



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

Overall Award

Roy J. and Lucille Carver College of Medicine at University of Iowa

FMIG Operation

Our leadership structure is designed to encourage involvement of all classes, M1-M4, and to facilitate mentoring relationships between the upper and lower classmen. Not only does this unique distribution of leadership among the classes foster mentoring and diversity in leadership, it provides a foundation for continuity from one year to the next. By avoiding a structure in which upperclassmen hold most of the positions, we in turn avoid a loss of knowledge and experience as seniors graduate. We prepare underclassmen to progressively take on more responsibilities in leadership and to gain knowledge necessary to lead the group and mentor subsequent incoming students. Additionally, we have compiled a shared electronic folder with important information to pass down to the next leadership team. We have a particularly active FMIG with extensive programming. In order to be successful, we share the responsibilities among a large leadership team. We distribute formal responsibilities for each event, program, or project to a specific leadership member. This leader takes primary responsibility for coordination of the event and delegation of tasks among other members of the leadership team. The size of our team and diversity of class year involvement results in valuable team input which reflects the priorities and needs of students at all levels of medical education. It allows us to provide programming that benefits all students while accommodating varying interests and course/clinical schedules. Lastly, the extensive number of leadership positions provides more opportunities for students to gain entry into leadership and to remain involved throughout medical school. The acquisition of leadership skills is vital for a successful future in family medicine. After years of experimentation, we have established a successful combination of upper- and underclassmen positions for which we hold elections each spring. This year, our leadership team is made up of 11 students and 9 leadership positions.

Below is a list of our current leadership positions:

- 2 Co-Presidents
- 2 VPs of Lunch Meetings
- 1 VP of Procedure Clinics
- 1 Secretary/Treasurer (combined position)
- 1 Service Learning/Community Outreach Chair
- 1 Professional Development Chair
- 1 Iowa Academy of Family Physicians (IAFP) Representative/Membership Chair
- 1 Primary Care Week Coordinator

This year the co-Presidents were an M4 and an M2. The primary role of the co-presidents is to coordinate club activities with other board members and ensure that all of the events run smoothly. Co-presidents preside over executive board meetings and remain in contact with members throughout the year to ensure that all board members have the assistance and resources they need to coordinate their events. Co-presidents also fill out funding applications and award applications with assistance from

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other board members. This year, the copresidents were also in charge of organizing a residency program dinner series with residency programs across the state of Iowa. Our Vice President of Lunch Meetings coordinates lunch meetings each semester with topics relevant to family medicine and works with other student-led organizations on campus in order to diversify the range of participants. Our Vice President of Procedure Clinics coordinates 1-3 procedure clinics per semester with Iowa family medicine residency programs. Our Secretary/Treasurer takes notes during board meetings, manages organization funds, assists the copresidents with funding and award applications, orders catering for events, and accepts student submissions for the Student Corner section of the Iowa Academy of Family Physicians magazine. The Service Learning/Community Outreach Chair coordinates 1-2 service projects each semester, including STEM events. They also work with local elementary schools to give Tar Wars presentations about the dangers of tobacco. National Primary Care Week (NPCW) Chairs help coordinate NPCW with other primary care specialty interest groups. They organize lunch meetings, and host daily trivia based on topics in family medicine.

The membership chair is designated to help increase interest in FMIG and to increase the number of active members. Each fall at the start of the semester, the FMIG membership chair attends the college of medicine's organization fair.

At this fair, the membership chair sells anatomy lab coats to raise funds for the organization, discusses the organization with incoming students, and helps sign up new students for the organization and email list. The Carver College of Medicine Family Medicine Interest Group is one of the largest student organizations at the College, with more than 300 students signed up to receive our email updates. This year we gained 60 new members from the incoming class. The membership chair also serves as the Iowa Academy of Family Physicians (IAFP) representative.

This involves attending the quarterly IAFP board meetings where the state of family medicine is discussed. The representative also is tasked with speaking to the board about updates in the local FMIG, and acting as a representative voice for the FMIG when new items are discussed that affect medical students.

The Professional Development Chair also maintains contact with the IAFP and helps coordinate events with them each year. The FMIG professional development chair and, Director of Education and Advocacy from the Iowa Academy of Family Physicians, work together to coordinate an end of year event funded by special grant funding received from IAFP. This event allows members of FMIG to build connections with faculty/residents in the Family Medicine program at University of Iowa and talk about their experiences in Family Medicine. The professional development chair coordinates a date with. Additionally, the Professional Development Chair helps run our mentorship program every year.

Every member of our leadership team serves as a representative to and advocates for their respective class. We have continued to include an M1 representative position because we feel that it is critical to get M1s involved on the leadership team early on. At the fall introductory meeting each academic year, an M1 representative is elected among the first-year medical students in attendance. The M1 representative serves as an important liaison between the FMIG board and the first-year medical student class. They advertise events to their peers and encourage engagement with FMIG events. They also help plan events and coordinate with the first-year exam schedule to optimize attendance at events. They help contribute the ideas and goals of other first year medical students in order to make decisions regarding which activities/events would be most helpful based on student-specific goals.

We have written up formal descriptions of each leadership position named above, but these descriptions serve only as guidelines for formal responsibilities of each position. Election to the leadership team implies involvement in all responsibilities of the executive team as a whole. We have a collaborative team dynamic that pushes students to

excel within their roles, to eagerly assist other leaders, and to freely share innovative ideas for the future. This structure has allowed our organization to flourish, and we were awarded the Student Organization of the Year Award for the University of Iowa Carver College of Medicine this year

Goals

The University of Iowa Family Medicine Interest Group is actively committed to strengthening awareness and involvement within the field of family medicine on campus, in the surrounding Iowa City community, and across the

state and country. The mission of our group is to provide a variety of programming in order to:

1. Expand medical students' understanding of and interest in family medicine
2. Increase the visible presence of the group and its programs/activities
3. Prepare medical students to be leaders in family medicine
4. Foster medical students' personal and professional development
5. Build networks and relationships to connect medical students with practicing family physicians

Our specific goals are to:

1. Provide exposure to family medicine to all students at the Carver College of Medicine
 2. Engage medical students through a variety of activities, including procedure clinics, speakers, and small group discussions, to help facilitate the exploration of the field of family medicine
 3. Organize programming that meets the needs of students at all levels of training
 4. Provide medical students with meaningful mentorship opportunities with family physicians
 5. Plan events to aid FMIG members in serving the community in an impactful way while furthering their skills
 6. Prepare students to apply to residency and take the next step in becoming a family physician
- FMIG also works collaboratively with other organizations and interest groups on campus. We also aim to promote various opportunities to engage with aspects of family medicine that are relevant to our future careers as health care providers and increase interest in the field. This year, we collaborated with the Internal Medicine Interest Group, Psychiatry Interest Group, EQUAL Meds, and the Leopold Society during primary care week to discuss topics such as intersectionality between family medicine and psychiatry, the field of internal medicine, the effects of legislation on trans youth mental health, and primary care in LGBTQ and OBGYN clinics. We are also collaborating with the Medical Students For Choice organization to host a vasectomy procedure clinic this semester. Through networking with other organizations and spreading the word about opportunities to be involved with aspects of family medicine care, we are able to help people understand the wide scope that is family medicine.

Faculty Advisor

This year, our faculty advisor completed her fourth academic year of advisorship. In addition to our faculty advisor we receive support from other staff within the Department of Family Medicine who are integrally involved with our FMIG operations. Our faculty advisor is Dr., a clinical assistant professor in the Department of Family Medicine at the University of Iowa. She was approved by the Board of Directors of the IAFP to serve in this role. We also have support of the Director of Medical Student Education in the Department of Family Medicine, Dr..

They are very accessible to both the leadership team and other FMIG members. The board has met with them regularly each semester to discuss goals and remain in constant communication about events and opportunities for students. We are fortunate to also have the assistance of, a support staff member within the

University of Iowa Family Medicine Department. Dr., Dr. and staff provide assistance in a variety of ways, including finances, providing contacts for possible speakers for events, ordering materials, and coordinating communication with the IAFP and AAFP. They receive all official leadership meeting communications and assist executive officers in maintaining continuity, establishing contacts, and generating new ideas for innovative programming to further meet our mission and goals.

Programs

Procedure Clinics

Introduction & Goals:

FMIG's procedure clinics are one of our most popular events, with high demand and consistently positive feedback from our students. These clinics offer engaging and hands-on educational opportunities for students in the Carver College of Medicine. Slots for the clinics fill up almost as quickly as the sign-up sheets are distributed, and there is often a waiting list in case of cancellations. The events are co-hosted by an FMIG executive board member alongside one of the family medicine residency programs in Iowa. We have developed strong relationships with neighboring residency programs, and therefore are able to recruit residents from outside programs to teach our students these procedures. These programs mutually benefit in terms of building relationships with our students, which facilitates recruitment to their programs.

Our goals include:

1. Providing a safe learning environment for students to learn and practice new skills or refine their techniques with guidance from physicians and residents in family medicine
2. Creating an informal atmosphere in which students and residency program faculty/current residents can interact and network
3. Allowing students who have experience with various techniques to facilitate the teaching process and share their knowledge with fellow students.

FMIG leader roles and program execution:

The procedure clinics held this year were Casting and Splinting, Obstetrics Procedure night, and Perineal Laceration Repair. We are also planning on co-hosting a vasectomy clinic with representatives from Medical Students For Choice. We had great attendance at all of these events, and students gave positive feedback, particularly in response to the obstetrics clinic. The respective residency program involved in each clinic provides most, if not all of the supplies and equipment for the event. The physician co-hosting the event brings along a team of residents who then break off into groups with the students for a more intimate learning experience. In general, we typically have ~5 physicians at each event, so that we are able to provide direct feedback to the students as they learn. Registration for each event is first sent out to the FMIG listserv through the college in order to give priority to student members of FMIG. If there are spaces remaining for additional students, an email is sent to all students in the Carver College of Medicine and responses are recorded on a first- come, first- serve basis. The spaces usually fill up quickly and there is always a wait list in case of cancellations. In general, we are able to accommodate about 25-30 students per clinic. The clinics are organized by the FMIG Vice President of Procedure Clinics. If the VP is unable to attend the event personally, an email is sent out to the FMIG leadership board asking for volunteers who can attend the event and assist the residency program in running the clinic. The student(s) charged with helping to run the clinic act as the point of contact for the residency program upon their

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arrival, set up the room with equipment and supplies, order and distribute food, check in students to confirm attendance, and update students with current happenings in FMIG. We also typically provide boxed meals for our students to enjoy during the procedure clinics. Overall this program is an excellent partnership between the college and the state's family medicine residencies. The students receive high quality instruction in procedures they otherwise would rarely get to practice, and learn to appreciate the scope of family medicine. Additionally, residency programs get the opportunity to interact with our in- state students, which is beneficial in terms of recruitment to their programs.

Topics in Family Medicine Lunch Series

Introduction & Goals:

1 Topics in Family Medicine Lunch Series

Introduction & Goals:

1. To expose all students, but especially underclassmen (M1, M2), to the diversity of family medicine and the importance of primary care in today's healthcare system.
2. To broaden the knowledge of upperclassmen (M3, M4) by highlighting specific practices or fellowship tracts available in the field of family medicine, both rural and academic in nature.
3. To facilitate professional and informal interactions between practicing family physicians, residents, and all medical students (M1-M4) with similar interests to start the conversation about the role of family medicine in primary care.
4. To emphasize all the other great FMIG events occurring during the semester.

Lunch meetings this year covered topics including an introduction to the family medicine interest group to orient new M1s on how FMIG works. We then had speakers highlighting the breadth of family medicine with representation including general family medicine, geriatrics, and sports medicine. This exposed students to the different pathways one can take within the specialty of family medicine. In the spring semester, we hosted family physicians for educational discussions including a talk about sleep optimization. Lastly, we ended the year with a match panel composed of M4s who had recently matched into family medicine. During the match panel the fourth-year students gave advice on how to approach and prepare for the residency application process, including advanced electives, away rotations, program selection, interviewing, and creating their final match list.

FMIG leader roles and program execution: One student served as lunch meeting coordinator on the FMIG executive board this year. The student was tasked with organizing the lunch meeting talks, advertising meetings to medical students, and coordinating the purchase of food with the FMIG treasurer and support staff through the Department of Family Medicine. Diligent attention was paid to the medical school's master calendar to coordinate around exam schedules and other large interest group meetings.

National Primary Care Week

Introduction and Goals:

National Primary Care Week is an annual event to bring healthcare professionals together to showcase the diversity and importance of primary care. Goals of FMIG's National Primary Care Week activities include:

1. To collaborate with other primary care interest groups to develop a week-long informative event
2. To highlight interdisciplinary healthcare and the importance of primary care in under-served populations
3. To specifically emphasize hot topics in family medicine and primary care and the benefits in a

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career in primary care

4. To facilitate professional and informal interactions between practicing family physicians, residents, and medical students (M1-M4) with similar interests to start the conversations about the role of family medicine in primary care.

As we have done in previous years, FMIG enlisted the help of several other interest groups to coordinate a truly integrated week highlighting several aspects of primary care. Other groups involved included: Internal Medicine Interest Group, Psychiatry Interest Group, EQUAL Meds, and the Leopold Society. Our events included daily lunch meetings about primary care topics hosted by each interest group and daily trivia about primary care, highlighting its importance. Topics included the intersectionality between family medicine and psychiatry, the field of internal medicine, the effects of legislation on trans youth mental health, and primary care in LGBTQ and OBGYN clinics. Each event offered ample time after the presentations for Q&A, allowing students to interact with primary care physicians in their respective specialties. The week's activities were a great way to show medical students the numerous opportunities and breadth of family medicine and other primary care specialties.

FMIG Leader Roles and Program Execution:

The FMIG Primary Care Week Coordinator was responsible for coordinating events with other primary care student interest groups to plan and organize events for National Primary Care Week held each October. The coordinator advertised for the week's events on our student listservs. They also sent out daily trivia questions via email to increase awareness and participation in the week's activities and distributed various prizes to the trivia winners with the correct answers. We were able to hold in-person lunch meetings, and food was offered to participants to encourage attendance. We were able to provide a large range of topics to promote primary care and the numerous paths you can take as a primary care physician. The FMIG Primary Care Week Coordinator was responsible for coordinating events with other primary care student interest groups to plan and organize events for National Primary Care Week held each October. The coordinator advertised for the week's events on our student list serves as well as various social media platforms. They also sent out daily trivia questions via email to increase awareness and participation in the week's activities and distributed various prizes to the trivia winners with the correct answers. We were able to hold in-person lunch meetings, and food and various primary care "swag" items were offered to participants to encourage attendance. We were able to provide a large range of topics to promote primary care and the numerous paths you can take as a primary care physician.

Community Outreach

Introduction and Goals:

One way that our members serve the community is through our long-standing Tar Wars Program. Goals for this initiative include:

1. Giving our FMIG members a chance to interact with young people, specifically 5th and 6th graders, and an opportunity to practice their skills as health educators.
2. Provide a supportive learning opportunity for children to better understand their bodies and consequences of decisions, specifically smoking, on their health.
3. Decrease future smoking, vaping, and smokeless tobacco rates in the community by reaching children before they start.

This program serves to educate upper elementary students about the hazards of smoking, vaping, and smokeless tobacco and highlights both the negative consequences and reasons why people choose to smoke. This program focuses on the immediate, short-term negative effects of tobacco, which has been proven to be more effective with young, concrete learners

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than discussing long-term smoking effects. Topics of discussion include the negative effects of bad breath, decreased endurance, hazardous chemicals in cigarettes, the harms of vaping and E-cigarettes, having less money available to purchase other things, and how to identify tobacco company advertising and motivations. Volunteers also complete activities with the students such as calculating the financial costs of smoking as well as a “breathing through a straw” exercise to demonstrate the physical effects of long-term smoking and emphysema. In addition to the Tar Wars program, we also has members attend various STEM events throughout the year, in an effort to expose young students to family medicine and the field of medicine in general and provide more exposure to careers in science.

FMIG Leader Roles and Program Execution:

Community engagement is a core part of family medicine and something we strive to incorporate for our members. Each year our Community Outreach Chair works with local elementary school teachers to present the AAFP-endorsed anti-tobacco program to 5th graders. We provide an orientation for all potential Tar Wars volunteers. Our chapter is heavily committed to the Tar Wars program, and it is highly valued by our FMIG members as shown by the continued dedication of many of our presenters throughout their entire medical education. We also coordinate with other leaders of interest groups within the Carver College of Medicine as well as the University of Iowa Health Care system to provide volunteer opportunities for FMIG members. A consistent issue through the years is finding time to provide a time that works for both interested volunteers and elementary students. For the Tar Wars program, we coordinated with elementary schools and volunteers to find the most appropriate meeting times.

We have also worked with the University of Iowa Health Care’s STEM Education Coordinator to provide multiple opportunities throughout the year working with primary and secondary students and the general public at various locations for volunteers to participate in STEM outreach events to help suit their interests and availability.

Mentorship Initiative

Introduction and Goals:

For the past decade, our FMIG has intermittently sponsored a mentorship program with the University of Iowa Family Medicine faculty. In an effort to provide a more sustainable mentorship opportunity to our members, we worked with our FMIG Faculty Advisor to develop a mentorship opportunity for our members. Our goals for this program were:

1. To enhance student understanding of and interest in Family Medicine
2. To provide guidance to our members through meaningful mentorship in a longitudinal fashion
3. To create mentoring relationships that inspire and revitalize the work of practicing physicians in the state of Iowa

FMIG Leader Roles and Program Execution:

Students typically in our curriculum are unfortunately not exposed to family medicine until their clinical core year that begins halfway through M2 year. We believe that formal mentorship is one of the ways that students can be encouraged to go into family medicine, especially by reaching M1s and M2s prior to their clinical rotations. Our mentorship program has continued for the past few years. We identified several UIHC Family Medicine Department faculty that have volunteered to serve as mentors for medical students interested in gaining early clinical experience and further exploring family medicine practice. Medical student mentees were matched with mentors based on particular interests and what they desire to gain from this relationship/experience. Many of our mentors have continued this role for several years and have significant experience working with students. They have been able to provide guidance to

students regarding choosing a specialty, how to become a competitive applicant, what to look for in programs, and how to prepare for interviews. Our mentors also assist students by sharing with them what a day in the life of a family medicine physician may look like. Results from a feedback survey showed that students utilized this mentorship to learn more about the family medicine specialty and physician lifestyle, begin research projects, and pursue other extracurricular interests such as community service. Overall, students have been satisfied with this program and we plan to continue this moving forward. We hope that it will get more students interested in family medicine early on, especially since we live in a state that is mostly rural, where primary care is so important.

PCLC Project - Winter Break ECE in Primary Care

In 2022, our FMIG applied to and was successfully accepted into the Primary Care Leadership Collaboration run by the American Academy of Family Physicians. We are just finishing up this two year initiative, which allows our FMIG to interact with mentors and other FMIG leaders across the country. Our main goals with the program are to continue to grow the size of our interest group and foster further interest in family medicine amongst our student body. This is a critical initiative given the shortage of primary care providers in our state, especially in more rural settings. The project we initiated, which was a pilot for this year and is set to continue for years to come, included working with Iowa's Family Medicine Residency sites across the state. We offered early clinical experiences in family medicine to M1s over their winter break. They had the opportunity to spend 1-3 weeks at a residency program site, learning about residency at these sites and getting exposure to family medicine. This included mentorship and shadowing opportunities, as well as a chance for these M1s to practice their patient historytaking and physical exam skills they had learned thus far. We hope that getting this early exposure will encourage more students to pursue primary care specialties in the future. We sent out pre- and post- surveys, and overall it was a very successful program, from the perspective of both the students and the programs. We plan to take this data and put it into a poster, as well as to learn how to make it even better for years to come. We have four student members appointed who took the lead coordinating the initiatives developed in the PCLC with our FMIG leadership board and family medicine faculty. Those who participated received comprehensive training in both relational leadership and advocacy which will not only strengthen their individual skills but also contribute to strong leadership within our FMIG that should carry down for years to come.

Iowa Residency Programs Dinner Series

This is a new series that the co-presidents organized this year in an effort to increase awareness of Iowa Family Medicine Programs across the state. This was an initiative that started after the University of Iowa's FMIG presentation to the Iowa Family Medicine Program Directors meeting. One of our goals for this series is to prepare students of all years for residency applications and to expose them to the nuances and strengths of the programs in Iowa. This series began in August 2023 and continued through October 2023, as M4s began applying for residency, starting interviews, and planning their rank lists. Dinners occurred in person both at the medical school and at local restaurants near the medical school. The cost of the dinners was covered by each residency program. Each featured a different residency program with representatives from the program, including the program director, residents, and other faculty. This year we had 5 out of the 9 total Iowa residency programs participate in the dinner series program. Each dinner covered topics ranging from interview preparation, personal statements, elective choices to prepare for residency, extracurriculars to demonstrate a commitment to Family Medicine, and strengths specific to that program. Students came

prepared with questions for each of the programs, and we received feedback from attendees that this dinner series was extremely beneficial in terms of helping students make decisions regarding which schools to apply to, interview at, and rank. Most of the attendees were M4s applying to residency, but we also had M2 and M3 attendees, as well. The lower classmen reported that the dinners were beneficial to them in terms of building early connections with program directors in preparation for their future application seasons. Participating residency programs also expressed that the dinners were helpful both for recruiting purposes and in terms of getting an additional opportunity to get to know prospective applicants. From both a residency program and student perspective, these dinners were hugely successful, and we expect it will be an annual recurrence. We hope to continue the dinner series to promote Iowa Family Medicine Programs for those interested in staying in the state of Iowa for training and to encourage interest in Family Medicine. Additionally, we hope to expand the dinner series in upcoming years, so that every residency program in the state of Iowa participates.

Ward Walks (pre-clinical rounding opportunity)

Ward Walks has been an intermittently executed program over the years with the purpose of providing preclinical students exposure to inpatient care in the Department of Family Medicine. Our Membership Chair contacts the chief residents in order to establish a schedule for days that students could join residents on the wards. Students can then sign up for days to shadow the inpatient units and see what rounding entails and the diversity of patient cases. We have received positive feedback every year since we started this initiative. Students are able to get exposure to the inpatient side of family medicine and to the family medicine residency program here at Iowa. We hope to continue to offer this program to increase early exposure to family medicine during didactic years of medical school.

Iowa Family Physician Magazine - Student Corner

Each year, our FMIG Secretary is responsible for providing articles for Iowa Family Physician Magazine's "Student Corner". The Iowa Family Physician Magazine is published three times a year by the Iowa Academy of Family Physicians and features academy updates and articles written by members and leadership highlighting different themes related to the practice of Family Medicine. This year, three University of Iowa students interested in family medicine contributed articles on the topics of education, advocacy and physician wellness to be published in the magazine and shared with IAFP members across the state. These articles discussed a wide variety of topics: hands-on learning in education, reproductive justice advocacy and medical student activism within Iowa's state government, and physician wellness as it relates to artificial intelligence. The "Student Corner" not only gives medical students exposure to writing and publishing but also allows students to develop their humanities and communication skills as well as reach a broader audience of health care professionals. This opportunity is also unique in that it allows students to pick a topic of their interest and expand on that topic in a way that reflects the opinions and outlook of the newest generation of physicians.