

Application: 18063



---

**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) (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**

Netter Family Medicine Interest Group

**category**

Category Award Application

**medicalSchoolLocation**

U.S. MD medical school

**state**

Connecticut

**city**

North Haven

**mainOrBranchCampus**

Main campus

**studentsOnCampus**

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

**fmigNetworkRegion**

Region 4: Northeast (CT, DE, ME, MA, NH, NJ, NY, PR, RI, VT)

**mailingAddress**

370 Bassett Rd  
North Haven Connecticut 06473 US

**numberOfStudents**

400

**branchNumberOfStudents****activeFmigSaacofpMembers**

127

**studentsServingInLeadershipPositions**

6

**aliasa6936f2987d84b3e81abb2126e8b0673**

Yes

**won**

Yes

**Page: Group Leadership**

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

**facultyAdvisors1**

Howard Selinger, MD

[REDACTED]

Yes

Khuram Ghumman, MD

[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**

Cristina Mancini



President

2024

---

Ioana Moldovan



Vice President

2024

---

Arun Narikatte



Secretary

2025

---

Dominic Mancini



Treasurer

2025

---

Louise Stephan



M1 Liaison

2025

---

Jennifer Reavis



M1 Liaison

2025

---

## Leadership transition

April

## Page: Award and Group Information

### FMIGOperation

Our FMIG this year was structured around six student roles, including president, vice president, secretary, treasurer, and two M1 class liaisons. The M1 class liaisons contributed to FMIG by creating flyers and advertising our events to their M1 peers by word of mouth, group chats, and social media. Due to the negative effects of the COVID pandemic on all interest group participation over the last two years, the FMIG President and Vice President were tasked with reenergizing the group's events, student interest, and general executive planning and group leadership. The Secretary and Treasurer of FMIG were tasked with traditional roles in addition to providing support to other tasks that needed to be accomplished during the event planning process. We adopted a collaborative and fluid approach to leadership that was maintained via an executive board online group chat in order to avoid overburdening any one student. Due to frequent use of the group chat, E-Board meetings were held approximately monthly over lunch.

### goals

Our FMIG mission is to provide resources for students interested in exploring the field of family medicine including programming that may not be offered in the medical school curriculum.

Our goals are to:

1. Increase interest and awareness of the field of family medicine
2. Promote the broad scope of family medicine and the diversity of practice settings and patient populations
3. Connect with our community through volunteer service events

### FacultyAdvisor

The role of our faculty advisors is to serve as mentors to the organization, providing guidance to the officers and members and to assist with physician recruitment for participation in FMIG events. Both on the CT Academy of Family Physicians Board of Directors, Dr. Howard Selinger (Chair of the Department of Family Medicine) and Dr. Khuram Ghumman (Family Medicine Clerkship Director) are our faculty advisors. The President and Vice President have met with both faculty advisors at least twice per year, and stay in frequent communication over email regarding new opportunities/information from sources such as the AAFP intended for dissemination to the entire FMIG member list. In addition, our faculty advisors have provided invaluable feedback pre- and post-events, including connecting us to physician panelists.

### overallcategorical

Categorical award

### untitled

Current issues or innovations in family medicine

### categoricalprograms

Food Insecurity in Family Medicine

The Food Insecurity in Family Medicine event was created as a way to educate medical students about food insecurity in our patient population, with the goal of teaching participants about skills they might adopt to identify food insecurity and tools they can use to help combat it. The event featured recipes from Leanne Brown's Good and Cheap, a cookbook meant to provide

those using the Supplemental Nutrition Assistance Program (SNAP) with meals that are low cost, healthy, and accessible. These recipes were used in a “Hello Fresh”-style event where participants were given a box of ingredients and attended a cooking class over Zoom, which included not just cooking instruction but also conversations and resources about food insecurity, strategies to create healthy food on a limited budget, and practices attendees could adopt to screen for food insecurity in the clinic setting. Executive Board members were responsible for adapting recipes, budgeting, purchasing ingredients, delivering ingredient boxes to participants, teaching the cooking class, and providing resources during/after the event.

Due to unforeseen inclement weather and the current pandemic, the event had to be adapted to delivering ingredient boxes to participants’ homes and the cooking class had to take place over Zoom. While this impacted attendance of the event, those who attended gave positive feedback and considered it to be a successful event given the circumstances. We noted participant feedback and are working on plans to adapt the event for in person attendance in the future so that it can reach a wider audience than our inaugural event. We are also hoping to add a community service portion to the event in future years. The pandemic altered our initial plans to include a volunteer day at the Connecticut Food Bank with the intention to offer additional perspective on the impact of food insecurity in our community.

---

#### Practice Structure Panel

The Practice Structure Panel event was a question-and-answer style session with local family medicine physicians to answer questions about life as a family medicine physician, specialty choice, and different practice structures family physicians can have. We created this event as a way to educate students about the business of medicine; the goal was to cover some of the topics not mentioned in medical school curriculum that directly impact future physicians. Our panelists came from a variety of backgrounds, including Federally Qualified Health Centers, private practice, corporate medical groups, academic medicine, medical information technology, hospitalists, and more. Additionally, our panelists were all members of the Connecticut Academy of Family Physicians (CAFP) Board of Directors and many have held positions in the American Academy of Family Physicians, providing additional insights on advocacy and the future of family medicine.

This event was supported by our faculty advisors, who reached out to physicians from the CAFP to volunteer as panelists. Executive Board members communicated with panelists, solicited questions from attendees, hosted the event over Zoom, and provided resources to the interest group curated by the panelists. We evaluated success of the event through feedback from attendees, which has encouraged us to make this a yearly event going forward.

---

#### Research in Family Medicine

For the Research in Family Medicine event, we invited two speakers for a 1-hour Q&A session with the goal of exposing students to the possibilities of pursuing research exclusively or in combination with clinical practice. The Executive Board prepared several questions ahead of time to supplement inquiries made by student attendees at the event. Our speakers were Dr. Howard Selinger and Dr. Suzanne Mitchell.

Dr. Selinger, our FMIG advisor and the Chair of the Department of Family Medicine, spoke about his work incorporating chronic fatigue syndrome in the medical school curriculum in association with the Centers for Disease Control and Prevention. He also provided a preview into the small-

scale group research project requirement that is part of the Netter Family Medicine clerkship. Dr. Suzanne Mitchell, a family medicine and palliative care physician, researcher, and health tech entrepreneur affiliated with the University of Massachusetts Medical School, spoke about her experiences as a principal investigator on several NIH-funded clinical studies and her path towards research. Both of our speakers emphasized that family medicine physicians should partake in research, as they are the patient-facing clinicians who are affected by research-based guidelines and recommendations. In addition, they highlighted the importance of noting trends in your patient population while in clinical practice, as these observations, if turned into publications such as case reports or commentaries, can spur larger studies into issues affecting family medicine at large.
