



IOWA FAMILY PHYSICIAN

VOL. LII No. 2 / FALL 2024

2024 IAFP ANNUAL CONFERENCE

NOVEMBER 7-8, 2024

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INSIDE:

- IAFP Annual Conference Agenda and Registration
- Student and Resident National Conference Recap
- Promoting Preventive Health Education in Family Medicine: A Resident's Perspective

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IAFP **IOWA FAMILY
 PHYSICIAN**

OFFICIAL PUBLICATION OF THE IOWA ACADEMY OF FAMILY PHYSICIANS
 Vol. LII No. 2 / FALL 2024

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THE DUAL ROLE OF FAMILY PHYSICIANS

By *Kate DuChene Hanrahan, MD, MME, FAAFP*

As the school year begins, it's a good time to reflect on our dual role as family physicians: both learners and educators. We are committed to lifelong learning and bear the responsibility of educating our patients and communities on vital health topics. And there's always something new to discover—did you know there's a new alphabet song that has replaced the traditional one, including the familiar "LMNOP"? I encourage you to find it online; it's catchy enough that you might memorize it after just one listen.

The Iowa Academy of Family Physicians (IAFP) is dedicated to keeping you informed on key medical topics, as part of our **WOPEAA** strategic plan. Our goal is to provide comprehensive education to support your clinical practice and professionalism. One of the ways we fulfill this mission is by hosting the **IAFP Annual Conference, scheduled for November 7-8th at the Prairie Meadows Conference Center**. This year's conference features a new two-day format, offering 11.5 CME credits towards your American Board of Family Medicine (ABFM) Continuous Certification cycle requirement of 200 CME hours every five years. I hope you'll bring a colleague or a learner and join us! You can explore other educational opportunities on our website at <https://iaafp.org/Education/>.

As family physicians, we often have learners alongside us—whether high school students shadowing us or residents working by our side. We have a unique opportunity to model and teach our profession to the next generation. The IAFP is collaborating with HOSA

(an international organization that encourages health science education and fosters the development of future health professionals) to offer more structured teaching opportunities for those interested in health care. If you're interested, please reach out to Sonia at sbell@iaafp.org.

Educating our patients is also a fundamental part of what we do, particularly about managing chronic diseases and maintaining their health. Research consistently shows that patients with a primary care provider as their regular source of care enjoy better health outcomes. This fall, let's continue to promote health in our communities by discussing the importance of routine vaccinations with our patients.

Another way we can contribute to community health is by **encouraging our patients to register to vote** or confirm their voting status. As of August 1, 2024, data show that 29% of registered voters in Iowa are inactive. Interestingly, research has identified a link between voting and health outcomes. A Milbank Quarterly report by Habib and colleagues, "The Role of Primary Care in Advancing Civic Engagement and Health Equity," found that poorer health is associated with lower voter turnout, while voting is positively correlated with mental health and healthy behaviors. Voting can advance policies that improve the health of our patients and communities, particularly in areas like access to health care, affordable housing, clean environments, and fair wages. Nearly 80% of health outcomes at the community level are influenced by social and environmental factors.



The Association of American Medical Colleges (AAMC) also supports physician involvement in nonpartisan voter registration. You can find more information, including a free badge with a QR code for patients to scan, at **Vot-ER** <https://vot-er.org>. In Iowa, you can register and vote at the correct polling place on Election Day. Many people don't register simply because they haven't been asked. **By incorporating voter registration information into our routine patient education, we can help ensure everyone has the opportunity to vote.**

This is my last President Message; it has been an honor serving and representing the Iowa Academy of Family Physicians this past year. Family Medicine truly is the foundation for a healthier Iowa. As fall begins, remember to talk with patients about vaccines and voting and don't forget to register for our Annual Conference!

“Educating our patients is also a fundamental part of what we do, particularly about managing chronic diseases and maintaining their health.”



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Do you IAFP? Yeah, It's a Verb Now

By Jason Wilbur, M.D.

Autumn is here again, bringing with it pleasant weather, football, back-to-school sales, and our annual education issue. It's a time filled with nostalgia for me. I'm an Iowa transplant and an empty-nester with kids far away – a bit of a stranger in a strange land and a welcome guest in a home not my own. My roots in Iowa are not deep, but this is where my little family started and grew. I'm a mid-career family doctor with more patient visits in the rearview mirror than in front of me. From Sonia Bell's EVP column, I have learned that 18% of you might be feeling the same – or at least 18% of you are in my age cohort!

While the number of Wilbur family members in Iowa has diminished by 50% recently, I have found friends and colleagues in the IAFP who help me through the shrinking daylight of autumn. A big source of that support comes at the IAFP Annual Meeting. Every year, I look forward to it. It's an exciting opportunity to learn, connect, and meet new family docs. It's a two-way street: the more I give, the more I get out of it. So, it's time for me to get ready to "IAFP it" again! Allow me a brief stroll down memory lane...

The IAFP Annual Meeting was my true introduction to the IAFP. I'm sure that I had some exposure in residency (circa the



year 2000), but I can't recall the specifics. What I do remember is being invited to join Mark Graber to present "Journal Club Live" at the IAFP Annual Meeting in 2011.

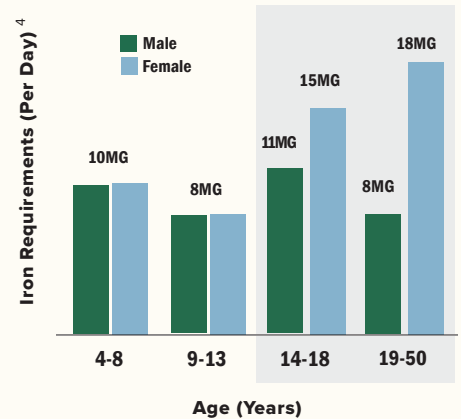
Beef's nutrients support adolescent girls' and women's health.

Iron-deficiency anemia is on the rise in the United States, disproportionately affecting adolescent girls and adult females.¹

- Sun H. Weaver CM. Decreased Iron Intake Parallels Rising Iron Deficiency Anemia and Related Mortality Rates in the US Population. *J Nutr.* 2021;151(7):1947-1955. doi:10.1093/jn/nxab064
- U.S. Department of Agriculture and U.S. Department of Health and Human Services, Dietary Guidelines for Americans, 2020-2025. 2020.
- U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov. (NDB for beef #13364, NDB for egg #01332, NDB for chicken breast #05064, NDB for pork #10093)
- Institute of Medicine. Food and Nutrition Board. Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc : a Report of the Panel on Micronutrients. Washington, DC: National Academy Press; 2001.

Funded by Beef Farmers and Ranchers

Female iron requirements increase starting in adolescence



The Dietary Guidelines for Americans (DGA) recognize that lean meats, including beef, help nourish at every life stage.²

Research suggests that as U.S. consumption of iron-rich food declines, especially beef, the prevalence of iron-deficiency anemia increases.¹

As part of a healthy diet, beef helps close nutrient gaps in vulnerable populations by providing iron, protein, zinc, vitamins B12 and B6, and choline.^{2,3}

I had such a good time, I said, “We should IAFP again!” and a tradition was born.

As I spent more time with IAFP folks, I realized how wonderful they all were. Pam Williams, Katie Cox, and Kelly Scallon formed a small but mighty, enthusiastic administrative team, and the physicians who led IAFP were passionate about their work. After several persuasive conversations with John Carroll, the former editor of the IAFP magazine and a fervent promoter of all things IAFP, I assumed the role of magazine editor in 2013. Pam suggested I consider running for a district director position, so I did, and I won the opportunity to represent my district on the

IAFP Board in 2014. Subsequently, I have served as Secretary-Treasurer and now Vice President. So, you can see how one IAFP Annual Meeting served as a prelude to something much more.

I know that others have similar stories to mine. An opportunity comes along, and you dip your toe in the IAFP water. Then, the next thing you know, you're swimming in the deep end! I hope that some of you readers who have not yet braved the water will come to the IAFP Annual Meeting and find something there for you. I understand that we are all busy clinicians, administrators, educators, researchers, parents, spouses, etc., etc. We

have many identities, and for most of us, “IAFP leader” is not one of them. Come with an open mind – and an open heart – and see what's there for you. You might find yourself embarking on a years-long journey with the Academy and IAFP'ing it like me!

As always, if you have comments or suggestions, please don't hesitate to contact me at jason-wilbur@uiowa.edu.



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Ottumwa: 1005 Pennsylvania Avenue, Suite 110 | **Pleasant Hill:** 5900 E University Avenue, Suite 202 |
Spencer: 2004 Highway Boulevard | **Waterloo:** 999 Home Plaza, Suite 101 | **West Des Moines:** 6200 Westown Parkway

THE BROAD SCOPE OF FAMILY MEDICINE

By Srinath Nandakumar, M2 at the Carver College of Medicine

This summer, fresh out of a grueling first year of medical school, I worked alongside family physicians at the Boone County Hospital for 4 weeks. It was part of a structured practical program called Medical Education Community Orientation (MECO). This experience is a partnership between the Carver College of Medicine and various community hospitals across Iowa designed to “introduce the soon-to-be second year medical student to the scope of health care in the hospital component of the health care delivery system” [1]. In other words, MECO allows early pre-clinical medical students at Carver to practice the skills they learned in the first year while contributing to healthcare delivery in rural Iowa.

This year, 21 students elected to participate in the program and were matched to 1 of 14 hospitals across the state. While many of my peers returned to the communities that they grew up in, I was an exception. As someone who grew up in a suburban west coast city, life in rural, small-town Iowa was new to me. Going in, I sought to focus on how health care in a county hospital compared to the academic setting of the University of Iowa. My main takeaway was learning how broad the scope of family medicine can be! It is truly rewarding to care for

the full spectrum of life from a newborn patient to a 100-year-old, especially when they are both related!

Boone County Hospital is run by family medicine. They handle the outpatient clinic, inpatient admissions and management, deliver babies – whether vaginal or C-section, and even perform procedures like colonoscopies and EGD. Even the one ER physician I worked with was board certified in family medicine! In such a setting, physicians have the ability to find their niche – whether it is leaning toward a more obstetrics focus, more procedural focus with the C-Sections or colonoscopy/EGD, geriatrics, pediatrics—the options are endless. Indeed, each physician I worked with had specific interests and uniquely tuned their workday and patient panel to reflect those interests.

Part of this is due to the lack of specialist care available in Boone. Most patients who require a specialist need to travel to at least Ames or Des Moines. Some specialists come to Boone and conduct clinics and procedures, at a frequency ranging from one day per week to one day per month. But, in order to provide the best care for the patients, the onus is on the family physician to be a “jack of all trades” and possess a

wide array of knowledge. This requires effective management of psychiatric, cardiac, pulmonary, dermatological, musculoskeletal, and other issues to a higher extent – bridging the gap between them and the specialist.

Aligning with this month’s theme of “education,” my ask to you – the Iowa family physician – is to continually expand your comfort zone in your practice’s scope. Seek out CME to refresh existing knowledge and gain new skills. Become well versed in the needs of your patients and the latest treatment strategies to address those needs. This way, we can continue to provide the most effective and efficient care to our patients as their primary hub: the generalist.

[1]: <https://medicine.uiowa.edu/familymedicine/MECO>

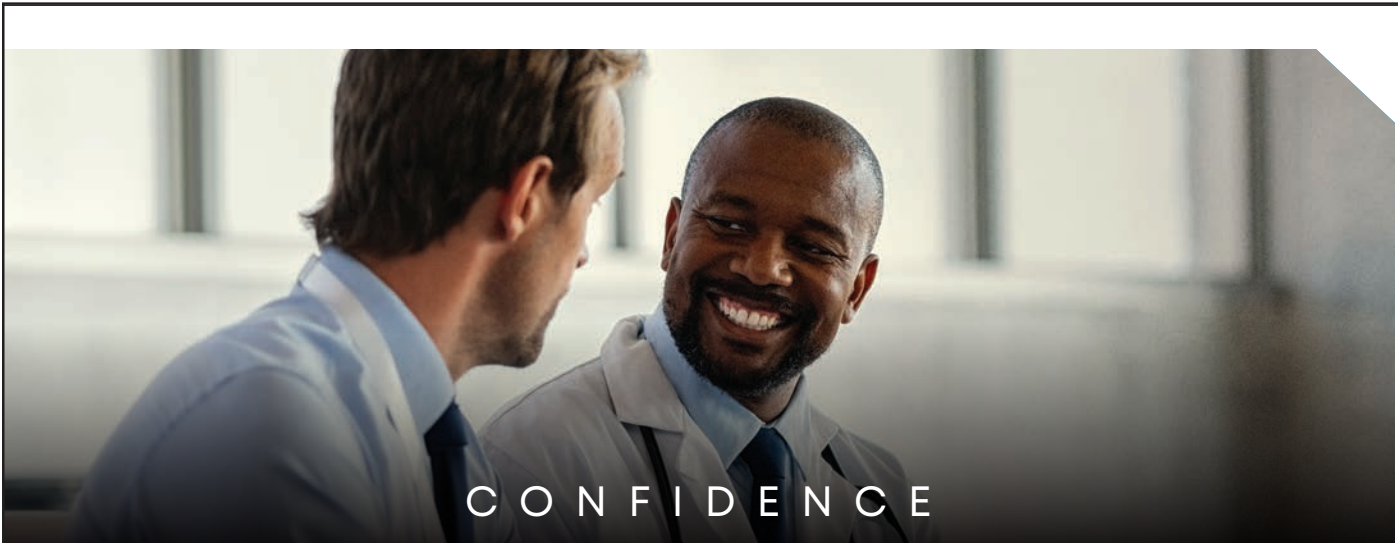
“This year, 21 students elected to participate in the program and were matched to 1 of 14 hospitals across the state. While many of my peers returned to the communities that they grew up in, I was an exception. As someone who grew up in a suburban west coast city, life in rural, small-town Iowa was new to me.”

UNIVERSITY OF IOWA FMIG RECEIVES 2024 AAFP PROGRAM OF EXCELLENCE AWARD

The Roy J. and Lucille A. Carver College of Medicine (CCOM) at University of Iowa Family Medicine Interest Group (FMIG) has been chosen as a recipient of the 2024 AAFP Program of Excellence Award as one of the top family medicine interest groups in the country. This receipt of the Overall Award recognizes the creativity and commitment of FMIG. The University of Iowa's FMIG remains an extremely strong, student-led organization which fosters interest in family medicine for medical students, as well impacts the community in numerous ways including health promotion, outreach events, and sharing the importance of family medicine with future generations. Family medicine is stronger because of the leadership and values that the FMIG demonstrates.



2024 August AAFP National Conference Carlyn Haas, Andrea Fjelstul-Bonert, Alex Marti



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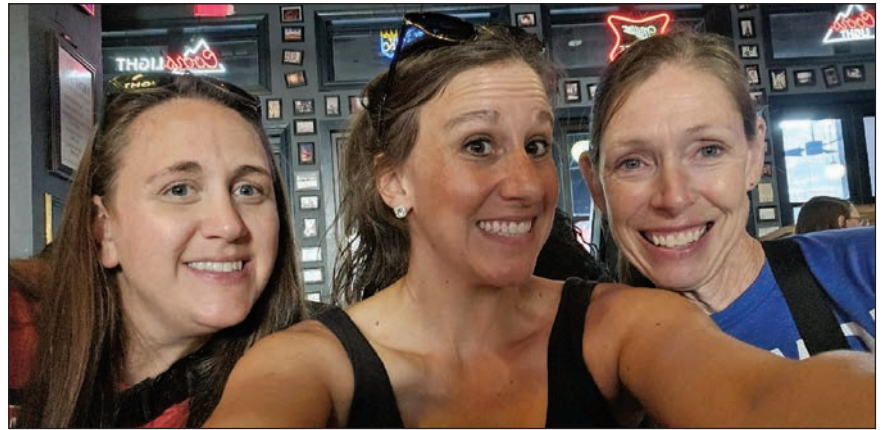
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IAFP hosted a special Iowa event at National Conference where Iowa students, residents, program directors, program coordinators and faculty gathered to both socialize and answer students' questions.

PROMOTING PREVENTIVE HEALTH EDUCATION IN FAMILY MEDICINE: A RESIDENT'S PERSPECTIVE

By Kyle Grover, MD, R3 / Central Iowa Family Medicine Residency—Iowa Lutheran / Des Moines, IA

Preventive health education is a cornerstone of family medicine, aiming to empower patients with knowledge and strategies to maintain and improve their health. Family medicine is uniquely positioned to impact patient health outcomes through comprehensive, continuous, and personalized care. Within the scope of family medicine, one critical aspect of care is preventive health education, which involves informing patients about practices that can prevent illness and promote well-being. As family medicine residents, we are at the forefront of this educational effort. This article examines the importance of preventive health education, the barriers family medicine residents face in learning and delivering this care, and strategies to enhance our effectiveness in this role.

Preventive health education encompasses a wide range of topics, including nutrition, physical activity, vaccinations, cancer screenings, and chronic disease management. Research has consistently shown that informed patients are more likely to engage in healthy behaviors, leading to better health outcomes. Consider a patient with hypertension, a common condition seen in family medicine. Educating the patient about lifestyle modifications—such as reducing sodium intake, increasing physical activity, and managing stress—can significantly improve blood pressure control and reduce the need for medication. Through personalized education, family medicine physicians can empower patients to take an active role in managing their health.

Despite its importance, several challenges hinder the delivery of effective preventive health education, many of which are not unique to residency:

1. **Time Constraints:** Residency training is demanding, as residents balance patient care, administrative duties, and educational requirements. The limited time available during patient visits often restricts in-depth discussions on preventive health.
2. **Patient Engagement:** Engaging patients in preventive health discussions can be challenging, especially if they present with acute concerns that take precedence over long-term prevention strategies. Other factors hinder patient engagement such as patient interest and motivation. Additional concerns are patient access to tools aiding healthier lifestyle such as affordable healthy foods or access to patient transportation to medical visits.
4. **Resource Limitations:** Residency programs may not always have access to up-to-date and relevant educational materials, limiting the ability to provide comprehensive education. Additionally, collaboration with or access to support services such as dietitians or health coaches may not always be possible.

To address these challenges, several strategies can be employed:

1. **Structured Training Programs:** Residency programs should include dedicated curricula on preventive health education, incorporating case studies, role-playing, and other interactive methods to enhance learning and retention.
 2. **Interdisciplinary Collaboration:** Rotation time with dietitians, physical therapists, and other specialists should be standard. Residents would gain a broader understanding of preventive measures and how to effectively communicate them to patients.
 3. **Utilizing Technology:** Electronic health records (EHRs) and patient portals can be leveraged to deliver educational materials and reminders, ensuring that preventive health remains a focus even outside the clinical setting.
- My interactions with one of my clinic patients highlighted how these strategies can be utilized. She is a 28-year-old female with class 3 obesity who came in for her annual well exam. When it came time to discuss healthy eating habits and exercise (with a nice reminder from my note template), I used patient centered language and motivational interviewing

skills that I learned in a lecture from our behavioral health faculty. Through this discussion, I was able to provide education on lifestyle changes and discovered that she had been thinking about going to a bariatric center where she would have better access to a dietician. At the end of the visit, I provided educational material about healthy foods and information about our bariatric providers through dot phrases built into our EMR. Several weeks later I received an office note from the bariatric team for my patient asking me to fill out insurance forms for bariatric services.

While many of my discussions on lifestyle changes do not go this smoothly as they did with this patient, it is rewarding to see how incorporating these approaches can improve patient's lives in numerous ways. Patients who are involved and understand

their condition and treatment options are better equipped to manage their health, leading to improved outcomes and reduced hospitalizations, and they are ultimately.

Preventive health education is a vital component of family medicine, with the potential to significantly enhance patient health and well-being. As residents, we must first learn the tools that will help us provide health education; second, we must develop the habit of integrating preventive health education into our visit; and third, we must advocate for structured training and interdisciplinary approaches to overcome these inherent challenges. By prioritizing preventive health education, we can fulfill our role as educators and partners in our patients' health journeys, ultimately contributing to a healthier society.

For more information and inspiration regarding preventive health education, consider the following resources:

1. American Academy of Family Physicians. (2023). Importance of Patient Education in Family Medicine. Retrieved from: <https://www.aafp.org/home.html>.
2. Centers for Disease Control and Prevention. (2020). The Power of Prevention. Retrieved from <https://www.cdc.gov/>.
3. U.S. Preventive Services Task Force. (2019). USPSTF Recommendations. Retrieved from <https://www.uspreventiveservicestaskforce.org/uspstf/>.

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 Katelyn Johnson, DO | Des Moines University, Des Moines, IA
 Nathan Lux, DO | Des Moines University, Des Moines, IA
 Dante Mautino, DO | Des Moines University, Des Moines, IA
 Tracy Mudondo, MD | Saba University School of Medicine, The Bottom, Caribbean Netherlands
 Nicholas Vipond, DO | Des Moines University, Des Moines, IA

The University of Iowa - Iowa City | Iowa City

Jayden Amsler, MD | University of Iowa, Iowa City, IA
 Kosisochukwu Anyabolu, MBChB | Kwame Nkrumah University of Science and Technology, Kumasi, Ghana
 Ashley Best, MD | American University of Antigua College of Medicine, Coolidge, Antigua & Barbuda
 Sarah Costello, MD | University of Iowa, Iowa City, IA
 Ryan Fisher, MD | University of Iowa, Iowa City, IA
 Nsikan Nnanna, MBBS | Bingham University College of Health Sciences, Jos, Nigeria
 Ofure Omokhodion, MBChB | Obafemi Awolowo University College of Health Sciences, Ile-Ife, Nigeria
 Vaibhav Periwal, MBBS | Government Medical College, Patiala, Patiala, India=

The University of Iowa - Sioux City | Sioux City

Amjad Abdelhady, MBBCH | Misr University for Science and Technology College of Medicine, Cairo, Egypt
 Christopher Burns, MD | University of North Carolina at Chapel Hill School of Medicine, Chapel Hill, NC
 Jeanie Chen, MD | University of Medicine and Health Sciences, Basseterre, St. Kitts and Nevis
 Noah Chun, MD | Loma Linda University School of Medicine, Loma Linda, CA
 Alexia Forbes, MBBS | Anhui Medical University Faculty of Medicine, Hefei, China
 William Hsieh, MD | University of Medicine and Health Sciences, Basseterre, St. Kitts and Nevis
 Adam Poole, DO | Des Moines University, Des Moines, IA



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WHAT I'VE LEARNED...SO FAR

By *Sonia Bell, MBA, Executive Vice President*

Since the theme of this issue is education, I figured it would be an excellent opportunity to report on what I've learned...so far.

A few months after starting as Executive Vice President, I submitted my first article for this magazine. Well, my first official article that wasn't just a bio. Since then, I've learned so much about AAFP, our chapter, our members, our fantastic staff, the foundation, PrimCare PAC, and more. Here's just a taste of what I've discovered over the past year.

Our Staff

One of the first things I learned is that IAFP is a small but mighty team. Katie Cox, our Director of Communications, and Kelly Scallon, our Director of Operations, have nearly *thirty years* of combined experience at IAFP. In my first few months, I couldn't have asked for a better, more knowledgeable team to onboard and teach me all things family medicine! We have the best time considering new events, educational offerings, and other opportunities to engage our active and prospective members. Katie and Kelly



are incredibly dedicated to serving our members and ensuring the Board of Directors can deliver our mission, "Family Medicine IS the foundation for a healthier Iowa." I continue to be motivated by their dedication and can't thank them enough for all their help and support this past year!

Our Members

Our members represent more than 80% of Iowa's doctors who specialize in family medicine in the state of Iowa. Some of you are at the beginning of your career, most are in the middle, and a few are looking at retirement. Many of you specialize in palliative medicine, obstetrics, sports medicine, and more. And all of you are committed to providing comprehensive, compassionate care to your patients and communities. According to AAFP's current membership database for our Iowa chapter:

- 63% of you studied at one of the medical colleges in Iowa.
- Over 65% of you completed your residency at one of our Iowa programs.
- Over 68% of you are under the age of 65.
- The most populated decade age range is 50-59, where over 18% of you are now.

Iowa tracks closely with the national statistics on the physician workforce, with more than a third of practicing physicians likely retiring in the next decade.

However, there is hope on the horizon! From Dr. Sarah Costello, who was the 2023 delegate to the American Medical Association Medical Student Section and has applied again to return as a resident delegate in 2024. To Dr. Dayna King, who I met last year at National Conference for the first time and whose leadership in her residency program earned her the 2024 AAFP Excellence in Medical Education award (see page 15). I have learned



that Iowa has a group of engaged and passionate students, residents, and new physicians excited to take on leadership roles and stay in the state to serve their communities.

Our Patients and Communities

While the state's population has increased since 2000, Iowa's rural population has slowly decreased over the decades as more people move into the metro areas of Des Moines, Iowa City, Sioux City, and Council Bluffs. This means that more of you are practicing in communities that are shrinking in population density and resource availability. In fact, according to the AAFP's current membership database for Iowa, 22% of you are now practicing in a community with less than 20,000 residents. In addition, the needs of our communities are increasing and becoming more acute as local healthcare resources decrease.

- Iowa has the 2nd highest and fastest-growing rate of new cancers in the U.S.
- In 2023, 14% of your female patients had to travel more than 30 minutes to access a birthing hospital.
- As of 2023, Iowa only has two state psychiatric beds available per 100,000 people, well below the recommended 50 per 100,000.

These sobering facts merely reinforce that you all continue juggling more with less. This isn't news to you, me, or our team.

Our Ongoing Work

In the past year, the biggest lesson I learned is that our members continue to fight against these odds, and we have the tools and resources to help.

1. The AAFP government affairs team is a wealth of information and assistance. Just this past May, when a contingent of our chapter leadership and I went to the Family Medicine Advocacy Summit in Washington, D.C., their team spent a couple of days developing professional, personalized flyers about maternal health insurance coverage issues in Iowa. We used these flyers during our visits to the Hill to advocate for improved maternal care and insurance access for your patients.

Our Advocacy Committee also continues to educate our legislators about the value of the Rural Loan Repayment Program to ensure funds are appropriated to support it, connect members with their district representatives to advocate for improved healthcare access, partner with other organizations to build coalitions around important issues, and more. See page xx to donate to the Iowa PrimCare PAC and help continue this critical work!

2. IAFP's Education Committee continues to work on delivering the skills and training our members need, where and when they need it. Check out our education page, <https://iaafp.org/Education>, to register for an on-demand virtual course or to attend our Annual CME Conference this November. An exciting new format and innovative programming are planned for this year's event—you don't want to miss it!

3. The IAFP Foundation continues to support students and residents across Iowa, providing financial support for conferences and meetings and annually awarding a candidate from each the Farm Bureau Rural Physician Scholarship. In addition, the foundation received a grant to develop a new program, "Discover Family Medicine in Iowa," connecting family physicians with elementary, middle, and high school students across the state. Visit <https://iaafp.org/discover-family-medicine> to find out more and donate to any of these causes!

There is always more work to be done, but we have an organization and membership committed to our mission! If you have any questions or want to get more involved, please email me anytime at sbell@iaafp.org!

1. GlobalData Plc. The Complexities of Physician Supply and Demand: Projections From 2021 to 2036. Washington, DC: AAMC; 2024.
2. Evaluation estimates vintage 2020 :: Iowa State Data Center. <https://www.iowadatacenter.org/index.php/data-by-source/population-estimates/evaluation-estimates-2020>.
3. 2024 Cancer in Iowa (Iowa Cancer Registry, February 2024), <https://shri.public-health.uiowa.edu/wp-content/uploads/2024/02/cancer-in-iowa-2024.pdf>.
4. Fontenot, J, Lucas, R, Stoneburner, A, Brigance, C, Hubbard, K, Jones, E, Mishkin, K. Where You Live Matters: Maternity Care Deserts and the Crisis of Access and Equity in Iowa. March of Dimes. 2023.
5. 1. "Iowa Severe Mental Illness Resources & Helpful Info," Treatment Advocacy Center.org, June 22, 2024, https://www.treatmentadvocacycenter.org/map_directory/Iowa/.

AAFP

EXCELLENCE IN GRADUATE MEDICAL EDUCATION AWARD

2024

Dayna King, DO

MercyOne Family Medicine Residency

Awarded for her exemplary patient care, interpersonal relationships with patients, physicians and faculty, and demonstrated leadership and community involvement

THANK YOU SO MUCH TO OUR 2024 PRIMCARE PAC DONORS:

Robin Barnett, DO
Jim Bell, MD
Patrick Courtney, MD
Kate Hanrahan, MD
Amr Kamhawy, MD
Doug Martin, MD

Noreen O’Shea, DO
Stephen Richards, DO
Dawn Schissel, MD
Larry Severidt, MD
Donell Timpe, MD

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 contributions directly support legislators who are informed and committed to family medicine's business and practice management issues. Family medicine interests are much more likely to receive greater attention among the many competing interests and constant stream of proposals put forward for consideration.



IAFP members at the Iowa State Capitol for the Governor's bill signing for postpartum Medicaid coverage (SF2251) and nonmedical switching (HF626), May 2024.

DONATE TODAY. JOIN THE FIGHT FOR A HEALTHIER IOWA.

IAFP meeting with Senator Chuck Grassley in Washington, D.C.



TO DONATE

VISIT IAFP.ORG/PRIMCARE-PAC
OR
MAIL YOUR PERSONAL CHECK TO:
IAFP PRIMCARE PAC
6500 UNIVERSITY AVE
SUITE 100, PMB 123
WINDSOR HEIGHTS, IA 50324

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 corporations 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.

FMCSA Medical Examiner Certification Training Course

Are you planning on performing commercial driver physicals?

HAVE YOU TAKEN A TRAINING COURSE?

IAAFP has an On-Demand course! Watch this course at your leisure from the comfort of your home or office.

**NEW & UPDATED
IN 2024**

Register Online
www.iaafp.org

The Federal Motor Carrier Safety Administration has established a National Registry of Certified Medical Examiners with requirements that all medical examiners who conduct physical examinations for interstate commercial motor vehicle drivers must complete a training course and pass a certification examination. Please contact the IAAFP at 515-244-4182 with questions.

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

This session is 5 hours long and offers AAFP CME credit.

For more information about the program go to

www.iaafp.org

2024 IAFP ANNUAL CONFERENCE

SCHEDULE OF EVENTS | NOVEMBER 7-8, 2024

THURSDAY, NOVEMBER 7

- 9:00 am Board Meeting
- ANNUAL CLINICAL EDUCATION CONFERENCE OPENS**
- 11:00 am Registration with Boxed Lunches
- 11:30 am Annual Business Meeting
- 12:00 pm Welcome/ Introductions & Overview
- 12:15 pm **Nephrology Referrals**
Jason Cogdill, MD
- 12:45 pm **Pediatric Anxiety & Depression**
Carissa Gunderson, MD, UIHC
- 1:15 pm Question and Answer/
Panel Discussion
- 1:30 pm **PEP/PrEP**
Aneesa Afroze, MD, MPH, FACP, CPE, AAHIVS, CTH
- 2:00 pm **Treatment of Alcohol Use Disorders**
Andrea Weber, MD
- 2:30 pm Question and Answer/
Panel Discussion
- 2:45 pm Break
- 3:00 pm **2024 Cancer Updates**
Laura Makaroff, DO
- 3:45 pm Question and Answer/
Panel Discussion
- 4:00 pm **Awards & Recognition Ceremony
Installment of Officers**
- 5:00 pm Reception
- 6:00 pm **Resident Jeopardy (Includes CME)**
- 7:00-8:00 pm Reception Continues

FRIDAY, NOVEMBER 8

- 7:00 am Registration
- 7:00 - 8:00 am President's Breakfast
- 7:00-8:00 am Breakfast in Exhibit Hall
- 7:55 am Introductions and Announcements
- 8:00 am **Pharmacologic Management of Insomnia**
Sandy Robertson, PharmD
-This presentation is sponsored by the Primary Care Education Consortium and supported by an educational grant from Idorsia.
- 9:00 am Q&A
- 9:15 am Break – Exhibit Hall
- 9:35 am **Weight, Health and Eating Disorders**
Sara Schwatken, Ph.D., LP, HSPP, CEDS
- 10:05 am **Menopause Lecture**
Holly Marie Bolger, DO, FACOG, MSCP
- 11:05 am Q & A/Panel Discussion
- 11:30 am Buffet Lunch
- 12:00 pm **AAFP Update & Fellow Convocation**
Daron Gersch, MD
- 12:30 pm **Pediatric Overdose: One Pill Can Kill**
Daron Gersch, MD
- 1:00 am Q & A
- 1:15 Visit Exhibits
- 1:35 pm **JOURNAL CLUB LIVE**
Kevin T. Schleich, PharmD, BCACP; Nathan Shaw, MD
and Jason Wilbur, MD, FAAFP
- 2:45 pm **2024 Invocations for ICIDs**
Denise Sorrentino, MD, FHRS, FACC
- 3:15 pm Q & A
- 3:30 pm Visit Exhibits
- 3:50 pm **Wearables and AI in Cardiovascular Medicine**
Denise Sorrentino, MD, FHRS, FACC
- 4:20 pm **Workup of Anemia**
Anna Shook, PharmD, BCPS, BCOP
- 4:50 pm **Differentiating Neck Radiculopathy vs. Shoulder Pain**
Ian Lin, MD
- 5:20 pm Q & A
- 5:30 pm Recess for the Day

CONFERENCE INFO

CONFERENCE LOCATION/HOTEL INFO.

Prairie Meadows Conference Center
1 Prairie Meadows Drive
Altoona, IA 50009 | 515-957-3000

Special Conference room rates are \$135 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 21, 2024 to receive this rate.

CME ACCREDITATION

The AAFP has reviewed 76th Annual Clinical Education Conference and deemed it acceptable for up to 11.50 Live AAFP Prescribed credit(s). Term of Approval is from 11/07/2024 to 11/08/2024. Physicians should claim only the credit commensurate with the extent of their participation in the activity. *AMA/AAFP Equivalency.*

AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s)[™] toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

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.

GET AUDIENCE

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

EXHIBITS

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

EXHIBITORS

Thank you to our current exhibitors. [AS OF SEPT. 10, 2024]

- Aledade, Inc • Amgen • Avera Medical Group
- Boehringer-Ingelheim
- Bureau of HIV STI & Hepatitis NuCara Capacity Extension Program
- Capital Orthopaedics and Sports Medicine PC
- CARR, Inc • Copic • Diabetic Equipment and Supplies
- Docs Who Care • Iowa Beef Industry Council
- Iowa Cancer Consortium
- Iowa Family Support Network/EveryStep
- Iowa Newborn Screening Program/
University of Iowa Children's Hospital
- Iowa Primary Care Association • Iowa Research Network
- Oasis Health Partners • Organon • Sanford Health Equip
- Sanofi • The Iowa Clinic
- University of Iowa Family and Community Medicine Clerkship

EDUCATION COMMITTEE

We would like to express our appreciation to the members of the 2023-2024 Education Committee. Without their hard work and dedication this meeting would not be possible.

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

*Denotes Subcommittee

CONFERENCE HIGHLIGHTS

- RESIDENT MEDICAL JEOPARDY COMPETITION (Includes CME) – 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.
- 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.

NEW FORMAT THIS YEAR:

Half day CME session on Thursday afternoon, awards presentation and officer installation, Resident Jeopardy, and attendee reception on Thursday Evening, morning and afternoon CME on Friday.

2024 ANNUAL CONFERENCE REGISTRATION

Name _____ Spouse/Guest Name (\$) (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 NOVEMBER 7-8 CME REGISTRATION FEES:

Registration Type	Early Fee (Until 10/6/2024)	Regular Fee (Starting 10/7/2024)
Active Member	\$345	\$375
New Physician Member (< 7 yrs in practice)	\$275	\$275
Life/Inactive Member	\$240	\$240
Resident/Student Member	N/C	N/C
PA/NP who works with an AAFP member	\$345	\$375
Non-Member (includes PA/NP)	\$445	\$475

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

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

- Thursday brunch
- Thursday reception
- Friday breakfast
- Friday lunch

Total Section A: _____

B. DONATIONS:

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

Total Section B: _____

C. PAYMENT:

Section A: \$ _____

Section B: \$ _____

Total Due: \$ _____

REGISTER TODAY! 2 EASY WAYS TO REGISTER

MAIL COMPLETED REGISTRATION FORM WITH PAYMENT TO:
 IAFF | 6500 University Avenue, Ste 100, PMB 123 | Windsor Heights, IA 50324
 REGISTER ONLINE AT: www.iaafp.org/2024-conference

HOTEL REGISTRATION

Prairie Meadows Conference Center
 1 Prairie Meadows Drive | Altoona, IA 50009 | 515-957-3000

Special Conference room rates are \$135 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 21, 2024 to receive this rate.

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 STATE FAIR MEMBER MEETUP

On August 11, IAFP hosted a physician day at the Iowa State Fair in partnership with the Polk County Medical Society.

Attendees enjoyed time at the fair, lunch and networking with colleagues. Be on the lookout for more member meetups in 2025!



MILESTONE MEMBERSHIPS

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

10 Years

Nandita Alla, MBBS, Bettendorf
 Maria Catalan Aquino, MD, Sioux Falls
 Stephen Daniel, MD, Fayette
 Kayla Ehrman, DO, Bettendorf
 Manisha Fenzl, MD, Bettendorf
 Elliot Galey, MD, Davenport
 Madeline Godar, MD, Altoona
 Benjamin Howard, DO, Grimes
 Daniel Irwin, MD, Sioux City
 Eric Johnson, DO, Des Moines
 Ryan Laughlin, DO, Knoxville
 Sarah Ling, DO, Waukee
 Sabrina Martinez, MD, FAAFP, Storm Lake
 Kristen Moriarty, MD, Des Moines
 Amy Moses-Nanthan, MD, Burlington
 Catherine Nelson, DO, Decorah
 Xuan-An Nguyen, DO, Ankeny
 Tyler Olson, MD, Johnston
 William Palmer, MD, Clive
 Stephanie Perkins Mahan, DO, Corydon
 Marissa Pyle, DO, Altoona
 John Pymm III, DO, Ankeny
 Karissa Sanchez Traun, MD, Mount Horeb
 John Schantzen, DO, Algona
 Sonny Sinha, MD, West Des Moines
 Matthew Skeens, DO, New York
 Sara Spiva, DO, Cedar Rapids
 Victoria Tann, MD, Iowa City
 Kelsey True, MD, North Liberty
 Jessica Webb, DO, Sigourney
 April Winters, DO, Windsor Heights
 Mark Zacharjasz, MD, Oskaloosa

20 Years

LoriAnne Andersen, MD, Sioux Center
 Courtney Bochmann, DO, FAAFP, Waverly
 Scott Bohner, DO, FAAFP, Decorah
 S Chance, DO, Norwalk
 Craig Davenport, MD West Point
 Melissa Ehm Pote, DO, Ankeny
 Jared Freiburger, DO, Asbury
 Shauna LaFleur, MD, FAAFP, Sioux City
 Eleanor Lavadie-Gomez, MD, FAAFP, Iowa City
 Elizabeth McCurdy, DO, Ankeny
 Tyler Menke, MD, Decorah
 Amy Mitchell, DO, Ankeny
 David Nystrom, DO, FAAFP, Carroll
 Steven Perkins, DO, FAAFP, Waukon
 Sarojini Ratnakar, MD, Bettendorf
 Wahid Riad, MD, Cedar Falls
 Carlos Alarcon Schroder, MD, Johnston
 Anita Simison, MD, Solon
 Yogesh Shah, MD, FAAFP, Des Moines
 Carla Springer, MD, Cedar Falls
 Marina Stankovich, MD, Urbandale
 Rachel Stearnes, DO, Council Bluffs
 Kenneth Steffen, DO, Dubuque
 Mel Roca, MD, Council Bluffs
 William Vandivier, DO, Ankeny
 Julie Wagner, DO, Mount Pleasant

30 Years

Steven Aguilar, MD, Bettendorf
 Amir Andrawis MD, FAAFP, Sioux City
 Laura Brunsen MD, Iowa Falls
 Kyle Christiason, MD, CPE, FAAFP, Cedar Falls
 James Cummings, MD, Des Moines
 Shailesh Desai, MD, Iowa City
 Timothy Dykstra, MD, FAAFP, Indianola
 Jill Endres, MD, FAAFP, Iowa City

Matthew Fox, MD, Cedar Rapids
 Leighton Frost, MD, Tama
 Leigh Gilburn, DO, Blue Springs
 Mark Goedken, MD, Cedar Rapids
 Bret Heileson, MD, Harlan
 Sheila Holcomb, MD, Le Mars
 Ross Huffman, DO, Marshalltown
 Lawrence Hutchison, MD, Dubuque
 Paul Jensen, MD, PharmD, FAAFP, Cresco
 Shane Kasner, MD, Hiawatha
 Karen Krogstad, MD, Creston
 Jeffrey Krohn, MD, Sioux City
 Kathleen Lange, MD, Centerville
 Kent Metcalf, DO, Mount Pleasant
 Nathaniel Meyer, MD, FAAFP, Spencer
 G Nacos, MD, Washington
 Patricia Newland, MD, Norwalk
 David North, MD, Oskaloosa
 Oduah Osaro, MD, FAAFP, Clinton
 Aaron Peimann, MD, Fort Dodge
 Douglas Peters, MD, FAAFP, W Burlington
 Kirk Peterson, MD, Huxley
 Michael Piplani, MD, Dakota Dunes
 Kevin Rahner, DO, Huxley
 Andrew Rauwolf, MD, Bettendorf
 Timothy Rice, DO, Cherokee
 Bryon Schaeffer, MD, FAAFP, Des Moines
 Debbie Sixta, MD, Altoona
 Dustin Smith, MD, Eagle Grove
 Dale Steinmetz, MD, Clive
 Eric Stenberg, DO, Palo
 Tim Swinton, MD, Marshalltown
 Donell Timpe, MD, Mason City
 Regina Torson, MD, FAAFP, Hiawatha
 Thomas Woodward, MD, Iowa City

40 Years

Cheryl Johnson, MD, FAAFP, North Liberty
 David Bedell, MD, Iowa City
 David Carlyle, MD, FAAFP, Ames
 Terry Cochran, MD, FAAFP, Iowa City
 Ronald Creswell, MD, Milford
 Scott Honsey, MD, FAAFP, Windsor Heights
 Timothy Lowry, MD, FAAFP, Ames
 Ronald McHose, DO, FAAFP, New Braunfels
 Kelly Ross, MD, Saint Ansgar
 Susan Sieh, MD, Mason City
 David Crippin, MD, FAAFP, Mason City
 Eric Evans, MD, FAAFP, Cedar Rapids
 James Kalar, MD, FAAFP, Council Bluffs
 Michael Kelly, MD, Davenport
 Laval Peloquin, MD, Washburn

Audrey Porter, MD, Urbandale
 Carol Roge, MD, Sioux City
 Kevin Jones, MD, FAAFP, Council Bluffs
 Nicholas Messamer, MD, Oskaloosa

50 Years

James Blessman, MD, FAAFP, Des Moines
 Joseph Brunkhorst, MD, FAAFP, Iowa Falls
 Dennis Crabb, MD, FAAFP, Denison
 Donald Flory, MD, FAAFP, Clinton
 Dale Grunewald, DO, FAAFP, West Des Moines
 Patricia Harrison, MD, Cherokee
 Gregory Hoekstra, DO, Waterloo
 Harold Miller, MD, FAAFP, Bettendorf
 Kent Opheim, MD, FAAFP, Waterloo
 Thomas Peacock, MD, FAAFP, Clive

George Richardson, MD, FAAFP, Clarinda
 David Thomas, MD, Ames
 Susan Urbatsch, MD, FAAFP, Mason City
 Bruce Vander Kooi, MD, Storm Lake
 James Young, MD, FAAFP, Cedar Falls

70 Years

Paul Brown, MD, FAAFP, Fort Dodge

We Want You!

JOIN A COMMITTEE

COMMITTEES MEET VIRTUALLY SEVERAL TIMES A YEAR. IT IS A GREAT WAY TO GET INVOLVED AND MAKE A DIFFERENCE!

- **ADVOCACY COMMITTEE**
- **EDUCATION COMMITTEE**
- **MEMBER SERVICES COMMITTEE**
- **AD-HOC PATHWAYS COMMITTEE**

Visit our web site to learn more about these committees and other volunteer opportunities.

www.iaafp.org/committee-volunteer-form/



IOWA ACADEMY OF
 FAMILY PHYSICIANS

NEW MEMBERS

Active

- Yelena Coffield, DO, Spencer
- Caleb Glawe, MD, Boone
- Sarah Kottenstette, MD, West Burlington
- Anna Meis, MD, Pella
- Giuliana Vande Zande, DO, Ankeny
- Janean Wedeking, DO, Charles City

Students

- Ana DiSpirito, University of Iowa
- Sai Sachit Dwibhashyam, Des Moines University
- Matthew Engelken, University of Iowa
- Syed Haidry, Des Moines University
- Dominic King, Des Moines University
- Nathaniel Mullin, University of Iowa
- Meredith Music, University of Iowa
- Jacob Schroeder, University of Iowa

Residents

Listed on Page 12

In Memorium



Charles Skaugstad, MD,
Iowa City

Physician-Led Medicine in Iowa

Join the McFarland Team

Seeking BE/BC Family Medicine physicians to join our collegial teams within Iowa's largest physician owned, multi-specialty clinic.

- Full-time positions
- Broad spectrum practices with or without OB
- Flexible work schedules
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- McFarland Clinic is physician owned and governed

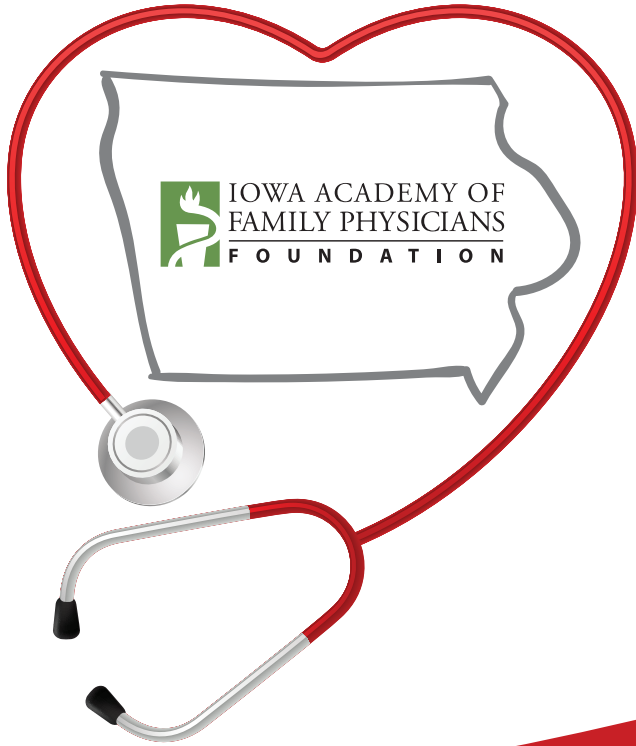
Enjoy work-life balance in a family-friendly community with small-town charm and big-city amenities nearby.

McFarland Clinic
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THE **HEART** OF THE FOUNDATION



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

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

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

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

THANK YOU TO ALL OF OUR 2024 DONORS!

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

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