



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

Categorical Award, Excellence in Impact

Oregon Health and Science University Family Medicine Interest Group

FMIG Operation

Our FMIG is led by medical students and supported by one family medicine (FM) faculty and administrative staff member. In 2013 we developed the FMIG Student Development Model, a theory-based approach that helps focus FMIG planning so different levels of student interest in FM are being met by intentionally focused, planned events.

The three development stages are: 1. Early Interest, 2. Developing Interest, and 3. Residency Preparation. This progression can be conceptualized as an upside triangle, with the broadest number of students participating in FMIG during the Early Interest stage. As students progress through medical school and begin to differentiate, some leave FMIG to pursue other specialty interests. The triangle narrows in the Developing Interest stage, to a smaller group of students with a deeper interest in the field of Family Medicine as a future career. Activities at this stage also focus on community building through community-service, social events and skills workshops. The final stage, Residency Preparation, is focused on those students who have a committed interest in Family Medicine and are planning on applying for a Family Medicine Residency. Activities at this stage focus on both the residency application and preparedness. We have presented this approach nationally in former years.

As mentioned above, leadership in our OHSU FMIG is student driven. Student leaders play a robust and empowered role in the day-to-day governance of our FMIG. Primary leadership is made up of two MS1s. Additional leadership roles are awarded to 4-5 MS2 and MS3 student leaders for the roles of Community Outreach Chair, Mentoring/Volunteering Chair, Advocacy and OAFP Chair and Research Forum Co-Chairs. In the 2022-2023 year, OHSU's FMIG expanded leadership roles to include upper class medical students based on feedback at the 2022 AAFP NC whereas previously OHSU's FMIG rested on leadership from all MS1s. This leadership model has been felt to be very beneficial to help maintain better touch points with each medical school class and the MS1s glean important leadership skills from their more senior peers. At the end of each year (November / December), the FMIG leadership team re-evaluates roles, replaces student leaders (as previous ones move on to different stages in medical school), and adds new ones from the incoming first year class. This process happens through an organized social mixer, where current leadership invites the student body to attend and hear about applying and participating in FMIG leadership. Then, the new leaders are chosen through an application process.

Student leaders meet with the faculty advisor and support staff monthly to plan and develop annual events and the agenda of our FMIG. Student leaders typically "specialize" in their specific leadership tasks in the FMIG. Our CoChairs (MS1s) develop and coordinate most Stage I events which include lectures like "What is Family Medicine," and "Can I Afford to Go into Family Medicine." Monthly FMIG workshops, such as suturing, circumcision, reproductive health workshops are developed and

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coordinated by the Co-Chairs or the Community Outreach and/or Volunteering leads. Our leaders share responsibility in organizing student-led panels, another major component of our lectures.

This includes talks like an "Intro to Clinicals" panel, where MS3 students discuss and answer questions about what it's like to rotate through clinicals and how to navigate and succeed when doing so. These panels and workshops are considered primarily "Stage 2" events which give current FMIG members a way to develop connections and deepen relationships with themselves and outside mentors and initiatives. Naturally, the Volunteering/Mentoring Lead manages helping create connections between medical students and FM residents and/or faculty and our Advocacy Lead drives events related to supporting policy and legislative efforts in the state. Our FMIG Research Leads own supporting students learning more about how to pursue research within Family Medicine. The combined efforts of these student leaders result in a high energy, high profile FMIG with lots of varied events for students to connect to at any given time in their journey through medical school at OHSU.

Some events, like the residency prep events which are geared towards third- and fourth-year students applying to FM residency, are led and planned out by our faculty advisor, who is able to help guide committed students through the process of applying and matching in the specialty of FM.

Goals

The mission of the OHSU Family Medicine Interest Group is to promote the specialty of Family Medicine and support and develop student interest in Family Medicine year-round.

The specific goals of the OHSU School of Medicine Family Interest Group (FMIG) are:

- To promote the value of Family Medicine as a specialty.
- To provide information to medical students about the wide range of opportunities in Family Medicine.
- To offer leadership and professional development for students who have an interest in Family Medicine.
- To offer clinical skills building workshops for students, led by Family Medicine physicians.
- To organize opportunities for students to meet Family Medicine physicians in the community and state.
- To offer opportunities for FMIG students to serve and advocate in the community
- To offer residency application guidance for students planning careers in Family Medicine.
- To celebrate students who choose Family Medicine as a career and give them a forum to find physician mentors.
- To dispel any negative myths relating to choosing a career in Family Medicine such as salary, quality of life and job satisfaction.
- To promote concepts of Diversity, Equity and Inclusion in Family Medicine and decrease structural racism.

Faculty Advisor

One faculty member and one support staff work with student leaders continually throughout the year to support these varied efforts of our FMIG.

FMIG Support Lead, Medical Student Education, works closely with our FMIG leaders on organizing interest and generating events, such as initial social events for upcoming students, skills workshops and lectures with FM faculty. She provides instrumental institutional knowledge as she has supported FMIG for years and this can help spawn new ideas and rebuild connections with prior students, residents and/or faculty. She also helps organize the logistics, catering and any communications necessary for each event to run smoothly and efficiently.

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FMIG faculty advisor, provides overall guidance to FMIG regarding the yearly planned events and spearheads the Stage 3 Residency Preparation events. Dr. works with students throughout their four years of their medical education with a primary focus on two different groups of students. The first group are students who are undecided about specialty choice but strongly considering Family Medicine. She helps them gain experiences within Family Medicine so they can make the most informed decisions possible. The second group is targeted to helping foster students already interested in Family Medicine and ensuring they're getting excellent advising and mentorship. Students who have chosen to apply to Family Medicine are supported through advisor placements and previously mentioned workshops on the residency application process. These efforts create a sense of community among FMIG students, giving them a "home" to explore and develop their interest in Family Medicine.

Dr. leads all programming in the third and fourth year that are related to residency selection, application and preparedness. She also works with students in the development of leadership skills, early contact with faculty mentors and peer-to-peer communication forums. Her efforts are intended to take an early interest in Family Medicine and develop that into a desire to pursue the specialty as a career choice.

Programs

Early and Meaningful Exposure to Faculty and the Clinical Practice of Family Medicine

This category encompasses some of our FMIGs most popular Stage 1 events which are led by our MS1s. Most of these events are ones OHSU's FMIG has done year after year (eg. What is FM? Can I Afford Primary Care), however, our new leads this year are planning for a new cross collaboration with the Pediatrics and Internal Medicine Interest Groups to help demystify the primary care specialties. While some of the workshops and lectures are more "regular," the leads coordinate with speakers, organize communications and set up sign up lists and spend collectively around 25 hours supporting each of the events.

Skills workshops are attended by an average of 15 students and lectures are attended by 20-25 students (sometimes more when virtual option is present). Our talks have not been evaluated by surveys, though FMIG leads continue to receive resoundingly positive comments after events.

Changes / Improvements: This year, our "Can I Afford Family Medicine" will plan to have a panel of 3 physicians -- one in private practice, one in academic medicine and one in public health. We plan to have a diverse panel representing different backgrounds of gender. Also this year, we have a NEW talk on Lifestyle Medicine and we plan to hold a NEW panel highlighting the differences of Primary Care specialties in the Fall.

Residency Preparedness and Career Advising

Residency Preparedness and Career Advising has been a constant thread of OHSU's FMIG events and supports students who are starting to discern Family Medicine as a potential specialty. These events are led by Dr., FMIG faculty advisor and Residency Specialty Advisor at OHSU. Dr. Skog also collaborates with many other faculty at OHSU who hold medical student support roles and are familiar with the residency application process. , FMIG admin support, is instrumental in sending communications about events. About 10-20 students attend each event, greater attendance for live events. While lower numbers attend virtually, we receive feedback from students that watch the recordings later and thus know that our outreach is greater.

These events are often evaluated through a school of medicine survey which asks two questions: 1) I found this session helpful and 2) I would recommend this event to others. Our events almost always receive the highest response for "Strongly Agree", with a rare few for Agree (5-point likert scale).

Changes/ Improvements: OHSU's FMIG added two new talks last year (ERAS 101 v2 and How to Pick a FM program) and no new talks are planned this year. We plan to continue to improve by having diverse panels and FM faculty with different expertise to support.

Increasing Community Outreach and Volunteering in Portland area

Since the pandemic, OHSU's FMIG has been working to gain back its strong community and volunteering presence. This year feels particularly promising with two energetic leads for Community and Volunteer / Mentoring, respectively.

The Ida B. Wells Health Occupations day was coordinated between our Community FMIG lead and an FM doctor in the community with connections to the high school. Our FMIG lead arranged volunteers (5) and led the event. My faculty support reported that the high school students (~40) were incredibly engaged.

NEW: This same FMIG lead is also working to spread more events like this in the state of Oregon. While we always love to support local, our FMIG is well aware that much of the state of Oregon is quite rural and rural communities are lacking connections to learning about health occupations. We are hopeful these events can get kicked off this year and then become a regular part of our programming.

In terms of the above mentioned volunteer events, our Volunteer/ Mentoring lead helped coordinate with the Sports Med groups and arrange volunteers (and back ups if needed). 10 students volunteered at the Shamrock run and we expect a similar turnout for the Marathon. This lead is also in conversation with the Dermatology IG to help spearhead an inaugural event, likely together at the Health Equity Fair.

Fostering and Connecting Students to Research Initiatives in Family Medicine

As previously mentioned, our FMIG created an off-shoot group entitled the Family Medicine Research Forum (FMRF) in 2022 due to growing interest in primary care research. This group helps support medical students who want to learn more about research in Family Medicine and Primary Care. As with FMIG, this off-shoot is student led and works in close collaboration with our Family Medicine Department Chair who has a strong desire to foster and develop interest in this kind of research. We have two FMRF Co-Leads who support this group.

The first event this year was centered around graduating MS4s doing family medicine and primary care research. This was a great event to see in its second year with 10+ students sharing their work among peers and students.

This year, the FMIG leads are in greater communication with the OHSU SOM Research Coordinator to help make sure the above listed events will be helpful and well attended.

Improvements to this year include a future collaboration / meeting with the OHSU FM residents (who also do scholarly work) to help glean research ideas. Then, the research leads are planning on creating a database to help best coordinate projects. This is in a nascent stage but should be in place by Summer. Mentorship within Family Medicine

Supporting Diversity, Equity and Inclusion in Family Medicine

As people in the Family Medicine field know, family docs are frequently community physicians who help fill gaps in healthcare all across the nation. Family docs are frequently the physicians taking care of marginalized communities and thus supporting DEI efforts.

These three events are another way OHSU's FMIG is trying to promote concepts of Diversity, Equity and Inclusion in Family Medicine and decrease structural racism. The movie night was attended by 4 OHSU medical students and 2 FM faculty (though many more Providence family physicians were present). The latter two events will likely be evening events and hope to draw around 20 students for each. Based on how each event goes, we will plan to build upon future events next year.

Mentorship within Family Medicine

Mentorship of students with potential interest in Family Medicine is cornerstone to our FMIG. Our Faculty Advising Program is well organized and has been for many years. Faculty advisors are most often able to help connect students with different faculty that may match their interests.

Last year we had hoped to more concretely launch a Family Medicine Resident and Student volunteer program and connection list. However, due to schedule logistics with the key organizing FM resident, progress on this initiative was stalled. Our hope for 2024 is still to build a stronger mentorship program among residents and medical students and ultimately a longitudinal database of potential FM advisors. We continue to aim to support efforts of diversity, equity and inclusion by being sure to include students and residents of all backgrounds and if students identify as coming from a marginalized or less represented demographic, we would aim to support that student with an appropriate mentor.

Developing and Fostering Advocacy Efforts in Family Medicine

Due to a growing interest in supporting advocacy efforts in Family Medicine from medical students, the OHSU FMIG created an additional leadership position - the Advocacy and OAFP Liaison.

Generally this role will have the most activity on years when the Oregon legislature is in session. 2024 is an off-year for the OR legislature and thus OAFP did not hold its traditional advocacy day.

Nevertheless, our Advocacy lead helped keep the interest in policy alive by advertising the two aforementioned events and plans to have a presence at the AAFP National Conference with resolution writing.

Leadership Opportunities for Medical Students

While the heart of student leadership of OHSU's FMIG is to share information about the field of Family Medicine, inherent in this role is a unique leadership opportunity. We very much try to support our FMIG leads (primary participants in above mentioned events) to own as much of the FMIG processes as possible. Additionally there are some unique added experiences as noted above. We hope these events are not only functional but serve as a great building block for medical student development and add a boost to their CV.