



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

Overall Award

Universidad Autonoma de Guadalajara

FMIG Operation

The UAG Family Medicine Interest Group (FMIG) is composed of the Governing Board and Committee. All elected and appointed board members of the Family Medicine Interest Group shall be currently enrolled full time students of UAG School of Medicine. Listed below are the responsibilities of each UAG FMIG board member:

President

- Presides over all meetings of FMIG and Governing Board.
- Delegates event planning and oversees all the FMIG events.
- Is responsible for executing the directives of the Governing Board.
- Coordinates and facilitates communication with school administration, faculty and advisors.

Vice President

- In absence of president, sets the agenda and presides over all FMIG Governing Board and general meetings.
- Assists the president with delegating and coordinating events.
- Aids the president in executing the directive of the Governing Board.

Secretary

- Responsible for documenting attendance for all workshops, meetings, and webinars.
- Maintain record of all members in the organization.
- Responsible for the FMIG email correspondence of all events.
- Communicate through the WhatsApp platform to ensure all attendees are informed of the date, time and location of each workshop.

Semester Representatives

- Represent the organization throughout the year and assist in promoting all events.
- Ensure all students are aware of FMIG events by distributing event details to their respective class.

Treasurer

- Oversees the budget planning process.

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- Safeguards the organization's assets and maintains all financial records including the cash box and receipts.
- Responsible for collecting money at events including registration fees.

Event Coordinator

- Coordinates and executes all events and workshops.
- Is responsible for planning out the logistics for each workshop including budgeting and purchasing supplies.
- Is responsible for reaching out to other UAG interest group board members to coordinate combined workshops.

Public Relations Coordinator

- Coordinates all publicity and advertising necessary for each event.
- Works with the Event Coordinator to update all FMIG associated social media platforms with important information related to FMIG including event information.
- Monitor and assure content is appropriate on social media.

Goals

Mission

The Universidad Autónoma de Guadalajara School of Medicine Family Medicine Interest Group is a student led organization that helps foster relationships and development in the career field of Family Medicine. UAG FMIG aims to host events and workshops that enhance students' clinical skills development, personal growth, and provide philanthropic driven work which serves our community.

Vision

Our vision is to shape the next generation of physicians dedicated to Family Medicine, and subsequently create a lasting impact on health care delivery and improve overall outcomes in our communities.

Objectives

- Empower FMIG board members and student members to further develop leadership skills by encouraging mentorship.
- Provide educational materials through workshops and webinars for students to advance knowledge and clinical skills.
- Expose students to the clinical setting of Family Medicine and show the importance of access to primary care.
- Give FMIG members opportunities to help the local community through philanthropic events.
- Provide an inclusive and diverse community of students that are passionate and excited to engage in the career of family medicine.
- Foster creativity by participating in research modules to advance innovation in Family Medicine.

Faculty Advisor

Our faculty advisor serves as a mentor to the FMIG governing board and assists with all FMIG events. She provides her medical expertise to support our FMIG by assisting with our clinical workshops, lectures, community outreach events, and membership events. This semester our advisor focused on preparing 4th semester students to ensure they are ready for their clerkships. She hosted meetings to review the application process and offered office hours for students to attend. Our university's Student Success department provides aid with coordination of events regarding scheduling, classroom and SIM laboratory availability. The Student Success department also manages any requests we have directed towards the Dean of Students.

Programs

Advanced Electrocardiogram & Advanced Cardiac Life Support

Two workshops were hosted in coordination with the Emergency Medicine Interest Group. The first workshop was an Advanced Cardiac Life Support (ACLS) class hosted on March 22, 2024. This course was an exceptional platform to expand upon their existing Basic Life Support (BLS) knowledge and develop the necessary abilities for managing complex emergencies. The knowledgeable and engaging Dr. Jorge Javier Miguel Gonzalez tailored the course content to address the specific needs of medical students, placing a strong emphasis on clear communication and effective decision-making during critical situations. The workshop effectively built upon students foundational BLS knowledge by focusing on advanced airway management techniques, bag-mask ventilation with adjunctive devices, and advanced cardiac dysrhythmia recognition. Through extensive hands-on practice with mannequins and advanced equipment, students solidified their theoretical understanding and gained the confidence to execute these skills effectively. The incorporation of realistic scenarios added another valuable dimension to the workshop. Here, students applied their newly acquired knowledge in a simulated clinical setting. This approach fostered critical thinking, teamwork, and the ability to adapt to dynamic situations for successful resuscitation efforts.

The second workshop was our Advanced EKG Interpretation Workshop. This presented a valuable opportunity for second year students to significantly enhance their electrocardiogram (EKG) interpretation skills. Moving beyond the basics of EKG, the workshop delved into advanced topics such as bradyarrhythmias and tachyarrhythmias, fostering a deeper understanding of these complex clinical presentations. The workshop's strength resided in its interactive nature, which fostered a dynamic learning environment. Student participation was encouraged through the analysis of scenarios that showcased diverse EKG abnormalities. This collaborative approach served to promote critical thinking, teamwork, and the development of differential diagnoses, which are all vital for effective patient management. The expertise of Dr. Jorge Javier Miguel Gonzalez 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.

Una Gota de Esperanza Community Center

Our goal is to create meaningful interactions for medical students with the local community. We strive to bridge the gaps of healthcare access in low-income neighborhoods in Guadalajara, Mexico. FMIG promotes leadership development through organizing donation drives and medical brigades to a nearby community center Una Gota de Esperanza. UAG FMIG has been affiliated with Una Gota de Esperanza for the last four years. Una Gota de Esperanza, meaning "A Drop of Hope", truly provides hope and support to families and children that are struggling due to poverty.

Our group has visited Una Gota de Esperanza more than seven times and have helped more than 200 children and adults by organizing community based projects this past year. FMIG launched an initiative with Una Gota de Esperanza in which we provide basic health checks to the community. The mini health consult consists of taking vital signs such as blood pressure, temperature, oxygen saturation, height, weight and documenting the person's past medical history. We also provide sandwiches and snacks to each member of Una Gota de Esperanza community.

Our most recent event with Una Gota de Esperanza was held on March 17th, 2024. We went to Una Gota to complete health checks and a dental hygiene workshop. We tended to 30 children and adults by providing a basic physical exam. A collection of donation items was completed by all governing board members and student members. We provided more than 70 bags of toothbrushes, toothpaste tubes, and floss to individuals at Una Gota de Esperanza. After the health consults we hosted an educational dental hygiene workshop. We showed children how to properly brush their teeth and floss as well as show images and examples of outcomes if they do not properly clean their teeth. As always, our goal as future physicians is to create a safe learning environment with a focus on patient education. Our work with Una Gota de Esperanza further assists the community in receiving resources from State and Federal sources. Una Gota de Esperanza administrators must provide basic health profiles of their students to receive federal donations from the Mexican government. Therefore, our FMIG gives each patient their health form so they are eligible for government assistance.

Peer Mentorship Program

Peer mentorship is designed to provide resources, guidance and support to first and second year medical students. Our mentors are third and fourth year medical students who are paired up with MS1 and MS2 students. Mentors are expected to meet with their mentee to answer questions and set goals for the academic semester. Mentors provide their mentee with information on clinical rotations, curriculum, school resources, and guidance to help them reach their full potential as medical students. We promote inclusivity and we ensure that students feel they are supported during their journey. Mentor groups are granted certification of participation at the end of the academic semester. The majority of meetings take place via Microsoft Teams as most students are completing rotations in the USA, while mentees are at the main campus

in Guadalajara, Mexico. We aim to increase the size of the mentorship program in the following semesters.

Similarly, to the mentorship program, our FMIG organizes webinars specifically hosted by students who finished their Family Medicine hospital clerkship. Webinars with third year medical students after their Family Medicine rotation exposes students to family medicine. The webinar is an open discussion regarding the daily tasks of family medicine physicians and the expectations of family doctors of rotating medical students. We complete a brief summary of what material is necessary to have covered before beginning the family medicine clerkship. MS3 students also provide information regarding applications to hospitals as well as study resources when preparing for shelf examinations.

FMIG Webinar Group Discussion Topics: AAFP “We Matched. You Can Too” and “Trainee Talks” by North American Primary Care Research Group:

Our FMIG board hosts meetings for all members to gather and attend national webinars. After the lecture or webinar is finished, we discuss the main takeaways and how we can implement similar lessons in our program. AAFP’s “We Matched. You Can Too” webinar on April 9, 2024 was hosted by fourth year medical students who have matched into Family Medicine residencies. Students answered questions, stated several application strategies, and provided an explanation of the Match process. This is an extremely useful tool because the Match can be daunting to new students who are confused with the process. The fourth year students spoke openly about their experience of selecting Family Medicine as their preferred specialty, application timeline, preparing for interviews, ranking residency programs, and explaining some challenges of partner matching. Since these national webinars are mainly focused on US medical schools, our FMIG thinks it would be highly beneficial to create a similar event for our campus. We will reach out to fourth year medical students that have matched into Family Medicine and focus on discussing the unique process that international medical graduates (IMGs) need to complete.

Another webinar our members met to discuss was the “Trainee Talks” hosted by the North American Primary Care Research Group on April 10, 2024. The meeting discussed the importance of gaining valuable research experience. Research fundamentals are essential for students to master before residency. The attendees walked away with a better understanding of the impact research has on physicians in the field of Family Medicine. so students could chat one-on-one with mentors for about 10 minutes each.

UAG Welcome Picnic

FMIG participates in the bi-annual UAG Interest Group Fair and Welcome Picnic for medical students entering their first semester. During this picnic FMIG board members showcase the workshops and events hosted in previous semesters, while also highlighting upcoming events that are planned for the upcoming semester. New students interact with FMIG board members and we assist in students registering for AAFP student membership. Incoming medical students

gain insights into the Family Medicine specialty, emphasizing its distinctive focus on primary care and the inclusive approach to medical treatment for patients of all demographics. Our goal is to continue growing our FMIG organization and showcasing the opportunities we provide to students.

Interview with Family Medicine Program Director at Marana Health, Tucson

An example of another professional development activity hosted by FMIG is an interview with a Family Medicine residency program director. We hosted Dr. for a virtual webinar to discuss the road to residency and suggestions on how to improve our residency applications as students. Dr. mentioned how to network and engage in conversations with residency directors. Our goal of organizing webinars such as this one is to show students the importance of networking and connecting with individuals outside of our school. Our FMIG plans on hosting CV writing workshops and mock residency interviews for student members.

AAFP National Conference :

Last year four FMIG board members along with our faculty advisor attended the AAFP National Conference in Kansas City, Missouri. There will be UAG FMIG Board members as well as student members attending the upcoming AAFP National Conference held from August 1 to August 3rd, 2024. As an FMIG it is our duty to spread awareness of national events and opportunities for educational learning and networking. Our FMIG is grateful for the extensive resources and opportunities that AAFP provides to students and we look forward to connecting with other medical students, family medicine physicians, and program directors at the upcoming National Conference.

Intramuscular Injection and Intravenous Therapy Workshop

The workshop was held on April 22, 2024 and received active participation from 30 students who had the opportunity to enhance their skills in administration of intramuscular (IM) injections and intravenous (IV) insertions. Dr. Daniel Rivera and Dr. Karla Zavala provided valuable instruction and feedback throughout the session. The workshop was split into two segments; an informative presentation on IM injections followed by comprehensive guidance on how to obtain IV access. The IM presentation highlighted different types of IM injections including vaccines, pain management, and antiepileptic drug delivery. The second segment delved into the importance of IV access that is crucial for medication administration, hydration therapy, IV catheterization, and arterial blood sample retrieval. Instructors spoke of the different needle gauge sizes and their functions as well as the different anatomical locations for injections and intravenous access. We then showed students how to draw medication from ampoules, how to determine site location, skin preparation before needle insertion through aseptic technique, handling of the syringe, and finally the proper disposal of needles. The presentation included important reminders such as medication formula calculations, dilutions and precipitations. Students then practiced giving vitamin B deltoid injections to their group partner and later practiced obtaining IV access by drawing an arterial blood sample. Overall, the workshop effectively reached all of our expectations and goals. We provided students an interactive learning experience that fostered their development of clinical skills. Emphasis on patient safety and best practices equips students with the confidence to perform these

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procedures competently in a clinical setting.

Objective Structured Clinical Examination (OSCE) Review Sessions

We host reviews tailored to prepare students for the Objective Structured Clinical Examination (OSCE) tests. These graded examinations are completed at the end of each course block. One particular event was an OSCE review for first year medical students gearing up for their nerve-racking OSCE exam. Led by second year medical students from FMIG along with mentors from the Clinical Skills Department, we presented the theory and clinical techniques of various examinations. We covered material for the abdominal, breast, rectal, and pelvic examinations.

First year medical students had the opportunity to ask questions and clear up any doubts ahead of their exam. FMIG intends to uphold this initiative, providing additional review sessions and practice opportunities to ensure first-year students are thoroughly prepared for their OSCE exams and future clinical rotations.

Pain Management Workshop

The pain management workshop was designed to provide FMIG students knowledge of different treatment approaches to manage chronic pain including pharmacological measures such as analgesics, antidepressants, anticonvulsants, and intramuscular lidocaine injections. The workshop was led by our featured guest, Dr. who specializes in Regenerative Therapy and Pain Management. Students were provided with a lecture presentation at the beginning of the workshop followed by a step-by-step process on the proper preparation and technique of a steroid injection. Students were also offered an opportunity to engage in a hands-on activity to practice and obtained feedback from our experienced professor.