

AAFP Family Medicine Interest Group Network
2007 Program of Excellence Award Application

**Virginia Commonwealth University School of Medicine
Student Family Medicine Association**

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The Student Family Medicine Association (SFMA) is located at Virginia Commonwealth University School of Medicine in Richmond, Virginia. Our goal is to stimulate interest in Family Medicine by providing opportunities for medical students to discover and explore the field. We accomplish this goal by sponsoring lunch lectures, holding clinical skills workshops, volunteering in the community, and supplying interaction with family physicians. Our executive board meets once a month with our faculty advisor, Gaynel Olsen, and other interested students to plan events and programs. We sponsor some of the most popular events on campus and almost every medical student has attended at least one of our programs.

Infrastructure

Students from every medical school class are in leadership positions within our group. This allows us to plan events that appeal to all medical students. Additionally, upper classmen who have been actively involved in the AAFP mentor new and underclass students to facilitate the transfer of leadership from one class to the next. To encourage and retain student membership, we often create new positions to utilize every student's skills and strengths. We have successfully encouraged our FMIG members to run for

state and national-level office positions. We now have several students who serve the AAFP and VAFP in these positions.

Faculty Advisors:

Gay Olsen, Associate Professor of Family Medicine: Gay has served as the primary faculty advisor for our FMIG for many years. Thanks to her tireless efforts, our organization continues to run smoothly from year to year. Gay is instrumental in training new student leaders, scheduling speakers, and soliciting funds for our events. Gay also attends the Kansas City National Conference for Students and Residents and the Virginia Academy of Family Physicians summer meeting with the group each year.

Dr. Michelle Whitehurst- Cook, Associate Professor: Dr. Whitehurst- Cook is currently the Dean of Admissions for the medical school and also a physician within the Department of Family Medicine. She is a past president for the VAFP. She serves as a physician role model and mentor for our group. Dr. Whitehurst-Cook participates in and guides our CARITAS and RAM clinic electives. She is also present, as well as the speaker for many of our lunch lectures series, meetings, and social events.

Dr. Anton Kuzel, Chair of the Department of Family Medicine: Dr. Kuzel is a generous donator to our FMIG group. Dr. Kuzel, through the Department of Family Medicine, provides funding for our lunch lectures, social events, and conference trips. He provided his Wintergreen Ski Lodge as the grand prize of one of our raffles at a former VAFP winter conference.

Fourth Year SFMA Leaders:

Kevin Dawson- AAFP Regional Coordinator, Past SFMA Regional Coordinator, Past VAFP Student Delegate

Third Year SFMA Leaders:

Giza High- Past Presidnet, AAFP Regional Coordinator
Zeina Saliba- Past President, VAFP Student Delegate
Janelle Posey- Past Treasurer
Piyumi Fonseka- Past Recording Secretary

Second Year SFMA Leaders:

Ryan Joo- Recording Secretary
Jemilat Badamas- M2 Representative
Lesli Brown- Co President
Letitia Lee- Co-President

First Year SFMA Leaders:

Allison Behrle- Food Coordinator
Sarah Burghardt- Lottery Coordinator
Esther Johnston- M1 Representative, Corresponding Secretary
Monica Velasquez- Lottery Coordinator

Officer Duties:

Past Presidents: The past presidents of our FMIG serve as advisors and leadership developers. Kevin Dawson, a current M4, provides advice on obtaining positions within the AAFP and VAFP.

Co-Presidents: The Co-Presidents work with our faculty advisor to ensure that all events and activities run smoothly. They schedule speakers, solicit funding for the group, recruit members, and encourage members to attend the Kansas City National Conference. The Co-Presidents also collaborate with group members to develop innovative events that appeal to all students and provide exposure to the field of Family Medicine.

Treasurer: The treasurer is responsible for all fundraising activities of our group. Thus, the duties of the treasurer include writing grant proposals, soliciting Alumni donations, organizing raffles, and developing new fund raising ideas.

Food Coordinator: The food coordinator organizes food for lunch lectures and workshops. The coordinator works with other officers to plan, organize, and run our lunch lectures. In addition, the coordinator submits paperwork for payments and reimbursements of meals.

Recording Secretary: The recording secretary records the minutes from each meeting and converts them into a format suitable for online posting. The secretary is also responsible for sending these minutes and other important announcements to all our FMIG members.

Corresponding Secretary: The corresponding secretary works to increase the efficiency of our group by maintaining and coordinating communication with all officers, individuals, guest speakers, and faculty advisors. In addition, this officer organizes guest speakers and publicizes events.

Lottery Coordinator: The lottery coordinators collect contact information from students interested in our clinical skills workshops and use a computer to randomly select 'lottery winners' who will attend the workshop.

First/Second year representatives: The first and second year representatives work with the Workshop Coordinators and Corresponding Secretary to manage our workshops and lunch lectures. The representative collects and returns workshop reservation deposits. This person keeps students informed of our FMIG's events and activities through in-class announcements and electronic bulletin board notices.

Program of Excellence Award Writing Workshop

The SFMA officers and advisor planned a Program of Excellence (PoE) award writing workshop, similar to one held in previous years. Attendees were able to peruse last

year's application, ask questions, and make suggestions for this year's application. The planning committee enlisted the help of upperclassmen with AAFP experience and students who attended the 2006 national conference. Responsibility for writing each section was divided amongst the group and input from all classes was incorporated. Using this method, each student feels that the PoE award application is a part of them. We are especially excited about new additions to our Community Outreach in the form of grant writing and health fairs. A close second is our newest and most popular clinical skills workshop, injections.

Communication and Publicity

The FMIG utilizes various avenues to disseminate information about our upcoming events and opportunities. Announcements are uploaded to the Electronic Bulletin Board, a forum to which all medical students and faculty have access. Our website, located at <http://www.courses.vcu.edu/MED300FP-gso/sfpa/index.htm>, has officer contact information, volunteer opportunities, meeting minutes, and pictures from our events. Representatives from each class also make announcements during breaks in lectures and/or pass information along through word of mouth. We also use an online RSVP system for our lunch lectures and social events, so we can accurately plan for the number of students attending.

Student Involvement / Student Recruitment

Two major objectives of our student family medicine interest group are recruiting new members and involving students in issues and events concerning family medicine. We host a variety of social events throughout the academic year to invite students to learn more about our FMIG in a relaxed environment. In order to retain students of all classes, we host clinical skills workshops, Spanish language round tables, and lunch lectures on topics that will interest medical students on all levels, such as "Business and Medicine".

Student Lounge

Our FMIG members have access to a student lounge in the Department of Family Medicine. It is a welcoming, relaxing environment for many students. The lounge's location within the department gives our members access to computers, free printing, and a fully stocked kitchen. The lounge also houses a medical library, residency program brochures, and information on family medicine opportunities in the community. This lounge allows our FMIG to hold informal meetings, interact with each other and faculty, and provides a quiet place to study.

Taste of Richmond

The Taste of Richmond is an event, sponsored by the SFMA and the Department of Family Medicine, held each year as a part of the SOM orientation program for new matriculates. Welcoming the students and inviting them to become a part of the SFMA "family" is the theme of the event.

The festive affair takes place in the campus' central courtyard under a large white tent, complete with music from a local D.J. Local family physicians are recruited to participate. They meet and mingle with the new students chatting about the impact that

Family Medicine has within the community. Street food vendors, a tradition around the MCV Campus, are invited to come and set up their carts around the tent and serve samples of their food. Varieties include Thai, Caribbean, Mexican, “soul food”, wraps, pizza and even the very popular ice cream cart! Students are provided food vouchers to pay for the food and the vendors are reimbursed by funds secured for the event. The fourth year of this event, marked by 2007, has gained such popularity by the students and the SOM that funds are now offered to continue this event through the Alumni Association Fund and the SOM Dean’s Office. A good time is had by all!

Student Organizations Fair

Each year during M1 orientation week, student organizations are invited to set up tables in the courtyard and introduce new students to their goals and activities. The SFMA table is one of the most popular at this event. SFMA student officers man the table and invite new students to join. We tell M1s and current upperclassmen about our social activities, community service, and opportunities to meet residents and faculty. As a bonus, students who sign up for our FMIG at the fair are given tickets for free ice cream which can be redeemed at the cart across from ours. Additionally, new student members are automatically made members of Virginia Academy of Family Physicians (VAFP) and the American Academy of Family Physicians. Membership is sponsored by the VAFP. The free ice cream and subscription to the AAFP journal/ membership are proven strategies that increase our numbers. Each year about 300 students join our SFMA.

Mexican Party

The first meeting of our FMIG is always a Mexican themed party at our advisors house. We invite all of the new (and existing) members that we welcomed into the group at the Student Organization Fair to come and plan activities for the semester while we get to know them over delicious mexican food. Afterwards, we have a very informal meet and



greet with faculty members, advisors, and residents. This enables the new students to ask questions, express concerns, and learn of all of the resources and support that is available to them through the Department of Family Medicine.

CPR Training

Gay Olsen, our faculty advisor and a certified CPR trainer holds annual CPR training sessions for students interested in learning CPR. Our FMIG has been

holding CPR training sessions for several years, and as been used as the model for expanded training sessions now being offered throughout the school of medicine. This is a much appreciated service among our student body as the second year medical students are required to learn CPR before beginning their third year rotations. Because Gay is

limited to the amount of students she can teach at one time, she holds multiple sessions in the fall and spring as to accommodate as many students as her schedule will allow. The classes are first offered to FMIG members and then to the general student body as space permits. Students enjoy a free pizza dinner and are CPR certified by the end of the night.

Buckingham Retreat

Our third annual Buckingham Retreat was held on November 4th -5th at Buckingham Lodge in the Blue Ridge Mountains overlooking the serene late autumn countryside including the James River. The purpose of this yearly retreat is to provide training and development for our FMIG leaders. We were fortunate this year to gain valuable practice with our clinical skills exam as we were joined by four 2nd and 3rd year Family Medicine



residents from two VCU affiliated programs – St. Francis and Chesterfield. The first year medical students evaluated each other's blood glucose and cholesterol levels after learning to use glucometers and cholesterol meters. Second year students practiced abdominal, head and neck, and chest and lung exams with the residents. At dinner, we talked with residents about the transition from medical school to residency. The retreat ended

with a lecture on cultural competency and health literacy over breakfast. Two VCU School of Medicine Family Medicine faculty members shared their views on the topic after defining health literacy for attendees. We learned how the physicians incorporate this knowledge into their own practices. This was an excellent opportunity to practice clinical skills, become familiar with the “health fair in a bag,” and meet with VCU residents and faculty.

Holiday Party

The annual Holiday Party is one of our biggest hits! FMIG members, faculty advisors, and family physicians from the Richmond community are invited to our advisor's house for good food, conversation, and a gift exchange. The event is catered by Croaker's Spot, a celebrated soul food restaurant in Richmond's historic Jackson Ward area. Attendees feasted on fried fish, potatoes, peppers and onions. During the event, Inner City / Rural preceptorship students shared with the group their experiences in the electives they completed throughout the year. Such electives included visiting a palliative care clinic, Alcoholics Anonymous meetings, and pain management clinics. This component serves as a motivation for newer students to complete electives in urban and rural communities. The night ended with a gift exchange, during which attendees chose numbers and 'stole' each other's gifts. This was the perfect end to the M1s anatomy course and the M2s elective schedule.

VCU School of Medicine Spanish Language Table

As the number of Spanish-speakers in the Richmond area and the nation as a whole continues to rise, it is imperative that physicians develop additional language skills to better communicate with their patients. With funding from the Department of Family Medicine one of our interest group members founded the VCU Spanish Language Table this past January. Between five and ten students attend the meetings. Meetings occur on a bi-weekly basis and include lessons on obtaining the patient history and conducting the physical exam in Spanish. Gatherings include games and time for conversation, allowing students to develop their burgeoning language skills in a comfortable and supportive environment.

Ice Cream Social

On January 24th, we invited the directors of all the VCU Family Medicine Residency Programs to speak with students interested in the specialty of Family Medicine. Residency directors representing Lynchburg, St. Francis, Chesterfield, Front Royal, Riverside, and Fairfax were all in attendance. These directors met with rotating groups of students and spoke with them about the strengths of each program, and how to choose and apply to residencies. Free ice cream was provided to all who attended and students were able to interact informally with the directors.

End of Year Picnic

The annual SFMA picnic is held at the end of every school year on Brown's Island. The island is a quiet retreat in the heart of downtown Richmond. Students of all years eat lunch together while enjoying the views of the James River and the Richmond skyline. During this time we reflect on all that we have accomplished during the year. Our faculty advisor organizes and sponsors the event for us each year. Last year there were 15 students in attendance. This year the picnic will be held in May. We hope to have a great time playing Frisbee and resting in the shade.

Family Medicine Advocacy

Our family medicine advocacy programs focus on forging relationships between medical students and family medicine residents and physicians. We hold our most popular events, the clinical skills workshops, at family medicine residency programs affiliated with our medical school. This allows many medical students to visit and explore family medicine early in their medical training. We also sponsor trips to VAFP and AAFP conferences for any student interested in attending. Throughout the year, we hold many lunch lectures dedicated to showing students all the possibilities of family medicine.

Clinical Skills Workshops

The various clinical skills workshops really give first- and second-year medical students a taste of some of the very skills that they come to medical school to learn—as evidenced by the large number of RSVPs and the long waiting lists every time the SFMA announces one! They are open to any member of the first and second-year student body, but due to

limited capacity, participants are decided by lottery. The clinical workshops held this year have been for Injections, Suturing, Ob-Gyn, and hopefully a Casting and Splinting workshop to follow. The Chesterfield and St. Francis family medicine practices graciously offer to host and teach them, and, indeed, provide dinner for the hungry students. While the Ob-Gyn workshop was primarily lecture and demonstration, the Suturing workshop involved brief periods of explanation followed by periods of allowing the students to practice suturing stitches on pigs' legs. The injection workshop included components of both: first, a lecture on the topic of sports medicine and joint injections, and then some time to practice both subcutaneous and PPD injections—on oranges, or, if they chose, on each other, under the direct supervision of a family medicine doctor or resident. Clinical Skills workshops are always very popular, and much anticipated by all the first- and second-year students!

National Primary Care Week

The FMIG organized three lunch lectures during National Primary Care Week, in October of 2006. Our first lecture was by Dr. Bradner who gave an introduction to the practice of family medicine. Our second lecture featured Dr. Sterling Ransone, a VCU School of Medicine graduate and family practitioner. He discussed his decision to practice in rural Virginia and shared vignettes about his practice and the community. Our last informative event was presented by Aileen Edwards from the Virginia Department of Health. She focused on loan repayment programs offered for those choosing a primary care career in medically underserved areas.

Business in Medicine

Now an annual lunch lecture series, Business in Medicine highlights important lessons not taught during regular lecture hours. Physicians and other professionals are invited to speak at lunchtime about topics such as loan repayment, setting up a practice, group vs. private practice, and business management. Dr. Susan Miller, a family physician who transitioned from private to group practice, spoke about new techniques and technology available to physicians in community practices. Students learned about Electronic Health Records, new dictation software, group visits, and computer programs designed to elicit patients' symptoms. On April 30th, Dr. Kurtis Elward will present "Your Future is Family Medicine". This presentation is an instrument provided by the American Academy of Family Physicians. Dr. Elward is a member of the Board of Directors for the Medical Society of Virginia Foundation and Assistant Professor of Research in Family Medicine at the University of Virginia. Dr. Rhonda Algier, a graduate of MCV, will speak about rural health needs on May 4th, 2007. Dr. Algier will outline for students the steps in transition from residency to private practice. Additionally, she will delineate the important differences between rural health clinics and those in urban areas or suburbs.

"Family Medicine is More Than Hypertension and Sore Throats"

At this spring lunch lecture, we featured family medicine physicians who have specialized in different subsets of family medicine. This panel – style talk included physicians in the following areas:

- Emergency Medicine
- Academic Medicine

Global Health
Rural Medicine
Underserved Populations

This lecture was open to the entire student body and food was provided. Each physician explained the educational path and personality characteristics that led him or her into each subset of family medicine. There were forty students in attendance. After the panel discussion there was time for one on one interaction between students and physicians. This annual lecture is very popular and enlightening as it shows many students the facets of family medicine that were previously unknown to them.

Lynchburg Family Medicine Bowling Outing

An excited group of VCU M1, M2, and M3 students met with Lynchburg Family Medicine's Dr. Terry Thompson and resident Ralph Kaczynski (PGY-2) to discuss their clerkship and residency opportunities in western Virginia. The Lynchburg Family Medicine Residency is set amongst the beautiful Blue Ridge Mountains. A number of the M3 students in attendance recently completed clerkships at the facility and had opportunities to experience rural medicine practice through its affiliated Big Island Family Medicine Center. Following the introduction, the real action and competition began as we all tried our hands at the lanes - bowling strikes and spares - no professional bowlers in the bunch, though.

Virginia Academy of Family Physicians (VAFP) Summer Meeting

The VCU Department of Family Medicine generously sponsors FMIG members' attendance at the VAFP Summer Meeting. Previously held in Virginia Beach, VA, this year's meeting will be at the Homestead Resort in Hot Springs, VA. In addition to attending lectures and workshops, students will have the opportunity to interact with family physicians and other students at dinners and other social activities. Traditionally, there is a dinner and dance for all attendees on the last night of the meeting. We look forward to this event in August of 2007 as our newer FMIG members will have the opportunity to take part in these events as an introduction to family medicine outside of the VCU School of Medicine.

Family Medicine National Conference for Residents and Students

About 15 members of VCU Student Family Medicine Association and faculty attended the 2006 National Conference for Family Medicine Residents and Students in Kansas City from August 2-5. At the opening session, we were elated to receive the Program of Excellence Award in Community Outreach/Patient Advocacy. Receipt of this award served as a motivation to continue and step up our efforts in this arena. In addition, two members of our interest group received the Minority Scholarship for Medical Students and another member received a First-time attendee award. The VCU Department of Family Medicine offered support to other SFMA members attending the conference. Our group members tackled different workshops and courses in order to experience as much of the conference as possible. Workshops attended include: Effective FMIG leadership, Fellowships in Family Medicine, Resolution Writing, Electronic Health Records, Dental Procedures, and Debt Management. We have begun to implement some of the leadership strategies shared with us during the conference. The Electronic Health Records

workshop gave us the idea to incorporate this topic into our Business in Medicine lunch lecture series. The exhibit hall was one of the most exciting components of the conference. It was enlightening to see how the residencies differed from each other and the uniqueness they each presented. By the end of the trip, we had learned about topics that were not regularly taught in our classrooms, expressed our ideas through resolution writing and leadership development sessions, met several residents and fellow students and best of all, had our bags filled with information for future reference and goodies from the exhibition hall!

Virginia Academy of Family Physicians (VAFP) Winter Meeting

Sixteen FMIG students attended the three day VAFP Wintergreen conference representing VCU/MCV. The three day conference took place from Feb 2-4, 2007 at the Wintergreen, VA ski resort. The students who attended were a diverse group ranging from first year through fourth year. The Department of Family Medicine rented a cabin to accommodate the students to stay over for the weekend. The students reached the resort on Friday evening and attended an informal gathering where they enjoyed their interactions with other residents and physicians from various different areas. Later that night, several first year students planned and prepared dinner for the VCU Family Medicine residents and attendings present at the conference. This gave us an opportunity to learn about the physicians' experiences in the field of Family Medicine. Over the next two days, we attended various lectures presented by nationally known family physicians. They spoke about current issues in Family Medicine and educated the crowd on the different perspectives, management strategies, and treatment styles for various conditions. Topics covered included: whooping cough, Diabetes Mellitus, congestive heart failure, and medical issues in athletes. These short courses provided the students with a current perspective on treatment options of diseases covered in classes this year. Overall, the short conference was a learning experience and provided an opportunity for our students to interact with and form close ties with family physicians and residents.

Relationships with Residents

In order to learn about Family medicine as a career, we invite residents from local Family medicine groups to participate in our monthly meetings as well our social gatherings. Last year at the AAFP meeting for students and residents in Kansas City, we had dinner with the residents of the VCU affiliated Chesterfield Family Medicine Residency Program. We also hosted a dinner party for the Virginia Family medicine residents who attended the Virginia Academy of Family Physicians winter meeting in Wintergreen, VA. At this dinner, we were able to have a round table candid discussion with residents from different areas in Virginia.

Some of the local residency programs also host social gatherings for us to further facilitate our learning about family medicine, as well as introduce us to the opportunities available to us should we choose their residency programs. A group of residents from Lynchburg, VA hosted a bowling party for our FMIG. We had a brief introduction and slide show about their facility and the patient population that they serve as well as an overview of the services that they offer. Afterwards, we ate dinner and socialized with the residents while bowling.

Community Outreach

CARITAS clinic: Congregations Around Richmond Involved To Assure Shelter

CARITAS clinic, sponsored and supported by the department of Family Medicine is a collaboration of churches in the Richmond area who provide shelter, food, and medical services to the homeless. Every Thursday, there is a team of one attending physician and medical students from every medical class who travel to the various churches to provide free blood pressure, cholesterol, and glucose screens, as well as body mass index calculations, nutritional and medical counseling, and focused physical exams for the homeless.

At the beginning of the school year, we hold a CARITAS interest meeting, which is advertised to the entire student body. At this meeting, we discuss the workflow of the clinic, including the services that we as students will offer, the various locations of the clinics, and the dynamics of the patient population. We also hold training sessions on the proper use of glucose and cholesterol meters, refresher courses on the proper way to attain a blood pressure, and a workshop on how to counsel patients regarding personal hygiene. Afterwards, we pass out sign up sheets where students are able to sign up to participate in as many clinics as they would like.

Although there is an attending physician who volunteers to supervise the medical team, the health clinics are entirely student lead. The student leaders are current fourth year medical students, many of whom were former FMIG leaders, who have an interest in serving indigent populations. They are responsible for designating health stations, answering questions students may have, assigning medical students to various duties, and assuring that we have all the necessary supplies and equipment to run the clinic smoothly. Additionally, the fourth year students gather data from the patients and store it in a laptop computer as to have a quasi “medical record” that can follow the patient from clinic to clinic throughout the course of the year as well as be transferred to an emergency room if they should see a patient that may need emergent care. This data is also compiled and presented in a student lead debriefing at the end of the school year in an effort to reflect upon our accomplishments in the clinic as well as identify any potential areas that we can possibly improve upon for the next academic year.

To date, our CARITAS volunteers have seen over three hundred homeless individuals. Our FMIG is currently working to solicit funds from various local organizations in order to expand our clinic services. We currently receive supplies from the Ambulatory Care Unit of Virginia Commonwealth University Health Systems.

Food Drive for the Central Virginia Food Bank

Students were inspired to host a food drive after visiting the Central Virginia Food Bank (CVFB) as part of the Inner City/ Rural elective last year. Since the 2006 visit, our FMIG chapter has hosted two food drives to benefit the food bank. We printed and posted flyers, made announcements, decorated collection boxes, and organized the campus wide food drives. The boxes were placed outside of classrooms, in the Family Medicine Department, and in major academic buildings. Our goal was to collect as much peanut butter and canned tuna as possible. After the drives, FMIG members delivered the

food to the CVFB. Both food drives were a huge success. We received a thank-you letter from the food bank for over 100 pounds of food!

RAM Clinic at the Wise County Fairgrounds

The Remote Area Medical (RAM) Clinic is an annual free clinic that is designed to give medical and dental care to those who cannot afford it in the rural areas surrounding Wise, Va. RAM Wise is a three day clinic that provides care for over three thousand patients from rural Virginia, Tennessee, and Kentucky. For one weekend each summer the Wise County Fairgrounds are transformed into a living, breathing health care animal. This hive of medical activity in the most rural of areas gives students and faculty a chance to see a different side of medicine than is present at the Richmond campus. Each year the Family Medicine Department at VCU sends physicians and students to volunteer at this massive clinic. Students are encouraged to experience every aspect of the clinic from intake and patient registration, to assisting with surgeries, and interviewing patients. The students have an opportunity to work with, and learn from, dentists, dental students, dermatologists, a plastic surgeon, opticians, OBGYN physicians, as well as medical students from other schools in Virginia such as Virginia College of Osteopathic Medicine and the University of Virginia.

Health Fairs

Charles City County - This September, first-year SFMA students traveled to rural Charles City County to set up a health table at the county fair. Charles City County is a rural county of about 7,000 people in the metro Richmond area. Armed with a “health fair in a bag,” students measured blood pressure, weight, height, glucose levels, and the cholesterol levels of fair visitors. Students were also able to provide some counseling to visitors regarding normal levels and values. This was an excellent opportunity for first year students to practice newly learned patient interviewing skills as well as learn how to set up a health fair.

Emmanuel Community Church - Ten students from our FMIG volunteered in November to spend a Saturday afternoon reading blood pressures, assessing body mass index, performing glucose and cholesterol screens for members of the community at Emmanuel Community Church in Chesterfield, VA. In addition to performing an objective health assessment, we also distributed packets (in English and Spanish) that explained to our “patients” what their test value(s) meant and what follow up measures (if any) should be taken to maintain a healthy status. Together with the members of Emmanuel, we solicited donations of toothbrushes and toothpaste from the dental school and healthy snacks from a local grocery store. Our FMIG donated the cholesterol and glucose strips needed for testing, as well as use of “health fair in a bag” equipment (see CARITAS clinic section).



Swansboro Baptist Church - The SFMA planned and carried out a health fair at Swansboro Baptist Church in Richmond’s southside community after Sunday morning service. Nine M1 and M2 VCU

students disseminated literature on hypertension, blood glucose control, oral hygiene, sexually transmitted infections and HIV. The church congregation consists of residents of Richmond city, teenaged through elderly. Students measured blood glucose levels, blood pressure, cholesterol, and Body Mass Indices. The church members were very grateful and inquired about a continuing relationship with our association.

ICRP Ride-Through

The SFMA continued its collaboration with the Family Medicine Inner-City and Rural Preceptorship Program to provide an opportunity for students to learn about medically underserved communities in and around the Richmond area. Two teams of first-year medical students traveled to both rural and inner city areas in Richmond and Dinwiddie Counties to study the availability of safe housing, educational opportunities, wellness programs, community centers, public transportation, and health care options. They interviewed police and EMS personnel, mental health care workers, environmental safety experts, and school teachers to determine the needs in these communities. This was an excellent opportunity for students to learn about the diverse roles of a physician in medically underserved areas.

Tar Wars Anti – Tobacco Campaign

Tar Wars is an educational program designed to teach elementary students the dangers of tobacco use. The nationally-used lesson plan consists of class activities that actively engage the students, such as determining the physical and monetary costs of smoking and analyzing tobacco advertisements. Prior to the event, M1 FMIG students attended a training session facilitated by our faculty advisor, Gay Olsen. Each year, FMIG members attend this training session in order to present effectively to the students. This year, five FMIG members traveled to a rural elementary school in nearby Charles City, VA to present to fifth graders. The activities were very well received by the students. We were amazed by how much the students already knew about the detriments of smoking. We hope our presence served as further motivation to students to refrain from using tobacco.

Grant writing

Encouraged by a call for proposals for the Medical Society of Virginia Foundation (MSVF) Medical Student Mini Grant Program, our FMIG sponsored a grant writing workshop and dinner. Approximately 15 students attended to discuss possible grant proposals and learn techniques for writing effective grants. Items discussed included:

- Performing a needs assessment
- Designing an intervention
- Creation of timeline
- Organizing a budget
- Conducting pre- and post-surveys

Following the workshop, two students from the FMIG submitted a joint proposal to the MSVF for funding to create two Spanish-language health fairs in the Richmond area targeting the rising incidence of diabetes and hypertension within the medically-underserved Hispanic community.

Mentorship in Medicine

The Mentorship in Medicine program seeks to establish communication between students at a Southside Virginia Community College and students in the VCU School of Medicine. It is designed to provide an outlet for community college students in which questions and concerns about college and professional school can be addressed. The students are encouraged to ask questions of their peers in professional school, and to continue an ongoing relationship with them. The ultimate goal is to introduce these students to various careers in medicine and guide them through the necessary steps to achieve this goal. Mentorship in Medicine is sponsored by the Family Medicine department of VCU and arose from the need to raise awareness of the opportunities and careers in medicine in rural communities. Southside Virginia Community College is located in Keysville, VA. Keysville is a small community located about one and one-half hours from Richmond city. The student-mentors (FMIG students) will travel to the community college and meet with interested students one on one. Following this introductory meeting, students will maintain contact via email, phone, and in person in order to foster the mentor – mentee relationship. The student-mentor serves as a peer-mentor. He or she will serve as a model for positive student behavior and may serve as a guide and advisor providing important information about available resources.

Soup Kitchen

Our Inner City/ Rural Preceptorship members contributed a meal to the 31st Street Methodist Church soup kitchen. We bought, cooked and served baked ziti, Italian bread, green beans and dessert to 200 homeless people. We purchased all of the food for under \$200, and prepared the food in under 2 hours in the church kitchen, showing that it doesn't take a lot of money and time to feed many people!

Categorical Award Submission: Family Medicine Advocacy

Relationships with Residents

In order to learn more about Family medicine as a career, we invite residents from local VCU affiliated Family Medicine Residencies to participate in our monthly meetings as well our social gatherings. Dr. Jeanette Carpenter, chief resident at Chesterfield Family Medicine regularly attends our planning group meetings. She offers advice and helps us to coordinate activities with the residents from her program. Last year at the AAFP meeting for students and residents in Kansas City, we had dinner with the residents of the VCU affiliated Chesterfield Family Medicine Residency Program and their families. This was a great opportunity for us to get to know each other over finger – lickin’ Gates’ Barbeque!

We also hosted a dinner party for the Virginia Family medicine residents who attended the Virginia Academy of Family Physicians winter meeting in Wintergreen, VA. First year medical students planned and prepared lasagna, salad and dessert. At this dinner, we were able to have a round table candid discussion with residents from Chesterfield and Lynchburg, Virginia. First through fourth year medical students in attendance learned more about the transition from medical school to residency and formed relationships with future mentors.

Some of the local residency programs also host social gatherings for us to further facilitate our learning about family medicine, as well as introduce us to the opportunities available to us should we choose their residency programs. A group of residents from Lynchburg, VA hosted a bowling party for our FMIG. We had a brief introduction and slide show about their facility and the patient population that they serve as well as an overview of the services offered. Students learned about the opportunity to spend third year rotations in a rural environment or the suburban community that Lynchburg offers. Afterwards, we ate dinner together and socialized with the residents while bowling.

Residents are instrumental in our FMIG’s clinical skills workshops. Our Casting and Splinting and Suturing Workshops are held at Chesterfield Family Medicine Residency. The OB-Gyn and Injection Workshops are sponsored by the St. Francis Family Residency program. The residents provide dinner, usually pizza, and begin the evening with a presentation of the chosen topic. Student then practice on each other (Casting & Splinting and Injections), pigs feet (Suturing), or a model (OB-Gyn). These workshops are some of the most popular activities available to medical students at VCU.

Our third annual Buckingham Retreat was held on November 4th -5th at Buckingham Lodge. We were fortunate this year to gain valuable practice with our clinical skills exam as we were joined by four 2nd and 3rd year Family Medicine residents from two VCU affiliated programs – St. Francis and Chesterfield. The first year medical students evaluated each other’s blood glucose and cholesterol levels after learning to use glucometers and cholesterol meters. Second year students practiced abdominal, head and neck, and chest and lung exams with the residents. At dinner, we talked with residents about the transition from medical school to residency. The retreat ended with a lecture on cultural competency and health literacy over breakfast. This was an excellent opportunity to practice clinical skills, become familiar with the “health fair in a bag,” and meet with VCU residents and faculty.