



ILLINOIS ACADEMY OF  
FAMILY PHYSICIANS  
*Devoted to Advocacy, Education & Action*

# ILLINOIS FAMILY PHYSICIAN

VOLUME 67, ISSUE 2  
May/June 2016

Published by the Illinois Academy of Family Physicians  
Editor – Ginnie Flynn | gflynn@iafp.com | 630-427-8004

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## Match 2016 – Making progress, but bigger boost needed

Illinois continues the recent trend of small steps forward in building our family medicine workforce.

The reports from Illinois allopathic medical schools shows that overall 9.3% of Illinois graduates matched into family medicine, with 101 overall and 43 of those matching into Illinois programs. This is a significant step up from 2015, when only 88 graduates matched in family medicine, and only 32 of them in Illinois. That 9.3 percent is also slightly above the national rate of 8.7 percent of U.S. medical school graduates who matched into family medicine.

University of Illinois at Rockford had a particularly strong year with 32 percent of the class matching into family medicine (16 out of 50). At Rush Medical School, family medicine was the second most chosen specialty with 16 out of 127 graduates. Every school had at least one graduate in family medicine.



Left to Right: Michelle Baker, M.D.; Walter Zavala, M.D.; John Mihelcic, M.D.; Andrew Wherley, M.D.; Kelly Kahle, M.D.; Emily Metzger, M.D.; Lysie Bane, M.D.; Natalie Mahoney, M.D.; Amanda Patterson, M.D.; Tiffany Chang, M.D.; Aaron Jannings, M.D.; Kendall Marszalek, M.D.; Mark Frakes, M.D.; Geethi Abraham M.D.; Michael Kirkover, M.D.; Farion Williams, M.D.  
Photo provided by Farion Williams, MD.

## President's Message

Alvia Siddiqi, MD

**G**reetings and Happy Spring! I'm happy to report on the progress made on some of the issues I talked about in my last message in February.

The Women in Leadership Interest Group has started and is definitely living up to my vision for an important membership constituency. The WIL is the place for engaging female members who have found this group to be a new and exciting forum for mentorship around leadership, professional, and career development, as well as an avenue for networking and socializing.

2016 marks the confluence of female leaders at IAFP and AAFP: Wanda Filer, MD is AAFP's President. Javette Orgain, MD is AAFP's Speaker. Evelyn Lewis&Clark, MD is the AAFP Foundation Board President. To build upon this synergy, IAFP's Women in Leadership (WIL) was created to:

- Encourage women physicians to participate at all levels of leadership.
- Offer opportunities for mentoring, personal and professional development through education and other programming.
- Use the WIL group to plan events, select topics, contribute resources and provide support as possible mentors and active participants.

The WIL interest group is co-chaired by Careyana Brenham, MD, (program director at SIU Springfield Family Medicine Residency) and Emma Daisy, MD (Heartland Health Center in Chicago and member of the IAFP board of directors). This group already includes over 30 members and hosted our first live event on February 25, which focused on "boosting negotiating power" in our employment contracts.

The second event on May 20 in Springfield is a Women in Leadership Dinner with the mission to help members Attain Professional Satisfaction through Work-Life Balance.

You don't need to wait for a live event to engage with your fellow women physicians. Join our community forum through [www.iafp.com](http://www.iafp.com), just login and click on "Community Forums" in the Quick Links window or under the Membership tab, and find a wealth of information, resources and new connections.



Post your own question and share a resource or a tip that might help others!

If you weren't able to make it to either of the first two events, I hope to invite all women physician leaders together at our next planned in-person meeting even in conjunction with the IAFP annual meeting this fall. Mark November 11-12 on your calendar now! My thanks to Gordana Krkic, CAE, our Deputy EVP for External Affairs for providing staff support for this exciting new member group.

I would also like to talk about our efforts around navigating the complexities of Medicaid managed care. IAFP Vice President Asim Jaffer, MD of Peoria provided informative testimony at a recent Illinois Senate Medicaid Oversight committee hearing that went late into the night! This was an important joint effort with ICAAP and ISMS to represent physicians across the state. All providers share a common goal of providing high-quality care to these vulnerable and underserved populations. It's very important that these new Medicaid managed care plans work for our patients and all providers who care for them. You can [read the IAFP testimony](#) by Dr. Jaffer on our web site.

IAFP leaders have been a present and active voice, starting at a provider meeting with the managed care organizations and the Illinois Department of Healthcare and Family Services last fall, where we were able to advocate on behalf of our membership. I also serve on the Medicaid Advisory Committee on the Quality Care Subcommittee to provide continuous input and to bring back updated information.

Just a few weeks ago, I presented a joint IAFP and ICAAP Lunch and Learn webinar on "HFS Navigating Medicaid Managed Care" to provide key updates. Some important

takeaways from that webinar that might be helpful to you:

- HFS plans to publish a Consumer Dashboard that shows health plan comparisons in key performance areas (e.g. Star ratings)
- The current auto-assignment algorithm is based on existing PCP relationship, claims history, family member closest in age plan/PCP assignment, geomapping. Future auto-assignment will also be based on plan quality ratings
- Provider network transparency legislation has been introduced in the Illinois General Assembly (HB 6562)

Some tips for providers and practices serving Medicaid patients

- Check eligibility (MEDI/AVRS/REV) to determine the patient's plan assignment in order to make appropriate referrals for specialty care and identification needed for billing
- Notify the MCO plan when you need care coordination for your patient, including maternity (call/email/portal) – consider emailing the plan's medical director. The list of their email addresses can be found in my webinar slideset posted on the IAFP CME website.
- Open enrollment is at the end of a one-year lock-in period, when clients have option to change to a different health plan or stay with current plan

Download and save these resources:

- IAMHP Provider Guide (MCO provider relations/vendor contacts) <http://iamhp.org/wp-content/uploads/2016/02/Provider-Guide-Booklet-MERGED-as-of-2-29-16.pdf>
- HFS Medicaid managed care manual <http://www.illinois.gov/hfs/SiteCollectionDocuments/MCOManual.pdf>

Stay connected:

- Subscribe to HFS Medical Provider notices at <https://www.illinois.gov/hfs/MedicalProviders/notices/Pages/ProviderEmailSubscribe.aspx>

IAFP remains committed to listening to you and speaking for you as this process continues to unfold. I also encourage you to join the [Medicaid Community Forum](#) by logging onto our website, where you can provide feedback, questions or concerns in a members-only, password protected environment. We can help bring your concerns forward, or perhaps another member has a solution or experience that can help. Let's work together to make Medicaid work for all.



Another year,  
another triumph.

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Illinois family medicine residency programs were 100 percent filled by March 18. Most were filled entirely through the osteopathic match and the NRMP Match, with only three programs participating in the SOAP (Supplemental Offer and Acceptance Program) to fill any open spots.

The 2016 national results also show a fill rate for US family medicine residency programs above 95%, meaning that the gap between positions offered and positions filled in family medicine has diminished over time. The fill rate for family medicine has increased significantly since 2003 when it hit a low of 76.2%.

*Continued from page 1*

### 2016 Match Results for Illinois Medical Schools

Medical School	# choosing FM (IL residency)	Total number of graduates	% of FM graduates
Rosalind Franklin – Chicago Medical School	15 (5)	190	8
Loyola Stritch School of Medicine	16(7)	158	10
Northwestern Univ. Feinberg Medical School	8 (3)	145	5.5
Rush Medical College	16 (8)	127	13
SIU School of Medicine	6 (3)	67	9
University of Chicago – Pritzker	4 (0)	82	5
University of Illinois Chicago	16 (10)	190	8
University of Illinois Peoria	1 (1)	50	2
University of Illinois Rockford	16 (6)	50	32
University of Illinois Urbana	3 (0)	26	11.5
U of I campuses combined	36(17)	316	11
<b>2016 Total</b>	<b>101 (43)</b>	<b>1,085</b>	<b>9.3%</b>
2015 Illinois Schools	88 (32)	1,067	8.2%
2016 US Seniors totals	1,481	17,057	8.7
Chicago College of Osteopathic Medicine	54 (33)	200	27

You can access AAFP news and analysis from the national stage:

<http://www.aafp.org/medical-school-residency/program-directors/nrmp.html>

U.S. seniors filled 45.4% of the 3,105 available Family Medicine positions, up from 45.2% in 2015, but still not the rate of increase that will effectively reverse the predicted primary care physician shortages.

#### Key Takeaway from AAFP

The 2016 NRMP Match results continue in the right direction for family medicine. The number of U.S. seniors matching into family medicine residencies is up 398 over the last seven years. However, neither the production of family medicine residents by U.S. medical schools nor the number of available family medicine residency positions are sufficient to address primary care workforce needs in the U.S. The AAFP is working to remove significant barriers in the educational and practice environments

that are stifling growth in family medicine specialty choice among U.S. medical graduates, as well as increase the number of family medicine graduate medical education positions. Substantial increases in the family medicine and primary care workforce will improve the health of Americans and the sustainability of the health care system.

### **A Sampling of Success Stories**

Thank you to these students who shared their stories with us, so you can meet just a few of the incredible students joining the family medicine family in 2016. Each of these students attended at least one Family Medicine Midwest conference as a medical student.

#### **James Swakow, UIC**

*Where did you grow up?* Des Plaines, IL  
*Are there any other physicians in your family?* No, I will be the first

*Who were your role models or mentors in medical school?*  
I was lucky in that basically every faculty member and resident in the Department of Family Medicine at UIC were especially helpful and encouraging when working with me. Drs. Stringham, Dudkiewicz, and Figueroa were especially encouraging, helping to show me how much of a difference in the world I could make by choosing family medicine.

*Did you have an idea or a plan for your specialty when you entered medical school?*  
I pretty much always knew I would enter into family medicine. I wanted to be a physician that wouldn't back down from any type of patient or illness, and family medicine would give me the best opportunity to do that. I kept an open mind in medical school, but ultimately it was always family medicine.

*When did you know family medicine was your future? Did a particular experience or event or person help shape your decision?*

It was an experience before medical school that helped me realize family medicine was my future. For two years, I worked for a program called Admission Possible, where I helped a group of low-income high school students get into college. My students inspired me by working so hard despite extreme adversity. I realized then that I wanted to spend my life continuing to work with populations that weren't given the same opportunities as the average American.

*Describe your reaction when you opened your envelope?*

My initial reaction was relief. I really wanted to be a part of the family medicine program at UIC, and it was actually happening! As the reality sunk in, I started to get more and more excited, and I am still extremely excited right now.

*What attracted you to UIC Family Medicine Residency?*

UIC has a really strong commitment to providing care to the underserved, and that was most important to me for any residency. But the main reason I wanted to be a part of the UIC Department of Family Medicine is the people! Everyone in the program is so compassionate and driven, and I wanted to be a part of that atmosphere.

*Where do you hope to be five years after you complete your residency training?*

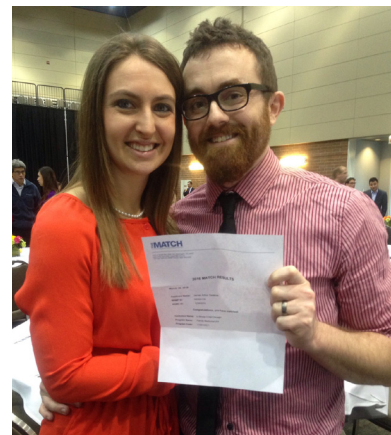
As a part of the National Health Service Corps, in five years I will be providing health care to an underserved population somewhere in the U.S. I also hope to have the opportunity to teach medical students and residents as an attending, because teaching is another one of my passions.

#### **Margaret Russell Northwestern University Feinberg School of Medicine**

*Where did you grow up?* Kalamazoo, Michigan. I grew up with a twin brother who had a tracheostomy from shortly after we were born. He needed a lot of medical care growing up and was one of the first trach-dependent kids to live at home in our state. My parents fought hard for him to get the care he needed and also to have an otherwise normal life. Insurance was an especially difficult issue - he ran out the lifetime limit on my parents' policy before the age of two. Fortunately my parents were educated professionals with the resources to navigate the system, but many patients and families are not so lucky. From a young age, I remember going with my parents to testify before Congress on the need for healthcare reform. My experiences growing up reinforced two things for me: the vital role that a good primary care physician can play for a family like ours and the incredible need for physicians to advocate on behalf of vulnerable patients.

*Who were your role models or mentors in medical school?*

Dr. Andrea Baumgartner, Dr. Alison Cromwell, Dr. Santina Wheat (IAFP Board member), Dr. Yesenia Yepez, Dr. Heather Heimen, Dr. Tuwanda Williamson, Dr. Ellen Mason.



James Swakow and wife Beth.  
Photo provided by James Swakow.



Margaret Russell with brother Daniel.  
Photo provided by Margaret Russell.

*When did you know family medicine was your future?* I don't think I had a particular "ah-ha" moment, it was more like every experience kept pulling me back to family medicine. Feinberg has a continuity clinic experience for medical students called the ECMH program which I participated in and that really solidified for me that primary care was the right choice. I realized when it was time to choose that I really loved working with families, and with patients of all ages, and I didn't want to give that up.

*How did the Family Medicine Midwest conference contribute to your understanding or appreciation for family medicine?* I was lucky to attend Family Medicine Midwest for the first time during my first year in medical school, and the moment I walked in I felt I was surrounded by people who cared about the same things I cared about - I felt immediately at home. I returned to the conference two more times during medical school and I always felt like I got a lot out of the conferences, and left with the strong sense of belonging to a community of physicians who support one another, care deeply about their patients, and are doing amazing things to help their communities be healthier.

*What attracted you to the Northwestern McGaw Family Medicine Residency Program?* The program is 100% committed to serving medically underserved patients in Chicago. There is a lot of advocacy training and community involvement built into the program, which was important to me. I also felt like I fit in with the residents, and we were passionate about the same things.

*Where do you hope to be five years after you complete your residency training?*  
I hope to practice medicine in Chicago and to continue working with underserved communities.

## **Amanda Wojciechowski** **Chicago Medical School**

*Where did you grow up?* I have been in the Chicagoland area my whole life.  
*Are there any other physicians in your family?* No, I am the first physician in my family.  
*Who were your role models or mentors in medical school?* My mentor in medical school was Dr. Naomi Parrella who helped reassure me that I was on the right path to achieving a career in family medicine. My parents have been my role models, not just in medical school, but throughout my whole life.

*Did you have an idea or a plan for your specialty when you entered medical school?*  
Before I entered medical school I knew that I wanted to become a primary care physician. At that time, I was thinking of either becoming a pediatrician or a family physician. When I started medical school I decided to wait until I did my third year clerkships before deciding which area of medicine would be the best fit for me.

*When did you know family medicine was your future? Did a particular experience or event or person help shape your decision?*

I knew that family medicine was my future after I finished rotating through my family medicine clerkship. I had a wonderful preceptor, Dr. Stephen Rittmann, during my third year family medicine clerkship and I fell in love with the field. The variety of cases and its unique discipline of having the opportunity to develop a patient-physician relationship and carry it over a lifetime drew me into family medicine.

*Describe your reaction when you opened your envelope?*

It was pure joy and a huge sigh of relief that I matched into my number one program, Advocate Lutheran General Hospital in Park Ridge, IL. It is a wonderful feeling knowing that all the hard work that you put into medical school; the sleepless nights, the late night studying in the library, taking multiple exams, the long hospital rotations and the preparation for interview season, has finally paid off. It was amazing to share my excitement with my parents, my best friend Gina and my boyfriend Andrew on Match Day.

*What attracted you to Advocate Lutheran General Family Medicine?*

I had a wonderful opportunity to rotate in the family medicine department as a 4th year medical student and I got to witness first-hand the dedication of the residents and faculty to academic teaching. Advocate Lutheran General Family Medicine has a reputation of training excellent family physicians and I knew that I would have a well-rounded education if I trained there. I wanted to go to a program that had a balance of academic and community medicine while having ample opportunities to train in pediatrics and sports medicine. Most of all, I felt at home because of the friendliness and approachability of the faculty and staff.

*Where do you hope to be five years after you complete your residency training?*

I would like to stay in the Chicagoland area and serve the community that I grew up and trained in. I love the diversity of the patients as well as the friendly Midwest hospitality. I can see myself working in an outpatient clinical practice and advocating for my patients' best health interests. I am a huge Chicago sports fan and I am interested in possibly doing a sports medicine fellowship.



Photo provided by Amanda Wojciechowski

## Highlights from AAFP meetings and your IAFP Board meeting

IAFP continues to send a full slate of delegates to the AAFP National Conference of Constituency Leaders (NCCL). Not only does IAFP ensure that each constituency is represented by a delegate member, many other IAFP board members attended and contributed. Still other IAFP members attended for their own benefit or at the urging of colleagues.

The NCCL Delegates this year were:

- New Physician: Santina Wheat, MD, IAFP board member and Erie Family Health Center in Chicago
- IMG (International Medical Graduate): Lubna Madani, MD of Northwestern Urgent Care in Chicago
- Minority: Jamila Williams, MD – ACCESS Community Health Care, Chicago
- GLBT: Javier Guevara, MD – PrimeCare in Chicago and Saints Mary and Elizabeth Family Medicine Residency
- Women: Patricia Chico, MD of Chicago

Other attendees: Board members Emma Daisy, MD; Tabatha Wells, MD; Michael Hanak, MD; Asim Jaffer, MD; Monica Fudala, MD; and Lauren Oshman, MD, along with SIU-Decatur Family Medicine Residency faculty Johnny Tenegra, MD. Other IAFP board members and staff participated in the Annual Chapter Leader Forum (ACLF).

Lubna Madani, MD a former IAFP resident board member, was elected International Medical Graduate Constituency Co-Convener and also as a special constituency alternate delegate to AAFP Congress of Delegates in Orlando this September.



Lubna Madani, MD

NCCL attendees were very active in resolution writing and speaking in reference committees to advance these resolutions. You can see the full slate of transactions at:

<http://www.aafp.org/events/aclf-nccl/nccl/business.html> Some resolutions co-authored by our attendees that were adopted by their congresses include:

- The Congress adopted a substitute resolution to support and follow guidance of USPSTF or CDC recommendations regarding the age to make HIV screening a recommended part of preventive health care.
- Promotion and Support of the Public Service Loan Forgiveness Program
- Racism and Bias Education for Family Physicians
- Educational programs for clinicians related to the care of transgender and gender-nonconforming youth, as well as incorporating youth-specific information into the general online transgender health resources.
- AAFP actively oppose non-evidenced-based restrictions on medical services through advocacy efforts including but not limited to letter writing and providing public testimony when appropriate, and that the AAFP modify the current reproductive decisions policy to state “the AAFP endorses the concept that abortion should be performed in conformance with the standards of good medical practice as determined by evidence-based outcomes.”
- Education for opioid addiction and improved reimbursement for addiction treatment.
- Supporting 12 weeks of paid parental leave for family physicians and residents and to survey the membership to determine the policies and benefits currently offered in the family medicine workplace.

### IAFP Board meeting

After the NCCL and ACLF meetings, the IAFP board of directors met before returning from Kansas City. Some highlights of that meeting included:

The board confirmed the selections of those chosen as student and resident president-elect who will serve as our state's National Conference resident and student delegates: Kristina Dakis, MD of UIC Family Medicine Residency and Sean McClellan of Rush Medical College. The board will welcome resident Jessica Reader, MD (Northwestern McGaw at Humboldt Park) and student Emily Graber (UIC) to the board beginning July 1.

The board of directors agreed to co-locate the 2017 IAFP Annual meeting with the 2017 Family Medicine Midwest Conference when Illinois hosts the regional conference in fall 2017, uniting the best of Illinois family medicine with their Midwest counterparts and showcase it all for medical students from across the region. The board of directors will also meet face to face at the AAFP Ten State conference which IAFP is hosting February 2017 in Chicago.

Calling all those members already doing or interested in Direct Primary Care! IAFP now has a member interest group on direct primary care for members using or interested in this emerging practice model. Deborah Chisholm, MD is the chair. If you'd like to join, go to the online sign up form at [www.iafp.com/committees](http://www.iafp.com/committees).

The board also voted to allow the IAFP Bylaws task force to continue their investigation of changing from an All-Member Assembly format of governance and provide options and recommendations to the IAFP All Member Assembly on November 12. Thank you to the active members who provided feedback in our recent survey.

## 2016 IAFP Annual Meeting

November 11-12, 2016 at Northern Illinois University, Naperville Campus

The IAFP's Annual Meeting for 2016 will be our leanest and meanest yet! Get in, get out, get what you need and see what you want to see! The location and format provide the maximum in flexibility, whether you're popping in from a neighboring suburb or travelling in from southern Illinois for the full weekend! You'll find plenty of hotel options and fun things to do for any family members who come along with you.

Education: IAFP will provide a full schedule of top-quality CME on Saturday November 12, at a timely weekend for those who are nearing the reporting deadline for their three-year CME reporting cycle. We will also offer three different SAMs workshops in a lively group setting to meet this maintenance of certification Part IV requirement.

Now is the time to think about how YOU will contribute to the business of the All Member Assembly.

### Elections

IAFP will hold elections for our officers and board of directors via online voting, ensuring that all Active members in good standing have the opportunity to run for the board and vote for board members.

Active members in good standing may self-nominate for the positions of board member (three year term), second vice president, first vice president, or president-elect. Any active member who is less than seven years out of residency may run for the New Physician board member position, which is a two year term. Finally, there is one delegate and one alternate position to represent Illinois at the AAFP Congress of Delegates, which would be a two year term beginning with the 2017 AAFP Congress of Delegates. The deadline to submit your application and CV is July 29. Learn more about each board position on the IAFP web site at [www.iafp.com/board](http://www.iafp.com/board).

The IAFP Leadership Development committee, chaired by past president Edward A. Blumen, MD of Evanston, evaluates all nominations, determines eligibility and produces a slate of candidates.

Online voting will be open September 12 through October 11 for all IAFP active and life members in good standing. Instructions will be sent by email and one letter will be sent by US mail only to those active and life members who do not have a valid email address on file with IAFP. The new board of directors will be installed at the All Member Assembly on Saturday, Nov. 12 at the IAFP annual meeting.

All Member Assembly is the policy making body for the Illinois Academy. Any member in good standing (student, resident, active or life) may submit a resolution for consideration by the All Member Assembly. For guaranteed discussion and consideration, resolutions must be submitted by September 28 to IAFP executive vice president Vince Keenan at [vkeen@iafp.com](mailto:vkeen@iafp.com). Any resolutions received after that date or on site at the annual meeting will be offered to the Assembly, where  $\frac{3}{4}$  of the credentialed members in the room will need to vote to consider the resolution before discussion can proceed.

Fellow Convocation: All Illinois fellows who have not yet received convocation at a AAFP or IAFP annual meeting will receive an invitation for Fellow convocation at our All Member Assembly. This is a wonderful opportunity to be recognized before your fellow Illinois family physician friends.

Committee participation: Many of the IAFP committees will meet on site, providing the best in learning and face to face networking and problem solving.

Submit your favorite family physicians! The deadline is approaching for the IAFP annual award nominations. Family Physician of the Year deadline is June 1 and our Family Medicine Teachers of the Year (employed and volunteer faculty) are due June 20. Go to [www.iafp.com/publicrelations](http://www.iafp.com/publicrelations) for the nomination forms.



## Javette C. Orgain, MD, MPH, FAAFP Candidate for AAFP Speaker of the Congress of Delegates

The Illinois Academy of Family Physicians is proud to support Javette C. Orgain, MD, MPH, FAAFP in her quest for re-election as Speaker of the AAFP Congress of Delegates. Javette has served proudly and diligently for the AAFP board and Congress, while continuing to support IAFP advocacy efforts and her personal mentorship to many.

She is a clinical associate professor of family medicine in the University of Illinois Chicago Department of Family Medicine and team physician for Vitas Innovative Healthcare in Chicago. She formerly served as medical director at the University of Illinois Hospital and Health Sciences System Mile Square Health Center.

From 2006-2011, she was the assistant dean for the UIC COM Urban Health Program. Orgain is medical director/consultant for the Village of Park Forest Health Department. In 2015, she participated on the UIC DFM interdisciplinary team to establish the UI Health Home Visits Program and saw the first patient for the program this March.

An AAFP member since 1983, Orgain served on the Commission on Governmental Advocacy from 2007 to 2011. She has served as an Illinois delegate and alternate delegate to the AAFP Congress of Delegates. At the state level, Orgain served on the Illinois Academy of Family Physicians Board of Directors from 2002 to 2010, including terms as president and board chair. She has served on the Illinois AAFP's Government Relations Committee.

From her personal statement:

*This is my fifth year in AAFP leadership, after four years as Vice Speaker. Every Congress reignites my family medicine torch. It's so exciting to see family medicine leaders developing throughout the year in so many opportunities (National Conference of Constituent Leaders, National Conference of Resident and Student Members). One of the reasons that our Academy is so strong is our resolve to invite and support leaders that are all around us.*

*I think our delegations can function more than one Congress per year. As Speaker, I'd like to create an avenue where our Congress of Delegates can be more efficient in our annual gathering. I'd also like for our Congress to work for our membership more than once a year.*

*I believe we have delegates from states and special constituencies that can help the AAFP board of directors maximize our Academy's strategic work and fiscal planning. As Speaker, I'd like to explore creating a bridge between the Congresses and the Board, that is open year round and not only after Congress has voted and adjourned. I look forward to hearing ideas from our delegates from states and constituencies on how they'd like to participate going forward!*

The election will be held Wednesday, September 21 at the AAFP Congress of Delegates in Orlando.

More about Javette:

IAFP Web site <http://www.iafp.com/orgain-for-aafp-speaker>

AAFP Official Candidate Page <http://www.aafp.org/candidates/speaker/cand1.mem.html>

Follow her on Twitter: @JavetteOrgainMD



If you have an idea for resolution that you would like the Illinois delegation to the AAFP Congress of Delegates to consider, the deadline is May 31 for IAFP members to send those resolutions to the IAFP Task Force on AAFP Resolutions. Submit your resolution via email to Gordana Krkic, IAFP Deputy Executive Vice President at [gkrkic@iafp.com](mailto:gkrkic@iafp.com).

## Family Medicine goes to school Wellness committee makes a big difference in Sterling schools

For over 25 years, family physicians have been teaching Tar Wars tobacco prevention in local schools across the country as one way to contribute to their communities and especially the kids. Family physicians are often a familiar face at local health fairs, community meetings and in the schools providing patient education on topics tailored to their audience.

IAFP member Eric Kuhns, MD of CGH Health Care in Sterling is a member of the Challand Middle School Wellness Committee, which is working in a variety of approaches to bring wellness activities to students in a whole-child approach to education and well-being.

IAFP Vice President of Communications Ginnie Flynn recently spent a morning at Challand Middle School (enrollment 780 in grades 6-8) as Dr. Kuhns served as the guest 8th grade science teacher. Today's lesson: helmet safety and seatbelts, which included science lessons on the mechanics of an auto crash and a health lesson on the injuries that can occur when any safety precaution is left out.

The kids are actively engaged and Dr. Kuhns is quite comfortable in this environment. He knows these kids, as some of them are also his patients.

He adeptly steers the lesson to how his use of science maximizes the performance of the car in auto racing – making science interesting. His hobby is auto racing (not golf! See Member Spotlight feature on page 20). Applying science makes the race car run faster through careful analysis of weight transfer and torque, using tons of math and science.

"The goal is to go as fast as you can as long as you can so you can stop and make the corners and get right back to fast as you can," is his summary of how the math ensures that his car reaches peak performance, while staying safely on the road!

Kuhns shows the safety equipment he uses in auto racing, from the helmet and HANS (head and neck safety) device, to the fireproof suit and even fireproof socks. He then shared his personal experience of a serious accident eight years ago, when his car left the track and ended up nose down, then rolling onto the roof. His safety equipment worked. "Not a scratch or bruise and I wasn't even sore the next day."

While the car crashes provide striking lessons about seatbelts and safety gear, Dr. Kuhns is quick to strongly emphasize the importance of wearing a helmet any time you're on wheels not in a car, whether it's a bike, scooter, all-terrain vehicle, skateboard or a hoverboard. He has been hit by cars twice on his bicycle. Both times he was wearing his helmet. "You never know which day is going to be your bad day, so make sure you have the helmet on every time. You won't be able to go back and do-over."

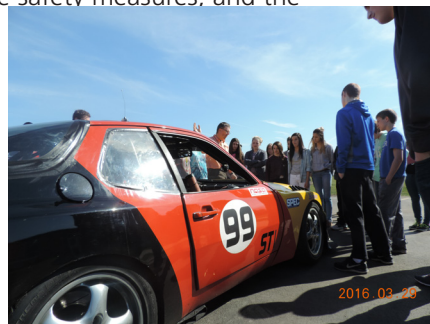
Finally the classes went out in the parking lot to view the race car up-close and see all the safety measures, and the performance measures. Kids put on the helmet and HANS, and tried escaping the car in less than ten seconds. Kuhns explained the science behind the car's design and features that keep it on the road at high speeds and how air intake adjustments make the car faster. Finally he let each class sign the hood of the souped-up Porsche 944, ensuring he has one very unique car for his next race in St. Louis.

After the science class presentations, members of the wellness committee gathered to share their experience. Principal Matt Birdsley, district asset coordinator Janet Freed, Dr. Kuhns, personal trainer Nick Pepper and boys from the school's Lifting Club shared what this collaborative effort has done for them personally and for the school's morale.

The district superintendent, Tad Everett is a member of the team, which provides leadership from the highest level. Everett is involved in every meeting. Nutritionists and food service representatives are included. There are representatives from every school as well as the district Wellness Coordinator, employed by the YMCA.

One new wellness component is the Lifting Club, which lifted off in October 2015 and has had a profound impact on the boys inside and out. Club member Alex Tapia, who first proposed the lifting club idea, has dropped 30 pounds and added a big smile to his face. Trainer Nick Pepper volunteers two mornings a week teaching proper technique, monitoring the progress and facilitating the success that comes from challenging them physically and mentally with a dedicated strength program. "I love helping these kids achieve more than they thought was possible," he says. Alex credits the consistent workouts and the commitment of Nick and his fellow club members in not only weight loss, but overall improved outlook on life.

Mom Maureen Tapia provided some startling perspective. "Alex was really having a tough year and this brought him out of his



shell. He's doing a lot better all the way around." It was actually Alex's doctor Dr. Prabha Iyer who referred him to the district's mentoring program according to Janet Freed. "To me that's the picture of a community working together and doing our absolute best to help our kids thrive," said Freed.

Alec Alexander Higley saw the progress made by the Lifting Club, and testifies they can all lift much more than when they started last fall. "It feels amazing when you are able to lift more and become more active. When you lose weight you feel more energetic."

Juan Carlos Vargas learned more than the proper lifting form from Nick. "I learned that arguing isn't the way to solve anything. If we calm down and take a breath, everything will be better and we work as a team," he said.

Additional club members provided their own success factors. Owen Hampton says, "It's about how you feel about yourself and knowing that other people care about you." Jeremy Masa concludes, "Trust people. They will go out of their way to help you achieve your goals. If you need help, just ask."

Pepper reiterated the success. "I wanted an opportunity to give back and help in an area where there is a need and not a lot of financial resources. I could share my knowledge and help these kids. For the first year, I thought it turned out even better than expected."

Principal Birdsley confirmed that all members of the Lifting Club saw improved grades and a significant decrease in behavior incidences this year. "They had a mentor who cared about them, and taught them that hard work pays off. That carried over not just in the weight room, but in the classroom as well. We see that with all of our clubs like fitness, art, building and STEM. It builds self-esteem and they work harder in the classroom."

Meanwhile the Fitness club, supervised by a counselor and a teacher, promotes physical activity and they're currently training for a 5K race. The school is planning to replace current vending machines with healthy options and cut back on fundraisers that include unhealthy options, while still allowing for the occasional treats. "They spend most of their waking hours here, and we want to make sure what they get the most of are the healthy options," explained Birdsley.

"We always have the academic and the emotional components here, but we were missing the wellness component. And a lot of times the wellness component takes care of the emotional needs. You see it in them, they walk differently, talk differently and interact differently. Their teachers tell me that these boys are entirely different people now, and that's the self-esteem."



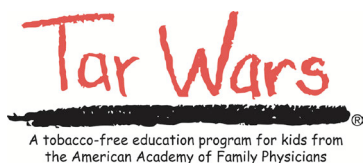
Birdsley is quick to praise the outside help from community members, like Dr. Kuhns and Nick providing their services. The school district also includes a mentorship program coordinated by Freed which gives 77 at-risk students a personal mentor from the community.

But the need is still there and still great. "One of the challenges we have is getting the word out and finding people to spend that time. When people like Nick give two mornings a week, that's where the rubber meets the road and change really happens," says Kuhns. "For me, it's the reason I'm a family doc. Taking care of the community is what I like to do. I see these kids at their school physicals, with weight issues and esteem issues. I can only do so much in my office, but if I can refer them to programs like this, they can get fixed and not just 'band-aided.' We see early signs of pre-diabetes and want to do more to intervene. So when the community works together we can do so much more." A recent article in their local paper hangs in Kuhn's waiting room and generates interest and even volunteers.

The team agreed that they are just scratching the surface, but see the potential for wide-scale change ahead. Kuhns explains, "We've seen such increases in obesity. We've seen poor coping behaviors like cutting. If we can give these kids better ways to deal with stress, you're getting tremendous bang for your buck. Moving forward and dreaming big, I'd like to pick up the phone anytime and know that there is a place here where I can direct a kid that needs the mentor, or the exercise program. Even in small town like Sterling, it's possible, but you need a lot of people and support and processes in place. It's very exciting to see what can be done."

The Wellness team plans to use the summer months to look back and evaluate what works and see how they can make these programs more accessible for more kids. They are also planning to implement the NFL Play60 program next school year to provide a validated guided framework. Meanwhile Principal Birdsley is looking to update the weight room fitness equipment and provide more access for the regular physical education classes to use it and add some higher grade exercise cardio bicycles.

Why is family medicine such a great fit for wellness teams? "If you only live the office, you can burn out very quickly. There is so much you can leverage if you get the right people together. It's so worth the time to make that happen."



## Yet Another Rochester Student Wins Annual Tar Wars Statewide Poster Contest

Darren Booth of Rochester has brought home another statewide honor to his intermediate school. He designed the winning poster in the Family Health Foundation of Illinois Tar Wars Poster Contest, held May 7 during the Illinois Academy of Family Physicians board of directors meeting. Darren's poster, with the message, "When You're Tobacco Free, You're Always Safe" received the most votes from the 13 IAFP board members who voted online to evaluate the seven total posters. Posters were evaluated on creativity and positive message about being smoke-free.

Darren is the second straight statewide poster contest winner to come from Rochester Intermediate and the third overall. Last year Caleb Hamilton created the state contest winner. In 2011 Madelyn Noyes took the top honor. Darren will be honored at a ceremony on May 23 at school and will receive a \$500 cash prize. The Family Health Foundation of Illinois, which runs the Tar Wars program in Illinois, will also make a \$500 grant gift to Rochester Intermediate to use in wellness or educational programming at school.

**WINNER: Darren Booth, 5th Grade – Rochester Intermediate  
Tar Wars Presenter – Christine Egan, science teacher**

**2nd Place – Grace Neil, Concordia Lutheran School –Peoria  
Tar Wars Presenter, Craig Griebel, MD.**



The 2016 Illinois Tar Wars poster contest is supported by Pfizer Charitable Contributions. Their generosity also enabled Tar Wars to create a banner displaying Darren's top winning poster in Rochester. Prizes for our second place artist was made possible by the grant to the Family Health Foundation of Illinois received from Pfizer Charitable Contributions.

Tar Wars, a program of the American Academy of Family Physicians, is at work in schools around the country, as well as in Canada and overseas. Tar Wars was created in 1988 by family physician Jeff Cain, MD and educator Glenna Pember. The program is free for schools and for volunteers to teach in their local schools or youth groups. In Illinois, Tar Wars presenters include family physicians, medical students, family medicine residents, school nurses, health department health educators, and other volunteers.

For more information, including the complete program curriculum, visit [www.tarwars.org](http://www.tarwars.org).

*About the Family Health Foundation of Illinois: The Foundation's mission is to enhance the healthcare environment in Illinois by assuring Illinois citizens have access to the high quality, comprehensive, and affordable care provided by Family Physicians. Additionally its vision is to encourage philanthropic endeavors that will support the growth of family medicine in Illinois Visit [www.iafp.com/Foundation](http://www.iafp.com/Foundation) for more information.*

## State Snapshot

The political stalemate of historic proportions continued into 2016, with public and private wrangling among the leaders and various sub-groups over any of the following: a budget fix, what new sources of revenue might look like, an end game, and/or all of the above to pass a backdated 2016 budget and a 2017 budget before the scheduled adjourn date of May 31. Some important issues are featured below.

## Government Relations

**Medicaid Managed Care** - On April 6th, IAFP was invited to present as part of the primary care provider panel at the Senate Medicaid Oversight Committee hearing. Asim Jaffer, MD, IAFP's First Vice President provided [testimony](#). IAFP has a community forum on Medicaid Advocacy [here](#) where the Dept. of Healthcare and Family Services' PowerPoint is also posted. Any member may join the forum and provide input and feedback about Medicaid Managed Care experiences.

**Tobacco 21 Campaign** SB3011 would raise the age to purchase all tobacco products to 21. [Click here to read the IAFP testimony](#) given by IAFP resident member Michael Owolabi, MD, MPH of SIU Springfield Center for Family Medicine in the Senate Public Health Committee. A [fact sheet is attached](#). A similar law passed in Chicago on March 16 which helped spur momentum for a statewide campaign. The bill passed the Senate on May 18 and must pass the House by May 31.

**Step Therapy** – HB 3549 amends the Managed Care Reform and Patients Rights Act to apply provisions to all health plans licensed in the state, including the Marketplace Exchange, in accordance to the Affordable Care Act. Step therapy has shown adverse effects, including delayed access to optimal treatment, significant burdens on providers and their patients and increases in health care costs. This bill establishes a transparent medical exceptions protocol, ensures step therapy is based on appropriate clinical guidelines independent of the health plan and increases patient access to drugs prescribed by their health care provider. IAFP is part of the coalition supporting this initiative. [Fact Sheet](#)

**SB2416 would abolish the State Board of Health.** This is an initiative by the current IDPH Director who believes the Board is an added layer of bureaucracy in rulemaking and delays the process. Opponents to the bill include a wide representation of the public health community, among which are IAFP members. IDPH offered an amendment that provides SBOH shall review proposed administrative rules within 30 (rather than 90) days of submission by the Department of Public Health and deletes provisions concerning compensation for Board members. An agreed-upon bill passed out of the Senate Public Health Committee and also passed unanimously in the Senate. It now awaits committee assignment in the House. IAFP members Javette Orgain, Tim Vega, Carolyn Lopez and Jerry Kruse have all served on the Board of Health.

**Home Birth Safety Act HB 4364** would license certified midwives and allow them to not only perform home births, but many other services that go with caring for a pregnant woman and a newborn, including some services that are distinctly medical in nature, such as using pharmaceuticals to control hemorrhaging. HB 4364 does not have adequate educational requirements to create a newly licensed profession. We remain concerned about education, scope of practice, and liability. The bill remains in committee and no further action is anticipated for this session.

**Contraception Coverage** Building on state and federal law, H.B. 5576 clarifies the Affordable Care Act to improve access to the full range of contraceptive options for all individuals with health insurance. The Comprehensive Contraceptive Coverage Act: 1) Guarantees coverage without cost sharing for all FDA approved contraceptive drugs, devices, and supplies, 2) Allows insurance companies to limit coverage only when two or more products have the same active ingredients and safety profile, 3) Prohibits the use of "reasonable medical management" which can delay or even prevent access to the most effective birth control options, 4) Requires an accessible and timely waiver process to access birth control methods not covered by a plan, respecting the decisions made between health care providers and their patients, and 5) Requires insurance companies to cover birth control prescriptions for up to 12 months at one time. IAFP is in support and listed on the [fact sheet here](#). The bill has passed the House and Senate committee and now heads to the Senate floor for a vote.

**IAFP/ICAAP send joint letter in support of Immunization Rules:** The joint letter expressed our full support of the Certificate of Religious Exemption for parents/guardians that want to exempt their child from school required vaccines on religious grounds. Rashmi Chugh, MD, Medical Officer, DuPage County Health Department and member of the Illinois Immunization Advisory Committee testified at the April 18th public hearing representing IAFP in her remarks.

**Healthcare Fraud Task Force:** Governor Rauner signed an executive order to implement a task force to root out waste, fraud and abuse in taxpayer-funded health care programs. The group will also seek ways to prevent waste in state and federally funded Medicaid and employee health insurance programs, whose expenses total more than \$19 billion annually.

## IAFP Advocates on Capitol Hill

**AAFP Family Medicine Congressional Conference:** IAFP was represented by 10 advocates through a mix of opportunities:  
 AAFP key contacts: IAFP board chair Janet Albers, MD and Tom Cornwell, MD of Wheaton  
 IAFP's official representative, President Alvia Siddiqi, MD  
 IAFP past president and AAFP FamMedPAC Board member Ellen Brull, MD  
 IAFP Board member Monica Fudala, MD  
 IAFP past president and past delegate Steve Knight, MD  
 IAFP past president and current delegate David Hagan, MD  
 University of Chicago medical student Rachel Stones  
 Lutheran General third year resident Rachel Kurinsky, MD and faculty member Patrick Piper, MD

Their agenda provided a mix of family medicine impact, education and an appeal for issues that impact the long term health of family medicine and the patients they serve.

**Curbing Prescription Drug Abuse:** Authorize and support prescription drug monitoring programs (PDMPs) in all states to monitor real-time opioid prescribing and also make this information available to physician practices across state lines; Provide for greater access to the life-saving drug naloxone; and raise the cap on medication assisted treatment (MAT) of addiction care to at least 200 patients from the current cap of 100 patients.

**Teaching Health Centers GME permanency:** Authorize a permanent funding stream for the Teaching Health  
 -resident payment to cover the direct and indirect expenses associated with sponsoring an approved graduate medical residency program. [Link to article from AAFP](http://www.aafp.org/news/government-medicine/20160425budgettestimony.html)  
<http://www.aafp.org/news/government-medicine/20160425budgettestimony.html> and to [In the Trenches blog](#). [Save our Teaching Health Centers](#) has a great deal of advocacy resources.

**FY17 Appropriations Request:** Provide at least \$59 million for Title VII Section 747, Primary Care Training and Enhancement (PCTE) administered by the Health Resources and Services Administration (HRSA); Include \$364 million for the Agency for Healthcare Research and Quality (AHRQ); Provide an additional \$70 million for the National Health Service Corps (NHSC) at least \$20 million should be appropriated, discretionary funds.

**Congressional Primary Care Caucus.** Rep. Jan Schakowsky (D-9) agreed to join this caucus dedicated to primary care issues.



David Hagan, MD; Monica Fudala, MD; Patrick Piper, MD; Gordana Krkic, CAE, Rachel Kurinsky, MD and Thomas Corwell, MD



Cornwell and Kurinsky with U.S. Rep Jan Schakowsky (D-9)



Piper, Janet Albers, MD; U.S. Rep. Rodney Davis (R-13), Fudala, Hagan and Steven Knight, MD

## Member Action Opportunity – help get tobacco out of your local pharmacies!

The IAFP Public Health Committee encourages members to join campaign to send personal communications to retail establishments that sell pharmaceuticals as well as tobacco, asking them to voluntarily stop sales of tobacco using the following methods.

Here is a template letter you can use:

<Date>

Dear <local pharmacy owner/manager>

I, along with family physicians throughout Illinois and the United States, are urging your pharmacy to voluntarily stop sales of tobacco products and e-cigarettes.

Your pharmacy is an integral parts of our local health care system, with the overt and/or implicit goal of improving the health of our community members. The sale of tobacco products is an inherent conflict of interest for your pharmacy, given that tobacco use represents the leading cause of death in the United States and contributes greatly to the nation's excessive health care costs.

Join others such as CVS, which took tobacco products out of their stores in September 2014 and Target which has been tobacco free since the 1980's.

Family physicians along with many national organizations (1) have joined a call to action to achieve these three bold goals

- Reduce smoking rates to less than 10% by 2024 from 15%
- Protect all Americans from second-hand smoke by 2019
- Ultimately eliminate the death and disease caused by tobacco use

Sincerely,

[Your name and contact information]

For those of you on social media, here are some messages you can use.

### Tweets:

Family physicians call on pharmacies to stop tobacco sales. #TobaccoUse is leading cause of death! #NoRx4Tobacco

Get your prescription and your tobacco? That's not healthy. Eliminate tobacco sales in health facilities. #NoRx4Tobacco

### Facebook suggested posts

Family physicians call on pharmacies or retail places that provide health care service to eliminate sales of tobacco. Tobacco is leading cause of death in the United States. Check out AAFP's policies on the sale of tobacco products at <http://www.aafp.org/about/policies/all/tobacco-smoking.html>

Why is tobacco sold where you go for prescriptions or health care services? Family physicians say "Get rid of tobacco sales in health facilities. Check out AAFP's policies on the sale of tobacco products at <http://www.aafp.org/about/policies/all/tobacco-smoking.html>



And finally, here is a template Letter to the Editor you can submit to your local newspaper. Customize it so it reflects your view and your community!

To the Editor:

Illinois' and America's family physicians are urging retail sites that provide health care services to voluntarily stop sales of tobacco products and e-cigarettes.

Facilities that provide direct health care services, pharmacies, and related institutions are integral parts of our health care system, with the goal of improving the health of their patrons. The sale of tobacco products is an inherent conflict of interest for such facilities, given that tobacco use represents the leading cause of death in the United States and contributes greatly to the nation's excessive health care costs.

Several Canadian provinces and the cities of San Francisco and Boston have banned the sales of tobacco products in retail pharmacies. Illinois family physicians support a ban on the sale of tobacco products in facilities that provide clinical patient care services, pharmacies, and retail outlets housing health clinics.

We ask that [PHARMACY NAMES] join CVS, which stopped stocking tobacco products in September 2014.

We have joined a call to action to achieve these three bold goals:

- Reduce smoking rates from 15% to less than 10% by 2024
- Protect all Americans from second-hand smoke by 2019
- Ultimately eliminate the death and disease caused by tobacco use

Sincerely,

<Your Name and contact information>

Send a copy of your letters to IAFP at [gflynn@iafp.com](mailto:gflynn@iafp.com).

Questions? Contact Vince Keenan at [vkeen@iafp.com](mailto:vkeen@iafp.com)



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## Continuing Medical Education

### Springfield Primary Care Update June 17-18.

[Learn more here](#) or [Register Now](#)

The popular Essential Evidence format which has been used in Chicago, Arizona and Michigan is coming to Springfield! Downstate members should make their plans to pack in an amazing amount of up-to-date, 11.75 evidence-based CME credits over 2 days. This CME conference will unite University of Illinois at Chicago with Southern Illinois University family medicine and pediatrics and includes afternoon procedure workshops to provide the total primary care learning and networking experience!

#### Co-sponsored by:

Illinois Academy of Family Physicians  
Illinois Chapter American Academy of Pediatrics  
SIU School of Medicine Department of Family and Community Medicine  
SIU School of Medicine Department of Pediatrics

#### Fees:

\$295 for full conference registration  
(includes breakfast and lunch both days)  
\$175 for one day registration  
\$250 for New Physician members  
(less than 7 years post-residency training)  
FREE for Residents



### 2016 Conference

[www.iafp.com/fmm](http://www.iafp.com/fmm)

for details and updated information



Family Medicine Midwest is a 12-state collaboration dedicated to building a strong family medicine workforce to provide high-quality, comprehensive care to the people of our region. We are dedicated to attracting, keeping and developing outstanding family physicians for the future. The Family Medicine Midwest Foundation, a 501 (c) 3 organization, is an established leader in collaborative family medicine workforce development.

The centerpiece of the Family Medicine Midwest Foundation is an annual conference in October. This three-day event attracts faculty, resident and medical students from all 12 Midwest states in order to:

- Attract and inspire medical students to choose Midwest Family Medicine Residency Programs
- Provide a format for residents to present, to learn from each other and from faculty presenters, and find their family medicine career path
- Showcase the amazing variety of career opportunities in family medicine
- Provide a platform to share innovative ideas, best practices and build regional networks dedicated to improving the health of all patients, tackling many of today's most daunting public health challenges.

From the preconference collaborative workshops to the closing education, physicians at every stage of their careers will benefit from Family Medicine Midwest \*\* CME Credit is provided for all education sessions using a simple, online platform to complete and submit your CME credit! Submit an abstract by May 31 - details at [www.iafp.com/family-medicine-midwest-conference](http://www.iafp.com/family-medicine-midwest-conference)

**Opening speaker** H. Clifton "Clif" Knight, MD former AAFP board member and current senior vice president of education at AAFP. He is also a long-time Indiana family physician leader.

Pre-Conference workshops on Friday, October 7

- Maternal and child health, led by IAFP member Evelyn Figueroa, MD
- Community and Population Health
- Palliative medicine – pain management
- NeedyMeds and how you can connect patients to affordable medications

**Practicing physicians:** Showcase your practice setting and share your experiences with the next generation.

Feed your appetite for continuous learning in sessions presented by colleagues in a variety of locations and settings. Explore opportunities and service provided by our many exhibitors.

**Faculty physicians:** Share and learn best practices and showcase your residency program or department.

**Residents:** Gain valuable presentation experience and build your CV, broaden your knowledge base with new topics or focus on your passion. Visit with potential employers and find your future practice setting or fellowship opportunity. Be the face and voice of your program to attract your future resident colleagues!

**Students:** Experience the joy, diversity, value and impact of family medicine. Gain hand-on experience with clinical procedures. Learn about the opportunities and challenges of caring for patients of all types in all places, in a changing environment. Dispel myths, get answers and have FUN! Visit with dozens of Midwestern family medicine residency programs under one roof to explore big city, small town, suburban, winter weather, summer weather and all that Midwest Family Medicine can offer! Find a residency program, find a mentor, find a friend! Find your family medicine!

Physicians and residents can register online at [www.iafp.com/FMM](http://www.iafp.com/FMM)

Students: Apply for a scholarship at <http://www.iafp.com/fmm-student-scholarships>



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Recently IAFP paid a visit to Sterling to watch Eric Kuhns, MD present about helmet and seatbelt safety to eighth graders at Challand Middle School. His lesson was insightful and hands on, thanks to his auto-racing hobby.

***Why did you choose family medicine?***

I liked the idea of doing everything. I like doing my own casting and injections and in a town this size I can still do that. I like the idea of a personal relationship as a small town family doc. I like it when kids pass me in the hallway (at his daughters' schools) and say "Hey Dr. Kuhns!" I like being able to customize things to each individual person. If I'm their family doctor, nothing is off limits.

***How do you promote family medicine in your interactions?***

One person at a time. The people you interact with or the kids we take through our shadowing program and young scholars program. We try to make the point to them that this is where you can make a whole lot of impact. You get to know your patients on such a level, that even when they do see a specialist, they still want to hear what you think to know if that recommendation is appropriate for them or reassurance that you agree. Trust is so critical.

***Why do you race car driving?***

I have a fundamental adrenaline need and it's the one thing that I happen to have some natural talent for, and I'm terrible at golf! I used to have motorcycles, but I can't manage the risk well enough. With the safety advances in auto racing, I can

**Eric Kuhns, MD**  
CGH Hospital, Sterling  
CGH Foundation board member  
Loyola Stritch School of Medicine and  
Adventist Hinsdale Family Medicine  
Residency

keep it at an acceptably safe level for me and still have a lot of fun. I also get to meet so many different and interesting people there than I do in my daily life and form new bonds. As much as I love being involved in the community and love my practice, there is still a need to get completely away. When I'm in the race car nothing else matters. My wife also enjoys it. [Linda Kuhns is his crew chief!]

***How does it help with patient care?***

I find that my patients are remarkably supportive of this. I had a patient that I thought was on his death's bed. The next morning, after his comfort measures, I walk in and he says "How was Ohio, Doc?" asking about a race I had coming up that we talked about a few weeks ago. So we get to talk about some fun stuff, it doesn't always have to be about medicine. Racing does take me away from practice some Fridays and my patients are okay with that and I have great partners that support me. I can't stress enough how important that is. Family medicine is not only about one person in the clinic. You have to have good partners.

***How does your husband and wife racing team help with teamwork elsewhere?***

I married very very well! Our schedule forces or allows us to do some things together and helps keep the little things in life from getting in the way too much. It takes some financial sacrifices for both of us and it works well for us. It's important that we have something to do together that doesn't involve our kids.

***What would you be if you weren't a family physician?***

Most things that are very fun like auto racing don't make for a good career. For a long time I wanted to be a pilot, but my glasses meant that wouldn't happen. It was actually a radiologist that steered me towards medicine. Maybe being a pilot would have satisfied my adrenaline junkie needs!

Editor's Note: Kuhns has been racing since 2007, about eight weekends a year. The Porche 944 frame with the corvette engine is affectionately called "Franken44" and races at maximum speeds of about 140 MPH.





Inis Bardella, MD

### New Head of Family Medicine at University of Illinois at Rockford

University of Illinois at Rockford welcomed **Inis**

**Bardella, MD** as the new Head of the Department of Family and Community Medicine. Dr. Bardella developed the Global Health Initiatives Program at Rosalind Franklin University before taking the new position. "UI Rockford has two international opportunities for fourth year medical students: India and Scotland. We have a relationship in Thailand. We hope to build the India and Thailand opportunities into true partnerships, not just student experiences," she says. She pointed to the work of Farion Williams, MD, assistant dean of graduate medical education, who has accompanied medical students to the Christian Medical School in Vellore. Dr. Williams provided faculty development workshops to the 10 members of the family medicine department, when he visited in February. He explained that the Vellore family medicine department established a low-cost, effective care unit in the slums of the area and showed good health outcomes and lower costs, and accepted all patients regardless of their ability to pay. The Triple Aim in India!

Dr. Bardella hopes to build on those positive experiences for a quadruple aim that addresses research, public health and continuing improved health outcomes. She also shared the good news that the Rockford campus class of 2016 match includes 16 of 50, or 32 percent, going into family medicine. She applauded the work done by the department, including Dr. Williams, and Mitch King, MD, associate dean for academic affairs. Dr. King explained that Rockford, Dixon and Monroe were three sites for students to experience all that family medicine offers and contributed to the successful Match.

### SIU School of Medicine Dean honored by Society of Teachers of Family Medicine

**Jerry Kruse, MD, MSPH**, dean and provost of Southern Illinois University School of Medicine and CEO of SIU HealthCare, has received the Advocate Award from the Society of Teachers of Family Medicine (STFM). The award honors an STFM member for outstanding work in political advocacy at the local, state or national level. Kruse served as president of STFM from 2011-14. He currently serves on the board of directors. Previously, he was STFM's legislative affairs committee chair and its representative to the AAMC Group on Residency Affairs.

Kruse is a national advocate for innovation in medical education and the advancement of health care systems. He serves on the Family Medicine for America's Health board of directors as the STFM representative. His focus is to fulfill the Triple Aim + 1: medical education and health care that are more effective, efficient, equitable and enjoyable for all. Kruse embraces the rapid changes in technology and communication, in health care delivery, in medical education, and in biomedical research. Another goal is to improve health not just for individuals, but for populations, particularly for the 66 counties in Illinois that is the service area of SIU School of Medicine.

Kruse was named IAFP's Family Physician Teacher of the Year in 1991 and was honored with an IAFP President's Award in 2009 by then president Patrick Tranmer, MD. Kruse was also a keynote presenter at the 2013 Family Medicine Midwest Conference in Milwaukee.

### Other member news

*From the Association of Family Medicine Resident Directors:* **Davis Yang, MD** program director at MacNeal Family Medicine Residency received the AFMRD bronze program director award and Tom Miller, MD of SIU Quincy Family Medicine Residency received a gold program director award at the annual meeting in Kansas City. The AFMRD Program Director Recognition Awards recognize individual program directors for continuous learning and



improvement through scholarly activity; peer and professional development and recognition; and commitment and service to the specialty and to medical education. Reaching any of the three levels of the award - bronze, silver, or gold - is a status of excellence.

**Deb Clements, MD** program director of the Northwestern University Family Medicine Residency program at Lake Forest was elected as member-at-large to AFMRD, joining **Tom Miller, MD** of SIU Quincy Family Medicine Residency program on the board of directors.

*From ISMS:* Two IAFP members have been elected to the Board of Trustees of the Illinois State Medical Society (ISMS): **Tina M. Brueschke, MD** of Downers Grove and **Charles R. Ellington, MD** of Decatur.

*From the press:* **Jeremy Carrier, MD** of Galesburg was quoted in a WGIL - radio story on April 10 previewing what could be a rough allergy season, and how to prepare for it.

Resident member **Michael Owolabi, MD, MPH** of SIU-Springfield Family Medicine Residency Program was quoted in a WTAX news radio story about his testimony before the Senate Public Health Committee on April 5 in support of Tobacco 21.

**Robert Wrona, MD** of Orland Park was featured in a local *Chicago Tribune* article on April 11 about his direct primary care practice.

**Thomas Golemon, MD** chair of the family medicine department at the University of Illinois College of Medicine at Peoria and his wife, IAFP member Joan Golemon, MD were featured in a Gatehouse news article (*East Peoria Times and Chillicothe Times*) examining the primary care physician shortage and root causes.



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### *How should you advise patients about eating fish?*

There are many conflicting messages about how much fish is healthy—particularly for women of childbearing age, pregnant women and young children. The latest DHHS and USDA dietary guidelines caution that the nutritional benefits of fish consumption must be weighed against the risks of contaminants, particularly mercury.

The EPA-funded, web-based **Healthy Fish Choices** CME course, developed by IAFP member Susan Buchanan, MD, MPH, clinical professor at the University of Illinois at Chicago, gives physicians the information they need to confidently advise their patients on the risks and benefits of fish consumption. Practitioners can obtain up to 10 CME credits at a nominal cost.



*IAFP members can go to <http://IAFP.healthyfishchoices.org> to learn more or to register. The special IAFP fee of \$35 allows members to claim up to 10 CME credits (comparable nonmember fee is \$100).*

# Opportunities for Family Medicine Physicians

Wheaton Franciscan Medical Group is growing and looking for Family Medicine Physicians to join them in Southeast Wisconsin.

## Qualifications

- Board certified or board eligible in Family Medicine
- Capable of obtaining licensure and privileges

## Opportunities

- Share evening call with Partners
- Join established Family Medicine groups
- Excellent Specialists readily available
- 100% outpatient only
- Competitive and attractive salaries
- Comprehensive benefits package with great retirement plan



## Learn More

For position information contact:

- Brandon Wilson for Milwaukee opportunities at [brandon.wilson@wfhc.org](mailto:brandon.wilson@wfhc.org), (414) 465-3118.
- Carol Kamenar for Racine opportunities at [carol.kamenar@wfhc.org](mailto:carol.kamenar@wfhc.org), (262) 687-6420.

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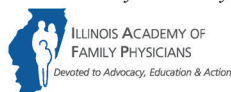


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## Illinois Academy of Family Physicians

747 E. Boughton Road, Suite 253  
Bolingbrook, IL 60440

Phone: 630-435-0257

Fax: 630-559-0739

E-mail: [iafp@iafp.com](mailto:iafp@iafp.com)



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