


Application: 18653



<b>Page: Applicant Information</b>
<p>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 <a href="mailto:studentorgfunding@aafp.org">studentorgfunding@aafp.org</a> (mailto:studentorgfunding@aafp.org).</p> <p>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 (<a href="https://www.aafp.org/membership/benefits/awards/student-resident-awards/fmig.html">https://www.aafp.org/membership/benefits/awards/student-resident-awards/fmig.html</a>)</p>
<b>title</b> 
<b>groupName</b> Family Medicine Interest Group (FMIG), UC Irvine School of Medicine Chapter
<b>category</b> Overall Award Application
<b>medicalSchoolLocation</b> U.S. MD medical school
<b>state</b> California
<b>city</b> Irvine
<b>mainOrBranchCampus</b> Main campus
<b>studentsOnCampus</b> MS/OMS I, MS/OMS II, MS/OMS III, MS/OMS IV

**fmigNetworkRegion**

Region 1: Western (AK, AZ, AR, CA, CO, HI, ID, LA, MT NV, NM, OK, OR, TX, UT, WA, WY)lue 1

**mailingAddress**

1001 Health Sciences Rd  
Irvine California 92617 US

**numberOfStudents**

450

**branchNumberOfStudents**

**activeFmigSaacofpMembers**

100

**studentsServingInLeadershipPositions**

3

**aliasa6936f2987d84b3e81abb2126e8b0673**

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**Page: Group Leadership**

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

**facultyAdvisors1**

Tan Nguyen, MD  
[Redacted]  
Yes

Dylan Hanami, MD  
[Redacted]  
Yes

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

**staffSupporters**

Valerie Silva, MBA

[REDACTED]

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

**studentLeaders1**

Remy Slomoff

[REDACTED]

FMIG Co-President and Events Coordinator  
2024

Martha Lopez

[REDACTED]

FMIG Co-President and Outreach Coordinator  
2024

Raisa Ancheta

[REDACTED]

FMIG Vice-President and Treasurer  
2024

**Leadership transition**

January

**Page: Award and Group Information**

**FMIGOperation**

UCISOM has taken the lead in offering students the chance to unite on fundamental skills and issues in a way that allows us to celebrate diversity within the student body, faculty, and our community. Students are encouraged to explore opportunities for professional development, knowledge expansion, community service, and minority representation throughout our four-year curriculum. In an effort to expand these opportunities, mission-based programs such as HEAL-IM (advancing leadership in integrative medicine), LEAD-ABC (advancing diversity and

leading in reduction healthcare disparities in African, Black, and Caribbean communities), PRIME-LC (leadership in serving the needs of under-resourced Latino communities) are offered to incoming medical students. Additionally, UCISOM emphasizes student engagement, expansion of knowledge, and realization of goals through student-led events organized by interest groups or through elective courses such as eQuality, Global Health, Health Policy, Medical Spanish, Social Medicine, Technology in Medicine, and many more.

As this year's Family Medicine Interest Group, we chose to emulate the unconditional support extended to us by UCI through our efforts in community outreach, student education, patient advocacy, and resource facilitation. FMIG's 2021-2022 board members included Martha Lopez (she/her), Remy Slomoff (she/her), and Raisa Ancheta (she/her). Martha has a Latino background and her personal and professional experiences drive her ambitions towards serving the Latino communities of Orange County through PRIME-LC. Remy's unique background has shaped her strong belief in health equity. She has tremendous experience working in underserved communities through federally qualified health centers and is currently part of UCISOM's HEAL-IM program as well as a board member of the eQuality interest group which advocates for gender and queer focused health care practices. As a minority student, Raisa is also passionate about closing the healthcare gap. She has worked directly with UCI's Gender Diversity Program and is an active volunteer in the Orange County and San Diego County area. We were incredibly fortunate to have come together with such an extraordinary team. Each of us took the initiative to empower one another, creating a safe space to share ideas and our unique experiences in order to fuel our commitment to patient advocacy on all levels. We refocused our mission for FMIG to highlight health equity through the lens of primary care.

One of our greatest undertakings was developing a Health Equity Series program. As a small group of three, we maintained the ambition to make a big impact, and this was the first big step towards achieving our goals. The Health Equity series program was designed to reduce bias and judgment in the healthcare community, promote health equity for marginalized and underserved populations, close the healthcare gap, and encourage the formation of an affirming and safe space as a healthcare provider. The series quickly became one of UCISOM's most popular events, and the strong desire for education on advocacy and affirming practices became widely apparent. The theme of advocacy permeated throughout all FMIG-led events and was met with great success.

Our roles within FMIG have evolved since the implementation of additional programs, and new roles have since been created within the 2022-2023 board to maintain and expand on current programming. A brief summary of the 2021-2022 structure for the FMIG board is as follows:

**Co-President and Outreach Coordinator (Martha Lopez)** - Martha took the lead in establishing and maintaining communication with FMIG faculty sponsors, Health Equity Series guest speakers, and fellow board members. She played an essential role in the planning and development of the series, ensuring that each session remained diverse and was facilitated by qualified guest speakers at the forefront of research and community development for each topic. She was instrumental in curating a schedule of events to fit the needs of our student body and the community. As co-president, she partnered with fellow board members on realizing our vision for incorporating ethical decision-making throughout all of our FMIG programs and events.

**Co-President and Event Coordinator (Remy Slomoff)** - Remy was the genius behind our Health Equity Series. She integrated our individual drive to raise awareness on ethically-centered and patient-centered care into a collective effort that would manifest throughout nearly every FMIG event. She was the spearhead for meticulously planning the Health Equity Series, FMIG mentorship opportunities, and Primary Care events. She worked tirelessly behind the scenes to introduce exciting new programs to inspire student engagement. The programs were specifically designed to empower the student body to utilize learned skills in ways that promote health and provide holistic care. She worked closely with Martha as a team to collaborate with guest speakers and on-campus interest groups to realize the full potential of our Health Equity series and FMIG sponsored events. Remy remained critically involved with FMIG faculty leaders to evaluate and modify programming to meet FMIG's goals throughout the year. She also took initiative in establishing effective marketing strategies to promote FMIG programs which enhanced FMIG's presence and impact on campus and in the community.

**Vice President and Treasurer (Raisa Ancheta)** - Raisa played a fundamental role in supporting the co-presidents and leading all of FMIG's workshops and hands-on events. She partnered with faculty to facilitate hands-on experiences that united practical skills with ethical considerations with the aim of improving health outcomes as a healthcare professional. As treasurer, she submitted applications for AAFP and CAFP funding, remaining up-to-date on any additional grant opportunities, set a yearly budget, maintained a record of financial transactions, reimbursed fellow students and board members, and remained up-to-date on FMIG recognition award opportunities. Additionally, as

AAFP student ambassador, she garnered student interest in AAFP membership through the promotion of opportunities and benefits.

## **goals**

The mission of FMIG at UCI is to capture the excitement of medical students who are interested in the specialty of Family Medicine in a manner that incorporates opportunities for exploring the rich diversity of the field. Through collaboration with other campus groups, we aim to emphasize the unique role of family medicine in the community by addressing current issues such as health disparities in underserved populations and giving back to our community through service. UCI's FMIG emphasizes that our mission entails highlighting the importance of health equity, advocacy, and social justice in primary care. FMIG is devoted to building recognition for the integral role Family Medicine plays as the cornerstone of health equity in improving the health and wellbeing of patients.

As a chapter of the American Association of Family Medicine's FMIG network, our goals are to:

- Advance awareness and education about Family Medicine and encourage active participation in Family Medicine activities
- Highlight a spectrum of diverse issues in Family Medicine such as health equity, mental health during a pandemic, advocacy for underrepresented populations, and more.
- Serve as a credible source for students on Family Medicine through our programming, resources, and mentorship opportunities
- Provide residency information, hold procedure workshops, subspecialty panels and community outreach opportunities.
- Provide opportunities for FMIG student members to enhance leadership skills and to support them in achieving their goals.
- Foster a Family Medicine community by facilitating interesting and impactful interactions between the medical student body, residents, faculty, and attendings.

## **FacultyAdvisor**

Faculty leadership was essential to our success as an interest group. It was with their endless support that our team was able to manifest our dream of growing the presence of Family Medicine while keeping the core elements of justice and health equity intertwined and at the forefront of nearly everything we set forth to accomplish.

Dr. Tan Nguyen (he/his) - As our faculty advisor, Dr. Nguyen provided tremendous oversight over program development and planning. He was intentional in making it to every board meeting where he demonstrated his support for the creation and refinement of FMIG programs, strengthening the impact we made as an interest group this year. Throughout the entire year, he remained actively committed to providing valuable advice, providing resources, matching us with opportunities, and connecting us with faculty, residents, and community physicians.

Dr. Dylan Hanami (they/them) - As our second faculty advisor, Dr. Hanami was crucial to FMIG's success. They remained in constant communication with each of our board members ensuring that we were receiving the support that we needed. Dr. Hanami was intimately involved with actualizing many of our programs by ordering materials, speaking at events, providing direct oversight of our workshops, providing us with contacts for guest speakers, and connecting us with credible resources for our Health Equity series.

Valerie Silva, MBA - As our staff supporter in the Family Medicine Department, Valerie was instrumental in reviewing our award applications and overseeing FMIG's finances and budget.

## **overallcategorical**

Overall award

## **programtable**

Health Equity Series

Health Equity

UCISOM's FMIG collaborated with on-campus interest groups and partnered with outstanding

guest speakers to introduce a Health Equity series program. Our highly motivating guest speakers delivered compelling presentations that met the curiosity of the student body and inspired us to actualize our goals in becoming equitable health care providers. The series integrated key aspects of advocacy to raise awareness of current issues and to inspire compassionate, evidence-based healthcare with the goal of improving health outcomes and promoting inclusivity in our practice. Each talk was intentional in its design to address the fundamental components of health equity while highlighting opportunities for action that are immediately applicable to the training student body. Furthermore, surveys administered pre- and post-series demonstrated the tremendous effect our program had on students' perception of Family Practitioners. The success of our Health Equity series has prompted us to submit an application for the program to be adopted as an elective course with the intent to retain access to resources and information regarding the ever-evolving landscape of equity in healthcare. A summary of events is described below:

October 5 (6:30PM - 8:00PM) - COVID-19: Disease Burden, Mental Health, Vaccine Inequity in Communities of Color. Speakers: Dr. Charles Vega, MD (UCI), Dr. Peter Bretan Jr., MD FACS (CMA), Dr. Nana Aafah-Manin, MD (Shared Harvest), Dr. Cheryl Wisseh PharmD, MPH (UCI). This session moved beyond discussing health discrepancies/challenges faced during the pandemic to promoting action for combating them.

October 12 (12PM - 1PM) - Transgender Health Panel. Collaboration with: eQuality and the Health Policy elective. Speakers: Dr. Vierregger, MD (Metamorphosis Clinic), Brit Cervantes (UCI/GDP) and Miliana Singh (Plume). The wonderful panelists delve into personal and professional experiences that recount resilience and compel action congruent with affirming care and inclusivity.

October 19 (12PM - 1PM) - Race and Healthcare. Collaboration with: Health Policy elective. Speakers: Dr. Terrance Mayes, Ed.D (Stanford). - Rescheduled.

November 8 (4PM - 5PM) - Reproductive Justice. Collaboration with: OGIG. Speakers: Dr. Dylan Hanami, MD (UCI). Dr. Hanami's passion for equity is captured as they lead the discussion on inclusive reproductive and sexual health that upholds patient autonomy.

November 10 (2PM - 3PM) - Anti-Transgender Legislation: Law and Community. Collaboration with: eQuality, Health Policy elective, and Future Doctors in Politics. Speakers: Prof. Michele Goodwin, JD (UCI) and Brit Cervantes (UCI/GDP). This session focused on promoting health and equity through the understanding of legislation and identifying ways in which physicians can have an impact through the influence policy.

November 16 (5PM - 6PM) - Harm Reduction: Fighting the War on Drugs. Speakers: Mahan Naeim, MS3 (UCI) and Carol Newark (HRI). Mahan Naeim, the co-founder of Harm Reduction Institute, and Carol Newark, the Clinical Operations Director of Harm Reduction Institute discussed the important role of programs such as HRI in providing accessible and judgment-free medical and social support to individuals suffering from substance use disorders. They opened up about the challenges faced when up against harmful policies and politics as well as the positive impact that these harm reduction programs can have on communities.

November 19 (12PM - 1PM) - Racism and Child Health. Collaboration with: Pediatrics Interest Group. Speakers: Dr. Candace Taylor Lucas, MD (UCI). As the co-director of LEAD-ABC and an associate professor for the Department of Pediatrics, Dr. Taylor Lucas led the discussion on the impact of racism on child health.

November 30 (5:30PM - 6:30PM) - The Role of Health Care in Building Equity and Social Justice in Latinx/a/o Communities. Speakers: Dr. Marco Angulo, MD, MSS and Dr. Gloria Montiel, PhD (AltaMed Federal Qualified Health Center). Dr. Angulo and Dr. Montiel addressed social determinants of health and underlying inequities, while exploring ways in which medical students and future doctors can make a difference in Latinx/a/o communities through medicine.

January 5 (5:30PM - 6:30PM) - The Impact of Anti-Black Racism on Patient Health. Dr. Kelley Butler, MD MPH (UCSF) and current UCSF Family Medicine Residents. Dr. Butler provoked a powerful discussion on social justice, health advocacy, and initiatives that can be taken to aid in the reduction of bias within healthcare.

January 13 (5PM - 6PM) - Insights for Health from Latino Culture. Speakers: Dr. Belinda Campos, PhD (UCI). Dr. Campos discussed the social experiences and health outcomes of US Latinos in ways that bring attention to (a) sources of resilience and (b) ways to reduce risk and disparities in health treatment and outcomes.

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#### Community Service - World of Medicine and Doctors 4 Diversity Health Equity World of Medicine

At World of Medicine, undergraduate students were invited to attend virtual workshops organized through UCISOM's interest groups. FMIG recognizes the importance of leadership and the impact we can make through mentorship. Therefore, we were immediately excited to plan and execute a workshop congruent with our mission and goals. Our aim was to utilize the time and space effectively, in order to engage the undergraduates with a thought-provoking activity that was both informative and motivational.

The workshop involved careful planning in order to provide students with the valuable interactive experience of being placed in the role of a Family Medicine "doctor" for a day. A dynamic clinical patient case was selected with the help of our faculty advisor Dr. Hanami to encompass diversity and address misconceptions about Family Medicine. The case was mildly adapted to embody the complexity of primary care in the setting of underserved populations.

The premise of the case was to understand the challenges of patients in an underserved community during the COVID-19 pandemic. Students were walked-through history taking, physical examination, diagnosis and assessment, and follow-up. We explored aspects of medical terminology and clinical decision-making. However, the most powerful aspect of the workshop was the way it was designed to facilitate a platform that students could use to navigate through the socioeconomic obstacles that marginalized populations face while directing their attention to ethical frameworks that can be used to combat inequities.

The workshop was well received and many of the undergraduate students expressed further interest about the intricacies of knowledge extending beyond the patient's medical record and into understanding social determinants of health. They asked questions and discussed their perspectives on ways to destigmatize and reduce bias in the healthcare field. Many felt surprised at the breadth and depth of Family Medicine and it inspired them to consider the vitality of culturally sensitive care within the system.

#### Doctors 4 Diversity

The success we had with our interactive patient case study inspired us to reach out to the

Doctors 4 Diversity group (D4D) which leads in initiatives to provide comprehensive health education to students from elementary school through high school. We collaborated with D4D to coordinate an educational session with the 7th graders of Northridge Middle School alongside other MS1 volunteers.

The incredible student participation created a thrilling experience for both the middle schoolers and us medical students. We were able to share our experiences and knowledge while igniting interest in the medical field through exposure to some of the practical skills we learn as future physicians. The same patient-centered case used in World of Medicine was presented to the students of Northridge Middle School. The middle school students were given the opportunity to evaluate the patient in the case under the guidance of FMIG and medical student volunteers who initiated discussion on social determinants of health, compassion-based healthcare, and promoting patient-centered care for the diverse range of patients treated by Family Physicians.

Similar to the experience with the undergraduates at World of Medicine, the activity sparked conversation between us and the middle school students. They maintained engagement by asking questions about getting involved in the medical field and our experience as medical students. Many shared an interest in considering a career in medicine after being given the opportunity to think like a doctor and to explore the complex nature of practicing medicine.

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#### National Primary Care Week Celebration Health Equity

Family Medicine collectively unites core elements, practical skills, and patient-centered care into the medical space we call primary care. Family Medicine physicians are trained in the understanding of complex nuances related to patient advocacy, cultural sensitivity, and holistic care. UCI's FMIG endeavored to bring those attributes to the forefront during Primary Care Week. The schedule of events was created to encourage exploration into the diversity of Family Medicine and to ignite excitement for the opportunities it has to offer.

FMIG actively sought to incorporate principles of the specialty, professional development, mentorship, access to faculty and residents, community service, and health equity into the schedule of events and to act as a resource for connecting the student body with the Family Medicine Department. The events included a "Family Matters" panel, a talk session introducing the student body to FMIG's Health Equity Series, a "Letters to Seniors" workshop, and a pumpkin painting social.

"Family Matters" panel: FMIG hosted a panel of medical students, residents, and faculty to discuss the balancing act of having a family and working in medicine. The event consisted of 6 panelists who shared their unique experiences on raising a family, marriage, and maintaining relationships during or after medical school. Each panelist touched on how they maintained focus, achieved their personal and professional goals, the importance of building a support system, as well as how those experiences translated into their professional success. The event was met with tremendous participation which enriched the Q&A portion of the event with questions that elicited thoughtful responses from the panelists. This event was integral in giving the medical students a space to form deeper connections with the panelists while offering the opportunity to obtain some of the most insightful advice that can only be learned through experience or the experience of others.

Health Equity Talk: FMIG hosted a talk session introducing the student body to our new Health Equity series with our first talk, "COVID-19: Disease Burden, Mental Health, Vaccine Inequity in

Communities of Color” led by Dr. Charles Vega, MD (UCI), Dr. Peter Bretan Jr., MD FACS (CMA), Dr. Nana Aafah-Manin, MD (Shared Harvest), and Dr. Cheryl Wisseh PharmD, MPH (UCI). We were honored to have the first talk in our series presented by Dr. Peter Bretan Jr., the first Filipino-American California Medical Association President; Dr. Charles Vega, our Prime-LC Director; Dr. Cheryl Wisseh, a Health Sciences Assistant Clinical Professor at the University of California at Irvine School of Pharmacy & Pharmaceutical Sciences and Assistant Professor within the Family Medicine Department of the College of Medicine at Charles R. Drew University (CDU) of Medicine and Science; and Dr. Nana Aafah-Manin, founder of Shared Harvest that launched myCOVIDMD initiative. Each speaker addressed issues pertaining to the disproportionate effect COVID-19 has had on under-resourced and vulnerable populations. The talk demonstrated the importance of identifying the underlying factors contributing to health disparities and adopting strategies to mitigate harm, reduce cultural assumptions, and foster continuity of care among economically disadvantaged communities.

“Letters for Seniors” Workshop: Family Medicine services a broad range of patients from all different cultural backgrounds, ethnicities, and ages, and Primary Care week created an introduction into the broad scope encompassed by Family Medicine. In collaboration with the Geriatric Interest Group, the “Letters for Seniors” workshop was an intentional way of connecting students with the geriatric patient population. It was a deeply personal shared experience among medical students that encouraged openness, empathy, and compassion, traits that cannot be learned and must be experienced. Students worked alongside one another on our MedEd patio to create wonderfully thought-out letters that would be sent out to nominated senior citizens through the non-profit organization Love For Our Elders as a way of reaching out and communicating the fact that they are not alone. This was an expressive way of connecting with ourselves and forming bonds with members of the community despite COVID-19 limitations.

Pumpkin Painting Social: The pumpkin painting social was, unfortunately, canceled due to weather. However, the aim of the social was to build relationships among FMIG members. As an event structured around wellness, the intent was to bond over our goals and ambitions in a creative and expressive way.

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## Reproductive Health Workshop and Reproductive Justice Talk Health Equity

### Reproductive Health Workshop

FMIG and OGIG co-sponsored UCI’s Reproductive Health Workshop. Due to COVID-19 restrictions, the event was limited to a total of 25 students. Medical students were rotated among 5 workshop stations in groups of five to receive training by either an attending physician or resident. The event brought to light the professional overlap that exists between OB/GYN and Family Medicine which generated interest for both specialties within our student body. The setup for the stations were as follows:

Ultrasound: A medical student generously volunteered to act as a model patient for the transabdominal ultrasound of the pelvis and bladder while a high quality pelvic model was used for transvaginal training. Students were trained on the methodologies for each imaging modality as well as the clinical indications for their use. Major teaching moments included discussion on ovarian pathology, ectopic pregnancy, and pelvic health with an emphasis on sensitive history taking, appropriate terminology, and professionalism to maximize patient comfort during these types of procedures.

**Labor and Delivery:** At this station, students were provided training on labor, delivery, and postpartum care. The aim of this training was to expand student knowledge in labor and delivery and to foster compassion and confidence when caring for laboring patients. A teaching model of an infant was used to demonstrate the appropriate way of delivering the head, shoulders, and body. Additionally, students were trained on how to approach advanced challenges such as delivering a baby with shoulder dystocia. A debrief session was provided at the end to give students the opportunity to discuss their fears or anticipation regarding prospective involvement in this field.

**Papaya Workshop:** This workshop was comprehensive in its approach to pelvic care. Its main focus was to use the papayas as a training model for manual vacuum aspiration of the uterus during the management of early pregnancy loss or early abortion. As part of this training, students were educated on the importance of a speculum and bimanual exam and how the variation in uterine flexion among patients influences procedural technique. Additionally, the papayas were used to discuss the clinical diagnosis of pelvic inflammatory disease. The purpose of this session was to educate students on these procedures in a manner that minimized pain and reduces risk.

**Suturing:** The suturing station offered hands-on training to assist with the development of our practical skills. Special attention was given to sterile technique, draping, and prepping. Further education was provided on differences in needle selection and wound closure techniques. The hands-on portion involved practicing techniques such as simple interrupted suturing and knot tying on the provided models.

**IUD Insertion:** Students were given the opportunity to practice IUD insertion on portable pelvic models of varying sizes. Training included discussing the risks and benefits with the patient, addressing patient concerns, taking uterine measurements, placing the IUD, and minimizing pain and harm.

#### Reproductive Justice Talk

A Reproductive Justice event was implemented on the day prior to the hands-on experience. The goal of the talk session was to assist students in understanding the implications behind the procedures we would be learning the next day. FMIG recognizes that reproductive justice is integral part of our training as it enhances our sense of responsibility towards patients in vulnerable positions and on sensitive topics such as obstetric care, contraception, abortion care, adoption and more. We were honored to have this session hosted by our very own Family Medicine faculty member Dr. Dylan Hanami, MD (they/them).

Dr. Hanami was a 2021 Leadership Training Academy Fellow with Physicians for Reproductive Health and is currently the Southern California Cluster Co-Leader for Reproductive Health Access Project. As a medical student, they were a Medical Students for Choice extern. Their role as a faculty leader of the Family Medicine Interest Group at UCISOM was fundamental in establishing our Health Equity series. This passion for equity and patient advocacy was captured in the Reproductive Justice talk as they led the discussion on inclusive reproductive and sexual health practices in a manner that upholds patient autonomy.

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#### IUD Workshop and "OB/GYN Care in Family Medicine"

FMIG received tremendous support from faculty in organizing our Spring IUD workshop. The Spring IUD workshop is an annual event that is normally hosted by FMIG in collaboration with

OGIG with a member of UCI's Family Medicine Department leading the event. However, we were given the unprecedented opportunity to partner with Bayer Pharmaceuticals for the very first time for this event. We remain grateful to our faculty leader Dr. Dylan Hanami who provided us with their direct contact, giving us access to the highest quality IUD equipment for our workshop.

The workshop was held in our MedEd Colloquium which offered ample space for both the didactic and hands-on portions of the event. Once again the student capacity for this event was capped at 25 students due to COVID-19 restrictions. However, this provided attendees the added benefit of asking in-depth questions and forming meaningful connections with the Bayer representatives.

The Bayer representatives were tremendously generous in volunteering their time, each having traveled from different parts of the nation to teach us. They began the workshop with introductions on three different types of IUD within their brand, their indicated uses, and their mechanism of action. This led to a thorough analysis on the research and statistics behind contraceptive use and pregnancy rates which raises awareness for the important role we will play as physicians in supporting patients in making individualized and informed choices that feel right for their body and their lifestyle.

The didactic portion of the event was followed with hands-on training. Bayer generously provided each student with their very own educational kit for Bayer IUDs that was theirs to keep after the event, giving them the incredible option to refresh their skills outside this workshop. Each kit consisted of:

- 1 reloadable Bayer inserter for Kyleena demo unit
- 1 reloadable Bayer inserter for Mirena demo unit
- 1 uterine sound
- 1 retractable IUD clip
- 1 uterine disc
- 1 Folder with educational materials

Additionally, every two students were assigned to one high-quality anatomically-correct pelvic model which was used for the speculum and bimanual exam prior to uterine measuring and IUD insertion.

Throughout the event, students remained engaged in asking practical questions about reproductive health, contraceptive options, and their risks, all of which were answered by both faculty and Bayer representatives. News traveled fast around campus about the value students felt they had received out of this event which was exactly the response we had hoped for. It left the new FMIG board excited to begin their own planning for the upcoming new year.

To spearhead the IUD workshop, an "OB/GYN Care in Family Medicine" talk session was initiated a week prior with the aim of forming a cohesive transition into the upcoming IUD workshop by exploring the OB/GYN subspecialty within the field of Family Medicine. FMIG and OGIG worked together to recruit Dr. Betzy Salcedo, MD (UCI) who also generously donated her time during maternity leave to speak with us on this topic. In her practice, she has remained dedicated to pediatrics, women's health, prenatal care, procedure clinic, and adult clinic and was able to draw from these experiences during her interaction with the students. This was a casual setting where students were able to connect with Dr. Salcedo on a deeper level, to ask

her how she discovered the programs that led her to her practice, and to receive advice on medical school and more. She provided students with insight into her journey of self-discovery and supported students in achieving their personal and professional goals.

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### Family Medicine Meet and Greet

Traditionally, medical students interested in the field of Family Medicine are given the opportunity to have dinner with faculty and residents to learn more about each other, ask questions, and discuss their career goals. Due to the COVID-19 restrictions, we were unable to coordinate a face-to-face meeting.

However, FMIG continued to recognize the importance of mentorship, building a community, and the transference of knowledge while medical students look forward towards a prospective career in medicine. Further, we acknowledged our role in facilitating these types of interactions between the Family Medicine Department and the student body. Therefore, we set up a virtual "Meet and Greet" over Zoom where medical students could rotate through breakout rooms hosted by either an attending physician or resident.

Students were able to use this space to express their career interests, build confidence, ask questions, and explore the full scope of Family Medicine as a specialty. Many students had not realized the broadness that exists within the specialty and some expressed stronger interest and renewed excitement in moving forward with their ambitions in this field.

Members of the Family Medicine Department executed a wonderful session providing students with meaningful advice, identifying opportunities within the department, sharing lessons-learned/tips that helped them navigate through the medical world, and getting to know each medical student on a more personal level. We witnessed many thought-provoking discussions from both sides which generated further interest on what it means to be a compassionate healthcare provider and in identifying the roles we will choose to play as physicians. The success of the event was evident from the positive feedback we received from both the Family Medicine Department and students.

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### Family Medicine Post-Match Panel

The Family Medicine Post-Match Panel was initiated to provide an opportunity for students to connect with the outgoing fourth-year medical students who matched into Family Medicine residency programs and to celebrate the fourth-years on their match. The goal of this event was to build relationships, encourage professional development, and facilitate mentorship.

The event was held virtually over Zoom where a presentation displayed a slide for each of the 7 panelists congratulating them on their match. The presentation ended with a screenshot of our faculty leader Dr. Nguyen holding up a sign showing his support for our group of upcoming Family Medicine residents. Music from "We are the Champions" by Queen played in the background while the panelists opened up the "swag bags" containing their gifts from the Family Medicine Department in honor of their achievements.

The celebration opened up the floor for the engaging conversation that we had regarding medical school, rotations, and the match process. The panelists were able to share their

incredible insight into the resources they used in preparing residency applications and personal statements, selecting residency programs, and creating their match list. They also discussed the interview process and identified the mentors that had helped them reach their highest potential as a medical student and residency candidate.

Throughout the conversation, the outgoing fourth year students expressed having varying interests and career goals which is a testament to the versatility physicians are afforded within the field of family medicine. It was incredible to listen to their personal journeys and to realize that UCI offers a diverse range of training that would accommodate the interests of many of us medical students.

The interaction provided a valuable experience for first and second year students who may find the matching process to be unfamiliar or daunting. To foster the growth of our Family Medicine community, a list of names and contacts was collected to further encourage relationship building with outgoing fourth years who have offered mentorship in professional development.

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#### AAFP National Conference "When Grassroots Efforts Become Grand Gestures: the Major Impact of FMIGs"

UCISOM's FMIG was beyond delighted to have received an invitation to present our Health Equity series to the Family Medicine groups across the nation at AAFP's National Conference during a workshop entitled "When Grassroots Efforts Become Grand Gestures: the Major Impact of FMIGs". Our ambition grew from the culmination of three individuals sharing a vision under support and guidance of phenomenal faculty leadership which resulted in the programming initiatives we created this past year.

The workshop was organized into two main segments. Our session entitled, "Utilizing your Passion" was broadcasted immediately following the first segment entitled, "Finding your Niche" which was led by the FMIG for Mayo Clinic College of Medicine and Science. Planning began with an introductory meeting between UCI's FMIG, Mayo's FMIG, and the National FMIG Leaders. This was followed up with recording the video that would be broadcasted on the day of the workshop. The video involved a presentation in which our board members detailed the idea that prompted action on our Health Equity series, the planning process for making it happen, the speakers we have invited, our future aspirations, and the relationships we have made along the way with the goal of demonstrating the collective power we can achieve by working together as a team. Our faculty advisor Dr. Tan Nguyen also spoke on behalf of UCI's FMIG on the goals we set forth for ourselves and the ambitions we have for UCI over the next several years. The National FMIG Leaders Cody Klinker, Tameka Lawrence, Corey Boggs, and Keshia McAfee remained involved in supporting us in realizing our vision throughout this process as well.

In order to cover the expenses related to our attendance of the National Conference, Dr. Nguyen coordinated with the Family Medicine Department to secure three scholarships for the two co-presidents and one vice president. This would be the first time any of us three FMIG board members had attended the National Conference, and to be trusted so early in our medical school career to lead other FMIGs through our example was a huge honor and responsibility.

We were given the opportunity to meet virtually with the conference attendees during the live Q&A portion of the workshop. We reiterated the importance of teamwork and discussed how we

turned our innate passion for patient advocacy into an active program that would not only tackle some of the most complex equity issues in the field of family medicine, but that would also, hopefully, engage students to be active participants in their community or on campus. We also listened to the inspiring ideas the attendees shared with us regarding their efforts and initiatives which created a lasting impression on all of us board members and reminded us that we still have so much more to learn.