



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

Overall Award

University of Washington WWAMI

FMIG Operation

The University of Washington School of Medicine represents a five-state area and has six campuses that make up the "WWAMI" region. These are located in Seattle and Spokane Washington, Wyoming, Alaska, Montana, and Idaho.

Each of these sites selects their own leadership and plans events and workshops most relevant to that site and patient population. Each FMIG has their own faculty advisors and is able to function independently, while also having access to resources and collaboration with the other campuses. Students across all WWAMI sites are invited to virtual events. Someone from each campus is designated as a WWAMI liaison and ensures collaboration and unity between sites. A common thread of all FMIGs in WWAMI is operating as a totally student-led group. Student leaders run meetings, choose projects, plan events, and correspond with invited speakers and physicians. The leadership structure of each individual FMIGs is below.

Seattle:

The Seattle FMIG leadership is comprised of a six-person executive committee and eleven additional leaders that head various individual initiatives and events. The executive committee, made up of , run meetings, take minutes, facilitate communication between various projects, regional sites, and faculty advisors, in addition to taking the lead on their own initiatives. Other FMIG leaders each head various events and projects. We host monthly meetings, open to anyone in the school to join and learn about family medicine. Among the large team that makes up Seattle's FMIG leadership, roles are flexible and collaborative, with students stepping up to take on projects and workshops that they're passionate about. The group is supported by and , who have a long-standing commitment to furthering the reach of FMIG and maintain many connections within the school and local community.

Spokane:

Spokane's FMIG is facilitated by two elected student leaders, , and is advised by Students self-nominate for leadership roles and are then elected annually in October by peers. The goal is to be very student-driven, with co-leads organizing monthly workshops, taking into consideration feedback from their classmates. Spokane FMIG is one of the best attended and most popular interest groups on campus.

Wyoming:

Wyoming's FMIG currently has three co-leads and a faculty advisor. Due to our small regional size of 20 students, we do not have additional roles within the FMIG. Despite this small size, we are one of the most active groups on our campus and currently have around seven actively involved members and we aim to host at least one FMIG event per month.

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Alaska:

Alaska's FMIG is led by two student, . Due to the small class size of 20 at the Anchorage campus, some years this cohort is less active. A strength of having multiple FMIG groups across WWAMI is the access these students still have to remote events at other UWSOM locations, and the support and resources of other FMIG site leaders and faculty to resume hosting their own events the following year.

Montana:

Montana's FMIG has five co-leads, , and one faculty advisor, , who work to provide family medicine related opportunities for their classmates and provide clinic skills in conjunction with classroom material. The leads have a collaborative partnership to allow us to share the workload and provide a diverse array of events.

Idaho:

Idaho has three student co-leaders, and faculty physician mentor, . The co-leaders organize events and meetings for all interested classmates, typically based on previous years' events or new ideas that are suggested by the class. The co-leaders also act as liaisons to the other sites and as ambassadors to regional/national conferences.

Goals

Overall UWSOM Mission and Goals:

For the 2022-2023 school year, the Family Medicine Interest Group (FMIG) at the University of Washington made it our mission to re-establish community through in-person events, while still maintaining the accessibility and flexibility that was fostered through the COVID 19 pandemic. Our presence or found unique solution to the restrictions posed by COVID-19 and adapted our usual events to be virtual. They also forged deep connections between our FMIGs across the five-state-WWAMI (Washington, Wyoming, Alaska, Montana, Idaho) region that constitutes the University of Washington School of Medicine. Our goal this year was to "rebuild"; to foster community and come together for in person events, and to reconnect with local family medicine mentors and community leaders, and with each other. We committed to this mission by restarting important initiatives that we were unable to hold for the past three years.

We reestablished our relationship with ROOTS (Rising out of the Shadow), a young adult shelter in Seattle, organizing medical student volunteers. We resumed our annual clothing drive, coordinating with local shelters to collect types of clothing their clients need. Also back in business is our "Coffee Cart," where we provide coffee and treats during class lectures in exchange for donations to ROOTS. We were thrilled to be able to restart this popular event this year, since it creates such a strong sense of camaraderie among students during stressful weeks. This also gives us the chance to discuss upcoming FMIG events with our class. Our Health Care Explorer program will also be in-person, where medical and dental students visit a high school in an under-resourced community near Seattle, to give fun and interactive lessons to students, exposing them to various healthcare career opportunities. The Wyoming FMIG has resumed in person outreach and have hosted four "Stop the Bleed" workshops so far this year, teaching bystander intervention to members of the public. The Wyoming team was also able to lead a thoughtful discussion about adverse childhood events with members of the School of Medicine and Laramie community.

The projects are occurring alongside the educational, in person family medicine workshop , such as on suturing, wound care, dermatology in skin of color, and vaccine hesitancy. Our Seattle cohort also hosted speakers at their monthly meetings to discuss topics in leadership development, with the goal of helping them grow as leaders . As the largest interest group across our campuses, our workshops draw

students from a wide breadth of interests. This year, many students outside of FMIG were excited to attend these hands-on events, broadening the reach of the FMIG and introducing many new students to family medicine topics, taught by wonderful local residents and attendings. As we recover from changes brought forth by the pandemic, our FMIG team across these five states has not only maintained the scrappy flexibility of pandemic-era procedure, but also rebuilt meaningful connections within our school and our communities.

Seattle Goals:

In addition to the wide range of programming hosted by our Family Medicine Interest Group, the Seattle cohort has been focusing this year on developing leadership skills for our FMIG team. We are hosting speakers from CHAP (the Community Health Advancement Program) and the School of Medicine's Underserved Pathway for the first fifteen minute of every meeting, to lead discussion on topics from conflict management to advocacy and letter writing campaigns. These presentations help us better fulfill our mission of elevating family medicine within UWSOM, being in service to the Seattle community, and promoting diversity and equity in medicine.

Wyoming Goals:

Wyoming's FMIG is dedicated to providing students with opportunities to develop their clinical skills as well as to learn about the diverse opportunities available in the field of family medicine. We aim to inspire the next generation of physicians to consider a career in primary care, as well as introduce students to the skills they will need to succeed in clinical clerkship, residency, and a practicing physician.

Montana Goals:

Montana's FMIG mission is to provide education to aid students interested in family medicine in acquiring the fundamental skills and knowledge necessary to be successful in this field, especially in the context of rural health. The group's aim is to inform medical students about the scope of primary care, as well as to complement the UWSOM curriculum. Montana's FMIG is also committed to educating students about advocacy and the importance of providing equitable care to all.

Idaho Goals:

The goal of Idaho's FMIG is to establish a safe community that encourages discussion about issues related to primary care, pique medical students' interest in family medicine career options, and collaborate with other Idaho interest groups to support fellow leaders and showcase the breadth of family medicine.

Faculty Advisor

[The University of Washington School of Medicine has two regional advisors who support the collective WWAMI FMIGs. is our faculty advisor and is our staff supporter. They both have longstanding passions for working with this group. They support student initiatives, facilitate communication with the Department of Family Medicine, make connections with community physicians, and advocate for resources and opportunities for FMIG. They also provide logistical support for events, especially those open to the whole region. and also serve as the advisors for the Seattle FMIG's individual initiatives.

The other five WWAMI sites each has their own faculty support that work closely with that group to facilitate meetings and events in accordance with the needs of that region. This network of advisors creates a cohesive and productive WWAMI FMIG system. The advisor for Spokane is , Wyoming is , Montana is , and Idaho is . As student leadership turns over yearly, the advisors are essential in

creating effective project turnover and cohesive transitions from year-to-year. While different sites' advisors offer varying types of support depending on the group's interests and needs, they all offer support in assisting with workshops, panels, and talks that fit into the interests and goals of the students at that campus. Advisors also connect students to funding and other resources on a local, regional, and national level and encourage participation in family medicine conferences and networking events.

Programs

Health Care Explorers

This event is a joint effort between medical and dental students in Seattle to introduce high schoolers from backgrounds underrepresented in medicines to various medical careers. The FMIG members involved in organizing this event are . The event is being hosted at Federal Way High School, a school south of Seattle, serving a community with historically high poverty rates and students with highly diverse backgrounds. Speakers from the different programs talk about their career paths and provide hands-on workshops to high school students. These activities include taking vitals, doing heart and lung exams, and learning about dental tools. Workshops are extremely popular and fun for students, in addition to being educational and formative. This is also a great opportunity for the student volunteers to build inter-professional development between the various health science programs involved.

Adverse Childhood Experiences Discussion

This Wyoming FMIG event was a discussion on the impact of Adverse Childhood Experiences on adult health outcomes. ACEs are potentially traumatic events that occur between 0-17 years of life and can have lasting health consequences. Our goal was to help students and community members from all departments and professional backgrounds learn more about ACEs, the importance of prevention, and care management. We had four FMIG members, two MS1s and two MS2s, who prepared an evidence-based presentation and led the discussion with the entirety of our MS1 and MS2 classes. The event has led to further discussions in our ACEs Journal Club, in which we all read some of the latest literature on Adverse Childhood Events. Topics in Journal Club thus far have included ACEs and predisposition to cancer in adulthood.

Baby Beepers

This experience offers a unique opportunity for medical students in Seattle to learn about the inpatient and obstetric opportunities within family medicine are in charge of this initiative. This program is ongoing through the whole school year and summer. It provides medical students with the opportunity to attend family medicine Tuesday morning rounds at Northwest Hospital in Seattle and to observe any births that occur on their service that week. Each week, there is a primary and secondary student who each attend rounds for all of the patients on the family medicine service. Following rounds, the primary student is on call to be paged by the family medicine team if there is a birth that week. Many students give feedback that they didn't know about inpatient and obstetric opportunities in family medicine prior to participating in this opportunity. At the time of application, 40 students have participated since September.

Coffee Cart

Coffee Cart is an initiative that aims to drive community building and involvement among Seattle students while raising funds for ROOTS young adult shelter. This is the first year Coffee Cart has returned since a hiatus due to COVID-19 and we have successfully hosted two events at the time of submission. Coffee Cart leaders prepare coffee and various baked goods that are then offered on a donation-based system to other MS1 students before class. These events are a great way to encourage community and bring some stress relief and joy into students' otherwise busy schedules. We have donated \$290 raised to ROOTS, a local shelter that "partners with young adults experiencing homelessness on their journey to stability. Coffee Cart also creates another way in which students can

interact with the FMIG leaders and learn more about upcoming events and resources. We also use this opportunity to distribute AAFP membership sign-up forms and merchandise.

Stop the Bleed Workshops

These events are hosted by Wyoming FMIG. It is a series of student and professional-led events that are open to the public and aimed at training and equipping bystanders to intervene in an emergency scenario before health professionals arrive. This is based off of the national campaign, Stop the Bleed, teaching material. began by teaching the course material, which was followed by an opportunity for the attendees to practice packing a wound, applying pressure to a wound, and applying a tourniquet. Each attendant received a kit to take home with them which contained gauze, roller bandages, a sharpie, and a tourniquet.

National Primary Care Week Programming

As a part of National Primary Care Week, on 10/3/22, Seattle FMIG hosted an IUD workshop in conjunction with OBGYN/MSFC. We worked with residents from Swedish Hospital in order to provide education on proper IUD technique and use. Each student got to keep their IUD kits for further practice. a family medicine and obstetrics physician, also educated students on various contraceptives and access to these options.

On 10/4/22, the Family Medicine Office opened its doors to new first year students and others interested in family medicine at UWSOM. The open house had FMIG leaders and medical school family medicine faculty and staff from the FM advising team, FM clerkship and sub-I, the Underserved Pathway and RUOP (Rural and Underserved Opportunities Program) to talk about their programs and register students with AAFP membership.

We hosted a Child Development Assessment case-based presentation on 10/5/22, discussing different developmental screening assessments done by pediatricians and family medicine physicians.

On 10/6/22, we hosted family medicine speed mentoring. The main purpose of the event was to expose medical students to the many different paths within the specialty of family medicine. The family medicine speed mentoring event, part of our National Primary Care Week events, gave students an opportunity to chat with family medicine attendings, residents, and MS4s applying to residency from all over WWAMI. It was a virtual event with small break-out rooms so students could chat one-on-one with mentors for about 10 minutes each.

ROOTS volunteering (Rising Out of the Shadows)

Since ROOTS relies on volunteers for much of their programming, the Seattle FMIG is very excited to restart this partnership after it was put on hold due to the pandemic. This recurring event provides medical students in years 1-4 with the opportunity to volunteer at ROOTS Young Adult Shelter in the University District. ROOTS is an overnight shelter for unhoused young adults ages 18-25. They provide a variety of services, including meals, a place to sleep, and access to essential services. Volunteers for morning shifts assist with handing out hygiene supplies, laundry, cleaning, and ensuring the emotional and physical safety of the space. Evening volunteers set up the shelter for the night, preparing bedding, and supervising guest activities such as computer time and smoke breaks.

From December 2022 through March 2023, we collected winter clothes and specific clothing items from the UWSOM community. We coordinated with ROOTS, a local young adult shelter in

Seattle to collect and deliver the items most needed for their demographic. Any collected clothes that weren't suitable for ROOTS were delivered to St Vincent de Paul, a local thrift store benefiting their adult shelter.

Skills Workshops

Seattle suture workshop: 4/10/23

This workshop was presented by , the director of the family medicine residency program at Providence Milwaukie Oregon. He and a team of residents demonstrated basic suture techniques and then provided suture kits and gave one-on-one support while students practiced. We also heard from each resident about their paths to family medicine and why they chose this field. Participants got to keep their suture kits to continue practicing at home. This event was well attended by students with a variety of interests. Many expressed that they hadn't been aware of the scope of family medicine and had new interest in the field.

Seattle dermatology skill in skin of color: 5/23

Dermatology in skin of color is an informative, educational, and interactive workshop to raise awareness about how dermatological practice has been historically under-educated in diagnosing skin condition on skin of color. The session will address the crucial need for providing equitable dermatological care. It highlights the importance of being able to recognize how changes in skin conditions can present differently in individuals with skin of color. Students will engage in active poll learning with Dr. Perez throughout the session. These polls included questions with various images of clinical presentations/conditions that we may encounter.

Suicide Interventions for Adolescents- 5/23

This event will discuss the challenges of addressing mental health in primary care in vulnerable populations. We'll learn about using a PHQ-9 questionnaire and providing quality mental health care in adolescent populations. Our speakers will address the important role primary care plays in mental health intervention and treatment, especially in rural and underserved communities that lack access to psychiatry services.

Spokane Vaccine Hesitancy workshop: 11/16/2022

gave a presentation on vaccine hesitancy. Family physicians play a key role in driving vaccine acceptance. Every day across the United States, family physicians wrestle with how to best communicate to patients the clear benefits and potential harms of recommended vaccinations. We found students benefit from learning how to have these difficult conversations in a supportive environment.

Spokane mental health skills workshop: 3/30/2023

taught students how family physicians impact mental health care and how treatment of mental health has changed and continues to evolve. Most people with poor mental health will be diagnosed and treated in the primary care setting. Mental illness also complicates other medical conditions, making them more challenging and more expensive to manage. Together, this makes mental health an important issue for family medicine.

Wyoming scrub-in workshop: 11/3/22

This was a training session where, with the help of students learned sterile preoperative hygiene procedures. Students practiced proper hand washing, donning, and doffing. Surgical staff educated students on what to expect when attending surgeries in the operating room and how to maintain a safe environment for patients while maximizing their learning experience.

Wyoming wound care workshop: 2/8/23

This event was a lecture and hands-on skills session provided by two wound care specialized physical therapists, , who work with our local Premier Bone and Joint clinic. They provided us with a lecture on foundational knowledge for identifying and classifying types of wounds, as well as a chance to practice with advanced techniques and current state-of-the-art technology in the field of wound care.

Wyoming IV/IO phlebotomy workshop: 1/5/22

This training session emphasized the techniques, indications for, and complications associated with various methods of vascular access. Students practiced starting IV lines on each other and staff. This was guided by the Laramie Fire Department and Ivinson Memorial Hospital Nursing & Phlebotomy Staff. Intraosseous line placement was practiced on training models of various sizes.

Wyoming ACLS certification workshop: 4/1-4/2/23

Under the instruction of we were offered a chance to become ACLS certified. This two-day course involved classroom learning, numerous scenarios, and standardized testing with a mega-code scenario, as well as a written test. It was also aided by the Laramie Fire Department and Ivinson Memorial Hospital nursing staff.

Montana splinting workshop: 2/23

Students learned basic skills in splinting. This included skills in a hospital setting, as well as in the context of wilderness medicine.

Idaho IV/IO phlebotomy workshop with the Emergency Medicine Interest Group: 10/22/22

This interdisciplinary event was a collaboration with the Emergency Medicine Interest Group and allowed attendees to practice IV/IO placement on models, followed by the chance to get experience placing IVs on fellow students.

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"How to Med School" series and Professional Development

The Seattle FMIG puts on an annual "How to Med School" series, with a wide range of topics to prepare students across all years for upcoming parts of their medical school journey. These are typically virtual events, hosted in Seattle, with students across WWAMI participating. Spokane and Montana have also hosted similar events this year on topics their campuses requested.

This category of events also includes our Family Medicine Mentorship Program, which offers guidance from family physicians to interested students. These events are described below:

Seattle Family Medicine Match Panel: 4/26/2023

For this virtual event, we hosted 5 panelists of recently matched 4th year UW medical students from across the WWAMI region. The panelists matched into family medicine residencies with a broad range of interests, including obstetrics, rural healthcare, and addiction medicine. They shared wonderful insights about the broad range of opportunities in family medicine, the importance of rural primary care providers, and what drew them to this field. We had 12 attendees that could hear their advice and ask questions. The recording of this event will be posted on the Family Medicine and Career Advising websites.

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Seattle "Crushing Clerkships": 03/17/2023

This webinar is a part of the "How to Med School" series, aimed at offering information and support from upperclassmen to MS2s who are preparing to enter their clerkships. An MS4 led the discussion by sharing tips and tricks that have been passed down from each class, including recommendations and wellness strategies. Three breakout rooms, organized by core specialty, were opened about halfway through for students to ask questions specific to their specialty of interest. The specialties covered were family medicine, internal medicine, pediatrics, surgery, OB/GYN, and psychiatry. There was a short Q&A at the end and the recording of this session was sent out for future reference.

Seattle Family Medicine Mentorship program: 4/23

This program connects early UWSOM medical students with family physicians to provide medical students with role models that can provide mentorship and guidance as they progress in their training and apply to residency. We sent out surveys to mentors and mentees to gauge interests and preferences. We paired 20 medical students with family medicine physicians from across the WWAMI region. We hope this program will Mentor-mentee pairs were introduced via email and encouraged to connect virtually or in person.

Seattle "Flourishing in Foundations": 8/24/2022

This session had student panelists from across WWAMI available to answer questions about their experience in foundations, with audience questions throughout. Fellow students who have thrived through their first year of medical school are a fantastic resource when it comes to figuring out how to find a balanced study strategy. There was a panel of MS2s and MS3s from across WWAMI volunteering their time to share their high yield wisdom when it comes to resources, strategies, and expectations for the coming years.

Seattle "Acing Anki": 7/30/2022

This event was a part of our "How to Med School" series, and was aimed at first year medical students to introduce them to the popular flash-card app. It addressed common questions and uses for this tool, as well as the importance of finding an effective study routine early. This also gave new students an opportunity to ask about other third-party resources and learn from other students about helpful learning strategies.

Seattle Family Medicine Sub-I Information Session: 9/19/2022

This session was run by the Family Medicine career advisor faculty and discussed the FM subinternship experience to help interested 3rd year medical students with 4th year planning . This event encouraged students interested in family medicine to take advantage of the various

WWAMI sub-I opportunities to help prepare for residency application.

Spokane FMIG Family Medicine Kick Off Panel Discussion: 9/27/2022

Four local physicians visited to discuss career opportunities in family medicine. Family medicine physicians enjoy a variety of different opportunities to fill their vital role in the health care system. The broad scope in family medicine training prepares physicians to practice in a wide range of situations, including emergency and urgent care, sports medicine, public health, wilderness medicine, research, education, and as hospitalists. The goal was to introduce incoming students to this field early on, to generate excitement for future events.

Montana RUOP Bootcamp: 3/23

Students participated in rotations of different skills and procedures to practice before heading to our RUOP (Rural and Underserved Opportunities Program) sites this summer. Skills included punch and shave biopsies, joint injections, newborn exams, introduction to delivery, and EKG setup.