



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

ILLINOIS FAMILY PHYSICIAN

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Matches Made in Illinois! Success stories from our student members



Congratulations to Emma Richardson, IAFP Student Board member who provided this Match Day celebration photo with her Rush Medical College Family Medicine Leadership Program colleagues: (L to R) Paola Susan matched to Saints Mary & Elizabeth Family Medicine Residency, Chicago; Steve Rothschild, MD (chair of department of family medicine and professor), Katy Rooney matched to University of New Mexico Family Medicine, Mallory Davis matched to Swedish Family Medicine Residency, Seattle; Emma Richardson matched Contra Costa Family Medicine Residency, California; Cynthia Waickus, MD, PhD (associate professor), Valerie Rock matched to Swedish Family Medicine Residency, Seattle; Erick Staff matched to West Suburban Family Medicine Residency, Oak Park and Carl Lambert, MD (assistant professor). Photo provided by Emma Richardson

To meet the AAFP's announced goal of 25x2030 (25% of U.S. graduates matching into family medicine by 2030), the arrow will need to start pointing up more, after a relatively flat 2019 Match. Given that we've entered a new era with the final AOA Match in 2019 and the beginning of single accreditation for programs, and a new membership structure at AAFP, the data sets of the past are not comparable to 2019. Here is a summary of the 2019 Match from the state and national levels.

Continued on page 4

President's Message

Sachin Dixit, MD, FAFAP

Dear Friends,

Welcome to our many new members! Yes, our chapter membership is now over 5,100 strong! Starting in 2019, two important bylaws changes at AAFP added a significant increase in membership to our state chapter.

First, all medical students are now in the same student membership category. Previously, students at any non-US based campus were in a separate category called Foreign AFP students. Students at international schools are assigned to the state chapter tied to their home address. As a result of this change, our chapter now boasts over 1,500 student members, with 175 members currently studying at non-US schools.

The second major change created a new Transitional category of membership. This allows those who graduated from medical school, but have not yet matched, a two-year membership as they seek residency placement and a transfer to resident membership. Again, these members are assigned to the chapter associated with their listed address. Our chapter welcomed 54 recent graduates who are still seeking a residency. All of them are International Medical Graduates.

I can personally attest that international school students and graduates face unique challenges in our medical system. I graduated from Pramukh Swami Medical College in India. I visited numerous programs in Chicago and around Illinois before the dreaded Match Day. A true March Madness. It took me a good two years before I started my Family Medicine Residency Program at Cook County-Loyola-Provident.



Fortunately, my entrance to the United States health care system was through the caring doors of Cook County Hospital's program. There I was, a resident, an international medical graduate, and a new immigrant. Quite honestly, I was so naïve about the US health system. My goal back then was to survive residency and continue with the mission-oriented service "in the real world."

You may know Cook County Hospital in 2004 was among the most strained safety nets in the country, and an amazing learning opportunity to train. I got to experience the busy system and the incredible diversity of the patients. However, the most impactful for me personally and professionally were the physicians and faculty. They made all the difference for me!

At "County," I aspired to follow the path of my attendings, Doctors Carolyn Lopez, Crystal Cash, Janice Benson, Steve Stabile, Gail Floyd, and many more, who were already blazing towards a better future of family medicine. Each of them has played a major role in my success as a family physician, a professional and now as president of my Academy. Now I look forward to providing the same support for our new members that I received from them.

Did you know, our current top three Illinois chapter leaders all graduated from international medical schools? IAFP Board Chair Asim Jaffer, MD

graduated from Windsor University School of Medicine and President-elect Monica Fudala, MD graduated from Jagiellonian University Medical College in Poland.

As Illinois chapter members, there are many ways our student and transitional members can capitalize on all the opportunities and connections available through IAFP. Here are just a few examples:

- Join a member interest group. Go to www.iafp.com/migs and look over the opportunities.
- Go to some of the events on the IAFP schedule. Most are free.
- Attend AAFP National Conference and Family Medicine Midwest. Both of these events will include many of the Illinois residency programs, whose faculty and current residents are wonderful resources to connect with. Ask your questions, learn from their experiences, take their sage advice to heart.

Likewise, I call on our active and resident members, especially those with their own "IMG story," to welcome and connect with these new members. Introduce yourself and offer a time for them to visit you and learn from you. If you serve on a committee or MIG, ask your staff to connect you with a new student or transitional member.

This *Family Physician* issue is filled with family medicine success stories from our student membership and also the story of Dr. Kevin Chang – a Transitional member who served as an extern with our Public Health Committee and will begin his family medicine residency at the NorthShore family medicine residency program this summer. Keep reading this issue for those stories!

Finally, be sure to block off October 19 for our annual meeting. The next issue will have all the details! Have a wonderful summer!

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Continued from page 1

IAFP News

Illinois Medical School Campuses

After years of gradual incline, the 2019 Match brought a slight dip in the total number and percentage of Illinois allopathic medical school graduates matching into family medicine (from 9.3% to 9.0% this year). The net result was a true mixed bag of some schools experiencing great increases while others saw a drop in the number of students matching family medicine. Fewer Illinois family medicine graduates matched with Illinois programs, down seven from last year (44 to 37). One bright spot was that Rosalind Franklin University, Chicago Medical School had their largest class of Family Medicine matches ever with 22. Only the University of Illinois at Rockford saw more than 20 percent of graduates match into family medicine.

2019 Match Results for Illinois Allopathic Medical Schools

Medical School	# choosing FM (IL residency)	Total number of U.S. graduates	FM as % of graduates
Rosalind Franklin – Chicago Medical School	22 (8)	193	11
Loyola Stritch School of Medicine	20 (9)	156	13
Northwestern Univ. Feinberg Medical School	8 (4)	169	5
Rush Medical College	7 (3)	127	6
SIU School of Medicine	10 (4)	63	16
University of Chicago – Pritzker	7 (3)	81	9
<i>University of Illinois campuses</i>			
Chicago	7 (2)	178	4
Peoria	6 (0)	55	11
Rockford	10 (4)	46	22
Urbana	1 (0)	25	4
U of I campuses combined	24	304	8
2019	98 (37)	1,093	9.0
2018 Total (for comparison)	102 (44)	1,082	9.4
<i>2019 US Seniors totals</i>	<i>1,617</i>		<i>9.1</i>

Continued on next page

Mentor Connection program continues to deliver on its mission

Nine of the ten Family Health Foundation's Mentor Connection program <https://www.iafp.com/mentor-connection> students graduating in 2019 matched into family medicine residency programs, with the one other student matching into pediatrics in Chicago. All five 2018 graduates in mentor connection matched into family medicine, an overall success rate of 94 percent.

Sara Diaz from Northwestern University Feinberg School of Medicine matched to the University of Illinois at Chicago Family Medicine Residency. Her mentor since 2017 is Deborah Edberg, MD, program director for the Northwestern McGaw Family Medicine Residency program at Erie Family Health Center in Chicago. Now Sara will train in Chicago where they can stay in touch. "I'm excited to work in a University setting in a family medicine program that addresses the social determinants of health in vulnerable populations."

Support for the Mentor Connection Program is provided by the Family Medicine Philanthropic Consortium of the AAFP Foundation.

Spotlight on IAFP student members

Thank you to each of these members for sharing their match, their joy, and even a photo with IAFP



Lizabeth Kaeb
University of Illinois College of
Medicine - Rockford
Matched to University of Illinois
-Peoria Family Medicine

What excited you about this program?
I'll be close to home and get strong training in Women's Health!

Photo provided by Lizabeth Kaeb



Antoinette Price
University of Illinois- Chicago
Matched to University of Illinois- Chicago
Family Medicine

What excited you about this program?
UIC family medicine program is dedicated to the community and underserved. The faculty are passionate and amazing teachers. You can tell that they genuinely care about their residents and their well-being.

Photo provided by Antoinette Price

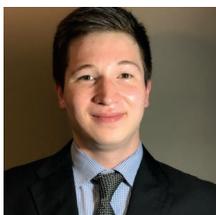


Transitional Member Kevin Chang, MD (UIC Class of 2017) matched to the University of Chicago NorthShore Family Medicine Residency.

"I was ecstatic that I was able to match at University of Chicago NorthShore, as it was my first choice program. I felt that I fit in with the residents and attendings at U. of C. NorthShore the most. I am absolutely thrilled to get started with residency at U. of C. NorthShore and am looking forward to my time there," says Dr. Chang.

Chang spent 2018 and part of 2019 as the IAFP's Public Health extern, which provided additional learning and professional opportunities such as assisting in the development of a Knowledge Skills Assessment module and organizing in Mental Health First Aid training sessions. "Being able to actually help IAFP with various public health activities brought my understanding and experience to a new level. I was able to meet and learn from many great people in IAFP during this process. I believe this experience has been instrumental in my development and the skills and material I learned will be useful in residency and the years to come."

"We are indeed thrilled to have matched Kevin Chang and five other outstanding candidates this year. Many thanks to the IAFP who made this experience possible for Kevin. These experiences are often career changers." Bernard Ewigman, MD, MSPH, FAAFP, Professor & Chair, Department of Family Medicine Biological Sciences Division & Pritzker School of Medicine.



New off-shore student member

Brian Lee - American University of the Caribbean
Matched to AMITA Health Adventist Medical Center La Grange Family Medicine Residency
What excited you about this program?

The excellent training, caring staff, and being back near where I grew up.

Illinois Residency Match Summary



Photo provided by Shaheen Jadidi.

Two new Illinois Residency programs opened for their first Match in 2019. McGaw Northwestern Delnor Program, under program director Natalie Choi, MD, matched its first class of residents. Among the first is Shaheen Jadidi from Midwestern University Chicago College of Osteopathic Medicine, who is excited for a variety of reasons. "I can't think of anything that doesn't excite me about this program. From the faculty and ample sports medicine exposure to the unique opportunity to be a part of an inaugural class and help shape a residency program. I am so excited to begin my next chapter with Northwestern Medicine!"

Meanwhile Mercyhealth GME Consortium Family Medicine Residency in Rockford also filled their 12 slots through their first Match. "We are excited to welcome our inaugural class of 2022," said Shami Goyal, MD, program director. "It's an opportunity to increase access to health care for patients in hospitals and clinics in the Rockford area. We aim to keep the best physicians in the state of Illinois."

As of Match day, both programs were filled, bringing 20 new family medicine residents to our state. Overall 207/212 (98%, above the National average) of Illinois family medicine residency positions were filled via the NRMP Match, with all positions filled by the end of the SOAP process.



Photo provided by Dr. Shami Goyal.



Family Medicine Midwest Scholarship Students

The Family Medicine Midwest Foundation, a 501 (c) 3 organization, is an established leader in collaborative family medicine workforce development. The Illinois Academy of Family Physicians is the organization home for FMM and provides meeting management and contracted staff services. The mission is to build our family medicine future for our region. The Family Medicine Midwest Foundation raises money to

provide vital scholarship support for students at Midwestern medical school campuses, including free registration, and financial support towards travel and hotel expenses.

After tracking the match results for 60 Family Medicine Midwest Scholarship attendees scheduled for the 2019 Match, we found 43 of them matched into family medicine (72%) with 27 of those 43 (63%) matching into Midwest Family Medicine residencies.



Spotlight on the Family Medicine Midwest student board member – Nicole Paprocki, DO

(On the right in this photo, provided by Nicole Paprocki)

Midwestern University Chicago College of Osteopathic Medicine matched to Northwestern McGaw Erie/Swedish

"I am absolutely thrilled with my Match at Northwestern Erie/Swedish and excited to be a part of a program that emphasizes service and advocacy in our specialty! An added bonus is that I'll be local for our next FMM Conference in Naperville too," says Paprocki. "This was my #1 choice for residency for a long list of reasons: a commitment to provide quality healthcare to the underserved, an emphasis on advocacy and leadership, opportunities to speak and improve Spanish, a medical education certification option, and a mission I believe in with kind, intelligent residents and faculty who share my values-- and all of this right in the place I call home: Chicago!"

You can support scholarships for Illinois students to attend 2019 Family Medicine Midwest, November 8-10 in Naperville. Learn more at <https://www.iafp.com/fmm-scholarship-donations>



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2019 IAFP Annual Meeting – Save the Date now

Saturday, October 19 at NIU Naperville Conference Center

The location and format provide the maximum in flexibility, whether you're popping in from a neighboring suburb or travelling in from southern Illinois. You'll find plenty of hotel options and fun things to do for any family members who come along with you. Our education focus this year is on safe pain management, maternal and infant mortality; and health equity. IAFP committees and member interest groups will meet and we'll cap the day off with a reception to honor our award winners and celebrate milestones as the specialty of family medicine turned 50 in 2019!



IAFP Board and Officer Elections – Call for Nominations

IAFP will hold elections for our officers and board of directors via online voting, ensuring that all Active members in good standing can 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 is a two-year term beginning with the 2019 AAFP Congress of Delegates. Learn more about each board position on the IAFP web site at www.iafp.com/board.

To declare your interest as a candidate for any of the board positions, please email your CV and a Letter of Interest to Vincent D. Keenan, IAFP executive vice president at vkeenan@iafp.com. Your letter of interest should specifically state how you can contribute to or hope to directly address at least one of the Academy's values. You can find these values on our web site at <http://www.iafp.com/mission>.

The deadline to submit your application and CV is **August 2**.

The IAFP Leadership Development committee, chaired by IAFP Past President Donald R. Lurye, MD evaluates all nominations to determine eligibility and then produces a final ballot of candidates. Online voting will be open September 9-30 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 on October 19th at the IAFP annual meeting. The new president, Monica Fudala, MD, will take the Oath of President from AAFP Board Chair John Cullen, MD from Alaska and then give her president's address.

Fellow Convocation: All Illinois members who have achieved the designation of Fellow of the American Academy of Family Physicians (FAAFP), but not yet received convocation at an AAFP or IAFP annual meeting will be invited to participate in Fellow convocation with Dr. Cullen at our annual business meeting. This is a wonderful opportunity to be recognized before your Illinois family physician friends. Eligible fellows will be invited by email and U.S. Mail in June. If you become eligible and would like to participate in the Annual Meeting fellow convocation, please email Ginnie Flynn, vice president of communications at gflynn@iafp.com.

Submit issues to the IAFP Board of Directors anytime

IAFP members have new ways to send formal requests to the Illinois AFP Board of Directors for their consideration. The All Member Assembly was dissolved at the November 2016 annual meeting and this replacement process was adopted by the IAFP board of directors. Members may still attend the annual meeting to provide input in person during the Academy business meeting. The current IAFP board of directors will meet on Wednesday August 28 via webinar and in-person on October 19, prior to the start of annual meeting.

How to submit proposals for consideration to the Illinois AFP

Send your email to president@iafp.com. *Only current members in good standing may submit proposals to the IAFP Board of Directors.* The email can be about IAFP policy or an action item request to the IAFP Board of Directors. Please include a preferred phone number in your email.

The president will acknowledge your email and then process your input in one of the following ways:

- Assign to IAFP staff to assist with an informational item or a transactional item
- Refer it to the IAFP committee of relevant expertise for consideration
- Refer it to the Executive Committee or full board if that level of consideration is needed.

The IAFP staff or committee assigned will contact you directly to discuss the issue. If needed, you may be asked to present your request to the committee or to the board of directors (via phone or in person).

The board will receive a report of all member input collected via this process before each board meeting.

You will be informed of the status of your resolution or action item after the next scheduled board of directors meeting.

We look forward to hearing from our members at anytime from anywhere!

Submit your favorite family physicians! The deadline is approaching for the IAFP annual award nominations. Family Physician of the Year deadline is July 1 and our Family Medicine Teachers of the Year (employed and volunteer faculty) are also due July 1. Go to <http://www.iafp.com/iafp-awards> for the simple online-only nomination forms. You'll also find a listing of previous winners at that site.

Notice to Members: Proposed Bylaws Changes

Background: AAFP adopted several [Bylaws changes](#) (AAFP Login Required to view) to membership eligibility and requirements. As a constituent chapter of the AAFP, the Illinois Academy of Family Physicians' Bylaws are being amended to reflect AAFP's revisions. Per IAFP Bylaws, notice of the amended language below shall be given to all members 30 days prior to the meeting at which the proposals are to be voted upon. In this instance, the Board of Directors will meet Aug. 28th to adopt these amended Bylaws.

Note: The AAFP Congress of Delegates approved a new category of membership, "transitional member" to allow all medical school graduates to remain members for up to two years following graduation from medical school, as they continue to seek a residency placement.

Effect on IAFP Bylaws: <https://www.iafp.com/assets/docs/aboutIAFP/iafp-bylaws-may2017.pdf>

- Under Chapter 3, Section 3, a sentence shall be added to reflect: "**Transitional members may not be officers of the Academy.**"
- Under Chapter 6, Section 2, "transitional" shall be added after, "student" so that the section reads: "Dues for Supporting, Resident, ~~and~~ Student, and **Transitional** members shall be determined annually by the Board of Directors using a formula similar to that prescribed in Section 1."

In addition, the following clean-up language is proposed for Chapter 3, Section 3:
Current Bylaws read:

For membership classifications there are additional privileges that IAFP confers:

- Inactive members shall not be entitled to vote or hold office but shall have the privilege of the floor.
- Life members shall have the privilege of the floor and be entitled to vote at any regional level, but shall not be eligible to hold office at the regional or state level.
- Honorary membership in the AAFP may be proposed by IAFP.
- Resident members shall be entitled to vote but may not be officers in the IAFP.
- Student members may not be officers of the Academy.

Amended Language: *Delete, as marked by strikethrough, and addition by underline, so that it reads:*

For membership classifications there are additional privileges that IAFP confers:

- Inactive members shall not be entitled to vote or hold office, ~~but shall have the privilege of the floor.~~
- Life members shall ~~have the privilege of the floor and be entitled to vote at any regional level,~~ but shall not be eligible to hold office ~~at the regional or state level.~~
- Honorary membership in the AAFP may be proposed by IAFP.
- Resident members shall be entitled to vote but may not be officers in the IAFP.
- Student members may not be officers of the IAFP ~~Academy.~~
- Transitional members may not be officers of the IAFP.



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SHOWED ME
THE POWER OF
SELF-CARE AND
LIVING IN THE
PRESENT.”

Tabatha Wells, MD
AAFP Member
Springfield, IL



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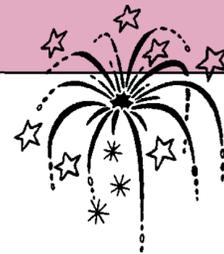


Order Tickets Online!
www.iafp.com/white-sox-game

**13th Annual “Home Runs for Healthy Families”
Foundation Fundraiser**

Friday, June 28 vs. Minnesota Twins

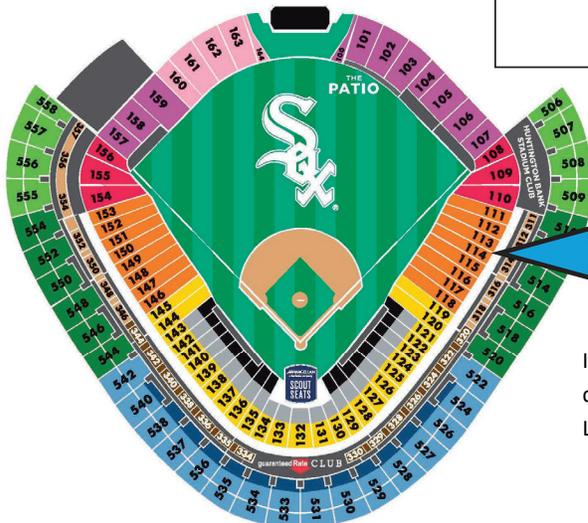
Game time 7:10 pm followed by Friday night Fireworks



Every ticket you purchase from the Foundation for this game will mean a donation to the Family Health Foundation of Illinois to support our programs. Purchase your seats, and share your plans with your friends and family to join you!

Lower Box seats in sections 114 and 115 will be available at \$47.24 per seat including service fees. Lower priced seats are available in section 113 at \$38.66 per seat including service fees. Don't forget to stick around after the game for post game fireworks!

**Tickets must be ordered online. Questions?
Need help ordering? Contact Ginnie Flynn
630-427-8004 or gflynn@iafp.com**



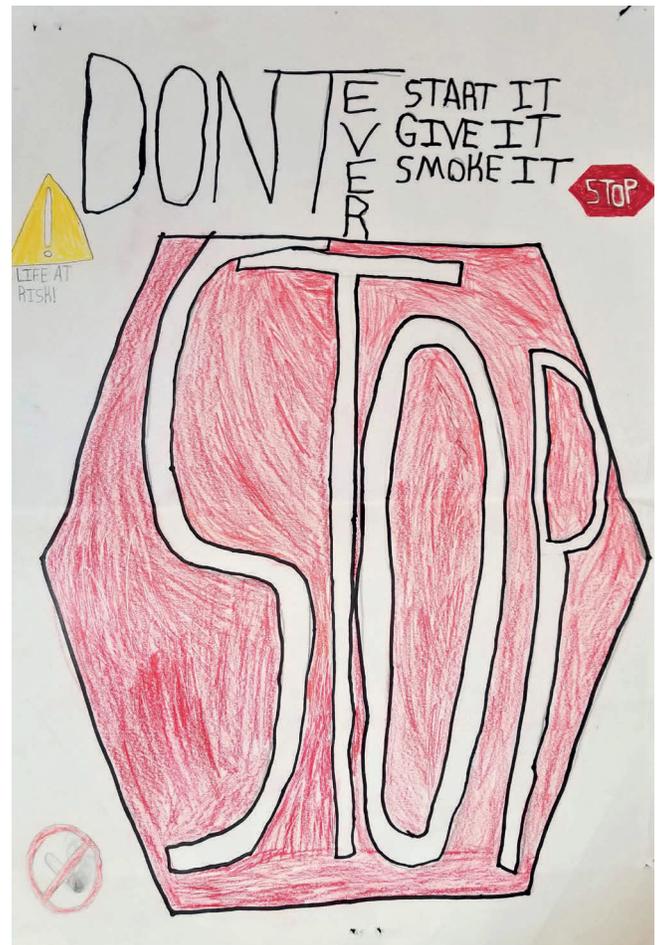
Our seats are here!

If you can't attend the game, please consider making an online donation of any amount to support the Foundation's programs. Learn more and donate online at

www.iafp.com/Foundation

Tar Wars poster contest winner

Congratulations to fifth-grader Aaron Tuttle from Wilcox Elementary School in Springfield, who designed the winning poster for this year's Tar Wars state poster contest. Posters were displayed at all three days of Spring Into Action May 7-9 in Springfield. Each poster was displayed with a number only, no identifying information about the artist or the location was given. In a very close contest, 28 IAFP members cast a vote. The Foundation looks forward to visiting Wilcox Elementary to honor Aaron and present his prize. SIU medical students presented Tar Wars to elementary schools. Our thanks and congratulations to Jenny Hill, who coordinates the SIU Tar Wars program and presented to Aaron's school this year. SIU's FMIG has been honored repeatedly by AAFP for their dedication to the Tar Wars Program. This school year SIU medical students presented Tar Wars to 12 different Springfield-area elementary schools. Check out www.iafp.com/tar-wars in June to see more photos after we deliver the good news to Aaron and his school.

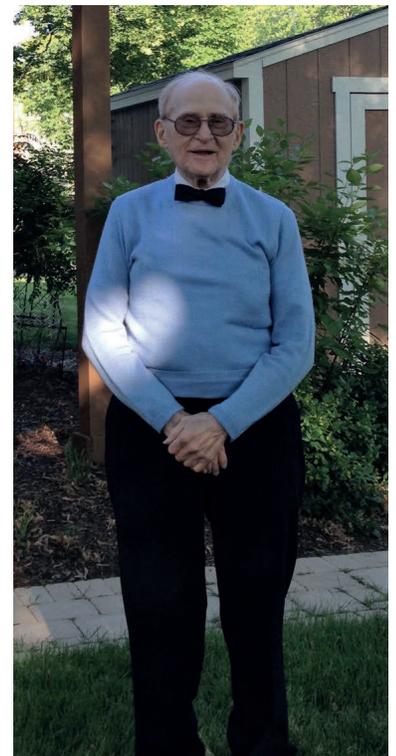


IAFP past president, Lawrence L. Hirsch, MD passes away

Lawrence L. Hirsch, MD, passed away on April 20 at the age of 96. He served as the IAFP president in 1976-77. His son, Edward Hirsch, MD, was also IAFP President from 1994-95. The elder Dr. Hirsch was a fixture at IAFP's annual meeting as recently as 2014, and outlived almost all his contemporaries, including several of the next generation. He was "a real character, but a good guy" to quote Ronald L. Johnson, MD, another past president.

A citation in the IAFP History <https://www.iafp.com/history> illustrates Dr. Hirsch's pivotal role in the evolution and rise of family medicine education to prominence. The 1970s marked the birth of family practice (as the specialty was known at the time) residency programs, with training programs at University of Illinois, Loyola, Chicago Medical School and Southern Illinois University. Plans were also underway for family practice residencies in Rockford, Peoria and Springfield.

In 1974, IAFP presented a resolution urging AAFP to encourage Uniformed Services School of Health Care Sciences to establish free-standing department of family practice, which they later did. By 1975 there were 17 approved residency programs in Illinois with six more underdevelopment. "One of the most difficult problems was recruiting and establishing a faculty to teach the neophytes," said Lawrence L. Hirsch, M.D., IAFP president 1976-77. "Although there were many excellent family doctors throughout the state, the fiscal implications of leaving one's practice for an uncertain future was a formidable obstacle. In addition, teaching is truly an art and a science in itself. The board of directors authorized a luncheon at the Annual Meeting for those in the field of teaching family medicine to coordinate efforts for the new specialty."





According to the IAFP History document, the mid-1980s brought about wide-reaching organizational changes in the Academy, beginning with an Ad Hoc Committee created to suggest and help implement needed changes. The committee was chaired by Dr. Hirsch and included Drs. Delbert Harris, Carolyn C. Lopez, William Tortoriello, and Eugene L. Vickery. Overall the committee submitted 41 recommendations.

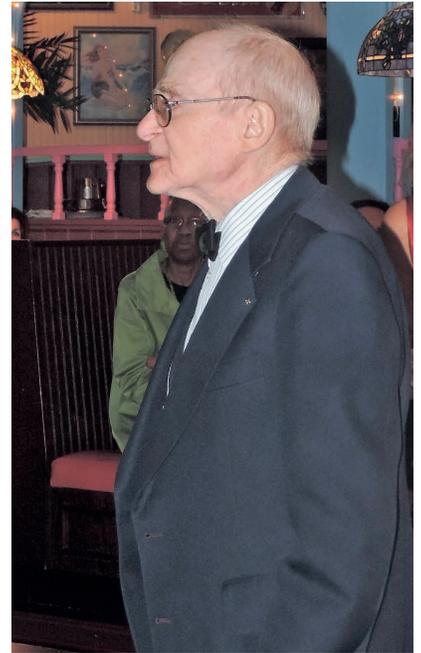
Their recommendations to help meet the challenges of the times focused on:

1. dramatically reducing committees and commissions by replacing them with three commissions: Public/Governmental Policy, Education, and Internal Affairs;
2. study the Regional Chapter structure and function;
3. enhance the Medicine for Today (MFT) education program to prepare members for ABFP recertification in addition to its mission of offering excellent CME programs;
4. assess the needs of younger members and their children when planning meetings and potential leadership roles.

Dr. Hirsch was also the author of a JAMA book review of the newly published textbook *Principles of Family Medicine* by Robert E. Rakel, MD in 1977

<https://jamanetwork.com/journals/jama/article-abstract/1203676>

In that review he said: *Physicians and medical students, the public and the government, are becoming increasingly aware of the desirability and practicality of a well-trained, well-educated, humanistic primary physician who can bring entire families into the health care system.*



Dr. Hirsch at the 2014 IAFP annual meeting.

His words certainly still ring true today as Family Medicine celebrates 50 years.

IAFP will submit a memorial resolution for Lawrence L. Hirsch, MD to the AAFP Congress of Delegates this year. Members are invited to make a donation as a memorial to Dr. Hirsch to the Family Health Foundation of Illinois. Donations can be made securely online at <https://www.iafp.com/donate> and enter "Lawrence L. Hirsch, MD" in the Specific Instructions box. Checks may be mailed to the Family Health Foundation of Illinois, 747 E. Boughton Road, Suite 253 Bolingbrook, IL 60440. Please include "Lawrence L. Hirsch, MD memorial" in the Memo line.

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Spring session brings big issues to the forefront

With a new governor and two-year legislative session, IAFP and the public health community hit the ground running, reintroducing Tobacco 21 legislation in both chambers. By March 14, both the House and Senate had passed House Bill 345 – to the cheers of family physicians and our partners in this continued mission to reduce tobacco and nicotine use. IAFP Board Chair Asim Jaffer represented IAFP in our efforts.

Government Relations



In his statement at the February 5 kickoff press conference, Jaffer said, “The U.S. Surgeon General has found that youth use of nicotine in any form, including e-cigarettes, is unsafe, can cause addiction and harm the developing adolescent brain, affecting attention and learning. If we can guide them through the teens and into their 20s without a nicotine addiction, the data shows it’s more likely they will never become tobacco users.” E-cigarette use, and especially the very discreet JUUL products, has skyrocketed among teens. The deceptive packaging and fruit flavors, combined with high concentrations of nicotine have hooked teens and alarmed the health community, all the way up to the Surgeon General and the FDA who have declared it an emergency.

Tobacco 21 will be the law of the land in Illinois, when the bill takes effect July 1. Jaffer had the honor of attending the ceremony at Mile Square Health Center in

Chicago on April 7 where Gov. JB Pritzker signed the bill.

Spring into Action 2019

Our bi-annual, three days of advocacy, known as Spring into Action brought 72 members from across the state and the career spectrum to Springfield. Each day was action packed and unique, showcasing family medicine and exposing IAFP members to the variety of possibilities of any given day during the General Assembly session.

Team Tuesday was largely driven by students and residents, along with IAFP Board member Corinne Kohler, MD from Champaign. After a morning of education on the legislative process, specific bills, and an update of state trends across the country by AAFP Center for State Policy Manager Shelby King, MPA, our group attended a press conference announcing a proposal for a \$1 increase in the state’s cigarette tax along with a tax on other tobacco products such as e-cigarettes. The public health community has strongly supported tax increases as a proven strategy to deter tobacco use. The legislation will be led by Senate President John Cullerton, with the support of many legislators who have championed tobacco and nicotine use reduction policy. The press conference also allowed Northwestern resident Kevin Volkema, MD the opportunity to meet with Senate President Cullerton, who is his Senator. In addition, Ellen Brull, MD, connected with her state Senator Laura Fine. And Corrine Kohler, MD thanked IDPH Director Ezike for her support of the tax.



Day 1 - Tuesday May 7



Kevin Volkema, MD and Senate President John Cullerton



Northwestern-Erie residents with Rep. Ann Williams



Rep. Mark Walker and resident Tiffany Forte, MD

The "Day 2 Crew" (Wednesday) was the largest gathering, packing the classroom with over 40 advocates from Chicago, NorthShore, Peoria, Springfield and more. IAFP board member Santina Wheat, MD and former Resident board member Kristina Dakis, MD started their Capitol experience doing a radio interview with Illinois NPR radio (view the story and listen to the report online here <https://www.nprillinois.org/post/illinois-rules-leave-mothers-little-access-experienced-midwives#stream/0>) before joining their colleagues on the third floor to meet with legislators. Wednesday afternoon ended with a stroll to the Governor's Mansion for a photo opportunity with Gov. JB Pritzker and a few moments chatting about broad issues such as our support for Tobacco 21 and the tobacco tax increase, as well as some discussions to continue collaborative efforts to improve Medicaid and Medicaid Managed Care for patients and participating providers.



Day 2 Crew with Gov. JB Pritzker at the mansion



President-elect Monica Fudala, MD; President Sachin Dixit, MD and Board Chair Asim Jaffer, MD on day 2.



The Day 2 Crew was our largest Spring into Action day with over 40 members.

The "Day 3 (Thursday) FPs" started their Capitol experience with a 45-minute meeting in Lt. Governor Julianna Stratton's office with her chief of staff, Charles Watkins. Residents from Northwestern Humboldt Park and Lake Forest, AMITA LaGrange along with Board members, three IAFP Past Presidents and others shared their experiences on topics from patient health literacy, to prior authorization hassles, to telepsychiatry as a game-changing improvement for access to mental health treatment. Each member made the most of their time in the Statehouse, effectively engaging with their state senator and/or representative on bills that were continuing along the legislative process.



Residents from Northwestern's Chicago and Lake Forest Programs team up for a group photo.

The meeting in the Lt. Governor's office



Student Member Eric Sullivan (Univ. of Chicago 2019 graduate) with Rep. Sonya Harper.



Sen. Patricia VanPelt with resident Yasmine Goelzer, MD



Resident Kevin Hu, MD with Sen. Robert Peters.



Resident Adam DelConte, MD



Board member Emma Daisy makes a point to Charles Watkins.

Along with building bridges with their elected officials and educating new lawmakers about the importance of family medicine in the health of our state, specific issues discussed by our member advocates included:

HB 2160 Support for prior authorization streamlining with one form for Medicaid and private insurance along with other requirements to simplify and expedite the process

HB 2665 – Supporting Access to pre-exposure prophylaxis (PrEP) for youth, clarifying that teens can consent to preventive treatment for HIV

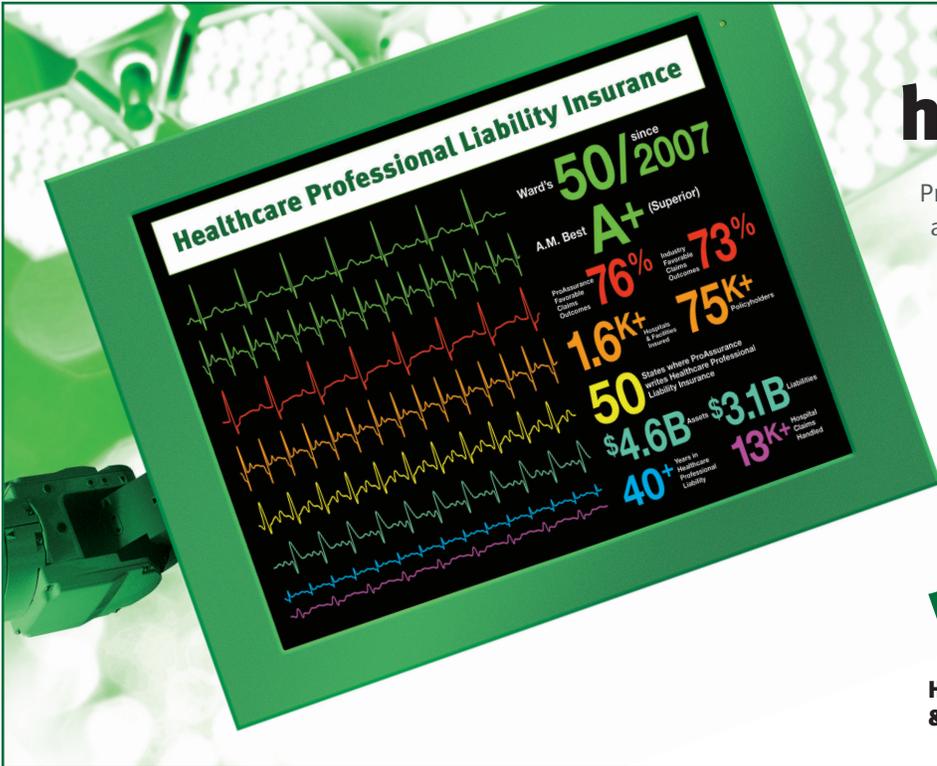
HB 2604 – Opposing Nurse Staffing ratios at hospitals

SB 1828 – Supporting safe needle exchange and other substance abuse harm reduction

SB 2085 Supporting a Collaborative Care Model with behavioral health for Medicaid billing similar to what is already allowed under Medicare.

The General Assembly is scheduled to adjourn on May 31. Lawmakers that didn't have constituent members at Spring into Action each received a complete folder with the issues above, along with backgrounders on family medicine, Medicaid, health equity, primary care workforce and food insecurity. We encourage our members to stay involved and connected all year long, but especially as these issues are considered for votes in their respective chambers.

We thank all our members who took time away and journeyed to Springfield for IAFP. The following board members provided valued expertise and leadership throughout the week: Board Chair Asim Jaffer, MD; President Sachin Dixit, MD, President-elect Monica Fudala, MD; Second Vice President Tabatha Wells, MD; board members Careyana Brenham, MD; Emma Daisy, MD; Corinne Kohler, MD and Tina Wheat, MD and past presidents Janet Albers, MD; Edward Blumen, MD; Ellen Brull, MD; David Hagan, MD and Steven Knight, MD and former board members Kristina Dakis, MD and Janice Benson, MD. Special thanks to our lobbying firm Cook-Witter, Inc. for their staff support all week long: Lobbyists Bruce Kinnett and Betsy Mitchell, intern Patrick Brunk, and office manager Beth Martin. We are also grateful to AAFP's Shelby King for her presentations and the Illinois Hospital and Health Systems Association for use of their conference space.



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Medicine for Today in Quincy

Blessing Hospital
Saturday, June 15 from 8am – 12pm
4 CME Credits

Topics include

- Sexual Harassment Prevention Training
- Opioid Alternative Pilot Program
- Hypertension
- IAFP Update
- Opioid Safety topic

IAFP Member - \$50 /Non-Member - \$75
Resident/Transitional - \$25
IAFP Student member – free

Option for KSA on Well Child Visit
June 15 from 12:30 – 4:30pm
\$150 Physician/ \$75 Resident

Medicine for Today at Champaign/Urbana

Carle Foundation Hospital
Tuesday July 30 from 9am – 5 pm
8 CME Credits

Topics include

- Sexual Harassment Prevention Training
- Opioid Alternative Pilot Program
- IAFP Update
- Medical Cannabis
- Chronic Pain
- Obesity

IAFP Member - \$50 / Non Member - \$75
Resident/Transitional - \$25
IAFP Student member – free

Later in 2019
Medicine for Today in Rockford
October 2019

Half day event with ABFM Knowledge Skills Assessment in the afternoon

IAFP and RALI-IL Partner in continuing goals of safe pain management

In 2016, there were 1,947 deaths in Illinois from overdoses involving prescription opioids.

IAFP has partnered with the Rx Abuse Leadership Initiative (RALI) of Illinois, an organization of leaders from across the state focused on ending the opioid epidemic by ensuring communities have access to effective resources. RALI was founded to bring a comprehensive approach to the fight against opioid addiction so that the most effective programs can thrive. The focus is on the full spectrum of solutions, which encompasses prevention, treatment and recovery. Your practice can also join as a community partner.

Check out the IAFP's Opioid Safety website <https://www.iafp.com/opioid-safety> and our RALI-IL information at <https://www.iafp.com/rali-il> that includes a video from IAFP Board Chair Asim Jaffer, MD. By joining this leadership initiative, your organization will serve as a key part of the solution to our opioid crisis. In close collaboration with leaders across the state, you will have the opportunity to educate your community about programs that are helping individuals and families impacted by opioid addiction.

As part of the initiative, partners' existing substance use disorder prevention programs will be showcased on RALI's website, at panels and events, and on an ongoing basis with policymakers. We encourage you to visit the RALI-IL website <https://www.rali-il.org/> where you can find more information, including Take Back Centers and safe disposal education.

Spotlight on Leadership – William Campbell, DO



Hopefully you've seen these print ads in Illinois newspapers featuring our member William Campbell, DO of Tinley Park. IAFP recently caught up with Dr. Campbell to expand on his work in his community and representing IAFP both with RALI-IL and the Illinois Prescription Monitoring Program (ILPMP) Advisory Council.

How did you get connected with RALI-IL?

IAFP Executive Vice President Vince Keenan asked me to go to the press conference launch. Once I got linked in, I started using their products. Historically, if I had to confiscate unused medicine, or change their prescription, I would put them in safe because I didn't know of a proper way to dispose of them. I've probably used about 30 of their safe disposal bags, which has been really useful.

How prevalent is opioid use in your practice? What led to your desire to lead on this issue?

I'm double boarded in Family Medicine and Pain Management, so opioids are probably about 60 percent of my practice. My reasons for taking a greater role on this issue is because there is a need. Doctors have some trepidation on using opioids appropriately, and patients suffer as a result. We need to incorporate opioids as an overall treatment strategy and that's something I'm passionate about, especially for treating patients with chronic illnesses.

What are some of the most important things you want family physicians to do with respect to opioid use and their patients?

When you have patients on opioids for chronic pain, my best advice is to work with them, remember they need us for their own health and safety. Working with them, whether it's a slow process or if it includes setbacks. The minute a physician gets rigid in their approach or dismisses a patient, it sends them to the street to find their own solutions. If we can educate providers on the best way to treat patients while keeping them safe, we will see a lot of harm reduction – fewer overdoses and people buying on the street.

Continuing Medical Education



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ILLINOIS FAMILY PHYSICIAN

Describe your role on the ILPMP Advisory Council and how was that first meeting?

The ILPMP Advisory Council serves as a level of oversight and gives data on prescribing level of physicians. Our first meeting was introductory and provided a place for many fields to come together. We were able to have robust conversations around the issues we have concerning prescribing, patient care and safety in general. It was great to talk with thought leaders about some of the more difficult issues. What was really interesting is that even though our patient populations were different as far as which drugs were most prevalent - for example in Southern Illinois it's crystal meth. Here in the South Suburbs it's heroin. But a lot of the concerns and thoughts we had are similar about not being so rigid. The new FDA recommendations on slower taper rather than quickly taking actions that could lead to disaster were cited as a positive and became a prevailing theme. It shows that people with experience and understanding know there is a more merciful way to do this.

What do you see as next steps for IAFP and our members to help stop opioid misuse, abuse and overdose?

Education is the key. Also, we clinicians have to look at this from a more compassionate perspective. Our society ostracizes addicts and it's hard for them to get a job and take care of themselves. These people need care and nurturing, not necessarily the punitive approach we take. If we can treat them appropriately and keep them safe, I think a lot of this will turn around.



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for **CONTROLLED SUBSTANCES**

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Learn more today at www.rali-il.org.



*Dr. William Campbell,
D.O. of Tinley Park is a
certified Safe Prescriber.*



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Congratulations to IAFP First Vice President and Rush Medical College Family Medicine Leadership Program faculty member Michael Hanak, MD on receiving the 2019 Rush University award for Clinical Excellence. Dr. Hanak uses EMR data to pursue health equity in the community and led efforts to get Rush to the top 10% in the US for hypertension control.

Congratulations to Susan Buchanan, MD, who was elected to the Oak Park Village Board of Trustees.

Members in the News

Congratulations to Evelyn Figueroa, MD – program director at UIC Family Medicine Residency Program who was honored with the STFM President’s Award at their annual meeting in Toronto. Dr. Figueroa is also a founder of the UI-Health Pilsen Food Pantry which was featured in a segment on ABC7 Chicago’s *Windy City Live*. The Pilsen pantry also distributes feminine hygiene supplies donated by the Chicago Period Project; whose founder was live on the show that day.



Our current Family Physician of the Year, Thomas Huggett, MD was included in a May 6th ABC7 Chicago story on the need for Narcan to be widely available in communities where drug addiction and overdose rates are staggering, such as Chicago’s west and south sides.

Board member Santina Wheat, MD and past resident board member Kristina Dakis, MD did a radio interview for an NPR Illinois report on lay midwives’ efforts to gain licensure in Illinois for home birth services. Both our leaders voiced concerns over the safety of home births and the significant training that physicians and certified nurse midwives possess in order to manage any complications during pregnancy and childbirth. The report aired May 9. You can read and listen here <https://www.nprillinois.org/post/illinois-rules-leave-mothers-little-access-experienced-midwives#stream/0>



Leslie Mendoza Temple, MD was featured in the March *Chicago Health Magazine’s* in-depth look at Illinois’ medical cannabis program and the new pilot program that enables physicians to prescribe cannabis as an alternative to opioids for pain treatment. She notes that while it’s a viable possibility for adults over 25, there are still

NPR reporter Dana Vollmer, Kristina Dakis, MD and Santina Wheat, MD

some downsides, such as uninvited psycho-activity and impaired judgement that must be considered as well.

Dr. Brittani Jackson-James and her twin sister, psychiatrist Dr. Brandi Jackson got the surprise of their lives, live on the Ellen Degeneres Show. Check it out on YouTube here <https://www.youtube.com/watch?v=pB0affJ4rcU&feature=youtu.be&fbclid=IwAR3N-wFVv5uGTIVC9AU4o1-1DjgaxMp4UMMAzEk84S9qL-afyjTurc9PrRI> The Jackson twins also appeared as panelists with ABC7’s Karen Jordan at the BlueCross BlueShield of Illinois Physician Diversity conference on March 19.



Doctors Brandi (left) and Brittani on the Ellen Degeneres Show.

John Ross, DO was featured in *Block Club Chicago* on March 25 for his role in organizing a First Responders Mental Health theater production on the southwest side of Chicago, and area that is home to many first responders.

Shawn Holcomb, MD of the SIU Quincy Family Practice Center was featured in a WGEM-TV story about the support for the Tobacco21 bill that passed the Illinois General Assembly and the impact it can have to curb teen nicotine use and addiction.

Continued on next page

Thomas Cornwell, MD was interviewed by Illinois Health News about the past, present and future of home care and house calls to improve health outcomes and reduce the health care costs for the elderly and home bound.

Chisalu Nchekwube, MD – a resident member at Advocate Christ Family Medicine and UIC classmate of emergency physician Tamara O’Neal who was gunned down at Mercy Hospital in Chicago helped launch a scholarship in her name. News coverage included the Sun-Times, the Chicago Crusader, NBC5 and ABC7. To make a donation, go to the UIC College of Medicine giving page at <https://bit.ly/2R9uVMN> and select the drop-down menu for “Select Class or Alumni Scholarship Fund” and scroll down to the Tamara O’Neal MD Scholarship Fund.

IAFP member moms, Errin Manney, MD; Tyrisha Clary-Selli and Ijeoma Madueke, MD are three of the four physicians at the new Advocate Outpatient Center at Imani Village. The clinic is anchor to a mixed income, multi-generational residential and business community under construction on Chicago’s south side. The clinic is a partnership between Advocate Health Care and Trinity United Church of Christ which sponsors Imani Village. The physicians are also new mothers themselves, providing a wonderful connection with the mothers and children patients at the new practice.

IAFP President Sachin Dixit, MD was featured on Illinois News Network radio with feedback on a Wallet Hub study that ranked Illinois as the 40th state in the U.S. for doctors to practice medicine. Dixit addressed the advantages of expanded Medicaid coverage and the quality of our health care systems as advantages for physicians practicing in Illinois. He also called on lawmakers to address the downsides, particularly our costly medical liability system and low physician reimbursement.



Photo left to right: Dr. Manney, Javette C. Orgain, MD; IAFP past president and Trinity member and Dr. Madueke.



Kate Nowakowski, MD received the United States Public Health Service Excellence in Public Health Award from Capt. Josh Devine (Regional Health Administrator for US Dept of Health and Human Services Region V) at her graduation from Loyola University Stritch School of Medicine on Friday, May 10. This award was established to recognize medical students' contribution to public health. Loyola Stritch nominated her for her commitment to public health and to the goals and priorities of Healthy People 2020 and the National Prevention Strategy. Dr. Nowakowski was a Loyola FMIG leader, Family Medicine Midwest Conference attendee and paired with IAFP past president Ellen S. Brull, MD in the Family Health Foundation of Illinois Mentor Connection program. She matched to the University of Minnesota North Memorial Family Medicine Residency Program.



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News You Can Use

Concussion: New Guidelines and Accurate Diagnoses

By Carrie Jaworski, MD, and Nicole Reams, MD, NorthShore University HealthSystem

Introduction

Concussive injuries tend to evoke a high level of concern in many patients, as well as healthcare providers. As family physicians, it is paramount to have a good understanding of the current thinking as it pertains to the evaluation and management of concussions in order to lessen patient anxiety in addition to improving outcomes. Knowing when referral to a concussion specialist or ancillary services and/or testing is required is also essential in providing care to the concussed patient.

Presentation

Concussion is a complex biomechanical phenomenon that results in a clinical syndrome defined by the presence of signs and symptoms of neurologic dysfunction. Typically, the onset of symptoms will be immediately following the inciting event, though occasionally symptoms can be mildly delayed. The presence of loss of consciousness is atypical and only occurs in about 10% of concussive injuries (1). Common initial symptoms include headache, light sensitivity, sound sensitivity, dizziness (described as lightheadedness or vertigo), balance problems, nausea with or without vomiting, and changes in cognition, which can range from disorientation to a “foggy” or “slowed down” feeling. In the days to come, patients may also complain of problems concentrating, irritability, anxiety, depressed mood, insomnia, psychomotor retardation, and problems with short-term memory (2). Concussion is an evolving injury and early signs and symptoms may change and develop over time requiring continued monitoring and evaluation. Concussion is additionally an individual injury and the initial presentation as well as recovery trajectory can vary between individuals and between injuries even in the same individual.

Evaluation

Any person who is suspected to have suffered a concussion, should be promptly evaluated by a medical professional. During the initial assessment, it is very important to take a detailed history to elucidate the mechanism of trauma, initial symptoms and their temporal correlation to the impact. Concussion symptoms are nonspecific and other conditions such as cervical strain, migraine, heat exhaustion, and anxiety, amongst other conditions, can present similarly, so a careful history about the nature of the impact and subsequent symptom development is key.

A focused neurological examination, focusing on mental status, balance, and eye movement testing including smooth pursuits, vestibulo-ocular reflex (VOR), saccades, and convergence is crucial (3). Concussed individuals may display disorientation, abnormal attention, poor short term and delayed recall, imbalance with tandem gait and single leg stance, nystagmus with smooth pursuits, inability to stay on target with VOR, imprecise saccades, and exophoria or diplopia with convergence testing (4,5). It is also important to screen for focal abnormalities such as asymmetries in strength, or sensory examination that would elevate concern for an intracranial hemorrhage. Lastly, one should not forget to evaluate the patient for any contributing cervical issues, such as a whiplash injury or cervical strain, as these can also contribute to the patient's symptoms.

Patients who experienced loss of consciousness at the time of the injury for more than 1 minute, have prolonged altered mental status or declining mental status, or focal abnormalities on neurological exam should have prompt neuroimaging (6). The imaging modality of choice in these instances is a CT scan of the head without contrast, which should be done as soon as possible to identify cases that may require neurosurgical intervention as well as to aid in prognostication for recovery (7). Other imaging modalities that are utilized in a case-by-case basis include CT angiogram of the head and neck if vascular injury is suspected, as well as MRI of the brain if clinical symptoms are persistent past the acute phase and alternative etiologies need to be ruled out.(8). In the absence of such scenarios where there is concern for additional injuries, concussions alone do not warrant imaging as a concussion does not cause any type of structural change.

Treatment for Acute Concussion

The first and arguably most important way to treat an acute concussion is to remove the individual from further risk of head impact during the time of acute recovery. For athletes, this means removal from sport; for high school students, this means removal from gym class; for adults in the work force, this may mean controlling their work environment should it present increased risk. If an additional head impact occurs within the acute recovery period, which is considered a period of biochemical vulnerability, there is a compounded chemical change and a high likelihood of an exacerbated and extended clinical course (9).

Second, appropriate rest is a key component to acute concussion recovery. A gradual, symptom-limited return to cognitive activity is recommended, followed by low level physical exertion, and if applicable, a supervised progressive return to athletic participation. Concussion has been traditionally treated by total cognitive and physical rest. This is based on the concept that activity draws oxygen and glycogen away from injured neurons, increasing the energy crisis (10). However, emerging research supports that moderate levels of cognitive and non-impact physical activity during early recovery may be best for symptom recovery (11) and strict rest may actually result in higher symptom burden and longer symptom duration as compared to gradual return to such activities (12, 13). Once an individual is asymptomatic or minimally symptomatic, they may begin to

resume normal routines including low level exertion and return to play progression under the supervision of a physician or athletic trainer. Exertion is pursued in a gradual fashion in order to monitor for recurrence or exacerbation of symptoms that may indicate that the concussion injury has not yet resolved. (14) From a practical standpoint, we educate patients at the initial evaluation that an active recovery is preferred as their symptoms allow. This means that they can do both cognitive and non-impact type activities as tolerated assuming it does not result in an increase in their symptom level.

Prolongation of Symptoms

Acute concussion is expected to recover in most age groups in approximately 10-14 days and no additional treatments are typically indicated. Approximately 10-15% of patients with concussion will experience a prolonged recovery outside of this expected timeframe (15). It is the clinician's job to try to understand what the source of the prolonged symptoms might be. Considerations may include genetic predisposition, the presence of additional injuries such as cervical strain or vestibular dysfunction, and psychosocial factors. In certain instances, inclusion of physical therapy for neck or vestibular issues and/or vision training may be warranted to aid in recovery. Family physicians may consider referral to a concussion specialist in the event of an atypical presentation or prolonged recovery.

About the Authors:

IAFP member Dr. Carrie Jaworski is the Director of the Division of Primary Care Sports Medicine at NorthShore and is board certified in Family and Sports Medicine. She has nearly two decades of experience treating high school, collegiate, professional and Olympic athletes. Previously, Dr. Jaworski served as Head Team Physician and Director of Intercollegiate Sports Medicine at Northwestern University, where she managed the medical care for team athletes in 20 sports programs. For the past 20 years, she has provided medical care at the Bank of America Chicago Marathon and has been lead physician for the main medical tent for the past nine years.

Dr. Nicole Reams is the Section Head for the Department of Neurology's Concussion Program at NorthShore University HealthSystem. She is one of the country's few fellowship-trained Sports Neurologists. She serves as the medical chair for United States Intercollegiate Boxing Association where she also serves as a ringside physician. Dr. Reams is the independent neurologic consultant and an unaffiliated neurotrauma consultant for the Chicago Bears and the independent neurologic consultant for Northwestern University Athletics. She also is a consultant for the Chicago Blackhawks, Chicago Fire, and Chicago Lions.

Resources:

- https://www.youtube.com/watch?v=XIA_wJAMBmg
- <https://m.youtube.com/watch?v=CJF6kJcFGqE>

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