



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

*Categorical Award, Excellence in Community Service*

St. James School of Medicine

### **FMIG Operation**

The Family Medicine Interest Group (FMIG) at Saint James School of Medicine (SJSM), Saint Vincent is comprised of current and associate students. FMIG is governed by an executive board with guidance from faculty advisory to promote interest, networking, learning, service and engagement with the community. The board meets periodically to organize events for the benefit of students and community. The group aims to promote various aspects within the field of family medicine. This is accomplished by organizing targeted events such as webinars, case presentations from a practicing physician in the field of family medicine and community outreach. Involvement with the community of Saint Vincent by identifying and supporting the needs of the community is one of the core activities of FMIG. One of the ways the group aids the community is by holding fundraisers to raise awareness and funds to aid local charities. FMIG elects President, Vice President and Secretary from active members each year during the summer semester to lead the efforts. The role of the President is to be present at all meetings and oversee all policies and events of the

FMIG in accordance with the FMIG constitution and the school bylaws. The President also coordinates all official communication among the members and promotes the involvement of SJSM FMIG in all aspects related to AAFP. The role of the Vice President is to assist in supervising all members of the executive board and promote the successful implementation of all FMIG activities, as well as, to help the President in any communication and other aspects, as required. The role of the Secretary is to record meeting minutes and post them, as well as, to keep a record of all active members in the FMIG and schedule community service opportunities for members within the community.

### **Goals**

The purpose of the SJSM FMIG shall be:

- \*To foster interest in the specialty of Family Medicine amongst SJSM medical students.
- \*Engage with the community of Saint Vincent and the Grenadines (SVG).
- \*Participate in networking opportunities related to Family Medicine

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\*To continually be an active contributor to the American Association of Family Physicians (AAFP), as well as, encourage membership involvement in the organization.

\*Be recognized by the American Association of Family Physicians.

## Faculty Advisor

The faculty advisor(s) provide liaison role between the school and the FMIG group and offer advice and support of current & future planned activities in accordance with the school bylaws. They also ensure that the group members and leader are in good academic standing with the medical school.

## Programs

“Let’s Give Back” Donation drives and fundraisers

Throughout the past year, we have had a total of three donation drives, potluck, and multiple bake sales to collect items and raise funds for St. Benedict’s Orphanage in Georgetown, Saint Vincent, as it continues to recover from the impact of the La Soufriere volcano eruption from the previous year. St. Benedict’s Orphanage, which has been in operation since July 25th 1963, provides shelter, food, clothing, education, medical care, and social activities for abandoned, underprivileged and disabled/special-needs children. Presently they house approximately 22 children and 24/7 care and support. Our Family Medicine Interest Group held collection drives to collect food items, used/new clothing, monetary donations, and toys for the children. We promoted the collection drive on social media along with posters around the school to raise awareness of the weeklong collections. The Saint James School of Medicine community was also asked to bring in additional items from the orphanage wish list, including school supplies, Christmas gifts, and hygiene products. The event’s success was measured primarily by being able to provide majority of items that were requested by the orphanage. The Family Medicine Interest Group was delighted to have raised over \$1,700 (EC\$ 4,600). Everything that was raised was given to Sister Nyra, overseer of St. Benedict’s Orphanage. Sister Nyra and the orphanage expressed their heartfelt gratitude via email for all the items that were collected on the organization’s behalf. As the Family Medicine interest group, we were passionate about caring for the most vulnerable in the community through supporting the vision and burden of St. Benedict’s to sustain families and the future of this nation.

Orphanage Outreach Trips

The St. James FMIG organized three outreach trips to the St. Benedict’s Orphanage which is located an hour away from our main campus. We delivered the funds, supplies, and donations raised throughout the year, including three new wheelchairs in partnership with Phi Chi Medical Fraternity. At the orphanage, we conducted fun, age-appropriate activities with the kids. FMIG members creatively shared about our medical profession by answering curious questions and allowing the children to have a hands-on experience with basic medical equipment such as stethoscope and reflex hammer. We also experienced some of the challenges faced when doing outreach in foreign countries. One memorable example of this is when we were returning from our trip late one evening, our bus had a mechanical failure resulting in us being stranded for a couple of hours before being able to finally reach our destination. It was great to see the joy in

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the children's faces as we played with them, however, it was a humble reminder of the simple things in life that we sometimes take for granted. Overall, the outreach events were successful and great learning experience but also brought forth the realization as to how vast and diverse the needs are throughout the world and the vital role that we as family medicine doctors and caregivers need to fulfill. Due to continued interest of students, we will plan for more trips in the future.

#### Day in the life of a family medicine resident

Dr. is currently a family medicine resident at Baptist Health in Little Rock, Arkansas. Dr. joined the FMIG virtual group meeting at Saint James School of Medicine on November 22nd, 2022 to discuss why she chose family medicine, her experience as a family medicine resident, and her path to becoming a doctor. She was a Health Unit Coordinator and Med Tech before diving into getting her degree in medicine from Saint James School of Medicine. She completed her Bachelor's degree from Baylor University and pursued a Master's degree from Walden university simultaneously while attending St James. She opened by explaining why she chose St. James and her experience in basic sciences. She elaborated on why she eventually decided on family medicine and the many opportunities that she found were available to her in this field. She also spoke about some interesting clinical experiences she had encountered and advice for standing out in clinical rotations. She also shared her personal experience completing the application process as an IMG specially since it was online due to CoVID. We discussed tips for Step 1 exam preparation and residency applications in detail including the interview process which was quite informative. At the end, took questions from the FMIG group members, allowing for further discussion. The outcome of this event was measured by the students' satisfaction with the speaker and relevancy of information presented. Overall, this event was well attended and positive responses from students were received with requests for return invitation. The event allowed our members to get a clearer picture of what to expect and the preparation needed for their journey to become family medicine professionals.

#### - Polymyositis

FMIG organized a virtual seminar about Polymyositis with on June 2nd, 2022 with interactive, case-based learning. is currently a medical resident in Reading Hospital in PA. She completed her Bachelor's at Drexel University and her Master's at Walden University. She provided her perspective as a family medicine physician on diagnosis of Polymyositis. She elaborated on the progression of the disease and contributing factors. She further detailed the signs associated with Polymyositis and treatment options. Then she spoke about the complications that could be found due to progression of polymyositis. The goal of this seminar was to familiarize students with how family medicine physicians treat chronic conditions, evaluate symptoms, offer preventative care, and let people know when they need to see a specialist.

At the conclusion of the presentation, the students were given an opportunity to ask questions about the topic. It was successful in accomplishing the goal of teaching students the importance of family medicine doctors as the front line in prevention and treatment of chronic diseases, through the use of early diagnosis, screening and proper examination. As a result, we were able to impress upon the students the importance of family physicians in dealing with routine complaints, identifying significant diseases, and managing acute and chronic conditions. This was a successful seminar due to the wealth of knowledge disseminated to the FMIG.

#### T-Shirt sale

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FMIG board decided to utilize custom-made logo t-shirts to raise awareness and solicit involvement of students to join the organization. Surplus funds were planned to be utilized for further outreach and promotional activities. Students participated in the t-shirt design competition and the final design was selected by voting through google forms. The sale was advertised through social media & group chats and received orders by established deadline. We elected to support the local community and identified a qualified business to print the t-shirts that were ordered on March 30, 2023. The print shop provided a competitive price and delivery schedule and order was received on time. Everyone loved the final product and was satisfied with the creative black & white logo t-shirts showing the family unit figure with Family Medicine Interest Group printed on the front. We have received much interest and anticipate additional orders, perhaps indicating an increased desire by students to join the group in the future.

- Health Fairs

FMIG supported and participated in three community health fairs during past year. Members distributed medical information, basic testing (urinalysis, glucose monitoring, vitals, reflex testing, etc). Also, engaged with the community members and local medical team to provide medical screening for follow up with their primary care physician. The events were widely announced through the local radio station and social media and participation was overwhelming. It was a valuable opportunity for the students to raise awareness about self-care and disease prevention. Also, the students benefited from being able to practice their skills and gain experience in medical history-taking. Events were highly successful with over hundred people being administered to medically. Overall, it was a great networking and confidence-building opportunity.

#### Steps to success in Step 1-Rahul Rikhy, Alison Spice, and Uche Kennedy

On April 2nd, 2023, conducted a school-wide seminar on Steps to success in Step 1 with two students in clinicals, our Founder and former President, , and FMIG clinical student member, , and a USMLE Step 1/2 counselor shared details and application of resources that were helpful to him in his step 1 preparation. He also shared his study schedule and techniques used during basic science program that he found effective. In addition, he discussed stress management strategies and avoiding burn out which is essential in ensuring success.

In retrospect, spoke about what she would have done differently during her basic sciences and in preparation for board exams. She elaborated on adjustments she made to improve her learning and test scores. Then she shared her study material and schedule with the students. revealed the driving force that helped her to stay motivated during her preparation for Step 1.

recommended various study techniques and emphasized the importance of understanding the material instead of just memorizing, using basic principles to come to the correct conclusion. He also spoke about how to employ proper time management and gave advice for students that are struggling to achieve higher scores.

At the end, we had a Q&A session which was very engaging. Overall, this was a very helpful and informative session. We had a large turnout including students from outside the Family Medicine Interest Group. It was a very successful due to having active students from similar programs share their practical experience from varying perspectives. We received a tremendous amount positive feedback.