

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

## *Overall Award*

### Northeast Ohio Medical College

#### **FMIG Operation**

NEOMED's Family Medicine Interest Group (FMIG) is structured so that our student leaders serve in clearly defined roles but also have the flexibility to champion programs that they are passionate about. This approach fosters leadership skills and ensures that our organization is dynamic and responsive to the needs of our community as a whole.

#### Leadership Roles:

**President:** The President leads the FMIG by planning and initiating activities for the academic year, coordinating closely with advisors and faculty. This role involves organizing officer meetings, serving as the primary liaison with advisors, and ensuring clear and informative communications are disseminated to the student body.

**Vice President:** Our Vice President supports the President in various capacities: The Vice President is responsible for creating and managing the application process for incoming officers, ensuring a structured and transparent selection process. The Vice President also handles communications with the American Academy of Family Physicians (AAFP) and the Ohio Academy of Family Physicians (OAFP), facilitating crucial external relations.

**Treasurer:** The Treasurer manages financial operations, including the group's bank account, grant applications, and funding requests from the student government.

**Secretary:** The Secretary records detailed minutes during meetings, assists the President with administrative duties, and coordinates fireside chats, enhancing our educational outreach and engagement.

**Community Outreach Officer:** Tasked with organizing community service events and managing our social media presence, the Outreach Officer ensures our FMIG maintains a robust online presence and actively engages with the surrounding communities through service projects.

**M3 Class Representative:** Serves as the primary point of contact for the M3 cohort, ensures that our FMIG bridges the pre-clinical and clinical educational years of medical school

**M1 Officers:** Three M1 students are recruited each fall for roles such as Finance Officer, Event Officer, and Outreach Officer. They assist M2 officers in their roles and are encouraged to lead their own events in the spring. This early involvement prepares them for leadership roles in subsequent years and ensures continuity and stability within our FMIG.

## Goals

**Mission Statement of NEOMED's AAFP-FMIG:**

"The mission of the Northeast Ohio Medical University's American Academy of Family Physicians -

Family Medicine Interest Group (AAFP-FMIG) is to promote Family Medicine as a vital and dynamic specialty among the College of Medicine students. We aim to provide comprehensive career development opportunities and foster deep, meaningful connections between students and family medicine professionals. By debunking myths and enhancing understanding about the field, we seek to encourage more students to consider and ultimately pursue a career in Family Medicine."

**Goals of NEOMED's AAFP-FMIG:**

1. Information Dissemination: Provide timely and accurate information to students about the specialty of Family Medicine, its subspecialties, associated procedures, and the career paths available within the field.
2. Educational Enhancement: Offer a variety of programs and workshops that cater to the interests of all medical students, enriching their educational experience and providing practical insights into Family Medicine.
3. Career Encouragement: Actively encourage students to consider a career in Family Medicine by offering support, guidance, and resources that help them pursue their professional goals in this specialty.
4. Curriculum Integration: Supplement the existing medical curriculum by integrating Family Medicine perspectives into current modules, thereby providing a broader understanding of healthcare from a family-oriented viewpoint.

**Strategic Objectives:**

1. Community Engagement: Connect students with local and regional family medicine physicians to foster relationships that go beyond the typical student-physician interaction, enabling students to gain a deeper appreciation and understanding of the field.
2. Myth Busting: Actively work to dispel common misconceptions about Family Medicine through educational campaigns, speaker events, and hands-on workshops, making the field more accessible and appealing to a broader range of students.

**Faculty Advisor**

Faculty advisors for NEOMED's FMIG are vital for the group to meet its goals of mentoring students and enhancing their understanding of Family Medicine. All advisors provide professional mentorship,

career advice and share their insights on the various subspecialties within the field. At least once per academic year faculty advisors meet with student leaders to discuss the direction of the group and identify areas of support.

Our advisors also facilitate events by organizing and inviting renowned practitioners to speak, thereby broadening student exposure to real-world practices. In addition to their educational contributions, faculty advisors advocate for the FMIG's interests within the medical school. Staff supporters complement the work of faculty advisors by focusing on the logistical aspects of running the FMIG. They are crucial in promoting events across the student body, ensuring that information about Family Medicine and related opportunities is widely disseminated. Staff supporters also facilitate communication and help navigate the administrative and financial resources of the medical school, ensuring the FMIG has the support it needs to operate effectively and engage students in tangible and significant ways.

## Programs

### APAMSA Health Fair/LMSA Health Fair/Body and Beyond Health Fair/Trunk or Treat

The inaugural Asian Pacific American Medical Student Association (APAMSA) Health fair was held at the Chapel Church in Akron. The event was primarily organized by APAMSA and featured significant involvement from FMIG and various other primary care interest groups. The goal of this event was to serve the Chinese and Vietnamese communities and provide generalized health services, screenings, and information to these communities. FMIG participants (3 students) provided health advice to community members under supervision of one attending physician and two residents. General physical exam maneuvers were performed by students along with general interviewing of the patients. The initiative for FMIG's involvement in this health fair stemmed from an overarching desire by all collaborating groups and FMIG's members to provide well-rounded patient care and integrative health information to patients so that they then could follow-up appropriately with their own physicians. The Trunk or Treat event was held in the NEOMED parking lot. FMIG members (3 students) decorated a car trunk in a Lilo and Stitch theme with the phrase "Ohana means Family" as the forefront and distributed candy to the children who came to trick-or-treat. The event created a safe and festive environment for children to enjoy Halloween activities, while also allowing FMIG members to interact with families and the community at large, fostering positive connections within the community. This event also served as an informal platform to discuss general health and wellness with parents, extending the outreach of family medicine into the community and promoting the value of family medicine. The Latino Medical Student Association (LMSA) Health Fair, primarily organized by LMSA was held at the Akron University Church. This event featured significant participation from the Family Medicine Interest Group (FMIG) along with the Ophthalmology Interest Group, Infectious Disease Interest Group, Orthopedic Surgery Interest Group, and several other primary care interest groups. Held annually, this event targeted health disparities in the local Latinx community, providing vital services and education aimed at improving public health outcomes. The initiative for FMIG's involvement stemmed from the strong commitment of our members to highlight the great value in promoting overall health to communities in need. Collaborative planning involved coordinating with LMSA and other primary care groups to effectively integrate our services into the overall fair activities. FMIG leaders worked closely with our faculty advisors to organize resources, manage logistics, and prepare bilingual educational materials on healthy eating options for families and strategies to promote more healthy lifestyle choices. During the fair, FMIG participants (5

students) operated a booth for generalized physical exams and answering pressing health questions, physical exams and health questions were conducted by students under the supervision of two attending family physicians. This hands-on experience was invaluable for students, enhancing their skills in patient interaction and education which are integral aspects of family medicine. Additionally, the educational materials distributed were specifically designed to communicate effectively with a bilingual audience, ensuring the accessibility of meaningful health information to communities in need. The Body and Beyond Health Fair was held at NEOMED and focused on promoting stress management techniques and the importance of prioritizing mental health. FMIG set up a booth where members (2 students) interacted directly with the community by providing educational materials on anxiety grounding techniques and various stress relief strategies. The goal was to raise awareness about the physical and mental health benefits of managing stress, an issue that many patients in the clinical world are faced with every day. This initiative also provided students with the opportunity to apply their knowledge in real patient interactions, sharpening patient communication skills and simultaneously promoting community well-being. This initiative was enhanced from last year's actions as it featured both demonstrations of the stress relief strategies outlined as well as handouts for community members. These changes were aimed at increasing engagement with community members and fostering a deeper understanding of the importance of quality mental health on overall health.

#### Motivational Interviewing Workshop

Because of the great need for effective meaningful patient communication in family medicine, this workshop aimed to sharpen student skills in motivational interviewing. A faculty advisor explained the process of motivational interviewing, how it can be implemented in clinical settings, and the ultimate goals of motivational interviewing as a tool for health improvement. Students who attended were also given an opportunity to practice motivational interviewing and get real time feedback on their techniques. This workshop was implemented to expand upon instruction of motivational interviewing given briefly in the M1 and M2 curriculum. An improvement in this event from last year was early utilization of M1 student leaders for planning as well as a discussion section within the workshop where students asked the faculty leader how to approach difficulties in motivational interviewing (ie how to approach patient populations and cultures where discussions of addiction or mental health may be more difficult).

#### Medical and Surgical Aspects of Gender Affirming Healthcare Panel

The Medical and Surgical Aspects of Gender Affirming Healthcare Panel offered students a valuable insight into the breadth of issues family medicine cares for while promoting the value of diversity in medicine. This event was put on in collaboration with NEOMED's Medical Student Pride Alliance (MSPA), Urology Interest Group (UIG), Obstetrics & Gynecology Interest Group (OBGIG), Physicians for Human Rights (PHR), and FMIG, underscoring the vast importance of collaboration in family medicine and in medicine as a whole. The presenting panel included a Urologist specializing in gender-affirming surgery, a family medicine physician specializing in gender affirming care, and a transgender patient who spoke to medical students about the changing landscape of transgender healthcare in the United States today and the steps they can begin to take to ensure equitable care is provided to this unique patient population despite external challenges. This panel discussed various aspects of medical and surgical care for transgender patients, such as hormone therapies, surgical interventions, and comprehensive support strategies while the inclusion of a family medicine physician underscored the importance of interdisciplinary cooperation in the delivery of comprehensive primary care. Participants gained invaluable insights into the complexities of gender-affirming healthcare, political or otherwise, and therefore came to better appreciate the depth and breadth of knowledge required to effectively support transgender patients.

## Population and Global Health Case Competition

NEOMED's inaugural Population and Global Health Case Competition was presented by Physicians for Human Rights (PHR) in collaboration with the NEOMED Global Health Interest Group, AMA, and FMIG. The event took place over two days where NEOMED students, M1-M4, were paired with local graduate and undergraduate students to work through and present a solution regarding a prevalent healthcare issue (infant mortality) facing northeast Ohio. The winning team then would go on to compete at the Emory Global Health Institute's Case Competition. Student leaders from collaborating interest groups served as student advisors for competing groups, answering questions about the logistics of the competition and giving participants the opportunity to sharpen their presentations before final judging. The basis for FMIG's involvement in this initiative was to underscore the importance of public health promotion in family medicine. Goals of this program included the development of multi-level critical thinking skills in an educational environment while interacting with a tangible issue facing our surrounding communities.

## Fireside Chats/NEOAFP Networking Dinner/Primary Care Networking Dinner/Alumni Residency Chat

Our Fireside Chats are hosted in the homes of local family physicians. They provide an informal, relaxed, and educational setting for students to learn the nuances of family medicine. Physicians who host discuss their own path to choosing family medicine and discuss topics that they are particularly passionate about, such as women's health, chronic disease management, geriatric medicine, insurance models, financial planning etc. This offered our students insights into the personal and professional life of family physicians and perhaps offered a glimpse into a future career in family medicine. These interactions were incredibly valuable, offering mentorship and real-world insight into family medicine and primary care. The initiative was created to provide medical students a more personal and insightful look into the daily lives and careers of family physicians. Feedback from the students and our physician hosts were used to evaluate the success of each chat. An improvement to this initiative from years past was the incorporation of planned carpooling to ensure more members could travel more easily to the physician's house. The NEOAFP Dinner Networking Event, hosted by the Northeast Ohio Academy of Family Physicians (NEOAFP) gave our FMIG officers and members an opportunity to interact directly with practicing family physicians and program directors from around northeast Ohio. This dinner allowed students, M1-M4, to engage in good conversations and build relationships with local family physicians in a less intimidating environment. We have worked to make this event recurring and have an M3 or M4 representative appointed to foster continuing communication with this group along with the FMIG president. New this year was a Primary Care Networking Dinner, organized by several local primary care physicians (both internal medicine and family medicine) to bring together medical students from Cleveland Clinic Lerner College of Medicine, Ohio University College of Osteopathic Medicine, Case Western Reserve College of Medicine, and NEOMED to discuss the wide-scope of practice that primary care physicians have in their careers. The event allowed medical students to rotate and speak with all physicians in attendance. This event underscored the importance of collaboration in family medicine as it brought together physicians with various backgrounds in primary care as well as medical students from different disciplines in medical education. Also new this year, the Alumni Residency Chat event was coordinated to allow a graduate of NEOMED in family medicine, who went on to become a residency program director, to connect with our FMIG and explain his career path to finding family medicine. Geared toward our M3s planning their 4th year rotations, this event allowed them to ask questions in a low-stress environment about residency interviews, fourth-year away rotations, and how to be competitive on residency applications. The residency chat event simultaneously allowed students to foster a connection with a family medicine physician while learning how to elevate their own residency application experience. Evaluation of success of this program relied largely on feedback from attendees.

### MythBusters/Family Medicine is Like Chipotle/Can I Afford Primary Care?/Step Up to the Plate

The MythBusters and Can I Afford Primary Care sessions were specifically designed to address common misconceptions about family medicine and to discuss the financial realities of pursuing a career in family medicine. Organized by FMIG, these events aimed to educate students about the diversity of paths available in family medicine and simultaneously reinforce its viability and importance within the broader scope of primary care. MythBusters is an event designed for M3 students before their clinical rotations that aims to dispel prevalent myths about family medicine, such as the scope of practice being too broad or the compensation being less competitive compared to other specialties. FMIG physician advisors as well as family medicine residents spoke to attendees about their own experiences in family medicine and also provided evidence-based responses to disprove these common myths. This event highlighted the great diversity and fulfillment that can be found in family medicine as a medical specialty. Can I Afford Primary Care, targeted for M1 and M2s, focused on providing accurate and recent figures to make clear the average and expected financial compensation a family medicine physician may expect. The event included discussions on salary expectations, historical loan repayment options, average debt among graduating medical students, and lifestyle considerations, aimed at showing students that a career in family medicine can be both financially rewarding and personally fulfilling. This event is led annually by a retired family medicine physician and FMIG's former advisor. The "Family Medicine is Like Chipotle" event, creatively named to draw interest and simplify the concept of family medicine's versatility, is aimed at M1s within their first full month of medical school. This discussion with a local family medicine physician is designed to underscore the range of options of specializations available in family medicine, much like the variety one might expect to find at Chipotle. Step Up to the Plate features a local family medicine physician and clinical associate director who presented on her experiences in both outpatient and inpatient settings, working with underserved populations, and on building relationships with patients. This event is primarily aimed at M1s and M2s to highlight the importance of strong longitudinal relationships in family medicine and explain how primary care is unique among medical specialties in offering long-term, overarching care, and even multi-generational patient panels. These events have become hallmark traditions within NEOMED's FMIG and we aim each year for schedules to be feasible both for the target audience as well as the educational speakers who come to present to us.

### Joint Injection Workshop

This workshop was organized to highlight the technical skills that family medicine training offers and the opportunities for procedural work available for family medicine physicians. The workshop began with an overview of joint injection procedures including the clinical indications for treatments, timeline of administration, and proper techniques for the procedures. This workshop allowed students to learn and practice joint injection techniques on models under the direction and supervision of a local family medicine attending and two residents in family medicine. The workshop also gave students the opportunity to engage minimally with ultrasound technology and learn how ultrasound plays a role in joint injection. M1 and M2 students gave overwhelmingly positive feedback surrounding this workshop with many being surprised at the breadth of technical procedures available to family physicians. The popularity and success of this workshop inspired discussions among our FMIG leadership for expansion in subsequent years. In the future we would hope to offer similar clinical skills workshops, perhaps examining more advanced techniques, as well as simulation of patient interactions during procedural work.

### M4 Post-Match Panel

#### Journey to Family Medicine in Medical School

This event was largely organized by our M1 representatives (and transitioning executive board) and allowed M4

NEOMED students who recently matched into family medicine residencies to connect with the M1, M2, and M3 cohorts to detail their individual journeys to choosing family medicine for their residency. M4 panelists described what made them choose family medicine, what the residency application process was like, tips for residency interviews, and offered advice about M4 year for underclassmen students. Underclassmen students then had the opportunity to ask any questions about the process of matching into a family medicine residency, the experience of the clinical years in medical education, or questions about family medicine in general. Overall, this program allowed for connections and mentorship among our medical students and helped to foster an interest in family medicine at all cohort levels.