



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

Categorical Award, Excellence in Community Service

John A. Burns School of Medicine at the University of Hawai'i

FMIG Operation

The John A. Burns School of Medicine (JABSOM) FMIG is a primarily student-led interest group. Our student board plans and organizes all events, workshops, and programming, which are open to all JABSOM students to participate. JABSOM FMIG hosts approximately 20 events annually. These events encompass the values of continuity of care, community outreach, and professional development, among others, in line with our mission statement. Each event is led by two board members, who are considered the points of contact in terms of organization and logistics, with the support of two additional board members. The student leads are responsible for recruitment of volunteers and physicians or other community partners, preparing the necessary supplies, and providing notes for program leads to reference for future events. However, all students who are on the board or members of the interest group are welcomed to participate in planning and provide support in order to ensure that each event runs smoothly. This structure allows students to have the freedom to participate in FMIG to varying degrees, from growing their leadership skills to having the ability to enrich their own learning.

The student board consists of ten positions: president, vice president, secretary, treasurer, American Academy of Family Physicians (AAFP) liaison, historian, two Primary Care Leadership Collaborative (PCLC) leads, and two students who lead the Tar Wars program, also known as the Tar Wars Masters. The president is responsible for planning board meetings, working with committee chairs to maintain the agenda, and overseeing the events for the upcoming year. The vice president aids the president in overseeing events and maintaining the constitution. The secretary organizes all FMIG documents, sends out emails to FMIG members, and records times and attendance.

The treasurer ensures events are funded and that the group recognizes the organizations supporting each of our events. The AAFP liaison helps to recruit members to AAFP and maintains contacts with AAFP representatives. The historian takes pictures, manages our instagram page, and ensures we are showing appreciation to the organizations that donate supplies to help make the events successful. The PCLC leads organize and implement the PCLC project and communicate with the AAFP project mentor. Lastly, the Tar Wars heads organize a program that sends medical students out into the community to local elementary schools where they teach students about the dangers of tobacco. Although each position has specific roles, the board all works together to support each other and ensure that events run efficiently.

Our student board is uniquely composed of a first and second year student in each role. For the first half of the academic year, second year students take the lead for each event. Their first year counterparts, in turn, "shadow" the

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position in order to learn more about the role as well as assist the board as needed. In the second half of the year, the

first year students transition into leading events and meetings to allow the second year students to prepare for their upcoming board exams. Second year students are still available as a resource to the first year students, if needed.

Having this first and second year involvement on the board provides a structure that allows both the first and second year students to gain leadership skills. It also sets up the future success of JABSOM FMIG through smooth transitions of leadership.

Goals

JABSOM FMIG aims to showcase the values of continuity of care, community outreach, and patient education, while providing a community for students who are enthusiastic about Family Medicine. Our five main goals are derived from our mission statement: enrichment, community service, networking, houseless outreach, and education. To achieve this, we host events that will empower students to develop on a technical, professional, and personal level, and encourage students to live out the values of JABSOM FMIG. We hope to serve not only the community on the island of O‘ahu, where JABSOM is located, but also those of the neighboring islands

Faculty Advisor

Though JABSOM FMIG is primarily student-run, we are fortunate to have the constant support and guidance of our advisor, Dr. Dr. helps plan the logistics of our events within the larger JABSOM community as well as keeps our group organized and mission-focused. In addition, we are lucky to have various Family Medicine physicians assist our group throughout the year, such as Dr. Dr. Together, the three are prominent members of the Family Medicine community in Hawai‘i and allow us to make connections with the Hawai‘i Academy of Family Physicians (HAFFP), local Family Medicine physicians, and community organizations.

Programs

The Hawai‘i Inter-Island Coalition for Primary Care Pathways

The Hawai‘i Inter-Island Coalition for Primary Care Pathways (HICPCP) is an initiative started three years ago by JABSOM FMIG alongside the Primary Care Leadership Collaborative (PCLC) to address the growing physician shortage across the Hawaiian islands, which is estimated at more than 1,000. Of this, the greatest specialty shortage is primary care, particularly on the neighbor islands with Maui County facing a 36% shortage and Hawai‘i County facing a 9% shortage (Withy, 2022). A retrospective study showed that 46% of JABSOM-trained physicians from rural backgrounds practice on the neighbor islands in comparison to 5% of those who were raised on O‘ahu (Schiff et al., 2012). This inspired a project between FMIG and PCLC called the Neighbor Island Medical Scholars Program (NIMSP). The mission of NIMSP is to provide public high school students from the rural neighbor islands of Hawai‘i, Maui, Lana‘i, Molokai, and Kaua‘i with access to medical education outreach programs held on O‘ahu that would otherwise be inaccessible to them. Through motivating high school students from rural backgrounds, the program hopes to increase physician retention and reduce the physician shortage in rural and neighbor island communities.

Due to the pandemic, the initial years of the project were focused on surveying and research to refine NIMSP and assess specific needs and barriers within each county that stand in the way of these student's pursuit of a career in medicine. A 2020 needs assessment survey of enrolled medical students at JABSOM who attended high school or college in the state of Hawai'i found that 44% of students from neighbor islands disagreed with the statement "I have/had mentors in my community that I can reach out to for health career advice." A second survey was conducted in 2021 and distributed to high school students, administrators, and established prehealth programs in Hawai'i, Maui, and Kaua'i. Only 30% of students indicated that they were interested in pursuing a career in healthcare. 17% of respondents indicated that they were disinterested in medicine because it "seems too difficult to become a doctor." Respondents indicated that opportunities most desired included shadowing physicians and workshops.

The first annual NIMSP, which included an inaugural cohort of nine high school students from public or charter high schools on each of the five major neighbor islands, was held in July 2023. The program consisted of two parts across a two-week period. During week 1, scholars participated in the Medical Diagnosis and Treatment (MDT) program, hosted by JABSOM. Established in 2013, this program is an annual week-long workshop for high school students that exposes them to the medical school environment. Students participated in gross anatomy laboratory demonstrations, clinical skills laboratories, computerized manikin simulations, and standardized patient interactions. In addition to the MDT curriculum, scholars participated in additional workshops that addressed key components to college and career readiness, including interviewing, CV writing, and shadowing. Scholars also had the opportunity to meet with current medical school students from similar backgrounds for a Q&A session. For week 2, scholars shadowed a community physician on their home island and applied what they learned at MDT. As a highly desired opportunity, this program exposed students to primary care and provided them with valuable clinical experience. We hope that this also helped establish a mentor/mentee relationship that will continue throughout their academic career and beyond.

As the program continues in future years, FMIG's PCLC leads intend to send an annual survey to past scholars to track NIMSP's impact. These surveys will collect information on past NIMSP scholars' current educational status, if they applied to medical school, and medical school acceptance rate. In addition, we would like to incorporate a demographic analysis into the survey to evaluate our impact on traditionally underserved populations in Hawai'i (e.g., Native Hawaiian/Pacific Islander). We would also like to pair NIMSP students with an FMIG student mentor to help support them over time.

HICPCP is entirely student run, with four dedicated PCLC leads on the FMIG board who act as the main point of contact for communication with high school advisors, undergraduate counselors, and community partners on each island. They spearhead all logistics including funding, creating an application, securing plane tickets, housing, and food for the student cohort, as well as acquiring volunteers and physicians on their respective islands to shadow. Oversight of HICPCP is maintained by our FMIG mentors through as-needed meetings. It is our hope that this is just the beginning of a longitudinal solution to Hawai'i's physician shortage through empowerment of young people and through opportunity and resource creation.

Halloween Haunted House and Carnival

JABSOM FMIG aims to provide a chance for houseless kids and their families to enjoy Halloween festivities in a safe, supervised environment. Traditionally, JABSOM FMIG has hosted an annual Halloween Carnival on JABSOM's campus with Halloween-themed activities, games, and free food. However, during the pandemic, FMIG had to quickly and creatively come up with an alternative activity that would still allow the families to celebrate Halloween, but in a socially distanced way. Thus, the JABSOM Haunted House was born. With the success of the haunted house over the past couple of years, we again decided to offer that in addition to the carnival this year.

FMIG in collaboration with H.Y.P.E., a JABSOM mentoring program for houseless teens, transformed JABSOM classrooms into an extravagant walk-through haunted house experience, complete with a scary circus, butcher shop, and a "Dexter room." FMIG and H.Y.P.E. members began set-up two weeks in advance for this event until midnight the night before. During the haunted house, FMIG members, H.Y.P.E. members, and other volunteers were scattered throughout the haunted house as actors, dressed according to room theme and making the rooms come alive to scare passerby.

In addition to the haunted house, FMIG was in charge of organizing and executing the Halloween carnival. Two FMIG board members were leads for this event. They were responsible for recruiting other students to serve as committee chairs for the Halloween carnival and supporting the committee chairs as-needed to ensure the success of the event. The committee chairs were in turn responsible for planning, recruiting volunteers, and overseeing day-of logistics for games, carnival food, activities (such as a bouncy house), goodie bags, fundraising, shelter transportation, and event set-up/breakdown. The creation of committee chairs was new this year and helped distribute event responsibilities more evenly to help ensure that the carnival ran smoothly and was a success. The committee chair positions were mostly filled by FMIG members. Additionally, FMIG and H.Y.P.E. solicited Halloween-themed donations and sold them to JABSOM community members as a "thrift shop" fundraiser prior to the event. Funds raised enabled houseless kids and their families to be able to pick from a wide assortment of free costumes and Halloween-themed items at the carnival that they could keep.

The combined JABSOM Haunted House and Carnival as well as transport to and from the event were free to the houseless families, which allowed for meaningful interactions with the residents of various shelters across O'ahu. Other interested community members could purchase tickets to the haunted house, with proceeds from ticket sales allocated to the H.Y.P.E. program.

Family Medicine emphasizes engagement with the community in a manner that reflects the compassion shown in the physician-patient relationship. This event is exemplary of that, as well as service of the entire family unit. Our partnership with other student interest groups, volunteers, and community organizations also taught our students valuable communication and leadership skills.

Tar Wars

Tar Wars is a nationwide tobacco and smoking prevention program for 4th and 5th grade students. Founded in 1988, Tar Wars is owned and operated by AAFP under guidelines by the Centers for Disease Control and Prevention. The goals of the Tar Wars program are: 1) to increase knowledge and awareness of health effects caused by nicotine and tobacco use, 2) to illustrate the financial impact of tobacco use and how money could be better spent, 3) to identify reasons people use tobacco products, and 4) show how tobacco companies market their products to youth.

The Tar Wars Hawai'i program is organized by JABSOM FMIG and is specifically aimed at reaching 4th and 5th grade students who attend public school across the state on all islands. Tar Wars Hawai'i is a foundational component of many public school youth tobacco prevention curriculums. Our Tar Wars lead officers are responsible for coordination of all Tar Wars presentations. At the beginning of each school year, the lead officers obtain contact information for all public elementary schools across the state and send emails inquiring if the schools are interested in participating with our program. As schools express mutual interest, the lead officers act as liaisons to coordinate appropriate dates and times to meet the needs of each school's request. Once the date is set, the Tar Wars liaisons are responsible for recruiting and training medical student volunteer presenters. A ready-made PowerPoint and general script is provided to volunteers. Each presentation lasts about one hour. The Tar Wars liaisons also give presentations if available. In the rare event that there are issues with an inadequate number of medical student volunteers, Dr. , our FMIG faculty advisor, assists with recruitment of residents, practicing physicians, or medical faculty members to fill enough spots for the presentations.

This year, three FMIG members developed a research project in collaboration with a University of Hawai'i Department of Family Medicine-affiliated physician that builds on the existing Tar Wars framework. The goal of the project, titled "Smoke & Vape Free Hawai'i," is to evaluate attitudes about vaping amongst Hawai'i elementary students. To accomplish this, FMIG students will administer a pre-presentation survey, then deliver a Tar Wars intervention presentation that has been modified to reflect local subculture, followed by a post-presentation survey. Data collection is expected to begin starting fall 2024 through winter 2025, pending IRB approval. Through this project, FMIG hopes to identify risk factors for vape use as well as areas for intervention for e-cigarette and vape use amongst Hawai'i's youth, in addition to scientifically demonstrating the effectiveness of the Tar Wars program in Hawai'i.

The Tar Wars program plays a vital role in the community and Family Medicine. Family Medicine involves care of the person as a whole, which encompasses diet, exercise, and tobacco cessation as important teaching topics and preventative measures to reduce risk factors for illness. We communicate the values of Family Medicine in these presentations by instilling the practice of positive lifestyle choices and their implications for overall health. Long-term tobacco use is a widespread problem among many demographics. Just as tobacco cessation counseling is an important aspect in patient care for Family Medicine physicians, it is equally important to educate kids at an early age on the dangers of tobacco and nicotine use so that they hopefully

do not start smoking in the first place. Many kids are exposed to tobacco smoking through parents, relatives, or friends; thus, the Tar Wars program aims to empower and support them in making healthy lifestyle choices through education, knowledge, and awareness of the healthrelated consequences of their actions.

This was the second year of resumption of in-person presentations after shifting to a virtual format during the pandemic, which has significantly improved engagement amongst the students. With vaping at epidemic levels in Hawai'i (almost 1 in 3 Hawai'i high school students regularly vape) we have adapted our presentations to reflect this local issue, dedicating part of our presentations to vaping to dismantle the myth that it is a "healthier alternative" to tobacco and that it does in fact contain nicotine. The Tar Wars program initiative has consistently received positive reviews from participating schools, teachers, and students. We are proud to continue the Tar Wars program each year, adapt to current events, and maintain a strong presence in our local community and public school system.