

Application: 18739



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

University of Washington WWAMI FMIG

category

Overall Award Application

medicalSchoolLocation

U.S. MD medical school

state

Washington

city

Various

mainOrBranchCampus

Branch campus

Branch campus name

Seattle, Spokane, Wyoming, Alaska, Montana, Idaho

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

1959 NE Pacific St
Room E-304, Campus Box 356391
Seattle Washington 98195 US

numberOfStudents

1000

branchNumberOfStudents

200

activeFmigSaacofpMembers

200

studentsServingInLeadershipPositions

20

aliasa6936f2987d84b3e81abb2126e8b0673

Yes

won

Yes

Page: Group Leadership

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

facultyAdvisors1

Dr. Tomoko Sairenji, MD, MS

████████████████████

Yes

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

staffSupporters

Ivan Henson



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

studentLeaders1

Johren Carpenter



WWAMI Liaison
2025

Rachel Straughn



Seattle FMIG Co-Lead
2025

Ash Malhi



Seattle FMIG Co-Lead
2025

Jos Ruiz



Seattle FMIG Co-Lead
2025

Brooke Barton



Spokane FMIG Co-Lead
2025

Tristan Bohlman



Wyoming FMIG Co-Lead
2025

Madilyn Short



Alaska FMIG Co-Lead
2025

Tessa Sawyer



Montana Co-Lead
2025

Kainoa Quia-Park



Idaho Co-Lead
2025

Leadership transition

December

Page: Award and Group Information

FMIGOperation

This year, the University of Washington School of Medicine (UWSOM) WWAMI Family Medicine Interest Groups focused on evolving and adapting as the pandemic continues to have a massive impact on our day-to-day operations. After reimagining our operating practices last year, we have been determined to continue to strengthen collaboration and communication across sites. The WWAMI Family Medicine Interest Group has six sites throughout a five state region. Washington (Seattle and Spokane sites), Wyoming, Alaska, Montana, and Idaho. Students at each site suggest initiatives, events, and projects they feel strongly compelled by or curious to learn more about, with the support from one or two faculty advisors at each site. The WWAMI FMIG Director, Dr. Tomoko Sairenji, MD, supports all of the FMIG faculty advisors at each site by sharing opportunities for faculty development, sources for funding, and information about student activities. The pandemic tightened our regional bond as we increased our resilience while continuing to face the various challenges of this unique time.

Prior to COVID19, there have been more site-specific FMIG initiatives and events. Through the pandemic, we've learned to become more creative and collaborative in our efforts to share resources and opportunities across the region. Learning how to best operate in the digital sphere freed us of the limitations of time and space. It created opportunities for us to make events and initiatives available to all students across the WWAMI region. This resulted in strengthening our collective power while still maintaining our own individual initiatives. Every couple of months, the leads at each WWAMI site meet via zoom to discuss current initiatives and how we can continue to support one another. The challenges we've faced and overcome as medical students during a global pandemic have resulted in deeper regional community building, flexibility, and resource sharing. Many events moved to online platforms where all students were invited to attend across the region, increasing the number of students exposed to a broader scope of family medicine.

Seattle's FMIG has an executive committee made up of eleven student leaders (Leah Heindel, Savanna Yann, Anise Marshall, Tiffany Luu, Christina Tran, Jessica Jue, Alexandra Croicu, Jake Reed, Jocelyn Gonzales, Amelia Wilhelm, and Sadhvi Saxena) and three co-leads (Rachel Straughn, Ash Malhi, and Jos Ruiz), who share responsibility for running Seattle FMIG meetings and initiatives. The co-leads organize and facilitate monthly meetings, to which all members are invited. The other students on the executive committee act as leaders and facilitators of Seattle FMIG's initiatives, reporting back monthly to the full group and asking for advice and feedback in order to continually improve. Any member of FMIG can propose and lead an initiative, whether that be a multiyear project or a one-time speaker panel. There is strong support from our faculty advisors (Dr. Tomoko Sairenji and Ivan Henson), who have institutional memory that help students pick up ongoing projects quickly and help new ideas succeed. Seattle FMIG's lack of hierarchy promotes input from all members and helps accommodate the busy schedules and different interests within the group. To increase accessibility, all virtual events and workshops are recorded and archived so that all students can access the material at any time.

Spokane's FMIG is facilitated by two elected student leaders (Brooke Barton and Meagan Johnson) and is advised by a local family medicine physician (Dr. Clint Hauxwell). Students self-nominate for leadership roles and are then elected annually in October by peers.

Alaska's FMIG currently has two co-leads (Maily Short and Sarah Rasmissen-Rehkopf) who share the responsibility of communicating across the WWAMI region and one faculty advisor (Dr. Mackenzie Slater). Leadership of the AK FMIG is open to all interested students. Individual events are led by one student who serves as the "point person" for the event.

Montana's FMIG currently has five co-leads (Chloe Koessl, Lindsey Riley, Robell Bassett, Tessa Sawyer, and Trey Dschaak) and one faculty advisor (Dr. Zach Meyers) who work to provide family-medicine related opportunities for their classmates and provide clinic skills in conjunction with classroom material. As co-leads, they are able to share the workload and collaborate to provide more diverse events. Montana FMIG hosts panels, facilitates workshops and practicums, organizes guest speakers, and works as a team with other student-led interest groups to provide inter-specialty events.

Wyoming's FMIG has two co-leads (Tristan Bohlman and Mat Rorke) and a faculty advisor (Dr. Tracey Haas). Due to our small regional size of twenty students, we do not have additional roles within the FMIG. We currently have around seven actively involved members. We aim to host at least one FMIG event per month.

Idaho has two student co-leaders (Kainoa Quia-Park and Tanner Holyoak) and two faculty physician mentors (Dr. Stephen Hall and Dr. Glenn Jefferson). The co-leaders organize events, meetings, etc. for all interested classmates, typically based on previous years' events and/or new ideas that are polled through the class for interest. The co-leaders also act as liaisons to the other sites and as ambassadors to regional/national conferences when such opportunities arise.

goals

WWAMI FMIG Emergent Goals for this Year:

Continuous evolution for immersive learning experiences during a global pandemic. WWAMI FMIG will strive to think outside the box, take lessons from the pandemic, and enhance communication across all WWAMI sites.

Regional Longstanding Goals:

As a whole, the WWAMI FMIG strives to provide exposure to the field of family medicine, promoting the value in patient care in family medicine, and provide opportunities to those considering a career in family medicine. We as a group consider it important to offer students a means to explore the wide array of opportunities for practice in this diverse field. The WWAMI FMIGs work to share ideas and opportunities to enhance required coursework in the University of Washington School of Medicine's curriculum. Events and workshops supported by FMIG are also open to students outside the interest group membership with the understanding that the principles of primary care are foundational for all medical specialties.

Mission and Goals at Each Individual Site:

Seattle's FMIG seeks to expose students to activities that showcase the discipline of family medicine. They strive to educate and encourage a career in family medicine through acts of service, workshops, information sessions, and social events. Seattle FMIG also strives to create a pipeline into medical school for underrepresented minorities by creating events and opportunities for high school teens in the area.

Spokane's FMIG strives to promote diversity in the scope of practice in family medicine and provide opportunities for students to expand their knowledge and skills through workshops.

Alaska's FMIG is a student led interest group whose goal is to facilitate medical students learning about what a career in Family Medicine entails. We work with a mentor at the Family Medicine Residency Program to put on events that provide exposure and deepen understanding of what Family Medicine is about.

Montana's FMIG's mission is to provide supplemental education that assists students interested in family medicine in acquiring the fundamental skills and knowledge necessary to be successful in this field. The group's aim is to inform medical students about the scope of primary care, as well as to complement the UWSOM curriculum and organize the teaching of skills that will be immediately applicable to patient care in a clinical setting. MT's FMIG is also committed to educating students about advocacy and how to provide quality care to all.

Wyoming's FMIG is dedicated to providing students with opportunities to develop their clinical skills as well as to learn about the diverse opportunities available in the field of family medicine. We aim to inspire the next generation of physicians to consider a career in primary care as well as introduce students to the skills they will need to succeed in clinical clerkships, residency, and as practicing physicians.

Idaho's FMIG's mission is to provide students with opportunities to explore and understand family medicine's breadth as a field through physician-guided workshops and lectures, community service, and student-lead panel discussions.

FacultyAdvisor

Dr. Tomoko Sairenji and Ivan Henson serve as the faculty advisors to the regional WWAMI FMIG. They support student initiatives, facilitate communication between the Department of Family Medicine, community physicians and FMIG. They also provide logistical support for events, especially those open to the whole region through zoom. Dr. Sairenji and Ivan Henson also serve as the advisors for the Seattle FMIG's individual initiatives.

Each of the other five WWAMI sites have advisors who are instrumental in creating a cohesive and productive WWAMI FMIG. The advisor for Spokane is Dr. Clint Hauxwell, Wyoming is Dr. Dana Govaerts, Alaska is Dr. Mackenzie Slater, Montana is Dr. Zach Meyers, and Idaho is Dr. Stephen Hall and Dr. Glenn Jefferson. Projects are handed down at each site to new students on a yearly basis, and the advisors are essential in providing support to maintain those projects as well as in creating new ones. Common themes throughout the sites as to the role of the FMIG advisor include assisting with workshops, panels and talks that fit into the interests and goals of the students in the group. Advisors also connect students to resources on a local, regional and national level. They also help students obtain the necessary resources for new events and workshops.

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Overall award

programtable

What is Family Medicine?

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Family Medicine Panel: Spokane Initiated

Invited: Spokane MS1s/MS2s

Spokane leads hosted a panel of family medicine physicians who practice in a variety of settings including traditional FM outpatient, FM with OB, ER, and leadership, with the goal of expanding student awareness of what family medicine is and what it can entail. Panelists described their work, answered questions as a panel, and later fielded questions from students.

FMIG Physician Panel: Alaska Initiated

Invited: Alaska MS1s/MS2s

Alaska leads worked with our faculty advisor, Dr. Slater, to organize a family medicine panel with physicians from all over the state of Alaska. Physicians joined us via zoom from Kodiak, Nome, Fairbanks, Sitka, and Anchorage to describe their roles as a family medicine physician and answer student questions.

FMIG Physician Panel: Montana Initiated

Invited: Montana MS1s/MS2s

Several family medicine physicians from a variety of backgrounds and experiences shared their paths to family medicine and what their practice looks like today. Time was given for general Q&A at the end.

Primary Care Week, Oct 4-8, 2021: Seattle Initiated

Invited: WWAMI MS1-MS4s

In October 2020, despite the limitations imposed by the COVID-19 pandemic, UW Seattle's FMIG collaborated with the IMIG and PIG to put on a week of virtual events for National Primary Care Week. The aim of this week was to get students excited about primary care and Family Medicine, as well as provide mentorship opportunities and education about the breadth of practice of Family Medicine. The events were: Zoom coffee hour with representatives from each Primary Care Interest Group, Speed Mentoring with residents and attending a well-received remote Suturing Workshop over Zoom, a panel of fourth-years applying into Family

Medicine, and a “Thriving in Primary Care Practicum: Intro to Common Conditions in Primary Care” presentation. The suturing workshop is discussed in the didactics section of this application.

Virtual coffee with primary care providers

Coffee was held during all 5 mornings of National Primary Care Week. Hosted to help incoming students get to know each other and network with various members of the FMIG, PIG, and IMIG. This space was kept casual to encourage natural bonding.

Family Medicine Speed-Mentoring

This event provided a virtual opportunity for medical students to meet residents and attending physicians in Family Medicine. Students were able to "rotate" through breakout rooms that had physicians who were interested in different topics. These themes included addiction medicine, community health, rural medicine, reproductive health, applying to residency, and health policy.

Rural Family Medicine Panel

This event consisted of an amazing panel of Family Medicine providers who would like to share their experience and reasons of interest in rural medicine. This event was hosted to answer questions and foster interest in rural medicine. These panelists include residents of the Chelan Rural Training Track, Wyoming Rural Training Track and Idaho Rural Training Track.

Advocacy and Health Equity in Family Medicine

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Addiction Medicine from a Physician’s Perspective: Montana Initiated

Invited: WWAMI MS1-MS4s

Dr. Michael Kovar, Dr. Richard Kovar, and Wendi Kovar spoke about their lifetime of experiences regarding the care and treatment of patients struggling with addiction. Dr. Michael Kovar is a retired Family Medicine Physician who spent his career in the Seattle area and Wendi Kovar is a Certified Professional Life Coach. Dr. Richard Kovar is also a Family Medicine Physician who has spent his career in the Seattle area at the Country Doctor Community Clinic and has been named Family Physician of the Year by the AAFP.

Caring for Mental Health as a PCP: Spokane Initiated

Invited: Spokane MS1s/MS2s

Local PCPs from the Spokane area joined the Spokane MS1/MS2 cohorts in a virtual panel discussing what it is like to care for mental health as a primary care doctor and how the role of treating mental health has and will continue to change.

Vaccine Hesitancy: Spokane Initiated

Invited: Spokane MS1s/MS2s

Dr. Gretchen LaSalle spoke to students about vaccine hesitancy. She taught the students about the science of vaccines, how to communicate with patients about them, and how to address common patient concerns. She spoke about vaccines in general but focused on the COVID-19 vaccine. Students played “bingo” with cards filled with topics from the presentation and a few winners of the game received a copy of Dr. LaSalles’ book, “Let’s Talk Vaccines.”

Adverse Childhood Experiences Panel Discussion: Wyoming Initiated

Invited: University of Wyoming Students, Interdisciplinary Health Students, Public, Wyoming MS1s

This event was an inter-professional healthcare panel discussion on the impact of Adverse

Childhood Experiences on adult health outcomes. ACEs are potentially traumatic events that occur between 0-17 years of life and can have lasting health consequences. Our goal is to help students and community members from all departments and professional backgrounds learn more about ACEs, the importance of prevention, and care management.

SANE Nurse Guest Speaker: Idaho Initiated

Invited: Idaho MS1s/MS2s

The event featured a SANE nurse for Gritman and Pullman Regional, as well as their spouse who works in the family medicine residency program at WSU. They spoke about the logistics of a SANE exam, the physician's role, and best practices for trauma-informed care.

Service Learning

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Health Care Explorers Events

Invited: Seattle medical students, dental students, MedEx NW students, and 7-15 high school students per session

The Healthcare Explorers team works to provide monthly Q&A sessions and skills workshops for the students at Federal Way High School as part of the Primary Care Leadership Collaborative (PCLC). Anise and Savanna (the leaders for Healthcare Explorers) work to engage students and expose them to different skills used in medical and dental professions. Their goal is to have students explore a future career in healthcare especially since many of them come from underrepresented backgrounds and live in an underserved area. This year, their events have been: Medical Student Panel, Dental Student Panel, Imaging Technologist Panel, and Medical and Dental Skills Workshop. During their events with panels of professionals, the guest speakers provide their guidance to high school students who are exploring different healthcare careers. These speakers talk about their journey to their career choice, why they chose their career, and how to apply to be in their career path with students. We have had guest speakers from dentistry, radiology, and medicine talk to students. In the past, students have had other guest speakers such as nurses, physical therapists, and physician's associates come and talk. This exposure is meant to educate students and provide opportunities to explore a career in healthcare. The students at Federal Way High School come from underrepresented and live in an underserved area so this has helped expand students' horizons in the field of medicine. Skills workshops serve as a fun and interactive opportunity for high school students to learn how to take vital signs, like heart rate and blood pressure. They also learn other exam maneuvers such as the eye, heart, and lung exam. There is also a dental portion in which students will learn how to wax teeth and what dentists do on their day to day. This is a great opportunity for students to get some hands-on experience while learning about the healthcare field.

ROOTS (Rising out of the Shadows)

ROOTS is a young adult shelter in Seattle that is dedicated to building community and fostering dignity through access to essential services and providing a safe place to sleep for young adults experiencing homelessness. To support their mission, UWSOM FMIG worked with the shelter to identify items in need such as warm clothing, personal hygiene items, art and school supplies, and healthy snacks. Using previously accrued fundraising funds, we were able to provide the items that the young adults needed most.

Supporting Student Success in Medical School: Seattle Initiated

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Invited: WWAMI MS1-MS4s

High yield workshops for current medical students related to important milestones within medical school and utilizing Anki. Workshops were put on by upperclassmen where they provided their experience relating to the workshop's topic. These workshops were virtual and were accessible by all WWAMI sites. Furthermore, these workshops were recorded and posted on the FMIG website for future reference.

Acing Anki

This session covered several high-yield topics such as: how to choose and install a deck, what settings to use, day-to-day flow / choosing new cards each day, addons, and much more. Upperclassmen started with a 20-minute presentation followed by 30 minutes of Q&A and 1-on-1 help if the students had any very specific Anki / tech troubleshooting to work through.

Flourishing in Foundations

This session had student panelists from across WWAMI available to answer questions about their experience in foundations - what worked well, what didn't, high yield study resources, thoughts on specific blocks, and more, with audience questions throughout. Fellow students who have survived and thrived through their first year of medical school are a fantastic resource when it comes to figuring out how to find a balanced study strategy. There was a panel of MS2s and MS3s from across WWAMI volunteering their time to share their high yield wisdom when it comes to resources, strategies, and expectations for future blocks.

Crushing Clerkships

This seminar went over each of the required clerkships, helpful resources, and how to do well in clerkships while balancing time for yourself. This was hosted specifically for the second year students in the spring before beginning their clerkships.

Flying through Fourth Year

The panelists talked about planning out a fourth year schedule, what to do if you are interested in more than one specialty or have no idea what specialty you are interested in. Students also received advice on how to plan/study for Step 2 and answer any questions.

Rocking Residency

During this seminar, newly matched residents did a brief overview of the residency application process through match day, along with generally applicable pearls of wisdom. The residency application process also has specialty specific nuances, so there were breakout rooms for several different specialties to allow students to ask their newly matched peers more focused questions.

Professional Development

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Personal Finance Workshop: Seattle Initiated

Invited: WWAMI MS1-MS4s

Dr. Puneet Bhargava and his colleagues have prepared a comprehensive conflict of interest-free Personal Finance curriculum designed for physicians at all levels of training and experience including medical students to teach key personal finance concepts including debt management, investment during residency, etc. to set us up for financial success. As you know, medical knowledge alone does not guarantee our success. Financial success can improve our wellness,

help us find joy and fulfillment in our medical careers.

Family Medicine Mentorship Program: Seattle Initiated

Invited: WWAMI MS1-MS3s

In order to promote Family Medicine as a career and support students along their journey, the WWAMI FMIGs have strove to connect students who are early in their medical career with physicians who are already in the specialty. 43 mentorship matches were made in 2020, almost double the number from the previous year! Students from across the WWAMI region were invited to respond to a survey to be matched with a mentor, and residents and physicians in Family Medicine were contacted about their interest in serving as a mentor. Seattle FMIG leaders facilitated the matching of mentors and mentees based upon the location of the respondents and their interests within family medicine. Leaders then sent out introductory emails and offered suggestions of ways that mentors and mentees could connect. In its third year, the mentorship program continues to utilize surveys to evaluate the success of the program and the matches. This program is another example of the FMIGs across all WWAMI sites working together to promote the interests of family medicine throughout UWSOM.

Stop the Bleed Training: Wyoming Initiated

Invited: Wyoming MS1s

Stop the Bleed is a national campaign aimed at training and equipping bystanders to intervene in an emergency scenario before health professionals arrive. MS4 Ryan Winchell led this training which allowed all attendees to be associate instructors who can help teach future Stop the Bleed courses to the general public. This event allowed attendees to practice packing a wound, applying pressure to a wound, and applying a tourniquet. Each attendant received a kit to take home with them which contained gauze, roller bandages, a sharpie, and a tourniquet.

Clinical Experience

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Baby Beeper: Seattle Initiated

Invited: Seattle MS1s

At its essence family medicine treats patients throughout their lifespan. The baby peeper program was set up to let students practice being on call to deliver babies and then participate in the delivery. Importantly, being on-call for deliveries in family medicine, means working with the other inpatient FM residents and faculty on all the patients in the wards at various points in their life span. Students are exposed to the process of rounding on patients in the hospital with a wide variety of conditions. The members of the family medicine team either directly take care of the patient in an outpatient setting or are in direct contact with the patient's PCP. So, they hold important longitudinal information about the patient. This holistic care helps students see the importance of continuity of care and the building of a life- long relationship between provider and patient.

Family Medicine Residency Shadowing: Alaska Initiated

Invited: Alaska MS1s

Alaska FMIG is organizing a shadowing opportunity with the Alaska Family Medicine Residency. Students are able to maintain their relationship with the resident they shadow and organize more shadowing opportunities. This project aims to show students what a Family Medicine Residency is like and further expose us to the unique nature of family medicine practice in Alaska.

Scrub In Clinic: Wyoming Initiated

Invited: Wyoming MS1s, Chad O'Connor, RN

Training session where students learned sterile preoperative hygiene procedures. Students practiced proper hand washing, donning, and doffing. Surgical staff educated students on what to expect when attending surgeries in the operating room and how to maintain a safe environment for patients while maximizing their learning experience.

Airway Clinic: Wyoming Initiated

Invited: Wyoming MS1s

An introduction to airway access where students will learn the basics of starting and maintaining airways. Students will practice laryngoscopy and nasolaryngoscopy on a live and experienced trainer. Tools and techniques for starting airways in emergency settings will be demonstrated and practiced on models.

IV/Phlebotomy Clinic: Wyoming Initiated

Invited: Wyoming MS1s, Laramie Fire Department, Iverson Memorial Hospital Nursing & Phlebotomy Staff

This training session emphasized the techniques, indications for, and complications associated with various methods of vascular access. Students practiced starting IV lines on each other and staff. Community members from the fire department and hospital shared their insight and experiences to help students learn this new skill. Intraosseous line placement was practiced on training models of various sizes.

IV clinic: Idaho Initiated

Invited: Idaho MS1s/MS2s, LCSC nursing students

EMIG, IMIG, and FMIG, with sponsorship from AHEC teamed up to host an interdisciplinary IV workshop. Students had the opportunity to practice placing an IV on a mannequin arm, followed by the option to practice two live sticks on another student.

Skills Workshops

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IUD workshop: Seattle Initiated

Invited: WWAMI MS1-MS4s

Seattle FMIG hosted a Zoom IUD workshop in conjunction with OBGYN/MSFC. We worked with residents from Swedish Hospital in order to provide 12 breakout rooms with 5 students each to have a more intimate learning environment. IUD kits were sent to each student. Dr. Grace Shih, a Family Medicine and Obstetrics physician, educated students on various contraceptives and access to these contraceptives.

IUD insertion clinic: Idaho Initiated

Invited: Idaho MS1s/MS2s

Uterine models were used to practice placing IUDs. There was a 30 minute zoom training on contraception, followed by the opportunity for students to place their first IUD.

In-Person Suturing Workshop: Seattle Initiated

Invited: Seattle MS1-MS4s

Providence FMR residents and fellows led an in-person suture workshop. We had approximately 30 students and two instructors per room. We practiced various suturing techniques with real-time feedback. It was our first in-person workshop since the start of the pandemic. Students were able to network with the residents and attendings, and learned more about the Providence FM residency program.

Suturing Workshop: Spokane Initiated

Invited: Spokane MS1s/MS2s, UWSOM Medex PA students

After a demonstration, students practiced suturing on pigs' feet. Instruction was given by our FMIG advisor and other faculty/local family medicine doctors volunteered to walk around the room and help as needed.

Suture Clinic: Wyoming Initiated

Invited: Wyoming MS1s

Wyoming leads organized a learning session on suturing and surgical techniques to prepare for surgical clerkships. Two surgeons from the local hospital guided the workshop where students practiced suturing on animal synthetic models. Suture kits were provided for all students for additional practice outside of the workshop.

Suture Clinic: Idaho Initiated

Invited: Idaho MS1s

A panel of physicians gave a short presentation followed by demonstrations on suturing techniques. Sutures were provided and students had the opportunity to practice on cadavers.

Pelvic Exam and Delivery Workshop: Spokane Initiated

Invited: Spokane MS1s/MS2s

Spokane leads partnered with the Spokane Health Teaching Clinic and their OBGYN fellowship program to use pelvic models to simulate pap smears, bimanual exams, and vaginal delivery under the instruction of family medicine/OBGYN fellows.

Vaginal Delivery Workshop and SIM: Alaska Initiated

Invited: Alaska MS1s/MS2s

Dr. Slater, AK FMIG advisor, was able to bring in several Alaska family medicine residents as well as a family medicine physician with significant OB experience. The workshop was divided into three parts: obstetrics/gynecology terminology overview, fetal monitoring, and a vaginal delivery simulation.

Joint Injection Workshop: Montana Initiated

Invited: Montana MS1s

Dr. Zach Meyers taught students the basics of joint injections in the knee, elbow, and shoulder and then students practiced on the cadavers in the lab with sterile saline.

Casting Clinic: Montana Initiated

Invited: Montana MS1s/MS2s

Dr. Erik Adams introduced the basics of casting in the classroom, then students moved to the lab and practiced casting on one another with donated supplies from a local orthopedic clinic. Students practiced both upper and lower extremity casts.

ECG 101: Montana Initiated

Invited: Montana MS1s

Dr. Laura Goodell walked through examples of ECG and helped solidify student understanding of how to interpret ECG findings, with an emphasis on ischemic changes. Students also got to practice performing ECGs and positioning the leads appropriately.

Skills Night/Punch Biopsies: Wyoming Initiated

Invited: Wyoming MS1s

Dr. Y. Haeberle guided us through chest radiograph reading tips and related cases. Dr. J. Haeberle led a workshop on performing punch biopsies as well as education on what to look for on a skin exam. Dr. Govaerts discussed pediatric cardiopulmonary cases.

Building relationships to increase attendance to AAFP National Conference

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Seattle FMIG has worked on building relationships with each state Academy of Family Physicians across the 5-state WWAMI region. One of the goals of this partnership was to encourage more students to attend the AAFP National Conference by connecting students to funding sources (state AFPs). We have been successful in this initiative, as over the past 5+ years we have achieved a huge increase in student support and funding for conferences. Previously UWSOM had 12-15 medical students attend the AAFP National Conference of Family Medicine Residents and Medical Students. Through close collaboration with state academies and active identification of medical students interested in family medicine, we've been able to increase these numbers to an average of 60 UWSOM medical students from across WWAMI attending the AAFP National Conference each year.

This has been incredibly beneficial for our medical school that spans five large states, as this is one of the few times we can experience and celebrate the diversity and successes of our six FMIGs by sharing physical space in Kansas City. The UWSOM Department of Family Medicine hosts a dinner for all UWSOM student attendees, and it is a very special occasion. Students spend this time networking, sharing notable acknowledgements, sharing information about leadership opportunities, events, and student advising, and even just personal connections and camaraderie.

Participants:

Washington; WAFP
Christopher Yang, MS3

Wyoming; WyAFP

Alaska; AkAFP

Montana, MAFP
Chloe Koessl, MS1

Idaho, IAFP
Carly Loebel, MS3