



Family Medicine Philanthropic Grant Awards 2016 PROJECT SUMMARIES

MEMBER OUTREACH PROJECTS

Advocacy

Advocacy and Leadership Development, MI AFP Fdn

Less than one percent of MAFP members contribute to the state's Political Action Committee and just over one percent of members are involved in committees or task forces or hold Board positions. The MAFP Advocacy and Leadership Development Program will recruit and train new members in the fields of grassroots advocacy, media, legislative affairs and political campaigns. Participants will undergo a one-day immersion program on Friday, December 2, which includes 45-minute topical sessions, featuring expert speakers from a diversity of fields related to advocacy and leadership. At the conclusion of the program, participants will be expected to complete an Advocacy Action Plan, which will entail identifying one key priority issue area and developing an accompanying strategy, as well as to pitch an idea for a grassroots event to be implemented in 2017. Ultimately each participant's Advocacy Action Plan should entail the participant hosting an event in his or her local area, with the goal of convening lawmakers, physicians, residents and students.

Family Medicine Advocacy Day at the State House, MA AFP

Family Medicine Advocacy Day provides members with tools, education, resources and direction to successfully influence Massachusetts' political representatives to vote with the best interest of the specialty in mind. This one-day event improves members' understanding of the legislative process and increases their participation and involvement from that moment forward. Morning leadership training sessions address important legislative issues currently being voted on and how to effectively communicate the MassAFP position with their legislators. Members are able to ask questions of the chapter's lobbying team, whether it's clarification on a certain bill or tips on the best speaking approach, and role-play discussions with peers before in-person meetings with the legislators that afternoon. At the conclusion of the in-person meetings at the State House, members reconvene for a wrap-up session to define take-away points and follow-up plans for the members and for the chapter as a whole.

Grand Rounds

Family Medicine Grand Rounds, SD AFP

SDAFP in partnership with the USD Sanford School of Medicine will begin a quarterly series of Family Medicine Grand Rounds lectures in September 2016. The series of Family Medicine Grand Rounds will be presented at the University of South Dakota Sanford School of Medicine (SSOM), at 12:15 PM, on the first Thursday in September, December, March and June. This CME opportunity will be provided to family physicians throughout the state of South Dakota and physicians in surrounding states that work for the health systems that are teaming up with SDAFP. Specifically SDAFP will be teaming up with the following health systems: Avera Health; Sanford Health and Rapid City Regional Health. The plan for this series of four grand round lectures is to have two local speakers and two non-local speakers. Avera Health, Sanford Health, and the South Dakota Sanford School of Medicine have all committed to contribute not only their time but also financial resources to ensure the success of this project.

Leadership

Family Medicine Leadership Experience, TX AFP

TAFP's Leadership Development Committee developed a longitudinal curriculum, the Family Medicine Leadership Experience, which was launched in 2016 when 30 TAFP members were accepted into the program from a variety of

practice settings across the state. Given the foundational role of primary care in high-functioning health care systems, TAFP believes that family physicians should be in as many of these leadership positions as possible. The initial group was very diverse with over 40% having attended medical school outside the United States. TAFP will repeat the curriculum with a new group of 30 participants in 2017. There are four sessions focus on Team Leadership: interpersonal skills; advocacy & influence; communications & organizational leadership; sharing knowledge. The Interpersonal Skills session includes a Myers Briggs personality assessment and sessions on providing feedback, negotiation, and motivating people; Advocacy and Influence provides tools to be an effective voice in the legislative process; Communications and Organizational Leadership includes public speaking skills, engaging the media, chairing a meeting, understanding association governance and organized medicine practices, and honing presentation skills; and a final session promotes sharing of knowledge and building on the topics covered throughout the year.

Medical Home

Connecting FPs with Patient/Consumer Advocacy Orgs, MN AFP

“Connecting Family Physicians and Patient/Consumer Advocacy Organizations” is a strategy to build relationships between two groups of healthcare professionals to share ideas, exchange information, and highlight tools and resources for both physicians and patients including support groups for patients. In the past, when MAFP invited patient/consumer advocacy organizations to participate, they responded “We don’t have the \$950 booth fee.” Two patient/consumer advocacy organizations will be invited to attend Minnesota AFP’s two-day CME conference, at no cost, and will have a booth in the Resource Center with four hours of dedicated time over two days to interact with 300+ family physician attendees. Community-based resources are a vital component of the Patient-Centered Medical Home model and our members have requested more patient/consumer advocacy organizations in the Resource Center.

Payment Reform

MACRA Update, NE AFP

The Nebraska AFP is taking the lead in Nebraska to guide family physicians with CME on policy and practice guidelines surrounding MACRA so they can prepare for the rollout of MACRA rules. Last year, the NAFFP provided a broad overview of the MACRA framework and concepts prior to the release of the new rules. This event was well received and opened to all professionals in the health care industry. Evaluation responses showed the need for more events to help attendees understand the rules as they are rolled out. A half-day event will prepare our members for the anticipated 2017 performance year.

Physician Wellness

Joy in Practice vs Burnout, WI AFP

A 2016 Medscape survey reports that only 68% of physicians would choose to be a physician and 29% of family physicians said they would choose Family Medicine as their specialty. The Wisconsin AFP wants to do something about this situation by focusing on the joy in practice rather than on the dissatisfaction with the job and the profession. This project will target three groups: family physicians in practice for five years or more; family physicians in practice for less than five years; and medical students and residents. Podcasts on joy in practice and an online community for the three targeted groups will be created to promote sharing of what works. We will collaborate with the Wisconsin Medical Society, Wisconsin Hospital Association and both medical schools. Individual healthcare systems will also be engaged since 85% of WAFP members are employed by groups of 50 or more.

Physician Wellness-Embracing & Avoiding Burnout, NE AFP

There is a parallel process effect between physicians’ health and wellness and their ability to provide quality patient care. The Nebraska Academy, through this half-day event, will provide family physicians with information to help increase knowledge of wellness and burnout in their role as a physician. Specifically, this event will address: 1) Wellness as a family physician; 2) Prioritizing and boundary setting; 3) Barriers and stigma of asking for help; 4) Awareness of burnout signs; and 5) Awareness of available tools to assist physicians with wellness and avoiding burnout.

Preventive Services

Optimizing Patient Care by Choosing Wisely, IL AFP

Under the expanded scope of IAFP's Safe Prescriber program, the IAFP will develop and manage the topic related webpage that include resources, physician tools and links to online education/training CME relevant to the Choosing Wisely® concepts endorsed by the American Academy of Family Physicians. IAFP will also convene other primary care and subspecialty medical associations to outline how clinical policy and best practices can better align with the endorsed Choosing Wisely recommendations.

PUBLIC HEALTH PROJECTS

Healthy Living

Hard Hats for Little Heads, TX AFP

This health initiative benefits Texas youth by giving away bicycle helmets. Physicians volunteer to distribute helmets to children in their communities at schools, county fairs, their own clinics, during well-checks, or at various community events. After receiving helmets kids will be able to engage in more wheeled activities in a safe way, showing them that being physically active can be fun and safe. Participating in the program also gives family physicians the tools to maintain their high standard of compassionate support and leadership in the community, and raise their profile among community members.

Helping Hands Across Georgia (a.k.a Family Physicians Care for Georgia), GA Healthy Family Alliance

Since 2012, GHFA has been awarding grants to GAFP members to support programs that enhance the health of Georgia's communities. This project seeks to expand the reach by providing FM residents and medical students the opportunity to launch projects aimed at the prevention and treatment of chronic health issues among vulnerable populations in areas not previously funded. Family Medicine residents and students will be enlisted to identify health problems in their communities and develop up to three projects that address key public health areas of need: Obesity Prevention, Chronic Disease Screening/Education and Women's Health Services. Applications will be accepted in two cycles in 2017 and funds will be awarded by June 2017. Materials from previous projects can be accessed at www.georgiahealthyfamilyalliance.org.

Medical Home

Collaborative Community Health Summit, KS AFP

KAFP, in partnership with Health ICT (a Kansas Department of Health and Environment funded initiative to reduce obesity, diabetes, heart attack and stroke in Sedgwick County), will plan and produce the 2017 Collaborative Community Health Summit for Kansas, which will be a structured approach to making collaboration work across government, business, philanthropic and non-profit organizations, and citizens. The goal is for participants to execute Clinical Town Halls that: 1) bring together local community partners to do a collective inventory of public health resources; 2) identify resources available within the community and barriers to access; and 3) work through barriers in the community to foster provider/community-based coalition relationships to address public health needs.

RESIDENT AND/OR STUDENT PROJECTS

Building the Family Medicine Pipeline

Faces in Family Medicine, KS AFP

The ultimate goal is to expose students to the many different, energetic, vibrant, and authentic “Faces” of Family Medicine, and promote the selection of Family Medicine as their specialty. This program exposes students to the many “Faces in Family Medicine” through both group and one-on-one mentorship opportunities. Participants will be highlighted throughout the year to share success stories of “Faces in Family Medicine.” Working with local FMIGs and Regents University pre-med clubs, eligible applicants are identified as: students in their first and second years of medical school (primary audience), and pre-med students in their junior and senior years of undergraduate studies (secondary audience). KAFP members volunteer as mentors and represent the broad scope and modes of practice in the state. Most popular among the students is the group mentorship dinner, done in a speed-dating fashion where the mentors rotate and engage with each table of students, sharing their “face” of the specialty. Students are then partnered with a mentor for the remainder of the academic year for one-on-one mentoring. Annually, 80-100 students and 40-60 mentors participate. New this year, KAFP will introduce conversation-starter topics throughout the program to encourage dialogue between the student and mentor relating to current trends in Family Medicine.

Match Day Magic, CA AFP Fdn

California is home to 12 medical schools and 52 Family Medicine residency programs. In 2016, three weeks before Match Day, CAFP and CAFP Foundation successfully piloted a joint effort to celebrate March 18, increase Academy exposure on medical school campuses, engage our new FP residents, and spread the magic that is Match Day. A joint letter from CAFP and CAFP Foundation presidents was presented to each of the 368 students who matched in Family Medicine. CAFP staffers were on two campuses to present the letters; the others were distributed by FMIG leaders. The experiences were shared via social media and publications. The 2017, Match Day Magic aims to have a presence on five of the 12 California campuses, with a social media campaign leading up to, during and after Match Day. In addition the project will complete a “Here’s How” with timelines, sample communications, social media messages, and engagement strategies. The hand-delivery of letters will be the main touch-point of the project; thousands of social media watchers will hear about the project and see the posts from our events.

Medical Students Service Learning Project & Legislative Visit, SD AFP

This project involves first year medical students in SD and will take place February 3-4, 2017. Service learning projects will take place the afternoon/evening before the Advocacy Day at the capitol. Students will be divided into two groups. The first group will present a health fair at the Pierre Indian Learning Center; the second will tour the Women’s Prison. They will meet for supper and switch projects. The Pierre Indian Learning Center (PILC) is an off-reservation regional boarding school for Native American children. It serves as an educational center and living area for approximately 250 first through eighth grade students annually. These students come from fifteen different tribes in ND, SD and NE. The South Dakota Women’s Prison (SDWP) is home to around 350 inmates and is also located in Pierre. The other part of this project, Advocacy Day, is planned to educate the students about leadership in state government and teach them how to effectively communicate issues that are important to them regarding their education and careers.

Curricula for Family Medicine Residencies

Developing an Ultrasound Curriculum for a Family Medicine Residency, VA AFP

The Virginia AFP is sponsoring the Fairfax Family Medicine Residency’s project to develop a comprehensive ultrasound curriculum that includes both hands-on and didactic lectures on how to scan for lower extremity DVT, peripheral vascular access, needle guidance, kidney, bladder, lung, abdominal aorta, subcutaneous abscess/mass as well as how to perform basic OB, abdominal, basic musculoskeletal and FAST exams. Funds for this project will allow an ultrasound machine to be rented for four months. Seven faculty members and four residents will be dedicated to learning and teaching each other ultrasound, and will be responsible for providing didactic lectures to the entire residency and medical student involved in the Fairfax FMR.

Externship

Learning to Care, Advocate and Lead Summer Extern Program, WI AFP Fdn

The Summer Externship Program offers medical students who have completed their first year of medical school the unique opportunity to increase student interest in Family Medicine as a specialty, as well as foster future leaders within Wisconsin AFP (WAFP) and Wisconsin AFP-Foundation (WAFP-F). Students with a strong interest in Family Medicine will be identified through an application process and will spend eight weeks rotating between a clinical setting with a family physician preceptor and the WAFP/WAFP-F office. Areas the students will focus on while in the WAFP/WAFP-F office will be in leadership development, workforce development, advocacy education and philanthropic activities. The experience will conclude with attendance at the AAFP National Conference. The students will serve as Delegate or Alternate Delegate to the Wisconsin state chapter during the congress portion of the conference, and will help lead in other National Conference and Wisconsin's reception activities.

Leroy A. Rodgers, MD, Preceptorship Program, OH AFP Fdn

The 2017 Leroy A. Rodgers, MD, Preceptorship Program is aiming to fund stipends for at least 70 first- and second-year medical students' preceptorship rotations. Participants receive stipends of \$300/week for a four- to six-week educational rotation with a volunteer, community-based family physician preceptor. Through the preceptorship experience students witness the diverse and rewarding realities of the Family Medicine specialty - all under the guidance of a family physician mentor. Program outcomes indicate students who have a preceptorship experience early in their medical school careers are more likely to choose a career in Family Medicine.

Meeting, National

Supporting Students to Attend National Conference, WI AFP Fdn

A minimum of 50 medical students will attend NC and participate in corresponding activities sponsored by Wisconsin AFP. Students are being tracked over time to determine how many students who participate in this program select Family Medicine and who stays in Wisconsin for residency and practice FMIG and WAFP leaders will promote this opportunity. Faculty at both schools will specifically recruit students interested in Family Medicine. Students who attended last year's NC will be part of a video to promote NC and generate interest. The preconference webinar informs students about how to get the most out of their time at NC. They learn about resolution writing and the value of the student congress, and how to become actively involved in a variety of ways.

Meeting, State

Engaging Future Leaders, MN AFP

This Student & Resident Track at the 2017 Annual Meeting is aiming to increase the number of student and resident attendees from 28 in 2016 to 76 in 2017. Specific activities include building a coalition of partners in January 2017 and including them in the planning process. The coalition includes committees, faculty and staff at the three medical school campuses, FMIGs, and ten Family Medicine residency programs. A call for the following track activities will be initiated: 1) up to eight hands-on procedure stations lead by residency programs; 2) student and resident speakers for "Med Talks" (like Ted Talks but better!); 3) new-to-practice family physician members to pair up with a student and resident to have lunch together; 4) topics and speakers for the Career Fair; and 5) a student and resident leader to give an overview of leadership and grant opportunities offered to members by our chapter and the AAFP.

Future in Family Medicine Spring Fling, MS AFP Fdn

The goal of the Mississippi Family Medicine Students and Residents Conference is to increase the exposure and interest in Family Medicine among medical students and increase the number of residents who remain in the state of Mississippi to practice medicine. This conference provides a positive, educational experience while highlighting the strengths and needs of Mississippi Family Medicine. This conference is also an opportunity to network with other medical students and residents

while gaining exposure to speakers, topics and procedural skills that may not be taught during medical school and residency. The 2017 Spring Fling Medical Students and Residents Conference will be held in April 2017.

Future of Family Medicine Conference, MI AFP Fdn

The one-day conference will have general and keynote sessions; break-out sessions; hands-on clinical workshops; an exhibit hall; and a networking event. A new component in 2017 is an informal networking event at the conclusion of the conference which will give students, residents, MAFP members and staff, and residency directors a chance to connect in an informal environment that encourages one-on-one dialogue and provides an opportunity to build and nurture relationships. The talented MAFP members will provide a readily available pool from which to choose a keynote speaker as well as speakers for the general sessions.

LAFP 101 Resident & Student Track, LA AFP Fdn

LAFP 101 aims to bring 50 active, resident and student members together through a consolidated agenda of educational sessions, workshops and networking opportunities. LAFP 101 resident and student track will be held as a concurrent track on Saturday of the LAFP's 70th Annual Assembly. LAFP staff will work closely with Resident & Student Leadership Committee leaders, FMIG leaders, and faculty and staff at our medical schools and residency programs to plan promotion and content development of the conference.

Regional Procedures Workshops, CA AFP

The goal for the 2017 Regional Procedures Workshops is to increase the number of student workshops, promote the workshops more heavily, and continue the creation of a handbook for this event to be replicated by any state chapter. The CAFP Procedure Workshop began three years ago in Southern California to increase awareness about the scope of Family Medicine and to bring together medical students, residents, and faculty from residency programs. The workshop has consistently grown in attendance and scale – in 2016, over 100 attendees and over 30 volunteer residents and faculty members participated. As a result of this successful model, a Northern California Procedure Workshop was started in 2016 with a great turnout and involvement from seven residency programs and five medical schools. Session taught in 2016 included MSK exams, joint injections, suturing, pap smears, IUD insertion, ultrasound, and dermatology.

Resident and Student Track at the Annual Session & Primary Care Summit, Texas AFP

The Texas Academy of Family Physicians presented the first annual Resident and Student Track in 2015, which takes place within the Annual Session and Primary Care Summit (AS&PS). TAFP student and resident members are eligible for complimentary registration to attend the three-day AS&PS. Residents and students attend general session CME lectures on days one and three. On day two they attend the Student and Resident Track, which brings medical students and Family Medicine residents together to participate in educational lectures about how to excel in Family Medicine, network with their peers, and meet TAFP leaders. In addition, a procedures workshop allows residents to teach simple procedures to medical students in a classroom setting. Through the TAFP Foundation, students and residents can also receive funding to pay for their travel expenses for the conference.

Resident Jeopardy Competition, NE AFP

The Nebraska Academy of Family Physicians (NAFP) recognizes that not everyone wants to dive deeply in the value-based policy conversations with individuals they do not know. Therefore, in order to help develop relationships NAFP adopted the Resident Jeopardy Event as an exciting educational and social activity to promote engagement and connect Residents with Active members. The strategic placement of this event encourages interaction at the beginning of the Annual Scientific Assembly meeting so the members and residents can continue to interact throughout the rest of the three day event. This four-hour event will be hosted the first evening of the Nebraska Annual Scientific Assembly. The evening will start with a social hour to promote interaction between Active and Resident members and then progresses into an educational portion featuring Family Medicine Resident teams from four Nebraska residency programs. Each residency program creates a team of Resident members to participate in Jeopardy with questions regarding Family Medicine topics. Active family physicians are in the audience for Jeopardy cheering on the Resident teams. The winning team receives a traveling trophy and bragging rights for the year. However, the bigger take away is that members at all stages of their careers are engaging with each other supportively.

Student and Resident Education at Annual Meeting, MA AFP

The MassAFP offers a Student/Resident track for education and workshops directly relating to medical students and Family Medicine residents at our Annual Meeting and Spring Refresher. Residents and students attend the event for free and residents receive a significant discount on the SAM session held in conjunction with this meeting. A reception features student, resident and faculty poster presentations to showcase research projects and provide a networking opportunity with peers, MassAFP leaders, and practicing physicians. Workshop topics in 2016 included "Success on Your Match Day: Preparing, Applying, & Interviewing at Family Medicine Residencies – Resident Panel," "Contract Negotiations," "How to Start a Group Visit Using an Interdisciplinary Team Model," and "Family Medicine: The Specialty Choice for Global Health – Resident Panel. A discussion and networking breakfast gives students and residents an opportunity to have conversations on different topics relative to Family Medicine. Discussions at breakfast were led by family physicians and topics included Direct Primary Care, Women's Health, Sports Medicine and "Ask Anything" just to name a few.

Student Track at State Annual Meeting: Latex 2 Laryngoscopy, KS AFP

KAFP has developed a highly successful elective summer program in conjunction with the University of Kansas School of Medicine to provide students between their first and second years a six-week rural externship. Called the Rural Family Medicine & Research Program (RFM&RP), this program attracts 30+ students annually who shadow a primary care physician in a rural community of Kansas. To further support this externship KAFP has also developed a student track, Latex 2 Laryngoscopy (L2L) for the Annual Meeting which serves two needs: official kick-off to the externship program, and hands-on training to prepare students for their externship. In addition, this is often the first opportunity students have to meet the physician they will be shadowing. L2L workshops are designed to dovetail with students' instruction at KU SOM. A KAFP member directs the program and works with faculty to develop appropriate educational materials for each workshop. They recruit five senior students to assist in facilitating the workshops. Many times these senior students participated in the RFM&RP earlier in their academic career and share their insight and experience with the students. L2L workshops now cover five areas: sterile technique, suturing, reading EKGs, delivery using an OB model, and laryngoscope insertion. New in 2017, KAFP will add a video intubation tool to assist in the laryngoscopy instruction.

Preparing for Practice

Residents' Practice Conference XL, AZ AFP

Starting in 2004, AzAFP began organizing and presenting the "Residents' Practice Conference" for 2nd & 3rd year residents to learn about the different practice opportunities of a family physician, risk management and contracting. Family Medicine residency directors select outstanding, 2nd or 3rd year "emerging leaders" to participate. During this leadership day residents get to know AzAFP active members in different practice settings, and meet business leaders who educate them on what to expect once they leave residency. Arizona AFP partners with the MICA (Medical Insurance Company of AZ) to ensure residents are aware of the difficult malpractice environment in AZ. Attorneys who have served on both the defense and prosecution in malpractice cases educate residents about how to protect themselves from lawsuits and "never events." Residents relay information learned to the other residents in their program.

Resident Leadership

Chief Resident Workshop, OH AFP

The 2017 Chief Resident Workshop brings chief residents from across the state together to learn, network, and share best practices. The Workshop will equip new chiefs with the leadership tools needed to have a successful academic year. The workshop, held in conjunction with the OAFP Board of Directors spring meeting will provide chief residents the opportunity to learn more about the Academy by meeting and networking with the Academy's leaders over an informal, but interactive ice cream social. This program has a two-pronged goal: to build on the OAFP chief resident network that opens peer dialogue to optimize discussion and serves as a touchstone for the whole year, and to increase chief resident involvement. Discussion topics for the workshop include ACGME work hour regulations, ways to reduce personal stress, techniques to resolve conflicts, and innovative methods to motivate others.