A medical student graduating from the University of Iowa Carver College of Medicine or Des Moines University
- Entering an Iowa Family Medicine Residency program in 2020
- Holding membership in the IAFP/AAFP
- Demonstrated scholarship and achievement in medical school
- Completion of the application requirements

Application Requirements

- Write a brief essay explaining your personal philosophy about medical care, in particular family medicine, and outline your intended career plans
- Enclose a curriculum vitae
- Enclose two letters of recommendation from faculty members at the residency program or medical school

Criteria for Consideration

- Quality of the submitted brief essay. (40%)
- A demonstrated interest in rural practice as shown by completing a preceptorship or elective experience in a rural Iowa community under 26,000 population, and/or in the judgment of the committee, are likely to pursue a career as a family physician in rural Iowa, i.e. being from a rural background. (30%)
- Demonstrated scholarship and achievement in medical school. (15%)
- Quality of letters of recommendation. (15%)

The deadline to receive letters is June 15, 2020.

For further information contact Kelly Scallon at the IAFP Foundation office 800-283-9370 or via e-mail at kscallon@iaafp.org.

Thank you to our 2019 Foundation Donors!!!

Laura Abels, DO
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David Nystrom, DO
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 Niral Tilala, MD
 Matthew Ulven, MD
 Heidi Van Maanan, DO
 Jason Wilbur, MD

*Thanks to your generous donations, the IAFP Foundation raised \$15,320 in 2019.
 Donate now to see your name in a future magazine.*

FOUNDATION YEAR IN REVIEW

The Iowa Academy of Family Physicians Foundation was incorporated in 1987. The mission is simple: To advocate primary health care throughout Iowa by supporting the specialty of family medicine. We support research and educational activities that enhance the quality of health care in Iowa. Let's take a look and see how we measured up in 2019.

- Awarded \$7,500 in scholarships for the Farm Bureau Rural Iowa Awards
- Provided \$300 scholarships to 13 students, to attend the AAFP National Conference
- Provided a \$1,500 award to an outstanding medical student
- Funded the Annual FMIG Spring Dinner
- Hosted a Resident Council Meeting
- Took a resident to the Family Medicine Advocacy Summit in DC
- Took a resident to AAFP National Conference of Constituency Leaders
- Held the Annual Resident Jeopardy competition
- Provided funds to update exhibit backdrops for all Iowa residency programs to enhance Iowa presence at the AAFP National Conference of Medical Students and Family Medicine Residents

The Giving Tree



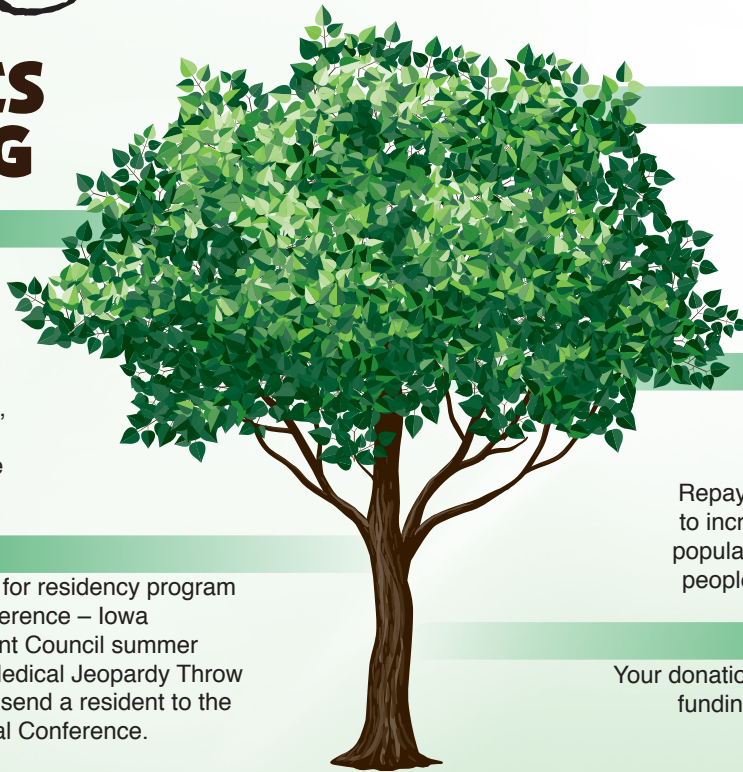
BRANCHES OF GIVING

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.



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 Iowa, we are asking **all Iowa 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:

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

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

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

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

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