



FOR FAMILY *By Family*

2021

ANNUAL REPORT

acofp | AMERICAN COLLEGE
OF OSTEOPATHIC
FAMILY PHYSICIANS

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MESSAGE FROM THE ACOFP PRESIDENT

Greetings, osteopathic friends and family! It is my privilege to serve as your ACOFP president as we come together for our 59th Annual Convention & Scientific Seminars in Dallas, Texas. I have the unique opportunity to share the successes of our organization with you for a second straight year.

In March 2021, we conducted a virtual Congress of Delegates to induct new governors, present the annual budget and discuss resolutions—quite an accomplishment by our speaker, vice speaker and staff to conduct this business expertly and efficiently. In our post-convention survey, many delegates truly appreciated the virtual reference committee format; therefore, we planned this year's Congress in a hybrid format. Likewise, our membership continues to respond positively to our virtual CME offerings and eLearning opportunities, which expanded in response to the COVID-19 pandemic and will remain a priority for ACOFP going forward.

The work of your Board of Governors, committees, work groups and task forces was exemplary this year. The Task Force on Diversity, Equity and Inclusion made 15 recommendations to the Board of Governors to advance the vision of making our organization representative of our profession, welcoming to our members and a continuous source of excellent education for physicians and patients.

The Task Force on Governance spent the past two years working with the Association Management Center to explore leading practices in the governance of healthcare associations and how to position ACOFP to be efficient in an ever-changing medical and societal environment. Their resolutions requested that Congress consider changes to the Constitution and Bylaws to ensure continued diversity in our Board of Governors and a continual pipeline of future leaders.

As always, ACOFP advocates for osteopathic family physicians, their patients and the communities they serve. These efforts—through the Federal Legislative & Advocacy Committee and under the advisement of lobbying firm Alston & Bird LLP—have resulted in ACOFP comments on legislation regarding physician payment reform, Medicare cuts, COVID-19 funding relief, healthcare worker vaccinations, school mask requirements, maternal health and nutrition in school-aged children.

We continue to work with other family medicine organizations, such as the American Academy of Family Physicians and the American Board of Family Medicine, through the Family Medicine Leadership Consortium, in areas of residency education standards and ensuring a stellar primary care workforce to take care of the aging population. And in the spirit of partnerships, ACOFP, the ACOFP Education & Research Foundation and the American Osteopathic Board of Family Physicians work diligently to raise awareness and accessibility of osteopathic board certification in family medicine through the Early Entry Initial Certification program and the *Forging Our Osteopathic Future* campaign.

Although this year continues in mostly virtual formats and we long to return to normalcy, ACOFP remains committed to its core elements of education, leadership and advocacy while continuing to innovate and prosper. Our successes are measured in the satisfaction of our members, and we are thankful for your membership and confidence in our ability to represent you, which you have shown by one of the highest membership renewal rates in ACOFP history.

As my term as president nears the end, I can reflect that it was not at all how I envisioned it would be, but truly believe that it was the way it was meant to be. I represented the organization as the fourth female and youngest president during a time of unrest and uncertainty; during a time that has required selfless decision making, innovation, accommodation and acceptance, much like a day in the life of a mother, wife and working physician. My service has been during a time that ACOFP was poised to succeed despite the circumstances, due to the diversity of our board leadership, knowledge of our exceptional staff and support of our membership. It has been the honor of a lifetime, and I am forever grateful.

Thank you for all that you DO!



**Nicole Heath Bixler,
DO, MBA, FACOFP**
ACOFP President,
2020-2022

MESSAGE FROM THE EXECUTIVE DIRECTOR

As a leader, I dedicate time for reflection all year long. What's going well? What could be enhanced? To whom can I express my gratitude? Who needs a boost of support? These are a few of the many questions I ask myself to best support ACOFP's and the ACOFP Foundation's boards, volunteers, staff, members and, ultimately, the established strategic priorities. In the spirit of year-end reflections, I compiled a top-10 list of words that I felt encapsulated another stellar year.

- 1. Resiliency.** ACOFP spent the last year showing our collective ability to not only bounce back from the COVID-19 pandemic, but also to thrive. We welcomed 261 new members and increased our member retention to 89%, which is a 5% increase over the previous five years.
- 2. Family.** As we interviewed candidates for open positions this year, they quickly picked up on the close-knit, family staff culture of ACOFP, noting how genuine it feels. Moments like this make me extremely proud of the culture we continue to foster, as I find it closely mirrors the special family connections of ACOFP members.
- 3. Innovation.** Leadership, volunteers and staff collaborated, developed and hosted a complete annual convention on a new, robust virtual platform. As you'll read later in the report, members truly appreciated the new innovations.
- 4. Experimentation.** Given the ongoing pandemic, we tried a new way of convening the ACOFP Congress of Delegates. Under the terrific leadership of Speaker Elizabeth A. Palmarozzi, DO, FACOFP, and Vice Speaker Antonios J. Tsompanidis, DO, FACOFP—and in great partnership with staff—we held a very successful, completely virtual Congress.
- 5. Leadership.** The strategic work of the ACOFP Board, the Foundation and the numerous committees, work groups, task forces and staff that have helped achieve ACOFP's mission and vision resulted in the American Osteopathic Association awarding ACOFP as one of the recipients of the inaugural Outstanding Affiliate Award. ACOFP President Nicole Bixler, DO, MBA, FACOFP, who served as your president the entire 2021 calendar year, and more, deserves a special shout out—all during a pandemic that brought new challenges and opportunities, and she shined while working to lead ACOFP through it all.
- 6. Inclusivity.** For years, leadership invested time and resources to research ways for ACOFP to best govern itself in a way that is flexible, nimble and inclusive of our diverse membership. The ultimate goal is to ensure a vibrant leadership, volunteer and membership community that will help advance ACOFP for years to come.
- 7. Impact.** One example of our work to drive positive impact through all of our programs, products, services and advocacy efforts is the ACOFP Foundation's Initial Certification Grant, which provided an additional 110 residents up to \$1,400 to take both the cognitive and practical American Osteopathic Board of Family Physicians initial certification exams.
- 8. Passion.** If you ever need a pick-me-up, check out the energy and activity exuding from ACOFP students and residents. Their passion for osteopathic medicine increased in exposure this year with the DO.fm student podcasts and amplified social media presence. I encourage you to check out these sections of this report. The profession's future is bright!
- 9. Opportunity.** Partnerships definitely help yield new opportunities for the profession. This year, subject matter experts and staff from the Endocrine Society and ACOFP collaborated to produce a new diabetes certificate of training program that launches in early 2022.
- 10. Gratitude.** The words "thank you" don't seem to be enough to encapsulate all the gratitude I feel for ACOFP and Foundation leadership, volunteers, members and staff. Under extremely challenging circumstances, you have all risen to meet the challenges of the day and help ACOFP prepare for a better tomorrow!

As I conclude my first three years at ACOFP, I appreciate the opportunity to serve and look forward to the exciting years ahead.



Bob Moore, MA, CAE
ACOFP Executive Director,
ACOFP Education &
Research Foundation
Executive Director

STRATEGIC PLAN 2020-2024

• MISSION

The mission of the American College of Osteopathic Family Physicians is to promote excellence in osteopathic family medicine through quality education, visionary leadership and responsible advocacy.

• VISION

The vision of ACOFP is to be the professional home for all individuals with a commitment to osteopathic primary care.

• CORE VALUE STATEMENT

ACOFP is your:

- **P**rofessional family
- **A**dvocate for the profession and patients
- **T**rustworthy resource
- **H**ome for family medicine and osteopathic distinctiveness

We do this by being:

Accessible
Innovative

Inclusive
Diverse

Passionate

GOALS AND OBJECTIVES



ENHANCE AND SUPPORT

Enhance and support lifelong learning along the education continuum in osteopathic family medicine.

- Increase student knowledge of osteopathic family medicine.
- Enhance the professional development of family medicine residents.
- Enhance CME access and scope.



STRENGTHEN AND ADVANCE

Strengthen and advance our membership, governance, operations and resources.

- Maximize organizational effectiveness.
- Augment and optimize technology and communications.
- Increase member engagement.



ADVOCATE FOR RECOGNITION

Advocate for recognition and advancement of osteopathic family medicine.

- Increase education about the value of osteopathic family medicine.
- Increase legislative impact.
- Maximize member involvement.



ANNUAL CONVENTION MAKES CONNECTIONS

In light of the COVID-19 pandemic, ACOFP leadership made the strategic decision to host the ACOFP 58th Annual Convention & Scientific Seminars completely virtually. ACOFP streamed the live event March 11-14 on the Pathable platform, providing all attendees with on-demand access for one year after it concluded.

New this year, we were able to implement several recommendations from the Task Force on Convention Innovation report, which leaders approved in October 2020:

DIFFERENT TRACKS

Attendees could choose from educational programming divided by track (general care, emergent care, outpatient care, in-patient care and new physician and resident). Seventy-seven percent of conference-goers found this helpful.

CONCURRENT SESSIONS

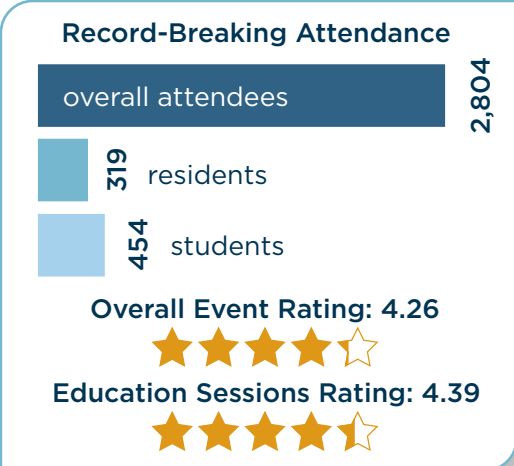
Attendees could choose from multiple sessions taking place concurrently, which allowed them to select content of most interest live, while having the opportunity to stream other content on-demand. Ninety-four percent of attendees liked having these options available.

OPENING KEYNOTE

This year, we featured Grammy-nominated spoken word poet, Sekou Andrews, as our keynote speaker, who provided a breakdown of diversity and how it can be a positive force for change. This session rated in line with the event as a whole at 4.26/5.

The ACOFP convention had a wide variety of topics and made it possible to view those lectures on my time, allowing me to continue working during the day and watch the lectures when I had the time.

This was the best virtual meeting I have been to in the last year. I loved the Idea Exchange and the chats. It helped make me feel like I was connecting with people again. I have missed that.



Enhance and support lifelong learning along the education continuum in osteopathic family medicine.

1
ENHANCE AND SUPPORT

INTENSIVE OSTEOPATHIC UPDATE FEATURES ENHANCED PROGRAMMING

In the second year of the rebranded and re-imagined Intensive Osteopathic Update (IOU) conference—formerly Intensive Update & Board Review—we continued to add new features as the event went virtual for the second time. Using the Pathable platform, we presented a well-organized and easy-to-use virtual event.

In addition to general programming, IOU featured programming across the following tracks:

- **Consult Central (Consultative Track):**
Included diagnostics and therapeutics of commonly seen office medical issues.
- **Diversity, Equity and Inclusion Track:**
Addressed diversity, equity and inclusion as they pertain to modern-day medicine.
- **Wellness Track:**
Enhanced wellness for both physicians and their patients.
- **Osteopathic and Integrative Medicine Track:**
Refreshed knowledge in musculoskeletal and systemic medical conditions.



As a family physician, I thought the quality of the speakers was exceptional. I loved the idea of the virtual option and look forward to this platform in the future.

ACOI PARTNERSHIP



This year, ACOFP partnered with the American College of Osteopathic Internists (ACOI). The content bridged the two specialties, and the conference was open to ACOI members at the ACOFP member rate. The partnership resulted in eight great sessions and laid the groundwork for future collaborations.



ASSOCIATION MEDIA & PUBLISHING EXCEL AWARD

The ACOFP communications & engagement team entered the 2020 Intensive Osteopathic Update advertising campaign in the Association Media & Publishing EXCEL Awards competition. The campaign earned ACOFP a gold award in the Advertising Campaign category.

eLEARNING OPPORTUNITIES EXPAND IN 2021

WEBINARS

This year, ACOFP continued to offer free webinars to members with topics on wound care, slowing Type 1 diabetes (T1D) progression and joint injections.



Slowing T1D Progressions: Updates on Screening Tests and Emerging Treatments

was a grant-funded partnership course with Med-IQ and the Juvenile Diabetes Research Foundation. Thus far, 144 physicians have taken advantage of this continuing medical education (CME).



Beyond Bandages: A Deeper Dive into Wound Care

was presented as a webinar in place of a workshop typically held at the annual convention. More than 140 attendees viewed this free CME program.



Joint Injections was another webinar converted from a workshop typically presented at the annual convention. In sum, 122 physicians attended this course, and attendees rated the value to be either excellent or good.

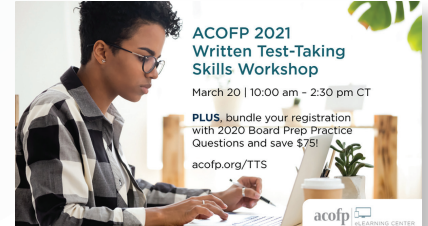
All of these programs are available on-demand to members for free in the ACOFP eLearning Center.

WORKSHOPS

Continuing with the virtual theme, ACOFP provided in-depth education to its members through three virtual workshops.

The first was the ACOFP 2021 Written Test-Taking Skills Workshop.

This workshop was very successful, breaking the previous in-person attendance record with 84 registrations and exceeding our budgeted revenue by 25%. Ninety-six percent of attendees rated it excellent/good and felt more prepared for their board exam after attending.



In **Common Braces and Splints in Primary Care**, the faculty did an excellent job of demonstrating splints and having attendees show their work over Zoom. We measured the impact of the training through surveys. Beforehand, no attendees indicated comfort in splinting and bracing, but by the conclusion, 86% of attendees responded they were now comfortable in placing the splints and braces discussed.

Originally planned as a pre-conference session in conjunction with OMED21, **Resident Cognitive Assessments: Development and Interpretation** was moved to virtual, along with OMED. Though a small group attended, the impact was significant, as nine new questions were created as part of this process for ACOFP assessments, and 100% of respondents said they now understand how writing test items factors into the ability to positively impact resident education.

Learn more: acofp.org/eLearning

PODCASTS

ACOFP's podcast channel, DO.fm, continues to grow with four podcast series and 14 podcast episodes produced during the past year. Our most popular podcast of 2021 was the crossover episode in which representatives from the National Student Executive Board interviewed ACOFP President Nicole Bixler, DO, MBA, FCOFP. Cuts of this episode were featured in both the Women in Leadership Series and Student Edition.



Learn more: acofp.org/podcasts

OMT CONTENT REACHES THOUSANDS

Central to what makes osteopathic physicians unique, osteopathic manipulative treatment (OMT) remained a significant focus for ACOFP during 2021—even though we were unable to meet in person to conduct hands-on workshops.

ACOFP's OMT video libraries—**OMTotal** (for practicing physicians) and **OMTeaching** (for residents and students)—held interest for many. More than 3,000 practicing physicians subscribed to OMTotal, including members who bundled their subscription with their 2021 membership dues renewal. OMTeaching had nearly 2,500 subscribers across three colleges of osteopathic medicine and 32 residency programs.



ACCME ACCREDITATION

ACOFP's initial application for accreditation from the Accreditation Council for Continuing Medical Education™ (ACCME) was approved to move onto the next round of evaluation. ACOFP is on track to have our initial application reviewed in February and the final decision on ACCME accreditation in July.

OFP EMPHASIZES OSTEOPATHIC MEDICINE

Published six times a year, ACOFP's official peer-reviewed journal, *Osteopathic Family Physician* (OFP), provides members with insights to help them care for patients and improve their practices, while offering practical education through continuing medical education (CME) quizzes. Members have the opportunity to earn up to two hours of AOA Category 1-B CME per issue, for a total of 12 credits per year.

This year's journal issues emphasized osteopathic medicine, ranging from disorder diagnosis and treatment to pain management. As the pandemic persists, OFP editors continue to prioritize articles related to COVID-19. In 2021, each issue included at least one article on this topic, and many more are in progress for upcoming publication.



OFP by the Numbers



16
patient education
handouts published
in 2021



95
articles
submitted
in 2021



36
articles
published
in 2021



1,208
CME quizzes
taken in 2021



1,257
views of 2021
articles on
OFPJournal.com

ACOFP CONSOLIDATES FORMATIVE ASSESSMENTS

Following conversations with the American Osteopathic Board of Family Physicians (AOBFP), we consolidated the **AOBFP In-Service Exam (ISE), produced and administered by ACOFP**, and the **AOBFP In-Service Exam Plus (ISE+), produced and administered by ACOFP**, into one. Now programs can take advantage of all of the benefits of ISE+, including 75 OPP/OMM questions to meet the Accreditation Council for Graduate Medical Education (ACGME) Osteopathic Recognition (OR) requirement, with the ISE product. The consolidated ISE also meets the ACGME basic requirement and AOBFP's Early Entry Initial Certification (EEIC) requirement.



This year, we experienced a slight drop off in ISE test takers. Research is underway to learn why this trend is happening by asking programs that discontinued the exam why they chose not to use ISE. The preliminary results suggest a mix of residencies closing and fewer residents participating in existing programs. We have initiated conversations with the American Osteopathic Association (AOA) to learn more about OR residencies supporting the AOBFP certification pathway and residents not yet connected to ACOFP.



Residents from the Ascension Macomb-Oakland Hospital Family Medicine Residency Program

Registration for Formative Assessments

Test	2019	2020	2021
ISE	838	244	1,910
ISE+	1,442	1,767	N/A
CORTEX	490	561	696



ACOFP's other formative assessment, **CORTEX**, experienced significant growth in registrations—nearly 150 more than 2020.

ACOFP continues using the Catalyst platform to distribute CORTEX, allowing for a testing experience that provides the tester flexibility when they complete questions during the course of weeks.



CORTEX
CLINICAL OSTEOPATHIC RECOGNITION TRAINING EXAM

We continue to evaluate feedback on this platform, and indications suggest users like the experience.

A dedicated marketing plan and continued partner webinars with AOBFP for audiences of both program directors and residents assist in the education around how these formative assessments aid in both OR and EEIC.

Requirements Fulfilled by Each Exam	ISE	CORTEX
Meets AOBFP's Early Entry Initial Certification (EEIC) Requirement	✓	✗
Meets ACGME's Basic Requirement	✓	✗
Meets ACGME's Osteopathic Recognition (OR) Requirement	✓	✓
Number of Exam Questions	265 (190 ISE & 75 OPP/OMM)	75 (OPP/OMM)
Price	\$110 \$60*	\$95

*Special discount offered courtesy of ACOFP and the ACOFP Education & Research Foundation

EDUCATION GRANTS



To strengthen the future of osteopathic family medicine, ACOFP is working to reinforce support of this pathway throughout all stages of residency.

If a residency program does not support ISE, residents have no pathway to sit for their osteopathic certifying board exam. ACOFP and the Foundation partnered to provide grants to subsidize the cost of the AOBFP In-Service Exam and to maximize the amount of residents pursuing the osteopathic pathway.



CORRELATION STUDY



A correlation study between the ISE and the AOBFP cognitive exam was completed through a partnership with the AOA, the National Board of Osteopathic Medical Examiners and ACOFP. As a result of this partnership, we completed a research study, and the findings are being submitted for publication. The ultimate result from this work will be changing the minds of current program directors who may have held inaccurate perceptions about the predictive validity between the ISE and the AOBFP cognitive exam. This study also illustrates the predictive reliability of these exams is on par with—if not better than—the American Board of Family Medicine In-Training Examination and cognitive exam.

FACULTY DEVELOPMENT/PROGRAM DIRECTORS' WORKSHOP BEATS ATTENDANCE RECORD

We held this year's Faculty Development/Program Directors' Workshop (FDPDW) virtually, a month before the annual convention (instead of during the event), and set an attendance record of 201 total attendees and 170 paid registrants. Much of the success is attributed to the stellar content and targeted marketing, as well as a promotion with OMTeaching, in which residency programs that purchased OMTeaching subscriptions received one free registration to FDPDW. Eight MDs attended the workshop, and a number of others served as presenters.

The quality was unbelievable. I have gone for years, and this was the most educational, with the highest quality presentations we have ever had. I loved that I could go back and look at sessions later and see anything that I missed.



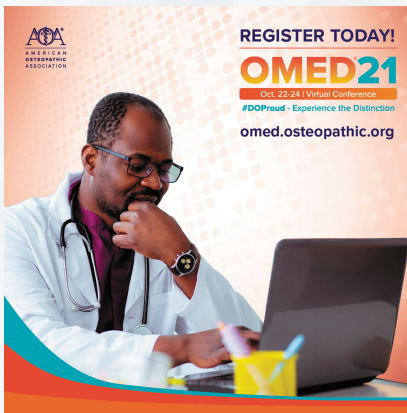
2021 Faculty Development/Program Directors' Workshop Chair Rob Danoff, DO, MS, FACOF, FAFAP, shares highlights of this year's program and invites attendees to join him.

PARTNERS MAKE IT POSSIBLE

OMED21



ACOFP participated in OMED21, in partnership with the American Osteopathic Association (AOA), as the conference moved 100% virtual approximately six weeks prior to going live. Along with 17 other specialty societies, we provided an excellent continuing medical education (CME) program of more than 26 hours on topics, including addressing red eye, dodging diagnostic errors, treating chronic kidney disease and ethical dilemmas at the end of life. From all indications, it was another successful year for OMED and feedback has been positive.



This year, we were proud to partner with the American College of Osteopathic Neurologists and Psychiatrists, American Osteopathic Academy of Sports Medicine, AOA Bureau of International Osteopathic Medicine

and Arizona Osteopathic Medical Association to offer our audience enhanced content.

More than 19 hours of CME programming from ACOFP's family medicine track at OMED are available on-demand on the ACOFP eLearning Center.

[Learn more: acofp.org/omed21](https://acofp.org/omed21)



DIRECT PRIMARY CARE SUMMIT



In July 2021, ACOFP joined the American Academy of Family Physicians, Direct Primary Care Alliance and the Family Medicine Education Consortium in hosting the virtual Direct Primary Care (DPC) Summit. This year's summit provided attendees with updated information and knowledge pertinent to the starting, growing, managing and sustaining an effective DPC practice.

The sessions included legal concerns, staffing, inclusivity, telehealth, branding, financing and other vital components of a successful practice. Attendees learned from other DPC providers and experts on how best to maximize their patient care through DPC practice. Additionally, the virtual format allowed the attendees to engage in live question and answer sessions with presenters to get their specific practice questions answered and gain insights into how the content of these presentations can apply to their unique practice models.

The demonstrative workshops—OMT and dermoscopy—allowed attendees to virtually gain functional knowledge of procedures deemed most relevant to practicing DPC physicians. *This year's summit resulted in the highest number of registrants since the inception of the conference in 2015.*

MED-IQ PROGRAMMING



ACOFP continues to partner with Med-IQ on grants

Med-IQ®

for in-person and eLearning initiatives. In 2021, we had three grants accepted for eLearning programs: Type 1 diabetes (T1D) with the Juvenile Diabetes Research Foundation, Hepatitis B virus (HBV) with the Hepatitis B Foundation and HIV/ART initiation through Gilead Sciences.

The T1D webinar is available on-demand in the ACOFP eLearning Center. The HBV program is available on-demand for ACCME credit with Med-IQ. The HIV project will launch in early 2022.

[Learn more: acofp.org/eLearning](https://acofp.org/eLearning)

COMPREHENSIVE CARE FOR PERSONS WITH DIABETES: A CERTIFICATE PROGRAM



The Endocrine Society and ACOFP have partnered to launch a certificate program titled Comprehensive Care for Persons with Diabetes: A Certificate Program. This innovative eLearning course incorporates both endocrinologists and osteopathic family physicians as they share factors to consider and unique, practical approaches to managing patients with diabetes.

The program will consist of 12 interactive modules that each have pre- and post-tests, with a comprehensive exam at the end of the eLearning course required for participants to claim their certificate. The course will be accredited for *AMA PRA Category 1 Credit™*, AOA Category 1-A CME credits, ANCC/COA credits, AAPA credits and ABIM MOC points. The certificate program launches in early 2022, and learners have one full year to complete course work and obtain their certificate.

In addition to the 12 modules and comprehensive exam, the program will include access to a resource clearinghouse for the continued learning and development of participants. The course and clearinghouse will be available in both organizations' learning management systems.

**COMPREHENSIVE CARE FOR PERSONS WITH DIABETES:
A CERTIFICATE PROGRAM**

LEARN INNOVATIVE APPROACHES TO DIABETES CARE
AND IMPROVE PATIENT OUTCOMES WITH **COMPREHENSIVE CARE
FOR PERSONS WITH DIABETES: A CERTIFICATE PROGRAM.**

- Centered around 12 interactive, online modules available on-demand that cover the full span of diabetes care
- Provides a certificate of course completion after passing comprehensive final exam
- Built by experts from diverse backgrounds spanning endocrinology, nursing, and family medicine
- Accredited for AMA PRA Category 1 credits, AOA Category 1-A CME credits, ANCC/COA credits, AAPA credits, and ABIM MOC points

FOR MORE INFORMATION AND TO REGISTER, PLEASE VISIT [ACOFP.ORG/DIABETESCERT](https://acofp.org/diabetescert).

acofp AMERICAN COLLEGE OF OSTEOPATHIC FAMILY PHYSICIANS

ENDOCRINE SOCIETY

Learn more: acofp.org/diabetescert

AMERICAN DIABETES ASSOCIATION



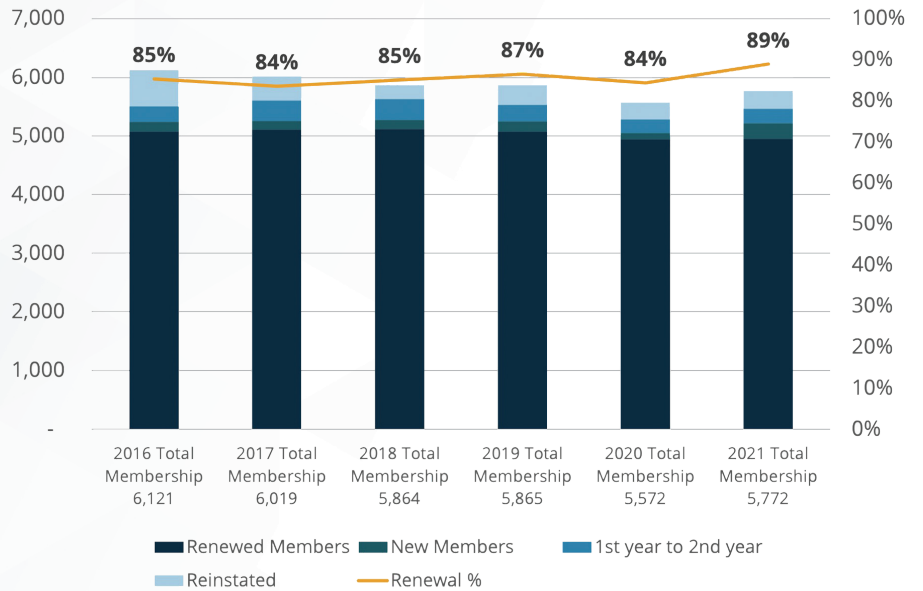
ACOFP concluded the agreed upon work from last year's memorandum of understanding with the American Diabetes Association with our session at OMED21 on therapeutic inertia (TI). We are looking at continued partnership on a new initiative slated for 2022, which will have some similarities to the previous TI project.





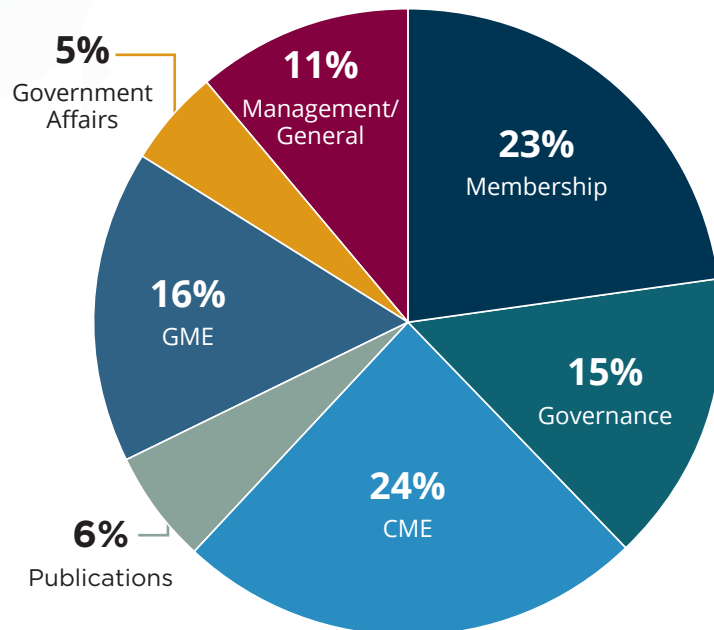
RETENTION GROWS AMID COVID-19

Membership for 2021 was up compared to 2020. We achieved an impressive 89% renewal rate, besting the previous five years. We also have welcomed—or welcomed back—569 members. We have significantly increased our communication to members, including increased outreach to non-renewed members and a lapsed member recruitment campaign.



Strengthen and advance our membership, governance, operations and resources.

2021 ACOFP Expenses: 89% of expenses were allocated for direct member support.

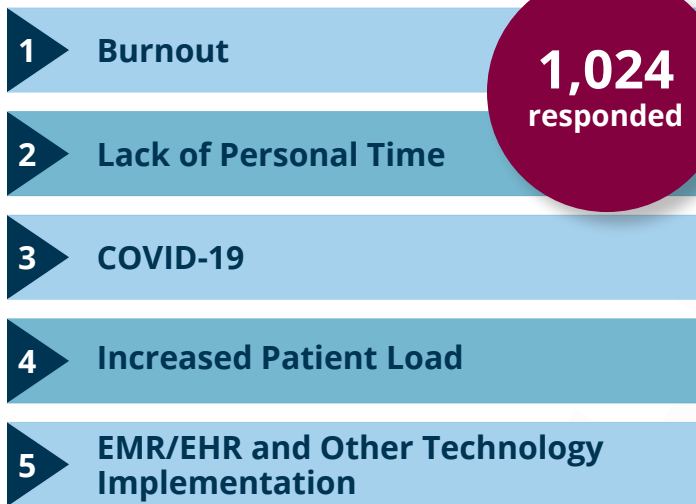


2
STRENGTHEN AND ADVANCE

A RECORD NUMBER PARTICIPATES IN MEMBER SURVEY

In November, we surveyed practicing physician members about challenges in practice and rewards in membership. Here are key highlights.

Question: What challenge(s) do you believe will most impact your ability to do your job in the year ahead?



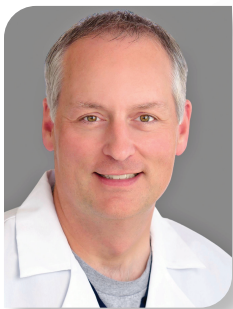
Question: How important are the following ACOFP offerings for your continued membership?



ACOFP WELCOMES MEDICAL DOCTORS AS MEMBERS

In March, the ACOFP Congress of Delegates approved the resolution to allow medical doctors (MDs) as active members. We announced the resolution in our weekly newsletter and in a press release on *PR Newswire*, and we convened the Membership Committee to discuss this unique opportunity.

The Membership Committee led a focus group in July with MDs to further identify the benefits most relevant to this group, whether ACOFP should develop new benefits and how best to communicate with this audience and encourage them to become members. Members of the Membership Committee also hosted a podcast interviewing ACOFP's first MD member, Dr. Brian Bixler.



Brian Bixler, MD



ACOFP 2021–22 Resident Council Chair Ian D. Singer, DO, JD, (center) welcomes four new MD resident members to the ACOFP family. (L to R) Aashish Dewan, MD; Rebecca Bedoya, MD; Mojda Sidiqi, MD; and Abel Suarez Mazon, MD.

GOVERNANCE

More than 300 members are engaged in ACOFP volunteer and leadership opportunities through participation in more than 40 committees, task forces and work groups.

GOVERNANCE TASK FORCE

The Task Force on Governance made and shared recommendations with the Board of Governors to increase ACOFP's governance flexibility, resourcefulness, efficiency and inclusivity. The board voted to move forward with several recommendations from the report and held a call with the Past Presidents Council to apprise them of the governance work and seek feedback.

In early 2022, state society leaders will participate in a virtual town hall to learn about these efforts, provide feedback on resolutions and ask questions. The ACOFP Congress of Delegates will consider the board's governance resolutions in March 2022.

ACOFP ENHANCES BENEFITS & RESOURCES

FREE CME

To meet our members' education needs, ACOFP provides free continuing medical education (CME) opportunities and highlights them on the homepage of the ACOFP eLearning Center. The free CME section of the eLearning Center consists of 10 courses totaling 10.25 hours of AOA Category 1-A CME. Learners claimed more than 775 certificates for these courses during the year.

Learn more:
acofp.org/freeCME

AMS/CMS ASSESSMENT

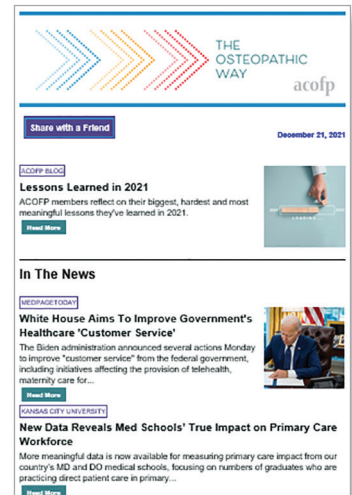
For years, members and leaders have asked for updates to the website to improve content and usability. Our current website is tied to our association management system (AMS), which limits our ability to make changes and keep the site up to current standards. Staff has been working with IT company Delcor to identify a new content management system (CMS) to improve website functionality.

Additionally, we received word that our current AMS version will not be updated in the future and the upgrade would be to an entirely new system. We are taking this opportunity to identify the best AMS to fit ACOFP's current and future needs.

MEMBER NEWSLETTER

To highlight important initiatives in the organization, ACOFP distributes a weekly member newsletter, and in October 2021, we offered a more personalized approach. Committee members began receiving a weekly round-up of the latest news coverage, in addition to happenings within ACOFP, with the help of artificial intelligence. As members engage with articles, their newsletter will become more personalized based on their areas of interest and allow us to deliver the content best suited for them.

Outside of ACOFP-generated articles and blogs, the most-viewed topics of 2021 included the risk of Alzheimer's disease, the rise of orphaned children amid the pandemic and the impact of COVID-19 on delayed care. In 2022, this re-envisioned newsletter becomes more widely distributed to all physician members.



AUTO-RENEW OPTION

ACOFP implemented changes to our dues payment process that will allow members to split their dues into multiple payments. We are offering quarterly, semi-annual and annual renewal options. These options allow members to store a credit card in our encrypted system and pay a smaller amount each quarter instead of the full dues payment at once.

FACE OF THE FAMILY PHOTO CAMPAIGN

In December 2020, ACOFP launched the Face of the Family Photo Campaign to engage members and highlight diversity within the profession and ACOFP. The campaign was launched first with students, then residents and finally practicing physicians. We received more than 400 photos from more than 300 members across the organization, which we have incorporated in recruitment and renewal campaigns, as well as general branding for the organization.



OR TOOLKIT

ACOFP, the Assembly of Osteopathic Graduate Medical Educators and the American Association of Colleges of Osteopathic Medicine collaborated to provide resources for programs that have already achieved or are applying for Osteopathic Recognition (OR).

The OR toolkit includes sample evaluations, checklists, application guidelines, online presentations and other resources meant to inspire you and to provide examples. These materials are designed to make your journey to recognition easier and help you teach the next generation of osteopathically-trained physicians.

Learn more:
acofp.org/ORtoolkit

FUSE SEARCH

The FUSE search engine on the ACOFP website was introduced in response to the 2019 resolution to maintain a searchable database and allow physician, resident and student members to seamlessly research Congress of Delegates resolution submission topics and position statements. The new search engine not only allows searching of the resolutions, but also combines the search from our other platforms into a single search—no more having to search for something on the ACOFP blog, then the ACOFP website or eLearning Center.

2021 OUTSTANDING AFFILIATE AWARD

The American Osteopathic Association (AOA) created the Outstanding Affiliate Awards to recognize state and specialty college affiliates that demonstrate innovation, creativity, resourcefulness and flexibility; highlight outstanding affiliate performance; recognize affiliate contributions that advance the osteopathic profession; and celebrate and share noteworthy programs and initiatives with all affiliates to encourage best practices.

In the award's inaugural year, AOA recognized ACOFP for its commitment to the profession, along with the Michigan Osteopathic Association and the American Osteopathic College of Radiology.



ACOFP HIGHLIGHTS MEMBER ENGAGEMENT

NATIONAL VOLUNTEER WEEK

For National Volunteer Week, April 18–24, we collected videos from a cross-sectional group of volunteers on why they choose to volunteer with ACOFP. We also gathered videos from the board, thanking volunteers for their dedication to the profession, which we shared in a blog post and created a compilation video for social media.



NATIONAL OSTEOPATHIC MEDICINE WEEK

ACOFP sent out a one-question survey to ACOFP members, asking: Why did you choose osteopathic medicine? **More than 150 osteopathic physicians** responded.

I chose osteopathic medicine based on the tenants that the discipline stands for “mind, body and spirit.” I also chose osteopathic medicine due to the knowledge and application of manipulative medicine. It is a skill set I am blessed to have to learned and one that will take me far in my career of helping and healing my future patients.

*—Heather M. McGuire, OMS-IV;
2021 recipient of the Marie Wiseman Outstanding
Osteopathic Student of the Year Award*

I realized that DOs are people taking care of people with medical conditions—not just people taking care of medical conditions. The personal interest and caring attitude was immensely obvious at interviews I had at DO schools compared to MD schools. [The] holistic aspect of care, as well as OMT, were also deciding factors.

—James K. Dolney, DO

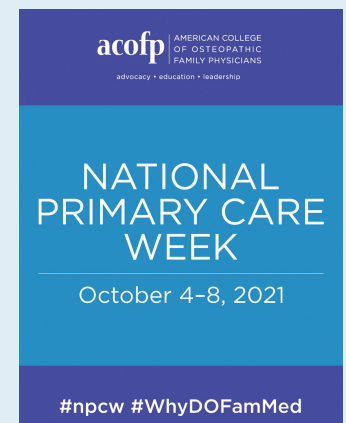
We also launched our Osteopathic Family Medicine Firsts blog series to highlight the history of ACOFP across the areas of leadership, membership and education and certification.

NATIONAL PRIMARY CARE WEEK



ACOFP celebrated National Primary Care Week, October 4–8, with a comprehensive social media campaign, featuring member videos and an Instagram engagement campaign.

In collaboration with the American Medical Student Association and the American Academy of Family Physicians, the PR Committee of the National Student Executive Board coordinated daily online activities and resources to celebrate the week. The committee also sent resources to all the student chapters to encourage participation and share it on Instagram.



Since so many videos were collected from members, we continue to feature videos in the **#WhyDOFamMed** campaign on social media, as part of an extenuating initiative dubbed **#FamMedFriday**.

ACOFPP EXPANDS DEI INITIATIVES

TASK FORCE RECOMMENDATIONS

In February 2021, ACOFP partnered with The Exeter Group to assess staff and member perceptions of how we are doing as an organization to be inclusive to all people. The Task Force on Diversity, Equity and Inclusion (DEI) used this data to present recommendations to the ACOFP Board of Governors in October, which were unanimously approved.

The report encourages ACOFP to take the following actions:

1. Create programs and materials that can be replicated, scaled and measured.
2. Collaborate with existing community groups or medical associations when possible.
3. Embed DEI initiatives in all that we do as an organization.

DEI ADVISORY GROUP

From the original 33 members of the DEI Task Force, 10 will stay on and act as a new DEI Advisory Group, which will assess DEI-related metrics organization-wide, review the progress of approved recommendations from the DEI Task Force and act as a resource for other DEI-related issues.

DEI BLOGS

In 2021, DEI Task Force members wrote 21 blog posts on topics ranging from personal experiences, military experience, important days/months of observance, and racial disparities in the medical community.

The blog post, “I Decided Not to Wait,” by ACOFP Vice President David J. Park, DO, FACOFP, FAAFP—chronicling his personal experience as an Asian-American—is the second-most viewed ACOFP blog post of 2021.



MEMBER PROFILE UPDATE

In August, we launched a multi-week member profile update campaign to physicians, residents and students, with more than 2,500 members verifying and updating their profile information. In addition to ensuring we have the most up-to-date information for members, this initiative was in response to one of the recommendations from the DEI Task Force. We also added information on more than 100 members who have previously served or are currently serving in the U.S. military.

PARTNERSHIPS

CEO **ACT!ON** FOR DIVERSITY & INCLUSION

CEO Action for Diversity & Inclusion



ACOFP Executive Director Bob Moore, MA, CAE, and many other organizations signed on to this coalition to support the following commitments:

- Cultivate trusting workplaces that can have complex, and sometimes difficult, conversations.
- Implement and/or expand unconscious bias education.
- Share best practices.
- Create and share strategic inclusion and diversity plans with governing bodies.

As a result, ACOFP gains access to a wealth of free DEI resources. The coalition, led by PricewaterhouseCoopers, offers a virtual meeting every year for CEOs and one for the staff who oversee DEI.

Family Medicine Committee on Anti-Racism (FM-CAR)



Inspired by the American Medical Association’s strategic plan addressing health equity and racism, the Family Medicine Leadership Consortium (FMLC) recognized the advantage of having a coordinated approach across family medicine to address racism. The FM-CAR is tasked with bringing recommendations on a coordinated approach/plan, shared talking points and messaging to FMLC.

STUDENT PRESENCE INCREASES

The Student Association of the ACOFP has 52 student chapters at 59 colleges of osteopathic medicine and branch campuses. Led by the National Student Executive Board (NSEB), the student association has four active student committees: education, membership recruitment, public relations and resolutions.

COMMUNICATIONS

Members of the NSEB and the Student Education Committee developed content for the monthly student newsletter, including the Resident Spotlight blog series, in which students interviewed members of the Resident Council about their programs, what to look for in a program and work-life balance.

The Public Relations Committee also highlighted a student chapter activity each month in the newsletter and student chapter presidents in the Student Spotlight series on social media.

EDUCATION

The Student Association of the ACOFP hosted eight podcasts on DO.fm: Student Edition, featuring interviews with physicians. They discussed how to pursue career opportunities within the specialty and asked residents to discuss their journey in medicine. The Student Education Committee hosted webinars on motivational interviewing skills and “Oh the Places You’ll Go.”

In March, the Student Association held a student-centric educational track as part of ACOFP ‘21 Virtual, featuring programming on residency programs, research opportunities, osteopathic manipulative treatment, diversity and wellness. The student association also hosted the Family Med-Tread Virtual 5K service project, in conjunction with

CHAPTER ENGAGEMENT

Led by 150 student volunteer leaders, the ACOFP student chapters held 658 events or activities over the course of the year.

To support leadership development, members of the NSEB hosted quarterly regional chapter president roundtables to discuss chapter family medicine activities and national and local challenges they face, and hosted meetings monthly with a new expert from a committee or the Resident Council.

the convention to engage members and fundraise for the Skin of Color Society.

ADVOCACY

In partnerships with state societies for the 2021 Congress of Delegates, the student association submitted five resolutions on osteopathic recognition in ACGME programs, climate change, access to medical nutritional therapy for obese patients, mental health counselors for medical students and nutritionally balanced, low-cost or free meals for children in schools. The ACOFP Congress of Delegates also approved a resolution to allow the student association to have one seated voting delegate at all future congresses.



Student Association of the ACOFP Lake Erie College of Osteopathic Medicine Bradenton Chapter President Marisa Sauer, OMS-II, shows her ACOFP pride with a student member pin on her white coat.

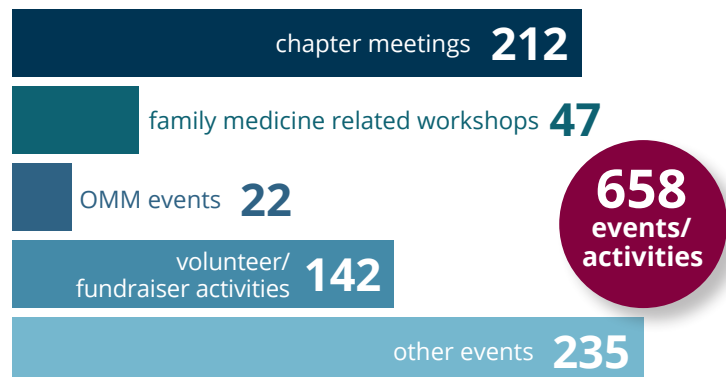
AACOM/AOGME VIRTUAL RESIDENCY FAIR



On August 6, ACOFP participated in a virtual residency fair, hosted by the American Association of Colleges of Osteopathic Medicine (AACOM) and the Assembly of Osteopathic Graduate Medical Educators (AOGME). ACOFP hosted a booth to discuss membership and field questions from interested students.

Learn more: acofp.org/students

ACOFP Student Chapter Events/Activities in 2021



ACOFP ENHANCES PARTNERSHIP WITH AFFILIATE



Student Doctor Alex Carbonel presents his first-place research project to ACOFP-CA Immediate Past President Elizabeth dos Santos Chen, DO; ACOFP President Nicole Bixler, DO, MBA, FACOFP; and ACOFP-CA President Abraham Chen, DO.

ACOFP affiliate societies provide valuable grassroots networks, advocacy for osteopathic family medicine, community-based continuing medical education and leadership development opportunities.

ACOFP-MW

In March 2021, the ACOFP Congress of Delegates approved the first regional society, the American College of Osteopathic Family Physicians - Mountain West Regional Society. Officially chartered under the state of Utah, the new society also represents physicians in Idaho and Wyoming.



JOINT DUES BILLING PROGRAM

For no additional fee, ACOFP will include affiliate societies' dues billing on the national dues invoice, both in print and online, for members in their region or state. ACOFP also offers membership data sharing services with the executives of the participants to assist with their membership management. This year, 20 regional and state societies participated in the program.

WEBINAR SERIES

This year, ACOFP introduced a new service for state society executives and leaders: a live webinar series. ACOFP has hosted interactive webinars on leadership succession, volunteerism, member retention and engagement, and sponsorships.



ACOFP President Nicole Bixler, DO, MBA, FACOFP, (right) represents ACOFP at one of the first in-person affiliate society meetings in over a year with the Maine Osteopathic Association and Maine Chapter of the ACOFP. Shown here with Merideth Norris, DO, FACOFP; Brian Kaufman, DO.

LEADER VISITS

In 2021, members of the ACOFP Board of Governors participated in 13 state society events and installed 10 new state society presidents. They traveled to five in-person or hybrid meetings and joined eight virtually.

MASK REQUIREMENT LETTER

In August, ACOFP released a statement advocating for the requirement of face masks for all students aged 2 years or older, teachers and staff in K-12 schools while indoors—regardless of vaccination status—in alignment with expert medical guidance from the U.S. Centers for Disease Control and Prevention and the American Academy of Pediatrics. Given the inability to vaccinate children under 12 and the growing impact of the Delta variant at the time, 13 state societies signed on.

Learn more: acofp.org/masks



Advocate for recognition and advancement of osteopathic family medicine.

3
ADVOCATE FOR RECOGNITION

ACOFP ADVOCATES FOR THE PROFESSION

ACOFP significantly invests resources into our advocacy efforts so that we represent the needs of osteopathic family physicians. This has been especially imperative in light of the COVID-19 pandemic and its direct challenges to practicing physicians. From our weekly newsletter and advocacy education to comment letters to members of Congress, we work tirelessly on behalf of our membership to advocate for the profession and to keep members informed on the latest legislation and regulatory updates.

MEDICARE SEQUESTER CALL-TO-ACTION CAMPAIGN

As osteopathic family physicians tirelessly responded to the pandemic to ensure patients have access to high-quality primary care, looming Medicare reimbursement cuts of up to 9.75 percent threatened physicians, their practices and their ability to serve their communities in 2021.

In February, ACOFP began a letter-writing campaign for Reps. Brad Schneider (D-CA) and David McKinley's (R-WV) legislation, H.R. 315, the *Medicare Sequester COVID Moratorium Act*, calling to extend the 2% Medicare sequester moratorium through the public health emergency (PHE). **One hundred thirty-one ACOFP members submitted letters to their representatives.** Although H.R. 1868 did not extend the 2% sequester for the remainder of the PHE, Congress did respond to ACOFP's message of ensuring the sequester did not impact providers in the near term.

As the end of the year approached, Congress weighed additional cuts, and ACOFP members were once again asked to take action. In December, ACOFP launched a second letter-writing campaign to members of Congress, urging them to avert the payment cliff by maintaining Medicare reimbursement levels through the COVID-19 PHE.

On December 10, President Biden signed into law S. 610, the *Protecting Medicare and American Farmers from Sequester Cuts Act*, which included provisions to extend the Medicare sequester moratorium through March 31, 2022; provide a 3.0 percent Physician Fee Schedule increase in 2022; delay the impact of the Pay-As-You-Go sequester to 2023; and provide Senate procedures to address the debt limit.



ACOFP December Letter-Writing Campaign



120

members sent

360

letters to members of Congress

PRINCIPLES OF HEALTHCARE SYSTEM REFORM

The ACOFP Principles of Healthcare System Reform lists important issues and states ACOFP's position in representing osteopathic family physicians. Developed by Alston & Bird, in partnership with the ACOFP Federal Legislation & Advocacy Committee, and presented to the Board of Governors for approval, the document focuses on key priorities, including the family physician shortage, improved outcomes and reduced costs through primary care, the family medicine model of care, vulnerable populations and the opioid crisis.

ACOFP 2021 Principles of Health Care System Reform

acofp AMERICAN COLLEGE OF OSTEOPATHIC FAMILY PHYSICIANS

Learn more: acofp.org/AdvocacyPriorities

COMMENT LETTERS

ACOFP submits comment letters on key issues to government agencies, such as the Centers for Medicare and Medicaid Services, the U.S. Department of Health and Human Services, and Congress. In 2021, we submitted nine comment letters from ACOFP alone and an additional 12 in partnership with other organizations.



What New E/M Reimbursement Adjustments Mean for Family Physicians

Enacted on December 27, the Consolidated Appropriations Act, 2021 (CAA) is one of the largest bills ever passed by Congress—both in terms of funding and policy changes. While there are numerous modifications impacting family medicine physicians, we are focusing on those impacting the Medicare Physician Fee Schedule (PFS).

Key Adjustments

The CAA made the following significant modifications to the PFS:

- Extend the moratorium of Medicare sequestration through 3/31/2021 (averts a 2% reduction in Medicare provider payments that would have commenced on 1/1/2021)
- Increase the PFS Conversion Factor (CF) by 3.75% for 2021
- Restore the 1.0 floor on the work Geographic Practice Cost Index (GPCI) through 2023
- Delay implementation of the inherent complexity add-on code for evaluation and management (E/M) services (G2211) until 2024

According to the Centers for Medicare & Medicaid Services (CMS), these adjustments result in a revised CF of 34.8931. CMS previously finalized a CF of 32.4085 for 2021, meaning the CF is increasing by 7.667% compared to what was originally finalized.

The many policy changes CMS finalized, including updated relative value units (RVUs) for office/outpatient E/M visits (CPT codes 99202-99205 for new patients and CPT codes 99211-99215 for established patients), as well as the new framework for E/M level selection, remain in place and are not impacted by the changes made by the CAA.

Implications for Family Physician Reimbursements

NEXT POST
Treating Osteoarthritis Flare-Ups in the Age of COVID-19

PREVIOUS POST
Food for Your Mood: Nutrition as a Part of the Treatment and Prevention of Major Depressive Disorder

Categories

- Advocacy
- COVID-19
- Diversity, Equity and Inclusion
- From the President's Desk
- Health & Wellness
- Namey/Burnett
- Practice Management

ADVOCACY BLOG POSTS

ACOFP published six advocacy blog posts during the year, with topics ranging from graduate medical education legislative changes and the annual Medicare Physician Fee Schedule proposed rule to broader issues like defining advocacy and the role of advocacy in diversity, equity and inclusion initiatives. The blog, "What New E/M Reimbursement Adjustments Mean for Family Physicians," is the third most-viewed ACOFP blog post from 2021.

ADVOCACY IN OTHER FORMS

ACOFP RESPONSE TO DO DISPARAGEMENT

In September, ACOFP President Nicole Bixler, DO, MBA, FACOFP, issued a response on Twitter to the disparagement of DOs by comedian Hasan Minhaj on a “Tonight Show Starring Jimmy Fallon” episode. Dr. Bixler also recorded a heartfelt message for the medical community, encouraging everyone to stay strong and united.

There are so many positive and strong physicians and healthcare teams that are working in concert to be able to bring health to our communities... We are proud to do what we do. Keep up the great work!

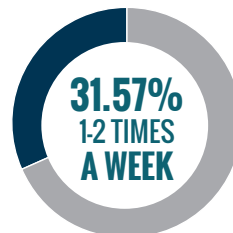
— Nicole Bixler, DO, MBA, FACOFP



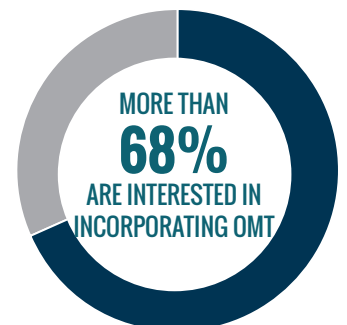
RESIDENT OMT SURVEY

In September, the ACOFP Resident Council launched a survey to gather information on how residents and residency programs incorporate osteopathic manipulative treatment (OMT). More than 500 residents completed the survey.

Question: On average, how often do you perform OMT?



Question: Are you interested in incorporating OMT within your future practice?



PARTNERSHIPS

Family Medicine Leadership Consortium



In 2021, ACOFP joined fellow members of the Family Medicine Leadership Consortium (FMLC)—including the Society of Teachers

of Family Medicine, the American Academy of Family Physicians and the American Board of Family Medicine—to discuss important topics like the National Academies of Sciences, Engineering and Medicine report, *Implementing High-Quality Primary Care: Rebuilding the Foundation of Health Care*, and ways each organization can help support the stated recommendations. We also discussed diversity, equity and inclusion in family medicine; the duration of family medicine residency education; and more.



FMLC

Family Medicine
Leadership Consortium



Primary Care Collaborative



The Primary Care Collaborative (PCC) is a nonprofit multi-stakeholder membership organization dedicated to advancing an effective and efficient health system built on a strong foundation of primary care and the patient-centered medical home. As an executive member, ACOFP engages in PCC activities virtually and in person to ensure we are on the forefront of innovations in care delivery, payment reform, patient engagement and benefit redesign.

In November, ACOFP participated in the PCC Online Working Summit. ACOFP President Nicole Bixler, DO, MBA, FACOFP, presented on a panel discussion about primary care innovations and the diverse ways that primary care is innovating to meet community needs.



pcc

primary care
collaborative



ACOFP Education & Research Foundation



Funded by donations to the *Forging Our Osteopathic Future* campaign, the ACOFP Education & Research

Foundation provides grants of up to \$1,400 to residents seeking American Osteopathic Board of Family Physicians (AOBFP) initial board certification. Eligible residents must complete both the practical and the cognitive AOBFP exams to qualify for the grant, ensuring osteopathic distinctiveness through osteopathic manipulative treatment expertise.

acofp

EDUCATION &
RESEARCH FOUNDATION

[Learn more: acofpfoundation.org](https://www.acofpfoundation.org)

RECOGNIZING EXCELLENCE IN THE PROFESSION

ACOFP AWARDS



Osteopathic Family Physician of the Year Award

Bruce C. Brink Jr., DO, FACOFP



Lifetime Achievement Award

Joel Feder, DO, FACOFP *dist.*



Certificate of Special Recognition

Robert C. DeLuca, DO, FACOFP *dist.*



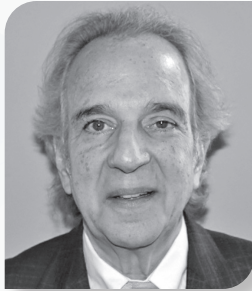
Diversity, Equity and Inclusion Award

Tejal Patel, DO



Outstanding Female Leader Award

Barbara E. Walker, DO, FAAFP, FACOFP



Excellence in Advocacy Award

Ira P. Monka, DO, MHA, FACOFP



Osteopathic Family Medicine Educator of the Year Award

Peter F. Bidey, DO, MSED, FACOFP



New Osteopathic Family Physician of the Year Award

Rachel A. Young, DO



Distinguished Service Award

Carol L. Henwood, DO, FACOFP *dist.*



Distinguished Service Award

Stephen L. Legault, MSW

AOF/ACOFP Outstanding Resident of the Year Award in Family Medicine



The Outstanding Resident of the Year Award in Family Medicine, presented by the American Osteopathic Foundation (AOF) in partnership with ACOFP, honors outstanding family medicine residents and acknowledges professional excellence. This year's



recipient, Capt. Joshua A. Herring, DO, was recognized at the 2021 AOF Honors Gala for his contributions to family medicine. He helped to combine the osteopathic manipulative treatment clinic with the acupuncture clinic as part of Eglin Air Force Base Hospital's new Complementary Alternative Medicine Clinic, in addition to developing and planning the clinic's processes and procedures.

FELLOWS OF THE ACOFP

The Fellow of the ACOFP (FACOFPP) is an honorary designation bestowed upon candidates who have contributed outstanding national and local service through teaching, authorship, research or professional leadership, as well as commitment to the health and welfare of their patients and to the future of osteopathic family medicine. The 2021 Class of the ACOFP Conclave of Fellows was recognized during a virtual ceremony on March 12.



Eileen Conaway, DO,
FACOFPP



Paula Gregory, DO, MBA,
FACOFPP



Mark Kauffman, DO, MSMEd,
FACOFPP



Anthony Leazzo, DO,
FAOASM, FACOFPP



Rebecca D. Lewis, DO,
FACOFPP

*2021 recipient of the
Most Outstanding Paper Award*



Priscilla Tu, DO, FAOASM,
FAAFP, FAAMA, FACOFPP

*2021 recipient of the
Outstanding Paper Crest*



John C. Welch Jr., DO,
FACOFPP



Hallie Y. Zwibel, DO, MPH,
FAAFP, FACOFPP

AACOFP *Auxiliary* TO THE AMERICAN COLLEGE OF OSTEOPATHIC FAMILY PHYSICIANS

AUXILIARY TO THE ACOFPP AWARDS

MARIE WISEMAN OUTSTANDING OSTEOPATHIC STUDENT OF THE YEAR

Heather Marie McGuire, OMS-IV, was recognized as the Marie Wiseman Outstanding Osteopathic Student of the Year. The award—selected in partnership by ACOFP and the Auxiliary to the ACOFP—recognizes an osteopathic medical student who demonstrates strong philanthropic and community service.



EMERGING OSTEOPATHIC STUDENT LEADER AWARDS

Seema Mehta, OMS-III; Vikesh Shrestha, OMS-II; and Jasmine Nguyen, OMS-II, received the Emerging Osteopathic Student Leader Awards, affirming the recipients' interest in association leadership.

OSTEOPATHIC FAMILY MEDICINE STUDENT AWARDS

- Dakota Brook Boisseau, OMS-III
- Gina Cifani, OMS-II
- Nicholas Dominick, OMS-III
- James Wyatt Eikermann, OMS-III
- Kathryn A. Hawks, OMS-IV
- Allison Hecht, OMS-III
- Katie Hernandez, OMS-II
- Lynzee Janowitz, OMS-II
- Brittany R. Johnson, DO
- Srijesa Khasnabish, OMS-IV
- Kristine Kim, OMS-III
- Joe Li, OMS-III
- Velinda Liao, OMS-III
- Sarah Muder, OMS-II
- Kaleigh Mullen, OMS-IV
- Michael Page, OMS-IV
- Jordan D. Rawlings, OMS-III
- Rachel Souza, OMS-II
- Ross Tanick, OMS-III
- Brett Traxler, OMS-III

SCIENTIFIC RESEARCH AND CLINICALLY ACADEMIC POSTER PRESENTATION COMPETITION

Original Research

First Place: Resident

Kristine LaRocca | *Type II Diabetes Mellitus: A feasibility study of Virtual Group Counseling and Accountability*

First Place: Student

Esther Lee | *Osteopathic Manipulative Treatment for Sinusitis Relief: A pilot study*

Case Reports

Resident Winner

Farrell Roseberry | *Lumbago, Cervicalgia, and Hypoxemia Oh My: An Osteopathic Approach*

Student Winner

Arianne Kalra | *Warning Signs: Kaposi's Sarcoma in Late HIV Diagnosis*

OFF AWARDS

OFF Attending Paper of the Year



Selena G. M. Raines, MPH, DO



Amanda L. Ramey, DO

OFF Resident Paper of the Year



Omar Bukhari, DO, PGY-2

OFF Student Author of the Year



Ravi Chinsky, OMS-III



2021 NAMEY/BURNETT PREVENTIVE MEDICINE WRITING AWARDS

First Place

The Importance in Establishing with a PCP Amid a Global Pandemic, by Athena Chatzigiannidis, DO; Kendall Harris, DO; and Dustin Beck, DO

Second Place

Face Masks as a Preventive Measure in the COVID-19 Pandemic, by Colleen Maher, OMS-IV

Third Place

Improving Health By Engaging in Advocacy, by Shikha Patel, OMS-IV



2021

FOUNDATION ANNUAL REPORT

acofp ||| EDUCATION &
RESEARCH FOUNDATION

MESSAGE FROM THE ACOFP EDUCATION & RESEARCH FOUNDATION PRESIDENT

2021 has been a transformative year for the ACOFP Education & Research Foundation. Through the help of our supporters, the ACOFP Foundation was able to increase the number of Initial Certification Grants awarded, secure additional organizational partners and develop a plan for the future of our organization.

As you may know, the *Forging Our Osteopathic Future* campaign helps to ensure the visibility and viability of practicing DOs by providing funds for the American Osteopathic Board of Family Physicians (AOBFP) cognitive and practical certification exams to the next generation of osteopathic family physicians. Due to the increasing physician shortage, health disparities and need for primary care in our communities, support for osteopathic family medicine is vital—now more than ever.

Since launching the campaign in 2019, we have increased our commitment to achieving a strong and vibrant pipeline of DOs by supporting the osteopathic pathway throughout all stages of residency. We know that if a residency program does not endorse the AOBFP In-Service Exam (ISE), produced and administered by ACOFP, they have no pathway to sit for their osteopathic certifying board exam.

In addition to subsidizing the cost of the exam for our residents, we are developing a pilot program to fully pay the ISE exam fees for programs that have not traditionally supported the AOBFP exam. We know that to strengthen the future of osteopathic family physicians, it is crucial to bring more of these programs into the family, and this begins by committing to the AOBFP formative assessments.

With new and evolving ACOFP initiatives on the horizon—such as diversity, equity and inclusion (DEI) efforts—the ACOFP Foundation has recognized the opportunity and need for increased alignment as ACOFP's nonprofit partner and charitable arm by raising funds from philanthropic organizations to support these and future initiatives. Interviews with both ACOFP and the ACOFP Foundation's Executive Committees revealed two themes for the future of the ACOFP Foundation: a desire for a clear set of priorities and updated structures to support collective growth. As such, the Foundation, in partnership with ACOFP, is working to reflect on existing priorities, develop a strategic plan and establish governance best practices to support this growth and efficiently drive the work of both organizations. The challenges and opportunities facing our profession are great—and we know great things will come when we come together and take action.

As you will read in this report, it has been a busy year for the Foundation. I'd like to extend a sincere thank you to the individual and organizational partners and donors, as well as the



Paul Martin,
DO, FACOFP *dist.*
ACOFP Education &
Research Foundation
President, 2020-2022

ACOFP Education & Research Foundation Goals

PROMOTING osteopathic family physician leadership

ADVOCATING for greater awareness of osteopathic family medicine principles and practices

IMPROVING public health

leadership and support of the Foundation Board and staff, who make all of this work possible. I would also like to thank ACOFP for their continued financial and operational support of the Foundation. We look to the future with a renewed sense of optimism and know that these efforts not only benefit the profession and the patients we care for, but also our collective efforts to sustain osteopathic distinctiveness and support the next generation of osteopathic physicians.

FORGING OUR OSTEOPATHIC FUTURE CAMPAIGN GROWS

In 2019, the ACOFP Foundation launched the *Forging Our Osteopathic Future* campaign, chaired by Carol L. Henwood, DO, FACOFP *dist.*, to fund the Initial Certification Grant, which offers financial support to third-year residents taking both the American Osteopathic Board of Family Physicians cognitive and practical exams.

Fundraising began in 2019, and in 2020, nearly \$325,000 was pledged from 129 member donors and \$200,000 from 19 organizational partners, specifically for Initial Certification Grants.

In 2021, the third year of the campaign, the ACOFP Foundation focused on three priority areas: managing of the campaign, securing pledged funds and seeking passive funds. The campaign has raised 85% of its \$2 million goal—a total of \$1,714,187 as of December 31—with 67% of total pledges collected.

In addition to the commitments made directly to the *Forging Our Osteopathic Future* campaign, more than 2,100 ACOFP members contributed \$65,195 to the ACOFP Foundation when renewing their membership dues.

Thank you to our
\$100,000+
 donors for their generous support:

- American College of Osteopathic Family Physicians
- American Osteopathic Foundation
- Auxiliary to the ACOFP

Forging Our Osteopathic Future Campaign



GIVING TUESDAY

Support our osteopathic future this #GivingTuesday.

GIVING TUESDAY CAMPAIGN

The ACOFP Foundation launched a #GivingTuesday campaign as part of its first year-end appeal, reaching the entire ACOFP membership through digital communications, as well as lifetime members and lapsed donors through print mailing.

Your Support — A Demonstrable Impact

Total Pledge	Careers Launched
\$10,000	
\$7,500	
\$4,500	
\$3,000	
\$1,500	

I support the work of the ACOFP Education & Research Foundation because, as a medical student, I was provided significant assistance by many members of ACOFP, and I want to give back to the organization that supported me. With their help, I was able to become a successful osteopathic family physician and I am able to assist the next generations to achieve the same level of osteopathic success.

— Lynn M. Wilson, DO, FACOFP, FAAFP

ACOFP FOUNDATION AWARDS INITIAL CERTIFICATION GRANTS

Funded by donations to the *Forging Our Osteopathic Future* campaign, the ACOFP Education & Research Foundation launched the Initial Certification Grant program in 2019 to strengthen the next generation of osteopathic family physicians. This program provides grants of up to \$1,400 to residents seeking American Osteopathic Board of Family Physicians (AOBFP) initial board certification. Eligible residents must complete both the practical and the cognitive AOBFP exams to be eligible for the grant, ensuring osteopathic distinctiveness through osteopathic manipulative treatment expertise. The impact has been immediate, providing grants to more than 200 residents to date.

In 2021, the ACOFP Foundation awarded 110 Initial Certification Grants to qualifying third-year osteopathic family physician residents from 32 states. Additionally, the Foundation provided support to ACOFP to help subsidize the costs for 1,908 residents taking the AOBFP In-Service Exam, produced and administered by ACOFP.

This grant is immensely important to me because it allows me to continue the long held tradition of osteopathy. It's immensely important that I join the select few who choose to continue their education in osteopathic manipulative therapy. I want this to be an essential part of our practice and this is one step closer to that goal I have.

— DeAundre A. Dyer, DO

[Learn more: acofp.org/grant](https://acofp.org/grant)

It means a lot that even at this stage in our career—where we have gone through undergrad, gone through med school, even nearing the end of our residency—that someone out there is thinking of us residents and wanting to help prosper our career and wish the best for us.

— Elizabeth V. George, DO



The ACOFP Foundation has launched the careers of **210** residents.

2021 Grant Applications by State (110)

Arizona (1)	Maine (3)	New York (5)	Virginia (4)
Colorado (1)	Maryland (1)	North Carolina (2)	Washington (3)
Delaware (1)	Massachusetts (1)	Ohio (1)	West Virginia (2)
Florida (15)	Michigan (8)	Oklahoma (13)	Wisconsin (4)
Georgia (1)	Minnesota (1)	Pennsylvania (18)	Wyoming (1)
Illinois (4)	Missouri (1)	South Carolina (1)	
Iowa (1)	New Jersey (12)	Texas (5)	

ACOFP FOUNDATION BESTOWS AWARDS

The ACOFP Education & Research Foundation recognized outstanding residents and students in 2021.

SANDER A. KUSHNER, DO, FACOFP MEMORIAL OSTEOPATHIC FAMILY MEDICINE RESIDENT AWARD

Sander A. Kushner, DO, FACOFP, had a passion for osteopathic family medicine and a commitment to teaching. His legacy and impact on osteopathic medicine is evident through the physicians he trained, the colleagues with whom he worked and—most importantly—within the communities where he practiced. The Sander A. Kushner, DO, FACOFP Memorial Osteopathic Family Medicine Resident Award recognizes outstanding academic achievement and motivation for careers in osteopathic family medicine, continuing Dr. Kushner's legacy.

The 2021 recipient was David Tyler King, DO, MSed, from the Texas Institute for Graduate Medical Education and Research in Laredo, Texas.



**David Tyler King,
DO, MSed**

NAMEY/BURNETT PREVENTIVE MEDICINE WRITING AWARD

Sponsored by the ACOFP Foundation, with winners selected by the ACOFP Health & Wellness Committee, the Namey/Burnett Preventive Medicine Writing Award honors the memory of Joseph J. Namey, DO, FACOFP, and John H. Burnett, DO, FACOFP—dedicated advocates for osteopathic medicine—and recognizes the best preventive medicine blog posts submitted by osteopathic family medicine students and residents.

In 2021, the first place winners were Athena Chatziagiannidis, DO; Kendall Harris, DO; and Dustin Beck, DO. The second place winner was Colleen Maher, OMS-IV, and the third place winner was Shikha Patel, OMS-IV.

ACOFP FOUNDATION PARTNERS WITH ELI LILLY



The ACOFP Foundation is grateful for our partnership with Eli Lilly, which has graciously provided sponsorship support for the 2022 ACOFP Future Leaders Conference.

The conference is designed for outstanding new physicians and residents interested in achieving a greater awareness of their leadership style and its impact on their professional performance.

Eli Lilly's purpose of uniting caring and discovery to create medicine that makes lives better for people around the world fundamentally aligns with the Foundation's strategic goals of improving public health and developing new healthcare leaders. We look forward to continuing this partnership.



Thank You to Our Foundation Ambassadors

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FORGING OUR OSTEOPATHIC FUTURE: ORGANIZATIONAL DONOR HONOR ROLL

\$100,000+



\$25,000+



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FORGING OUR OSTEOPATHIC FUTURE: INDIVIDUAL DONOR HONOR ROLL

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