



The Virginia Academy of Family Physicians (VAFP) is committed to supporting its physician members in all aspects of their professional and personal lives. “The mission of the VAFP is to empower its members to be personal physicians who provide high quality, accessible health care, dedicate themselves to the well-being of the citizens of Virginia, and are guided by the principle that the family physician is the specialist of choice for lifelong health care.” Not only is the VAFP dedicated to the well-being of the citizens of Virginia but also to our physician members and their emotional health.

There are so many factors that contribute to burn-out; maintenance of certification requirements, regulatory and reporting mandates, electronic health records and an ever-expanding medical knowledge base just to name a few.

The VAFP focuses on improving physician well-being through our legislative and educational efforts.

Legislative Efforts to Combat Physician Burn-Out

Prior Authorization Reform – In 2015, the VAFP was successful in prescription drug prior authorization reform legislation. The VAFP was instrumental in drafting legislation that mandated implementation of electronic prior authorization options as well as developed and set parameters for implementation of best practices for the standardization of the prior authorization process across managed care plans in order to improve patient care, reduce errors, reduce delays and decrease administrative burdens and costs imposed on family physicians, office staff and carriers.

Patient Care Coordination – In 2016 and 2017, the VAFP was successful in obtaining state direction, state funding, federal HITECH funding, and launching a statewide care coordination program focused on emergency room diversion and effective connection and coordination to primary care. At no cost to physicians, these tools, EDIE and PREMANAGE, will integrate into all EMRs in operation in Virginia. This program launched for Medicaid patients in 2017 and will expand to all-payers in 2018.

Opioid Prescriptive Authority – In 2017, the VAFP was successful in amending legislation that would have overly burdened physicians by requiring substantially more office visits in order to manage chronic pain. The VAFP successfully advocated for reasonable, evidence-based, physician-developed opioid prescribing regulations promulgated by the Virginia Board of Medicine. The VAFP also successfully secured state funding for integration of the Prescription Monitoring Program into EMRs.

Step Therapy Reform – In 2018, the VAFP is committed to developing advocacy platforms to oppose and remove administrative obstacles relative to current step therapy requirements. The VAFP’s desire is to remove these obstacles so that patient care is enhanced and current administrative hassles associated with step therapy can be eliminated or reduced.



Educational Efforts to Combat Physician Burn-Out

Well-Being Educational Offerings – The VAFP’s Continuing Medical Education Committee is committed to offering a session at each of our bi-annual symposiums on the topic of well-being/burn-out. These sessions offer the physician an opportunity to develop tools that help lessen the burden and also provide a sense of “I’m not in this alone”.

Maintenance of Certification Group Sessions – The VAFP began offering group sessions in 2006 to help physicians complete the requirements for MOC. When first introduced, the MOC requirements were quite onerous and time consuming. By providing our physicians the opportunity to complete these requirements in a group setting facilitated by their physician peers, the burden of “one more thing” was lessened. To date, the sessions are continuously well attended and highly rated as being an important membership benefit.

The VAFP is committed to working with all houses of medicine to decrease physician burn-out and improve physician well-being.

The Virginia Academy of Family Physicians, founded in 1948, is the largest medical specialty society in the Commonwealth of Virginia representing over 3,400 family physicians, family medicine residents and medical students.