



New Mexico PA

Newsletter of the New Mexico Academy of Physician Assistants
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Shirley Ross accepts a Lifetime Achievement Award for her husband, Gerald Ross, PA-C



Bonnie Kaslo, PA-C & Wilma Toledo, PA-C delivered the many testimonial letters honoring Gerald to him at his home.

Gerald Ross, PA-C, NMAPA Treasurer for the past 25 years was honored by the Academy with a Lifetime Achievement Award at the Fall Primary Care Update 2006 this year.

Some months ago Gerald was asked how he would feel about getting an award, and he responded that he didn't believe in awards. His longtime

GERALD ROSS, PA-C HONOREE

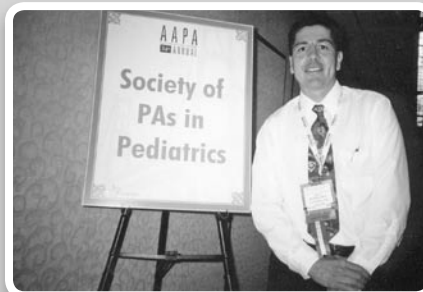
colleagues, peers and the NMAPA membership didn't agree with him however, and the process went forward, lead by Wilma Toledo, PA-C.

Gerald, who is a founding member of our organization, served as we incorporated in 1981 as our Treasurer from the beginning, and at times as Secretary-Treasurer, as well as serving multiple times, giving many hours of planning work, on the CME Committee. Gerald stepped down as Treasurer this summer for health reasons, but continues to advise when needed. The excellent records and files he maintained, logging all our financial history and reflecting so many years of service, were turned over to our Chapter Administrator, who has been able to meet our business needs on an interim basis.

Gerald rarely missed a Board meeting, and always came prepared, with a typed Treasurer's report, and copies for distribution. If unable to be present his report was still prepared and delivered. We owe him an inestimable debt for his outstanding and unmatched support of this Academy. He was our dependable

financial steward, a wise contributor to Board decisions from the beginning, and a loyal friend. We can't imagine that he was any less important to all the patients he has cared for during his long career. He is missed by them, and will be missed at our meetings, but will always be appreciated for everything he gave to them and to us. Gerald, "thanks" doesn't say enough.

Thanks for Your Support - 2006 a Very Good Year!



Albert Bourbon, PA-C was the 2006 Society of PAs in Pediatrics delegate to the AAPA Convention in June.



Albert Bourbon, PA-C with your 2006 House of Delegates representatives to the AAPA conference, Kathy Johnson, PA-C, Bonnie Kaslo, PA-C & Chief Delegate Joe Bish, PA-C.

From the President



*Todd M. LeCesne, MPAS, PA-C
NMAPA President*

Dear Colleagues,

As we prepare for the holiday season and the close of 2006, we reflect upon the evolution of our profession and some of the trials associated with inevitable change. As primary deliverers of health care, we PAs experience first hand the challenges of health provision within an overpriced, inefficient American health care system. Despite these challenges, PAs remain a cohesive unit, advocating for the health of patients and extending needed services in a cost effective manner.

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NMAPA - *The mission of the New Mexico Academy of Physician Assistants is to promote quality, cost-effective, accessible healthcare to the people of New Mexico and to promote the professional and personal development of PAs.*

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Newsletter — *New Mexico PA is published by NMAPA. The purpose of this newsletter is to serve as a forum of communication for PAs to enable them to better serve the public health and welfare. Byline articles express the opinion of the author and do not necessarily reflect the policies or views of the NMAPA.*

President's Message Continued

For PAs in New Mexico, positives for 2006 are many. To begin, the annual NMAPA CME conference was a tremendous success! A review of the conference evaluation forms applauded the didactic content and commended speakers. Board members had fruitful discussions with Mary Ettari, AAPA President, exchanging ideas and further strengthening relations with the National Academy. Reza Ghadimi, PA-C, continues as PA Member of the New Mexico Medical Board. Reza will continue to represent the interest of PAs at medical board meetings until December 2009.

A number of social events highlighted improved communications between the two PA educational programs in the state resulting in a renewed interest in public service activities among students. New organizations such as the New Mexico Academy of Physician Assistants in Occupational Medicine were developed and a PA Liaison Committee to the Medical Board within NMAPA was proposed. Collectively these small steps represent giant strides in the continued evolution of the New Mexico Academy.

Entering 2007, the NMAPA Board of Directors is committed to activities which will further promote involvement, recruitment and collaboration of PAs throughout our state. With a strong core group of board members, NMAPA will plans to reach out to its members through innovative methods including teleconferences, videoconferencing and by teaming up with the clinical coordinators from each program in an effort to reach our constituency and include a greater number of voices commenting on policy and procedures.

In closing, I ask that we all stop for a moment and give thanks for the blessings each of us share. Thanks for good health, friends and family and the happiness they bring to our lives. In our daily on-goings with patients and colleagues, model gratitude by giving of mind, body and spirit through acts of service and commitment.

On behalf of the NMAPA Board of Directors, I wish you the happiest of holidays. Let's make the coming year a progressive one for PAs in the State of New Mexico!

Respectfully,

Todd M. LeCesne, MPAS, PA-C

FALL PRIMARY CARE CONFERENCE WAS WORTH THE EFFORT!

By Kathy L. Johnson, CME Chair

The **Annual Fall Primary Care Update** was held in late September in Albuquerque. Over 100 PA's and NP's from across the country attended 19 hours of top-notch CME in a variety of subjects. From as far away as New York and Alaska, mid-level providers soaked up very complex material from some of the best specialty physicians.

In addition to terrific information, conference attendees also enjoyed two well-known speakers at lunch. **Dr. Alfredo Vigil**, member of the NM Medical Board and Health Centers of Northern NM team, spoke about

the role of the PA in delivering much-needed care, particularly in rural New Mexico. He discussed the importance of rural providers and their long-term commitment to the people of these communities. **Mary Ettari**, PA and President of the AAPA, also spoke to the group. The national focus concerns Patient Safety by working to reducing errors in medical care. Mary discussed a variety of projects going on throughout the nation to decrease patient harm from avoidable mistakes. **Todd LeCesne**, PA and President of NMAPA, MC'd the event and conducted the **General Membership Meeting** with such flair!

He welcomed input from constituents and a lively discussion ensued with many possible solutions to common problems for NM PA's.

The very special **Lifetime Achievement Award** was given to **Gerald Ross, PA-C** who recently retired from the Jemez Pueblo Health Clinic. Gerald has been active in PA affairs in NM for more than 25 years. He has served as Treasurer to the Board of NMAPA as long as any of us can remember. PA Bill Wahlert read recommendation letters describing Gerald's endless service to New Mexicans and PA Joe Bish shared

Were You There?



some memories of Gerald's many contributions.

As always, the success of the conference is due to the efforts of so many. The CME Committee, including **Todd LeCesne** (our fabulous MC), **Heather Dountas**, **Stacey Smith-Lujan**, **Kathy Johnson**, and **Tom White**, did an outstanding job. We also can not forget the incredible **Sally Blackstad**, from the NM Medical Society, who patiently handled all the paper details of

registration and daily activities. We had the most fabulous line-up of **Speakers**, all of whom donated their time to educate us. If I forgot to mention you please know that I appreciated your help along the way!

Planning has already begun for next year's session. The CME Committee has met to discuss dates and location and we have selected **September 27-29, 2007**. The team is already interviewing locations and is open to your

suggestions. We will meet in January to begin speaker selection and invite your participation. If you would like to be part of the committee and have a say in conference events, please e-mail me and I will send meeting notices to you (kljohnson@salud.unm.edu). Committee members make decisions about all aspects of the conference and work on a variety of planning activities. I truly believe the conference is one of the most important functions that NMAPA does each year. **Please join us!**

From the Medical Board

New Mexico has become a hot spot for PA jobs. Over the past few years, many physicians in primary care have either retired or moved to other specialties. This has left a void in this very important area of medicine. In recent annual meetings of the national organizations of internal medicine and family practice groups, a major aspect of concern was the shortage of primary care providers nationwide. Understandably, this task have been given to PAs and NPs. This is true in New Mexico as well as nationwide.

Those of you who attended the New Mexico Primary Care Update last September heard first hand the concerns of some of our fellow PAs. The exodus of primary care doctors from the rural areas is of special concern. Doctor Alfredo Vigil who manages the Health Centers of Northern New Mexico and hires many PAs gave a very awakening lecture on the importance of PAs and their role in primary care medicine in New Mexico. Since a majority of PAs as well as NPs and doctors now work for organized medicine, our rules need to address the expectations of these organizations. I have been working both at the Board level and the legislative level to address these issues. I am happy to inform you that

we have been successful in making many of the necessary changes for our New Mexico PAs. However our job is not done and I need your input and help. I need to know of any particular problems you may be facing at your work place. Many of us have been putting up with aggravating and annoying problems for many years, only to find out that we didn't need to. Chances are that what is bothering you is not unique and troubles others as well. The Board can not help you if we don't know your problem.

One area of concern that was brought to our attention has been the format of our licenses. Up to this point, licenses issued to PAs in New Mexico shows the name of the PA and his or her supervising physician. Since many of us work at several job sites, often in a different office from that of our supervising physician, our license has created confusion and questions regarding supervision. We have discussed this at the Board and it seems that there is no real rule to have the name of our supervising physician on our license. It has just been a tradition. To keep with the times and eliminate this confusion, the Board will do away with this practice. So in the near future, when you apply for a New Mexico license

or renew your existing license, it will only show you as the licensee. The name of your supervising physician will not be printed on your license. Of course you still need to have a supervising physician and the Board needs to know who that supervising physician is **BEFORE** you start work. Also all other rules still apply. For example if you change jobs or supervising physicians, you need to notify the Board.

Please let me know if there are any issues at your work place or if you are facing any particular problems. All information will be kept confidential and we will try to resolve it for you.

You can contact me at NM Medical Board:
2055 S. Pacheco Street Building 400, Santa Fe, NM 87505
Our phone number is (505) 476-7220. From out of Santa Fe area you can call 1 800- 945-5845.
Our Fax number is (505)476-7233.
My e-mail address is the best way to contact me, as I check it often. My e-mail is reza.ghadimi@state.nm.us .
Thanks for your help.

Yours, Reza Ghadimi PA-C
PA member
New Mexico Medical Board

PREVENTIVE HEALTH SERVICES AT WORK

When Wabanang Kuczek, MPH, PA-C, started working at the College of Santa Fe in August 2004, she realized that a large percentage of students were smoking cigarettes. Wabanang explained: "It seemed that students who did not smoke were more the exception rather than the norm. Some research confirmed my belief that if this was the situation at CSF, then college students in general represent a large portion of the smoking public and therefore contribute to the serious health problem related to smoking cigarettes in today's society".

As a Physician Assistant, Wabanang takes any opportunity to educate her patients about the importance of preventive medicine. At the college of Santa Fe, she believed that it was her responsibility not only to take care of present medical problems, but also to encourage students to develop healthy lifestyles. These improvements will also aid in their achieving successful careers. At CSF, when she was asked to be part of a wellness committee, she saw a unique opportunity to develop a college smoking cessation program. Wabanang developed a curriculum and put together materials for teaching a smoking cessation course for credit at CSF. In addition, she started a similar and individualized program through the Student Health Services for students who could not take the class due to time conflicts.

Although quitting smoking is a very difficult undertaking, the credit course and the clinic program have been powerful motivators and have aided students in their quitting efforts. This year, during a "Freedom from Smoke Ceremony", nine students received certificates

for successfully quitting either after passing the credit course or completing the clinic program. The students were genuinely happy to receive their certificates and some said that they were sending the certificate to either parents or loved ones to show they have quit smoking

The credit course sessions cover training about the health effects of smoking via lectures and videos, nicotine replacement therapy, and individual and group counseling. Wabanang has found a correlation between the amount of counseling and the effectiveness in quitting. Students who receive sessions on health education and motivational counseling appear to have an easier time in the quitting process. The process of motivational counseling uses empathy rather than confrontation and it acknowledges that the student, not the provider, is responsible for changing behavior. In addition, she brought in students from previous classes who are now non-smokers, to provide motivational support. It appears that students who are successful in quitting welcome the opportunity to become mentors themselves, and find it rewarding coming back and talking to other students who are attempting to quit.

Likewise, the program through the Student Health Clinic, offered many of the same materials and counseling offered through the credit course. In sum, students have reported that the convenience, flexibility and affordability are important for them in their decision to start the smoking cessation program at CSF.

Wabanang also worked on a nutrition/weight reduction program

for the students and staff at CSF. She took time outside clinic hours to exercise with students and staff. "It is truly rewarding to see positive results of any endeavor when you know you are helping someone change their lifestyle for the better" Wabanang said. During her career of more than twenty years as a medical provider, she has been involved with different groups and in different preventive medicine programs. Wabanang is an avid long distance runner, and this past summer was awarded several medals for finishes in her age category in competitive races.

We congratulate Wabanang for the development and implementation of preventive health programs in an effort to make a difference in the life of her patients.

RECHARTERING in FUTURE

As recently described in the AAPA News, all chapters must re-charter every five years. This is according to AAPA House of Delegates policy HA-2300.3.4. This requires providing information on the organization, bylaws and incorporation status.

The New Mexico Academy of Physician Assistants will be due to re-charter in 2009. It is never too early to start preparing for that process, particularly as it will be an opportunity to review bylaws and confirm that our basic chapter requirements are current. Anyone with questions regarding this project should contact a Boardmember.

NMAPA - New Mexico Academy of Physician Assistants

Membership Application (Term: July 1, 2006 - June 30, 2007)

Name (last)	Name (first)	Middle Initial	
Home Address	City	State	Zip
Work Address	City	State	Zip
Phone (home)	Phone (work)	Email	
May we add your email address to our web membership list? <input type="checkbox"/> Yes <input type="checkbox"/> No			
Where would you prefer to receive your quarterly newsletter? <input type="checkbox"/> Home <input type="checkbox"/> Work			
Check one: <input type="checkbox"/> Medical Board <input type="checkbox"/> Osteopathic Board			
Practice Specialty _____		Employer _____	
AAPA# _____		NCCPA# _____	NM License# _____
Membership Category (Check one)			
<input type="checkbox"/> Fellow \$75	<input type="checkbox"/> Sustaining \$75	<input type="checkbox"/> Physician \$50	<input type="checkbox"/> Associate \$50 <input type="checkbox"/> Affiliate \$25 <input type="checkbox"/> Student \$20
I choose to become a member of NMAPA and I agree to uphold the PA profession's Code of Ethics and to support the efforts of the Academy.			
Signature _____		Date _____	
Membership Amount \$ _____			
Please make checks payable to NMAPA and mail with this application to: NMAPA, PO Box 40331 Albuquerque, NM 87196-0331			
Committees - Opportunities for individual involvement (Check any) <input type="checkbox"/> Legislative <input type="checkbox"/> Reimbursement <input type="checkbox"/> Communications <input type="checkbox"/> Student Affairs			
<input type="checkbox"/> Membership <input type="checkbox"/> CME <input type="checkbox"/> Professional/Public Relations <input type="checkbox"/> Awards			

Were You There?



Happy New Year!