

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

## *Overall Award*

### Medical College of Wisconsin

#### FMIG Operation

MCW's Family Medicine Student Association has a student executive board consisting of the following positions:

- Co-Presidents (2) – The co-presidents are responsible for holding general student meetings, board meetings, organizing the M1 student Scrub Sale at the beginning of the year, organizing a Family Medicine Meet and Greet at the beginning of the year, as well as other events, speakers, and workshops throughout the school year. The co-presidents are additionally in charge of maintaining a relationship with the Wisconsin Academy of Family Physicians and fostering student engagement with their organization.

The co-presidents are also responsible for promoting the Family Medicine National Conference, Family Medicine Midwest, and other local Family Medicine conferences, as well as passing along scholarship opportunities to student members. Finally, it is the responsibility of the co-presidents to ensure the other possible board members and supporters are fulfilling their duties as outlined below.

In the past there were also leadership roles specific to planning National Primary Care Week activities (National Primary Care Week Chair), management of and application for funding (Treasurer), and coordinating student experiences with volunteering/service, shadowing, and research (Volunteer and Shadowing Coordinator). These roles will be carried out this year by the two co-presidents, with the help of a core set of active FMSA members. Descriptions of the roles are also included below.

- Volunteer and Shadowing Coordinator – The volunteer and shadowing coordinator works with community organizations of their choosing (with the approval of faculty advisors) to develop and continue pre-existing volunteer activities for MCW students to participate in. They recruit medical students as volunteers to staff these opportunities. This chair also organizes

shadowing shifts within Family Medicine and keeps regular communication with the proper staff and faculty members as well as FMSA students. This chair additionally handles any onboarding processes that are required for students to participate in any of the above-mentioned events.

- National Primary Care Week Chair – The national primary care week chair is responsible for organizing and planning the events – workshops, activities, and lunch talks – that occur during National Primary Care Week each fall.
- Treasurer – The treasurer is responsible for keeping accurate records of all financial matters, applying for funding through MCW's Student Affairs and submitting the proper reimbursement forms, finding scholarships through the American Academy of Family Physicians and Wisconsin Academy of Family Physicians. The treasurer also co-signs all checks with one or both co-presidents.

New board members are elected in January following a written application process and a majority vote of the current board. There is then a 2–3-month transition period where current board members train new leaders on their positions, hold multiple transition meetings between board members and faculty advisors, and slowly increase new board member engagement with planning and hosting upcoming events. New board members take office fully by April and serve for a period of one year.

Membership is open to any medical, pharmacy, graduate, or special MCW student who is interested in Family Medicine and membership is defined as participation in at least one FMSA event. We take attendance at every event to track participation. Over the last year we have had a total of 437 attendees participate in all FMSA events, in addition to over 15 resident physicians and over 10 faculty physicians.

## Goals

MCW's Family Medicine Student Association's (FMSA) mission: To promote the values and philosophy of Family Medicine to the students of the Medical College of Wisconsin and to others within our community. We aim to increase students' awareness of the field of family medicine, provide educational and career resources, and offer opportunities for members to become involved within the community and the profession.

## Faculty Advisor

Faculty advisors support FMSA by providing:

- **Guidance and Mentorship:** Faculty advisors lend their expertise and experience to help FMSA leadership create interactive and educational events for MCW students. Additionally, during board transition, faculty advisors help mediate conversations about the previous academic year and goals for upcoming programming.
- **Networking Opportunities:** Faculty advisors leverage their professional networks to help students connect with potential mentors and collaborators in the field of Family Medicine. They also help create opportunities for FMSA students to interact and network with leaders within Family Medicine (e.g. WAFFP leadership, practicing Family Medicine doctors).
- **Professional Development:** Faculty advisors support students in building key skills necessary for success within the practice of Family Medicine by leading workshops (e.g. the Research in Family and Community Medicine Lunch Talk).
- **Support for Student-Led Events:** Faculty advisors provide input, connections, resources, and recruitment assistance to support the implementation and coordination of various FMSA events throughout the year.

## Programs

### Annual FMSA Family Medicine Meet and Greet

This Meet and Greet is a family-friendly event that provided MCW students with the opportunity to connect with Family Medicine residents and faculty in a casual setting and learn about Family Medicine residency, lifestyle, job prospects, and more. This was especially a great opportunity for first year students to be introduced to the Family Medicine in a low-stakes environment. FMSA will continue to host a Meet and Greet event in the Fall semester to support the fostering of connections early in the school year. This has been an ongoing event offered through FMSA and has served as a great way to welcome students and showcase Family Medicine. Leaders plan the entirety of the event, with faculty assistance in recruiting residents and faculty to join. There were 22 attendees with at least 3 faculty members and 2 resident physicians.

## FMSA Scrub Sale

### Fundraising

Students purchased new and gently used scrubs for \$20 and \$10, respectively. Gently used scrubs were donated by M1 students at the conclusion of their first year (boxes were left in the Form and Function locker rooms). The Used Scrub Sale was an effort to not only provide affordable scrub options to incoming first-years, but an effort to reduce waste of perfectly good scrubs at the conclusion of medical student donor dissections. For the first time this year, upon student request, FMSA had decided to host a second scrub sale to allow M1s the opportunity to purchase a second set of scrubs prior to their first day of anatomy lab. This event is an ongoing fundraising event at the beginning of each year that fills a need within the student body, is a way to advertise FMSA and showcase Family Medicine connections, and raise money for the student organization. This year, the group raised over \$1600.00 for FMSA.

## Neighborhood House Health Fair

The Neighborhood House Health Fair is an annual event hosted in the community on the Near West Side of Milwaukee, with the goal of connecting community members with healthcare professionals to receive basic check ups, consultation, healthy snacks and hygiene kits. Many MCW student organizations collaborated to provide community members with blood pressure and blood sugar screening, health information and resources, and a chance to promote general wellness within the local community. FMSA specifically focused on helping community members better understand the role of primary care providers and preventative health. This was a new event that FMSA participated in this year. Efforts were supported by Family Medicine faculty and content, materials and offerings were planned by FMSA leadership. Additional opportunities for FMSA members to engage in clinically-oriented community service include ongoing relationships with safety net clinic Repairers of the Breach and Sixteenth Street Federally Qualified Health Centers in Milwaukee.

## Student Org Fair

All MCW Student Organizations gathered to share information about their student organization with incoming students. FMSA board members spoke with students about Family Medicine and the diversity of career opportunities that exist within the specialty. FMSA leaders also spoke about the upcoming events and opportunities that FMSA would be creating. This is an annual event in which FMSA participates and is the main way they grow their membership. Over 25 students stopped to discuss FMSA with the leaders this year.

## LGBTFM and FMSA Community Resource Fair

This event came from a partnership with LGBTQ People in Medicine group, FMSA, and other student organizations to help students connect with one another and identify community resources. It can often be difficult to fully understand all the resources that exist at MCW and within Milwaukee. This event's goal was to create a space where student organizations can pool their resources and build a rich network of support. Students enjoyed low-stakes networking with fellow students and organizations and had the chance to form connections in a relaxed setting. This was a new event and new collaboration with this other student organization. It is suspected that intentionally creating these spaces will be important moving forward.

## WAFP Introduction to Family Medicine

The Wisconsin Academy of Family Physicians (WAFP) is the Wisconsin chapter of the American Association of Family

Physicians (AAFP). The WAFP represents a wonderful resource and community for students who have an interest in Family Medicine. Representatives from WAFP have graciously agreed to come and speak to students about the WAFP, the benefits and resources that come with a free student membership, and a introduction to the practice of Family Medicine in Wisconsin. Additionally, the WAFP discuss leadership and educational opportunities provided by the WAFP throughout the year. This is the second year this has been offered. This programming is designed to introduce students to the WAFP and AAFP early on in their academic careers. This event was primarily attended by first year students with an interest in Family Medicine. The WAFP Deputy Executive Director, [REDACTED], spoke with students about the WAFP, their mission, how the WAFP supports students interested in Family Medicine, and how students can get involved. Additionally, resources to join the AAFP and WAFP as student members were shared with participants. Overall, the event was a success and introduced interested students to key resources for exploration of the Family Medicine specialty. The event will be a regular staple to FSMA's programing as our organization believes that the WAFP and AAFP are invaluable resources for students to have when exploring Family Medicine. This year we additionally had the WAFP elected student representative join for the talk, and provide other offerings (on different days) for our students like sessions on how to get the most out of the AAFP National Student Conference.

#### FMSA and AMHRO Intro to Community Engaged Research

At this lunch talk, research in Family Medicine, Addiction Medicine, and community-engaged projects was highlighted. This was a collaboration between FMSA and the Addiction Medicine Harm Reduction Organization. Since research in these fields may not been seen or known by students, the goal was to share ongoing project work and to connect medical students with outstanding opportunities and ideas. This event was also an excellent chance to discover potential mentors or summer projects. This was a new lunch talk this year, after FMSA and faculty heard significant student interest in primary care research opportunities. This will be something carried forward as it was well-received and a great way to showcase the breadth of research in Family Medicine and a unique opportunity to demonstrate truly community-engaged research.

#### Primary Care Week

During Primary Care Week, an annual FMSA event, FMSA held three events: 1. Family Medicine Residency Panel: Residents in local Family Medicine programs spoke with participants about residency interviews, their respective Family Medicine training programs, and general tips and tricks for medical students. Students also had the opportunity to ask their questions about choosing how to find the "right" residency program and explore different areas of focus in Family Medicine. There was a good mix of PGY1-3s that shared their perspectives with students. Seventeen student participants were present for this event. There is an additional, annual "Strolling Through the Match" event that is offered at the end of the year, typically in April, that provides another opportunity for residents, faculty, and program directors to discuss residency interview strategies with students interested in matching in Family Medicine. This is always a popular event that builds on the foundation set during Primary Care week, and allows students to ask additional questions. 2. Family Medicine "Speed Dating" Event: During this event students had the opportunity to learn about the many career paths available to Family Medicine practitioners through short, informal meetings with Family Medicine physicians. Areas of focus included: Addiction Medicine, Geriatric Medicine, LGBTQ+ Medicine, Maternity Care, Mental Health, Sports Medicine, and Street Medicine. Thirteen students participated in this event. 3. Family Medicine Procedure Workshop: Always a popular offering, this workshop permits Family Medicine faculty and residents to teach students how to perform various procedures and exams commonly practiced in Family Medicine clinics. Procedures included: pelvic and prostate exams, infant physical exams, IUD insertion and removal, knee injection, frenectomy, sebaceous cyst removal, induction and augmentation during labor, and OB ultrasound with crown rump length.

Students reported greatly enjoying the experience and learning new skills. Thirty students attended this event. Overall, FMSA achieved our goal of Primary Care Week: To provide networking and learning opportunities for students interested in Family Medicine and Primary Care. Additionally, FMSA was happy with turnout to the events on both the student-side and the faculty-side, and will continue explore avenues to facilitate networking and learning opportunities during Primary Care Week during the next academic year. This event continually improves with the diversity of procedural offerings that are showcased. This year the frenectomy, labor induction and augmentation, and sebaceous cyst removal stations were all new based on resident and faculty interest in teaching those procedures.

#### Bayer IUD Training Session

Given the high student interest in procedural, hands-on workshops, this year this session was newly offered to students by FMSA. It allowed the ability to show additional skills and training that Family Medicine physicians receive to be able to provide additional procedural skills in women's health. MCW students were provided the opportunity to attend an informative IUD insertion training session led by a representative from Bayer. At the end of this hands-on workshop all attendees were provided a free practice insertion kit and certification upon completion. Sixteen students attended this session.