



**University of Washington  
Department of Family Medicine**

**Newsletter Winter 2013**



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**Chair's Notes**  
**Tom E. Norris, MD**  
**Professor and Chair**

Winter has clearly arrived, and Seattle has been in a deep-freeze for the first week of December. Even with the cold temperatures, our Department has been very busy.

### **Department Overall**

As a whole, the Department is doing well. At the November faculty meeting Eric Tobiason and I presented our annual financial report to the faculty. The budget is balanced but very tight. The whole medical school is developing incentive systems to encourage clinical activity. UW Medicine is developing an Accountable Care Organization, which will become effective 1/1/14, and is changing the way that it supports Departments.

We are making some changes in the area of IT. For many years the Department has operated its own e-mail system using a program called First Class. This has been important to faculty on site, as well as to affiliated residencies and others, but it has required significant resources to operate. Fortunately, UW is instituting a system wide Microsoft e-mail product, so we will transition the Department off of the First Class system by 5/1/14. If you are using First Class through the Department and have questions about the transition, please contact us.

### **Medical Student Education**

Changes are taking place in medical student education that will impact all of our student programs. With the creation of a new 2<sup>nd</sup> year WWAMI program in Spokane, with plans to grow the Spokane site, and with expansion this year in class size in both Idaho and Montana, we may soon have 295 medical students each year. This will require more clerkship sites and efforts are underway to establish these. We anticipate that it will also necessitate additional preceptorship sites for 1<sup>st</sup> and 2<sup>nd</sup> year students, as well as additional sub-internship seats, advising, pathway capacity, etc. Expansion has also occurred in the TRUST (Targeted Rural Underserved Student Training) program, with 5 new positions in Montana, a new TRUST program in Idaho, and serious consideration of TRUST adoption in Alaska and Wyoming.

Curriculum renewal is continuing and gaining momentum. One big change will be the planned shortening of the Foundations of Basic Science part of medical education. There will now be 3 phases: Foundation; Clinical Education; and Career Exploration. It is not clear at this time how these shifts will impact our clerkships and other pre-doctoral programs, but change is likely. Two current ideas are to have all of the students participate in RUOP (Rural Underserved Opportunities Program) and to have half of the students participate in Longitudinal Integrated Clerkships (LIC's) like our WRITE (WWAMI Rural Integrated Training Experience) program. The new curriculum is scheduled for introduction in the fall of 2015, and we anticipate development and approval of concrete plans soon.

### **Research**

Last summer Dr. Laura-Mae Baldwin stepped down as Vice Chair for Research after 8 successful years in this post. I am very pleased that she will continue to play a major role in the Research in the section and the region. The Department recruited Matthew Thompson to serve as our new Vice Chair for Research and Section Head of the Research Section. He was an NRSA Fellow at UWDFM 14 years ago

and has spent the last 10 years at the University of Oxford as a faculty member conducting research in primary care--mainly around the areas of diagnostics, child health, infections, and chronic disease.

The Research Section continues to work collaboratively with practices throughout the WWAMI region as part of the WPRN program (WWAMI Region Practice & Research Network), which now includes 38 clinic sites in the region. The research network has conducted several studies successfully, and has several research grants currently being considered for funding, taking advantage of the unique features of the region and the opportunities for “real world”.

The Rural Health Research Center continues to receive federal funding to conduct research into the delivery of health care in rural areas--with current studies including the factors that influence rural practice choices of family medicine graduates, the roles of nurse practitioners and physician assistants in rural areas, and access to home care services in rural US.

The Center for Health Workforce Studies continues to provide assistance to states in the region for health workforce planning, and the anticipated effects that the Affordable Care Act will place on the need for primary care clinicians.

Over the next year the Research Section will be seeking grants and working with practices to explore potential new areas of research related to Family Medicine--such as new diagnostic tools for primary care, child health issues, more effective monitoring of people with chronic disease, and women’s health issues.

## **Residency**

The residency practice at the Northgate site has now been in its new location for a year and a half. The practice continues to grow--up by 60% over Roosevelt--and is providing an excellent training experience for our residents. Growth at our Harborview site is limited by the small size of the clinic, and we are continuing to make requests to expand the Harborview Family Medicine Residency and to move to a larger clinic. Both of our sites are working hard to meet the accreditors’ requirements that we implement “milestones”, a new way of evaluating resident progress.

## **MEDEX**

The MEDEX Northwest Physician Assistant Training Program is growing and opened a new site in Tacoma in September. This site is focusing on the education of veterans and is off to a great start. At the same time, the Yakima site will be winding down over the next year. With the aid of a federal grant, we are working to integrate the training of PA students and Family Medicine residents. This approach has been successful at Northgate and Harborview, and we plan to move it into other residencies soon.

## **Sports Medicine**

The new Stadium Sports Medicine Clinic, located under the South bleachers in Husky Stadium, opened in September. This beautiful new clinic provides an excellent site for clinical care and training. Visits there are surpassing budget projections. Jon Drezner is developing a new Institute for Sports Cardiology at this site, and Kim Harmon is expanding her funded research in musculoskeletal ultrasound.

## **Palliative Care**

The Department of Family Medicine is responsible for Palliative Care at UW Medical Center. This program has been led by Stu Farber, who has developed a comprehensive vision for an ideal Palliative Care Clinical Service. Plans include recruitment of a new director, and we will be interviewing finalists soon. Stu has obtained a large grant from the Cambia Foundation that, among other things, will offer the opportunity to regionalize PC training for the WWAMI Family Medicine residencies.

## **WWAMI Family Medicine Residency Network**

Last week we had a very successful meeting of the Network Program Directors. I continue to be very impressed by the energy and innovation exhibited by this dedicated group. There continues to be significant interest around our region in developing and expanding Family Medicine Residency Programs. As previously reported, two new programs accepted residents last summer, and a new program in Coeur D'Alene will accept its first residents in the summer or 2015. The recent recession, coupled with a steady increase in the number of residents in our region, has eroded our funding. As a result, we will be seeking additional state and federal financial support in the near future.

## **Final Thoughts**

This is a very exciting time in medicine and medical education. The implementation of the Affordable Care Act and the development of Patient Centered Medical Homes and Accountable Care Organizations are changing the way we practice medicine. Overall shortages of physicians, especially in primary care, are impacting both the public and the profession. Increasing student debt coupled with online educational opportunities will change medical education. The alignment and linkage of “competencies” across a physician’s professional life from medical student (new LCME requirements), to resident/fellow (milestones and other ACGME requirements), to Maintenance of Certification for practicing physicians will be associated with changes in how we do our jobs.

As we approach the holidays and the end of the year, I want to take this opportunity to wish all of you a happy and peaceful season, and an exciting new year. We are extremely thankful for your support.

Tom E. Norris, MD  
12/9/13

## In Our Thoughts

### **Merrill Werblun, MD: early UWDFM residency director has passed away**

John Geyman brought Merrill Werblun in from California as UH Residency Director during John's first year as Chair. He only stayed a few years and went back to a residency program in a California community hospital. Those residents for whom he became director midway through their 3 years were very close to him. They have also hung tightly together all these years and have an annual reunion. Read more about this group of former residents in the 40<sup>th</sup> anniversary July 2011 issue of the Family Medicine newsletter here: <http://depts.washington.edu/fammed/newsletter/jul-2011#anniversary>.

## MSE

### **Underserved Pathway Update**

A big thank-you to all our mentors of students participating in the Underserved Pathway (UP). We currently have 122 mentors working with our 206 enrolled students. Mentors meet with students once a quarter in person, by Skype, phone, or email. Sometimes students will accompany mentors in their workdays and always it's an opportunity to catch up and chat about life in medical school and career aspiration. You can view an interview with one of our mentors, Dr. Mary Barinaga, at <http://depts.washington.edu/fammed/education/programs/upath/mentors>. We would love to have more mentors around the region and have a special need for the Spokane area and Wyoming. If you are interested please contact Jaime Fitch at [jgrocock@uw.edu](mailto:jgrocock@uw.edu).

On November 19<sup>th</sup> we had a successful kickoff for the Seattle campus first years with about 50 attending. A few second year students who had not signed up yet were also there. Many thanks to the already enrolled UP students who helped us staff question and answer tables.



The UP hosted a successful dinner and interactive learning session on the Affordable Care Act for our TRUST scholars, other UP students, and regional deans. 70 attended and the discussions focused on what is happening with implementation in the different WWAMI states.



## Clerkship Faculty Professionalism Awards

This award is given to the top 1% of Family Medicine Clerkship Faculty for demonstrating excellence and commitment to medical student teaching.

The winners for 2012-13 academic year are:



**Jason Hogge**  
*Fidalgo Medical Associates, Anacortes, WA*



**Jennifer Hyer**  
*Petersburg Medical Center, Petersburg, AK*



**Catherine Dinglasan**  
*Columbia Basin Health Association, Othello, WA*



**Tony Butruille**  
*Cascade Medical Center, Leavenworth, WA*

## Clerkship Outstanding Faculty Awards

The Family Medicine Clerkship Faculty and Staff Professionalism Award is given for outstanding professional conduct and standards. Students nominate Faculty and/or Staff for this award. The winners for 2012-13 academic year are:



**Mindy Udell**  
*Central WA Family Medicine,  
Yakima, WA*



**Kim Stutzman**  
*Family Medicine Residency of  
Idaho, Boise, ID*



**Pam Pentin**  
*University Washington FM, Seattle,  
WA*



**Elliot Bruhl**  
*SE Alaska Health Consortium,  
Sitka, AK*



**Sonja Olson**  
*Country Doctor, Seattle, WA*



*Jon Miller accepting the Award for  
**Jay Erickson**  
Glacier Medical Assoc., Whitefish,  
MT*

## Clinical Faculty

Keith Davis of Shoshone, ID, has been selected as 2014 AAFP Physician of the year. Read more at <http://www.aafp.org/news-now/2013-cod-assembly/20130927fpoy.html>

The Health Care Authority has named Family Physician and WAFP member Charissa Fotinos, MD, as Deputy Chief Medical Officer; Dr. Fotinos is a Clinical Associate Professor with UW Family Medicine and is the Assistant Editor in the Clinical Inquiries series. Read more here: <http://www.wafp.net/News/News/10-13/Health-Care-Authority-names-Fa.aspx>



*2014 AAFP Family Physician of the Year Keith Davis, MD*

## Research

### **Tobacco Studies**

An abstract on maternal smoking during pregnancy written by Michael Metzger, MS, PhD; Abigail Halperin, MD, MPH; and Susanne Tanski, MD, MPH, has been named second best at the 2013 AAP National Conference and Exhibition.

Read more at <https://aap.confex.com/aap/2013/webprogram/Paper19847.html> and [http://fridayletter.aspph.org/article\\_view.cfm?fl\\_index=16&fle\\_index=822](http://fridayletter.aspph.org/article_view.cfm?fl_index=16&fle_index=822).

The abstract is available at <http://www.ncbi.nlm.nih.gov/pubmed/22929173>.

### **WWAMI region Practice and Research Network holds its First Regional Research Webinar**

The WWAMI region Practice and Research Network (WPRN) launched our first regional research webinar in October 2013 as an opportunity to get research champions together between our annual March meetings. At this first webinar, Dr. Allison Cole presented results from the “*Patient Preferences for Weight Loss Programs*” study. This study assessed the degree to which overweight and obese primary care patients report that they would take part in a comprehensive weight loss program, and to identify what factors would influence their decision. The study was developed in close collaboration with a small group of practice champions across the WPRN. Twelve participating clinics administered a brief, anonymous, questionnaire to all adult, non-pregnant patients attending the clinic over a 2-week period in May and June of 2013.



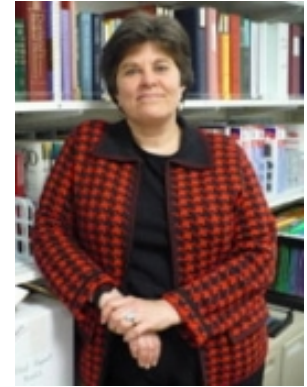
*Allison Cole, MPH  
Assistant Professor of  
Family Medicine*

For more information about the WPRN or the “*Patient Preferences for Weight Loss Programs*” study, please contact Gina Keppel at [gakeppel@uw.edu](mailto:gakeppel@uw.edu). Project ROAM is flourishing, although the funding from the Life Sciences Discovery Fund (through WSU) has decreased to a trickle. But we are using the trickle well, and our goal of improving management of chronic non-cancer pain and decreasing the deadly epidemic of unintentional lethal opioid overdoses is beginning to bear fruit. Project ROAM research on improving attitudes toward chronic pain management, prescription drug abuse, and opioid addiction continues, with further qualitative analysis of student attitudes.



## The Rural Health Research Section

After serving as the Deputy Director of the WWAMI RHRC for many years, Sue Skillman has stepped away from that role. She will remain with the Center as senior investigator and project lead, while expanding her work with the WWAMI Center for Health Workforce Studies. Many thanks to Sue for her strong leadership and her hard work. Sue has also been, and remains, very active in research and policy organizations at the regional and national level, including WRHA, AAMC and Academy Health.



*Sue Skillman, MS*

Davis Patterson, PhD, will be taking over the role of Deputy Director. Davis is an accomplished health services researcher who has been with the Center for many years. His research interests are varied but he is well known in the rural health services research community for his work on the rural EMS workforce and rural training tracks for Family Medicine residents. Please join us in thanking Sue for her service and welcoming Davis to his new role as Deputy Director.

Four new research studies, funded by the Federal Office of Rural Health Policy, are in full swing at the WWAMI Rural Health Research Center:

- Impacts of nurse practitioners and physician assistants on future provision of primary care in rural areas
- Practice characteristics of rural nurse practitioners in the U.S.
- Family medicine rural training track graduates: determinants of rural and urban practice
- Access to home care services in the rural U.S.



*Davis Patterson, PhD*

For more information, contact Davis Patterson at [davisp@uw.edu](mailto:davisp@uw.edu).

## Analysis of introducing a quality improvement tool for opioid use in a residency family practice

UW Family Medicine Clinical Instructor Cindy Grande has headed this project. The early results show that it is extremely difficult to enlist clinicians in a consistent approach to this problem, and that getting patients to taper their opioids often leads to them leaving the practice. Laura-Mae Baldwin and Roger Rosenblatt are working on a further grant in this topic area, one involving DARTnet, and their widespread practice-based research network on see if we can learn more about the presentation of acute pain through EHR records.

## Other research section activities

We are busy with multiple grant submissions currently, including areas as diverse as ovarian cancer treatment decision making, use of new methods for diagnosing and monitoring diabetes in low-income settings. We welcomed Dr. Carie Cox to the Section as a new Research Scientist, who is providing an essential role in helping with these multiple grant submissions for the Section, and has certainly got off to a very busy start!

The section has also been busy presenting, both locally and internationally including several presentations at the annual NAPCRG Meeting, which is one of the main venues for academic primary care research.

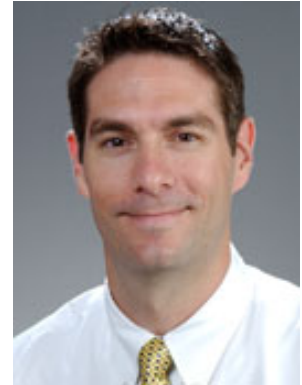


*Carie Cox, PhD, MPH*

## Sports Medicine

### **A running start: screening young athletes at Husky Stadium**

Working with the Nick of Time Foundation, Jon Drezner and other medical volunteers have been holding school-wide heart screenings in the Seattle area and beyond for the past three years, screening more than 8,000 high-school students and student athletes. And the events show results. At a screening held last fall, volunteers discovered that Seattle-area student Will Recla had a heart murmur. Further testing showed that the young runner had a faulty heart valve and a damaged aorta. The aorta could have ruptured; if it had, the incident probably would have been fatal. Today, after open-heart surgery, Recla is back on the track.



*Jon Drezner, MD*

With the opening of the newest UW Medicine Sports Medicine Center located at Husky Stadium, Drezner and his colleagues are opening another avenue of care for families like Recla's: the Sports Cardiology Program. "With the launch of the program, we want to offer this advanced heart screen to any kid at any time," he says.

See more at: <http://depts.washington.edu/givemed/magazine/2013/11/for-the-athlete-in-everyone/#sthash.tJRnCy5d.dpuf>

## Publications

Allen SM, **Ballweg RA**, Cosgrove EM, Engle KA, Robinson LR, **Rosenblatt RA**, **Skillman SM**, Wenrich MD. Challenges and opportunities in building a sustainable rural primary care workforce in alignment with the Affordable Care Act: the WWAMI Program as a case study. *Acad Med*. 2013 Oct 14. [Epub ahead of print]

Autoimmune markers for the diagnosis of rheumatoid arthritis in primary care: primary care diagnostic technology updated. Mahtani KR, Miller A, Rivero-Arias O, Heneghan C, Price CP, **Thompson M**, Plüddemann A, Luqmani R. *Br J Gen Pract*. 2013 Oct;63(615):553-4. doi: 10.3399/bjgp13X673919.

**Baldwin LM**, Fordyce MA, **Andrilla CHA**, Doescher MP. *Low birth weight rates in the rural United States, 2005*. Policy Brief #138 in the series *Perinatal health in the rural United States, 2005*. Seattle, WA: WWAMI Rural Health Research Center, University of Washington, Oct 2013.

**Baldwin LM**, Fordyce MA, **Andrilla CHA**, Doescher MP. *Low birth weight rates among racial and ethnic groups in the rural United States, 2005*. Policy Brief #139 in the series *Perinatal health in the rural United States, 2005*. Seattle, WA: WWAMI Rural Health Research Center, University of Washington, Oct 2013.

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- Baldwin LM**, Fordyce MA, **Andrilla CHA**, Doescher MP. *Inadequate prenatal care among racial and ethnic groups in the rural United States, 2005*. Policy Brief #141 in the series *Perinatal health in the rural United States, 2005*. Seattle, WA: WWAMI Rural Health Research Center, University of Washington, Oct 2013.
- Fordyce MA**, Doescher MP, **Skillman SM**. *The aging of the rural primary care physician workforce: will some locations be more affected than others?* Final Report #127. Seattle, WA: WWAMI Rural Health Research Center, University of Washington; Sep 2013.
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- Moyer VA; U.S. Preventive Services Task Force (**WR Phillips**). Primary care interventions to prevent tobacco use in children and adolescents: U.S. preventive services task force recommendation statement. *Pediatrics*. 2013 Sep;132(3):560-5. Epub 2013 Aug 26.
- Onakpoya I, Heneghan C, **Thompson M**. The effectiveness and safety of Japanese traditional medicine (Kampo) in the treatment of climacteric symptoms. *Focus on Alternative and Complementary Therapies* 18(3):145-146 Sep 2013
- Phillips WR**. The heart of the matter. *Washington Family Physician* 2013;40(4):12-13. <http://www.wafp.net/News/Washington-Family-Physician/Current-Issue.aspx>
- Point-of-care testing for coeliac disease: primary care diagnostic technology update Khangura J, Van Den Bruel A, Perera R, Heneghan C, Price CP, Wolstenholme J, **Thompson M**, Plüddemann A. *British Journal of General Practice* 63(611) Jun 2013
- Reducing antibiotic prescribing for children with respiratory tract infections in primary care: a systematic review. Vodicka TA, **Thompson M**, Lucas P, Heneghan C, Blair PS, Buckley DI, Redmond N, Hay AD; TARGET Programme team *Br J Gen Pract* 2013;63:445-54
- Robins LS, **Jackson JE**, **Green BB**, Korngiebel D, **Force RW**, **Baldwin LM**. Barriers and facilitators to evidence-based blood pressure control in community practice. *J Am Board Fam Med*. 2013 Sep-Oct;26(5):539-57. doi: 10.3122/jabfm.2013.05.130060.
- Salisbury H, A'court C, Jones C, Fleming S, Gonçalves D, **Thompson M**. The RTI clinical iceberg.. *Br J Gen Pract* 63(614):461-462 Sep 2013
- The safety netting behaviour of first contact clinicians: a qualitative study. Jones CH, Neill S, Lakhanpaul M, Roland D, Singlehurst-Mooney H, **Thompson M**. *BMC Fam Pract*. 2013 Sep 25;14:140.
- Safety netting in healthcare settings: what it means, and for whom? Roland D, Jones C, Neill S, **Thompson M**, Lakhanpaul M. *Arch Dis Child Educ Pract Ed*. 2013 Oct 28. doi: 10.1136/archdischild-2012-303056



## Presentations

**Cole A, Baldwin LM, Keppel GA.** *Successful Engagement of Practice Champions in the WWAMI region Practice and Research Network.* (Presentation)

**Cole A, Keppel GA, Linares A, Kriegsman W, Alto W, Reed A, Holmes J, Baldwin LM.** *Patient Preferences for Weight Loss in Primary Care – A WWAMI region Practice and Research Network Study.* (Poster)

**Mauksch L.** Invited Plenary, September, 2013 Behavioral Science Forum, Chicago, Illinois. How Behavioral Science Faculty Can Help Competency Assessment Glow and Flow.

**Mauksch L.** Visiting Faculty: University of Minnesota School of Medicine, December, 2013. Medicine Grand Rounds: Patient Centered Communication: Educational Strategies and Tools. Training-the-Trainer To Teach Communication Skills: Workshop for Family Medicine, General Internal Medicine, and Pediatric Faculty

**Phillips WR** and the Annals of Family Medicine Editorial Team. Becoming a Better Reviewer (and Writer and Researcher, Too), workshop presented at the annual meeting of the North American Primary Care Research Group (NAPCRG), Ottawa, Canada. November 12, 2013.

**Skillman SM.** *Washington's health workforce: meeting the state's needs.* Presented at a National Governors Association-sponsored Technical Assistance Retreat, SeaTac, Washington, 9/5/13.

**Thompson M et al.** Ist there a better screening tool for identifying atrial fibrillation in primary care than pulse palpation? A diagnostic accuracy study. NAPCRG 41<sup>st</sup> Annual Meeting, Ottawa, Nov 9-13, 2013

**Thompson M et al.** Which point of care tests do primary care doctors need? Results from a survey of 5 countries. NAPCRG 41st Annual Meeting, Ottawa, Nov 9-13, 2013

**Thompson M et al.** Systematic review of the diagnostic accuracy of capillary refill time for serious illness in children. NAPCRG 41st Annual Meeting, Ottawa, Nov 9-13, 2013

**Thompson M.** Primary Care for Children. Peking University Pediatrics Development Forum, Peking University First Hospital. Beijing, Oct 21, 2013

## Events

The Pediatric Environmental Health Specialty Unit (PEHSU) is hosting its 3<sup>rd</sup> annual Research Matters Conference on Wednesday, March 5, 2014, in the UW Tower. More information can be found here: <http://depts.washington.edu/pehsu/conference>.

## Advancement

Philanthropy in Support of Education and Training  
The Sports Medicine Ultrasound Initiative  
Supported by SonoSite

The UW Medicine Sports Medicine Center at Husky Stadium is a state-of-the-art multidisciplinary clinic that brings together surgical and nonsurgical sports medicine specialists dedicated to helping patients live longer, healthier, more active lives. Family Medicine faculty members Kim Harmon, Jon Drezner, John O’Kane, Henry Peltó and Ashwin Rao along with Sports Medicine Fellows Kirk Mulgrew and Brett Toresdahl are actively involved in the largest multidisciplinary sports medicine clinic in the region that serves as a hub for the promotion of active, healthy lifestyles.

Ultrasound technology is changing the way UW Medicine faculty practice sports medicine. They are using ultrasound to enhance their physical examination, guide therapeutic injections, and provide more advanced heart screenings to young athletes.

Realizing the potential for this technology, faculty and trainees have a great interest in learning and applying more ultrasound within the full breadth of sports and musculoskeletal medicine. There is also a great need to conduct research that establishes best practices in the use of ultrasound within sports medicine – from musculoskeletal ultrasound to echocardiography.

Committed to advancing the field of sports medicine — and inspired by the work of UW Medicine faculty — SonoSite made a significant commitment in 2013 to support the Sports Medicine Ultrasound Initiative. The initiative is a two-year intensive in-house training and research program to establish and promote the full scope of ultrasound applications in musculoskeletal and sports cardiology services.

The gift will support Kim Harmon’s and Jon Drezner’s work as they develop a training curriculum to teach faculty, fellows and residents about the ongoing use of ultrasound technology in a sports medicine practice and their research to establish best practices in the use of ultrasound for the diagnosis and treatment of sports and musculoskeletal-related issues. With this investment, UW Medicine will also hire a musculoskeletal sonographer to provide hands-on training and expertise in the care of patients at the Sports Medicine Center at Husky Stadium, as well as support the addition of a research scientist to advance and expand research in musculoskeletal medicine and sports cardiology.

SonoSite, Inc. is recognized as a Strategic Partner through UW Medicine’s Corporate Partners, leaders in enterprise, innovation and social progress who work with us to enable world-class breakthroughs in clinical care, medical research and medical education.





*This newsletter is the result of the collaboration of the Administration, Medical Student Education, Residency, Residency Network, Research, Sports Medicine, Palliative Care, MEDEX, and Advancement sections of the Department of Family Medicine. Many thanks to everyone who submitted content. A special thanks to Amy Clark, Website Assistant for Family Medicine, for her great work in getting this newsletter online. Please send questions, comments, and concerns to [fmnews@fammed.washington.edu](mailto:fmnews@fammed.washington.edu).*

*Thank you!*