



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

Overall Award

Roy J. and Lucille Carver College of Medicine at University of Iowa

FMIG Operation

Our leadership structure is designed to encourage involvement of all classes, M1-M4, and to facilitate mentoring relationships between the upper and lower classmen. Not only does this unique distribution of leadership among the classes foster mentoring and diversity in leadership, it provides a foundation for continuity from one year to the next.

By avoiding a structure in which upperclassmen hold most of the positions, we in turn avoid a loss of knowledge and experience as seniors graduate. We prepare underclassmen to progressively take on more responsibilities in leadership and to gain knowledge necessary to lead the group and mentor subsequent incoming students.

Additionally, we have compiled a shared electronic folder with important information to pass down to the next leadership team. We have a particularly active FMIG with extensive programming. In order to be successful, we share the responsibilities among a large leadership team. We distribute formal responsibilities for each event, program, or project to a specific leadership member. This leader takes primary responsibility for coordination of the event and delegation of tasks among other members of the leadership team. The size of our team and diversity of class year involvement results in valuable team input which reflects the priorities and needs of students at all levels of medical education. It allows us to provide programming that benefits all students while accommodating varying interests and course/clinical schedules. Lastly, the extensive number of leadership positions provides more opportunities for students to gain entry into leadership and to remain involved throughout medical school. The acquisition of leadership skills is vital for a successful future in family medicine. After years of experimentation, we have established a successful combination of upper- and underclassmen positions for which we hold elections each spring. This year, our leadership team is made up of 11 students and 9 leadership positions. Below is a list of our current leadership positions:

- 2 Co-Presidents
- 2 VPs of Lunch Meetings
- 1 VP of Procedure Clinics
- 1 Secretary/Treasurer (combined position)
- 1 Service Learning/Community Outreach Chair
- 1 Professional Development Chair
- 1 Iowa Academy of Family Physicians (IAFP) Representative/Membership Chair
- 1 Primary Care Week Coordinator
- 1 M1 Representative

This year the co-Presidents were an M4 and an M2. In the past, we have had specific roles for the M1, M2, M3, and M4 representatives. We have found that this is not critical to the structure of our leadership team. Every member of our leadership team serves as a representative to and advocates for

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their respective class. We have kept the specific M1 representative positions because we feel that it is critical to get M1s involved on the leadership team early on.

This year we had one M1 representative that took on responsibility for passing on information on interest group activities to his fellow classmates and collaborated with the Sports Medicine Interest Group to promote a presentation by a family medicine provider about their Exercise is Medicine initiative.

We have written up formal descriptions of each leadership position named above, but these descriptions serve only as guidelines for formal responsibilities of each position. Election to the leadership team implies involvement in all responsibilities of the executive team as a whole. We have a collaborative team dynamic that pushes students to excel within their roles, to eagerly assist other leaders, and to freely share innovative ideas for the future.

Goals

The University of Iowa Family Medicine Interest Group is actively committed to strengthening awareness and involvement within the field of family medicine on campus, in the surrounding Iowa City community, and across the state and country. The mission of our group is to provide a variety of programming in order to:

1. Expand medical students' understanding of and interest in family medicine
2. Increase the visible presence of the group and its programs/activities
3. Prepare medical students to be leaders in family medicine
4. Foster medical students' personal and professional development
5. Build networks and relationships to connect medical students with practicing family physicians

Our specific goals are to:

1. Provide exposure to family medicine to all students at the Carver College of Medicine
2. Engage medical students through a variety of activities, including procedure clinics, speakers, and small group discussions, to help facilitate the exploration of the field of family medicine
3. Organize programming that meets the needs of students at all levels of training
4. Provide medical students with meaningful mentorship opportunities with family physicians
5. Plan events to aid FMIG members in serving the community in an impactful way while furthering their skills
6. Prepare students to apply to residency and take the next step in becoming a family physician

Faculty Advisor

This year, our faculty advisor completed her third academic year of advisorship. In addition to our faculty advisor we receive support from other staff within the Department of Family Medicine who are integrally involved with our FMIG operations. Our faculty advisor is , a clinical assistant professor in the Department of Family Medicine at the University of Iowa. She was approved by the Board of Directors of the IAFP to serve in this role. We also have support of the Director of Medical Student Education in the Department of Family Medicine, .They are very accessible to both the leadership team and other FMIG members. The board has met with them regularly each semester to discuss goals and remain in constant communication about events and opportunities for students. We are fortunate to also have the assistance of , a support staff member within the University of Iowa Family Medicine Department. Provide assistance in a variety of ways, including finances, providing contacts for possible speakers for events, ordering materials, and coordinating communication with the IAFP and AAFP. They receive all official leadership meeting communications and assist executive officers in maintaining continuity,

establishing contacts, and generating new ideas for innovative programming to further meet our mission and goals.

Programs

Iowa Academy of Family Physicians (IAFP) Representative/ Membership Chair and Ward Walks
The membership chair is designated to help increase interest in FMIG and to increase the number of active members. Each fall at the start of the semester, the FMIG membership chair attends the college of medicine's organization fair. At this fair, the membership chair sells anatomy lab coats to raise funds for the organization, discusses the organization with incoming students, and helps sign up new students for the organization and email list.

The membership chair also serves as the Iowa Academy of Family Physicians (IAFP) representative. This involves attending the quarterly IAFP board meetings where the state of family medicine is discussed. The representative also is tasked with speaking to the board about updates in the local FMIG, and acting as a representative voice for the FMIG when new items are discussed that affect medical students.

Ward Walks has been an intermittently executed program over the years with the purpose of providing preclinical students exposure to inpatient care in the Department of Family Medicine. Our Membership Chair contacts the chief residents in order to establish a schedule for days that students could join residents on the wards. Students can then sign up for days to shadow the inpatient units and see what rounding entails and the diversity of patient cases. This was the first year since COVID 19 that we were able to offer this opportunity to all interested students. We received an overwhelming amount of positive feedback this year, students were able to get exposure to the inpatient side of family medicine and to the family medicine residency program here at Iowa. We hope to continue to offer this program to increase early exposure to family medicine during didactic years of medical school.

Procedure Clinics

Introduction & Goals:

FMIG's procedure clinics are one of our most popular events, with high demand and consistently positive feedback from our students. These clinics offer engaging and hands-on educational opportunities for students in the Carver College of Medicine. Slots for the clinics fill up almost as quickly as the sign-up sheets are distributed, and there is often a waiting list in case of cancellations. The events are co-hosted by an FMIG executive board member alongside one of the family medicine residency programs in Iowa. We have developed strong relationships with neighboring residency programs, and therefore are able to recruit residents from outside programs to teach our students these procedures. These programs mutually benefit in terms of building relationships with our students, which facilitates recruitment to their programs.

Our goals include:

1. Providing a safe learning environment for students to learn and practice new skills or refine their techniques with guidance from physicians and residents in family medicine
2. Creating an informal atmosphere in which students and residency program faculty/current residents can interact and network

3. Allowing students who have experience with various techniques to facilitate the teaching process and share their knowledge with fellow students

FMIG leader roles and program execution:

The procedure clinics held this year were Casting and Splinting, Ultrasound, and Perineal Laceration Repair clinics. We are also planning on hosting a lumbar puncture procedure clinic this semester. This year, we sent out polls to students in order to assess which procedures they were most interested in. This has allowed us to cater the procedure clinics to the specific interests and goals of our student members. The respective residency program involved in each clinic provides most, if not all of the supplies and equipment for the event. The physician cohosting the event brings along a team of residents who then break off into groups with the students for a more intimate learning experience. In general, we typically have ~5 physicians at each event, so that we are able to provide direct feedback to the students as they learn. Registration for each event is first sent out to the FMIG listserv through the college in order to give priority to student members of FMIG. If there are spaces remaining for additional students, an email is sent to all students in the Carver College of Medicine and responses are recorded on a first- come, first- serve basis. The spaces usually fill up quickly and there is always a wait list in case of cancellations. In general, we are able to accommodate about 25-30 students per clinic. The clinics are organized by the FMIG Vice President of Procedure Clinics. If the VP is unable to attend the event personally, an email is sent out to the FMIG leadership board asking for volunteers who can attend the event and assist the residency program in running the clinic. The student(s) charged with helping to run the clinic act as the point of contact for the residency program upon their arrival, set up the room with equipment and supplies, order and distribute food, check in students to confirm attendance, and update students with current happenings in FMIG. We also typically provide boxed meals for our students to enjoy during the procedure clinics. Overall this program is an excellent partnership between the college and the state's family medicine residencies; students receive high quality instruction in procedures they otherwise would rarely get to practice, and learn to appreciate the scope of family medicine. Additionally, residency programs get the opportunity to interact with our in- state students, which is beneficial in terms of recruitment to their programs.

Topics in Family Medicine Lunch Series

Introduction & Goals:

1. To expose underclassmen (M1, M2) to the diversity of family medicine and the importance of primary care in today's healthcare system.
2. To broaden the knowledge of upperclassmen (M3, M4) by highlighting specific practices or fellowship tracts available in the field of family medicine, both rural and academic in nature.
3. To facilitate professional and informal interactions between practicing family physicians, residents, and all medical students (M1-M4) with similar interests to start the conversation about the role of family medicine in primary care.
4. To emphasize all the other great FMIG events occurring during the semester.

Lunch meetings this year covered topics including an introduction to the family medicine interest group to orient new M1s on how FMIG works. We then had a panel highlighting the breadth of family medicine with representation of geriatrics, global health, OBGYN, and sports medicine. This exposed students to the different pathways one can take within the specialty of family medicine. We also highlighted the combined Family Medicine-Psychiatry residency program and had current residents from the University of Iowa discuss the specialty and answer student questions. In the spring semester we had a lunch meeting focusing on rural

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family medicine and were able to Zoom in a physician from rural northwest Iowa to talk about the benefits and challenges of working in rural medicine. Lastly we ended the year with a match panel composed of M4s who had recently matched into family medicine. During the match panel the fourth year students gave advice on how to approach and prepare for the residency application process, including advanced electives, away rotations, program selection, interviewing, and creating their final match list.

FMIG leader roles and program execution: Two students served as lunch meeting coordinators on the FMIG executive board this year. They were tasked with organizing the lunch meeting talks, advertising meetings to medical students, and coordinating the purchase of food with the FMIG treasurer and support staff through the Department of Family Medicine. Diligent attention was paid to the medical school's master calendar to coordinate around exam schedules and other large interest group meetings.

Additionally, the Iowa Residency Programs Dinner Series is a new series that the co-presidents planned this year in an effort to increase awareness of Iowa Family Medicine Programs across the state. This was an initiative that started after the University of Iowa's FMIG presentation to the Iowa Family Medicine Program Directors meeting. One of our goals for this series is to prepare students of all years for residency applications and to expose them to the nuances and strengths of the programs in Iowa. This series is set to begin at the end of May 2023 and continue through the summer months leading up to the residency application deadline in the fall. Dinners will occur in-person at the medical school every two to four weeks and feature a different residency program with representatives from the program to include the program director and a resident. We anticipate each dinner will cover topics ranging from virtual interviews, personal statements, elective choices to prepare for residency, extracurriculars to demonstrate a commitment to Family Medicine, and strengths specific to that program. We also will offer virtual connection capabilities for students who are off-campus or unable to attend the event in-person. To pay for the dinners, FMIG is requesting funds from the Graduate & Professional Student Government to cover the food costs. We are very excited for this series and expect it will be an annual recurrence to promote Iowa Family Medicine Programs for those interested in staying in the state of Iowa for training and to encourage interest in Family Medicine.

National Primary Care Week

Introduction and Goals:

National Primary Care Week is an annual event to bring healthcare professionals together to showcase the diversity and importance of primary care. Goals of FMIG's National Primary Care Week activities include:

1. To collaborate with other primary care interest groups to develop a week-long informative event
2. To highlight interdisciplinary healthcare and the importance of primary care in under-served populations
3. To specifically emphasize hot topics in family medicine and primary care and the benefits in a career in primary care
4. To facilitate professional and informal interactions between practicing family physicians, residents, and medical students (M1-M4) with similar interests to start the conversations about the role of family medicine in primary care.

As we have done in previous years, FMIG enlisted the help of several other interest groups to coordinate a truly integrated week highlighting several aspects of primary care. Other groups involved included: Internal Medicine Interest Group, Pediatric Interest Group, and Leopold Society. Our events included daily lunch meetings about primary care topics hosted by each

interest group, and daily trivia about primary care, highlighting its importance. Topics included a Q&A session about primary care with a general pediatrician, a session with two internal medicine faculty discussing their roles as primary care providers, and a breakfast event promoting different fields within primary care. Each event offered ample time after the presentations for Q&A, allowing students to interact with primary care physicians in their respective specialties. We also included flyers to highlight various avenues within primary care. The week's activities were a great way to show medical students the numerous opportunities and breadth of family medicine and other primary care specialties.

FMIG Leader Roles and Program Execution:

The FMIG Primary Care Week Coordinator was responsible for coordinating events with other primary care student interest groups to plan and organize events for National Primary Care Week held each October. The coordinator advertised for the week's events on our student list serves as well as various social media platforms. They also sent out daily trivia questions via email to increase awareness and participation in the week's activities and distributed various prizes to the trivia winners with the correct answers. We were able to hold in-person lunch meetings, and food and various primary care "swag" items were offered to participants to encourage attendance. We were able to provide a large range of topics to promote primary care and the numerous paths you can take as a primary care physician.

Community Outreach

Introduction and Goals:

One way that our members serve the community is through our long-standing Tar Wars Program.

Goals for this initiative include:

1. Giving our FMIG members a chance to interact with young people, specifically 5th and 6th graders, and an opportunity to practice their skills as health educators.
2. Provide a supportive learning opportunity for children to better understand their bodies and consequences of decisions, specifically smoking, on their health.
3. Decrease future smoking and vaping rates in the community by reaching children before they start.

This program serves to educate upper elementary students about the hazards of tobacco use and vaping and highlights both the negative consequences and reasons why people choose to smoke. This program focuses on the immediate, short-term negative effects of tobacco, which has been proven to be more effective with young, concrete learners than discussing long-term smoking effects. Topics of discussion include the negative effects of bad breath, decreased endurance, hazardous chemicals in cigarettes, the harms of vaping and E-cigarettes, and having less money available to purchase other things. Volunteers also complete activities with the students such as calculating the financial costs of smoking as well as a "breathing through a straw" exercise to demonstrate the physical effects of long-term smoking and emphysema.

FMIG Leader Roles and Program Execution:

Community engagement is a core part of family medicine and something we strive to incorporate for our members. Each year our Community Outreach Chair works with local elementary school teachers to present the AAFP-endorsed anti-tobacco program to 5th graders. We provide an orientation for all potential Tar Wars volunteers. Our chapter is heavily committed to the Tar Wars program, and it is highly valued by our FMIG members as shown by the continued dedication of many of our presenters throughout their entire medical education. We also coordinate with other leaders of interest groups within the Carver College of Medicine as well as the University of Iowa Health Care system to provide volunteer opportunities for FMIG members. A consistent issue through the years is finding time to provide a time that

works for all interested volunteers. For the Tar Wars program, we coordinated with elementary schools and volunteers to find the most appropriate meeting times. We worked with the University of Iowa Health Care's STEM Education Coordinator to provide multiple opportunities throughout the year at various locations for volunteers to participate in STEM events to help suit their interests and availability.

Mentorship Initiative

Introduction and Goals:

For the past decade, our FMIG has intermittently sponsored a mentorship program with the University of Iowa Family Medicine faculty. In an effort to provide a more sustainable mentorship opportunity to our members, we worked with our FMIG Faculty Advisor to develop a new mentorship opportunity for our members. Our goals for this program were:

1. To enhance student understanding of and interest in Family Medicine
2. To provide guidance to our members through meaningful mentorship in a longitudinal fashion
3. To create mentoring relationships that inspire and revitalize the work of practicing physicians in the state of Iowa

FMIG Leader Roles and Program Development:

Because of the ongoing pandemic and hybrid rotations, there was concern that students were not getting exposure to family medicine and the diversity of the practices. Students typically in our curriculum are not exposed to family medicine until their clinical core year that begins halfway through M2 year. Additionally, we believe that formal mentorship is one of the ways that students can be encouraged to go into family medicine especially by reaching M1s and M2s prior to their clinical rotations. Our mentorship program was revitalized during the previous year and continued this year. We identified several UIHC Family Medicine Department faculty that have volunteered to serve as mentors for medical students interested in gaining early clinical experience and further exploring family medicine practice. Medical student mentees were matched with mentors based on particular interests and what they desire to gain from this relationship/experience. Results from a feedback survey showed that students utilized this mentorship to learn more about the family medicine specialty and physician lifestyle, begin research projects, and pursue other extracurricular interests such as community service. Overall, students have been satisfied with this program and we plan to continue this moving forward.

PCLC Acceptance

In 2022, our FMIG applied to and was successfully accepted into the Primary Care Leadership Collaboration run by the American Academy of Family Physicians. We are about one year into this two year initiative, which allows our FMIG to interact with mentors and other FMIG leaders across the country. Our main goals with the program are to continue to grow the size of our interest group and foster further interest in family medicine amongst our student body. This is a critical initiative given the shortage of primary care providers in our state especially in more rural settings. The project that is currently being worked on includes mentorship and shadowing opportunities for M1 students during their winter breaks to spend time at one of Iowa's Family Medicine Residency site locations. We have four student members appointed who have taken the lead coordinating the initiatives developed in the PCLC with our FMIG leadership board. Those participating have received comprehensive training in both relational leadership and advocacy which will not only strengthen their individual skills but also contribute to strong leadership within our FMIG that should carry down for years to come.

Iowa Family Physician Magazine - Student Corner

Each year, our FMIG Secretary is responsible for providing articles for Iowa Family Physician Magazine's "Student Corner". The Iowa Family Physician Magazine is published three times a year by the Iowa Academy of Family Physicians and features academy updates and articles written by members and leadership highlighting different themes related to the practice of Family Medicine. This year, three University of Iowa students interested in family medicine contributed articles on the topics of education, advocacy and physician wellness to be published in the magazine and shared with IAFP members across the state.

Speed Dating

In previous years, this has been a highly rated event with students reporting new understanding of the scope of family physicians and learning about opportunities in family medicine. Prior to Covid-19 this event involved family doctors from the state of Iowa networking with medical students in an in-person speed dating format. The format of the event is like "speed dating" where attendees "rotate" tables in order to engage with different people. This event is a great way for students to ask about family medicine specialty, what life is like as a family physician in Iowa, and any other questions they may have for physician guests. It is also a way for students to network with providers both within and beyond UIHC, which may facilitate future "away" and/or rural family medicine rotations with preceptors with whom they already have established relationships.

In the previous two years we have had to alter the format to be able to accommodate this event in a virtual space. In order to do that we offered a panel of family doctors from a wide scope of practices to discuss the diversity of family medicine. Breakout rooms on Zoom were utilized to serve as the "tables" through which students rotated.

Our goals for this event include:

1. To gain unique perspectives to the broad spectrum of family medicine
2. To learn about various focus areas that family physicians pursue to tailor their practice
3. To identify the career opportunities and the scope of care provided by family physicians
4. To learn various settings in which family physicians can practice.

FMIG Leader Roles and Program Execution:

The FMIG professional development chair and , Director of Education and Advocacy from the Iowa Academy of Family Physicians, work together to coordinate this event which was funded by special grant funding received from IAFP. The professional development chair coordinates a date with , who contacts a variety of family physicians across Iowa who have different scopes of practice. This event is scheduled for an evening in April/May each year. This year, we plan to host an in-person event in May.