

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

## *Overall Award*

### University of Texas Medical Branch John Sealy School of Medicine

#### **FMIG Operation**

The UTMB FMIG chapter consists of student officers, a faculty advisor, and a staff coordinator. The student officers, advisor, and coordinator meet at least once per month for an officer meeting to discuss recent and future events. There is also at least one public event for FMIG members each month. Listed below are the student leader roles and responsibilities:

##### **President**

- Set agenda and preside over all FMIG Officer and General Meetings.
- Oversee all FMIG events, delegate event planning to representatives.
- Coordinate Family Medicine Residency Fair by setting a date, inviting programs, reserving event space, advertising the event, and collecting donations for raffle.
- Apply for grants and other funding sources to support FMIG.

##### **Vice President**

- In absence of president: Set agenda and preside over all FMIG Officer and General Meetings; oversee all FMIG events, delegate event planning to representatives.
- Coordinate Strolling Through the Match event in August. Set date, reserve a room, invite Texas residency programs, order food as needed, and monitor RSVP list.
- Assist in Coordinating Procedure Workshops (Fall and Spring semester). Set date, reserve room, order food as needed, and monitor RSVP list.
- Coordinate Senior Recognition Dinner in March. Set date, oversee food selection, plan thoughtful gift for faculty.

##### **AAFP Coordinator**

- Attend the AAFP national conference, now called FUTURE.

- Fundraise for FUTURE. Apply for SGA and TAFP travel funds, solicit donations from Family Medicine department, and coordinate with students interested in FM to attend conference.
- Attend conference preparation meeting held by TAFP.
- Serve as AAFP/UTMB FMIG liaison and AAFP correspondence contact.

**TAFP Coordinator**

- Represent UTMB at the FMIG Network which will meet virtually a few times a year and be a conduit to share information on TAFP conferences, funding opportunities, and new resources with FMIG members.
- Serve as point of contact for the local Galveston TAFP chapter.

**Recruitment and Social Media Chair**

- Responsible for reserving and running table at Welcome Weekend.
- Responsible for reserving and running table at Residency Fair.
- Keep FMIG Member Directory updated.
- Responsible for AAFP and TAFP membership submission.
- Coordinate social media posts and engagement.
- Make or arrange for flyers/advertisements for each FMIG event.

**Reproductive Health Workshop Coordinator (Spring Semester primary responsibilities)**

- Coordinate the Reproductive Health Workshop in conjunction with OGSS Officers.
- Set date, reserve room, advertise event with social chair, monitor RSVP list, gather necessary models and supplies, help with set up and cleanup (with other officers).

**PCP at the PCP Coordinator (Fall Semester primary responsibilities)**

- Coordinate PCP at the PCP event during Primary Care Week (usually October).
- Set date, reserve room, advertise event with recruitment chair, monitor RSVP list, purchase prizes for raffle, order food, help with setup and cleanup (with other officers).

**Cyst Excision Coordinator (Spring Semester primary responsibilities)**

- Coordinate the Cyst Excision event in the Spring.
- Set date, reserve room, advertise event with social chair, monitor RSVP list, purchase prizes for raffle, order food, help with setup and cleanup (with other officers).

**Community Service Coordinator**

- Collaborate with Flu Vaccine Outreach Coordinator on annual flu vaccine drives, training, and grant writing.
- Coordinate Halloween Carnival game (reserve booth, advertise event, set up and run carnival game) and Annual Helping Hands event in the spring (organize donation boxes, check regularly, and distribute donations to Luke's Society).

- Coordinate other volunteer opportunities that arise.

**Flu Vaccine Outreach Coordinator**

- Coordinate administration of vaccines at Luke's Society, GCC, St. Vincent's Health Fair, Holland House Health Fair, and other Galveston community site locations.
- Collaborate with community service coordinator on applying for the TMA vaccine grant, training volunteers, and securing funds from other sources, if need be.
- Collaborate with other student organizations in the administration of vaccines at various events (e.g. Frontera de Salud hosts the Holland House Health Fair).

**Year Representatives (1 representative for every year in medical school)**

- Oversee 2 Monthly Meetings: Take pertinent notes, send out an updated newsletter to members following meeting, and send out actionable items to other officers following meeting.
- Attend as many FMIG events as possible, helping with setup and cleanup.

**Goals**

Family Medicine Interest Group (FMIG) at UTMB is an active and engaged student group that shares with medical students the passion and fulfillment of Family Medicine, provides resources for students, professional skill development, and opportunities for service. With the variety of events, presentations and projects hosted and run by FMIG, medical students from all years are exposed to the wide breadth of practice offered by Family Medicine.

**Goals:**

1. To inform students about the opportunities and scope of Family Medicine
2. To teach students skills that will be vital in their training towards a career in Family Medicine
3. To facilitate interest and education for those that are interested in a career in Family Medicine
4. To be visible and active on campus and in the community through service and education
5. To reach out to medical students through multiple events to showcase the scope and opportunities of Family Medicine
6. To connect FMIG members to residents and faculty involved in the field of Family Medicine

**Faculty Advisor****FMIG Faculty Advisor Role:**

- Assist and collaborate with student officers to develop and host events
- Provide support at events and all FMIG sponsored initiatives
- Assist with obtaining visiting preceptors and events

- Communicate and collaborate with the Family Medicine department to engage faculty and resident participation in events
- Mentor and advise students interested in Family Medicine

**FMIG Staff Coordinator Role:**

- Assist with administrative functions such as booking rooms, ordering food for events, sending out meeting invitations and requests, and ordering supplies as needed
- Provide support at events and all FMIG sponsored initiatives

## Programs

### Fall General Meeting

In previous years, students have asked how to become an FMIG member and if there were general meetings they could attend to keep up with events. To address our members' needs and improve communication between leadership and students, we hosted our first Fall General Meeting at the Primary Care Pavilion near campus. 21 students and 1 faculty attended. At the meeting, FMIG officers presented a PowerPoint educating students on what Family Medicine is, why they should join FMIG, how to become a member, membership perks, and upcoming FMIG events to get involved in. Select slides from the Family Medicine Champion certificate program were used to enhance the presentation. This event was a great success as it helped students officially become a part of FMIG and learn about the TAFP and AAFP resources available to them. Over this year we have seen an increase in member involvement, and we believe this meeting along with a monthly emailed newsletter of events and key AAFP links helped set us up for success. For future improvement, we could schedule in more time for icebreakers/team bonding. We started the meeting with one ice breaker, but it finished quickly and students mentioned wanting more time to get to know each other and our faculty. Overall, the meeting was a success and we decided we would proceed with semester general meetings to keep members up to date with events.

### FMIG Socials

This past year, the academic curriculum changed significantly, eliminating an introductory course that helped medical students adjust to school and their community. While this will allow students to begin academic courses earlier and enter clerkships sooner, it also limits opportunities for organizations to introduce new students to the many opportunities available to them. In response, our FMIG leadership team decided to host an event where not only first-year students, but anyone on campus interested in learning more about family medicine, could attend and enjoy a break from the pressures of medical school. Originally, our idea for this year's social event involved bowling and appetizers—a chance for students to mingle, show off their bowling skills, and have informal discussions about family medicine with peers, faculty, and residents. This event was planned to be free of charge for all students and intended to serve as both a fun outing and a mental health break. However, due to the variability in student schedules and the distance of the venue from campus, planning became difficult in terms of maximizing attendance and making the event worthwhile for everyone. We pivoted by sending out a survey at the end of September to ask students about their availability and preferences for the social event. Overwhelmingly, students chose coffee. Based on this feedback, we planned the event for early October—right when fall drinks returned to the menu and before major exams began. The new date, October 8th (two weeks after the originally planned bowling event), allowed us just one week to organize and

execute the event with the tremendous help of our faculty, staff, residents, upperclassmen, and the local coffee shop Freckleberry, a favorite study spot located near the heart of Galveston. We had a total of 30 students attend, along with 5 residents and faculty who stopped by after their shifts to connect with students across all years. Everyone received a free drink or treat of their choice and enjoyed the evening away from studying and other responsibilities. Honest conversations about the field of Family Medicine—its joys and challenges—echoed throughout the room. Some students and residents even continued their chats outside among Freckleberry's backyard chickens, whose coop is located in the café's outdoor lounge. Our students enjoyed it so much that we decided to hold another social, a watch party for the virtual AAMC and AAFP cohosted event Vibe Check: Is Family Medicine Right for Me? The watch party allowed for students to gather and eat ice cream sundaes while learning about Family Medicine. 7 students attended and 1 faculty was present. Students spent an hour listening to Family Medicine physician panelists speak about their personal experiences, their path to Family Medicine, advice for selecting residencies, and more. Students left the session with a greater understanding of the scope of Family Medicine and an appreciation for the many reasons to choose Family Medicine. Originally, this zoom event was meant for students to attend alone from their personal device. However, by making this an official session for students to come together in person, we were able to create an environment in which students could bond and feel comfortable asking our FMIG faculty follow up questions about Family Medicine. This event was advertised to FMIG members just a few days before the zoom event. To improve future attendance from the various classes, we will start advertising to FMIG members and the four medical student cohorts once we receive notification from AAMC or AAFP. Overall, these events were a success because they provided students across all years with a low-stress, welcoming environment to explore Family Medicine. They offered valuable insight, promoted curiosity about Family Medicine, and fostered community in a casual setting. We plan to continue surveying students for input on dates and ideas for future socials to ensure strong participation and interest.

#### FMIG Professional Development & Residency Preparation Series

This year, FMIG expanded its professional development and residency prep events by enhancing annual offerings—Tales from the Interview Trail, Strolling Through the Match, Electronic Business Card Tutorial, and the Family Medicine Residency Fair—and introducing a new CV Workshop to better support rising 4th years in the residency process. Peer-to-peer relationships are among the most influential in medical school, and sharing match knowledge is especially important. Tales from the Interview Trail, our most established event, allows 4th-year students who recently matched into Family Medicine to share their experiences. The diverse panel included students who matched in-state, out-of-state, through the military, as couples, or into rural programs, with some having families. With virtual interviews still common, they also offered tips on Zoom etiquette, scheduling, making strong impressions, interview numbers, and more. This year's panel included four FMIG-involved students and was attended by seven students (1:3 ratio). A recording was available for those unable to attend. Students appreciated the flexibility and valued the event's informal, peer-led style that fostered comfort and openness. Strolling Through the Match, based on AAFP's booklet, is an event that expands on this first event to help students understand the broader match process. While focused on Family Medicine, it's useful to any student new to the process. The event featured directors, coordinators, and residents from UTMB and four other programs. The virtual format enabled wider participation. Pre-planned and student-submitted questions covered topics like in-person vs. virtual interviews, prep strategies, personal statements, signaling, and second-looks. The Zoom chat allowed anonymous questions to the FMIG President, who moderated. Five residency programs participated (1-2 residents each), and eight students attended. Attendees found it helpful in refining applications and gaining personalized insight into residency programs. Our newest event, the CV Workshop, builds on these previous events. Two FMIG officers and three 4th-year volunteers helped two 3rd-year students improve their CVs, reviewing sections like leadership, volunteer work, awards, and extracurriculars, and highlighting the CV's value to letter writers. Attendees received feedback on draft CVs and a sample template post-event. To improve attendance, we may combine this with

the Business Card Tutorial or gather fourth-year advice via a shared document. Our largest professional development event, the Family Medicine Residency Fair, is a major annual event introducing students to residency options. This year, booths were set up in the Jamail Student Center, where students met residents and directors to discuss program strengths, patient populations, and defining features. Though geared toward 3rd- and 4th-years, 1st- and 2nd-years also attended, gaining early exposure. Now in its third in-person year post-COVID, the format allowed more engaging conversation. Booth fees—reinstated after the virtual years—support FMIG programming. Nine Texas programs participated, and 25 students attended. Notably, 11% of UTMB students matched into Family Medicine in 2025, surpassing the national average of 7.9%. We invited neighboring medical schools for the first time, with two Houston-area students attending. They found the event valuable and expressed interest in returning. We plan earlier outreach next year to boost external attendance. For the second year, MS3s received Write it: The NRMP Personal Statement Workbook, while MS4s received both Write it and Getting In: How to Stand Out from the Crowd and Ace Your Residency Interview, by former faculty member Dr. [REDACTED]. Booth fees fund all FMIG events, covering supplies, snacks, T-shirts, prizes, speaker gifts, and officer meeting meals. Proceeds also support the Senior Recognition Dinner and Officer Induction Ceremony each March. Seniors receive Pfenniger and Fowler's Procedures for Primary Care, and new officers receive an AAFP Choose Family Medicine pin. Just before the fair, we hosted a virtual Electronic Business Card Tutorial, guiding students through creating a digital card with their name, year, school, hometown, contact info, and a UTMB-themed background. QR codes were tested and confirmed functional. Residency booths could scan and save student contacts easily, and programs praised the innovation. However, attendance was low. We plan to boost participation by choosing more convenient dates or combining it with the CV Workshop. Overall, our professional development and residency preparation events were well received by students and residencies who attended. However, we would like to increase our student participation in these events. We plan to try combining some of these events like the CV Workshop and Electronic Business Card Tutorial as well as surveying students to see if they would prefer a shared document with advice over a live event.

#### FMIG at UTMB Helping Hands Vaccine Drive

FMIG at UTMB Helping Hands Vaccine Drive is held annually over several vaccine clinic events for underserved and unhoused communities in Galveston, Texas. Vaccine drives were organized to increase Flu vaccination rates for community members that may be uninsured, underinsured, homeless, or undocumented. Under the supervision of the FMIG faculty physician, student volunteers screened patients, obtained informed consent, and administered [REDACTED] intramuscular flu vaccines. Students practiced motivational interviewing, addressed common vaccine myths, and provided community members with flu vaccine information. Additionally, community members were offered resources on other vaccines, such as the COVID-19 vaccine, at various community sites for a low-cost. Volunteers also distributed free winter gear donated by the TAFP, including beanies and gloves, to those in need. After vaccination, students gathered feedback from community members to improve future vaccine events. We collaborated with multiple student organizations at UTMB, including Frontera de Salud (FdS), Latino Medical Student Association (LMSA), Texas Medical Association (TMA), and American Medical Association (AMA). This year, we expanded our collaboration by offering volunteer opportunities to PhD students in the Pharmacy program. Partnerships with FdS and LMSA enabled Spanish-speaking volunteers to provide translation services, ensuring effective communication and bridging language barriers for community members. Most volunteers were first- and second-year medical students, gaining valuable hands-on experience through real patient encounters. Many nursing students from FdS also volunteered, contributing their clinical skills and enhancing interprofessional collaboration. Working together with various student organizations alongside other professions, we aimed to foster interdisciplinary teamwork and diversity, while providing opportunities for students to develop essential clinical and communication skills in a community healthcare setting. Three in-person training sessions were offered, and attendance was mandatory for students to participate in the vaccine clinics.

Assessment through pre- and post-quizzes at the training sessions revealed a significant increase in students' vaccine knowledge, competence, and confidence in administering vaccines. Before training, only 5.5% of students reported feeling fully confident, while 27.4% were unconfident. After training, confidence significantly improved, with 72.7% fully confident and 27.3% somewhat confident. In total, 82 students administered flu vaccines for 132 individuals across nine community vaccine drives at five locations. These sites and community partners included Luke Society Clinic, Grace Clinic at Galveston Central Church, La Michoacana Meat Market, Holland House Health Fair, and St. Vincent's Clinic Health Fair. Regarding patient feedback, 97% reported high levels of satisfaction with their experience after receiving the flu shot. Over the last five years, FMIG has applied and received a \$3500 grant from TMA to organize these events. This year, FMIG secured additional funding of \$1500 from FdS and \$200 from AMA to support the vaccine drives. We also received 10 high-dose flu vaccines from St. Vincent's Hope Clinic for community members aged 65 and older, of which, we administered three. After the last vaccine drive, we donated the remaining seven high-dose and 38 standard flu vaccines to St. Vincent's Hope Clinic. A limitation encountered this year was unforeseen rain which resulted in two vaccine drives being cancelled, totaling 9 drives, although we initially planned for 11. In the future, we will account for weather to ensure the operability of the vaccine drives and reschedule promptly. Moving forward, we also hope to continue building our community partnerships, organize vaccine clinics earlier in the Flu season, include more student organizations, and promote more collaborations with other programs such as the PhD Pharmacy program. Based on student feedback, we plan to host training sessions earlier in the year and increase training and vaccine drive opportunities in the future. FMIG at UTMB Helping Hands Vaccine Drive has established itself as a reliable annual community resource. This program strives to directly address the needs of underserved populations by providing accessible Flu vaccines at convenient locations within the community, rather than requiring individuals to travel far for vaccination. We received high levels of satisfaction from community members who expressed gratitude for the free, easily available flu vaccines and the enthusiasm of compassionate, well-trained student volunteers. These drives also offer opportunities for students to gain practical clinical and communication skills while serving vulnerable populations, making a tangible positive impact in the community. Additionally, this student-led, community-based initiative has been accepted as a poster presentation at the UTMB Public Health Symposium 2025. The presentation highlights the barriers faced by vulnerable populations, attitudes toward vaccination, and the importance of ongoing community engagement in expanding Flu immunizations. As our program continues to grow, we are committed to strengthening our relationship with the Galveston community and improving access to healthcare services for those most in need.

#### Health Fair Diabetes Education Booths

FMIG at John Sealy School of Medicine developed a mini lesson on type 2 diabetes to educate the community on prevention, risk factors, and signs of this disease. Recent census data reveals that 16.1% of the Galveston County population is uninsured, so we offered these mini lessons at free health fairs throughout the county. The first mini lesson was implemented at the Fiesta en la Comunidad health fair. At the education booth, participants had the opportunity to get a free blood glucose screening. While they waited for the results of their screening a medical student had the participant complete an anonymous, multiple choice quiz to assess what information they already had on type II diabetes. The medical student then took 5-to-10-minutes to complete a mini lesson with the participant about diabetes. The medical student provided the participant with a brochure handout about type II diabetes after the lesson and gave the participant their glucose screening results and offered a free healthy snack. These lessons were offered in English and Spanish. Participants who had above average fasting glucose results were given information on free clinics in the area where they could be evaluated for diabetes. After the interaction, the participant completed a post-lesson quiz answering the same questions. The second mini lesson was implemented at the St. Vincent's Health Fair two months later. Participants at this health fair had the opportunity to complete a pre-quiz survey before their lesson. It was determined at this health fair that more hands-on activities were needed to engage participants in the lesson, so FMIG

created a game. Participants were provided three snacks (Yoplait, Gatorade, Cheetos, and a snickers bar) and three pouches of sugar representing total carbohydrates. Participants were asked to try to match the snack to the sugar packet. Participants were surprised to learn how many total carbohydrates were in the Yoplait yogurt and Cheetos since these snacks are often not labeled as foods that will "spike your glucose". A medical student reviewed each nutritional label with the participant and then completed the same 5 to 10 minute diabetes lesson. A post-quiz was also completed at the end of each lesson. Pre-quiz and post-quiz results were analyzed to evaluate whether the mini lesson could adequately educate the community and increase their knowledge of type II diabetes prevention and awareness. After attending two local health fairs in Galveston County, 47 community members completed the pre-quiz, education session, and post-quiz. Before the mini-lesson, 66% of participants reported having some level of knowledge about diabetes, categorizing it as "basic", "adequate", or "superior". After the teaching session, this number increased to 94%. The pre-quiz results showed that, on average, participants scored 72% correct in identifying diabetes risk factors, 68% in recognizing complications, 28% in identifying diagnostic fasting blood glucose level, and 83% in determining preventative measures. After the mini lesson, these averages increased to 91%, 90%, 93%, 64%, and 95% respectively. The data collected in this study indicates that 5-to-10-minute mini lessons, like those often used in a primary care clinic setting, can increase patient knowledge of a disease. These brief lessons and hands-on learning aids can be integrated into a Family Medicine visit to increase patient knowledge. We plan to continue offering these diabetes lessons at free local health fairs in the community, and strengthen our study by assessing if the participant continues to have long term knowledge about the subject.

#### PCP at the PCP

The PCP at the PCP workshop is a highly anticipated Fall event that offers medical students practical exposure to a range of Family Medicine procedures. This year, the workshop expanded its reach, welcoming 80 students and 20 faculty members, ensuring a strong student-to-instructor ratio of 4:1. Hosted at UTMB's Primary Care Pavilion, the event featured six procedural stations, each lasting about 20 minutes, where students developed their skills while interacting with Family Medicine residents and faculty. The stations included suturing and knot tying, dermatologic procedures (shave and punch biopsies and cryotherapy), acupuncture, splinting/casting, joint injections, and toenail removal. The toenail removal station used creative models made from sausage and radishes, but some participants expressed concerns about the use of meat. For future workshops, the team plans to explore alternative materials, such as vegan sausage or other innovative options, to make the models more inclusive and accessible. Survey results demonstrated an increase in post-quiz scores, showing that students retained procedural techniques, indications, and potential complications effectively. While the event was praised for its smooth organization and hands-on learning opportunities, several participants suggested allowing more time for the joint injection station, as it was one of the most popular and high-demand stations. At the close of the workshop three students appreciated having their choice of door prize (Anki remote, white coat clipboard or SOAP notebook). Snacks were also provided this year, a welcome addition based on feedback from previous workshops. Looking ahead, plans include addressing these areas of improvement by revisiting the time allocation for joint injections, experimenting with more inclusive materials for the toenail models, and continuing to refine instructional resources. The team remains committed to enhancing the workshop to better serve the educational needs of students and uphold the standards of Family Medicine.

#### Women's Health Workshop

The Women's Health Workshop is one of the most anticipated events every year. This is our 4th year hosting this workshop at which students are encouraged to bring personal hygiene items for donation to the Resource and Crisis

Center. Our interest group along with the Obstetrics and Gynecology Student Society hosted the Women's Health Workshop which seeks to educate students about procedures that may be performed in the scope of both Family Medicine and Obstetrics and Gynecology. This year we welcomed 40 students, 5 faculty members, and 10 OBGYN/Family Medicine residents. This gave an instructor to student ratio of 1:2-3. The event took place at the Primary Care Pavilion and featured 6 procedural stations, lasting either 10 minutes or 20 minutes. As usual, before making their way through the stations, students filled out a pre-quiz to assess their baseline knowledge. This year the stations included Cervical Dilation, Pelvic Exam, Contraception, Breast Exam, Vaginal Delivery + Blood Loss Estimation, and SonoSite + Fetal Heart Tracings. Previously, we had separate stations for IUD and Nexplanon insertion, but these were combined into a Contraception station this year. Additionally, the Blood Loss Estimation and Fetal Heart Tracing components were newly added. The Blood Loss Estimation component was inspired from the FMOB workshop several of our officers attended at the AAFP National Conference. Interpreting Fetal Heart Tracings were added by recommendation of 3rd year clerkship students as it is a skill students regularly practice in the OBGYN clerkship. Overall, survey results showed an increase in post-quiz scores after rotating through the stations. This means students recalled important details that guide treatment, procedural techniques, and complications at a higher rate after the workshop. We received feedback which included asking for more time in stations. Students reported being happy with the organization and flow of the event and the enhanced stations were well-received. For future workshops, the team plans to limit the contraception station to only IUD insertion and leave out Nexplanon insertions given the difficulty of obtaining models for practice.

#### Spring Meeting/Cyst Excision

We started off this session with our Spring General Meeting. As this workshop drew a new group of students, FMIG officers presented a PowerPoint educating students on what Family Medicine is, why they should join FMIG, how to become a member, membership perks, and upcoming FMIG events to get involved in. The presentation and recognition of new members helped students officially become a part of FMIG and learn about the TAFP and AAFP resources available to them. FMIG T Shirts were distributed to students who had attended at least three previous events. The Cyst Excision Workshop at UTMB is a skills-procedural workshop that has undergone many changes in its evolution to what it is today. Initially it started as a component of the primary skills workshop we annually host, the PCP@ PCP and also served as a take home activity with virtual instruction during COVID. The workshop consists of students receiving a chicken breast containing multiple realistic artificial cysts and an excision kit that is used to complete the simulated cyst removal. The chicken breast models with the artificial cysts are custom-made by our FMIG in preparation for the event. Fourth-year medical students and our faculty advisor taught preclinical students (primarily first- and second-year students) proper preparation and technique for cyst excision. The fourth-year students gained skills teaching junior students in preparation for their new roles as interns. The workshop provided a comprehensive approach to this common skin concern and started with discussion of differential diagnosis for subcutaneous mass, indications for cyst excision, procedure consent and risks, sterile technique, local anesthesia, cyst excision, and suturing technique as well as wound care including packing and post procedure do's and don'ts. Students were able to perform three cyst excisions and gained valuable hands-on experience in a small group setting. Students were encouraged to take home the instruments from the excision kit for future practice. Notably, students were able to practice suturing following the cyst excisions, which is a skill that first- and second-year medical students often request additional practice in and 4th year student instructors also valued this opportunity to refresh their skills before internship. Suturing techniques primarily focused on instrument tying, given it's prevalence in the outpatient setting, but instructors also taught other knot tying skills as their skills and students' interest allowed. The event was well received by students, and participating students were eligible to win raffle prizes. This year we had a large increase in our attendees; from 8 to 35! Much of this was believed to be due to coupling the spring general meeting with the event and working on increasing the social media

presence and communications prior to the event this year. Students generally reported they gained skills and experience that they felt was beneficial to their future careers. There were 1-2 instructors per table with 3-5 students at each table, allowing for plenty of face time with instructors. This year we continued to have good volunteer turnout for cyst excision prep prior to the workshop, including having a greater number of volunteers to help create the cysts the afternoon of the workshop. This removed some of the burden from the cyst excision workshop coordinator and faculty advisor and allowed for more students to learn how the models are made, especially 3rd and 4th year students. In conclusion, the cyst excision workshop was a success, and we look forward to having it continue to be an independent workshop primarily taught by 4th year FMIG students.

#### FMIG Sports Medicine Workshop

This year, we hosted the first FMIG Sports Medicine workshop. With the help of 6 UTMB's Family Medicine faculty and residents, we trained 20 students while maintaining a student-to-instructor ratio of roughly 3:1, which allowed attendees ample opportunity to practice new Sports Medicine skills and ask questions directly to faculty/residents present. Hosted at UTMB's Primary Care Pavilion, the event included pre- and post- surveys and featured 3 stations: anterior knee ultrasound, cervical spine injury management, and ultrasound needle-guided injections. Of note, the ultrasound needle-guided injection station featured a model made of jello that was incredibly popular with our attendees. We made jello, dyed it black, and then poured it into containers. Following this, we cut boba straws to size and placed weighted fishing sinkers on each side, and then dropped them into the container of jello, with the weights allowing the boba straw to be suspended in the jello. The models were refrigerated and allowed to set overnight. The intention of this was for the boba straw to emulate a joint line for the attendees to inject "corticosteroids" into. On the day of, attendees used Butterfly iQ ultrasounds connected to iPads to find the boba straw "joint line" within the black jello, and then used 2" needles to inject the simulated corticosteroid into the joint line. Pre- and post-survey results demonstrated a significant increase in post-event knowledge of Sports Medicine, showing that students were more comfortable identifying structures on an ultrasound, had a better understanding of how to triage someone with a cervical spine injury, and how to mitigate potential complications. While the majority of the event was met with positive feedback from attendees, some suggestions for the future were additional time for each session and more time to connect with Family Medicine faculty and residents. All in all, the event was a success and allowed students, the majority of whom were first-year medical students and still exploring future specialties, to learn more about the intersection between Sports Medicine and Family Medicine. We look forward to implementing changes from the feedback we received and developing an even better Sports Medicine workshop in the near future.