



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

Overall Award

University of Washington School of Medicine WWAMI

FMIG Operation

The University of Washington School of Medicine (UWSOM) has 6 campuses located in the following five states referred to as the WWAMI region: Washington, Wyoming, Alaska, Montana, and Idaho. Each campus has different leaders with leaders acting as liaisons to other sites, allowing for the sharing of ideas and resources, as well as providing opportunities for collaboration on events.

Seattle: The Seattle FMIG leadership is composed of a four-person executive committee (and seven additional leaders that lead diverse initiatives and events. In addition to taking the lead in their own projects, the executive committee organizes and facilitates meetings, takes notes, and assists in communication between various initiatives, regional locations, and faculty advisors. Other FMIG leaders take part in leading various events and projects. We host monthly meetings that are open to anyone in the medical school to join to learn about family medicine. Leadership roles are flexible with students being able to head projects and workshops of their interests. There is a lot of collaboration and teamwork that takes place within the FMIG. The group is supported by Dr. and, who have a commitment to furthering the reach of FMIG and maintaining a vast array of connections within the school of medication as well as the local community.

Spokane: Spokane's FMIG is facilitated by two MS1 co-leads, , who plan and execute all the events with the help of the faculty and staff advisor. Students self-nominate and are elected for leadership roles annually in October by peers. The Spokane FMIG is student-driven with co-leads organizing monthly workshops while taking into consideration feedback from their classmates. Spokane FMIG is one of the best-attended and most popular interest groups on campus.

Wyoming: Wyoming's FMIG is facilitated by two co-leads, and supported by a faculty advisor. Due to the small regional size of twenty medical students, there are no additional roles within the FMIG. There are currently around seven actively involved members and there is at least one FMIG event per month.

Alaska: Alaska's FMIG is led by two students,. Due to the small class size of 25

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at the Anchorage campus, many cohort groups collaborate to create events each year. A strength of having multiple FMIG groups across WWAMI is the access Alaska students still have to remote events at other UWSOM locations, as well as the support and resources of other FMIG site leaders and faculty to resume hosting their own events the following year.

Montana: Montana's FMIG is organized by two co-leaders, with the support of a faculty advisor who works to provide family medicine-related opportunities. The leads have a cooperative partnership that enables them to work together to provide diverse activities that are well-attended by the whole class.

Idaho: Idaho has three student co-leaders, and a faculty physician advisor. The co-leaders organize events and meetings for interested classmates based on previous years' events or new ideas based on classmates' interests. In addition to the above, the co-leaders act as liaisons to the other regional sites and are ambassadors to regional/national conferences

Goals

UWSOM Mission and Goals: For the 2023-2024 school year, the Family Medicine Interest Group (FMIG) at the University of Washington School of Medicine made it our mission to build off the progress started by our predecessors in reestablishing community by expanding access to events and continuing to promote awareness of the breadth and diversity of medical applications that family medicine has. For medical students, there was a focus on increasing skill building and access through programs like skills workshops, advocacy training, and professional development.

Students were able to explore careers through workshops where specialists guided students through new concepts and potential directions in medicine. This also extended beyond medical students, including programs like Healthcare Explorers that allowed high school students to imagine what a career in medicine could look like for them. Additionally, there were service components through clothes donations and ROOTs (Rising Out of the Shadows)

Seattle Goals: Seattle's FMIG mission is to provide students with a variety of opportunities to not only learn more about the discipline of family medicine but also gain skills ranging from clinical to personal development. We emphasized offering professional development in the realm of advocacy and highlighted topics related to those historically marginalized within health care. In addition to providing events to foster well-rounded growth as medical students, Seattle FMIG also strives to give back to the community in events that work with local high school teens and fundraising for different community organizations.

Spokane Goals: Spokane FMIG inspires interest and understanding of family medicine through advocacy, skills training, and leadership development. Monthly presentations are held with the goal of increasing exposure to practicing physicians specializing in Family Medicine, providing guidance and mentorship on the path to family medicine, and addressing important issues facing primary care. We aim to inform students about the breadth of opportunities within the field of family medicine with the goal of increasing diversity within the field.

Wyoming Goals: Wyoming's FMIG is dedicated to providing medical students with opportunities to develop their clinical skills and learn about the vast array of opportunities available in family medicine. We aim to inspire the next generation of physicians to consider a career in family medicine and

introduce students to the skill sets they will need to succeed in clinical clerkships, residency, and when they start practicing medicine as physicians.

Montana Goals: Montana's FMIG mission is to provide education to aid medical students interested in family medicine in acquiring the fundamental skills and knowledge needed to succeed in the field, especially in the context of rural health. The group aims to inform medical students about the scope of primary care while complementing the UWSOM curriculum. Montana's FMIG is committed to advocacy education and addressing the importance of providing equitable care to all.

Alaska Goals: Alaska FMIG aims to cultivate a supportive community, inspire students towards family medicine careers, and equip them with essential skills, particularly for rural health. Through collaborative learning workshops, clinical exposures, and advocacy education, we aim to promote diversity, equity, and collaboration among students interested in family medicine.

Idaho Goals: The goal of Idaho's FMIG is to establish a welcoming community that encourages conversations about issues related to primary care, expose medical students to family medicine career options, and collaborate with other Idaho interest groups to support fellow leaders and showcase the breadth and diversity of family medicine.

Faculty Advisor

The University of Washington School of Medicine has two regional advisors who support the collective WWAMI FMIGs. Dr. is our faculty advisor, and is our staff supporter. They both have a passion for working with this group. They promote student initiatives, assist with communication between the Department of Family Medicine and students, make connections with community physicians, and advocate for resources as well as opportunities for the FMIG. Additionally, they provide logistical support for events, especially those open to the entire region. Dr. and also serve as the advisors for the Seattle FMIG's individual initiatives. The other five WWAMI sites each have their own faculty advisor/mentor who collaborates closely with their FMIG group to organize meetings and events tailored to the needs of their region. This network of advisors creates a cohesive and effective WWAMI FMIG system. The advisor for Spokane is Dr. and, Wyoming is Dr. , Montana is, Alaska is Dr., and Idaho is Dr.. As student leadership changes yearly, advisors play a crucial role in facilitating smooth project turnover and seamless transitions from year to year. While advisors from different sites offer varying degrees of support depending on the group's interests and needs, they all provide support in assisting with workshops, panels, and talks that align with the interests and objectives of the students attending that campus. Advisors also help students find funding and other resources on a local, regional, and national level and encourage attending family medicine conferences and networking events.

Programs

Advocacy Training

Across the WWAMI region, there are FMIG events and programs that aim to get students involved in regional and national advocacy.

In Spokane, there is an upcoming advocacy workshop from the Washington State Medical Association discussing the various advocacy opportunities available to medical students. In Seattle, there was a Health Advocacy workshop on 3/11/24 led by a Family physician and

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current Doctors for America Copello Health Advocacy fellow Dr., MD, MSPH. Dr. introduced students to an approach to health advocacy as a medical student or physician, including a framework for connecting the narrative of one's lived experiences with implementing action for health advocacy. The workshop then progressed to small-group and large-group discussions and an opportunity to practice making connections between our experiences and the health-related topics we aspire to advocate for. It concluded with a Q&A session with Dr. regarding health advocacy. Additionally, four current Seattle FMIG leaders will be attending the Doctors for America conference in DC from June 6-8, building skills while networking and bringing what they learn back to FMIG by hosting a presentation for other students in the fall term.

Health Care Explorer's Scrub Day

The Seattle FMIG site hosted High School students from Federal Way, WA, on the UW campus for a morning to learn about healthcare professions and interact with students currently enrolled in UW healthcare professional schools. This high school serves a community with historically high poverty rates and students from a diverse range of backgrounds. The event was conducted in collaboration with UW's School of Dentistry, School of Nursing, UW School of Medicine students, and medical students who are members of the FMIG. During the course of the morning, high school students rotated between dentistry, nursing, and medical stations to learn hands-on skills related to each profession, which included learning about dental tools, taking vitals, and manipulating ultrasounds. There were also panels of current students in medical, dental, nursing, and pharmacy school who participated in the event. These health professional students discussed their training with the high school students while giving them the opportunity to ask questions about those careers. The students also had the opportunity to tour the campus while exploring what a career in healthcare might look like for them.

Additionally, we felt that this event helped build inter-professional development among the healthcare students who participated.

Health Care Explorer's Scrub Day

National Primary Care Week Programming

At the Seattle site, there were a wide variety of events that occurred throughout the week which engaged students in FMIG and demonstrated the range of opportunities available within family medicine:

National Primary Care Week (NPCW) "Variety Show" – 10/2/23. Attendees: 94 medical students came out to support their classmates and watch them share their talents! exceeded this event relating each act to the field of family medicine (no easy task but brilliantly done!) and got everyone excited for all the events coming up the rest of the week!

NPCW Family Medicine Open House - 10/3/23. Attendees: 36 medical students and Family Medicine Faculty and Staff came to the FM Medical Student Education offices to meet MSE

faculty and staff and learn more about the programs and courses offered.

NPCW “Gender Affirming Care” – 10/4/23. Attendees: 42 first- and second-year medical students came to hear from Dr., a third-year Family Medicine resident, on genderaffirming care in primary care.

NPCW “Speed Mentoring: FM Residents & Physicians” – 10/4/23. Attendees: 22 first- and second-year medical students. Students came to learn about primary care and meet local physicians and residents from a variety of local FM practice settings in a rotating “speed dating” format.

NPCW “IUD Workshop” – 10/6/23. Attendees: 42 first- and second-year medical students. Dr. gave a short introduction to IUDs and a tutorial on how to place the device. Students then got the chance to work with and learn how to place the device themselves under the guidance of Dr. and other medical providers.

FMIG Exe Comm Meeting—10/9/23. Attendees: 15 FMIG leaders, Dr., and . FMIG leaders met to plan and discuss events and programs for the quarter and advertise FMIG leadership positions to the MS1s.

The Spokane site hosted a lunchtime open house (10/2/23) attended by 120 people. It gave students exposure to a career in family medicine as well as insight into primary care.

ROOTS volunteering (Rising Out of the Shadows)

The Seattle FMIG engages with ROOTS Young Adult Shelter in the University District in a number of ways. ROOTS is an overnight shelter that serves young adults ages 18-25, offering services including medical care, basic care services such as hygiene and food, and connections to social services like case management. One way volunteers through FMIG engage with ROOTS is through recurring volunteer shifts. Evening shifts involved setting up the shelter for the night and assisting with guest activities. Morning shifts involve helping with laundry, cleaning, and breakfast. Students are able to sign up for evening shifts throughout the year.

FMIG also conducted its yearly clothing drive from November - December 2023. FMIG students gathered donations like warm winter coats and hats from the UWSOM community and then delivered a full carload of supplies to the shelter.

Baby Beeper Program

The Baby Beeper program provides students with opportunities to learn about inpatient and obstetric areas of family medicine. In this program, two students attend Tuesday morning rounds at Northwest Hospital in Seattle. One student is then on call for the week (the other student is back up if the first is not able to attend) and will be paged if a patient goes into

labor. The student will then be present for that birth. Because this program runs throughout the year, students can participate multiple times. It provides a unique opportunity to observe inpatient Family Medicine and speak with physicians at different points in their careers, from residents to attendings.

A change this year is that Spokane has started a Baby Beeper program, running March 11-May 10th, 2024, where one student per day can observe the Labor & Delivery unit. Ideally, this program will eventually be offered at every WWAMI site so that students can gain exposure to this aspect of Family Medicine.

Coffee Cart

Coffee Cart is a program that builds community engagement among students at the Seattle site while raising funds to donate to ROOTS young adult shelter. Coffee cart leaders ask FMIG students to prepare baked goods a day in advance and then, on the day of the event, brew coffee and set up a cart in the hallway outside the lecture hall approximately an hour prior to class. Students are encouraged to donate, and information is shared about the mission of ROOTS. For the third coffee cart, FMIG partnered with the Health Equity for People Seeking Asylum UWSOM group to support the efforts to provide menstrual products to the asylumseeking community in Tukwila, WA. We are planning another Coffee Cart event for later this spring. In addition to raising funds to support important local projects, Coffee Cart is also an informal space where FMIG leaders can talk with colleagues about upcoming FMIG events and opportunities.

How to Med School

The "How to Med School" Series offers webinars throughout the year for students of different years and across the WWAMI region on topics about how to succeed in medical school. They range from discussion of third-party resources to collective advice from students in past years. These events give students the opportunity to ask questions in a more informal setting and allow older students to share their experiences.

"Acing Anki" (8/3/23) - at this event, students present on the popular flashcard app Anki. It addressed how and why to use it, shared UWSOM-specific add-ons and strategies, and had a Q&A session. It was also an opportunity for students to learn about other third-party resources and make plans for study strategies early in their first year of medical school.

"Crushing Clerkships" (3/12/24) - This Zoom event was held in the spring for MS2s finishing up their first board exam and transitioning into clerkships. In this event, a panel of MS3s spoke about their experiences, and the leaders of the event shared collected wisdom from previous classes about tips and tricks for success, followed by a Q&A session. Students attended live, and the recording was sent out to others unable to attend.

We were planning on doing two more sessions this year that have not been assigned dates. The first is "Flying Through Fourth Year." This session will focus on preparing MS3 students

for their fourth year of medical school and how to be successful. The second is "Rocking Residency," which will help prepare MS3 students for applying, matching, and succeeding in residency.

Professional Development

At the Seattle site, the FMIG has been hosting a leadership development series for those who attend the board meetings. They take place 30 minutes before every monthly meeting and bring in experts on topics like how to effectively facilitate a meeting, dismantling white supremacy culture in clinical spaces, and harm reduction in primary care. These leadership trainings develop the skill base of FMIG students both within their capacity as leaders of the group as well as leadership skills they will take forward in their careers. There are also two upcoming events this spring, "How to be a Competitive Applicant in Family Medicine" and "The Nuts & Bolts of Residency," that are still being organized. In the first, Drs. , and will present on what it takes to be a competitive applicant for the ever-changing application process of applying into family medicine and tips on how to stand out and what to do in their academic years to be appealing to family medicine residencies. In the second, Residents from WWAMI family medicine residencies will share their experiences with residency from the application process through the end of third year.

The Spokane site has hosted two events aimed towards exposing possible career options to students as well as offering perspectives of professionals within family medicine:
FMIG Family Medicine Kick-Off Panel - 9/6/23: Four family medicine physicians local to the Spokane area shared their career paths within family medicine. The panel was followed by a Q&A.

Integrative Medicine Talk—2/27/24: Students listened to a family medicine physician with a fellowship in integrative medicine and learned how integrative medicine is used in a holistic approach to patient care.

The Wyoming site has hosted a course that provided Advanced Cardiovascular Life Support certification and planned an event involving insight into family medicine, which will benefit students as they continue into a career in family medicine:

Advanced Cardiovascular Life Support (ACLS) certification - 4/1-4/2/23: Under the instruction of Mr., the FMIG offered a chance to become ACLS certified. This two-day course involved classroom learning, numerous scenarios, and standardized testing with a mega-code scenario as well as a written test.

Rural Family Medicine Discussion - planned April 2024: Two rural family physicians will present to the FMIG via Zoom about their experiences practicing in a Critical Access Hospital. The presentation will be followed by a Q&A.

Skills Workshops

All of our FMIG sites highlight skills workshops as a way for students to gain hands-on experiences early in their training as well as get exposure to topics that may not be covered in depth through the curriculum. These workshops are incredibly well attended by the whole student body, promoting the range of skills used in family medicine as well as showing how family medicine can work to reduce health disparities within healthcare systems.

Seattle:

Addiction Medicine Workshop - 12/11/23: In this workshop, Dr. provided students with an introduction to Opioid Use Disorder. The session began with a talk that covered diagnosis of opioid use disorder, medications available for treatment, and how to approach a clinical discussion about opioid use and closed with a role play of how to raise concerns about opioid use with a patient.

Preventing, recognizing, and treating eating disorders in primary care: a weight-inclusive approach - 4/3/24: This workshop on a weight-inclusive approach to navigating eating disorders care was taught by Dr., and Dr.. The session began with a didactic portion involving education on the Health at Every Size framework and how different factors can lead to disproportionately high rates of eating disorders in certain communities. We also discussed how bias can contribute to misdiagnosis or missed diagnoses. Then, students worked on small group cases, followed by a discussion and a Q&A.

Basic Suture Skills Workshop - 4/26/24: In this workshop, Former UW faculty will come up with faculty and resident cohorts from the Providence Oregon Milwaukie Family Medicine Residency, and teach students various suturing techniques, including simple and straight lacerations, deep layer closures, skin closures, and interrupted and mattress sutures. Students will be provided with a suture kit so that they can continue to practice their skills after the workshop

Spokane:

FMIG Diabetic Workshop—11/15/23: Students learned about Libre3 continuous glucose monitors and had the opportunity to wear them for two weeks themselves. This workshop exposed students to newer healthcare technology and how it can positively impact patients' lives.

FMIG OB/GYN Workshop - 12/6/23: Students learned about IUD insertion, infant delivery, and pelvic examinations.

FMIG Suturing Workshop - 1/24/24: With the guidance of family medicine physicians, students learned basic suturing techniques.

Splinting Workshop—3/27/24: In conjunction with EMIG and the Wilderness Medicine Interest Group, FMIG hosted an event to allow students to experience various splinting techniques and indications.

Wyoming:

Scrub in Clinic—9/14/23: This workshop taught students sterile preoperative hygiene procedures. Students practiced proper hand washing, donning, and doffing. Surgical staff educated students on what to expect when attending surgeries in the operating room and how to maintain a safe environment for patients while maximizing their learning experience.

Suture Clinic—11/1/23: This workshop was a learning session on suturing and surgical techniques to prepare for surgical clerkships. Two surgeons from the local hospital guided the workshop, during which students practiced suturing on animal synthetic models. Suture kits were provided for all students for additional practice outside of the workshop.

Mental Health Initiative - Primary Care Leadership Collaborative Project