

**American Academy of Family Physicians**  
***2007 Program of Excellence Application***



**David Geffen School of Medicine at UCLA**  
**Family Medicine Interest Group**  
**2006-2007**

David Geffen School of Medicine at UCLA  
Family Medicine Interest Group (FMIG)  
2006-2007

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**FMIG OFFICERS AND ADVISORS**



Scott Nass, MSII  
Co-President



Mish Mizrahi, MSII  
Co-President



Diana Nguyen  
Vice President



Joel Ramirez, MSIII  
Treasurer



Jose Avalos, MSIV  
Senior Advisor



Lisa Ly, MSIV  
Senior Advisor



Andrea Khosropour, MSII  
Membership/ AAFP Liaison



Jose Luis Ocampo, MSI  
1<sup>st</sup> Year Representative



Rosemary Soliz, MSI  
1<sup>st</sup> Year Representative



Magye Badgley, MSI  
1<sup>st</sup> Year Representative



Susan Stangl, MD, MEd  
Faculty Advisor



Melinda Perlo  
Staff Advisor

## Infrastructure



*Department of  
Family Medicine*



### **History of Family Medicine at UCLA**

The UCLA Department of Family Medicine started as a division of the Department of Medicine in 1974, achieving departmental status in 1997. Patrick Dowling, MD, MPH, became the first permanent chair in 1998. He is a former migrant health center physician who had previously directed Family Medicine residency programs at Cook County Hospital, Brown University, and Harbor-UCLA Medical Center. His focus as Chair has been on caring for underserved populations, including opening up a residency training site in a Latino neighborhood in the San Fernando Valley in conjunction with the Los Angeles County Department of Health Services.

The Department maintains active clinical services, with residency clinic sites in the San Fernando Valley and in Santa Monica. It also has a Division of Sports Medicine with a 2-year fellowship. We have an active research division, including Dr. Lillian Gelberg, a member of the Institute of Medicine and an internationally-known researcher in the area of access to care for the homeless, and Dr. Michael Rodriguez, a researcher in community health with an emphasis on the underserved. Besides the residency program, our department is active in medical education at all levels. Family Medicine faculty members chair the Doctoring 1 and Doctoring 2 courses, the 3<sup>rd</sup> year Longitudinal Preceptorship, and the 4<sup>th</sup> year Primary Care College. Our department also houses and staffs the student-run Salvation Army Homeless Clinic, in which 100 students from all years receive academic credit for seeing patients and running the clinic, in addition to volunteering many hours. The Family Medicine Department is the leader in this effort, particularly impressive in view of our relatively small numbers, and now students are realizing that Family Medicine is the specialty on this campus that does more than provide lip service to the concept of service.

Our Family Medicine Interest Group (FMIG) has been in existence since the beginning of our department. Moving from informal meetings at the Pre-doctoral Director's home where students could meet practicing Family Medicine physicians, we now have a full schedule of meetings and activities with the largest number of students participating than ever before. Gradually students have taken over more and more of the administrative and organizational functions of the group, and in the past year, the number of students wanting to get involved at the officer level has also increased. Although the number of students matching in Family Medicine is declining nationwide, we have held steady at 10% of the graduating class (17 students in 2002-03, 17 in 2003-04, 18 in 2004-05, 20 in 2005-06, and 13 in 2006-07) choosing Family Medicine as their specialty, an excellent record for a primarily research-oriented institution.

### **Role of the Faculty Advisor**

Dr. Susan Stangl has served as the faculty advisor for the group for the past five years. A graduate of UCLA School of Medicine and the Santa Monica residency program, she practiced in Santa Monica for fourteen years, doing the full range of Family Medicine, including obstetrics. She joined the UCLA faculty as a volunteer in 1980 and has taught full-time since 1993. As the Pre-doctoral Director in Family Medicine, she serves as Chair of the 1<sup>st</sup> year Doctoring course, Chair of the 3<sup>rd</sup> Year required Family Medicine Clerkship, and Assistant Dean for Student Affairs.

Her primary role is to serve as a resource for students, act as a liaison with the faculty and department chair, suggest possible speakers for events, and provide guidance as students plan and organize events. She hosts the 1<sup>st</sup> year students in the first meeting of the year, advocates for the group within the department to obtain funding and faculty support, promotes Family Medicine summer and research opportunities for students within the department, and hosts a yearly dinner for 4<sup>th</sup> year students preparing for the annual match in Family Medicine.

### **Goals of our FMIG**

- 1) To increase awareness and interest for Family Medicine amongst medical students
- 2) To demonstrate the vast array of options within the specialty of Family Medicine
- 3) To provide support and mentorship for students interested in applying to Family Medicine residencies
- 4) To expand our knowledge about the practice of Family Medicine
- 5) To provide networking opportunities for students interested in pursuing a career in Family Medicine
- 6) To advocate for the value of primary care in a rationale healthcare system
- 7) To be an avenue for student service of the medically-underserved

## Mission Statement

*The mission of the Family Medicine Interest Group (FMIG) is to inform medical students about the unique philosophy of Family Medicine through education and mentorship. FMIG understands the role of family physicians in the improvement of health in this country and seeks to encourage medical students to be future leaders in their practices, to understand the problems facing health care today, and to respond to the growing disparities in health care that exist among immigrant families and minority populations in large urban centers, such as Los Angeles.*

## Leadership Positions

### **Senior Advisor(s):**

The Senior Advisor will serve as the liaison between the Family Medicine Faculty, Primary Care College, and Family Medicine Interest Group. He/she will assist the Faculty Advisor with the pre-match dinner and coordinate the "Residency/ERAS Overview" at the end of the year. He/she will also assist with FMIG elections for incoming officers.

### **President(s):**

The President(s) will oversee and help coordinate all FMIG activities and officer meetings. He/she will serve as the UCLA FMIG Representative for the California Academy of Family Physicians (CAFP) and the American Academy of Family Physicians (AAFP) by keeping officers updated on all upcoming events, both regionally and nationally. He/she will work to maintain a functioning, cohesive group of officers.

### **Treasurer:**

The Treasurer will maintain a running balance of the available FMIG funds and report an updated balance at each officer meeting. He/she will contact the FMIG support staff to obtain and submit reimbursements for lunches and other FMIG-associated costs. He/she will coordinate fundraising activities to subsidize AAFP student memberships, ie) T-shirt sales, bake sales, etc. He/she will also coordinate our FMIG's involvement in the annual AAFP National Conference in Kansas City, MO, by assisting the support staff with arranging hotel and air accommodations and informing students of available AAFP scholarships for the conference.

### **Membership/Administrative Coordinator:**

The Membership and Administrative Coordinator will serve as the AAFP Liaison and work to increase FMIG's membership by creating incentives for FMIG members to become chapter and national members. He/she will track participation of all FMIG members, as well as collect and store all attendee lists from each FMIG event. He/she will also be responsible for taking and disseminating minutes from the officer meetings.

### **1<sup>st</sup> Year Representative(s):**

The 1<sup>st</sup> Year Representative will serve as the liaison between the 1<sup>st</sup> year students and the FMIG organization. He/she will publicize and track attendance at all FMIG events.

\*\* In addition to the above duties, all FMIG officers are responsible for attending all monthly officer meetings and scheduled FMIG events. They will be responsible for planning one general

event, which entails formulating a topic, contacting the appropriate speaker(s) and faculty, arranging lunch, and publicizing the event via email, posters, word of mouth, etc. We take pride in realizing the importance of teamwork, actively and cooperatively supporting each other with all FMIG activities.

### **Description of the Election Process**

Election Procedures:

1. Students may only self-nominate for one of the officer positions during the nomination period or at the election itself.
2. Nominations submitted within the nomination period must be accompanied by a one paragraph statement-of-intent not to exceed 300 words.
3. On the day of elections, each candidate will be expected to address the FMIG membership by providing a 2-minute speech addressing how they will benefit FMIG through their leadership position.
4. Any student may run for: Co-President, Vice-President, Membership/Administrative Coordinator, Treasurer, and Historian/Webmaster.
5. Only current 3<sup>rd</sup> year students may run for the position of Senior Advisor.
6. Candidates not elected for their intended position may run for only one other available FMIG position on election day.
7. All FMIG members may vote for incoming FMIG officers.

### **Representation of Each Class**

Although our FMIG has been traditionally led by 2<sup>nd</sup> year students, we do not have any structured rules prohibiting any year student from any officer position except for the Senior Advisor position. The group strives to attain leadership representation from every class because it allows us to better accommodate our programming to each class's needs and interests. This year we were able to get officers from all four classes, allowing us to best tune our scheduling to the rhythm of the students we were targeting. This has allowed us to consistently enjoy the highest attendance rates out of any student interest group on the UCLA medical campus.

### **Leadership Development**

The key to sustained success is adequate future leadership development. This year, the board members elected three 1<sup>st</sup> year representatives from the first year medical class. The positions were advertised at the first FMIG meeting and interested students submitted a statement of interest to the leadership board shortly after. The board appointed the three most qualified members. Selection was based mostly on demonstrated interest in primary care and potential contribution to the group. These positions are officer positions and carry the same weight of responsibility as any other position on the board. They are not training positions. The main goal of these positions is to serve as liaisons to the needs and interests of the 1<sup>st</sup> year class while at the same time developing leadership skills and institutional memory for future FMIG leadership.

### **Communication**

Communication with medical students and Family Medicine physicians and staff has served as a vital component to UCLA FMIG's success. Our student group has utilized numerous resources as a means of communication and outreach, including direct e-mails to hundreds of medical students via e-mail listserves, flyers posted prior to every FMIG meeting, electronic posting of the FMIG calendar of events onto the Student Affairs Office's Official Calendar of Events, and informal group discussions during FMIG student group meetings. Dr. Susan Stangl has also been an important resource for communication with Family Medicine physicians at UCLA and surrounding UCLA-affiliated hospitals. She has recruited outstanding physicians and mentors that students have been able to network extensively with at FMIG events. In addition, FMIG participates at the annual Interest Group Fair at the beginning of each year by having officers set up a table to distribute FMIG flyers and pamphlets and to provide personal information to interested medical students. Examples of some of our flyers can be found at the end of this application.

### **Fundraising**

Our FMIG is generously funded by the California Academy of Family Physicians (CAFP) and the UCLA Department of Family Medicine. Additionally, to further increase our funding, as well as to raise the scope and appeal of our events, our leadership took an active role in soliciting and seeking financial support from various organizations. This year, generous contributions totaling over \$8000 were made by the UCLA School of Medicine's Department of Family Medicine, the Dean's Office, UCLA Medical Student Council, American Academy of Family Physicians, California Academy of Family Physicians, and Los Angeles County Chapter of the American Academy of Family Physicians. In addition, five students received AAFP or CAFM scholarships to attend the AAFP National Conference in Kansas City, MO. We are extremely grateful and appreciative of the wide support we received throughout the year.

## **Best Practices**

Our FMIG officers generated the following list of best practices with the intention of keeping the knowledge gained from our experiences this year for longevity. It is our board's fervent wish that those who come after us do not have to "re-invent the wheel."

- Always have food!
- Subsidized memberships for AAFP
- Timing of Events:
  - Holding meetings during the lunch hour to accommodate 1<sup>st</sup> and 2<sup>nd</sup> year students while holding some at dinner time to accommodate 3<sup>rd</sup> and 4<sup>th</sup> year schedules
  - Schedule programs around class exams to maximize attendance
- Valuing member choice – programming excellent guest speakers and topics based on members' interest
- Communication is Key: introductory e-mails and flyers, followed up by reminder e-mails, etc.
- Invite great guest speakers who can relate with students, discuss pertinent healthcare topics and who share valued personal experiences
- Student Mentorship: Having a panel of 2<sup>nd</sup> year students share experiences with 1<sup>st</sup> year students, i.e.) summer opportunities, Family Medicine clerkship, preceptorship, etc. Students will continue to come if they feel they directly benefit from participation in the group
- This year, the Co-presidents created a "protocol" sheet that outlined the necessary tasks involved in creating, organizing and executing programs. This served as a guide to ensure that programs ran smoothly and successfully.

### **FMIG Guidelines for Planning Events**

These guidelines are provided for the facilitation of your event planning. Please stick with the recommended timeline to assure smooth sailing of your event. For your convenience, boxes are provided so you can check off as you go along. If you have any questions, please contact Mish ([mmizrabi@ucla.edu](mailto:mmizrabi@ucla.edu)) or Scott ([nass@ucla.edu](mailto:nass@ucla.edu)).

#### **PLEASE MAKE SURE:**

\*\*\*\* A faculty member must be present at all FMIG meetings

\*\*\*\* Each meeting should leave time (at least 10 minutes) for question and FMIG business at end

#### **Speaker contact:**

##### **2-3 months prior to proposed event:**

- Contact faculty member and inform of event, ask him/her to mark in calendar, and let them know you will be in contact with them 3 weeks prior to the event. Always tell speaker to plan on talking for 30 minutes (they will talk longer than this, but this way there is a time buffer ☺)
- Post event on Angel Calendar/ Angel discussion board/SAO
- Reserve room with Suze Sylvestre at [ssylvestre@mednet.ucla.edu](mailto:ssylvestre@mednet.ucla.edu) or 310-825-6373 (we prefer 53-105 b/c it's close to Fam Med office)

##### **2 weeks prior:**

- Send parking and directions to speaker, if necessary (Request parking from Melinda. She also can provide maps/directions or you can locate through UCLA's website)
- Remind speaker that they have 30 minutes to speak, to leave room for students getting food, ask questions and FMIG business at end
- Ask speaker to arrive 20-30 minutes before event, (to account for parking/finding the room/set up before meeting)
- Email to class about event

##### **1 week prior:**

- Check in with speaker, reminders
- Post fliers on bulletin board, elevators, make announcement in class, put on white boards of First/Second year classes (Melinda can print out fliers in color and make copies)
- Email to class about event with RSVP date
- Reserve a laptop for speaker, even if he/she has one, just to be sure!
  - Reserve laptop from Pat Anaya ([panaya@mednet.ucla.edu](mailto:panaya@mednet.ucla.edu), 310-825-2866)
- Ask if speaker can send you a copy of his/her presentation, so you can make printouts, also so that you can have a hard copy in case something goes wrong on day of (they will probably not have this ready till closer to event, so ask them to send it to you when they have it ready)

##### **3 days prior:**

- Get RSVPs to Melinda (she just needs the number of students, not their names) so she can order food
- Email class with reminder about event Make a sign in sheet for students to sign (they can write name and sign, you don't need to write names in excel sheet)

##### **On day of event, pre-event:**

- Call in the morning, check on speaker's needs
- Come to reserved room 10 minutes before meeting to set up (Melinda will meet food delivery 30min prior to event and help set-up)
- In the morning, pick up laptop for event
- If you have a copy of the presentation, give to Melinda in morning to make copies

##### **On day of event, post-event:**

- Give sign-in sheet to Melinda

##### **ASAP after meeting**

- Send thank you to speakers (mail preferred, but email ok)
- Write a review paragraph about the event (when/where/what happened, and how many attended)

# Student Involvement & Retention

## **FMIG Membership and Student Involvement**

Historically being one of the smaller student interest groups on our campus, our main focus these past few years has been to expand our membership so that we could have the manpower to later institute larger events and programs. UCLA FMIG membership is open to any UCLA medical student who wants to join. Our main efforts lay in getting students to attend and become involved in our events and activities. The fundamental mantra we have successfully followed this year is, "If you feed them, they will come", thus obtaining funding has played a key part in our success. Another way we have done this is by holding class-specific events, such as our preceptorship talk for the 1<sup>st</sup> year class, and also by making leadership positions available to 1<sup>st</sup> year students. These types of class-focused activities have allowed us to enjoy unprecedented growth. Traditionally at UCLA, a heavily research-oriented institution, our FMIG was composed mostly of a relatively small number of dedicated 3<sup>rd</sup> and 4<sup>th</sup> year students with limited 2<sup>nd</sup> year and virtually no 1<sup>st</sup> year involvement. This year we have managed to heavily target participation from the 1<sup>st</sup> and 2<sup>nd</sup> year classes, as it is from here that our sizeable growth has primarily come from. Our group has grown so much that our attendance has actually surpassed traditionally popular interest groups, such as the Surgery Interest Group. Although now the majority of meetings are attended by 1<sup>st</sup> and 2<sup>nd</sup> year medical students, due to logistical reasons, FMIG still strives to interest upper classmen into participating in FMIG activities, as well. Dinner meetings are held periodically in lieu of lunch meetings to accommodate for the 3<sup>rd</sup> and 4<sup>th</sup> years to return from their respective rotations. FMIG also works with the Primary Care College (group of 4<sup>th</sup> year students pursuing a career in primary care) to give them credit for attending dinner seminars, which is required for graduation. The topics for the dinner seminars are selected based on popular demand, such as a dinner titled "Applying to the Family Medicine Residency."

## **Description of Activities and Events**

### ***"Care of Uninsured Week"***

**Wednesday, May 10, 2006**

Our 2006-07 FMIG board kicked off their year by hosting a lunch lecture about caring for the uninsured. A panel of three speakers from the school of public health, the department of Family Medicine and the California Endowment compared recent advances in healthcare legislation in Massachusetts and proposals pending in California. This event was attended by over 75 medical students.

### ***"Introduction to FMIG"***

**Wednesday, August 30, 2006**

In late August, the Family Medicine Interest Group (FMIG) held its first meeting to welcome the incoming first-year class and provide them with an introduction to FMIG. FMIG faculty advisor Dr. Susan Stangl had the pleasure of presenting an overview of Family Medicine, and Primary Care College Chair Dr. Felix Horng provided insight into additional Family Medicine opportunities. During the second half of the meeting FMIG Co-President Scott Nass discussed the benefits of joining FMIG and outlined the schedule of future FMIG meetings and events. Food was served and the meeting was open to all years. The event turned out to be a success with an attendance of more than 100 students.



***“Los Angeles AIDS Walk”***

**Sunday, October 15, 2006**

On Sunday, , 15 students from the David Geffen School of Medicine at UCLA walked together in the Los Angeles AIDS Walk as the UCLA School of Medicine Team. This event is Southern California's largest fundraising event and benefits AIDS Project Los Angeles (APLA) and other outstanding local AIDS service organizations across Los Angeles County. This year, more than 26,000 people walked the 10-kilometer (6.2 mile) route through West Hollywood and raised \$3.2 million dollars. The UCLA Team was able to raise \$1270 through the support of classmates and family members.



***“National Primary Care Week”***

**November 14-16, 2006**

***Day 1: “Failure of our Healthcare System and How Primary Care Can Help”***

An interactive talk with Dr. Patrick Dowling, chair of the Department of Family Medicine at UCLA, about the state of healthcare in the United States, as well as what primary care physicians can do to advocate for their patients’ well-being. Students were encouraged to participate as well as bring ideas from other healthcare systems around the country, discussing these programs’ successes and failures. Food was served and over 70 students attended each day!

### ***Day 2: “Women’s Health and Contraception”***

An interactive presentation conducted by Dr. Denise Sur, Director of Santa Monica-UCLA Family Practice Residency program and Assistant Clinical Professor. Dr. Sur provided an update on the currently used classes of contraception, as well as their application and indications. One student commented: “It was so refreshing to have this very clinically relevant topic finally brought into the open, and to actually see the used forms of contraception...I never knew what many of these devices were about!” Food was served and over 60 students attended.

### ***Day 3: “Tar Wars: The Battle Against Smoking”***

This was the introductory meeting for Tar Wars, the national campaign sponsored by AAFP to educate students about being tobacco-free and encouraging them to make positive decisions regarding their health. We introduced our plan to launch Tar Wars at Jefferson Elementary School during this academic year and recruited student participants. Food was served and 30 students attended.

### ***“Summer Opportunities”***

**Thursday, January 18, 2007**

This lunchtime session was held to inform the first-year medical students about the various opportunities that are available to students during their summer break including non-UCLA programs and the UCLA Family Medicine summer programs. The Family Medicine Interest Group encourages students to expand their knowledge of family medicine related issues such as the problems that underserved communities face, the disparities of the health care system, and how community medicine differs from other types of medicine. FMIG believes that the basic science research encouraged by UCLA, although important, limits students’ ability to learn about such issues.

Since many students are unaware of the vast number of opportunities that are available locally, nationally and internationally, this year FMIG compiled a large database with numerous work and volunteer options for students during the summer. The database, posted on our website (<http://fm.mednet.ucla.edu/summer-opportunities.asp>), includes clinical/basic science research opportunities locally and nationally, clinical experiences locally and nationally and international opportunities. The meeting was started with a discussion of how to navigate through the database and how to decide which opportunity is best for each student. During the second half of the meeting, there was a discussion of the different types of summer programs offered by the UCLA Family Medicine Department. Our Family Medicine program director and family medicine research advisors spoke to students about the various UCLA Family Medicine summer programs which include public health projects, community outreach, various family medicine clinical research opportunities, and extensive preceptor/shadowing experiences available over the summer.

### ***“AAFP Membership Drive and Family Medicine Mixer”***

**March 19, 2007**

To encourage interaction among Family Medicine residents and forth year students planning to go into family medicine along with all first-, second-, and third-year medical students, FMIG hosted a social mixer at a local Mexican restaurant. This gave the medical students a chance to ask questions about family medicine to upperclassman and residents, learn about family medicine residency programs, and make connections with people with similar interests. FMIG

also took this opportunity to encourage students to sign up for AAFP membership by giving raffle tickets and prizes to students who signed up for a membership that night. As a result, our chapter secured many new memberships to AAFP. Food and non-alcoholic beverages were provided by FMIG for all attendees.

### ***“FMIG Elections / Applying to Residency Programs”***

Our last meeting of the year serves two functions. FMIG members select the new officers for the upcoming year and our senior advisors provide information and advice on the residency match process. The match and application process are de-mystified in this meeting and tips on success are given by 4<sup>th</sup> year students who recently ventured through the process. From resume pointers to interview etiquette, members are educated about how to navigate through the application process and ultimately achieve their residency of choice.

### ***“Shoulder Dystocia Workshop”***

**May 18, 2007**

*Sponsored by Whittier-PIH Residency Program*

The Whittier-PIH Residency program will join us on May 18<sup>th</sup> to lead a hands-on workshop on shoulder dystocias. All participants will have an opportunity to practice the specific maneuvers and techniques involved in these emergency deliveries. The students will also learn about the new tropical medicine residency program being offered through Whittier- PIH and interact with faculty and residents from the program.

## **Family Medicine Advocacy**

One of the major goals of FMIG is to advocate for Family Medicine. Members are acquainted with various Family Medicine faculty and physicians from the community via lectures, panels, and workshops. Furthermore, many students express interest in a particular facet of Family Medicine, such as obstetrics, research, sports medicine, etc. Mentors are recommended to these students so that they are able to expand on their interests. For example, a strong interest was expressed in pursuing research within Family Medicine. FMIG responded by inviting Dr. Michael Rodriguez to speak about research opportunities within Family Medicine. In addition, the FMIG at UCLA worked directly with CAFP two years ago to help organize a local CAFP Resident and Student conference at the Sunset Village Conference Hall at UCLA. A Residency Fair was also held, in which attendees had the opportunity to network and meet residents and directors.

FMIG also strives to maximize UCLA students' clinical experiences with Family Medicine. Since a majority of preceptorship experiences are at Family Medicine clinics, a workshop is held early in the year to guide members in how to derive the most benefit with their clinical encounters. Community preceptors are invited to the meeting to allow students to directly question and learn from these leaders. Advocacy for Family Medicine is thus the unifying theme that has been purposefully threaded into all the activities that we engage in. By showing our students the diversity of opportunity that exists uniquely in this specialty, we are attracting deeper student interest into the field.

### **AAFP National Conference**

One of the ways we advocate for Family Medicine is by strongly promoting attendance to the AAFP National conference in Kansas City, MO. Eighteen UCLA/Drew students attended the 2006 National Conference of Family Medicine in Kansas City, many of whom are current FMIG officers. This last National Conference was a huge success and was a great learning experience to all of us who attended. We benefited from enlightening workshops and meetings in the day and participated in the conference's social activities in the evening. There was outstanding representation on behalf of the nation's hundreds of Family Medicine Residency Programs, which served as excellent resources for students planning to pursue Family Medicine and who wanted more information about each residency program. Scott Nass, our President, represented our FMIG on the "FMIGs Make a Difference" panel. The panel was comprised of six student leaders from various medical schools around the country. The students answered questions about strengthening the presence of family medicine on campus and how to run a successful FMIG. We are currently in the process of selecting students to attend the upcoming 2007 National Conference and hope to have as many UCLA attendees as last year.



**CAFP Medical Student and Resident Conference 2006**

UCLA FMIG hosted this annual conference put on every year by a southern California FMIG chapter. Last year's conference was hosted by the University of Southern California and although it was a total success, very few UCLA Medical Students attended. By successfully bidding to host the conference at UCLA, we were able to maximize turnout by UCLA students while highlighting our own Family Medicine residency programs. Jose Avalos, our FMIG Senior Advisor, spearheaded this event. This conference brought together all the FMIG chapters across Southern California and representatives from more than 20 Family Medicine Residencies in the state making this the largest Family Medicine Residency Fair in the state. Members learned how to improve their leadership skills, collected ideas on how to improve our Chapter, and increased their chances of matching into the residency of their choice. Presentations and seminars for medical students touched on current health care issues within primary care, and scheduled interactive programs fostered peer relationships toward developing a regional communication network for medical students interested in Family Medicine. Our UCLA faculty, Denise Sur, MD, Lacey Wyatt, MD and Michael Rodriguez, MD, lead workshops and participated in the residency fair. Over 20 UCLA medical students attended this successful event.



### **Involvement with CAFP**

Even outside the familiarity of our UCLA campus, FMIG officers and members remain active and dedicated to their leadership in the advocacy for Family Medicine. Our senior advisor, Jose Avalos, was the 2006-07 President of the California Student Association for Family Medicine (CSAFM).. Funded by CAFP, the purpose of CSAFM is to serve as the umbrella organization representing all California FMIG's. As such, CSAFM's leadership is composed of medical student officers from several FMIG's from throughout the state. Although it serves a vital role as the liaison organization between the CAFP and all state FMIG's, its ultimate goal is to motivate medical students to pursue a career in Family Medicine. It achieves this through a variety of programming of which UCLA FMIG members take key parts in organizing.

Diana Nguyen participated in the CAFP Summer Preceptorship program over the summer. In San Francisco, she worked closely with a Family Medicine physician for four weeks. She shadowed him in clinic, treated patients and attended noon conferences. She had an excellent experience and felt it prepared her incredibly well for her second year of medical school.

Scott Nass was invited to participate on the Predoctoral Education panel at the CAFP Medical Education Conference this past year held in Los Angeles, CA. His presentation gave Residency Program directors from around the state insight into the role FMIG plays in educating medical students about the field of Family Medicine and how to encourage students to become active at their school, in their community and on a state and national level.

## **Community Outreach**

One of the goals for our FMIG is to better establish our outreach activities as a group. Our restructuring efforts this year focused on expanding our membership to increase our presence in the community. Though limited in scope, our group's participation in various activities provided much needed services to our community. Whether as a group or as individuals, the spirit of service resides in our FMIG and will only continue to flourish as our group builds its infrastructure to support larger events.

### **Lennox Health Fair**

The Lennox Health Fair is a collaborative effort between the Latino Medical School Association at UCLA and the Lennox School District. It began in 1992 in an effort to use the school as a resource to provide health care and social services, and as a way to teach language and work skills to parents. The health fair continues to be important because Lennox has the highest number of children living in poverty in the Los Angeles area and many of the families in Lennox do not have health insurance. Today, the bi-annual Lennox Health Fair has grown enormously to become a comprehensive health service that can treat as many as 250 individuals in one day. Many members of FMIG participate in the Lennox Health Fair as a way to practice their clinical skills, give back to the community, and support the idea of Family Medicine and preventative health care. In addition, a current member of the FMIG executive board, Andrea Khosropour, has further demonstrated her commitment to the community and to Family Medicine by also taking on leadership roles in the planning of the Lennox Health Fair. She has used the contacts we have made as FMIG officers to help recruit outstanding Family Medicine physicians to staff the event.

### **Undergraduate and Incoming Student Outreach**

Through his job as a Graduate Mentor on the UCLA undergraduate campus, Joel Ramirez has given workshops on "How to Apply to Medical School," "Writing the Personal Statement," and "Issues in Medicine." He has used these opportunities to discuss the importance of primary care and the need for physicians dedicated to practicing Family Medicine. Along with Joel, Mish Mizrahi and Diana Nguyen have also used their positions as Medical School Tour Guides to speak to medical school candidates about our chapter of Family Medicine, as well as explain to them the purpose and goals of our group. In this way, we hope to recruit members even before they are officially admitted to our medical school.

### **Harbor-UCLA Summer Urban Fellowship**

The Harbor-UCLA Summer Urban Fellowship Program is a six-week fellowship headed by Dr. Gilberto Granados and Dr. Jyoti Puvvula, both exceptional Family Medicine physicians in the community. This program is unique because there are several components that encompass the principles of Family Medicine as a specialty. The focus of this program is to provide quality health care to the citizens of the Wilmington community in Lomita, CA. This community consists of predominately Latino, Spanish-speaking, working class people who may or may not have health insurance or even familiarity with accessing the health care system. The program's components include:

- **Research:** Conducting a door-to-door randomized cluster sample survey to determine the healthcare and health behaviors of children in the Wilmington community, culminating in the presentation of our findings
- **Health Fairs:** Providing health care screenings for almost 600 people over the course of two health fairs and providing a variety of medical services, including focused physical exams and educational health information on resources
- **Mentoring:** Serving as an excellent source of role models to all participants, as attending physicians and residents mentor the summer's participating medical students, who in turn mentor undergraduate and high school student participants
- **Community Outreach:** Increasing health awareness and empowering the community by giving talks to nearby elementary schools, local high schools, and the Boys and Girls Club.
- **Public Health Lecture Series:** Providing participants insight to the current health care system through which patients must navigate successfully in order to receive adequate care, and through which we will be a part of in the future as we become health care professionals; Topics include: Cross-cultural medicine, Working with the Underserved, Determinants of Health, The Social Gradient of Health, and Cultural Diversity in Caring for the Underserved

FMIG members, Scott Nass, Eric Fein and Voltaire Sinigayan, participated in this summer program and gained invaluable exposure to community service opportunities within the field of Family Medicine. Scott and Eric shared some of their experiences at the *Summer Opportunities* meeting held in January and have recruited several students to participate again this summer. It is outreach programs like these that our FMIG hopes to play deeper and more integral parts of in the following year.

### **LIGA Flying Doctors of Mercy**

LIGA International is a non-profit organization that sends physicians, nurses, and other medical personnel to set-up free clinics in Mexico. Volunteers fly to sites in small, private planes for the weekend. UCLA medical student volunteers participate in a number of activities that include triage management, medical translation, history-taking, physical exams, and even assisting with surgical procedures. This past year, several FMIG members traveled to Mexico to assist LIGA in the provision of compassionate, free medical care to the underserved.

### **Student Run Homeless Clinics**

Several of our FMIG officers and members are active participants at our student run clinics. The clinics are located in West Hollywood, Los Angeles, and Santa Monica, CA. They provide free health services, including general exams, school and camp physicals for children, HIV testing, flu vaccines and immunizations for homeless adults, families and children in the Los Angeles area.

# Most Valuable Program

## Category of Family Medicine Community Outreach

Tar Wars  
February 16, 2007  
Hoover Street Elementary School  
Los Angeles, CA

**Coordinators:** Mish Mizrahi, MSII and Diana Nguyen, MSII

**Participants:** Jose Avalos, MSIV; Lisa Ly, MSIV; Zach Morairty, MSIV; Scott Nass, MSII; Voltaire Sinigayan, MSII; Jennifer Lau, MSII; Maureen Villasenor, MSII; Neda Jafarian, MSII; Candace Dawes, MSII, Alvin Rivera, Melinda Perlo

### “Introduction / Recruitment”

#### *Primary Care Week*

This year, we launched *Tar Wars*, the tobacco-free education program for kids created by the American Academy of Family Physicians, at UCLA. Although we kept to the AAFP guidelines, we approached the event in a unique way as a year-long effort to implement preventive health education at the community level. We introduced the program and began recruitment for the event during our FMIG *Primary Care Week* in November 2006, where we gave a broad overview and timeline of the program. As part of this introduction to a topic commonly discussed between patients and their family physicians, the project coordinators presented the material as an opportunity to contribute to the well-being of children who had not yet made the decision to try tobacco. Medical students were encouraged to examine the topic from the perspective of someone in elementary school, who would likely be comparing COPD or asthma exacerbations to the difficulty inherent in breathing through a straw. Integral to our recruitment success was showcasing the incredible posters created by previous contest winners to personalize the positive impact facilitated by *Tar Wars*.

### “Training Session”

On February 9, 2007, we held a training session for all students who expressed interest in the *Tar Wars* Program. This lunchtime workshop included a presentation on the components of the classroom curriculum and a role-playing exercise, followed by a practice run-through; two medical students acted as *Tar Wars* presenters, while the remainder of the pretended to be 4<sup>th</sup> and 5<sup>th</sup> grade students.

### “The Event”

On February 16, 2007, eleven UCLA medical students gave the *Tar Wars* presentation to five 4<sup>th</sup> and 5<sup>th</sup> grade classrooms at Hoover Street Elementary School, located in the historically underserved Pico Union area of town, often labeled the “Ellis Island” of Los Angeles because of the predominance of Hispanic families settling there after entering the country. The presentation covered topics including the prevalence of smoking, the short-term effects of smoking, a simulation of what it feels like to be short of breath, the financial implications of using tobacco products, reasons people use tobacco, and how tobacco is advertised. The presentation ended with an introduction to the *Tar Wars Poster Contest*, a competition where students would each create an original poster that reaffirms the *Tar Wars* message.

### “Wrap- Up Session”

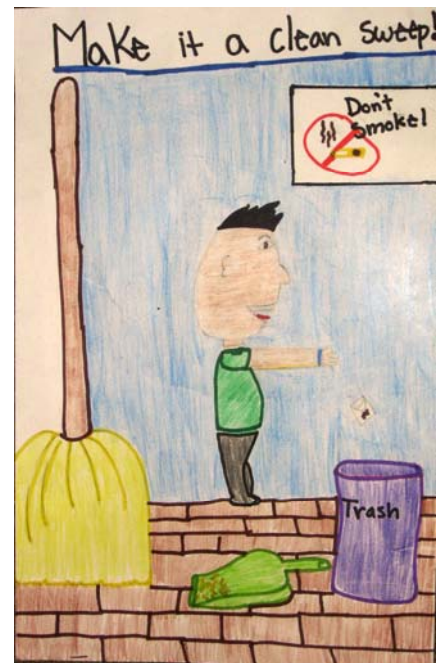
Immediately following the classroom sessions, the medical student volunteers gathered on the playground outside to discuss and debrief on the day’s event. The feedback was incredibly positive and provided several helpful suggestions to improve the organization and flow of future sessions. Overall, participating medical students felt it was a very rewarding session.

### “Poster Contest”

We returned to Hoover Street Elementary three weeks later and collected the students’ posters. Subsequently, the *Tar Wars* presenters voted for the 1<sup>st</sup> and 2<sup>nd</sup> place posters from the nearly thirty submissions. The 1<sup>st</sup> place winner received 4 movie vouchers and entry into the state *Tar Wars* competition. The 2<sup>nd</sup> place winner received 2 movie vouchers. Both posters are displayed below.



1<sup>st</sup> Place Winner:  
Jessica Torres, 5<sup>th</sup> Grade



2<sup>nd</sup> Place Winner:  
Rosemary Rivera, 5<sup>th</sup> Grade

### “Future Events”

We had such a positive experience teaching the students that we are planning a second trip out to Hoover Street Elementary before the end of the year. We hope *Tar Wars* will be a program that next year’s FMIG board continues to schedule on the calendar as a longitudinal experience throughout the year. It proved to be a wonderful way to reach out to our community and help motivate future Tobacco-Free Champions.

**We kindly thank the AAFP Program of Excellence Selection Committee  
for their time and consideration of our application.**

**-The UCLA Family Medicine Interest Group**

## UCLA FMIG CALENDAR OF EVENTS

May 10, 2006	Care for the Uninsured Week <i>Speakers: Michael Rodriguez, MD, MPH; Gerald Kominski, PhD; Alonzo Plough, PhD, MPH</i>
August 30, 2007	Introduction to FMIG <i>Speakers: Susan Stangl, MD; Felix Horng, MD; Scott Nass, MSII</i>
September 9, 2006	CAFP Medical Student and Resident Conference
October 15, 2006	Los Angeles AIDS Walk
November 14-16, 2006	National Primary Care Week Failure of our Healthcare System - How Primary Care Can Help" <i>Speaker: Patrick Dowling, MD, MPH</i>
	Women's Health and Contraception <i>Speaker: Denise Sur, MD</i>
	Tar Wars: The Battle Against Smoking <i>Speakers: Mish Mizrahi, MSII and Diana Nguyen, MSII</i>
January 18, 2007	Summer Opportunities Information Meeting
February 16, 2007	"Tar Wars" Hoover Street Elementary School
March 19, 2007	AAFP Membership Drive and FMIG Social
May 8, 2007	FMIG Elections / Applying for Residency Programs
May 15, 2007	Care for the Uninsured Week <i>Speaker: Patrick Dowling, MD, MPH</i>
May 18, 2007	Shoulder Dystocia Workshop <i>Sponsored by Whittier-PIH Residency Program</i>