

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

## *Excellence in New Programming*

### University of Minnesota Medical School-Duluth Campus

#### **FMIG Operation**

Our family medicine interest group is led by a group of class-elected first year medical students and is run based on the structure of our Constitution and bylaws. Our 5 board members work together to maintain a dynamic and growing family medicine interest group. FMIG members are recruited annually at our student activities fair, however, our FMIG hosted events are generally open to all medical students on the Duluth campus. Based on their elected position, the FMIG leaders hold a variety of roles and responsibilities. Our President and Vice President work closely together to communicate with our faculty advisor, FMIG members, and lead monthly board meetings. Our President establishes and maintains operation procedures, drafts meeting agendas, and connects the group with the FMIG sector of the American Association of Family Physicians and the regional coordinator. Our Treasurer works with the AAFP and school closely to ensure our budget is properly managed, distributes funds, and accounts for financial expenses. The Secretary of our FMIG is responsible for meeting minutes, and submitting them to our FMIG Google folder for the respective year. Finally, our Event Coordinator works to ensure all organized FMIG events do not interfere with academic commitments and is in regular communication with group members to gauge which type of events would be most beneficial for our FMIG group. As a collective, we serve as liaisons between faculty/community and the medical school classes here in Duluth. Our executive board holds meetings monthly. The agenda is drafted and shared ahead of time to encourage open discussion. There is another document used to keep track of event planning and workload for each event set-up.

#### **Goals**

The Duluth Campus FMIG aims to provide our students with opportunities to explore the field of family medicine through connections with current physicians and healthcare workers. We strive to immerse students in a variety of experiences to show the broad spectrum of work that

family medicine physicians can be involved in, including the value of community involvement. This work is reflected by our FMIG's relationship with a variety of community partners in Duluth and in the events we host throughout the year. For example, later in the academic year, we will be hosting a panel of family medicine physicians from a nearby rural clinic to come speak about their clinic, rural practice, and answer any questions students have pertaining to practicing primary care in a rural setting. Events such as these are unique ways that we try to connect our interested students with family medicine mentors in the community. Additionally, our campus mission is deeply rooted in serving rural and Indigenous populations. We understand how much overlap occurs between these underserved populations and the significance of a strong family medicine physician workforce. We aim to help students make this connection to understand how the future of medicine can uplift these underserved communities and advocate for more equitable care. As a student group, we had a goal of building a connection and hosting an event with 2 new community partners, and to apply for the Program of Excellence award in 2025.

## Faculty Advisor

Dr. [REDACTED] has been our FMIG's faculty advisor for over 20 years. He is an associate professor at the University of Minnesota Medical School - Duluth campus and a long-time practicing family medicine physician at the Gateway Clinic in Moose Lake. As our faculty advisor, he has provided our student leaders with numerous professional contacts for organizing events, extensive leadership experience, and a wealth of knowledge about practicing in rural MN and the potential scope of family medicine in different settings. He allows our student leaders to take action and gauge student interest, but advises us on events that have been found to be helpful for classes in the past. All meeting agendas are sent to our advisor and staff liaison to look over and approve prior to leadership meetings. In addition to Dr. [REDACTED], [REDACTED] works as supporting staff for our FMIG in Duluth. She aides in the financial operations of our student group, as well as communication between our student leaders and Dr. [REDACTED].

## Programs

Sourdough with [REDACTED], MS1

FMIG worked together with the Students for Nutrition and Community (SNaC) interest group to host a sourdough workshop with [REDACTED], a MS1 who is passionate about homemade, healthy, and accessible food sources. Students followed step-by-step instructions and a demonstration by Justin to create their own sourdough starter. Participants were also sent home with instructions on how to prepare bread and scoring tools. The goal of this event was to equip

students with a new and enjoyable skill for their personal betterment, but also as a tool they can share with patients outlining simple and healthy food sources. Additionally, this skill can be passed on to empower patients in the rural communities we serve, who face increased rates of food insecurity.

#### MS1 Park Point Picnic

In collaboration with the Wellbeing Committee, FMIG hosted a celebratory picnic to congratulate the first-year class on completing their first year of medical school. With lots of food, prizes, volleyball, and swimming opportunities in Lake Superior, many students were grateful for the meal and time together before separating for summer break. It was also family friendly, with many students bringing their spouses, partners, children, and pets.

#### MS1 and MS2 Essentia Health Tours

A tour of Essentia Health's brand new, state-of-the-art hospital in Duluth has been a very exciting and praised event in the last 1-2 years. However, historically, only one tour with limited numbers was organized and the second year class was able to claim spots before MS1s, with many MS1 students ultimately missing out on the tour. This year, FMIG increased this number to two tours per MS1 and MS2 class, giving many more students the opportunity to attend. Numerous specialists, family medicine physicians, and recruiters hosted the four tour groups to see the new facility and discuss future clinical rotation, residency, and employment opportunities. This will be a recurring event due to the popularity of the event and interest in local healthcare. Feedback on the new format of four total tours was overwhelmingly positive and we intend on continuing to provide multiple opportunities for students to experience Essentia Health.

#### FMIG Study Resource Lunch

This year, instead of hosting the historical version of the event as a Study Resource Night with treats, FMIG hosted a Study Resource Lunch with provided lunch for our first year students to come and meet other Family Medicine specialty-interested students while also learning more about how to study for medical school and third party resources available for curriculum and Step 1 Board preparation. Students were able to go to stations at their leisure while visiting with students and receiving demonstrations on Anki/AnKing, Boards and Beyond, Pixorize, Sketchy, Pathoma, FirstAid, Kaplan, Amboss, and Osmosis. There was also a station for anyone who wanted to talk directly with an MS2 about general questions they had. Overall, this event continues to be a huge success that had positive feedback and will be one that we host yearly.

#### Pre-Medicine Club Panel

We had 5 medical students volunteer their time to talk with pre-medical students in the Duluth community. While answering questions about preparing, applying, and attending medical school, we also discussed the specialty of Family Medicine and our University's Mission to educate students in rural primary care and Native American health. The medical students also offered their contact information for further questions and have received multiple inquiries following the panel. We host this event each year and receive very positive feedback from the pre-medical students.

#### Family Medicine Physician Panel

FMIG invited four rural Minnesota family physicians to talk about their journeys to medical school, what their practice

looks like, tips on residency applications, contract negotiations, and work-life balance. This is a recurring event as many students attend and enjoy participating during the Q/A session. It is beneficial to have panelists discuss these aspects of family medicine as MS1 students are gaining exposure to different medical specialties and MS2 students are beginning their applications to different clinical lanes and internships.

#### Tie Blanket Making for CHUM Clinic and Boys and Girls Club

FMIG partnered with HOPE Clinic and ULink, student groups focused on community health and youth outreach, respectively, to recruit students for tie-blanket project nights. Medical students from the first and second year classes, as well as premedical students from UMD and CSS gathered on two separate nights to tie a total of 50 blankets that were then donated to the CHUM Center and Boys and Girls Club. HOPE Clinic is the free student-run clinic partnership between the medical and pharmacy schools and is based in the CHUM Center in Duluth, MN. The HOPE Clinic provides free medical care to all Duluth residents in need, specifically homeless guests at the CHUM Center. We made 27 tie blankets to be handed out to CHUM guests as there was a huge need for warm winter gear with the declining temperatures in Duluth. Additionally, through ULink mentorships with the Duluth Boys and Girls Club youth, 23 blankets were donated to children in need. Participation through numerous medical and premedical student interest groups allowed for greater networking and more opportunity to volunteer efforts to good causes.