

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

## *Overall Award*

University of North Carolina School of Medicine at Chapel Hill

### **FMIG Operation**

The Family Medicine Interest Group (FMIG) at UNC is structured with a mix of two student co-presidents ([REDACTED] and [REDACTED]), one faculty advisor (Dr. [REDACTED]), one coordinator ([REDACTED]) and two resident liaisons (in transition). The FMIG is led by two co-presidents, chosen annually from MS1 applicants, who organize events, contact residents and physicians, advertise to the student body, and manage the FMIG calendar. This leadership structure allows MS1 students to engage deeply in family medicine topics during their pre-clinical curriculum. Student leaders meet with faculty advisors twice a month to plan a balanced agenda. With support from the department of Family Medicine and the FMIG Faculty Advisor, the student co-presidents have complete autonomy over the FMIG event subject matters and use this to focus on what their peers want to learn more about and FMIG shows them the way in which Family Medicine physicians can provide those services, with a goal of consistently highlighting the broad scope of Family Medicine. The co-presidents organize most FMIG events, including clinical workshops, physician panels, and collaborations with other student groups, with support from advisors. Responsibilities are shared equally, with both leaders handling each facet including planning, communication, and logistics.

### **Goals**

The UNC Family Medicine Interest Group (FMIG) is dedicated to students interested in a career in Family Medicine and other primary care disciplines. UNC has a nationally renowned program in family medicine, providing a foundation for students to interact and learn from excellent family physicians and residents. We support community involvement activities in

preventive medicine, medical skills enhancement, and leadership roles for students wishing to be involved in primary care. Additionally, we offer opportunities to learn more about the field of family medicine. By organizing community projects, scheduling educational speakers, offering skill-building sessions, and attending conferences, our members acquire the qualities needed to become strong voices in policy and community leadership, as well as competent, compassionate physicians.

## Faculty Advisor

██████████ plays a crucial role in providing logistical support within the Department of Family Medicine. Her responsibilities include booking rooms, ordering food, scheduling meetings, ensuring the availability of necessary supplies, and liaising with organizations to procure equipment for our workshops and events. ██████████ also attends all our events, ensuring everything runs smoothly.

Dr. ██████████ offers invaluable support by connecting us with Family Medicine physicians and residents for participation in our Family Medicine Interest Group (FMIG) events. Additionally, Dr. ██████████ contributes innovative ideas for our workshops, keeps us informed and engaged with our local American Academy of Family Physicians (AAFP) North Carolina Chapter (NCAFP), and actively participates in all FMIG activities.

## Programs

Supporting Mothers in Our Community was a one-hour event that brought together members of our Family Medicine department and community partners to address the pressing needs for diapers and period products within our community. Dr. ██████████, MD, MPH, IBCLC, from the Department of Family Medicine, shared valuable insights and resources she provides to her patients as an International Board Certified Lactation Consultant (IBCLC). Following her presentation, Michelle Schaefer-Old, the CEO and Founder of the Diaper Bank of North Carolina, highlighted the impactful work that the Diaper Bank does across the state to support families in need. The Diaper Bank of North Carolina plays a crucial role in alleviating diaper need, which affects one in three families in the United States. By providing diapers, period products, and adult incontinence supplies, the Diaper Bank helps ensure that families can maintain their health and dignity. Their efforts extend statewide, reaching communities that are often underserved and in dire need of these essential items. In the lead-up to the "Supporting Mothers" event, we organized a diaper and period product drive at the Family Medicine Center and the UNC School of Medicine. This initiative aimed to gather supplies to support our first volunteer day with the Diaper Bank of North Carolina. On November 15th, a large group of volunteers from our department spent the morning at the Diaper Bank's warehouse in Hillsborough, NC. The experience was profoundly moving, as we witnessed firsthand the dedication and impact of the Diaper Bank's work. Inspired by this experience, we have established recurring volunteer days throughout 2025, open to students, faculty, and residents of the Family Medicine department. These volunteer opportunities not only support the Diaper Bank's mission but also foster a sense of community and shared purpose among our participants.

### FMIG POCUS Workshop Series

The Family Medicine Interest Group (FMIG) recently kicked off its first-ever Point-of-Care Ultrasound (POCUS) Workshop Series. Our co-leaders and FMIG faculty/staff noticed that medical students were really interested in learning more about POCUS and how it fits into Family Medicine. Since the Department of Family Medicine at UNC has a popular elective on POCUS in rural communities that always fills up, we decided to offer a workshop series to teach hands-on skills in a small group setting. Our incredible Family Medicine physicians taught the workshop, while our residents acted as models for the hands-on practice sessions. Dr. [REDACTED], a national POCUS expert, and Dr. [REDACTED] led the series, teaching 10 students who applied to attend the workshop. We kept the group small to make sure everyone got plenty of hands-on practice. The in-person sessions were paired with the students completing the STFM POCUS Modules, which Dr. [REDACTED] helped create. The first session focused on probe technique and pulmonary and soft tissue ultrasound. The second session was all about cardiac ultrasound, and the final session covered renal/bladder and gallbladder ultrasound. Overall, the workshop series was a great success, giving medical students valuable POCUS training and a better understanding of Family Medicine. The feedback from participants was really positive, and we're excited to keep offering these kinds of learning opportunities. We plan to offer this POCUS Workshop Series each spring and fall to ensure more students can benefit from this hands-on experience. Additionally, this series increases exposure to the broad scope of Family Medicine as a specialty, highlighting its versatility and the diverse skill set required.

### 3-Part Reproductive Healthcare Series

Our Family Medicine Interest Group (FMIG) developed a comprehensive three-part Reproductive Health Series, designed to coincide with the reproductive health block of our medical students' curriculum. This series aimed to enhance students' understanding and practical skills in various aspects of reproductive health. Part One: Birth Control Methods and Reproductive Health The first session was led by Dr. [REDACTED] and Dr. [REDACTED], one of our residents. This session began with a short lecture on various birth control methods, providing an overview of options such as oral contraceptives, implants, and intrauterine devices (IUDs). Following the lecture, students engaged in hands-on practice using pelvic models and Nexplanon/IUDs, allowing them to apply their knowledge in a practical setting. Part Two: Vasectomies and Tubal Ligations The second session focused on surgical contraception methods and was conducted by family medicine physicians Drs. [REDACTED] and [REDACTED]. This session included a brief lecture on the procedures and their implications, followed by hands-on practice with vasectomy techniques. [REDACTED], our Medical Student Education Coordinator for Family Medicine, played a pivotal role in this session by sourcing a medical journal article on vasectomy models and creating vasectomy kits using bike tires and Penrose drains for the workshop. Part Three: Papaya Terminations Workshop The final session of the series was the traditional papaya terminations workshop, led by family medicine physicians Drs. [REDACTED] and [REDACTED]. This workshop provided students with practical experience in performing terminations using papayas as models, simulating the procedure in a controlled and educational environment. Overall, the Reproductive Health Series was a resounding success, offering medical students valuable insights and hands-on experience in reproductive health. The series not only complemented their academic learning but also provided practical skills that are essential for their future careers in family medicine. We are currently implementing and expanding upon this workshop series for the 2025 academic year.

### Advocacy Series

In alignment with the goals and missions of UNC and our Family Medicine Interest Group (FMIG), we hosted two impactful sessions focused on advocacy for vulnerable patient populations. These sessions aimed to educate and inspire medical students to become advocates for those who are often underserved and marginalized in our healthcare system. Session One: Reproductive Justice The first session, titled "Reproductive Justice," was led by Dr. [REDACTED], the director of the Maternal and Child Health unit at Chatham Hospital and one of the Family Medicine department's most dedicated advocates for reproductive rights. Dr. [REDACTED] provided an insightful discussion on what advocacy looks like within the field of Family Medicine, with a particular emphasis on supporting women of color. She highlighted the unique challenges faced by this population and shared strategies for effective advocacy, drawing from her extensive experience and dedication to maternal and child health. Session Two: Advocates in Family Medicine The second session, titled "Advocates in Family Medicine," featured family medicine physicians Drs. [REDACTED] and [REDACTED]. Dr. [REDACTED], the director of the N.C. F.I.T (Formerly Incarcerated Transition) program, and Dr. Moore, the current Medical Director for the NCDHHS Farmworker Health Program, shared their personal journeys and the impactful work they are involved in. Dr. [REDACTED] discussed the challenges faced by formerly incarcerated individuals as they transition back into society and the critical role of healthcare in this process. Dr. [REDACTED] provided insights into the health disparities faced by farmworkers and the efforts being made to improve their access to healthcare services. Both sessions underscored the importance of advocacy in Family Medicine and provided attendees with practical ways to be at the forefront of advocacy in their field. The speakers emphasized the need for compassionate, patient-centered care and the role of healthcare professionals in addressing social determinants of health. These sessions were not only educational but also deeply inspiring, reinforcing the commitment of our FMIG and the Department of Family Medicine to advocate for vulnerable populations. We plan to continue offering similar sessions in the future to ensure that our medical students are well-equipped to be effective advocates throughout their careers.

### What is Family Medicine? Series

One of the primary goals of our Family Medicine Interest Group (FMIG) in 2024 was to consistently provide programming for medical students that highlights the broad scope of Family Medicine as a specialty. We aimed to showcase our faculty's diverse interests and their work in various medical settings, thereby enriching students' understanding and appreciation of Family Medicine. Community Care in North Carolina Dr. [REDACTED], the founding CEO of Community Care of North Carolina and former N.C. Medicaid Director, along with Dr. [REDACTED], a family physician at UNC Family Medicine and the medical director of Community Care of North Carolina, spoke to students about the evolving landscape of primary care. They emphasized that this is one of the most exciting times to become a Family Physician, as the healthcare system is rapidly shifting its focus to quality and reducing health inequities. Family Medicine and Primary Care are at the forefront of these changes, leading efforts to improve patient outcomes. Drs. [REDACTED] and [REDACTED] discussed different models of practice, loan forgiveness options, and answered students' questions, providing valuable insights into the future of Family Medicine. Primary Care Panel FMIG partnered with the Pediatrics and Internal Medicine departments to host a dynamic panel of experts from three key areas of primary care. This student-led discussion aimed to highlight the diversity within primary care, showcasing the varied career paths and specialties available. The panel provided a platform for students to engage with professionals from different fields, fostering a deeper understanding of the collaborative nature of primary care. Direct Primary Care Lecture Dr. [REDACTED] Moore from Clearwater Direct Primary Care (DPC) delivered an engaging presentation on the Direct Primary Care Model. He discussed the benefits of this model, including lifestyle flexibility, financial freedom, and the enhanced relationship with patients. Dr. Moore's lecture provided students with a comprehensive overview of DPC, illustrating how this innovative approach can lead to more personalized and effective patient care. The Scope and Life of Family Medicine

Physicians An exceptional panel of Family Medicine doctors, including Drs. [REDACTED] (Director of Maternal and Child Health), [REDACTED], [REDACTED] (Rural Hospitalist), [REDACTED] (Sports Medicine, Olympic Doctor), [REDACTED] (N.C. F.I.T), and [REDACTED] (Procedures), joined for a dinner at the Family Medicine Center. During this event, they gave brief introductions, discussed their interests within the field, and shared insights into their work-life balance. This session provided students with a unique opportunity to learn about the broad scope of Family Medicine and the diverse career paths available within the specialty. Family Medicine Summer Opportunities in North Carolina [REDACTED], Medical Student Education Coordinator for Family Medicine, and [REDACTED] from the North Carolina Academy of Family Physicians (NCAFP) hosted a session on summer opportunities within Family Medicine across the state. [REDACTED] discussed the Family Medicine Summer Research Fellowship, which pairs 12 students with Family Medicine physicians for a summer of research and focused didactics. [REDACTED] highlighted the NCAFP Summer Programs, including a two-week immersion program in western North Carolina and a four-week program that matches students with physicians practicing in areas of geographic interest. These programs offer students the chance to work with community-based family physicians, gaining firsthand experience of the daily life and activities of a family doctor. The aim of this session was to showcase the ways in which Family Medicine is investing in students' learning and professional development.

#### Annual Ice Cream Social

This year marks the third annual Ice Cream Social hosted by the Family Medicine Interest Group (FMIG). Originally conceived as a recruitment event to introduce new medical students to FMIG, this event has grown in popularity and is now advertised to all medical students. The Ice Cream Social aims to create a relaxed and welcoming environment where students can socialize with their peers, FMIG team members, faculty, and residents. To enhance the experience, we arrange for an ice cream truck to visit our building, providing free ice cream to all attendees. This festive atmosphere encourages informal interactions and fosters a sense of community among participants. The event is designed to be both enjoyable and informative, offering students a unique opportunity to learn more about Family Medicine and the various programs and opportunities available. During the Ice Cream Social, we set up several informational tables to engage students and provide them with valuable resources. These tables include: FMIG and AAFP Membership Sign-Up: Students can sign up to join FMIG and the American Academy of Family Physicians (AAFP), gaining access to a wealth of resources, networking opportunities, and professional development tools. Family Medicine Clinic Tours: Students can register for guided tours of the Family Medicine clinic, allowing them to explore the facilities and learn more about the clinical environment and patient care practices. Shadowing Opportunities: We offer sign-up sheets for students interested in shadowing Family Medicine doctors. This provides a hands-on experience and insight into the daily responsibilities and challenges faced by Family Medicine physicians. Community Health Track Program: Information about the Community Health Track program is available, encouraging students to pursue academic excellence and engage in community health initiatives. Kenan Rural Scholars Program: We provide details about the Kenan Rural Scholars Program, which supports students interested in rural health and offers opportunities for academic and professional growth within the specialty. The Ice Cream Social not only serves as a recruitment event but also as a platform to promote the diverse opportunities within Family Medicine. By facilitating interactions between students, faculty, and residents, the event helps build a strong sense of community and encourages students to explore the broad scope of Family Medicine as a specialty.