

Role: Board Member

Autumn Stevenson



Bio

Dr. Autumn Stevenson is a family physician with a passion for natural health and wellness. She believes that when we let our food be the basis of our medicine, our health flourishes. As such, she believes that, undeniably, the basis of health lies in our first food—human milk.

Dr. Stevenson was born in Albuquerque while her parents were teaching on a Navajo reservation at Cottonwood Day School in Arizona. She lived on the Navajo reservation in Arizona and New Mexico during her formative years, later moving to Georgia, then attending Columbia University in New York City. She returned to the Southwest upon graduation and worked at Columbia's Biosphere2 Center in Oracle, Arizona. As the daughter of educators, she decided to teach school for a couple of years in Tucson prior to attending medical school at the University of Arizona College of Medicine.

Her love of stories and patients of all ages steered Dr. Stevenson toward Family & Community Medicine. She returned to Albuquerque to complete her training at UNM in 2010. Her primary interest within family medicine has always been Maternal-Child Health. After graduation, she worked in a variety of settings—IHS, community clinics, University of Arizona—practicing full-spectrum family medicine including obstetrics, newborn care, and lactation support.

After the birth of her third child in 2017, Dr. Stevenson and her family moved to Cuenca, Ecuador, where her husband is from, to live with family and take a much-needed break. There, she volunteered at the regional hospital's Milk Bank and worked with postpartum pairs in a Baby-Friendly hospital, helping to establish firm breastfeeding relationships between mothers and babies prior to their discharge. In spring 2018, Dr. Stevenson obtained her IBCLC certification.

She is now practicing with Presbyterian Health Services at various clinics in the Albuquerque area, taking care of newborns while helping breastfeeding dyads, high-risk prenatal and postpartum moms feel confident, empowered, and supported. Having nursed, pumped, and exclusively pumped for her three children, she brings both her personal and professional experience to each family she supports.

In her free time, Dr. Stevenson enjoys playing with and loving on her kids and husband. They love biking, hiking, traveling, and movie nights. Dr. Stevenson loves socializing, dancing, yoga, lap swimming, and making healthy meals. When she isn't connecting with family and friends, she's learning something new to share with her patients. And when you meet her, be prepared to laugh!

What interests you about joining the Board or a Board Committee at the NM?

I am a Family Medicine physician and an IBCLC who has a long-standing interest in promoting and supporting the mother-baby dyad. I have recently relocated to NM and hope to get more involved with the lactation community here. I have been working with Dr. Peterson on a number of projects and would like to be useful to the Board as a whole.

Letter of intent

I have been supporting women and children's health for as long as I can remember. As a family physician, I gravitated towards Maternal-Child health opportunities and practice settings. I worked on labor and delivery and in the newborn nursery until recently moving to South America. There, I volunteered with the regional milk bank and completed my IBCLC certification. And, I currently am working towards the final requirements for the Postpartum Support International Perinatal Mental Health Certification. I was delighted to find such a robust lactation support and activist community upon returning to the US here in New Mexico. I became a member of the NM Breastfeeding Task Force within months of my return and now serve as a co-chair, with Dr. Mac Bowen, in the position of Medical Liaison for the Board. I continue to be in awe of the outreach and forward-thinking that the Task Force has lent to supporting breastfeeding families, professionals and on a larger-systems scale for the state. New Mexico is a leader in lactation from the ground up and the Task Force does a wonderful job encouraging community involvement as well as taking a high-level overview and engaging with the policies and politics that can further support our nursing dyads. I would be honored to serve on the NM Breastfeeding Task Force Board of Directors. I think I have a lot to offer from both my personal and professional experience. And, I hope to share that knowledge and enthusiasm with the Task Force in the position of Board Member. Thank you for sincere consideration.

RESUME

Date:

March 8, 2020

Name and Degree:

Autumn Elisabeth Stevenson, M.D., IBCLC

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Licensure:

AZ License #46162, expires 02/08/2021
GA License #80402, expired 10/31/2019
NM License #MD2010-0604, expires 07/01/2022

Citizenship:

Citizen of USA

Certifications:

Board Certified: American Board of Family Medicine, 12/2010 - 12/2017
Advanced Cardiac Life Support, 7/10/2018 - 7/2020
Advanced Life Support in Obstetrics Instructor, no expiration
Certified Breastfeeding Specialist, 11/12/2018 - 11/11/2023
International Board Certified Lactation Consultant, 2019-2024
Certification in Perinatal Mental Health, Psychopharmacology Track, pending 2020

Educational History:

6/07 – 11/10 Residency in Family & Community Medicine
University of New Mexico School of Medicine
Albuquerque, New Mexico
7/03 – 5/07 Medical Doctor
University of Arizona College of Medicine
Tucson, Arizona
8/95 – 5/00 BA, Concentration in Environmental Science
Columbia University, Columbia College
New York City, New York

Work History:

- 11/18/2019 - current Presbyterian Healthcare Services, Primary Care Float Pool provider, Albuquerque, NM. Provide primary care throughout the Albuquerque area to clinic sites with a gap in provider coverage.
- 02/16/2020 - current Presbyterian Healthcare Services, PRN Urgent Physician, Albuquerque, NM. Provide urgent care services to all ages in various urgent care locations throughout the Albuquerque area.
- 07/12/19 - 11/4/2019 Urgent Care physician, locum tenens, Whiteriver Indian Health Service, Whiteriver, Arizona. Provided urgent care services for a busy full spectrum hospital in rural Arizona.
- 10/22/18 - 11/1/2019 Telemedicine provider, locum tenens, Maple Medical Group, Toronto, Canada. Provide urgent care telemedicine services to Canadian travelers in GA or AZ.
- 07/11/18 - 08/23/18 Primary Care physician, locum tenens, West Atlanta Internal Medicine, Douglasville, Georgia. Provided comprehensive primary care at a busy primary care internal medicine clinic.
- 12/11/17 - 12/22/17 Hospitalist, Per Diem, Banner University Medical Center, South Campus, Tucson Arizona. Attending physician supervising Family Medicine Residents in the adult inpatient setting.
- 02/10/14 - 06/02/17 Hospitalist & Assistant Professor, University of Arizona, Department of Family and Community Medicine Attending physician, supervising Family Medicine Residents in the inpatient, outpatient, obstetrical and management of newborns. Responsible for overseeing patient care and teaching resident physicians and medical students full-spectrum family medicine patient-centered care.
- 07/09/12 - 01/31/14 Family Physician, North Country Healthcare
Primary care provider for uninsured, under-insured & insured patients of all ages; providing obstetrical care for pregnant women, attending deliveries, management of labor and postpartum patients, first-assistance in cesarean sections; newborn inpatient care for well infants; member of the empanelment committee working towards establishing a medical home; supervising and assisting midlevel providers with clinical

decisions & co-management of patients; mentor to 2nd & 3rd year D.O. students in the outpatient clinic and inpatient obstetrical setting

03/13/11 – 06/29/12 Medical Officer, Whiteriver Service Unit, Indian Health Services Hospital
Full spectrum Family Practice, time divided evenly between: primary care of adults and children in an outpatient clinic; cared for hospitalized adults and children; provided obstetric care for women in the prenatal, peripartum, and postpartum phases of pregnancy – including attending deliveries; provided emergency acute care and stabilization to patients of all ages; mentoring and teaching medical students and residents; physician representative on the Maternal Child Health committee; participated in medical staff committees, groups and meetings as directed by the Chief Medical Officer

11/03/10 – 04/26/11 Locum Tenens provider, University of New Mexico Health Sciences Center
Outpatient clinician: provided mainly same-day services for patients in various community & private clinics in New Mexico

Scholarly Work:

12/15 – 6/17 Awarded AMES Grant (\$5000) to Support Medical Education as a co-investigator for “Basic Life Support in Obstetric Care.”
05/17 Co-author of “The Basic Life Support in Obstetrics Course: Priming Preclinical Medical Students for Action.” Poster presented at 2017 Conference on Medical Student Education, Annual Spring Conference for Society of Teachers of Family Medicine

Consulting Experience:

01/17 Medical consultant to Law Practice of Eréndira Castillo
06/17 - current Outside Medical Consultant for the Arizona Medical Board

Teaching/Mentoring Experiences:

08/16 Advanced Life Support in Obstetrics Instructor
Family Medicine Residencies at the University of Arizona - Tucson

03/16	Basic Life Support in Obstetrics University of Arizona College of Medicine - Tucson
01/16 – 02/16	CBI Life Cycles Facilitator University of Arizona College of Medicine - Tucson
01/16 – 02/16	Healer's Art Facilitator University of Arizona College of Medicine - Tucson
01/15 – 02/15	Healer's Art Facilitator University of Arizona College of Medicine - Tucson
08/15 – 02/16	Clinical Reasoning 1 Facilitator University of Arizona College of Medicine - Tucson
08/15	Advanced Life Support in Obstetrics Course Director Family Medicine Residencies at the University of Arizona - Tucson
08/14 – 06/17	Resident Advisor to five residents/year Family Medicine Residency at South Campus University of Arizona
08/14 – 12/14	PreMedical Admissions Pathway Mentor University of Arizona College of Medicine - Tucson
08/02 – 05/03	Teaching Assistant (grades 3 – 6) The Montessori School House Tucson, Arizona
01/02 – 06/02	Teacher & Tutor (grades 1 -12) The Learning Lab Tucson, Arizona

Invited Lectures/Guest Speakers:

“Hemorragia Postparto”, led workshop for 30 faculty at the Universidad de Cuenca School of Medicine and Nursing, Cuenca, Ecuador. May 2017.

Cognitive Errors in Clinical Medicine guest panelist for first year medical students, Univ of AZ COM. February 2016.

Interprofessional Rural Health Professions Conference guest panelist, Arizona AHEC Program, University of Arizona. Tucson, AZ. March 2014.

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- “Over-the-counter Medications Safe in Breastfeeding.” UNM Maternal Child Health Seminar. Albuquerque, NM. April 2010.
- “Navigating UA/NSTEMI.” UNM Family Medicine Grand Rounds. Albuquerque, NM. July 2009 and July 2008.
- “Effect of Different Antilipidemic Agents and Diets on Mortality: A Systematic Review.” UNM Evidence Based Workshop. Albuquerque, NM. November 2007.

International Health Experiences:

- 01/19 – 04/19 Milk Bank volunteer
Regional Hospital Vicente Corral Moscoso
Cuenca, Ecuador
- 08/14 – current Working group member
Universidad de Cuenca and University of Arizona
Collaboration working towards exchanges in faculty
development, medical education & research
Cuenca, Ecuador & Tucson, AZ
- 10/10 Medical Volunteer
Project Medishare and The University of Miami
Global Institute for Community Health & Development
Bernard Mev’s Critical Care Hospital
Port-au-Prince, Haiti
- 02/07 – 03/07 International Health Clinical Preceptorship
Universidad de Cuenca
Facultad de Ciencias Medicas
Cuenca, Ecuador

Volunteer Experiences & Committee Member:

- 11/2016 - 06/2017 Fall Prevention Committee, BUMC-SC, physician member
- 02/2014 - 04/2016 Univ of AZ, CUP clinic, Women’s Clinic, faculty volunteer
- 08/2015 - 06/2017 Faculty Awards Committee, Department of Family Medicine
- 12/2016 Univ of AZ, Admissions Interviewer for COM candidates

Conferences:

- Summer, 2019 Primary Care Breastfeeding Medicine Course for Physicians and Other
Providers, Santa Fe, NM
- Fall, 2015 AAFP FMX participant & focus group participant
- Fall, 2009 Resident as Educator Workshop participant
- Spring, 2006 Students for Environmental Awareness in Medicine Retreat organizer
- Spring, 2005 American Medical Student Association (AMSA)/Arizona Health Science
Center (AHSC) Bioethics Conference organizer
- Spring, 2004 AMSA/AHSC Bioethics Conference participant

Fall, 2004 AMSA Region X Conference participant
Fall, 2003 AMSA Regional Circle of Healers Retreat participant

Professional recognition, honors, etc.:

2016 Recognized by Banner leadership team for excellent patient care
2014 National Health Service Corps, Service Certificate
2007 University of Arizona, Peter J. Attarian Humanitarian Award
2007 University of Arizona, Commitment to Underserved People Volunteer Service Award

Other Professional Activities

2004 – 2007 Graduate, Rural Health Professions Program
2004 – 2005 Co-Founder, Students for Environmental Awareness in Medicine
2004 – 2005 Vice-President, American Medical Student Association, Arizona Chapter
2004 – 2005 Program Leader, Commitment to Underserved People
2004, Fall Leader, Student Support Group
2004, Spring Planning Committee, Cadaver Memorial Ceremony

Languages:

Fluent in written and spoken Spanish