

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

## *Overall Award*

### Oakland University William Beaumont School of Medicine

#### **FMIG Operation**

##### **President:**

Communicate with advisors  
Communicate with guests at events  
Delegate tasks and oversee E-board positions  
Plan and manage execution of events  
Schedule E-board meetings  
Work with VP to create and distribute information about summer internships  
Work with VP to create M1 reps and E-board application. President is in charge of formal communication with applicants.

##### **Vice-President:**

Communicate with AAFP and MAFP  
Create MedSync events  
Work with President to create and distribute information about summer internships  
Work with President to create M1 reps and E-board application  
Work with Treasurer and M1 rep to ensure grants are completed on time

##### **Secretary:**

Create and manage Google Drive for FMIG  
Write and distribute Thank you notes to physicians  
Record meeting minutes at E-board meetings  
Post Facebook reminders and emails communication with FMIG  
Collect evaluations of each event and communicate responses to advisors  
Must do AAFP evaluation for at least one event  
Attendance check-in

**Treasurer:**

Work with President and M1 reps to complete grants (MAFP, AAFP)  
Complete PA forms for every event  
Submit budget requests every semester

**Community Service and Advocacy Chair:**

Truckloads of Toiletries  
Organize at least one additional community service or advocacy event  
There is a grant for COMPASS for community service events  
Fundraisers must be submitted as an event, which must be submitted at least 6 weeks in advance

**Goals**

The OUWB Family Medicine Interest Group (FMIG) is a medical student organization dedicated to promoting interest and exposure to the field of Family Medicine. Informing students about the unique philosophy of Family Medicine, through education and mentorship, is of the utmost importance. FMIG understands the role that family physicians play in the improvement of health in this country and seeks to encourage medical students to be future leaders in their practices. Additionally, FMIG would like to inform students and expose them to the various specialties (emergency medicine, sports medicine, obstetrics, international medicine, etc.) and career opportunities available within family medicine through workshops, lunch talks, networking activities, regional and national conferences, and community service events.

**Faculty Advisor**

Our faculty advisor assists with the planning and execution of all events from skills nights to panels.

**Programs****Finding your Niche in FM**

Finding Your Niche in Family Medicine was a 1.5-hour panel event designed by our Family Medicine Interest Group (FMIG) to spotlight the diverse range of career paths within family medicine. This year's focus was on four niche areas—Addiction Medicine, Obstetrics, Adolescent Medicine, and Gender-Affirming Care. The goal was to help students

understand how family physicians can develop focused practices within these fields while maintaining a foundation in primary care. Goals and Objectives Expose students to specialized areas within family medicine. Debunk the misconception that family medicine lacks depth or flexibility. Connect students with practicing physicians who have carved out unique paths in their FM careers. Encourage exploration of sub-specialty interests early in medical training. We also aimed to cultivate a sense of inspiration, showing students that FM can be shaped around their passions and the communities they want to serve. How the Idea Was Generated The idea for this was years ago as this has occurred for a few years at the advice of our faculty advisor. Students often express interest in learning more about focused areas of practice within FM. Many had never considered that family doctors could specialize in fields like addiction or adolescent medicine without leaving the scope of primary care. With this in mind, our board designed "Finding Your Niche in FM" to showcase the real-world possibilities of niche practice within FM. Planning and Set-Up The event was planned by the five FMIG board members, each responsible for a different aspect of execution—physician outreach, event promotion, logistics, and day-of hosting. Planning began approximately six weeks in advance. We invited four family physicians, each practicing in one of the featured niche areas. Their enthusiasm and passion for FM were key to the event's success. We hosted the event in a large classroom on campus and included both in-person and virtual attendance options. Promotional efforts included flyers, emails, social media posts, and faculty word-of-mouth support. Collaboration and Faculty Advisor Role The FMIG board worked closely with our Faculty Advisor, who helped identify panelists and offered guidance on structuring the event to balance information delivery and audience interaction. The Advisor also was one of the panelists. Each FMIG board member had a visible role during the event—moderating the panel, managing the virtual component, facilitating audience Q&A, and overseeing time management. The team worked together seamlessly to keep the event organized and engaging. Event Execution The event was divided into two parts. The first half featured introductions and prepared presentations from each panelist. Each physician spoke for about 10 minutes, describing their clinical focus, how they pursued additional training or certifications, and what their daily practice looks like. They also discussed how family medicine's versatility allowed them to serve specific populations—such as youth, pregnant patients, LGBTQ+ individuals, or those with substance use disorders—while maintaining continuity of care and broad clinical skills. The second half was an open Q&A session, where attendees asked questions about training pathways, lifestyle considerations, policy advocacy, and the challenges and rewards of each niche. This created a highly interactive and organic dialogue between students and panelists. Participation and Impact About 20 students attended and many students stayed beyond the scheduled end time to continue conversations with panelists, which highlighted the level of interest and engagement. The diversity of panelist backgrounds and practice settings made the event relatable and inspiring to a wide range of students. Communicating the Message of Family Medicine Throughout the event, the panelists emphasized the core strengths of family medicine: continuity, community focus, adaptability, and the ability to shape a career that fits both personal and professional values. Their stories painted FM not as a default specialty, but as an expansive, empowering choice capable of evolving over time and responding to the needs of underserved populations. Evaluation and Planning for the Future Verbal feedback was acquired and was entirely positive. Based on this feedback, we plan to continue the "Finding Your Niche in FM", rotating new niche topics each year—such as Sports Medicine, Academic Medicine, or Palliative Care. We're also exploring smaller, follow-up discussions to allow students to dive deeper into individual areas with interested faculty mentors. Improvements from Last Year This event was a significant improvement over last year's panel with more niches and having food at the event and sitting amongst the physicians. The shift from lecture-style presentation to a more interactive format helped foster deeper student-physician connection and left attendees with a better understanding of the true breadth of family medicine.

## Volunteering

Our FMIG partnered with World Medical Relief (WMR) in Southfield, Michigan for a half-day volunteering events focused on addressing healthcare resource disparities locally and globally. The goal of the initiative was to engage medical students in service work while reinforcing family medicine values of community care, global health awareness, and health equity. WMR is a nonprofit that collects surplus medical supplies and equipment from hospitals and redistributes them to underserved populations around the world. Our FMIG saw this as a meaningful way to connect students with real-world humanitarian work while highlighting family medicine's commitment to social responsibility. The idea came from a board member who had previously volunteered at WMR and suggested it as a hands-on way to introduce pre-clinical students to service outside the clinical setting. Five FMIG leaders organized the logistics, including transportation, registration, and promotion. At each week of volunteering 10 students participated. Volunteers helped sort donated medical supplies, categorize medications, and prepare shipments for clinics abroad. The work was fast-paced and collaborative, with students learning about the global flow of medical goods and how reuse can reduce medical waste and improve care access. Our FMIG Faculty Advisor supported the event by encouraging participation and framing it within the context of family medicine's emphasis on community health and resource stewardship. During a reflection session afterward, students shared that the experience helped them appreciate the broader impact physicians can have outside of direct patient care. We evaluated the event through a post-activity survey and verbal reflections. All participants said they would recommend it to peers, and many expressed interest in recurring service events. Based on this success, we plan to continue partnering with WMR as part of our FMIG's community service programming and expand to include volunteer shifts at other locations.

## Primary Care Panel

The Primary Care Panel was a collaborative, 1.5-hour event co-hosted by our school's Family Medicine Interest Group (FMIG), Internal Medicine Interest Group, and Pediatrics Interest Group. Designed to give students a comprehensive look at careers in primary care, the event featured physicians from Family Medicine, Internal Medicine, Pediatrics, Med-Peds, and OB/GYN. The goal was to educate students on the similarities and distinctions between primary care pathways and encourage thoughtful career exploration among pre-clinical and clinical students alike. Goals and Objectives This panel was created to: Provide students with a well-rounded comparison of primary care specialties. Allow direct interaction with physicians representing diverse clinical backgrounds and experiences. Clarify misconceptions about what primary care encompasses across different specialties. Highlight the variety of patient populations, scope of practice, and training involved in each field. How the Idea Was Generated This panel was a new addition to our programming this year. It was spearheaded by the FMIG President, who also held leadership roles in both the Pediatrics and Internal Medicine Interest Groups. Recognizing the overlapping interests among the groups' members—and the lack of a dedicated space to discuss primary care careers comprehensively—she proposed this joint event as a solution. Planning began early in the semester, with group leaders collaborating to identify physician panelists, secure funding for food, book the venue, and coordinate logistics. The hybrid format (in-person and virtual) was chosen to maximize accessibility for students and panelists alike. Program Set-Up and Execution The FMIG President took the lead in coordinating across the three groups, ensuring a smooth and cohesive planning process. FMIG board members handled tasks such as panelist outreach, marketing, and tech support. The event was held in a large lecture hall, with food catered for in-person attendees to encourage turnout and engagement. Virtual participation was made possible through a Zoom link, allowing several of the physician panelists—and some students—to join remotely. Five panelists represented the different primary care fields: A family medicine physician, an internal medicine hospitalist, a pediatrician, a Med-Peds

physician, and an OB/GYN. Each panelist was given 8–10 minutes to introduce themselves, describe their clinical work, and share what drew them to their specialty. They spoke about residency training, work-life balance, patient populations, and the joys and challenges of their day-to-day roles. After introductions, we transitioned into an open Q&A session, moderated by one of the FMIG leaders. Collaboration and Faculty Involvement This event would not have been possible without the close collaboration of the three interest groups. All teams worked together to promote the event, submit funding requests, and engage their respective communities. The shared leadership made it feel truly interdisciplinary and helped create a welcoming environment for students at all levels and interests. Faculty advisors from each group helped identify panelists and offered support in shaping the questions and structure of the event. Their involvement helped ensure that the panel reflected the diversity and real-world dynamics of each specialty. Communicating the Value of Family Medicine Through the lens of this event, family medicine was clearly represented as a flexible, community-centered, and patient-focused specialty. The family medicine panelist spoke to the broad scope of FM—including pediatrics, women’s health, geriatrics, and chronic disease management—and emphasized how FM physicians often become trusted, long-term partners in their patients’ lives. By positioning FM alongside other primary care fields, students were able to compare specialties more directly and appreciate the unique strengths and opportunities within family medicine. Participation and Impact The event drew over 50 student attendees, with approximately 30 in-person and 20 online. Attendees ranged from first-year to fourth-year medical students. Having food available helped promote in-person attendance and foster informal conversations after the panel. Many students stayed afterward to chat with panelists and group leaders, reflecting the high level of engagement. We received overwhelmingly positive feedback and students loved learning the differences and similarities between primary care specialties. Evaluation and Future Plans This event filled a major gap in our extracurricular offerings and helped clarify the often-blurred lines between primary care specialties. As a result of its success, the FMIG and its partner groups plan to make the Primary Care Panel an annual event. Future improvements will include providing a handout summarizing the differences between specialties and adding a brief breakout session for small-group interaction. This event demonstrated how collaborative efforts across interest groups can yield high-impact, student-centered programming. It strengthened our FMIG’s leadership role on campus and reinforced the message that family medicine belongs at the heart of conversations about the future of primary care.

#### Family Meal with Family Med

Family Meal with Family Med was a casual, community-building dinner event hosted by our Family Medicine Interest Group (FMIG). The purpose was to create a relaxed space where students could connect with family medicine physicians, residents, and each other over a shared meal. The event emphasized the relational, supportive nature of family medicine, both as a specialty and a professional community. Program Goals and Objectives Foster meaningful, informal conversations between students and family physicians. Build interest in family medicine among students across all years of training. Showcase the culture of FM—collaborative, holistic, and community-centered—through the atmosphere and tone of the event. Provide mentorship and networking opportunities in a low-pressure setting. We specifically aimed to appeal to students who might be curious about FM but unsure where to start or hesitant to attend more formal events like panels or lectures. The emphasis was on connection, storytelling, and shared values rather than detailed career logistics. How the Idea Was Generated The idea came from reflections shared during our FMIG board’s semester planning meeting. Several board members noted that while students appreciate panels and Q&A sessions, some of the most memorable moments of connection came during casual conversations after events—when people were gathered around the pizza table or catching up before heading out. We realized we wanted to create an event that centered that kind of interaction. Inspired by the familial vibe of family medicine itself, we designed Family Meal with Family Med to mimic the feeling of a shared dinner with people who care. This was the second time we held the event, and it was spearheaded by two FMIG board members who organized logistics, coordinated with faculty, and arranged

catering. Program Set-Up and Execution We held the event in the evening, after classes, at the hospital with comfortable seating and a warm, welcoming setup. Food was catered from a local restaurant to encourage attendance and reinforce the idea that this was a "family meal." Our FMIG board and advisor curated a guest list that included four family medicine representatives—two attending physicians and two residents from our program. Ten medical students attended, all pre-clinical students. The size of the group turned out to be ideal—it allowed every student to actively participate in discussion and form connections with the guests. There was no formal presentation; instead, attendees were encouraged to sit wherever they felt comfortable. FMIG board members helped mix seating to ensure students had access to at least one physician or resident at each table. Faculty Advisor and FMIG Leadership Roles Our FMIG Faculty Advisor was instrumental in helping us identify and invite physician guests and provided insight on how to maintain an inclusive, welcoming environment. Their presence at the dinner further demonstrated the strong support system within FM. The FMIG board divided responsibilities to bring the event to life: two members led planning and logistics, one handled event promotion and RSVP tracking, one coordinated food, and the President facilitated communication between physicians and students. All board members attended the event and played an active role in making students feel welcomed and engaged. Communicating the Value of Family Medicine This event allowed us to showcase the essence of family medicine through human connection rather than formal instruction. The warmth, flexibility, and passion of the family medicine guests came through in each conversation. Students left with a deeper understanding of how FM can be both broad in scope and deeply personal in practice. Participation and Feedback With 10 students and 4 physicians/residents in attendance, the event maintained an intimate atmosphere that fostered real connection. Students expressed that the small group setting helped them feel comfortable engaging and asking honest questions. Evaluation and Future Planning Given the success of the event, we plan to make Family Meal with Family Med a recurring part of our FMIG programming, potentially hosting it once per semester rather than once a year. We're exploring themes for future dinners—such as Women in FM, Global Health, or FM + OB—to match evolving student interests and bring in new perspectives. We also hope to involve more residents to show the full trajectory of a family medicine career. Ultimately, this event captured what makes family medicine special: strong relationships, open conversations, and a genuine sense of community.

### Navigating the Match

Navigating the Match is an annual spring event hosted by our Family Medicine Interest Group (FMIG) in collaboration with our institution's Family Medicine Residency Program. Designed to support third-year medical students as they begin preparing for residency applications, this session focuses specifically on applying to family medicine and what makes a strong, authentic candidate in the specialty. The event has been a key piece of our FMIG programming for several years, and each year we build on feedback to better serve our students as they approach the Match. Goals and Objectives Demystify the family medicine Match process for third-year students transitioning into their final year. Provide direct access to family medicine residency leadership for real-time insight and mentorship. Clarify what family medicine programs are truly looking for in applicants beyond metrics. Create a supportive and honest space for students to ask questions and voice concerns about the application process. How the Idea Was Generated Although this event has existed for several years, its structure has evolved over time. The idea originated as part of an effort to provide more specialty-specific guidance for FM-interested students—especially given how variable general Match advice can be depending on the field. Over time, the event became a collaborative tradition between FMIG and the faculty at our FM residency program. This year, the FMIG Vice President led the planning process, coordinating closely with our residency program and Faculty Advisor. The FMIG President provided support with event promotion and communication. Scheduling the event in the spring was intentional—to catch third-year students early enough to make meaningful changes to their application strategy, begin networking, and feel empowered heading into fourth year. Program Set-Up and Execution This year's event was held entirely via Zoom, which allowed for flexibility and broader

participation, especially for students on clinical rotations. Despite being virtual, the event retained a personal and interactive tone, with residency faculty encouraging students to ask questions freely throughout. The format included: Introductions from key family medicine residency leaders, including the Program Director, a core faculty member, and the FMIG Faculty Advisor. A presentation outlining the essential elements of a competitive FM application: letters of recommendation, personal statement, experiences that demonstrate alignment with FM values, and how to research and select programs. A Q&A session where students could ask questions about how to stand out, red flags, how to signal interest, and how holistic review is practiced in FM programs. Honest discussion of changes in the residency landscape, including the impact of Step 1 pass/fail, the evolving role of sub-internships, and how virtual interviews have reshaped student-program connections. FMIG Leadership and Faculty Roles FMIG's Vice President managed all logistics, including scheduling the speakers, organizing the Zoom event, and preparing questions. The President assisted with promotion through class group chats, email lists, and flyers, ensuring strong attendance. Our Faculty Advisor helped identify topics most relevant to this year's Match cycle and helped recruit participating residency faculty. Communicating the Value of Family Medicine This event strongly reinforced the identity and values of family medicine. Program leaders spoke not only about what they look for in applicants but about why they chose FM themselves—highlighting the specialty's commitment to continuity of care, community engagement, patient relationships, and broad scope. By emphasizing the human side of the application—personal statements, motivations, life experiences—the event aligned perfectly with the ethos of FM. It helped students see that their values, not just their achievements, are what make them strong candidates. Participation and Feedback The event drew approximately 15 student attendees, primarily third-years about to enter the application cycle. The virtual format made it easy for students with busy clinical schedules to drop in and ask questions, and the faculty were generous with their time, staying online longer than scheduled to make sure all questions were addressed. Students enjoyed the event and found it made them less anxious going in to applications. Evaluation and Future Planning Because of its continued success, Navigating the Match is now a staple in our FMIG programming. We plan to continue hosting it each spring, with potential expansions like breakout sessions with residents, mock interview opportunities, and earlier info sessions for second-year students. This year's iteration deepened our collaboration with the FM residency program and reaffirmed the supportive, person-centered culture that defines family medicine. It's more than just an info session—it's a space where students begin to see themselves as future family doctors.

#### Meet the Match

Meet the Match is an annual event hosted by our Family Medicine Interest Group (FMIG), held each late April or early May, just before graduation. This event features fourth-year students who matched into family medicine and is designed as an informal, peer-led session for first- through third-year students to learn about the application and interview process through real, firsthand experiences. Held over Zoom, the event is intentionally relaxed and conversational, allowing attendees to ask questions in a low-pressure setting and hear authentic reflections from their near-peer mentors. This structure supports our FMIG's goal of cultivating a supportive, informed, and community-oriented space for students interested in family medicine. Goals and Objectives Offering students early exposure to the Match process, tailored specifically to family medicine. Providing insights into how matched fourth-years approached choosing programs, preparing applications, and navigating interviews. Fostering mentorship and connection between students at different stages of medical school. Celebrating those entering family medicine and showcasing the diverse paths into the field. "Meet the Match" complements our more formal sessions like "Navigating the Match," but centers student voices and experience in a more informal, relatable way. Planning and Setup This year's event was planned by the FMIG President, who took the lead on all logistics, with helpful support from the former FMIG President who had organized the session the previous year. The current President recruited matched M4s, handled Zoom coordination, and promoted the event via student listservs and class group chats. Because the event was held virtually, it was easily

accessible for students across all class years, even those on clinical rotations. This helped increase reach and kept the tone casual, aligning well with the event's purpose. Event Format The session began with brief introductions from each of the fourth-year students, who shared their personal journeys into family medicine—why they chose the specialty, how they selected programs, and what their experiences were like during interview season. After initial introductions, the rest of the session was dedicated to open Q&A, with students asking questions live or through the chat. Topics included: How to write a strong, personal statement for FM. Choosing between academic vs. community programs. Dealing with imposter syndrome and self-doubt during the process. Virtual interview tips and how to show genuine interest in programs. Matched students were open about their challenges and successes, and they provided thoughtful advice that felt approachable and relevant, especially for younger students starting to think about their future career paths. Communicating the Value of Family Medicine Throughout the conversation, the fourth-year speakers highlighted the core values of family medicine—relationship-building, continuity of care, versatility, and a commitment to community. Many spoke about how FM was the only specialty where they felt they didn't have to compromise any of their interests. Students were able to see themselves in the stories shared, and many left the event with a deeper understanding of FM as both a specialty and a community. Participation and Feedback Approximately 15 students attended, including a mix of first-, second-, and third-years. The small group size allowed for plenty of interaction, and the virtual format created a comfortable space for asking questions. Feedback was overwhelmingly positive. Students appreciated the honesty and accessibility of the panel and said it helped them feel more prepared and less anxious about the application process. Several attendees said it made them more confident in their interest in FM. Evaluation and Future Planning We plan to continue "Meet the Match" each year in the spring, preserving the student-led and conversational nature of the event. Moving forward, we may include a brief follow-up resource guide from the panelists or incorporate recent alumni for added perspective. "Meet the Match" continues to be a meaningful space for connection and mentorship—one that reinforces family medicine's values of community, support, and authenticity.

#### Fall Skills Night - Dermatology

Derm Skills Night is an annual hands-on event hosted jointly by FMIG and the Dermatology Interest Group (DIG), designed specifically for first- and second-year medical students. The event offers a unique opportunity to gain practical skills and insights into dermatology, a specialty that is often underemphasized in early medical education. The event features a range of interactive stations focused on dermatologic procedures and the investigation of skin lesions. Goals and Objectives To introduce first- and second-year students to common dermatology procedures and diagnostic techniques. To teach students how to investigate and assess moles and skin lesions, including when to consider biopsy. To provide a hands-on, practical introduction to skills such as punch biopsies and shave biopsies. To offer mentorship and foster collaboration between students and dermatology residents and faculty. The event aims to create a hands-on learning experience that is both engaging and educational, promoting early exposure to dermatology for students considering the specialty. How the Idea Was Generated Skills nights occur annually, however, the content changes so our fall skills night was selected to be derm. This year, the event was organized by the FMIG President, who worked closely with the FMIG Faculty Advisor to plan and execute the event. The event was designed specifically for first- and second-year students, as they typically have the most flexibility in their schedules and are beginning to learn clinical skills. The event's focus on hands-on procedures and lesion investigation was chosen to provide an engaging and practical experience early in their medical education. Program Set-Up and Execution Derm Skills Night was held at the hospital, which provided the ideal setting for the hands-on experience. The event featured multiple interactive stations, each focused on a key dermatology skill or diagnostic approach. Students rotated through the stations, allowing them to try different procedures and techniques. Examples of skills included: Punch Biopsies: Students practiced using punch biopsy tools to remove small tissue samples, learning the proper technique and indications for the procedure. Shave Biopsies: This station focused on how to perform a shave biopsy for superficial skin lesions, helping students

understand how to carefully excise lesions while minimizing scarring. Mole Investigation and Assessment: Students learned how to assess moles for signs of skin cancer and other concerns, including when to perform a biopsy and how to identify suspicious lesions. Fake oranges were used as a substitute for human skin, allowing students to practice their techniques without risk. The use of oranges, which have a similar texture to skin, provided a valuable opportunity to perfect procedural skills in a low-risk environment. Leadership and Faculty Roles The FMIG President took the lead on coordinating the event, including recruiting faculty and residents to assist at the stations. The FMIG Faculty Advisor played a critical role in offering guidance on event logistics and ensuring the educational content was relevant and up to date. Communicating the Value of Dermatology Derm Skills Night emphasized the importance of dermatology in clinical practice and showcased how dermatologic skills can be applied in a variety of medical settings. The event reinforced that dermatology is not only a specialty of the skin on its own, but one that requires family physicians to have a keen eye for detail, precision, and knowledge of dermatologic conditions. By introducing students to procedures such as punch and shave biopsies early on, the event helped demystify these techniques and sparked interest in the specialty. Students also gained valuable experience in assessing and investigating moles, an essential skill for identifying and managing skin cancer. Participation and Feedback This year's Derm Skills Night was attended by approximately 20 first- and second-year students. The smaller group size allowed for meaningful interaction, with each student receiving individualized feedback as they practiced the procedures. Feedback from students was overwhelmingly positive. Many students expressed appreciation for the opportunity to learn and practice dermatology skills in a hands-on setting. Evaluation and Future Planning Based on feedback and success, fall skills nights will continue to be an annual event. Next year, the event may include different stations or more complex dermatology procedures, depending on student interest and faculty availability. The hands-on nature of the event will remain central to the experience, ensuring that students continue to gain valuable practical skills in dermatology.

#### Winter Skills Night - Casting

Winter skills night is an annual event organized by the Family Medicine Interest Group (FMIG), specifically for first- and second-year medical students. This year's event focused on casting. The goal of this event is to provide students with hands-on experience in applying casts to fractures and musculoskeletal injuries, a skill often used in both primary care and sports medicine settings. Goals and Objectives To teach students how to properly apply casts to fractures and injuries. To give students the opportunity to practice casting techniques in a hands-on environment. To introduce students to the materials used in casting, such as plaster and fiberglass. To promote teamwork and hands-on learning in a supportive environment with guidance from experienced residents and faculty. How the Idea Was Generated The idea for Casting Night was initiated by the FMIG President, who has a strong interest in sports medicine. Working closely with FMIG faculty advisors, the President planned and organized the event. Faculty advisors helped recruit sports medicine residents and attending physicians to lead the session and offer valuable mentorship during the event. Program Set-Up and Execution Casting Night took place in March at the hospital, where students gathered to learn and practice casting techniques. The event began with a brief lecture on the principles of casting, including the types of fractures treated with casting, the materials used, and the importance of proper technique. After the lecture, students paired up to practice casting on each other under the supervision of residents and faculty advisors. This hands-on session allowed students to learn how to apply both plaster and fiberglass casts, focusing on key skills such as alignment, comfort, and safety. Students gained valuable experience in handling casting materials and practicing the correct techniques for applying casts to various types of fractures. FMIG Leadership and Faculty Roles The FMIG President took the lead in organizing Casting Night, ensuring all necessary materials were available and overseeing event logistics. The FMIG Faculty Advisor played an essential role in providing guidance throughout the planning process. Additionally, sports medicine residents and attending physicians helped run the event, offering direct mentorship to students during the hands-on portion. Communicating the Value of Casting in Medicine Casting Night highlighted the significance of

casting in both family medicine and sports medicine. The event gave students hands-on experience with a core procedure commonly used in emergency and outpatient settings, particularly for musculoskeletal injuries. By learning to cast, students gained confidence in a procedure that can directly impact patient care. Participation and Feedback The event was attended by 20 first- and second-year students, each eager to learn practical, hands-on skills. Feedback was positive, with students noting how much more comfortable they felt with the procedure after practicing in a real-world setting. Evaluation and Future Planning Casting Night is expected to continue as an annual event due to its popularity. Feedback from this year's attendees will help refine future sessions, possibly including additional skills such as splinting or more complex casting techniques. The FMIG will also explore increasing the event's reach by incorporating more faculty and residents to guide students.

#### Winter Skills Night - Point of Care Ultrasound (POCUS)

Point of Care Ultrasound (POCUS) Night is a newly introduced event by the Family Medicine Interest Group (FMIG), aimed at providing first- and second-year medical students with hands-on experience in ultrasound technology. Typically only one skills night occurs each semester so we expanded our outreach by adding in a third. This event was created in response to the increasing use of POCUS in clinical practice, particularly in primary care and sports medicine, and the recognized gap in ultrasound education for early-year medical students. The event, held in April, focused on teaching students how to use ultrasound to visualize and assess structures such as the median nerve in the carpal tunnel. Goals and Objectives To introduce students to the fundamentals of Point of Care Ultrasound. To teach students how to visualize key structures, including the carpal tunnel and median nerve, using ultrasound. To provide hands-on practice with ultrasound equipment, helping students understand its diagnostic power and applicability in primary care. To offer mentorship from residents and faculty who specialize in sports medicine and family medicine, allowing students to ask questions and receive guidance. How the Idea Was Generated The FMIG President, recognizing the growing importance of POCUS in modern medical practice and the lack of formal ultrasound training in early medical education, proposed POCUS Night as a new initiative. The FMIG President worked closely with FMIG faculty advisors to plan and execute the event, and together they recognized the potential of POCUS as an essential diagnostic tool, especially given its increasing use in both family medicine and sports medicine. They also noted that ultrasound education had been largely underrepresented in the curriculum for early-year medical students, which led to the decision to create this hands-on opportunity. Program Set-Up and Execution POCUS Night began with a brief lecture that introduced students to the principles of Point of Care Ultrasound. The lecture covered the basics of ultrasound technology, its uses in diagnosing conditions like carpal tunnel syndrome, and how it can be applied to quickly assess soft tissue structures in a primary care setting. After the lecture, students had the opportunity to practice with ultrasound machines, focusing on how to visualize the carpal tunnel and median nerve. The hands-on portion of the event allowed students to apply what they had learned, guided by residents and faculty, who provided real-time feedback on the ultrasound images and techniques. This experience helped students gain confidence in using POCUS for diagnostic purposes, particularly for musculoskeletal and nerve-related conditions. FMIG Leadership and Faculty Roles The FMIG President was instrumental in organizing POCUS Night, from coordinating logistics to ensuring that the ultrasound machines and necessary materials were available. FMIG faculty advisors provided valuable input and support, particularly in recruiting sports medicine residents and family medicine faculty who have expertise in POCUS. These residents and faculty members led the hands-on portion of the event, guiding students as they learned to perform ultrasound scans and interpret the resulting images. Communicating the Value of POCUS in Primary Care The introduction of POCUS Night allowed students to see firsthand how Point of Care Ultrasound can be a critical tool in primary care and sports medicine. By teaching students how to assess conditions like carpal tunnel syndrome using ultrasound, the event highlighted the growing role of this technology in diagnosing soft tissue and nerve conditions quickly and accurately. The hands-on experience gave students insight into how ultrasound can be incorporated into

clinical practice, enhancing patient care and diagnosis. Participation and Feedback POCUS Night was attended by 20 first- and second-year students, all eager to gain early exposure to ultrasound technology. Feedback from participants was highly positive, with students appreciating the opportunity to practice ultrasound skills in a small group setting. Evaluation and Future Planning Skills nights will continue next year with this an option as what can be done given its success. The event will evolve based on student feedback, with potential plans to expand the content and focus on additional uses of ultrasound, such as guiding joint injections or visualizing other anatomical structures. POCUS Night aims to fill the gap in ultrasound education and give students a strong foundation in this increasingly important diagnostic tool.