

FMIG Program of Excellence (PoE) Application

Please fill in the following:

1. Number of students in your medical school: 506
2. Number of active FMIG members: 156
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? 1997-98, 1998-99, 2000-01, 2001-02, 2002-03, 2005-06. Also, 2001-02 and 2004-05 Excellence in Student Involvement/Student Retention Categorical Award and 2007-08 Excellence in Community Outreach/Patient Advocacy Categorical Award
 - NO
5. We intend to apply for [Select one]:
 - Overall award
 - Award for Excellence / Innovation in: [Select one]

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): Anita D. Taylor, M.A. Ed.,
Department of Family Medicine, Mail Code: FM, Oregon Health & Science University School of
Medicine, 3181 SW Sam Jackson Park Road, Portland, Oregon 97239, 503-494-6618.

Primary Student Contact (Name, Year in School, Address, E-mail and Phone Number): Michael
Goodwin, MS 2, 6108 SW Barbur Blvd. #3, Portland, OR 97239, goodwinm@ohsu.edu , 503-
452-3734
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.



The mission of the Oregon Health & Science University (OHSU) School of Medicine Family Medicine Interest Group (FMIG) is to support students who may have an interest in family medicine.

The goals of the Oregon Health & Science University (OHSU) School of Medicine Family Medicine Interest Group (FMIG) are:

- To promote the value of family medicine
- To provide information to the medical students about the specialty of family medicine
- To offer leadership and professional development opportunities for students who have an interest in family medicine
- To organize opportunities for students who are interested in family medicine to meet family physicians
- To offer opportunities for students who are interested in family medicine to serve the community
- To offer residency application guidance for students planning careers in family medicine
- To celebrate students who choose family medicine as their career and give them a forum to thank their family physician mentors

Founded in the mid-1970s, the FMIG is the oldest continuously functioning student-run organization on our campus. We have a written constitution and bylaws that are updated as needed.

Leadership Structure:

The FMIG Steering Committee includes the following officers:

Co-chairs: Michael Goodwin, MS 2
Nicholas Westfall, MS 2

who communicate with the faculty advisors, organize and oversee the schedule of events, and delegate projects to committee chairs.

Committee Chairs, who organize programs and maintain student involvement:

Ward Walks: John Conroy, MS 2
Tar Wars: Brett Severson, MS 2
Procedural Clinics: Michael Phelps, MS 2
Girls Inc.: Anna Hemphill, MS 2
SW Community Clinic: Jesse Schonau-Taylor, MS 2
Baby Beeper: Brett Severson, MS 2

Liaisons:

Rural Student Interest Group: Geoffrey Maly MS 2
Specialty Talks: Nicholas Westfall, MS 2
Integrative Medicine Interest Group: Stephanie Cheng

4th year Co-chairs: Mimi Choate and Trisha Adams who organize the Post-Interview Dinner and arrange for speakers for Specialty Talks and Strolling Through the Match

National and State Academy representatives:

State Academy Legislative Committee: Rae Seltzer, MS 2
State Academy Board Member: Kaarn Nelson-Munson, MS 4
State Academy Board-Member Elect: Melissa Hemphill, MS 3
Student Member of the Commission on the Health of the Public: Amara Sheppard, MS 4

Leadership Recruitment and Transition:

Students interested in leadership positions volunteer in the spring of their first year to take over Steering Committee positions. This year the new and outgoing co-chairs will be honored at the annual International Dinner on April 24.



The Steering Committee met early in September to set a calendar of meetings and dinners and estimate the budget. This year's Steering Committee met regularly for lunch meetings at noontime to discuss ongoing programs and activities. First year students are encouraged to be co-committee chairs in order to maintain continuity for FMIG programs.

Role of Faculty Advisors:

Our Faculty Advisor, Anita Taylor, M.A.Ed. and co-advisors, Kathy Chappelle, M.A., and Peggy O'Neill attend all meetings, suggest resources for implementation of programs, and provide news of state Academy and national AAFP opportunities. The faculty advisors divide up the primary responsibility for some of the FMIG activities to streamline activity planning and coordination.

Communication:

We use e-mail, class announcements, and posters to communicate with members and their interested classmates. We post FMIG information on the bulletin board in the first-and second-year students' mailroom, along with sign-up sheets for lunch presentations, dinners, and various activities. We e-mail news of events and opportunities to all AAFP student members to remind them of meeting times and deadlines.

We have an FMIG website, www.fmigohsu.googlepages.com maintained by John Conroy, MS 2, who updates the site regularly.

Finances:

In 2008-09 The Oregon Academy of Family Physicians and the Department of Family Medicine provided financial support for the FMIG. We also received a \$600 grant from the AAFP for completing a Family Medicine dinner presentation by the Department of Family Medicine chair, John Saultz, M.D. including before and after surveys from students. Funds were used to purchase food for noontime programs and dinner meetings, and to promote other Family Medicine programs and events. There are also two endowed funds established by two OHSU family medicine faculty members for student travel: one is specifically designated for the state Academy meeting and the other is for the National Conference. Students are fully supported by one of these funds for the State meeting and all who apply for an AAFP scholarship have backup funding for the National Conference. In addition, the State Academy pays for two students to attend the National Conference.

Student Recruitment and Student Retention

There were 120 students admitted to OHSU in August 2008. We currently have 156 members of the AAFP/FMIG (31% of the student body). Students pay their own \$15 membership dues to AAFP and automatically become members of the State Academy and FMIG. The MS 2 co-chairs began recruiting incoming students by obtaining their names and addresses from the Dean's office and writing to them as soon as they were accepted to OHSU. Our brochure is included in the letter to incoming students. This process continued from May until August.

We also recruit student members during the pre-matriculation (one week in August) Summer Observership Program, in which 25-35% of students entering their first year at OHSU spend the week before they begin classes, living and working with rural family physicians throughout Oregon. The FMIG Co-Chairs attended the Summer Observership Orientation on August 5, 2008 and told incoming students about the FMIG. This is an early venue in which we can identify already interested students, as well as educate students who never have had experience with family medicine.

Interest Group Fair

An innovative way to draw MS1s to the FMIG booth at the OHSU Interest Group Fair the third week of school was the inclusion of a Suturing Station. A family medicine faculty member and a family medicine resident were the instructors and there was a long line of MS1s waiting to try the new skill. At the booth there were AAFP Membership forms and copies of the American Family Physician Journal and many MS1s joined the group then.

Membership recruitment continues year-round, with membership forms available at every meeting and from the MS1 and MS2 student membership chairs. We have sign-in sheets at each meeting and non-members are contacted personally after the meeting to encourage them to join. The best recruitment is from a fellow classmate.

In addition, our Faculty Advisor Anita Taylor has the opportunity to talk with students in every class since she is the Director of Career Advising for the medical school. Third year students often are deciding between Family Medicine and one other specialty. If they decide in favor of Family Medicine and are not AAFP members, they are encouraged to join and attend the National Conference to learn about residency programs. Co-advisor, Kathy Chappelle, also connects students newly interested in family medicine with the group as she speaks to them individually in her role as Assistant Director of the Family Medicine Clerkship.

Membership Retention

Since AAFP dues are paid for 4 years, no one drops out of the FMIG. The 16 students who matched in family medicine residencies this year all are student members of AAFP.

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.

Fowler Middle School Health Education Presentations

This is a new program this year, initiated by six first year students who are new members of FMIG. Once every 4-5 weeks they go to two 8th grade Health classes, taught by Ms. Pelicci at Fowler Middle School, and give a one hour interactive presentation to the students about issues that are being covered by the teacher already. This way the 8th grade students get another perspective and hear individuals who are not their teacher talk about the realities of these situations. Powerpoint presentations on HIV and Drugs were created by the FMIG students; and, in the coming weeks, they will be doing a presentation on STDs and Teen Pregnancies, as well as healthy dietary and exercise habits. During these sessions, the students are free to ask any questions without judgment by their peers (and they do) and they sometimes play games with them at the end. For example, at the end of the HIV presentation they had an interactive session with the students in groups of 10. During these small groups, they passed around a bowl of 10 Hershey's kisses, 1 purple one and 9 silver ones, and the students had to blindly pick one out of the bowl. The student who received the purple chocolate kiss had to pretend that he/she has HIV and discuss how it would make him/her feel, and how he or she would like others to treat her in society, etc. The other students asked the student with the purple kiss questions they would ask somebody who was HIV positive, such as, "Do you feel isolated from other students at the school because of your status?" or "can we share food and drinks, or even hugs?" etc.

Tar Wars Program:

The Tar Wars Program, in which students visit elementary and middle schools to talk about the dangers of smoking, continues to be a popular community outreach activity. This year, 20 OHSU students visited 27 schools in the Portland, Oregon area, each giving two presentations to fourth and fifth grade students. Challenges included scheduling teaching times around medical student schedules with their numerous academic and personal obligations. In addition, there is a statewide Tar Wars poster contest sponsored by our state Academy chapter. FMIG members who attend the state Academy meeting assist in preparing the display of posters so the attendees can review them and vote on a winner.

Community Health Clinic:

The SW Community Health Clinic serving an indigent population in Portland was founded in May 2005 and is staffed by faculty and residents of the Department of Family Medicine. An FMIG student is a member of the clinic's student steering committee. FMIG student members volunteer in the clinic and help administratively.

Girls, Inc.

In June 2006, FMIG was invited to participate in a three year grant proposal by Girls, Inc. of Northwest Oregon to the United Way. The role of the OHSU FMIG members was to participate in the proposed Go Onward Program by providing health education workshops for girls and young women ages 8-20 who are in, or transitioning from, out-of-home care, including incarceration, residential programs and foster care.

Partners in the grant included the Multnomah County, Washington County and Clackamas County Juvenile Justice representatives; Lifeworks NW, a mental health assessment agency; Las Hermanas, an organization providing culturally responsive and age appropriate education; and Oregon Outreach, an organization providing educational service to girls unsuccessful in public schools.

The grant was funded for three years. As of April 2009, 24 workshops have been presented by FMIG members – 8 on the basics of skin care, 8 on access to health care and what to expect at an office visit and 8 on family planning. Three more sessions on each of these topics are scheduled in June 2009. They learned to make a schedule for the workshops at the beginning of the school year so that all the participants could plan ahead.

Ready, Set, Fit Program

The Ready, Set, Fit program is new to OHSU FMIG this year. Several first year students under the guidance of the FMIG co-chairs spent the year developing curriculum and lesson plans to mirror the Tar Wars Curriculum, except teaching fourth and fifth grade students about diet and exercise. This year they successfully taught several lessons to a local elementary school. The first years will continue with the project next year and involve all interested medical students. Challenges included creating a lucid curriculum that can be easily learned and taught by medical students and adding more hands-on activities. In addition, FMIG students plan to ask the Oregon Academy of Family Physicians to adopt the program statewide. Recently, several physicians in the Department of Family Medicine also showed interest in studying outcomes of such an educational program and proposed measuring both medical student confidence in presenting the program and the knowledge level of elementary students.

Being There

Our FMIG group has organized and involved students for the first time in a volunteer program at our hospital which was developed to address patients' emotional and social needs. First called the "No One Dies Alone" program, due to demand from patients and nurses for volunteers to visit and offer support to hospitalized terminally ill patients, it evolved into the "Being There" program. Approximately 20 students signed up to be "on call" one week every 2 months for patients who have no family who either are dying or are feeling a need for companionship while in the hospital. There also have been 2 training sessions on working with the terminally ill. With the addition of this activity, our group can say it offers opportunities to participate in patient care from birth to death.

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*.

The Breakfast Leadership Group

Robert B. Taylor, M.D., Professor Emeritus of Family Medicine and former Chair, invites FMIG leaders in all 4 classes to a breakfast meeting in the hospital cafeteria every 4-6 weeks to discuss leadership topics. Discussion topics have been on the nature of leadership and current

leadership theories, traits of effective leaders, examples of effective leadership, such as the leaders of the Doctors Ought to Care movement in the 1970s (Alam Blum, one of the leaders of DOC will be a speaker at the state OAFP meeting in May 2009). This program is significant in bringing up-to-date information and a forum for discussion of leadership topics to the student FMIG leaders. Students who have not officially taken a leadership role in FMIG are encouraged by their peers to join the group in order to develop future leadership.

Practice Management and Innovations Elective Course

FMIG students recruited John Saultz, M.D., Chair of the Department of Family Medicine, last spring to help them develop an elective course on innovative primary care practice management and health policy issues. The 10 week evening course, offered from January to March 2009, presented family physicians in administrative leadership positions in Oregon (the Director of the State Department of Health and Human Services, the Medical Director of the Providence Health System, the former Medical Director of the Samaritan Health System, the Director of the Oregon Area Health Education Center) as well as general internist leaders (the Director of Regence Blue Cross/Blue Shield; the CEO of Greenfield Health, an innovative practice model in Portland; the Director of the CareOregon state program for the underserved; the Director fo the OHSU Medical Group) to talk about the future of primary care to medical students.

This elective course had attendance far higher than anyone anticipated with 00 sucessfully fulfilling all the requirements for credit as well as dozens of other students who attended sporadically. This programming enhancement brought authoritative information and high status individuals to the attention of a significant number of medical students. It brought a discussion of primary care into the formal curriculum of OHSU and gave credibility to primary care among the students. There are plans to offer the course again next winter.

OAFP meeting

One of the reasons we encourage students to attend the annual meeting of the State Academy held in May is to observe the leadership skills of the state Academy officers and to develop their own skills by getting involved on state Academy committees. There are two elected student positions on the Oregon Academy Board of Directors, a 4th year voting Board Member and a 3rd year non-voting Board Member-elect. This ensures continuity and an opportunity to develop effective leadership skills for the student. In 2008 twenty-four students from all 4 classes attended the state meeting and the Congress of Delegates as voting members. Students are currently signing up to attend the 2009 state meeting from May 7-9, 2009.

National Conference

We also encourage students to attend the AAFP National Conference to hear national AAFP speakers and to develop their leadership skills by running for elected office and applying for membership on AAFP commissions.

For the past four years, we have recruited entering first year students interested in family medicine, to attend. These students have been identified through the interview process (Anita Taylor is an admissions interviewer for OHSU) and by questionnaires submitted for the Summer Observership Program in May and June that ask about specialty interest.

Preparation for Applying to Family Medicine Residencies

For more than 15 years, the FMIG has sponsored a Post-Interview Dinner in early February before rank lists are submitted.. Fourth year students who are applying to family medicine residencies come to tell the third year students about their interviewing experiences. This year we held the dinner on February 7th and 11 of the 16 students applying to family medicine were on the panel. The current significance of this program is to model professionalism as the 4th year students serve as role models in appropriate interviewing behavior for the 3rd year students. Professionalism is also a significant part of the October session on Interviewing Tips for fourth-year students applying to family medicine residencies. The session this year was led by Roger

Garvin, M.D., the Residency Director at OHSU, and four family medicine residents, who spoke of appropriate behavior during interviews.

Family Medicine Graduation Celebration

During medical school graduation week in June, the fourth-year students entering family medicine residencies choose one or more family physician role models to invite to the annual Family Medicine Graduation/Mentor Celebration. This event honors those students entering family medicine as well as the family physicians that have supported and inspired them. Student and physician family members are invited and the department chairman and other faculty members regularly attend. Many of the mentors chosen are volunteer community physicians, and the event provides an opportunity to hear how much they have meant to students and to recognize their contributions.

The current significance of this event is that by honoring the leadership and professionalism of the family physician mentors and giving the students an opportunity to thank these individuals in a public setting, the FMIG is role modeling positive behavior. It reinforces the professional nature of the medical profession and allows each student an opportunity to express how the professional relationship has affected his or her life. This awareness of the importance of relationships among colleagues is being developed by this program.

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.

The Oregon Academy of Family Physicians' First Annual Legislative Day at the State Capitol in Salem.

Approximately 50 Oregon family physicians, several residents and 8 FMIG student members participated in the First Annual OAFP Legislative Day. This event required carpooling an hour to Salem and missing a day of classroom lecture. They learned about the legislative system as they met legislators and expressed their opinions about the need to support health care issues of importance to family physicians and their patients.

Meet the Docs Dinner

We have an annual "Meet the Docs" dinner, scheduled during the OHSU Family Medicine Review Course in mid-February. This year, eight physicians from a variety of practice settings (rural, small town, urban, IHS, migrant health, international, academic, and health policy) came to meet and talk with students about what they most enjoyed about their practice of family medicine. Sitting at tables with the students for dinner, they spoke with students about their individual practice styles. After dinner, they each gave a brief self-introduction to the entire group so that the students could learn about the variety of opportunities in family medicine.

Ward Walks

This program consists of afternoon sessions in which family medicine residents enable small groups (4-6) of first- and second-year students to experience the Family Medicine Inpatient Service. Students interview and examine patients and learn the clinical and administrative aspects of hospital care from a family medicine perspective. The Family Medicine Chief Resident has been the contact person for students. In 2008-09 we've had 8 Ward Walk dates and 36 MS 1 and 2 students participated. Students generally appreciated getting to see patients in the hospital, meet family medicine residents and get the opportunity to learn what family doctors do in the hospital setting.

Family Centered Maternal Care Elective Course

An evening elective course on Family Centered Maternity Care was offered once a month for 4 months to first and second year students. Led by three family physician faculty members, the course offered an opportunity for the 20 student participants to learn how maternity care is offered in family medicine and how the approach and philosophy differs from that of the specialty of obstetrics.

Oregon Academy of Family Physicians State Meeting

Approximately 25 students attend the annual Oregon Academy of Family Physicians' meeting each year and learn about the scope of family medicine by attending the scientific program and speaking informally with family physicians.

Specialty Talks Elective Course

Once a year each specialty presents a panel of physicians to answer pre-determined questions about their specialty in this elective noontime course sponsored Dean's office. Family Medicine is represented by a community physician, a faculty physician, a resident and a 4th year student who has chosen family medicine. Student learn about the scope of the specialty and get contact information for the individuals on the panel. Each student taking the course for credit (48 this year) is required to fill in an evaluation form for each session and the comments concerning what they learned about family medicine show that the session has been educational and has helped to dispell myths about family medicine.

Procedure Clinics

Students are exposed to faculty faculty and residents who teach the procedural workshops. This year we had evening sessions on Spinting and Casting, Suturing, and Breath Sounds.

International Dinner

Every year, a community family physician is invited to speak at the dinner about his or her international work. In April 2008, a family physician spoke on his work in Uganda. This year's dinner on April 24 will feature a presentation on medicine in China.

Family Medicine Grand Rounds

FMIG leaders requested this year to be informed of topics for the hour-long Family Medicine Grand Rounds held the third Wednesday morning of each month. The FMIG Faculty Advisor sent information on the speaker and topic via e-mail to FMIG members and posted it on the FMIG website. Topics of special interest to student members this year included Health Literacy, the Oregon Health Board proposal for extending health care in Oregon, and the care of adolescent homeless youth by a family physician.

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).

Dinner at beginning of year – John Saultz – The Medical Home

In September 2008 the FMIG Welcome Dinner featured a talk on The Medical Home by John Saultz, M.D., chair of the Department of Family Medicine. Forty stduents from the first second year classes attended.

Coordination with other interest groups

The FMIG has co-sponsored noon meetings with the Rural Interest Group and the Integrative Medicine Interest Group. The former was a talk by a family physician faculty member and resident from the Alaska Family Medicine Residency Program and the latter was a talk by a family physician on Acupuncture.

Approximately 60 students attended screenings of two documentaries that our FMIG co-sponsored as part of the American Medical Student Association's Film Festival in December. For "Country Doctor, Rural Medicine," an Oregon Public Broadcasting film about rural health care, we teamed up with the Rural Medicine Interest Group to split the cost of pizza for the attendees. For "Sick Around the World," a PBS Frontline film about the health systems of 5 wealthy capitalist democracies and how they achieve better health care outcomes than the US, we teamed up with AMSA and the Health Policy Group to split the cost of pizza for the attendees.

Practice Management and Initiatives Elective

This elective course (described above under Professional Development) was an attempt to present the role of family medicine in enhancing primary care by bringing to campus community physicians in leadership positions who support family medicine and primary care.

Cover the Uninsured Week

The FMIG sponsored a talk by a family physician advocate for the underserved as part of the noon lecture series during the Cover the Uninsured Week in May 2008. We plan to do so again this year. Our members and classmates become aware of the value of family medicine training in caring for the underserved when they learn how one physician can care for all ages, both sexes and the majority of medical problems.

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.

What was most successful?

- Membership invitation letters to accepted students pre-first year
- Sponsoring 4 pre-first year students to attend the National Conference. All 4 will be on next year's FMIG's leadership team
- Practice Management and Initiatives Elective Course
- Work with other interest groups
- Student participation in the Family Medicine Legislative Day

How do we track measurable improvements?

- Number of 1st year students interested in FMIG leadership positions for next year
- Number of students attending events
- Comments about family medicine from Specialty Talks evaluations
- Number of students matching in family medicine
- PoE awards

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



AMERICAN ACADEMY OF
FAMILY PHYSICIANS

STRONG MEDICINE FOR AMERICA

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!