

Alaska Academy of Family Physicians NEWS



Above: The Beautiful Ski Run at the Alyeska Resort: To the Right: Advocacy Day Attendees Ellen Hodges, MD; John Cullen, MD; Gayle Hornberger, DO; Jean Tsigonis, MD; Janice Schuefelt, MD; Maggie Grinnell, MD and Shawn Vainio, MD

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Spring/Summer 2020

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carletta.akafp@gmail.com



Left: Amy Bukac, MD is being sworn into office as AKAFP President by Gary LeRoy, MD, FAAFP, AAFP President

Presidents Message

Esteemed Alaska Academy Family Physicians,

Looking back over the year, I have seen major changes for our organization. At this time last year I was uncertain about our direction. Today I see us growing stronger and see our chapter as a welcome haven. You, the members, have renewed my enthusiasm for medicine and provided a strong voice for Alaska's health needs.

In August, we were able to celebrate our fellow member and outstanding Alaska physician, Dr. John Cullen, as President of the American Academy of Family Physicians with a social gathering at O'Malley's on the Green. We are so proud of you Dr. Cullen!

To me, Alaska is a small community spread over a huge and beautiful landscape, so it was wonderful to have the opportunity to be together and renew many long distance friendships, and, thanks to assistance from the Alaska Family Medicine Residency, benefit from two excellent KSAs. Online KSAs may be okay, but I found these live KSAs to be much more rewarding. In September, our Alaska Chapter delegation traveled to Philadelphia for the American Academy of Family Physicians Congress of Delegates and Family Medicine Experience. Each year that I have attended, I come away energized and refocused on medicine. In November, we had our annual ALSO course which *also* went well. In February, our organization hosted our first advocacy day in Juneau.

Our Winter Conference in March this year included Dr. Gary LeRoy, the current AAFP President, attending to speak to us. We were so fortunate, as it likely marked the last CME event Dr. LeRoy attended in person this year. During our conference he got word that future live meetings were being cancelled or changed to virtual experiences due to the global pandemic. Carletta Hauck, our Chapter Executive, with mere days to arrange changes, was able to rise to the challenge of transitioning our conference to a partially virtual experience in order to limit risk while still maintaining a lower risk live meeting. We enjoyed learning from virtual as well as live speakers and participants without any serious glitches. (Way to go Carletta - and all of you who helped assure conference success!) We had excellent lectures and some speakers were able to provide timely information on COVID 19.

I look back with nostalgia on the events over the past year. We are a small group serving our very large state with such unique practice settings and challenges. And you all deserve great credit for meeting the new challenges related to the pandemic in both your professional and personal lives. I have learned a lot from discussions with many of you and hope you will consider bringing your experience and knowledge to future meetings. I hope we can find a safe way to return to live conferences, but in the meantime, look forward to meeting with you virtually! Our next membership meeting occurs virtually on July 16th.

Again, a very special thank you to Carletta Hauck, our remarkably talented Chapter Executive, for all her hard work and expertise. She is the driving force behind our accomplishments and the glue that holds us together. We are so fortunate to have her as a champion. Thanks to all of you for your support and encouragement, and for your continuing efforts to make the great State of Alaska Healthier! You are Alaska's best Medicine.

Gratefully,
Amy Bukac, MD, MHA
President
Alaska Academy of Family Physicians

My First Year in Pictures



From the Top Left to Right:

- Board of Directors at Alyeska
- Nothin But Karma Entertainment at Winter Update
- Delegate Dinner at COD in Philadelphia with SD Delegation
- Dr.'s Gayle Hornberger, Gary LeRoy and Elizabeth Roll at Winter Update
- Two Little Girls at Winter Update
- Dr.'s Janice Scheufelt, Amy Bukac and Elizabeth Roll at COD
- Dr.'s JJ Smith and John Cullen at Reception for Dr. Cullen

The AKAFP office has been busy even during this crazy COVID 19 Crisis. It started in March with our Winter Update. I could not believe how rapidly the COVID Pandemic took shape. I arrived in Anchorage on Tuesday March 11. There was one case in Alaska, a pilot who self isolated right away, everything was “normal”. On Wednesday I got a call that one speaker could not attend. I didn’t panic, I already had one speaker joining us by Zoom so I set up a time on Thursday Morning March 12, to do a practice Zoom with this speaker.

Wednesday Evening I got my first call from a concerned attendee inquiring whether or not we were cancelling the meeting, I was already at the Alyeska. I told him we are still on because it was only 2 days away and most people would be arriving at the Alyeska within 24 hours, and again only one known case in Alaska. By Thursday after my sixth speaker had switched to Zoom and my third call from an attendee asking if we were cancelling, I decided to offer the meeting live and via Zoom video. Just to be clear, I had never come close to doing anything like this before, but I knew some people would not be comfortable in a crowd and others would be disappointed if we canceled.

When Friday arrived President Trump declared the corona virus pandemic a national emergency. Three more speakers from WA would have to join us via zoom as travel restrictions were put into place all over the nation. When it was all said and done we had 60 in person attendees and 10 who joined in via Zoom video. Thanks to everyone for your patience through that process. Everything went our way and the internet connection did not fail us!

In other news the AKAFP was awarded a \$10,000 grant from the ABFM (American Board of Family Medicine). The purpose of the grant is promote Family Medicine as a specialty to high school and pre-med students; create and provide high quality marketing pieces to legislators, patients and the general public regarding the education and training required for the specialty of family medicine; provide funding to have a speaker on leadership and one on professionalism at our annual meeting.

I am also working with a large group of healthcare advocates, healthcare workers and the state health department to secure funding to provide Comprehensive Advanced Life Support Trauma and Provider Training (CALST). We have moved the date back to May of 2021, so be watching for more information on training as it becomes available.

If you need help with your Maintenance of Certification or any other ABFM issues please let me know. The AAFP State Chapters have a contact person who is very helpful and I can always reach out on your behalf.

Thank you all for attending the Winter Conference! It was a lot of fun. I am sharing a few pictures in this issue but I have many more. If you want the individual picture of your child, with the pirate, just contact me!
Stay Well!! Carletta Hauck



AKAFP WINTER UPDATE 2021

WHEN: MARCH 11-13, 2021

**Where: The Hotel Alyeska
Girdwood, AK**

MARK YOUR CALENDARS

NOW!!

AAFP Degree of Fellow

The Degree of Fellow recognizes AAFP members who have distinguished themselves among their colleagues, as well as in their communities, by their service to family medicine, by their advancement of health care to the American people, and by their professional development through medical education and research. Fellows of the AAFP are recognized as champions of family medicine. They are the physicians who make family medicine the premier specialty in service to their community and profession. From a personal perspective, being a

Fellow signifies not only 'tenure' but one's additional work in your community, within organized medicine, within teaching, and a greater commitment to continuing professional development and/or research.

“The AKAFP can Confer the Degree of Fellow at our Winter Update in March, 2021.

2020 Alaska Family Doctor of the Year Nominations OPEN

Each year the Alaska Academy of Family Physicians chooses from among its' members an Alaska Family Physician of the Year. The award this year will be announced at March 2021, Winter Update. The Academy is presently soliciting for nominations of Family Physicians who have made a significant contribution to their Patients and Communities.

Please consider nominating a deserving colleague. Nominations are due no later than **December 31, 2020**. Please send a letter of nomination and a current CV of the physician you would like to recommend for the award. Nominations should be submitted to the Alaska Academy of Family Physicians. carletta.akafp@gmail.com



Dr. Kathy (Case) Young has been chosen the **Alaska Academy of Family Physician Family Doctor of the Year**. In addition to providing excellent patient care for underserved populations, Dr. Young is a tireless advocate for Family Medicine – both as a leader in the community representing Family Medicine physicians, as well as an inspiration to medical students as faculty at the Alaska WWAMI Medical School.

For a complete story [Click Here](#)



The AKAFP was well represented at our Advocacy Day in Juneau on February 10, 2020.

Ellen Hodges, MD; John Cullen, MD; Gayle Hornberger, DO; Jean Tsigonis, MD; Janice Schuefelt, MD; Maggie Grinnell, MD Resident Board Member and Shawn Vainio, MD all attended the advocacy day event.

The group met for supper Sunday Evening and discussed the issues facing primary care in Alaska. A more important aspect of our trip was to introduce ourselves to the representatives and their staff members.

We met with several people that morning including Alaska Chief Medical Officer Anne Zinc, MD, the State Medical Association Lobbyist Kevin Jardell, Caroline Shultz, staff member for Senator Von Imhof, and representatives from Ivy Spohnholz office.

We handed out materials and met with many legislators and their assistants over the lunch hour by offering dessert in the visitors lounge. The physicians then went to meet with individual legislators leaving behind our information on scope of practice, training and the current statistics regarding primary care in Alaska.

We also hosted an evening social that a lot of representatives registered for but were unable to attend due to being called back into session. We are going to work on a better back up plan for next year if that occurs.

Most importantly I want you to mark your calendars for Monday February 8, 2021, if you want to be involved in our 2021 AKAFP Family Medicine Advocacy Day in Juneau! **MARK YOUR CALENDAR NOW!**

Our new VIRTUAL WORLD

Many things are going VIRTUAL including all the meetings of the AAFP. Congress of Delegates and FMX are going virtual, these are crazy and unpredictable times. We are going to help you navigate through all of this as best we can.

One thing we do not want to lose is our connection with you. If you have updated your mailing or email address please let us know by emailing me at carletta.akafp@gmail.com .

We are going to continue to plan for an in person meeting in March, however we will have a virtual back up plan. If COVID has subsided I would encourage you to bring your family along. You can learn while they enjoy the winter activities at the beautiful Hotel Alyeska. We plan the meeting so that you can come in a few days early or stay an extra day to ski as a family! For those of you who attended last year I am open to suggestions on how we can provide a ski opportunity for families on one or more of the conference days. I don't want to take away from the educational opportunities that we provide, however I am very open to making it as family friendly as we can. Your suggestions are always welcome.

Virtual ANNUAL MEETING Thursday July 16, 2021 from 6:00-7:30 PM

Please email me at carletta.akafp@gmail.com to receive a ZOOM invitation to join us!

I will email the invites on Wednesday July 15!



A big shout of thanks out to these fine instructors for another SUCCESSFUL ALSO Course!

In November of 2019 we had 24 attendees at the ALSO Course held at the Residency in Anchorage.

All participants passed the course in part because of the awesome instructors!

Because of COVID 19 and the uncertainty about live meetings we will not have an ALSO course this November. We do plan on having our course as usual in November 2021! THANK YOU!!

The AKAFP received a grant from the American Board of Family Medicine in the amount of \$10,000 to promote family medicine and provide a leadership and professionalism lecture at our annual meeting in March.

We are looking for a few members who may be interested in helping to create some marketing pieces that will promote family medicine to interested pre-med students and our state and local legislators. We will be working with a professional marketing service along with several physicians from the SDAFP and the ABFM to put together meaningful information regarding scope of practice, education, lifestyle and the many choices of lifestyle a career in Family Medicine offers.

The ABFM is making some changes to the KSA choices and I want to let you know that the AKAFP will be working on two Group KSA's to offer virtually before the end of this year.

I also have some information about two new Part IV or Practice Improvement programs that are available and pretty painless from the ABFM. One is on COVID and the other is on Health Equity. I would be happy to help you with either of these topics so if you need a little boost to get started let me know, we can go through it together and I will help you get started. The Ohio AFP put together a video to help people with the COVID Part IV that has been released by the ABFM. It will be a short time before the Health Equity one will be available. I encourage you to watch this video and remember the AKAFP will be offering their own Group KSA's before years end. <https://www.youtube.com/watch?v=y0mLdKja3tw&feature=youtu.be>

Carletta Hauck AKAFP Chapter Executive

THANK YOU TO THE 2020 AKAFP WINTER UPDATE EXHIBITORS

Alaska Women's Health
Allergan
Amarin Pharmaceuticals
Astrazeneca
ARMY
Boehringer-Ingelheim
Bristol Myers Squibb
Intyce Diagnostics
Lilly
Novartis
Southeast Alaska Regional Health Consortium
Northwestern Mutual
Northern Anesthesia and Pain Medicine
Novartis
Novo Nordisk 1
Novo Nordisk 2
Sanofi
South Central Foundation

State of Alaska /Division of Public Health/Section of Disease Prevention and Health Promotion

THANK YOU TO THE 2020 AKAFP WINTER UPDATE SPONSORS!

Alaska Cancer Partnership
Foundation Health Partners
The France Foundation
Integrity Continuing Education/ Novo Nordisk
North Carolina Academy of Family Physicians/ Spire Learning/Genentech Inc
North Carolina Academy of Family Physicians/ Spire Learning/AMAG Pharma
Teva Pharma

THANK YOU ALL FOR YOUR SUPPORT! I HOPE TO SEE ALL OF YOU BACK IN 2021!!

carletta.akafp@gmail.com or call 907-360-9698