

CONNECTICUT FAMILY PHYSICIAN

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From the AAFP:

Our 2020 Family Physician of the Year is — YOU

the nations' 135,000 family physicians, in recognition of your selfless service to patients and communities each day. We are proud of you, applaud you and today we celebrate you!

Looking Ahead with Vision and Hope By Emmanuel Kenta-Bibi, M.D., CAFP President



Like many of you, I had expected to be at the AquaTurf for our annual Connecticut Academy of Family Physician (CAFP) 2020 symposium.

A great opportunity for us to come together, experience fellowship, and share lessons learned in evidence-based medicine and new guidelines as well as discuss advocacy issues that propel the Family Medicine practice into new horizons. This year, like none other in our lifetime, is unprecedented, posing unique challenges not only for us Family Physicians but for everyone.

As a Family Physician and an educator, I have dedicated my professional career to making things work better wherever I am privileged to serve. In my capacity as President of CAFP, I am here to help in any way possible - I am ready to lead. I will touch on a few areas as I share my thoughts with you.

Leading in Unprecedented Times

Abby Wambach, two-time US Olympic gold medalist, World Cup soccer champion—the only woman or man to have scored more goals in the history of soccer than anyone else, and US National Soccer Hall of Fame inductee in her first year of eligibility, serves up a few lessons we can draw from when called to lead in unprecedented times.

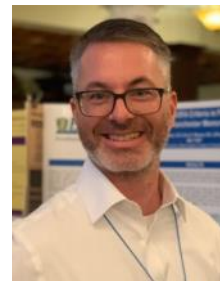
You do not have to be a sports fan to be inspired by Wambach. Let me take a bit of liberty with a few of her lessons in leadership from her book, “Wolfpack: How to Come Together, Unleash Our Power, and Change the Game”,

which I find applicable for CAFP and in our day-to-day lives.

Abby calls on us to make failure our fuel. We often hear the phrase “failing forward” used by health care improvers, but not enough importance placed on drawing strength from our failures, especially when you are challenging the status quo. To hear Abby put it, “Let’s stop worrying: What if I fail?” and when

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Plans for a Promising 2021 By Timothy Fignar, M.D., Immediate Past President



To say that 2020 was a year for the books would be an understatement by far. This “new normal” in the COVID-19 pandemic is anything but normal. However, in times of dire circumstances, there are those who rise to meet the challenge. I would like to take a moment to second the AAFP in identifying the 2020 Physician(s) of the Year as you and you and you.... All of us! I applaud all the hard work you do to care for patients through these difficult times. Whether manag-

ing telehealth solutions, donning PPE or guiding those struggling with the virus, we have adapted in many ways. But the quality and compassionate care you provide shows once again why family physicians are integral to the health of communities across CT.

We at the Board also had to adopt changes in routines to keep the state academy’s agenda moving forward. I will highlight a few of these accomplishments: First and foremost, we held our first ever Virtual Scientific Symposium and the content adjusted to shorter more interactive presentations. Second, the Board took up member driven concerns

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“As a Family Physician and an educator, I have dedicated my professional career to making things work better wherever I am privileged to serve.”

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the unprecedented is upon us—when things are not going so well, resolve instead to say “I’ll stick around.” It is easy to imagine Wambach embracing the idea of running PDSA (Plan-Do-Study-Act) and learning from small tests of change!

I draw immensely from Abby’s proposition to “be grateful for what you have and demand what you deserve.” This could not be more appropriate as we reexamine the values we uphold as CAFP or a society. Women in health care leadership roles have a kindred spirit in Abby Wambach. She, too, has led teams in a field predominantly dominated

or driven by men and like many others in her position often feared making waves. “I was so grateful for a paycheck,” she writes. “[I was] so grateful to represent my country, so grateful to be the token woman at the table, so grateful to receive any respect at all that I was afraid to use my voice to demand more for myself—and equality for all of us.” In keeping with her own principles, Abby today is an outspoken pay equity advocate. “What keeps the pay gap in existence,” she writes, “is not just the entitlement and complicity of men, it’s the gratitude of women. Our gratitude is how power uses the tokenism of a few women to

keep the rest of us in line.” At CAFP, we are grateful for our accomplishments, but we can’t end there. We must ask what else is there to do. Let’s not settle on our last successes.

“Lead from wherever you are” is yet another call for action for CAFP. You know this all well as personal physicians taking care of patients and their families every day from cradle to grave. Some of “the fiercest leaders I’ve ever seen have been parents” writes Wambach. So true during this time of the COVID-19 pandemic when so many in our profession have left loved ones to battle each day to stem the tide of a deadly virus. So, it makes sense that she believes senior executives or team captains are not the only leaders worth following, it is much more about what you do wherever you are: speaking encouraging words to a friend, calling to assure them of their loved one’s prognosis, or holding the hand of a dying patient. This is the kind of leadership Wambach advocates for as leading with humility, inclusivity, and empathy, noting that the old way to lead with invulnerability with followers must be replaced by leading wherever you are with full humanity while cultivating a team of leaders.

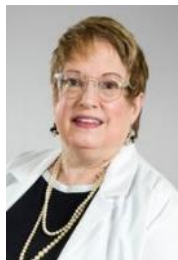
It is important to note that while Wambach’s leadership ideas are universal, she also unapologetically asserts her views from a woman’s perspective. Notably, when she was once asked at the end of a talk on leadership if the presentation would also be applicable to men, she responded, “Good question! But only if you asked every male speaker you have hired if his message is applicable to women too.” Women, Wambach argues, have always had to find ways to relate to content from the male perspective. **At CAFP, we are constantly flipping the script allowing ourselves the opportunity to gain perspectives that**

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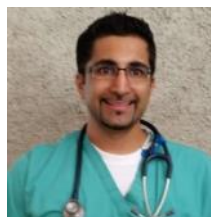
CAFP Members Elected to Board of Directors for Medical Non-profits

Two CAFP Members have recently been elected to the Board of Directors for different medical relief-related nonprofits. We are proud of their great accomplishments and commitment to patient care around the world.

Stacy Taylor, M.D., past president of the Academy, was elected in November as a Director of Health Horizons International, an organization for which she and other Academy members have volunteered for many years. Health Horizons International provides primary healthcare to rural communities in the Dominican Republic and works to improve the local health system. Dr. Taylor has been traveling there to provide care at their free clinics for many years. Dr. Taylor currently practices in Torrington and is an Associate Clinical Instructor at University of Connecticut School of Medicine.



Sachin Parekh, MD was recently appointed to the Board of Directors of MATH (Medical Aid to Haiti). MATH has provided emergency medical care, built hospitals, and promoted medical missions to areas of Haiti most in need.



Dr. Parekh is a staff physician in the Department of Emergency Medicine at Saint Francis Hospital & Medical Center, Medical Director of CVS MinuteClinic (CVS Health) in Connecticut, and is a medical consultant to the Connecticut Department of Public Health.

In addition to his patient care and staff supervisory roles, he has academic appointments as an Assistant Professor of Emergency Medicine at the University of Connecticut School of Medicine and Quinnipiac University School of Medicine, and Assistant Professor of Family Medicine at the University of Connecticut School of Medicine.

Of Note...

- Domenic Casablanca, MD, a past president of the CAFP, has been named Chair of the AAFP Commission on Federal and State Policy.
- Khuram Ghumman, MD, the newly elected CAFP Treasurer, has been named to the Allocation Group of Governor Lamont’s COVID-19 Vaccine Advisory Group.
- Mark Schuman, Executive Vice President of the CAFP, has been elected to the AAFP Chapter Executives Advisory Committee.

Moving Forward in Spite of the Pandemic

By Mark Schuman, Executive Vice President



Thank you to the over 120 members that registered for the 2020 Scientific Symposium. We hope you enjoyed the education and the platform that we utilized to make this year's event as successful and efficient as possible.

Normally during this meeting, we hear from our incoming pres-

ident. It's unfortunate that we were unable to listen to the words of Dr. Emmanuel Kenta-Bibi. He is as dynamic as his wardrobe. He is a caring physician, a passionate and trusted mentor and teacher and an even better person. He will represent us well.

It is also during this meeting that we honor our outgoing President. It wasn't easy being president during a pandemic, but Dr. Tim Fignar was accessible and

ready to lead and assist in any way possible. Like he did at our symposium with how he moderated the two-day event, he was always there when we needed him and that is the true sign of a tremendous leader. Thank you Dr. Fignar and you will be formally recognized at a later date.

I would also like to thank my staff. Mary and Danielle worked extremely hard studying and analyzing which platform would work best for our event. They met with each speaker prior to make sure they were comfortable with the platform. There is no doubt in my mind that their efforts paid off with the amount of positive comments that came my way.

Lastly, thank you for providing the most comprehensive and complete care to your patients – the patients of Connecticut. I have spoken to many of you since the pandemic started. Some called me to tell me they were closing their practice, others to ask about the proper steps needed to reopen. One family physician called to tell me her husband was diagnosed with COVID-19 and another told me he was strictly performing testing for COVID-19 and that he needed to quarantine from his family for weeks. Thank you again for all you do – there is nothing like a family physician.

While our online platform may present us opportunities for more education during the year, we certainly hope that it will not replace an in person 2021 Scientific Symposium. We look forward to seeing all of you at the Aqua Turf Club next October. As always, please never hesitate to reach out to Mary, Danielle or me at the CAFP Executive office with comments, concerns or questions.

Happy holidays to all!

“Lastly, thank you for providing the most comprehensive and complete care to your patients – the patients of Connecticut.”

Plans for a Promising 2021

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including reduced administrative burden, alternative practice models like direct primary care, and reimbursement/coding changes with visit code updates on the horizon. Advocacy remained a top priority as we have petitioned our insurers for stability of telehealth availability and visit parity for reimbursement, worked to eliminate exemptions for childhood immunizations with the Governor and recently the Congress of Delegates directed the AAFP Board on items ranging from diversity to vaccine distribution. And finally, with the leadership of our Editors and Academy staff, we have transformed and revitalized the Core Content Review of Family Medicine. It is an amazing product and is on the rise, available in

numerous formats that assists not only with CME but also Board Exam preparation.

There is more that had to be put on hold and we look forward to a promising 2021. We would like to update our Strategic Plan, visit our Student and Resident members at their places of learning, as well as greet our colleagues with smiles and handshakes next October at our annual Symposium. We hope as the state gets healthy again and management of the virus evolves – we too will be able to return to live in-person programming. In the meantime – we applaud you, we support you, we miss you! Stay safe and stay healthy.

CAFP Mission Statement

The mission of CAFP is to promote excellence in health care and to improve the health of people of Connecticut through the advancement of the art and science of Family Medicine, the specialty of Family Medicine and the professional growth of Family Physicians.

Looking Ahead with Vision and Hope *(continued from page 2)*

see the totality of our collective aspirations and our common humanity.

A few things I wish to highlight as I close out on our legislative calendar. First, let me say that I stand on broad and big shoulders of men and women who have dedicated time and talent in moving forward the key objectives laid out for the CAFP.

During the October 3rd 2020 Virtual Congress of Delegates, Family Physician delegates from across the country on the Reference Committee on Health of the Public and Science spoke passionately on a variety of critical

individual and public health delivery areas such as race-based medicine, intimate partner violence, health care for transgender individuals, and adverse childhood experiences related to COVID-19. We stand in support with the AAFP to identify, produce, and advocate for these and other Family Medicine legislations. I encourage you to continue your support through membership dues and donations to the FamMedPAC.

In closing, I wish to again assure you of my commitment and dedication to help wherever and whenever I can. When Abby

was asked why after scoring a goal she celebrates by pointing to her teammates, one after the other, she responded noting that she used the pointing gesture as her way of thanking each player for passing the ball, thereby making it possible for her to score the goal. For me, this is the spirit of collegiality – of gratitude that comes from diligence and collaboration, values we here at CAFP cherish. It is from a deep sense of gratitude that I say thank you to the CAFP family and my mentors. I also offer a special thanks to my wife who not only passes the ball but often is my practice goalkeeper and life coach.

“We stand in support with the AAFP to identify, produce, and advocate for these and other Family Medicine legislations. I encourage you to continue your support through membership dues and donations to the FamMedPAC.”

Welcome New CAFP Members!

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