



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

Overall Award

University of Colorado School of Medicine

FMIG Operation

CUSOM FMIG is structured so that student leaders are instrumental in all of the decision-making. All meetings, events, and elections are planned and executed by student leaders. The co-presidents act as heads of the organization by scheduling meetings, brainstorming events, agenda-setting, budgeting, goal-setting, and assisting others in their roles, especially in regard to event coordination and community service. Our secretary maintains our member list, records meeting minutes, and sends out our monthly newsletter that updates members on current events in the community of family medicine and within CUSOM FMIG itself. Our event coordinator helps brainstorm, plan, and execute events such as luncheons, guest lectures, and School of Medicine community events. Our CAFP/AAFP liaison communicates with our presidents and secretary to keep students updated on current opportunities within CAFP and AAFP. Our social media managers maintain our social media presence and increase the reach of our FMIG by updating our social media frequently with current events and interviews with community family medicine physicians. Our Humans of Family Medicine Instagram page focuses on highlighting current Family Medicine physicians and their stories about caring for patients, finding the humanity and beauty in medicine, and advocating for service, justice, and equity in all aspects of primary care. Our service liaison plans and coordinates all of the FMIG community service opportunities. Our FMIG heavily involves students in all aspects, as creators, organizers, and leaders.

Goals

The mission of the Family Medicine interest group at CU School of Medicine is to increase medical student engagement, excitement, and awareness of family medicine. We hope to excite students about the unique opportunities and philosophies of family medicine through social media, educational and networking events, and community involvement. We seek to diversify, grow, and strengthen the field of family medicine by empowering our members to be future leaders, advocates, and visionaries. Our specific goals include returning to hosting in-person events following the pandemic lockdowns, increasing involvement in our club to include 15% of the current classes, and increasing club members' involvement in the community by providing opportunities for engagement and participation in community service events. Our newest position, service liaison, is focusing specifically on increasing student and club engagement in service opportunities around Colorado.

We intend to make service a core tenant of FMIG continuing forward. To do this, we are creating several community outreach programs, which will be able to be maintained in future years of FMIG. We aim to begin quarterly community outreach projects in the area immediately surrounding the Aurora campus. For these outreach projects, we will try to partner with local organizations to identify the

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specific needs of the community and design projects that specifically address education, preventative healthcare, or any other needs that the organization identifies.

We will also seek to continue to educate the student population on the joys of family medicine and all of the abundant opportunities the field can provide it by hosting events that represent the core tenants of family medicine. These events include but are not limited to, in-person workshops and lunch lectures, in-person and Zoom guest family medicine speakers, community events, and member meetings. These activities, especially the community events, also act to increase student awareness of and involvement in FMIG. Recently, we hosted one of our largest community events which was a lunch lecture from panelist physicians in different fellowship opportunities within family medicine (sports medicine, addiction medicine, palliative care, OBGYN, etc.). We would like to continue to increase community involvement in FMIG by hosting collaborative events with the Medical Student Pride Alliance, White Coats for Black Lives, and other student organizations.

Our social media presence began as an Instagram page called “Humans of Family Medicine,” which highlights the lives and work of those in community medicine. Our goal is to continue to post about physicians and healthcare workers who embody compassion, hard work, strength, and a yearning for social and health justice. We have had many wonderfully compassionate physicians give their time and energy to interview with us, and we hope to continue highlighting their stories, values, and impact on this page in a sustainable, educational, and meaningful way.

Faculty Advisor

Our faculty advisors take a fairly hands-off approach. They allow FMIG student leaders to brainstorm, plan, and accomplish the student-created goals while offering support and connections when needed. They assist FMIG significantly by helping FMIG leaders to execute their ideas. Some of the ways they have assisted thus far this year include speaking at FMIG events and panels, connecting our presidents and event coordinator to potential guest speakers and lunch lecturers, providing feedback on event ideas, and offering guidance on how to accomplish tasks.

They offer mentorship for members while still allowing our FMIG to be mostly student-run. Our faculty advisors are much more than just advisors. They are mentors, supporters, and important team members. Our staff supporters have been integral to our FMIG team's success. They manage our budget, book rooms and spaces for events, and organize purchases. They assist us with brainstorming, attend meetings, and facilitate the transition of the FMIG leadership teams each year. They have made all the difference in how our FMIG operates.

Programs

Women in Family Medicine Luncheon

A Women in Family Medicine panel was held to celebrate and empower women in the medical field. The program aimed to create a supportive community and to provide opportunities for mentorship and networking among female medical students, residents, and faculty. In honor of Women’s History Month, the objective of this event was to address gender disparities in medicine and highlight the achievements of female physicians. The program was set up in collaboration with the Family Medicine department and community members were invited to participate.

The FMIG leader roles involved organizing the event, including selecting the panelists, setting the agenda, and arranging reservations for the space. The FMIG Faculty Advisor roles involved providing guidance and support to the student leaders, connecting them with the appropriate

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resources, and promoting the event to the wider medical community. Furthermore, FMIG Staff arranged catering for lunch.

Family medicine was communicated through the initiative by inviting female family medicine physicians to be panelists and share their experiences and perspectives. The event also aimed to encourage medical students to consider family medicine as a career option by highlighting the unique opportunities and challenges in the field.

The program execution involved a panel discussion followed by a networking lunch. The panelists shared their personal and professional experiences as female physicians, including their journeys through medical school, residency, and beyond. They also addressed topics such as work-life balance, gender bias, and mentorship. The networking lunch provided an opportunity for the attendees to connect with the panelists and each other, exchange ideas, and build relationships.

Approximately 21 students and faculty members participated in the Women in Medicine panel lunch event. The program was evaluated by listening to verbal feedback from attendees which showed overall satisfaction with the event and overall a high likelihood to attend similar events in the future. The FMIG team also evaluated the success of the program by comparing attendance with previous FMIG events and incorporating suggestions for improvement into future planning. This year was the first time our club hosted an event on this topic.

In conclusion, a Women in Medicine panel lunch event was an important initiative that promoted gender diversity and inclusivity in family medicine. The event provided a platform for female medical professionals to share their experiences, provide mentorship and support, and build a supportive community. FMIG leaders and faculty advisors played a crucial role in organizing and promoting the event, while collaboration with the Family Medicine department helped to ensure its success. By evaluating the program's impact and making improvements based on feedback, the FMIG can continue to support and empower women in medicine and promote family medicine as a rewarding career path.

Subspecialties in Family Medicine

The subspecialties in family medicine lunch panel event was organized by our chapter of FMIG. The objective of the program was to expose medical students to the various subspecialties and fellowships in family medicine and to provide them with an opportunity to interact with experts in these fields.

The idea for the program was generated during a brainstorming session held by the FMIG leadership. The team recognized the need to educate medical students about the subspecialties within family medicine and the benefits of pursuing careers in these fields. We also wanted to provide an opportunity for students to learn about different career paths and to network with professionals in the field.

The program was set up as a lunch panel event, with three panelists representing different subspecialties in family medicine. The panelists included an Addiction Medicine specialist, a Surgical Obstetrics specialist, and a Sports Medicine specialist. The event was open to all medical students, and FMIG leaders worked collaboratively to promote the event to the student body.

The FMIG leader roles included coordinating with panelists, reserving the venue, and promoting the event. The FMIG Faculty Advisors provided guidance and support throughout the planning process, ensuring that the program was aligned with the educational goals of the medical school and was in compliance with university policies. FMIG Staff aided in ordering and arranging the delivery of lunch given to attendees.

During the event, the panelists shared their experiences and provided insights into their respective fields. They also answered questions from the audience, which allowed for an interactive and engaging discussion. The panelists emphasized the importance of family medicine and the role of family physicians in providing comprehensive and continuous care to patients while still having a lot of diverse options to focus their careers.

The event was well-received, and approximately 36 medical students attended. Our FMIG evaluated the success of the program by soliciting feedback from attendees and panelists. The feedback was positive, with many attendees expressing interest in pursuing a career in family medicine and exploring the various subspecialties within the field. This was our first event focusing on this topic.

Overall, the subspecialties in family medicine lunch panel event was a successful program that provided medical students with a valuable opportunity to learn about the fellowship training options within family medicine and to interact with professionals in the field. The program was well-organized and well-received, and our FMIG leadership team is already planning similar events in the future.

Celebrating Pride Month in the Quad

In honor of Pride Month, our FMIG collaborated with White Coats 4 Black Lives and Medical Student Pride Alliance to host a fun and engaging event in the campus quad. Our goal was to create a safe and inclusive space where students from all walks of life could come together, celebrate diversity, and learn more about our organizations and the causes we support. Through a range of activities, we aimed to promote a sense of community and unity while highlighting the importance of equity, inclusion, and social justice.

The idea for the event was generated by our group of FMIG leaders who were passionate about creating a more inclusive and diverse community on campus. We recognized that Pride Month presented an excellent opportunity to promote our values and reach out to a wider audience, and we decided to team up with other like-minded organizations to make our vision a reality. We collaborated closely with members of White Coats 4 Black Lives and Medical Student Pride Alliance to plan and execute the event, bringing together our unique strengths and resources to create a memorable and impactful experience.

To set up the program, we began by securing a space in the campus quad and obtaining the necessary permissions. We then worked together to plan a range of activities that would appeal to a diverse audience, including lawn games, tie-dying t-shirts, and offering refreshments. We also invited guest speakers to share their experiences and insights on topics related to diversity, inclusion, and social justice. Our FMIG Faculty Advisor played a critical role in supporting our efforts, providing guidance and resources to ensure the event was a success.

One of the key aspects of the event was community participation. We also leveraged our class Discord and Facebook pages as well as other communication channels to spread the word about the event and encourage people to attend. Our collaboration with other organizations allowed

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us to tap into their networks as well, expanding our reach and impact.

Family medicine was communicated through the initiative by highlighting the role of family physicians in promoting health equity and addressing health disparities. We emphasized the importance of primary care and the need for more diverse and inclusive healthcare systems. We also showcased the work of our FMIG in promoting family medicine and advocating for the needs of underserved communities.

On the day of the event, we were thrilled to see a large turnout, with over 80 students and community members participating in the activities. The lawn games were a big hit, with students competing in friendly matches of frisbee and cornhole. The tie-dye station was also very popular, with students creating unique and colorful t-shirts to wear throughout the day. The refreshments provided a welcome break from the heat, with students enjoying ice-cold drinks and snacks while mingling with one another. Throughout the event, we encouraged attendees to engage in discussions about diversity, inclusion, and social justice, and many people shared their personal stories and perspectives. We also had guest speakers who spoke about their experiences as members of the LGBTQ+ community and as advocates for racial justice. Their words were powerful and inspiring and helped to reinforce our message of unity and community.

To evaluate the success of the program, we solicited verbal feedback from attendees and tracked attendance. The response was overwhelmingly positive, with many people expressing their appreciation for the event and the opportunity to connect with others who shared their values. Based on this feedback, we plan to make several improvements to the program next year, including expanding our outreach efforts and incorporating more interactive activities and educational resources.

Overall, the Pride Month event in the campus quad was a tremendous success, bringing together students from different backgrounds and promoting a sense of community, unity, and social justice.

Abortion Provider Panel

The Abortion Provider Panel was an initiative developed by the Family Medicine Interest Group (FMIG) and Medical Students for Choice in response to the recent overturning of *Roe v. Wade*. Our goal was to provide medical students with an opportunity to hear from and interact with family planning and family medicine physicians who provide abortion services, and to learn about the impact of the recent legal developments on their practice.

The idea for the Abortion Provider Panel was generated by a group of students who were concerned about the potential consequences of the overturning of *Roe v. Wade* on access to abortion care. We felt that it was important for medical students to have a better understanding of the issues surrounding abortion care, including the medical and legal aspects, and to hear directly from physicians who provide these services.

To set up the program, we collaborated with Medical Students for Choice, a national organization that supports and trains medical students in abortion care. We also reached out to local family planning and family medicine physicians who provide abortion care and invited them to participate in the panel. The program was structured as a dinner panel, where medical students could have a chance to interact with the panelists and ask questions. Our FMIG leaders played a key role in organizing the event, coordinating with the panelists, and promoting the program to the medical student community.

Our FMIG Faculty Advisors were also instrumental in supporting the program, providing

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guidance on logistics and connecting us with local resources. They also helped us communicate the importance of family medicine through the initiative, highlighting the role that family physicians play in providing comprehensive reproductive health care. FMIG Staff help coordinate catering for the event.

The execution of the program was successful, with over 40 students and physicians participating in the panel. The panelists provided valuable insights into the medical and legal issues surrounding abortion care, and students had the opportunity to engage in meaningful dialogue with the providers. This event was a new program for our FMIG team. To evaluate the success of the program and plan for the future, our FMIG solicited verbal feedback from participants, gathering thoughts on the program structure, content, and impact.

Overall, the Abortion Provider Panel was a successful initiative that helped to educate medical students about the impact of the recent legal developments on abortion care, and to promote the important role that family physicians play in providing comprehensive reproductive health care. As an existing program, our FMIG plans to continue collaborating with Medical Students for Choice and local physicians to offer similar events in the future, and to continue educating medical students on the importance of family medicine in reproductive health care.

Student Organizations Fair

Tabling at a student organizations fair is a key component of the Family Medicine Interest Group's (FMIG) outreach strategy. The goal of tabling is to promote awareness of family medicine as a specialty and to increase student interest in the field. In addition, tabling provides an opportunity for FMIG members to expand their network and connect with likeminded individuals.

The idea for tabling at the student organizations fair was generated by the FMIG executive board during their annual planning meeting. FMIG leaders played a critical role in organizing the tabling event. We worked closely with the faculty advisor to secure a table at the fair and to design promotional materials. FMIG leaders were responsible for creating a sign-up sheet to collect contact information from interested students to add to our email list and were also tasked with handing out FMIG swag items to students who stopped by the table.

During the event, FMIG leaders took turns manning the table and engaging with students who stopped by. We highlighted the benefits of family medicine as a career, including the broad scope of practice, the ability to work with patients of all ages and backgrounds, and the opportunity to develop long-term relationships with patients.

In terms of participation, the tabling event was a great success. Over 30 students signed up for the FMIG email list, mainly from the new first-year class. The swag items were well received and helped to reinforce the FMIG brand.

To evaluate the success of the program, we tracked the number of sign-ups and swag items distributed. Based on the positive feedback and strong turnout, the program was deemed a success and will be repeated in the future. Overall, tabling at the student organizations fair was a valuable program for FMIG. It provided an opportunity to connect with students and to promote family medicine as a career.

Primary Care Week

The Primary Care Week event series is an annual program organized by the Family Medicine

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Interest Group (FMIG) at universities across the United States. This program aims to provide medical students with an opportunity to learn more about the field of family medicine and the importance of primary care through a series of workshops, lectures, and interactive sessions.

The ideas for this year's Primary Care Week event series were generated by the FMIG leaders in consultation with our faculty advisors. The leaders recognized the need for medical students to have hands-on experience in basic primary care skills such as airway management, contraception, and suturing, and also the need for advocacy skills to be developed early on in a medical student's career.

To set up the program, the FMIG leaders collaborated with local family medicine physicians and other healthcare professionals to plan and execute the different events. The events were organized in a way that maximized student engagement and participation while also promoting the importance of primary care.

The FMIG leaders took on various roles during the planning and execution of the program. They were responsible for identifying and reaching out to potential speakers and facilitators for the different workshops and lectures. They also assisted with the logistics of the program, such as scheduling the events, promoting the program through various communication channels, and providing necessary resources for the participants.

The FMIG Faculty Advisors played an important role in guiding the program and ensuring that the events were aligned with the goals and objectives of the program. They also provided valuable feedback to the FMIG leaders during the planning and execution stages.

Through the event series, FMIG aimed to communicate the importance of primary care and the role that family medicine plays in healthcare. Each workshop and lecture highlighted different aspects of primary care, including airway management, contraception, suturing, and advocacy. The workshops and lectures emphasized the need for medical students to gain a deeper understanding of primary care and to consider family medicine as a potential career option.

The program execution looked like a series of four events that occurred over the course of a week. The first event was the Airway Management Workshop, where participants learned how to manage airway emergencies. The second event was the Contraception Workshop, where participants learned about different types of contraception, how to place IUDs and Nexplanons, and how to provide contraceptive counseling. The third event was the Suturing Workshop, where participants learned basic suturing techniques. The final event was the Advocacy in Primary Care lecture, where a guest speaker discussed the importance of advocacy in primary care, ways to get involved in legislation, and shared personal experiences.

Approximately 50 students participated in the event series. We evaluated the success of the program through informal conversations. We also assessed the number of participants and the level of engagement at each event. Based on the feedback and evaluation, we plan to continue the event series in the future and make improvements based on the feedback received.

In conclusion, the Primary Care Week event series is an important initiative that provides medical students with a valuable opportunity to learn more about primary care and family medicine. FMIG leaders organized a successful program that promotes primary care and encourages medical students to consider family medicine as a potential career option. Evaluation and feedback are important components to ensure that the program continues to evolve and improve in the future.

Indigenous People's Month Physician Panel

Indigenous People's Month is an important time to recognize the unique contributions and challenges faced by Native American communities, as well as to celebrate their rich cultural heritage. To promote awareness and understanding of these issues, our Family Medicine Interest Group organized an Indigenous People's Month Physician Panel.

The goal of our program was to provide an opportunity for students and community members to learn from Native American physicians about their experiences practicing medicine in tribal communities, as well as the health disparities and cultural considerations that they encounter. We hoped that this panel would inspire students to pursue careers in family medicine, particularly in areas with underserved Native American populations.

The idea for the program was generated by our FMIG leaders, who recognized the need to highlight the experiences of Native American physicians and educate our community about their unique perspectives on healthcare. We collaborated with The Centers for American Indian and Alaska Native Health and our FMIG Faculty Advisor to identify potential panelists and plan the logistics of the event.

The program was set up as a virtual panel discussion, with four Native American physicians from different tribal communities participating. Our FMIG leaders introduced the panelists and moderated the discussion, while our Faculty Advisor provided guidance and support throughout the planning process.

Throughout the program, the panelists shared their personal experiences practicing medicine in tribal communities, as well as insights into the cultural considerations that are unique to these populations. They also discussed the health disparities and challenges faced by Native American communities, such as lack of access to healthcare, high rates of chronic disease, and historical trauma.

We communicated the importance of family medicine through the initiative by highlighting the crucial role that family physicians play in addressing the healthcare needs of underserved populations. We emphasized the need for culturally competent and patient-centered care, particularly when working with Native American communities.

Overall, the program execution was successful, with approximately 30 students and community members participating in the virtual panel. We received positive feedback from attendees, who expressed appreciation for the opportunity to learn from Native American physicians and gain a deeper understanding of the challenges faced by these communities.

To evaluate the success of the program, we recorded attendance and informal feedback from attendees. Overall, the feedback was overwhelmingly positive, with participants indicating that they found the program informative and inspiring. This was a new event for our FMIG chapter.

Our Indigenous People's Month Physician Panel was a successful initiative that helped promote awareness and understanding of the unique challenges and contributions of Native American communities. We were able to provide a valuable learning opportunity for students and community members and inspire the next generation of family physicians to pursue careers in underserved areas. We hope to continue to build on the success of this program in the future and further support the health and well-being of Native American communities.

Black History Month Lunch

Discussion Our Family Medicine Interest Group recently organized a Black History Month Lunch Discussion in collaboration with White Coats 4 Black Lives to highlight the experiences of Black physicians in family medicine and address issues related to race, racism, and health disparities.

The goal of our program was to provide a safe space for students and community members to discuss the impact of race and racism on healthcare, as well as to learn from Black physicians about their experiences practicing family medicine. We hoped that this lunch discussion would inspire students to pursue careers in family medicine and encourage greater awareness of health disparities affecting Black communities.

The idea for the program was generated by our FMIG leaders, who recognized the importance of highlighting the experiences of Black physicians and promoting a greater understanding of the impact of race on healthcare. Our FMIG Faculty Advisor as well as WC4BLs helped identify potential panelists and plan the logistics of the event.

The program was set up as an in-person lunch discussion, with four Black physicians from different family medicine programs participating. Our FMIG and WC4BLs leaders moderated the discussion and facilitated questions from attendees, while our Faculty Advisor provided guidance and support throughout the planning process.

Throughout the program, the panelists shared their personal experiences practicing family medicine as Black physicians, as well as insights into the impact of race and racism on healthcare. They also discussed the health disparities and challenges faced by Black communities, including issues related to access to care, chronic disease management, distrust in the healthcare system, and cultural competence.

In addition to the panel discussion, the program included time for informal conversation and networking. This allowed for participants to connect with each other and share their own experiences and perspectives.

Approximately 30 students and faculty members participated in the event. The program was evaluated based on participant feedback and overall engagement. Feedback was overwhelmingly positive, with participants expressing appreciation for the opportunity to engage in meaningful conversation and connect with others in the community.

To plan for future programs, the FMIG evaluated the success of the event and identified areas for improvement. One major change for future programs will be to increase outreach to underrepresented minority students and also include them on the panel to share their experiences. We will also consider incorporating more interactive components into the program to encourage more active engagement and discussion. This was a new event for our FMIG chapter.

Overall, our Black History Month Lunch Discussion was a successful initiative that helped promote a greater understanding of the impact of race and racism on healthcare and highlighted the experiences of Black physicians in family medicine. We were able to provide a valuable learning opportunity for students and community members and inspire the next generation of physicians to pursue careers in underserved areas. We hope to continue to build

on the success of this program in the future and further support health equity and social justice in family medicine.