



Winter 2026



A Word From Your President

By Dr. Terrence Truong

President's Perspective: On the Practice of Leaving - The shape of endings is clear to me. They arrive quietly, disguised as ordinary appointments. A routine follow-up that becomes a final visit. A familiar chart closes for the last time. Yet they are palpable, as I find myself listening a little longer, asking one more question, and letting the silence stretch. After more than three decades of practice, I know that goodbyes do not come with ceremony. Rather, they slip in through the side door, quietly asking to be noticed.

With that awareness comes a heightened gratitude. I am more keenly aware of not only the smallest aspects of my day such as the weight of the stethoscope around my neck or knocking softly and pause before entering a room, but also the satisfaction of performing an operation or of seeing the way a patient's face changes when they feel heard. I even take pleasure in the ordinary and mundane work of it all, from reviewing lab results to explaining the same condition for the tenth time each day. These encounters, so long been routine, now feel earned. Each one matters because it will not be repeated.

Retirement hovers at the edge of my thoughts, not as a relief or an accomplishment of a long and fulfilling career, but as a narrowing. There will be mornings without rounds, days without phone consults, and weeks without the steady presence of people who have placed their trust in me. I know that I will miss the purpose that accompanies responsibility, and the human connection that no hobby can replace. So, I stay fully present. When it is time to step aside, I want to do it having paid attention, having honored the work and the people who gave it meaning, and having positioned the next generation of physicians for success.

In The Spotlight



W. Michael Woods, MD

If you've spent any time around OKPRN, chances are you've heard of Dr. Mike Woods. He's one of our earliest and most enthusiastic members—and with about 40 years in family medicine, he's seen (and done!) just about everything.

Dr. Woods began his career in Ramona, OK, working with the University of Oklahoma College of Medicine Residency and Fellowship program. When the program later relocated to Bartlesville in 2015, he packed up his skills and passion for teaching and moved right along with it. He spent four more years practicing with the program before retiring from OU... or at least trying to slow down. "Retirement" didn't last long!

Soon after, Dr. Woods jumped into a new challenge at Ascension St. John Jane Phillips Medical Center. Not only did he continue seeing patients as a family physician, but he also stepped into the role of Chief Medical Officer (CMO). Thankfully, he had solid support—another family physician and a nurse practitioner shared the patient load in his module, which made the balancing act a bit more manageable.

When I asked him what he enjoys most about where he practices now, he didn't hesitate: time. After stepping away from the CMO role and shifting to part-time clinic work, he found himself with longer weekends and more breathing room. Even better, he knows his team has him covered when he needs extra time for himself or for family. That peace of mind has been comforting.

Of course, Dr. Woods' dedication to medicine extends well beyond the exam room. He has been an active OKPRN member for many years, and his enthusiasm for practice-based research is as strong as ever. When I asked what OKPRN offers physicians and practices, he did not hesitate with his response.

He said he loves "seeing the type of research being done as a group and retrieving data from smaller practices across the state—answering clinical questions that wouldn't have been thought of at urban university practices." He added that without OKPRN, much of this important rural-focused research simply wouldn't exist: "This has been one of the most valuable things OKPRN has been able to do over the years."

One project stands out as a favorite: the brown recluse spider bite research. It hit close to home for many rural clinicians, and Dr. Woods is proud to have contributed.

Outside the clinic and research world, there's a whole other side to Dr. Woods—one with wings. Did you know he's an instrument-rated pilot and has been since college? Before selling his plane to a skydiving group, his uncle sold to him a four-seat, 1961 Cessna 182 while he was still in residency. This adventurous skill has provided him the opportunity to fly to countless meetings (including one all the way up in Lewiston, Maine). More importantly, it allows him visits to see his grandbabies in Dallas with a lot less traffic in the skies. He's even hoping to make a South Carolina flight soon for some BBQ and a beach weekend with his wife.

He might not call himself a daredevil, but I'd say Dr. Woods has gone above and beyond—literally and figuratively—for his patients, his practice, and the communities he serves. Thank you, Dr. Woods, for your service in medicine!

RESOURCE CORNER



 **OAFP 78th Scientific Assembly**

REGISTRATION IS OPEN!!!

**Join your colleagues at the
Hyatt Regency Downtown Tulsa
April 30th - May 2nd
for a weekend full of education and connection!**

The Elevate Primary Care Summit is a three-day premier conference experience you don't want to miss! Here are just a few things you can expect and look forward to:

- **Welcome Event in the Expo Hall — the perfect place to reconnect, meet new colleagues, and set the tone for a powerful weekend.**
- **KSA**
- **Proper Prescribing**
- **Integrated Behavioral Health**
- **Risk Management and Medical Liability**
- **Allergy**
- **Resident Poster Presentations and Quiz Bowl**
- **Family Physician of the Year Awards Dinner and Casino Night**

ACT NOW!
Early registration ends March 13th

WHAT'S HAPPENING IN RESEARCH?



Practice Resilience in Primary Care

Dr. Elisabeth Ponce-Garcia is conducting a research study on how healthcare professionals experience and maintain resilience in primary care settings. You are invited to participate in an **anonymous online survey** that takes about **25 minutes** to complete.



OPTIONAL COMPENSATION

Participants may choose to enter a monthly drawing for a \$25 Visa gift card.

- The drawing entry form is separate from the survey to protect anonymity.
- Up to 10 gift cards will be awarded each month until funds are exhausted.

Your insights are valuable and will contribute to ongoing efforts to support well-being in primary care practice.



To participate, please use the following link:
https://qualtrics.ou.edu/jfe/form/SV_9BRqrSuvA1i99FI

For questions, contact Dr. Elisabeth Ponce-Garcia at
elisabeth-poncegarcia@ou.edu

This study was approved by the OUHSC IRB #19142



OKPRN Mission

Supporting primary care through a professional network for peer learning, resource sharing, and practice-based research.

OKPRN Vision

Promoting a healthy Oklahoma by excellence through primary care research.

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Upcoming Conferences

American College of Osteopathic Family Physicians (ACOFP)
63rd Annual Convention & Scientific Seminar
Orlando, FL ~ April 15-19, 2026

American Osteopathic Academy of Sports Medicine (AOASM)
Clinical Conference
Seattle, WA ~ April 29-May 2, 2026

Oklahoma Academy of Family Physicians (OAFP)
78th Annual Scientific Assembly at EXPLORE Healthcare Summit
Oklahoma City, OK ~ April 30-May 2, 2026

Oklahoma Academy of Physician Associates (OAPA)
53rd Annual CME Conference
Tulsa, OK - TBD, 2026

Association of Oklahoma Nurse Practitioners (AONP)
32nd Annual Conference
Oklahoma City, OK ~ September 9-11, 2026

Rural Health Association of Oklahoma
Oklahoma Rural Health Conference
Broken Arrow, OK - September 30-October 2, 2026

American Academy of Family Physicians (AAFP)
2026 FMX Conference
Nashville, TN ~ October 20-24, 2026