

THE OFFICIAL PUBLICATION OF THE MONTANA ACADEMY OF FAMILY PHYSICIANS

# MONTANA

SPRING 2019 - MONTANAAFP.ORG

FAMILY PHYSICIAN

WELCOME TO THE

## PREMIERE EDITION!

*In This Issue:*

**Celebrating Family Physician  
Leaders Across Montana**

**MAFP Hosts Advocacy Day,  
Annual CME Events**

**Benefis Ad to come**



# MONTANA

## FAMILY PHYSICIAN

### CONTENTS

EDITION 1

4 MAFP President's Welcome

6 MAFP Board of Directors Profile

10 2018 Montana Family Physician of the Year

12 Public Health Corner

14 Updates from the Montana Family  
Medicine Residency

16 Updates from the Family Medicine  
Residency of Western Montana

18 LeeAnna Muzquiz Will Pay it Forward as  
Associate Dean for Admissions

20 MAFP Hosts Advocacy Day at  
the State Capitol

20 Highlights from the 60th Annual  
Big Mountain Medical Conference

21 2019 Chico Primary Care Conference

*The **Montana Family Physician** is printed, addressed, and mailed to every family physician, resident, and medical student in Montana as well as all 50 other state chapters.*



pcipublishing.com

Created by Publishing Concepts, Inc.  
David Brown, President  
dbrown@pcipublishing.com

For advertising info contact  
Eva Bakalekos  
ebakalekos@pcipublishing.com  
1-800-561-4686, ext. 115

Edition 1

## WELCOME!

Welcome to the Montana Academy of Family Physicians magazine, *Montana Family Physician*! On behalf of the entire board, we are delighted to be able to have this new venue to reach out to the membership about all things that are near and dear to our hearts: caring for all Montanans. I wanted to take this space to give a snapshot of some of the work we've done this past year, and note some future and annual events we plan for the upcoming summer.

Over this past year, we've been involved in a variety of functions that have pertained to the current legislative year. We held a luncheon at the state Capitol building and had the chance to visit with state lawmakers. On this day we were blessed to have the University of Washington medical school student body and residents and faculty from both the Montana Family Medicine Residency and the Family Medicine Residency of Western Montana. We advocated to keep Medicaid expansion from sunseting. We also discussed items related to vaccinations, state Graduate Medical Education funding, opioid legislation and psychologist prescribing.

Toward the end of April, the MAFP leadership and constituency representatives rally together in Kansas City with other state chapters. The AAFP holds its annual conference, called the National Conference of Constituency Leaders (NCCL), in conjunction with the Annual Chapter Leadership Forum (ACLF). It is at this conference that state

chapters have the chance to come together to connect, and gain leadership skills to become highly functional chapters. The member constituencies, which are recognized as New Physicians, Women, LGBT, International Medical Graduates, and Minorities, also gather to develop leadership skills and communicate their group viewpoints to influence AAFP policy. I invite anyone who is part of these groups or is interested in the constituencies, to contact a MAFP board member to see how you might be able to participate next year.

In May, a delegation from the MAFP board of directors will be traveling to Washington, D.C., to represent Montana on Capitol Hill at the AAFP's annual Family Medicine Advocacy Summit. Our leadership will have the unique opportunity to gain experience in discussing issues important to Family Medicine with our national lawmakers.

We are currently gearing up for our Summer meeting at Chico Hot Springs, in Pray, MT, on June 13th and 14th,



MAFP chapter delegation at the AAFP Congress of Delegates. From left to right: Jeffrey Zavala, MD, Billings; Heidi Duncan, MD, Billings; Linda Edquest, MAFP Chapter Executive; Janice Gomersall, MD, Missoula; Dennis Salisbury, MD, Butte; LeeAnna Muzquiz, MD, Polson; Robert Stenger, MD, Missoula.



MAFP chapter delegation at the AAFP Family Medicine Advocacy Summit in Washington, DC. From left to right: Dennis Salisbury, MD, Butte; Christopher Baumert, MD, Billings; Robert Stenger, MD, Missoula.



Board Members at the 2018 Chico Primary Care Conference. From left to right: Burke Hansen, MD, Dillon; Amy Matheny, MD, Missoula; John Miller, MD, Missoula; Carl Olden, MD, former member AAFP Board of Directors; Linda Edquest, MAFP Chapter Executive; Janice Gomersall, MD, Missoula; Robert Stenger, MD, Missoula; Dennis Salisbury, MD, Butte; Jeffrey Zavala, MD, Billings; Neil Sun Rhodes, MD, Browning.

2019. Please take a few moments to look at this year's continuing medical education offerings. Personally, it has afforded me the chance to connect with fellow medical providers from all corners of the state and visit with old friends, all the while learning something new and earning CME credits.

I'd like to close in saying that as a volunteer board of directors, we do a lot to engage our membership, provide educational content through our Winter and Summer meetings, help develop our workforce pipeline, advocate for what is important to Family Medicine, and support leadership development of our membership. But we can always do more! If you are interested in giving of yourself to continue to strengthen Family Medicine and the communities you serve, consider serving on the MAFP Board of Directors, or become part of one of our committees in education, advocacy, or membership engagement/communication. Finally, if you have ideas on how we can better serve you and Montana, we'd love your thoughts and ideas. With you, we can help support the health, spirit, and energy of all Montanans.

**Missoula Bone and Joint 1/2 ad to come**



# MAFP BOARD MEMBER PROFILES



## DENNIS SALISBURY, MD, FAAFP

One of the features of the Montana AFP Magazine is a profile of a Montana AFP (“MAFP”) Board member.

I’ve been asked to provide the inaugural profile, so any feedback on the format for future versions is welcome!

Here’s the boring part: I’ve been in practice in Butte for nearly 25 years, since finishing residency in Phoenix and an OB fellowship in Spokane. My practice has been heavy in Obstetrics and Pediatrics, but was full-spectrum for the majority of that time. (I handed over my adult inpatients to our hospitalist group around 4 or 5 years ago.) I had served on our hospital Medical Executive Committee and as President of the Medical Staff over a series of years. The practice I belonged to, Rocky Mountain Clinic, was owned by the physician partners for the first 18 years of my practice, at which time we sold the practice to St. James Healthcare, part of SCL Health. Prior to that our group partnered with a few other groups to do a 50-50 joint venture medical office building with the Hospital; I was the RMC partner involved in that process of conception, planning, and building. I also took on the hospital role of EHR Physician Champion when the Hospital went live on a (really terrible) EHR. The success of the implementation (despite the horrible product) led to a role as the first Chief Medical Officer for St. James. I served in that role for 5 years, remaining in practice 50% time, but later gave the

CMO job up to become the Physician Executive of our local hospital-employed medical group, though I reprised the CMO role for ~1.25 years as interim when the physician who succeeded me left.

That’s the timeline, the historical record. Here is the more interesting part: I joined the Montana AFP Board in 2001 because a couple of friends who served on it bugged me to do so — and I thought, “Well, I can serve, because everyone should ‘do their time’ for the good of the whole — and it will get my friends to stop bugging me!” So, of course, while ‘doing my time,’ I fell in love with the work of the MAFP Board.

The MAFP Board is a group of Montana family doctors working to ensure the health of our communities, the care of our patients, and the well-being and success of our colleagues — of you and me. The Board puts on the semi-annual CME meetings, votes on AAFP policy and initiatives, lobbies for our patients and members, and disseminates information to members across the State.

I served first as a Director, then became one of the Officers, finally becoming President of the MAFP. This series of roles gave me opportunity to meet members from around the state, to hear their struggles and successes, to become aware of different practice settings and styles, and to start

seeing with a broader perspective than that of just my own practice. It also helped me understand the breadth of opinions of our membership, opinions which are often strongly-held — and often very much in contrast with another member's strongly-held opinion! Having served on the Board later gave me the chance to serve as an alternate delegate and, after that, as a delegate to the AAFP Congress of Delegates, the body which deliberates and votes on resolutions, which determine AAFP policy. I've had the opportunity to serve on the Commission on Continuing Professional Development and, later, the Commission on Governmental Advocacy. I am also a member of the Board for FamMedPAC, the only organization which lobbies for you and your patients. Each commission of the AAFP has a medical or osteopathic student member, a resident member, and a chapter executive, so as to make sure it hears from and represents the interests and perspectives of the diversity of our membership — and make no mistake: We are gifted with a very diverse membership!

The work with the MAFP Board and the commissions and Congress of the AAFP has given me the drive to run for the Board of the AAFP. The election for this will be at the Congress of Delegates in Philadelphia this September. The desire to serve in that role has to do with my passions for working to improve the lives of patients, of communities, and of family physicians. I think of the well-known Quadruple Aim, with which many of you are familiar. Here's the thing — Primary Care, in general, and Family Medicine, in particular, is the answer to the Quadruple Aim:

- Enhancing the experience of care for individuals and families — family physicians know the complexity of their patients, know the families, and are the answer to better patient care;
- Improving the health of populations — studies have shown primary care is the key to the improved health of communities; Montana's cities, towns, and rural areas need family physicians;
- Reducing the per capita cost of health care — systems of care should be based on Primary Care, in general, and Family Medicine, in particular;
- Restoring joy in practice for physicians and healthcare providers — all family physicians need the MAFP and the AAFP.



Dr. Salisbury (front right) with the Montana delegation at the 2018 AAFP Family Medicine Advocacy Summit in Washington, DC. From left: Janice Gomersall, MD, Missoula; Anthony Markuson, MD, former WWAMI student representative; Charles Jose, MD, FMRWM Missoula resident; Jeffrey Zavala, MD, Billings; Linda Edquest, MAFP Chapter Executive.

I have a passion for the elements of the Quadruple Aim. Family Medicine provides the best care for patients, families, and communities; and it ought to be great to have the privilege of practicing as a family doc. However, all sorts of things get in the way of one or another (and sometimes all) of these four elements. The MAFP and the AAFP are the answer to how we fix them. It has been a privilege to work with both organizations to address these issues.

The Quadruple Aim resonates particularly for me because I have been a patient for a significant portion of the last few years. In August 2015 I was found to have a stage 3b melanoma. I went through a few surgical procedures, a couple of episodes of radiation, and infusions with one of the really great new immunotherapies for melanoma. Those drugs have a low risk of side effects, but, being a physician, it was certain I would get some! I developed complications which required multiple hospitalizations and high-dose prednisone for a year. This, of course, led to a lot of weight gain — and diabetes requiring an insulin regimen. It also led to zoster and a facial palsy from Ramsey Hunt Syndrome. I never really suffered, I had really great care, I had good insurance, access to all the meds and services I needed, good social and personal support, a great employer, and no significant loss of income. However, here are the things I learned:

1. I love my work — what we do is a tremendous privilege and blessing which we should never take for granted; when I got sick, the best thing was always when I could return to work;
2. Our patients and communities love us and worry about us;

continued on page 8 >

continued from page 7>

3. The support of a community – friends, faith community, co-workers, family – is important beyond words;
4. Access to needed, timely medical care is not always available to patients, but it is essential to medical care being what it should be, what we all want it to be;
5. Our healthcare system is difficult for even those who are in it and have resources to navigate — it isn't really a 'system'; rather, it's a collection of episodes of service which don't always connect, even though the record is shared and all parties have the best of intentions.

It is for these reasons that the Quadruple Aim resonates so strongly for me.

Of course, the next question you should ask is, "What does this have to do with me?" Every one of you does amazing, wonderful, important, and undervalued work every day — improving the life of a patient, improving the health of your community, finding a way to provide care which doesn't bankrupt your patient — and going home to the people you love, attempting to be your best self. Oddly, a part of the solution to the difficulties we all face, including that of restoring joy in practice, is to get involved. Contact Linda Edquest, the Executive Vice-President of the MAFP, or contact an MAFP Board member — volunteer to help with the CME or the legislative efforts. Bring your skills and passion to your local community — the hospital, the county medical society, the Big Brothers / Big Sisters, your faith community, the foster system; paradoxical as it is, it is in giving that we gain. Absolutely, we need to take care of ourselves – no doubt about it.

However, to quote Arthur Ashe, a famous sport star turned philanthropist and activist:

***From what we get, we can make a living; what we give, however, makes a life.***

Based on this, every Montana family physician is making a spectacular life. Thanks for your service to your patients, their families, your community, and Family Medicine. Get involved with the MAFP. We all need each other — and we are all better for that which you bring.



End poverty.

Start getting kids through high school.

77% of Littles reported doing better in school because of their Big. One-to-one mentoring works.

Even big change starts with something little. Support kids in your community at [BigBrothersBigSisters.org](http://BigBrothersBigSisters.org)



Start Something™

Donate money or time at [BigBrothersBigSisters.org](http://BigBrothersBigSisters.org)



Psychiatric Consultants 1/6 v



**Life Point FP ad to come**

# FAMILY PHYSICIAN OF THE YEAR

## Honoring Our Members

### *Billings Clinic Physician Named Montana Family Physician of the Year*

**L**awrence A. Hemmer Jr., M.D., a Billings Clinic family medicine physician and former chairman of the Billings Clinic Department of Family Medicine, was chosen as the Montana Academy of Family Physicians' (MAFP) 2018 Montana Family Physician of the Year.

This annual award honors a physician who exemplifies a compassionate commitment to improving the health and wellbeing of people and communities throughout Montana, and who provides comprehensive, compassionate services on a continuing basis to the community while possessing personal qualities that make him or her a role model to their professional colleagues.

Dr. Hemmer was in practice since 1986 and joined Billings Clinic in 1990. He received nomination letters of support for this year's Montana Family Physician of the Year award from colleagues across the state.

"He has quietly and firmly been a strong voice for the importance of family medicine in the care delivery system," said Heidi Duncan, M.D., a family medicine physician at Billings Clinic and MAFP member who supported Dr. Hemmer's nomination. "He can deliver a pointed message with good humor and humility, and leads by example."



Dr. Lawrence Hemmer with Dr. Jeffrey Zavala after receiving the 2018 MAFP Family Physician of the Year award.

Dr. Hemmer was nominated for his consistency, professionalism, passion for education and relationship with patients.

He earned his medical degree from the University of Washington and finished his residency at the University of North Dakota.

He is also a Federal Aviation Administration Flight Examiner, and a member of the Montana Academy of Family Physicians and the Montana Medical Association.

Dr. Hemmer received the award on June 15, 2018, at the 2018 MAFP Primary Care Conference, held at Chico Hot Springs, just prior to his retirement.

*(Article adapted with permission from Billings Clinic, originally published June 18, 2018 at <https://www.billingsclinic.com/about-us/news-press-releases/2018/billings-clinic-physician-named-montana-family-physician-of-the-/> )*

# **The Core Content Review of Family Medicine**

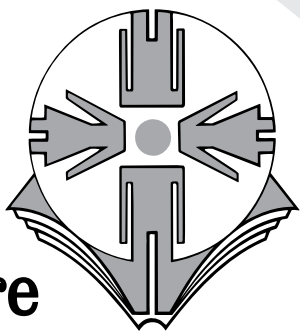
## **Why Choose Core Content Review?**

- **CD and Online Versions available for under \$250!**
- **Cost Effective CME**
- **For Family Physicians by Family Physicians**
- **Print Subscription also available**
- **Discount for AAFP members**
- **Money back guarantee if you don't pass the Board exam**
- **Provides non-dues revenue for your State Chapter**

*North America's most  
widely-recognized program for:*

- **Family Medicine CME**
- **ABFM Board Preparation**
- **Self-Evaluation**

- **Visit [www.CoreContent.com](http://www.CoreContent.com)**
- **Call 888-343-CORE (2673)**
- **Email [mail@CoreContent.com](mailto:mail@CoreContent.com)**



**The Core  
Content Review  
of Family Medicine**

**Educating Family Physicians Since 1968**







# THE CENTERS FOR DISEASE CONTROL AND PREVENTION ENCOURAGES PHYSICIANS TO ASK PATIENTS ABOUT E-CIGARETTE USE

**A**lthough Montana is seeing record low prevalence of cigarette smoking among high school students, one-third are still currently using tobacco products, with e-cigarettes being the most popular. In Montana, 23% of youth are using e-cigarettes, over 5 times the prevalence of adult usage.

E-cigarettes may be safer than conventional cigarettes, but they are not safe for youth, young adults, pregnant women or adults who do not currently use tobacco products. E-cigarettes are battery-powered devices that heat liquid into an aerosol. According to the Centers for Disease Control and Prevention (CDC), e-cigarette aerosol contains nicotine, ultrafine particles, volatile organic compounds, heavy metals and cancer-causing chemicals. Nicotine in any form is unsafe for youth as it is highly addictive, hinders development of the adolescent brain and increases risk for addiction to other substances.

A recent report from the U.S. Surgeon General found that e-cigarette use is strongly associated with use of combustible tobacco products.<sup>4</sup> Research shows youth who use e-cigarettes are 4 times more likely to begin smoking conventional cigarettes in the future compared to their peers who do not use e-cigarettes.

The CDC highlights two key steps healthcare providers can take to help prevent and reduce the use of e-cigarettes by young people:

1. Ask about e-cigarettes when screening patients for the use of any tobacco products, and;
2. Warn patients about the risks of all forms of tobacco product use, including e-cigarettes, for young people.

Currently, evidence is insufficient to recommend e-cigarettes for smoking cessation in adults. While some adults may be using e-cigarettes to quit combustible cigarettes, most adult e-cigarette users do not stop smoking cigarettes and are instead continuing to use both products, known as “dual use,” or continuing to use e-cigarettes in the long-term.<sup>3</sup> E-cigarettes are not approved by the FDA as a quit smoking aid. There are other proven, safe, and effective methods for quitting smoking, such as combining cessation counseling with nicotine replacement therapy.

The Montana Tobacco Quit Line is a free coaching service for Montanans who would like to quit all forms of tobacco use,

including e-cigarettes. The Quit Line serves ages 13 and older with coaches who are specially trained to work with youth. Calls to the Quit Line are completely free and confidential. Call 1-800-QUIT-NOW or visit [www.QuitNowMontana.com](http://www.QuitNowMontana.com) to learn how to refer your patients.

*For free Quit Line and tobacco prevention materials, visit the Online Store at [www.tobaccofree.mt.gov](http://www.tobaccofree.mt.gov). For questions and additional information, reach out to the Montana Tobacco Use Prevention Program at [infotobaccofree@mt.gov](mailto:infotobaccofree@mt.gov).*

*Greg Holzman, MD, MPH Montana State Medical Officer Dept. of Public Health and Human Services*

## Endnotes

1. Montana Youth Risk Behavior Survey, 2017.
2. Montana Behavioral Risk Factor Surveillance System, 2017.
3. Centers for Disease Control and Prevention. Electronic Cigarettes. [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/index.htm](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm). Accessed June, 2018.
4. U.S. Department of Health and Human Services. E-cigarette Use among Youth and Young Adults: a Report of the Surgeon General. Atlanta (GA): Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2016.
5. Soneji S., Barrington-Trimis, J.L., Wills, T.A., Leventhal, A., Unger, J.B., et al. (2017). E-Cigarette Use and Subsequent Cigarette Smoking Among Adolescents and Young Adults: A Systematic Review and Meta-Analysis. JAMA Pediatrics.
6. Centers for Disease Control and Prevention. E-Cigarettes shaped like USB flash drives: Information for parents, educators, and health care providers. <https://www.cdc.gov/tobacco/infographics/youth/pdfs/e-cigarettes-usb-flash-508.pdf>. Accessed June, 2018.

We can't heal their trauma, but we can help heal their future.



Attention: All Montana Pediatric Care Providers

## SHODAIR CONNECT

A FREE telephone consultation service funded through Shodair Children's Hospital now available to Montana's primary care pediatric and psychiatric providers that strengthens and supports the individuals who care for children and families who experience mental health concerns.

For more information on enrollment, requirements, hours of operations, appointments, and information on frequently asked questions, please visit:

**shodair.org**

Shodair Outpatient Services

**406-444-7521**



To heal, help and inspire hope \* [shodair.org](http://shodair.org)

Montana Books1/3 ad to come

# UPDATES FROM THE MONTANA FAMILY MEDICINE RESIDENCY

The Montana Family Medicine Residency in Billings was the state's first graduate medical education program of any specialty, and one of the nation's first training programs founded at a federally qualified community health center. The first class of six interns arrived in 1996. They were all allopathic medical school graduates, four of them from the University of Washington, and the program only had two full-time family medicine faculty: Dr. Frank Michels, program director, and Dr. Tom James, associate program director.

This summer, MFMR will be welcoming its twenty-fourth class of first-year resident physicians. The six men and two women are fairly diverse. Five are coming from allopathic programs, and three from osteopathic programs. Only two

are native Montanans, and two come from our partnering schools, University of Washington and Pacific Northwest University. The faculty is diverse as well. There are ten family medicine faculty members, including two with additional board certification in addiction medicine and one with board certification in geriatrics. We also have two internal medicine/pediatrics faculty, one with additional board certification in tropical medicine. Our faculty are rounded out by a geriatrics educator and a behavioral health specialist.

We are also welcoming a new member to the MFMR Class of 2021, Dr. Kirsten Thompson, who is a former wilderness medicine instructor, and whose significant other is a national park ranger. We look forward to her strengthening our ever-popular wilderness medicine track.

## ANNOUNCING MFMR'S NEWEST RESIDENTS! CLASS OF 2022



Bjørn Anderson joined MFMR through the osteopathic residency match. He will be graduating from Pacific Northwest University of Health Sciences College of Osteopathic Medicine in Yakima, Washington later this spring. Prior to his osteopathic medical school training, Bjørn taught Biblical languages, literature, and logic and reasoning at Montana Bible College in Bozeman, and he spent a year in New Delhi, India, spearheading a health and education program for children and adolescents living in slums. Bjørn earned his Bachelor's degree in Biblical languages, pre-med and biology at the Master's College, and a Master's in Theology from Dallas Theological Seminary, where his thesis focused on the mental, physical and spiritual health of spending time in nature. He is passionate about getting out in Montana's wilderness areas with his wife and daughter.



Ian Coe will be graduating from Oregon Health & Science University School of Medicine. Ian was born in New Haven, Connecticut, and grew up in Corvallis, Oregon. He is a member of the Gold Humanism Honor Society, and he completed his undergraduate training in biology at the University of Portland. His extensive community service work through the Metropolitan Alliance for the Common Good, the OHSU Health Equity Circle, and Students for a National Health Program involved advocacy and service focusing on housing, immigration, climate and healthcare access issues. After graduation, Ian hopes to continue to practice in the community health center setting. Ian enjoys woodworking and hiking.



Jonathan Coleman, MD is a graduate of Tulane University School of Medicine, and is completing a preliminary year in general surgery at Florida State University. Like Ian Coe, Jonathan was also born in New Haven, Connecticut. He completed his undergraduate training in sociology and politics at Brandeis University, and earned a Master's degree in sociology from Duke University. During his training, he was a research fellow at the Goldring Center for Culinary Medicine, and was a board member of the Common Ground Health Clinic, a free clinic for the underserved. He also founded Simple Health, a patient education organization. His interests include dog training, hunting and hiking, and his wife manages a jewelry and clothing company.





Kellee Glaus is a Montana WWAMI student who will be graduating from the University of Washington this spring. She grew up on her family's ranch in Whitehall, Montana, and maintained her Montana connections during medical school by completing the Targeted Rural Underserved Track (TRUST) in Hamilton, MT. In undergrad, Kellee was a triple jumper on the University of Montana's track and field team, and she maintains professional interests in orthopedics and sports medicine. She was also an undergraduate researcher for the Center for Environmental Health Sciences in Missoula, MT, and her community service work during medical school took her to Bozeman, Browning and Butte. She loves hiking, hunting and fishing all over Big Sky Country.



Chris Hielt will be graduating from Indiana University School of Medicine. His undergraduate training was in biomedical engineering at Indiana University – Purdue University of Indianapolis. During medical school, Chris was active with Remote Area Medical, volunteering in rural Appalachia. His father is a maternal-fetal medicine physician specializing in high-risk obstetric ultrasound, and Chris has a strong interest in point-of-care ultrasound (POCUS), completing electives in echocardiography and obstetric ultrasound during his training. Chris enjoys horseback riding, hiking in state parks, and target shooting, and he enjoyed exploring Montana when he rotated with us for his family medicine sub-internship.



Annie Morrison, MD is a graduate of Saint Louis University School of Medicine, and completed her specialty training in dermatopathology at the University of Texas at Southwestern. While practicing pathology here in Billings, she decided she would be more fulfilled practicing full-spectrum family medicine. Annie is from eastern Washington, where her father practices primary care internal medicine, and she completed her undergraduate training in biochemistry at Washington State University. She is a former yoga instructor who enjoys all of the outdoor activities available in Montana, and her husband is a professional fly-fishing and hunting outfitter originally from Malta, Montana.



Thomas North will be graduating from Touro University Nevada College of Osteopathic Medicine this spring. He was born in Klamath Falls, Oregon; completed his undergraduate training in biology at Utah Valley University; and earned a Master's in Medical Health Sciences at Touro University Nevada. Prior to starting medical school, Thomas was a ninth-grade physical science teacher. He and his wife Janna have three children and have fostered several other children. His professional interests include rural health care and health care access, and his personal interests include hiking, alpine climbing, fishing and hunting.



Brandon Weeden will be graduating from Alabama College of Osteopathic Medicine. He grew up in Phoenix, Arizona, and completed his undergraduate training in health sciences at Brigham Young University Idaho in Rexburg, ID. Brandon's wife is from Driggs, Idaho, and they have two children. His volunteer work has included staffing multiple 5k races for charity, and he has experience working as a credentialing and insurance administrator for a dermatology and plastic surgery center. In his free time, Brandon enjoys fly fishing, camping, and water skiing, and he bakes a mean molasses sugar cookie. He is excited about eventually practicing rural medicine in the Northern Rockies.



#### **Joining the Class of 2021:**

Kirsten Thompson, DO is a graduate of A. T. Still University – Kirksville College of Osteopathic Medicine. She is currently completing an osteopathic internship in Michigan. Kirsten was born and raised in rural Northern California, and completed her undergraduate training in molecular, cellular and developmental biology at the University of California – Santa Cruz. She was an instructor for Wilderness Medicine of Utah, where she taught Wilderness First Responder courses, and was vice president of her school's chapter of the Wilderness Medicine Society. She loves mountain biking, road biking, and all kinds of skiing, and her significant other works as a ranger.

# UPDATES FROM THE FAMILY MEDICINE RESIDENCY OF WESTERN MONTANA

As the summer approaches, the Family Medicine Residency of Western Montana, with sites in Missoula and Kalispell, is excited to welcome the incoming Class of 2022 and celebrate the successes of the Class of 2019, who will be our fourth cohort of graduates. The profiles of our incoming class show the breadth of medical schools from which we are now recruiting.

The 2018/2019 academic year has been an exciting and busy one! Over the course of the past year, we have welcomed six new faculty members, including four physicians, a second psychologist, and a second pharmacist who is with us part time. Two of our new faculty members have completed OB fellowships and another has completed an Addiction Medicine fellowship. Curricular initiatives this year have included expansion of some core rotational experiences into rural sites and further development of our curricula in Obstetrics, Integrated Behavioral Health, and Wellness.

The end of this academic year will also herald the retirement of our founding program director, Dr. Ned Vasquez. After over 26 years of private practice and physician

group leadership in Lolo, Montana, Ned spearheaded the development of FMRWM and has distinguished himself as a leader in the WWAMI Family Medicine Residency Network and beyond. His efforts were recognized in 2018 with the Frank Newman Rural Health Leadership Award. While everyone at FMRWM will miss Ned's presence, leadership, and humor, we are excited to welcome Dr. Robert Stenger from our faculty as our new program director.

Our mission is central to everything we do. The Family Medicine Residency of Western Montana exists to provide superior, comprehensive education in Family Medicine. We are committed to developing family physicians who are compassionate, clinically competent, and motivated to *serve patients and communities in the rural and underserved areas of Montana*. We are proud of the impact our graduates are already having across Montana and the region. Of our first three classes of graduates, 80% are practicing in either rural or underserved areas and 73% are practicing in Montana. With the plans thus far of our Class of 2019 graduates, about 70% will be practicing in Montana, and 50% will be practicing in communities of 10,000 people or less.

## ANNOUNCING FMRWM'S NEWEST RESIDENTS! CLASS OF 2022

### KALISPELL



**Genevieve Birang**, Pacific Northwest University College of Osteopathic Medicine Hometown: Poulsbo, WA  
Undergrad: Whitworth University, Spokane, WA  
Interests: Genevieve is interested in marine biology, specifically pertaining to the northwest coast of the US. She also enjoys reading (historical mysteries and biographies) and dancing.



**Shannon Rossio**, University of Toledo College of Medicine Hometown: Carleton, MI  
Undergrad: Michigan State University, East Lansing  
Interests: Shannon's interests include equestrian showjumping and dressage, trail running, backpacking, kayaking, fishing, skijoring, mountain biking, and Nordic and alpine skiing.



**Kayla Whitmore**, Des Moines College of Osteopathic Medicine Hometown: Fairfax, VT  
Undergrad: University of Vermont, Burlington  
Interests: Kayla's interests include traveling, music, hiking, camping, kayaking, running, reading, cooking, and volunteering.



**Zach Carlson**, Medical College of Wisconsin Hometown: Shevlin, MN  
Undergrad: Concordia College, Moorhead, MN  
Interests: Zach enjoys hiking, golfing, kayaking, and woodworking. He has research interests in food insecurity and social determinants of health.



**Grayson Cobb**, Eastern Virginia Medical School Hometown: Richmond, VA  
Undergrad: Virginia Polytechnic Institute, Blacksburg, VA  
Interests: Grayson enjoys multi-pitch traditional rock climbing, high-altitude mountaineering, surfing, long-distance backpacking, and open-ocean sea kayaking.



**Mallory Koula**, Medical College of Wisconsin Hometown: Kimberly, WI  
Undergrad: Lawrence University, Appleton, WI  
Interests: Mallory's interests include soccer, yoga, snowboarding, hiking, coffee, farmers markets, travel, live music, podcasts, reading about and listening to lectures on space/astrophysics/astrobiology, and her adopted Korean puppy.



**Michelle Metcalf**, Indiana University School of Medicine Hometown: Lafayette, IN  
Undergrad: Indiana University, Bloomington  
Interests: Michelle enjoys backpacking, hiking, chicken farming, gardening flowers and produce, mountain biking with her husband, spending time with her nieces, cats, and dogs, building puzzles, and monthly bookclub.



**Patrick Sweeney**, Tulane University School of Medicine Hometown: Winchester, KY  
Undergrad: University of Kentucky, Lexington  
Interests: Patrick enjoys cycling, canoeing, gardening, literature, translation (literary and educational), and beginner piano.



**Kathryn Walicki**, Michigan State University College of Osteopathic Medicine Hometown: Hartland, MI  
Undergrad: Michigan State University, East Lansing  
Interests: Kathryn enjoys reading, yoga, running, skiing, hiking, camping, biking, cooking and baking, crafting, traveling, architecture, art, and tiny houses.



**Nick Zakovich**, Michigan State University College of Osteopathic Medicine Hometown: Walled Lake, MI  
Undergrad: Michigan State University, East Lansing  
Interests: Nick's hobbies include skiing, mountain biking, bike packing/ touring, kayaking, hiking, camping, cooking, exercise, and meditation.



# LeeAnna Muzquiz Will Pay it Forward as Associate Dean for Admissions

By Deanna Duff



**D**r. LeeAnna Muzquiz's childhood was a time of adventure and exploration. She was either roaming the woodland areas of Montana's Flathead Reservation where she grew up or reading her way through the elementary school's library. She dreamt of being a teacher or perhaps a rock star.

The sky was the limit, but being a doctor was beyond even imagination.

"As a kid, I had no real exposure or idea of what the path was towards becoming a doctor. So pursuing medicine wasn't something I considered," Muzquiz said. "However, what I did have over the years were many people encouraging me to think about it as a career option."

In July 2018, Muzquiz assumed the role of Associate Dean for Admissions for UW School of Medicine (UWSOM) following the retirement of her friend and predecessor, Dr. Carol Teitz.

A 2000 graduate of UWSOM, Muzquiz's personal experiences navigating the educational system bring unique perspectives to the admissions office.

"Dr. Muzquiz's long history with UWSOM will be a significant benefit," said Dr. Suzanne Allen, Vice Dean for Academic, Rural and Regional Affairs. "She understands the many benefits of the medical education provided by UWSOM, and those experiences will help her as she is working with potential future students."

## A family of helpers

Muzquiz's own path was an organic evolution that often hinged on being "in the right place at the time." In the classroom, she demonstrated an early talent for math and science. At home, she witnessed the value of compassion. Coming from a self-described "family of helpers," she was raised to visit the sick, make meals for caretakers and always offer a helping hand.

Wanting to combine her passions of social and scientific service, she entered college as a premed student, but then drifted from the idea.

"The tipping point was my dad having a heart attack when I was a college freshman. He was 44 years old and ultimately died after a prolonged

hospitalization,” Muzquiz said. “I realized he shouldn’t have died so young from a preventable disease. That became my motivation to get back on track to pursue medicine.”

As a member of the Confederated Salish and Kootenai Tribes, Muzquiz received an undergraduate Indian Health Services Scholarship. It allowed her to attend a career conference where she met students of fellow heritage wishing to pursue medicine. That led to a six-week program hosted by UWSOM offering mentors, resources and admissions guidance.

“It provided the knowledge I needed to help become a successful med-school applicant,” Muzquiz explained. “It was also profound because I found a sense of community with people of similar identities and experiences. Going into medicine was a big unknown for me. It’s important for students to have a sense of support and understanding as they navigate the process.”

She enrolled as a student in WWAMI – Montana and completed her residency with Seattle’s Indian Health Board Clinic. She returned to Montana and has since been based with the Polson Tribal Health Clinic.

“Coming from an underserved community herself, LeeAnna understands the importance of having someone care for you who understands your history and culture,” Allen said. “Her passion in this area drives her to continue to improve the admissions process at UWSOM.”

Muzquiz knowingly and laughingly admits that applying to medical school is a “beast of a process.” While it is rightfully extensive and thorough, she looks forward to continuing ongoing efforts to increase efficiency. She also aims to further ensure that matriculating classes reflect regional diversity.

“We want good people who become good students and ultimately good doctors - hopefully even *great* doctors,” Muzquiz said.

“We should always be improving techniques to screen applicants, but we also need to actively reach out to potential students. There is a lot of serendipity in my own story, and I’m thankful for everyone who helped me. However, how can we - as an institution - reach more students like me from underrepresented groups? I look forward to working on policies and strategies to accomplish that in holistic and fair ways.”

### **Weaving a tapestry**

Muzquiz will continue to practice in Montana while traveling to Seattle and across the region as associate dean for admissions.

Students, professors, patients and the larger community – for Muzquiz, they are all threads that weave together the tapestry of a successful medical school education. A blanket hangs in her living room as a tangible reminder of that belief.

Students who complete UWSOM’s Indian Health Pathway program are honored with a blanket upon graduation and wrapped in it as symbol of protection on their coming journey. Muzquiz’s is turquoise and purple, a vibrant connection between those who came before and those yet to come.

She contemplates it as she oversees her first admission season, the weight of guiding and supporting the next generation.

“Being a doctor is a large responsibility, but it gives me tremendous hope to help others,” Muzquiz said. “I appreciate that UW took a chance on this little girl from the reservation who wanted to go to medical school. She wouldn’t have believed all this was possible. Then again, she didn’t know anything was impossible either!”

Univ of Washington 1/3 ad to come

# MAFP Hosts Advocacy Day at the State Capitol

On April 18, 2019, the Montana Legislature passed an amended version of Medicaid expansion reauthorization, which will allow the program to continue for another six years. Shelby King, MPA, manager of the Center for State Policy at the American Academy of Family Physicians, joined the meeting to provide insight on national AAFP policy around important issues addressed in this year's legislative cycle. Not only did the meeting provide attendees a chance to discuss the MAFP's stance around a variety of bills, but also provided experiential advocacy training for everyone, including residents and students.

That afternoon, the MAFP hosted a luncheon at the Capitol where legislators and staffers were able to stop by and learn more about the MAFP's legislative priorities for this session on a variety of bills. A lot has evolved since that day in February, and Medicaid expansion was and remains at the top of the MAFP's priorities. The MAFP subsequently submitted a letter to the committee steadfast in our support of all this program has done to improve the health of Montanans. Since it was implemented in 2015, Medicaid Expansion has helped Family Physicians treat patients in their offices who simply were unable to afford care in the past – and often were unwilling to seek it because they knew they could not pay for it. The ability to see these patients has meant prevention and earlier treatment of conditions which can be debilitating and which are far more



WWAMI medical students traveled to Helena to advocate for their patients and communities at the 2019 MAFP Advocacy Day at the State Capitol in Helena.



Residents from the Family Medicine Residency of Western Montana gathered outside the Capitol after a morning of advocacy training followed by a luncheon meeting with legislators.

expensive to treat at later stages. Additionally, it means Family Physicians have been able to treat patients and families in their offices, rather than those patients showing up at hospital emergency departments, where the care is fractured and expensive.

On April 18, 2019, the Montana Legislature passed an amended version of Medicaid expansion reauthorization, which will allow the program to continue for another six years. While a bipartisan compromise on work and public service requirements remains for some enrollees, they are less restrictive than in the language of the original bill.

Advocacy remains a strategic priority of the Montana Academy of Family Physicians. If you are interested in getting involved, please reach out to the MAFP to learn more about opportunities to advocate on the state and national level for Family Physicians and the patients and communities we serve in Montana.

## Highlights from the 60th Annual Big Mountain Medical Conference

47 Family Physicians and other primary care providers met on January 23-25 in Whitefish, MT for the 60<sup>th</sup> Big Mountain Medical Conference. The meeting has been sponsored by the MAFP since 1968 and is held annually each winter.

The meeting featured local and national speakers covering a wide range of clinical topics. Highlights of the conference program included sessions on shoulder pain, sepsis, melanoma and non-melanoma skin lesions, an introduction to dermoscopy, chronic cough in children, peripheral vascular disease, the DASH diet, management of GERD and an eosinophilia case presentation from the Family Medicine Residency of Western Montana. A special workshop on Medication Assisted Treatment presented in collaboration with the Montana Primary Care Association allowed a number of conference attendees to obtain their DEA waiver to prescribe buprenorphine for treatment of Opioid Use Disorder. Gregory Holzman, MD, MAFP member and Montana's State Health Officer presented sessions on the Spanish influenza pandemic of 1918 and a session entitled *"The Tobacco Epidemic: Déjà vu All Over Again."*

In addition to the educational program, the conference featured an update by MAFP President Neil Sun Rhodes, MD and informal ski



Competitors show off their awards after a fun morning of ski racing, which is an annual tradition at the Big Mountain Medical Conference in Whitefish.

races open to all attendees and their families. In a Big Mountain Medical Conference tradition, the presentation of ski-racing trophies at the evening reception was a highlight for the youngest attendees at the conference (as well as those who remain young at heart!) (see photo). Conference attendees commented: "Excellent presentations," "Great conference and great location," "My favorite conference."

The MAFP is committed to offering high-quality CME events to its members and other primary care providers from across Montana and the nation. We hope to see you at the 61<sup>st</sup> Big Mountain Medical Conference in Whitefish, MT on January 29-31st, 2020!



**PRIMARY CARE CONFERENCE OF THE  
MONTANA ACADEMY OF FAMILY PHYSICIANS  
CHICO HOT SPRINGS, PRAY, MONTANA  
JUNE 13-14, 2019**



**Cut on the Dotted Line Online Registration Available at <http://www.montanaafp.org>**  
-----

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

<b><u>Check One</u></b>	<b><u>Before June 1</u></b>	<b><u>After June 1</u></b>
_____ MAFP Member	\$385	\$410
_____ Non-MAFP Physician	\$435	\$460
_____ PA/NP (circle one)	\$385	\$410
_____ Montana Resident/Student	NC	NC
_____ Out of State Resident/Student	\$200	\$225
_____ Attend one day only	\$210	\$210

Make checks payable to MAFP and return this form to:  
Montana Academy of Family Physicians  
8 Cloverview Dr., Helena, MT 59601

# The 69th Annual Meeting of the Montana Academy of Family Physicians

June 13-14, 2019  
Chico Hot Springs, Pray, Montana

## PRIMARY CARE CONFERENCE

### THURSDAY, JUNE 13

6:00 a.m.	<b>Yoga</b>
7:00 a.m.	<b>Registration &amp; Continental Breakfast</b>
7:30 a.m.	Energy Deficiency in Sports: More Than the Female Athlete Triad <b>Kelsey Hoffman, D.O.</b>
8:30 a.m.	Hospice & Palliative Care <b>Tochi Iroku-Malize, M.D.</b>
9:30 a.m.	<b>Break</b>
10:00 a.m.	Essential Evidence Pearls From the "Choosing Wisely" Campaign <b>Chris Baumert, M.D.</b>
11:00 a.m.	Federal & State Advocacy Update <b>Chris Baumert, M.D.</b> <b>Tochi Iroku-Malize, M.D.</b>
<b>Noon</b>	<b>Business Luncheon Meeting</b> (All registrants are invited to attend)
1:00 p.m.	All the Ways You Can Use Point-of-Care Ultrasound That You Never Knew About <b>James Hickey, D.O.</b>
2:00 p.m.	Updates in COPD <b>Erin Rains, D.O.</b>
6:00 p.m.	<b>MAFP Barbecue</b> <b>Officer Installation &amp; Montana Family Physician of the Year Presentation</b>

### FRIDAY, JUNE 14

6:00 a.m.	<b>Yoga</b>
7:00 a.m.	<b>Continental Breakfast</b>
7:30 a.m.	Bites, Stings & Crawly Things <b>Benjamin Walz, D.O.</b>
8:30 a.m.	Transgender Medicine: Advancing Excellence in Care <b>Kristen Prewitt, D.O.</b>
9:30 a.m.	<b>Break</b>
10:00 a.m.	Making Working with Medical Students a Win-Win for Medical Communities. Join in the panel discussion by sharing your tips & tricks or sharing challenges. <b>Doctors Michael Geurin, Amy Matheny, Kristen Prewitt &amp; Amy Solomon</b>
<b>Noon</b>	<b>Lunch (Presentation on Population Health Assessment Tool by Dr. Winston Liaw)</b>
1:00 p.m.	The Nuts & Bolts of Managing Early Alcohol Recovery <b>Amy Solomon, M.D.</b>
2:00 p.m.	Managing a Child With Fever <b>Benjamin Walz, D.O.</b>

### MAFP OFFICERS

<b>President:</b>	Neil Sun Rhodes, M.D., Browning	<b>Delegates:</b>	Heidi M. Duncan, M.D., Billings
<b>President-Elect:</b>	Amy Matheny, M.D., Missoula		Dennis Salisbury, M.D., Butte
<b>1st Vice Pres:</b>	Jeremy Mitchell, D.O., Big Sky	<b>Alt. Delegates:</b>	Janice Gomersall, M.D., Missoula
<b>2nd Vice Pres:</b>	Michael Temporal, M.D., Billings		Jeffrey Zavala, M.D., Billings
<b>Secretary-Treas:</b>	Larry Severa, M.D., Billings		



# STAND UP FOR US ALL

**Clinical trials bring us closer to the day when all cancer patients can become survivors.**

Clinical trials are an essential path to progress and the brightest torch researchers have to light their way to better treatments. That's because clinical trials allow researchers to test cutting-edge and potentially life-saving treatments while giving participants access to the best options available.

If you're interested in exploring new treatment options that may also light the path to better treatments for other patients, a clinical trial may be the right option for you.

**Speak with your doctor and visit [StandUpToCancer.org/ClinicalTrials](https://StandUpToCancer.org/ClinicalTrials) to learn more.**




**Sonequa Martin-Green, SU2C Ambassador**

Stand Up To Cancer is a division of the Entertainment Industry Foundation, a 501(c)(3) charitable organization.





  
MONTANA ACADEMY  
OF FAMILY PHYSICIANS  
8 Cloverview Drive,  
Helena, Montana 59601

Presorted Standard  
U.S. Postage Paid  
Little Rock, AR  
Permit No. 2437

180  
—  
110



JOMY, stroke survivor.

## THIS IS WHAT **HIGH BLOOD PRESSURE** LOOKS LIKE.

You might not see or feel its symptoms, but the results – a heart attack or stroke – are far from invisible or silent.  
If you've come off your treatment plan, get back on it, or talk with your doctor to create a new exercise,  
diet and medication plan that works better for you.

Go to **[LowerYourHBP.org](http://LowerYourHBP.org)** before it's too late.



American  
Stroke  
Association.  
A division of the  
American Heart Association.

