PRESIDENT’S MESSAGE: CELEBRATING THE ROLE OF WOMEN IN FAMILY MEDICINE

What a difference a decade makes! In honor of Women’s Health Month, ABFM celebrates dramatic changes in the proportion and role of women in family medicine. ABFM statistics reveal a dramatic increase in the proportion of female family physicians, and now a majority of residents are women.

The story is much richer than proportions. Women now lead across the specialty. Almost 30% of chairs of departments of family medicine are now women, among the highest of clinical specialties. At ABFM, Dr. Lauren Hughes recently completed her term as board chair, just as Dr. Andrea Anderson was recently elected as board chair elect. Dr. Tochi Iroku-Malize is the current president of the American Academy of Family Physicians (AAFP), Dr. Renee Crichlow is the president of the Society of Teachers of Family Medicine (STFM), succeeding Dr. Linda Myerholtz. Dr. Kristina Diaz is the president of the Association of Family Medicine Residency Directors (AFMRD), succeeding Dr. Kim Stutzman and will be followed by president-elect Dr. Sarah Cole. Dr. Vivian Ramsden is the president of the North American Primary Care Research Group (NAPCRG). Dr. Louito Edje will soon become chair of the Accreditation Council for Graduate Medical Education (ACGME) Family Review Committee, and Drs. Marjorie Bowman, Caroline Richardson, and Sarina Schrager serve as the editors of JABFM, Annals of Family Medicine, and Family Medicine, respectively. These remarkable women are making a difference for family medicine — we are all better off for their work.

With the major and increasing role of women in family medicine, issues championed by women — but not limited to women — have come to the fore. In this issue, we highlight the SWIM (Sustaining Women in Medicine) project, an ABFM Foundation funded collaboration with the AAFP’s Robert Graham Center and the California and Illinois Academies of Family Physicians, provoked by ABFM supported research revealing female family physicians are more likely to suffer from burnout, particularly those younger than 40. Unpacking the causes for this, and developing interventions, is critical for us all. Likewise, pay equity is a key area of concern. A study by ABFM researchers published in JABFM last year, Family Medicine’s Gender Pay Gap, found that women make 16% less than men, regardless of years of experience or hours worked.

I am also deeply appreciative of the service of Dr. Elizabeth Baxley, who retires in June. She is another national leader among family physicians. She came to ABFM after a distinguished career as Chair of the Department of Family and Preventive Medicine at the University of South Carolina and as Senior Associate Dean for Academic Affairs at the Brody School of Medicine. In her role as Executive Vice President for ABFM, she filled a new role focused on enhancing Diplomate experience, led outreach to AAFP state chapters, and transformed ABFM Communications, while rethinking our work in Professionalism and substantially improving many of the activities in our MyABFM Portfolio. In each of these roles, she has made a palpable difference to all family physicians. We have all benefitted from her work and deep commitment to the specialty. I am personally grateful and wish her the best of luck.
Family Medicine and the society we serve are in great flux. In this time of rapid change, we are grateful to the women who serve our patients, communities, and the specialty, and guide our path forward.

Warren Newton, MD, MPH
President & CEO

THANK YOU FOR YOUR SERVICE TO ABFM, DR. LIBBY BAXLEY!

On June 30, 2023, Dr. Elizabeth (Libby) Baxley will complete her service as Executive Vice President of ABFM. During her five years with ABFM, Dr. Baxley was an integral part of elevating and strategically leading all aspects of ABFM activity that relate to the experience of board-certified family physicians, professionalism, communications, and more. She attended numerous meetings and outreach events each year, representing ABFM while listening and learning from Diplomates’ feedback. She selflessly led and influenced multiple ABFM teams and always shared her passion for the value of board certification.

Dr. Baxley joined ABFM in 2018 after a 31-year career of teaching and providing full-scope family medicine. She also served on the ABFM Board of Directors from 2013-2018, and as chair from 2017-2018.

ABFM staff will forever be grateful for Dr. Baxley’s dedication to the mission of ABFM, her passion for education, and her continuous support of our staff and Diplomates. We wish you the very best for a well-deserved retirement full of adventures!

ABFM WELCOMES NEW BOARD MEMEBERS AND OFFICERS

We are pleased to announce the election of four new officers and four new board members to the ABFM Board of Directors. New officers elected in April are: Gerardo Moreno, MD, MSHS, of Los Angeles, CA as Chair; Andrea Anderson, MD, of Washington, DC as Chair-Elect; Robert L. Wergin, MD, of Lincoln, NE as Treasurer; and Mott P. Blair, MD, of Wallace, NC as Member-at-Large of the Executive Committee.

ABFM also welcomes the following new members to its Board of Directors: Grant S. Hoekzema, MD, of Creve Coeur, MO; Brenessa M. Lindeman, MD, MEHP, of Birmingham, AL; Barbra G. Rabson, MPH, of Brighton, MA; and Stephen A. Wilson, MD, MPH, of Boston, MA. The new board members will each serve a five-year term. A full list of ABFM Board members can be found here.

CELEBRATING WOMEN’S HEALTH MONTH

This May, ABFM is celebrating Women’s Health Month by highlighting two family physicians doing unique work for the specialty. These include:

- Sharing the work of Dr. Christine Hancock, a family physician and medical director in Bellingham, WA, who treats a diverse rural/urban patient population. We also discuss Dr. Hancock’s work with patients suffering from chronic pain and opioid use disorder. The article is available on ABFM’s website.
• Highlighting the work of Dr. Kim Yu, a national advocate for improving family medicine practices through her role as National Director of Clinical and Community Partnerships at Aledade, Inc. Dr. Yu has also developed a significant online presence, creating safe social media spaces where women and mothers in family medicine can discuss work/life balance, helping to mitigate burnout. The article is available on ABFM’s website.

ABFM RESEARCH PROJECT AIMED AT UNDERSTANDING FACTORS CONTRIBUTING TO BURNOUT IN WOMEN FAMILY PHYSICIANS

Recent studies have found a high rate of burnout among family physicians, especially young physicians, and particularly among women. The research teams at the American Board of Family Medicine (ABFM) and the American Academy of Family Physicians (AAFP) Robert Graham Center led a three-phased study, Sustaining Women in Medicine (SWIM), aimed at understanding the factors contributing to burnout in women family physicians and to learning about interventions that may help curb or eliminate burnout in this population.

A study of ABFM Diplomates found that women were more likely than men to report symptoms of burnout at the beginning and ends of their careers, with the highest rates occurring in those under 40 years of age. The survey of physicians who were three-years out of residency indicate that 44% of the women in the sample met typical criteria for burnout.

Other studies have shown that workplace factors are often associated with burnout. Practicing full scope family medicine appears to be protective, with younger physicians being less likely to report burnout if they have a broader scope of practice. To read more about the study and the results, visit the SWIM webpage.

NEW CERTIFICATE OF ADDED QUALIFICATIONS IN HEALTH CARE ADMINISTRATION, LEADERSHIP, AND MANAGEMENT

The American Board of Family Medicine will serve as one of the co-sponsoring boards of a new subspecialty in Health Care Administration, Leadership, and Management (HALM). A new Certificate of Added Qualifications (CAQ) will be available to physicians with relevant training and significant leadership and management responsibilities in a wide variety of practice settings, including community practice, hospitals, large medical groups, integrated health systems, academic departments and programs, and health policy organizations.

“We are pleased to be a co-sponsor of this new CAQ,” said ABFM President and CEO Warren Newton, MD, MPH. “In addition to the recognition and furthering of important administrative skills, this CAQ offers the potential to position family physicians as leaders in different health care delivery systems. It will offer relevant, role-specific opportunities for family physician leaders to tailor their Family Medicine Continuing Certification experience.”

Learn more about HALM and how to apply.
NATIONAL JOURNAL CLUB FEATURES 40 NEW ARTICLES

This spring, an additional 40 articles were added to the National Journal Club (NJC) activity, offering convenient access to new peer-reviewed research important to family medicine practice.

NJC is a free activity available in your MyABFM Portfolio for all ABFM Diplomates and residents. Through participation in NJC, physicians can stay current in practice-changing literature while earning one certification point and one CME credit for each successfully completed article assessment. Ten completed assessments will fulfill the ABFM Knowledge Self-Assessment requirement for your current certification stage.

To begin participating, select an article from the reading list and you will be provided with access to the full text article. On average, each article takes between 60 and 90 minutes to complete. Access ABFM’s National Journal Club anytime.

ABFM TO SUNSET COVID-19 SELF-DIRECTED CLINICAL PILOT ON JUNE 30, 2023; PERMANENT COVID-19 SELF-DIRECTED CLINICAL PERFORMANCE IMPROVEMENT ACTIVITY WILL LAUNCH JULY 1

Soon after the outset of the COVID-19 pandemic in 2020, ABFM released a COVID-19 Self-Directed Clinical Pilot which allowed physicians to meet their PI requirement by sharing any of the changes made in their practice that were necessitated by the pandemic.

After three years of positive feedback, this very successful and popular pilot will now migrate to a permanent COVID-19 Self-Directed Clinical activity beginning July 1, 2023. The most notable change between the pilot and the permanent activity will be a requirement for both baseline and follow-up data for the submitted improvement measure. Based on Diplomate feedback, an updated list of COVID-related activities, relevant to the endemic stage of COVID, has been included in the PI template.

Anyone who has initiated a submission in the COVID-19 Self-Directed Clinical Pilot must complete their work by midnight EST on June 30. Any incomplete submissions will need to be restarted using the new COVID PI activity after that time.

Visit the MyABFM Portfolio to check your remaining stage requirements. If you need assistance, contact ABFM via help@theabfm.org or 877-223-7437.

CARE OF WOMEN KNOWLEDGE SELF-ASSESSMENT NOW AVAILABLE

As a reminder during Women’s Health Month, the Care of Women Knowledge Self-Assessment (KSA) released last year combines updated content from the previous KSAs on Maternity Care and Women’s Health. As with the other KSA revisions that have been made since 2019, Care of Women includes a set of 60 single-best-answer questions with updated critiques and references. This KSA is designed for any family physician who sees women in their practice, not just those who provide prenatal or maternity care. It is available by logging in to your MyABFM Portfolio and completion of the KSA will fulfill your minimum self-assessment credit and provide you with 10 certification activity points towards your 50-point requirement, as well as CME credit.

Visit your MyABFM Portfolio to get started! Learn more about how two ABFM Diplomates helped to develop this KSA in our Diplomate Perspectives article.
## UPCOMING DATES AND DEADLINES

### CERTIFICATION UPCOMING DATES AND DEADLINES

<table>
<thead>
<tr>
<th>Medical Specialty</th>
<th>Exam Dates</th>
<th>Certification Period</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family Medicine</strong></td>
<td>Fall: November 6-11, 2023</td>
<td></td>
</tr>
<tr>
<td><strong>Geriatric Medicine</strong></td>
<td>Fall: October 18, 2023</td>
<td></td>
</tr>
<tr>
<td><strong>Hospice &amp; Palliative Medicine</strong></td>
<td>November 9, 2023</td>
<td></td>
</tr>
<tr>
<td><strong>Pain Medicine</strong></td>
<td>September 16, 2023</td>
<td>Sept 16 – 30, 2023</td>
</tr>
<tr>
<td></td>
<td>(Certification)</td>
<td>(Continuing Certification)</td>
</tr>
<tr>
<td><strong>Sleep Medicine</strong></td>
<td>November 21, 2023 (Continuing Certification Only)</td>
<td></td>
</tr>
<tr>
<td><strong>Sports Medicine</strong></td>
<td>Summer: July 11-15, 2023</td>
<td>Fall: November 6-11, 2023</td>
</tr>
</tbody>
</table>

### Family Medicine Certification Longitudinal Assessment Deadlines

| FMCLA 2023 Quarter 2 Deadline: June 30, 2023 | FMCLA 2023 Quarter 3 Deadline: September 30, 2023 |

### Certification Deadline

| 2021-2023 Stage Deadline | December 31, 2023 |