

FMIG Program of Excellence (PoE) Application

Please fill in the following:

1. Number of students in your medical school: 820
2. Number of active FMIG members: 368
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? 2004-2005, 2005-2006, 2007-2008
 - 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:
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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.

MISSION STATEMENT:

The Family Medicine Student Association (FMSA) at the Medical College of Wisconsin is one of the largest and most active organizations on campus with a wide range of programming available to interested students. The mission of FMSA is to promote the values and philosophy of family medicine to the students of the Medical College of Wisconsin and to others within our community.

LEADERSHIP STRUCTURE:

The leadership of FMSA consists primarily of elected M2 students. Each year one or two M1's are elected as M1 liaisons. These students fill the important role of keeping the M1 class informed of announcements, and they also establish a deep understanding of the FMSA board and its infrastructure. Knowledge allows them to possibly serve as leaders in the coming year. The officers meet approximately once a month with the faculty, advisors, and Heather Lotz (our programming aide) to determine if programs are running smoothly and to give general updates about the success of our events. We use a web program, ANGEL, where we have created a specific page for FMSA. This site contains information about our programs, upcoming events, list of officers, information about state and national associations, and is greatly utilized to keep our members informed. A description of each of our executive board and committee chairs is below:

Executive Committee:

1. **President:** The President, along with having his/her own duties, is responsible for arranging meetings and making agendas in order to keep the group organized. By keeping in touch with all of the committees, it has been easy to keep each program running smoothly and to catch problems and fix them expediently. The President's duties include: organizing the Strolling Through The Match event for M3's in April with guidance from the outgoing President, working with the Treasurer to apply for the budget for the year's activities, recruitment of new M1 membership through the M1 informational lunch presentation, representation of the FMSA at the Student Organizational Fair in August, scheduling dates for Officers Meetings, and arranging lunch-time speakers throughout the year. The President has a key role in recruiting new members (M1's) at the August organization fair. During the new students' orientation week, FMSA holds several events in order to promote the organization and Family Medicine. The President also writes the application for the AAFP Program of Excellence award in March at the end of his/her term. He/She serves as the contact between FMSA programs and the MCW Student Body; he/she represent FMSA at Council of Presidents (COPs) monthly meetings - meetings of all MCW Organizational Presidents. These meetings help to keep FMSA in touch with the rest of the organizations on campus and increases collaboration between them.
2. **Vice President:** The Vice President organizes the Family Medicine Residency Dinner event with the help of M1 liaisons. The Vice President is also in charge of setting up and running the blood drive early in spring semester. This involves working with the our very active local blood center, recruiting donors, and deciding what sort of tasty treats you would like to eat/give to donors on the day of the drive.
3. **Treasurer:** The Treasurer works with the President at the beginning of the school year to make a budget for the year that will be submitted to Student Assembly. Throughout the year, he/she works with FMSA officers to help them fund their events and request money from Student Assembly.
4. **Secretary:** The Secretary is responsible for:
 - (1) Writing and emailing the minutes from the FMSA Board meetings.
 - (2) Coordination of M1 signups into the FMSA membership roster (via ANGEL) in the fall. He/She organize the incoming class into a sending list on ANGEL for ease of communication.
 - (3) Coordinating signups to American Academy of Family Physicians student membership, so they can receive the American Family Physician journal. This entails having students fill out their contact information on a sheet and then faxing them into the AAFP - OR - it can be done online, either by entering in the information off the sheets or by directing students to the site.
 - (4) Sending emails to FMSA members via ANGEL.

(5) Contacting students who did a WAFP Family Medicine Externship last year to request their attendance for the panel discussion of the Externship experience at the informational lunch.

(6) Keeping the FMSA Bulletin Board up-to-date and interesting.

Chairs:

1. Fund Raising Chairs: The Fund-Raising Chairs are an important position in the club because we do not charge membership dues, thus this is our only source outside of Student Assembly funds to support our programming. The Fund-Raising Chairs are responsible for 2 major FMSA Fund-Raisers. One being our Scrub Sale in the fall, which is for incoming M1's to purchase scrubs for their anatomy class. The second is coordinating a Used Book Sale. The book sale helps to exchange books between all students at a low cost, while raising money for our group. Each year we collect and sell hundreds of books and our group gets 15% of the profit. Students price their own books and can decide to donate the books to FMSA if they did not sell. Both fundraisers are vital in funding most of our programs for the whole year.

2. Muses of Family Medicine Chair: This is a newer position on our Board. This person works with the Medical Humanities Interest Group, Physicians For the Arts, and faculty advisors to develop the Muses of Family Medicine Program. The intention of the program is to provide a forum where faculty and students can display their artistic talents, from poetry to painting and much more. The program allows for such events as attending a pottery class at one of the Family Medicine Department faculty's house.

3. Community-Based Chronic Disease Management Program Chair: This is also a newer program. The program is very hands-on and the students who volunteer within the program will be involved in activities like monitoring people's blood glucose and blood pressure. It involves working with other organizations in order to help staff a new free clinic that serves underserved and underinsured areas of Milwaukee.

4. Patient Education at Saturday Free Clinic Chair: These positions deal with the Patient Education program at the Saturday Free Clinic. This program involves educating patients who do not have health insurance about basic health principles, including hypertension, dieting, diabetes, etc. The responsibilities of the Patient Education Chairs are to recruit students and hold an instructional meeting to ensure all volunteers are aware of and comfortable with their duties. These positions organize volunteer schedules at the Saturday Clinic for this program. In addition, the chairs make sure the program is working well, this involves providing and revising educational materials when needed communicating between the volunteering students for this program and those students running the Saturday Free Clinic.

5. Health Room Helpers Chair: Health Room Helpers is a program that works with local elementary schools, providing basic first aid over the lunch hours for those children in need. The chair is responsible for communicating with the school contacts and creating a schedule with MCW student volunteers that coordinates with respective school calendars. The chair recruits M1 and M2 students to cover the three local schools that we serve. During the semester, after the schedules are made, the Health Room Helpers chair will monitor the program, as well as, aiding in resolving any scheduling conflicts among M1 and M2 student volunteers.

6. Tar War Chairs: The committee chairs for Tar Wars recruit, train, and schedule student volunteers to present the Tar Wars program to fifth graders at local Milwaukee Public Schools. The program focuses on educating 5th graders about tobacco and the health hazards of tobacco use.

7. Ready, Set, Fit! Chairs: These are new positions to MCW FMSA. They are responsible for recruiting and training M1 and M2s on the Ready, Set, Fit! program. They are also responsible for developing contacts with local elementary schools to establish third and fourth grade classrooms where our volunteers can educate about health, fitness, and nutritional foods.

8. National Primary Care Week Chair: National Primary Care Week (NPCW) is a nationwide effort to highlight the importance of primary care and to bring health care professionals together to discuss and learn about community-based, primary health care. The NPCW Chair is responsible for organizing, advertising and overseeing a number of events that are scheduled during this week. The main, and very popular, event is FMSA's Suture Workshop that allows students to receive instruction from a primary care physician in a small group, hands on setting. FMSA also co-sponsors a primary

physician panel during a lunch hour with American College of Physicians & Pediatric Interest Group. In the past, the week has also included a food/toiletry drive and a residency information table.

9. Procedures Fair Chair: This student coordinator works closely with MCW Family and Community Medicine Department to plan and organize a one-day event held in the spring. The procedures fair involves workshops for all students including suturing, casting, delivery simulation, joint injections, and physical examination. This year we added a new workshop, one for dilation and curettage on a papaya.

10. Global Health Chair: His/Her responsibilities include organizing a talk with a speaker who integrates Family Medicine with Global Health, as well as working with other MCW organizations to promote Global Health awareness and opportunities. This year we added another duty, the chair was responsible for recruiting M1 and M2 students to help with volunteering at the Phillipino Free Clinic in downtown Milwaukee. In this role they worked in association with another MCW student organization, Asian Pacific American Medical Student Association.

11. Clinical Safaris: This is also a newer position. This person is in charge of coordinating the Clinical Safaris program. This program helps to get M1 and M2 students a chance to follow a Family Physician who interests match their own. In the past, it was up to the students to take names and contact the doctor. However, students can feel uncomfortable in calling doctors. This position was created to help coordinate between doctors and the students in order to make the program more visible and more useful to students.

FACULTY ADVISOR:

Our faculty advisors, Dr Sabina Diehr and Dr Kayleen Papin, have played an important role in brainstorming new ideas about ways to get medical students more involved in Family Medicine. Our faculty advisors are very supportive of all of our programs and come to all of our monthly meetings. They offer their help and support when needed, but leave a majority of the planning up to us. They offer excellent insight into ideas about how to get more community family medicine doctors involved in our group. They also allow an invaluable way for our organization to be connected to the Family Medicine Department.

FMSA GOALS FOR 2008 - 2009:

These were set and discussed during our first board meeting in May of 2008.

1. To increase interest in Family Medicine by exposing students to wide variety of opportunities that are available in Family Medicine, such as increasing different workshops at the Procedures Fair.
2. Increase community outreach by fundraising money for a local nonprofit health related organization - Children's Hospitals of Wisconsin chapter Children's Miracle Network, by including Ready, Set, Fit! as one of our community outreach programs, and increasing numbers of volunteers to the Phillipino Free Clinic.
3. To provide support to Humanities activities on campus.
4. To improve Patient Education Program at Saturday Free Clinic.

STUDENT INVOLVEMENT AND RETENTION:

New M1 students are recruited during their orientation week during MCW Student Organization Fair. Here M1 students can learn more about the various organizations at MCW. The group is open to anyone, since FMSA has no membership dues. Students are encouraged to join our group via our ANGEL webpage, where we keep track of membership and allow people to have access to information about our group and list of events. FMSA also holds an informational lunch that describes our programs and looks for M2 involvement in order to keep the programs strong. At our first general meeting, we have sign ups for volunteers for all of our various programs and elect M1 liaisons. Our programs have anywhere from 30 to 100 participants. We have great interest by many MCW students with well over 300 members. Students are able to remain active over all four years due to the various opportunities provided that are of interest to M3s and M4s, such as our Residency Dinner and Stroll Through Match events.

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.

FMSA has numerous activities to provide outreach to the surrounding communities. The list and short explanation of each program is below:

1. Patient Education at Saturday Free Clinic: Patient Education is a program that we run through our student run Saturday Free Clinic for the Uninsured. Students are trained to discuss common medical concerns with patients and to provide patients with simple pamphlets that might help them to better control their chronic diseases. Often volunteers at the clinic are too busy to take time to educate a patient on how to achieve greater control of their chronic diseases, such as diabetes, so while they are waiting for physicians the patient educators can enter the rooms and discuss with the patients barriers to getting more desirable management.
2. Tar Wars: Funding for anti-smoking and anti-drug education programs has been cut in Milwaukee Public Schools. This means many children in these districts do not receive a formal education on the topic. Local 5th grade teachers are very receptive to our volunteers coming in to educate their students on the hazards of tobaccos and drugs. The volunteers all attend a training dinner to practice skits, go through possible questions that kids may have, and learn the details of the program. The program is a delicate balance between educating the students and being socially conscious. Many of the students parents smoke, and these students are concerned for their parents' health. This program is excellent way to start working with kids on preventing health issues and providing ideas for ways for kids to talk to their parents about smoking.
3. Ready, Set, Fit!: This program I learned about at the AAFP Student and Resident Conference of 2008. When talking with the representative I knew it would fit in well with our other programs. I recruited 2 M1s to coordinate the program. They were responsible for contacting schools and recruiting students for the program. The chairs also coordinated a training dinner for all participants, where they learned about the ins and outs of the curriculum. The program has been received with lots of enthusiasm by both teachers, students, and our volunteers. The kids have fun learning about exercise and nutrition. This program is another great opportunity in starting to teach health prevention & maintenance at an early age.
3. Community Based Chronic Disease Management: This program was developed out of a grant funded program. We have been working together with our American Medical Student Association to help start up another free clinic for the uninsured of the Milwaukee area. The program provides glucose and blood pressure monitoring amongst other services in underserved areas.
4. Health Room Helpers: A group of students volunteer with local elementary schools, providing basic First Aid to children over lunch hours. This allows other office personal to attend to other duties. The program is a great way to reach out into the community and provide a much needed service. Also, the experience is a great way to start recognizing the common symptoms of childhood illnesses and when these symptoms are more serious.
5. Global Health: This year we decided to provide another clinical experience by offering opportunity to volunteer at the Phillipino Free Clinic. This clinic specifically serves the underserved and uninsured Asian community of Milwaukee. At the clinic students are able to practice their interviewing skills, physical examination, learn differential diagnosis skills, and how to create a plan. This outreach is done in collaboration with Asian Pacific American Medical Student Association of MCW.
6. Blood Drive: FMSA works closely with the Blood Center of Wisconsin to hold a blood drive every spring. All of the donated blood stays in southeastern Wisconsin to serve local areas. Due to blood shortages, we are coordinating a second blood drive this spring in association with our Anesthesia Interest Group.

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*.
FMSA has multiple activities to allow students to develop professional skills and relationships. A few of the opportunities are listed below:

1. **Residency Dinner:** In the late March we offer an opportunity to sit down and meet all the surrounding area Family Medicine residency programs. At this event we have representatives from the 4 surrounding residency programs. Over dinner, students are able to ask specific questions about each program to actual residents. This provides a great opportunity for students to discover the local options in Family Medicine Residency.
2. **Strolling Through Match Dinner:** This event in the April or May allows M3s to ask M4s who have matched into Family Medicine Residency Programs specific questions about application process. Over dinner M3s can ask candid questions about what questions to ask at interviews, what questions to expect at interviews, and what are the most important aspects of a residency program. Students greatly appreciate the opportunity to get first hand advice about the process.
3. **Poverty Simulation:** This is a new event we offered this year in conjunction with MCW's Community and Family Medicine Department. The curriculum for the event was designed to allow a role play exposure to what poverty is truly like. At the event, students and faculty were divided in 4 person families, volunteers played roles of pawn shop owners, grocery store clerks, charity outreach volunteers, a drug dealer, an employer, and other various true to life roles. During the simulation you can have your money for the week stolen, personal possessions from your house stolen, and develop health issues. This event allowed an eye opening experience into the daily lives of our low socioeconomic patients. The simulation allows students to develop a deeper understanding and create a sensitivity on a professional level.
4. **AAFP Student & National Conference:** Each summer we send students to the National Conference in Kansas City with support from the WAFP, MCW Family Medicine Department, and our Student Assembly. The Conference offers an opportunity for students to network and meet other medical students. Also, it allows students to meet different Residency Programs. This year we had 7 students attend the conference, 6 M1s and 1 M3. At the conference through classes, students are also able to deepen knowledge in areas of interest and also get exposure to different areas of Family Medicine.
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.
One of FMSA's main missions is to increase exposure to Family Medicine and Family Physicians. Listed below are some of the opportunities students have within FMSA for exposure to Family Medicine.
 1. **National Primary Care Week - Suture Workshop:** This event allows small groups of students to work with a Family Physician in learning suturing skills. This is the first opportunity for MCW students to learn to suture, so there is a great amount of interest. This event allows an early exposure to Family Physicians.
 2. **Speaker Series:** Throughout the year FMSA President coordinates 5 - 6 different lunch speakers. The talks are given by Family Physicians and cover different topics related to Family Medicine. This year we had the following speakers:
 - Contraception Failures: Statistics and alternatives after contraception fails.
 - Intimate Partner Violence: How to screen patients and how to help them.
 - Patient Centered Medical Home: the Future of Primary Care. Speaker discussed details of PCMH program.
 - Maternal/Child Health Care in Family Medicine: Labor & Delivery's vital role in Family Medicine.
 - Global Health & Family Medicine: what is outreach health care like in impoverished countries.
 3. **Clinical Safaris:** Through this program students are able to connect with Family Physicians that have volunteered to allow students to follow them. Students are able to attend clinical rounds, work with a sports medicine doctor, attend nursing home rounds, attend a delivery, or observe procedures including colposcopy, stress test, and vasectomies.
 4. **Procedure Fair:** This provides an opportunity for students to learn suturing skills, casting, participate in a delivery simulation, practice joint injections, physical examination, blood draw, and

new this year, a workshop on D&C. Each year nearly 100 students attend and about 20 physicians interact to make this event a valuable experience. This event allows exposure to all the different procedures that a Family Physician can perform.

5. Summer Externship Program: Over the past 60 years the WAFP has offered summer externship experiences for 20 - 30 Wisconsin Medical Students. This past summer MCW had about 20 students participate in the program. Students spend 8 weeks of their summer vacation working with a Family Physician. Many of the students already have an interest in Family Medicine, and this experience allows them to solidify that interest. Others begin with an open mind, but by the end the summer have a much greater appreciation and commitment to Family Medicine. This summer, due to funding issues, the WAFP will not be offering the externship, but thanks to the hard work our MCW Community and Family Medicine Department, they will be able to offer 9 externships to MCW students. They will use the physician resources of the WAFP to match students with a Wisconsin Family Physician for an 8 week experience.

6. Foundations of Family Medicine Academic Enrichment Elective: The Family and Community Medicine Department, through grant funding, has established an Elective for M1's and M2's to get more experience in their first two years with Family Medicine. They have launched a pilot program for this spring semester. In this curriculum students have a Family Physician Mentor, whom they shadow at their clinic, as well as, volunteering requirements. Many of these volunteering requirements are fulfilled through FMSA programs. Other requirements are attending FMSA lunch speakers and writing personal reflections on the speaker topics. By helping aid in the Family Medicine Department's goals we are able to help increase exposure to Family Medicine and Family Physicians.

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). FMSA in each of its programs and events tries to promote the values of Primary Care. Listed below are a few of the events in how FMSA accomplishes this.

1. Lunch Speaker Series: The speaker series not only allows exposure to Family Medicine and Physicians, but also displays Family Physicians key role in providing primary care. Specifically, our speaker who presented information on Patient Centered Medical Home was able to illuminate how Family Physicians will be an influential role in the future of Primary Care.

2. National Primary Care Week: Events throughout this week create exposure to the value of Family Medicine. From our Primary Care Panel to the Suture Workshop. Each of these events allow students to hear first hand experience at the important role Family Physicians have in providing primary care.

3. Procedures Fair: Through the experiences at the fair students are exposed to how Family Physicians play a vital role in providing procedures in a Primary Care setting. Here they practice skills that are daily utilized by a Family Physicians in a clinic.

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.

FMSA at MCW has been very successful in its goals to provide community outreach. We offer six different ways to volunteer within the community. Tar Wars educate on anti-tobacco and anti-drug information that would be missed otherwise in Milwaukee Public Schools. Ready, Set, Fit provides valuable education about healthy lifestyles to children of inner city of Milwaukee, which can be absent in their home environments. FMSA enables patients at the Saturday Free Clinic for the uninsured to talk control over their own diseases and lives to better their own health. Our volunteers at the different clinics for uninsured offer invaluable access to health care. The blood drive supplies the one of the most important life sustaining medical supplies. Our student



organization feels that community involvement is a vital role in being a physician, especially in Family Medicine. Our group has also been very successful in providing opportunities in exposure to Family Medicine & Family Physicians. Through our numerous events we allow students to interact with Family Physicians and experience the various areas that the specialty has to offer. Through many of these same programs we are able to promote primary care with the aide of other student organizations.

To make sure we that we as an organization are continuing to be successful, we, as Board, evaluate our programs and events regularly. Each year the Board determines what needs to be improved upon from the year before. After each event we discuss about what went well and what needs to be changed. We keep track of student participation in our programs, at our lunch speakers, and our other events. Also, our Student Assembly yearly evaluates all student organizations to determine what is working well and what needs to be improved. They evaluate community outreach, fundraising, and student participation. Each of our program has anywhere from 20 to 100 volunteers. Our lunch speakers have attendance of about 50 - 80 students per speaker. Our Residency Dinner, Strolling through the Match, Procedures Workshop, Suture Workshop, & Poverty Simulation events have around 30 students in attendance. Also, each year we apply for the Program of Excellence Award. We use this recognition as a marker of how well our FMIG accomplishes its mission compared to others within the nation. In these ways we measure our success and follow our weaknesses to see where improvement is needed.

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!