



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

## *Overall Award*

University of Texas Medical Branch John Sealy School of Medicine

### **FMIG Operation**

The UTMB FMIG chapter consists of student officers, a faculty advisor, and a staff coordinator. The student officers, advisor, and coordinator meet at least once per month for an officer meeting to discuss recent and future events. There is also one public event for FMIG members each month. Listed below are the student leader roles and responsibilities:

#### President

- Set agenda and preside over all FMIG Officer and General Meetings
- Oversee all FMIG events, delegate event planning to representatives
- Coordinate Family Medicine Residency Fair by setting a date, inviting programs, reserving event space, advertising the event, and collecting donations for raffle
- Apply for grants and other funding sources to support FMIG

#### Vice President

- In absence of president - Set agenda and preside over all FMIG Officer and General Meetings; oversee all FMIG events, delegate event planning to representatives
- Coordinate Strolling Through the Match event in August - set date, reserve a room, invite Texas residency programs, order food, advertise event, monitor RSVP list
- Assist in Coordinating Procedure Workshops (fall and spring semester) - set date, reserve room, order food as needed, monitor RSVP list
- Coordinate End of the Year Match Banquet in April - set date, oversee food selection, plan thoughtful gift for faculty advisors

#### AAFP Coordinator

- Attend AAFP National Conference
- Fundraise for National Conference - Apply for SGA and TAFP travel funds, solicit donations from family medicine faculty
- Recruit rising MS2 and MS3 students interested in FM to attend conference
- Attend semester conference calls
- Answer AAFP e-mails and handle all AAFP correspondence
- Pass along AAFP news and benefits to members

#### TAFP Coordinator

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- Represent UTMB at the FMIG Network which will meet virtually a few times a year and be a conduit to share information on TAFP conferences, funding opportunities, and new resources, with students at their school.
- Answer TAFP emails and all TAFP correspondence
- Pass along TAFP news and benefits to members

#### Recruitment Coordinator

- Responsible for reserving and running table at Welcome Weekend
- Responsible for reserving and running table at Residency Fair
- Keep updated FMIG member email list
- Answer and send out member emails
- Responsible for AAFP and TAFP membership submission

#### Social Chair

- Coordinate social media posts and engagement
- Take or Collect photos at/from each FMIG event
- Make flyers/advertisements for each FMIG event

#### Women's Health Workshop Coordinator

- Coordinate the Women's Health Workshop in conjunction with OGSS Officers- set date, reserve room, advertise event with social chair, monitor RSVP list, gather necessary models and supplies, help with set up and cleanup (with other officer )

#### PCP at the PCP Coordinator

- Coordinate PCP at the PCP event during Primary Care Week (usually October) et date, reserve room, advertise event with social char, monitor RSVP list, purchase prizes for raffle, order food, help with setup and cleanup (with other officers)

#### PCP at the PCP Lite Coordinator

- Coordinate PCP at the PCP Lite event during the spring - set date, reserve room, advertise event with social chair, monitor RSVP list, purchase prizes for raffle, order food, help with setup and cleanup (with other officers)

#### Community Service Coordinator

- Co-Coordinate Annual Flu Vaccine Outreach in conjunction with the Flu Vaccine Outreach Coordinator (see roles below).
- Coordinate Halloween Carnival game reserve booth, advertise event, set up and run carnival game
- Coordinate Annual Helping Hands event in the spring - organize donation boxes, check regularly, and distribute donations to St. Lukes
- Coordinate other volunteer opportunities that arrive

#### Flu Vaccine Outreach Coordinator

- Apply for Grant to fund our Vaccine Community Outreach as well as secure funds from other sources, if need be.
- Coordinate with St. Vincent's Chairs concerning administration of vaccines at St. Vincent's Health Fair
- Organize and lead training for student volunteers who will administer vaccines
- Coordinate administration of vaccines at St. Luke's, GCC, and other Galveston community site locations
- Collaborate with other student organizations in the administration of vaccines at various events

Year Representatives (2 representatives for every year in medical school)

- Oversee 4 Monthly Meetings - Take pertinent notes, send out an updated newsletter to members following meeting, and end out actionable item to other officer following meeting
- Attend as many FMIG events as possible, helping with setup and cleanup.

## Goals

Family Medicine Interest Group (FMIG) at UTMB is an active and engaged student group that shares the passion and fulfillment of Family Medicine, provide resource for student , professional skill development, and opportunities for service. With the variety of events, presentations and projects hosted and run by FMIG, medical students from all years are exposed to the wide breadth of practice offered by Family Medicine.

Goals:

1. To inform students about the opportunities and scope of Family Medicine
2. To teach students skills that will be vital in their training towards a career in Family Medicine
3. To facilitate students' education and career for those that are interested in a career in Family Medicine
4. To be visible and active on campus and in the community through service and education
5. To reach out to medical students through multiple events to showcase the scope and opportunities of Family Medicine
6. To connect FMIG member to re ident and faculty involved in the field of Family Medicine

## Faculty Advisor

FMIG Faculty Advisor Role:

- Advise and collaborate with student officers to develop and host events
- Assist with obtaining funding for projects and events
- Facilitate a close working relationship with the department to engage participation in events
- Provide academic guidance to students interested in Family Medicine

FMIG Staff Coordinator Role:

- Assist with administrative functions such as booking rooms, ordering food for events, sending out meeting invitations and requests, and ordering supplies as needed
- Provide support at events and all FMIG sponsored initiatives

## Programs

### Women's Health Workshop

This was the second year of the Women's Health Workshop, a collaboration between the OGSS (Obstetrics and Gynecology Student Society) and the Family Medicine Interest Group (FMIG). The workshop consisted of six stations that included vaginal delivery, Sonosite instruction, IUD insertions, Breast exams, Cervical Dilation, Pelvic Exam, and Nexplanon insertion. Each station was facilitated by either faculty or residents of Obstetrics and Gynecology or Family Medicine, allowing for a great number of experienced instructors. This year we had 9 instructors and 46 students, for a ratio of 1:2 instructors to learners. The workshop is aimed at exposing first- and second-year medical students to the basics of women's health procedures, given that many students have not previously had the opportunity to develop some of these skills prior to clinical years. In addition, the workshop also served to demonstrate the wide diversity of women's health procedures that are readily within the scope of Family Medicine.

Because the event focused on women's health, we held a toiletry donation drive to benefit the Resource & Crisis Center of Galveston County, Inc. (RCC). When the invitation was sent to the medical school classes for the event, it included a request for the students who were planning on attending to bring toiletry items to donate to the RCC. We received around 30 toiletry items to donate.

Prior to rotating through each station, students completed a pre-quiz assessing core topics of knowledge for each station and repeated the quiz following the completion of all of the stations. There was a marked improvement in students' quiz scores following completion of stations, indicating that students were able to learn and retain information pertaining to the procedures at hand. In comparison to the previous year, several stations were removed from the schedule in order to allow for longer lengths of time at specific stations such as vaginal delivery and the Sonosite station. We made these changes based on requests for additional time at each station that were made by students following last year's Women's Health Workshop. In post-quiz surveys, students reported they enjoyed the Sonosite station the best, given the wide applicability of ultrasound skills. The workshop was well-received overall, and students had a very positive experience. For the future, we look to gain access to additional training materials —such as reusable Nexplanon testing models—so students are able to have more realistic procedural training.

## PCP at the PCP

The PCP at the PCP event is an annual skills workshop held in the fall. The event is generally held for first-, second-, and third-year medical students to demonstrate the wide range of procedures that are within the scope of Family Medicine. The workshop originally contained several women's health procedures; yet due to the popularity and variety of women's health procedures, those topics were expanded into a separate workshop that is now offered in the spring.

This year, the PCP at the PCP had six stations, lasting for approximately 20 minutes each. There were 20 instructors and 42 students for a ratio of 1:2. Students had the opportunity to learn and practice procedures from Family Medicine residents and faculty. This year's workshops included suturing and knot tying, variety of dermatology procedures, acupuncture, splinting/casting, joint injections, and toenail removal. Emphasis was placed on the indications and pitfalls of each procedure. Students were able to rotate through each station and gain skills. Overall the event was attended well and students had good feedback for future improvements. One of the more popular stations was acupuncture, which many students did not realize was a treatment modality within the scope of Family Medicine. Overall we were happy with how the event ran this year and hope to continue to equip students with the knowledge and skills of procedures within the scope of family medicine.

## Cyst Excision Workshop

The Cyst Excision Workshop at UTMB was originally born out of a greater workshop, the Primary Care Procedures at the Primary Care Pavilion (PCP @ the PCP). While originally modified into a COVID-friendly workshop that could be completed at home by individual students, the cyst excision workshop is now a freestanding workshop that functions independently of other events and is now hosted in-person.

The workshop consists of students receiving a chicken breast containing multiple artificial cysts and an excision kit that is used to complete the simulated cyst removal. The chicken breast models with the artificial cysts are custom-made by our FMIG in preparation for the event. Third- and fourth-year medical students as well as Family Medicine residents provided instruction to preclinical students (primarily first- and second-year students) in proper

preparation and technique for cyst excision from consent to wound care of an infected cyst. Students were able to perform a minimum of two cyst excisions and gain valuable hands on experience in a small group setting. They were also able to practice suturing following the cyst excisions, which is a skill that first- and second-year medical students often request additional practice in.

The event was well received by students and was followed up with a survey to assess the effectiveness of the workshop. Students generally reported they gained skills and experience that they felt was beneficial to their future careers. One student noted that the instruction they received from experienced residents and upperclassmen was extremely helpful and covered many small details that they felt were important to the overall success of the procedure. An area for future improvement includes increasing the workshop length from 1.5 to 2 hours so students are less rushed in the process of learning.

Overall the cyst excision workshop was a success, and we look forward to having it continue to be a stand-alone procedure workshop in the future. This year there were 11 instructors and 38 students for a 1:3 ratio. In addition, several senior FMIG officers were instructors which afforded them an opportunity to teach students, a skill they will need as a resident.

### Family Medicine Residency Fair

Every year, our FMIG hosts a residency fair intended to begin the conversation with students about their options for residency. This year was our first year returning to an in-person format following COVID-related restrictions that had limited our options in the previous two years. Returning to an in-person format really afforded both students and program representatives a more human interaction with more engaging conversation, which was a refreshing change from the years prior. Each program set up a booth at the Jamail Student Center, and students were able to talk with residents and program directors about their specific program, its defining characteristics, its primary patient populations it serves, and its top strengths. The event was geared toward third- and fourth-year students who are close to deciding their specialty, but we were excited to have first- and second-years attend the event too, as it provides them with early contact with Family Medicine programs they otherwise would not have exposure to. The programs had items to hand out to students, providing even more incentive to attend this helpful event.

This is our only fundraising event during the year. In August 2022, ten residency programs attended our fair, including the Colorado state-wide program representative. 23 students attended the event. Eight students who attended the residency fair matched in March 2023 to programs represented at our residency fair. Out of all students from UTMB who matched into a residency program in 2023, 10.6% matched into Family Medicine.

The goals for the resident fair are:

- Students see the variety of family medicine residency programs from Texas and surrounding states.
- Students chat with current residents from family medicine residency programs about their experiences at their program.
- Students meet residency directors and program coordinators from family medicine residency programs and talk about opportunities, curriculum, and life at their program and advice on applications to their program.
- Students considering doing away rotations get to speak to representatives of the programs they are interested in and learn about what rotations at their institutions would entail.
- Students who are considering family medicine see the scope and variety of training offered in family medicine.
- Students see the family medicine fellowship opportunities offered at a variety of family medicine residency programs.

## Flu Vaccine Drive

The Flu Vaccine Drive is held for the underserved and unhoused communities in Galveston Texas on several Saturdays in the fall of each year. Students provided community members with vaccine information, answered questions about vaccine myths, and obtained informed consent and administered influenza vaccines under the guidance of 1-2 faculty supervisors. Approximately 140 vaccines were administered by FMIG student volunteers with a remaining 82 vaccines being donated to St. Vincent's House, a free clinic where they were distributed. This event appeals to first- and second-year medical students who are eager for real patient interactions and allows the opportunity to practice a procedure while employing motivational interviewing skills to address vaccine hesitancy. It also benefits the unhoused community around UTMB, who are more susceptible to illness and deserve any protection that is provided by the vaccines. This year, FMIG was able to team up with the Latin Medical Student Association (LMSA) and Frontera de Salud organizations to train volunteers and administer vaccines at a number of sites throughout Galveston, TX. Teaming with other organizations allowed FMIG to reach a greater number of individuals and allowed for greater translation capabilities, given that many volunteers were able to offer Spanish translation to community members. Sites for administration this past year included Luke's Society, Galveston Central Church, St. Vincent's House, Grace Clinic at Galveston Central Church, Fisherman Clinic, and La Michoacana (a local grocery store). Students were required to complete vaccine training prior to participating in the events. In total there were 20 student volunteers who volunteer for a combined 65 hours to administer vaccines to our community members.

Over the last 3 years, our Community Service Coordinator, along with help from our FMIG Advisor and Staff Coordinator, has applied to and received \$3500 dollars in grant money from the Texas Medical Association and the regional TAFP chapter to organize the events. Members of the community who receive these vaccines are generally very thankful and appreciative of the program, and these events give medical students the chance to help an underserved population and work interprofessionally with other medical field workers. In the future, we hope to continue partnering with other student organizations to expand the number of student volunteers who participate, as well as find new avenues of funding to support expansion of our vaccine administration initiative.

## FMIG Bingo Grab Bag

The FMIG Bingo Grab Bag is an opportunity for FMIG to recruit new members during the META: Mindfully Evolving, Thriving & Advocating course that all first-year students complete prior to the start of medical courses. Students are able to sign up for "Grab Bag" events which are specifically tailored to introduce students to various organizations on campus and allow for skills development, knowledge about organizations, and ways for students to become involved in the coming school year.

This year's FMIG Bingo event was composed of two major activities: learning how to take blood pressure and heart rate using manual blood pressure cuffs and an interactive Bingo panel with current UTMB Family Medicine Residents. This activity was specifically chosen because students are preparing for OSCEs in their Practice of Medicine course and they often are asked to take a manual blood pressure in clinical volunteering opportunities.

Students sat at tables with Family Medicine residents and FMIG officers, where they participated in an interactive presentation on hypertension delivered by our Vice President. This presentation was a significant expansion of this event from last year. We decided it would be an excellent opportunity to introduce the first-year students to a commonly managed illness in Family Medicine by exploring hypertension and relate it to the procedural skill of taking a manual blood pressure. Students were instructed to bring stethoscopes if they had them, but additional stethoscopes were provided. Blood pressure cuffs were provided by FMIG for use during the event, and students

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took turns practicing manually taking each other's blood pressure. Afterward, each student was given a Family Medicine Bingo card with topics related to Family Medicine in the Bingo boxes. A panel of Family Medicine residents answered questions for students and the residents' responses were used to complete the Bingo sheets. Prizes were awarded to the Bingo winners.

Overall this event was well-attended. There were 12 student/resident instructors and 26 learners for a 1:2 ratio of instructors to students. It offered first-year students early exposure to FMIG at UTMB as well as providing opportunities for skill development and professional connections with upperclassmen. For the future, we plan to continue to offer the event for the first-year medical students with updated Bingo boards that include newer topics related to Family Medicine. We also plan to offer more opportunities for students to be involved in Family Medicine at the beginning of medical school.

### Tales from the Interview Trail

Peer to peer relationships are some of the most influential relationships made in medical school, and successful peer to peer knowledge exchange is especially critical when explaining and guiding fellow students how to match into a residency program. Medical students greatly appreciate information from older students, as they feel that those students have teachable wisdom from their experiences. At Tales from the Interview Trail, FMIG officers convene a panel of fourth-year students who recently matched into Family Medicine. Students representing various individual circumstances and goals are recruited so the panel is able to appeal to a broad number of students who are about to begin the residency application process themselves. Panelists will have matched in state, out of state, military matched, couples matched, or rural matched, and some have spouses and children, providing a diverse panel that can relate to all interested students in the audience. In past years these graduating fourth years have spoken about how to fund interviews, how to best plan travel, and follow-up visits to a school. With virtual interviews still being offered from a majority of programs, the fourth years also shared information that included conscientious zoom etiquette, the best ways to create ideal lighting, how to make an impression over Zoom, the number of interviews that are recommended, and a host of other tips to traverse the virtual interview experience.

This event has grown over the years due to the increasing competition for residency spots. Passing along experience-informed information to students in lower classes is more critical now than ever, and the panel of matched students makes sure that the audience is able to have as much preparatory knowledge about interviews as possible. This year's panelist to student ratio was 5:25. Thus, Tales from the Interview Trail is organized and facilitated by the President and Vice President for rising fourth-year students. At this event, we try to invite individuals who have been involved with FMIG at UTMB over the years so the audience recognizes familiar faces and feels more connected to the panelists. This event is highly regarded based on its emphasis of an informal discussion between peers, which helps attendees feel comfortable and heard.

### Strolling Through the Match

Strolling Through the Match is a meeting that educates students on the Residency Match process. While the event is more geared toward those applying to Family Medicine, it is still beneficial to any student unfamiliar with the match process. The goal is to give students the tools they will need to apply for Family Medicine Residency Programs and answer questions about how to present yourself as the strongest possible candidate. We host program directors from UTMB and other residency locations, program coordinators, and recently matched residents on a panel to answer questions concerning the entire application and match journey.

FMIG leadership connects to potential panelists, invites students (typically fourth-year medical

students who are beginning to work on their residency applications), and organizes the event. The FMIG President acts as the moderator for the event so that everything runs smoothly. This past year 4 programs were panelists and 16 students attended this virtual event.

Students who attend the event receive the following:

- A discussion on the variety of Family Medicine Residency Program options in the state of Texas
- Advice on how to create a strong ERAS application and personal statement
- The do's and don'ts of interviewing
- AAFP Match Literature

This event was born from the "Strolling Through the Match" booklets that are provided by the AAFP. Since 2018, this event has been held in July rather than August to give third year medical students the chance to learn more about ERAS and formulate questions before the meeting. In an effort to increase program and resident accessibility to the program, we maintained the event in an online format. The event had strong attendance and a high level of audience participation, which was aided by the chat bar feature on Zoom so students could ask questions directly to a moderator who presented them to our organized panel.