

Application: 12652

Ervin, Danielle

**Page: Applicant Information**

This is the application form for the Program of Excellence (PoE) Award for FMIG/SAACOF's at medical schools. If you have any questions as you complete the application, please email [studentorgfunding@aafp.org](mailto:studentorgfunding@aafp.org).

This application form will allow you to save and return to your work at a later date. You can also invite others to help you complete this application by clicking the "Manage Collaborators" button. For more details about this program, as well as specific instructions for family medicine student groups, visit the [AAFP website](#)

**Applicant's Name**

Ervin, Danielle

**FMIG/SAACOF Group Name**

University of Washington WWAMI FMIG

**Award Application Type**

Overall Award Application > Overall Award Application - US MD Program

**International medical school**

Not Applicable

**Medical School State**

Not Applicable

**Medical School City**

Various

**Main or branch campus**

Branch campus

**Branch campus name**

Seattle, Spokane, Wyoming, Alaska, Montana, Idaho

**Students on campus**

MS/OMS I, MS/OMS II, MS/OMS III, MS/OMS IV

**FMIG Network Region**

Region 1: Western (AK, AZ, AR, CA, CO, HI, ID, LA, MT, NV, NM, OK, OR, TX, UT, WA, WY) lue 1

**Mailing Address**

1959 NE Pacific St  
Room E-304, Campus Box 356391  
Seattle Washington 98195 US

**Number of Students**

1000

**Branch Number of Students**

200

**Active FMIG/SAACOF members**

200

**Students serving in Leadership Positions**

20

**Applied for Award in the past**

YES

**Won Award in the past**

YES

**Page: Group Leadership**

Please complete the following information about your group's faculty advisors.

**Faculty advisor name**

Dr. Tomoko Sairenji, MD, MS

**Faculty advisor email**

sairenji@uw.edu

**Family physician?**

Yes

**Add to Faculty Advisor Online Community**

Yes

**Additional faculty advisor name**

Dr. Alexa Lindley MD, MPH

**Additional faculty advisor email**

alindley@uw.edu

**Family physician?**

Yes

**Additional faculty advisors**

Spokane

Dr. Clint Hauxwell - chauxwel@uw.edu

Wyoming

Dr. Yvette Haeberle - haeberley@hotmail.com

Alaska

Dr. Mackenzie Slater - mackenzieslater@gmail.com

Montana

Dr. Zach Meyers - zmeyers77@gmail.com

Idaho

Dr. Stephen Hall - shall@palousemedical.com

Dr. Glenn Jefferson - glennj@uidaho.edu

Please complete the following information about your group's staff support.

**alias394a7c658f5641ce8d6ac2cd2a02b05c**

Yes

**Staff supporter name**

Ivan Henson

**Staff supporter title**

Academic Advisor

**Staff supporter email**

ivanodin@uw.edu

Please complete the following information about your group's student leaders.

**Students in Leadership Positions**

20

**Leadership transition**

November

**Primary student leader name**

Danielle Ervin

**Primary student leader title (ex: FMIG president)**

WWAMI Liaison

**Primary student leader class year**

MS/OMS I

**Primary student leader email**

dervin@uw.edu

**Additional student leader name (2)**

Lucy Li

**Additional student leader title (2)**

Seattle FMIG Co-Lead

**Additional student leader class year (2)**

MS/OMS I

**Additional student leader email (2)**

lucyli03@uw.edu

**Additional student leader name (3)**

Emma Linde

**Additional student leader title (3)**

Spokane FMIG Co-Lead

**Additional student leader class year (3)**

MS/OMS I

**Additional student leader email (3)**

elinde@uw.edu

**Additional student leader name (4)**

Jesse Klejka

**Additional student leader title (4)**

Alaska FMIG Co-Lead

**Additional student leader class year (4)**

MS/OMS I

**Additional student leader email (4)**

jjklejka@uw.edu

**Additional student leader name (5)**

Paige Harris

**Additional student leader title (5)**

Montana FMIG Co-Lead

**Additional student leader class year (5)**

MS/OMS I

## **Additional student leader email (5)**

harrispa@uw.edu

## **Additional student leaders**

### Seattle

Kendall Jones- kcjones9@uw.edu (ms1)

Yasmine Johnson- yasi0506@uw.edu (ms1)

Sophia Orlando- sorlando@uw.edu (ms1)

Nikki Hovland- nhovland@uw.edu (ms1)

Vicky Le- vickyle@uw.edu (ms1)

Angela Phan- anphan97@uw.edu (ms1)

Kyle Vuong- vuongkyl@uw.edu (ms1)

Jake Reed - jpreed22@uw.edu (ms1)

### Spokane

Brenda Fleshman- bkf3@uw.edu (ms1)

### Alaska

Sophia Elias- selias@uw.edu (ms1)

Maria Weyhrauch- mariaw9@uw.edu (ms1)

### Montana

Jenna Starke- jstarke@uw.edu (ms1)

### Idaho

Ryan Richardson- ryanr36@uw.edu (ms1)

Joseph Holmstead- jgholmst@uw.edu (ms1)

Wyatt Bowles- wjbowles@uw.edu (ms1)

## **Page: Overall or Categorical Award and Group Information**

### **Category or Special Consideration**

N/A applying for Overall Award

### **FMIG Operation**

In the face of the COVID-19 pandemic, the WWAMI Family Medicine Interest Groups reimagined our operating practice. The University of Washington School of Medicine (UWSOM) WWAMI Family Medicine Interest Group has six sites throughout a five state region. The region is comprised of Washington (Seattle and Spokane sites), Wyoming, Alaska, Montana, and Idaho. All initiatives are driven by student interest and receive support from faculty advisors. Each site has one or two faculty advisors. The WWAMI FMIG Director, Dr. Tomoko Sairenji, MD, supports all of the FMIG faculty advisors at each site by sharing opportunities for faculty development, sources for funding, and information about student activities. The pandemic tightened our regional bonds as we increased our resilience while facing the various challenges of this unique time.

Traditionally, there have been FMIG initiatives at UWSOM that encompass all of WWAMI, and ones that are site specific. This year, we've become more creative and collaborative in our efforts to share resources and opportunities across the region. Lockdowns and social distancing prevented us from connecting face-to-face within

our individual campus's cohorts and our local communities. However, moving nearly everything to the digital sphere freed us of the limitations of time and space in many ways. Creating opportunities for us to digitally congregate across campuses and distribute knowledge and skills more widely. Strengthening our collective power while still maintaining our own individual initiatives.

The challenges of the pandemic necessitated deeper regional community building, flexibility, and resource sharing. Most events, workshops, professional development opportunities, and community building events moved to online platforms where all students (FMIG members or not) were invited to attend across the region. This increased the number of students exposed to family medicine and it diversified the kinds of providers and practices we've heard about this year. Allowing us the benefit of learning about particularities and variances across the field.

Collaboration between sites is fostered through Zoom teleconferencing meetings between the leaders of all sites and sharing calendars of each site's events via a google document. The leadership of each site maintains their site's calendar. This allows idea sharing between all sites and for each site to gain inspiration from the successes and experiences of others. In the past, each site was limited to differences in resources; for example some sites are able to get family medicine residents on a Q&A panel while others cannot. However, through the creation of the WWAMI FMIG, we are able to attend events (via an online Zoom platform) and learn about initiatives from our classmates at other sites that we would not have otherwise. Students in leadership positions, as well as other members of FMIG, steer the direction of FMIG activities through suggesting initiatives, events, and projects they feel strongly compelled by or curious to learn more about.

Structure of FMIG at each individual site:

Seattle FMIG has an executive committee made up of eight student leaders and two co-leads, who share responsibility for running Seattle FMIG meetings and initiatives. The co-leads organize and facilitate monthly meetings, to which all members are invited. The other students on the executive committee act as leaders and facilitators of Seattle FMIG's initiatives, reporting back monthly to the full group and asking for advice and feedback in order to continually improve. Any member of FMIG can propose and lead an initiative, whether that be a multi-year project or a one-time speaker panel. There is strong support from our faculty advisors (Dr. Tomoko Sairenji and Ivan Henson), who have institutional memory that help students pick up ongoing projects quickly and help our new ideas succeed. Seattle FMIG's lack of hierarchy promotes input from all members and helps accommodate the busy schedules and different interests within the group.

Spokane has two student leaders with one faculty advisor. They have been working on a variety of projects this year, including events to demonstrate what a career in family medicine entails and to teach students how to meet their patients where they are without judgement or bias. The student leaders are responsible for promoting workshops among classmates and planning events. They are also responsible for recruiting family physicians to assist with or speak during workshops.

Alaska has a unique structure to its FMIG, including three students who share the roles of President, Community Service Coordinator, Secretary/Treasurer, and Representative (which coordinates with the other sites in the region to maintain open communication and idea sharing between sites). The student leaders decide the goals and priorities of the group. Their faculty advisor is a community family physician that supports the students in establishing new events and finding scholarship opportunities to attend the AAFP National Conference.

Montana FMIG currently has two co-leads who work to provide family-medicine related opportunities for their classmates and to equally represent the interests of the FMIG members. As co-leads, they are not only able to share the workload, but the collaboration also allows them to combine ideas and therefore provide more diverse events. Student leaders host panels, facilitate workshops and practicums, organize guest speakers, and work as a team with other student-led interest groups to provide inter-specialty events.

Idaho has three student co-leaders and a faculty physician mentor. The co-leaders organize events, meetings, etc. for all interested classmates, typically based on previous years' events and/or new ideas that are polled through the class for interest. The co-leaders also act as liaisons to the other sites and as ambassadors to

regional/national conferences when such opportunities arise.

The Wyoming FMIG, as our smallest site, doesn't have a student lead this year. Their faculty advisor, Dr. Yvette Haeberle, works with the WWAMI FMIG liaison to distribute workshops and other family medicine related opportunities to the Wyoming cohort.

## Goals

WWAMI FMIG Emergent Goals for this Year:

Creating innovative resilience and resource sharing during a global pandemic; building communal skills we will continue to utilize after the pandemic is over; deeply committing ourselves to health equity.

Regional Longstanding Goals:

As a whole, the WWAMI FMIG strives to provide exposure to the field of family medicine, promoting the value in patient care in family medicine, and provide opportunities to those considering a career in family medicine. We as a group consider it important to offer students a means to explore the wide array of opportunities for practice in this diverse field. The WWAMI FMIGs work to share ideas and opportunities to enhance required coursework in the University of Washington School of Medicine's curriculum. Events and workshops supported by FMIG are also open to students outside the interest group membership with the understanding that the principles of primary care are foundational for all medical specialties.

Mission and Goals at Each Individual Site:

Seattle FMIG seeks to expose students to activities that showcase the discipline of family medicine. They strive to educate and encourage a career in family medicine through acts of service, workshops, information sessions, and social events. Seattle FMIG also strives to create a pipeline into medical school for under represented minorities by creating events and opportunities for high school teens in the area.

Spokane FMIG strives to promote diversity in the scope of practice in family medicine and provide opportunities for students to expand their knowledge and skills through workshops. They aim to help unite the Spokane medical community by holding events in which students can learn from local family care physicians.

Wyoming's FMIG is dedicated to providing students with opportunities to develop their clinical skills as well as to learn about the diverse opportunities available in the field of family medicine. They aim to inspire the next generation of physicians to consider a career in primary care as well as introduce students to the skills they will need to succeed in clinical clerkships, residency, and as practicing physicians.

The Alaska FMIG strives to cultivate interest in family medicine, aid in professional development, provide an outlet for serving our community, and promote social activities for their members. They do this through assisting in residency searches, aiding in understanding the match, and introducing skills and knowledge through workshops. Advocacy is also promoted with the goal of shaping healthcare policy through government interactions, the public, and physician organizations at local, state, and national levels.

Montana's FMIG's mission is to provide workshops, panels, and presentations that assist students interested in family medicine in acquiring the fundamental skills and knowledge necessary to be successful in this field. The group's aim is to inform medical students about the scope of primary care, as well as to complement UWSOM curriculum and organize the teaching of skills that will be immediately applicable to patient care in a clinical setting. MT's FMIG is also committed to educating students about advocacy and how to provide quality care to all.

Idaho's FMIG provides students with opportunities to explore and understand family medicine's breadth as a field through physician-guided workshops and lectures, community service, and student-lead panel discussions.



**Faculty Advisor**

Dr. Tomoko Sairenji and Ivan Henson serve as the faculty advisors to the regional WWAMI FMIG. They support student initiatives, facilitate communication between the Department of Family Medicine, community physicians and FMIG. They also provide logistical support for events, especially those open to the whole region through zoom. Dr. Sairenji, Ivan Henson, and Dr. Alexa Lindley also serve as the advisors for the Seattle FMIG's individual initiatives.

Each of the other five WWAMI sites have advisors who are instrumental in creating a cohesive and productive WWAMI FMIG. The advisor for Spokane is Dr. Clint Hauxwell, Wyoming is Dr. Yvette Haeberle, Alaska is Dr. Mackenzie Slater, Montana is Dr. Zach Meyers, and Idaho is Dr. Stephen Hall and Dr. Glenn Jefferson. Projects are handed down at each site to new students on a yearly basis, and the advisors are essential in providing support to maintain those projects as well as in creating new ones. Common themes throughout the sites as to the role of the FMIG advisor include assisting with workshops, panels and talks that fit into the interests and goals of the students in the group. Advisors also connect students to resources on a local, regional and national level. They also help students obtain the necessary resources for new events and workshops.

**Page: OVERALL PROGRAM/PROJECT/INITIATIVE #1**

**Title of Program**

Health Equity in Family Medicine

**Date and Time**

various

**Work Hours to Organize**

10/student/workshop = 80

**Participation**

75

## Choose Categories

Professional development: This is something your FMIG/SAACOFPP does to promote professional and/or leadership development among our members. , Exposure to family medicine and family physicians: This is something your FMIG/SAACOFPP does to expose its members to family physicians in your medical school or the community , Promoting the value of family medicine as primary care: This is something your FMIG/SAACOFPP does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with Primary care interest groups. , Promoting the scope and diversity of family medicine: What your FMIG/SAACOFPP does to educate students and increase their understanding of and appreciation for the broad range of opportunities in family medicine. , Current issues or innovations in family medicine , New event for this FMIG/SAACOFPP , Significant changes/improvement made on an existing FMIG/SAACOFPP program. , Collaboration with another campus group: Please include which group (SNMA, another primary care interest group, etc.) , Other

## Collaboration

Bridgcare Clinic- Bozman, Montana; MT Global Health IG; Washington State Medical Student Association

## Other

Health Equity

## Description

COVID-19 pushed WWAMI FMIG to fully recognize the the devastating impact of health disparities on marginalized communities. Many health disparities are the manifestation of systemic issues that begin with a lack of training and awareness in the medical community. Not understanding these biases and oppressive systems can cause further harm to patients who are already discriminated against in many areas of their life. We recognize that we can be part of changing that as future family physicians. Its our role to be an affirming and safe connection to the medical community for our patients. Our regional partners explored some of these issues through various workshops in an effort to become more equitable health care providers.

Health at Every Size Workshop - Spokane Initiated

Invited: WWAMI students MS1-MS4

Health at every size is a movement focused on inclusive ways to encourage well-being and healthy habits for everyone. Its basic components include respecting and celebrating body diversity, critical awareness of scientific challenges and cultural assumptions, and self-compassion. The Spokane leads thought it would be helpful to continue talking about the effects of weight loss and weight gain on the body throughout the Energetics and Homeostasis curriculum. The theme of Health Equity will show up in many other parts of this application as well.

Dr. Lisa Erlanger was the speaker about the Health at Every Size movement. She used evidence-based discussion and focused on the growing body of research supporting the principles of Health at Every Size. Dr. Erlanger is a board- certified family medicine physician, UWSOM faculty, and practices primary care at UW Hall Health Center on the UW campus. Her focus is on providing weight-inclusive, trauma informed, gender-affirming care for people of all backgrounds.

LGBTQ+ Healthcare Ally Training- Montana Initiated

Invited: WWAMI MS1's & Montana State Undergraduate Students

The Montana leads partnered with Bridgercare, a local Bozeman clinic specializing in reproductive healthcare and community education to offer comprehensive education about LGBTQ+ healthcare inequities and what we can do to mitigate them. This training was offered to both students in the MS1 WWAMI class, as well as Montana State University undergraduate students. Those who attended discussed common vocabulary relevant to the LGBTQ+ community, health disparities among this population, clinic-specific interactions, and how to sensitively ask questions.

Ally Training - Spokane Initiated

Invited: WWAMI MS1-MS4

This workshop focused on advocating for patients and the medical profession at the local and state level by influencing policy and legislation. We learned practical skills to turn your advocacy passion into action. We focused on advocating for patients and the medical profession at the local and state level by influencing policy and legislation. We learned how doctors and medical students can propose bills and work with the Washington State Medical Association (WSMA) to get them passed into legislation.

Our guests included Jennifer Hanscom, the CEO of the WSMA and Dr. Bill Hirota the former president of the WSMA. We also were joined by Erin Hegarty, a UWSOM Spokane upperclassman who is active in the WSMA and in advocacy work. We also extended an invitation to ESFCOM's family medicine interest group.

Global Health Presentation: Montana Initiated

Invited: All of the Montana Cohort MS1-MS4

The Montana leads partnered with the MT Global Health IG to host an in-person event with Dr. Catherine Woods, a primary care physician who provided medical care to Syrian Rohingya refugees for several years. She shared her experience in this area of global health, and engaged in discussion through an extended Q&A. Her story was an example of one way to incorporate Family Medicine and Global Health as a career.

Ethics discussion: Spokane Initiated

Invited: All of the Spokane Cohort MS1-MS4

The Spokane leads hosted a family medicine physician who serves as an ethicist for an interactive case-based discussion on medical ethics. She began with an overview of the framework used to make ethical decisions in medicine, they discussed two cases (one outpatient and one inpatient). These cases allowed students to practice in applying ethical frameworks to dilemmas that family physicians may face. They were also able to gain exposure to another avenue of possibility within Family Medicine.

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**Page: OVERALL PROGRAM/PROJECT/INITIATIVE #2**

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**Title of Program**

FMIG Just DO-IT Workshop Series

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**Date and Time**

various

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**Work Hours to Organize**

10/student/workshop =

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**Participation**

96

**Categories**

Professional development: This is something your FMIG/SAACOFP does to promote professional and/or leadership development among our members. , Exposure to family medicine and family physicians: This is something your FMIG/SAACOFP does to expose its members to family physicians in your medical school or the community , Promoting the value of family medicine as primary care: This is something your FMIG/SAACOFP does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with Primary care interest groups., Promoting the scope and diversity of family medicine: What your FMIG/SAACOFP does to educate students and increase their understanding of and appreciation for the broad range of opportunities in family medicine. , Current issues or innovations in family medicine , New event for this FMIG/SAACOFP , Significant changes/improvement made on an existing FMIG/SAACOFP program. , Collaboration with another campus group: Please include which group (SNMA, another primary care interest group, etc.) , Other

**Collaboration**

NeighborCare Health Clinic ; Swedish First Hill's Family Medicine Residency Program; QueerDoc

**Other**

Health Equity

## Description

As we started expanding our capacity to celebrate and collaborate with various subspecialties within family medicine the possibilities for workshops became endless. Hosting speakers from anywhere in the WWAMI region through Zoom fostered the freedom to create innovative workshops. Moving beyond the traditional allopathic medical school curriculum increased the popularity of our offerings with our FMIG and non-FMIG cohort members. Our most popular workshop series was the Just Do-IT workshop that took place over the course of two months to prevent Zoom fatigue. The topics were greatly varied and taught a combination of medical knowledge, hard and soft skills of clinical practice, and health equity principles.

The FMIG Just DO-IT Workshop Series- Seattle Initiated  
Invited: All WWAMI students MS1-MS4

The FMIG Just DO-IT Workshop Series was a four part exploration of various aspects of family medicine. It took place over the course of two months. The sessions were interactive with activities, role playing, large and small group discussions, and Q&A sessions with practitioners. It was a chance for students to learn aspects of medicine outside of our typical curriculum!

### 1. Dermatology in Skin of Color

Dr. Matt Perez, a Family Practice physician and Medical Director at NeighborCare Health, who has a passion for managing chronic dermatological conditions. He spoke on the intricacies of diagnosing different skin conditions in skin of color. The session was interactive and many students felt better after these sessions.

### 2. Integrative Medicine

The speakers were Dr. Kim Dao and Dr. Allison Yeh are from Swedish First Hill's Family Medicine Residency Program who have passion regarding integrative medicine. They covered the topics of supplement use and eastern medicinal practices, including the scientific evidence behind these therapies. The first half was a lecture and the second half was an interactive activity. This was an opportunity for students to educate themselves on various therapies that future patients may use. To help out future family physicians maintain a place or acceptance, curiosity, and non-judgement when interacting with any form or traditional medicine.

### 3. Osteopathic Manipulation Therapy

The facilitator was Dr. Kendall Shibuya who is currently an R3 in Swedish First Hill's Family Medicine Residency program and studied osteopathic medicine at Western University of Health Sciences COMP-NW in Oregon. We were honored to virtually host Dr. Shibuya for a discussion on how non-pharmacologic techniques can be used to diagnose and treat patients in the clinic. Students learn more about OMT techniques and how they can be integrated with allopathic medicine to promote health. This workshop also worked to reduce the divisive and false hierarchy that exists between allopathic and osteopathic physicians. The ultimate goal to encourage a reciprocal flow of knowledge between these two kind of medicine clinical practice.

### 4. How to Take a Sexual History

Dr. Crystal Beal is a Family Practice physician and the founder and owner of QueerDoc, an online gender and queer-focused health care practice - <http://queerdoc.com>. They provide culturally sensitive care to a widely diverse population of LGBTQ patients in Florida, Washington, Idaho, and Wyoming via telemedicine. We were delighted to invite Dr. Beal for a Zoom discussion to get their expert advice on how to take a sexual history using gender affirming, trauma-informed, and culturally competent communication skills. Students learned more about on how to best approach these sensitive conversations with patients.

**Title of Program**

IUD Workshop Past and Future Plans

**Date and Time**

5/23/2021 + Future Dates

**Work Hours to Organize**

15hr/student = 75

**Participation**

60

**Categories**

Professional development: This is something your FMIG/SAACOFP does to promote professional and/or leadership development among our members. , Exposure to family medicine and family physicians: This is something your FMIG/SAACOFP does to expose its members to family physicians in your medical school or the community , Promoting the value of family medicine as primary care: This is something your FMIG/SAACOFP does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with Primary care interest groups. , Promoting the scope and diversity of family medicine: What your FMIG/SAACOFP does to educate students and increase their understanding of and appreciation for the broad range of opportunities in family medicine. , Current issues or innovations in family medicine , New event for this FMIG/SAACOFP , Significant changes/improvement made on an existing FMIG/SAACOFP program. , Collaboration with another campus group: Please include which group (SNMA, another primary care interest group, etc.) , Other

**Collaboration**

UWSOM OBGYN/MSF interest group + Swedish Hospital Resident's Program

**Other**

Health Equity

**Description**

IUD Workshop: Seattle Initiative

Invited: All Seattle students MS1-MS4

Due to the pandemic, hands on learning has been severely limited. Seattle FMIG directed our funds towards improving our Seattle class's education via a Zoom IUD workshop in conjunction with OBGYN/MSFC to 60 students. We worked with residents from Swedish Hospital in order to provide 12 breakout rooms with 5 students each to have a more intimate learning environment. We packed all IUD kits and sent them to each student. We invited a Family Medicine and Obstetrics physician, Dr. Grace Shih, to educate students on various contraceptives and access to these contraceptives. We strive to present another IUD workshop that will be open to the WWAMI region later this year.

**Page: OVERALL PROGRAM/PROJECT/INITIATIVE #4**

**Title of Program**

Intentional Community Building

**Date and Time**

various

**Work Hours to Organize**

10/student/workshop = 50 hours

**Participation**

65

**Categories**

Professional development: This is something your FMIG/SAACOFPP does to promote professional and/or leadership development among our members. , Exposure to family medicine and family physicians: This is something your FMIG/SAACOFPP does to expose its members to family physicians in your medical school or the community , Promoting the value of family medicine as primary care: This is something your FMIG/SAACOFPP does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with Primary care interest groups. , Promoting the scope and diversity of family medicine: What your FMIG/SAACOFPP does to educate students and increase their understanding of and appreciation for the broad range of opportunities in family medicine. , Current issues or innovations in family medicine , New event for this FMIG/SAACOFPP , Significant changes/improvement made on an existing FMIG/SAACOFPP program. , Collaboration with another campus group: Please include which group (SNMA, another primary care interest group, etc.) , Other

**Collaboration**

UW Family Medicine Residency Program; Washington Academy of Family Physicians; IMIG- Seattle; PIG Seattle

**Other**

Health Equity



## Description

During the pandemic it became especially important to build community intentionally. Moments of connection that could have happened organically if we were sharing space had to be curated, fostered, and intentionally fertilized during this time to ensure horizontal and vertical transfers of knowledge. We were also mindfully building support systems for one another as we traverse the normal transitions through medical school and residency. Along with caring for one another during the added challenges of being frontline workers during these unprecedented times.

### National Primary Care Week- Seattle Initiative

Invited: All of WWAMI MS1-MS4

In October 2020, despite the limitations imposed by the COVID-19 pandemic, UW Seattle's FMIG collaborated with the IMIG and PIG to put on a week of virtual events for National Primary Care Week. The aim of this week was to get students excited about primary care and Family Medicine, as well as provide mentorship opportunities and education about the breadth of practice of Family Medicine. The events were: Zoom coffee hour with representatives from each Primary Care Interest Group, Speed Mentoring with residents and attending a well-received remote Suturing Workshop over Zoom, a panel of fourth-years applying into Family Medicine, and a "Thriving in Primary Care Practicum: Intro to Common Conditions in Primary Care" presentation. The suturing workshop is discussed in the didactics section of this application.

### Fourth Year Panel:

The Fourth-Year Student panel featured 6 panelists from across the WWAMI region, with diverse interests within family medicine and planning to practice in both rural and urban environments. It was an opportunity for first and second years to learn more about why those ahead of them chose family medicine.

### Speed Mentoring:

This event provided a virtual opportunity for medical students to meet residents and attending physicians in Family Medicine. Students were able to "rotate" through breakout rooms that had physicians who were interested in different topics. These themes included addiction medicine, community health, rural medicine, reproductive health, applying to residency, and health policy.

### Zoom Coffee Hour: Seattle Initiated

Invited: WWAMI MS1-MS4

Held during the 5 mornings during National Primary Care Week. Hosted to help incoming students get to know each other and network with various members of the FMIG, PIG, and IMIG. This space was kept casual to encourage natural bonding.

### Zoom Happy Hour: Seattle Initiated

Invited: WWAMI FMIG Leads (Past and Present)

The Seattle FMIG hosted a Zoom Happy Hour for WWAMI FMIG leaders across the years to connect. This special event was an opportunity for new and strengthened connections between first-years through third-years, an opportunity to share tips and successes, and for students in Seattle to connect with peers doing clerkships around the WWAMI region.

### WAFP Student and Resident Retreat- Seattle Initiative

Invited: Seattle and Spokane Cohorts MS1-MS4

UW FMIG partners with the Washington Academy of Family Physicians (WAFP). WA FMIG utilized interest group meetings and email to advertise the opportunity to attend the WAFP's virtual Student and Resident Retreat in January 2021. WA FMIG members that attended stated it was a valuable opportunity to learn about advocacy in family medicine and other topics within family medicine such as a valuable session on dermatology in skin of color.

**Title of Program**

Didactics

**Date and Time**

Various

**Work Hours to Organize**

10hr/student/event = 90 hours

**Participation**

198

**Categories**

Professional development: This is something your FMIG/SAACOFP does to promote professional and/or leadership development among our members. , Exposure to family medicine and family physicians: This is something your FMIG/SAACOFP does to expose its members to family physicians in your medical school or the community , Promoting the value of family medicine as primary care: This is something your FMIG/SAACOFP does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with Primary care interest groups. , Promoting the scope and diversity of family medicine: What your FMIG/SAACOFP does to educate students and increase their understanding of and appreciation for the broad range of opportunities in family medicine. , Current issues or innovations in family medicine , New event for this FMIG/SAACOFP , Significant changes/improvement made on an existing FMIG/SAACOFP program. , Collaboration with another campus group: Please include which group (SNMA, another primary care interest group, etc.) , Other

**Collaboration**

UWSOM Family Medicine Residency Program; Idaho Surgery Interest Group

**Other**

Health Equity

**Description**

Most of us choose to pursue a career medicine because we like learning skills to help other people and working in teams to do so. Social distancing greatly limited that that part of our medical school experience. To fill this gap, our WWAMI FMIG leader created didactics events of various kinds. The work needed to put together these skills based learning opportunities varied widely. One way or the other, these workshops and programs are very motivating for students. Helping them engaged in their atypical medical education experience.

Vaccine administration workshop: Spokane Initiative

Invited: Spokane MS1-MS2 Cohort

Students were asked to complete an online module on vaccines prior to the workshop. The workshop began with a demonstration of vaccine administration on a flesh block by a classmate who had previously worked as an RN. Students practiced administering injections on flesh blocks, then administered saline injections on their partners under the observation of our RN classmate. This workshop was adapted to fit the conditions imposed by the pandemic. We held several sessions over 2 days so that we hosted no more than 8 students at a time. Students wore masks and eye protection throughout the workshop. This workshop has prepared students to be involved in COVID-19 vaccination efforts within the community. This workshop was put on in collaboration with the pediatrics interest group.

Virtual Suture Workshop: Seattle Initiative

Invited: Seattle Cohorts MS1-MS4

The Seattle based FMIG organized a virtual suture workshop where students were sent a free basic suture kit for signing up to become AAFP members and then met via zoom with faculty and residency staff to be led in basic suture techniques. 39 students participated under the guidance of 7 faculty and residents across the WWAMI region. Students were also provided access to WISH suture tutorial videos and there was a brief opportunity to network and learn about family medicine, in what scenarios family medicine physicians need to suture.

Virtual Suture Workshop- Alaska Initiative

Invited: Alaska Cohort MS1-MS4

The Alaska based FMIG partnered with the Alaska Emergency Medicine Interest group to put together a digital suturing workshop to help foster the natural connection between Family Medicine and Emergency Medicine. As both groups treat a wide range of conditions and need similar set of skills handy to treat whatever their patients arrive with.

Suture Workshop- Idaho Initiated

Invited: Idaho Cohort MS1-MS4

This event was co-hosted by the Family Medicine Interest Group and Surgery Interest Group. Sutures were provided along with suture kits. This in-person event was a great success and 35 people attended.

Splinting Workshop: Montana Initiated

Invited: Montana Cohort MS1-MS2

The Montana leads organized a splinting workshop in which a sports medicine physician taught first and second year students in Montana how to splint, and they practiced on each other with supplies donated by a local orthopedic clinic. Through this we learned the steps to splinting so that we are prepared to practice in the clinic if given the chance.

Resident Didactics - Seattle Initiated

Invited: Seattle Cohort MS1-MS4

Together with FMIG and UW Family Medicine Residency program, students were invited to attend weekly Wednesday didactic sessions for the Family Medicine Residents. Medical students were integrated into every part of the residents training for that day, so the number of spots was limited by a sign up sheet. Students then spent 15 minutes debriefing with either the head resident or the faculty/resident who taught the lesson that day. Topics included: Global Health, Rheumatology, Medical Ethics, Maternity Care, Endocrinology, Pediatric cardiology, Refugee & Immigrant Health, Dermatology, Women's Health and Travel Medicine.

Baby Beeper Program: Seattle (Wyoming and Spokane are suspended due to COVID)

Invited: Seattle Cohort MS1

At its essence family medicine treats patients throughout their lifespan. The baby beeper program was set up to let students practice being on call to deliver babies and then participate in the delivery. Importantly, being on-call for deliveries in family medicine, means working with the other inpatient FM residents and faculty on all the patients in the wards at various points in their life span. Students are exposed to the process of rounding on patients in the hospital with a wide variety of conditions. The members of the family medicine team either directly takes care of the patient in an outpatient setting or are in direct contact with the patient's PCP. So, they hold important longitudinal

information about the patient. This holistic care helps students see the important of continuity of care and the building of a life-long relationship between provider and patient.

**Page: OVERALL PROGRAM/PROJECT/INITIATIVE #6**

**Title of Program**

Professional Development

**Date and Time**

Various

**Work Hours to Organize**

10hr/event/student = 60 hr

**Participation**

132

**Categories**

Professional development: This is something your FMIG/SAACOFP does to promote professional and/or leadership development among our members. , Exposure to family medicine and family physicians: This is something your FMIG/SAACOFP does to expose its members to family physicians in your medical school or the community , Promoting the value of family medicine as primary care: This is something your FMIG/SAACOFP does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with Primary care interest groups. , Promoting the scope and diversity of family medicine: What your FMIG/SAACOFP does to educate students and increase their understanding of and appreciation for the broad range of opportunities in family medicine. , Current issues or innovations in family medicine , New event for this FMIG/SAACOFP , Significant changes/improvement made on an existing FMIG/SAACOFP program. , Collaboration with another campus group: Please include which group (SNMA, another primary care interest group, etc.) , Other

**Collaboration**

Various Physicians throughout the WWAMI Region (UW and Non-UW affiliated); The Idaho Business in Medicine Interest Group

**Other**

Health Equity

**Description**

"Is my present moment more important than their entire future?" Dr. Alvin Crawford on the selflessness of mentorship.

Especially in the context of mentoring those underrepresented in medicine.

Professional development in medicine is a person-to-person endeavor. The finesse of balancing hard and soft skills as a professional and a practitioner is more of an art than a science, and so learners need a heavy dose of modeling as a foundation. "See one, do one, teach one" is the motto that keeps the art of medicine alive as a communal practice handed down from one generation to the next. Traditionally, people found their mentors through social connection or networking. Currently, we recognize that as we've intentionally folded more underrepresented and under-resourced medical students into a system that was designed for people who already have a lot of social capital. So, we need to make sure we're connecting our diverse pool of future family physicians with mentors, so they can experience mentorship benefits too.

It's a Match: WWAMI MS4 Initiated

Invited: WWAMI MS1-MS3

This session consisted of a panel of MS4's who matched into Family Medicine programs around the country. Panelists shared their insight into the application process and provided the tips and tricks they learned along the way. This will be a super helpful event especially as we head towards application season!

Family Medicine Mentorship Program: WWAMI MS1 Initiated

Invited: WWAMI MS1-MS4

In order to promote Family Medicine as a career and support students along their journey, the WWAMI FMIGs have strove to connect students who are early in their medical career with physicians who are already in the specialty. 43 mentorship matches were made in 2020, almost double the number from the previous year! Students from across the WWAMI region were invited to respond to a survey to be matched with a mentor, and residents and physicians in Family Medicine were contacted about their interest in serving as a mentor. Seattle FMIG leaders facilitated the matching of mentors and mentees based upon the location of the respondents and their interests within family medicine. Leaders then sent out introductory emails and offered suggestions of ways that mentors and mentees could connect. In its third year, the mentorship program continues to utilize surveys to evaluate the success of the program and the matches. This program is another example of the FMIGs across all WWAMI sites working together to promote the interests of family medicine throughout UWSOM.

A Fresh Take on Primary Care with Drs. Cher Jacobsen and James Bailey - Idaho Initiated

Invited: WWAMI MS1-MS4

The Idaho leaders hosted the President of the Idaho Academy of Family of Physicians, Dr. Cher Jacobsen. She spoke about her unique clinic. She is one of a growing number of Primary Care physicians who met the American Healthcare crisis with the Direct Primary Care (DPC). Dr. Jacobsen affectionately calls it, the "how to have joy in medicine" and "this is what I thought it would be like to be a doctor" model. DPC is a fresh take on medicine removed from third-party payers and focused on a direct rewarding relationship between doctor and patient. Dr. James Bailey, a physician from Post Falls, ID, also runs a Direct Primary Care clinic. Together they delivered a presentation about how this model is changing our understanding of primary care across the country. Followed by a Q&A session.

Vaccine Hesitancy Workshop- Spokane Initiated

Invited: Spokane MS1-MS4

FMIG was able to host Dr. Gretchen LaSalle to speak about vaccine hesitancy. She provided students with resources to use with patients who have concerns regarding vaccines. Students were provided with skills in communicating effectively with patients who are vaccine hesitant concerning themselves and children. Dr. LaSalle discussed the COVID vaccine and ways to address patient concerns regarding the development of the vaccine.

Residency Negotiations: Idaho Initiated

Invited: WWAMI MS1-MS4

Business in Medicine and the Idaho Family Medicine Interest groups co-hosted a resident panel to talk about residency negotiations. A family medicine residency panel talked about what students need to know for residency. There was a 10-minute presentation followed by a 50-minute Q/A. We worked through: What power do I have to negotiate salary and benefits when applying to residency? How can I utilize my 4th year to

prepare for residency? What mistakes have you seen students make when applying to residency programs?

**Page: OVERALL PROGRAM/PROJECT/INITIATIVE #7**

**Title of Program**

Community Outreach

**Date and Time**

Various

**Work Hours to Organize**

10hrs/student/program = 60hrs

**Participation**

33

**Categories**

Community Service: This is something your FMIG/SAACOFPP does to promote professional and/or leadership development among your members. , Professional development: This is something your FMIG/SAACOFPP does to promote professional and/or leadership development among our members. , Exposure to family medicine and family physicians: This is something your FMIG/SAACOFPP does to expose its members to family physicians in your medical school or the community , Promoting the value of family medicine as primary care: This is something your FMIG/SAACOFPP does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with Primary care interest groups. , Promoting the scope and diversity of family medicine: What your FMIG/SAACOFPP does to educate students and increase their understanding of and appreciation for the broad range of opportunities in family medicine. , Current issues or innovations in family medicine , New event for this FMIG/SAACOFPP , Significant changes/improvement made on an existing FMIG/SAACOFPP program. , Collaboration with another campus group: Please include which group (SNMA, another primary care interest group, etc.) , Other

**Collaboration**

KidsQuestMuseum; UWSOM PIG; Federal Way High School

**Other**

Health Equity

## Description

Due to the pandemic many of our community outreach programs have been shut down. A few creative attempts were made to reinstate various projects this year, but keeping our community safe was our number one priority. The few programs in which FMIG members could still participate were greatly cherished as ways to serve vulnerable populations. The people who worked directly on these projects wrote the descriptions and I want to let them speak for themselves. The passion and dedication is palpable.

Healthcare Explorers collaboration with Federal Way High School- Seattle Initiative

Invited: 5 approved FMIG leaders

We partner with a local high school teacher to engage and mentor students in the Health Care Explorers club at Federal Way High School, a high school made up of 81% minority students and 63% economically disadvantaged students. Our goal is to expose the students to career opportunities, support their ambitions for future careers in healthcare, and provide mentorship for the students as they grow and look towards future endeavors. This is not simply a fun partnership, but an effort to make an impact on the problem of inadequate diversity in the field of medicine. We hope that by building connections with these students, exposing them to the range of opportunities in healthcare, and introducing them to healthcare professionals from backgrounds similar to their own, they will continue to follow their dreams despite socioeconomic obstacles.

UW's FMIG has hosted career exploration workshops focused on aspects of primary care for the high schoolers, and met regularly with them over Zoom since 2017. While these in-person workshops have been very popular in the past, unfortunately the COVID-19 pandemic thwarted any possibility of planning such an event in 2020-2021. FMIG leaders were still able to maintain a strong connection with the Health Care Explorers club over Zoom meetings with activities such as an opportunity to ask the medical students anything, a presentation on a variety of possible careers in healthcare and the steps needed to get there, a presentation on how to start preparing as a high school student for a career in healthcare through self-reflection, pursuing passions, and internship and career exploration opportunities in the area, and guest speakers including an underrepresented-in-medicine third-year medical student and a PA (also an alum of Federal Way HS) talking about their journeys. Coming up, we are excited to bring in more physicians including two UW Family Med alums who work in Sports Med for the Huskies to speak with the students. Throughout our partnership, the UW FMIG leaders have made an effort to have a two-way conversation with the Federal Way students – we love it when they share their specific goals and interest in healthcare careers with us, and we will keep trying to meet their endless curiosity with more guest speakers from more specialties and backgrounds!

In 2021, UW Seattle FMIG leaders, our faculty advisor Dr. Tomoko Sairenji, and a partner from Federal Way HS also presented “Encouraging Diverse ‘Young Docs’”: FMIG leads serve as a mentor for underrepresented high school students,” at the Society of Teachers of Family Medicine conference with the goal of encouraging other FMIGs to initiate similar partnerships with high school students from underrepresented backgrounds.

Teddy Bear Clinic In collaboration with PIG and KidsQuest Museum - Seattle Initiative

Invited: All Seattle students MS1-Ms4

In non-COVID-19 times, practicing physicians are recruited for the Teddy Bear Clinic along with a variety of healthcare workers to run stations where a child's stuffed animal would become the "patient". It's a great way to expose younger ones to what a visit to the doctor's/dentist's/chiropractor would look like! This year medical students were the main volunteers, working at various stations (i.e. vitals, vaccinations, bandage up, wellness checks, blood pressure). The vaccine station was very interesting since kids have probably been hearing adults talk about vaccines more than ever these days. This event was even more timely during the pandemic, as some of the younger kids have had less healthcare exposure than normal which may lead to more apprehension with strangers in white coats.

**Page: OVERALL PROGRAM/PROJECT/INITIATIVE #8**

**Title of Program**

Expanding the Scope of Family Medicine

**Date and Time**

Various

**Work Hours to Organize**

10hr/student/workshop = 80 hours

**Participation**

127

**Categories**

Professional development: This is something your FMIG/SAACOFP does to promote professional and/or leadership development among our members. , Exposure to family medicine and family physicians: This is something your FMIG/SAACOFP does to expose its members to family physicians in your medical school or the community , Promoting the value of family medicine as primary care: This is something your FMIG/SAACOFP does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with Primary care interest groups. , Promoting the scope and diversity of family medicine: What your FMIG/SAACOFP does to educate students and increase their understanding of and appreciation for the broad range of opportunities in family medicine. , Current issues or innovations in family medicine , New event for this FMIG/SAACOFP , Significant changes/improvement made on an existing FMIG/SAACOFP program. , Collaboration with another campus group: Please include which group (SNMA, another primary care interest group, etc.) , Other

**Collaboration**

Spokane Community Clinics; Idaho OBGYN Interest Group; Moscow Family Medicine

**Other**

Health Equity

**Description**

Acknowledging the full potential of Family Medicine allows us to actualize all the benefits contained within our specialty. By speaking about these possibilities to both students interested in Family Medicine and those who considering other specialties cultivated a culture of maximal utilization of Family Medicine when trying to alleviate health care inequities and health care gaps. Many of our regional partners put on great workshops about the



fullness scope and skills encompassed in Family Medicine.

Frontier Medicine- Idaho Initiated

Invited: All WWAMI students MS1-MS4

Frontier Medicine: Glimpse Into the Life of a Full-Spectrum Idaho Family Medicine Physician: In an age of specialized medicine, it's easy to forget about a unique group of dedicated physicians who are compelled by circumstance to practice at the top of their license in a wide swath of specialties while under limited resources. They do so with little praise or fanfare, yet adapt remarkably and resourcefully to the many hats they are constrained to wear: Family doctor, Obstetrician, Emergency Room physician, Hospitalist, Internist, and in many cases, General Surgeon. We had the privilege of hearing some of the experiences and perspectives of one such physician, Dr. Ann Lima, who helps operate a level IV trauma center - against all odds - in the small mountain community of Orofino, Idaho. This highlighted the beauty of being a physician with many skills and capabilities in various settings.

Rural Alaska- Alaska Initiated

Invited: Alaska Cohort MS1-MS4

An event featuring talks from Family med providers who operate across rural Alaska. Main discussion was what drew them to rural medicine, challenges, rewards, and interesting cases they got to see most recently at their sites.

Physician Panel- Montana Initiated

Invited: Montana cohort MS1-MS4

The Montana FMIG hosted 5 family medicine physicians from across the state of Montana on Zoom for a discussion with members of the MS1 and MS2 Montana classes. The family physicians who presented to us each had unique practices within the realm of family medicine. Many of them had experienced global health at some point in their career, others practiced full range OB/GYN, and another worked with minority groups of the reservations in Montana. Each physician was able to share their path to where they are today both in their practice and their personal life. This event highlighted the diversity of family medicine and the many career opportunities it can lead to.

Q&A with Dr. Bryn Parker- Idaho Initiated

The Idaho OBGYN IG co-hosted an event with Dr. Bryn Parker for a career exploration Q&A. Dr. Parker is a physician at Moscow Family Medicine and also practices obstetrics. This was a great opportunity to explore one of the specializations available to family practitioners.

Q&A with Dr. Galligar, Hospice Physician- Idaho Initiated

Dr. Galligar, and a resident that works with Dr. Galligar, is a family medicine physician practicing as a hospice director. He went to medical school in the WWAMI program, graduating in 2015 and then did his residency at FMRI in Boise. For those that had question about practicing hospice care, his journey through the WWAMI program and residency was a great opportunity to ask about.

Sports Medicine Workshop- Spokane Initiated

Invited: Spokane Cohort MS1-MS4

Spokane FMIG hosted three sports medicine physicians for a discussion with our class over Zoom. They gave an overview of the field of sports medicine and their individual experiences working in it. We discussed how each physician arrived at sports medicine. Through this, we were able to highlight the diverse flavors of family medicine students may pursue.

Mental Health in Primary Care- Spokane Initiated

Invited: Spokane Cohort MS1-MS4

This workshop was focused on providing mental health care in the primary care setting and they had guest physicians from the community who shared their experiences.