

Application: 19913



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

Family Medicine Interest Group at UTMB

category

Overall Award Application

medicalSchoolLocation

U.S. MD medical school

state

Texas

city

Galveston

mainOrBranchCampus

Main campus

studentsOnCampus

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

301 University Boulevard
Rt 1123
Galveston Texas 77550 US

numberOfStudents

900

branchNumberOfStudents**activeFmigSaacofpMembers**

120

studentsServingInLeadershipPositions

21

aliasa6936f2987d84b3e81abb2126e8b0673

Yes

won

Yes

Page: Group Leadership

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

facultyAdvisors1

Jennifer Raley, M.D

[REDACTED]

Yes

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

staffSupporters

Shannon Samuelson

[Redacted]

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

studentLeaders1

Ayeesha Mohammed

[Redacted]

President

2023

Jordan Soupiset

[Redacted]

Vice President

2024

Samantha Hobbs

[Redacted]

AAFP Coordinator

2024

Emma Tomes

[Redacted]

TAFP Ambassador

2025

Sarah Rempe

[Redacted]

Community Service Coordinator

2023

Leah Garcia
[Redacted]
Primary Care Procedures at the Primary Care Pavilion Workshop Coordinator
2023

Shehani Jayawickrama
[Redacted]
Primary Care Procedures at the Primary Care Pavilion Workshop Lite Coordinator
2024

Surta Dave
[Redacted]
Recruitment Coordinator
2024

Forrest Jones
[Redacted]
Flu Shot Event Coordinator
2025

Ruth Gainzar
[Redacted]
MS2 Representative
2025

Leadership transition
March

Page: Award and Group Information

FMIGOperation
The UTMB FMIG chapter consists of student officers, a faculty advisor, and a staff coordinator. The student officers, advisor, and coordinator meet at least once per month for an officer meeting to discuss recent and future events.

There is also one public event for FMIG members each month. Listed below are the student leader roles and responsibilities:

President

- Set agenda and preside over all FMIG Officer and General Meetings
- Oversee all FMIG events, delegate event planning to representatives
- Coordinate Family Medicine Residency Fair in early September - set date, invite programs, reserve event space, advertise event, collect donations for raffle
- Coordinate Family Medicine Residency Dinners during Residency Fair - invite students and monitor RSVP list
- Coordinate with Internal Medicine and Pediatric interest groups to host events during Primary Care Week before culminating in PCP at the PCP (Primary Care Procedures Workshop at the Primary Care Pavillion) on Thursday

Vice President

- Coordinate Strolling Through the Match event in August - set date, reserve room, invite Texas residency programs, order food, advertise event, monitor RSVP list
- Coordinate Procedure Workshops (fall and spring semester) - set date, invite residency program, reserve room, order food, advertise event, monitor RSVP list
- Coordinate End of the Year Match Banquet in April - set date, reserve restaurant, get gifts for faculty advisors attending
- In absence of president - Set agenda and preside over all FMIG Officer and General Meetings; oversee all FMIG events, delegate event planning to representatives

Recruitment Coordinator

- Responsible for reserving and running table at Welcome Weekend
- Update e-mail list on Google docs, Answer and send out e-mails
- Create events on Facebook page and manage Facebook page
- Responsible for AAFP and TAFP membership submission

AAFP Coordinator

- Attend AAFP National Conference
- Fundraise for National Conference - Apply for SGA and TAFP travel funds, solicit donations from family medicine faculty
- Recruit rising MS 2 and MS 3 students interested in FM to attend conference
- Coordinate reservation and payment for hotel and car/shuttle and equal reimbursement among participants upon return
- Attend semester conference calls
- Answer AAFP/TAFP/FMIG e-mails
- Pass along AAFP/TAFP/FMIG news and benefits to members

TAFP FMIG Network Ambassador

- Represent UTMB at the FMIG Network which will meet virtually a few times a year and be a conduit to share information on TAFP conferences, funding opportunities, and new resources, with students at their school.
- Assist AAFP Coordinator in answering AAFP/TAFP/FMIG e-mails and Pass along AAFP/TAFP/FMIG news and benefits to members

Primary Care Procedures at the Primary Care Pavilion (PCP@PCP) Coordinator

- Coordinate PCP at the PCP event during Primary Care Week (usually October) - set date, reserve room, advertise event, monitor RSVP list, purchase prizes for raffle, order food, help with setup and cleanup (with other officers)
- Coordinate UTMB Procedure Workshop (PCPLite) in the spring - set date, reserve room, order food, advertise event, monitor RSVP list

Community Service Coordinator

- Coordinate Annual Flu Shot Clinic at St. Luke's during 2 weekends in October - raise funds for flu vaccines from Osler Societies or other sources, advertise event, monitor RSVP list
- Coordinate Halloween Carnival game (reserve booth, advertise event, set up and run carnival game), Coordinate Annual Helping Hands event in the spring, Coordinate Grand Kids Festival volunteering, Coordinate other volunteer opportunities

Flu Shot Event Coordinator

- Coordinate annual flu shot drive with Community Service Coordinator, responsibilities which include acquiring funding, recruiting and training volunteers, and setting up dates and places for event

Year Representatives (1-2 representative for every year in medical school)

- Coordinate 1 General Meeting - set date, reserve room, order food, advertise event, book speaker (annual meetings are Match Panel and overview of Family Medicine; other ideas: PCMH, the Affordable Care Act's effect

on Primary Care)

- Attend as many FMIG events as possible, helping with setup and cleanup

goals

Mission:

Family Medicine Interest Group (FMIG) is an active and engaged student group that shares the passion and fulfillment of Family Medicine, provides resources for students, professional skill development, and opportunities for service. With the variety of events, presentations and projects hosted and run by FMIG, medical students from all years are exposed to the wide breadth of practice offered by Family Medicine.

Goals:

1. To inform students about the opportunities and scope of Family Medicine
2. To teach students skills that will be vital in their training towards a career in Family Medicine
3. To facilitate students' education and career for those that are interested in a career in Family Medicine
4. To be visible and active on campus and in the community through service and education
5. To reach out to medical students through multiple events to showcase the scope and opportunities of Family Medicine
6. To connect FMIG members to residents and faculty involved in the field of Family Medicine

FacultyAdvisor

FMIG Faculty Advisor Role:

- Advise and collaborate with student officers to develop and host events
- Assist with obtaining funding for projects and events
- Facilitate a close working relationship with the department to engage participation in events
- Provide academic guidance to students interested in family medicine

FMIG Staff Coordinator Role:

- Assist with administrative functions such as booking rooms, ordering food for events, sending out meeting invitations and requests, and ordering supplies as needed
- Provide support at events and all FMIG sponsored initiatives

overallcategorical

Overall award

programtable

Women's Health Simulation Workshop

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The Primary Care Procedures at the Primary Care Pavilion (PCP @ the PCP) is a procedural workshop event traditionally held in October during Primary Care Week, however, this year we held our event in the spring to allow time for collaboration with another student-lead organization on campus. For 2022's PCP @ the PCP, we collaborated with Obstetrics and Gynecology Student Society (OGSS) to help inform students on the basics of women's health management. We collaborated not only with OGSS, but with OBGYN faculty, OBGYN residents, FM faculty, and FM residents to create the best learning environment possible for the students attending our event. Several Zoom meetings were held to determine which topics should be covered and how the event should be held. We continued to target first and second year medical students to increase early exposure to primary care.

The event was held at UTMB's Primary Care Pavilion. We developed 8 stations for teaching. The topics included interpreting SonoSite/Doptone, Nexplanon Insertion, IUD insertion, Cervical Dilation, Speculum/Pelvic Exam, Breast Exam, Contraception, Vaginal Delivery, and Perineal Laceration. Stations were dedicated to one or two topics with a total of 8 stations. We used

models provided by FMIG and OGSS for demonstration and practice of skills to create an hands-on learning experience. We recruited the help of Family Medicine and Obstetrics and Gynecology faculty and residents to facilitate teaching the medical students the information and skills mentioned at each station. In order to establish flow, we had four 20 minutes stations and four 10 minute stations. With COVID-19 precautions and guidelines followed, we opened registration to all four medical school classes with a cap of 72 students. 43 medical students registered, and 32 attended the event. During the event, students were provided with an electronic rotation guide and map to facilitate flow to and from each station. We had timekeepers at each station to help keep us on schedule. Officers from FMIG and OGSS were present and assisted with the set-up, organization, and break down of the event.

Because the event was focused on women's health, we held a toiletry donation drive to donate to the Resource & Crisis Center of Galveston County, Inc. (RCC). When the invitation was sent to the medical school classes for the event, it included a request for the students who were planning on attending to bring toiletry items to donate to the RCC. We received 65 items to donate.

The event was well-received by students and in addition to the survey done following the PCP @ the PCP event every year, we also included a pre-quiz and post-quiz to test the effectiveness of the event in teaching the desired objectives. The primary survey was sent to students who attended with questions rating the knowledge of the facilitators, the depth of the material, preparedness, and room for feedback. The feedback was overwhelmingly positive with many students asking for the event to be hosted again and for even more topics to be added to the objectives. Feedback for improvement included increasing the time allotted to each station and making smaller groups. The pre- and post-quiz was developed by one of the FMIG officers and was reviewed by the FM and OBGYN faculty and residents who volunteered to work at the event. The quiz was composed of 16 questions regarding information taught at the event. Both quizzes were composed of the same 16 questions to accurately assess the effectiveness of teaching the desired objectives. It was created on Google forms and QR codes for both the pre-quiz and the post-quiz were displayed at the event for attendees to scan and complete. The pre- and post-quiz results indicated a significant improvement in the knowledge and understanding of the students who participated in both quizzes which indicated the event was successful in teaching as well as creating a fun, hands-on environment for learning. Overall, the event was greatly successful. We enjoyed collaborating with OGSS and the positive response to the event encouraged us to continue working to host the event to teach about women's health.

Strolling Through the Match

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Strolling Through the Match is a meeting that educates students on the Residency Match process. While the event is more geared toward those applying to Family Medicine, it is still beneficial to any student unfamiliar with the match process. The goal is to give students the tools they will need to apply for Family Medicine Residency Programs and answer questions about how to present yourself as the strongest possible candidate. We bring in a panel of eight to twelve speakers - a residency match book author, program directors from UTMB and other residency locations, program coordinators, and recently matched residents. FMIG leadership connects to potential panelists, invites students (typically third-year medical students who are beginning to work on their residency applications), and organizes the event. The FMIG President acts as the moderator for the event so that everything runs smoothly.

Students who attend the event receive the following:

- A discussion on the variety of Family Medicine Residency Program options in the state of Texas
- Advice on how to create a strong ERAS application and personal statement

- The do's and don'ts of interviewing
- AAFP Match Literature

This event was born from the "Strolling through the Match" booklets that are provided by AAFP. Since 2018, this event has been held in July rather than August to give third year medical students the chance to learn more about ERAS and formulate questions before the meeting. In an effort to increase the number of programs and residents that were able to attend amidst a surge in COVID-19 cases, we maintained the event in an online format like last year. The event had strong attendance and a high level of audience participation, which was aided by the chat bar feature on Zoom so students could ask questions directly to a moderator who presented them to our organized panel.

Tales from the Interview Trail

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Peer to peer relationships are some of the most influential relationships made in medical school, and successful peer to peer knowledge exchange is especially critical when explaining and guiding fellow students on how to match into a residency program. Medical students greatly appreciate information from older students, as they feel that those students have the same views and opinions. At Tales from the Interview Trail, FMIG officers convene a panel of fellow students that recently matched into Family Medicine. Students representing various individual circumstances and goals are recruited so the panel is able to appeal to a broad number of students who are about to begin the residency application process themselves. Panelists will have matched in state, out of state, couples matched, or rural matched, and some have spouses and children, providing a diverse panel that can relate to all interested students in the audience. In past years these graduating 4th years have spoken about how to fund interviews, how to best plan travel, and follow-up visits to a school but as this past interview season took place solely via virtual interviews, the information 4th years shared with attendees focused more on zoom etiquette, the best ways to create ideal lighting, how to make an impression over Zoom, number of interviews that should be done, and a host of other tips to traverse a new virtual world.

Traditionally, our FMIG has hosted this event in person but in keeping with the theme of the virtual world and to properly adhere to social distancing protocol, this event was moved to an online format in 2020. This event continues to be well attended and students have continued to give positive feedback on the content and level of interaction of the event.

This event has grown over the years due to the increasing competition for residency spots. Getting insider information is more critical now than ever, and the panel of matched students makes sure that the audience is able to have as much preparatory knowledge about interviews as possible. Thus, Tales from the Interview Trail is organized and facilitated by the president and vice president for rising fourth year students. At this event, we also try to invite individuals who have been involved with this organization over the years. That way the audience recognizes familiar faces and feels more connected to the panelists. This event is highly regarded based on its emphasis of an informal discussion between peers, which helps attendees feel comfortable and heard.

Flu Vaccine Drive

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The flu vaccine drive is aimed to aid the homeless and underinsured/uninsured community of Galveston due to their limited access to care, exposure to the elements, and financial constraints. Students are trained to provide vaccine education, address questions about vaccine

myths, obtain informed consent, and then administer the influenza vaccine under the guidance of our faculty sponsor.

Since 2017, our Community Service Coordinator, along with help from our FMIG Advisor and Staff Coordinator, has applied to and received \$1700-\$2500 dollars in grant money from the Texas Medical Association to organize the events. This year we successfully applied and received a grant of \$3500 to further expand the communities we were able to reach. We established partnerships with several organizations throughout Galveston to provide flu shots free of charge to the underserved population of Galveston County. Between mid-October and early December, we provided flu shots for the homeless at Luke's Society, Salvation Army, and Galveston Central Church. We were able to provide flu shots for women and teens who have escaped domestic violence and unstable home lives at Resource & Crisis Center of Galveston County, ADA Women's Center and The Children's Center. We also provided flu shots for the under/uninsured at St. Vincent's HOPE Health Fair. Through collaboration with the Latino Medical Student Association, we were able to provide flu shots to the Spanish-speaking population of Galveston with limited access to healthcare at La Michoacana.

Our team consisted of 29 medical student volunteers total, many of whom volunteered at multiple events, as well as our FMIG faculty sponsor, Dr. Jennifer Raley. This event appeals to first and second-year medical students who are eager for "real world" patient experience and allows the opportunity to not only practice a procedure but also employ motivational interviewing skills to address vaccine hesitancy. It also benefits the homeless community around UTMB, who are more susceptible to illness and deserve any protection that is provided by the vaccines. Overall, we were able to provide 170 flu shots and 15 Tdap shots. 27% of patients we vaccinated stated that their last flu shot was over 2 years ago and 15% stated they have never received the flu shot prior to our events. Members of the community who receive these vaccines are generally very thankful and appreciative of the program, and these events give medical students the chance to help an under-served population and work interprofessionally with other medical field workers.

Helping Hands Toiletry Donation Drive

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In the past, our FMIG has had a toiletry drive in the Spring that was paired with our Flu Vaccine Drive in the Fall. These two events have grown in recent years to the point where we received an extra \$1000 dollars in grant money (\$3500 compared to \$1700-\$2500 in the last few years). This is a testament to how both of these events have truly developed into their own respective events. Our community service coordinator works with our FMIG Advisor and Staff Coordinator to apply for the grants and organize this event.

Living in Texas, summers can be hot, sunny and filled with bugs. As such, our FMIG identified a need to provide the vulnerable population of our community the means of protection against these environmental elements. This led us to pivot the goal of our annual Helping Hands toiletry drive to a sunscreen/bug spray/hand sanitizer drive to provide these much needed products to those in our community who do not have reliable access to them. Additionally, because residency interviews are now virtual, students are not traveling and collecting as many toiletries from their travels, which made the shift in donation items an even better decision. The organization of the drive is similar to recent years. Our community service coordinator puts out three collection boxes in high traffic areas on campus to reach as many students, faculty, and residents, and to maximize the donations. These boxes are left out for about a month and then are collected for our FMIG to gather and assemble the items into kits. These bags are then handed out at the beginning of the summer at St. Luke's Society, an outdoor clinic that provides care to a large population of individuals experiencing homelessness in Galveston. Students also take advantage of this opportunity to ask basic health questions and work with

faculty and residents to provide healthcare to the individuals experiencing homelessness at the St. Luke's Society.

Overall, this has been a successful event dating back to 2012 when our past FMIG Advisor, Julie McKee, came up with the idea to give back to the community and provide care to the underserved population of Galveston. The individuals who receive these care packages are extremely grateful, and the event provides an opportunity for students to work with the underserved population of Galveston and gain experience working on interprofessional teams.

Family Medicine Residency Fair

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Every year, our FMIG hosts a residency fair intended to begin the conversation with students about their options for residency and help them explore the diversity in Family Medicine programs. We have steadily increased the number of programs involved and/or the number of students who attend especially since adopting a virtual format due to the pandemic during the last 2 years. This year we had 17 programs participate, from multiple states as well as invite medical students from other Texas medical schools. We had a total of 8 medical schools represented, with one student participating from Florida. Additionally, we improved the virtual format based on feedback from last year. This included starting off the event in one big meeting with each program then being assigned 2 specific breakout sessions that students could go in and out of as they wished. These breakout rooms could be used as the programs pleased such as having one with the Program Director, one with residents, or other topics. Students were given the names of programs participating a week before with a short bio so that they could make the most out of the 1.5 hour event.

The event is primarily geared towards third and fourth year students who are close to deciding (or have decided) to pursue Family Medicine. In addition, we are always excited to have a sizeable amount of first and second years attend the event as it is a great indicator that we are making a positive impact exposing students to Family Medicine early-on.

In regards to organizing the event, because it was a virtual event, there was no set up necessary but all FMIG officers helped advertise for the event. The president, vice-president, and two of our 4th year representatives reach out to the programs and maintain records of programs and their contact information.

The goals for the resident fair are: students see the variety of family medicine residency programs from Texas and surrounding states, students chat with current residents from family medicine residency programs about their experiences at their program, students meet residency directors and program coordinators from family medicine residency programs and talk about opportunities, curriculum, and life at their program and advice on applications to their program, students considering doing away rotations get to speak to representatives of the programs they are interested in and learn about what rotations at their institutions would entail, students who are considering family medicine see the scope and variety of training offered in family medicine, students see the family medicine fellowship opportunities offered at a variety of family medicine residency programs.

META FMIGO and Vitals Clinical Skills Grab Bag

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Every summer, first year medical students at UTMB begin their medical school career with an introductory course called Mindfully Evolving, Thriving and Achieving (META) prior to beginning their pre-clinical courses. This past year, our Family Medicine Interest Group created a Grab

Bag Event for the META curriculum as an opportunity to introduce incoming first year medical students to Family Medicine as a specialty, while showcasing the Family Medicine physician's variety in daily practice. The event began with a panel of UTMB Family Medicine residents who were asked questions about the fundamentals of Family Medicine, the nature of their time in residency, and the wide array of possibilities for their future as a doctor. To encourage engagement with the panel's discussion, the students in attendance were given BINGO cards with common phrases or topics related to Family Medicine and scope of practice, and the first three students with a BINGO were awarded with books and supplies to help in their preclinical studies. Following the panel, Family Medicine faculty, residents, and FMIG members conducted a hands-on workshop with the first year students on how to properly take a manual blood pressure reading with a stethoscope and sphygmomanometer. This was incorporated into our event to equip incoming students with practical knowledge of a common physical exam maneuver they would likely utilize within their first semester of schooling, both in their courses and during clinical volunteering opportunities.

In all, this event was successful with twelve first year students in attendance along with Family Medicine residents, faculty, and FMIG coordinators. We were fortunate to have been permitted to hold this event in person with room capacity limitations and Covid Precautions during the Delta surge. We received positive feedback from our participants regarding this event with students commenting that they enjoyed learning a practical skill at such an early point in their medical education, and the BINGO activity was lauded for presenting the genuine perspectives of a diverse panel of residents. The general perception concerning Family Medicine as a specialty by the first year students following our event was that it is a friendly and strong community of medical professionals.

Due to the success of this event we will continue organizing it for years to come. Moving forward, an improvement we hope to make is having a more structured presentation of the potential career paths available to those who complete a Family Medicine, as well as facilitating an icebreaker activity at the beginning of the event since many of the incoming students are still getting to know one another.

Ace Your Internship

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The transition from a fourth year medical student to intern is a major source of stress for many students who do not know what to expect as they are thrust into residency or who feel like they may not be adequately prepared. In order to aid our fourth year students who matched into a career in Family Medicine last year, our FMIG created a new event called Ace Your Internship. We recruited interns who were finishing up their first year of residency for a panel, where rising interns could ask their burning questions they had about residency. The panelists consisted of current UTMB interns and a couple of graduates of UTMB that were at different institutions to broaden the sources of input. The event was held virtually, which allowed ease of access for fourth years who were traveling and interns from more distant programs. A flier promoting the event was shared to each class's respective facebook page, as well as sent out via email to maximize reach. Additionally, one of our rising fourth year officers acted as the moderator for the event to keep it focused and have questions ready to ask if the audience did not have any. Our event was mainly geared towards fourth year students, but those from each year participated in the event. Some of the topics covered during the event included how to be an effective member of the team, when and how to ask for help, realizing that you do not have to know everything from the start, what to expect on call, and the importance of time management.

Overall, this was a well received event, and the students who participated were extremely grateful and felt more at ease about starting their intern year. One aspect we did not have was

the perspective of students who went out of state for residency, so that is addition we are hoping to implement this year. This was an engaging, helpful event and one that we hope to continue to have in the future to aid the transition of fourth year to intern year.
