



The Roadrunner

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NMAFP

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President's Column

By Lisa Stolarczyk, MD



Happiness can be learned!

Each year, following our NMAFP Annual Family Medicine Seminar, we ask our attendees for their critique of our speakers and for suggestions they may have for future lectures.

Last year, one of our attendees mentioned the "Happiness Class" as a possible future lecture topic. I was thrilled that someone in our audience knew about this course.

Dr. Laurie Santos, is a professor of psychology at Yale University. In the Spring of 2018, she began teaching an evidence-based course originally titled "The Psychology of the Good Life," to a small group of learners in her home.

However, the course's popularity skyrocketed and had to be moved to Woolsey

Hall, Yale's largest auditorium, to accommodate the overwhelming interest from students eager to learn the science behind well-being.

The course continued to evolve and the name of the course was changed to "The Science of Well-Being" with the premise that Happiness can be learned! In 2018 an online course became available for the public. As of May 2024, over 4.6 million people worldwide signed up for this course.

This popular course teaches evidence-based practices for increasing happiness such as: prioritizing social connections, practicing gratitude, savoring positive experiences, using signature strengths, cultivating a growth mindset, engaging in acts of kindness, managing expectations, prioritizing time affluence, and incorporating regular exercise and mindfulness practices into your daily routine.

You can take this course by going online to Coursera.org and searching "The Science of Well-being". The course is free. You can also listen to The Happiness Lab Podcast by Dr. Laurie Santos on Apple, Amazon Music, Spotify, and YouTube. This is a great course. Share it with your patients and Be Happy!

AAFP Project Recruitment Opportunity

By Aftan Jameson, AAFP Program Strategist, Center for Women's Health
ajameson@aaafp.org

The maternal mortality rates in New Mexico remain a significant public health concern, with particular focus on improving care during the fourth trimester postpartum period.

In light of these challenges, we are initiating an environmental scan to assess the current practices, challenges, and opportunities surrounding postpartum care, specifically during the critical fourth trimester. The goal of this environmental scan is to gather data that will inform future improvements and ensure that mothers receive comprehensive, high-quality care during this pivotal time.

We are recruiting family physicians in New Mexico to participate in this important initiative. The scan will involve assessing current practices within their clinics and practices, with a specific focus on postpartum care. By participating, physicians will contribute valuable insights that could shape future efforts to reduce maternal mortality and improve health outcomes for mothers.

Key points for participating physicians:

Confidential and Non-invasive: The scan is designed to be non-disruptive to current practice routines and focuses on collecting data to improve overall care quality.

Professional Benefits: Participation will allow physicians to gain insights into their practice's strengths and areas for improvement in postpartum care.

Practice Compensation: The participating practices will receive a stipend payment of \$5,000 upon assessment completion.

Timeline: Practice recruitment will take place this Spring and I will select 5 practices for the project. Scan timeline is not finalized but will take place in the Summer with data collection this Fall, and their stipend compensation sent.

Please contact Aftan Jameson at ajameson@aaafp.org for more information or to participate in this important project.

2025 NMAFP Physician of the Year Nominations Requested

Nominate a peer that you know deserves the prestigious 2025 Physician of the Year Award! A plaque is kept by NMAFP with all the Physician of the Year recipients' names and the year they were honored.

The winner will be acknowledged and presented a plaque and certificate at the Awards Dinner and Dance on Friday, August 8, 2025, during the 67th Annual NMAFP Family Medicine Seminar, Ruidoso Convention Center, Ruidoso, NM. An article, featuring the 2025 Physician of the Year, will be included in the fall issue of the Roadrunner that is mailed to all NMAFP members and posted on the NMAFP website.

Nominees must be an active NMAFP member. Please fill out the information below and email it to familydoctor@newmexico.com by May 1, 2025, complete the nomination form on our website at www.familydoctornm.org/poy, or scan the QR code to complete the online nomination form.



I would like to nominate: _____

I believe this individual should receive the Physician of the Year Award because:

Nomination made by: _____

Winter Refresher Recap

By Molly McClain, MD, MPH

Our 43rd Annual Winter Refresher held at Sandia Resort was a huge success! Our speakers shared their expertise in how New Mexico is affected by public health issues, climate change, value-based care, care for those experiencing homelessness, child psychiatry, MASLD/MASH, and substance use in pregnancy. The talks were inspiring, actionable and helped all of us see how much power we have to do excellent work together here in New Mexico. In times of change and upheaval, it was a great day to connect with a bunch of amazing people who all want to do good work and help tackle issues that affect our health and the health of our communities. The poster session at the end of the day was a huge success made possible by the hard work of Dr. Alicia Gonzales. We'd like to formally thank Dr. Gonzales for facilitating it and providing the wonderful opportunity for presenters and attendees.

Thanks to everyone who came and made it so special and impactful, we hope to see you this August 7-9 in Ruidoso at the 67th Annual Family Medicine Seminar!! Dr. Melissa Martinez is the Scientific Program Chair and our topic line up is sure to have talks relevant to your daily practice. See page 4 for our schedule. NMAFP is looking forward to another great CME conference.

NMAFP is very appreciative and sends a big thank you to this year's Sponsor, UNM SOM Office for Community Faculty. We also want to thank our amazing exhibitors: Ar-

dent Health - Lovelace Health System; AstraZeneca; Burrell College of Osteopathic Medicine; Caring Hearts Senior Housing Advisors; Christus St Vincent; Correctional Medicine Associates/CoreCivic; Elation; High Desert Doppler, Inc; Laguna Healthcare Corporation; Lundbeck, LLC; Mora Valley Community Health Services, Inc.; New Mexico Breastfeeding Task Force; New Mexico Crisis and Access Line; New Mexico Health Resources; New Mexico Primary Care Training Consortium; Novo Nordisk; Novo Nordisk Medical Affairs; Optum; Otsuka; Presbyterian Healthcare Services; Presbyterian Medical Services; Relay New Mexico; UNM Center for Development and Disability; UNM Medical Group Locum Tenens & Specialty Services; UNM SOM Office for Community Faculty; and Zynex Medical.

Poster Session Recap: NMAFP 43rd Annual Winter Refresher

By Alicia Gonzales, MD

Congratulations to all the medical students and residents who presented at our Poster Session at the 43rd Annual Winter Refresher. Each year, we strive to provide a low stakes opportunity for medical students and residents to learn about the scientific process and fulfill graduation requirements for research. This year, we received 45 total

abstracts for consideration and 31 were selected based on the completeness of the submission and applicability to family medicine.

This was my first time chairing this event and it was as much a learning experience for me as it was for the submitters. My goal this year was to create a process that teaches students more about the rigors of research including IRB approvals, proper formatting for abstract submissions and posters and presentations of research. As I move forward in my chair position, I will home in on this process. The scientific method is an essential aspect in the development of evidence-based medicine, which we will all strive to practice for the duration of our careers.

As we continue to iron out kinks in the years to come, I hope to implement didactic session on research for both students and attendings and create a presentation-based competition for the students so that they can get used to presenting research. If you are interested in volunteering to judge abstract submissions or poster presentations next year, please get in touch with me at Alicia.gonzales.md@gmail.com. Peer-reviewing abstracts is a remote activity and does not require attendance to the conference.

Thanks to all those who came to chat up the students over libations and Hors d'oeuvres after the conference. We hope to see you all next year!



Dr. Molly McClain moderating at the Winter Refresher



Dr. Anjali Taneja presenting at the Winter Refresher



Dr. Paul Charlton presenting at the Winter Refresher



Dr. Francheska "Sevy" Gurule presenting at the Winter Refresher



Dr. Miranda Durham presenting at the Winter Refresher



Dr. Sara Doorley presenting at the Winter Refresher



Dr. Angelica Romero presenting at the Winter Refresher



Dr. Eugene Wright, Jr. presenting at the Winter Refresher



67th Annual NMAFP Family Medicine Seminar

August 7-9, 2025 Ruidoso Convention Center, Ruidoso, NM

Melissa Martinez, MD, Scientific Program Chair

The AAFP will review and deem this Conference acceptable for up to 20.00 Live Prescribed credits

Schedule of Events and Lectures

THURSDAY, AUGUST 7, 2025

8:00 a.m.	Registration, Exhibits Open Breakfast - Exhibit Hall	12:00 p.m.	Lunch
8:50 a.m.	Introduction & Welcome Melissa Martinez, MD, Scientific Program Chair	1:00 p.m.	“GSK US CGA: RSV Primary Care at the Center of RSV Prevention: Community- Focused Strategies to Foster Trust and Vaccine Acceptance” Speaker TBD
9:00 a.m.	“Navigating Herbal Medicine While Caring for Indigenous Populations” Charity Bishop, MD, Taylor Russell	2:00 p.m.	“Cannabis Use Disorder” Valerie Carrejo, MD
10:00 a.m.	“Geriatric Depression” Brock Frost, PhD	3:00 p.m.	Break – Exhibit Hall
11:00 a.m.	“Breaking Through Biases Building Skills for Collaborative Weight Management in Primary Care & Treating Obesity as a Chronic Disease” Jamy D. Ard, MD, FTOS	3:30 p.m.	“Climate Medicine” Tochi Iroku Malize, MD
12:00 p.m.	Lunch	4:30 p.m.	“Vaccine Update” Melissa Martinez, MD
1:00 p.m.	“New Therapies for Chronic Migraines” Christopher Bouchard, MD	5:30 p.m.	At Leisure
2:00 p.m.	“LFT’s/Hep B and C” Robert Goldsteen, MD	6-10 p.m.	Awards Dinner & Dance with Live DJ Exhibit Hall
3:00 p.m.	Break	SATURDAY, AUGUST 9, 2025	
3:30 p.m.	“Nonpharmacologic Approaches to Managing Chronic Pain: Fewer Pills, Better Results” Maya Armstrong, MD	8:00 a.m.	Registration Breakfast - Exhibit Hall
4:30 p.m.	“Family Medicine Update” Tochi Iroku-Malize, MD	9:00 a.m.	“Evidenced Based Supplements” Amy Robinson, MD
5:30 p.m.	At leisure	10:00 a.m.	“Difficult Patients: Don’t Despair-BREATH OUT” Jennifer Edgoose, MD
6-8:00 pm	Welcome Reception Dinner Patio MCM Elegante Tochi Iroku-Malize, MD, Honored Guest Announcement of the NMAFP Candidates for Office 2025-2026	11:00 a.m.	“Recent Hot Topics in the Literature” Daniel Waldman, MD
		12:00 p.m.	Lunch
		1:00 p.m.	“Recognizing and Treating Sodium Disorders: An Outpatient to Inpatient Approach” Alicia Gonzales, MD
		2:00 p.m.	“Transforming T2DM Treatment in Primary Care: Discerning the Glycemic and Extra Glycemic Effect of GLP-1 Ras” James R. Gavin III, MD, PhD

FRIDAY, AUGUST 8, 2025

8:00 a.m.	Registration, Exhibits Open Breakfast - Exhibit Hall	3:00 p.m.	“The Now and Future of ABFM Board Certification” Gary LeRoy, MD
9:00 a.m.	“Presentation of Dermatologic Issues in Skin of Color” Carlos Cano, MD	4:00 p.m.	End of Continuing Medical Education Presentations
10:00 a.m.	“ADHD in Pediatric Patients” Kimothi N. Cain, MD	SUNDAY, AUGUST 10, 2025	
11:00 am	“Emerging Topics in Cardiovascular Health: Lp(A), Cardiac Calcium Scoring and other New Modalities” Dion Gallant, MD	8:30 a.m.	Breakfast BOD Meeting Ruidoso Convention Center
		10:00 a.m.	Scientific Advisory Committee Meeting Ruidoso Convention Center



University of New Mexico, School of Medicine

By Melanie Jun

Greetings from the Family Medicine Interest Group (FMIG) at the University of New Mexico! As we settle back into the spring semester, we hope you all had a restful and rejuvenating winter break, ready to take on new opportunities and challenges ahead.

This month marks an exciting milestone for FMIG as we hold our transition of leadership, welcoming a fresh group of officers from the Class of 2028. We are excited to continue our mission to support the growth and development of future family medicine professionals in New Mexico. We look forward to the fresh perspective this new team will bring to the table, and we are grateful to the outgoing officers for their dedication and hard work.

We are also thrilled to announce the upcoming 43rd Annual New Mexico Academy of Family Physicians Winter Refresher, taking place in Albuquerque on February 22, 2025 at the Sandia Resort Conference Center. This event is a fantastic opportunity for students, residents, and healthcare professionals to gather, learn, and network with experts in the field of family medicine. Whether you're looking to deepen your knowledge or meet others who share your passion for family medicine, the Winter Refresher is an event you won't want to miss!

This semester, we are excited to host Melissa Candelaria from the New Mexico Health Resources (NMHR). Melissa will share insights into how NMHR works to support healthcare providers across the state, focusing on recruiting, placing, and retaining healthcare professionals—especially in underserved communities.

We are excited for the opportunities this semester will bring and look forward to connecting with you all at our upcoming events. Stay tuned for more details. Together, let's continue to foster a supportive community for the future of family medicine in New Mexico!

Burrell College of Osteopathic Medicine

By Anamaria Ancheta, Keyla Falcon, Kaylee Smith, Ali Tajkarimi, and Sana Ali

In December 2025, FMIG organized a heartwarming toy drive for children living in the region of the Nogales, Sonora border, aiming to bring joy and support to local children facing challenging circumstances. The event, led by FMIG secretary Keyla Falcon, gathered classmates and volunteers who came together to collect school supplies, toys and winter clothes. These donated items were then distributed to underprivileged kids in the region, helping brighten their holiday season, and providing a tangible reminder of community care and solidarity. Beyond simply handing out gifts, the drive underscored FMIG's commitment to social responsibility and fostering a sense of unity across the border, ensuring that the spirit of giving reached those who needed it most!



Children in Nogales, Sonora happily receiving toys from FMIG's December Toy Drive

On December 9th, 2024, FMIG made goody bags filled with snacks to raise the spirits of the first year students prior to their final Osteopathic Manipulative Medicine Treatment Competency. We partnered with the Latino Medical Student Association and Student American Academy of Osteopathy organizations for this event. Each bag also included messages with words of encouragement in Spanish and English such as “*ponte tus pilias (recharge yourself)*”, “*no te rindas (don't give up)*” and a “*encharle ganas (give it your all)*!”



FMIG and Student American Academy of Osteopathy Executive Board Members Sruti Somani, Nektary Telep, and Anamaria Ancheta handing out good luck goody bags to first year students during finals week

As January marks the start of new journeys, past FMIG Community Outreach Officer, Marc James Thor Uy, and current FMIG Community Outreach Officer, Anamaria Ancheta shed light on the inspiring story of Dr. Algele Sumulong's call to provide broad spectrum care to rural and underserved communities in New Mexico. Check out Dr. Sumulong's full story at on the New Mexico Primary Care Training Consortium website at <https://bit.ly/Faces-of-FM>!



Dr. Algele Sumulong and Student Doctor Anamaria Ancheta posing for the New Mexico Primary Care Training Consortium's Faces of Family Medicine Biopic Project

On January 31st, 2025, community outreach officer, Anamaria Ancheta, organized for first and second year FMIG members to join the Doña Ana County Medical Society at the New Mexico Roundhouse's White Coat Day. Students were able to advocate alongside physicians to improve access to healthcare in New Mexico through encouraging legislators to expand the New Mexico Healthcare Professional Loan Forgiveness Program, eliminate the gross receipts tax for physicians, and reform medical malpractice laws. Las Cruces Representative Sarah Silva also invited student doctors, Alessandro Vasquez and Anamaria Ancheta, to the house floor to learn how bills are introduced and voted on.



Burrell Student Doctors Alessandro Roy Vasquez and Anamaria Ancheta with Las Cruces Representative Sarah Silva at the New Mexico Roundhouse in Santa Fe

During the month of February FMIG partnered with the program Food 4 Paws to host a donation drive, led by FMIG Vice President, Kaylee Smith. Food 4 Paws is a program run by the City of Las Cruces in conjunction with the



FMIG Executive Board Members Aileen Garcia, Keyla Falcon, Kaylee Smith, Ali Tajkarimi, and Anamaria Ancheta with the Food 4 Paws Donation Box.

New Mexico Family Medicine Interest Groups Reports

Meals on Wheels program. Food 4 Paws serves senior citizens with pets who are at risk of food insecurity. The program seeks to help seniors provide for their pets, which play an invaluable role in their well-being. Students from Burrell donated pet food and toy items to support the Food 4 Paws.



First Year FMIG volunteers, Gilda Tchao, Shrishti Jain, Chris Peverada, Ana Vazquez and Gabriella Garcia offering blood pressure screenings at the annual Black History Month Health Fair at Bethel Second Baptist Church

On February 23rd, first-year FMIG members, along with executive board members Sana Ali, Kaylee Smith, and Keyla Falcon, participated in the second annual BHEA Black History Month Health Fair at Bethel Second Baptist Church. Students had the opportunity to connect with community members, offer blood pressure screenings, and learn more about important initiatives happening in the community. Many community members shared how much they appreciated these services, and our students were truly grateful to be part of such a meaningful event, gaining both knowledge and heartfelt experiences along the way!

On February 22nd, second and third year Burrell students attended the New Mexico Academy of Family Physicians 43rd Annual Winter Refresher in Albuquerque. Students doctors, Simran Bhakta (OMS-II), Tyler Peters (OMS-II), Travis Quillin (OMS-III) Beatrice Odhiambo (OMS III), and Onyinyechi Nwosu (OMS III) gained invaluable experience through presenting their research during the poster session.



Burrell Student Doctors LaTricia Velasquez, Simran Bhakta, Travis Quillin, Tyler Peters, Ali Tajkarimi, Beatrice Odhiambo, and Onyinyechi Nwosu at the NMAFP Winter Refresher alongside physicians, Dr. Trevor Miller, and Dr. Karen Vaillant.

Class of 2021 Burrell Alum, Dr. Trevor Miller was also present and shared his experience within the field of family medicine with the students. Hear from Burrell FMIG President, Ali Tajkarimi, what the experience meant to him! "Attending the Winter Refresher in Albuquerque was a fantastic experience! I had the opportunity to sit in on one of the many insightful lectures and learn from practicing family medicine doctors, as well as physicians from other fields like psychiatry. It was inspiring to see the broad impact primary care physicians have on patients of all ages, especially in family medicine, where we get to care for everyone from newborns to the elderly. We also met Burrell alumni, including Dr. Trevor Miller, who shared his experiences after graduation and gave us a glimpse into life beyond medical school. Another highlight was seeing the impressive poster presentations by Burrell students, covering topics like dermatology, oncology, and more. It was a great reminder of the exciting opportunities in family medicine and the importance of continuous learning and research in shaping patient care."

As we continue to grow our chapter, we are proud to announce and introduce the NMAFP community to our first year FMIG student liaisons!



Sharleen Cineas

"I joined FMIG because I would like to specialize in primary care as I believe that it is the future of health in our country. I am excited to expose my class to the multiple sub-specialties in family medicine and the various populations we can serve."



Gabriella Garcia

"I joined the Family Medicine Interest Group because I believe family medicine is the heart of health-care, focusing not just on individual care but also building meaningful relationships with families across generations. The breadth of knowledge it requires, incorporating elements from every specialty, makes it a unique and intriguing field, and I'm excited to explore it further through the club."



Sana Ali

"I joined the Family Medicine Interest Group because of my passion for becoming a family medicine physician. Before medical school, I had the opportunity to work at Penn Family Care, where I gained a deep appreciation for the diverse patient population and the vital role family medicine physicians play as advocates for their patients. I am excited to be part of FMIG at Burrell, where I can further explore the family medicine field, engage in meaningful events, and connect with like-minded peers who share this passion."



Mena Eskander

I joined the Family Medicine Interest Group because I value the opportunity to build meaningful relationships with patients while educating them about their health and fostering trust in medicine. I'm excited to work alongside passionate and driven individuals on the board to support and educate the Las Cruces community.

As we continue with the spring semester we are eager to host clinical workshop sessions with the residents from the Southern New Mexico Family Medicine Residency! We are grateful for their continued support in our chapter's events.



Northern New Mexico Family Medicine Residency Program

By Diana Cardero, MD

As the vibrant colors of spring spread across NM, it's a perfect time to reflect on the growth and challenges within our family medicine community.

First, we are delighted to share that our program director, Dr. Koffler, has welcomed a new addition to her family—baby Andrew! Baby Andrew has already stolen hearts, and we couldn't be happier for the Koffler family. Congratulations to Dr. Koffler and her family on this exciting new chapter!

In addition to personal celebrations, we are incredibly proud of the Santa Fe Family Medicine second-year residents, who demonstrated outstanding dedication and engagement during this year's legislative session. Their hard work and advocacy efforts have not only elevated the voice of family medicine but also underscored the importance of policy work in shaping the future of healthcare in our state. Thank you for representing the values and mission of family medicine so admirably.

However, alongside these successes, we must confront a growing concern: the physician shortage crisis in NM. Our state has long struggled with healthcare workforce challenges, and recent trends in resident applications highlight the severity of the issue. This past cycle, NM experienced a 19% decline in family medicine residency applications, compared to a 7.3% decrease nationally. These numbers are deeply troubling, as they directly impact our ability to train and retain physicians who are committed to

servicing our diverse and underserved communities.

Amid these challenges, we are fortunate to have the Committee of Interns and Residents (CIR). CIR has been a tireless advocate for resident rights and fair pay, working to improve working conditions and promote physician retention in NM. Their efforts are critical in addressing the barriers that discourage medical professionals from staying and building their careers here. We extend our heartfelt gratitude to all CIR members for their unwavering dedication to the future of healthcare in our beautiful and diverse state.

As we look ahead, this spring reminds us of both the opportunities and the obstacles we face in strengthening family medicine in NM. By celebrating our successes, acknowledging our challenges, and working together as a united community, we can create a brighter future for our community. Thank you for your continued passion and commitment to the values of family medicine.



Northern New Mexico Family Medicine second-year residents with who participated in advocacy during this legislative session with Governor Lujan-Grisham

UNM Family Medicine Residency Program

By Ricardo Galicia, MD

As we wrap up the winter season, our residents are eagerly awaiting the upcoming Match season. Our residents participated in the virtual interview process including some fun applicant dinners that involved residents meeting in person to meet applicants via Zoom. We also hosted two in-person second look events for applicants who were interested in visiting Albuquerque in person.

Some highlights of our recent resident seminars include an inpatient procedures workshop (including lumbar punctures, paracenteses, thoracenteses, and US-guided PIV placement) by some of our inpatient faculty members. Some of our residents have also been participating in the TEACH curriculum (Training in Early Abortion for Comprehensive Healthcare), including an MVA workshop with papayas. One of our PGY-3 residents, Dr. Jackie Castellanos, was accepted as an applicant to complete a comprehensive reproductive health away rotation with the Midwest Access Project.

Our interns are entering their Population Health and Scholarship rotation, where they will be partnering with community-based health leaders to work on various projects. We are excited to see what they are able to complete during this month.



Verlin K. Janzen, MD, FAAFP, a seasoned family physician laboratory director that has been practicing for over 25 years, will lead the COLA Laboratory Director Certification Track at the upcoming Laboratory Enrichment Forum, designed to prepare licensed physicians to meet the CLIA continuing education requirements for Laboratory Directors.

As of 12-28-24, all non-pathologist physicians seeking to qualify as directors of moderate or high complexity laboratories are required to complete a 20-hour CME course on laboratory director responsibilities. Laboratory directors are also required to obtain at least one year of laboratory experience not included within the track. The COLA certification course is specifically designed to fulfill this requirement, ensuring compliance with CMS guidelines (42 CFR 493 Subpart M). Additionally, the course promotes effective laboratory operations management, providing the necessary tools to oversee the required staff successfully and maintain laboratory excellence.

Consider attending the Laboratory Enrichment Forum at the stunning Gila River Resorts and Casinos in Arizona from May 6-8, 2025. Visit www.cola.org. Use code "AAFP" for discounts.

Medical Records: From Frustration to Optimism

By Kristy Riniker, MD, MPH, FAAFP, DipABFM

“But doc I just had tests done a month ago, do I need to get them again?” says your new patient with diabetes, hypertension, hyperlipidemia, obesity, tobacco use disorder, and a list of as of yet undiagnosed concerns. As your medical assistant messages you that your next patient is waiting, you debate ordering all her labs and screening tests now versus waiting to get her records, which can take weeks to months. “I was downtown, can’t you see the results?” Wouldn’t it be nice if all her medical records were in one place instead of having a separate login for each system?

In New Mexico, we have a designated Health Information Exchange (HIE) that does just that. Synchrony is a nonprofit organization powered by Orion Health that compiles results of labs, imaging, diagnostic tests, clinical notes, and advanced directives from participating health care organizations and organizes them in a HIPPA compliant searchable database. Is it perfect? No. Sometimes information is not there if a healthcare organization does not participate, and sometimes the data is cumbersome to find. But is it better than waiting months for records to show up, logging into six different portals, or repeating tests because you don’t have results? Absolutely.

When we lack access to prior records, we risk missing or delaying diagnoses, but we do not want to repeat tests and contribute to high cost and poor value health care. Electronic health records (EHR) and too many administrative tasks without sufficient support staff are major factors in physician “burnout” or system induced distress. Lack of EHR interoperability is a well-known problem, and the ONC 21st Century Cures Act which was signed in 2016 and had significant updates in 2020 and 2024 require Application Programming Interfaces (APIs) to improve electronic exchange of healthcare data.

Now the question arises, why, if we have identified the problem, and have a mandate to solve it, do physicians not have access to all our patients’ medical records? I have found that many doctors and health care administrators I speak to are not familiar with Synchrony or the recent legislation that will impart hefty fines for information blocking, and most people not directly involved in primary care are unaware of the issues of patient safety and provider inefficiency caused by lack of EHR interoperability. I urge you to continue this conversation with your colleagues in primary care, specialties, administration, your patients, and your legislatures in order to increase awareness and utilization of our health information exchange.

Legislative Update

By Steve Lucero, NMAFP Lobbyist

The 2025 Legislative Session is off to a relatively quick start despite it being a 60-day session. Senate Bill 1 and Senate Bill 3 make a significant investment in Behavioral Health care and services in New Mexico. Both bills benefited from bi-partisan support navigating the legislative process. They were signed into law on February 27th. A swift path for a normally slow and deliberate exercise in lawmaking. Please see the latest NMAFP Legislative update for detailed information on these bills.

Dr. Rick Madden, Chair of the NMAFP Legislative Affairs Committee, regularly attends the legislative session promoting awareness for NMAFP policy priorities. Doctor of the Day volunteers share their stories with legislators adding important context to discussions.

The Doctor of the Day program provides opportunities for family physicians to advocate on behalf of the NMAFP while offering medical services to the legislature. Thanks to those of you that have volunteered. It’s made a tremendous impact.

The NMAFP extends heartfelt gratitude to all participants of the 2025 Legislative Survey. This year, we witnessed an unprecedented response, highlighting your voices from across New Mexico. The insights gathered identified key priorities that have guided our advocacy efforts during the legislative session.

The survey responses established four priority areas:

1. Recruitment and Retention of Physicians: The need to sustain and increase our healthcare workforce, emphasizing support for primary care residencies.
2. Medical Malpractice Reform: Ensuring a just and equitable medical malpractice system is vital for protecting healthcare providers and maintaining access to care for patients.
3. Pharmaceutical Cost Containment: Addressing the rising costs of medications is essential for improving patient access and affordability.
4. “Business of Medicine”: Advocating for the permanent elimination of gross receipts tax (GRT) on medical services and increasing Medicaid reimbursement rates to help sustain healthcare practices.

We continue to track legislation related to the priority areas and are submitting a weekly legislative update with progress. Visit www.familydoctorm.org/gac for the most up to date information.

20TH ANNUAL MED STUDENT RECEPTION

Friday, September 12, 2025, 5:30-8:30pm

Moderated by Alicia Gonzales, MD

Sandia Resort and Casino, Ballroom C

30 Rainbow Rd, Albuquerque, NM 87113

RSVP: www.familydoctorm.org/msr

This reception provides a venue for medical students at all stages of education to have access to the Family Physicians of New Mexico.

A free buffet dinner and cash bar will begin at 5:30 pm. Students wear a name badge indicating which school they are attending and what year they are. They will be seated at tables with volunteer physicians to allow in-depth small group discussions. The doctor’s name badges will have a ribbon attached to inform the student whether they are residency-based, ER/hospitalists, Solo/small group, or an employed physician. Students will remain in their original seats and the doctors will rotate among the student tables.

The critical component lies in having plenty of Family Docs present to informally discuss their work and lives as Family Physicians with students in attendance. Experience with recruiting has consistently shown there is nothing more powerful for a student doctor, contemplating his or her future in medicine, than to hear from and connect with an experienced physician.

Please join us for a fun and interesting evening of developing our future Family Medicine Physicians of New Mexico.

Future NMAFP Dates

Board Meeting

Saturday, May 3, 2025

Noon, Lunch Served

Location TBD

67th Annual Family Medicine Seminar

August 7-9, 2025

Ruidoso Convention Center

Ruidoso, NM

Board Meeting

Sunday, August 10, 2025

8:30 am, Breakfast Served

MCM Elegante Lodge and Resort

Ruidoso, NM

20th Annual Med Student Reception

Friday, September 12, 2025

5:30-8:30 pm, Dinner Served

Sandia Resort

Albuquerque, NM

Annual Budget Meeting

Saturday, September 13, 2025

10:00 am, Breakfast Served

Location TBD





The Roadrunner

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AAFP Winter Cluster Meeting: Commission on the Health of the Public and Science

By Kristy Riniker, MD, MPH, FAAFP, DipABFM

Did you ever wonder how AAFP policies are developed and implemented? As a new appointee to the Commission on the Health of the Public and Science (CHPS), I attended my first Winter Cluster Meeting January 24-26, 2025 in Kansas City to participate in this process.

The CHPS works to develop, endorse, and disseminate evidence based clinical guidelines and policies; advocate for societal, regulatory, environmental initiatives that improve health for all; promote health equity and culturally proficient person centered care.

We reviewed resolutions referred from the Congress of Delegates, the National Congress of Constituency Leaders, the National Congress of Family Medicine Residents, the National Congress of Student Members, and the Board of Directors; and reviewed policy statements and position statements which are routinely reviewed every five years, and earlier as needed.

Topics included loneliness and isolation, patient-centered gender affirming care, OB care, extending breastfeeding recommendations, health disparities, childhood obesity, mobile cancer screening in rural areas, adolescent substance use treatment, support for survivors of sexual assault, and restraints on pregnant incarcerated individuals.

AAFP President Dr. Jen Brull and Executive VP Shawn Martin shared AAFP's policy strategy in light of the change in administration and executive orders that impact patient care, which is to continue to advance core values which include access to affordable care, promote evidence based medicine, safeguard the patient-physician relationship, and prioritize primary care as the foundation of the US healthcare system. The focus on change as an opportunity even when apparently disruptive and knowing that the AAFP continues to fight for our core values as family physicians is reassuring in this uncertain time.

I am honored to participate in this process by serving on the Commission on the Health of the Public and Science. I'd love to hear what issues are important to you and your patients, and I hope you consider taking an active role in our state and national academy - you are the expert on your lived experience!



Commission on Health of the Public and Science Team Photo



CHPS Work at the AAFP Winter Cluster



Kansas City, MO, AAFP Headquarters