

Student and Resident Delegates to the AAFP Congress of Delegates 2025 Annual Report

Student and Resident Delegates to the AAFP Congress of Delegates

Residents

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Class of 2026

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Purpose & Scope of Work

We serve as the student and resident delegates within the AAFP Congress of Delegates (COD). The COD is made up of representatives from each state as well as special constituency groups. As delegates, we vote on resolutions put forth by AAFP members and elect officers and directors of the AAFP. Resolutions range from topics including medical education, insurance reimbursement, environmental impacts on health, public health concerns, protecting scope of practice, and more. As student and resident delegates we ensure that resident and student perspectives are considered by the COD. We do this through writing resolutions, caucusing, and participating in reference committees prior to the official COD meeting. We also provide testimony on pertinent issues at the COD meeting. Additionally, the role includes serving on the AAFP Commission on Education and two of its subcommittees, the Subcommittee on Resident and Student Issues (SRSI) and the Subcommittee on Graduate Curriculum (SGC). These roles involve reviewing and revising various training and education policies within the AAFP.

Highlights of the 2024 Congress of Delegates (Phoenix, Arizona)

The 2024 Congress of Delegates meeting took place in Phoenix, Arizona September 23-25, 2024. During the meeting decisions were made on more than 40 resolutions including topics such as transparency in crisis pregnancy centers, climate change curricula, advocating for student loan forgiveness, protecting small and rural practices, increasing patient access to care,

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and protecting family medicine obstetrics care in rural areas, among many others. We provided testimony supporting loan forgiveness, increasing access to care, and changes to medical school curricula.

Some notable resolutions include:

The adoption of substituted resolution 507: Updating the Primary Care Exception

RESOLVED, That the American Academy of Family Physicians advocate that the Centers for Medicare and Medicaid Services expand the Primary Care Exception to better reflect new competency-based approaches to setting supervision requirements with a priority on 99214 office visits, and be it further

RESOLVED, That the American Academy of Family Physicians support chapter efforts to lobby state-based Medicaid programs and insurance regulators to support appropriate educationally-driven supervision requirements and patient medical conditions to guide supervision rather than billing codes

The adoption of substituted resolution 203: Integrative Medicine Embedded in Family Medicine Residency Training

RESOLVED, That the American Academy of Family Physicians create and monitor evidence-based core principles of integrative medicine as part of an AAFP residency curricular guideline

Board of Directors and Presidential Election

In the first year with a new nomination process there were many excellent candidates running for both the AAFP Board of directors and President-elect. As a group of residents and students, we met all the candidates and held caucuses to discuss who would best represent our interests as learners.

The Commission on Education

In the delegate to the COD role we serve on the Commission on Education (COE) and both the Subcommittee on Resident and Student Issues (SRSI) and Subcommittee on Graduate Curriculum (SGC). The COE met in-person at the Winter cluster in Kansas City from January 24-25, 2025.

During the winter cluster meeting we had valuable discussions regarding ERAS program signaling and geographic signaling.

We discussed the ideal number of signals within our field, how these should be used by programs, and the importance of consistency and transparency in how programs use signaling. We had the opportunity to hear from and brainstorm with the creator of Thalamus about how to reduce the stress of interview invitations for fourth year students.

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We also discussed reasons a large portion of graduating family medicine residents do not feel comfortable practicing pediatrics after graduation and brainstormed issues with continuity of care in residency.

Within the SRSI, we worked to implement 2024 National Conference of Constituency Leaders (NCCL) Res No. 2009: Support for Assistive Reproductive Care in Graduate Medical Education

The American Academy of Family Physicians supports accommodation of medical students, residents, and fellows to access fertility preservation and infertility treatment, for both those undergoing treatment and their respective partners, if applicable. This includes flexibility in training schedules to complete any necessary related care in a timely manner without requiring the use of vacation, sick, or paid time off, and with minimal interruption to completion of educational requirements.

We extensively discussed how to improve recruitment, compensation and education of bilingual providers to better serve patients. We identified and discussed barriers to supporting physicians and trainees with language skills that allow them to provide care to patients in their preferred language.

We updated and revised statements regarding diversity, equity and inclusion within medical training to take a formal stand on the importance of institutional support and mentorship for underrepresented minorities in medicine.

Within the Subcommittee on Graduate Curricula we voted on formal curricula guideline teams and will serve as secondary reviewers for those curricular guidelines. We also approved revisions to current curricular guidelines to ensure clarity and accuracy. We also recommended implementation of Res. No. R2-205 – Safe Transportation for Fatigued Residents.

Lessons Learned:

Grace:

Serving as the delegate to the COD has fed my soul this year. I had the opportunity to meet and work with so many wonderful people- students, residents, practicing physicians, and AAFP staff who are all passionate about ensuring that family medicine physicians are happy and equipped to care for all patients and ensuring those patients have access to care. Participating in the process of policy implementation from inception to adoption to review within organized medicine has been an invaluable learning experience and I look forward to taking these skills with me in my future career.

This role filled my cup and kept me passionate about family medicine this year by allowing me to work with passionate individuals to make a change in a broken system. If you want to learn a

lot, meet amazing people, work to understand and speak up regarding the needs and desires of residents, then I encourage you to run for delegate. I would do it all over again if I could!

Tegan:

Serving as a delegate to the AAFP Congress of Delegates was a transformative experience. As a military resident, immigrant, and mother, I found purpose in amplifying the learner voice and shaping policy grounded in lived experience—advocating for reproductive care access, educational equity, and resident well-being.

This role deepened my passion for family medicine and showed me how grassroots ideas can become national resolutions. Through work on the COE and SRSI, I gained insight into educational reform and policy development while building lasting connections with fellow advocates.

To any student or resident considering this role: your voice matters. If you care about advocacy, mentorship, and systemic change, this is one of the most rewarding leadership opportunities in family medicine.

Payal:

Serving as a student delegate to the AAFP Congress of Delegates has been an incredible experience and has left an unforgettable mark on my medical school training. The work we do to advocate for the future of family medicine, through policies that ensure the system recognizes and cares for students, residents, and patients, has shown me how many people are passionate about uplifting family medicine as *the* specialty for primary and preventative care in the US. From the AAFP staff and practicing physicians, to resident and student leaders, and everyone in between, getting to know and work with the *people* of family medicine has brought me so much joy and growth over the past year.

It took some time for me to understand organized advocacy and policy-writing, but by testifying at COD, sharing student perspectives during COE and SRSI meetings, and participating in working groups to rework and update AAFP policies to ensure they are reflective of current challenges in training, I found my voice and have learned more than I could ever imagine about shaping this specialty from a policy level.

For anyone passionate about family medicine and eager to learn more about and advocate for the future of this specialty, I would highly recommend this leadership position! We need to hear your voice, and as a medical student you are more equipped than you might think, to share your experience and that of your peers to ensure our generation, our challenges, our passions, and our intentions for the future of family medicine are represented. You will also get to meet, work with, and learn from amazing humans from across the US who are all passionate about uplifting this specialty and everything it has to offer!

Sammy:

Serving as the Student Delegate to the AAFP Congress of Delegates has been one of the most meaningful and eye-opening experiences of my medical education. Before stepping into this role, I often felt like I had no real influence, but this position taught me what it truly means to advocate. Representing student voices at the national level was both empowering and humbling—it reminded me that even as students, we have the ability to shape the future of medicine.

This role gave me a renewed sense of purpose during a time when the demands of medical school can feel overwhelming. Being part of policy discussions that directly impact family medicine education and practice brought me back to the reasons I chose this profession in the first place. It also challenged me to grow as a leader, communicator, and listener, knowing I was carrying the responsibility of representing my peers

I would absolutely encourage other students to apply for this position. The experience is not only professionally rewarding, but personally grounding. You'll meet inspiring leaders in family medicine, form lasting connections, and leave with a deeper appreciation for the collective power of student advocacy. If you're looking for a way to make a difference beyond the classroom and support the future of family medicine, this is it.