



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

### **Overall Award**

### ***University of Wisconsin School of Medicine and Public Health***

#### **FMIG Operation**

The University of Wisconsin School of Medicine and Public Health FMIG is led by a team of first- and second-year medical (preclinical) students. This past year, we selected six outstanding student leaders, who took over for the previous year's student leaders starting in January of 2023. Dr. is the director of the Office of Medical Student Education in the UW Department of Family Medicine and Community health; Dr. is the UW FMIG faculty advisor, and is the UW FMIG staff advisor. We also have 3-4 wonderful residents each year from the UW Family Medicine Residency-Madison who volunteer as FMIG Resident Liaisons and are tapped for speaking events.

New student leaders, together with their advisors, engage in a half-day Leadership Retreat every January where they review the previous year's programming, divvy up roles and responsibilities for the coming year, review the FMIG Vision and Mission Statement, build a theme for the coming year, and brainstorm new event ideas.

The student leaders have the primary responsibility for planning all events and carrying out their vision for the UW FMIG. Some events recur annually, and the UW FMIG advisors bring their experience and institutional knowledge to help with the planning of these events. In addition, the student leaders develop ideas for new and unique opportunities that fit with their mission of facilitating exploration of and engagement with family medicine. During 2023, this culminated in a new offering three distinct noon talks. For all events, student leaders are responsible for contacting and confirming speakers, making room and food reservations, fundraising and advertising.

The leaders of the UW FMIG work in a collaborative fashion, and there is often overlap between different positions. As

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such, rather than a more hierarchical division of roles like president, vice president, etc., the students take on advisory roles.

Here is a summary of our FMIG and notable achievements for this past year:

- 3 faculty advisors, 1 staff member
- 26 active student advisees engaged in 1:1 mentoring
- 6 executive committee student members
- 15 total FMIG events open to the student body (10 recurring, 5 new)
- A robust leadership program for our executive committee student members including an annual retreat and monthly committee meetings
- Over 100 students attended at least one FMIG event in the past 12 months
- 15 students matched in family medicine in 2023 representing 9.8% of the class (for reference, the national average is 8.0% for allopathic schools)
- 8 projects focused on attracting undecided students to our specialty
- A robust pathway (1:1 mentoring and 7 events) for committed students to solidify their dedication to family medicine, prepare residency applications, and find the right residency program to meet their needs
- One of our students was selected to be AAFP FMIG Regional Coordinator for 2023-24

## Goals

Our FMIG mission is:

"The mission of the UWSMPH FMIG is to excite, promote and support student interest in the specialty through active learning, mentorship and exposure to the scope of Family Medicine."

The goals of our FMIG are:

- Increase interest in family medicine and primary care specialties.
- Provide mentorship and guide interested students towards family medicine and through the residency application process.
- Provide leadership opportunities for students to put on their own projects.
- Encourage students to attend AAFP National Conference, Family Medicine Midwest Conference and our annual Wisconsin student conference.
- Encourage students to take on leadership / advocacy roles within their medical school, the Wisconsin Academy of Family Physicians, and the AAFP.
- Provide a sense of community for FMIG students at their medical school.-Foster creativity by participating in research modules to advance innovation in Family Medicine.

## Faculty Advisor

Dr. has been our faculty advisor as of March 1st, 2018. He is a practicing community physician here in Madison. His goal has been to make the FMIG as student-driven as possible, including encouraging students to take charge of their own events and also facilitate traditional events.

We must also credit, our FMIG staff advisor, for her commitment to our FMIG. joined our FMIG in 2020. Having recently completed her Masters of Public Health, Nicci has been a robust advocate for encouraging medical students to find a home in family medicine. Besides mentoring students and providing the logistical leadership for our organization, her warmth and passion sets an example for those qualities that make up a family doctor. She connects students with funding sources, such as the Wisconsin Academy of Family Medicine (WAFP) and others, so that they may attend regional and national conferences. As a result of her efforts, we had 10+ students attend AAFP National Conference this past year, several students attend the Wisconsin Academy of Family Physicians Student & Resident Leadership Summit in August, and several students attend the Family Medicine Midwest Conference in Naperville, IL in October.

Two additional family physicians, Dr. and Dr., are also intimately involved in FMIG programming. They support and attend FMIG events. They also serve as mentors to for medical students, especially M3-M4 students engaged in the journey interviewing for residency.

## **Programs**

What is Family Medicine?

“What is Family Medicine” is an annual event, scheduled in August, that provides incoming M1 students with a first impression of family medicine. This event drew approximately thirty students this past year. Students engaged in a speed-dating format where they have the opportunity to meet up to four physicians of the nine total faculty present. Our nine faculty represent different practice niches of Family Medicine including obstetrics, urgent care, inpatient, outpatient, procedures, academics / research, and others. In attendance, we also had representatives from the Wisconsin Academy of Family Physicians, including current WAFP President, MD and Deputy Executive Director.

With our school graduating a high number of students into family medicine (15-25 per year), this event serves as an eye-opener for students who may not otherwise have thought of family medicine as a career. It was well-received. Students learned a lot about the breadth and depth of our specialty, all the different career paths that a family doctor might choose, and how a person’s career might change over time. The event also publicizes our upcoming FMIG events for the new year and helps to attract our next class of FMIG student leaders. In advanced EKG interpretation proved beneficial to the students, his in-depth understanding allowed for the translation of complex topics into clear and engaging lessons. The instructor's ability to comprehensively answer student questions further ensured deeper knowledge retention and fostered a more confident learning experience. By exploring these EKG presentations, students gained the ability to differentiate them from more common arrhythmias, ultimately leading to more informed clinical decision-making.

## Noon talks

This past year, our students created three new noon talks that were all new events: Direct Primary Care Panel, Trauma Informed Care, and MD/PA Collaboration in Clinical Practice. Each of these events were offered with a hybrid model that allowed for both in-person and remote participation. For each, we provided lunch or light refreshments.

### Direct Primary Care Panel Noon Talk

For the Direct Primary Care Panel, our FMIG partnered with the Rural Health Interest Group (RHIG) to host a one-hour panel of four physicians who work in a variety of Direct Primary Care (DPC) model practices. The goal of this event was to educate medical students about the DPC healthcare model and facilitate a Q&A between physicians and students. The DPC model was a novel concept to the students in attendance, and the event generated fantastic interest and discussion. With its new “Forward Curriculum,” UW SMPH makes a concerted effort to introduce students to other aspects of medicine that physicians must navigate aside from their clinical practice. Having learned about the structure of the US healthcare system, students were engaged with panelists about how they circumvent many of the frustrating aspects of this system through their DPC practices. We had 45 students attend in-person and 5 attending virtually.

### Trauma Informed Care Noon Talk

This past spring, our FMIG hosted a noon talk for medical students going in-depth on how physicians care for patients with trauma histories. This involved partnering with Julia Yates, Director of Behavioral Health and Wellbeing for our family medicine department. We also brought in counselors from The Rainbow Project, a child and family counseling and resource clinic located in Madison. Panelists spoke about informed consent, the impact of trauma on children and families, and the role that clinicians play in helping to screen, diagnose, and treat patients with trauma. Six students attended this hybrid virtual and in-person event. Overall, feedback from the talk was overwhelmingly positive, which multiple students expressing desire to further learn about this topic and see it incorporated into the medical school curriculum.

### MD/PA Collaboration in Clinical Practice Noon Talk

This past year, our FMIG co-hosted this noon talk together with students from the PA school at the University of Wisconsin. With more advanced practice providers in healthcare, this event was designed to help both MD and PA students better understand how they work together in the health care field. There was a panel of MD and PA duos from Family Medicine, ENT, and Plastic Surgery available to talk about their experiences and best practices. Specifically with family medicine, they discussed the specific roles each provider had in their clinic and ways that they worked together. For example, in one of the clinics with UW Health, they mentioned that each provider has patients within their clinic but can be known for having a specific interest/procedure. Thus, they can learn from one another or refer to each other depending on the patient’s need, especially since PAs have more flexibility in their clinical specialty in their careers. In the end, the main message amongst everyone was that clear and healthy communication between the providers and a good working relationship was necessary for the

benefit of the workplace and for the patients.

## Procedures Fair

The annual Family Medicine Procedures Fair offered by the Department of Family Medicine and Community Health (DFMCH) and our FMIG is extremely popular with students. Students are exposed to the broad scope of practice that Family Medicine offers, and many are surprised about the plethora of options. It took place in November 2023.

During the procedures fair, participants each attend three hands-on skills workshops from among a list of choices. This year, 11 different workshops were on that list: casting, GYN procedures, OB basics, Osteopathic manipulation, vasectomy, suturing, skin biopsy (shave and punch), joint injection, Integrative Health (acupuncture, gua sha, and herbal medicine), Point-of-Care Ultrasound (abdominal), and Point-of-Care Ultrasound (musculoskeletal). Three of these stations were new this year. The workshops were taught by Family Medicine faculty and resident volunteers.

Students are often surprised every year by the vast variety of procedures that are included in the scope of Family Medicine. The overarching goal of this event is to help each of the participating students understand the breadth of Family Medicine. Thanks to funding from the UW DFMCH, FMIG, numerous other sponsors, and donated supplies from local clinics, we can host this event at no cost for students. Students receive an experience that is relaxed and informative. There is also a free dinner at the beginning of the event.

## Fellowship panel

### 4th year career pathway program

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We have seven annual career events for M3-M4 students who have strong interest in family medicine. The first event, "Phase 3 Career Planning – Fall Lottery," takes place in the fall (new for 2023).

Dr. [Name] gives a 1-hour virtual talk with 8-10 M3 students who want advice on planning their winter medical school schedules. Here we begin the process of helping students set themselves up for success in their residency search. Discussion includes: sub-I, family medicine electives, letters of recommendation, away rotations, etc.

The second event, "Phase 3 Career Planning – Spring Lottery," takes place annually in the late winter for M3 students. Students attend a 1.5-hour virtual panel session that includes graduating M4 students together with three current residents representing PGY1-3 years. Students have the opportunity to plan out their summer and fall M4 schedules in preparation for applying to family medicine residency programs. We discuss letters of recommendation, attending AAFP National Conference, attending the Family Medicine Midwest Conference, beginning to draft personal statement, ERAS, other aspects of career planning. We create a comprehensive guide "Tips for Applying to Family Medicine Residency" which is given to students each year.

Next, we hold a 1-hour virtual information session for M1-M3 students interested in attending AAFP National Conference (new for April 9, 2024) who want to come prepared to speak with

residency programs at the conference. Panelists include UW family medicine residents, faculty, and graduating M4 students who have just matched. This will help students develop a strategy for meeting potential residency employers and get the most out of the conference. Next, we hold an annual event “Meet the Match,” in the late spring where we invited M3 students to meet with graduating M4 students—newly minted doctors—who recently matched in a family medicine residency program. This social event affords M4 students an additional opportunity to impart their wisdom on our M3’s who are just about to start their residency search journeys. M4 students talk about their specific residency programs that they matched to and discuss their experiences interviewing and creating a rank list. In the summer, we hold two 1.5-hour writing workshops (started in 2022) exploring principles of Narrative Medicine. In these workshops, M4 students practice crafting short stories about themselves in a small-group setting. Students write their own personal journey to medicine and family medicine. This exercise is designed to help these students then write their personal statement for their residency application using effective storytelling techniques—“show, don’t tell!” These techniques also translate to residency interviewing as students would be able to answer interviewer questions with personal anecdotes about barriers overcome. This workshop is held twice in the summer so that we can keep the group small, maximize participation, and make sure to catch everyone who would be interested in attending. One workshop was virtual, the second was in-person. We had 8-12 participants at each event in 2023.

Our seventh annual event in this Career Pathway Series, “Match Tips,” is strategically timed in the fall at the beginning of the residency interview season. This is an event targeted to M4 students who want to learn more about the application process for Family Medicine. Approximately 20 students attend this panel discussion which featured faculty members from family medicine residency programs across the state of Wisconsin. The event is in-person and live-streamed. The discussion focuses on what the program directors look for in applicants, avoiding ERAS mistakes, scheduling interviews, interview day structure, interview tips, and factors to consider when compiling a rank list. The panel members also explain some of the unique features of their programs and the various career paths that their program’s graduates have followed. Of note, three of our events in this series—“Phase 3 Career Planning – Fall Lottery,” “Meet the Match,” and the second Narrative Medicine workshop—were all new offerings in 2023 (2024 graduating class cohort), while the AAFP information session is a new offering in April 2024 (2025 graduating class cohort)!

### Basic Life Support in Obstetrics (BLSO)

Basic Life Support in Obstetrics (BLSO) has been a popular addition to the FMIG calendar since 2015, and it has been revered as “hands down, one of the best experiences in medical school.” After not being able to do it for several years, we were able to bring this back for fall 2022, and we continued it in 2023. BLSO is a full-day event. We had thirty students in attendance spanning M1-M4 years. Eight

volunteer faculty taught the course. The purpose of the course is to showcase family physicians as leaders in women's health and maternity care. Our faculty volunteers all practice full spectrum family medicine with obstetrics.

Using our large number of volunteers, we broke into small group stations with an intimate student-to-teacher ratio of about 5:1. We covered a full range of topics including normal vaginal delivery, fetal monitoring, emergency prenatal assessment, malpresentation, shoulder dystocia, neonatal resuscitation, premature labor, maternal resuscitation, hypertensive emergencies, and advanced techniques for assisted delivery. We utilized didactics, small group cases, and hands-on practice with mannequins. By also including FM residents as teachers, students also gain valuable tips-and-tricks about how to function as part of a FM residency obstetrical service. We also created new cervical trainer models this year to realistically practice cervical exam, AROM, FSE and IUPC placement. Students were provided with breakfast, coffee, and lunch during the event.

FMIG student leaders and our advisors reach out to our resources to come up with funding to support the course's operating budget. We were able to provide the course free for students this year. The Wisconsin Academy for Family Physicians (WAFP), the UW medical school, the UW Department of Family Medicine and Community Health, and our FMIG leaders all contribute time and money to provide this for our students who are so appreciative of the opportunity and experience.

### Mentorship program

We have a wide network of residents and family physicians who serve as mentors each year for

our students who are committed or considering family medicine. This wide network allows students to choose mentors who match up with specific needs/goals: diversity, addiction health, obstetrics, LGBTQ, research, etc.

Mentors will typically meet up with students in person, by phone, or virtually 1-2 times per semester. Our mentors help preclinical students explore and/or solidify their commitment to family medicine. For M3-M4 students, they assist with crafting a priority list for residency programs, polish personal statements, edit CVs, conduct mock interviews, create rank lists, etc.

We typically will have 20-30 students sign up for this program each year (26 in 2023-24). Of note, one of our mentored students, Sammie Busch, was selected to be FMIG Regional Coordinator for 2023-24!

### Family Medicine Mixer

Also occurring in October of 2023, we held a mixer for medical students, faculty, and residents. This occurred on a weekday evening where people could come to unwind after a long day of classes. We rented a private space in a local restaurant and provided beverages and a buffet dinner. Approximately thirty students attended, years M1-4, to mingle with 8 faculty and residents. For M1-2 students, this was a great time to mingle and learn more about the specialty. For upper classmen, these students had yet another opportunity to pick the brains of

residents in preparation for interview season.