



IOWA FAMILY PHYSICIAN

Vol. XLIX No. 2 / FALL 2022

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



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FALL REFRESH

By Laura Bowshier, M.D.

With school-aged children, the fall now brings with it a sense of fresh start and renewal in a way it didn't when I was in medical training. In a less frenzied way than at the start of a calendar year, this is my time to set goals, establish systems to keep things running smoothly, and prioritize my time.

Personally, this looks to things that are at the foundation of my wellness - after a summer of squeezing the marrow out of long, hot days, I aim for better (more) sleep, meal planning in advance, a consistent exercise routine and decluttered living spaces. I check in with myself about my relationships and whether my energy is invested where it should be. Starting the "new" year with intention sits well with my soul.

Professionally, I similarly look at how things are going and where there is room for growth. I review my running list of medical topics on which I want more learning and try to match them with educational opportunities. Knowing that the IAFP and AAFP present high-quality learning on a wide range of topics makes the first stop for this search easy. I also reflect on my clinical practice and spend some time looking at clinical flow, team utilization and what quality gaps might be addressed (and here's my shout out to the Family Practice Management journal for having so many good resources!).

Similarly, it's also a good time to look at what parts of family medicine bring me the most joy and how I can be more involved in these. It was this passion for family medicine on a system level that led to my response to an email call for nominations for alternate director for the IAFP Board of Directors in 2015. Knowing how important a strong family medicine network is for our communities

and our patients motivated me to act and, seven years later, I haven't regretted it.

If this passion for our specialty, for our colleagues, or for advocating for our patients on a broader scale motivates you, we are eager to support that however it may look for you. Our academy is strongest when the same tapestry of voices that represent our membership are represented around the table. Rural and

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urban physicians, newer and seasoned physicians, clinic-only and hospital and/or obstetric physicians, each bring a unique perspective on what family physicians mean to Iowa and what family physicians need in Iowa. Furthermore, having a diversity of race, ethnicity, gender, and age enhances our discussions and understanding.

If interested, one can nominate oneself to an open seat on the Board of Directors or reach out to academy staff (or myself)



with questions about commitment and eligibility. Other opportunities to get involved include serving on one of the IAFP committees. The Member Services Committee looks at ways of engaging and honoring family physicians across the state. The Advocacy Committee sets the IAFP's legislative priorities for the year and works closely with our lobbying team throughout the session. Our Education Committee plans fantastic CME throughout the year to serve our members.

Wherever your season of autumn reflections lead you, know that the IAFP celebrates your current role and is here to partner in your growth. Please continue to reach out with ideas, feedback, or questions and join us for upcoming events.

WHERE DO WE GO FROM HERE?

By Jason Wilbur, M.D.

Welcome to another autumn magazine edition. Usually, I look forward to autumn. I love the start of school, fall baseball, cross country races, fresh apples and squash, the crisp air, the changing colors – well, all of it, really. But this year things are a little different around the Wilbur household. We just delivered our younger son to college, and now we qualify as “empty nesters.” For 20 years, I have drawn a large part of my identity from being a dad, and now that looks different. I still have two wonderful sons, and I’m quite proud of them and happy for them. But “dadness” feels very different now, and I guess that surprised me a little. Many people had told me what it would be like and proffered advice, but it’s just something I had to experience to truly understand. So, here I sit in a quiet and clean house, wondering where I go from here.

I am far from alone. There are a lot of other wondering minds contemplating their future, too.

Fourth year medical students are deciding what specialties to pursue and where they will go to pursue them. Third year family medicine residents are solidifying their career plans. Voters are wondering who to vote for in November, while candidates decide on their final “sales pitches.” And maybe there are mid-career physicians out there considering how they want to finish their service to their communities – maybe a career change or a move or a whole new profession.

One thing these diverse groups hold in common – and I along with them – is a connection to the IAFP, however tenuous that may be for the wide net I cast. Bear with me a minute, and see if you agree.

As noted in our EVP’s column, the IAFP connects with students and residents and supports them in their journey of discovery. IAFP outreach to students occurs through such events as “Sponsor a Student” for National Conference, as well as providing support for Family Medicine Interest Group activities. The IAFP aids recruitment efforts to Iowa Family Medicine Residency programs and is active in educating residents, especially

“So, if you are at a point in life where you are wondering, ‘Where do I go from here?’, consider how the IAFP might be able to help. Perhaps you are looking to engage a little more with Iowa state legislators; IAFP could be an excellent way to get started. Are you looking for ways to serve your peers, trainees and students?”

in advocacy efforts. Of course, the IAFP supports practicing family doctors through events that provide educational and networking opportunities. Finally, the IAFP actively and successfully lobbies on behalf of the interests of family doctors and our patients.

So, if you are at a point in life where you are wondering, “Where do I go from here?”, consider how the IAFP might be able to help. Perhaps you are looking to engage a little more with Iowa state legislators; IAFP could be an excellent way to get started. Are you looking for ways to



serve your peers, trainees and students? IAFP has plenty of opportunities to serve and teach. Do you need to reconnect to family doc friends? Come to one of our live and in-person educational events!

I have confessed this before, and I’m sure I’ll do it again. For years, I sat on the sidelines and had little interest in or knowledge of what our academy was doing. When I got more involved in the IAFP, I realized I had been missing out. I live and work in a bubble of academic family doctors in Iowa City. I needed to get out of my bubble and see the wide breadth of family medicine in Iowa – the varied careers, the different challenges, the unique opportunities that make up the body of family medicine across Iowa. I’m willing to bet that many of you are like I was, and engaging more with the IAFP could provide you with a meaningful way to explore something new.

Where do you go from here? Consider asking IAFP to help answer that question. Any of us officers, directors, staff or committee members would be happy to tell you more!

As always, email me with comments or thoughts about what could make this magazine better at jason-wilbur@uiowa.edu.

THE THINGS WE LEARN ALONG THE WAY: PROFESSIONALISM AS TAUGHT THROUGH MEDICAL EDUCATION

By Maya Altemeier, Carver College of Medicine

Current and prospective medical students are exposed to depictions of 'professionalism' in frequency and amount greater than any generation of physicians before. Within this week I have seen multiple stories that demonstrate how physicians across the world are facing new medical, social, and political challenges. Physicians work on the frontlines of another potential infectious pandemic of monkeypox. A young trainee writes about experiencing and witnessing racism within the medical system. First-year medical students are reprimanded for their support for abortion as an essential medical service during a white coat ceremony. As we develop our

understanding of our role as physicians, we must learn to reconcile new kinds of problems with what we understand to be professionalism.

My most recent formal encounter with professionalism was an assigned reading: "Medical Professionalism in the New Millennium: A Physician Charter."¹ This document, published in 2002, outlines the key principles and professional responsibilities that define a physician's responsibility to society. It was created by the European Federation of Internal Medicine, the American College of Physicians—American Society of Internal Medicine, and the American Board of

Internal Medicine. The three principles are the primacy of patient welfare, patient autonomy, and social justice. Various professional responsibilities are then described to support these principles. I've explored and decided upon a few criticisms of this document. Non-western values and representation were missing from the construction of these principles; they assume physician independence from the ruling authorities of health systems; and there is no interpersonal context of the outlined responsibilities. Despite these gaps, this document is held as a concise standard for medical education curricula. These principles and responsibilities are passed down to future



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physicians in both explicit and implicit education settings.

After reading this charter, I considered the professionalism education provided by my college. We completed clinical and professional skills courses, each with a smattering of lectures covering bioethics, communication strategies, and many of the principles and responsibilities highlighted in the charter. A few lectures from other courses supplemented this content with more specific professionalism-related topics. Some of these lectures were led with the Socratic Method, requiring us to pre-learn the content and publicly respond to questions when called at random. Others were led as discussions with breakout groups of 5-6 students, all guided by standardized documents, questions, and answers.

This created a relatively open atmosphere to explore professionalism, but it wasn't without weaknesses. We were ultimately assessed with multiple-choice testing, a method that precludes nuance in defining acceptable clinical and professional skills. Further, the courses that highlighted these were graded as pass-fail, while the biosciences courses hold the potential for near honors or honors. This disincentivizes effort, emphasis, and ultimately, respect for clinical and professional growth. As we prepared to enter the clinical setting, I noticed the subtle assignment of professionalism to the way we dress, how we speak to superiors, or what is appropriate for us to do in our private lives. I commend the attempt to create meaningful and critical discussion surrounding these topics, but as I move forward in my training, I feel a growing incongruity between what we learned in the classroom and what is practiced.

Learning in the clinical environment is more engaging than in the classroom setting. Much of the bioscience content is self-taught after hours. We then practice

implementing our knowledge under the supervision of residents, fellows, and attending physicians. Standardized examinations along with evaluations are used as markers of competency. The examinations rarely, if at all, gauge our application of professionalism principles and responsibilities. Professionalism instruction and grading are thus left to those ahead of us in training. This leaves our tendencies, learning, and skills to be molded by the culture in place at our institutions. At best, we learn from physicians with a tangible understanding of the importance of prioritizing patients and justice. At worst, we assume potentially outdated or unhealthy hegemonic professional practices or risk our evaluation scores.

The same week I read the physician charter on professionalism I witnessed a situation in which I questioned the reality of the things I learned. In the emergency room, we read an EKG with concern for an ST-elevation myocardial infarction – a heart attack. We sent a page to a cardiologist with our concerns, prompting him to arrive quickly. The physician saw the patient and based upon his interpretation of lab values and a repeat EKG deemed him stable and without a heart pathology. Following this decision, the cardiologist entered the workroom and loudly reprimanded the attending physician for her mistake, and for wasting his time. I soon learned this was not his only lapse in character. Arriving in the patient's room and seeing him in an orange uniform, he immediately criticized the team for forgetting to mention 'an important piece of information'—namely, that the patient was incarcerated. Other trainees and I observed, soaking in the verbal and nonverbal exchanges. No response was made to this cardiologist, other than an apology from the attending physician. When the cardiologist left, the attending was reasonably upset, stating that she chose not to respond to maintain a sense of professionalism. A resident mumbled

'sorry' to me, with a tone and glance that communicated this was my first of many glimpses into the reality of a career in medicine. Seconds later, everyone had moved on. The emergency room was busy; patients needed to be seen, labs drawn, and notes written. Besides a few begrudged retellings of the situation, there was no resolution.

The proximity of these two events left me disillusioned. I compared my reading of a dry and abstract description of professionalism with an intense and realistic implementation of it. This feeling left me to make sense of the professionalism gestalt as taught through medical education. In or out of the classroom, explicitly or implicitly, and right or wrong. I wonder about those who crafted the principles of professionalism, about the extent to which we meditated on the content in pre-clinical courses, and about the accountability and implementation of 'professional' practices in the clinical environment. As my classmates, and those who come after us, move forward in our training, one thing remains clear to me. It is left to us to critically observe what or how we learn, and to question ourselves when contributing to this professionalized atmosphere of healing.

1. American Board of Internal Medicine Foundation. American College of Physicians–American Society of Internal Medicine Foundation. European Federation of Internal Medicine Medical professionalism in the new millennium: a physician charter. *Ann Intern Med.* 2002;136(3):243–246.

2022 AAFP PROGRAM OF EXCELLENCE OVERALL AWARD

We are pleased to announce that Roy J. and Lucille A. Carver College of Medicine at University of Iowa Family Medicine Interest Group was chosen as a recipient of the 2022 AAFP Program of Excellence Overall Award. Congratulations to the students, faculty, and staff who contributed to this achievement. We applaud their efforts to promote the values and philosophy of family medicine.



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WE WANT YOU! JOIN A COMMITTEE

*All committees meet in-person
one time a year at our Fall Annual Conference.
Committees also meet throughout the year on
short zoom calls and through email.*

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 Iowa. 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.

MEMBER SERVICES COMMITTEE:

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

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

2022 AAFP NATIONAL CONFERENCE FOR STUDENTS & RESIDENTS



Central Iowa Family Medicine Residency: UnityPoint Lutheran Track

Alexa Courtney, DO
April Forsyth, MD
Alex Hubbell, DO
Demi Eble, MD
Jeri Paca
Josh Rehmann, DO



Central Iowa Family Medicine Residency: UnityPoint Allen Track

Sarah Terronez, DO
Maggie Hefner, DO
Adam Roise, MD
Josh Rehmann, DO
Amra Polic
Elizabeth Majewski, MD



MercyOne Northeast Iowa Waterloo

Felix Kurilov, MD
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Lori Landsgard



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Harris Syed, MD
Kale Siebert, MD
Lisa Baggerly



Siouxland Medical Education Foundation

Christopher Wolf, DO
Cassady Miller, MD
Haydee Hernandez, DO



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

POLK COUNTY PRODUCE PRESCRIPTION PROGRAM

With the COVID-19 pandemic, more of our Broadlawns patients developed food insecurity due to closure of businesses and food resources. We tried to connect our patients with resources still available in the community to help. Many of our patients also have diet-related chronic conditions including diabetes, hypertension, and obesity. To empower patients to choose healthy foods, prevent food insecurity, and impact their health in a positive manner, the Polk County Produce Prescription Program was envisioned.

Leveraging partnerships, knowledge, and resources, Broadlawns and Iowa's Healthiest State Initiative (IHSI) collaborated to create the Polk County Produce Prescription Program. Through the Des Moines Community Foundation Leadership Grant (2021) and a grant from the Mid-Iowa Health Foundation, patients at the Broadlawns Family Health Center Residency Clinic were enrolled in a six month program. Patients with diet-related chronic conditions were seen by the Family Medicine resident physicians, health coach, or clinical pharmacist. Each month patients received educational handouts on different fruits and vegetables, set SMART goals for their care, and had chronic conditions addressed. A fresh fruit and vegetable voucher for \$30 per household member was prescribed at each monthly visit. Patients engaged their families to choose healthy produce at local retailers and farmers markets, supporting our local economy as well.

Through the Polk County Produce Prescription Program (PCPPP), 189 individuals received vouchers, \$13.9K was redeemed for fresh produce, and 311 bus passes were distributed to families with transportation needs. Many patients improved their A1C, weight, and blood pressure over the six months. However, the impact on families was immeasurable since vouchers were given based on the number in the household. Children helped parents pick out choices they enjoyed too. Patients improved diabetes control with no changes in medicine and some lost 20 pounds with the program.

The City of Des Moines, IHSI, and Broadlawns collaborated to gain additional funding through the US Mayors Grant (\$175,000) winning first place for Medium City. Now, we will focus on children to prevent obesity and to help those with diet-related diseases. With monthly visits to provide support, education, and Produce Prescriptions, we hope to encourage healthy lifestyle habits for the entire family. Connecting families to other community resources will help families maintain their efforts.

MERCYONE NORTH IOWA FAMILY MEDICINE RESIDENCY NEWS



Sharla Wellik retired as Residency Coordinator at MercyOne North Iowa Family Medicine Residency on June 30, 2022. Sharla has been in this role since 1998. During Sharla's career she has worked with 3 Program Directors, 14 faculty, 153 residents and 8 fellows. She has been invaluable to the program over the last 24 years with transitioning through 2 EMR's, multiple work hour revisions, moving

to a new building, and numerous requirement changes. Beyond the Family Medicine Residency, she has been an integral part of developing the Hospice and Palliative Medicine Fellowship and been the Institutional Coordinator as MercyOne North Iowa has moved from a single program institution to an academic center with two core programs and three fellowships.

Sharla and her husband, Roger, will enjoy their well-deserved retirement by traveling, visiting family, and visiting a winery or two!



Jessica Robison is the new Program Coordinator for MercyOne North Iowa Family Medicine Residency in Mason City. She earned her Bachelor of Science in Business Management from Kaplan University. Prior to joining the residency program in February, Ms. Robison worked for Good Shepherd Health Center as the Activity Director. In addition, she served as Vice President for the Iowa

Council of Activity Professionals through Iowa Health Care Association. Outside of work, she enjoys spending quality time with family and friends, traveling (when time allows of course), working out, being outdoors and playing with her miniature Schnauzer Onyx.

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Make Every Bite Count with Nutrient-Dense Foods

Several key nutrients, such as iron, zinc and choline, are essential to support healthy growth and development in the early years, particularly among infants who are exclusively breastfed and ready to transition to complementary feeding. **The American Academy of Pediatrics (AAP) recommends introducing nutrient-dense foods, such as meat, during this transition,** to help ensure adequate intake of high-quality protein, iron, zinc and choline and to help protect against deficiencies that can impact a child's development, learning, behavior and growth.¹

According to the AAP, approximately 2 servings of meat (1-2 ounces/day) can be provided to help meet key nutrient and energy needs.¹ Pureed, ground, shredded or stewed beef can introduce a variety of textures that can safely support babies' developmental needs, reduce risk of choking and help lay the foundation for a healthy dietary pattern and lifestyle.¹⁻⁴

Safely introduce beef by matching the appropriate preparation with an infant's age and developmental stage.



6-8 months
Pureed Beef



8-10 months
Shredded Beef



10-12 months
Chopped Beef



Did You Know? By 6 months of age, a baby's iron stores are depleting while their iron requirements are increasing substantially. In fact, 18% of infants are falling short on recommended iron intake.⁵



For more information visit BeefItsWhatsForDinner.com/nutrition/beef-in-the-early-years

Parents and caregivers are encouraged to consult a physician or health care provider with questions about starting solid foods.

1. American Academy of Pediatrics Committee on Nutrition. Kleinman, RE, Greer, FR, eds. Pediatric nutrition, 8th edition. American Academy of Pediatrics. 2019 November 15.
2. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025.
3. U.S. Department of Agriculture. Infant nutrition and feeding: A guide for use in the special supplemental nutrition program for women, infants, and children. 2019.
4. Murray, R. Influences on the initial dietary pattern among children from birth to 24 months. *Nutr Today*. 2017 March/April; 52(2): S25-S29.
5. Bailey, RL, et al. Total usual nutrient intakes of US children (under 48 months): Findings from the Feeding Infants and Toddlers Study (FITS) 2016. *J Nutr*; 2018; 148(9S): 1557S-1566S.



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FIRST-YEAR RESIDENTS - 2022-2023

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Matthew Allred, DO | A T Still University Kirksville College of Osteopathic Medicine, Kirksville, MO
 Cole Anderson, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Lewis Braster, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Teresa Fuller, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Daffney Gomenzoza, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Christian Kladstrup, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Leah Ramaekers, DO | Kansas City University College of Osteopathic Medicine, Kansas City, MO
 Sean Westendorf, MD | University of Iowa Roy J and Lucille A Carver College of Medicine, Iowa City, IA

Genesis Quad Cities | Davenport

Joshua Crist, MD | University of Illinois College of Medicine at Rockford, Rockford, IL
 Troy Dolmetsch, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 McKenna Sexton, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Blake Letney, DO | A T Still University Kirksville College of Osteopathic Medicine, Kirksville, MO
 Dailen Folkedahl, DO | University of New England College of Osteopathic Medicine, Biddeford, ME
 Nicholas Nicchitta, DO | Edward Via Virginia College of Osteopathic Medicine, Blacksburg, CA

MercyOne Des Moines

Tyler Brown, MD | American University of Integrative Sciences, Bridgetown, Barbados
 Ali Chaudhary, MD | American University of the Caribbean, Sint Maarten
 Sranita Devarasetty, MD | American University of Antigua, Coolidge, Antigua
 Ravi Patel, MD | American University of Antigua, Coolidge, Antigua
 Michael Rayalu, MD | American University of Integrative Sciences, Bridgetown, Barbados
 Andrew Root, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Alexander Schmidt, DO | Rocky Vista University College of Osteopathic Medicine, Parker, CO
 Dayna King, DO | Kansas City University of Medicine and Biosciences, Kansas City, MO
 John Pienta, MD (Rural Track) | University of Iowa Roy J and Lucille A Carver College of Medicine, Iowa City, IA
 Leslie Schier, MD (Rural Track) | Ross University School of Medicine, Bridgetown, Barbados

MercyOne North Iowa | Mason City

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Amer Alboush, MD | Umm Al-Qura University Faculty of Medicine, Saudi Arabia
 Aralis Fuentes Martinez, MD | Universidad Catolica Nordestana (UCNE) Facultad de Ciencias Medicas, Dominican Republic
 Amjed Katmeh, MD | Saint James School of Medicine, St. Vincent and the Grenadines, Bonaire, Sint Eustatus and Saba
 Nura Sharma, MD | People's Friendship University of Russia Faculty of Medicine, Russia

Siouxland Medical Education Foundation | Sioux City

Rachel Cataldo, MD | USF Health Morsani College of Medicine, Tampa, FL
 Jack DeMoss, MD | University of South Dakota Sanford School of Medicine, Vermillion, SD
 Andrew Dergan, MD | University of Nebraska College of Medicine, Omaha, NE
 Prasun Mandal, DO | University of North Texas Health Sciences Center Texas College of Osteopathic Medicine, Fort Worth, TX
 Abigail Scrogum, MD | Creighton University School of Medicine, Omaha, NE
 Sarahi Velazquez-Guzman, MD | Ponce Health Sciences University School of Medicine, Ponce, Puerto Rico

Central Iowa Family Medicine Residency: UnityPoint Allen Track | Waterloo

Marissa Haubrich, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Alfred Schmalfuhs, MD | Trinity School of Medicine, Kingstown, Saint Vincent and the Grenadines
 Ines Valcarce, MD | Medical College of Barcelona, Barcelona Spain

Central Iowa Family Medicine Residency: UnityPoint Lutheran Track | Des Moines

Jill Beach, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Alexis Block, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Jonathan Eller, DO | Kansas City University of Medicine and Biosciences, Kansas City, MO
 Kyle Grover, MD | University of Iowa Roy J and Lucille A Carver College of Medicine, Iowa City, IA
 Hunter Pflughaupt, MD | University of Iowa Roy J and Lucille A Carver College of Medicine, Iowa City, IA
 Victoria Whitcomb, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Brittany Zeller, DO | Lincoln Memorial University- DeBusk Com, Harrogate, TN

The University of Iowa Carver College of Medicine | Iowa City

Justen Ahmad, MD | Howard University College of Medicine, Washington, DC
 Shreya Bansal, DO | Des Moines University College of Osteopathic Medicine, Des Moines, IA
 Lauren Hall, MD | Southern Illinois University School of Medicine, Springfield, IL
 Grant Henning, MD | University of Iowa Roy J and Lucille A Carver College of Medicine, Iowa City, IA
 Andreas Magnusson, MD | University of Gothenburg Institute of Medicine, Sweden
 Alexander McCammant, MD | Saint Louis University School of Medicine, St. Louis, MO
 Cristina Papari, MD | Saint Louis University School of Medicine, St. Louis, MO
 Edvin Rosic, MD | University of Iowa Roy J and Lucille A Carver College of Medicine, Iowa City, IA

Testing is the gateway to HIV prevention & treatment— and you hold the key.

Health care providers are essential to ending the HIV epidemic in Iowa. The **best** first step you can take? Offering **routine HIV screening** as part of your practice.

Diagnosing HIV quickly and linking people to treatment immediately are crucial to reducing HIV transmissions and improving health outcomes for all.

Testing for HIV empowers patients, no matter their status. For people living with HIV, diagnosis is the first step in connecting to resources and care for their HIV. For people who do not have HIV, testing can begin an ongoing conversation about their prevention needs.



**STOP
HIV
IOWA**



Learn more at stophiowa.org

IAFP FALL UPDATE

By Pam Williams, Executive Vice President

I was so fortunate to be able to attend the AAFP's National Conference of Family Medicine Residents and Medical Students in Kansas City last month. It was exciting to see the energy in the exhibit hall on opening night and to watch as the Iowa residency booths filled with enthusiastic medical students who we hope will choose Iowa residency programs. IAAFP hosted a reception one evening for more than 40 Iowa medical students, residents and faculty. The future certainly holds great promise with this interesting and dynamic group.

Well folks, the Annual Meeting is back this year, and we are so excited that WE ARE GOING LIVE! Please take the time to review the great lineup of presentations and speakers that your Education Committee has worked so hard to bring to you this year (see full program on page 18-20). A few of the highlights are Anemia in CKD, Battling Misinformation, and Eye Health. We will also be including the ever popular and informative, Journal Club Live, as well as updates from officers of the AAFP and the ABFM.

In addition to the clinical program, you will have the opportunity to visit exhibits and learn about new products and services, cheer on your favorite team

during the Resident Medical Jeopardy Throwdown, celebrate the incredible year of our outgoing president, Laura Bowshier, MD, and extend a warm welcome to our incoming president, Corrine Ganske, MD. Due to a cancellation financial penalty from 2021, we have a very generous food budget for this year and promise you won't leave hungry.

At the end of September, we are hosting our first ever fall conference in Galena, Illinois at the Eagle Ridge Resort. This extended weekend conference will provide interesting CME topics in a beautiful setting and is designed for families who want to take advantage of the many activities offered through the resort, for couples wishing to have a romantic getaway in a lovely setting or as a peaceful retreat for the solo traveler. Please join us for our newest CME offering.

As we are onto the second half of the year, it is time to assess the status of your CME and make sure you are current with the Iowa Board of Medicine state mandated CME on Chronic Pain, End of Life Care and Mandatory Reporter Training. The IAAFP offers on-demand programming on Chronic Pain and End of Life care that may be found on our website: www.iaafp.org.



In addition, you should assess whether you are current with the ABFM and your Maintenance of Certification schedule. If you need to complete a KSA prior to the end of the year, please join us for a live webinar on Saturday morning, November 19, on Care of Older Adults. You may also register for this course online at www.iaafp.org.

I hope you all are as excited as we are about getting together in person for these events. We appreciate your continued support of the IAAFP and encourage you to take advantage of these member benefits.


FMCSA/NRCME 10 YEAR RECERTIFICATION

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

AAFP FAMILY MEDICINE ADVOCACY SUMMIT AND STATE LEGISLATIVE CONFERENCE RECAP



Iowa sent a delegation to the AAFP Family Medical Advocacy Summit and State Legislative Conference that was held in Washington D.C. in May. They learned about AAFP advocacy efforts, State advocacy issues, and had the opportunity to meet with Iowa's Representatives and Senators. The 2022 IAFP delegation included Laura Bowshier, MD; Corrine Ganske, MD; Jeff Hoffmann, DO; David Carlyle, MD; Sam Orvis, MD; Nikki Johnston, MD and Pamela Williams.



Help us prevent increases in congenital syphilis in Iowa.



Healthy pregnancies lead to healthy babies.

In addition to other prenatal care, following syphilis testing recommendations for pregnant persons is an important part of giving babies the best possible start.

Congenital syphilis cases are at an all-time high for Iowa. More than ever, it's important to follow best practices for screening, including:

- Screen all pregnant persons in the first trimester at their first prenatal visit.
- Persons presenting late for prenatal care should be tested for syphilis immediately.
- **Given the rapidly increasing rates of syphilis among pregnant persons in Iowa, consider retesting at 28 weeks gestation and delivery.**

*To learn more, contact: George Walton, STD program manager
Bureau of HIV, STD, and Hepatitis, Iowa Dept. of Public Health
☎ (515) 240-1143 ✉ george.walton@idph.iowa.gov*

Learn more about STDs during pregnancy at cdc.gov/std/pregnancy

2022 END OF SESSION REPORT

Prepared by Cornerstone Government Affairs

This year marked the second session of the 89th Iowa General Assembly. The Legislature gavelled in on January 10, with Governor Kim Reynolds delivering her Condition of the State address on January 14. After back-to-back tumultuous legislative sessions impacted by the COVID-19 pandemic, this session provided more “normal” interaction and rules of engagement for lawmakers, lobbyists, and constituents. Governor Reynolds ended the COVID-19 disaster declaration in February, and in-person work began in earnest at the Statehouse.

For what many expected to be an abbreviated session due to it being an election year and a tax reform package being signed into law in February, the session pushed deep into May. Per diem for legislators expired on April 19 after 100 days, which is earlier than 110 days offered during non-election years. At the center of the delay was debate on Senate File 2369, Governor Kim Reynolds’ school choice proposal. The bill, which would allow Iowa students to use a portion of their state-allocated per-pupil

funding to enroll in a private school of their choice rather than attend their local public school, proved to be a significant sticking point among the Republican party. It passed the Senate on a 31-18 vote but proved impassable in the House. Many discussions were held in the final weeks regarding tweaks to the bill that would satisfy both the Governor and hesitant Republican legislators. In the end, the bill did not gain traction and was not brought up for a vote.

In the 11th hour, the legislature reached agreements on several outstanding policy issues that were ultimately included in the Standings Budget bill. Included in this final package was a provision to repeal the school open enrollment deadline of March 1. If the bill is signed into law, students and parents can choose to open enroll to any district across the state. The bill also included several election changes that would bar the Iowa Secretary of State or county auditor from accepting any non-public money for conducting an election.



JOIN THE ARMY HEALTHCARE TEAM AS A FAMILY MEDICINE PHYSICIAN AND MAKE A DIFFERENCE IN THE **ARMY RESERVE**

INTERESTED IN A \$25,000 ANNUAL BONUS? UP TO \$250,000 IN STUDENT LOAN REPAYMENT?



CONTACT OUR ARMY MEDICAL RECRUITER SGT. 1ST CLASS MATTHEW PATTERSON AT (515) 619-2713 OR MATTHEW.R.PATTERSON1.MIL@ARMY.MIL

On the last day, the legislature sent a bill to the Governor’s desk that outlawed required COVID-19 vaccinations for attendance in K-12 schools, colleges, or childcare centers. House File 2298 disallows mandates for attendance at any licensed childcare center, elementary or secondary school or postsecondary school before July 1, 2029. There were various vaccine bills introduced this session, but most did not advance beyond the two legislatively imposed funnel deadlines.

The Iowa House retreated from its proposal to temporarily halt the use of eminent domain for liquid carbon pipelines. The House had included language in House File 2590, but on Tuesday it accepted the Senate’s version of the bill that omitted the language.

To view the detailed end of session report, please visit the IAFP web site at www.iaafp.org/2022-Legislative-Updates

Thank you to our 2022 PrimCare PAC Contributors!!!

Jim Bell, MD	James Paulson, MD
Laura Bowshier, MD	Douglas Peters, MD
Patrick Courtney, MD	Dawn Schissel, MD
Lee Fagre, MD	Andrea Silvers, MD
Corrine Ganske, MD	Steve Richards, DO
Jeff Hoffmann, DO	Pam Williams
Sarah Ledger, DO	

*Want to see your name here?
Please donate below!*



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

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

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



IAFP PRIMCARE PAC DONATION:

- \$1000 PLATINUM MEMBERSHIP
- \$750 GOLD MEMBERSHIP
- \$500 SILVER MEMBERSHIP
- \$250 BRONZE MEMBERSHIP
- OTHER _____

Name _____

Address _____

Pay by check Pay by credit card

Visa MC Other _____

CC# _____ CVC Code _____

Signature _____ Exp. Date _____

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

MAIL FORM & PAYMENT TO: IAFP, 1515 LINDEN STREET, SUITE 220 | DES MOINES, IA 50309 | FAX (515) 244-4131



74TH ANNUAL CONFERENCE

COMING TOGETHER

OCTOBER 27-29, 2022

WEST DES MOINES SHERATON

SCHEDULE OF EVENTS

THURSDAY, OCTOBER 27

IAFP BUSINESS MEETINGS

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

ANNUAL CLINICAL EDUCATION CONFERENCE OPENS

- 4:00 pm Registration
- 5:00 pm Annual Business Meeting
- 5:45 pm Welcome/Introductions & Overview
- 6:00 pm Transcatheter Aortic Valve Replacement
- 6:30 pm Updates in Diabetes Management
- 7:00 pm Question and Answer/ Panel Discussion
- 7:15 pm A Patient-Centered Approach to Managing IBS-C and CIC
- This presentation is sponsored by the Primary Care Education Consortium and supported by an educational grant from Takeda Pharmaceuticals U.S.A., Inc.
- 8:00 pm Question and Answer/ Panel Discussion
- 8:15 pm Recess

- 8:15-9:15 pm **2022 Donor Appreciation Reception** In recognition of 2022 Donors of the IAFP Foundation, Rural Loan Repayment Program and PrimCare PAC
** Members must have donor ribbon to attend*

FRIDAY, OCTOBER 28

- 7:00 am Registration
- 7:00-8:30 am Breakfast in Exhibit Hall
- 7:55 am Introductions and Announcements
- 8:00 am Stroke & Thrombectomy
- 8:30 am Modernizing the Public Health System
- 9:00 am Q&A/ Panel Discussion
- 9:15 am Break – Exhibit Hall
- 9:35 am Newborn Screening
- 10:05 am Long COVID
- 11:05 am Q & A/Panel Discussion
- 11:20 am Lunch and Keynote Presentation: AAFP UPDATE
- 12:20 pm Visit Exhibits
- 12:50 pm JOURNAL CLUB LIVE
- 2:05 pm Q & A
- 2:10 pm Battling Misinformation
- 3:10 pm Break in Exhibit Hall

- 3:40 pm Name That Rash
- 4:15 pm Anemia in CKD
- This presentation is sponsored by the Primary Care Education Consortium and supported by an educational grant from GlaxoSmithKline.
- 5:15 pm Recess for the Day
- 5:30 pm **Reception/Resident Medical Jeopardy**
- 6:00 pm **Banquet Reception**
- 7:00 pm **Installation & Awards Banquet**
- 9:00 pm **Post-Banquet Reception**

SATURDAY, OCTOBER 29

- 7:15 am Past President's Breakfast
- 7:30 am Breakfast for Registrants
- 8:00 am Eye Health for Infant-17
- This presentation is being supported by an educational grant from Wolfe Eye Clinic.
- 8:45 am ABFM Update
- 9:15 am Q & A /Panel Discussion
- 9:30 am Break
- 9:45 am Foot Pain
- 10:15 am Resident Case Presentations
- 10:45 pm Q & A /Panel Discussion
- 11:00 pm Adjourn

CONFERENCE INFO

CONFERENCE LOCATION/HOTEL INFO.

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

Special Conference room rates are \$119 single/double + tax per night. Please identify yourself as part of the Iowa Academy of Family Physicians when booking a room to receive special room rates. Reserve your room before October 6, 2022 to receive this rate.

CME ACCREDITATION

The AAFP has reviewed 74th Annual Clinical Education Conference and deemed it acceptable for up to 13.50 Live AAFP Prescribed credits. Term of Approval is from 10/27/2022 to 10/29/2022. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CERTIFICATE OF ATTENDANCE

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

EDUCATIONAL OBJECTIVES

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

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

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

ATTENDEES WITH SPECIAL NEEDS

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

TARGET AUDIENCE

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

SPECIAL GUEST SPEAKER

DR. JUDY MONROE

PRESIDENT AND CEO OF THE CDC FOUNDATION

**(PRESENTING MODERNIZING
THE PUBLIC HEALTH SYSTEM
AND BATTLING MISINFORMATION)**

Dr. Judy Monroe, president and CEO of the CDC Foundation, has dedicated her career to protecting people and saving lives. She joined the CDC Foundation in February 2016 as president and CEO, following her role as a deputy director of the U.S. Centers for Disease Control and Prevention (CDC) and director of CDC's Office of State, Tribal, Local and Territorial Support.

In her work at the CDC Foundation, Dr. Monroe advances priority programs that improve the health of people across America and around the world. The CDC Foundation mobilizes philanthropic and private-sector resources to support CDC's critical health protection work, managing hundreds of programs in the United States and in more than 140 countries.



EXHIBITS

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

IAFP COVID PROTOCOL

Participants will be asked to attest to being well when they arrive at the conference. Masks, hand sanitizer and spacing (when able) will be provided onsite. In addition, State/Federal Covid protocols that may be in place at the time of the conference will be followed.

EXHIBITORS

Thank you to our current exhibitors. [AS OF AUGUST 24, 2022]

- Aledade • American Board of Family Medicine
- Army Medical Recruiting • AstraZeneca • Biohaven Pharmaceuticals
- COPIC • Docs Who Care • Eli Lilly • Idorsia Pharmaceuticals
- Impel Pharmaceuticals • Iowa Beef Industry Council
- Iowa Cancer Consortium • Iowa Ear Center
- Iowa Maternal Quality Care Collaborative
- Iowa Newborn Screening Program • Iowa Radiology
- MercyOne • Otsuka Pharmaceuticals • Principal
- Sanford Health • Sanofi • University of Iowa Health Care
- Wolfe Eye Clinic • Wapiti Medical Staffing

SPONSOR

Thank you to our current sponsor. [AS OF AUGUST 2, 2022]

- Wellmark Blue Cross and Blue Shield

EDUCATION COMMITTEE

We would like to express our appreciation to the members of the 2021-2022 Education Committee. Without their hard work and dedication this meeting would not be possible.

- George Bergus, MD • Jenny Butler, MD • Sherry Bulten, MD
- Mara Groom, DO (chair)* • Jeffrey Hoffmann, DO
- Amr Kamhawy, MD • George Kappos, MD • Kate Thoma, MD
- Dave Larson, MD • Sarah Ledger, DO* • Douglas Martin, MD
- Noreen O'Shea, DO • Sarah Olsasky, DO*
- Doug Peters, MD • Dean Moews, MD* *Denotes Subcommittee

CONFERENCE HIGHLIGHTS

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



2022 ANNUAL CONFERENCE REGISTRATION FORM

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

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

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

Exhibitor and Attendee list Opt In

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

A. THURSDAY, FRIDAY & SATURDAY OCTOBER 27-29 CME REGISTRATION FEES:

Registration Type	Early Fee (Until 9/19/2022)	Regular Fee (Starting 9/20/2022)
Active Member	\$299	\$350
New Physician Member (< 7 yrs in practice)	\$250	\$275
Life/Inactive Member	\$195	\$195
Resident/Student Member	N/C	N/C
PA/NP who works with an AAFP member	\$299	\$350
Non-Member (includes PA/NP)	\$399	\$450

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

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

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

Total Section A: _____

B. FRIDAY INSTALLATION/AWARDS BANQUET:

Friday Evening, Installation/Awards Banquet: (\$35 for registered attendee) Yes _____ No _____
Spouse/Guest Banquet Fee @ \$75 per person Number of guests for Friday Banquet _____

Total Section C: _____

C. DONATIONS:

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

Total Section C: _____

D. PAYMENT:

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

HOTEL REGISTRATION

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

Special Conference room rates are \$119 single/double + tax per night. Please identify yourself as part of the Iowa Academy of Family Physicians when booking a room to receive special room rates. Reserve your room before October 6, 2022 to receive this rate.

REGISTER TODAY! 2 EASY WAYS TO REGISTER

MAIL COMPLETED REGISTRATION FORM WITH PAYMENT TO:
IAFP | 1515 Linden Street, Suite 220 | Des Moines, IA 50309
REGISTER ONLINE AT: www.iaafp.org/2022-Annual-Conference

CANCELLATION POLICY

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

IOWA ACADEMY OF FAMILY PHYSICIANS 2022 GALENA FALL CME GETAWAY

Join us September 30 - October 2, 2022 at Eagle Ridge Resort & Spa for the 2022 Galena Fall CME Getaway



NEW FALL CME WEEKEND GETAWAY The IAFP is excited to bring a new fall option to our CME lineup. Join us as we travel to Galena! This meeting is great for singles, couples and families 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 Friday and from 8:00 to 1:00 on Saturday and Sunday. 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.
Please note all villas are a 2-night minimum stay. All room rates are quoted exclusive of applicable state and local taxes, currently 11%, as well as the resort amenity fee.

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.

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.

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#

CANCELLATION POLICY:

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

MAIL PAYMENT TO: IAFP, 1515 Linden Street, Ste 220, Des Moines, IA 50309 or register online at iaafp.org/2022-galena

For additional information please check out iaafp.org/2022-galena

JOIN US AT THE ANNUAL CONFERENCE FOR THE IAFP BUSINESS MEETING OCTOBER 27 AT 5:00 PM - WEST DES MOINES SHERATON

We will be holding our IAFP Business Meeting in conjunction with our annual conference. Please plan on joining us. During the Annual Business Meeting we will review annual reports from the Finance, Membership, Education and Advocacy committees and elect new Board members and officers. We hope you can join us!

IAFP OFFERING ON-DEMAND CME

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

ON-DEMAND IAFP END OF LIFE CARE COURSE

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

ON-DEMAND EVIDENCE BASED CARE OF CHRONIC PAIN COURSE

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

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

NEW MEMBERS

Active

Jeffrey Brady, DO, Des Moines
 Rita Jenkins, MD, Hinton
 David Krupp, MD, North Liberty
 Ojiaku Ikezuagu, MD, Corydon
 John Lothrop III, MD, Denison
 Nicholas Loughlin, C-TAGME, Cherokee

Residents

New residents listed in resident section

Students

Emily Anderson, University of Iowa
 Joshua Borwick, University of Iowa
 Jack Curran, University of Iowa
 Kathryn DeFoe, Des Moines University
 Chelsea Garcia, Des Moines University
 Carolina Gonzalez Bravo, University of Iowa
 Lauren Hartwell, Des Moines University
 Amelia Hurley-Novatny, University of Iowa
 Carley Irlmeier, Des Moines University
 Parker Lemon, Des Moines University
 Elle McCormick, University of Iowa
 Jay Puffer, Des Moines University
 Jessica Salpor, Des Moines University
 Sienna Schaeffer, University of Iowa
 Haley Spector, Des Moines University
 Arun Velamuri, Des Moines University
 Alaini Wallen, Des Moines University

In Memorium



Robert Christensen, MD of Carroll, IA
 IAAFP President 1987-1988

Steve Richards has been appointed
 to the Board of Trustees of
 Des Moines University.

Extraordinary Care, Every Day





Family Medicine
 Live Life the Way it Should Be!

Seeking BE/BC Family Medicine physicians to join our busy, collegial group in family-friendly Iowa. Come practice modern medicine in this Middle American dream town where your patients are your friends and neighbors. Enjoy a simpler way of life with an affordable cost of living, great recreational areas and historical landmarks.

- Full time position
- Broad spectrum practice without OB
- Primarily outpatient
- Outstanding support services
- Physician owned and governed
- Large, established referral network
- Loan forgiveness
- Excellent work/life balance
- #1 in Quality and Value by Iowa's leading insurer last 5 years
- One of the least litigious states in the country
- #1 Best State to Practice Medicine - *WalletHub*

With close proximity to several metropolitan cities, you can benefit from small-town charm and big-city amenities. Iowa boasts the best schools in the country, specializing in science and technology programs, tucked quietly into the safest neighborhoods. This makes for the perfect place to plant some roots and grow your dreams.



McFarland Clinic

EEO/AA Employer/Protected Vet/Disabled
 Contact Doug Kenner
 314-330-4169 or dkenner@mountainmed.net

PHYSICIAN BUSINESS LEADERSHIP CERTIFICATION PROGRAM RECAP FROM IAFP SCHOLARSHIP RECIPIENT DR. CRISTELLA TORRES



Cristella Torres, MD from Council Bluffs received a scholarship from the IAFP to attend the Physician Business Leadership Certification Program. 14 physicians participated in five sessions of curriculum focusing on foundational leadership skills, preparation for health care today and hot topics for providers.

Other graduating members are:

- Rana Al-Durrah, M.D., pediatrician with MercyOne Pediatric Clinic.
- Clay Dahlquist, D.O., chief medical officer with Waverly Health Center.
- Michele Dikkers, D.O., family physician with Guttenberg Municipal Hospital.
- Stephanie Ezeburio, M.D., family physician with Isiaku Health.
- Kristin Gisselman, D.O., family physician with Mercy Medical Center-Cedar Rapids.
- Angela Greif, M.D., chief medical officer with UnityPoint Health-Jones Regional Medical Center.
- Jennifer Groos, M.D., pediatrician and clinical leadership consultant with Primary Health Care and Iowa Primary Care Association.
- Julie Hanson, M.D., pediatric urgent care director with MercyOne.
- Raheel Jiwan, M.D., family physician with Jefferson County Health Center.
- Robert Kruse, M.D., occupational medicine with MercyOne Des Moines Medical Center.

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- Tarun Kumar, M.D., pediatric surgeon with MercyOne Des Moines Medical Center.
- Patricia Milner, M.D., family medicine and obstetrics with Mahaska Health.
- Cristella Torres, M.D., medical director with All Care Health Center.
- Eric Svestka, M.D., family physician with Winneshiek Medical Center.

We asked Dr. Torres to share a little about her experience with the program.

Tell us a little bit about yourself.

I was born in Texas and grew up around the country as a military child. I attended medical school in Texas and residency in California, and returned to the Midwest where my parents and 3 siblings live. I have been married for 7 years and have 2 daughters, and we are expecting our third next year. I enjoy cooking, weight lifting, crafting, and taking walks with my family.

Why did you want to attend the Physician Leadership Program?

I started a new role as a physician leader last year and have found the transition challenging. So I did what any life-long learner would do and researched courses to help with the transition.

What is something surprising that you learned during the program?

Most of the frustrations and challenges I have faced are universal among my colleagues. In my clinic, I have one part-

time MD, and the rest of my team includes mid-levels and my administration staff. They are all excellent employees, but we approach problems very differently. I enjoyed interacting with the other physician participants. I hope future sessions will be more in person than virtual.

How have you implemented things you have learned from the program into your practice?

I have been more proactive with my staff and have involved them in the change process so they understand why we are or aren't making changes or why the changes they requested will take more time to accomplish. For example, I had a nurse practitioner who was very frustrated her satellite clinic did not have a nurse when she had been asking for a year. I explained to her our whole health system is short on nurses and despite raising their salaries, we have been unable to get an applicant into the clinic to interview. The last 12 applicants we had, no-showed to their interviews. We all know the frustrations of health care staffing shortages, but it didn't occur to my nurse practitioner that inability to find and hire a nurse was the issue, instead of leadership ignoring her request.

What is one piece of encouragement you can give to your fellow family physicians?

If you are unhappy with how things are, change them. Start at your organization, state, or even the federal level. There are a lot of great advocacy organizations out there. I now belong to 2 of our 3 sponsors. Physician advocacy is so important to change. Leadership and management are very frustrating, but very rewarding.

THE UNIVERSITY OF IOWA DEPARTMENT OF FAMILY MEDICINE “PRECEPTOR OF THE YEAR” AWARD

The University of Iowa Department of Family Medicine “Preceptor of the Year” Award is awarded to one community medical student teacher and one academic/faculty medical student teacher (from one of the Iowa Family Medicine Residency Programs).

These preceptors work with University of Iowa’s second and third year medical students in the Family and Community Medicine Core Clerkship. They have been evaluated as a highly effective clinical teacher by the rotating students.

Congratulations to the 2022 Recipients!



University of Iowa Medical Student Community Preceptor of the Year:
Dustin Smith, MD - Eagle Grove, IA



University of Iowa Medical Student Faculty Preceptor of the Year:
Michael Jung, MD - Sioux City, IA

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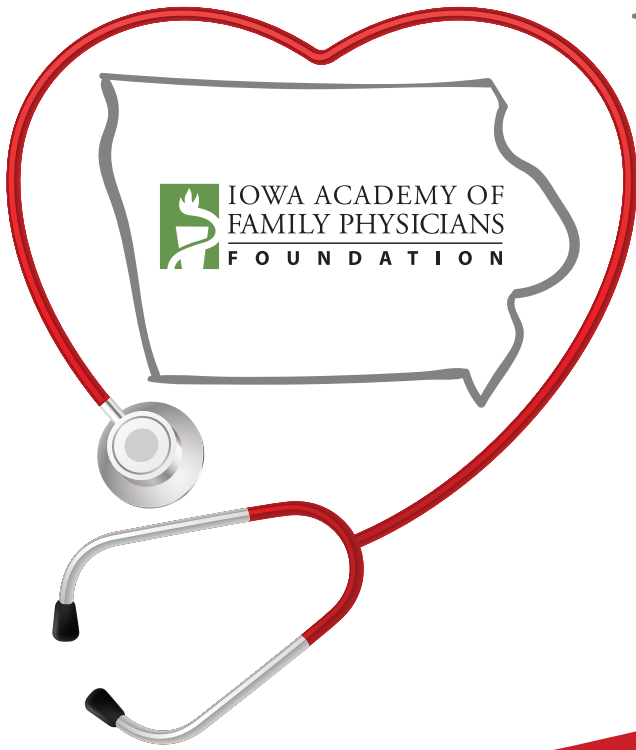
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