



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

Overall Award

Universidad Autonoma de Guadalajara School of Medicine

FMIG Operation

The Family Medicine Interest Group will be composed of the Governing Board and Committee. All elected and appointed council members of the AAFP Family Medicine Interest Group shall be currently enrolled students of UAG School of Medicine.

The Governing Board (GB)

1. Co- Presidents
2. Director of Philanthropy & Community Engagement
3. VP of Clinical Operations & Recruitment
4. Mentorship Chair
5. Secretary
6. Treasurer
7. Clinical Skills Coordinator
8. Event Coordinator
9. Public Relations Coordinator
10. Student Liaison Coordinator

1. Co-Presidents shall include, but not be limited to:

a. He/She/They presides over all meetings of the Family Medicine Interest Group and Governing Board.

b. He/She/They shall serve as a liaison between the Department of Family Medicine and students.

c. He/She/They shall be responsible for executing the directives of the Governing Board.

d. He/She/They shall coordinate and facilitate communication with school administration, faculty, and advisors, while maintaining the vision of the Family Medicine Interest Group.

e. He/She/They shall perform or delegate any other reasonable duties necessary for the carrying out of business of the Family Medicine Interest Group.

f. He/She/They shall maintain the Presidential binder and shall include:

- i. Meeting minutes
- ii. Records of events (event attendance, cost, sources of funding)
- iii. Governing documents
- iv. Binder will be helpful for incoming council members.

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- g. He/She/They shall oversee design and delivery of monthly newsletter, digital marketing, flyers, Instagram, monthly budget, and incoming emails.
- h. He/She/They shall host all informational sessions and be present during all virtual and in-person events.
- i. He/She/They shall coordinate all U.S and Mexico guest speakers' webinars.
- j. He/She/They shall assist the director of philanthropy & community engagement.
- k. He/She/They shall attend all community engagement events.
- l. He/She/They shall manage and update FMIG website.
- m. He/She/They shall continue FMIGs productivity, recognition, and success.
- n. He/She/They shall contact faculty advisor if issue arises prior to seeking administration assistance.

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10. Student Liaison Coordinator shall include, but not be limited to:

- a. He/She/They must communicate information between the board, student body/members and assist with any questions regarding memberships, events, etc.
- b. He/She/They shall be knowledgeable about the FMIG mission and core objectives.
- c. He/She/They shall act as a primary liaison between the governing board and medical student liaisons.
- d. He/She/They shall convey the interest and desired of the members to the governing board.
- e. He/She/They will delegate tasks to medical student liaisons regarding in-class and WhatsApp announcements.
- f. He/She/They will work closely with co-presidents, event coordinator and clinical skills coordinator
- g. He/She/They will appoint a medical student liaison as temporary “substitute” if for any reason a board member is unable to fulfil his/her/their duties due to a temporary leave of absence of their role.
- h. He/She/They must attend all board meeting and at least $\frac{3}{4}$ of all events during the semester.
- i. In the event that the student liaison coordinator is off on rotations, they must all virtually events if rotation schedule permits it.
- i. He/She/They must verify that all medical student liaisons have posted in their respective group chats and to report that information back to the co-president.
- j. He/She/They will represent all medical student liaison during board meetings.

Goals

Mission Statement

1. The Family Medicine Interest Group (FMIG) is a teaching organization that will help foster interest in the field of Family medicine while enhancing personal, clinical leadership and philanthropic growth.

Goals

- 1. With projects, programs, and activities, the Family Medicine Interest Group will pursue the following:
 - a. Provide leadership development, mentoring, encouragement, and clinical skills opportunities that may be pursued outside the classroom.
 - b. Be a source of connection between medical students, faculty, and community.
 - c. Increase awareness and educate medical students about family medicine.

- d. Provide workshops & other activities to help further enhance skills used in family medicine.
- e. Learn about research opportunities in family medicine.
- f. Increase community engagement & philanthropic efforts.
- g. Provide an inclusive & diverse learning environment for all.

Faculty Advisor

Our faculty advisor serves as a mentor to the governing board providing her medical expertise to develop clinical workshops, lectures, community outreach events, and tabling events. This semester focused on preparing our 4th semester students who are ready to go off into rotations by holding specific office hours for Family Medicine Students.

Our staff provides support with coordination of events with administration regarding scheduling, availability and serves as point of contact with the International Student Affairs Office (ISAO) and UAG SOM Dean.

Programs

Student Support Programs

This program came about from our desire to connect with general body members and provide a safe, inclusive, and fruitful environment for students to study, learn, and build community with other students interested in family medicine. We provided students with snacks, coffee, and water in a quiet classroom to study for exams. Our members were available to answer any questions the students had about family medicine. The study jams were attended by 60 students combined for all 3 sessions. Students participated by dropping by throughout the day grabbing snacks and utilizing the designated space to study. In addition, our faculty advisor hosted informational sessions where students had the opportunity to ask questions regarding UAG curriculum and other family medicine/ professional development questions they may have. Our event coordinator contacted our support staff to coordinate time and place for the event, then created a spreadsheet that allowed governing board members to sign up to volunteer to bring food/snack items for the event. FMIG Guadalajara allows all active board and committee members to take part in the event planning process. Our governing board also signed up for shifts to monitor the classroom to maintain a quiet, welcoming, and productive session. Each Study Jam was about \$400pesos (20 USD)

Our organization is currently in the process of collaborating with the UAG Student Health to obtain items which are necessary to treat students who come in through donations. Due to the infancy of our new campus, students were sent away to the main campus for treatment for medical treatment. Student Health at our satellite campus had to turn away students because the resident physician was not yet provided the proper diagnostic tools such as blood pressure cuffs, thermometers, ophthalmoscopes, or pulse oximeters. To resolve this issue, we are working with our faculty to provide our campus administration support by assisting with the purchase of items for student health. With our partnership with Student Health, our members will also be allowed to practice basic vital signs with the resident physician at student health. As of now this new project has taken 4 hours to plan and coordinate with Liliana. These initiatives will build a safe environment and provide our students with all necessary resources to succeed. The organization prides itself in supporting the needs of our students by

providing quiet places to study and improving health care at our satellite campus. Our goals for our Student Support Programs are to advocate for the importance of primary care including for our own students and provide FMIG members with the opportunities and resources needed to become successful future family physicians.

FMIG Lecture Series

The FMIG Lecture Series was designed to expose our members to health topics seen in the everyday life of a family medicine physician. Students were invited to attend guest lectures by physicians who specialized in each topic. Each presenter tailored the lecture topic to be applicable for a family medicine standpoint. For example each provider presented clinical cases, signs, symptoms for family physicians to look for when treating patients with Systemic Lupus Erythematosus, Diabetes, and Renal Insufficiency.

Program Objectives:

1. expose students to chronic conditions which they will see as future family physicians
2. provide students with guidelines to follow when dealing with chronic conditions
3. provide students with the diagnostic process of each topic and know when to refer to specialists

This was an extensive project with required our clinical skills coordinator to contact professors and coordinate topic for each lecture series.

FMIG Lecture Series: Systemic Lupus Erythematosus, presented by , Rheumatologist.

FMIG Lecture Series: Diabetes, presented by , General Practitioner.

FMIG Lecture Series: Renal Insufficiency, presented by , General Practitioner. This was a very special presentation in particular because shared his story of receiving a kidney transplant when he was 18 years old. His presentation consisted of medical information as well as advocacy for family medicine physicians to detect renal insufficiency and refer patients for appropriate care.

Suicide Prevention Training

The Suicide Prevention Training was held in 2021-2022 academic year, this year in 2022-2023 the training was conducted in person and was done in collaboration with Universidad Autonoma de Guadalajara SOM Psychiatry Interest Group and Meenthal: UAG Student Mental Health Club. The training was facilitated by UAG Clinical Psychologist, . The presentation consisted of educating students on suicide, how to provide assistance for those who are in crisis, how to detect signs of mental health crisis, resources to provide patients in crisis and finally they addressed mental health among medical students and residents. Each student was provided with the presentation and a list of resources to learn more and to refer patients which may be having a mental health crisis. Each student was provided a certificate after the training.

The objectives for the training is:

1. recognized common causes, risk factors and warning signs
2. understand myths and factors of suicidal behavior
3. Question a persuade about suicide
4. Persuade a suicidal person to seek help

5. Refer suicidal person to appropriate specialist

National Primary Care Week

This was the first annual UAG FMIG National Primary Care week and we did so in collaboration with UAGs American Medical Student Association (AMSA). FMIG organized and took the lead on the project to coordinate a week full of events including a blood pressure workshop, FMIG lecture series: Diabetes, bake sales, and a special presentation: A Global Perspective to Primary Care by UAG Dean of Student Success, . Our speaker, , primary care physician and humanitarian, shared his experience coordinating medical mission trips to Dominican Republic, Guatemala, Costa Rica, and the Peruvian Amazon. With his background in Global Health, delivered an informative and passionate presentation on the importance of primary care services and addressed the shortages of primary care physicians globally and in the United States. is currently UAGs Dean of Student Success, and is in the process of completing his Masters in Humanitarian Health at the John Hopkins Bloomberg School of Public Health. The Dean of UAG School of Medicine, was also in attendance of the event.

In addition on the Thursday and Friday of primary care week we had a balloon display for FMIG students and all UAG students to stop by take pictures and learn more about the importance of primary care. At the balloon display we had a bake sale to raise money for a 10 year old boy from Jalisco, Mexico, , who urgently needed heart valve surgery. One of our general body members brought the issue to Family Medicine for us to help and in total FMIG raised 11, 400 pesos (700USD) with two bake sales and donations from UAG students, faculty, and administrators during Primary Care week. This was an extremely successful series of events which was well received by all of the UAG community.

The objectives of the event are to:

1. advocate for primary care as it is often overlooked and underfunded
2. discuss the importance of primary care services such as how access to primary care can lower health care costs and improve health outcomes
3. expose FMIG members to primary care physicians
4. emphasize patient-physician relationship
5. provide a space where the FMIG members and all UAG community can foster interest in primary care and the family medicine specialty.

The events for National Primary Care Week were coordinated by FMIG Co-Presidents

All board members took a role in delivering of events such as contacting professors for the events, coordinating with administration for permissions of balloon display and bake sale. In addition board members were present throughout primary care week assisting with supervision of events and ensuring a safe welcoming environment. Funding for the event was taken from FMIG membership fees.

On call with a Family Medicine Resident, On call with a Family Physician Residency Director

This program is a continuation of "A day in the Life of a Family Medicine Physician." This "On Call with a Family Medicine Resident" webinar was given by UAG Alum, D 3rd year Family Medicine Resident at Contra Costa Regional Medical Center in Martinez, California. This presentation consisted of going over a typical day in her residency program including the cases she encountered and how she tackled each case. share a unique perspective that although she is a family medicine resident she focuses on

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women's health and geriatric care. shared how she has delivered multiple babies and also has cared for patients who have requested her to be their doctor and deliver their baby. In addition, shared how she is passionate about mentorship and helping other first generation college and medical students. She provided a Q& A session where students asked how to prepare for clinical rotations in the USA, the MATCH process, and how to choose a residency program that best suits the applicant.

The second session was a webinar with UAG Alumni, CMO and family residency director at Marana Health Center in Tucson Arizona. shared her experience from her time at UAG to balancing becoming CMO and being a mother of 3 children. discussed her passion for Family Medicine, MATCH process, as well as advocated for the need for more residency spots. presentation was inspiring and emphasized the importance of STEP, MATCH process and making the most out of the student experience while at UAG.

Objectives:

1. To provide students with exposure to family medicine residencies
2. To allow students to interact with family physicians
3. To provide students with information on the MATCH process
4. Provide mentorship
5. learn from UAG Alumni and their experiences

"Grupo De Mujeres Una Gota de Esperanza"

"Grupo de Mujeres Una Gota de Esperanza A. C." continues to provide an opportunity for UAG FMIG to serve the local community of Tlaquepaque, Mexico as well as help general body members and board members develop leadership skills. This year we have focused on working with the director of the program to address the issues that affect the organization and how FMIG UAG can help.

An initial meeting was conducted with the president of Una Gota de Esperanza, and we found she struggles most with access to food, education materials, and funding.

Donations Drop Offs with Una Gota De Esperanza:

As a board, the FMIG team came up with the idea of preparing frozen foods which the organization can store for months at a time and distribute to students who come into class hungry. 10 board FMIG board and general body members prepared 80 sandwiches for the organization to store and use as needed. In addition, donations were collected which consisted of non-perishable foods such as granola bars, water bottles, juice boxes, cereals. FMIG was able to contribute the donations because of the generous donations from board members and general body members.

In addition, the president of Una Gota de Esperanza is the primary care giver for her nephew who suffered an accident in June 2022 which left him wheelchair bound. When FMIG became aware of the need for a wheelchair, our board members donated a wheelchair to them within 24 hours.

Health Checks with Una Gota De Esperanza:

FMIG launched a second initiative with Una Gota de Esperanza in which we provide basic health checks to the community taking basic vital signs such as blood pressure, temperature, oxygen saturation, height, weight and document allergies. This project assists the community with receiving resources from State and Federal funding. Una Gota de Esperanza must provide basic health profiles of their students to receive donations from Mexican government. FMIG has assisted with this initiative by providing health checks.

Objectives:

- promote community service
- to promote leadership development of FMIG board and Generally body members
- to promote importance of access to primary care
- to provide FMIG members with opportunities to help the local community
- to provide FMIG member with practice of basic vital signs

Coordination of donations and transportation was executed by Co-President .

Collection of donations was executed by all governing board members and committee members. About 25 board members and general body have attended the health checks and over 50 students have contributed to the donations for Una Gota de Esperanza .

Professional Development

Anki 101: Crash Course

This Workshop was designed to provide FMIG members with the basic skills to utilize platform ANKI to study for medical school exams and STEP studying during rotations. This workshop was given by 4th Semester UAG student who has over 12 years experience as an educator at University of Texas Brownsville and Texas Southmost College. The Workshop was delivered in person and broadcasted online via Teams for all FMIG students. The objectives for the workshop include:

1. provide anki crash course for first time users to complement studies and STEP 1 prep
2. to help students utilize UWORLD Anki extension to study for STEP 1

The Road to Step 1 Success

This Webinar was designed to provide FMIG members with opportunities to learn from a fellow UAG student who successfully passed the STEP 1 exam. The webinar was given by , an MS4 FMIG member rotating at Jackson Park Hospital in Chicago, IL. shared her experience from finding resources that helped her most to providing a sample daily schedule to help students get started with studying for STEP. is first generation college student and is passionate about primary care and mentorship. The objectives for the workshop include:

1. provide students with resources and knowledge to pass STEP 1
2. provide students the opportunity to ask upperclassmen questions regarding STEP 1 and clinical rotations.

Clinical Skills Workshops

Nuclear Medicine Radiology: Real World Applications in Radiology

This workshop was designed to provide FMIG members with exposure to diagnostic modalities such as X-Ray, CT, and MRI. Students were presented with images and guided in how to view and interpret chest X-rays, how to recognize anatomical structures as references and methods on how train the eye to look for abnormalities. The workshop was lead by 4th semester UAG student who has over 15 years experience as a Radiology Technician and 10 years as a Nuclear Medicine Technician.

Objectives:

1. Learn about conventional imaging modalities such as X-ray, CT, MRI.
 2. Learn how to view and interpret chest X-ray.
 3. Learn about advanced imaging modalities such as Nuclear Medicine methods.
- The following workshops were designed after workshops given at AAFP National Conference and attended by FMIG Co-President After attended these workshops, she new she wanted to share the knowledge and experience with fellow FMIG board members and general body. Materials needed for the workshops such as joints, puddy toes and nails, and cysts were handcrafted by board members. Funding for the materials was provided by the AAFP Grant.

Nail Resection and Joint Injections

This hands-on workshop was given by UAG SOM clinical professor. 15 students attended the workshop. went through the steps of each procedure and provided guidance on how to perform them on practice materials prepared by FMIG board members.

Sebaceous Cyst Extraction and Suture Workshop

This hands-on workshop was given by UAG SOM clinical professor. 15 students attended the workshop. went through the steps of each procedure and provided guidance on how to perform them on practice materials prepared by FMIG board members.

Learning objectives

1. provide students with experience with procedures commonly performed by family medicine doctors.
2. expose FMIG students to workshops provided at national conference.

Peer Mentorship Program

FMIG Peer Mentorship Program

The program was designed to provide resources, guidance and support to MS1 and MS2 students. Mentors MS3 and MS4s are paired up with MS1 and MS2s and upon initial meeting discussed and set goals for the academic semester. Mentors provide mentee with information on clinical rotations, advise, and guidance to help them reach their full potential as medical students and professionals. Certifications are granted at the end of the academic semester. Meetings take place via teams as students at rotations are in the USA while mentees are at UAG in Guadalajara, Mexico.

This academic year the Peer Mentorship Program over doubled in size with 13 mentors and mentee pairs. To define program goals and keep the program as productive as possible, we have incorporated topics of the week including Transitioning to Clinical Rotations, How to Present a Patient a patient to your attending, and Studying for STEP 1.

This year we have also created a group chat for Mentor can provide information on STEP 1, share medical journals, discuss topics affecting family medicine, provide advise for all mentees to benefit from.

Mentorship is an essential part of medical education and becoming a well rounded physician.