



### **FMIG Program of Excellence (PoE) Application**

***Please fill in the following:***

1. Number of students in your medical school: 480
2. Number of active FMIG members: 305
3. Check all that apply to you:
  - Our school does not have a department of family medicine.
  - Our FMIG has minimal support from our state chapter.
  - Our school has minimal faculty support (i.e. from Dean, Dept. Chair, etc.)
4. Our FMIG has won this award in the past:
  - YES      What years? 2002-2003
  - NO
5. We intend to apply for [Select one]:
  - Overall award
  - Award for Excellence / Innovation in: [Select one]

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### **INSTRUCTIONS FOR THE PROGRAM OF EXCELLENCE AWARD APPLICATION:**

- You must use this template for your application. Please complete all sections (unless #8 does not apply to you).***
- The length of this document should be between five and 15 pages. Any longer or shorter and your application will not be considered.***
- In answering questions #3-6, describe what your FMIG learned from the previous year(s), what enhancements/changes you made or what innovations were developed.***

1. Contact Information:

Faculty Advisor (Name, Address, E-mail and Phone Number): Paul Paulman, MD (402)559-6818  
UNMC Dept of Family Medicine, Emile at 42<sup>nd</sup>, Omaha, NE 68198-9350 ppaulman@unmc.edu

Primary Student Contact (Name, Year in School, Address, E-mail and Phone Number): Jenna Derr, Sorrell Medical Education Building, Student Mailboxes, 998215 Nebraska Medical Center, Omaha, NE 68198-5525 Phone: (308)440-9405, jderr@unmc.edu
2. FMIG Operation: Provide a brief overview of how your FMIG operates, including your leadership structure, mission statement and goal(s), student involvement and retention, and the role of your faculty advisor.

History of Family Medicine Interest Group at UNMC: Historically, our group was called the Nebraska Academy of Family Physicians- Medical student chapter; however, since a vote in 2003 we have been officially known as the Family Medicine Interest Group (FMIG). Our group is a university chartered student organization at the University of Nebraska College of Medicine.



The FMIG is one of the largest and most active groups on our campus with two-thirds of medical students being active members. Our monthly meetings are mostly comprised of M1's, M2's, Family Medicine Faculty, residents and guests. Meetings are held on campus over the lunch hour during non-test weeks. Since most of the M3's and M4's are on rotations and have ever-changing schedules, they do not get to come to many meetings during those two years of school. The officers this year have made it a goal to have at least one meeting a semester on an evening or a weekend in order to allow the M3 and M4 students a chance to come. The past officers have especially expressed interest in still being an active part of the club.

This year brings an exciting new addition to our campus and hopefully will hold new possibilities for FMIG. The College of Medicine has a brand new, state of the art building on campus to call home. The Michael F. Sorrell Center is home to lecture halls, labs, study rooms, lounge areas, clinical skills practice rooms, club meeting areas, and a host of other features. One of the best parts of the new building is the fact that both the M1's and the M2's now have lectures in the same building and can mingle in between lectures. In years past, club announcements were made between two buildings on opposite sides of the campus. Now, FMIG can be more effective in announcing events, meetings, and philanthropy opportunities among those students and members. Email has always been an effective mainstay of communication, but personal announcements with enthusiasm and the promise of free food at a meeting are much better!

#### FMIG Subgroups

Our Family Medicine Interest Group over the years has had previous and current members introduce new community projects into the FMIG agenda. Over the years, these projects have become so successful that they were recommended to become "semi-independent subgroups" of FMIG. These projects have been developed by FMIG members and directly fall into the category of Family Medicine, yet need no separate faculty advisor or funding. Recruitment for these projects is done directly from the members of the FMIG. The leaders of these projects are not selected through FMIG, but are selected by the current leader from the participants regarding their knowledge of the project, enthusiasm for the project and year in school. FMIG members have truly enjoyed these unique experiences with the subgroup projects that take place outside our campus, allowing them to be introduced to unique ways to practice family medicine in a community, such as the local prison or detention center. The following subgroups with a short description are as follows:

-Inmate Outreach/Douglas County Department of Corrections for Women Wellness Education Program: This program was started 3 years ago by a FMIG member, Dr. Allison Ramey (now a first year resident), to educate the women in the Douglas County Department of Corrections for Women. FMIG participants provide health presentations every other Tuesday at 6:30pm at the Douglas County Corrections Building. Topics of presentations are requested by the inmates and range from various topics such as sexually transmitted diseases, chemical dependency and pregnancy, and family planning. FMIG participants must be female by request of the inmates since they feel more comfortable asking questions of the female medical students. This project is still in its beginning phases and is still growing and exploring its need in the community.

-North Omaha Health Activities in Medicine (NOHAM): This program takes place annually before the start of the school year in an area of Omaha that includes majority of Omaha's underprivileged families. Sacred Heart Elementary School in North Omaha invites hundreds of families to come and receive free child physicals, food, clothing, backpacks, school supplies and household items. North Omaha Health Activities in Medicine (NOHAM) provides the volunteers for the physicals during this event from current M2 and M3 FMIG members. This year, over 172 children received physicals from NOHAM.

#### FMIG Objectives

The purposes and objective of the FMIG are the foundation from which we build our programming each year. These objectives were formulated in the past and have been supported by the executive team this year. These objectives are:

- To provide a forum whereby medical students interested in family medicine may discuss and seek solutions to problems of mutual concern.
- To provide greater involvement in the Nebraska Academy of Family Physicians and in the American Academy of Family Physicians for students who are interested in family medicine.

- To organize student participation in the state and national academies.
- To encourage the development of student interest in family medicine and medical student awareness of family medicine as a specialty.
- To provide educational opportunities in family practice.
- To enhance campus life for all medical students through social and educational activities.

FMIG Mission Statement- The mission of the Family Medicine Interest Group is to foster interest and learning in students about the area of Family Medicine, with the intention of recruiting aspiring physicians to become Family Medicine Physicians.

#### Election Process and Leadership Position Overview

Our group receives the support from the medical student body, the executive board, and the advisors. The executive board is elected at the last spring meeting each year by the medical student members of FMIG. The board has historically consisted of second year medical students to fill the various positions. This year the executive board has voted to introduce two new positions to be held by first year medical students in order to familiarize two first years to the goals and processes of the FMIG executive board, and to create consistency during the transition process after elections from one executive board to the next.

Support of our FMIG comes from our long-time faculty advisor, Dr. Paul Paulman and Barbara Goodman from the Department of Family Medicine. Both provide a source of wisdom and continuity to our executive board and provide supportive services to our organization throughout the year. Interaction and advice from the prior executive board and the advisor is also an important component in having a smooth transition from year to year.

After officer election in April, a transition and training brunch with the outgoing executive board was held in May to provide a smooth transition to the next year. Goals are discussed as well as feedback from the outgoing officers of FMIG. Elections for the new executive board are held at the last lunch meeting of the year usually in April. Elections are informal and a majority hand vote elects. People self-nominate themselves for a position.

Communication with the Nebraska Academy takes place in the form of a bi-annual newsletter that is sent out in December and then again in May. In order to coordinate activities with other members of the executive board and with the advisors, the officers relied heavily on e-mail communication to communicate meeting ideas, meeting dates/times, and meeting locations. With the new Sorrell Medical Building where classes are held, communication between M1 and M2 classes has been much easier.

#### 2008-2009 Family Medicine Interest Group Executive Board

President - Jenna Derr

Vice President - Tanna Walford

Recruitment - Jodi Schreurs and Kurt Kaples

Communications - Mark List

Secretary - Shelley Nelson

Tar Wars - Natalie Hart, Jenna Hill, and Emily Hadley

\*M1 Representatives - Shea Welsh and Megan Pelton

\*M3/M4 Representative - Chad Moes

Faculty Advisor: Paul Paulman, M.D.

\*indicates Board positions that are new as of the 2008-2009 school year

Our long-time advisor, Dr. Paul Paulman, provides a source of wisdom and continuity to our executive board, as do Barbara Goodman from the Department of Family Medicine. Dr. Paul Paulman, in addition to being a faculty member and an active clinical professor in the M1 and M2 curriculum runs a transitional luncheon with the outgoing executive board in the spring after elections are held. During this luncheon, the newly elected executive board is made aware of the past executive board's goals, accomplishments, and struggles in addition to forming new goals for the year. Dr. Paulman also hosts the officer retreat, where the executive board plans and sets goals for the upcoming year. Barbara Goodman provide supportive services to our organization throughout the



year including planning and room reservations, and many additional services.

food ordering for lunch meetings,

#### Student Involvement and Retention:

Thanks to donations by the Nebraska Family Physicians Group, the fees of membership are paid for and it is therefore free for students to join UNMC's FMIG. We are so thankful and fortunate since all other groups and clubs on campus have membership fees. We feel that it is because it is free for students to join FMIG that we have one of the largest groups on campus, as well as one of the largest FMIG groups in the country. Most of our student members of FMIG sign up at the Recruitment Fair during Orientation Week, with a few more signing up at the first lunch meeting of the year. While signing up for the organization, students were told of the great benefits of joining FMIG, including interesting monthly meetings (with free lunches), clinical

workshops, social activities, a free subscription to American Family Physician, and a membership in the NAFP and AAFP.

To further encourage student membership, we invited Dr. Wergin (Chairman of the Membership Committee of the Nebraska Academy of Family Physicians-NAFP) to speak at our first organization meeting on September 11th. At this meeting, he encouraged all students in attendance to join the NAFP, and he explained that membership in the organization is free due to gracious donations by physicians involved in the NAFP. This no-cost membership encouraged many students in attendance to join, including those students who do not have a specific interest in family medicine as a career. At the meeting, Dr. Wergin also gave a very humorous talk about "A Day in the Life of a Rural Family Physician," and he handed out pens/highlighters imprinted with the NAFP logo.

Traditionally, the UNMC FMIG has been composed of mostly M1 and M2 members due to the fact that most meetings take place over lunch. Announcements to all members are made via email. There are still a few dedicated M3 and M4 members that regularly participate in activities. We are making an effort this year to more directly involve the M3 and M4 members by holding dinner meetings with topics that are more directly related to rotations and their upcoming residency selections. Also, FMIG is one of the groups on our campus that offer leadership positions for the M1's. We feel this is important in order to directly interest the M1's and incorporate their current curriculum with meetings as much as possible. The dynamics of each class vary so much, so it is important to maintain personal contact with representatives of each class for feedback to improve FMIG in any way possible.

FMIG observes the code of always providing food at lunch and dinner meetings. If there's food... they will come. We have found this to be one of the more successful ways to maintain member participation. Hot soups in the middle of a Nebraska winter are usually a hit!

Our FMIG actively promotes involvement by offering a variety of activities that require minimal time. We try to offer no more than one activity a week, but preferably one activity a month. By offering clinical skills workshops where we learn how to cast, suture, and insert IV's, we draw a large student crowd. We successfully combined a meeting with the Emergency Medicine Interest Group on the topic of "Triage and Disaster Preparedness". By combining meetings with other interest groups, we widen the breadth of mission and reduce costs.

Student involvement goes hand in hand with the level of direct involvement family medicine physicians at UNMC. Students have seen that family physicians attend our monthly lunch meetings, providing them an opportunity to ask question and potentially network. As a welcoming gesture, the Family Medicine Department invited the FMIG board members to sit in on a monthly morning department meeting. Not only were we introduced to our first hospital department meeting, but we were updated on the affairs of our current Family Medicine Department. The FMIG board members were all introduced and our year's agenda was presented to the department. It was an excellent gesture to open communication between the Family Medicine Department and FMIG.

3. Community Service: What does your FMIG do for the community? [If you have several community outreach activities, list all of them.] Also, if your FMIG collaborates with your school's SNMA chapter, describe your activities here.

After the lunch meetings, there is often A LOT of food left over that is unopened. FMIG donates this food to local shelters and delivers it after meetings to be used for that same day at the

shelter. For example, February 23rd meeting, over half of the Chinese food that was ordered was unopened. This was donated to the Siena Francis House in Omaha, a homeless shelter that many UNMC students volunteer at.

Tar Wars presentations are made by TWO methods at for FMIG: 1) during the spring of M1 or M2 years to schools in the Omaha Metro Area and 2) doing a presentation at a school to any grade during your M3 year Rural Family Medicine rotation that take place all over the state of Nebraska. Over 72 UNMC students made presentations to the elementary school students in the Omaha Metro area and the surrounding schools. Over 800 children were reached by UNMC students alone! It was a fantastic turnout this year. For next year, the Tar Wars Chairs would like to replace parts of the presentation with a powerpoint presentation, making things like the tobacco advertisements and contest posters easier to show to an entire classroom.

Douglas County Department of Corrections for Women Wellness Education Program or Inmate Outreach was started 3 years ago by a FMIG member, Dr. Allison Ramey, now a first year resident at UNMC. It set out to educate the women in the Douglas County Department of Corrections for women. This program is still in its beginning phases and will be expanded in a stage-wise process to include more and more FMIG members. FMIG participants must be female by request of the inmates since they feel more comfortable asking questions of the female medical students. The origins of this project are in Dr. Allison Ramey's words following: "A few years ago, a mental health therapist and the program director at the Douglas County Department of Corrections found that women were approaching them with various health questions that they could not answer. The women already had a certain number of classes that they were required to attend as part of their sentence (GED, Nebraska AIDS Project, etc) so the employees decided to approach UNMC about starting a series of classes/presentations that would address the questions and concerns of the women. That was three years ago, and since then, Sarah Dance and I have been working hard to create presentations for these women. Our goal is not to make up material that we think they want to hear; we ask them what topics interest them because this is their time. What they want to know is not necessarily obvious to us. For example, one woman asked us to come up with a talk on Chemical Dependency and Pregnancy. Sarah and I would have never thought of that! Since then, we have an arsenal of various topics that we talk about (on a rotated schedule since the women come and go). These talks range from Obesity to Sexual Health to Family Wellness. We also keep trying to add new topics, and right now, I'm working on a Men's Health talk that someone requested. The presentations are every other Tuesday at 6:30pm."

North Omaha Health Activities in Medicine (NOHAM) program takes place annually at the start of the school year in an area of Omaha that includes majority of Omaha's underprivileged families. Sacred Heart Elementary School in North Omaha invites hundreds of families to come and receive free child physicals, food, clothing, backpacks, school supplies and household items. FMIG provides volunteers to conduct the physicals during this event from current. This year, over 172 children received physicals from NOHAM and FMIG.

4. Professional Development: What activities does your FMIG do to promote professional and/or leadership development among its members? If you describe a program that has been in existence for a number of years, please explain its *current significance*. Each May, following elections, FMIG holds a "Transitional Officer Breakfast" where old officers meet with new officers to give feedback about the year, advice for the next year, issues that need to be tackled in the upcoming year, potential event and philanthropy ideas, and of course to meet and greet each other. The new officers also met the faculty advisors and other members of the FMIG team, including members from administration who assist in funding applications, room scheduling, and food orders. The officers and faculty members went over the on-going projects and a current M4, Allison Ramey, introduced a philanthropy project called "Inmate Outreach" that she would like to continue and expand as a part of FMIG.

The members of the executive board are strongly encouraged and financially supported to attend the local and national conferences in order to obtain further guidance in providing leadership and programming for the FMIG. This past July, three M2 students attended the

National Conference in Kansas City, and they brought back many great ideas for future FMIG meetings and activities. Correspondence and interaction with the team of regional coordinators and utilization of the FMIG web site are also extremely useful in preparing the group for a year of advocacy and service in family medicine at UNMC.

5. Exposure to Family Medicine and Family Physicians: Tell us what your FMIG does to expose its members to family physicians – in your medical school or community – and how the scope of family medicine is demonstrated.

Combined response for Questions 5 & 6:

Our FMIG advocates for the field of family practice by exposing medical students to many faculty and local physicians. In fact, all of our meetings had at least two family practice doctors/residents in attendance. Furthermore, local physicians have spoken at our monthly meetings, allowing students to hear about the field of Family Practice from many different perspectives. The physicians addressed issues that affect Family Medicine both today and potentially in the future. This provides students a view into Family Practice as a career, and furthermore, informs students about what they can do now to better prepare themselves to enter this field. By being present at all activities and events, faculty members give students the opportunity to get to know the physicians on a personal level, and it allowed students to truthfully talk to the faculty about issues affecting family medicine today. Meetings throughout the year covered topics such as 1)the growing disparity of primary care providers in not only Nebraska, but nationwide, 2)patient-centered medical home model, 3)the issue of pain medication and the family physician, etc.

On November 4th, the Family Medicine Department invited the FMIG executive board to join them for their monthly department meeting. This was such a FANTASITC experience to be part of the department for a day and truly interact with all of these physicians and staff. Also, on December 3rd, FMIG combined a meeting with the Emergency medicine club to cover the topic of "Triage medicine and Disasters" in order to point out the missions we have in common and the importance of all primary care physicians regardless of field.

FMIG makes it a priority to expose FMIG members and students to as many Family Medicine Residents as possible throughout the year and its activities. We do this through four major routes: 1) Our residency Fair that is sponsored by FMIG this year on February 2, 2009. The fair had 12 residency programs participate from 5 at UNMC. Historically, UNMC has been recognized as an institution that produces a large amount of primary care physicians, especially Family Practice. This Fair is beneficial in multiple ways, and it is a valuable tool for FMIG to achieve its goals. We believe the fair not only benefits the residency programs and their efforts to recruit quality residents, but it is also a useful aid for fostering interest in family medicine among students. Furthermore, the fair guides students in their search for a residency that meets their specific needs. Residency programs that attend this fair benefit from an advertisement standpoint, with more advertisement resulting in more student interest in their program. In addition to this, the programs benefit from our fair because of UNMC's strong emphasis on primary care in the curriculum, especially family and rural medicine. Most of the programs attend every year and often send delegates that graduated from UNMC. Seeing the alumni in particular is a big benefit to our students, because it adds a sense of accomplishment to the daily struggle of preparing for test after test. 2) A residency panel held during a lunch meeting on February 23, 2009 in order to provide students with a diverse overview of the different kinds of family medicine residency programs that are available. One particular benefit of this format was for students to have the question answered of how family medicine is really different and unique from internal medicine. Residents discussed advantages of more outpatient clinic time versus being on an inpatient ward for internal medicine, for example. 3) The clinical workshops held this year offered students to directly interact with Family Medicine residents one-on-one. 4) Residents attend every lunch meeting held throughout the year.

One event we are particularly proud of is the Koefoot Award banquet, co-sponsored by FMIG. The Koefoot Award advocates recognition for the hardwork and dedication of local Nebraska Family Practice physicians that volunteer time as faculty members during student rotations. This is an event that FMIG is very proud to co-sponsor and participate in. The

president of FMIG is a voting member of the Koefoot Selection Committee that chooses the award recipient from among all the applications submitted by the M3 students. The award is an annual award sponsored by the family of Dr. Theodore Koefoot designed to recognize outstanding teaching and mentoring by a UNMC Family Medicine Volunteer Community Preceptor. Any Family Medicine community preceptor that participates in the Rural Preceptor course for the M3 year is eligible. This year, the winner was Dr. Steven Senseney from Valentine, Nebraska. Since a blizzard blew across Nebraska, depositing large amounts of snow and ice, the awards dinner was cancelled and was unable to be rescheduled due to multiple circumstances. Dr. Senseney will still be recognized for receiving this award and will receive a plaque and honorarium from the Marion D. and Theodore H. Koefoot Award Fund. In addition, an article is written about Dr. Senseney recognizing his accomplishment and published in the online UNMC "Today".

In the past, UNMC's FMIG has sponsored one clinical skills workshop to help students conquer one clinical skill, such as casting, before starting rotations M3 year. UNMC's FMIG continued this tradition of holding an annual procedural workshop, but we also have greatly expanded this opportunity. We have found the clinical workshops to be very well attended by students because they actually apply the curriculum to hands-on, real life medicine. The Casting Clinic was held on November 18, 2008. Thirty M1 and M2 students met with three of our Family Medicine residents, to learn and practice techniques used in applying a short arm cast. After watching a video that explained the procedure, students had a chance to practice on each other with materials donated by the Family Medicine Department. Students agreed that it was a great way to step away from the books and learn important clinical skills. This year our FMIG board has actually put together more than one procedural workshop due to the overwhelming response from students and members in years past. The new medical school facility includes 15+ clinical skills rooms that are only for student use. The rooms represent outpatient and inpatient rooms that duplicate a patient encounter experience for students. These rooms have been equipped with numerous different simulator models for practicing such things as chest compressions, vaginal delivery, IV insertion, ABGs, spinal taps, "codes", lung/heart sounds, and many more. A nearby lecture area that is used for instruction is the perfect place to show a procedure instructional video before splitting off in rooms to practice the skill. This year FMIG held 6 workshops including the skills (1)casting, (2)suturing, (3)spinal taps, (4)Airways/Intubation, (5)ABG's/IV's, and (6)Elbow Injections/Lung Sounds We have found this to be an excellent way not only to recruit members, but keep current members excited about Family Practice while advancing educational skills. In addition, the clinical workshops are time where students get to interact one-on-one with the Family Medicine Residents. This relationship is important to foster interest in Family Medicine as well as provide students with a time to ask questions of residents.

6. Promoting the Value of Primary Care: Describe what your FMIG does to tell members about the role of family medicine in enhancing primary care. This could include talking about the patient-centered medical home and the primary care workforce or coordinating activities with other primary care interest groups (internal medicine, pediatrics, OB/GYN or emergency medicine). Please see the response to Question 5, it is a combined response.
  
7. Measures of Success: What programming elements has your FMIG considered successful? How do you track measurable improvements? This could include increasing membership, showing improvements in Family Medicine match rates among active FMIG members, or receiving recognition from your medical school/state chapter/AAFP.  
We are VERY proud of how active our FMIG has been this year. This has been a very successful year for recruitment, initiation of new activities, and community involvement. The Tar Wars program has grown immensely in the last year. It now includes presentations in the M3 year rural rotations. We look at this year as a growing year for the Inmate Outreach program. It is a challenging program for those members involved and reaches a very unique population in the community. The female inmates have been SO overwhelmingly grateful and excited to hear about health topics they are truly interested in, which is a reward in itself. Often, we sit in front of

patients who have no desire to hear doctor's advice to improve health. The Douglas County for Correction for Women has given us praise on our contribution to their program. There are very few activities in first and second year medical school that make students feel like real doctors. This year, FMIG has let students embody this role by holding many clinical workshops, such as casting. Students have had an overwhelming response of excitement for Family Medicine and the diversity of procedures that family physicians perform. We hold this as a measure of success for our club and are very proud to host clinical workshop nights where we turn people away because SO many members and students are excited about participating. The impact we have on our community and the enthusiasm of FMIG students for our family medicine activities and programs form how we have gauged success this year for our FMIG. This demonstrates the improvement we have made and where we should continue to devote our efforts. Scheduling and participating in so many activities as a medical student is challenging, to say the least. This is why we are so proud of our activities log that shows that we continue to make advocacy of family medicine as a priority, regardless of busy schedules. We feel as a club, we have gone above and beyond any other club at UNMC at bringing hands-on medical experience to students. This is why we have included the log of events, even though it is quite long.

#### Log of Activities and Events

##### 5.07.08 FMIG Officer Transition Breakfast

After the semester was over for both M1s and M2s, the old officers met with new officers to give feedback about the year, advice for the next year, issues that need to be tackled in the upcoming year, potential event and philanthropy ideas, and of course to meet and greet each other. The new officers also met the faculty advisors and other members of the FMIG team, including members from administration who assist in funding applications, room scheduling, and food orders. The officers and faculty members went over the on-going projects and a current M4, Allison Ramey, introduced a philanthropy project called "Inmate Outreach". The rest of the meeting covered topics including the Program of Excellence Application, a goal to keep a running application, the Inmate Outreach program, Tar Wars, FMIG website, the summer convention in Kansas City, and the goal of sending out a newsletter each semester.

##### 8.16.08 Sacred Heart Elementary School Physicals

This was the 2nd annual Back to School Bonanza where kids received free physicals from medical students. Each child received a backpack with school supplies and families received food, household items, and clothing. This took place in North Omaha because of the great need. A total of 33 UNMC students from medical student classes of 2009, 2010, 2011 and UNMC PA's. Supervised by MD's and PA's from the community. Creighton University nursing students participated as well. In total, 172 children received physicals. Also, 851 people received food, clothing and household items. The medical student volunteers and community supervisors were organized by the North Omaha Health Activities in Medicine (NOHAM) is a subgroup of FMIG. Students at any level can participate in activities. Activities are coordinated with Heart Ministry Center, a community outreach program in North Omaha located at 22nd and Binney.

##### 8.21.08 All-Campus Organizational Fair

The FMIG had 67 new members sign up! That's exciting and we're ready to set the first meeting for the year so that all the new eager members can see what FMIG will do throughout the year and get a taste of family medicine.

##### 8.24.08 Officer Retreat at Dr. Paulman's Cabin a.k.a. FMIG Fun in the Sun

This was the first meeting of all the officers in order to set goals, brainstorm and touch base on transitioning into a new year. The date and specifics of the first meeting was set. Goals were set to have one monthly meeting of M1s and M2s, partner with multiple clubs for meetings and activities, help kick-start the FMIG chapter at the Creighton Medical School in Omaha, introduce 2 new philanthropies into our programming this year- Inmate Outreach and North Omaha Health Activities in Medicine (NOHAM), incorporate the physician assistant students for philanthropies and other events, meet the requirements to receive additional funding by December 5, and finally to incorporate one meeting a month that is not at lunch time for the M3s and M4s to be able to participate during their rotations.

##### 8.28.08 Dr. Wergins Annual Intro Meeting to FMIG

To start the meeting, Dr. Wergins gave out free pens. He is family physician from Milford who annually speaks at our first meeting of the year. Dr. Wergins is responsible for initiating the Nebraska AFP to pay for student member fees because local family docs want students to get exposure to Family Medicine. He talked about how Family Medicine is a specialty (Evidence Based medicine, primary care can choose the area you like). You become part of the family and have such an important relationship with your patients. You are the first person to touch someone in the world and the last one to touch them before they die. A sample day for Dr. Wergins as a family physician includes: an ER policy meeting, a post labor patient, nursing home, routine PAP, kid with asthma, C-section post appt, OB ultrasound, 3 y/o well child visit, sports physicals.

#### 9.26.08 Resident Suturing Workshop

We were lucky enough to have four of UNMC's Family Medicine Residents offer to sponsor the FMIG workshop to teach suturing techniques for 2 hours. There were 56 students (M1's and M2's) that participated. Since many of the M2's have already received basic instruction in suturing, the residents demonstrated more advanced stitches and perfected the skills of the M2's while the M1's had their first exposure to suturing in medical school. Students received their own pig foot and suturing tools. Many of the students received one-on-one assistance from the residents. These residents were so excited to teach that they offered holding a second workshop for FMIG later this semester! We had an overwhelming response from students interested, but there were limited spots due to limited materials and supplies.

#### 10.15.08 Dr. Loschen on "Management of Difficult Patients"

Dr. Loschen, a family physician from York, walked members through providing healthcare for difficult patients. York is a smaller community in Nebraska, representing over half of Nebraska's population. We all know that it is inevitable that we will see patients who are angry, who sue, who have "hot buttons", who have psychological issues, who have had bad experiences in healthcare, who are non compliant, etc. Dr. Loschen emphasized recognizing the behavior, proactive tips to avoid problems, how to manage various patient problems, and when it is appropriate to end the doctor-patient relationship. One tip to manage a difficult patient was to schedule difficult patients early in the morning and not one right after another. Dr. Loeschen said, "Difficult patients can be our biggest challenges, but our most satisfying success stories."

#### 11.4.08 7:30 am Monthly Family Medicine Department Meeting

This was the first time the officers of FMIG attended a hospital department meeting. Breakfast was included. We met all UNMC's family medicine doctors, PA's and staff. We introduced our selves, and presented the projects for this year and goals. We felt very welcome and really appreciated the opportunity.

#### 11.11.08 M3-M4 Meeting

This was our first ever FMIG "dinner meeting" for M3 and M4 students. This was one of our goals for this year. Four students participated in the meeting on loans and financial planning for immediate and near future after medical school. As always there was free food. The turn-out of M3 and M4 students was much lower than expected, but it is somewhere to start!

#### 11.16.08 AMA Health Fair- TAR WARS No Smoking booth

UNMC's student chapter of the American Medical Association put on a health fair for the underserved in downtown Omaha. AMA included a booth for FMIG where we featured the Tar Wars program and adult smoking cessation information. The health fair took place at a Campfire USA location, a non-profit youth development organization.

#### 11.18.08 Casting Workshop

Two casting workshop sessions were held by three of our Family Medicine Residents, with a total of 30 FMIG members participating. We learned various casting techniques for a wrist break and ulnar/radius break in the forearm. We provided dinner while viewing a video that demonstrated the materials of casting, pointing out benefits and downfalls of plaster versus fiberglass. Everyone then took part in doing one cast and receiving a cast. The highlight of the night was using the saw to remove the casts!

#### 12.3.08 Joint FMIG and Emergency Medicine Interest Group on "Triage and Disaster Preparedness"

Over lunch, 100+ students attended a presentation by Dr. Wesley Zeger, an Emergency Medicine physician, on disaster preparedness and triage. He specifically addressed ethical

considerations, resource limitations, permutations of what a disaster is, and the role medical students play in a disaster and triage. This was a big success and was a great chance for two interest groups to combine goals and team up!

#### 1.6.09 Tar Wars Introduction and Overview Meeting

This meeting was conducted by FMIG's three Tar Wars Chairs. Nebraska's Tar Wars coordinator position was in a transitional process and we are waiting for a new coordinator start very shortly. This year, the Tar Wars Chairs re-organized the bins that are taken to presentations, making them more user-friendly for the presenters. Over 72 UNMC students made presentations to the elementary school students in the Omaha and the surrounding schools. Over 800 children were reached by UNMC students alone! It was a fantastic turnout this year.

#### 1.26.09 Lumbar Puncture Skills Workshop

After classes from 5-7 pm, students were able to practice lumbar punctures on models using an authentic lumbar puncture kit. Students started out by watching a 15 minute video, before performing the puncture on the models. During the procedure, we were guided and assisted by 4 Family Medicine Residents. It was a lot of fun to try an advanced procedure with the help of the residents, especially since the M2's were in the neurology unit of their curriculum.

#### 2.2.09 Family Medicine Residency Fair

Family Medicine Residency programs from all over the region were invited to join a residency fair during that takes place over one afternoon. Twelve different programs representing a five-state area attended this year. This number is similar to the turn out in past years.

#### 2.9.09 Airways and Intubation Skills Workshop

Another skills workshop was held to go over the procedure of intubating a patient. Students were in groups of 8 and watched a short introductory video before practicing on the models. Family Medicine Residents assisted students in visualizing the vocal cords and proper technique. Over 40 students participated in this workshop night and really enjoyed getting to practice this skill! Many students have expressed their appreciation of these nights that get you out of the classroom and allow you to actively apply the curriculum.

#### 2.13.09 Annual Koefoot Award Dinner (Cancelled due to blizzard)

The Koefoot Award is an annual award sponsored by the family of Dr. Theodore Koefoot designed to recognize outstanding teaching and mentoring by a UNMC Family Medicine Volunteer Community Preceptor. This year, the winner was Dr. Steven Senseney from Valentine, Nebraska. Since a blizzard blew across Nebraska, depositing large amounts of snow and ice, the awards dinner was cancelled and was unable to be rescheduled due to multiple circumstances. Dr. Senseney will still be recognized for receiving this award and will receive a plaque and honorarium from the Marion D. and Theodore H. Koefoot Award Fund.

#### 2.23.09 Residency Panel

Five residents from the Family Medicine Department joined us for lunch to answer questions about residency. Three of the residents were part of an accelerated program where you begin your first year of residency in your 4th year of medical school. Quite a bit of the discussion was devoted to pointing out differences between internal medicine and family medicine residencies. Fifty plus students attended the lunch.

#### 3.9.09 Dr. Haefeley on Narcotics and Patients

Fifty three people came to the lunch meeting. Dr. Haefeley, a Family Medicine physician from a rural Iowa town, presented on the issue of prescribing narcotics for patients in a primary care setting. Many of the students by this point in time have encountered "pain medication seeking patients" during their clinic time. It is an interesting dilemma and doctor-patient dynamic to address. He addressed success stories that involved gauging success over a long period of time, pain medication contracts, and working closely with a pharmacist that also monitors filling and behavior. This is a completely unique topic and has not been addressed in any of the lectures for the first two years of medical school curriculum. It was great to hear thoughts and stories on this issue.

#### 3.23.09 ABG's and IV's Skills Workshop

Procedure Skills Night for ABG's and Starting IV's FMIG members were assisted by Family Medicine Residents and faculty in the skills of starting IV's and taking a ABG blood sample. There were 33 members that participated and were provided snacks. Multiple arm

models that were provided by the skills lab and were hooked up to glorified red Kool-Aid that acted as the arm's "blood supply." We were provided needles and necessary supplies to make the activity as realistic as possible. We each tried starting an IV multiple times and then attempted our luck at an ABG in a different room in the skills area of the new medical school building. This has been one of the many instances where the new building has provided new areas and technology that we can utilize for FMIG this year. The skills lab was great, but was interrupted by a tornado warning... one of the perks of living in Nebraska during spring!!!

#### 4.13.09 FMIG Elections over Lunch

This short lunch meeting will be the last of the year and will be devoted to electing new officers, as well as a few new positions that will be part of the FMIG Board next year!

#### 4.13.09 Elbow Injections and Lung Sounds Skills Workshop

This is the last skills workshop of the school year!

#### Letter from the 2008-2009 FMIG President, Jenna Derr

Greetings from the Family Medicine Interest Group at the University of Nebraska Medical Center! I am excited to provide a brief update regarding our club and its activities this past year. After several of us attended the Family Medicine Student and Resident Meeting in Kansas City this summer, we left with great ideas and were very excited about what we could do with our FMIG. We decided to outline three specific goals we wanted to accomplish during the year. These included increasing the involvement of medical students from all four classes, involving our Family Medicine Residents by providing teaching opportunities, and working with other clubs by planning joint meetings.

In order to help increase involvement, we created two M1 representative positions. We felt this would promote cohesiveness and assist in the development of future FMIG leaders. These students have been able to promote FMIG and its activities throughout the year and have provided us with important feedback, allowing our activities to be focused and effective. Additionally, we contacted last year's FMIG President, who agreed to serve as a contact for the M3 and M4 class. Through his help, we were able to sponsor a meeting in October specifically for the M3 and M4 classes, and held an evening meeting which addressed planning and new home-buying advice. We hope to continue providing opportunities for all classes to be actively involved in FMIG.

The new Clinical Skills Lab in the Sorrell Center assisted us with our second goal. Throughout the year, FMIG has sponsored Procedure Nights for the M1 and M2 classes, taught by the Family Medicine Residents and guest teachers. We have practiced casting, suturing, lumbar punctures, emergency airways, placing IVs, performing blood draws, and ABGs. These Procedure Nights have not only provided us with valuable exposure to clinical skills, they have also provided us with beneficial time with the residents. They have been extremely helpful, not only by teaching, but also by providing us with advice and perspective.

We were also able to schedule a joint meeting with the Emergency Medicine Interest Group first semester. An ER physician spoke regarding Principles of Triage and shared some personal experiences. This was a great way to utilize a shared interest since many of the future rural family medicine physicians will be staffing the ER. It was also great promoting an interdisciplinary focus.

Throughout the year, we have also held our traditional lunch meetings, and have had several guest speakers. At our kick-off meeting, Dr. Robert Wergin spoke about what being a Family Physician was like. We also had Dr. Darroll Loschen give a presentation on Medical Malpractice. We recently had the Family Medicine Residents speak as a panel and Dr. Kyle Haeefe from Lincoln speak about Drug Seeking Patients. We also sponsored the annual Family Medicine Residency Fair and had over ten different programs represented. We had a great turnout and many students used this opportunity to connect and network.

We also completed another year of Tar Wars. Our FMIG teamed up with the Creighton Pediatric Interest Group and presented to over 25 local elementary students the dangers and harm of tobacco. This is always a popular outreach activity and our members really enjoy the opportunity to serve in this manner. Additionally, FMIG continues to support the program created by Allison Ramey and Sarah Dance that educates incarcerated women at the Douglas County



Department of Corrections. Female FMIG members had the opportunity to attend these presentations first semester, and are now being recruited to give the presentations themselves. Next year, the FMIG executive board will include two individuals who will oversee this. In the future, we would like to expand this program for the male inmates as well. FMIG also continues to support the sub-committee it created last year that addresses the promotion of health education for the underserved North Omaha population and we look forward to expanding our role in this as well.

It has been a great year for our FMIG, and we are excited to see what will be accomplished next year! Finally, we would like to thank our sponsors Barbara Goodman and Dr. Paul Paulman for their support and assistance!

Thank you for your time and consideration of this application,

Jenna Derr and the 2008/2009 FMIG Executive Board

8. Special Consideration for First-Time Applicants or Those Wanting to Show Significant Enhancement in Programming, Membership or Operation: If your FMIG has never submitted an application for this award, or if your FMIG has made significant strides in a particular area, tell us why you think you should be considered for this award. [If this does not apply to you, you do not need to fill out this section.]

***Thank you for your submission!***