



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

## *Overall Award*

Keck School of Medicine of University of Southern California

## **FMIG Operation**

### **KECK FMIG OPERATIONAL OVERVIEW**

The Keck Family Medicine Interest Group (Keck FMIG) is a student-run organization at the Keck School of Medicine (KSOM) of the University of Southern California (USC). Keck FMIG is part of the AAFP and the California Academy of Family Physician (CAFP) networks. At USC, Keck FMIG is also a recognized student organization under both Associated Students of the School of Medicine (ASSM), Graduate Student Government (GSG), and is registered with the USC Campus Activities Office on the main University Park Campus. Our programming is funded by AAFP, CAFP, ASSM and GSG, and our annual allotted budget is about \$4150.

In addition to collaborating with our Department of Family Medicine and the USC-KSOM Family Medicine Residency Program, our organization works closely with family physicians and resident physicians in the greater Los Angeles area including but not limited to Kaiser Permanente, Keck Ho Hospital of USC and Long Beach Memoria. We also collaborate with other primary care-related student organizations through the Keck Primary Care Coalition, such as the Pediatrics Interest Group, Medicine-Pediatrics Interest Group, Obstetrics and Gynecology Interest Group, and the Geriatric Interest Group. Keck FMIG interface with the Keck Career Advising Office, the Keck SOM Office of Admissions, and the 3rd Year Family Medicine Clerkship Office as well.

### **MEMBERSHIP (RECRUITMENT & RETENTION)**

Any medical student at KSOM with an interest in Family Medicine can become a member of Keck FMIG. Email is the main medium by which Keck FMIG correspond with its members, and we maintain updated information both through our class Discord channel and weekly newsletters. Most students sign up at or soon after the annual Student Life Fair in August and additional students join throughout the year by signing up at Keck FMIG events. All medical students are encouraged to sign up for a free AAFP and CAFP membership so that they have access to free conferences, scholarships, fellowships, journals, newsletters, and flyers. In 2022-2023, no first-year or second-year medical students asked to be removed from our listserv.

### **STUDENT LEADERSHIP**

Each year, in late September/early October, all first year students are invited to apply for Keck FMIG leadership positions. Students are asked to answer a few questions about why they are interested in Family Medicine and why they want to be a leader in FMIG. The new leadership is chosen by the outgoing officers and the Keck FMIG Advisor, and an effort is made to match a candidate's interest, experience, and strengths to the available positions. In-person interviews are held if there is more

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interest than positions available. New leaders are trained by their counterparts from the previous year in order to ensure that all relevant information gets passed on in an organized manner.

This year, the Keck FMIG board consisted of two co-presidents to handle administrative and financial duties, as well as plan lunch talks and workshops.

Our new board members for the FMIG 2023-2024 year are:

Co-Presidents: , both MS1

Primary Care Coalition Chair: , MS1

Community Outreach Chair: , MS1

Mentorship Chair: MS1

A leadership transition meeting was held on 01/05/2023 to prepare the new leadership team to take over. Communication between the leaders is conducted primarily over email, through Zoom, in-person, and with quarterly board meetings. Our leadership team has changed to a new transitions system as our medical school has converted to a pre clerkship, clerkship, post clerkship system so that leadership transition happens in January, instead of summer/May.

## Goals

### MISSION STATEMENT

The Keck FMIG strives to promote the values and philosophy of Family Medicine to students and the greater campus community at KSOM. Additionally, we are committed to addressing issues pertaining to primary care, patient advocacy, health systems delivery, and psychosocial medicine. Throughout the year, Keck FMIG organizes a variety of programs with an emphasis on education about the breadth and depth of Family Medicine through mentorship and shadowing with Family Medicine doctors, community service projects, career and residency advising, and networking opportunities.

### ORGANIZATION GOALS

1. Increase student membership in the Keck FMIG / CAFP / AAFP.
2. Increase FMIG presence on campus as a respected and active student organization.
3. Provide hands-on procedural workshops and service programs for first and second year students to participate in that are related to health education and procedures typical of a family physician.
4. Provide an informative lecture series about the field of Family Medicine and primary care.
5. Serve as a contact for third and fourth year students who are interested in applying to Family Medicine residency programs.
6. Help students interested in primary care to develop their leadership skills while in medical school.
7. Continue to grow the Family Medicine Mentorship and Shadowing Program to expose first and second year students to community based family medicine mentors and shadowing opportunities.
8. Increase student interest in Family Medicine as a specialty/career choice and ultimately increase the number of fourth year students who match into Family Medicine.
9. Increase collaboration with other primary care student interest groups, other health professional students, campus departments, and inter-professional student programs.
10. Raise awareness about non-USC Family Medicine opportunities including fellowships, International Medicine opportunities, community-based research, scholarships, advocacy opportunities at the state Sacramento annual lobbying day, and leadership opportunities.

## Faculty Advisor

Professor of Family Medicine at USC, has served as our advisor for the last 12 years. She joined KSOM in 2007 and continues to see patients at a clinical family practice in inner-city Los Angeles. is fluent in Spanish, has completed a fellowship in obstetrics and has a Masters of Public Health. She is Vice Chair of Education for the Family Medicine department and Director of the Keck School of Medicine Primary Care Initiative, which directs a KSOM primary care clinical track and provides the primary care interface between the university, community and medical school. She is a track mentor for third year students. At KSOM she is a prominent and respected family physician with a passion for serving the underserved and vulnerable populations. She was awarded the 2023 AAFP Innovative Program Award for Education Excellence as well as the prestigious Mellon Mentoring Award for Graduate Mentoring. She also enjoys exploring the humanistic aspects of medicine through her writing and clinical work.

As the Keck FMIG Advisor, her main role is to serve as a resource for the student leaders, interface with AAFP /CAFP, and advocate for the organization to the Keck administration. assists with Keck FMIG programming, attends many of the leadership and noon lecture meetings, ensures continuity of leadership each year, spearheads the Primary Care Coalition which brings together primary care student interest groups to promote interest in primary care, and organizes a primary care lunch talk series, service opportunities, and two large events each year.

She is also active in family medicine leadership, maintaining a network of community-based Family Medicine doctors in Los Angeles, in California, and at the national level through Society of Teachers of Family Medicine (STFM) and AAFP. This leadership and networking sustains mentoring and leadership, primary care based community research, leadership opportunities, and national and regional conference attendance for our medical students.

## **Programs**

### **FMIG & Primary Care Coalition Lunch Talks FMIG LUNCH TALKS**

FMIG lunch talk ideas are generated by the entire FMIG board and planned by the copresidents with the help of the faculty advisor. These lunch talks are designed with the goal of exposing students to different areas of family medicine and piquing their interest in the specialty.

09/27/22- “Introduction to Family Medicine”: To start off the new academic year, our faculty advisor, spoke about the specialty of family medicine, including scope of practice, residency, fellowships, income, involvement in the community, and why she loves it. Our student leaders also introduced themselves, talked about the upcoming events for FMIG, and how to get and stay involved. This talk was primarily geared towards first-year students to introduce them to the field of family medicine.

03/07/2023- “Family Medicine Fellowships Talk”: This is a traditionally successful lunch talk that FMIG holds every year in order to inform students about the diverse career opportunities available to family medicine physicians. We expanded the range of fellowships represented this year, inviting local family doctors in sports medicine, geriatrics, palliative care, HIV medicine, hospitalist care, obstetrics/family planning, and addiction medicine. These doctors spoke about why they decided to get a fellowship, how it has enhanced their practice, and what interested students can do now to start discovering different fellowship options they may be interested in.

A special emphasis was placed on fellowships not being a specialization but rather an extra tool to use that expands their knowledge and patient base.

## PRIMARY CARE COALITION LUNCH TALKS

Primary Care Coalition (PCC) talks are planned by primary care student interest group board members, including FMIG, and the Primary Care Initiative spearheads, and . These lunch talks address diverse issues and topics in primary care and provide students with a starting point to become leaders and advocates in their respective fields.

08/24/2022- “Reproductive Health Advocacy and Equity in Primary Care”: 3 family medicine physicians spoke about the reproductive health landscape after the reversal of Roe v. Wade and the role that primary care plays in reproductive health advocacy.

09/14/2022- “A Day in the Life of a Primary Care Physician”: A panel of primary care physicians shared about a day-in-the-life in their specialties. Students were invited to ask questions and interact with the panelists to learn more about their careers.

10/19/2022- “Financing a Primary Care Career”: A panel of family medicine physicians and alumni experts came to discuss various methods to finance a primary care career. Students learned of loan repayment programs and scholarships.

11/09/2022- “‘Are we there yet...’ End of Life Care”: A family physician spoke about the role primary care doctors play in end-of-life care. Students learned about the differences between hospice and palliative care.

01/05/2023- “Anti-Fat Bias”: A PA family medicine faculty spoke about the history of anti-fat bias, BMI uses and limitations, and identified interventions that students can apply in realworld clinical practice.

01/18/2023- “Post-Acute Sequelae (PASC) of COVID-19 in Primary Care”: one of our KSOM family medicine physician presented on PASC and associated conditions. Attendees learned about workup and symptom management for PASC of COVID-19.

02/15/2023- “Primary Care Approach to Transgender Healthcare”: A primary care physician spoke about transgender terminology, health procedures, and clinical outcomes of gender affirming hormone therapy.

03/08/2023- “Diabetes Management in Primary Care”: Our KSOM family medicine assistant residency director physician spoke about the role that primary care physicians play in management of diabetes mellitus Type 2 and outlined treatment recommendations and new medications.

04/20/2023- “Leadership Opportunities in Primary Care- A Panel Discussion”: A panel of primary care providers will share their leadership journeys with students, recommend leadership opportunities, and explore the different types of practice for primary care doctors.

There will continue to be more PCC lunch talks on a monthly basis on other topics and issues in primary care. We would like to correlate future PCC lunch talks more closely with course material from Keck’s Health Justice and Systems curriculum and Empowerment through Profession Identity and Cultivation curriculum. Student input on topics they would like to learn about will be taken into account as well.

Primary Care Leadership Conference

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FMIG members participated in this year's primary care leadership conference and learned about various scopes of practice in the healthcare field. This conference focused on building an interprofessional relationship within various health professions such as MD, PA, Social Work, OT, and PT. The conference was held at Keck with keynote speaker, and associate professor at Suzanne Dworak-Peck School of Social Work at USC. The presentation focused on explaining the importance of interprofessional training and of having an interdisciplinary health team to help patients receive quality care. Participants also went into groups and dissected a case study together on how each profession can be involved to help the patient. This conference was open to all students interested in primary care leadership and how different disciplines can work together in patient care.

#### Student Procedural Development & Outreach: Workshops and Health Fairs

##### HARBOR UCLA DEPARTMENT OF FAMILY MEDICINE AND PROVIDENCE COMMUNITY HEALTH FAIR- 7/2/2022, 9AM-2PM

This health fair was held at Providence Wellness and Community Center in collaboration with Harbor UCLA's Department of Family Medicine and Providence Community Health. FMIG members took vitals, worked with physicians at the "Ask the Doc" booth, and conducted diabetic foot exams.

##### ROSEMEAD FITNESS DAY AND HEALTH FAIR - 11/06/2022, 10 AM - 3 PM

Keck FMIG collaborated with Keck APAMSA (Keck Asian Pacific American Medical Student Association) to participate in this health fair hosted by APHC (Asian Pacific Health Corps) at the Rosemead Community Recreation Center. This health fair served a mostly Chinese and Cantonese-speaking population and our role was to provide diabetic foot checks. Prior to the health fair, our faculty advisor directed us to free resources for monofilaments and students were trained by Keck faculty on conducting diabetic foot checks. On the day of the health fair, students conducted foot exams and counseled patients on diabetes and foot hygiene. Patients who exhibited signs of neuropathy were referred to their primary care physicians for follow-up. According to student feedback, many felt that providing diabetic foot checks and giving information on diabetes was a helpful way to serve the community and apply concepts from their own medical education. 65 patients were served at the Keck FMIG booth.

##### CHINATOWN HEALTH FAIR- 02/04/2023, 9 AM- 1 PM

This health fair, hosted by APHC at UCLA, served a primarily Chinese and Cantonese-speaking population at the Alpine Recreation Center. FMIG students conducted diabetic foot checks and trained UCLA undergraduates to provide diabetic foot checks as well. Counseling on diabetes and foot hygiene was given to patients and patients who exhibited signs of neuropathy were referred to their primary care physicians for follow-up. 39 patients were served at the Keck FMIG booth.

##### CARSON COMMUNITY HEALTH FAIR- 03/04/2023, 8:30 AM - 1 PM

This health fair was hosted by APHC at UCLA and served Carson community members. Carson, CA is an underserved community in the south bay of Los Angeles county. FMIG students conducted diabetic foot checks and trained UCLA undergraduate students how to scribe and perform diabetic foot checks as well. Counseling on diabetes, foot hygiene, nutrition, and prevention were given to patients. Patients who displayed signs of neuropathy were advised to follow up with their primary care physicians for further evaluation. 42 patients were served at the Keck FMIG booth.

##### FAMILY PLANNING WORKSHOP 05/11/2023, 2:15 PM-3:15 PM

A group of family medicine faculty will be hosting a family planning workshop to teach family planning procedures to the FMIG students.

#### ROSEMEAD FITNESS DAY AND HEALTH FAIR- 5/6/23 10 AM - 2 PM

Keck FMIG and Keck APAMSA will collaborate once again to return to the city of Rosemead for the Rosemead Fitness Day and Health Fair, hosted by APHC at UCLA, where we will provide diabetic foot checks. This health fair will serve a mostly Chinese and Cantonese-speaking population. Along with providing diabetic foot checks, FMIG will counsel community members on diabetes and foot hygiene. Patients who exhibit signs of neuropathy will be referred to their primary care physicians for follow-up.

#### KOREATOWN COMMUNITY HEALTH FAIR- Tentatively 5/27/23

Keck FMIG and Keck APAMSA will work together to help provide diabetic foot checks, as well as provide counseling on diabetes and foot hygiene to underserved community members of Koreatown in Los Angeles, CA at the community health fair hosted by APHC at UCLA.

#### COMMUNITY HEALTH FAIR AND CLINIC - TBD between August - December

Keck FMIG plans to collaborate with pharmacy students through the Medical and Pharmacy Student Collaboration (MAPSC) at the USC Alfred E. Mann School of Pharmacy. Under the supervision of our advisors, and , respectively, we will work to provide a wide array of free medical services including diabetes screenings, blood pressure checks, and vaccinations to communities of Los Angeles.

#### Promoting Family Medicine: Recruitment and Mentorship Program

##### RECRUITMENT AT THE STUDENT LIFE FAIR

The Keck Student Life Fair takes place at the beginning of each school year, where all student interest groups (SIGs) can table and recruit new members to their organizations. We had 2 students from FMIG at our table collecting names and emails of first and second year students, where we displayed an informational poster about our SIG. We also handed out fun perks like AAFP pens and cups to new students, while encouraging them to sign up for the AAFP and CAFP. We advertised our various programming and encouraged students to attend our first lunch talk of the year. In 2022-2023, we recruited 97 new members FMIGs list serve.

##### FAMILY MEDICINE MENTORSHIP PROGRAM

Nine years ago, Keck FMIG established a mentorship program which matched our medical students with practicing community family medicine physicians, allowing students to connect with Family Medicine doctors from a variety of backgrounds. In summer 2019, the mentorship chair, , recruited 20 physicians to participate in our mentorship program. These doctors were contacted via email with a survey asking whether they would be interested in providing mentorship and shadowing opportunities to medical student mentees, what patient population they generally interact with, if they had completed a fellowship or other specialized training program, and how many students they were willing to mentor. In September 2019, after we had recruited new first year medical students into our FMIG, we had students sign up to be a part of the mentorship program by filling out a similar survey. 20 first and second year medical students signed up for the mentorship program and were manually paired with a mentor by , trying to match students and physicians based on their interests. Participating physicians and medical students were then given the contact information of their match, along with a set of guidelines regarding the expectations and desires from each party. This opened the door for a year of meaningful interactions between mentors and mentees, which many students have told us have been very helpful and inspiring to them. The 2020, 2021, and 2022 mentorship chairs did the same. In 2020, 20 first and second year students participated in the mentorship program. In 2021, 25 first and second year students participated

in the mentorship program. In 2022, 40 first and second year medical students participated in the mentorship program. In addition, the 2022 mentorship chair, , organized a mentorship dinner for first and second year students and their mentors on campus in the fall. We plan to continue the mentorship program and host another mentorship dinner in the upcoming fall with the new physician-student pairings for the next school year.

### Cuddle Club at the LACxUSC NICU

With the commitment to showcase the full spectrum of family medicine through well-organized "Cradle to Grave" service programs, Keck FMIG established the Cuddle Club as a permanent program at LAC + USC County Hospital. In Cuddle Club, medical students work primarily with "boarder babies" in the NICU, infants whose mothers are unable to care for them due to illnesses or substance use problems. These infants may receive inadequate human contact, which can negatively impact their development. Students who volunteer their time to participate in the Cuddle Club assist the hospital team in feeding, holding, and comforting the newborns. This is very exciting for students because it is one of the few opportunities they have in their pre-clinical years to have real responsibility and play a direct role in providing healing care to patients in the hospital. Students can come in anytime to play with babies who are expected to remain in the nursery for an extended period of time and to help assess their developmental milestones.

Cuddle Club students play a role that is formative to the well-being of the infants long after their hospital stay. The medical team in the NICU is very grateful for the medical students' help, because their immense amount of responsibilities often makes them unable to have time to provide simple healing interventions like holding the babies and comforting them outside of their normal feeding times. In turn, the medical students benefit by learning about the challenges of neonatal care and the unique needs of newborns, especially in the population served by the LA County Hospital. They also have the chance to work along with other members of the medical team like social workers and nurses, to learn more about their roles in patient care and what services they can provide to patients. Students serve as a resource to patients and their families, hone their interpersonal skills, and also get more comfortable with how to properly handle and care for these fragile infants. Overall, students appreciate having the rare opportunity to learn about maternal health and obstetrics, which deepens their knowledge about family medicine and family planning.

In order to participate in the Cuddle Club, volunteers must attend mandatory training. FMIG organized an orientation on 08/22/2022 that included a multimedia presentation and a questions and answer session with two NICU and Nursery nurses. 61 new students completed the training this year. Once the training and the tour are complete, students can volunteer in the NICU at any time. Participation is tracked via a sign-in sheet in the NICU.

### Pediatric Outreach at a Local Elementary School: Ready, Set, Fit!

#### READY, SET, FIT!

Reach, Set, Fit is a community health and outreach curriculum developed by The American Academy of Family Physicians' fitness initiative Americans in Motion (AIM) in collaboration with Scholastic. The program aims to educate elementary school children about healthy lifestyles through lessons and activities. Seven years ago, FMIG partnered with Sunrise Elementary School in East Los Angeles to teach the Ready, Set, Fit curriculum to classes of 2nd and 3rd grade students. Our partnership experienced a brief hiatus due to the COVID-19 pandemic, but we are happy to say that we plan to restart our classes in 5/2023 and continue teaching their new students in the coming years. We have appointed a specific board member,

, who is in contact with the administration at Sunrise and helps us coordinate dates that work for our medical students and their schedule so that we can fit in all of the lessons in the curriculum. also purchases healthy snacks like tangerines and apples before each lesson which we bring and distribute to the kids whenever we come and has partnered with our Pediatrics interest group to work together on this project. We recruit a minimum of six FMIG volunteers for each session, so that we can teach two classes of elementary school students and have three instructors per class.

**MEET A FAMILY DOCTOR** Tentatively 5/11/23 - The purpose of this lesson was to introduce the class to medicine as a career, and tell the students a little about what a family doctor does. A family medicine physician from Keck School of Medicine will join us to talk about what life as a doctor is like and to answer questions from the kids. Time will also be used in this lesson to introduce students to the model for health that we build on in the next three lessons. We will talk with students about the three elements of health: staying active, eating right, and feeling good. Kids will be asked to come up with ideas of how to be healthy and then categorize them into each of those three areas. We will then practice some math skills by making fractions of how many of our ideas were in each individual category.

**LET'S MOVE!** TBD in August - The goal of this lesson is to encourage the kids to get outdoors and play. We will speak with the kids about the importance of play, about what it means to live an active life, and how to get their family to be active along with them. We will then lead a class activity where each student is asked to make an estimate of how many steps it would take to walk across the schoolyard. We will then walk across the school and count our steps to see how close we were to our guesses. Using these numbers, we will do some math practice, calculating how many steps we take in a minute, how many more minutes we would need to be active to achieve the recommended daily amount of 60 minutes of activity a day, and how many steps it would take to be active for 60 minutes of walking.

**CHOOSE SMART! EAT SMART!** TBD in September - This lesson is geared towards teaching the kids what it means to make healthy dietary choices, why eating healthy is important, and how to eat more nutritious foods every day. During this lesson, students will learn about MyPlate and the 5 major food groups. Medical students will facilitate a discussion with the class regarding their favorite foods, the foods that belong in each food group, and how to decide whether a plate is healthy or unhealthy.

**EXPRESS YOURSELF!** TBD in October - This lesson intends to teach the children about the last component of health which is sometimes left out of the discussion, emotional well-being. We will start by facilitating a discussion about what it means to feel good and to be mindful of one's emotions. We will help illustrate these points by having students read and discuss a short story, which contains examples of healthy ways that a young girl was able to express her emotions and cope with feelings of sadness and anger.

## Primary Care Coalition Meetings and Service Collaborations

**PRIMARY CARE COALITION MEETINGS** - 11/10/2023, 01/03/2023, 03/09/2023, 04/06/2023  
Throughout the year, our FMIG participates in Primary Care Coalition meetings with members of other primary care specialty student interest groups to create collaborative events that students interested in primary care in general will find helpful. We do this to promote the values of primary care and the common interests that these distinct specialties have with cohesive lunch talks, service events, a summit dinner, and this year, a leadership conference

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(see previous sections for details on these events). These meetings are a chance for primary care interest groups to work together to make sure we are not creating competing events but rather working together whenever possible. These meetings are led by our faculty advisor and held quarterly.

#### PRIMARY CARE SERVICE EVENTS

Sandwich Making for Union Station Homeless Center - May 10, 2023 (to be). This event was restarted after several years off due to Covid. This May, primary care coalition leaders, alongside Keck student volunteers, will come together to package menstrual hygiene kits and lunches that we will donate to Los Angeles community organizations. Some of the roles include setting up a Venmo account to gather donations, purchasing hygiene products, and purchasing lunch supplies. This is a great way to give back to our community.

Last year, primary care coalition leaders from various student interest groups came together to plan sandwich making for the homeless to benefit the Union Station Homeless Center in Pasadena, CA. A couple of students shopped for lunch-making supplies and then we invited all Keck students to come be a part of the sandwich-making, after which they are dropped off at the homeless center. These events are always a lot of fun and allow primary care interested students to come together and spend an afternoon doing a service project and cope with feelings of sadness and anger.

#### Family Medicine Conferences

##### AAFP NATIONAL CONFERENCE - 07/28/2022-07/30/2022

6 Keck students attended the 2022 AAFP National Conference. One of our students presented at the FMIG Best Practices workshop. Another student, , was elected to serve as LMSA/SNMA student chair at the 2022 National Conference.

##### CAFP FAMILY MEDICINE SUMMIT - 09/07/2022 - 9 students attended

Eleven Keck students attended the CAFP Family Medicine Summit this year. CAFP's Family Medicine Summit is an opportunity for medical students, residents and program directors in family medicine to get together. This event sets the stage to promote learning, connecting and conversing about the field of family medicine. The Summit allows participants to network, meet other peers and attend the Residency Fair. It takes place right before interview season so it serves as a great jumping board for people to see all that Family Medicine has to offer.

##### ADVOCACY AND LOBBY DAY IN SACRAMENTO- March 25-27, 2023.

FMIG students attended lobby day in Sacramento to work with state legislators on issues important to patients and family medicine