



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

## *Overall Award*

Northeast Ohio Medical University

### **FMIG Operation**

Our Family Medicine Interest Group (FMIG) is structured to balance clearly defined roles with the flexibility for student leaders to champion projects that spark their interest. This approach fosters leadership skills and ensures that our organization is dynamic and responsive to the needs of our community.

Leadership Roles and Responsibilities:

**President:** The President leads the FMIG by planning and initiating activities for the academic year, coordinating closely with advisors and faculty. This role involves organizing officer meetings, serving as the primary liaison with advisors, and ensuring clear and informative communications are disseminated to the student body.

**Vice Presidents:** Our Co-Vice Presidents support the President in various capacities:

One Vice President is responsible for creating and managing the application process for incoming officers, ensuring a structured and transparent selection process.

The other Vice President handles communications with the American Academy of Family Physicians (AAFP) and the Ohio Academy of Family Physicians (OAFP), facilitating crucial external relations.

**Treasurer:** The Treasurer manages financial operations, including the group's bank account, grant applications, and funding requests from the student government.

**Secretary:** The Secretary records detailed minutes during meetings, assists the President with administrative duties, and coordinates fireside chats, enhancing our educational outreach and engagement.

**Outreach Officer:** Tasked with organizing community service events and managing our social media presence, the Outreach Officer ensures our FMIG maintains a robust online presence and actively engages with the community through service projects.

**M1 Officers:** M1 students are recruited each fall for roles such as Finance Officer, Event Officer, and Outreach Officer.

They assist M2 officers in their roles and are encouraged to lead their own events in the spring. This early

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involvement prepares them for leadership roles in subsequent years and ensures continuity and stability within our FMIG.

## Goals

### Mission Statement of NEOMED's AAFP-FMIG

The mission of the Northeast Ohio Medical University's American Academy of Family Physicians - Family Medicine Interest Group (AAFP-FMIG) is to promote Family Medicine as a vital and dynamic specialty among the College of Medicine students. We aim to provide comprehensive career development opportunities and foster deep, meaningful connections between students and family medicine professionals. By debunking myths and enhancing understanding about the field, we seek to encourage more students to consider and pursue a career in Family Medicine.

### Goals of NEOMED's AAFP-FMIG

1. **Information Dissemination:** Provide timely and accurate information to students about the specialty of Family Medicine, its subspecialties, associated procedures, and the career paths available within the field.
2. **Educational Enhancement:** Offer a variety of programs and workshops that cater to the interests of all medical students, enriching their educational experience and providing practical insights into Family Medicine.
3. **Career Encouragement:** Actively encourage students to consider a career in Family Medicine by offering support, guidance, and resources that help them pursue their professional goals in this specialty.
4. **Curriculum Integration:** Supplement the existing medical curriculum by integrating Family Medicine perspectives into current modules, thereby providing a broader understanding of healthcare from a family-oriented viewpoint.

### Strategic Objectives

1. **Community Engagement:** Connect students with local and regional family medicine physicians to foster relationships that go beyond the typical student-physician interaction, enabling students to gain a deeper appreciation and understanding of the field.
2. **Myth Busting:** Actively work to dispel common misconceptions about Family Medicine through educational campaigns, speaker events, and hands-on workshops, making the field more accessible and appealing to a broader range of students.

## Faculty Advisor

Faculty advisors in our Family Medicine Interest Group (FMIG) are pivotal in mentoring students and enhancing their understanding of Family Medicine. Our main advisor is deeply involved in the operational success and strategic direction of our FMIG. They conduct monthly meetings with the President to ensure a consistent and effective promotion of AAFP and OAFP events, and to monitor our group's overall progress and alignment with our goals. All advisors provide professional guidance, career advice, and share their insights on the various subspecialties within the field. Our advisors also facilitate events by organizing and inviting renowned practitioners to speak, thereby broadening student exposure to real-world practices. In addition to their educational contributions, faculty advisors advocate for the FMIG's interests within the medical school, ensuring that the group's needs are met.

Staff supporters complement the work of faculty advisors by focusing on the logistical aspects of running the FMIG.

They are crucial in promoting events across the student body, ensuring that information about Family Medicine and related opportunities is widely disseminated. Staff supporters also facilitate communication and help navigate the administrative and financial resources of the medical school, ensuring the FMIG has the support it needs to operate effectively and engage students in meaningful ways.

## Programs

### LMSA Health Fair/Beyond Health Fair/Trunk or Treat

The Latino Medical Student Association (LMSA) Health Fair, primarily organized by LMSA was held at the Akron University Church. This event featured significant participation from the Family Medicine Interest Group (FMIG) along with several other primary care interest groups. Held annually, this event on January 28, 2024, targeted health disparities in the local Latinx community, providing vital services and education aimed at improving public health outcomes.

The initiative for FMIG's involvement was sparked by a shared commitment among our members to community health and the need to address the prevalent issue of hypertension in the Latinx population. Collaborative planning involved coordinating with LMSA and other primary care groups to effectively integrate our services into the broader fair activities. FMIG leaders worked closely with our faculty advisors to organize resources, manage logistics, and prepare bilingual educational materials on hypertension management and prevention. During the fair, FMIG operated a dedicated booth for blood pressure screenings, which were conducted by our students. This hands-on experience was invaluable for students, enhancing their skills in patient interaction and education—key components of family medicine. Additionally, the educational materials distributed were specifically designed to communicate effectively with a bilingual audience, ensuring the accessibility and impact of health information.

The Body and Beyond Health Fair took place on March 16, 2024, and focused on promoting stress management techniques. FMIG set up a booth where members interacted directly with the community, providing educational materials and demonstrations on effective stress relief methods. The goal was to raise awareness about the physical and mental health benefits of managing stress, an issue highly relevant in today's fast-paced society. This initiative also provided students with the opportunity to apply their knowledge in real-world interactions, enhancing their educational experience while contributing positively to community well-being.

The Trunk or Treat event was held on October 28, 2023, in the NEOMED parking lot. FMIG members decorated a car trunk and distributed candies to local children and their families. The event created a safe and festive environment for children to enjoy Halloween festivities, while also allowing FMIG members to interact with families, fostering community engagement and building positive relationships. This event also served as an informal platform to discuss general

health and wellness with parents, extending the outreach of family medicine into the community “Dinner with a Doc” program. This event, which was held four times this academic year, creates an informal setting where a small group of students could ask their questions about the path to family medicine, with a family medicine physician from the community.

#### Residency Interviewing Workshop/Motivational Interviewing Workshop/ERAS Workshop

NEOMED FMIG organized a series of workshops focused on crucial aspects of medical training and career preparation. These programs were specifically designed to address the professional development needs of our students, equipping them with essential skills for their medical careers.

##### Residency Interviewing Workshop:

This workshop provided students with strategies and insights for succeeding in medical residency interviews. The idea was generated from positive feedback and concerning the helpfulness of this workshop in the past. FMIG leaders, in collaboration with our Faculty Advisor and several family medicine physicians, set up mock interview sessions and panels where students could learn and practice. The event highlighted family medicine by discussing interview scenarios that family medicine applicants might face.

##### Motivational Interviewing Workshop:

Recognizing the importance of effective patient communication in family medicine, this workshop aimed to enhance students’ skills in motivational interviewing. Developed in response to curriculum gaps in patient interaction training, the workshop included a workshop led by one of our own advisors. This event allowed M1 and M2 students to discussions and practice, and role-play patient interactions. Immediate feedback was given. This workshop was crucial for demonstrating the role of family medicine in managing chronic conditions through effective patient engagement and shared-decision making.

##### ERAS Workshop:

The ERAS Workshop focused on guiding students through the complexities of filling out applications for residency. This session, advised by another of our FMIG faculty advisors provided practical tips on crafting a compelling application. Discussions included ways to highlight experiences relevant to primary care specialties, making the applications more appealing to family medicine residency programs.

Each workshop was evaluated based on student feedback collected through informal post-event discussions, with the Motivational Interviewing workshop being the favorite. Improvements from last year included better alignment of session timings with students' schedules, leading to increased participation.

## Fireside Chats/NEOAFP Dinner Networking Event

Our Fireside Chats are hosted in the cozy homes of local family physicians. They provide an informal yet profoundly educational setting for students to learn about the realities of family medicine, discussing topics that the physician might be passionate about, such as insurance models, financial planning for physicians, women's health, etc... This offered our students insights into the personal and professional life of family physicians. These interactions were invaluable, fostering strong mentorship bonds and providing a real-world perspective that textbooks simply cannot offer!

The initiative was conceived to provide medical students a more personal and insightful look into the daily lives and practices of family physicians. These sessions featured informal discussions about various aspects of a career in family medicine, emphasizing the importance of personal patient relationships and community involvement.

Feedback from the students and our physician hosts were used to evaluate the success of each chat. We will continue to host these chats and incorporate more carpooling in the planning as transportation was a common issue for our members who could not attend the chats this year.

The NEOAFP Dinner Networking Event, hosted by the Northeast Ohio Academy of Family Physicians (NEOAFP) gave our FMIG members an opportunity to connect directly with practicing family physicians and program directors. This dinner provided platform for students to engage in meaningful dialogue and build professional relationships with local physicians in a less intimidating setting.

Recognizing the importance of ongoing relationships, we would like for this to become a recurring event, so we now have a designated M3 officer responsible for coordinating communication and meetups with the Ohio Academy of Family Physicians (OAFP).

## Intro to Osteopathic Manipulation Treatment/Joint Injection,Suturing, and POCUS Workshop

These workshops were designed to expose students to the broad technical skills and diverse practices within family medicine. The Osteopathic Manipulation Treatment workshop introduced MD students to osteopathic principles and techniques, enhancing their understanding of the holistic approaches used in family medicine. The Joint Injection/Suturing/POCUS Workshop, on the other hand, equipped students with essential skills like joint injections, suturing, and point-of-care ultrasound, highlighting the procedural versatility required of family physicians.

The enthusiasm and response from the students were overwhelmingly positive. They were genuinely amazed to see how these diverse techniques could be incorporated into the everyday practice of family medicine, underscoring the versatility and comprehensive nature of the specialty. Many participants expressed a newfound appreciation for the scope of skills a family physician can learn use. Students requested more workshops that offer hands-on experience with real clinical applications. Their excitement has spurred discussions within the FMIG about

increasing the frequency of such workshops and exploring additional areas where students can gain practical skills that are directly applicable to family medicine.

The positive reception and high engagement levels have led to these workshops becoming annual events. We might be expanding these workshops to include more advanced techniques and perhaps even simulated clinical scenarios to further enhance the learning experience and meet the growing student demand for hands-on, practical training.

### Women's Health Workshop

The Women's Health Workshop, organized by the Family Medicine Interest Group (FMIG) in partnership with the American Medical Women's Association (AMWA), was crafted to emphasize the integral role of family medicine in delivering comprehensive women's health care. This collaboration ensured a robust educational experience, illustrating how family physicians manage a wide spectrum of health issues with a holistic approach. The session provided hands-on training in key procedures like breast examinations, IUD insertions, laparoscopic techniques, and pelvic exams, showcasing the extensive capabilities of family physicians in managing women's health.

During the workshop, students gained practical skills and learned the importance of addressing women's health with empathy. The training highlighted the versatility of family medicine, demonstrating its crucial role in providing primary care that encompasses not just general health but also specialized aspects of medical treatment. This workshop not only served to educate but also to inspire students about the possibilities within family medicine, reinforcing it as a dynamic and essential field within primary care.

### Medical and Surgical Aspects of Gender Affirming Healthcare

The Medical and Surgical Aspects of Gender Affirming Healthcare workshop was an essential initiative addressing crucial topics in modern family medicine and promoting an inclusive healthcare environment. This workshop was a collaborative effort involving NEOMED's Medical Student Pride Alliance (MSPA), Obstetrics & Gynecology Interest Group (OBGIG), Urology Interest Group (UIG), and FMIG, highlighting the importance of interprofessional collaboration in family medicine.

The event featured a diverse panel of specialists, including a family physician who is a NEOMED graduate, reflecting the multidisciplinary nature of gender-affirming care. This panel discussed various aspects of medical and surgical care for transgender patients, such as hormone therapies, surgical interventions, and comprehensive support strategies. The inclusion of a family physician on the panel underscored the role of family medicine in coordinating comprehensive care across different specialties, demonstrating its fundamental interprofessional. The panel also included a transgender individual to ensure that the patient's perspective was represented in the discussions, which covered both medical aspects and the controversial political issues related to this topic.

Participants gained invaluable insights into the complexities of gender-affirming healthcare, appreciating the depth and breadth of knowledge required to effectively support transgender and non-binary individuals. The workshop not only educated future medical professionals on critical healthcare issues but also equipped them with the understanding necessary to advocate for and implement inclusive practices in their future careers.

### Mythbusters/ Can I afford Primary Care? / Family Medicine is Like Chipotle Dispelling Misconceptions about Family Medicine

The MythBusters and Can I Afford Primary Care sessions were specifically designed to address common misconceptions about family medicine and to discuss the financial realities of pursuing a career in this field. Organized by the Family Medicine Interest Group (FMIG), these events aimed to enlighten students about the practical and economic aspects of a career in family medicine, reinforcing its viability and importance as a primary care specialty.

MythBusters, designed and scheduled to target M3 students before they start their clinical rotations, tackled prevalent myths about family medicine, such as the scope of practice being too broad or the compensation being less competitive compared to other specialties. This event provided evidence-based responses and shared real-life experiences from a practicing family physician, showcasing the diversity and fulfillment found in family medicine careers.

Can I Afford Primary Care, targeted for M1 and M2s, focused on demystifying the financial aspects of a career in family medicine. It included discussions on salary expectations, loan repayment options, and lifestyle considerations, aimed at showing students that a career in family medicine can be both financially rewarding and personally fulfilling. This event is led yearly by our advisor, who shares insights and strategies for managing finances effectively within the field.

The "Family Medicine is Like Chipotle" event, creatively named to draw interest and simplify the concept of family medicine's versatility, is targeted for the M1 audience within their first month of medical school. This engaging discussion was designed to illustrate how family medicine offers a range of options and specializations, much like the variety found in building a Chipotle bowl or burrito, making it a fun and educational experience for participants.

All these events have become traditions within NEOMED's FMIG and we continue to ensure that scheduling is convenient for both the target audience and the speakers to maximize participation and engagement.

### 2024 Total Solar Eclipse Viewing Party

The 2024 Total Solar Eclipse Viewing Party was a collaborative effort among various NEOMED groups including the Infectious Disease Interest Group (IDIG), FMIG, Student National Medical Association (SNMA), Students for a National Health Program at NEOMED, American Academy of Family Physicians, NEOMED Global Health Interest Group, and First-Generation Medical Professionals. Since we were fortunate to be in the path of totality, this unique gathering was planned to observe this once-in-a-lifetime event and aimed to foster community and

camaraderie among students during a typically stressful academic period.

Held at The Village Courtyard, this viewing party provided a perfect setting for students and faculty from diverse backgrounds and disciplines to come together, share experiences, and enjoy the eclipse through the provided eclipse eyeglasses.

The collaboration among various student organizations was needed to draw a broad audience, ensuring that the event catered to a wide range of interests and academic focuses. This collective effort not only heightened the excitement and engagement surrounding the eclipse but also highlighted the supportive, interdisciplinary community at NEOMED.