

Application: 20450



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**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**

University of Iowa Family Medicine Interest Group

**category**

Overall Award Application

**medicalSchoolLocation**

U.S. MD medical school

**state**

Iowa

**city**

Iowa City

**mainOrBranchCampus**

Main campus

**studentsOnCampus**

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

**fmigNetworkRegion**

Region 2: Midwest (IL, IN, IA, KS, MN, MO, NE, ND, SD, WI)

**mailingAddress**

375 Newton Road  
Iowa City Iowa 52242 US

**numberOfStudents**

600

**branchNumberOfStudents****activeFmigSaacofpMembers**

200

**studentsServingInLeadershipPositions**

10

**aliasa6936f2987d84b3e81abb2126e8b0673**

Yes

**won**

Yes

**Page: Group Leadership**

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

**facultyAdvisors1**

Emily Welder, MD

[REDACTED]

Yes

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

**staffSupporters**

Bre Anna McNeill

[REDACTED]

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

**studentLeaders1**

Nicole Johnston

[REDACTED]

Co-president  
2022

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Eric Schnieders

[REDACTED]

Co-president  
2022

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Claire Carmichael

[REDACTED]

Vice President of Lunch Meetings  
2023

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Jayden Bisson

[REDACTED]

Vice President of Procedure Clinics  
2024

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Jenna Mullins

[REDACTED]

Service Learning/Community Outreach Chair  
2022

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Sarah Costello

Secretary/Treasurer  
2024

Sean Westendorf

National Primary Care Week Coordinator  
2022

Alexa Schmitz

Professional Development Chair  
2023

Grant Henning

Membership Chair/Iowa Academy of Family Physicians (IAFP) Representative  
2022

Grace Recker

M1 Representative  
2025

**Leadership transition**

May

**Page: Award and Group Information**

## **FMIGOperation**

Our leadership structure is designed to encourage the involvement of all classes, M1-M4, and to facilitate mentoring relationships between upper and lower classmen. Not only does this unique distribution of leadership among the classes foster mentoring and diversity in leadership, but it also provides a foundation for continuity from one year to the next. By avoiding a structure in which upperclassmen hold most of the positions, we avoid loss of experience as seniors medical students graduate. We prepare underclassmen to progressively take on more responsibility in leadership and to gain the knowledge necessary to lead the group and mentor incoming students. Additionally, we have compiled a shared electronic folder with important information to pass down to subsequent leadership teams. We have a particularly active FMIG with extensive programming. In order to be successful, we share the responsibilities among a large leadership team. We distribute formal responsibilities for each event, program, or project to a specific leadership member. This leader takes primary responsibility for coordination of the event and delegation of tasks among other members of the leadership team. The size of our team and diversity of class involvement results in valuable team input which reflects the priorities and needs of students at all levels of medical education. It allows us to provide programming that benefits all students while accommodating varying interests and course/clinical schedules. Lastly, the extensive number of leadership positions provides more opportunities for students to gain entry into leadership and to remain involved in the group throughout their medical training. The acquisition of leadership skills is vital to a successful future in family medicine. After years of experimentation, we have established a successful combination of upperclassmen and underclassmen positions for which we hold elections each spring. This year, our leadership team is made up of 10 students and leadership positions.

Below is a list of our current leadership positions:

- 2 Co-Presidents
- 1 Vice President of Lunch Meetings
- 1 Vice President of Procedure Clinics
- 1 Secretary/Treasurer (combined position)
- 1 Service Learning/Community Outreach Chair
- 1 Professional Development Chair
- 1 Iowa Academy of Family Physicians (IAFP) Representative
- 1 Membership Chair
- 1 Primary Care Week Coordinator
- 1 M1 Representative

In previous years, we had had an additional Social Media Chair, but we have now combined this role with the secretary/treasurer and M1 representative positions. This year both co-Presidents are M4s. In the past, we have had specific roles for the M1, M2, M3, and M4 representatives. We have found that this is not critical to the structure of our leadership team. Every member of our leadership team serves as a representative and advocates for their respective classes. We have kept the specific M1 representative position because we feel it is critical to getting M1 medical students involved in FMIG leadership and FMIG events early on. This year we had one M1 representative who took on the responsibility of passing information about FMIG activities to her fellow classmates. She also helped organize a multidisciplinary panel of care providers to discuss aspects of care for transgender patients that featured a family medicine provider.

We have formal descriptions of each leadership position named above which serve as guidelines for the formal responsibilities of each position. Election to the leadership team implies involvement in all responsibilities of the executive team as a whole. We have a collaborative team dynamic that pushes students to excel within their roles, to eagerly assist other leaders, and to freely share innovative ideas for the future.

## goals

The University of Iowa Family Medicine Interest Group is actively committed to strengthening awareness and involvement within the field of family medicine on campus, in the surrounding Iowa City community, and across the state and country. The mission of our group is to provide a variety of programming in order to:

1. Expand medical students' understanding of family medicine
2. Broaden interest in the specialty of family medicine within our medical school
3. Increase the visible presence of the group and its programs/activities
4. Prepare medical students to be leaders in family medicine
5. Foster medical students' personal and professional development
6. Build networks and relationships to connect medical students with practicing family physicians

Our specific goals are to:

1. Provide exposure to family medicine to all students at the Carver College of Medicine
2. Engage medical students through a variety of activities, including procedure clinics, speakers, and small group discussions, to help facilitate the exploration of the field of family medicine
3. Organize programming that meets the needs of students at all levels of training
4. Provide medical students with meaningful mentorship opportunities with family physicians
5. Plan events to aid FMIG members in serving the community in an impactful way while furthering their skills
6. Prepare students to apply to residency and take the next step in becoming a family physician

## FacultyAdvisor

This year, our faculty advisor completed her second academic year of advisorship. In addition to our faculty advisor, we receive support from other staff within the Department of Family Medicine who are integrally involved with our FMIG operations. Our faculty advisor is Dr. Emily Welder, a clinical assistant professor in the Department of Family Medicine at the University of Iowa. She was approved by the Board of Directors of the IAFP to serve this role. We also have the support of the Director of Medical Student Education in the Department of Family Medicine, Dr. Stacey Appenheimer. These faculty supporters are very accessible to the FMIG leadership team and to student members of our interest group. Our FMIG leadership board meets with them formally each semester to discuss goals, and remains in constant communication about events and opportunities for students. We are fortunate to also have the assistance of Bre Anna McNeill, a support staff member within the University of Iowa Family Medicine Department. Dr. Welder, Dr. Appenheimer, and Bre Anna McNeill provide assistance to our group in a variety of ways, including organizing finances, providing contacts for speakers and panelists for FMIG events, ordering materials for FMIG initiatives, and coordinating communication with the IAFP and AAFP. They receive all official leadership meeting communications and assist executive officers in maintaining continuity, establishing contacts, and generating new ideas for innovative programming to meet goals and develop new initiatives that support the continued evolution and improvement of our group.

## overallcategorical

Overall award

## programtable

Procedure Clinics

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FMIG's procedure clinics are revered by students and faculty at the University of Iowa as fun, educational activities that contribute to the development of important clinical skills for participating students at the Carver College of Medicine. These events are co-hosted by an FMIG board member and faculty and residents from various residency programs at the University of Iowa or other medical institutions in the state. Our goals for each FMIG procedure clinic include:

1. Providing a safe learning environment for students to practice new skills or refine their techniques with guidance from physicians and residents in family medicine and other

collaborating specialties.

2. Creating an informal atmosphere in which students and residency program faculty/residents can interact and network
3. Allowing students who have experience with various techniques to facilitate the teaching process and share their knowledge with fellow students.

The procedure clinics held this year were Casting and Splinting, Perineal Laceration Repair, and Needle Night. We are currently working to organize the fourth and final procedure clinic of the year which will take place later this spring. The respective residency program involved in each clinic provides most or all of the supplies and equipment for the event. The physician co-hosting the event brings along a team of residents who break into groups with participating students for a more intimate learning experience. Registration for each event is sent out to the FMIG listserv first to give priority to student members of our group. If there are spaces remaining for additional students, an email is sent to all students in the Carver College of Medicine and responses are recorded on a first-come, first-serve basis. The spaces for these events fill up quickly and there is a wait list to accommodate cancellations. In the past we were able to accommodate about 25-50 students per clinic, but this year we capped clinic attendance at 25 students in order to maintain social distancing as a COVID 19 safety precaution. Additional precautions taken to ensure the health and safety of participants and facilitators included strict PPE usage, frequent cleaning and disinfection of tables before and after the clinics, and ample availability of hand sanitizer throughout the room. Each procedure clinic is organized by the FMIG Vice President of Procedure Clinics. If the VP is unable to attend the event personally, an email is sent out to the FMIG leadership board asking for volunteers who can attend the event and assist the residency program in running the clinic. The student(s) charged with helping run the clinic act as the point of contact for the facilitating residency program upon their arrival, set up the room with equipment and supplies, check-in students and document attendance, and update students with current and upcoming FMIG events.

Overall, our procedure clinic program represents an exceptional partnership between the college and the state's family medicine residencies. We are proud to coordinate events in which students receive high quality instruction in procedures they may not encounter during clinical rotations. We also focus on representing the broad scope of family medicine through this initiative and connecting participating students with in-state Family Medicine Residency Programs which is beneficial to program recruitment and medical student planning for residency training. We were excited to be able to continue offering in-person procedure clinics during a year when so many events remained virtual at our medical school. We are hopeful to get more participation from other residency programs as COVID 19 restrictions ease.

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#### Topics in Family Medicine Lunch Series

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##### Introduction & Goals:

1. To expose underclassmen (M1, M2) to the diversity of family medicine and the importance of primary care in today's healthcare system.
2. To broaden the knowledge of upperclassmen (M3, M4) by highlighting specific practices or fellowship tracts available in the field of family medicine
3. To facilitate professional and informal interactions between practicing family physicians, residents, and medical students (M1-M4) with similar interests to start the conversation about the role of family medicine in primary care.
4. To emphasize and advertise other FMIG events occurring during the semester.

Lunch meetings this year covered topics including an introduction to family medicine in an

academic setting, global health opportunities in family medicine, a match panel featuring fourth year students who matched into family medicine residency programs, a lecture presented by a current fourth year medical student on peripartum depression, a panel about maternal health fellowship training, and a session about family medicine-psychiatry residency. During the match panel, fourth year students gave advice on how to approach and prepare for the residency application process, including scheduling advanced electives, participating in away rotations, selecting residency programs to apply to, interviewing, and creating their final rank list. In previous years, it was routine to provide lunch at in-person meetings which would encourage attendance. However, due to COVID-19 and necessary safety precautions, some of our meetings were held virtually this year or in a hybrid format to accommodate more attendees. We found that hybrid meetings (hosted in-person but with the option to join via Zoom) were popular among both upperclassmen away on their clinical rotations and underclassmen attending classes in the medical school building. For in-person and hybrid meetings, lunch was provided and promoted attendance.

FMIG leader roles and program execution: One FMIG Vice President of Lunch Meeting organizes the lunch meeting lectures or panel discussions and coordinates the purchase of food with the FMIG treasurer and our support staff through the Department of Family Medicine. Diligent attention is paid to the medical school's master calendar to coordinate events around exam schedules and other large interest group meetings. Successfully advertising lunch meetings (and all FMIG events) continues to be an important goal of our FMIG.

## National Primary Care Week

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### Introduction and Goals:

National Primary Care Week is an annual celebration that brings healthcare professionals together to showcase the diversity and importance of primary care to the health of our communities. Goals for our FMIG's National Primary Care Week activities include:

1. To collaborate with other primary care interest groups to develop a week-long informative event
2. To highlight interdisciplinary healthcare and the importance of primary care in under-served populations
3. To specifically emphasize hot topics in family medicine and the benefits of a in a career in primary care
4. To facilitate professional and informal interactions between practicing family physicians, residents, and medical students (M1-M4) with similar interests
5. To facilitate discussion about the role of family medicine and other primary care specialties in promoting community health and improving health outcomes

As we have done in previous years, FMIG enlisted the help of several other interest groups at the University of Iowa to coordinate a truly integrated week highlighting several aspects of primary care. Other groups involved included: Internal Medicine Interest Group, Pediatric Interest Group, and Leopold Society (OB-GYN Group). Our events included daily lunch meetings addressing primary care topics which were hosted by each participating interest group and daily trivia about primary care that provided facts and highlighted its importance. Topics for lunch meetings included a one-on-one Q&A session about primary care with a general pediatrician, a panel of internal medicine faculty discussing their roles as primary care providers, a discussion about the intersection of OB-GYN and primary care, and a rural Iowa family medicine physician's experiences as part of Iowa's Disaster Medical Assistance Team during the COVID 19 pandemic. Each lunch meeting event offered ample time after the presentations for open questions, allowing students to interact with primary care physicians in



their respective specialties. The week's activities were a great way to show medical students the numerous opportunities available in primary care specialties and breadth of family medicine.

#### FMIG Leader Roles and Program Execution:

The FMIG Primary Care Week Coordinator was responsible for coordinating events with other primary care interest groups to plan and organize events for National Primary Care Week. The coordinator advertised for the week's events on our FMIG listserv and through various social media platforms. They also sent out daily trivia questions via email to increase awareness and participation in the week's activities and distributed prizes to the trivia winners. We were able to resume in-person lunch meetings this year, and food and various primary care "swag" items were offered to participants to encourage attendance. We were able to discuss a large range of topics to promote primary care and the numerous paths you can take as a primary care physician.

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#### Community Outreach

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Community engagement is a core part of family medicine and something we strive to incorporate into FMIG for our members. We have long standing Tar Wars and Ready Set Fit outreach programs to educate children on tobacco use and fitness in coordination with the local elementary schools in our area. However, this year, the schools were closed to outside visitors due to coronavirus restrictions and the teachers did not feel a virtual option would be a good fit. Our group was, however, able to find new roles in the community to fill this year. Our FMIG group partnered with our local food pantry and volunteered to complete clean-up after a community meal hosted by the pantry. We were also able to hold an event at a local retirement home during which members of our interest group spent time with independent and assisted living seniors in the community and made crafts. We were able to establish a relationship with both the food pantry and retirement home and both expressed interest in working together again in the future. We plan to continue growing in our service to these important community programs and hope that, next year, we will also have the opportunity to restart our Tar Wars and Ready Set Fit programs as coronavirus restrictions relax.

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#### Mentorship Initiative

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##### Introduction and Goals:

For the past decade, our FMIG has intermittently sponsored a mentorship program with the University of Iowa Family Medicine faculty. In an effort to provide a more sustainable mentorship opportunity to our members, we worked with our FMIG Faculty Advisor to develop a new mentorship opportunity for our members. Our goals for this program were:

1. To enhance student understanding of family medicine
2. To promote student interest in family medicine
2. To provide guidance to our members through meaningful mentorship in a longitudinal fashion
3. To create mentoring relationships that inspire and revitalize the work of practicing physicians in the state of Iowa

#### FMIG Leader Roles and Program Development:

Because of the ongoing pandemic and hybrid rotations, there was concern that students were

not getting exposure to family medicine and the diversity of practices in the specialty. Students in our curriculum are not typically exposed to family medicine until they reach their core clinical rotations that begin halfway through M2 year. Additionally, we believe that formal mentorship is one of the ways that students can be encouraged to choose a career in family medicine. We especially focused on reaching M1s and M2s prior to their clinical rotations. Our mentorship program was revitalized during the previous year and continued this year. We identified several UIHC Family Medicine Department faculty that volunteered to serve as mentors for medical students interested in gaining early clinical experience and further exploring family medicine. Medical student mentees were matched with mentors based on their particular interests and what they desire to gain from the relationship/experience. Results from a feedback survey showed that students utilized this mentorship to learn more about the field of family medicine, learn more about the family physician lifestyle, begin research projects, and pursue other extracurricular interests such as community service. Overall, students are greatly satisfied with this program and we plan to continue implementing improvements to the program to maximize the benefit of the program to mentors and mentees alike. We also plan to create more structure in the program by providing topics to discuss at meetings and providing resources about how to make the most out of a mentor/mentee relationship.

#### "Speed Dating" Careers in Family Medicine

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This initiative was started in 2013 and has been a very popular event since its introduction to our FMIG programming. Prior to COVID 19, this event involved family doctors from the state of Iowa networking with medical students through an in-person "speed dating" format. In the previous year, we had to alter the format to accommodate this event in a virtual space due to pandemic restrictions. To meet these requirements, we offered a panel of family doctors from a wide scope of practices to discuss the diversity of family medicine via the virtual format. Our goals for this event include:

1. To gain unique perspectives regarding the broad spectrum of family medicine
2. To learn about various focus areas that family physicians pursue to tailor their practice
3. To identify career opportunities and explore the scope of care provided by family physicians
4. To learn various settings in which family physicians can practice

#### FMIG Leader Roles and Program Execution:

The FMIG professional development chair and Kelly Scallon, Director of Education and Advocacy from the IAFP worked together to coordinate this event which is funded by special grant funding received from the IAFP.

This social event is typically held during the spring semester. Family medicine providers from UIHC and other Iowa communities are invited to join medical students for dinner at the University of Iowa campus. In the past, this event has been held in the Atrium dining room at the University of Iowa Hospitals and Clinics. However, this year, the event will be held in a virtual format due to the ongoing pandemic. The format of the event is like "speed dating", where attendees rotate tables in order to engage with different family medicine physicians. This event is a great way for students to ask about the specialty of family medicine, what life is like as a family physician in Iowa, and any other questions they may have for physician guests. It is also a way for students to network with providers both within and beyond UIHC, which may facilitate future "away" and/or rural family medicine rotations with preceptors whom they have already established relationships with through the "speed dating" event. This year we are hosting the social event virtually through partnership with the Iowa Academy of Family Physicians. Breakout rooms on Zoom will be utilized to serve as the "tables" through which

students will rotate. We are actively advertising for this upcoming event through email and other social media outlets. This event has been rated very highly in the past, and students often report they were unaware of the broad scope of practice of family physicians. This event excels at teaching medical students about opportunities in family medicine and increasing exposure to the specialty for students who may not have considered family medicine as a career path prior to the event.

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#### Residency Preparation Series

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This virtual residency panel was a new event put on this year. FMIG wanted to host an event to discuss how Covid-19 would affect the application and interview process for residencies.

Residency applications and interviews are stressful times for all medical students, but particularly those applying in the middle of an ongoing global pandemic. There were many students who had questions on how virtual interviews would go and how to prepare effectively. Our goal for this initiative was to offer students a chance to get their questions answered before the application season began. The panel consisted of the University of Iowa Family Medicine Residency Associate Program Director, a University of Iowa Clinical Assistant Professor in Family Medicine, and a family medicine resident from the University of Iowa. Speakers discussed specific details about virtual interviews, but also general questions about personal statements, typical questions asked during family medicine residency interviews, and what residency programs look for in applications. The panel was offered to all medical students and many upper level medical students preparing to apply in family medicine attended. This event was organized by one of the Co-presidents of the group. The Co-president moderated the event and there was ample time for open question and answer at the end of the session. Since this was a virtual event, students participated via chat and asked their questions aloud. We received positive feedback about how helpful this event was, especially given a second year of virtual interviews. Going forward we hope to continue this event but hopefully be able to offer an in person panel in coming years.

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#### Primary Care Leadership Collaborative (PCLC)

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This year our FMIG applied to, and was successfully accepted into, the Primary Care Leadership Collaboration. This program is run by the American Academy of Family Physicians (AAFP). This two year initiative will allow our FMIG to interact with mentors and other FMIG leaders across the country to improve our interest group and find new ways to get students involved with our initiatives. Our main goals in entering the PCLC to continue to grow the size of our interest group and foster increasing interest and exposure to family medicine amongst our medical student body. This is a critical initiative given the shortage of primary care providers in our state, and the nation as a whole, especially in rural areas. We have appointed four student members to PCLC leadership who will coordinate execution of the initiatives developed in the PCLC with our FMIG leadership board. We continue to recruit students from all years in medical school to join in the PCLC and contribute towards the program's goals. Those who participate will receive comprehensive training in both relational leadership and advocacy which will not only strengthen their individual skills but also contribute to strong leadership within our FMIG that should carry down for years to come. We are excited to be part of the PCLC and we are confident that this new initiative will strengthen the impact that our group has in spreading interest in the specialty of family medicine to medical students at the University of Iowa.

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