

2008 AAFP FMIG Program of Excellence Award Application

Family Medicine Student Association, Medical College of Wisconsin

Student Contact:

Heather Miller (Class of 2010)
FMSA President 2007-2008
Medical College of Wisconsin
8701 Watertown Plank Road
Milwaukee, WI 53226
414-801-1832
hmiller@mcw.edu

Faculty Contact:

Kayleen Papin, M.D.
FMSA Faculty Co-Advisor
Department of Family and Community Medicine
Medical College of Wisconsin
8701 Watertown Plank Road
Milwaukee, WI 53226
kpapin@mcw.edu



Figure 1: Medical College of Wisconsin at
2007 AAFP National Conference in Kansas City

Officers for 2007-2008 School-year are all from the M2 class and included:

Executive Committee:

President: Heather Miller; <mailto:hmill@mcw.edu>

Vice President: Kristen Mueller; <mailto:kmueller@mcw.edu>

Secretary: Liz Hales; <mailto:ehales@mcw.edu>

Treasurer: Ben Lasee; <mailto:blasee@mcw.edu>

Committee Chairs:

Patient Education: Lindsey Rasmussen, Lola Olaseinde

Tar Wars: Alecia Huettl, Caroline Rizk

Procedures Fair: Eric Brimhall

National Primary Care Week: Nan Wu

Health Room Helpers: Jen Belzer, Jessica Keber

Global Health Care: Steven Whiting

Fund-Raising: M. Sarah Brandt, Anna Jackson

Muses of Family Medicine: Anila Bindal

Community-Based Chronic Disease Management Program: LaTonya Turner

Infrastructure:

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.

FMSA Goals for 2007-2008

In our first meeting in August the FMSA officers for 2007-2008 discussed what we would like to improve for this year.

1. Increase interest in family medicine by exposing students to the wide variety of opportunities that are available in family medicine
2. Increase community outreach programs by adding supportive fundraising for Neighborhood House and establishing this as an important way to expand community health
3. Increase M3 and M4 involvement in our speaker series and other programs to facilitate interactions between the classes

Leadership structure and Elections:

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 gain an in-depth understanding of the FMSA board and its infrastructure. This understanding in turn allows them to possibly serve as leaders in the coming year. Elections take place in early April, leaving time to transition the new group of leaders into their new roles. Every year there is an officers' meeting for both "new" and "old" officers where the "old" officers train the "new" officers on what worked and what didn't work in their position and how to improve the program for the next year. To help keep things organized from year to year, our FMSA group has continuity binders that are passed to the "new" officers each year and ensure continuity in programming over the years. Each of these officers has a very important role in the function of our group since we have so many programs that involve community and student involvement. The officers meet approximately once a month with the faculty advisors and Heather Lotz (our programming aide) to determine if all programs are running smoothly and to give general updates of the success of our events. In order to communicate with group members, we use a website called ANGEL that allows us create a page for FMSA that can do everything from hold elections, send emails, keep a calendar of events, upload files and PowerPoints from speakers, and keep our members informed of upcoming events.

A brief description of our executive board and committee chairs is below:

Executive Committee:

President

The President, along with having his or 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 very easy to keep each program running smoothly and to catch problems fast and to fix them quickly. In addition, the president is responsible for the speaker series that brings in 6 speakers a year in order to bring together the FMSA group to expand our education. The President's main 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 budget for the year's activities, recruitment of new M1 membership through the M1 informational lunch presentation and presence at the Student Organizational Fair in August, and 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 organizational fair. During their orientation week, we hold several events in order to promote FMSA and family medicine. The President also writes the application for the AAFP Program of Excellence award in April at the end of their term as well as serving as a contact between Family Medicine programs and the MCW Student Body. The President also is responsible for representing FMSA

at Council of Presidents (COPS) meetings (meetings of all MCW Organization Presidents that occur roughly once a month). These meetings help to keep FMSA in touch with the rest of the organizations on campus and increases cooperation between other organizations.

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 spring semester. This involves working with the very enthusiastic blood center, recruiting donors, and deciding what sorts of delicious treats you would like to eat/give to donors on the day of the drive.

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 or she works with FMSA officers to help them fund their events and request money from Student Assembly.

Secretary

The Secretary is responsible for:

1. Writing and emailing the minutes from the Officer's meetings.
2. Coordinating M1 signups into the FMSA membership roster (via Angel-our educational learning network) in the fall. Organize the incoming class into a sending list onto Angel.
3. Coordinating signups to American Academy of Family Physicians (to receive the *American Family Physician* journal). This entails having students fill out their contact information on a sheet and you faxing all of them in to AAFP – OR – it can be done online, either by you entering in the information off their sheets or by directing students to the site to do it themselves.
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:

Fund Raising Chair

The Fund-Raising Chair is an important position in the club because we do not charge dues to members thus this is our only source outside of student assembly funds to support our programming. The Fund-Raising Chair is responsible for 2 major FMSA Fund-Raisers. The first is the Scrubs Sale for incoming M1's to allow them to get scrubs for their anatomy class.

The second fund-raiser is the 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 extremely successful and fund most of programs for the whole year.

Muses of Family Medicine Chair

This is a new position for this year and exciting new program. This person works with the Medical Humanities Interest Group and with the faculty advisors of both groups to develop the Muses of Family Medicine program. The intention of the program is to provide a forum where faculty and students can show off their talents (from poetry to painting to knitting to pottery and beyond!). An example of what our faculty advisors have provided as events includes a small group of students over to a Physicians house to learn or practice making pottery on her back porch.

Community-Based Chronic Disease Management Program Chair

This is also an exciting new program this year. 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. The program is still in development and will likely be looking for volunteers from next year's M1 and M2 class. It involves working with other organizations in order to help staff a new free clinic to help underserved and underinsured areas of Milwaukee.

Patient Education at Saturday Clinic

This position deals with the Patient Education program at the Free Saturday Clinic. This program involves educating patients who don't have health insurance about basic health principles, including hypertension, dieting, diabetes, and much more. The job of the Patient Education Chair is to recruit students and hold an instructional meeting to ensure all volunteers are aware of, and comfortable with, their duties. This position organizes volunteer schedules at the Saturday clinic for this program. In addition, the chair makes sure the program is running smoothly, including providing educational materials when needed and providing communication between the volunteering students for this program and those students running the Saturday Clinic.

Health Room Helpers

Health Room Helpers is a group that works with area elementary schools, filling in as a school nurse over our lunch breaks. The chair is responsibility to communicate with the school contact people and coordinate with them to fill in the days that they need a nurse substitute. They recruit and schedule M1 and M2 students to cover the clinics at the three local schools that we work

with. During the semester, after the schedules are made, the Health Room Helpers chair will monitor the program, as well as helping to resolve any scheduling conflicts among M1 and M2 student volunteers.

Tar Wars Chair

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.

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 always 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 care physician panel during a lunch hour with ACP and PIG. This year we also had a primary care resident panel so that students could learn about the application and matching process as well. In the past the week has also included a food/toiletry drive and a residency information table.

Procedures Fair Chair

Student coordinator works closely with MCW Family Medicine Department to plan and organize popular one-day event held in the spring semester. The procedures fair involves workshops for all students including suturing, casting, delivery simulation, joint injections, physical examination, and blood draw.

Global Health Chair

Global Health Chair responsibilities include organizing a talk with a speaker that integrates Family Medicine with Global Health as well as working with other MCW organizations to promote Global Health awareness and opportunities.

Clinical Safaris

This is also a new position this year. 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 doctor whose interests match their own interests. In the past, it was up to the students to take the names and contact the doctor. However, students are timid in calling the doctors who all really want to help. So we are setting up this new position to help coordinate between the doctors and the students in order to make the program more visible and more useful for students.

Faculty Advisors:

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 as well as showcase all that family medicine physicians do. Our faculty advisors are very supportive of all of our programs and come to all of our monthly meetings. They help and support our programs if needed, but leave the majority of the planning up to us. They offer excellent insight into ideas that we bring up about how to get more community family medicine doctors involved in our group.

Student Involvement and Retention:

New M1 students are recruited beginning in their first week of school during orientation week. There is a student organization fair that M1 students can attend to learn more about the organizations at MCW; FMSA has a large presence at this fair. Because we do not charge membership dues, the group is open to anyone and everyone is encouraged to sign up for our group online where we keep track of membership and allow people to have access to our website and list of events. FMSA also holds an information lunch that describes our programs and looks for M1 involvement in order to keep the programs strong. At our first general meeting, we recruited M1s to join our programs and elected M1 liaisons. This year we had almost 100 new M1s join FMSA which is about 50% of the M1 class! Our total membership this year for M1-M4 is over 300 members.

FMSA is able to support its programming through fundraising efforts and student assembly budget so that members are not charged any membership dues. WAFP offers free membership to students and also pays for every member's AAFP dues for 4 years allowing us to offer benefits of AAFP membership including a subscription to American Family Physician as an added incentive to join FMSA. Our secretary is in charge of coordinating membership and encouraging students to join online.

One of our goals is to try to target all 4 classes of students through our speaker series. This series recruits family physicians from the community to show the wide range interests that family medicine involves. This year some of speakers topics included Disaster Medicine, Joint Injections, Reproductive myths and Patient-Centered Medical Home.

A lot of our other programs are targeted toward M1 and M2 students to increase their knowledge and interest in family medicine. These programs include National Primary Care week, Tar Wars, Health Room Helpers, Patient Education at the Saturday Free Clinic, Clinical Safaris program, and Muses of Family medicine.

M3 and M4 involvement occurs through our Strolling through the match program where M4s help M3's navigate the match process. M3's that attend receive the "Strolling through the match" booklet and have expressed how extremely useful this event is. Our Residency dinner this year was a huge hit with over 60 students attending and with one third of those students being M3 or M4 classmates. This program has been great for both the residencies and the students in order to get a few of what family med is like for the resident.

This year we had 6 students (5 M2s and 1 M3) attend the National Conference in Kansas City. After each year, those that attend the conference come back and give a presentation for group in order to pass on some of the ideas that we picked up. We then discuss new programs that we could use to improve our group.

Family Medicine Advocacy:

In order to increase ways of communication between family medicine physicians, and students we have several programs.

The first of these is the Speaker Series which involves lunch time speakers from the community to come and take to students about topics that may not be covered in class. This year our speaker series included:

1. Joint Injections: How family medicine allows for training in procedures that can occur in the office
2. How do you create balance in your life as a physician?
3. The Power of a Physician's Role in Community Medicine: What are our responsibilities as a community physician's and how do we continue to advocate for our patients?
4. Disaster Medicine: How would you decide who goes to the hospital first in a disaster?
5. Patient-Centered Medical Home: How can we serve our patients better in the future?
6. Reproductive Myths: What are common myths that patients come into your clinic with and how can we dispel these myths to help inform patients?
7. Global Health speaker: How do health care systems compare throughout the world?

National Primary Care week allows for important interactions between physicians, residents and students by having a panel of physicians from all of the primary care specialties. Students can ask candid questions about lifestyle, interests, time requirements, patients, and medical questions. This also included a suturing workshop where students worked in small groups with a physician to learn suturing techniques and more importantly to learn about what other interests that family physicians have besides medicine. A similar program, our procedures fair, is on a much larger scale, and involves suturing, casting, delivery simulation, joint injections, physical

examination, and blood draw. Each year nearly 100 students and about 20 physicians interact to make this event a success.

Throughout the year, students can interact with family physicians that have volunteered to allow students to follow them. This is our clinical safaris program and allows students 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.

During the summer, WAFP offers summer externship program where FMSA works with WAFP to make students aware of the program and to allow approximately 20 FMSA members to spend eight weeks of their summer vacation working directly with a family medicine physician in Wisconsin. Many students have interest in family medicine and then solidify that interest with this event. Many students begin the summer with an open mind but end the summer with a much great appreciation and commitment to family medicine.

Attendance at the AAFP National Conference in Kansas City is highly encouraged by FMSA. Officers and M3 students are especially encouraged to go by discussing the event at officers meetings and Strolling through the Match program. At the National Conference, it is especially easy to get to know family medicine physicians and gives you a great opportunity to interact with doctors from all over the U.S. This year 5 M2's and 1 M3 attended National Conference from MCW and highly recommended it to other members of the group.

The Muses of Family Medicine is a new program this year that highlights both physician and student interests beside medicine. The intention of the program is to provide a forum where faculty and students can show off their talents (from poetry to painting to knitting to pottery and beyond!). An example of one program was having a small group of students over to a Physicians house to learn or practice making pottery on her back porch. Other humanities included photography, poetry, and painting. Students from the M1 classes were paired with a physician whose interests matched their own and meet with them about once a month.

Finally, our Family Medicine Residency Dinner is one of our most popular events and allows direct interaction between students and residents in the Milwaukee area. Residencies are eager to interact with students and students are eager to learn about the process and how they decided on family medicine. Students were allowed to switch which table they sat at three times giving them an opportunity to visit with three different residents and residency programs.

Community Outreach/Patient Advocacy:

FMSA provides many opportunities for patient and community advocacy. One of our speaker series was "The Power of a Physician's Role in Community Medicine." This speaker

emphasized what we as physicians have a responsibility to do in order to advocate for our patients and to encourage them to advocate for themselves and their healthcare.

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 control their chronic diseases. Often volunteers at the clinic are too busy to take time to education a patient on how to better control their diabetes so while they are waiting for physicians the patient educators can enter the rooms and try to discuss what the patient's barriers are to getting good control.

Funding for anti-smoking and anti-drug education programs has been cut, so students in Milwaukee Public schools do not receive formal education on that topic. Many local 5th grade teachers are very receptive to medical students coming into their classrooms to educate their students on how smoking affects your body and ways to say "No!" if someone were to offer them a cigarette through the Tar Wars program. The volunteers all attend a training dinner in order to act out the skits and to practice answering questions that the kids may come up with. This program really made an impact on me since when asked how many of the kids parents smoked every single hand in the class room was raised. The kids know it is bad for them, but they also have a conflict because their parents do it. One child asked "is my parent going to die if they don't stop?" So teaching these students turns out to be a delicate balance between information and trying to be socially conscious, but also giving the students the power to understand what smoking can do to you.

Health Room Helpers is a group of students that volunteers with area elementary schools, filling in as a school nurse over our lunch breaks. This is a great way to reach out into the community and give the nurses a break for lunch. It is also a great way to start to recognize the very common symptoms of childhood illnesses and when these symptoms maybe more serious.

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 so the over 60 people that donated can be sure that it went to good use. Because of the success of FMSA's spring blood drive, other organizations have decided to hold a blood drive in the fall.

This winter, we paired up with Toys for Tots to create a toy drive and collect toys and money to help the kids of southeastern Wisconsin during the holiday season. This is the first year that we did this and it was great success gathering more than 3 bins full of toys.

A newly developed program this year is based off of a grant funded program from years before. The Community-Based Chronic Disease Management program is being developed this year and going with our American Medical Student Association to help start up another free clinic for the uninsured in the Milwaukee area. The program plans to provide glucose and blood pressure monitoring amongst other services for this new free clinic in underserved areas of Milwaukee.

Another new fundraiser that we developed this year was for the Neighborhood House in Milwaukee. Neighborhood House of Milwaukee is a non-profit community agency in the settlement house tradition. Since 1945, NH has been a pillar of Milwaukee's near west side, meeting the needs of families, individuals and enriching the lives of residents. From Early Childhood Services at 6 weeks old to Older Adults many of whom are well into their nineties, Neighborhood House has something for all ages. Young children learn the wonders of the world through our Early Childhood Services with highly skilled teachers and innovative curriculum that includes environmental awareness and urban ecology. Neighborhood House isn't just for youth -- it's for families and adults too! Programs work with families of all sizes and different backgrounds to enrich them in every way possible. Perhaps best of all is their intergenerational programs which help generations of older adults, children, and adults interact in doing something positive. This year we put on a fundraiser selling tickets for an improv group that dedicated their time to put on a show for the medical students. The money was used to buy school supplies and make a donation to this great program!

Most Valuable Program: Patient Education at the Saturday Clinic (Community Outreach/Patient Advocacy)

This program incorporates Patient Education into our medical student run free Saturday Clinic. It involves educating patients who don't have health insurance about basic health principles, including hypertension, dieting, diabetes, and much more.

Over the past years the program has had overwhelming participation by over 80 medical students. Because so many students were involved, it was a great experience at the free clinic, but the program was hard to manage with so many students. The information was not streamlined enough so students felt like they were not helping the patients very much. This year, we restricted the number of students that could participate per semester and found that the program ran much smoother.

At the clinic, there is a large folder with copies of pamphlets that can be handed out to patients. These pamphlets include topics all the way from diabetes to healthy eating and we try to offer them in a variety of languages. These pamphlets are a great adjunct to the education that the volunteers offer the patients. Because the clinic is so busy, the patients often have to wait quite awhile before they see a doctor. During this time, our patient educators can select patients from the waiting room or from the roomed patients and ask them if they would like to learn more about their chronic disease or about healthy living in general.

Our volunteers are trained during a training dinner on how to talk to patients about managing their chronic diseases. Physicians volunteer to give M1 and M2 volunteers basic information about a variety of chronic diseases such as diabetes, hypertension, and high cholesterol. However, the most important part of the program is not just the information that is available to patients, but also the students learning that listening to your patients and working with them to overcome barriers that can keep patients from controlling their disease.

Education usually lasts for about 30 minutes and students report back to the sat clinic managers in order to go over quickly what they covered and what may need to be reinforced before the end of the visit. This is especially important in our patient population where we may not see a patient for 6 months so it is imperative to try and use each visit to its maximum.

With any program, there is always room for improvement so for next year we will try to improve the communication between our group and the Saturday clinic group. We are also going to try and incorporate some of the senior medical students in educating the volunteers. We also hope to update some of teaching materials and maybe even acquire some models.