

Application: 20161



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

Penn State College of Medicine FMIG

category

Overall Award Application

medicalSchoolLocation

U.S. MD medical school

state

Pennsylvania

city

Hershey

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

500 University Drive
Hershey Pennsylvania 17033 US

numberOfStudents

~570

branchNumberOfStudents**activeFmigSaacofpMembers**

45

studentsServingInLeadershipPositions

6

aliasa6936f2987d84b3e81abb2126e8b0673

Yes

won

Yes

Page: Group Leadership

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

facultyAdvisors1

Andrew Lutzkanin

[REDACTED]

Yes

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

staffSupporters

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

studentLeaders1

Hannah Spotts



President

2024

Makayla Lagerman



Vice President

2024

Radhika Sood



Treasurer

2024

Haley Wissler



Secretary and Clinical Skills Coordinator

2024

Allison Ching



Primary Care Day Coordinator

2024

Morris Taylor



Community Outreach

2024

Leadership transition

February

Page: Award and Group Information

FMIGOperation

Our FMIG is structured to be a collaborative group of student leaders with various interests in family medicine who work together to plan event and a i t with other initiative run by our Department of Family and Community Medicine. We hold monthly meetings to brainstorm ideas or give updates regarding ongoing events. Our student leader hip team i compri ed of a repre entative ampling of tudent committed to or intere ted in family medicine Different members of our board may take the lead on a particular project while we all collaborate to send emails, adverti e, or help with other a pect of event planning Our leader all bring their peficic intere t to creatively brainstorm the ways we can plan events that combine our varied interests in family medicine.

goals

The goal and mi ion of the Family Medicine Intere t Group at Penn State College of Medicine i to provide opportunities to students to explore the diversity and career possibilities in the field of family medicine. Over the past year, we et goal to e plore inter ection of family medicine with under erved population and continue to increa e our engagement with our family medicine residents. We aim to keep our mission of promoting family medicine at the forefront when we organize variou event and activitie for our tudent body We have been working hard, e pecially over the past year, to construct engaging events through virtual platforms as we adapt to limitations imposed by the pandemic We are lucky to be upported immen ely by our Department of Family and Community Medicine and the Pennsylvania Academy of Family Physicians who provide support and connections that assist our organization in meeting our goal

FacultyAdvisor

Dr. Lutzkanin plays an important role in the success of our FMIG's initiatives. He is always a willing participant at our monthly board meeting He doe a phenomenal job of allowing our group to tructure our goal for the year' event while providing an appropriate amount of assistance. He is committed to helping us all succeed as we explore our intere t in family medicine He i encouraging of our tudent leader He i alway willing to help facilitate connections to various faculty in the Department of Family and Community Medicine or some of our family medicine re ident who can a i t u with kill night or variou lunch lecture di cu ion He encourage our board to help with annual programs run by our FMIG and the Department of Family and Community Medicine and truly values the input and feedback we provide He ha been in trumental in the continued ucce and longevity of o many of our FMIG's programs.

overallcategorical

Overall award

programtable

Primary Care Day

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We held our annual Primary Care Day which takes place each fall. This year we made the decision to continue to adapt this longstanding tradition into a virtual event, and worked to improve upon last year's virtual event, recognizing the challenges of maintaining engagement and interaction across virtual platforms. The goal of the program remains a way to expose undergraduate students to the wide array of careers available in primary care. We have a board member who spearheads the planning of this event and collaborates with the heads of several

other primary care interest groups on our campus. Our FMIG leaders worked very hard starting in August to make this October event a huge success. We were supported immensely by our family medicine department and our advisor as we recruited volunteers to help out with the different physician panels. This year, we worked to have frequent breaks between speakers and panels, recognizing how we could strive to improve upon virtual meeting "Zoom fatigue". We utilized breakout rooms with volunteer medical students during the lunch hour to facilitate more open ended time for any questions about life in medical school. This year's panels included an introduction to primary care and accelerated programs, a panel of primary care physicians across different specialties, and an admissions panel with student admissions committee member volunteers. Our keynote lecture was titled "The Role of Primary Care in a Pandemic: Let's Give an A" which highlighted the unique role, strength, and adaptability of primary care physicians to continue to deliver healthcare amidst a pandemic. We had an additional lecture given by an MD-PhD student at Penn State College of Medicine titled "Best Communication Practices in Gender Affirming Care" which came about through our collaborations with student groups focused on diversity and equity initiatives. The afternoon was composed of workshops created by our collaborating student groups including: policy writing, intersectionality in medicine, trauma-informed care, psychiatric screenings, global health, newborn exams, women's health, telehealth, and another question and answer session about our accelerated programs. There were three times slots for the workshops so students could pick to attend three of the nine options available. We even offered an optional virtual tour of our campus. We kept detailed records of the number of participants on the Zoom meeting for each of the individual sessions and workshops. This was an important way for us to evaluate the engagement of a virtual format for this program. Overall, we had 187 individuals who registered and our peak attendance throughout the day was 87 undergraduate students. While we hope that in the future we will be able to return to an in-person format which fosters such great opportunities for connecting and networking, we have learned so many lessons about the best ways to utilize virtual formats. By tracking our attendance throughout the day, we could also see which workshops were well attended and can use that feedback to assist us in the future with planning of the days events to reflect the topics in primary care that resonate most with students. Overall, this event continues to be a huge success for our FMIG that has allowed our student leaders to gain organizational skills while helping to promote primary care to the next generation of student doctors.

Intro to Family Medicine Lunch Lecture

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To kick off the new academic year, we organized a panel to introduce students to the wide array of possibilities that exist in a career in family medicine. This event occurred shortly after we welcomed the new class of first year students and recruited many of them to join the FMIG. This panel engaged first and second year students with a panel of three family medicine physicians. We had representation of family medicine obstetrics, sports medicine, and LGBTQ care. The student leaders of our FMIG worked to compose a series of questions to start the panel. We asked about our guests' respective paths into family medicine, including any fellowships they had completed and what drew them to work with their respective patient populations. Our panelists shared experiences across their careers and different settings they have worked in. We opened this panel up to audience questions, which was an engaging discussion for our students to learn about ways to explore their growing interest in family medicine through shadowing, research, and leadership opportunities. This is a type of panel we often host at the beginning of the year as we introduce family medicine early and often to the new class of students. We were assisted by our advisor as he was a willing participant on our panel and instrumental in helping us brainstorm additional physicians to participate. We

welcomed a group of 20 students over Zoom for this discussion and were able to utilize both chat functions and verbal discussion to engage with our student audience since we were unable to hold this event in person.

Homelessness and Primary Care

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Our board identified an interest at the beginning of our term in underserved populations and the role of family medicine in caring for these groups. We invited a nurse practitioner from a medical facility in Washington, D.C. that serves individuals experiencing homelessness. One of our FMIG leaders spent time at this facility in their gap year before medical school and assisted in connecting us to this individual. Our guest shared anecdotes about their experience, including the benefits and difficulties they have experienced in their work with this population. We held an engaging discussion surrounding the challenges of working with underserved populations and spoke about possible avenues to pursue primary care opportunities among underserved populations. We had about 25 students who were present and eager to hear about homelessness from a holistic perspective that captured the role of primary care physicians and other support services and organizations in working to provide health care to a vulnerable population. Our speaker was able to highlight many of the medical conditions and barriers to treatment while also emphasizing the huge importance of mental health care for these populations.

Summer Residency Shadowing Program

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Our board worked in coordination with our family medicine residents to establish a shadowing experience over the summer months. We noticed that many students had not been able to spend a ton of time in clinical experiences to expose them to family medicine due to various Covid-19 protocols. As the family medicine department began to allow more student shadowing over the summer, we contacted our residents who compiled a master list of available times and locations for students to sign up to shadow. While many of these were outpatient clinic settings, some of the residents also made inpatient and obstetrics experiences available for the sign up. We distributed this to our FMIG members and had many students sign up for one or more slots as their schedules allowed. We hoped that a trial of this program over the summer could be something that we carry over into future summers or throughout the academic year as our group enjoys partnering with the residents for various educational activities. This was a productive experience to gain clinical exposure and network with the residents who provided education and advice with regards to our medical school journeys into future careers in family medicine.

Skills Nights

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Over the past year, we have participated in 2 different skills nights. The first one was a collaboration with other interest groups such as the women's health interest group, Medical Students for Choice, and Sexual and Gender Minority Alliance. Our FMIG was responsible for a station providing instruction on breast and pelvic exams. We worked with the other interest groups to communicate and schedule an event that provided a comprehensive look at various women's health skills and topics, including vaginal delivery, C-section, IUD placements, pelvic

and breast Exam, manual vacuum aspiration, and a non-binary patient mini case. We have held and participated in skills nights before in collaboration with the women's health interest group and look forward to continuing our collaborative efforts with other student groups. There were a total of 30 participants at this event

We then held our own skills night where we had family medicine residents and faculty at the following stations: suturing, joint injections, dermatology and skin biopsy, pelvic exam and IUDs, and heart and lung exam. This event was geared towards first and second year medical students seeking to gain exposure to skills and procedures common in family medicine practice. Our skills night coordinator on the FMIG board was instrumental in scheduling with our SIM center and reaching out to contact residents and faculty as the board brainstormed station ideas and advertised to our classmates. The goal of this event was to demonstrate the variety of skills utilized by family physicians on a daily basis and to highlight the breadth of what a career in family medicine could look like. We had 25-30 participants at this event. We received feedback from the participants about stations that they enjoyed so that in the future we are able to continue to organize skills nights that contain stations that are engaging to all of our participants.
