

FMIG Program of Excellence (PoE) Application

OVERALL AWARD

APPLICATIONS ARE DUE APRIL 1, AND CAN BE SUBMITTED ELECTRONICALLY VIA EMAIL TO

POE@AAFP.ORG. YOU MUST USE THIS TEMPLATE FOR YOUR APPLICATION. It is highly recommended that all writing and editing be completed in a shared document (like a Google Document) or in Word, especially if multiple people are contributing to or reviewing the application material. When ready to submit the application, transfer the information into this PDF. *Please fill in the following:*

1. Medical School Name: _____
2. FMIG Name: _____
3. Main Campus or Regionally Separated (branch) campus
a: If regionally separated (branch) campus, name: _____
4. Number of students in your medical school: _____
a: If your campus is a regionally separated (branch) campus, number of students on your campus: _____
5. Number of active FMIG members: _____
6. Number of students serving in FMIG leadership positions: _____
7. Check all that apply:
 Our school does not have a department of family medicine.
 Our FMIG has minimal support from our state chapter.
 Our school has minimal faculty support (*i.e. from Dean, Dept. Chair, etc.*).
8. Has your FMIG applied for this award in the past: YES NO
9. Has your FMIG won this award in the past: YES NO

Contact information:

10. Primary Student Leader Name: _____
11. Primary Student Leader Email Address: _____
12. Primary Student Leader Phone: _____
13. FMIG Faculty Advisor Name(s): _____
14. FMIG Faculty Advisor Email Address: _____
15. FMIG Faculty Advisor Phone: _____
16. Institutional Mailing Address: _____

CONTINUED



FMIG OPERATION

Please answer the following three questions to describe your FMIG's structure and approach to operation. These questions will help describe the environment and provide the background for the programming/initiatives/projects section of the application.

17. How is your FMIG structured? What roles do student leaders play?

KECK FMIG OPERATIONAL OVERVIEW

The Keck Family Medicine Interest Group (Keck FMIG) is a student-run organization at the Keck School of Medicine (KSOM) of the University of Southern California (USC). Keck FMIG is part of the AAFP and the California Academy of Family Physician (CAFP) networks. At USC, Keck FMIG is also a recognized student organization under both Associated Students of the School of Medicine (ASSM), Graduate Student Government (GSG), and is registered with the USC Campus Activities Office on the main University Park Campus. Our programming is funded by AAFP, CAFP, ASSM and GSG and our annual allotted budget is about \$6150.

In addition to collaborating with our Department of Family Medicine, our organization works closely with family physicians and resident physicians in the greater Los Angeles area including but not limited to Kaiser Permanente, Keck Hospital of USC, California Hospital at USC Eisner Family Medicine clinic and Long Beach Memorial. We also collaborate with other primary care-related student organizations through the Keck Primary Care Coalition, such as the Pediatrics Interest Group, Medicine-Pediatrics Interest Group and the Geriatrics Interest Group. Keck FMIG also interfaces with the Keck Career Advising Office, the Keck SOM Office of Admissions, and the 3rd Year Family Medicine Clerkship Office.

MEMBERSHIP (RECRUITMENT & RETENTION)

Any medical student at KSOM with an interest in Family Medicine can become a member of Keck FMIG. Email is the main medium by which Keck FMIG corresponds with its membership, and we maintain updated information on both our own website and the student interest group website through Keck. Most students sign up after the annual Student Life Fair in August and additional students join throughout the year by signing up at Keck FMIG events. All medical students are encouraged to sign up for a free AAFP and CAFP membership so that they have access to free conferences, scholarships, fellowships, journals and newsletters, and flyers are distributed at our events throughout the year. We also use the Keck MD Events shared google calendar, social media platforms including as Facebook, and post flyers for upcoming events on campus. In 2018-2019, no first-year or second-year medical students asked to be removed from our listserve.

STUDENT LEADERSHIP

Each year, in February, all first year students are invited to apply for Keck FMIG leadership positions. Students are asked to answer a few questions about why they are interested in Family Medicine and why they want to be a leader in FMIG. The new leadership is chosen by the outgoing officers and the Keck FMIG Advisor, and an effort is made to match a candidate's interest, experience, and strengths to the available positions. In-person interviews are held if there is more interest than positions available. New leaders are trained by their counterparts from the previous year in order to ensure that all relevant information gets passed on in an organized way.

This year, the Keck FMIG board consisted of two co-presidents to handle administrative and financial duties, as well as plan lunch talks and workshops.

The FMIG Leaders for the 2018-2019 academic year are:

Co-Presidents: Haley Oosterhouse and Evan Locke, both MS2

Primary Care Coalition Chair: Erika Ayar, MS2

Cuddle Club Chair: Priya Bhattacharjee, MS2

Community Outreach Chair: Jennifer Hwang, MS2

Ready Set Fit Chair: Adriana Mellor, MS2

Mentorship Chair: Sarah Rotondo, MS2

Lunch Talk Chair: Michelle Armendariz, MS2

Our incoming board for 2019-2020, four of whom served as our first-year representatives this past semester, are:

The 2019-2020 FMIG leaders will be:

Co-Presidents: Katherine Halper and Synthia Lay, both MS1

Primary Care Coalition Chair: Agnes Premkumar, MS1

Cuddle Club Chair: Jennifer Kim, MS1

Community Outreach Chair: Miguel de la Torre, MS1

Ready Set Fit Chair: Eleanor Patterson, MS1

Mentorship Chair: Sneha Paranandi, MS1

Events Chair*: Lydia Nelson, MS1

*Updated the position of lunch talk chair to events chair in order to better reflect the variety of events they assist in.

A leadership transition meeting was held on 02/28/2019 to prepare the first years to take over as the new leadership team. Communication between the leaders is conducted primarily over email, in person, and with quarterly board meetings.

18. Describe your FMIG's mission and goals.

MISSION STATEMENT

The Keck FMIG strives to promote the values and philosophy of Family Medicine to students and the greater campus community at KSOM. Additionally, we are committed to addressing issues pertaining to primary care, patient advocacy, health systems delivery and psychosocial medicine. Throughout the year, Keck FMIG organizes a variety of programs with an emphasis on education about the breadth and depth of Family Medicine through mentorship and shadowing with Family Medicine doctors, community service projects, career and residency advising, and networking opportunities.

ORGANIZATION GOALS

1. Increase student membership in the Keck FMIG / CAFP / AAFP.
2. Increase FMIG presence on campus as a respected and active student organization.
3. Provide hands-on procedural workshops and service programs for first and second year students to participate in that are related to health education and procedures typical of a family physician.
4. Provide an informative lecture series about the field of Family Medicine and primary care.
5. Serve as a contact for third and fourth year students who are interested in applying to Family Medicine residency programs.
6. Help students interested in primary care to develop their leadership skills while in medical school.
7. Continue to grow the Family Medicine Mentorship and Shadowing Program to expose first and second year students to community based family medicine mentors and shadowing opportunities.
8. Increase student interest in Family Medicine as a specialty/career choice and ultimately increase the number of fourth year students who match into Family Medicine.
9. Increase collaboration with other primary care student interest groups, other health professional students, campus departments and inter-professional student programs.
10. Raise awareness about non-USC Family Medicine opportunities including fellowships, International Medicine opportunities, community-based research, scholarships and leadership opportunities.

19. Describe the role of your FMIG Faculty Advisor.

Dr. Jo Marie Reilly, Professor of Family Medicine at USC, has served as our advisor for the last 9 years. She joined KSOM in 2007 and continues to see patients at a clinical family practice in inner-city Los Angeles. Dr. Reilly is fluent in Spanish, has completed a fellowship in obstetrics and has a Masters of Public Health. She is also the Associate Director of Introduction to Clinical Medicine Program and Director of the Keck School of Medicine Primary Care Program, which provides outpatient clinical opportunities and inter-professional geriatric care experiences for a select group of primary care-minded medical students. She is a track mentor for third year students. At KSOM she is a prominent and respected family physician with a passion for serving the underserved and minority populations. She was recently awarded the CAFP Award for Education Excellence as well as the prestigious Mellon Mentoring Award for Graduate Mentoring. She also enjoys exploring the humanistic aspects of medicine through her writing and clinical work.

As the Keck FMIG Advisor, her main role is to serve as a resource for the student leaders, interface with AAFP / CAFP, and advocate for the organization to the Keck administration. Dr. Reilly assists with Keck FMIG programming, attends many of the leadership and noon lecture meetings, ensures continuity of leadership each year, and spearheaded the Primary Care Coalition, which brought together student interest groups to promote interest in primary care and is now puts on a primary care lunch talk series, service opportunities, and two large events each year.

She is also active in family medicine leadership, maintaining a network of community-based Family Medicine doctors in Los Angeles, in California, and at the national level through Society of Teachers of Family Medicine (STFM) and AAFP. This leadership and networking sustains mentoring and leadership, primary care based community research, leadership opportunities, and conference attendance for our medical students.

FMIG PROGRAMMING, INITIATIVES, AND PROJECTS

In this section of the application, please describe your FMIG programming. Each block of questions should reflect one program, initiative, or project. In total, you may submit eight programs, initiatives, or projects, meaning that you may fill out the block of questions up to eight times total to reflect up to eight individual programs, initiatives, or projects.

While there is an eight program/initiative/project maximum, there is NO MINIMUM. You are not required to fill out eight separate entries. Certain programs can be combined into one entry. For example, National Primary Care Week Celebration can be one programming entry, and you can describe the week's activities and how they fit into that initiative.

Questions during the application process can be directed to Marselle Bredemeyer at poe@aafp.org or (913) 906-6368.

CONTINUED

PROGRAM/PROJECT/INITIATIVE 1

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 - Promoting the scope and diversity of family medicine: What your FMIG does to educate students and increase their understanding of and appreciation for the broad range of opportunities in family medicine.
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 - New event for this FMIG.
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 - Collaboration with another campus group. Please indicate which group (SNMA, another primary care interest group, etc.): _____
 - Other: _____
- Please describe the event, project, or initiative. Your answers should reflect the program, its goals and objectives, details about how the idea was generated, how the program was set up, collaboration or community participation, FMIG leader roles, FMIG Faculty Advisor roles, how family medicine was communicated through the initiative, program execution and student participation, and how your FMIG evaluated success of the program to plan for the future. If this was an existing program, what changes and improvements did your FMIG make this year? You will have a 750 word count limit for this section.

FMIG LUNCH TALKS

08/21/2018, 12-1 PM - "Welcome to FMIG:" Our faculty advisor, Dr. Jo Marie Reilly, spoke about the specialty of family medicine, including scope of practice, residency, fellowships, income, involvement in the community, and why she loves it. Our student leaders also introduced themselves and talked about the upcoming events for FMIG, how to get and stay involved, and handed out sign up sheets for the AAFP to keep students connected nationally.

11/12/2018, 12-1 PM - "Fellowships in Family Medicine:" Local family medicine physicians who had completed fellowships in sports medicine, geriatrics, palliative care, integrative medicine, and adolescent medicine came and spoke to our students about why they decided to get a fellowship, how it has enhanced their practice, and what interested students can do now to start discovering different fellowship options they may be interested in. A special emphasis was placed on family medicine fellowships not being a specialization but rather an extra tool to use that expands knowledge, and doesn't limit the types of patients a family medicine doctor can see.

TBD, 12-1 PM - "Keck Asylum Clinic:" Family doctor Cynthia Willard will speak about the Keck Asylum Clinic including how it got started, how it operates, and specifically how family doctors play a large role in health care for the asylum-seeking population.

PRIMARY CARE COALITION LUNCH TALKS

09/18/2018, 12-1 PM - "A Day in the Life of a Primary Care Physician:" Local physicians from family medicine, internal medicine, pediatrics, OB/GYN, and Med/Peds spoke on a panel about their practices and how primary care looks across different specialties.

10/09/2018, 12-1 PM - "How to Pay for a Primary Care Career:" A panel of financial aid staff, students, physicians, and scholarship groups spoke about the different unique opportunities for primary care physicians to get help with their loans and pay for a career in primary care.

11/8/2018, 12-1 PM - "Hot Topics in Primary Care Policy and Practice:" Dr. Jeremy Fish from John Muir Health discussed the future of primary care funding, advocacy, and leadership, with an emphasis on the added value of family medicine and primary care in our health care system.

12/5/2018, 12-1 PM - "Women's Health in Primary Care:" A panel of physicians from various primary care specialties discussed how their specific practices and specialties address women's health.

01/10/2019, 12-1 PM - "Primary Care Addiction Medicine:" Two primary care physicians spoke about how their training equipped them for prevention, evaluation, and treatment of substance use and addiction disorders.

02/21/2019, 12-1 PM - "Nutrition and Weight Management in Primary Care:" A registered dietitian spoke about how to care for overweight patients and offered practical tips on weight management and nutrition.

03/27/2019, 12-1 PM - "Immigrant Health in Primary Care:" A panel of physicians discusses the barriers that immigrants experience when navigating the U.S. healthcare system and how primary care physicians can provide resources for and assist these patients.

04/03/2019, 12-1 PM - "Behavioral Health in Primary Care:" A panel of physicians discusses how primary care addresses behavioral health in their practices, and how this is an integral part of a primary care practice.

We kept past lunch talks that we thought were particularly successful from years prior, and did our best to enhance this year's lunch talk series by bringing in great physicians with a wide variety of expertise, and adding new talks including the ones about the asylum clinic and immigrant health. Our goal for both the FMIG-specific lunch talks and the Primary Care Coalition collaborative lunch talks was to expose students to the wide variety of opportunity in both family medicine and primary care in general, and we believe that we were able to achieve that.

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PRIMARY CARE LEADERSHIP COLLABORATIVE - July 2018 to May 2019

This year our FMIG participated in the AAFP's Primary Care Leadership Collaborative Program (PCLC). Both FMIG co-presidents, one past co-president, and one of our FMIG board members joined our Faculty Advisor to participate in the 2-day 8 hour training at the AAFP National Conference in July 2018 where we received training on leadership styles, narrative leadership, how to identify and create solutions to problems, and more. As part of PCLC we also were assigned a mentor, Mustafa Alavi, who helped guide us in the process of developing a leadership project for our FMIG and doing the planning necessary to make it come to life. We communicated regularly with Mustafa via video conference on a monthly/bimonthly basis throughout the school year. As part of our participation in PCLC, FMIG, especially the FMIG presidents and the Primary Care Coalition Chair, took a leading role in the Primary Care Coalition (PCC) with the goal of helping bring a more unified mission and vision to the group. Our overall goal was to develop a more receptive attitude towards primary care amongst our campus community. We achieved this by working together to plan and organize events designed to inform and inspire the student body at Keck about careers in primary care, and about how primary care physicians are excellently trained and positioned to be leaders in the field of medicine and in society.

PRIMARY CARE SUMMIT - 01/23/2019, 5 - 7 PM

Last year's major undertaking by FMIG as a part of PCLC was spearheading Keck's first annual Primary Care Summit. This year we recreated the success of last year's event, this time with new speakers and guests. This event was designed to allow students to meet face to face with primary care physicians from a variety of primary care specialties and to learn about leadership and advocacy in health care policy and politics, especially from a primary care perspective. The event consisted of a formal dinner with a keynote address delivered by Dr. Michael Hochman, Director of the USC Gehr Family Center for Health Systems Science, followed by a speed-networking event that allowed students to speak with physician guests from different primary care specialties and to receive guidance on leadership, advocacy, and research. Forty students and physicians attended this event.

LEADERSHIP AND ADVOCACY IN PRIMARY CARE CONFERENCE - 01/26/2019, 9 AM - 1 PM

This year, our FMIG's primary undertaking as a part of PCLC was to create a leadership conference for medical students at the Keck School of Medicine. We settled on this goal because we feel that students at Keck perceive a need for more formal leadership training as medical students, supplementary to our academic curriculum. We aimed to create a conference that would enable and empower medical students to be compassionate and effective leaders at school, in the hospital, and in the community during their time at Keck and beyond when they enter the workforce as physicians. In order to achieve this goal we asked students what kind of leadership training they thought would be most helpful. We then took the most commonly requested topics and created workshops our conference around trying to fill these gaps. The conference was held at Keck and consisted of keynote speakers Dr. Jehni Robinson, Chair of the Department of Family Medicine, and Dr. Josh Banerjee, Associate Medical Director for Transitions of Care at LAC + USC. We also had workshops led by experienced fourth year medical students on the topics of advocacy, research, and building teams, based off of our PCLC training. Finally, we had a panel of MS4 students who have distinguished themselves as outstanding student leaders at Keck, where they were able to tell their stories and answer student questions about how to harness their unique leadership skills and become the leaders they want to be. Thirty-five students attended this conference, and we received an amazing response from them, saying that they took valuable things away from the conference, so we will definitely be planning to have a similar event next year.

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- Collaboration with another campus group.

Please indicate which group (SNMA, another primary care interest group, etc.): _____

- Other: _____

PROGRAM/PROJECT/INITIATIVE 3

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MONTEREY PARK HEALTH FAIR - 11/03/2018, 9 AM - 1 PM

In addition to outreach at LACxUSC Hospital, our FMIG provided community service opportunities in outpatient community settings. Our Community Outreach Chair, Jennifer Hwang, collaborated with the Asian Pacific Health Corps (APHC), a community health organization that organizes health fair throughout Los Angeles. This health fair was held in the Monterey Park area, serving a mostly Chinese-speaking population. Our Faculty Mentor directed us to free-of-cost resources for monofilaments that could also be distributed to health fair participants. Prior to the health fair our students received training in basic foot exams and diabetic foot checks. On the day of the health fair, the medical students were divided into two shifts with a resident supervisor at each shift for guidance. We provided diabetic foot checks, conducted blood glucose screenings, and discussed healthy lifestyle choices and foot self-care. Some participants exhibited findings suggestive of neuropathy, and were able to discuss their results with the on-site physician. The patients were also referred to low-cost clinics in the community for follow-up. According to student feedback, many felt that providing diabetic foot checks and giving information on diabetes was a helpful way to serve the community and apply concepts learned from their own medical education.

SOUTH PASADENA HIGH SCHOOL HEALTH FAIR - 03/15/2019, 11 AM - 1 PM

This year our FMIG was invited to participate in South Pasadena High School's student health fair. This event is planned by the student medical sciences club at SPHS and is help for high school students to learn about health topics relevant to them, and also to learn about exciting careers in the healthcare fields. We had a booth at this fair dedicated to two difference activities, one about stress and stress-management, and another where we were doing pig heart dissections. At the stress table, we had an activity where the students could make homemade stress balls out of balloons and flour. While the students were doing this activity we were able to talk to them about the effects of stress from school, family life, and other responsibilities and stressors on their lives, and talk to them about strategies for recognizing those stressors and managing them in healthy ways. The pig heart dissections were a fun opportunity for students to learn some anatomy and get excited about the kind of things that people in the field of medicine get to do. The high schoolers had a great time, and as the only medical students at this health fair we were excited for the opportunity to talk to the high school students and answer their questions about college and about medical school.

JOINT INJECTION/SPORTS MEDICINE PROCEDURE WORKSHOP - 10/18/2019, 12 - 1 PM

We hosted a procedure workshop taught by Dr. Branden Turner, a Family Medicine physician who completed a fellowship in sports medicine. Dr. Turner gave a presentation where he taught students about the utility of joint injections, and then using equipment and knee models he brought he gave students one-on-one instruction on how to actually administer the injections.

POINT OF CARE ULTRASOUND WORKSHOP - 04/12/2019, 1-3 PM

The objective of this workshop was to provide medical students with an opportunity to become more exposed to a skill that is so valuable in the field of family medicine. Students had the opportunity to practice using real ultrasound machines on real people, and to receive one-on-one instruction from a trained family physician. Procedural trainings such as these are unfortunately not a significant part of the Keck curriculum, so we felt that being able to provide these workshops was an exciting addition to our medical student curriculum.

IUD AND FAMILY PLANNING WORKSHOP - TBD

This upcoming workshop will provide an opportunity to collaborate with the OB/GYN student interest group on campus and also serve to help students gain procedural skills and see just a portion of the large scope of procedures a family medicine doctor can perform.

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RECRUITMENT AT THE STUDENT LIFE FAIR

The Keck Student Life Fair takes place at the beginning of each school year, where all student interest groups (SIGs) can table and recruit new members to their organizations. We had 3 students from FMIG at our table collecting names and emails of first and second year students, where we displayed an informational poster about our SIG. We also handed out fun perks like AAFP pens and cups to new students, while encouraging them to sign up for the AAFP and CAFP. We advertised our various programming and encouraged students to attend our first lunch talk of the year. This year, we recruited 45 new members to FMIGs list serve.

FAMILY MEDICINE MENTORSHIP PROGRAM AND MENTORSHIP DINNER

Five years ago, Keck FMIG established a mentorship program which matched our medical students with practicing community family medicine physicians, allowing students to connect with Family Medicine doctors from a variety of backgrounds. This summer, the mentorship chair, Sarah Rotondo, recruited 21 physicians to participate in our mentorship program. These doctors were contacted via email with a survey asking whether they would be interested in providing mentorship and shadowing opportunities to medical student mentees, what patient population they generally interacted with, if they had completed a fellowship or other specialized training program, and how many students they were willing to mentor. In September, after we had recruited new first year medical students into our FMIG, we had students sign up to be a part of the mentorship program by filling out a similar survey. 26 first and second year medical students signed up for the mentorship program and were manually paired with a mentor by Sarah, trying to match students and physicians based on their interests. Participating physicians and medical students were then given the contact information of their match, along with a set of guidelines regarding the expectations and desires from each party. This opened the door for a year of meaningful interactions between mentors and mentees, which many students have told us have been very helpful and inspiring to them.

Another part of our mentorship program is the mentorship dinner, also planned by our Mentorship Program Chair. At this dinner which was held not long after mentors and mentees had been paired together, students had the opportunity to meet their physician mentors in person and get to know them outside of the clinic or hospital setting in a casual environment. Both the students and physicians appreciate this opportunity to get to know each other as people before they start working together. Early on in the dinner each of the physicians was also given a chance to say a few words about themselves as well as a few piece of advice they have and/or a meaningful experience that they had had in their career. Students were able to get a clearer view of the role of the family physician as well as the many paths that family medicine physicians have available to them. This dinner is also a great addition to the program because it is a chance for students to meet not only their mentor, but also each of the other amazing mentors who were lucky enough to have join us.

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CUDDLE CLUB

With the commitment to showcase the full spectrum of family medicine through well-organized "Cradle to Grave" service programs, Keck FMIG established the Cuddle Club as a permanent program at LAC + USC Country Hospital and established a permanent Cuddle Club position in its board. In Cuddle Club, medical students work primarily with "boarder babies" in the NICU, infants whose mothers are unable to care for them due to illnesses or substance use problems. These infants may receive inadequate human contact, which can negatively impact their development. Students who volunteer their time to participate in the Cuddle Club assist the hospital team in feeding, holding, and comforting the newborns. This is very exciting for students because it is one of the few opportunities we have in the first two years of medical school to have real responsibility and play a direct role in providing healing care to patients in the hospital. Students are assigned to come in regularly to play with babies who are expected to remain in the nursery for an extended period of time, and to help assess their developmental milestones. Cuddle Club students play a role that is formative to the well-being of the infants long after their hospital stay. The medical team in the NICU is very grateful for the medical students' help because their immense amount of responsibilities often makes them unable to have time to provide these kind of simple healing interventions like just holding the babies and comforting them outside of their normal feeding times. In turn, the medical students benefit by learning about the challenges of neonatal care and the unique needs of newborns, especially in the population served by the LA County Hospital. We also have the chance to work along with other members of the medical team like social workers and nurses, to learn more about their role in patient care and what services they can provide to patients. Students serve as a resource to patients and their families and are able to hone interpersonal skills, and also get more comfortable with how to properly handle and care for these fragile infants, which is a first for many students. Students appreciate having the rare opportunity to learn about maternal health and obstetrics, which deepens their knowledge about family medicine and family planning.

In order to participate in the Cuddle Club, volunteers must attend a mandatory training. Our Cuddle Club Chair, Priya Bhattacharjee, organized an orientation at the beginning of the academic year that included a multimedia presentation and a questions and answer session with a NICU and Nursery nurse. 72 new students completed the training this year. Once the training and the tour are complete, students can volunteer in the NICU at any time. Participation is tracked via a sign-in sheet in the NICU. This year we also created a social media page for Cuddle Club, where volunteers can post about when they plan to go to Cuddle Club, so that they can find more people to go with them and also just to share about their activities. This was intended to increase participation in Cuddle Club, and also to increase volunteer satisfaction by being able to share about their experiences with others. Also, this year we have started working with a staff member at the NICU who wants to use medical students as a resource to help teach new mothers about the importance of breastfeeding their babies, and to teach proper and safe ways to feed their infants. We are excited to keep expanding our service to these babies and mothers at LAC + USC, and plan to debut this new program in the next academic year.

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PROGRAM/PROJECT/INITIATIVE 6

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READY, SET, FIT!

Reach, Set, Fit is a community health and outreach curriculum developed by The American Academy of Family Physicians' fitness initiative Americans in Motion (AIM) in collaboration with Scholastic. The program aims to educate elementary school children about healthy lifestyles through lessons and activities. Four years ago, our FMIG partnered with Sunrise Elementary School in East Los Angeles to teach the Ready, Set, Fit curriculum to classes of 2nd and 3rd grade students. We have maintained this partnership over the years and are happy to continue coming to this school and teaching their new students each year. We have appointed a specific board member, Adriana Mellor, who is in contact with the administration at Sunrise and helps us coordinate dates that work for our medical students and their schedule so that we can fit in all of the lessons in the curriculum. Adriana also purchases healthy snacks like tangerines and apples before each lesson which we bring and distribute to the kids whenever we come. We ask for a minimum of six FMIG volunteers each time, so that we can teach three classes of elementary school students and have two instructors per class.

MEET A FAMILY DOCTOR 09/28/2018 - The purpose of this lesson was to introduce the class to medicine as a career, and tell the students a little about what a family doctor does. Family doctors from Kaiser Permanente joined us to talk about what life as a doctor is like and to answer questions from the kids. During the last part of the lesson, the doctors, medical students, and kids gathered in small groups to discuss how stethoscopes, eye charts, and reflex hammers work. Time was also used in this lesson to introduce students to the model for health that we would be building on in the next three lessons. We talked with students about the three elements of health: staying active, eating right, and feeling good. Kids were asked to come up with ideas of how to be healthy and then categorize them into each of those three areas. We then practiced some math skills by making fractions of how many of our ideas were in each individual category.

LET'S MOVE! 10/12/2018 - The goal of this lesson was to encourage the kids to get outdoors and play. We talked with the kids about the importance of play, about what it means to live an active life, and how to get their family to be active along with them. We then led a class activity where each student was asked to make an estimate of how many steps it would take to walk across the schoolyard. We then walked across the school and counted our steps to see how close we were to our guesses. Using these numbers, we then did some math practice, calculating how many steps we take in a minute, how many more minutes we would need to be active to achieve the recommended daily amount of 60 minutes of activity a day, and how many steps it would take to be active for 60 minutes of walking.

CHOOSE SMART! EAT SMART! 02/8/2019 - This lesson was geared towards teaching the kids what it means to make healthy dietary choices, why eating healthy is important, and how to eat more nutritious foods each day. During this lesson, the students learned about MyPlate and the 5 major food groups. Medical students facilitated a discussion with the class regarding their favorite foods, the foods that belong in each food group, and how to decide whether a plate is healthy or unhealthy.

EXPRESS YOURSELF Date TBD - This lesson is intended to teach the children about the last component of health which is sometimes left out of the discussion, emotional well-being. We will start by facilitating a discussion about what it means to feel good and to be mindful of one's emotions. We will help illustrate these points by having students read and discuss a short story, which contains examples of healthy ways that a young girl was able to express her emotions and cope with feelings of sadness and anger. Our FMIG also will prepare activities based on the Disney movie Inside Out, which many of the students will hopefully have seen and be able to relate to.

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PRIMARY CARE COALITION MEETINGS - 04/25/2018, 08/20/2018, 11/29/2018, 03/04/2019, all 12-1 PM

Throughout the year, our FMIG participates in Primary Care Coalition meetings with members of other primary care specialty student interest groups to create collaborative events that students interested in primary care in general will find helpful. We do this to promote the values of primary care and the common interests that these distinct specialties have with cohesive lunch talks, service events, a summit dinner, and this year, a leadership conference (see previous sections for details on these events). These meetings are a chance for primary care interest groups to work together to make sure we are not creating competing events but working together on things that we can. These meetings are led by our faculty advisor and held quarterly.

PRIMARY CARE SERVICE EVENTS**OBGYN SIG Clothing Drive - 12/2019**

This service event was organized by OBGYN SIG and advertised within the primary care coalition with participation in donation and sorting clothing from all groups. A clothing drive was set up with collection bins around campus during the holiday season. The clothes were donated to the Violence Intervention Program in East Los Angeles.

Sandwich Making for Union Station Homeless Center - 05/08/2018, date for 2019 TBD, both 12 - 2 PM

Last year and coming up this year, primary care coalition leaders from various student interest groups have come together to plan sandwich making for the homeless to benefit the Union Station Homeless Center in Pasadena, CA. A couple of students shop for lunch-making supplies and then we invite all Keck students to come be a part of the sandwich-making, typically for 1-2 hours during an afternoon, after which they are dropped off at the homeless center. These events are always a lot of fun and allow primary care interested students to come together and spend an afternoon doing a small service project.

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AAFP NATIONAL CONFERENCE - 08/01/2018-08/04/2018

Nine Keck students and our primary care advisor attended the 2018 AAFP National Conference. Four of our students and primary care advisor also participated in the PCLC training, where we were able to build our team, learn our leadership styles, and begin to brainstorm a project for the upcoming year. Students also participated in various talks and workshops, along with the residency fair.

CAFP FAMILY MEDICINE SUMMIT - 09/08/2018

Fifteen Keck students attended the CAFP Family Medicine Summit this year. CAFP's Family Medicine Summit is an opportunity for medical students, residents and program directors in family medicine to get together. This event sets the stage to promote learning, connecting and conversing about the field of family medicine. The Summit allows participants to network, meet other peers and attend the Residency Fair. It takes place right before interview season so it serves as a great jumping board for people to see all that Family Medicine has to offer.

UC RIVERSIDE PROCEDURAL SKILLS SUMMIT - 01/06/2019

Four Keck students attended UC Riverside's primary care procedural skills summit. There, students were able to learn skills including suturing, dermatologic procedures, vasectomy, well-child visits, joint injections, and taking vitals. The event closed with a panel of doctors who spoke more about their unique careers within primary care.

CAFP SOCAL PROCEDURES WORKSHOP - 02/23/2019

Five Keck students attended the CAFP SoCal Procedures Workshop this year at UC Irvine. There, students were able to learn skills including EKG reading, suturing, IUD placement, joint injections, MSK exams, and more. Students enjoyed being able to get hands-on skills development and learn procedures that aren't classically taught in first and second year curriculum.

ALL MEMBER ADVOCACY MEETING - 03/09/2019-03/10/2019

Four Keck students attend the All Member Advocacy Meeting this year. There, students were able to gain knowledge about advocacy and policy from a family medicine doctor's perspective. Information from the conference, including fundraising efforts by the FP-PAC (policy and lobbying group) were also relayed back to all Keck FMIG students.

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