



## Family Medicine Interest Group (FMIG) Program of Excellence Award Winners

### *Categorical Award, Excellence in Promoting the Value of Family Medicine as Primary Care*

John A. Burns School of Medicine at the University of Hawai'i at Mānoa FMIG

#### **FMIG Operation**

The John A. Burns School of Medicine (JABSOM) FMIG is a primarily student-led interest group. Our student board plans and organizes all events, workshops, and programming, which are open to all JABSOM students to participate. JABSOM FMIG typically hosts approximately 20 events annually, which was scaled back due to the COVID-19 pandemic, but many events have since resumed this year. These events encompass the values of continuity of care, community outreach, and professional development, among others, in line with our mission statement. Each event is led by two board members who are considered the points of contact in terms of organization and logistics. These students are responsible for recruitment of volunteers and physicians or other community partners, preparing the necessary supplies, and providing notes for program leads to reference for future events. However, all students who are on the board or members of the interest group are welcomed to participate in planning and provide support in order to ensure that each event runs smoothly. This structure allows students to have the freedom to participate in FMIG to varying degrees from growing their leadership skills to having the ability to enrich their own learning.

The student board consists of the following positions: president, vice president, secretary/historian, treasurer, PCLC lead, AAFP liaison, and two students who lead the Tar Wars program, also known as the Tar Wars Masters. The president is responsible for planning board meetings, working with committee chairs to maintain the agenda and overseeing the events for the year. The vice president aids the president in overseeing events and maintaining the constitution. The secretary organizes all FMIG documents, sends out emails to FMIG members, and records times and attendance. The treasurer ensures events are funded and that the group recognizes the organizations supporting each of our events. The AAFP liaison helps to recruit members to AAFP and maintains contact with AAFP representatives. The historian takes pictures, manages our instagram page, and ensures we are showing appreciation to the organizations that donate supplies to help make the events successful. Lastly, the Tar Wars heads organize a program that sends medical students out into the community to local elementary schools to teach young students about the dangers of tobacco. Although each position has specific roles, the board all works together to support each other and ensure the events run efficiently.

Our student board is uniquely composed of a first and second year student in each role. For the first half of the academic year, second year students will take the lead for each event. Their first year counterparts, in turn, will “shadow” the position in order to learn more about the role as well as assist the board as needed. In the second half of the year, the first year students fully transition into their

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leadership roles, leading events and meetings to allow the second year students to prepare for their upcoming board exams. Second year students are still available as a resource to the first year students, if needed. Having this first and second year involvement on the board provides a structure that allows both the first and second year students to gain leadership skills. It also sets up the future success of JABSOM FMIG through smooth transitions of leadership.

## Goals

JABSOM FMIG's mission is to showcase and embody the values of continuity of care, community outreach and patient education, while providing a community for students who are enthusiastic about Family Medicine. Our five main goals are derived from our mission statement: enrichment, community service, networking, homeless outreach, and education. To achieve this, we host events that will empower students to develop on a technical, professional, and personal level, and encourage students to live out the values of JABSOM FMIG. We hope to serve not only the community on the island of Oahu, where JABSOM is located, but also those of the neighboring islands as well.

## Faculty Advisor

Though JABSOM FMIG is primarily student run, we are fortunate to have the constant support and guidance of our advisor, Dr. . Dr. helps plan the logistics of our events within the larger JABSOM community as well as keep our group organized and mission focused. In addition, we are lucky to have various Family Medicine physicians assist our group throughout the year, such as Dr. and Dr. Together, the three are prominent members of the Family Medicine community in Hawai'i and allow us to make connections with the Hawai'i Academy of Family Physicians (HAFFP), local Family Medicine physicians, and community organizations.

## Programs

Initiative: Hawai'i Inter-Island Coalition for Primary Care Pathways (HICPCP); Project: Neighbor Island Medical Scholars Program (NIMSP)

The Hawai'i Inter-Island Coalition for Primary Care Pathways (HICPCP) is an initiative started two years ago by JABSOM FMIG alongside the Primary Care Leadership Collaborative (PCLC) to address the growing physician shortage across the Hawaiian islands, which is estimated at more than 1,000. Of this, the greatest specialty shortage is primary care, particularly on the neighbor islands with Maui County facing a 36% shortage and Hawai'i County facing a 9% shortage (Withy, 2022). A retrospective study showed that 46% of JABSOM-trained physicians from rural backgrounds practice on the neighboring islands in comparison to 5% of those who were raised on O'ahu (Schiff et al., 2012). Taking this into account, FMIG with PCLC, decided to dedicate outreach efforts on rural and neighbor island communities to motivate high school students from rural backgrounds to pursue a career in medicine with the hopes of increasing physician retention and reducing the physician shortage. This inspired a project called the Neighbor Island Medical Scholars Program (NIMSP). Unfortunately, the pandemic delayed an inperson roll-out, so this is the first year that there will be a student cohort. The last two years have been used for surveying and research to refine NIMSP and assess specific needs and barriers within each county that stand in the way of these student's pursuit of a medical career.

In 2020, a needs assessment survey was conducted with enrolled medical students at JABSOM. Approximately 40% of respondents were from neighboring islands. Results showed that 44% of medical students from neighbor islands disagreed with the statement "I have/had mentors in my community that I can reach out to for health career advice". Additionally, 40% of medical students from neighbor islands neither agreed/disagreed with the statement "there are/were doctors in my community available for

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shadowing”. A second survey was conducted in 2021 and distributed to high school students, administrators, and established pre-health programs in Hawai‘i, Maui, and Kaua‘i. Only 30% of students indicated that they were interested in pursuing a career in healthcare. 17% of respondents indicated that they were disinterested in medicine because it “seems too difficult to become a doctor”. Respondents indicated that opportunities most desired include shadowing physicians and workshops.

The first annual NIMSP is set to take place on July 10 – 21, 2023 with a cohort of nine students and consists of two parts across a two-week period. During week 1, scholars will participate in the Medical Diagnosis and Treatment (MDT) program, hosted by JABSOM. Established in 2013, this program is a week-long workshop for high school students that exposes them to the medical school environment. Students participate in gross anatomy laboratory demonstrations, clinical skills laboratories, computerized manikin simulations, and standardized patient interactions. In addition to the MDT curriculum, scholars will participate in additional workshops that will address key components to college and career readiness, including interviewing, CV writing, and shadowing. Scholars will also have the opportunity to meet with current medical school students from similar backgrounds for a Q&A session. For week 2, scholars will return to their hometowns to shadow a community physician and apply what they have learned at MDT. As a highly desired opportunity, this will expose students to primary care and provide them with clinical experience. We also hope that this will establish a long-lasting mentor/mentee relationship.

Students will complete evaluations prior to and following the two-week program. These evaluations will track the students’ perceptions, attitudes, and beliefs about their ability to pursue a career in medicine. We will also evaluate the students’ perceptions of resources available to pursue medicine. Additionally, the post-survey will collect feedback including what they learned, their shadowing experience, and any improvements that can be made. As the program continues in future years, we intend to send an annual survey to past scholars to track NIMSP’s impact. These surveys would address current educational status, if they applied to medical school, and acceptance rate.

HICPCP is entirely student run, with two dedicated PCLC leads on the FMIG board who act as the main point of contact for communication with high school advisors, undergraduate counselors, and community partners on each island. They spearhead all logistics including funding, the application, securing plane tickets, housing, and food for the student cohort, as well as acquiring volunteers and physicians on their respective islands to shadow. Oversight of HICPCP is maintained by our FMIG mentors through monthly meetings. It is our hope that this is just the beginning of a longitudinal solution to Hawaii’s physician shortage through empowerment of young people and opportunity and resource creation.

#### JABSOM Haunted House and Halloween Carnival

Like many holidays and events during the pandemic, Halloween celebrations for families across the country needed to be scaled back in order to keep our communities safe. Hawai‘i’s houseless community, who struggle to celebrate the holiday even without the difficulties of the pandemic, was no exception. JABSOM FMIG aims to provide a chance for houseless kids and their families to enjoy Halloween festivities in a safe, supervised environment.

Traditionally, JABSOM FMIG hosts an annual Halloween Carnival on JABSOM’s campus with Halloween themed activities, games, and free food. However, due to the pandemic, we had to quickly and creatively come up with an alternative activity that would still allow the families to celebrate Halloween, but in a socially distanced way. Thus, the JABSOM Haunted House was born. With the success of the haunted house last year, we decided to offer it in addition to the Halloween Carnival this year.

FMIG in collaboration with H.Y.P.E., a JABSOM mentoring program for houseless teens, brainstormed new themes (different from last year) for individual components of the haunted house to transform JABSOM classrooms into an extravagant walk-through experience, complete with a scary circus, butcher shop, pet “sematary, and a “Dexter room.” FMIG leadership solicited donations from different community partners and organizations to outfit the haunted house and its actors. FMIG and H.Y.P.E. members began set-up up to two weeks in advance for this event until midnight the night before. During the haunted house, FMIG and H.Y.P.E. members and volunteers were scattered throughout the haunted house as actors, dressed according to room theme and making the rooms come alive to scare passerby.

The Haunted House and Carnival as well as transport were free to the houseless families. Other interested community members could purchase tickets to the haunted house, with proceeds from ticket sales allocated to the H.Y.P.E. program.

Family Medicine emphasizes engagement with the community in a manner that reflects the compassion shown in the physician-patient relationship. This event is exemplary of that, as well as service of the entire family unit. Our partnership with other student interest groups, volunteers, and community organizations also taught our students valuable communication and leadership skills.

The pandemic forced communities across the world to make adjustments in order to keep each other safe. However, this did not change JABSOM FMIG’s resolve to serve those around us in most need, and through adversity a new tradition was born. The success of the event can be measured not only by the number of goodie bags created by our students for the different shelters indicating great interest, but also by the tangible joy it brought to these houseless families and the volunteers to be able to share in the holiday together.

#### Tar Wars

Tar Wars is a nationwide tobacco and smoking prevention program for 4th and 5th grade students. Founded in 1988, Tar Wars is owned and operated by the American Academy of Family Physicians (AAFP) under guidelines by the Centers for Disease Control and Prevention. The goals of the Tar Wars program are: 1) to increase knowledge and awareness of health effects caused by nicotine and tobacco use, 2) to illustrate the financial impact of tobacco use and how money could be better spent, 3) to identify reasons people use tobacco products, and 4) show how tobacco companies market their products to youth.

The Tar Wars Hawai’i program is organized by the JABSOM FMIG and is specifically aimed at reaching 4th and 5th grade students who attend public school across the state on all islands. Tar Wars Hawai’i is a foundational component of many public school youth tobacco prevention curriculums. Our Tar Wars lead officers are responsible for coordination of all Tar Wars presentations. At the beginning of each school year, the lead officers obtain contact information for all public elementary schools across the state and send emails inquiring if the schools are interested in participating with our program. As schools express mutual interest, the lead officers act as liaisons to coordinate appropriate dates and times to meet the needs of each school’s request. Once the date is set, the Tar Wars liaisons are responsible for recruiting and training medical student volunteer presenters. A ready-made Power Point and general script is provided to volunteers. Each presentation lasts about one hour. The Tar Wars liaisons also give presentations if available. In the rare event that there are issues with an inadequate number of medical student volunteers, Dr. Omori, our FMIG faculty advisor, assists with recruitment of residents, practicing physicians, or medical faculty members to fill enough spots for the presentations.

The Tar Wars program plays a vital role in the community and Family Medicine. Family Medicine involves care of the person as a whole, which encompasses diet, exercise, and tobacco cessation as

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important teaching topics and preventative measures to reduce risk factors for illness. We communicate the values of Family Medicine in these presentations by instilling the practice of positive lifestyle choices and their implications for overall health. Long-term tobacco use is a widespread problem among many demographics. Just as tobacco cessation counseling is an important aspect in patient care for Family Medicine physicians, it is equally important to educate kids at an early age on the dangers of tobacco and nicotine use so that they hopefully do not start smoking in the first place. Many kids are exposed to tobacco smoking through parents, relatives, or friends thus, the Tar Wars program aims to empower and support them in making healthy lifestyle choices through education, knowledge, and awareness of the health related consequences of their actions.

This was the first year of resumption of in-person presentations since shifting to a virtual format during the pandemic, which has significantly improved student engagement. With vaping at epidemic levels in Hawaii (almost 1 in 3 Hawaii high school students regularly vape) we have adapted our presentations to reflect this local issue, dedicating part of our presentations to vaping to dismantle the myth that it is a “healthier alternative” to tobacco and that it does in fact contain nicotine. The Tar Wars program initiative has consistently received positive reviews from participating schools, teachers, and students. We are proud to continue the Tar Wars program each year, adapt to current events, and maintain a strong presence in our local community and public school system.