



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

Overall Award

University of Kansas School of Medicine-Wichita

FMIG Operation

Our executive board consists of a President, Vice President, Treasurer, and Secretary. We have several other board positions, along with several class representatives from each class. The other positions are listed below:

AAFP Student Ambassador, KAFP Student Representative, Community Service Coordinators (2), Dark Vapor Coordinators (2), Doc for a Day Coordinators (2), Program of Excellence Chair, POCUS Chairs (2), Primary Care Week Chairs (2), Social/Public Relations Chair, and Social Justice Chair.

We hold elections for our executive board in February. The newly elected executive board, along with the former president and three elected nominating committee members, slate the remaining positions for all members to vote on.

This slate is voted on in mid-February. Officer transitions happen over 1 month with a gradual handover in leadership from March to April. We allow time for new and former officers to meet and transition during a board meeting. The final meeting before turnover is led by the new officers, with direction from former officers. Official turnover occurs at the annual senior banquet at the beginning of April. We do not limit the number of class representatives each class may have. Any member of FMIG may volunteer to be a class representative and attend board meetings. All officers and class representatives attend monthly board meetings to give officer reports, share ideas for planning, and volunteer to assist officers with activities. Committees are created when necessary.

Membership is open to any student who is interested in family medicine and is defined as participation in FMIGsponsored events. We take attendance at every board meeting and all-member meeting to track participation. For most monthly all-member meetings we host speakers on various topics. These monthly meetings are broadcast over Zoom to allow students on away rotations to participate. We have an all-member meeting at least once a month with a board meeting beforehand. All board meetings are open. Special board meetings may be called when necessary. The officers have a list of responsibilities they are to carry out. It is the officers' duty to fulfill his or her duties, report at each meeting, maintain communication with the president and advisor, and ask for volunteers when needed. The

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presidents create the agenda for each meeting. Every board member contributes ideas for speakers, and the presidents coordinate the events unless another member volunteers or the event falls under one of the officer's roles.

We have a shared online drive that all board members may access. Each officer position has its own folder in the drive which contains planning documents and a description of the role's responsibilities, helping to make officer transitions smoother.

Goals

Wichita's Family Medicine Interest Group aims to foster an appreciation for family medicine across campus, promote leadership and professional development of its members, recruit aspiring family physicians, and provide students the opportunity to network with others while learning how to better serve their future patients and community.

Goals:

1. Education

- a. Expose students to the three KU School of Medicine-Wichita family medicine residencies.
- b. Prepare students to apply and match into family medicine residencies.
- c. Provide lectures and procedure nights educating members on current topics and skills in family medicine.

2. Social justice

- a. Invite speakers to talk about social justice concerns, for example, addiction medicine and harm reduction.
- b. Create health equity posters with monthly themes on health disparities, and distribute these posters to the Wichita community.
- c. Create a mental health initiative through AAFP PCLC to improve the mental health care of our student-run clinic (Jaydoc) patients.

3. Networking

- a. Host social events to welcome M1 and M3 students to our campus.
- b. Invite speakers from a variety of backgrounds, interests, and leadership roles.
- c. Plan and execute a family medicine speed networking event, where students can interact with physicians in 6-7 areas of interest in family medicine.

4. Community Service

- a. Connect with various organizations in the community including Ronald McDonald House, Urban League, and more.
- b. Teach about the dangers of tobacco use and vaping to local 4th and 5th graders in the community in a program titled "Dark Vapor."
- c. Host a school-wide blood drive.

5. Promoting Family Medicine

- a. Host two "Doc for a Day" events, one promoting primary care to local high school students, and the other promoting primary care to middle and high schoolers from groups underrepresented in medicine.
- b. Participate in Primary Care Week with an event each day of the week.
- c. Promote attendance at the National Conference of Family Medicine Residents and Students in Kansas City.
- d. Introduce and expose students to the various specialties within family medicine at the speed networking event.

Faculty Advisor

Our faculty advisors help the group to maintain connections with the Department of Family and Community Medicine (DFCM) and work with them to assist our group with event planning, organization, and finances. At the beginning of each officer transition, a meeting is held with the president, vice president, treasurer, advisors, and the DFCM. The meeting allows leaders to be oriented to DFCM resources and procedures and to share their visions with the advisor and staff.

Beyond assisting with logistics, our advisors attend FMIG meetings and maintain frequent communication with FMIG leaders. Our advisors allow FMIG leaders to lead and direct all meetings and events. They participate in meetings as if they were members, providing ideas, giving input, and answering questions about logistics. They work to coordinate with the DFCM and state AAFP chapter to find the support we need for any ideas we want to pursue as a group. Both have demonstrated excellence in promoting family medicine and encouraging leadership and professional development.

The first of our two advisors, Dr. Tessa Rohrberg, serves as the Academic Advisory representative to the KAFP Board of Directors and is a board member on the KAFP Foundation Board of Directors. She is the Family Medicine clerkship director and the course director for the Family Medicine Bootcamp/Transition to Residency course. She also serves on the STFM Medical Student Education committee. She previously served as the AAFP Student Representative to the AAFP Congress of Delegates as a medical student.

Our second advisor, Dr. Lynn Fisher, has been active in leadership with the KAFP currently serving as a Delegate and as a past president. He served for 6 years on the AAFP's Commission on Health of the Public and Science and currently serves as an AAFP liaison to the CDC's Pneumococcal Working Group and American Academy of Pediatrics Section on Nicotine and Tobacco Prevention and Treatment. He currently is a board member of the Kansas Healthcare Collaborative and is a past board member of the Kansas Medical Society and Kansas Hospital Association. At the medical school, he is a past member of the DEI Cabinet and School of Medicine Diversity Council and helped Wichita FMIG establish a social justice/DEI board position.

Our staff supporter, , is the third-year family medicine clerkship coordinator and a very important asset to FMIG. For monthly meetings, she books the room and orders food. She plays a large role in our Doc for a Day event, including contacting local schools, organizing student sign-ups and payments, and gathering materials for procedure stations. She assists in balancing the FMIG finances.

Programs

Community Service Projects

Blood Drive:

This is an annual event organized and run by FMIG. 16 students, faculty, and staff donated blood this year. One point of feedback we had last year was that there were not enough spots for those who wanted to donate. We have increased spots this year to 20 but we are unable to control the staff availability of the Red Cross so we have also compiled a list of other drives occurring in the area for that week that students can also donate at. We also created a video that highlights the importance of and career outlook of Family Medicine that was shown to students as they donated blood with the goal of increasing student knowledge of Family Medicine. Prizes were also raffled off to students, faculty, and staff that donated blood or volunteered to help with the drive.

Ronald McDonald House Charities:

Volunteers from FMIG cooked dinner for those staying at the Wichita Ronald McDonald House attached to Wesley Medical Center. This provided the opportunity to ease the burden on pediatric patients' families staying at the Ronald McDonald House, and to interact with the community and those accessing healthcare in a different light than our normal medical school curriculum. Volunteers prepared 35 meals during each event. Changes implemented this year compared to last were simply adding more days so that more students had the opportunity to participate.

Intimate Partner Violence Awareness Seminar:

Violence in their patients and what resources exist to help with these situations. We had experts from a local community crisis center speak with students. We provided dinner for students and in exchange asked that students bring basic needs items to donate to this crisis center if they were able. We collected dozens of items ranging from clothes, to cleaning supplies, to toiletry items. We felt like this was an important event given that it combined community outreach with educating future family doctors about how to recognize and handle situations of intimate partner violence.

Winter Charity Fundraiser:

Our FMIG chapter organized a Winter Charity Fundraiser which was designed around ensuring the safety of our city's homeless population during the winter months. We set up collection bins throughout the school where students and faculty could donate items such as jackets, blankets, sweatshirts, gloves, hats, and socks. We also offered items for sale with our school's logo on them and used the profits from those sales to purchase more of the above listed items. In total we were able to donate more than 300 winter weather items to four different local organizations who specialize in helping the unhoused members of our communities. We felt this event was a huge success and highlighted the importance of community involvement outside the clinic/hospital setting, a cornerstone value of Family Medicine.

Dark Vapor: Tobacco, Smoking, and Vaping Prevention for Kids

The Dark Vapor presentation is our group's revamped version of Tar Wars, the AAFP's tobaccofree education program for fourth- and fifth-grade students. This presentation was put together by two of our Dark Vapor Coordinators. It discusses the dangers and risks associated with vaping. Like Tar Wars, the Dark Vapor presentation is targeted toward a 4th and 5th-grade audience. The coordinators update the presentation each year to add new research, statistics, and guidelines.

Students travel to local elementary or middle schoolers, giving a 40-minute presentation and 10-minute demonstration with pig lungs to classes of 30-40 students. In total, we gave 44 presentations, reaching over 1900 students in the state of Kansas this year. Presenters were selected on a volunteer basis and participated in a one-hour training session put on by the Dark Vapor Coordinators prior to giving a presentation.

The goal of this program is to exercise primary prevention. As the Family Medicine Interest Group, we care deeply for our community and hope to make an impact on the health of the people living in it. This initiative allowed us to interact with youth and educate, as well as

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mentor them. By entering their classrooms and answering questions, we were able to help promote primary prevention and encourage a career in healthcare. We consistently get feedback that students and teachers find the sessions engaging and helpful. One of the highlights of the Dark Vapor presentation is giving students the opportunity to compare a faux "smokers" pig lung to a normal pig lung. The lungs were purchased using AAFP Special Grant money in 2020.

Each year, our two Dark Vapor Coordinators contact schools, work with teachers and school nurses, and update the presentation. The list of schools and contact information is organized and stored for future coordinators.

This year the Dark Vapor PowerPoint was updated with 2023 data, new graphics, and a change in materials to make it more accessible to 4th and 5th graders. Also, a succinct educational flyer was created to distribute to students after presentations created by the Dark Vapor Coordinators. Feedback from previous schools indicated that a flyer might help students retain information and distribute the information to their families. The number of presentations and students increased this year and to meet the demand we expanded from having only Spring presentations to having Fall and Spring presentations.

Additionally, this year, Dark Vapor had the opportunity to extend its reach to students and the community of Wichita State University. The Dark Vapor group gave a presentation and hosted an informational booth in conjunction with Wesley Medical Center Cancer Committee at WSU's Wellness Expo in March 2024. Information about vapes for an older audience, along with information for how to quit smoking, was provided to students and other attendees. Through this event, we were able to reach more than 40 event attendees and many of them were able to take resources home to share with their family.

Doc for a Day

Doc for a Day is a biannual event hosted by our FMIG chapter. The goal of Doc for a Day is to inspire local high school students to pursue a career in medicine by introducing medical education, providing Q&A time with current students, and hosting hands-on procedural and simulation training. For our fall Doc for a Day event, we prioritized attendance of high school students from under-resourced high schools, as many of the students we hosted may not have exposure to careers in medicine. For our spring Doc for a Day: Youth Diversity Summit event hosted in conjunction with the Medical Society of Sedgwick County (MSSC), we prioritized attendance of middle and high school students from groups traditionally underrepresented in medicine such as Black and Hispanic students. We also included a diversity in medicine session where students heard from local physicians and students of color.

Upon arrival and check-in, students and volunteers attend the presentation period of our time together, where we introduce medical education, the path to medical school, and how KU School of Medicine-Wichita (KUSM-W) serves our state in the production of family medicine physicians. These presentations are given by the student leaders in conjunction with the KUSM Admissions Committee. Following this brief time together, students find their medical student mentor and proceed to rotate through our six activity stations.

These stations were: abscess drainage, a vitals/clinic visit, childbirth simulation, code blue simulation, suturing, and CPR training. The abscess drainage session taught students the basics of abscess drainage and packing using mayonnaise packets, Coban tape, saline flushes, and

packing gauze. The vitals and clinic visit station was held in our standardized patient exam rooms, where medical students taught participants how to take vitals, how to gather a history from a patient, and how to perform a general physical exam. The childbirth and code blue simulations were held in the KUSM-W Simulation Center using our high-tech medical mannequins. Medical student volunteers taught participants a simple interrupted suture and instrument ties on pig feet or suture pads at the suturing station. At the CPR station, volunteers taught participants how to perform standard CPR and used mannequins to assess skills.

The event concluded with a Q&A session with current medical students, and the distribution of handouts and a short survey about the day.

Prior to the event, Doc-for-a-Day co-chairs met regularly with the FMIG faculty advisors, MSSC representatives and the Department of Family and Community Medicine (DFCM) representatives to update them on event planning. At a follow-up meeting, co-chairs compiled both high school participant and medical student volunteer surveys to create a “Tips and Timelines” document to be used for future planning efforts. By doing so, future co-chairs will be able to adapt portions of the program to better suit the needs of both participants and volunteers.

The DFCM provided supplies for the procedural stations, including suturing kits and pig feet. DFCM also facilitated the distribution of flyers and electronic communication about the program to local high school counselors. Event coordinators collaborated with the KUSM-W Public Affairs department to design t-shirts for all participants and volunteers, as well as ordering promotional items such as pens, stickers, and chapstick to be given in a KUSM-W tote bag at the conclusion of the event.

For the fall session, 28 medical students from all years of study volunteered for the day to either rotate alongside a group of students or serve and teach at a specific station. For the spring session, 26 medical students volunteered. FMIG members were provided the sign-up sheet first, before then being provided to all KUSM-W students. Our volunteer list filled quickly, indicating our school’s strong support of this event.

To update procedure stations based on last year’s feedback, the sterile field station was removed and an abscess drainages station was added. The Q&A session was updated to include topics in medical education that had not previously been addressed.

The spring Doc for a Day: Youth Diversity Summit event hosted in conjunction with the Medical Society of Sedgwick County (MSSC) also included a Dark Vapor presentation for the middle school students.

POCUS Nights

This initiative was created and organized two years ago by a past KU student,. started this program to give medical students a head-start in diagnostic and procedural competence in ultrasound to prepare them for clerkships and residency. He organized the creation of an introductory curriculum based on the AAFP’s Recommended Curriculum Guidelines for Family Medicine Residents for Point of Care Ultrasound. While Jeremy was an author in many of the sections, he also recruited the help of four other FMIG student leaders to write the remaining chapters. These chapters include straightforward concepts, images, and examples of pertinent findings in each organ system. The packet continues to remain open to allow future FMIG members to contribute. To help with the distribution and accessibility of the

POCUS Packet, it was converted to a website format that has been widely appreciated. leadership has evolved to a position within our FMIG: the POCUS Chair.

The POCUS chairs have worked closely with KU's Simulation Center to set up POCUS nights where a theme in ultrasound is presented. Students are given time to practice their new knowledge and skills on standardized patients, using a full-size GE Ultrasound machine and the Butterfly IQ+. The students also have access to the Simulation Center's CAE Vimedix Ultrasound Simulator, which allows the students to practice identifying pathology with the ultrasound.

FMIG continues to realize that to teach and learn ultrasound, students need to have unfettered access to ultrasound machines. One of the great accomplishments of our POCUS committee was the acquisition of a Butterfly IQ+ in 2021. The money for the purchase was received from a combination of funds from the AAFP Special Grant and a Family and Community Medicine department endowment. Any interested students can check out the Butterfly IQ+ for a few days and to practice at home. The sign-up is organized by our department administrator. The Butterfly IQ+ continues to be checked out consistently. We have received feedback from students that this is a great way for them to expand their skills in their own time.

This year the goal for the POCUS chairs was to create new POCUS topic nights and for the committee to add new and updated information to the packet. New POCUS nights this year included musculoskeletal and patient cases. An effort to stagger leadership and interest in this group among multiple graduation classes hopes to contribute to this sustainable model. A planning document regarding the future scope and sustainability of the POCUS Packet has been left to the future leaders, who have been a part of this process and will continue to hand off the administration of this information to future students. We hope that the Packet will equip future family physicians with the skills and confidence to incorporate ultrasound into their scope of care, and that it will also attract students across campus to the diverse skill set and command of knowledge found in family medicine.

40 students receive monthly updates via email. All students on our campus have access to "The POCUS Packet" through FMIG. Average attendance of 12 students at POCUS nights.

Primary Care Week

Primary care week is an annual event that our FMIG hosts to encourage students on campus to consider primary care specialties by providing learning opportunities in those fields. The events are spread over the Monday-Friday of primary care week. Below is a description of each.

Monday: Procedure night

Students, residents, and faculty from a variety of interest areas in primary care (family medicine, emergency medicine, pediatrics, OBGYN, and rural medicine) created procedure stations for students to rotate between and get hands-on experience with multiple types of procedures. Stations included delivery simulations, code blue simulation, ingrown toenail removal, circumcisions, and POCUS. We worked with our simulation center to use the manikins for the delivery and code blue simulation. Each student spent 30 minutes at each station then rotated to the next one. We had 23 students participate in this event, and feedback was received from volunteers and participants.

Tuesday: Ronald McDonald House Volunteer Event

FMIG students volunteered at the Ronald McDonald House. FMIG students brought supplies to

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and made Chicken Alfredo for families staying at the Ronald McDonald House. Five students volunteered for this event.

Wednesday: Wilderness Medicine Presentation

FMIG had a Wilderness Medicine presentation over the lunch hour. A local family physician with a special interest in Wilderness Medicine came to the school of medicine to present to students. It was an interactive lecture where students learned the basics of Wilderness Medicine and how to use Sam Splints on each other. Lunch was provided to those who attended. We had 20 people attend the presentation.

Thursday: Snacks and Study in the Library

As the Thursday of Primary Care Week landed on the day before both our M1 and M2 students had an exam, FMIG provided them with a mid-afternoon pick-me-up of snacks and drinks in the library. Approximately 15 students attended.

Friday: Carousel Skate Rink Social Event

To wrap up the week, FMIG sponsored an evening at the Carousel Skate Rink, a local skate rink location so that students could spend time socializing and enjoy the end of the week together. Students were able to bring a guest and spend the evening skating and visiting with friends. Approximately 20 students and guests attended.

A major change to this event from last year was changing the Tuesday lecture from a Sports Medicine lecture to the Wilderness Medicine lecture on Wednesday. This decision was based on the fact that a Sports Medicine Lecture had been held for the past several years. This event allowed M1-M4 students the opportunity to further explore a field of Family Medicine that students may not be exposed to otherwise. Another change was volunteering at the Ronald McDonald House. In previous years, FMIG volunteered at the JayDoc Clinic for specialty nights. However, due to decreased needs, JayDoc no longer offered specialty nights. The last change was the Friday social event. Last year the social event was held at Chicken-n-Pickle, a local pickle-ball court. Several other school organizations were hosting events at Chicken-n-Pickle and our organization wanted to offer a different option for students for our social event.

Residency Preparation: Residency Program Nights, Match Panel, and Strolling Through the Match

The Residency Prep event series was improved this year by changing our scheduling of events. Typically the first 4 FMIG meetings of the year are residency meetings, which can be intimidating to first and second year students. This year we interspersed the residency meetings with "regular" speaker meetings and procedure nights to allow more applicable content for M1 and M2's. We also made sure that there were topics and tips for M1s and M2s at these residency meetings.

Strolling through the Match:

Strolling through the Match is an annual event FMIG hosts at the beginning of the school year to expose first through fourth years to matching into family medicine. FMIG invited two firstyear family medicine residents and KU-Wichita graduates to discuss the timeline for residency applications, interviews and matching, with a focus on navigating virtual interviews. They also

covered ways first, second, and third years can have competitive applications. The discussion was followed by a Q&A. We were also able to add the perspective of a program director this year.

Residency Program Nights:

To expose FMIG members to Family Medicine residency opportunities and encourage networking, our group hosted the three Family Medicine Residency programs associated with our school. Each program had a separate night to present their program and answer students' questions. The residency nights were scheduled in the fall to allow fourth year students plenty of time to develop their residency application. Two of the residency program nights took place at the residency's facilities, with one out of town residency hosted at the school. This allowed students going through the Match process to have a deeper connection with the residencies, and talk to residents and faculty face to face.

Match Panel:

Following Match Day, a panel of M4 students matching into Family Medicine was compiled by the FMIG co-presidents. The panel discussion was hosted on Zoom. During the discussion, panelists described their residency application and interview experience, provided tips for the process, and gave guidance to underclassmen on what they can be doing now to prepare them for applying to residency. The discussion was followed by a Q&A. 6 students were on the panel. The students represented a variety of interests, backgrounds, and residency locations. Each event was reviewed and discussed by our board in the meeting following the event date. Notes were taken in the meeting minutes, and input/ideas brought forth were noted by the respective leaders. This input and advice gets passed to future leaders during officer transitions.

Social Justice Programming

The Social Justice position was created in 2020 in response to the George Floyd case and the protests that followed. The movements in our country brought into light the need for medical education to address the topics of racism and social injustice. As the Family Medicine Interest Group, we felt the call to create a position to host events, organize projects, and have discussions on the topic.

The main goal for this academic year was to continue to hold informational meetings on the topics of social justice and DEI for medical students and physicians to attend. Dr. Savoy, AAFP chair of diversity and inclusion, joined us for our November meeting and gave a presentation and facilitated discussions on how we as medical students in Kansas can implement policies with social justice in mind. At our March meeting, Jean Hall, PhD from the Institute for Health & Disability Policy Studies at the University of Kansas in Lawrence joined us for our February meeting to discuss patients with disabilities and how they seek or don't seek healthcare, including ways to make our future practices more approachable and accessible to patients living with disabilities.

Our Primary Care Leadership Collaborative (PCLC) group implemented universal mental health screening at the student-run JayDoc Community Clinic, which serves uninsured and underinsured people in Wichita. At each visit, clinic staff provide patients with the PHQ-9 and GAD-7 questionnaires to patients. Positive screens are followed up on by medical students and attending physicians to potentially diagnose and treat depression and anxiety disorders.

In partnership with our Community Service Chairs, the Social Justice Chair hosted an information session for students to learn about how to recognize intimate partner violence in their patients and what resources exist to help with these situations. We had experts from a local community crisis center speak with students. We provided dinner for students and in exchange asked that students bring basic needs items to donate to this crisis center if they were able.

The Social Justice Committee worked with the Diversity, Equity, and Inclusion office to create a partnership with FMIG. This partnership was strengthened by having one of our FMIG advisors, Dr. Fisher, on the Diversity, Equity, and Inclusion Cabinet at our school. The two groups were able to support each other in publicizing events. Our FMIG Social Justice committee gave a report at each board meeting to update members on happenings within the community and medical school regarding social justice.

Speed Networking Event

Our FMIG leadership wanted a way to provide students the opportunity to meet local physicians and explore different opportunities in primary care. This year, we put on a Speed Networking event at a local restaurant. This event was coordinated by our president and vice president. Local physicians were contacted via email and asked to participate in the event. This year, we had 10 physicians and 25 students participate in this event. We had several areas of family medicine represented, including: Hospitalist Medicine, Direct Primary Care, Hospice Care, Sports Medicine, FQHC Medicine, HIV Care, POCUS, Global Health, and Academic Medicine.

Physicians were grouped together and assigned a station, and students rotated from table to table every 30 minutes. There were a few minutes at the end for students to go back and spend more time with a physician they wanted more time with.

Feedback from students and physicians in past years suggested having longer time with each physician, so we increased time from 15 to 30 minutes. Students felt that having a couple of physicians together at a station was helpful. Holding this event at a local restaurant allowed transitions to be smoother, and all students and physicians to be in the same room. New this year, we provided a list of each physician and their specialties to the students. This facilitated discussion between the physicians and the students after the event concluded.