

Application: 18958



Page: Applicant Information

This is the application form for the Program of Excellence (PoE) Award for FMIG/SAACOF's at medical schools. If you have any questions as you complete the application, please email studentorgfunding@aafp.org (mailto:studentorgfunding@aafp.org).

This application form will allow you to save and return to your work at a later date. You can also invite others to help you complete this application by clicking the "Manage Collaborators" button. For more details about this program, as well as specific instructions for family medicine student groups, visit the AAFP website (<https://www.aafp.org/membership/benefits/awards/student-resident-awards/fmig.html>)

title



groupName

NEOMED AAFP-FMIG

category

Overall Award Application

medicalSchoolLocation

U.S. MD medical school

state

Ohio

city

Rootstown

mainOrBranchCampus

Main campus

studentsOnCampus

MS/OMS I, MS/OMS II, MS/OMS III, MS/OMS IV

fmigNetworkRegion

Region 3: Mid Atlantic (DC, MD, MI, OH, PA, VA, WV)

mailingAddress

4209 State Rte 44, PO Box 95
Rootstown Ohio 44272 US

numberOfStudents

600

branchNumberOfStudents**activeFmigSaacofpMembers**

60

studentsServingInLeadershipPositions

11

aliasa6936f2987d84b3e81abb2126e8b0673

Yes

won

Yes

Page: Group Leadership

Please complete the following information about your group's faculty advisors.

facultyAdvisors1

John Boltri, MD, FAAFP

[Redacted]

Yes

Mike Appleman, MA Ed

[Redacted]

No

Mariquita Belen, MD

[Redacted]

Yes

David Sperling, MD

[Redacted]

Yes

Stacey Gardner-Buckshaw, PhD

[Redacted]

No

Please complete the following information about your group's staff support.

staffSupporters

Mary Sherman

[Redacted]

Please complete the following information about your group's student leaders.

studentLeaders1

Michaela Ward



President

2024

Emily Marsico



Co-Vice President

2024

Bryce Fetterman



Co-Vice President

2024

Nino Kovaljesko



Finance Officer (treasurer and fundraising chair)

2024

Karen Pham



Outreach Officer (Community Service and Social Media Chair)

2024

Natasha Flesher



Secretary

2024

Leadership transition

April

Page: Award and Group Information

FMIGOperation

Our FMIG Officers have an organized delegation of roles; however, every officer has the opportunity to champion events they're passionate about. This involves finding physicians or speakers for events, organizing the online meetings (reserving the room, when not restricted by COVID19 measures), applying for funds from the student government, advertising the event (social media, email listservs, and through class group chats), and moderating the chat room and fielding questions to the speaker.

Traditional roles are seen for our organizing and strategizing meetings at the beginning of each term. The FMIG President organizes meetings to ensure it works with everyone's schedule. The FMIG Treasurer accounts for the funds, takes care of the bank account, and assists the Chair of Fundraising. The FMIG Secretary takes meeting minutes. The FMIG Finance Officer is in charge of applying for the AAFP Grant and fundraisers. The FMIG Outreach Officer promotes our volunteering events and helps organize them. Our M1 Leadership Team helps advertise to the M1 class and also observes how to plan and execute events from the M2 Officer. This helps with training our officers for next year and promoting longevity in our students' involvement in FMIG.

President

- Attend AAFP National Conference
- Coordinate meetings, events, enrollment
- AAFP Ambassador: encourage enrollment and promote primary care among the class

Vice Presidents

- Attend AAFP National Conference
- Make sure there are no gaps in events (e.g., making sure an advisor or physician is involved in events, ensuring communication and advertisement for events)
- Monitor student interests for events and track student participation in events

Secretary

- Ensure accuracy of meeting minutes, documents, and submissions
- Assist in award application process
- Promote FMIG events on the student outlook calendar

Finance Officer (treasurer and fundraising chair)

- Manage FMIG funds
- Apply for grants to fund future FMIG events

Outreach Officer (Community Service and Social Media Chair)

- Coordinate volunteering project for the year with the AHEC Scholars (Primary Care Champions Mentorship program)

goals

The NEOMED American Academy of Family Physicians- Family Medicine Interest Group (AAFP- FMIG) is committed to increasing interest in Family Medicine, its sub specialties, and any associated procedures while guiding those who are interested toward pursuing a career in family medicine. We connect students with local and regional family medicine doctors and allow them to form deeper relationships more than just their typical student - physician relationship.

Our Mission:

To promote Family Medicine among NEOMED College of Medicine students and offer opportunities for students at all levels to participate in Family Medicine career development.

Our goals:

1. Provide timely and accurate information to students about the specialty of Family Medicine.
2. Provide programs/workshops of interest to all medicine students.
3. Encourage students to consider a career Family Medicine, and support them in their goals.
4. Supplement the curriculum with Family Medicine perspectives on current modules for medical students

FacultyAdvisor

Our FMIG Faculty Advisors play a valuable role in the continuous development and improvement of our FMIG. Their innovative ideas and dedicated work help to maintain our group focus, especially during times of academic stress. Our advisors keep us apprised of opportunities within the AAFP, and make certain that all FMIG members are aware of these opportunities as well. They have helped the leadership team throughout the year in great detail, doing everything from helping us to edit grant applications to taking pictures of our AAFP- FMIG "swag". No task is too big or too unimportant for them. In addition, they attend our events throughout the year, and advise us on ways to maintain our relationships with the student body, physician role models, and university community.

overallcategorical

Overall award

programtable

Family Medicine is Like Chipotle

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This event was held within the first month of classes starting so M1s have the opportunity to be acquainted with our FMIG at the start of year. We continued our tradition of starting the year off with a strong family medicine presence at NEOMED. For the event, a family medicine physician role model, Dr. Renee Markovich, comes to speak with students and show them pictures of her career trajectory. This physician is well known to and popular with NEOMED students, starting students off with a positive perception of family medicine for students starting off their medical school career. This event introduces the new FMIG members to the multitude of opportunities that family medicine offers via fellowships and procedural medicine. The meaning behind the name is that family medicine can be even more diverse and unique than each student's Chipotle order. With the changing COVID-19 policies, we adapted by providing Chipotle gift cards to the first 30 attendees that signed up. Since all gift cards were claimed, we are hoping to provide even more opportunities for free food for students next year. We hope that this event can be in person for the years to come and hope to incorporate more physicians to maximize time with our M1s and provide them family physician mentors to start off their medical school journey.

Residency and Match Series: Can I Afford Primary Care?, ERAS Workshop, Residency Interviewing, and Post-Match Debrief

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This longitudinal program is a joint Department of Family and Community Medicine and FMIG collaboration for NEOMED students to develop their residency applications and interviewing skills, as well as come together as a family medicine community to celebrate their accomplishments in the post-match debrief. Further, this process is an annual event series that supports and engages students who are looking to match into family medicine. These events also promoted mentorship from M4 students to M1- M3 students, especially in the Post-Match Debrief. In order to continue and maintain engagement with M3- M4 FMIG students, the NEOMED FMIG continued existing events: ERAS Workshop, Can I Afford Primary Care?, Residency Skills Workshop, and Post-Match Debrief.

ERAS Workshop:

Dr. Boltri and Dr. Sperling, two family medicine physicians gave an overview of how to apply using ERAS. These physicians have extensive experience with residencies and answered M3 and M4 student questions on what experiences to highlight within their applications. Students also had opportunities to get their questions answered on how to write their personal statement and get feedback from a former residency director.

Can I Afford Primary Care?:

Drs. Boltri, Belen, Massie- Story, and Sperling- - four family medicine physicians and FMIG advisors- - joined forces to address the common misconceptions involved with primary care and the financial aspect of being a family medicine physician. The encouraging tone of the event had the 15 students in attendance better aware of the opportunities within family medicine, how to pay back student debt, and potential loan repayment options. This event tied together the practical concerns of students, as well as the broad scope of what opportunities family medicine residents have from rural practice to FQHC residencies.

Residency Interview Skills Workshop:

This event was born out of the need for our M3 and M4 students to feel confident about their residency interviewing skills. This event begins with the NEOMED Family Medicine Chair and FMIG advisor, Dr. Boltri, describing what to expect from your interviews, and a quick run through of dos and don'ts. Then, students split into groups and residency directors from all over Ohio hold mini practice interviews with the students. The students are able to have 4-5 different 10-minute practice interviews with people that can give them feedback on the spot. This also helps them to make connections and ask about residency programs well before they interview!

Post-Match Debrief:

This allowed successfully family medicine matched M4 students to share their experience in the match process- starting from what experiences to include in their ERAS application, their personal statements, how to get strong recommendation letters, and how they ranked residencies and what the interview process is like during COVID-19. This was the largest attendance of the series, as we had M1- M4 students in attendance.

Primary Care Champions Mentorship Program

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The Primary Care Champions Mentorship Program was a collaboration between the NEOMED FMIG and the Area Health Education Center (AHEC) Scholars Program to support the personal

and professional development of undergraduate pre-health/medicine students and medical students. AHEC Scholars are undergraduate students at NEOMED's northeast Ohio undergraduate partners who are interested in health professions and who come from underrepresented and disadvantaged backgrounds. The goal of PC Champs was to connect and develop mentorship relationships between the pre-health/medicine students and our FMIG medical student members.

The idea for this program was generated from identifying a mentorship need for these undergraduate students. AHEC staff do an excellent job of supporting their Scholars, although a near-peer mentorship gap was identified in their support needs. The FMIG filled that gap. Additionally, the FMIG members were exceptionally eager to support pre-health/medicine students in their path to medical school. This was apparent in the immediate popularity of the program among FMIG members. When the call went out to participate in this new pilot mentorship program, 28 students responded to mentor 24 students. Many of these members shared the backgrounds and struggles that the AHEC Scholars were facing and were eager to pay it forward.

Preparation and planning:

The program was set up in collaboration between the AHEC Program Coordinator, Rebecca Johnson, NEOMED FMIG faculty advisor, Mike Appleman, and the FMIG officers. Ms. Johnson and Mr. Appleman synthesized literature on effective peer mentoring relationships and developed a "Mentor Orientation" that all mentors were required to attend. This orientation was led by Mr. Appleman and included both didactic content on mentorship and case scenarios of mentee challenges to prepare mentors to serve their mentees. Additionally, the FMIG collected data on both mentor and mentee personality and characteristics in order to foster relationship building of between mentor- mentee prior to the first event and which informed Zoom breakout room groupings. This early set up was vital to set a foundation for the mentees to simply arrive at our first meeting with the focus being on them and their future success.

Timeline and Implementation:

FMIG officers and advisors led the ongoing development of the program. The rest of the planning and development of the program was to create an event timeline, themes for each event, and subsequent evaluation. This year's program adapted to last year's feedback by eliminating the "full group" events. The focus was put towards encouraging mentor-mentee relationships on their time as needed. The "kickoff" event was facilitated by Mr. Appleman and provided time for mentors-mentees to establish first impressions of each other and some initial connections to those they felt comfortable with who faced and persevered through similar challenges (or continue to struggle with those challenges). Afterward, pairings were formed based on congruence between mentor-mentee preferences. Mentees were also told they could connect with any mentor they felt comfortable. After the kickoff, mentors-mentees were encouraged to keep in contact weekly or however they would prefer. The closing event served to provide the groups to meet in person by providing them reimbursements to meet over coffee or food. Mentors were also provided parting gifts as gratitude for their participation.

Continuous Quality Improvement:

A variety of survey and evaluation methods are being used. We evaluate each session and are tracking frequency of contact between mentor-mentee. A final evaluation will be completed in May, although early data evaluation shows high satisfaction, quality, and feedback on innovation opportunities for this program, which we will incorporate for overall improvement and growth for next year.

Fireside Chats

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Fireside Chats have been a three-year long initiative that our FMIG has championed. Each event is hosted by a Family Physician role model in the area. FMIG members meet at the physician's house for dinner and conversation. Each event has a different topic focused for each class. In the past, we have discussed the transition to medical school for M1s, preparing for Step for M2s, clinical rotations for M3s and residency interviews and choices for M4s. Through these conversations, connections are made within and between cohorts of students. The hosting physician shares their career story, provides advice, and speaks to the breadth and depth that a career in family medicine can achieve. It is an amazing opportunity to connect with physicians in such an intimate, informal setting. Students get to interact with them without the pressure of a lecture hall or hospital rounds. In addition, students get to ask questions about the lifestyle that family physicians enjoy, meet their family, pets, and see their houses. The connections made in these settings are influential and allow curious students a unique look into Family Medicine.

Our fall fireside chat was a collaboration with NEOMED's Rural Medicine Interest Group with the focus on what it's like to be a rural family physician. Our host was Dr. Brady Steineck, CEO and family medicine physician at Community Health Center in Louisville, OH. Dr. Steineck and his family welcomed FMIG into his home, provided dinner, and captivated FMIG members with his passionate story of practicing rural and value-based care. This event is normally one of FMIG's most popular and this was no exception. As M2's with demonstrated interest in family medicine, it was extremely rewarding to witness M1 students grow their interest in family medicine right in from of our eyes! Because of the success of this event, our FMIG nominated him for our Department of Family & Community Medicine's "FMIG Award", which recognizes a FMIG associated faculty member/preceptor who is an exemplary role model to students and demonstrates excellence in teaching.

Step Up to the Plate

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The goal of this event is to provide students and opportunity to connect with an engaging and revered family medicine role model in our community with the hopes of inspiring them to consider the field of family medicine. Dr. Deborah Plate is a family medicine physician and Clinical Associate Director at the Center for Family Medicine at Cleveland Clinic Akron General. She also served as a professor in the Department of Family and Community Medicine here at NEOMED, where she may be best known for her session entitled "Women and Heart Disease" presented to M2s in the fall. Dr. Plate discussed the many opportunities she has had in her career and gave examples of her experiences to show the diversity of the specialty. In the presentation, she spoke about the different appointments she has daily on her rounds and clinical visits. The diversity was emphasized by the various chief complaints she shared to reveal the difference of one appointment to the next. Dr. Plate further discussed the community service opportunities she partakes in around her work schedule. Another major point in Dr. Plate's presentation involved the financial worry that students may consider. She discussed how Family Medicine physicians can do what they love while also paying off student loans-- and that the income is on the rise. Throughout the entire presentation, Dr. Plate successfully highlighted the various roles of Family Medicine and how we can shape it to fit our passions within our future careers.

This event has become a semi-regular occurrence for FMIG, as we are very lucky to have so

many impactful family physicians in the area that enjoy engaging with our students. This speaker event was held over the lunch hour with a provided lunch buffet. Students were able to take a break from a morning of classes, enjoy lunch, and further their specialty interest in family medicine. This was a special event as we were able to attract students who we had not previously seen to be involved in family medicine.

V Week: Women's Health Workshop

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NEOMED's American Medical Women's Association (AMWA), ran by our Vice President Emily Marsico, partnered with FMIG to provide students with an enhanced experience to learn about the important and practice techniques related to women's health in the primary care setting. This Women's Health Workshop was an in-person event where students received hands on simulation experience on how to perform a breast examination, insert an IUD, perform a laparoscopy procedure, and perform a proper vaginal exam. This workshop was held to help supplement AMWA's V-Week celebration. V Week is an expansion of V Day, which is an activist movement with the aim of ending violence against women. To end the night, dinner was provided while a certified Sexual Assault Nurse Examiner shared their experiences with working with such a vulnerable population, and what we can do to help these patients as future clinicians.

While this event covered different many ways women receive care by many different specialties, two of NEOMED's most beloved family physicians, Dr. Laura Barr and FMIG advisor Dr. Marquita Belen led the vaginal exam and breast exam sessions, respectively. Additionally, the laparoscopic procedure practice was a new aspect to the event. Emily received the support of the "Drs. Elbert and Martha Magoon Primary Care Leadership Award" scholarship, which she chose to purchase the device for this workshop. She then donated it to our clinical practice center, the Wasson Center, for practice by all students. We are sure that the allure of this new tool encouraged more students interested in these advanced aspects of women's health to learn about the role primary care plays at this event. We look forward to fostering this collaboration with AMWA next year and are looking to expand the practice opportunities for students at this workshop.

Case-Based Preventive Medicine Workshop

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Overview:

This event was organized with the support the AAFP Foundation - Family Medicine Leads Emerging Leader Institute, for which our FMIG president, Michaela, was a 2021-2022 scholar. Michaela chose to organize an event in collaboration with FMIG that used new techniques for peer-teaching. The "Case-Based Preventive Medicine Workshop" is a pilot workshop created by specialty interest group leaders for preclinical medical students to discuss and practice preventive medicine in various medical specialties. This was designed after acknowledging a disconnect between formal instruction and clinical practice of prevention methods in the preclinical curriculum. While all topics are applicable to the family physician, sessions are guided by students interested in specialty practice to encourage strong relationships with primary care providers.

Background:

One of the Healthy People 2030 objectives is to "increase core clinical prevention and

population health education in medical schools". Student can be engaged using case-based learning and small groups, which have already been implemented in required curriculums in many medical schools. Faculty at State University of New York (SUNY) developed the "The Case-Based Series in Population-Orientated Prevention (C-POP)" which was used as reference and inspiration for this workshop.

Goals

1. Use case-based and small group formats to conduct a student interest group led workshop on how preventive medicine fits into all areas of medicine.
2. Unite students interested in various specialties and careers under the common goal of keeping their future patients healthy.
3. Request informal feedback from students and faculty on the feasibility of introducing this model into the formal curriculum of preclinical medical students.
4. Distribute this model for adaptation by other institutions.

Design:

A survey designed to gauge interest in participation was distributed to leaders of student interest groups associated with medical and pharmacy specialties. Example sessions and group topic assignments were created using the USPSTF recommendations and the corresponding cases from the American Family Physician "Putting Prevention into Practice" collection. A student guide and example presentations were distributed to assist leaders in planning their sessions. Workshop logistics regarding duration and number of presentations were planned according to participating groups.

Event:

Of 29 student interest groups invited to respond to a survey indicating their participation status, 4 groups accepted, 2 groups formally declined, and 23 groups did not respond. The workshop was then designed to have 4 groups present 15 minute sessions over the hour, ensuring that all students were involved in all sessions.

Sessions:

Family Medicine: Tobacco cessation in adults

Nephrology & Endocrinology: Prediabetes and Type 2 Diabetes

OB/GYN: Healthy weight and weight gain in pregnancy

Dermatology: Skin Cancer Prevention

Conclusion:

While this pilot event ultimately did not achieve the anticipated scope of specialty integration and student participation, this outline can be used as a guide to further consider how to engage preclinical medical students in preventive medicine as a core foundation of caring for patients. Future implementation would include improved advertising and maximizing the event date to ensure minimal conflicts among interested students.

Motivational Interviewing Workshop

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This event continued from the efforts of last year's Motivational Interviewing series, spearheaded by FMIG's 2020-2021 president Jamie Pandey. This session offered students a chance to develop patient interviewing skills and time to connect with other classmates in their peer- peer practice sessions. Motivational interviewing and the spirit of MI parallel the fundamentals of family medicine: serving the patient, focusing on their needs and perspectives,

and guiding them towards well-being in a way that aligns with the priorities of the patient. FMIG hosting extra practice with the assistance of Dr. Knepp, a trained psychologist who works with motivational interviewing, allowed students to develop this skill and have practical application. The focus was not only to improve physician- patient relationship building skills, but also to allow students to see how they could work through resistance and see what obstacles a patient encounters and work together collaboratively so that the patient walks out of the clinic with a care plan that not only makes sense to them, but also one that is manageable.

After the initial educational portion, students were broken out into the Zoom Breakout rooms with partners of their choosing. In this way, students developed new bonds with students, which was difficult to do with COVID-19 restrictions. Progress is tracked by their practice partner and the one-on-one practice allows for near-peer feedback.

This November session introduced how motivational interviewing can be used for vaccine hesitancy. It was a pertinent topic for any physician and it applied how to utilize motivational interviewing in the setting of a short office visit. We had 30 minutes for practice and we utilized a patient profile to apply the Motivational Interviewing skills and get near-peer feedback. The last few minutes were for students to describe what they learned, what was difficult, and what they would practice in the future. We hope these sessions can continue in person using our clinical skills center next year.