

**PENNSYLVANIA STATE
UNIVERSITY
COLLEGE OF MEDICINE
FAMILY PRACTICE INTEREST
GROUP (FPIG)**



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PART I. INFRASTRUCTURE

This past year, 2006-2007, was a great year for the Pennsylvania State College of Medicine's oldest, largest, and most active student organization, the Family Practice Interest Group. Penn State's FPIG was founded in 1973 "to encourage and assist students in preparing, qualifying, and promoting interest in family practice and to promote the science and art of medicine and surgery and the betterment of the public health." It was originally called the Family Physicians Society of the Milton S. Hershey Medical Center. The main objectives of the group have changed very little since its establishment, but that is not to say that the group has become stagnant. Rather, our FPIG is a dynamic, energetic, and effective student organization. This past year was representative of the strength of student initiative and dedication. We not only carried on our successful traditions, but we implemented new ideas that we hope will be sustained by future FPIG leadership. Our current FPIG officers and members worked diligently throughout the year to sponsor a broad range of activities. Through these activities, we promoted family medicine as a specialty choice and we encouraged attendance and participation in family medicine organizations and conferences. This past year we had students taking an active role in Pennsylvania and National leadership. Several FPIG members held positions on Commissions within the Pennsylvania Academy of Family Physicians. One member was even involved nationally within the AAFP by serving as an FMIG regional coordinator. We are constantly seeking new and improved ways of promoting family medicine as well as enhancing our role within the community. The success of our student organization is due in part to its strong infrastructure.

Our success as an organization comes in large part from the support of our faculty advisor, Dr. Dennis Gingrich, affectionately known across campus as "Dr. G". Dr. G provides as a source of support from the Department of Family and Community Medicine, as well as his unique background with the Pennsylvania Academy of Family Physicians and the Society of Teachers of Family Medicine. Dr. G is truly an invaluable asset to the organization. Dr. G serves as a source of continuity for the club and provides innumerable insights to our history as an organization as well as new approaches that are successful at other schools. He selflessly offers his time, knowledge, and good sense of humor to all members of the FPIG. Dr. G also serves as a very positive, identifiable representative of Family Medicine on campus, as he is involved with the Department of Humanities and remains very involved with the curriculum, teaching several lectures a year ranging from medical mistakes to the patient-physician relationship. Also of significant support is our FPIG programming aide, Jeanne Myers. It was Jeanne's first year in this position, but through the support of the former and current FPIG leaders, Jeanne has transitioned into her current role very successfully. Jeanne has played an integral role in the logistics of the organization, with her greatest role being a main support to helping student leaders plan the semester calendar. Jeanne also reserves rooms for meetings and lunch programming, serves as a liaison between the interest group and residency programs to program our successful Residency Dinner Series.

FPIG's leadership is elected each spring. Traditionally, second year medical students are elected to the positions. This last year we created the position of "Third Year Liaison" aimed to try to stimulate better retention and involvement of upperclassmen. This position also allows for upperclassmen to have time for leadership opportunities on the state and national levels; member involvement in state and national leadership has continually been strength of the organization. During December, the organization elects first year representatives to the established committees (Dash for Diabetes, Community Service, Tar Wars,

and Advanced Directive Committees). We feel this serves as a way to bring involved first year students up to speed with each of the projects while also serving as a leadership development tool for these representatives -- this has proven to be a successful device to ease the transition of leadership among the committees as well as the organization as a whole. For this reason, the committees have been able to sustain ongoing projects with minimal difficulty resulting from the annual election of new leadership.

Primary to the success of the PSUCOM Family Practice Interest Group is the large number of members.

	Members	Percentage of Total Membership
Class of 2010	59	25%
Class of 2009	81	34%
Class of 2008	47	20%
Class of 2007	50	21%
TOTAL	237	

The interest group is free to join and is open to all interested students at Penn State. What also helps with the recruitment of leadership is the wide-based appeal of many of the projects that the organization undertakes. The Advanced Directive Project, Tar Wars, Community Service, and Dash for Diabetes are engrained with the ideals of family medicine, but also are appealing to students regardless of their career interest. The large number of student members makes it not only possible but practical to elect and sustain a large number of student leaders across the committees. The intense workload is then efficiently delegated across the student board, allowing the organization to continually grow and become more ambitious with new initiatives. This past year several new programs were established. New events for the 2006-2007 school year were a Bowl-a-thon benefitting the Children’s Miracle Network, a fundraiser entitled Daffodils Days where members raised ~\$3000 for the American Cancer Society, administration of flu shots to the community with the Visiting Nurses Association, distribution of information in accordance with Diabetes Alert Day, a sub sandwich sale and polo shirt sale fundraiser for the organization, and a new lunch lecture series entitled “Stories of a Family Physician”. We are especially proud of the fundraiser for the Children’s Miracle Network (listed above), which was an event that served many purposes. First, it was for a charitable cause. Secondly, we held it after the first week of classes to serve as a laid back introduction for first years to the organization. The sub sale to benefit the organization was another successful event. This year our funding was dramatically decreased as a part of global cuts affecting all student organizations by PSUCOM Student Affairs. Over the course of one lunch period we were able to raise over \$350 for the club. It would not have been possible to implement those new ideas if we did not have strong support from our advisor, programming aide, or effective student leadership.

With all of these events our schedule has become quite full because we have maintained our already well-established events. In the fall semester, we held our Primary Care Day, a collaborative event with other primary care interest groups geared at high school and college students. This year over 150 students

attended! Scheduled for June is another traditionally large FPIG fundraiser the Dash for Diabetes. The Dash for Diabetes historically has raised significant funds for the Penn State COM Hershey Medical Center's Center for Diabetes.

Our elected student leadership positions include:

Co-Presidents (2): These two officers share the responsibility of organizing the year's calendar of events and topics for residency dinners and lunch lectures, coordinating the other student leaders, running the leadership meetings, maintaining the website, organizing shared programs with other student group leaders, ensuring correspondence among FPIG members, overseeing election of new officers and the transitioning of new leaders. They are also responsible for introducing visiting speakers at the various lunchtime and dinner gatherings of FPIG. The leaders coordinate Primary Care Day and the Dash for Diabetes. They also announce and promote attendance at upcoming family medicine conferences, including the state chapter, the regional Society of Teachers of Family Medicine (STFM), and the national academy meetings. The presidents are responsible for setting up lectures, inviting speakers, and sending thank you letters to those who contribute their time and resources to FPIG. Finally, the presidents communicate regularly with Molly Talley, the Director of Resident and Student Initiatives PA Academy of Family Physicians.

Vice-President: The main responsibility of the VP is recruiting new members to FPIG, which primarily takes place at the student organizational fair during the fall of each year. Additionally, the VP organizes an FPIG booth at the spring "Second Look Day" for prospective medical student applicants. The VP also facilitates membership in the PAFP during these events, which in turn sponsors student membership in the AAFP. It is, therefore, traditional for the VP to serve as the AAFP Membership Liaison. In addition, the VP serves as president in any situations where neither co-president is able to be in attendance. Furthermore, the VP may be asked to assist the presidents in any other capacity deemed appropriate, should the need arise.

Secretary: The secretary serves as the editor of Family Matters, the newsletter of FPIG. The newsletter is typically published once each fall and spring and is distributed to all members of FPIG, as well as to various administrators and faculty within the medical school, the hospital, and Penn State's family practice residency program. In addition, the newsletter is posted on the bulletin board outside of the Department of Family and Community Medicine and on the FPIG section of the Student Activities bulletin board. The newsletter is a unique entity within FPIG in that it allows for an informational exchange between the family practice faculty, students, and residents.

Treasurer: The treasurer completes the applications for funding from various sources and represents FPIG at the campus Student Assembly meetings. Additionally, the treasurer helps to arrange the Annual FPIG-nic at the end of each school year.

Community Service Coordinators (2): During the 2006-2007 school year, community service was one of the areas of the most growth. This was due in large part to the dedication of the coordinators. The coordinators identify possible events that are already established in the community that also coincides with FPIG values, as well as initiate and develop new unique opportunities. This year we held events with the Visiting Nurse Association's flu shot clinic, Ronald McDonald House, American Cancer Society, Children's Miracle Network, PSCOM HMC ChildLife Department, and the Milton S. Hershey School.

Advance Directive Project Coordinators (2): This year, we revamped the ADP PowerPoint presentation, worksheets, and community letter. ADP chairs' primary responsibilities include: contacting and scheduling potential seminar sites, recruiting and training student speakers, confirming that proper AV equipment and handouts are available for each seminar, advertising the seminars, and updating the presentation to reflect the current laws and concerns regarding advance directives.

Tar Wars Coordinators (2-3): The coordinators of Tar Wars send out letters to all the local elementary schools to offer the Tar Wars program. The coordinators then arrange the times and locations of all visits and orchestrate student volunteers. These student leaders also provide the curriculum and the training for other Tar Wars volunteers.

Lunch/Dinner Coordinators (2): The “food people” help to coordinate many of the FPIG events, as the majority of our meetings involve free food. These students work with Jeanne Myers to order food, set up the lunches, and hang posters announcing these events.

Membership Coordinator (1): The membership coordinator serves two main purposes. One responsibility is to spread membership of the interest group across campus. The other main responsibility that the membership coordinator addresses is the student membership to the American Academy of Family Physicians and the Pennsylvania Academy of Family Physicians. The coordinator sends out emails with applications to both and has paper copies available at meetings.

First Year Representatives (2 per committee): Based on expressed interest, the organization will elect 2 first year representatives to each committee. As previously stated, this is done as a part of an effort for leadership development. Having first years involved by January of their first year allows for significant involvement and eases the transition of leadership in the spring. We feel as if having first year coordinators are a crucial investment to the future success of the organization.

The transition for the FPIG leaders occurs in April at a transitional meeting between the outgoing and incoming leaders and our faculty advisor. The elected leaders then meet once at the beginning of each semester to confirm plans for the upcoming semester and to brainstorm new plans for the future. This year it was at these sessions that ideas that led to the implementation of the Children’s Miracle Network Bowl-a-thon, Breakfast for the Ronald McDonald house, sub sale fundraiser, involvement with the American Cancer Society’s Daffodil Days, partnership with the PSCOM/HMC ChildLife Department, creation of a Health Career fair for the Hershey High School and polo shirt fundraiser were all created. In addition to these two meetings, this year’s FPIG leaders also met more than five times per semester to plan events and address any pressing issues. For instance, the group discussed ways to promote the online mentorship program, addressed issues with the Dash for Diabetes, and increase participation at the PAFP Spring Student Conference

As previously mentioned, FPIG offers a newsletter published multiple times across the year. To help facilitate communication in the time intervals between the newsletters, FPIG utilizes email to communicate with its 280 members and the rest of the school. Email is especially valuable as a means of communication with our third and fourth year members in order to keep them aware of and involved in current activities. Due to our large amount of events, emails are practically weekly, if not more! Because third and fourth year students spend a considerable amount of time off campus doing clerkships and rotations at other hospitals within the state and throughout the country, email is often the only way to contact many of these students.

This year as an organization we remained in close contact with the AAFP through our Regional Coordinator, Ginny Gottschalk. She has provided us with information from the AAFP on possible ideas for programming as well as opportunities for funding and scholarships to attend the national conference. She has also kept us aware of what events are happening in neighboring schools.

Even with the cuts in funding, fortunately, the FPIG at Penn State is in a comfortable financial situation. FPIG receives funding from the Penn State University College of Medicine Student Assembly each year, as well as from funds from the AAFP/PAFP. In addition, many of our functions are sponsored by various host residency programs. Our own residency program, the Penn State/Good Samaritan Family Medicine Residency program has continued to be extremely generous with us. They present at two Residency Dinners, and also provide speakers and lunches as a part of our lunchtime Differential Diagnosis Luncheon programming. Because of this financial stability, FPIG is able to donate to charitable organizations. This year we also implemented two fundraisers directly for the club. One was a sub sale held in the fall; we sold a lunch consisting of a sandwich, chips, and beverage for a small price. All profits went directly into the organization's treasury. Another ongoing project that will be completed this summer is a polo shirt sale directed at employees of the Department of Family and Community Medicine. We have worked closely with the Department of Family and Community Medicine chair and the Penn State COM/Hershey Medical Center's Strategic Services to create a logo and polo shirts to be sold at a modest mark up with proceeds benefiting the interest group.

PART II. STUDENT RETENTION/INVOLVEMENT

Despite the Penn State University College of Medicine FPIG's tradition of student activity, the 2006-2007 school year showed marked growth across several areas. The incoming leadership identified areas of possible growth and targeted these throughout the year. Crucial to the success and sustainability of the many projects that the FPIG undertakes is the recruitment of new members and the development of future leadership. In an effort to expose incoming first year medical students to the organization, FPIG continued to be involved with the orientation week as well as initiating a new event targeted at first years. First, we were able to reach nearly every member of the first year class by being a "stop" on the orientation campus tour/scavenger hunt. First years received a brochure as to the club's mission statement with a list of activities planned for the semester and also interacted with the current Membership chairperson. Secondly, this year we initiated a philanthropic fundraiser for the Children's Miracle Network. The FPIG held a "Bowl-a-thon" with all proceeds going to the Children's Miracle Network. The club booked and paid the fee for the lanes; the club then sold tickets for unlimited bowling for the 2 hours that were reserved. We scheduled the event after the first week of classes for the First and Second years hoping that it would be a nice way to relax from the week of classes, and go out and meet other students interested in family medicine. The event was a success; we raised over \$100 for CMN and had students from every class at the bowling lanes. The co-presidents also publicized and emailed several announcements to the first and second year classes. From our continually increased membership and success with FPIG events, we feel these early recruiting activities are beneficial.

After the first week of school, there is a student activity fair held at the end of the first month. At this fair, both co-presidents ran the booth, handing out flyers, explaining the different activities of the club, and generally created student interest in Family Medicine. This event allows the organization to attract second years who may not have been involved during their first year, as well as first years that may have questions about the club. Student names and emails are collected as a method of updating our membership list and email listserves. We also had two laptops at the booth to sign students for membership in the AAFP and the PAFP.

The Penn State Primary Care Day is an event that is organized by the Family Practice Interest Group, but represents a collaboration among various student groups on campus, including FPIG, the Internal Medicine Interest Group, Women's Health Interest Group, the Student National Medical Association, and the Rural Medicine Interest Group. While the targeted audience of this day is high school and college students interested in Primary Care, the event also serves as another event for medical students to learn about FPIG as well as learning hands-on clinical techniques.

Throughout the year, our main source of advertising has been via e-mail. The co-presidents send emails to the classes via the class presidents announcing large events. Whereas both the co-presidents and the Program coordinator send out emails over the FPIG listserves repeating the large announcements as well as advertising events for FPIG members only. The co-presidents also submit the general activities to the Student Assembly to be placed on the weekly emailing "This Week At Penn State". This also allows us to effectively reach third and fourth years not on campus, while also serving as a way to recruit interest in those who are not receiving listserve emails.

Twice a semester, four in total, the FPIG secretary composes a Family Matters newsletter. This newsletter is composed of upcoming events, successful events that had recently happened, and general

club announcements. Paper copies of this newsletter are available outside of the Family Medicine office in a bin next to the FPIG bulletin board. The newsletter is also emailed via the member listserve and is electronically posted on the FPIG website.

In addition to being active in the organization, our members have served in positions on the national and state levels. This year we had members serve on the PAFP Legal Affairs Commission, Healthcare Policy Commission, two members on the Member Services Commission, two members on the board of directors as Student Assembly Delegate, and Student Assembly Vice-Chair. That is six students serving their state academy! This year also marked the continuation of PSCOM FPIG student leadership at the national level. We had a member selected to be an AAFP FMIG Regional Coordinator, and also received a scholarship to attend the 2007 AAFP/AFMAA Family Medicine Congressional Conference in Washington, DC. At the 2006 AAFP Family Medicine Students and Residents National Conference, a group of nine students and our faculty advisor, Dr. Gingrich, gave a presentation on Effective FMIG Leadership. The PSCOM FPIG sent 12 students to the national conference, with 10 of the 12 receiving scholarships funded in part by the generosity of the PAFP, residency programs within the state, and the AAFP.

To continue the tradition of the Penn State FPIG involvement at the state and national level, our FPIG chapter works closely with the Pennsylvania Academy of Family Physicians. The student coordinator, Molly Talley, knows most of our board by name. In the beginning of January, Molly Talley kindly visited and gave a presentation over lunch highlighting opportunities available for students and membership in the academies. Students were very receptive to the mentorship program, the PAFP spring conference, and leadership opportunities.

In an effort to increase retention of third and fourth years, this year we held programming that was only available for upperclassmen. In August, we held a luncheon with the Penn State/Good Samaritan Family Medicine Residency Program highlighting the AAFP publication "Strolling Through The Match." It was well attended by both 3rd and 4th years; we nearly overwhelmed the facilities we had planned for. We were able to "comfortably" fit nearly 30 students in a conference room. New this year, we also created a Sunday Brunch series specifically aimed at third years. We held two events, one with our faculty advisor and the second with the Lancaster (PA) Family Medicine Residency Program, where third years were able to learn "How To Make the Most of Your Rotations" over coffee and donuts.

In a further effort to retain third and fourth year members, FPIG continues to have Residency Dinners. These dinners are by RSVP and only available to formal FMIG members. At these dinners, residency programs from across PA come and give a presentation on a Family Medicine- related topic as well as provide information on their individual program. This event attracts a steady amount of third years and occasionally a fourth year student. For an average 30 person dinner, the demographics are usually 13 first years, 13 second years, 3 third years and 1 fourth year.

After identifying the need to improve retention of upper class students, FPIG selected three students to be third year liaisons. These liaisons were all former FPIG leadership. Through collaboration with Dr. G and the Lancaster and York Family Medicine Residency Program, a schedule was put together with topics relevant to third and fourth year students:

Jan 9 Fourth Year Electives
presented by Department faculty

- Mar 25 Stories from Family Medicine: Career Options
presented by residency director and residents from Lancaster General program
- Apr 22 Stories from Family Medicine: Humor in Practice
to be presented by faculty and residents from York Hospital program
- May 6 Choosing and Residency and Residency Application
to be presented by residency director and residents from Penn State/ Good Samaritan Hospital program

The student turnout has been variable; turnout has ranged from 5 to 12 students per event. We are hoping to continue this initiative next year and incorporate it as part of our annual projects.

Another way that we encourage membership is by sponsoring community outreach events that appeal to a wide student base. During 2006-2007, FPIG continued its involvement with the Tar Wars Anti-Tobacco campaign, as well as revamped the Advance Directive Project. FPIG members are also responsible for organizing the Dash for Diabetes, a 5K walk/run that benefits the PSCOM Diabetes Center. All of these events attract interest from students who may not have considered becoming an organization member.

Also during this last year, FPIG was also able to cook a breakfast for the residents of the Ronald McDonald House, raise funds for the American Cancer Society, develop an information table in the hospital cafeteria about diabetes as a part of the American Diabetes Association's Diabetes Alert Day. Our members continue to be active in the community on their own. We had several students volunteer with LionCare, a student run medical clinic at the Bethesda Mission- a homeless shelter in Harrisburg, PA. We also had several members volunteer as a part of the ChildLife Department's tutoring program, tutoring pediatric patients who are missing school because they are admitted for an extended period of time.

At the end of the year, FPIG concludes its busy schedule with its annual FPIG-nic event. This event is a time for all who have been involved with FPIG, as well as their families and guests, to get together to celebrate the success of the year, to have some fun, and to say farewell to fourth year members.

PART III. FAMILY PRACTICE ADVOCACY

Exposing students to the various aspects of family medicine is PSCOM FPIG's primary goal. Across each of our events, the theme of the "specialty" of family medicine can be felt. Our faculty advisor, Dr. G, provides an excellent model for this goal and exemplifies the ideals of a family physician. He is competent, caring, and concerned; he is a fantastic teacher, and each member of FPIG would agree that his presence makes any event more rewarding and enjoyable. Dr. G is involved in the curriculum of the first two years, he lectures as a part of the Humanities course. Dr. G remains a highly visible positive representation of Family Medicine on the PSCOM campus. Under his guidance and through his work with the PAFP, a mentoring program has been established through which interested medical students are matched with family physicians in the community. A similar program has been adopted by the Penn State College of Medicine, highlighting the progressive thought and initiative of the Dr. G's influence and the success of the organization. FPIG sponsors numerous events that enable students to meet with family physicians and family medicine residents in non-clinical settings. The following are several other events coordinated by FPIG this year that advocate family practice:

RESIDENCY DINNER SERIES

The Penn State Residency Dinner Series is a widely popular program that offers something for the entire student body. Family medicine residency programs from various regions of Pennsylvania travel to Hershey and join Penn State FPIG members for dinner at restaurants in Hershey. The purpose of the gatherings is to acquaint our members with the various aspects of family medicine and the issues important to our lives as future physicians. Residents of the programs bring both knowledge and experience to the dinners, presenting on a range of topics including: "Preventative Medicine Strategies for Family Medicine," "Case Studies in Medical Ethics," and "Opportunities in Family Medicine." Not only do the dinners provide an out-of-classroom learning experience, but they also allow students to interact with residents and physicians in a more casual setting. Students are able to engage in discussions regarding resident lifestyles and the residency programs in our state.

In the past, the dinners have taken place every three weeks. However, this year the number of residency programs interested in participating in our dinner series increased and we hosted more programs than ever before resulting in the average of 2 residency dinners a month over both semesters. We even had residency "dinners" over the lunch hour! Attendance at each dinner ranges from 35-90 students. Invitations to the dinners are sent out through email to FPIG members in all four classes. Reservations are accepted on a first-come, first-serve basis by Jeanne Myers, our trusted FPIG Programming Aide in the Family and Community Medicine Office. We are extremely grateful for the support we receive from the residency programs and we look forward to working with each of them in the future.

Date of Residency Dinner	Residency Program Sponsor	Topic Covered in Presentation
September 7 th	Reading Hospital Family Practice Residency Program	"A Day in the Life of a Family Physician"
September 26 th	Conemaugh Family Practice Residency	"Preventative Medicine"

October 10 th	Lancaster General Hospital	“Career Paths in Family Medicine”
October 17 th	Penn State Good Samaritan Hospital Family and Community Medicine Residency Program	“Persistent Cough in Children”
November 8 th	Washington Hospital Family Practice Residency Program	“Knee Injuries in Athletes”
November 14 th	Altoona Family Practice Residency Program	“Preventative Medicine”
November 29 th	Williamsport Hospital Family Practice Residency Program	“Medical Jeopardy”
March 19 th	Penn State Good Samaritan Hospital Family and Community Medicine Residency Program	“Wilderness Medicine”
April 24 th	York Hospital Family Residency Program	“Can you afford to be a Family Physician?”
April 30 th	Abington Memorial Hospital Family Practice Residency Program	TBD
May 7 th	UPMC Family Medicine Residency Program	TBD

DIFFERENTIAL DIAGNOSIS LUNCH SERIES

Another student favorite of the FPIG program is the Differential Diagnosis Lunch Series. We are fortunate at PSCOM FPIG to be associated with the Penn State Family Medicine Residency Program at the Good Samaritan Hospital in Lebanon, PA. During these one-hour lunchtime talks open to all students, family medicine residents present clinical case vignettes and students work together in an open forum to formulate diagnoses. Residents pause at key points in the presentation to ask the students to develop questions for the “patient” and to create a differential diagnosis list. Students develop valuable history and physical exam skills for use in the clinical years, while gaining insight into the scope of knowledge utilized by family physicians. These lunches provide Penn State students with another opportunity to interact with family medicine residents in an informal setting and to apply their classroom knowledge to case-based presentations. In an attempt to make the series more appealing to students, topics are programmed according to the second year academic schedule, so that the lunch lecture on Cardiology topics is given in the corresponding Cardio block. This past year we had six lectures in all

covering cardiology, renal medicine, gastroenterology, dermatology, reproductive medicine, and endocrinology.

PRIMARY CARE DAY

FPIG also advocates family medicine as a specialty by playing an integral role in Primary Care Day. This project is a collaborative effort with other primary care interest groups at Penn State (AMSA, Student Pediatric Society, Rural and Underserved Medicine, Women's Health Interest Group, and Internal Medicine Interest Group). FPIG coordinates the schedule of events, and our FPIG faculty advisor, Dr. G, serves as the program's master of ceremonies. This program invites high school and college students in Pennsylvania to attend and talk with medical students and physicians. There are some sessions that are held jointly with all students (medical school, college, high school) and some that are geared specifically to high school and college students. Members of FPIG look at this as an excellent chance to begin to pique an interest in medicine, specifically family medicine, in younger students. Additionally, it aids students in their decision-making process about how, if, when, and where to apply to medical school. Activities include panel discussions, individual presentations, an introduction to the Area Health Education Centers (AHEC), and clinical skills workshops. Students learned various clinical techniques from taking a blood pressure to administering a PAP smear.

FPIG PUBLICATIONS/WEBSITE

Family Matters, our FPIG student newsletter, is distributed to all students via email, print at our events, and online on the club website. Our goal is to provide students with an easily accessible source of information regarding family medicine. Additionally, the newsletter is posted on the bulletin board outside of the Department of Family and Community Medicine and the FPIG section of the Student Activities bulletin board.

Our website, <http://www.hmc.psu.edu/fpig>, serves as a connection from our organization to the surrounding community, especially for the Dash for Diabetes (explained later). We look forward to further utilizing our website to extend information to our third- and fourth-year members in the future.

STATE AND NATIONAL CHAPTER INVOLVEMENT

Our FPIG is fortunate to have a well-established relationship with the PAFP and AAFP. We enjoy a great deal of support from our state academy, which values the participation and input of students. In order to facilitate the students becoming more familiar with the PAFP, the PAFP sponsors a lunch for our members, in which students can hear first hand from Molly Talley, the PAFP Director of Resident and Student Initiatives why becoming a member of the PAFP/AAFP is beneficial for medical students. At this luncheon, the highlights of membership, family medicine research opportunities, and most importantly, the newly established Family Medicine mentorship program (in which Penn State was a pilot school) was presented to interested students.

OTHER ACTIVITIES

This year marked an especially active time for FPIG students and advocacy. Two executive board members were involved in the Pennsylvania Academy of Family Physician's Committees on Legal and

Governmental Affairs and Healthcare Policy. The group also advertised the AAFP Political Action Committees initiatives in the Speak Out program. A number of students also were a part of a campaign of contacting PA legislators in support of a Smoke Free Pennsylvania. At the PAFP winter Continuing Education Series meeting, students served as emcees for the different speakers. In April, several students participated in a campaign for Universal Healthcare after being invited to participate in roundtable discussions with PA state leadership at the capitol in Harrisburg.

PART IV. COMMUNITY OUTREACH /

PATIENT ADVOCACY

Even though community service has always been an initiative of the Penn State College of Medicine Family Practice Interest Group, this was the area of greatest growth for the organization. The tremendous initiative from the community service chairs and the co-presidents created new opportunities while all traditional FPIG events were carried on as well. This year, we created a Bowl-a-thon for the Children's Miracle network, collaborated with the American Cancer Society and Volunteer Services at Hershey Medical Center for Daffodil Days, created a display for the American Diabetes Association's Diabetes Alert Day, tutored pediatric patients with the ChildLife floor, and our largest endeavor was our highly successful Advance Directive Project. We also carried through with our past projects, namely the Dash for Diabetes and Tar Wars initiatives.

CHILDREN'S MIRACLE NETWORK BOWL-A-THON

As previously mentioned, our first formal event of the year was the Bowl-A-Thon for the Children's Miracle Network. Not only did this event serve as a social way for new students to be introduced to the club and members, it also benefitted a recognized charity. We had a number of first years, second years, but we also attracted third and fourth years, as well as members of the community. All in all, the group was able to raise over \$100 for the Children's Miracle Network.

AMERICAN CANCER SOCIETY DAFFODIL DAYS

Through the initiative of one of our community service chairs, the Family Practice Interest Group partnered with the Hershey Medical Center Volunteer Services Department and the American Cancer Society. Financially, this was our most successful event by far. Through pre-orders and day-of sales, we were able to raise over \$3000 for the American Cancer Society. Our community service chair set up several sites in the hospital as well as coordinated with the Volunteer Department to provide coverage while classes were in session. She also worked closely with the Hershey chapter of the American Cancer Society to arrange for the drop off and pick up of supplies and moneys.

AMERICAN DIABETES ASSOCIATION DIABETIC ALERT DAY

On the fourth Tuesday of every March, the American Diabetes Association holds its annuals Diabetes Alert Day. FPIG wanted to spread the word about diabetes, too, and our organization took responsibility to create a display to raise diabetic awareness that was featured in the main cafeteria of the Hershey Medical Center. FPIG identified diabetes as an issue that is relevant to family medicine and the HMC population. We had an eye catching display, pamphlets from the ADA on risk factors. We also had an ADA survey to identify at risk individuals. We hope to expand our educational displays to include other diseases that are often seen in the setting of the family medicine office.

PSCOM/HMC CHILDLIFE

Having several FPIG members being involved with the ChildLife Department created a natural opportunity for the organization. The ChildLife department continually seeks students to volunteer on the

pediatric floors. We had several students volunteer as general department volunteers, committing to a schedule where they would be responsible for that block of time's activities on the floor, creating group games and fun tournaments, as well as spending individual time with the patients. This year also served as the first year that we were able to go past a general volunteer. Already having established a relationship with the department, we also were able to further a ChildLife initiative and be a part of their tutoring project. Through an interactive online schedule, several members were able to schedule time with pediatric patients who were missing school due to an extended stay. The ChildLife educator would post times that were available and subjects that were needed. FPIG members would then go online, see what was available, and if they felt comfortable in the subject area, would tutor the patient. Tutoring sessions ranged in topics from conversational Spanish to Algebra II to Shakespeare. This was such a rewarding experience for both the patient and the FPIG member that we hope to continue it in the future.

ADVANCE DIRECTIVES PROECT

Last year, the FPIG leadership identified the need for Advance Directive education in the community. They created a presentation and went out in the community and held several sessions. This year, the Advance Directive Committee fine-tuned the presentation and expanded the project by scheduling more sites in the community. Our committee worked closely with one of our humanities professors and pediatrician, Dr. Benjamin Levy, MD PhD. Taking the previous presentation that focused on *why* a patient needs an advance directive, the group created a presentation that went further. Not only was the presentation about why a patient should have a advance directive, the group now has copies of a modifiable PA Advance Directive available and also walks the patient through creating an advance directive. We created information packets that we gave to all meeting attendees; these packets included information different medical emergencies, the difference between an advance directive, living will, and durable healthcare power of attorney. We also included a copy of the PA approved standard advance directive. We went into the community into several sites, the Harrisburg Front Street YMCA, the Penn State COM University Physicians Group on Fishburn Road, the Mercy Hospital, the Derry Township Community Center, and the All Saints Episcopal Church. We presented to groups as small as 2 community members, and to groups as large as 30. At each event, we would bring 3 presenters as well as several other members to pass out our information packets. Our biggest challenge was advertising the event. We left advertising the responsibility of the venue, but after the poor community turnout at our first event, we decided to take advertising on as well. We would then create a flyer, drive to the venue, and post it in highly visible areas, increasing our turnout at presentations. There is much misunderstanding about just what advance directives are and how they work. This project, therefore, serves to promote public understanding of the ethical, personal, and social aspects regarding advance directives including the promotion of individual reflection about values and concerns embedded in advance directives and the generation of dialogue within families, communities, and healthcare systems.

We are always seeking to expand the population that we reach and look forward to its success in years to come. It undoubtedly not only serves to benefit the community but also benefits those involved in becoming more aware of issues surrounding end of life care and opportunities for counseling in this area.

DASH FOR DIABETES 5K WALK/RUN

Our 4th Annual Dash for Dash for Diabetes is scheduled for June 30, 2007. The Dash for Diabetes was developed by our FPIG in an effort to promote physical activity, combat childhood and adult obesity,

and raise awareness about diabetes. A great deal of planning, fundraising, publicizing, and recruiting is done to put together an entire day's events including a 5K run/walk and a children's fun run. The event drew over 130 runners, and over 50 volunteers came out, regardless of the rainy/hailing weather of the day, for what continues to be an inspiring and enjoyable experience. The event benefits the Penn State Diabetes center, which is a collaboration of scientists and medical specialists who seek to advance the medical field in terms of eradicating this disease that affects 17 million Americans as well as improving their lives. This year's event raised over \$3100 for the Penn State Diabetes Center and was featured on one of the local news stations and was once again part of the Sweet Series of Hershey races. Unfortunately, due to the weather, we saw a decline in participation from last year but as we had over 180 people registered to run, we continue to look forward to increased participation in the years to come.

TAR WARS

If you happen to walk down the hall at PSUCOM and see a group of students holding a jar full of black material, you can be assured that they are the Tar Wars presenters for that day. The AAFP-sponsored anti-tobacco education program that serves to educate fourth and fifth grade students on the dangers of tobacco use is also coordinated by FPIG with the assistance of the PAFP. This program is enacted through an hour-long presentation with props, such as our jar of molasses that serves to exhibit the amount of tar one accumulates with a year of tobacco use, at local elementary schools. Although the program is sponsored by FPIG, it seeks to provide all our medical students with experience in promoting healthy behaviors among pediatric populations. Presentations are held throughout the year as well as in conjunction with PSUCOM's annual Community Service Day. The experience is very rewarding and the children are always extremely enthusiastic about the presentation. Over the course of the year a total of 33 presentations were given to local elementary schools. This year alone, the project has provided a motivating anti-tobacco message to over 700 students.

Tar Wars '06-'07

Total Students	712
Total Schools	11
Total Classes	33

RONALD MCDONALD HOUSE BREAKFAST

On Martin Luther King Day every year, PSCOM students do not have classes scheduled. The day is reserved for community service. As a part of this opportunity, FPIG sponsored and provided volunteers to cook breakfast for the residents of the Hershey Ronald McDonald House. We cooked up pancakes, eggs, sausage, and homefries for everyone at the house. It was a great day of involvement for both the Ronald McDonald house and for all of those involved.

ADDITIONAL INVOLVEMENT

In addition to its own activities, FPIG also seeks to further advocate for and serve the community in campus-wide events at the College of Medicine. Many FPIG members volunteer for LionCare, another

student developed program that provides healthcare and support services for the homeless at the Harrisburg Bethesda Mission and the less fortunate in the Harrisburg community at large. FPIG also collaborates with another student group, Rural and Underserved Medicine (RUM) Interest Group, to promote awareness on opportunities within that field. As a part of this collaboration, students travel to nearby Lebanon, PA where they offer a free blood pressure screening at the Farmer's Market on the weekends in the fall and spring. We also pride ourselves in volunteering for service projects with organizations such as Habitat for Humanity, Adopt-a-Highway, and many others in conjunction with PSCOM's campus-wide celebration of Community Service Month during the month of April.

CONCLUSION

In conclusion, Penn State's FPIG chapter is unique because it provides students with access to every aspect of family medicine: from gaining knowledge about Pennsylvania family residency programs, physician lifestyles, and the Future of Family Medicine to actively participating in community service and the state and national family medicine committees via elected leadership roles. Penn State's FPIG provides comprehensive guidance and seeks to promote Family Medicine to students. The PSCOM FPIG's activity level is unmatched on campus, successfully creating a buzz about family medicine and the organization. Furthermore, our success has been enhanced by sponsoring events that serve the community, but are also appealing to medical students regardless of career interest. All aspects of the PSCOM Family Practice Interest Group's goals overlap greatly with those of Family Medicine in general -- it is reasonable to assume that by becoming a successful organization and achieving those goals we are fulfilling the goals of the specialty that we hope to pursue.

PSCOM FPIG'S ADVANCE DIRECTIVE PROJECT: AN INITIATIVE IN COMMUNITY OUTREACH/PATIENT ADVOCACY

The Advance Directive Project is an enterprise that originated within Penn State's College of Medicine's Department of Humanities. Last year, FPIG adopted the project and utilized our resources to make it our most successful undertaking this year under the guidance of one of our humanities professors, Dr. Benjamin Levy, MD, PhD. FPIG members recognize that issues regarding end-of-life decisions are hard to contemplate and discuss, advance directives are a critical part of personalized medical care. Advance directives have enormous potential to assist with medical decisions when patients cannot speak for themselves. However, this is only true if they are created with care and are used appropriately. Today, advance directives are often misunderstood and underused; to address these problems, FPIG sponsors free public seminars for community groups to educate community members. The seminars provide a background on advance care planning and walk the audience through creating a Pennsylvania-approved Advance Directive, about what advance directives are, when they are used and how to create them.

As stated above, this initiative began during the 2005-2006 academic year— a formal presentation was developed. This year, our Advance Directive Project chairs revamped and reorganized the presentation, making it both more informative and patient friendly. This “new” presentation prompts discussion about advance directives with a patient's family, achieving one of our original goals. We worked to make the presentation basic, yet high yield. Additionally, the medical students giving the presentation are not necessarily the author. For this reason, we held a training session for presenters that included background information and practice giving the presentation. The chairs also created a packet of information for the community members attending the presentation; this packet included sample advance directive forms as well as supplementary information about current Pennsylvania state laws and a list of contacts.

This the Advance Directive Project expanded the presentation to include new sites: the Harrisburg Front Street YMCA, the Penn State COM University Physicians Group on Fishburn Road, the Mercy Hospital, the Derry Township Community Center, and the All Saints Episcopal Church in Hershey, PA. At each event, we bring 3 presenters as well as several other members to pass out our information packets. The one “problem” we do face is too many presenters – our peers understand the importance of the project and are more than eager to participate!

In summary, FPIG's Advance Directive Project serves three main goals: to acquaint the community with the value and importance of advance directives, to assist community members in writing their own advance directive, and to call students forward to be active in a project that addresses one of the biggest issues facing patients today.