



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

### *Categorical Award, Excellence in Innovation*

Donald and Barbara Zucker School of Medicine at Hofstra/Northwell

#### **FMIG Operation**

We typically have two co-chairs, comprising either an MS3/MS4 and MS1/MS2 so that we have a balanced board that can work together to enhance the quality of the club, as well as facilitate their own networking. We also have a faculty advisor to whom we pitch ideas and with whom we work to gauge the practicality of events. In this way, we work with the family medicine department to ultimately host new, innovative, and engaging meetings. Ultimately, student leaders plan events, coordinate with both the school of medicine and faculty advisor to plan specifics, and brainstorm events to increase knowledge and interest in family medicine within our student body. Student leaders increase exposure to family medicine as an amazing discipline and career. We listen to feedback from our students to plan our events as well to increase membership attendance and retention. We also have roles promoting events through the school, emails, social media, etc. Lastly, we sometimes coordinate with other clubs to co-host events.

#### **Goals**

The FMIG mission and goals are in alignment with that of the AAFP. We aim to improve the health and quality of life for the people and communities we serve. We strive towards providing world-class service and patient centered care by creating avenues to increase the pipeline of family medicine physicians through education and exposure to the specialty by significant numbers of students to family medicine and the opportunities it provides as a career. We appreciate the unique role of family medicine practitioners, who focus on holistically treating the whole individual rather than just specific ailments. Additionally, we emphasize building long-lasting patient-physician relationships and addressing diverse health needs. We are enthusiastic about fostering an environment where members can engage with like-minded individuals and mentors in the field who share a passion for family medicine. Our aim is to increase the knowledge and perceived utility of family medicine as a discipline, and increase community engagement in preventive, longitudinal, and patient-centered medicine.

#### **Faculty Advisor**

The faculty participates in the various aspects of the FMIG in several ways in alignment with the recommendations of the AAFP by:-helping students frame the primary mission of the FMIG-supporting students interested in family medicine and help enhance awareness, education and promotion of family medicine at the institution-suggesting new and topical idea based on the individual exposure to clinical practice and trends in family medicine-serving as the liaison between the department of family medicine

and the students-encouraging leaders to contact partners in organizing FMIG activities-helping students develop leadership skills-remaining accessible to the students

## **Categorical Programs**

### Introduction to Integrative Medicine

The ultimate goal of healthcare is to enhance the quality of care and life for patients. Novel methods, such as integrative medicine, are emerging to address the gaps in care that exist for different patient populations. As the country that invests the most in healthcare, our outcomes are not proportionate to that investment. The interest and practicality of incorporating integrative medicine to practice has recently heightened as seen in the development of novel integrative medicine fellowships across the nation, along with an increase in integrative medicine research. Thus, our FMIG has organized an event titled “Introduction to Integrative Medicine” – a panel with physicians who practice integrative medicine to bring our medical students to the forefront of what we believe to be the future of primary care. Specifically, our event hosts a family physician from California, Dr., who specializes in educating medical students, colleagues, and patients about the field. This captivates a new audience in family medicine, and increases the interest of those who already want to go into the field, with the aim of expanding the knowledge, scope, and potential of the field. Integrative medicine aims to blend evidence-based conventional medicine with evidence-based integrative modalities to optimize patient care. At its core, we aim to cultivate a comprehensive understanding of patient health by incorporating diverse therapeutic approaches that complement conventional medical practices, like acupuncture, chelation therapy, yoga, etc. The idea was generated through the recognition by our student leaders and faculty that conventional medicine alone is not sufficient to address the complexity of the determinants of a patient’s health, as well as the desire to not only treat the patient but address their needs as an individual – and this notion is supported by novel research conducted by our student leaders. We are inspired by the emerging research and growing patient interest in integrative approaches to inspire and educate our peers. As future family medicine physicians, we have a responsibility to not only promote the utility of family medicine, but also explore avenues for the field to grow. Novel fields like integrative medicine are the future of medicine, as evidenced by both physician and patient interest. We have a responsibility to educate students and doctors on novel fields like this to demonstrate a commitment to lifelong learning, patient-centered longitudinal care, and holistic care that improves the quality of life for our patients. This online webinar is an introduction into what integrative medicine is, the pathway into it, and what we can expect from the field in the coming years. It’s also a Q&A session for students. The event itself has welcomed a wide array of interest by our student body, and we anticipate high student engagement since integrative medicine has implications in more fields than just family medicine. We will provide a survey to our student body after the event to receive their feedback on the event. Our goal is to ultimately host a live workshop that gives students the opportunity to practice some integrative medicine techniques. All in all, our integrative medicine program highlights a novel effort to redefine one of the many futures of family medicine to bring its practice to the next echelon of excellence. Lastly, we’ve organized the whole event, reached out to Dr., helped Dr. brainstorm the format of the presentation and suggested topics to hit within the field (along with topics he deems worthy of introducing to the student body), planned the date with the school, assessed student interest in the event, created the survey to be given out after the event to assess the utility of the event, and promoted the event via student council and social media.