



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

Categorical Award, Excellence in Mentorship

University of Wisconsin School of Medicine and Public Health

FMIG Operation

The University of Wisconsin School of Medicine and Public Health FMIG is led by a team of first- and second-year medical (preclinical) students. This past year, we selected six outstanding student leaders, who took over for the previous year's student leaders starting in January of 2022. Dr. is the director of the Office of Medical Student Education in the UW Department of Family Medicine and Community health; Dr. is the UW FMIG faculty advisor, and is the UW FMIG staff advisor. We also have 3-4 wonderful residents each year from the UW Family Medicine Residency-Madison who volunteer as FMIG liaisons and are tapped for speaking events.

New student leaders together with their advisor engage in a half day Leadership Retreat every January where they review previous year's programming, divvy up roles and responsibilities for the coming year, review the FMIG Vision and Mission Statement, build a theme for the coming year, and brainstorm new event ideas.

The student leaders have the primary responsibility for planning all events and carrying out their vision for the UW FMIG. Several events recur annually, and the UW FMIG advisors bring their experience and institutional knowledge to help with the planning of the event. In addition, the student leader develops ideas for new and unique opportunities that fit with their mission of facilitating exploration of and engagement with family medicine. During 2022, this culminated in a new offering of an evening Integrative Health Seminar.

For all events, student leaders are responsible for contacting and confirming speakers, making room and food reservations, fundraising and advertising.

The leader of the UW FMIG network in a collaborative fashion and there's often overlap between different positions. As such, rather than a more hierarchical division of roles like president, vice president, etc., the students take on leadership positions which include Director of Membership; Director of Education; Director of Interprofessional Relations; Director of Outreach and Community Service; and Director of National and Regional Relation. The title better reflects the roles and responsibilities of the student leaders. Student leaders will each typically take charge of their own event(s) in addition to helping colleagues with their events. Past year leaders and resident liaisons serve in an advisory role.

Also, notable about our FMIG, is that as advisors we try to connect medical students with family medicine mentors to facilitate research projects and presentations. We also connect students with funding sources, such as the Wisconsin Academy of Family Medicine (WAFP) and others, so that they may attend regional and national conferences. As a result of these efforts, we had 12 students attend AAFP National Conference this past year, two students attend the WAFP Student & Resident Leadership Summit in August, and several students attend the Family Medicine Midwest Conference in Minneapolis, MN in October.

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Goals

Our FMIG mission is:

- "The mission of the UWSMPH FMIG is to excite, promote and support student interest in the specialty through active learning, mentorship and exposure to the scope of Family Medicine"

The goals of our FMIG are:

- Increase interest in Family Medicine and primary care specialties
- Provide mentorship and guide interested students towards Family Medicine and through the residency application process.
- Provide leadership opportunities for students to put on their own projects
- Encourage students to attend AAFP National Conference, Family Medicine Midwest Conference and our annual Wisconsin student conference.
- Provide a sense of community for FMIG students at the medical school

Faculty Advisor

Dr. has been our advisor as of March 1st, 2018. He graduated from Ohio State University College of Medicine and completed his residency at the University of Michigan. He is a practicing community physician here in Madison. His goal has been to make the FMIG as student-driven as possible, including encouraging students to take charge of their own events and also facilitate traditional events. He attended the 2022 AAFP National Conference where he met with students on a one-on-one basis to help them plan their fourth year and prepare their residency applications.

This section would not be complete without crediting our FMIG staff advisor, for her commitment. Dr. joined our FMIG in 2020. While also working to obtain her Masters of Public Health, has been a robust advocate for encouraging medical students to find a home in Family Medicine. Besides mentoring students and providing the logistical leadership for our organization, her warmth and passion sets an example for those qualities that make up a family doctor.

Programs

What is Family Medicine?

"What is Family Medicine" is an annual event, scheduled in August, that provides incoming M1 students with a first impression of Family Medicine. This event drew thirty students this past year. Students engaged in a speed-dating format where they have the opportunity to meet up to four physicians of the nine total faculty present. Our nine faculty represent different practice niches of Family Medicine including obstetrics, urgent care, inpatient, outpatient, procedures, academics / research, and others.

With our school being among top 10 nationally in graduating students into Family Medicine (15-25 per year), this event serves as an eye-opener for students who may not otherwise have thought of Family Medicine as a career. It was well-received. Students learned a lot about the breadth and depth of our specialty, all the different career paths that a family doctor might choose, and how a person's career might change over time. The event also publicizes our upcoming FMIG events for the new year and helps to attract our next class of FMIG leaders.

Integrative Medicine Fair

This past year we held a new evening event, the Integrative Health Fair. This was a 2-hour workshop in November 2022. With three faculty members leading the event, it started off with dinner and a 20 minute lecture describing Integrative Health, led by Dr. I, Chair of our Integrative Health Department at the University of Wisconsin. This was followed by

students attending three 20-minute stations: acupuncture, gua sha, and herbal medicine. At the acupuncture station, students learned about some of the research on acupuncture for chronic pain, and then students were able to receive an acupuncture needle from Dr. Vincent Minichiello. The gua sha station began with a demo on technique, and then students were able to pair up and practice on either the arm or neck/upper back of their partner. The herbal medicine station featured several herbal teas and tinctures prepared by Dr. . The feedback was overwhelming positive – one student even mentioned that this was one of the best interest group meetings she has attended all semester!

Procedures Fair

The annual Family Medicine Procedures Fair offered by the Department of Family Medicine and Community Health (DFMCH) and our FMIG is extremely popular with students. Students are exposed to the broad scope of practice that Family Medicine offers, and many are surprised about the plethora of options. It took place in November 2022.

During the procedures fair, participants each attend three hands-on skills workshops from among a list of choices. This year, 8 different workshops were on that list: casting, GYN procedures, OB basics, Osteopathic manipulation, vasectomy, suturing, joint injection, and Point-of-Care Ultrasound. The workshops were taught by Family Medicine faculty and resident volunteers.

Students are often surprised every year by the vast variety of procedures that are included in the scope of Family Medicine. The overarching goal of this event is to help each of the participating students understand the breadth of Family Medicine. Thanks to funding from the UW DFMCH, FMIG, numerous other sponsors, and donated supplies from local clinics, we can host this event at no cost for students. Students receive an experience that is relaxed and informative. There is also a free dinner at the beginning of the event.

Feedback from students was overwhelmingly positive. One student commented on the evaluation, “Thanks so much for putting this together! I learned a ton and really enjoyed it!” The event received top marks for organization, and the vast majority of participants indicated that the event increased their interest in Family Medicine!

4th Year Career Pathway Program

This past year, we held three career events for M3-M4 students who have strong interest in Family Medicine. The first event, “Phase 3 Career Planning,” took place in the spring of 2022 for M3 students. Students were given dinner and attended a panel session that included graduating M4 students together with three current residents representing PGY1-3 years. Students had the opportunity to plan out their summer and M4 schedules in preparation for applying to Family Medicine residency programs in the fall. We also discussed how to obtain letters of recommendation, attending AAFP National Conference, attending the Family Medicine Midwest Conference, and other aspects of career planning.

The second event was a 75 min virtual writing workshop exploring principles of Narrative Medicine. In this workshop, ten M4 students practiced crafting short stories about themselves in a small-group setting. This exercise was designed to help these students then write their personal statement for their residency application using effective personal storytelling techniques. These techniques also translate to residency interviewing as students would be able to answer interviewer questions with anecdotes. Students did a great job of showcasing their values, ideas, and personal growth throughout medical school, following the storytelling mantra, “Show! Don’t tell!” It is our hypothesis that this will also lead to a better interview experience for student participants. Three faculty co-led the workshop and facilitated the small groups sessions.

Our third event in this series, “Match Tips,” is strategically timed in the fall at the beginning of

the residency interview season. This is an event targeted to M4 students who want to learn more about the application process for Family Medicine. Approximately 20 students attended this panel discussion which featured faculty members from family medicine residency programs across the state of Wisconsin. Some third and fourth year students are doing rotations at UW's statewide campus sites so the event was live-streamed and they were able to tune in and email questions to the panelists. The discussion focused on what the program directors look for in applicants, how the interview day is structured, and various factors to consider when compiling a rank list. The panel members also explained some of the unique features of their programs and the various career paths that their program's graduates have followed. This event provided valuable, timely, up-to-date information for these students.

Basic Life Support in Obstetrics

Basic Life Support in Obstetrics (BLSO) has been a popular addition to the FMIG calendar since 2015, and it has been revered as "hands down, one of the best experiences in medical school." After not being able to do it for several years, we were able to bring this back for fall 2022. BLSO was a full-day event. We had sixty students in attendance spanning M1-M4 years. Ten volunteer faculty taught the course. The purpose of the course is to showcase Family Physicians as leaders in women's health and maternity care. Our faculty volunteers all practice full spectrum family medicine with obstetrics.

Using our large number of volunteers, we broke into small group stations with an intimate student-to-teacher ratio of about 6:1. We covered a full range of topics including normal vaginal delivery, fetal monitoring, emergency prenatal assessment, malpresentation, shoulder dystocia, neonatal resuscitation, premature labor, maternal resuscitation, hypertensive emergencies, and advanced techniques for assisted delivery. We utilized didactics, small group cases, and hands-on practice with mannequins. By also including FM residents as teachers, students also gain valuable tips-and-tricks about how to function as part of a FM residency obstetrical service. Students were provided with both breakfast, coffee, and lunch during the event.

FMIG student leaders and our advisors reach out to our resources to come up with funding to support the course's operating budget. We were able to provide the course free for students this year. The Wisconsin Academy for Family Physicians (WAFP), the UW medical school, the UW Department of Family Medicine and Community Health, and our FMIG leaders all contribute time and money to provide this for our students who are so appreciative of the opportunity and Experience.

Family Medicine Mixer

Also occurring in October of 2022, we held a mixer for medical students, faculty, and residents. This occurred on a weekday evening where people could come to unwind after a long day of classes. We rented a private space in a local restaurant and provided beverages and a buffet dinner. Approximately thirty students attended, years M1-4. For M1-2 students, this was a great time to mingle and learn more about the specialty. For upper classmen, these students had yet another opportunity to pick the brains of residents in preparation for interview season.

Mentorship Program

Our FMIG also provides an enthusiastic mentorship team for students. Students can sign up as early as their M1 year. Students are allowed to pick a mentor from our list or alternatively can be assigned one. If desired, they can also be paired up with residents from the UW Madison Family Medicine Residency Program.

Mentors will typically meet up with students in person, by phone, or virtually 1-2 times per semester. Our mentors help preclinical students explore and/or solidify their commitment to Family Medicine. They help M3-4 students progress along their journey to find the right

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residency program. They assist with crafting a priority list for residency programs, polish personal statements, edit CVs, mock interviews, create rank lists, etc. We typically will have 20-25 students signed up for the program