



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

*Categorical Award, Excellence in Promoting the Value of Family Medicine as Primary Care*

Frank H. Netter MD School of Medicine

### **FMIG Operation**

The FMIG E-board at Quinnipiac consists of a five-member team of first- and second-year medical students. Through monthly check-ins as an organization, we are constantly communicating about planning events, AAFP/state chapter news, and any other support that may be needed through the interest group. Additionally, with the executive board consisting of both first and second years, we have frequent input on ideas from students across both pre-clinical years and can achieve a broader outreach to incentivize more students to join as the year progresses. The current first years on the executive board also have the opportunity to establish continuity on the executive board if they choose to run again for a position and thus reinforce the development of the FMIG interest group. Lastly, Quinnipiac's FMIG involvement in the Primary Care Leadership Collaborative (PCLC) is composed of second, third, and fourth-year medical students who were previously or are current FMIG executive board members. Below are summaries for each of the roles:

#### President:

- Supervises the various events throughout the school year
- Assign project tasks to different executive board members
- Coordinate and lead the executive board meetings
- Serves as the Medical Student Representative for the Connecticut Academy of Family Physicians (CAFP)

#### Vice-President:

- Assume the President's responsibilities in their absence
- Maintain accurate records of the meeting in the case of the Secretary's absence during an executive board meeting

#### Treasurer:

- Keeps an accurate account of all FMIG-related funds
- Communicate with the Office of Student Affairs about approving and facilitating reimbursements for FMIG events

#### Secretary:

- Sends emails to FMIG members about events, AAFP news, as well as other family medicine-related opportunities
- Tracks executive board meeting minutes

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-Maintain an accurate list of members and contact information

M1 Liaison:

-Design flyers for upcoming events

-Maintains frequent communication with the first-year students to gain feedback about current and future events

-Assists in special projects and events, as needed.

## Goals

The purpose of the Quinnipiac Family Medicine Interest Group (FMIG) is to serve as a space for students who are interested in learning more about family medicine.

Goals:

1. Showcase the diversity within the field of family medicine by hearing from current FM residents, attendings, and/or faculty.

2. Increase exposure to family medicine-related opportunities, including scholarships, programs, and conferences.

3. Offer the opportunity for students to improve the wide range of clinical skills and procedures critical to family physicians.

4. Encourage collaboration with other student organizations to promote family medicine-related principles such as the value of primary care.

5. Build relationships with community-based organizations.

## Faculty Advisor

Our FMIG advisors play a vital role in supporting our organization during the year. Throughout the academic year, the executive board meets with our faculty advisors to discuss event ideas, mentorship as well as financial resources. All three faculty advisors are also active members of the Connecticut Academy of Family Physicians and attend the monthly meetings with the FMIG President, assisting in advocating for the family medicine interest group. More specific assistance is stated below:

Dr. (Family Medicine Clerkship Director/ CAFPP President), helped connect the FMIG E-board with other physicians who would be interested in speaking or facilitating procedure workshops. He also helped coordinate the implementation of the Primary Care Leadership Collaborative Project (PCLC) into the third-year curriculum in the medical school. Lastly, as the president of the CAFPP he served as a great advisor for up-to-date information about scholarships or specific conferences he recommended people to apply to.

Dr. Howard Selinger (Chair of the Department of Family Medicine), plays a vital role in coordinating funds for interested students to attend the AAFP National Conference. He also participated in one of our physician panels this year.

Dr. (Rural FM Residency Program Director), specifically helped with educating the Netter FMIG on the school's rural family medicine program.

## Programs

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Promoting the value of family medicine as primary care: This is something your FMIG/SAACOF does to tell members about the role of family medicine in enhancing primary care. This could include the patient-centered medical home, primary care workforce, National Primary Care Week Activities, or other collaborations with Primary care interest groups

Fostering Community Health: Skill Development and Partnership with Local Experts

This series of events was led by FMIG executive board members with the focus on learning more about our local community partners and how we as healthcare professionals can further improve the health of our community.

a.) Food Pantry Volunteering Event:

This event took place at the beginning of the academic year and served as an opportunity for students to get involved in our local community. We shared that FMIG members had volunteered previously, thus it was a great chance to continue building upon the relationships established by those in the past as well as build connections with other medical students who were already involved. Once at the food pantry, the staff shared the story behind the organization and logistics of their day-to-day operations, and they spoke about the direct impact of what we were doing that day with the local community. We plan to continue to hold similar events in the future to demonstrate the significance of gaining knowledge and learning from community members who are already established where you are located.

b.)Addiction Medicine Conference:

The conference was a partnership with the Addiction Medicine Interest Group (AMIG) and consisted of a five-hour session focused on the field of Addiction Medicine. Funding for this event was through a seed grant that supports EID initiatives with contributions from both AMIG and FMIG e-board members. The goal of the event was to emphasize how all specialties can play a role in supporting patients with substance use disorder. The first session involved lunch and the keynote speaker, Dr. Kathryn Hawk, an Emergency Medicine Physician and Addiction Medicine specialist. Next, we proceeded with learning more about Motivational Interviewing from Marilyn Finkelstein, LCSW, and then there was a panel consisting of local community providers who work with those with substance use disorder. The last portion of the session involved an ethics panel in collaboration with the law school at our university as well as a session on how to administer Narcan. At the end of the conference, a Narcan kit was provided to all of those who attended. All students and faculty at the medical school were invited to attend the event. Overall the event was attended by a large group of students and there are plans to continue conducting this event in the future based on the positive feedback received from those who attended.

c.)Office-Based Substance Use Disorder Third Year Curriculum Session (Primary Care Leadership Collaborative):

This event is part of the FMIG's involvement in the Primary Care Leadership Collaborative (PCLC). The objective of the session was to provide students with an opportunity to practice addiction treatment in a primary care context via Screening, Brief Intervention, and Referral to

Treatment (SBIRT). Last year this event was conducted in an interprofessional education setting and it has now been integrated into the third-year clerkship curriculum. The event takes place twice during the year, and the third-year class must attend one session. Progression from an interprofessional event to the third-year curriculum was completed through FMIG executive board meetings with administration discussing the positive feedback received from the initial session as well as reviewing how the objectives of this session served the goals of the clerkship curriculum. The session continues to be a multidisciplinary collaboration between the School of Social Work, the School of Medicine, and the School of Nursing. It is a three-hour session, consisting of a didactic PowerPoint session by, APRN, an interactive discussion based on a demonstrative SBIRT video led by us, a panel with, LCSW, and , DNP, about their work at a local Substance Use Disorder treatment facility, and a small group case-based motivational interviewing practice session designed by us. Pre and post-surveys were implemented to provide the administration with ongoing feedback about the event. The initial results revealed a strong positive attitude about the session, similar to the interprofessional event, as well as enhanced knowledge about the SBIRT model. The plan is to continue having this session be a part of the third-year curriculum.

### A Spectrum of Experience: Perspectives Across Generations of Family Medicine

These four events were centered around gaining insights from those who are a part of the Family Medicine community across different stages in their career. Topics discussed included: choosing a specialty, family medicine residency, as well as a day in the life of a family medicine attending.

#### a.)Welcome to FMIG!:

At the outset of the academic year, our FMIG hosted a Welcome Meeting for both new and returning members of the group. This introductory session was important for offering a medical student perspective on pursuing a career in family medicine. The meeting served as an essential orientation to the principles of family medicine, emphasizing its role in providing comprehensive care across the lifespan and its focus on preventive medicine. During this meeting, our Executive Board members shared their diverse motivations for pursuing primary care, backed by their respective research endeavors and extracurricular activities.

#### b.)Exploring Rural Family Medicine Residency:

The second discussion focused on rural family medicine, and it featured Dr. Traci MarquisEydman, the program director of Quinnipiac University's Rural Family Medicine Residency program. Dr. began by passionately advocating for family medicine, explaining the broad scope of practice and the joys of being a primary care physician. She then spoke about rural family medicine and the structure of the residency program. Dr. discussion was especially impactful in that appealed to a broad audience, including students who are currently undecided about a specialty, as well as students who are already committed to a career in primary care and starting to explore different residency programs related to their interests.

#### c.)Family Medicine Alumni Panel (Perspectives from Recently Graduated Attendings):

MD '20 and, MD '20 are Frank H. Netter MD School of Medicine alumni and practicing family physicians. They will provide valuable information about their medical school experiences that inspired them to pursue family medicine, residency applications, and their current and future interests in family medicine. As recent Quinnipiac graduates who successfully couples matched, they have unique perspectives on navigating medical school and residency applications that are very relevant to our family medicine interest

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group.

#### d.)Voices in Family Medicine: Insights from Seasoned Practitioners

Early in the year, we hosted a panel featuring 3 family medicine attendings:

These physicians shared their personal motivations for choosing family medicine, as well as how their careers have evolved over the years. This was followed by time for students to ask questions of the panelists. Their perspectives were helpful to our FMIG members because they highlighted the diversity of career paths available within the field, while also expressing a shared theme regarding commitment to community-centered care and the value of building lasting patient relationships.

#### Hands-On Practice: Mastering Procedures in Family Medicine

Both workshops took place at Middlesex Hospital and were taught by the current residents in their Family Medicine program. A highlight of both events was the opportunity to collaborate with the residents. Their enthusiasm for teaching and dedication to family medicine was inspiring for our FMIG members, reinforcing our commitment to the field and providing exciting new mentorship opportunities. Additionally, with weekly clinical experiences during the first two years, these procedure workshops also served as an additional chance for interested medical students to continue enhancing their skills.

a.)QU Procedure night #1 (Reproductive Health): This first workshop focused on the importance of offering women's health services as part of their primary care. The Middlesex residents demonstrated the procedures such as endometrial biopsies and IUD insertions, followed by hands-on practice sessions using models. This event helped broaden our students' understanding of family medicine's scope of practice and introduced us to new procedural skills.

b.)QU procedure night #2 (Skin Care/Biopsies): The second workshop focused on the importance of skin checks in primary care. Following a discussion about the importance of the skin exam, students had the opportunity to learn and practice skin biopsy procedures under the guidance of the Middlesex residents. Again, this workshop not only provided practical skills training for a new procedure but also offered insight into the variety of procedures that can be performed in a primary care setting.