

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: Loma Linda University School of Medicine
2. FMIG Name: LLU FMIG
3. ☒ Main Campus or ☐ Regionally Separated (branch) campus
a: If regionally separated (branch) campus, name: _____
4. Number of students in your medical school: 672
a: If your campus is a regionally separated (branch) campus, number of students on your campus: _____
5. Number of active FMIG members: 56
6. Number of students serving in FMIG leadership positions: 12
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: Won-Jin Jeon
11. Primary Student Leader Email Address: wojeon@llu.edu
12. Primary Student Leader Phone: _____
13. FMIG Faculty Advisor Name(s): Jordan Kattenhorn, MD; Wessam Labib, MD; Gina Mohr, MD
14. FMIG Faculty Advisor Email Address: jkattenhorn@llu.edu
15. FMIG Faculty Advisor Phone: _____
16. Institutional Mailing Address: 11175 Campus St. Loma Linda, CA. 92350

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?

Our Loma Linda University Family Medicine Interest Group is completely student-run, which means we manage our group and its operations through a traditional officer structure, which includes the offices of the president, vice-president, secretary, treasurer, community service VP, social VP, and public relations chair. In addition, we have class representatives for each of our four medical school classes, who communicate and network within their classes regarding FMIG events.

We have found that this structure involves students in FMIG leadership and helps delineate delegated tasks to each respective officer position. Delegation and teamwork have been key factors, as this allows underclassmen to take ownership of events while allowing experienced upperclassmen to provide direction and exercise more managerial skills over events they have participated in previously. This has resulted in our FMIG consistently providing more events than any other interest group in our medical school. Whether it is a Family Medicine meet-and-greet with faculty presentations or multiple skills workshops, each student leader contributes their time and efforts in brainstorming, planning, execution, and future development of events.

Often, a group of student leaders within our FMIG spearhead an event or project planning and gather others within the group to collaborate efforts. We plan for our events at light-hearted, fun monthly meetings involving food and snacks. They're begun by a prayer and an inspirational thought before delving into event planning.

18. Describe your FMIG's mission and goals.

Our Family Medicine Interest Group exists to connect medical students interested in Family Medicine to faculty and residents, providing a community that nurtures the spirit and love for Family Medicine as a specialty focused on the whole health of individuals from all age ranges. We also aim to assist students in their struggles through medical school but in their endeavors to fulfill community needs and show compassion.

Our FMIG mission extends to not only facilitating awareness and understanding of Family Medicine as a medical specialty to the study body, but also to caring for our entire student body community. Through events, such as our annual Blood Drive and Christmas gift packing events, we consistently strive to serve our community.

Above all, our Family Medicine Interest Group is devoted to reflecting the love and ministry of Jesus Christ through our service to our student body and extended community.

19. Describe the role of your FMIG Faculty Advisor.

Family Physicians: Dr. Kattenhorn, Dr. Labib, and Dr. Mohr

Each of them are passionate about teaching medical students and collaborating with our FMIG. They often provide great insight and resources about the various ideas and projects our FMIG officers come up with and show us continued support. Whether it is opening up their house to host many FMIG members for a social gathering or leading a panel of physicians to teach students after clinic hours, our FMIG faculty advisors are the reason we are able to move forward with events and projects. They often play the role of advising and giving feedback on our ideas and rallying Family Medicine residents and other family physicians to assist us in our events.

Administrative Coordinator: Kris Sutton

Kris is a versatile, supportive staff member who helps us with our FMIG operational organization, finances, resources, planning, and involvement of faculty. She also helps greatly with 3rd and 4th year medical student rotations and electives related to Family Medicine. Her selflessness and skill keeps our FMIG as efficient as it is.

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.

PROGRAM/PROJECT/INITIATIVE 1

- Title of FMIG event, project, or initiative: Loma Linda University Family Medicine Residency Fair
- Date(s) and time(s) held: 9/9/2019 6-7:30 PM
- Number of students/student work hours it took to organize: 7 students; 42 hours total
- Number of students who participated: 49
- Choose the categories that apply. Please choose all that apply, but be discerning with your selections. Chosen categories should strongly apply to your program/initiative/project.

<ul style="list-style-type: none"> <input type="checkbox"/> Community service: This is something your FMIG does for the community. <input checked="" type="checkbox"/> Professional development: This is something your FMIG does to promote professional and/or leadership development among your members. <input checked="" type="checkbox"/> Exposure to family medicine and family physicians: This is something your FMIG does to expose its members to family physicians in your medical school or the community. <input type="checkbox"/> Promoting the value of family medicine as primary care: This is something your FMIG does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with primary care interest groups. 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> 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. <input type="checkbox"/> Current issues or innovations in family medicine. <input type="checkbox"/> New event for this FMIG. <input type="checkbox"/> Significant changes/improvement made on an existing FMIG program. <input type="checkbox"/> Collaboration with another campus group. Please indicate which group (SNMA, another primary care interest group, etc.): _____ <input type="checkbox"/> Other: _____
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- 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.

The Annual Loma Linda University Family Medicine Residency Fair is an interactive, educational event with opportunities for medical students in any year of training. The Residency Fair is one of our crowning achievements, probably the most important event in our Fall calendar, and it has been well-received each time it has been put on. By planning this fair, we feel that we are pioneers because no other specialty interest group at LLU School of Medicine, that we are aware of, does anything similar. About 15 Family Medicine residency programs from Southern and Northern California, Colorado, and Ohio are invited for a residency fair with general information about Family Medicine as a specialty and career and specifics about each program. The Loma Linda University School of Medicine students are invited to engage in conversations with residency recruiters passionate for Family Medicine and their respective Family Medicine residency programs. To provide excitement and fun, our LLU Family Medicine Interest Group provides food and raffle prizes based on stamps received from specific programs.

This year, by demonstrating a multiplicity of residency options (with consideration to full-spectrum, rural, geographic, or academic aspects), students were able to compare and contrast how Family Medicine training is expressed at each program. Its structure was a mixer with different tables for each program accompanied by dinner. This was the third annual event of this program; previous experience led to us changing the length of the program from 2 hours to 1.5.

Regarding the preparation for the event, we surveyed our FMIG officers as well as upperclassmen going into Family Medicine for program suggestions. The officers gathered this information and delegated a number of programs for each officer to reach out to either through email or by phone to determine if they could attend or not. For the event itself, a convention room was rented on campus, with booths set up for programs to occupy. Students were provided dinner and opportunities to make connections, ask questions about Family Medicine, and learn about the residency application process.

Feedback and other evaluations were discussed in meetings amongst the FMIG officers in the proceeding month of October with notation placed in our meeting minutes for future leadership teams. We felt the event went well for upperclassmen, as these students were present for the entirety of the event, and many of them expressed the event was beneficial for their residency application choices and planning. In this way the event was a success because the primary target for whom the event was designed was reached. An area of improvement for next year could be engaging the lowerclassmen more with activities at each booth. Other such areas of improvement include developing a better system for announcing raffle prizes.

PROGRAM/PROJECT/INITIATIVE 2

- Title of FMIG event, project, or initiative: Primary Care Panel
- Date(s) and time(s) held: 11/04/19
- Number of students/student work hours it took to organize: 12 students; 36 hours total
- Number of students who participated: _____
- Choose the categories that apply. Please choose all that apply, but be discerning with your selections. Chosen categories should strongly apply to your program/initiative/project.

<input type="checkbox"/> Community service: This is something your FMIG does for the community.	<input checked="" type="checkbox"/> 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.
<input type="checkbox"/> Professional development: This is something your FMIG does to promote professional and/or leadership development among your members.	<input type="checkbox"/> Current issues or innovations in family medicine.
<input checked="" type="checkbox"/> Exposure to family medicine and family physicians: This is something your FMIG does to expose its members to family physicians in your medical school or the community.	<input type="checkbox"/> New event for this FMIG.
<input checked="" type="checkbox"/> Promoting the value of family medicine as primary care: This is something your FMIG does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with primary care interest groups.	<input type="checkbox"/> Significant changes/improvement made on an existing FMIG program.
	<input checked="" type="checkbox"/> Collaboration with another campus group. Please indicate which group (SNMA, another primary care interest group, etc.): <u>Pediatrics, IM, and Med-Peds</u>
	<input type="checkbox"/> 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.

The Primary Care Panel is an annual event with the purpose to expose students to more physicians in the field of primary care. Doctors from Family Medicine, Pediatrics, Internal Medicine, and Med-Peds were invited to explain their various fields and answer questions from the facilitator (a family physician) and students. When planning for the panel, the officers looked back to the previous year's event for any improvements that could be made. Several improvements included providing hand-held lunches and utilizing multiple computers for sign-ins to allow for efficient flow and transition. Our goal was to promote primary care interest and the value of Family Medicine. The roles were assigned among the officers: The class representatives emailed their classes, the president sent reminders for students to RSVP for the event, the vice president organized the catering for lunch, the secretary wrote "Thank you" cards to the faculty volunteers, and the treasurer reserved the room and received checks from the other participating interest groups- all in all, every single FMIG officer was directly involved with the planning.

The event promoted Family Medicine, because it gave students a personalized take on what it is like to be a family physician. Dr. Reichert and Dr. Woodruff, the family physicians at the event, shared inspiring and insightful stories and realizations that they've had in their practices. The event started with students signing in, grabbing burritos, and sitting down so that they could eat while the panelists shared their wisdom. The facilitator would ask the panelists questions, and they would answer based on their personal experiences and what they thought would be relevant to the students.

After the event, the officers had a meeting to discuss how they felt about the Primary Care Panel this year and how it can be improved for next year. One officer suggested that next year we could dive deeper into Family Medicine and discuss sub-specialty roles in primary care. The main facilitator of the event, Dr. Woodruff, also sent us feedback: "I felt like the discussion and format today were improved over last year—which already was good and well-received! Thank you to each of the physician panelists! And thank you, Won Jin and Nick, for your leadership and assistance with the program."

PROGRAM/PROJECT/INITIATIVE 3

- Title of FMIG event, project, or initiative: FMIG Community Service Projects
- Date(s) and time(s) held: Varies
- Number of students/student work hours it took to organize: Varies
- Number of students who participated: Varies
- Choose the categories that apply. Please choose all that apply, but be discerning with your selections. Chosen categories should strongly apply to your program/initiative/project.

<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Community service: This is something your FMIG does for the community. <input type="checkbox"/> Professional development: This is something your FMIG does to promote professional and/or leadership development among your members. <input checked="" type="checkbox"/> Exposure to family medicine and family physicians: This is something your FMIG does to expose its members to family physicians in your medical school or the community. <input checked="" type="checkbox"/> Promoting the value of family medicine as primary care: This is something your FMIG does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with primary care interest groups. 	<ul style="list-style-type: none"> <input type="checkbox"/> 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. <input type="checkbox"/> Current issues or innovations in family medicine. <input type="checkbox"/> New event for this FMIG. <input type="checkbox"/> Significant changes/improvement made on an existing FMIG program. <input type="checkbox"/> Collaboration with another campus group. Please indicate which group (SNMA, another primary care interest group, etc.): _____ <input type="checkbox"/> Other: _____
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Operation Christmas Child Packing Party (11/17/19, 5pm-7pm; Work hours to organize: 8 hours total; Participants: 25)

This is a gift-giving ministry in which shoebox-sized boxes are packed with items like school supplies, toiletries, clothes, shoes, and toys to be sent all over the world to churches to give to children in their local communities and help build up communities. Our FMIG hosts an annual dinner and packing party where medical students from all four years of medical school can come and contribute to the filling and packing of these gift boxes. The event is also sponsored by the Loma Linda University Family Medicine Residency program, which gives opportunity for medical students to meet and talk with current family medicine residents, faculty, and the residency director, fostering interpersonal connections. Additionally, international service is a hallmark of Loma Linda University's mission and vision and part of FMIG group's desire to showcase the scope of Family Medicine; thus, we are glad to have the opportunity to uphold values of service through this particular program.

LifeStream Blood Drive (2/10/20, 12pm-6pm; Work hours to organize: 3 hours total; Participants: 50)

Blood donation is key to the sustenance of local blood banks and necessary for patient care in surgeries, trauma, anemias, and other transfusion-necessary circumstances. We as health care professionals understand the critical importance of having enough blood for our hospitals to use when someone's very life is on the line. LLU FMIG collaborates each year with the local blood donation agency LifeStream and hosts the drive in our campus fitness center, during the week of Valentines Day. The idea is to encourage other students to think not only about their valentine that week, but also consider the needs of the patients they care for, especially those needing transfusion. Many students, residents, faculty, and community members come to generously donate and give back to their community. For the past two years, LifeStream has told us that we have helped them collect more units of blood than any mobile clinic they have done in the past. We accredit such a feat to the generosity of our community, but take pride in being able to facilitate the hosting of the drive and advertise the opportunity to our classmates. We plan to continue partnering with LifeStream to make these drives as successful as possible.

Street Medicine Clinics- through the Loma Linda University Street Medicine Program (Throughout the year; Work hours to organize: 2-3 hours/ week; Participants: 40-50 of our FMIG members and officers)

FMIG members and our officers frequently attend Street Medicine clinics and take leadership roles in weekly outreach events that take place at various churches, men's shelters, and women and children's shelters. We work with a variety of different attendings who most often are primary care specialists/ family physicians, and serve the people at these clinics with health screening and prescribing treatment plans. Beyond the healthcare dynamic of street medicine clinics, there is many an opportunity for whole person care and exploring the field of primary care in which students dive into the social determinants of health in these populations and get to learn, from personal stories, some of the barriers people have when it comes to accessing healthcare and maintaining healthy lifestyle habits – something that is very difficult to do when housing and finances are unstable. FMIG members, therefore, are encouraged to attend and participate whenever they can, so that they may be able to learn how to care for people in unfortunate situations who often would benefit from long term access to a family medicine primary care physician.

PROGRAM/PROJECT/INITIATIVE 4

- Title of FMIG event, project, or initiative: Welcome Back Bash
- Date(s) and time(s) held: August 25, 2019 @ 5:30 - 7 PM
- Number of students/student work hours it took to organize: 6 students; 6-8 hours each
- Number of students who participated: 55
- Choose the categories that apply. Please choose all that apply, but be discerning with your selections. Chosen categories should strongly apply to your program/initiative/project.

<ul style="list-style-type: none"> <input type="checkbox"/> Community service: This is something your FMIG does for the community. <input checked="" type="checkbox"/> Professional development: This is something your FMIG does to promote professional and/or leadership development among your members. <input checked="" type="checkbox"/> Exposure to family medicine and family physicians: This is something your FMIG does to expose its members to family physicians in your medical school or the community. <input checked="" type="checkbox"/> Promoting the value of family medicine as primary care: This is something your FMIG does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with primary care interest groups. 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> 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. <input type="checkbox"/> Current issues or innovations in family medicine. <input type="checkbox"/> New event for this FMIG. <input type="checkbox"/> Significant changes/improvement made on an existing FMIG program. <input type="checkbox"/> Collaboration with another campus group. Please indicate which group (SNMA, another primary care interest group, etc.): _____ <input type="checkbox"/> Other: _____
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- 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.

Our LLU FMIG Welcome Back Bash is an annual opportunity to welcome new and old medical students to the FMIG community. First year medical students are invited to an introductory event to not only the field of Family Medicine, but also to the community of medical students and physicians passionate for Family Medicine. This event also functions as an opportunity to introduce the Family Medicine Interest Group officers, faculty advisors, and residency director to the medical student body and to make new connections and explore Family Medicine as a specialty. Medical students from all years, family medicine residents, and faculty have the opportunity to mingle over a delicious meal.

This year, the event featured an added portion- a panel of four Family Medicine residents from Loma Linda University shared their stories of why they chose this specialty, why it is meaningful to them, and what life looks like as a family physician. After the event, there were first year students who recalled that the stories from resident physicians and faculty about their decision to choose Family Medicine and the heartfelt recollection of the physicians as they shared their passion for the specialty had inspired them to explore Family Medicine as a potential specialty for their career.

PROGRAM/PROJECT/INITIATIVE 5

- Title of FMIG event, project, or initiative: Social Initiatives (including future events)
- Date(s) and time(s) held: 01/19/20 & 01/22/20
- Number of students/student work hours it took to organize: 4 students/ 3 hours each; 2 hours
- Number of students who participated: 25 & 12
- Choose the categories that apply. Please choose all that apply, but be discerning with your selections. Chosen categories should strongly apply to your program/initiative/project.

<ul style="list-style-type: none"> <input type="checkbox"/> Community service: This is something your FMIG does for the community. <input checked="" type="checkbox"/> Professional development: This is something your FMIG does to promote professional and/or leadership development among your members. <input checked="" type="checkbox"/> Exposure to family medicine and family physicians: This is something your FMIG does to expose its members to family physicians in your medical school or the community. <input type="checkbox"/> Promoting the value of family medicine as primary care: This is something your FMIG does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with primary care interest groups. 	<ul style="list-style-type: none"> <input type="checkbox"/> 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. <input type="checkbox"/> Current issues or innovations in family medicine. <input checked="" type="checkbox"/> New event for this FMIG. <input type="checkbox"/> Significant changes/improvement made on an existing FMIG program. <input type="checkbox"/> Collaboration with another campus group. Please indicate which group (SNMA, another primary care interest group, etc.): _____ <input type="checkbox"/> Other: _____
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Winter Social (MS1-MS4)

The winter social was organized for the purpose of giving students who are a part of FMIG a chance to connect and focus on wellness. We created this event with the intent of supporting the community we have and to help those that may be experiencing burn-out from the rigorous study medical school entails. Dr. Mohr, one of the medical faculty and faculty advisors, opened up her home and backyard to enjoy time around a bonfire with dinner and light conversations. A few of the FMIG student leaders bought supplies for s'mores and hot dogs to enjoy together with other students and their significant others.

Fourth year medical students had the opportunity to give advice on the questions lowerclassmen had whether it was preparing for the next exam or scheduling for the Family Medicine related electives. We did not hold any social event for the sole purpose of whole person care, but we decided to hold this one event to give FMIG members the opportunity to join and connect whilst spending needed time for self-care.

Faculty and FMIG Officers Planning Dinner

Another social initiative was a dinner between the FMIG officers and Family Medicine faculty of Loma Linda University. The goal for this dinner was for the FMIG officers to personally and professionally connect with the Family Medicine faculty and to communicate amongst each other about what could be done to improve Family Medicine education to our students in the Family Medicine Clerkship curriculum. This was our first meeting with faculty where communication of ideas of what could be done better or what was already beneficial to the students took place.

We are planning to have an end-of-the-year social event with information about Family Medicine, presented with food and mentorship opportunities/connection with faculty and upperclassmen. Furthermore, we have discussed beginning a "mentorship" initiative where FMIG officers and members would have the chance to meet with Family Medicine residents and to continue to stay connected with our faculty in Family Medicine to improve the promotion of Family Medicine and the many opportunities this specialty has.

PROGRAM/PROJECT/INITIATIVE 6

- Title of FMIG event, project, or initiative: "FMIG February" (Weekly Skills Workshops)
- Date(s) and time(s) held: Varies (in the month of February)
- Number of students/student work hours it took to organize: 6 students total; 8-10 hours for each event
- Number of students who participated: Varies
- Choose the categories that apply. Please choose all that apply, but be discerning with your selections. Chosen categories should strongly apply to your program/initiative/project.

<ul style="list-style-type: none"> <input type="checkbox"/> Community service: This is something your FMIG does for the community. <input type="checkbox"/> Professional development: This is something your FMIG does to promote professional and/or leadership development among your members. <input type="checkbox"/> Exposure to family medicine and family physicians: This is something your FMIG does to expose its members to family physicians in your medical school or the community. <input type="checkbox"/> Promoting the value of family medicine as primary care: This is something your FMIG does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with primary care interest groups. 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> 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. <input type="checkbox"/> Current issues or innovations in family medicine. <input checked="" type="checkbox"/> New event for this FMIG. <input type="checkbox"/> Significant changes/improvement made on an existing FMIG program. <input checked="" type="checkbox"/> Collaboration with another campus group. Please indicate which group (SNMA, another primary care interest group, etc.): <u>OB-Gyn Interest Group</u> <input type="checkbox"/> Other: _____
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- 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.

Suturing and Knot Tying/ IUD Workshop (2/14/20; 36 students): This event had the intention of educating students on important medical skills and promoting Family Medicine. This workshop provided hands-on opportunities for students to learn how to perform surgical sutures, different types of surgical knots, and insert IUDs. This workshop was taught by Family Medicine residents, an OB-Gyn resident, an OB-Gyn physician, third year and fourth year FMIG officers. We initially divide the students into two groups with one group focusing on learning suturing on pigs feet and the other group learning how to do surgical knot tying and IUD insertion. Two FMIG officers spearheaded the event, but all FMIG officers participated in the workshop, helped with obtaining supplies, were present with setting up the workshop, and helped clean up the workshop at the end. The Suture/IUD/Knot Tying workshop was highly appreciated by all students that participated with feedback being overwhelmingly positive. This workshop gave students the opportunity to learn skills vital to Family Medicine practice and to interact with Family Medicine residents. Overall, the workshop was successful in not only educating students, but also providing a fun experience and promoting Family Medicine to students interested in entering Family Medicine.

Musculoskeletal-Focused Workshop (2/20/20; 18 students): This lab sought to educate students about physical exam maneuvers, injection sites, and ultrasound examinations of both the knee and shoulder joints. This lab was a collaboration between our FMIG, several faculty members, and resident physicians. Students rotated through three separate stations with groups of 2-3 students per station and educator. The joint injections were performed on knee and shoulder models that allowed accurate palpation. Physical exam maneuvers and ultrasound scans were performed on other students with physicians instructing on proper technique and describing positive findings in each exam. This event allowed multiple skills to be honed and taught to medical students. MSK complaints are very common in family medicine practice and having the knowledge of proper physical exam and proper techniques for joint injection is important. This event allowed medical students to explore the breadth of Family Medicine and connect with faculty and resident physicians.

Short-Arm Casting Lab (2/27/20; 35 students): This event was aimed at educating students about how to set and remove a short-arm cast and educate students about Sports Medicine as a subspecialty within Family Medicine along with its scope of practice. The workshop was very hands-on, as each student had the opportunity to apply the cast and remove it. The last portion of the workshop was dedicated to educating about Sports Medicine, which our Family Medicine residents helped accomplish. All FMIG officers joined in to help aiding with obtaining the required supplies, collaborating with faculty and residents to make the workshop possible, setting up before the lab, and cleaning up afterwards.

This workshop is a great way to show students an aspect of family medicine (full-spectrum or rural) that many students may not realize. Though this was the second year of doing this lab, the addition of inviting a casting technician really helped us to streamline the process. Several students, including our FMIG officers, noted that the workshop really made them excited about the specialty in a unique way.

PROGRAM/PROJECT/INITIATIVE 7

- Title of FMIG event, project, or initiative: Family Medicine Residency Preparation
- Date(s) and time(s) held: Varies
- Number of students/student work hours it took to organize: 2 students per event; 5 hours each
- Number of students who participated: Varies
- Choose the categories that apply. Please choose all that apply, but be discerning with your selections. Chosen categories should strongly apply to your program/initiative/project.

<ul style="list-style-type: none"> <input type="checkbox"/> Community service: This is something your FMIG does for the community. <input checked="" type="checkbox"/> Professional development: This is something your FMIG does to promote professional and/or leadership development among your members. <input checked="" type="checkbox"/> Exposure to family medicine and family physicians: This is something your FMIG does to expose its members to family physicians in your medical school or the community. <input type="checkbox"/> Promoting the value of family medicine as primary care: This is something your FMIG does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with primary care interest groups. 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> 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. <input type="checkbox"/> Current issues or innovations in family medicine. <input type="checkbox"/> New event for this FMIG. <input checked="" type="checkbox"/> Significant changes/improvement made on an existing FMIG program. <input type="checkbox"/> Collaboration with another campus group. Please indicate which group (SNMA, another primary care interest group, etc.): _____ <input type="checkbox"/> Other: _____
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- 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.

MS4 Mock Interviews (9/30/19; 7 fourth year students): The event was held for seniors to prepare for the residency interview process. Three Family Medicine faculty interviewed fourth year medical school students. Students were given residency interview style questions, adequate time to respond, feedback on their responses, and advice on how they might improve on their interview day. Students arrived for these mock interviews dressed in professional attire as if students were at a real residency interview and meeting the interviewers for the first time. Students who participated appreciated the experience of mock interviews and interview advice from faculty. They commented that it was helpful to receive acknowledgment about what students were doing correctly and how they could improve for interviews. Furthermore, feedback and advice given to the seniors were typed out and given to those who weren't able to make it to the event. This event was important as it provided a solid understanding of the intricacies of the residency interview process and gave senior students confidence going into their interview season.

FMIG Match Panel (4/13/20; 40 students)

The FMIG Match Panel was an opportunity for students to learn and prepare for residency applications. This year, due to the COVID-19 quarantine, the FMIG Match Panel was held virtually through a Zoom conference meeting. Three family medicine faculty members gave a quick introduction to the interview and match process before we proceeded to ask questions of the student panelists. Our match panel consisted of four different 4th year medical students speakers who matched to programs in state, out of state, and in Canada. The speakers also shared whether their programs were opposed, unopposed, rural, urban, community, and academic. Each speaker gave a 5-10 minute short story on their background, how this impacted their choices for interview/residency options, the interview process, what to consider for residencies, general advice for upcoming 4th year students. After speaking for about 30-45 minutes the panel opened up to questions from the medical student audience. The feedback and advice given were transcribed to a document for upcoming senior medical students to review and use as a helpful guide for the Family Medicine residency process and match. Many medical students of all classes, not only seniors, expressed the helpfulness of the event as they were able to learn about the field of Family Medicine and hear stories from those passionate about the specialty and patient population.

PROGRAM/PROJECT/INITIATIVE 8

- Title of FMIG event, project, or initiative: LLU Aid
- Date(s) and time(s) held: March 2020- Current
- Number of students/student work hours it took to organize: 5 students/ 2-3 hours x 1 day
- Number of students who participated: Currently 175 student volunteers
- Choose the categories that apply. Please choose all that apply, but be discerning with your selections. Chosen categories should strongly apply to your program/initiative/project.

<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Community service: This is something your FMIG does for the community. <input type="checkbox"/> Professional development: This is something your FMIG does to promote professional and/or leadership development among your members. <input type="checkbox"/> Exposure to family medicine and family physicians: This is something your FMIG does to expose its members to family physicians in your medical school or the community. <input type="checkbox"/> Promoting the value of family medicine as primary care: This is something your FMIG does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with primary care interest groups. 	<ul style="list-style-type: none"> <input type="checkbox"/> 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. <input type="checkbox"/> Current issues or innovations in family medicine. <input checked="" type="checkbox"/> New event for this FMIG. <input type="checkbox"/> Significant changes/improvement made on an existing FMIG program. <input checked="" type="checkbox"/> Collaboration with another campus group. Please indicate which group (SNMA, another primary care interest group, etc.): <u>Class Officers of LLU School of Medicine</u> <input type="checkbox"/> Other: _____
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- 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.

Launching the LLU Aid Program

COVID-19 impacted the healthcare system in novel ways, especially after California's "Shelter at Home" orders. Community needs were further exacerbated, and made notably apparent in front-line healthcare workers who were unable to stay at home. Medical students had the unique position of being removed from our clerkships after the AAMC's decision. While brainstorming with our FMIG officers about what we could do as FMIG to help, we heard about medical students from the University of Minnesota who were making use of their off-wards time to help out with needs of their community – like grocery shopping, pet sitting, and childcare.

LLU FMIG officers quickly helped step-in to coordinate volunteer efforts and began with a constitution and ideas through video conferencing. We broadened our scope and manpower by working with similar-minded medical students (while maintaining our leading role for this program), and the dean's office to quickly set up preliminary volunteering parameters, creating and maintaining an LLU Aid website for people to either volunteer or request aid, and reaching out to other student community volunteer groups in order to expand our volunteer base and potential services. We adopted the service tasks of helping to run errands, get essential supplies and toiletries, offer pet sitting and childcare, and provide emotional/ social/ spiritual support over video conferencing for those isolated at home.

The program has continued to expand to include projects such as providing care packages for healthcare workers at Loma Linda University Medical Center, forming a taskforce of students to assist various specialty departments with technology such as signing patients on MyChart or troubleshooting virtual video visits for providers and patients, coordinating with students and organizations to provide proper PPE for students, providers, and community members, and organizing weekly volunteer opportunities with local community organization to mobilize students to help package food at food banks/ warehouses and deliver them to community members who are unable to leave their homes due to the COVID-19 situation.