



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

Categorical Award, Excellence in Programming

University of Minnesota-Duluth Campus Family Medicine Interest Group

FMIG Operation

The FMIG board consists of five student leaders: a president, vice president, treasurer, secretary, and social media manager. The president role is responsible for serving as a main contact point for community partners, lead liaison between student groups, and submitting formal documentation such as the PoE application. The vice president is responsible for serving as the AAFP Student Membership Ambassador, as well as creating and facilitating events that align with the goals of FMIG. The treasurer is responsible for maintaining purchasing card documentation and serving as the primary steward of the chapter's financial assets. The secretary is responsible for taking meeting notes, communicating with chapter members, and reserving spaces for events. Finally, the marketing and social media manager is responsible for creating and developing content for the chapter social media accounts, as well as connecting virtually with those interested in the chapter.

Additionally, based off of availability and interest, one board member must attend an annual Minnesota Academy of Family Physicians (MAFP) House of Delegates legislative meeting as well as participating in the MAFP Board of Directors Student Leadership.

Goals

The University of Minnesota Duluth FMIG chapter's mission is strongly aligned to the campus mission - to enable students in exploring and finding value in family medicine, with an specific focus on rural medicine. By doing so, we hope to inspire medical students to pursue family medicine, a specialty that serves as the backbone of Minnesota's healthcare system. Our goals include hosting presenters and panelists for speaking and discussion events, volunteer within the university and greater Duluth community, partner with other student interest groups, and gain clinical skills through teaching events with local physicians. We hope that through these goals, a collaborative space is created for interaction, education, and personal and professional development in family medicine.

Faculty Advisor

Dr. and staff serve as faculty advisor and staff support, respectively, for the chapter. While the board carries out many day-to-day tasks, Dr. and staff person serve as a strong resource of knowledge due to their many years of serving in their positions. Specifically, staff support works closely with the treasurer to ensure purchasing for events is successful and various documentation is completed. If a board member requires assistance for any reason, these two figures are ready and enthusiastic to help.

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Programs

FMIG OMT Workshop with Duluth Family Medicine Residency Program

The Duluth Family Medicine Residency program hosted 14 medical students to teach them basic principles and skills for osteopathic manipulation treatments. This event focused on building on our relationship with the FM residency program as well as offering more students the opportunity to learn OMT after very high demand for this event held earlier in the year. Overall, our students really enjoyed this event and are very interested in continuing it in the future as some are interested in including it in their future practice by seeking extra training. It was also a good way to network with local residents and learn more about family medicine.

FMIG Greenhouse Event

Wellbeing of Medical Students through social interaction, community, and stress-relieving activity

Students were able to sign up and come to the UMD Greenhouse. Students were then given a tour of the greenhouse, educated on plants and types, and then allowed to pick out a pot and some cuttings and pot their new plant. During this time, first and second year students were able to mingle with each other and talk about the field of family medicine, third year clinical rotation options and about family medicine residency programs. We also talked more about what the students would like to see our FMIG chapter put on for events. In addition, it was a great stress relief event for members.

Summer Events:

Gifts for Preceptors

FMIG purchased materials for students to assemble gift baskets to give to their preceptors as a token of their gratitude for their respective local clinical and RMSP experiences.

Students were able to attend a gift basket making event for their local Duluth preceptors. During the year, MS1s are able to shadow within Duluth clinics for seven half-days with a family medicine preceptor. Additionally, the Rural Medicine Scholars Program (RMSP) provides students with the opportunity to spend nine weeks throughout the academic calendar with a family medicine preceptor within the state of Minnesota.

These events receive positive feedback as many students are unable to financially afford a more substantial gift of their own. Additionally, these gifts strengthen the relationships between students and preceptors and their opinions of FMIG and family medicine as a whole.

FMIG Study/Resource Night

Promoting Academic Success

FMIG hosted a Study Night for our first year students to come and meet other Family Medicine specialty-interested students while also learning more about how to study for medical school and third part resources available for Step 1 Board prep. Students were able to go to stations at their leisure while visiting with students and receiving demonstrations on Anki/AnKing, Boards and Beyond, Pixorize, Sketchy, Pathoma, FirstAid, Kaplan, Amboss, and Osmosis. There was also a station for anyone who wanted to talk with a MS2 1:1 about specific questions they

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had. Overall, this event was a huge success that had positive feedback and will be one that we host yearly.

FMIG Medical Student Panel for Pre-Medicine Club at UMD and CSS

Eight medical students volunteered their time to talk with pre-medical students in the Duluth community. While answering questions about preparing, applying, and attending medical school, we also discussed the specialty of Family Medicine and our University's Mission to educate students in rural primary care and Native American health. We host this event each year and receive very positive feedback from the pre-medical students. The attendance of premedical students averages between 55-65 students between the two local colleges.

Essentia New Hospital Tours

A tour of Essentia Health's brand new, state-of-the-art hospital in Duluth was a very exciting and praised event. The hospital CEO, as well as many specialists and family medicine physicians hosted multiple tour groups to see the new facility and discuss future clinical rotation, residency, and employment opportunities. Due to curriculum scheduling conflicts, a majority of the attendees were second-year students. However, a future tour date is in the works for the current MS1 class and 2024 incoming MS1 class. This will be a recurring event due to the popularity of the event and interest in local healthcare.

Guest speaker - Dr.

FMIG partnered with another student interest group, Disabilities Awareness and Advocacy Group (DAAG), in hosting Dr. (PM & R physician) to discuss how family physicians can advocate for patients with physical and mental disabilities. She also spoke on what professional relationships look like between family physicians and specialists. Additionally, she invited us to get involved with local organizations to practice advocacy and positive interactions with disabled communities. A free meal was also funded by FMIG, which many students were grateful and excited for.

Dr. Drug School

FMIG invited Dr. , an ER Physician at St. Luke's Hospital, to give a presentation on street drugs in the Duluth area, the drug crisis, and our role as future FM physicians in this field. Dr. is very passionate about this subject and has extensive experience in this area as he also works at the Center for Alcohol and Drug Treatment in Duluth.

Family Medicine Panel

FMIG invited four rural Minnesota family physicians to talk about their journeys to medical school, what their practice looks like, tips on residency applications, contract negotiations, and work-life balance. This is a recurring event as many students attend and enjoy participating during the Q/A session. It is beneficial to have panelists discuss these aspects of family medicine as MS1 students are gaining exposure to different medical specialties and MS2 students are beginning their applications to different clinical lanes and internships. a more formal research mentorship program, similar to current Mentoring efforts.