Family Medicine Cares International: Be Part of the Experience

Family Medicine Cares International, the AAFP Foundation’s newest humanitarian program, was created to provide sustainable and accessible health care to underserved populations around the world, specifically those in disaster-stricken Haiti. The program is already making a difference in the lives of both the people it helps and the volunteers who offer their time and expertise. We want you to be part of that experience.

As part of Family Medicine Cares International, two to three volunteer physicians are needed each week throughout the year to provide ongoing patient care in community clinics in Haiti. These volunteer physicians generally serve one-week deployments, working alongside Haitian medical personnel to deliver quality care to the local population that is in desperate need. All volunteers are escorted by our in-country partner Heart to Heart International (HHI) staff and housed at HHI volunteer centers. As part of the inaugural Delegation trip in February 2013, seven members of the Patient Care Team focused on the immediate health care needs of more than 600 Haitian patients at the clinics.

Foundation Events at 2013 AAFP Scientific Assembly
The Future is Bright for Family Medicine at 2013 Assembly in Sunny San Diego

Annual Recognition Dinner
Thursday, September 26 | 6:30 – 9:00 p.m.
Each year during Scientific Assembly, the AAFP Foundation hosts a special dinner for its most dedicated donors, during which the Philanthropist of the Year Award, Outstanding Program Award, and AAFP Outstanding Service Award are presented. This year’s Recognition Dinner will be held at the US Grant Hotel in the Celestial Ballroom, which rivals Hollywood’s grandest sets. With a storied legacy as a Speakeasy and “Little Club” welcoming the jazz bands of the 1940s, the Celestial Ballroom’s historic wood stage, metallic blue hand-painted arches, and hand-blown Italian chandeliers accent the room with timeless elegance. Don’t miss your chance to attend a special event at this one-of-a-kind location with keynote speaker Viola Davis. Ms. Davis is a classically trained and award-winning actor who has conquered every medium from stage, to television, to film. From her Tony Award winning performances in “King Hedley II” and “Fences,” to her Academy Award nominated performances in “The Help” and “Doubt,” Viola has burst through every barrier to become one of the most accomplished and celebrated actors today.

The dinner is by written invitation to AAFP Foundation donors who have generously given $500 or more between August 1, 2012 and July 31, 2013. For more information or to check your qualifications for an invitation, contact Brenda Cherpitel at (800) 274-2237, ext. 4452.
Dear Friends and Colleagues,

As another busy summer comes to a close, I hope you can take a moment to marvel at the good work you’ve been able to accomplish for Family Medicine through your AAFP Foundation.

This year has seen much success, including the continued growth of Family Medicine Cares USA and Family Medicine Cares International — two Foundation initiatives that help support the health care needs of underserved populations at home and around the world.

With your help, the Foundation has been able to provide more than $125,000 in grants through Family Medicine Cares USA. Since its inception in 2011, the program has supported the launch of seven new free health clinics across the United States. These clinics have provided nearly 5,000 patients a total of 10,679 office visits worth $2.9 million in services received.

Family Medicine Cares International was created to provide sustainable and accessible health care to underserved populations around the world, specifically those in disaster-stricken Haiti. More than 20 volunteers, both medical and non-medical, attended the first annual Delegation trip in early February. They were able to share the good work of Family Medicine through medical education symposia for Haitian residents, physicians, and medical students, clinic improvement projects, and also helped to improve the health of people throughout the country by attending to more than 600 patients in community clinics. The program is already making a difference in the lives of both the people it helps and the volunteers who offer their time and expertise.

In addition to a promising future for Family Medicine Cares USA and Family Medicine Cares International, the Foundation continued to support the future of Family Medicine through the National Conference Scholarship Program. Two-hundred residents and medical students were able to attend the 2013 AAFP National Conference of Family Medicine Residents and Medical Students thanks to your support.

As always, thank you for all that you do for the Foundation and for our specialty.

Yours in Family Medicine,
Mary Jo

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2013 Scientific Assembly continued from page 1

Celebrity Reception & Signing

Thursday, September 26 | 5:45 – 7:00 p.m.

Prior to the Annual Recognition Dinner, guests will have the opportunity to meet Ms. Davis, take photos, and receive an autographed copy of “The Help” DVD. Tickets are $150 per person and space is limited.

AAFP Foundation VIP Benefit: Batter Up for A Night at the Ballpark

Friday, September 27 | 6:00 – 8:30 p.m.

Mark your calendar for an unforgettable evening at Petco Park, home to the San Diego Padres. Guests will enjoy an evening of baseball history in the Western Metal Supply Co. Building, which hosts the Padres Hall of Fame. The Hall of Fame features a terrace that provides a panoramic view of the playing field and will be the best place to take in the Assembly Celebration festivities.

VIP guests will enjoy food and wine stations, exclusive access to the Hall of Fame displays, a behind-the-scenes guided tour of the park to discover “writer’s row” in the press box, learn about the historic Western Metal Supply Co. Building, and explore the Padres dugout. After dinner, join the Assembly Celebration activities on the playing field including time in the batting cages.

Tickets are $250 each. Space is limited, so reserve your spot early for this exceptional night. Proceeds from this charitable event benefit the humanitarian, educational, and scientific programs of your AAFP Foundation.

Other Activities

AAFP Foundation Sweepstakes

Visit the AAFP Foundation booth during the Congress of Delegates (September 22–25) and Scientific Assembly (September 26–28) to obtain your Daily and/or Grand Prize sweepstakes ticket(s). Suggested donations of $10 and $25 respectively will benefit Foundation programs.

Lapel Pins

Purchase your commemorative San Diego Assembly lapel pin at the AAFP Foundation Booth during both Congress and Assembly. For a minimum donation of $15, you can support important AAFP Foundation humanitarian programs such as Family Medicine Cares USA, which helps to establish new free clinics in areas of need.

AAFP Foundation Silent Auction

Bid on up to 40 unique items in the AAFP Foundation Booth during Congress. Bidding will close on September 25. Don’t miss out!
Your Foundation at Work

National Conference Scholarships: Your Support Matters

The Foundation was able to increase funding again this year for National Conference Scholarships, giving 200 students and residents the opportunity to attend the 40th anniversary of the AAFP National Conference of Family Medicine Residents and Medical Students in Kansas City, MO.

Ever wonder if your support makes a difference? The answer is an emphatic YES, according to Kelly Bouquet at Vanderbilt University School of Medicine:

“At attending the conference for the first time was a powerful experience for me. I am a second-year medical student, and I love my medical school, but there is not much support for students who are interested in family medicine. Attending the conference and meeting so many other students and physicians who share my values and philosophy of medicine affected me deeply. I felt new doors opening to me as I realized that my life-long dreams of “being an old-fashioned doctor with a black bag” and practicing international medicine in a sustainable way are not only feasible, but highly encouraged, and that many of my colleagues are practicing medicine that way at this very moment. I felt a sense of support and solidarity that I could never have imagined, and I spent much of the weekend feeling incredibly grateful and awed that I was privileged enough to be in a whole room full of other physicians who really “get it” — who understand what it means to be a physician and to provide health care to those who most need it! Thank you again for making my experience possible; the AAFP really has shaped my life and my career in a tangible way by enabling me to attend the conference.”

2013 Family Medicine Congressional Conference

The 2013 James G. Jones, MD Scholarship recipient – third-year Rush Medical College medical student, Joshua Shapiro — attended the Family Medicine Congressional Conference (FMCC) in Washington, D.C., May 14-15. In his award application, Joshua remarked, “I would love the opportunity to learn the fundamentals of advocacy so that I can be an effective voice for change as a primary care physician. I plan to improve my skills by working with more seasoned family physicians in conversing with policy makers.”

Find out more about this award at aafpfoundation.org.

Devastation in Oklahoma

AAFP members quickly stepped up to help the people of Moore, Oklahoma through financial and volunteer support in the wake of the recent tornado that completely devastated the community.

During times of disaster, your AAFP Foundation works with partner organizations specializing in rapid-response, on-the-ground support, ensuring timely and effective aid.

Please consider helping your AAFP Foundation do the good work of Family Medicine with a financial contribution.

Your donation will directly assist and help alleviate the suffering of those impacted by the tornado. Contribute today at aafpfoundation.org/donatetoday.
Family physician David Smith, MD, MPH of Elkhart Lake, WI worked on the patient care team; Smith said he has every intention of regularly serving on future Family Medicine Cares International trips.

“The benefits and blessings came far more to us than from us,” Smith said. “We felt that we were able to make a difference for the people we came to serve, who certainly showed us a resiliency, character, and resolve that helps us be mindful of all that we have. I met the other physicians of our patient care team and, a week later, knew that I will count them as friends for the long haul.”

For physicians interested in being a part of the program, Family Medicine Cares International offers plenty of volunteer opportunities. You may go as an individual volunteer or as part of the group delegation experience. Licensed family physicians are encouraged to apply and residents may participate under physician supervision if space permits. All volunteers need to fund their own transportation and expenses. If you can’t volunteer, you can still help. Donations are needed to fund the work projects done in Haiti from clinic improvements, to medical education symposia and materials, to basic clothing and food for orphaned children.

It is only through our volunteers that we are able to do the good work of Family Medicine in Haiti. Consider volunteering for the upcoming Delegation trip in February 2014 or an ongoing trip at a more convenient time for you. Visit aafpfoundation.org/familymedicinecares or contact Brenda Cherpitel at (800) 274-2237, ext. 4452 for more information about how you can be part of a truly life-changing experience.

2013 Resident Service Project Helps Homeless Youth

The AAFP Foundation Board of Trustees is happy to announce the 2013 Family Medicine Cares Resident Service Award has been given to Jennifer King, MD, a second-year resident at Santa Rosa Family Medicine Residency in Santa Rosa, CA. Jennifer’s project, “Bridging the Gap: From the Streets to a Medical Home,” will improve access to health care for unaccompanied homeless youth in Sonoma County by taking health services to the youth where they are on the streets. Jennifer will work with Brookwood Health Center and Social Advocates for Youth to expand health care services to a vulnerable population in her community.

Thirty-two proposals were submitted for the 2013 Family Medicine Cares Resident Service Award and the selection committee faced a difficult task in selecting the recipient of the inaugural award. This award program was established to create an opportunity for Family Medicine residents to fulfill a desire to address health disparities by tackling the health needs of the underserved in their local communities.

AAFP Family Medicine Global Health Workshop

The Foundation is pleased to support the AAFP Family Medicine Global Health Workshop, an event created in response to increased member interest in the global development of Family Medicine.

The 2013 workshop will be held October 10-12 in Baltimore, MD and will focus on the theme Global Health through Family Medicine: Reflecting on the Past, Preparing for the Future. The workshop’s educational sessions, facilitated networking discussions, and special events will help members expand their expertise and knowledge about how to get started in the exciting field of global health and match their interests with global health needs and efforts. One workshop highlight will be the inaugural Daniel J. Ostergaard, MD Lectureship on Global Health – also supported by a grant from the AAFP Foundation.
Three new Family Medicine Cares USA grants have been awarded in 2013, pushing the total amount of grants awarded since 2011 to more than $125,000. Family Medicine Cares USA supports the start-up efforts of new free health clinics nationwide. The grants help clinics purchase tangible items, such as exam tables, computers, and medical equipment they need to open their doors. The program also provides opportunities for retired and active family physicians, residents, and medical students to volunteer their time and talents at clinics that serve a large population of adults and children who would otherwise not have access to affordable primary care. Read more about each clinic at aafpfoundation.org/familymedicinecares.

2013 Grant Recipients:
- Mills Health Clinic, Minnetonka, Minnesota
  Grand Opening: March 5, 2013
- Montgomery County Free Clinic, Crawfordsville, Indiana
  Grand Opening: TBD
- Southeast Indiana Health Center, Batesville, Indiana
  Grand Opening: June 6, 2013

Student Externship Matching Grants Program Celebrates 20 Years of Success
Throughout the past 20 years, your AAFP Foundation helped build the Family Medicine pipeline by providing $925,000 in matching grants to fund 740 student externships in partnership with 43 Constituent Chapters and Chapter Foundations. This program’s two-fold goals are to stimulate medical student interest in Family Medicine, and collaborate with AFP Chapters. Now entering its third decade, the 2013 Student Externship Matching Grants Program has awarded 25 matching grants ($1,250 each) to 18 Constituent Chapters/Chapter Foundations. A listing of Chapters and Chapter Foundations that were awarded 2013 matching grants is now available online at aafpfoundation.org/studentexternships.

Tar Wars Celebrates 25 Years
Fourth- and fifth-grade students, all winners of Tar Wars poster or video contests in their respective states, helped celebrate the 25th anniversary of Tar Wars during the AAFP Tar Wars National Conference in Washington D.C. July 15-16.

During this two-day event, the children voiced their opinions about being tobacco-free, shared their award-winning posters with their congressional leaders on Capitol Hill, participated in interactive sessions, and met other state winners who share their tobacco-free views.

The conference concluded with a festive awards ceremony that recognized all participants for their tobacco-free efforts. The national winners were announced, and all student winners in attendance received a prize packet. Dr. Jeff Cain, AAFP President and co-founder of Tar Wars, was a speaker at the event and cut the special 25th anniversary cake.

When you pay your AAFP membership dues this year, donate to help do the good work of Family Medicine with a tax-deductible Dues Check-Off contribution. Your minimum $50 donation goes a long way in helping to support charitable work.
Feel good knowing your gift will:
- Support humanitarian programs such as Family Medicine Cares and Disaster Relief.
- Fund educational opportunities for physicians, students, and patients through programs such as National Conference Scholarships, medical student externships, and Tar Wars.
- Support clinical research within a Family Medicine setting.
- Provide grant money to support Chapter programs through the Family Medicine Philanthropic Consortium (FMPC) Grant Awards.

Check the donation box on your AAFP Dues Statement or visit aafpfoundation.org/duescheckoff.

2013 Pfizer Teacher Development Awards
The Pfizer Teacher Development Awards recognize community-based physicians who are outstanding part-time teachers and also embody scholastic achievement, leadership qualities, and a strong dedication to Family Medicine. The AAFP Foundation extends our congratulations and deep appreciation to:

Mark J. Rastetter, MD
Northwestern University Family Medicine Residency Program

Mathew B. Weimer, MD
Joan C. Edwards School of Medicine, Department of Family and Community Health; Marshall University Department of Family and Community Health

To learn more about this program, visit aafpfoundation.org/ptda.
Cities for Life Marks One-Year Anniversary Since Launch in Birmingham

In April, the AAFP Foundation and Sanofi US celebrated the one-year anniversary of Cities for Life, a diabetes management program, by presenting the program’s successes to the Birmingham City Council.

The Cities for Life Steering Committee presented program information to more than 50 Birmingham leaders and residents. Steering Committee members Tamela Turner of the University of Alabama at Birmingham (UAB) Department of Family and Community Medicine, Joanice Thompson of UAB HealthSmart, and April Agne of UAB presented the program’s clinical and community successes, including a free website and the more than 25 local events held to date. They also shared next steps for 2013.

In May, Cities for Life brought together a diverse group of Birmingham physicians, health care professionals, practice managers, diabetes educators, and faith-based health and community organizations for an event on community and peer support in Birmingham.

Physicians and health care professionals discussed ways to help people living with diabetes manage their condition outside of the physician’s office, as they spend a limited amount of time with their physician throughout the year.

In Special Tribute — Honor a colleague, family member, or friend while supporting the work of your Foundation. Make a tribute gift and recognize someone important in your life. The AAFP Foundation is honored to receive gifts in memory or honor of family physicians, spouses, and friends. A tribute gift recognizes the relationship you have with your AAFP Foundation and the Family Medicine community. We gratefully acknowledge the following donors for their tribute gifts received from January 1 – May 31, 2013.

IN HONOR OF
Dan and Ruth Ostergaard’s Retirement
Dr. Loren and Mavis Amundson
Mary Jo and Lloyd Welker
Dr. and Mrs. Mark H. Belter
Jennifer A. Reidy, MD
Philip J. Bolduc, MD
West Point Association of Graduates
Adrian A. Cordovi, MD
Gealina Dun
Ernest Dun
William R. Phillips, MD, MPH
Christopher H. Gaynor, MD
Dr. Vincent and Mary Kay Hunt
Cynthia Haq, MD
IN MEMORY OF
David Anders
Alec Michael Anders, MD
Rajeswari
Hasan Basheera, MD
Jerilyn Saccocio
Saria Saccocio, MD
Dr. Edgardo C. Francisco
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Ms. Eloise Conn Eberly
Dr. Rick and Janet Kellerman
Mun Lee, MD
Vivian E. Lee, MD
My Mother
Evelyn L. Lewis and Clark, MA, MD
Ron and Marguerite Smith
George C. Mekker, MD
Janet A. Iyahen
Oduah D. Osaro, MD
Dr. William Petty
James Bryce Overmier, MD
Karl and Betty Patton
Krista E. Patton, MD
Jerry Stucky, MD
Marvin E. Pridy, MD
Linda Robinson
Karen E. Reed
My Parents
Madhvi Sisodia, MD

Please Support Your Foundation

To continue these and many other programs of the AAFP Foundation, we need your support. Please consider making a tax-deductible donation on the enclosed donation form or by going to aafpfoundation.org/donatetoday. You may send a donation to the Annual Fund, which supports all of the programs of the Foundation, or you may designate your donation for a program of interest to you.
Thank you to the following donors who contributed $100 or more to the AAFP Foundation from January 1 – May 31, 2013.

Dr. Daron and Patti Gersch
Georgia Academy of Family Physicians
Elena Furrow, MD
Linda Marie French, MD
Filipinas M. Francisco, MD
Haigh Perrigo Fox, MD
Lori E. Foley and Sons
Seth Yawki Flagg, MD
Wanda D. Filer, MD, MBA
Gary Paul Erdy, MD
Michael James Eling, MD
Katherine W. Eisenberg, MD, PhD
Dean Anthony Drescher, MD
Chyke A. Doubeni, MD
Craig and Laurie Doane
Gretchen M. Dickson, MD, MBA
Jennifer Delfs, MD
Janice Daugherty, MD
Shabir Dard, MD
The Dallas Foundation
Richard Carlton Cutchin, MD, MPH
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Drs. David and Ann Hoffmann
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Renee L. Markovich, MD
William C. Marshall, Jr., MD
Robert Terrell, MD
Linda Post, MD
Jancy G. Poettmann, MD
Veronica M. Pratt, MD
Adebowale (Dayba) Glenner Prest, MD
Dr. Fred and Billie Ridge
Dr. Daron and Patti Gersch
Peers for Progress: Findings From One Grantee

Peer support is emerging as an effective strategy to extend and enhance primary care services for diabetes with counseling, education, and ongoing support needed to improve diabetes management and outcomes.

Supported by a grant from the AAFP Foundation Peers for Progress program in 2009, Thomas Bodenheimer and colleagues at the Center for Excellence in Primary Care (CEPC) set out to study the impact of peer coaching on clinical outcomes and self-management skills in low-income diabetes patients.

Dr. Bodenheimer’s team carried out a randomized controlled trial that enrolled diabetes patients from six public health clinics in San Francisco. Patients with poorly managed diabetes were randomized into either the health coaching arm (n=148) or the usual care arm (n=151).

Twenty-three patients with HbA1c levels of less than 8.5% completed a 36-hour health coach training course and served as peer coaches.

The primary outcome was the difference in change in HbA1c levels at six months. Secondary outcomes were the percent of patients whose HbA1c level dropped by 1% or more, and the percent of patients with HbA1c levels less than 7.5%. Clinical values (HbA1c, LDL cholesterol, and blood pressure) and self-reported diabetes self-efficacy and self-care activities were measured at baseline and after six months for patients and coaches. Peer coaches were assessed again at 12 months.

At follow up, the research team reported that the decrease in HbA1c levels was significantly greater for coached patients compared to usual care. This finding suggests peer coaching can reach and engage low-income and minority populations. At a time when primary care capacity is stretched, this intervention demonstrates peer coaches can take some pressure off primary care practices and provide effective, individualized diabetes self-management support.

The research team cautions that peer coaching may not decrease costs in the short run because improving access to primary care may increase health care utilization and medication adherence. However, improving glycemic control in high-risk populations will result in fewer hospitalizations and complications from poorly controlled diabetes over time.

Peers for Progress is primarily supported by the Eli Lilly and Company Foundation with additional support from the Bristol-Myers Squibb Foundation.

Corporate Partners

Reckitt Benckiser Pharmaceuticals Inc. – Reckitt Benckiser Pharmaceuticals Inc. is a specialty pharmaceutical company committed to expanding education and access to medical therapies for patients suffering from the chronic, relapsing disease of opioid dependence. The company manufactures and markets medications that, in conjunction with counseling and psychosocial support, treat opioid dependence. Reckitt Benckiser Pharmaceuticals Inc. is a wholly owned subsidiary of Reckitt Benckiser Group plc, a global company publicly traded on the UK stock exchange. Visit www.rb.com/home to learn more.

CardioDx, Inc., a pioneer in the field of cardiovascular genomic diagnostics, is committed to developing clinically validated tests that empower clinicians to better tailor care to each individual patient. Strategically focused on coronary artery disease, cardiac arrhythmia, and heart failure, CardioDx is poised to expand patient access and improve healthcare quality and efficiency through the commercialization of genomic technologies. For more information, please visit www.cardiodx.com.

Your Wish May Help

Celebrate fall’s arrival with the gift of health. Visit My Health Wish™ on FamilyDoctor.org, tell us your health wish, and $1 will be donated toward Family Medicine Cares USA to help fund free health clinics for the uninsured in areas of need. Your wishes are important to you and others!