

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

## *Overall Award*

### Keck School of Medicine of the University of Southern California

#### FMIG Operation

The Keck Family Medicine Interest Group (Keck FMIG) is a student-run organization at the Keck School of Medicine (KSOM) of the University of Southern California (USC). Keck FMIG is part of the AAFP and the California Academy of Family Physician (CAFP) networks. At USC, Keck FMIG is also a recognized student organization under both Associated Students of the School of Medicine (ASSM), Graduate Student Government (GSG), and is registered with the USC Campus Activities Office on the main University Park Campus.

In addition to collaborating with our Department of Family Medicine and the USC-KSOM Family Medicine Residency Program, our organization works closely with family physicians and resident physicians in the greater Los Angeles area including but not limited to Kaiser Permanente, Keck Hospital of USC, AltaMed, White Memorial, Eisner Morehouse, and Long Beach Memorial. We also collaborate with other primary care-related student organizations through the Keck Primary Care Coalition, such as the Pediatrics Interest Group, Medicine-Pediatrics Interest Group, Internal Medicine Interest Group, Obstetrics and Gynecology Interest Group, and the Geriatrics Interest Group. Keck FMIG interfaces with the Keck Career Advising Office, the Keck SOM Office of Admissions, and the 3rd Year Family Medicine Clerkship Office as well.

Any medical student at KSOM with an interest in Family Medicine can become a member of Keck FMIG. Email is the main medium by which Keck FMIG corresponds with its membership, and we maintain updated information both through our class Discord channel and monthly newsletters. Most students sign up at or soon after the annual Student Life Fair in August and additional students join throughout the year by signing up at Keck FMIG events or by responding to the monthly newsletter. All medical students are encouraged to sign up for a free

AAFP and CAFP membership so that they have access to free conferences, scholarships, fellowships, journals, newsletters, and flyers. In the current term, no first-year or second-year medical students asked to be removed from our listserv.

Our leadership is structured to empower students and promote as much active participation as we can. Each year, in late September/early October, all first year students are invited to apply for Keck FMIG leadership positions. Students are asked to answer questions about why they are interested in Family Medicine and why they want to be a leader in FMIG. The new leadership is chosen by the outgoing officers and the Keck FMIG Faculty Advisor, and an effort is made to match a candidate's interest, experience, and strengths to the available positions. In-person interviews are held if there is more interest than positions available. New leaders are trained by their counterparts from the previous year in order to ensure that all relevant information gets passed on in an organized manner. Cuddle Club/Ready, Set, Fit Program Chair was an additional board position that was created last year due to the growth of these long term FMIG events. We have also added a second Community Outreach Chair due to the volume of health fairs and community classes we are involved in. By adding a board position dedicated to these activities, we have been able to develop more events for medical students to volunteer at, as well as build new relationships within our East Los Angeles community.

## **Goals**

### **Mission Statement:**

The Keck Family Medicine Interest Group (FMIG) empowers KSOM students and the campus community to champion the values and philosophies of Family Medicine, particularly comprehensive, patient-centered primary care. We foster exploration of Family Medicine through mentorship, community engagement, and career development, while advocating for equitable health systems and addressing the psychosocial needs of our communities.

### **Goals:**

Increase the student membership in the Keck FMIG/CAFP/AAFP.

Increase the FMIG presence on campus as a respected, well established, and highly active student organization.

Enhance the clinical skills and community engagement of first and second-year medical students by offering hands-on procedural workshops and service programs annually, focusing on core family medicine procedures and health education.

Provide informative lectures on the field of Family Medicine and related primary care topics.

Serve as a point of contact and connection for third and fourth year students looking to apply to Family Medicine residency programs.

To cultivate leadership skills in students interested in primary care by providing opportunities for them to develop proficiency in team-based care, advocacy, and community outreach. Continue to grow the Family Medicine Mentorship Program to expose first and second year students to community based family medicine mentors and give them access to shadowing opportunities.

Increase student interest in Family Medicine as a speciality/career choice and ultimately increase the number of fourth year students who match into Family Medicine.

Increase collaboration opportunities with other primary care student interest groups, other health professional students, campus departments, and interprofessional student groups. Raise awareness about non-USC Family Medicine opportunities including fellowships, International Medicine opportunities, community-based research, scholarships, advocacy opportunities at the state Sacramento annual lobbying day, and leadership opportunities.

To address the specific health needs of our East Los Angeles community through collaborative community partnerships, by enhancing our health fairs with targeted screenings and resources, offering diverse exercise programs for seniors, and delivering consistent, curriculum-aligned health education to children in local schools.

## Faculty Advisor

Dr. [REDACTED], Professor of Family Medicine at USC, has been an invaluable advisor to the Keck FMIG for 14 years. Since joining KSOM in 2007, she has demonstrated unwavering dedication to both patient care and medical education. As a practicing family physician in inner-city Los Angeles, she brings a wealth of clinical experience, further enriched by her fluency in Spanish, fellowship in obstetrics, and Master of Public Health.

Dr. [REDACTED] leadership extends throughout KSOM, where she serves as Vice Chair of Education for the Family Medicine department and Director and founder of the Keck School of Medicine Primary Care Initiative. In these roles, she directs a KSOM primary care clinical track, bridges the gap between the university, community, and medical school, and mentors third-year students. She is also the co-founder of the Education and Collaboration for Geriatrics Program (IECG), designed to foster collaboration from students across different healthcare disciplines who are interested in working with underserved older adults. Notably, she received the 2023 AAFP Innovative Program Award for Education Excellence and the prestigious Mellon Mentoring Award for Graduate Mentoring, recognizing her exceptional contributions to medical education and mentorship.

As the Keck FMIG advisor, Dr. [REDACTED] provides essential guidance to student leaders, facilitates connections with AAFP/CAFP, and advocates for the organization within the Keck administration. She actively supports FMIG programming, attends meetings, ensures leadership continuity, assists the Primary Care Coalition, and organizes a primary care lunch talk series, and hosts community service events.

Dr. [REDACTED] influence extends beyond KSOM through her active involvement in national and regional family medicine leadership, including the Society of Teachers of Family Medicine (STFM) and AAFP.

Her extensive network of community-based family medicine doctors provides students with invaluable mentoring, leadership, research, and conference opportunities, solidifying her commitment to fostering the next generation of primary care physicians. Her passion for serving underserved and vulnerable populations is evident in all aspects of her work, including her writing, clinical practice, and advocacy. Our Family Medicine Program is also supported by our new faculty advisor, Dr. [REDACTED]. Dr. [REDACTED] is a Clinical Assistant Professor of Medicine at USC, the Assistant Director of the Keck School of Medicine Primary Care Initiative and is a family medicine provider dedicated to both patient and student education. As a bilingual care provider at a federally qualified health clinic in Los Angeles, Dr. [REDACTED] is committed to making her patients feel heard and understood, while helping them best manage their own health decisions.

Since joining the FMIG team, Dr. [REDACTED] has taken on the role of leading the Primary Care Coalition meetings, helping students foster collaboration amongst themselves, as well as think creatively about some of the challenges that come along with all of the administrative background work that goes into making our organizations run. Dr. [REDACTED] has been thorough and organized in her efforts to coordinate multiple student groups with varying interests. She has also been the driving force behind the Primary Care Coalition service events, helping students select and plan a community service event that is of interest to all the primary care orgs.

Dr. [REDACTED] has also helped organize the yearly Primary Care Conference. This year's Primary Care Conference was titled "Primary Care in the Community: What Happens After the Referral?". This conference serves as a platform to highlight and explore how primary care physicians can partner with community organizations to empower patients and ultimately communities to improve their health. Dr. [REDACTED] worked to recruit medical students to lead this conference. She mentored and facilitated these student leaders as they worked to plan this conference, which involved developing the conference theme, finding community speakers, advertising the conference, and additional administrative tasks. This conference helped establish and strengthen Keck and FMIG's relationship with community organizations like The Wellness Center, WIC (Women, Infants, and Children), and the East LA Women's Center. In addition, medical student attendees were able to learn more about when to guide patients to these resources and the most effective strategies for referral. Dr. [REDACTED] leadership in this conference was integral to its success in the Keck community.

## Programs

### FMIG Lunch Talks

FMIG lunch talk ideas are generated by the entire FMIG student board and then planned and executed by the co-presidents, with the help of the faculty advisor. These talks are specifically designed to expose students to careers in family medicine and help students make connections with different family doctors. 09/04/2024- "A Day in the Life of a Primary Care Physician": Our faculty advisor, Dr. [REDACTED], spoke about family medicine including the scope of practice, common services and procedures, residency, fellowships, income, community involvement, and why she is passionate about it. The outgoing FMIG board also introduced themselves and promote upcoming FMIG events. This talk is specifically geared towards engaging first year medical students and introducing them to the field of family medicine. 04/09/2025- "Fellowship Options in Family Medicine Panel": This is a yearly panel held to inform students on the diverse career opportunities in family medicine. This year we are hosting physicians from sports medicine, geriatrics,

women's health, addiction medicine, and palliative care (with addiction medicine and palliative care being new additions in 2025!). Panelists will be asked about what drew them to pursue their chosen fellowship, how it has enhanced their practice, and what interested students can do to explore their field. 4/25/2025- "Know Your Rights Talk": This upcoming event will be held in combination with the Keck Human Rights Clinic. This talk will feature practical legal information for students looking to protect their immigrant patients in the current political climate. Interested students can learn about what rights undocumented people have under both federal and state law. PRIMARY CARE COALITION LUNCH TALKS Primary Care Coalition (PCC) talks are planned by primary care student interest group board members, including FMIG, and the Primary Care Initiative spearheads, Dr. [REDACTED] and Dr. [REDACTED] These lunch talks address diverse issues and topics in primary care and provide students with a starting point to become leaders and advocates in their respective fields. 09/18/2024- "Hypertension Management in Primary Care": A family medicine doctor spoke about diagnosing hypertension, the different treatment guidelines, and the medication classes that are recommended for management of hypertension. 10/02/2024- "Paying for a Primary Care- Scholarships and and Other Repayment Options": Primary care doctors from across Los Angeles talked about different methods to finance a primary care career. Students learned about scholarship options, loan forgiveness programs, and military scholarships. 10/16/2024- "Gender Affirming Primary Care for Transgender and Gender Diverse Patients": A primary care physician came and spoke about health care disparities and healthcare needs that are unique to the transgender community. They also discussed gender affirming care and preventative screenings for gender diverse patients. 11/03/2024- "Navigating Difficult Patient Encounters and Microaggressions": A clinical psychiatrist spoke about common microaggressions between providers and patients, and described ways to repair damaged patient-provider relationships. 12/12/2024- "Primary Care Advocacy in Action": This was a combination of primary care physicians and medical students discussing ways that primary care can be improved and different formats of student advocacy. Students and physicians also talked specifically about naloxone interventions. 01/08/2025- "Understanding Death and Dying: Communication, Care, and Documentation": One of our KSOM family medicine physicians presented on broaching the conversation of death with both a terminally ill patient and their loved ones. This talk also discussed the mental burden placed on doctors who must deliver bad news. 01/29/2025- "Inside the Ring and On the Field: A Journey Through Sports Medicine": A sports medicine physician spoke about the different pathways to becoming a sports medicine physician, how sports medicine can differ for various athletes, and how sports medicine can be a part of primary care. 03/05/2023- "Primary Care and Mental Health": A KSOM family medicine doctor discussed common mental health concerns in primary care and different screening tools employed in primary care settings. 03/19/2025- "Intimate Partner Violence in Clinical Settings": A KSOM family medicine doctor and one of the care coordinators from the CARE-SC program discussed screening for intimate partner violence and identifying available resources for patients. There will continue to be more PCC lunch talks on a monthly basis on other topics and issues in primary care. We would like to correlate future PCC lunch talks more closely with course material from Keck's Health Justice and Systems curriculum and Empowerment through Profession Identity and Cultivation curriculum. Student input on topics they would like to learn about will be taken into account as well.

#### Primary Care in the Community Conference

FMIG members participated in this year's primary care leadership conference which focused on Primary Care Physicians and the external resources that primary care relies on. Particularly, this conference was to help students learn about the services provided by the Wellness Center at LA County Hospital. Attendees learned from a diverse array of professionals sharing and discussing their experiences in providing care, along with interactive breakout sessions. The conference was held at Keck SOM with keynote panel consisting of six speakers: [REDACTED], MD, PhD - Medical Director of Urgent Care, Los Angeles Medical Center and Medical Director, Los Angeles General Wellness Center [REDACTED], MSc GLAD - Wellness Coordinator East Los Angeles Women's Center [REDACTED], MS, RDN, IBCLC - PHFE WIC Deputy Director of

Breastfeeding Services [REDACTED], MPA, RDN - Senior Manager of Operations PHFE WIC, A Program of Heluna Health [REDACTED], MS, RDN - Deputy Director of Nutrition Services and Projects PHFE WIC, A Program of Heluna Health [REDACTED] - Promotora Education Specialist East Los Angeles Women's Center The first session, led by Dr [REDACTED] focused on her path to medicine as a non-traditional student and a Latino woman growing up in East Los Angeles. Dr [REDACTED] also talked about her work as one of the leaders of the Wellness Center and LA County Hospital, and the various resources that they offer to both patients and the larger community. Attendees learned from Dr. [REDACTED] story of resilience, and were educated about the work being done at the Wellness Center. The following sessions were hosted by programs that all have offices within the Wellness Center at Los Angeles County Hospital. WIC: [REDACTED], and [REDACTED] from WIC (The Special Supplemental Nutrition Program for Women, Infants, and Children) spoke about who qualifies for WIC and exactly what food options WIC is able to provide. Attendees learned about how to enroll patients into the WIC program and how to promote WIC's services to future parents to help them be prepared for the birth of their child. Attendees also learned about neonatal nutrition and what foods are right for young children. East Los Angeles Womens' Center: [REDACTED] from the East Los Angeles Women's Shelter discussed violence perpetrated against women and children, particularly in Latino communities in East Los Angeles. Attendees also learned about the services ELAWS provides including counseling for women, children, and family groups, housing, nutrition education, community outreach, and talk therapy circles for men. Promotoras: The Promotoras are a group of women from the Latino community here in East Los Angeles that have been trained via the ELAWC to become community health workers who teach their communities about HIV/AIDS, interpersonal violence, and basic health needs. During this talk, one of the Promotoras, [REDACTED], spoke about her own journey as an immigrant to Los Angeles and a victim of domestic abuse, and why she chose to become a Promotora. Attendees gained a deeper understanding of the challenges faced by some of the members of our local community, as well as what community outreach is being done and how to harness the power of interpersonal relationships when doing community education. This conference was open to all students interested in primary care and mental health, as well as community members.

#### Student Procedural Development & Outreach: Workshops and Health Fairs

MONTEREY PARK COMMUNITY HEALTH FAIR - 10/19/24, 9AM to 1 PM Keck FMIG and APAMSA collaborated to offer diabetic foot checks at the 17th Annual Monterey Park Health Fair, sponsored by the Asian Pacific Health Corps (APHC) at UCLA. The event aimed to educate the local community about various health issues, including cardiovascular diseases and cancer. Approximately 150 participants were served at this health fair. DIABETIC FOOT CHECK AND VISION [REDACTED] SCREENING FOR THE DIA DE LOS MUERTOS HEALTH FAIR- 11/02/24 10:00 AM to 2:00 PM Keck FMIG and LMSA (Latino Medical Student Association) collaborated to host this health fair, aimed at providing diabetic foot checks and vision screenings to the Latino population here in East Los Angeles. This event, hosted by the USC Pharmacy Student Organization, was a chance to provide free health screenings while enjoying food, music, dance, and celebrating the holiday of Dia de los Muertos. CARSON COMMUNITY HEALTH FAIR - 2/1/25, 10 AM - 2 PM This health fair was hosted by APHC at UCLA and served Carson community members. Carson, CA is an underserved community in the south bay of Los Angeles county. FMIG students conducted diabetic foot checks and trained UCLA undergraduate students how to scribe and perform diabetic foot checks as well. Counseling on diabetes, foot hygiene, nutrition, and prevention were given to patients. Patients who displayed signs of neuropathy were advised to follow up with their primary care physicians for further evaluation. EKG WORKSHOP - 02/18/2025, 2 PM - 3 PM: Assistant Professor of Clinical Family Medicine and Family Medicine doctor [REDACTED] gave a detailed demonstration of placing EKG leads and how to then interpret individual lead depolarization, along with common cardiac pathologies. This workshop gave students a chance to practice reading EKGs in a more interactive learning environment. KOREATOWN COMMUNITY HEALTH FAIR - 4/26/25, 10 AM - 2 PM This health fair is hosted by APHC at UCLA and serves Koreatown community members. FMIG medical student volunteers conducted diabetic foot checks and trained UCLA undergraduate students how to scribe and

perform diabetic foot checks as well. Counseling on diabetes, foot hygiene, nutrition, and prevention were given to patients. This health fair often has approximately 100 participants. CHINATOWN COMMUNITY HEALTH FAIR- Tentatively 5/18/25 Keck FMIG and Keck APAMSA will work together to help provide diabetic foot checks at this community health fair hosted by APHC at UCLA. POINT OF CARE ULTRASOUND (POCUS) WORKSHOP - TBD in Fall 2025 We will be collaborating with the USC Family Medicine Residency program to host a workshop on POCUS for medical students in the fall semester. As a rapid diagnostic tool used increasingly by physicians in bedside evaluations, we would like medical students to be exposed to POCUS and begin familiarizing themselves with using this technology.

#### Promoting Family Medicine: Recruitment and Mentorship Program

**RECRUITMENT AT THE STUDENT LIFE FAIR** The Keck Student Life Fair takes place at the beginning of each school year, where all student interest groups (SIGs) can table and recruit new members to their organizations. We had 2 students from FMIG at our table collecting names and emails of first and second-year students, where we displayed an informational poster about our SIG. We also handed out fun perks like AAFP pens and cups to new students, while encouraging them to sign up for the AAFP and CAFP. We advertised our various programming and encouraged students to attend our first lunch talk of the year. In 2023-2024, we recruited 55 new members in FMIGs listserv. **FAMILY MEDICINE MENTORSHIP PROGRAM** Nine years ago, Keck FMIG established a mentorship program which matched our medical students with practicing community family medicine physicians, allowing students to connect with Family Medicine doctors from a variety of backgrounds. In summer 2019, the mentorship chair, [REDACTED], recruited 20 physicians to participate in our mentorship program. These doctors were contacted via email with a survey asking whether they would be interested in providing mentorship and shadowing opportunities to medical student mentees, what patient population they generally interact with, if they had completed a fellowship or other specialized training program, and how many students they were willing to mentor. In September 2019, after we had recruited new first-year medical students into our FMIG, we had students sign up to be a part of the mentorship program by filling out a similar survey. 20 first and second-year medical students signed up for the mentorship program and were manually paired with a mentor by [REDACTED], trying to match students and physicians based on their interests. Participating physicians and medical students were then given the contact information of their match, along with a set of guidelines regarding the expectations and desires from each party. This opened the door for a year of meaningful interactions between mentors and mentees, which many students have told us have been very helpful and inspiring to them. The subsequent mentorship chairs have since done the same. In 2020, 20 first and second-year students participated in the mentorship program. In 2021, 25 first and second-year students participated in the mentorship program. In 2022, 40 first and second-year medical students participated in the mentorship program. In addition, the 2022 mentorship chair, [REDACTED], organized a mentorship dinner for first and second-year students and their mentors on campus in the fall. Mentorship dinners are an opportunity for paired students and faculty to share experiences and learn from each other in a more structured setting. The 2023 mentorship director [REDACTED] and 2024 mentorship director [REDACTED] continued hosting biannual mentorship dinners. The 2023-2024 mentorship pairings matched 30 first-year and second-year medical students with family physician mentors. The number of physicians involved with mentorship and the mentorship banquets has now grown to 40. The mentorship dinner has continued to be a huge success among physicians, residents, and students alike in 2024. We plan to continue the mentorship program and host another mentorship dinner in the upcoming fall with the new physician-student pairings for the next school year.

#### Cuddle Club at the LACxUSC NICU

With the commitment to showcase the full spectrum of family medicine through well-organized "Cradle to Grave" service programs, Keck FMIG established the Cuddle Club as a permanent program at LA General Medical Hospital. In

Cuddle Club, medical students work primarily with "boarder babies" in the NICU, infants whose mothers are unable to care for them due to illnesses or substance use problems. These infants may receive inadequate human contact, which can negatively impact their development. Students who volunteer their time to participate in the Cuddle Club assist the hospital team in feeding, holding, and comforting the newborns. This is very exciting for students because it is one of the few opportunities they have in their pre-clinical years to have real responsibility and play a direct role in providing healing care to patients in the hospital. Students can come in anytime to play with babies who are expected to remain in the nursery for an extended period of time and to help assess their developmental milestones. Cuddle Club students play a role that is formative to the well-being of the infants long after their hospital stay. The medical team in the NICU is very grateful for the medical students' help because their immense amount of responsibilities often make them unable to have time to provide simple healing interventions like holding the babies and comforting them outside of their normal feeding times. In turn, the medical students benefit by learning about the challenges of neonatal care and the unique needs of newborns, especially in the population served by the LA County Hospital. They also have the chance to work along with other members of the medical team like social workers and nurses, to learn more about their roles in patient care and what services they can provide to patients. Students serve as a resource to patients and their families, hone their interpersonal skills, and also get more comfortable with how to properly handle and care for these fragile infants. Overall, students appreciate having the rare opportunity to learn about maternal health and obstetrics, which deepens their knowledge about family medicine and family planning. In order to participate in the Cuddle Club, volunteers must attend mandatory training. FMIG organized an orientation on 08/27/2024 that included a multimedia presentation and a questions and answer session with two NICU and Nursery nurses. 72 new students completed the training this year. Once the training and the tour are complete, students can volunteer in the NICU at any time. Participation is tracked via a sign-in sheet in the NICU.

#### Older Adult Exercise Class at Sakura Gardens Assisted Living Facility

This community event began this year in January 2025 because FMIG members expressed interest in working with the local community to promote health through exercise. Each month, student members of FMIG, APAMSA, and Geriatrics SIG teach exercise classes to older adults at Sakura Gardens Assisted Living Facility. The residents at Sakura Gardens are predominantly of Japanese descent, and the exercises taught are tailored to Japanese music and culture. Many residents are primarily Japanese speaking but the student organizer of this event is Japanese speaking and helps translate for students and residents. At each session, there are 3-4 student volunteers who help demonstrate the exercises, including modified chair exercises for accessibility, and help assist residents in following along the class. At the end of each exercise class, there is time provided for the attendees to give feedback to improve further classes. Student volunteer participation is tracked via a virtual sign up sheet. During the current 2024-2025 academic year, FMIG will hold a total of 4 exercise classes, once a month on Tuesdays (2/18/25, 3/11/25, 4/8/25, 5/13/25). As of now, the exercises and dance routines do not require any equipment other than a chair. In the upcoming academic year, we plan to expand the variety of exercises, by incorporating tools such as resistance bands, to add an additional level of challenge as requested by the residents. Each class is very popular, with 20-30 resident attendees and we plan to offer more frequent classes during the next academic year as well. FMIG student volunteers enjoy working with the older adult residents and educating the community on the importance of exercise and the varieties of exercise to promote healthy aging.

#### Pediatric Outreach at a Local Elementary School: Ready, Set, Fit!

READY, SET, FIT! Reach, Set, Fit is a community health and outreach curriculum developed by The American Academy of Family Physicians' fitness initiative Americans in Motion (AIM) in collaboration with Scholastic. The program aims to educate elementary school children about healthy lifestyles through lessons and activities. Eight years ago, FMIG

partnered with Sunrise Elementary School in East Los Angeles to teach the Ready, Set, Fit curriculum to classes of 2nd and 3rd grade students. Our partnership experienced a brief hiatus due to the COVID-19 pandemic, but restarted in May 2023 and has continued since with confirmed dates for the upcoming 2024-2025 school year already. We have also expanded on the curriculum by leading activities and lessons that fit the interests of each class. We have appointed a specific board member [REDACTED], who is in contact with the administration at Sunrise and helps us coordinate lessons that work for our medical students and their schedule, while also ensuring we meet the expectations and needs of the elementary school students. We have also partnered with our Pediatrics interest group and with USC Pharmacy students to work together on this project. We recruit a minimum of six FMIG volunteers for each session, so that we can teach two classes of elementary school students and have three medical student instructors per class, in addition to our pharmacy peers. CHOOSE SMART! EAT SMART! 09/20/2024- This lesson is geared towards teaching the kids what it means to make healthy dietary choices, why eating healthy is important, and how to eat more nutritious foods every day. During this lesson, students learned about MyPlate and the 5 major food groups. Medical students facilitated a discussion with the class regarding their favorite foods, the foods that belong in each food group, and how to decide whether a plate is healthy or unhealthy. MEET A FAMILY DOCTOR 10/18/2024 - The purpose of this lesson was to introduce the class to medicine as a career, and tell the students a little about what a family doctor does. A family medicine physician from Keck School of Medicine joined us to talk about what life as a doctor is like and to answer questions from the kids. Time was also used in this lesson to introduce students to the three elements of health that our curriculum emphasizes: staying active, eating right, and feeling good. Kids were asked to come up with ideas of how to be healthy and then categorize them into each of those three areas. Aligning with their current math lessons, kids applied some math skills by making fractions of how many of our ideas were in each individual category. EXPRESS YOURSELF! 01/30/2025 - This lesson intends to teach the children about the last component of health which is sometimes left out of the discussion, emotional well-being. We facilitated a discussion about what it means to feel good and to be mindful of one's emotions. We helped illustrate these points by having students read and discuss a short story, which contained examples of healthy ways that a young girl was able to express her emotions and cope with feelings of sadness and anger. CAREER OPPORTUNITIES 03/14/2024 - Medical and pharmacy students led discussions on different career options (both in and beyond the healthcare field). Students facilitated a decision that allowed the elementary students to discuss what skills and values they had and to brainstorm career options that aligned with them. Medical students then led the kids in some team building challenges to test their communication skills with each other. STAYING SAFE ON THE INTERNET 4/25/2024 - This lesson is currently being planned for the future. This lesson will focus on discussing the powers of the internet and the potential dangers that come from internet access. Medical students will then provide guidelines on online safety and lead activities that allow students to learn how to strengthen passwords and detect online scams. The classes will also make their own personal "Internet Safety Pledge."

#### Primary Care Coalition Meetings

PRIMARY CARE COALITION MEETINGS - 12/09/2024, 01/09/2025, 03/06/2025, more to be held in the coming months. Throughout the year, our FMIG participates in Primary Care Coalition meetings with members of other primary care specialty student interest groups to create collaborative events that students interested in primary care in general will find helpful. The other specialties in the coalition include pediatrics, med/peds, geriatrics, internal medicine, ob/gyn, and psychiatry. We do this to promote the values of primary care and the common interests that these distinct specialties have with cohesive lunch talks, service events, a summit dinner, and a leadership conference (see previous sections for details on these events), while also gaining advice and ideas from other organizations. These meetings are a chance for primary care interest groups to work together to make sure we are not creating competing events but rather supporting each other whenever possible. These meetings are led by our faculty advisor and held roughly once a month.

## Family Medicine Conferences

AAFP NATIONAL CONFERENCE - 08/01/2024-08/03/2024 13 Keck students attended the 2024 AAFP National Conference. Students in attendance also got the chance to explore what research is being done within the field of family medicine, as well as connect with other family medicine physicians and interested students from other schools. ADVOCACY AND LOBBY DAY IN SACRAMENTO - 03/15/2025-03/17/2025 FMIG students attended lobby day in Sacramento to work with state legislators on issues important to patients and family medicine. Students had the opportunity to better understand the decisions that inform public health policies and insurance laws.