

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

Rising Star

Wake Forest University School of Medicine

FMIG Operation

Our FMIG has the following leadership structure in place:

President: the President oversees and directs the general business of the Family Medicine Interest Group, representing the Family Medicine Interest Group to our local chapter and admin and communicating with sponsors, advisors, and the Deans' Office. This role is traditionally held by an MS3.

Vice President: the Vice President assists the President in the general business of the Family Medicine Interest Group. This role places them as the main boots on the ground for any in-person events we have. They are an important liaison between the student body and leadership. This role is traditionally held by an MS2 who then steps into the role of president during their MS3 year.

Event Coordinator: The Event Coordinator keeps minutes of all Family Medicine Interest Group meetings, distributes minutes to other officers, and assists with other administrative duties as needed. They also manage the logistics of planning our events

Treasurer: The Treasurer maintains financial records, oversees fundraising efforts, and is the contact person for any contracts and other expenditures of the Family Medicine Interest Group.
Community Service Coordinator: The Community Service coordinator is in charge of planning and executing community engagement opportunities in partnership with local organizations on behalf of the Family Medicine Interest Group.

Class representatives: There are representatives from each of the classes at the medical school who facilitate communication between their respective classes and the leadership of the Family Medicine Interest Group, helping to bring ideas and needs from the members of the classes to the leadership as well as information about the Family Medicine Interest Group and

our activities to the classes. We ask that each rep comes up with a new initiative/program each year that they take the lead on enacting.

Goals

The mission of the Wake Forest University School of Medicine Family Medicine Interest Group is to encourage interest in the specialty of Family Medicine; furthering the ideal of longitudinal, patient-centered care. Inspired by the AAFP Family Physicians' Creed and the Mission Statements of the AAFP and NCAFP, we strive to holistically improve the health of our community while exemplifying professionalism and creativity.

Our overarching goal is to support and recruit interest by capturing students in training to become exceptional, humanistic physicians. Exposing students to Family Medicine as a career path early at interest fairs and via lunch talks supports this goal. Having upper level students (formally and informally) mentor new students continues this pipeline through the residency match process. Further, our events consider healthcare policy and affordability, striving to advance high quality clinical evidence and advocate for health equity. By hosting events and combining efforts with other student groups, we hope that topics (e.g. LGBTQ health) that do not receive extensive attention elsewhere in the curriculum are illuminated. While we hope that our efforts lead to more students entering the primary care Family Medicine workforce, those who choose other specialties will also benefit from our diverse programming.

Faculty Advisor

Our FMIG Advisor is Dr. [REDACTED]. She helps us with a multitude of things both administrative and otherwise. Dr. [REDACTED] helps us create our programming for the year and makes sure that it is able to highlight Family Medicine in many different ways, making sure that we are always showcasing the diversity within the specialty. In fact, the one constant in our programming for the past 8 years has been a talk she gives called "What is Family Medicine" at the beginning of the academic year which is what really helps us connect with the new first year medical students just as they are starting their journey. She also helps us connect with other Family Physicians at different programs in order to widen our network and offer new opportunities for internships, rotations, and mentorship with programs that may fit our students' unique interests. She also oversees our funding and makes sure that we are appropriately budgeting for our events with our Core Grant money and funding we are able to obtain from our school.

Programs

Showcasing the Broad Scope of Family Medicine

The Family Medicine Interest Group (FMIG) at Wake Forest University School of Medicine has worked intentionally over the past year to grow a dynamic and hands-on program that exposes students to the scope and impact of family medicine. At a medical school where family medicine has historically not been a predominant match specialty, our leadership team has worked strategically to raise awareness, increase student engagement, and create meaningful experiences that reflect the full breadth of family medicine. Through innovative workshops, mentorship, and collaboration with faculty and community partners, our FMIG has created opportunities for students to explore family medicine early in their training and consider it as a viable and fulfilling career path. We hosted several workshops that highlighted the versatility and procedural capabilities within family medicine. Our Women's Health Workshop allowed students to gain hands-on experience with IUD insertion, Nexplanon placement, and interpreting fetal heart tracings. These skills are central to family physicians practicing full-spectrum care, especially in underserved communities where OB/GYN access may be limited. We collaborated with faculty who are passionate about reproductive health and trained in women's health to provide practical instruction, mentorship, and real-world context for these procedures. In our Sports Medicine Workshop, students practiced ultrasound-guided joint injections on simulation models. This workshop, led by sports medicine-trained family physicians, showcased the ability of family doctors to provide musculoskeletal care, diagnose injuries, and perform point-of-care procedures in outpatient settings. These types of procedural workshops have been especially popular and are consistently requested by students who want more hands-on learning opportunities in their pre-clinical years. Moreover, we have many students that enter medical school interested in both orthopedics and physical medicine and rehabilitation, who are unaware of the overlap in their interests with the Sports Medicine fellowship through Family Medicine. Additionally, we emphasized rural and underserved medicine by partnering with the North Carolina Academy of Family Physicians (NCAFP) to promote summer programming and externships. Our FMIG co-hosted a lunch and learn with an NCAFP representative to introduce M1s to state-funded summer opportunities that place them in rural North Carolina communities under the mentorship of family physicians. This event helped students envision how family medicine can play a vital role in bridging care gaps and improving equity in healthcare access. Through our advisor we were able to set up a rural elective within the Family Medicine department at a community hospital and hope to have the program director come and speak with our students in the next few months to showcase the importance of the Family Med physician in this community. Family medicine was promoted throughout the year not only as a specialty, but as a philosophy—one rooted in continuity, adaptability, and community-based care. Every event was designed to show students how family medicine physicians can provide comprehensive, patient-centered care in a wide variety of settings, including urban clinics, rural hospitals, and academic institutions. We tracked student attendance and gathered post-event feedback via surveys. All our workshops were well-attended, with an increasing number of students attending multiple FMIG events across the year. Feedback reflected high satisfaction, increased interest in family medicine, and greater appreciation for the procedural scope of the specialty. We are proud to be one of the most active student interest groups on our campus. Importantly, we have seen an increase in student interest and FMIG membership under our leadership. While Wake Forest has historically produced fewer family medicine residents compared to other schools in North Carolina, our efforts have led to more students considering family medicine earlier in their careers and higher numbers of students applying for the specialty every year in the Match. Attendance at our events has doubled since last year, and more students are applying for rural externships and seeking mentorship in the specialty. Students who once may not have viewed family medicine as a procedural or high-impact specialty are now actively exploring it as a first choice. In comparison to previous years, our FMIG has dramatically expanded both the variety and depth of our programming. We've built stronger collaborations with statewide organizations, emphasized inclusion of diverse topics like acupuncture and sports medicine, and created

more robust channels for student feedback and leadership development. These improvements reflect our commitment to growing not only the visibility of family medicine, but also the community of students excited to carry its values forward.

The Community Service Coordinator Initiative

One initiative we are proud to have started at our FMIG is adding the position of Community Service Coordinator to our leadership team. The creation of this role has helped us to strengthen our commitment to community engagement and public service by having a student dedicated to finding opportunities to engage and partner with the Winston-Salem community. The primary goal of the Community Service Coordinator is to create and facilitate meaningful volunteer opportunities that allow medical students to connect with community members as well as address health needs prevalent in our area. This role has helped us to consistently offer multiple volunteer opportunities for our students to pursue. One of the most impactful efforts that have been organized by our Community Service Coordinator has been participation in local community health fairs. These events have allowed students to engage with diverse populations, offering basic health screenings, wellness education, and health resources that empower individuals to take charge of their health. At these events, we have also been able to sit and speak with students about all the different ways that Family Medicine doctors help influence population health, which was eye opening to some of our volunteers. By connecting the field of Family Medicine to community health improvement through direct service, we have been able to get more students interested in Family Medicine. Additionally, our presence at these fairs has always been appreciated by the organizers, as it helps show that we as students are invested in the health of our community. Another partnership that we are proud to have organized is working with the School Health Alliance of Forsyth County to help provide physical exams and dental check ups over the summer to young children getting ready to start their formal, grade school education. Through this collaboration, FMIG members assisted in checking patients in, providing physical exams, and counseling on health resources available to parents in Forsyth County. This initiative not only addressed a critical health access need but also reinforced the role that family medicine plays in early childhood development and preventive care. One other service event that we are glad we got to serve at was a local service fair dedicated to people experiencing homelessness in Winston-Salem and the surrounding area. At this event, our volunteers distributed health education materials and helped connect individuals to local clinics and support services. The students who volunteered reported that the experience was eye-opening both in the sense that they did not know there were so many people suffering from housing insecurity as well as the fact that there are so many resources in Winston-Salem dedicated to serving this population. By having students volunteer at this event, we were both able to emphasize the importance of delivering compassionate and nonjudgmental care while also educating students on resources they can refer patients to in the future. By helping organize events like the ones listed above, the Community Service Coordinator has broadened the scope of our FMIG's outreach and provided students with invaluable opportunities to engage directly with the community. Having this role has helped our FMIG to connect with our local community and engage with some of the core principles of what it means to be a Family Medicine doctor. Furthermore, by encouraging students to get involved in these events, we have shown that Family Medicine is dedicated to serving the community in whatever way is necessary, which has actually inspired some more interest in the specialty amongst our students. We are excited to continue to see how this role can continue to develop and shape the way we serve in the Winston-Salem community.

Highlighting the Multimodal Nature of Family Medicine

Another initiative that we have started incorporating into our FMIG and hope to expand on next year, is the addition of a series of programming within the realms of preventive and integrative medicine. We had historically elected a representative for each of the four classes to help target communication to each class; however, over time we began to realize how different each class was in terms of interest in both Family Medicine as a specialty and our standard programming. We have always aimed to highlight the broad scope of Family Medicine and so we decided that each class representative would be tasked with creating one program each year that highlighted a special topic within preventive or integrative medicine that their particular class was interested in. The event would not only help us expose more students to our interest group and the specialty, but also highlight how much of a person's health and wellness can be impacted by a Family Medicine physician. This year we were able to have two events under this new initiative. The first was a cooking class held through our home institution's health and weight management program Brenner Fit. This class allowed for about 20 students to partake in a cooking class that highlighted two common diets that outpatient providers recommend: the DASH diet and the Mediterranean Diet. We collaborated with both a Family Medicine physician at our institution interested in nutrition and a Registered Dietitian who works at our hospital. Not only was there a didactic portion where the students were able to learn about the diet and how to go about explaining/prescribing these diets to patients, they also had the opportunity to work in small groups to make one of the dishes recommended by the physician and dietician. In this way, they were able to see how feasible it was to make the meal that they were going to advise their future patients to make. The class representative that formulated this program recognized that healthy eating, body image, and lifestyle medicine were important to their class and was able to formulate a program that fit their interests and resulted in students becoming interested in joining our FMIG. The second event we held was helmed by a fourth year student who has recently matched Family Medicine and saw an interest in alternative therapies as well as pain medicine within her class. She heard Dr. [REDACTED] speak at an NCAFP student event and found out that he has a focus in pain management and employs auricular acupuncture for this purpose in his clinic with great success. We held an acupuncture clinic with Dr. Agnello which allowed students to learn about the science behind this medicine and practice his techniques on foam pads and each other. This student also recognized that as MD students we don't learn a lot about our DO counterparts in terms of osteopathic manipulation and other forms of functional medicine. She knew that her class was interested in learning more about this topic and found a way to create an event that married Family Medicine with it. This is also the first time we were able to collaborate with another institution on a program and hope that we can do this going forward to help build our network of resources for future Family Medicine students. Our goal for next year is to continue this initiative and encourage our FMIG leaders to innovate and find new ways to promote Family Medicine as a specialty and highlight the scope of practice one can have if they choose this path. We hope to promote both preventive and integrative medicine and call attention to the ways in which Family Medicine allows for a multimodal approach to clinical care, incorporating everything from lifestyle changes, to non-pharmacologic therapies, to medications and procedural interventions.