



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

Overall Award

University of Minnesota Medical School-Duluth Campus

FMIG Operation

Our FMIG is run based on the structure of our Constitution and bylaws. FMIG student leaders are elected by their classmates in the fall. Because of the primary care mission of our campus, every medical student is a member of FMIG and votes to elect the FMIG leadership. The President establishes and maintains operation procedures, drafts meeting agendas, and connects the group with the FMIG sector of the American Association of Family Physicians as well as our region coordinator. The Vice President may act in the absence of the President and is responsible for filling in and helping out where needed. This year, our Vice President acts as the AAFP/FMIG Student Membership Ambassador. The Treasurer assists the Staff Liaison in receiving and distributing funds and coordinates fundraising activities. The Secretary is responsible for keeping meeting minutes and submitting them to our FMIG Google folder for the respective year. The entire board is responsible for running recruitment and recruiting students to join FMIG at the beginning of the school year. A unique aspect of our leadership is that in addition to these specific roles, we also work extremely collaboratively to plan events and programming. Every board member is responsible for taking the lead to plan 1 or more events per semester for the entire group.

The Executive Committee holds meetings every month. Agendas are drafted before each meeting by the President and shared with the group to use during meetings, encourage open discussion, and provide meeting minutes for all leadership committee members. There was also a document drafted to keep track of event planning details, involvement, and workload for each event set-up.

As in years past, we elected members to represent students at this campus by serving at our State Chapter (MAFP) level as Board Members (Student Director or Alternate Student Director) and at the House of Delegates (Student Delegate and Alternate Delegate). A few of our members also represented us at the AAFP National Conference for Residents and Students

Goals

Mission:

To enable students to work together as we explore interests in family medicine.

Vision:

To achieve optimal medical student interest in family medicine.

Goals:

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Achieve and maintain 80% attendance of students at events on campus and online.
Host presenters for speaking and discussion events.
Host events to build clinical and procedural skills.
Achieve a Program of Excellence award in 2023.
Host a community service project in 2022-2023.
Pair with community and other student organizations to achieve goals and initiatives.
Participate in nationwide FMIG efforts and discussions to further family medicine and our medical school community.
Serve as the student group for all students on campus, planning events and filling in gaps identified that are not filled by our curriculum.

Faculty Advisor

Our Faculty Advisor has been involved with this group for 18+ years. He has provided extensive leadership experience, medical knowledge, and professional resource /contact. The Faculty Advisor maintain that project planned are in the best interest of the Duluth FMIG. The position also fulfills some of our obligations as an official student organization. The term for this position is one year and there are no renewal limits. The Faculty Advisor is a valuable stakeholder, and we have been very fortunate to work with and have our idea challenged by him. We open the invitation to the advisor to attend all Executive Committee meetings, and we try to schedule meetings during times when he can attend; however, we are able to run and manage the meetings without him. All meeting agendas are on to look over and approve a few day before meeting. Our group is run primarily by the students and our advisor takes a more hands-off approach to allow our FMIG chapter to be by and for students.

Our staff supporters are very helpful in managing the financial aspect of our group. Specifically, they help us manage our debit card, purchase items for events and budget appropriately. They also help us to gain access to supplies owned by the medical school and make sure our events have a seamless transition with our curriculum and canvas systems.

Programs

Supporting Medical Students: FMIG Greenhouse Event and Gifts for Local Family Medicine Preceptors Medical Student Health and Wellbeing

FMIG also works to meet the need of the students of our entire medical school by supporting students mentally, emotionally and financially. We did this in 2 main ways in the spring 2022 semester.

First, students were able to sign up for a 30-minute time slot and come to the UMD Greenhouse. Students were then given a tour of the greenhouse, educated on plants and types, and then allowed to pick out a pot and some cuttings and pot their new plant. During this time, first and second year students were able to mingle with each other and talk about the field of family medicine, applying for our RPAP program, and about family medicine residency programs. We also talked more about what the students would like to see our FMIG chapter put on for events. In addition, it was a great stress relief event for members in the middle of our Neuro II unit. We also took this opportunity to emphasize that FMIG is here to support our students and peers in all aspects of their mental health and well-being. It promoted a core value of family medicine, that we are full and well-rounded humans and future doctors who can and should develop who we are beyond medicine.

Students were also able to attend a gift basket making event for their local preceptors. During the year, MS1s are able to shadow and precept in clinic for 7 - ½ days with a family medicine preceptor near Duluth and the surrounding areas. This event allowed them to make them a gift, free of charge, to

deliver on their last day of preceptorship, as a thank you to their family medicine preceptors and from the FMIG chapter. It also allowed them to talk with their preceptor about our FMIG chapter and our purpose and goals on this campus, thereby creating more support for the family medicine specialty. These family medicine physicians give of their time and effort to help train us and give every student on our campus a longitudinal exposure to family medicine, and we really value the opportunity to share our gratitude and appreciation.

FMIG Study Night for Incoming Medical Students

FMIG hosted a Study Night for our first year students to come and meet other Family Medicine specialty-interested students while also learning more about how to study for medical school and third party resources available for Step 1 Board prep. Students were able to go to stations at their leisure while visiting with students and receiving demonstrations on Anki/AnKing, Boards and Beyond, Pixorize, Sketchy, Pathoma, FirstAid, Kaplan, Amboss, and Osmosis. There was also a station for anyone who wanted to talk with a MS2 1:1 about specific questions they had. Overall, this event was a huge success that had positive feedback and will be one that we host yearly. It allowed for significant community building and allowed our group to create a welcoming environment for students during their first week of medical school.

Intro to Contract Negotiation Partnership with Business in Medicine Interest Group

FMIG partnered with our Business in Medicine Group (BIM) to host an event highlighting Contract Negotiation and Job Searching. We hosted two Physician Recruiters from St. Luke's Hospital who came and discussed what the job hunting process for a physician looks like, what recruiting a physician looks like, what a basic contract includes, and what you can/can't negotiate. This was an event requested by our students and received very positive feedback for a new event and one that dealt with introductory information on a topic that is fairly far in the future for our students.

FMIG Medical Student Panel for Pre-Medicine Club at UMD and CSS

We had 10 medical students volunteer their time to talk with pre-medical students in the Duluth community from 2 colleges, The University of Minnesota - Duluth and The College of St. Scholastica. While answering questions about preparing, applying, and attending medical school, we also discussed the specialty of Family Medicine and our University's Mission to educate students in rural primary care and Native American health. We host this event each year and receive very positive feedback from the pre-medical students. Our FMIG chapter serves as the primary liaison to all pre-medical and undergraduate students and FMIG works closely with the pre-med clubs from UMD and CSS.

Street Drugs and Treating ODs and Drug School Part 2 with Dr. Hankey

FMIG invited , an ER Physician at St. Luke's Hospital in Duluth, MN, to give a presentation on street drugs in the Duluth area, the drug crisis, and our role as future FM physicians in this field. is very passionate about this subject and has extensive experience in this area as he also works at the Center for Alcohol and Drug Treatment in Duluth. We had significant positive feedback from students and interest from to continue the series, so we had him back in the spring semester for another presentation. His second presentation focused on opioid use disorder, overdose treatment and treatment provided by family physicians such as suboxone.

Hands on Skill Trainings Series: Perineal Tear and Repair Workshop (partner with OBIG) and FMIG Stop the Bleed Training in collaboration with EMIG

One of the goals and initiatives for our club this year was to provide students with tangible tools and skills and the ability to practice these skills. We fulfilled this with 2 events in the fall semester.

First, FMIG partnered with Obstetrics and Gynecology Interest Group to host a skills night designed toward learning about 1st-4th perineal tears and how to best repair them. We had a local OB Physician, , attend and lecture on the basics of tears, the layers they go through, and how to describe them (location, grade, etc.). After the lecture portion, students were able to practice suturing a 4th degree tear model made out of the following materials: snickers bar simulating the anal canal, condom simulating the anal mucosa, cheesecloth simulating the internal anal sphincter, and steak simulating the external anal sphincter. This allowed students to practice different suturing techniques on different tissue layers while working in a confined space to gain insight into perineal repairs. Overall, our members really enjoyed the session and skills practice and requested more events like this in the future.

FMIG also partnered with St. Luke's Hospital to organize a Stop the Bleed Training event. We also partnered with the Emergency Medicine Interest Group to recruit more instructors to certify over 70 students in Stop the Bleed skills. We were fortunate to receive a grant from the AAFP/MAFP to help finance a Stop the Bleed Training Kit that was purchased by FMIG to be able to have students practice the skills portion of the training. We certified medical, pre-medical, and pharmacy students during the class and will be doing this each year in the future as the training teaches us valuable skills necessary for our future careers in healthcare.

Pre-med/MS1 Suture Clinic and Advanced Suturing and Knot Tying (partner with SIG, WISIG, OSIG)

These are recurring event done each year by FMIG, additional help this year through collaboration with SIG, WISIG and OSIG. The advanced suture clinic was hosted in the fall semester and was primarily for MS2 students and open to MS1 students. The basic suture clinic was hosted in the spring for pre-med and MS1 students. As part of the curriculum, we only get 1 two hour suture session, so this is a highly valuable event for our students.

FMIG partnered with SIG, OSIG and WISIG to host an advanced suturing night. Skills included a figure of 8 stitch, buried horizontal mattress, running subcuticular stitch, deep buried suture, surgeons knot, square knot and constrictors knot. These skills were intended to help the MS2 students prepare for their future third year rotation in surgery. Some MS1 students were able to attend as well. This event obtained a total of 9 surgeons from Essentia, St. Luke's and the UMN Rural General Surgery Residency Program to help teach the skills and answer questions that students had about their specialty. FMIG helped to plan the event, bought suture, pigs feet and nails, obtained the suture instruments from the school and created knot-tying boards by cutting 2x4s into 8 inch pieces and nailing two nails into them. A similar event was hosted in the spring for pre-med and MS1 students to learn and practice basic suturing techniques. This included simple interrupted sutures, vertical mattress sutures, and horizontal mattress sutures on pigs feet. This spring we had 4 family medicine physicians who taught suturing techniques including 2 medical school faculty and 1 faculty member from the Duluth Family Medicine Residency Program. We also have over 30 pre-med students come to this event, most of whom were getting suture exposure and experience for the first time. As well as 1:1 time to talk with FM physicians and medical students.

Tie Blanket Making for HOPE Clinic

FMIG coordinated a volunteering night and invited first and second-year medical students, premedical students from UMD and CSS, and pharmacy students to make tie blankets to donate to the HOPE Clinic. The HOPE Clinic is our free student run clinic partnership between the medical school and

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pharmacy school, housed in the CHUM Center in Duluth, MN. The HOPE Clinic provides free medical care to all Duluth residents in need, specifically homeless guests at the CHUM Center. We made 25 tie blankets to be handed out to CHUM guests as there was a huge need for warm winter gear with the declining temperatures in Duluth. This also allowed our students to get to know other future medical professionals while volunteering their time for a good cause.

Collaboration with the Duluth Family Medicine Residency Program: OMT Workshop and Social Night

The Duluth Family Medicine Residency program is an amazing resource in Duluth for our FMIG chapter and this year we really wanted to work more closely with the family medicine residents. First, the residency program hosted 10 medical students to teach them basic principles and skills for osteopathic manipulation treatments. This event was created after some of our students attended a Family Medicine Conference that went over basic treatments for patients that can be done by MD students with a bit of training. Overall, our students really enjoyed this event and are very interested in continuing it in the future as some are interested in including it in their future practice by seeking extra training. It was also a good way to network with local residents and learn more about family medicine. There was such demand for this OMT training and limited space at this session that we decided to plan another OMT training night that is happening in May.

FMIG also hosted a social night with the family medicine residents as a way to get to know the residents, establish connections, ask questions, and form community. We catered dinner at a local brewery in Duluth and had 10+ residents and their partners or friends come to join us. It was a really valuable opportunity to learn about the resident's perspective on family medicine and talk about family medicine in a more laid-back environment. Medical students were also able to ask questions about rotations and applying to residency as there are no MS3s or MS4s on our campus. 3 students later got research opportunities with the residency program from connects made at this event.