

**PENNSYLVANIA STATE
UNIVERSITY
COLLEGE OF MEDICINE
FAMILY PRACTICE
INTEREST GROUP (FPIG)**



Student Contact:

Jennifer Chun
107 Oriole Ct.
Hummelstown, PA 17036
(210) 862-3489
jchun@hmc.psu.edu

Andrew Farabaugh
143 Rosedale Apartments
Hershey, PA 17033
(814) 935-4335
afarabaugh@hmc.psu.edu

FPIG Faculty Advisor:

Dennis L. Gingrich
Department of Family and Community Medicine
PSU College of Medicine
500 University Drive
Hershey, PA 17033
(717) 531-8752
dlgingrich@psu.edu

FPIG Programming Aide:

Jeanne Myers
Department of Family and Community Medicine
500 University Drive
Hershey, PA 17033
(717) 531-8752
Jmyers1@hmc.psu.edu

TABLE OF CONTENTS

<i>AAFP PROGRAM OF EXCELLENCE APPLICATION 2007-2008</i>	1
PART I. INFRASTRUCTURE	3
PART II. STUDENT RETENTION/INVOLVEMENT	9
PART III. FAMILY PRACTICE ADVOCACY	12
RESIDENCY DINNER SERIES	12
DIFFERENTIAL DIAGNOSIS LUNCH SERIES	14
CLINICAL SKILLS NIGHT	14
CHAIRMAN’S LECTURE	15
PRIMARY CARE DAY	15
FPIG PUBLICATIONS/WEBSITE	16
STATE AND NATIONAL CHAPTER INVOLVEMENT	16
OTHER ACTIVITIES	17
LEADERSHIP PANEL	17
FAMILY MEDICINE WEEK	18
PART IV. COMMUNITY OUTREACH / PATIENT ADVOCACY	199
CENTRAL PENNSYLVANIA BLOOD BANK DRIVES.....	19
AMERICAN CANCER SOCIETY DAFFODIL DAYS	199
PSCOM/HMC CHIDLIFE	2020
ADVANCE DIRECTIVES PROJECT	20
DASH FOR DIABETES 5K WALK/RUN	21
TAR WARS	21
READY, SET, FIT	222
ADDITIONAL INVOLVEMENT	22
MOST VALUBALE PROGRAM:	24

PART I. INFRASTRUCTURE

This past year, 2007-2008, was a great year for continuing the tradition of being Pennsylvania State College of Medicine's oldest, largest, and most active student organization, the Family Practice Interest Group. Penn State's FPIG was founded in 1973 "to encourage and assist students in preparing, qualifying, and promoting interest in family practice and to promote the science and art of medicine and surgery and the betterment of the public health." It was originally called the Family Physicians Society of the Milton S. Hershey Medical Center. The main objectives of the group have changed very little since its establishment, but that is not to say that the group has become stagnant. Rather, our FPIG is constantly changing, growing, and adapting with our students and the health care community. This past year was representative of the strength of student initiative, dedication, and support of the family medicine community. We not only carried on our successful traditions of the past, but we brainstormed new ideas that were implemented with the hope that they will be sustained by future FPIG leadership. Our current FPIG officers and members worked diligently throughout the year to sponsor a broad range of activities. Through these activities, we promoted family medicine as a specialty choice and we encouraged attendance and participation in family medicine organizations and conferences. This year we continued to have our students taking an active role in Pennsylvania and National leadership. Several FPIG members held positions on Commissions within the Pennsylvania Academy of Family Physicians. We also have members involved at the national level with the AAFP by serving as an FMIG regional coordinator and National Student Delegate. We are constantly seeking new and improved ways of promoting family medicine as well as enhancing our role within the community. The success of our student organization is due in part to its strong infrastructure.

Our success as an organization comes in large part from the support of our faculty advisor, Dr. Dennis Gingrich, affectionately known across campus as "Dr. G". Dr. G provides a source of support from the Department of Family and Community Medicine, as well as his unique background with the Pennsylvania Academy of Family Physicians and the Society of Teachers of Family Medicine. Dr. G is truly an invaluable asset to the organization. He serves as a source of continuity for the club and provides innumerable insights to our history as an organization as well as new approaches that are successful at other schools. Inspiration, dedication, and imagination are just a few of the characteristics that Dr. G brings to the FPIG family. He selflessly offers his time, knowledge, and good sense of humor to all members of the FPIG. Dr. G also serves as a very positive representative of Family Medicine on campus, as he is involved with the Department of Humanities and remains very involved with the curriculum. He teaches

several lectures a year ranging from medical mistakes to the patient-physician relationship. Also of significant support is our FPIG programming aide, Jeanne Myers. Jeanne has played an integral role in the logistics of the organization, with her greatest role being a main support to helping student leaders plan the semester calendar. Jeanne also reserves rooms for meetings and lunch programming and serves as a liaison between the interest group and residency programs.

We are very excited to announce that next year we will be expanding the FPIG family with the addition of another advisor, Dr. Matthew Silvis. Dr. Silvis is a graduate of Penn State College of Medicine and a former member of FPIG. He later went on to complete a fellowship in Sports Medicine. We feel that his unique background and specialization will complement Dr. G's focus in geriatrics, demonstrating the wide range of interests within family medicine. This year Dr. Silvis presented the, "On Field Emergencies" clinical skills night during Family Medicine Week. He also delivered numerous presentations for the Sports Medicine Interest Group. We are hoping his involvement with FPIG will help expand membership and student exposure to the wonderful field of family medicine.

FPIG's leadership is elected each spring. Traditionally, second year medical students are elected to the positions. This year we will be adding the position of a Ready, Set, Fit committee chair. This committee will also have a chair from Penn State's Pediatric Society Interest Group. Collaboration between these two organizations along with the AAFP will hopefully help place this program into schools. During December, the organization elects first year representatives to the established committees (Dash for Diabetes, Community Service, Tar Wars, and Advanced Directives). We feel this serves as a way to bring involved first year students up to speed with each of the projects while also serving as a leadership development tool for these representatives -- this has proven to be a successful device to ease the transition of leadership among the committees as well as the organization as a whole. For this reason, the committees have been able to sustain ongoing projects with minimal difficulty resulting from the annual election of brand new leadership.

Primary to the success of the PSUCOM Family Practice Interest Group is the large number of members.

	Members	Percentage of Total Membership
Class of 2011	51	21%
Class of 2010	63	26%
Class of 2009	81	33%
Class of 2008	47	20%
TOTAL	242	

The interest group is free to join and is open to all interested students at Penn State. The recruitment of leadership and members is eased by the various projects sponsored by FPIG. The Advanced Directive Project, Tar Wars, Community Service, and Dash for Diabetes are engrained with the ideals of family medicine, but also are appealing to students regardless of their career interest. The large number of student members makes it not only possible but practical to elect and sustain a large number of student leaders across the committees. The intense workload is then efficiently delegated across the student board, allowing the organization to continually grow and become more ambitious with new initiatives. This past year several new programs were established. New events for the 2007-2008 school year were the Leadership Panel, Blood Drive, Family Medicine Week, Ready Set Fit, Clinical Skills sessions, and a physical exam review. The physical exam review was a great success amongst the students. It was so well received that we have planned another similar session. It would not have been possible to implement those new ideas if we did not have strong support from our advisor, programming aide, or effective student leadership. Our student leadership was superb this year, even to the point of having so many great ideas that some will have to wait until next year.

With all of these events, new and old our schedule has become quite full. In the fall semester, we held our annual Primary Care Day, a collaborative event with other primary care interest groups geared at high school and college students. This year over 150 students attended! Scheduled for April is another traditionally large FPIG fundraiser the Dash for Diabetes. The Dash for Diabetes historically has raised significant funds for the Penn State COM Hershey Medical Center's Center for Diabetes.

Our elected student leadership positions include:

Co-Presidents (2): These two officers share the responsibility of organizing the year's calendar of events and topics for residency dinners and lunch lectures, coordinating the other student leaders, running the leadership meetings, organizing shared programs with other student group leaders, ensuring correspondence among FPIG members, overseeing election of new officers and the transitioning of new leaders. They are also responsible for introducing visiting speakers at the various lunchtime and dinner gatherings of FPIG. The leaders also help coordinate Primary Care Day with the other sponsoring organizations. They also announce and promote attendance at upcoming family medicine conferences, including the state chapter, the regional Society of Teachers of Family Medicine (STFM), and the national academy meetings. The presidents are responsible for setting up lectures, inviting speakers, and sending thank you letters to those who contribute their time and resources to FPIG. Finally, the presidents communicate regularly with Molly Talley, the Director of Resident and Student Initiatives PA Academy of Family Physicians.

Vice-President: The main responsibility of the VP is recruiting new members to FPIG, which primarily takes place at the student organizational fair during the fall of each year. Additionally, the VP organizes an FPIG booth at the spring “Second Look Day” for prospective medical student applicants. The VP also facilitates membership in the PAFP during these events, which in turn sponsors student membership in the AAFP. It is, therefore, traditional for the VP to serve as the AAFP Membership Liaison. In addition, the VP serves as president in any situations where neither co-president is able to be in attendance. Furthermore, the VP may be asked to assist the presidents in any other capacity deemed appropriate, should the need arise.

Secretary: The secretary serves as the editor of the FPIG newsletter. The newsletter is typically published three times each fall and spring (6 total) and is distributed to all members of FPIG, as well as to various administrators and faculty within the medical school, the hospital, and Penn State’s family practice residency program. In addition, the newsletter is posted on the bulletin board outside of the Department of Family and Community Medicine and on the FPIG section of the Student Activities bulletin board. The newsletter is a unique entity within FPIG in that it allows for an informational exchange between the family practice faculty, students, and residents.

Treasurer: The treasurer completes the applications for funding from various sources and represents FPIG at the campus Student Assembly meetings. Additionally, the treasurer helps to arrange the Annual FPIG-nic at the end of each school year as well as arranges fundraisers to help support the club's various activities.

Community Service Coordinators (3): During the 2007-2008 school year, our community service chairs were busy forming new relationships with community organizations and maintaining the existing projects. This year we held events with the Association of Faculty & Friends, the American Cancer Society, the Penn State Children’s Hospital Child Life Department, and the Central Pennsylvania Blood Bank. This year we focused on providing service opportunities for not just FPIG members, but many others in our community. Visitors, patients, staff members and students were all able to participate in many of the activities working to benefit our hospital community and beyond.

Advance Directive Project Coordinators (2): This year, we revamped the ADP PowerPoint presentation, worksheets, and community letter. ADP chairs' primary responsibilities include: contacting and scheduling potential seminar sites, recruiting and training student speakers, confirming that proper AV equipment and handouts are available for each seminar, advertising the seminars, and updating the presentation to reflect the current laws and concerns regarding advance directives. We were able to train four new student speakers and coordinate six community presentations this year to inform well over 150 people about advanced care planning.

Tar Wars Coordinators (2-3): The coordinators of Tar Wars select dates for possible presentations, contact local elementary education administrators, and make arrangements to visit the schools. The coordinators are also responsible for recruiting medical students, training them how to best deliver the message, and arrange transportation to and from the location.

Lunch/Dinner Coordinators (2): The “food people” help to coordinate many of the FPIG events, as the majority of our meetings involve free food. These students work with Jeanne Myers to order food, set up the lunches, and hang posters announcing these events.

Membership Coordinator (1): The membership coordinator serves two main purposes. One responsibility is to spread membership of the interest group across campus. The other main responsibility that the membership coordinator addresses is the student membership to the American Academy of Family Physicians and the Pennsylvania Academy of Family Physicians. The coordinator sends out emails with applications to both and has paper copies available at meetings.

First Year Representatives (2 per committee): Based on expressed interest, the organization will elect 2 first year representatives to each committee. As previously stated, this is done as a part of an effort for leadership development. Having first years involved by January of their first year allows for significant involvement and eases the transition of leadership in the spring. We feel as if having first year coordinators are a crucial investment to the future success of the organization.

Third Year Liaison (3)

The third year liaison's help bridge the gap between pre-clinical and clinical years here at the college. This position was added this year in an effort to increase continued involvement with FPIG throughout a student's four years at the college. They also generate ideas and ways in which FPIG can sponsor activities that are pertinent to third and fourth year student needs.

The transition for the FPIG leaders occurs in April at a transitional meeting between the outgoing and incoming leaders and our faculty advisor. The elected leaders then meet once at the beginning of each semester to confirm plans for the upcoming semester and to brainstorm new plans for the future. In addition to these two meetings, the FPIG leaders meet during the semester as deemed necessary by their advisor and co-presidents.

As previously mentioned, FPIG offers a newsletter published multiple times across the year. To help facilitate communication in the time intervals between the newsletters, FPIG utilizes email to communicate with its 242 members and the rest of the school. Email is especially valuable as a means of communication with our third and fourth year members in order to keep them aware of and involved in current activities. Due to the large number of events, emails are practically weekly, if not more! Because third and fourth year students spend a considerable amount of time off campus doing clerkships and rotations at other hospitals within the state and throughout the country, email is often the only way to contact many of these students.

This year as an organization we remained in close contact with the AAFP through our Regional Coordinator, Chinyere Ogbonna. She has provided us with information from the AAFP on possible ideas for programming as well as opportunities for funding and scholarships to attend the national conference.

FPIG receives funding from the Penn State University College of Medicine Student Assembly each year, as well as from funds from the AAFP/PAFP. In addition, many of our functions are sponsored by various host residency programs. Our own residency program, the Penn State/Good Samaritan Family Medicine Residency program has continued to be extremely generous with us. They present at a Residency Dinner, and also provide speakers and lunches as a part of our lunchtime Differential Diagnosis Luncheon programming. This year they happily joined us for two evenings of physical exam review. This year we continued the sub sale fundraiser in the fall that was initiated last year. All profits went directly into the organization's treasury.

PART II. STUDENT RETENTION/INVOLVEMENT

Despite the Penn State University College of Medicine FPIG's tradition of student activity, the 2007-2008 school year showed marked growth in several areas. The incoming leadership identified areas of possible growth along with recruitment opportunities and targeted these throughout the year. Crucial to the success and sustainability of the many projects that the FPIG undertakes is the recruitment of new members and the development of future leadership. In an effort to expose incoming first year medical students to the organization, FPIG continued to be involved with the orientation week. First, we were able to reach nearly every member of the first year class by having a booth at the campus organization fair. First years received a brochure as to the club's mission statement with a list of activities planned for the semester and also interacted with current FPIG leaders. The co-presidents also publicized and emailed several announcements to the first and second year classes. This year we noticed a lack of first year student involvement compared to previous years. We were not alone in this, noting that many of the other organizations also felt an overall decline in interest. Throughout the fall we continued our recruiting efforts and in the spring launched Family Medicine Week in hopes to increase our student membership. It was a success!! In the spring there has been increasing first year involvement and the leadership outlook for next year seems to be very bright.

As mentioned above the student organization fair allows FPIG to introduce first year students to FPIG and attract second years who may not have been previously involved with the organization. Student names and emails are collected as a method of updating our membership list and email list serves. Information about the various committees is also available for students to explore. We also had two laptops at the booth to sign students for membership in the AAFP and the PAFP.

The Penn State Primary Care Day is an event that is organized by the Family Practice Interest Group, but represents collaboration among various student groups on campus, including FPIG, the Internal Medicine Interest Group, Women's Health Interest Group, the Student National Medical Association, and the Rural Medicine Interest Group. While the targeted audience of this day is high school and college students interested in Primary Care, the event also serves as another event for medical students to learn about FPIG as well as learning hands on clinical techniques.

Throughout the year, our main source of advertising has been via e-mail. The co-presidents send emails to the classes via the class presidents announcing large events. Whereas both the co-presidents and the Program coordinator send out emails over the FPIG list serves repeating the large announcements as well as advertising events for FPIG members only. First year representatives and current FPIG leaders make announcements in class pertaining to their committees and upcoming events. The co-presidents also submit the general activities to the Student Assembly to be placed on the

weekly emailing “This Week At Penn State”. This also allows us to effectively reach third and fourth years not on campus, while also serving as a way to recruit interest in those who are not receiving list serve emails.

This year we increased the number of FPIG newsletters. Three newsletters a semester were created, with more information than ever before. This newsletter is composed of upcoming events, successful events that had recently happened, general club announcements, current family medicine news, differential diagnosis, and a word search. Paper copies of this newsletter are available outside of the Family Medicine office in a bin next to the FPIG bulletin board. The newsletter is also emailed via the member list serve and is electronically posted on the FPIG website.

In addition to being active in the organization, our members have served in positions on the national and state levels. This year we had members serve on the PAFP Legal Affairs Commission, two members on the Member Services Commission, four members on the board of directors with two serving as Student Assembly Delegates, Student Assembly Vice Chair, and Student Assembly Chair. That is seven students serving their state academy! This year also marked the continuation of PSCOM FPIG student leadership on the national level. We had a member selected at the 2007 AAFP Family Medicine Students and Residents National Conference to serve on the AAFP Commission on Education, Commission on Governmental Advocacy, and as a Student Delegate to the Congress of Delegates.

Our FPIG was honored to be selected to present, “How to be an Effective FMIG” at the 2007 STFM regional conference.

To continue the tradition of the Penn State FPIG involvement at the state and national level, our FPIG chapter works closely with the Pennsylvania Academy of Family Physicians. The student coordinator, Molly Talley, knows most of our board by name. Molly receives our semester calendars and is welcome to attend any of our events. In January, while attending our Leadership Panel she even brought a representative from *the Keystone Physician* with her. We appreciate her involvement and enjoy all of her visits.

In an effort to increase retention of third and fourth year students, we added the position of third year liaisons and also targeted a few events specifically for them. In the fall, we held a talk on “How to schedule fourth year rotations.” Our advisor, Dr. G and fourth year FPIG members met with any interested third years to offer their advice on how to schedule their fourth year. This spring we held a “How to write a personal statement and CV” presentation in order to help third years prepare for residency applications.

In a further effort to retain third and fourth year members, FPIG continues to have Residency Dinners. These dinners are by RSVP and only available to formal FPIG members. At these dinners, residency programs from across PA come and give a presentation on a Family Medicine- related topic as well as provide information on their

individual program. This event attracts a steady amount of third years and occasionally a fourth year student. For an average 30 person dinner, the demographics are usually 13 first years, 13 second years, 3 third years and 1 fourth year.

Another way that we encourage membership is by sponsoring community outreach events that appeal to a wide student base. During 2007-2008, FPIG continued its involvement with the Tar Wars Anti-Tobacco campaign, as well as revamped the Advance Directive Project. FPIG members are also responsible for organizing the Dash for Diabetes, a 5K walk/run that benefits the PSCOM Diabetes Center. All of these events attract interest from students who may not have otherwise considered becoming an organization member. We believe this is a great way to get a variety of students involved with our organization as well as introduce them to Family Medicine in the process.

Also during this last year, FPIG was also able to raise funds for the American Cancer Society and donate blood for the Central Pennsylvania Blood Bank. We had several students volunteer with LionCare, a student run medical clinic at the Bethesda Mission- a homeless shelter in Harrisburg, PA. Also, members volunteer as a part of the ChildLife Department's tutoring program, tutoring pediatric patients who are missing school because they are admitted for an extended period of time.

At the end of the year, FPIG concludes its busy schedule with its annual FPIG-nic event. This is a time for all who have been involved with FPIG, as well as their families and guests, to get together to celebrate the success of the year, to have some fun, and to say farewell to fourth year members.

PART III. FAMILY PRACTICE ADVOCACY

Exposing students to the various aspects of family medicine is PSCOM FPIG's primary goal. Across each of our events, the theme of the "specialty" of family medicine can be felt. Our faculty advisor, Dr. G, provides an excellent model for this goal and exemplifies the ideals of a family physician. He is competent, caring, and concerned. He is a fantastic teacher, and each member of FPIG would agree that his presence makes any event more rewarding and enjoyable. Under his guidance and through his work with the PAFP, a mentoring program has been established through which interested medical students are matched with family physicians in the community. A similar program has been adopted by the Penn State College of Medicine, highlighting the progressive thought and initiative of the Dr. G's influence and the success of the organization. FPIG sponsors numerous events that enable students to meet with family physicians and family medicine residents in non-clinical settings. The following are several other events coordinated by FPIG this year that advocate family practice:

Residency Dinner Series

The Penn State Residency Dinner Series is a widely popular program that offers something for the entire student body. Family medicine residency programs from various regions of Pennsylvania travel to Hershey and join Penn State FPIG members for dinner at restaurants in Hershey. The purpose of the gatherings is to acquaint our members with the various aspects of family medicine and the issues important to our lives as future physicians. Residents of the programs bring both knowledge and experience to the dinners, presenting on a range of topics including: "Can You Afford to be a Family Physician?," "Common Office Procedures," and "Careers in Family Medicine." Not only do the dinners provide an out-of-classroom learning experience, but they also allow students to interact with residents and physicians in a more casual setting. Students are able to engage in discussions regarding resident lifestyles and the residency programs in our state.

In the past, the dinners have taken place every three weeks. However, this year the number of residency programs interested in participating in our dinner series increased and we hosted more programs than ever before resulting in the average of 2 residency dinners a month over both semesters. We even had residency "dinners" over the lunch hour! Attendance at each dinner ranges from 35-90 students. Invitations to the dinners are sent out through email to FPIG members in all four classes. Reservations are accepted on a first-come, first-serve basis by Jeanne Myers, our trusted FPIG Programming Aide in the Family and Community Medicine Office. We are extremely grateful for the support we receive from the residency programs and we look forward to working with each of them in the future.

Date of Residency Dinner	Residency Program Sponsor	Topic
September 12	Penn State Good Samaritan Hospital Family & Community Medicine	Patellofemoral Syndrome
September 26	UPMC St. Margaret Family Practice Residency Program	Insects
October 16	Williamsport Hospital Family Practice Residency Program	Medical Jeopardy
October 24	Altoona Hospital Family Practice Residency Program	BATHE Technique
October 31	Lancaster General Hospital Residency Program	Careers in Family Medicine
November 8	St. Vincent Health Center	Common Office Procedures: PPD, Pulmonary Function Tests, O2 sats
February 8	Sacred Heart Hospital Family Medicine Residency	Adolescent Health Medical Jeopardy
March 18	York Hospital Family Residency Program	Can You Afford to be a Family Physician?
March 31	Conemaugh Memorial Medical Center Family Practice Residency Program	Rural Primary Care for HIV
April 7	University of Pittsburgh Department of Family Medicine Shadyside	Nutrition and Family Medicine
April 22	Washington Hospital Family Medicine Residency Program	Joint and Periarticular Injections

Differential Diagnosis Lunch Series

Another student favorite of the FPIG program is the Differential Diagnosis Lunch Series. We are fortunate at PSCOM FPIG to be associated with the Penn State Family Medicine Residency Program at the Good Samaritan Hospital in Lebanon, PA. During these one-hour lunchtime talks open to all students, family medicine residents present clinical case vignettes and students work together in an open forum to formulate diagnoses. Residents pause at key points in the presentation to ask the students to develop questions for the “patient” and to create a differential diagnosis list. Students develop valuable history and physical exam skills for use in the clinical years, while gaining insight into the scope of knowledge utilized by family physicians. These lunches provide Penn State students with another opportunity to interact with family medicine residents in an informal setting and to apply their classroom knowledge to case-based presentations. In an attempt to make the series more appealing to students, topics are programmed according to the second year academic schedule, so that the lunch lecture on Cardiology topics is given in the corresponding Cardio block. This past year we had seven lectures in all covering cardiology, pulmonary medicine, renal medicine, gastroenterology, neurology, dermatology, and reproductive medicine.

Clinical Skills Night

In an effort to increase our interaction with the Penn State Good Samaritan Family Medicine Residency Program, we teamed up with them to provide our medical students with a terrific opportunity to review and practice their physical exam skills. Good Samaritan provided the residents and attendings and we provided the eager audience of students ready to review and refresh their physical exam skills. We timed the event to occur the week prior to the second year students’ practice OSCE examinations. Topics covered included: History Taking, Cardiovascular Exam, Pulmonary Exam, Abdominal Exam, Musculoskeletal Exam, Neurologic Exam, and the Head and Neck Exam. Having seven different stations allowed the participants to spend as much or as little time as they needed at each station. The turnout was terrific with forty-five second year students attending. Dr. Paul Aitken, the residency director even commented on the “new crowd” of students in attendance. We were happy to see that our new programming attracted new students as well as maintained the interest of our regular members. The event was so successful we have decided to make it an annual event. Currently, we have scheduled another clinical skills night for our first year students on April 30th.

Chairman's Lecture

In the fall of this school year, the Department of Family and Community Medicine Chairman, Dr. James Herman, MD, MSPH presented an eye-opening presentation on the Primary Care Physician Shortage and the Future of Primary Care. As a way to kick off our year we enlisted Dr. Herman's help to demonstrate the need for more Primary Care Physicians, especially those in Family Medicine. The statistics and graphics used in the presentation were easily followed and left all of the students in amazement at how much room for improvement there is in our health care system. Following the lecture nearly all of the students were discussing what they had just seen and heard. It was truly a great way to show our students the importance of Family Medicine in the future of health care and how they can become a part of the solution. This lecture was so important to us that we featured it in our application for the AAFP's Funding Initiative application, which was later approved.

Primary Care Day

FPIG also advocates family medicine as a specialty by playing an integral role in Primary Care Day. This project is a collaborative effort with other primary care interest groups at Penn State (AMSA, Student Pediatric Society, Rural and Underserved Medicine, Women's Health Interest Group, and Internal Medicine Interest Group). FPIG coordinates the schedule of events, and our FPIG faculty advisor, Dr. G, serves as the program's master of ceremonies. This program invites high school and college students in Pennsylvania to attend and talk with medical students and physicians. There are some sessions that are held jointly with all students (medical school, college, high school) and some that are geared specifically to high school and college students. Members of FPIG look at this as an excellent chance to begin to pique an interest in medicine, specifically family medicine, in younger students. Additionally, it aids students in their decision-making process about how, if, when, and where to apply to medical school. Activities include panel discussions, individual presentations, an introduction to the Area Health Education Centers (AHEC), and clinical skills workshops. Students learned various clinical techniques from performing a punch biopsy to obtaining a PAP smear.

FPIG Publications/Website

Our FPIG newsletter is an extensive document that covers everything from reviewing past events, to advertising for upcoming events, and provides a wealth of information on varying topics. For example, in the March 2008 edition of the newsletter, students were updated on the most recent AAFP governmental headlines and in a separate column were instructed on the differential diagnosis of a patient complaining of an upper respiratory tract infection. The newsletter also addressed the newest research in family medicine.

The FPIG student newsletter is distributed to all students via email, print at our events, and online on the club website. Our goal is to provide students with an easily accessible source of information regarding family medicine. Additionally, the newsletter is posted on the bulletin board outside of the Department of Family and Community Medicine and the FPIG section of the Student Activities bulletin board.

Our website, <http://www.hmc.psu.edu/fpig>, serves as a connection from our organization to the surrounding community, especially for the Dash for Diabetes (explained later). We look forward to further utilizing our website to extend information to our third- and fourth-year members in the future.

State and National Chapter Involvement

Our FPIG is fortunate to have a well-established relationship with the PAFP and AAFP. We enjoy a great deal of support from our state academy, which values the participation and input of students. In order to facilitate the students becoming more familiar with the PAFP, Molly Talley, the PAFP Director of Resident and Student Initiatives is invited to attend our events and was present at our first luncheon of the year. At the luncheon she brought with her information on becoming a PAFP/AAFP member, and explained the importance of becoming one. She was also instrumental in helping us obtain the “Explore Family Medicine” brochures which we handed out at another luncheon that dealt with careers in Family Medicine.

Other Activities

This year marked an especially active time for FPIG students and advocacy. Two executive board members were involved in the Pennsylvania Academy of Family Physician's Committees on Legal and Governmental Affairs and Healthcare Policy. The group also advertised the AAFP Political Action Committees initiatives in the Speak Out program. A number of students also were a part of a campaign of contacting PA legislators in support of a Smoke Free Pennsylvania.

Leadership Panel

Held for students who have an interest in organized medicine or who are interested in making a difference on a larger level than our campus. We collaborated with our student leaders of the American Medical Association and the American Medical Student Association in order to bring this panel to our students. We invited faculty, residents, and students serving in national positions to the college of medicine for a night of Q & A with any interested students. The evening was planned during a week where all four classes of students were on campus so that all classes could participate. Those who served on leadership panel were:

- Tom Weida, MD - Speaker of American Academy of Family Physicians
- Jane Weida, MD - President of Pennsylvania Academy of Family Physicians
- Deb Bell, MD - Resident Chair of National Conference of Family Medicine Residents and Students
- Michael Ehlert - AMSA National President
- Alex Wrem - AMSA Region 3 Trustee
- Flavio Casoy - AMSA Jack Rutledge Fellow (Health Policy and Universal Healthcare Research & Work)
- Mark Piasio MD - Immediate Past President of Pennsylvania Medical Society
- The event was also covered by *The Keystone Physician*

Family Medicine Week

This winter we wanted to start off 2008 with an *entire* week of devoted to family medicine with an FPIG sponsored activity each day. Our goals were to expand our fellow students' knowledge of family medicine and create a more cohesive club through various activities while also recruiting more first year student involvement. In the future, we hope to make family medicine week an annual event.

The events for family medicine week are listed below:

- “Casting Session”
 - We paired with the Orthopedic Interest group to sponsor this clinical skills event.
- Lunch Lecture – “The Medical Home”
 - Our very own Dr. Thomas Weida speaker, Congress of Delegates, AAFP introduced our students to the very important concept of the medical home.
- Clinical Skills Session – “On Field Emergencies”
 - Dr. Silvis instructed students on how to deal with a variety of sports related injuries.
- “Blood Drive”
 - FPIG members helped advertise the hospital sponsored blood drive.
- Lunch Lecture: Differential Diagnosis – Neurology Case
 - Dr. Ali a resident from Penn State/ Good Samaritan Hospital Family and Community Medicine.

PART IV. COMMUNITY OUTREACH /

PATIENT ADVOCACY

Even though community service has always been an initiative of the Penn State College of Medicine Family Practice Interest Group, this was the area of great growth for the organization. The inspiring initiative from the community service chairs and the co-presidents created new opportunities while traditional FPIG events were carried on as well. We collaborated Central Pennsylvania Blood Bank on two blood drives, with the American Cancer Society and Volunteer Services at Hershey Medical Center for Daffodil Days, teamed with HMC ChildLife for various events. We were pleased to note extensive growth in the areas of both our Advance Directives and Tar Wars initiatives. The DASH for Diabetes also made its return this year, after last year's hiatus due to extenuating circumstances.

Central Pennsylvania Blood Bank Drives

On Halloween and Valentine's Day we started a new tradition for our Family Practice Interest Group. In recognition of the horrors and gore of Halloween, we held a Blood Donation War – a competition between the first and second year classes. On Valentine's Day we partnered with the Association of Family and Friends to promote an annual blood drive. We made an information sheet for donors about the blood banking process and the impact each donation could have in patient care. We also secured a donation of dozens of roses to be distributed among all the donors. Overall, we helped to collect over 50 pints of blood.

American Cancer Society Daffodil Days

The Family Practice Interest Group partnered with the Hershey Medical Center Volunteer Services Department and the American Cancer Society once again to host an extremely successful Daffodil Days. Through pre-orders and day-of sales, we were not only able to blanket the College of Medicine and the medical center with daffodils and cancer awareness; we were also able to raise over \$3000 for the American Cancer Society. The community service chair set up four stations throughout campus for sales and outfitted each station with student and hospital volunteers. We worked closely with the Harrisburg chapter of the American Cancer Society to arrange for the drop off and pick up of supplies and moneys.

PSCOM/HMC ChildLife

The ChildLife department works to promote optimal development of children and families by providing programming to enhance coping and minimize emotional distress in the health care setting. Our extensive relationship with the ChildLife department at Penn State's Children's Hospital has allowed us to continue helping with numerous events: Sibling Day, Motorcycle Drop-Off, Teddy Bear Health Fair, Family Night Out Program. Sibling Day is for the siblings of patients with cancer (and a few of the patients themselves) to participate in fun workshops (like learning about IVs, etc) to make the children more comfortable with hospital routine and to give the siblings some attention for the day. Motorcycle riders offer to transport toys to the hospital for the children suffering from cancer for Motorcycle Drop-Off. At the Teddy Bear Health Fair, children (k-3rd grade) and their furry friends were introduced to elements they may encounter in medical settings, including everything from putting on an identification bracelet to getting stitches or a cast. The Family Night Out Program offers therapeutic activities to the patients and their siblings while parents are given some time to enjoy a night out in the town.

Advance Directives Project

Last year there was a big development in Advance Directives, our presentation was fine-tuned and our students were introduced to the community. This year we continued their great work and added our own spin to the presentation. The presentation emphasizes why a patient needs an advance directive, but also shows patients how to create an advance directive so that their final wishes can be carried out. To help facilitate the individuals in attendance with the creation of their advance directive our FPIG purchased copies of a wonderful workbook, "Five Wishes". This workbook, a legal document accepted in forty states, including Pennsylvania, goes far beyond the standard seven questions covered by Pennsylvania's Living Will form. The feedback since we've started distributing these workbooks has been terrific. It is not uncommon for a member of the community to approach our presenters at the end of a presentation to ask for an additional copy of "Five Wishes" to take with them for a friend or a loved one. We also have received numerous requests from members of the audience to hold presentations for another community group. In addition to the "Five Wishes" packet we also distribute an information packet which includes information on different medical emergencies, the difference between an advance directive, living will, and durable power of attorney. We went into the community in several sites; Grace United Methodist Church of Hummelstown, Mohler Senior Center, Holy Trinity Lutheran Church of Hershey, Trinity United Methodist Church of Hummelstown, Hanoverdale Church of Hershey, and Countryside Christian Nursing Home of Annville. We presented to groups as small as four community members, and to groups as large as seventy-five. We were blessed to have great attendance at the first presentation. Attendance was an up and down for the remainder of the year, but we were always happy to see smiling faces in seats ready to

learn about the importance of advance directives. Advertising still remains an issue for us; however, this year we created a better relationship with our host sites as they themselves have been recruiting us to come see them again! There is much misunderstanding about just what advance directives are and how they work. This project, therefore, serves to promote public understanding of the ethical, personal, and social aspects regarding advance directives including the promotion of individual reflection about values and concerns embedded in advance directives and the generation of dialogue within families, communities, and healthcare systems.

We are always seeking to expand the population that we reach and look forward to its success in years to come. It undoubtedly not only serves to benefit the community but also benefits those involved in becoming more aware of issues surrounding end of life care and opportunities for counseling in this area.

Dash for diabetes 5k Walk/Run

Due to construction on our campus and the inability to find a suitable host venue in a timely manner last year we were unable to hold the Dash for Diabetes. We are please to announce that this year it is back! Our 4th Annual Dash for Dash for Diabetes is scheduled for Saturday, April 26, 2008. The Dash for Diabetes was developed by our FPIG in an effort to promote physical activity, combat childhood and adult obesity, and raise awareness about diabetes. A great deal of planning, fundraising, publicizing, and recruiting is done to put together an entire day's events including a 5K run/walk and a children's fun run. We are busy collecting registration forms and organizing volunteers to assist with the day's events! When the race was last ran we drew over 130 runners even though the weather was not in our favor. We would love to do that again this year but with nicer weather of course. The event benefits the Penn State Diabetes center, which is a collaboration of scientists and medical specialists who seek to advance the medical field in terms of eradicating this disease that affects 17 million Americans as well as improving their lives. Our previous Dash raised over \$3100 for the Penn State Diabetes Center. We hope that we will match and perhaps surpass that number this year and continue increasing our donation in the years to come.

Tar Wars

If you happen to walk down the hall at PSUCOM and see a group of students holding a jar full of molasses, you can be assured that they are Tar Wars presenters on their way to visit a community grade school. The AAFP-sponsored anti-tobacco education program that serves to educate fourth and fifth grade students on the dangers of tobacco use is coordinated at Penn State College of Medicine by FPIG with the assistance of the PAFP. This program provides an hour-long presentation with props, such as our jar of "tar" that demonstrates the amount one accumulates with a year of tobacco use, at

nearby elementary schools. Although the program is sponsored by FPIG, it seeks to provide all medical students with an indelible experience in promoting healthy behaviors among local pediatric populations. Presentations are held throughout the year on nearly every free afternoon. Students at PSUCOM that have participated in Tar Wars have found it to be very rewarding. The children we reach are always extremely enthusiastic about the presentation. Educators in the area are very supportive and jump at the chance to have us come to present. A principal at one school invited the media to our Tar Wars presentation and we were featured in the local newspaper. Each semester we have a difficult time filling the demand from the community. Over the course of the year a total of 58 presentations were given to local elementary schools. This year alone, the project has provided a motivating anti-tobacco message to over 1395 students.

Ready, Set, Fit

New to our organization this year is Ready, Set, Fit; part of the American Academy of Family Physicians' fitness initiative Americans in Motion (AIM). Brought to our school by the PAFP Student Assembly Chair, its goal is to work together with teachers in local school districts to bring a message of the importance of fitness to third and fourth graders. Ready, Set, Fit emphasizes the three important points of fitness: being active, eating smart, and feeling good. After finding an interested local school and teachers we did our first Ready, Set, Fit school visit this April. This was the first Ready, Set, Fit presentation done in Pennsylvania and was a learning experience not only for the 120 third-graders we presented to, but also for us! Armed with what we learned that day we are making changes to the program to make it more active for the students. With these changes we hope to visit more classes next year and do our part to combat childhood obesity.

Additional Involvement

In addition to its own activities, FPIG also seeks to further advocate for and serve the community in campus-wide events at the College of Medicine. Many FPIG members volunteer for LionCare, another student developed program that provides healthcare and support services for the homeless at the Harrisburg Bethesda Mission and the less fortunate in the Harrisburg community at large. FPIG also collaborates with another student group, Rural and Underserved Medicine (RUM) Interest Group, to promote awareness on opportunities within that field. As a part of this collaboration, students travel to nearby Lebanon, PA where they offer a free blood pressure screening at the Farmer's Market on the weekends in the fall and spring.

Conclusion

Penn State's FPIG chapter continues its tradition of reaching out to a vast number of students and informing them about the specialty of family medicine. Our chapter is unique, because we provide various activities that involve students from many different backgrounds, not only those interested in family medicine. Even more exciting for the students, are the many opportunities to interact with current family medicine physicians and residents in a relaxed and casual atmosphere. We believe that these personal interactions at residency dinners, differential diagnosis lunches, and family medicine conferences help our students gain many different perspectives on the field of family medicine. Through the various presentations and personal interactions that FPIG sponsors, we believe we are providing students with the knowledge that will allow them to choose a career in family medicine or respect and understand the importance of family physicians if they decide to pursue another specialty. This is illustrated in our match results from this year, in which 18 students decided that a career in family medicine was right for them. It is our hope that through continuing and improving our current activities, while constantly pursuing new ones that we remain current with the climate in family medicine. The goals of our FPIG are very similar to the goals of family medicine in general and we are looking forward to what the new years will bring both to our organization as well as family practice in general.

PENN STATE’S TAR WARS PROJECT:

**CONTINUED SUCCESS EDUCATING AND MOIVATING
STUDENTS AND THE COMMUNITY TO BE TOBACCO-FREE**

Although it is not a new addition to our organization, Tar Wars has always played an important role in the success of our FPIG. This year has been one of our most successful years in the history of Tar Wars at the Penn State College of Medicine. Even with the many messages that Americans receive each year the number of individuals who use tobacco in our country is still astounding. Studies have shown that tobacco use, especially smoking tobacco, is linked to numerous diseases including heart disease and perhaps most well known, lung cancer. Many communities and states recognize this health hazard and have banned smoking in public places in an effort to reduce the harms of second-hand smoke exposure. With that in mind the importance of getting our message to children is more critical than ever, for the best treatment we can offer is *prevention!*

Following the format handed down from the AAFP and PAFP our FPIG targets fourth and fifth grade students. Both elementary school students and medical students alike reap the benefits of the information provided by this program. Our first and second year medical students volunteer their time for every presentation. When a student volunteers once, it is almost inevitable that they will be back to present again. Finding the time to do a Tar Wars presentation is growing more and more difficult as our class schedules become more complex and school becomes more time consuming. Tar Wars gives our students an opportunity to take a break from the daily grind of classes and studying, and get out into the community by interacting with an eager group of students who are literally shaking with excitement at the idea that they are getting a visitor that day, not just any visitor, but someone who’s going to become a doctor!

This year’s Tar Wars coordinators, Jon and Wes, took a special interest in the program and set out to reach as many students as possible. They were successful in their mission by practically doubling the number of students we visited last year. Last year there were 33 presentations at 11 schools reaching a total of 712 students. So far this year we have completed **58** presentations reaching **1395** students, with the help of approximately **70** medical students. And we still have another school to visit before the year is done! One of our first year student volunteers was so excited about her involvement with the program that she took the program to her local school district in Western Pennsylvania over our winter break!

This year we definitely met the AAFP’s Goals for Tar Wars: “Educate and motivate students to be tobacco free. Mobilize health care professionals to become proactive in their community’s health education. Encourage community involvement in support of the Tar Wars program.” See an example of encouraging community involvement below in an article from The Patriot-News.

Publication: Patriot-News, The (Harrisburg, PA)
Author(s): AL WINN Of Our Lebanon County Bureau
Date: October 23, 2007
Students learn to snuff out smoking,

You can buy a lot of video games with what it costs to smoke cigarettes for a year.

That was the students' conclusion in Jackie Rita's fourth-grade class at Annville Elementary School after two Penn State Milton S. Hershey Medical Center students led them on a multiplication exercise.

At \$5 a pack, one pack a day, how much does it cost to smoke for a year?

Students, armed with calculators, quickly came up with the answer: \$1,825.

That wasn't the only reason not to smoke, said Wesley Flint, one of about a dozen medical students in the school Monday to present "Tar Wars," an anti-smoking program sponsored by the American Institute of Family Practice.

The other medical students fanned out to present the program to the other five fourth-grade classes in the building.

Another problem with smokers is kissing, Flint said. "It's like kissing a tail pipe," he said.

"Ewww!" chorused students.

To illustrate the experience of lung disease, Flint and Peter DeRosa, another Penn State medical student, had students breathe through straws while running in place for a minute. Some students couldn't make it.

"It was really hard to breathe and when you stopped you got all dizzy," student Addison Heeter said. Flint, one of the leaders of the Penn State contingent, said one of the things students are learning in their medical school classes is that the best way to treat a problem is to prevent it from happening.

"Nip it in the bud," Flint said.

One of the challenges of any anti-smoking program is that some children in any class have parents who smoke, said Annville Elementary School Principal Nathan Rackley. Flint and DeRosa advised sensitivity. "A lot of time, when people we love start smoking, they don't know how dangerous it is," Flint said.

Students had already said that one reason young people smoke is because their friends do.

"What should you say if they ask you to smoke?" Flint asked.

"No way, Jose," shouted one student.

The medical students will be back Monday to talk to the school's fifth-graders and a program is planned for next spring for the sixth-graders, Rackley said.

This week's program was part of Red Ribbon Week at Annville, with the emphasis all week on staying free of drugs and alcohol. Today, students may wear their shirts backwards as a symbol of turning one's back on drugs.