



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

### *Overall Award*

### *Keck School of Medicine of University of Southern California*

### **FMIG Operation**

#### **KECK FMIG OPERATIONAL OVERVIEW**

The Keck Family Medicine Interest Group (Keck FMIG) is a student-run organization at the Keck School of Medicine (KSOM) of the University of Southern California (USC). Keck FMIG is part of the AAFP and the California Academy of Family Physician (CAFP) networks. At USC, Keck FMIG is also a recognized student organization under both Associated Students of the School of Medicine (ASSM), Graduate Student Government (GSG), and is registered with the USC Campus Activities Office on the main University Park Campus. Our programming is funded by AAFP, CAFP, ASSM and GSG, and our annual allotted budget is about \$4150.

In addition to collaborating with our Department of Family Medicine and the USC-KSOM Family Medicine Residency Program, our organization works closely with family physicians and resident physicians in the greater Los Angeles area including but not limited to Kaiser Permanente, Keck Ho Hospital of USC and Long Beach Memoria. We also collaborate with other primary care-related student organizations through the Keck Primary Care Coalition, such as the Pediatrics Interest Group, Medicine-Pediatrics Interest Group, Obstetrics and Gynecology Interest Group, and the Geriatric Interest Group. Keck FMIG interface with the Keck Career Advising Office, the Keck SOM Office of Admissions, and the 3rd Year Family Medicine Clerkship Office as well.

#### **MEMBERSHIP (RECRUITMENT & RETENTION)**

Any medical student at KSOM with an interest in Family Medicine can become a member of Keck FMIG. Email is the main medium by which Keck FMIG correspond with its members, and we maintain updated information both through our class Discord channel and weekly newsletters. Most students sign up at or soon after the annual Student Life Fair in August and additional students join throughout the year by signing up at Keck FMIG events. All medical students are encouraged to sign up for a free AAFP and CAFP membership so that they have access to free conferences, scholarships, fellowships, journals, newsletters, and flyers. In 2022-2023, no first-year or second-year medical students asked to be removed from our listserv.

#### **STUDENT LEADERSHIP**

Each year, in late September/early October, all first-year students are invited to apply for Keck FMIG leadership positions. Students are asked to answer a few questions about why they are interested in Family Medicine and why they want to be a leader in FMIG. The new leadership is chosen by the outgoing officers and the Keck FMIG Advisor, and an effort is made to match a candidate's interest, experience, and strengths to the available positions. In-person

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interviews are held if there is more interest than positions available. New leaders are trained by their counterparts from the previous year in order to ensure that all relevant information gets passed on in an organized manner.

This year, the Keck FMIG board consisted of two co-presidents to handle administrative and financial duties, as well as plan lunch talks and workshops.

Our new board members for the FMIG 2023-2024 year are:

Co-Presidents: , both MS1

Primary Care Coalition Chair: , MS1

Community Outreach Chair: , MS1

Mentorship Chair: MS1

Cuddle Club and Ready, Set, Fit Chair: Izzy Bent, MS1

A leadership transition meeting was held on 10/23/2023 to prepare the new leadership team to take over. Communication between the leaders is conducted primarily over email, through Zoom, in-person, and with quarterly board meetings. Our leadership team has changed to a new transitions system as our medical school has converted to a pre clerkship, clerkship, post clerkship system so that leadership transition happens in November, instead of summer/May.

## Goals

### MISSION STATEMENT

The Keck FMIG strives to promote the values and philosophy of Family Medicine to students and the greater campus community at KSOM. Additionally, we are committed to addressing issues pertaining to primary care, patient advocacy, health systems delivery, and psychosocial medicine. Throughout the year, Keck FMIG organizes a variety of programs with an emphasis on education about the breadth and depth of Family Medicine through mentorship and shadowing with Family Medicine doctors, community service projects, career and residency advising, and networking opportunities.

### ORGANIZATION GOALS

1. Increase student membership in the Keck FMIG / CAFP / AAFP.
2. Increase FMIG presence on campus as a respected and active student organization.
3. Provide hands-on procedural workshops and service programs for first and second year students to participate in that are related to health education and procedures typical of a family physician.
4. Provide an informative lecture series about the field of Family Medicine and primary care.
5. Serve as a contact for third and fourth year students who are interested in applying to Family Medicine residency programs.
6. Help students interested in primary care to develop their leadership skills while in medical school.
7. Continue to grow the Family Medicine Mentorship and Shadowing Program to expose first and second year students to community based family medicine mentors and shadowing opportunities.
8. Increase student interest in Family Medicine as a specialty/career choice and ultimately increase the number of fourth year students who match into Family Medicine.
9. Increase collaboration with other primary care student interest groups, other health professional students, campus departments, and inter-professional student programs.
10. Raise awareness about non-USC Family Medicine opportunities including fellowships, International Medicine opportunities, community-based research, scholarships, advocacy opportunities at the state Sacramento annual lobbying day, and leadership opportunities.

## Faculty Advisor

Professor of Family Medicine at USC, has served as our advisor for the last 13 years. She joined KSOM in 2007 and continues to see patients at a clinical family practice in inner-city Los Angeles. is fluent in Spanish, has completed a fellowship in obstetrics and has a Masters of Public Health. She is Vice Chair of Education for the Family Medicine department and Director of the Keck School of Medicine Primary Care Initiative, which directs a KSOM primary care clinical track and provides the primary care interface between the university, community and medical school. She is a track mentor for third year students. At KSOM she is a prominent and respected family physician with a passion for serving the underserved and vulnerable populations. She was awarded the 2023 AAFP Innovative Program Award for Education Excellence as well as the prestigious Mellon Mentoring Award for Graduate Mentoring. She also enjoys exploring the humanistic aspects of medicine through her writing and clinical work.

As the Keck FMIG Advisor, her main role is to serve as a resource for the student leaders, interface with AAFP /CAFP, and advocate for the organization to the Keck administration. assists with Keck FMIG programming, attends many of the leadership and noon lecture meetings, ensures continuity of leadership each year, spearheads the Primary Care Coalition which brings together primary care student interest groups to promote interest in primary care, and organizes a primary care lunch talk series, service opportunities, and two large events each year.

She is also active in family medicine leadership, maintaining a network of community-based Family Medicine doctors in Los Angeles, in California, and at the national level through Society of Teachers of Family Medicine (STFM) and AAFP. This leadership and networking sustains mentoring and leadership, primary care based community research, leadership opportunities, and national and regional conference attendance for our medical students.

## Programs

FMIG & Primary Care Coalition Lunch Talks  
FMIG LUNCH TALKS

FMIG and Primary Care Coalition Lunch Talks  
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FMIG lunch talk ideas are generated by the entire FMIG board and planned by the copresidents with the help of the faculty advisor. These talks are designed with the goal of exposing students to different areas of family medicine and piquing their interest in the specialty.

Primary Care Coalition (PCC) talks are planned by primary care student interest group board members, including FMIG, and the Primary Care Initiative spearheads, Dr. Jo-Marie Reilly and Dr. Isabel Edge. These lunch talks address diverse issues and topics in primary care and provide students with a starting point to become leaders and advocates in their fields.

Primary Care Leadership Conference

The planning committee consisted of FMIG, other members of Keck's Primary Care Coalition, and students interested in primary care and mental health. The mental health focus of the conference was selected by the planning committee because of the growing discussion

regarding physician burnout and increasing importance of mental health care.

Some FMIG members were involved in the planning of this leadership conference and many also participated in this year's primary care leadership conference which focused on Primary Care Physicians and a diverse array of healthcare professionals sharing and discussing their experiences in providing mental health care, along with interactive breakout sessions focusing on Narrative Medicine, Provider Wellness, Integrated Behavioral Health and Preventive Behavioral Health.

The conference was held at Keck SOM with keynote panel consisting of 5 Speakers: Residency Program Behavioral Health Faculty Family Medicine, Keck School of Medicine of USC and PT. The conference was held at Keck with keynote speaker, and associate professor at Suzanne Dworak-Peck School of Social Work at USC.

The presentation focused on explaining the importance of interprofessional training and of having an interdisciplinary health team to help patients receive quality care. Participants also went into groups and dissected a case study together on how each profession can be involved to help the patient. This conference was open to all students interested in primary care leadership and how different disciplines can work together in patient care.

The first session, led by Dr., focused on Integrative and Preventive Behavioral Health Case Studies. Here, participants explored the practical application of integrative and preventive health practices within the context of primary care. Through case studies and discussions, attendees learned how these approaches can positively impact patient outcomes and overall well-being.

In the Narrative Medicine Workshop, facilitated by, the focus shifts to the power of storytelling and reflection in clinical practice. Acknowledging both the beauty and challenges inherent in healthcare, participants engaged in exercises designed to harness the therapeutic potential of narratives. By sharing and reflecting on their experiences, attendees discovered new avenues for personal restoration and healing in their professional roles.

Finally, Dr., leads the Mindfulness and Movement for Self-Care Workshop. In this session, participants were introduced to practical tools for implementing self-care practices in their daily lives. Through techniques such as Qigong, breathwork, and meditation, attendees learn how to cultivate mindfulness and movement as integral components of their well-being routines. By the end of the workshop, participants emerged equipped with tangible strategies to promote self-care and resilience in their personal and professional lives.

This conference was open to all students interested in primary care and mental health.

Student Procedural Development & Outreach: Workshops and Health Fairs

T'ENA HEALTH FAIR - 9/16 from 11 am- 2 pm

FMIG hosted a successful health fair at South LA Cafe, where attendees received blood glucose checks, blood pressure monitoring, and health education from both medical and pharmacy student volunteers. The event also facilitated connections to local healthcare resources, fostering community empowerment and wellness awareness.

DIABETIC FOOT CHECK AND VISION SCREENING WORKSHOP - 10/11/23 1:15 to 2:30 PM  
Keck FMIG and APAMSA (Asian Pacific American Medical Student Association) collaborated to host this workshop, which focused on teaching participants how to perform diabetic foot checks and vision screening in preparation for the upcoming health fairs in the academic year.

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Participants were given the space to practice doing diabetic foot checks and vision screenings on each other as well.

#### MONTEREY PARK COMMUNITY HEALTH FAIR - 10/28/23, 9AM to 1 PM

Keck FMIG and APAMSA collaborated to offer diabetic foot checks at the 15th Annual Monterey Park Health Fair, sponsored by the Asian Pacific Health Corps (APHC) at UCLA. The event aimed to educate the local community about various health issues, including cardiovascular diseases and cancer. Approximately 150 participants were served at this health fair. Koreatown in Los Angeles, CA at the community health fair hosted by APHC at UCLA.

#### SOUTH LA HEALTH FAIR - 11/11/23 - 10 AM to 1 PM

FMIG returned to South LA Cafe for another successful health fair, where attendees received blood glucose checks, blood pressure monitoring, and health education from medical student volunteers. The event also facilitated connections to local healthcare resources, fostering community empowerment and wellness awareness.

#### KOREATOWN COMMUNITY HEALTH FAIR - 2/2/24, 10 AM - 2 PM

This health fair was hosted by APHC at UCLA and served Koreatown community members. FMIG medical student volunteers conducted diabetic foot checks and trained UCLA undergraduate students how to scribe and perform diabetic foot checks as well. Counseling on diabetes, foot hygiene, nutrition, and prevention were given to patients. This health fair served approximately 100 participants.

#### CARSON COMMUNITY HEALTH FAIR - 3/2/24, 10 AM - 2 PM

This health fair was hosted by APHC at UCLA and served Carson community members. Carson, CA is an underserved community in the south bay of Los Angeles County. FMIG students conducted diabetic foot checks and trained UCLA undergraduate students how to scribe and perform diabetic foot checks as well. Counseling on diabetes, foot hygiene, nutrition, and prevention were given to patients. Patients who displayed signs of neuropathy were advised to follow up with their primary care physicians for further evaluation.

#### ROSEMEAD COMMUNITY HEALTH FAIR- 4/27/24 10 AM - 2 PM

Keck FMIG and Keck APAMSA collaborated once again for the Rosemead Health Fair, hosted by APHC at UCLA, where we provided diabetic foot checks. This health fair served a mostly Chinese and Cantonese-speaking population. Along with providing diabetic foot checks, FMIG counseled community members on diabetes and foot hygiene. Patients who exhibit signs of neuropathy will be referred to their primary care physicians for follow-up. upcoming fall with the new physician-student pairings for the next school year.

#### CHINATOWN COMMUNITY HEALTH FAIR- Tentatively 5/18/24

Keck FMIG and Keck APAMSA will work together to help provide diabetic foot checks at this community health fair hosted by APHC at UCLA.

#### POINT OF CARE ULTRASOUND (POCUS) WORKSHOP - TBD in Fall 2024

We will be collaborating with the USC Family Medicine Residency program to host a workshop on POCUS for medical students in the fall semester. As a rapid diagnostic tool used increasingly by physicians in bedside evaluations, we would like medical students to be exposed to POCUS and begin familiarizing themselves with using this technology.

## Ready, Set, Fit!: Pediatric outreach at a local elementary school

Reach, Set, Fit is a community health and outreach curriculum developed by The American Academy of Family Physicians' fitness initiative Americans in Motion (AIM) in collaboration with Scholastic. The program aims to educate elementary school children about healthy lifestyles through lessons and activities. Seven years ago, FMIG partnered with Sunrise Elementary School in East Los Angeles to teach the Ready, Set, Fit curriculum to classes of 2nd and 3rd grade students. Our partnership experienced a brief hiatus due to the COVID-19 pandemic, but restarted in May 2023 and has continued since with confirmed dates for the upcoming 2024-2025 school year already. We have also expanded on the curriculum by leading activities and lessons that fit the interests of each class. We have appointed a specific board member, Izzy Bent, who is in contact with the administration at Sunrise and helps us coordinate lessons that work for our medical students and their schedule, while also ensuring we meet the expectations and needs of the elementary school students. We have also partnered with our Pediatrics interest group and with USC Pharmacy students to work together on this project. We recruit a minimum of six FMIG volunteers for each session, so that we can teach two classes of elementary school students and have three medical student instructors per class, in addition to our pharmacy peers.

## Promoting Family Medicine: Recruitment and Mentorship Program

### RECRUITMENT AT THE STUDENT LIFE FAIR

The Keck Student Life Fair takes place at the beginning of each school year, where all student interest groups (SIGs) can table and recruit new members to their organizations. We had 2 students from FMIG at our table collecting names and emails of first and second-year students, where we displayed an informational poster about our SIG. We also handed out fun perks like AAFP pens and cups to new students, while encouraging them to sign up for the AAFP and CAFP. We advertised our various programming and encouraged students to attend our first lunch talk of the year. In 2023-2024, we recruited 55 new members in FMIGs listserv.

### FAMILY MEDICINE MENTORSHIP PROGRAM

Nine years ago, Keck FMIG established a mentorship program which matched our medical students with practicing community family medicine physicians, allowing students to connect with Family Medicine doctors from a variety of backgrounds. In summer 2019, the mentorship chair, , recruited 20 physicians to participate in our mentorship program. These doctors were contacted via email with a survey asking whether they would be interested in providing mentorship and shadowing opportunities to medical student mentees, what patient population they generally interact with, if they had completed a fellowship or other specialized training program, and how many students they were willing to mentor. In September 2019, after we had recruited new first-year medical students into our FMIG, we had students sign up to be a part of the mentorship program by filling out a similar survey. 20 first and second-year medical students signed up for the mentorship program and were manually paired with a mentor by trying to match students and physicians based on their interests. Participating physicians and medical students were then given the contact information of their match, along with a set of guidelines regarding the expectations and desires from each party. This opened the door for a year of meaningful interactions between mentors and mentees, which many students have told us have been very helpful and inspiring to them. The subsequent mentorship chairs have since done the same. In 2020, 20 first and second-year students participated in the mentorship program. In 2021, 25 first and second-year students participated in the mentorship program. In 2022, 40 first and second-year medical students participated in the mentorship program. In addition, the 2022 mentorship chair,

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organized a mentorship dinner for first and second-year students and their mentors on campus in the fall. Mentorship dinners are an opportunity for paired students and faculty to share experiences and learn from each other in a more structured setting. The 2023 mentorship director and 2024 mentorship director continued hosting biannual mentorship dinners. The 2023-2024 mentorship pairings matched 30 first-year and second-year medical students with family physician mentors. The number of physicians involved with mentorship and the mentorship banquets has now grown to 40. We plan to continue the mentorship program and host another mentorship dinner in the upcoming fall with the new physician-student pairings for the next school year.

### Cuddle Club: LAGMC NICU Volunteering

With the commitment to showcase the full spectrum of family medicine through well-organized "Cradle to Grave" service programs, Keck FMIG established the Cuddle Club as a permanent program at LA General Medical Hospital. In Cuddle Club, medical students work primarily with "boarder babies" in the NICU, infants whose mothers are unable to care for them due to illnesses or substance use problems. These infants may receive inadequate human contact, which can negatively impact their development. Students who volunteer their time to participate in the Cuddle Club assist the hospital team in feeding, holding, and comforting the newborns. This is very exciting for students because it is one of the few opportunities they have in their pre-clinical years to have real responsibility and play a direct role in providing healing care to patients in the hospital. Students can come in anytime to play with babies who are expected to remain in the nursery for an extended period of time and to help assess their developmental milestones.

Cuddle Club students play a role that is formative to the well-being of the infants long after their hospital stay. The medical team in the NICU is very grateful for the medical students' help because their immense amount of responsibilities often make them unable to have time to provide simple healing interventions like holding the babies and comforting them outside of their normal feeding times. In turn, the medical students benefit by learning about the challenges of neonatal care and the unique needs of newborns, especially in the population served by the LA County Hospital. They also have the chance to work along with other members of the medical team like social workers and nurses, to learn more about their roles in patient care and what services they can provide to patients. Students serve as a resource to patients and their families, hone their interpersonal skills, and also get more comfortable with how to properly handle and care for these fragile infants. Overall, students appreciate having the rare opportunity to learn about maternal health and obstetrics, which deepens their knowledge about family medicine and family planning.

In order to participate in the Cuddle Club, volunteers must attend mandatory training. FMIG organized an orientation on 09/12/2023 that included a multimedia presentation and a questions and answer session with two NICU and Nursery nurses. 72 new students completed the training this year. Once the training and the tour are complete, students can volunteer in the NICU at any time. Participation is tracked via a sign-in sheet in the NICU.

### Primary Care Coalition Meetings

Throughout the year, our FMIG participates in Primary Care Coalition meetings with members of other primary care specialty student interest groups to create collaborative events that students interested in primary care in general will find helpful. The other specialties in the coalition include pediatrics, med/peds, geriatrics, internal medicine, ob/gyn, and psychiatry. We

do this to promote the values of primary care and the common interests that these distinct specialties have with cohesive lunch talks, service events, a summit dinner, and a leadership conference (see previous sections for details on these events). These meetings are a chance for primary care interest groups to work together to make sure we are not creating competing events but rather working together whenever possible. These meetings are led by our faculty advisor and held quarterly. (see previous sections for details on these events). These meetings are a chance for primary care interest groups to work together to make sure we are not creating competing events but rather working together whenever possible. These meetings are led by our faculty advisor and held quarterly.

## Family Medicine Conferences

### AAFP NATIONAL CONFERENCE - 08/02/2023

10 Keck students attended the 2023 AAFP National Conference. One student presented and was recognized for a poster on his KSOM nutrition curriculum.

### CAFP FAMILY MEDICINE SUMMIT - 08/25/23-08/27/23

6 Keck students attended the CAFP Family Medicine Summit this year. CAFP's Family Medicine Summit is an opportunity for medical students, residents and program directors in family medicine to get together. This event sets the stage to promote learning, connecting and conversing about the field of family medicine. The Summit allows participants to network, meet other peers and attend the Residency Fair. It takes place right before interview season so it serves as a great jumping board for people to see all that Family Medicine has to offer.

### ADVOCACY AND LOBBY DAY IN SACRAMENTO - 04/13/24-04/14/24

6 FMIG students attended lobby day in Sacramento to work with state legislators on issues important to patients and family medicine.