

**American Academy of Family Physicians
*2008 Program of Excellence Application***



**David Geffen School of Medicine at
UCLA
Family Medicine Interest Group
2007-2008**

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Family Medicine Interest Group (FMIG)
2007-2008

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FMIG OFFICERS



Jose Luis Ocampo, MSII
Co-President



Rosemary Soliz, MSII
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Magye Badgley
Treasurer



Joel Ramirez, MSIV
Senior Advisor



Ray Quon, MSIV
Senior Advisor



Andrew Carter, MSI
1st Year Representative



Victoria Yung, MSI
1st Year Representative



James Templeman, MSIV
AAFP Liaison/Historian



Sam Park, MSIV
AAFP Liaison

Infrastructure



*Department of
Family Medicine*



History of Family Medicine at UCLA

The UCLA Department of Family Medicine started as a division of the Department of Medicine in 1974, achieving departmental status in 1997. Patrick Dowling, MD, MPH, became the first permanent chair in 1998. He is a former migrant health center physician who had previously directed Family Medicine residency programs at Cook County Hospital, Brown University, and Harbor-UCLA Medical Center. His focus as Chair has been on caring for underserved populations, including opening up a residency training site in a Latino neighborhood in the San Fernando Valley in conjunction with the Los Angeles County Department of Health Services.

The Department maintains active clinical services, with residency clinic sites in the San Fernando Valley and in Santa Monica. It also has a Division of Sports Medicine with a 2-year fellowship. We have an active research division, including Dr. Lillian Gelberg, a member of the Institute of Medicine and an internationally-known researcher in the area of access to care for the homeless, and Dr. Michael Rodriguez, a researcher in community health with an emphasis on the underserved. Besides the residency program, our department is active in medical education at all levels. Family Medicine faculty members chair the Doctoring 1 and Doctoring 2 courses, the 3rd year Longitudinal Preceptorship, and the 4th year Primary Care College. Our department also houses and staffs the student-run Salvation Army Homeless Clinic, in which 100 students from all years receive academic credit for seeing patients and running the clinic, in addition to volunteering many hours. The Family Medicine Department is the leader in this effort, particularly impressive in view of our relatively small numbers, and now students are realizing that Family Medicine is the specialty on this campus that does more than provide lip service to the concept of service.

Our Family Medicine Interest Group (FMIG) has been in existence since the beginning of our department. Moving from informal meetings at the Pre-doctoral Director's home where students could meet practicing Family Medicine physicians, we now have a full schedule of meetings and activities with the largest number of students participating than ever before. Gradually students have taken over more and more of the administrative and organizational functions of the group, and in the past year, the number of students wanting to get involved at the officer level has also increased. Although the number of students matching in Family Medicine is declining nationwide, we have held steady at 10% of the graduating class (17 students in 2002-03, 17 in 2003-04, 18 in 2004-05, 20 in 2005-06, 13 in 2006-07 and 18 in 2007) choosing Family Medicine as their specialty, an excellent record for a primarily research-oriented institution.

Role of the Faculty Advisor

Dr. Dan Lee has taken over the position as faculty advisor that was previously held by Dr. Susan Stangl. A graduate of the University of Texas Southwestern Medical School and the Santa Monica residency program, he has practiced in Santa Monica for fourteen years, doing the full range of Family Medicine, including obstetrics. In addition to Dr. Lee's duties as faculty advisor and his practice, he serves as the chair for the 4th Year Primary Care College.

Dr. Lee's primary role as faculty advisor is to serve as a resource for students, act as a liaison with the faculty and department chair, suggest possible speakers for events, and provide guidance as students plan and organize events. He hosts the 1st year students in the first meeting of the year, advocates for the group within the department to obtain funding and faculty support, and promotes Family Medicine summer and research opportunities for students within the department.

Goals of our FMIG

- 1) To increase awareness and interest for Family Medicine amongst medical students
- 2) To demonstrate the vast array of options within the specialty of Family Medicine
- 3) To provide support and mentorship for students interested in applying to Family Medicine residencies
- 4) To expand our knowledge about the practice of Family Medicine
- 5) To provide networking opportunities for students interested in pursuing a career in Family Medicine
- 6) To advocate for the value of primary care in a rationale healthcare system
- 7) To be an avenue for student service of the medically-underserved

Mission Statement

The mission of the Family Medicine Interest Group (FMIG) is to inform medical students about the unique philosophy of Family Medicine through education and mentorship. FMIG understands the role of family physicians in the improvement of health in this country and seeks to encourage medical students to be future leaders in their practices, to understand the problems facing health care today, and to respond to the growing disparities in health care that exist among immigrant families and minority populations in large urban centers, such as Los Angeles.

Leadership Positions

Senior Advisor(s):

The Senior Advisor will serve as the liaison between the Family Medicine Faculty, Primary Care College, and Family Medicine Interest Group. He/she will assist the Faculty Advisor with the pre-match dinner and coordinate the "Residency/ERAS Overview" at the end of the year. He/she will also assist with FMIG elections for incoming officers.

President(s):

The President(s) will oversee and help coordinate all FMIG activities and officer meetings. He/she will serve as the UCLA FMIG Representative for the California Academy of Family Physicians (CAFP) and the American Academy of Family Physicians (AAFP) by keeping officers updated on all upcoming events, both regionally and nationally. He/she will work to maintain a functioning, cohesive group of officers.

Treasurer:

The Treasurer will maintain a running balance of the available FMIG funds and report an updated balance at each officer meeting. He/she will contact the FMIG support staff to obtain and submit reimbursements for lunches and other FMIG-associated costs. He/she will coordinate fundraising activities to subsidize AAFP student memberships, ie) T-shirt sales, bake sales, etc. He/she will also coordinate our FMIG's involvement in the annual AAFP National Conference in Kansas City, MO, by assisting the support staff with arranging hotel and air accommodations and informing students of available AAFP scholarships for the conference.

Membership/Administrative Coordinator:

The Membership and Administrative Coordinator will serve as the AAFP Liaison and work to increase FMIG's membership by creating incentives for FMIG members to become chapter and national members. He/she will track participation of all FMIG members, as well as collect and store all attendee lists from each FMIG event. He/she will also be responsible for taking and disseminating minutes from the officer meetings.

1st Year Representative(s):

The 1st Year Representative will serve as the liaison between the 1st year students and the FMIG organization. He/she will publicize and track attendance at all FMIG events.

** In addition to the above duties, all FMIG officers are responsible for attending all monthly officer meetings and scheduled FMIG events. They will be responsible for planning one general

event, which entails formulating a topic, contacting the appropriate speaker(s) and faculty, arranging lunch, and publicizing the event via email, posters, word of mouth, etc. We take pride in realizing the importance of teamwork, actively and cooperatively supporting each other with all FMIG activities.

Description of the Election Process

Election Procedures:

1. Students may only self-nominate for one of the officer positions during the nomination period or at the election itself.
2. Nominations submitted within the nomination period must be accompanied by a one paragraph statement-of-intent not to exceed 300 words.
3. On the day of elections, each candidate will be expected to address the FMIG membership by providing a 2-minute speech addressing how they will benefit FMIG through their leadership position.
4. Any student may run for: Co-President, Vice-President, Membership/Administrative Coordinator, Treasurer, and Historian/Webmaster.
5. Only current 3rd year students may run for the position of Senior Advisor.
6. Candidates not elected for their intended position may run for only one other available FMIG position on election day.
7. All FMIG members may vote for incoming FMIG officers.

Representation of Each Class

Although our FMIG has been traditionally led by 2nd year students, we do not have any structured rules prohibiting any year student from any officer position except for the Senior Advisor position. The group strives to attain leadership representation from every class because it allows us to better accommodate our programming to each class's needs and interests. This year we were able to get officers from all four classes, allowing us to best tune our scheduling to the rhythm of the students we were targeting. This has allowed us to consistently enjoy the highest attendance rates out of any student interest group on the UCLA medical campus.

Leadership Development

The key to sustained success is adequate future leadership development. This year, the board members elected three 1st year representatives from the first year medical class. The positions were advertised at the first FMIG meeting and interested students submitted a statement of interest to the leadership board shortly after. The board appointed the three most qualified members. Selection was based mostly on demonstrated interest in primary care and potential contribution to the group. These positions are officer positions and carry the same weight of responsibility as any other position on the board. They are not training positions. The main goal of these positions is to serve as liaisons to the needs and interests of the 1st year class while at the same time developing leadership skills and institutional memory for future FMIG leadership.

Communication

Communication with medical students and Family Medicine physicians and staff has served as a vital component to UCLA FMIG's success. Our student group has utilized numerous resources as a means of communication and outreach, including direct e-mails to hundreds of medical students via e-mail listserves, flyers posted prior to every FMIG meeting, electronic posting of the FMIG calendar of events onto the Student Affairs Office's Official Calendar of Events, and informal group discussions during FMIG student group meetings. Dr. Susan Stangl has also been an important resource for communication with Family Medicine physicians at UCLA and surrounding UCLA-affiliated hospitals. She has recruited outstanding physicians and mentors that students have been able to network extensively with at FMIG events. In addition, FMIG participates at the annual Interest Group Fair at the beginning of each year by having officers set up a table to distribute FMIG flyers and pamphlets and to provide personal information to interested medical students. Examples of some of our flyers can be found at the end of this application.

Fundraising

Our FMIG is generously funded by the California Academy of Family Physicians (CAFP) and the UCLA Department of Family Medicine. Additionally, to further increase our funding, as well as to raise the scope and appeal of our events, our leadership took an active role in soliciting and seeking financial support from various organizations. This year, generous contributions totaling over \$8000 were made by the UCLA School of Medicine's Department of Family Medicine, the Dean's Office, UCLA Medical Student Council, American Academy of Family Physicians, California Academy of Family Physicians, and Los Angeles County Chapter of the American Academy of Family Physicians. In addition, five students received AAFP or CAFM scholarships to attend the AAFP National Conference in Kansas City, MO. We are extremely grateful and appreciative of the wide support we received throughout the year.

Best Practices

Our FMIG officers generated the following list of best practices with the intention of keeping the knowledge gained from our experiences this year for longevity. It is our board's fervent wish that those who come after us do not have to "re-invent the wheel."

- Always have food!
- Subsidized memberships for AAFP
- Timing of Events:
 - Holding meetings during the lunch hour to accommodate 1st and 2nd year students while holding some at dinner time to accommodate 3rd and 4th year schedules
 - Schedule programs around class exams to maximize attendance
- Valuing member choice – programming excellent guest speakers and topics based on members' interest
- Communication is Key: introductory e-mails and flyers, followed up by reminder e-mails, etc.
- Invite great guest speakers who can relate with students, discuss pertinent healthcare topics and who share valued personal experiences
- Student Mentorship: Having a panel of 2nd year students share experiences with 1st year students, i.e.) summer opportunities, Family Medicine clerkship, preceptorship, etc. Students will continue to come if they feel they directly benefit from participation in the group
- This year, the Co-presidents created a "protocol" sheet that outlined the necessary tasks involved in creating, organizing and executing programs. This served as a guide to ensure that programs ran smoothly and successfully.

FMIG Guidelines for Planning Events

These guidelines are provided for the facilitation of your event planning. Please stick with the recommended timeline to assure smooth sailing of your event. For your convenience, boxes are provided so you can check off as you go along. If you have any questions, please contact Mish (mmizrabi@ucla.edu) or Scott (nass@ucla.edu).

PLEASE MAKE SURE:

**** A faculty member must be present at all FMIG meetings

**** Each meeting should leave time (at least 10 minutes) for question and FMIG business at end

Speaker contact:

2-3 months prior to proposed event:

- Contact faculty member and inform of event, ask him/her to mark in calendar, and let them know you will be in contact with them 3 weeks prior to the event. Always tell speaker to plan on talking for 30 minutes (they will talk longer than this, but this way there is a time buffer ☺)
- Post event on Angel Calendar/ Angel discussion board/SAO
- Reserve room with Suze Sylvestre at ssylvestre@mednet.ucla.edu or 310-825-6373 (we prefer 53-105 b/c it's close to Fam Med office)

2 weeks prior:

- Send parking and directions to speaker, if necessary (Request parking from Melinda. She also can provide maps/directions or you can locate through UCLA's website)
- Remind speaker that they have 30 minutes to speak, to leave room for students getting food, ask questions and FMIG business at end
- Ask speaker to arrive 20-30 minutes before event, (to account for parking/finding the room/set up before meeting)
- Email to class about event

1 week prior:

- Check in with speaker, reminders
- Post fliers on bulletin board, elevators, make announcement in class, put on white boards of First/Second year classes (Melinda can print out fliers in color and make copies)
- Email to class about event with RSVP date
- Reserve a laptop for speaker, even if he/she has one, just to be sure!
 - Reserve laptop from Pat Anaya (panaya@mednet.ucla.edu, 310-825-2866)
- Ask if speaker can send you a copy of his/her presentation, so you can make printouts, also so that you can have a hard copy in case something goes wrong on day of (they will probably not have this ready till closer to event, so ask them to send it to you when they have it ready)

3 days prior:

- Get RSVPs to Melinda (she just needs the number of students, not their names) so she can order food
- Email class with reminder about event Make a sign in sheet for students to sign (they can write name and sign, you don't need to write names in excel sheet)

On day of event, pre-event:

- Call in the morning, check on speaker's needs
- Come to reserved room 10 minutes before meeting to set up (Melinda will meet food delivery 30min prior to event and help set-up)
- In the morning, pick up laptop for event
- If you have a copy of the presentation, give to Melinda in morning to make copies

On day of event, post-event:

- Give sign-in sheet to Melinda

ASAP after meeting

- Send thank you to speakers (mail preferred, but email ok)
- Write a review paragraph about the event (when/where/what happened, and how many attended)

Student Involvement & Retention



FMIG Membership and Student Involvement

Historically being one of the smaller student interest groups on our campus, our main focus these past few years has been to expand our membership so that we could have the manpower to later institute larger events and programs. UCLA FMIG membership is open to any UCLA medical student who wants to join. Our main efforts lay in getting students to attend and become involved in our events and activities. The fundamental mantra we have successfully followed this year is, “If you feed them, they will come”, thus obtaining funding has played a key part in our success. Another way we have done this is by holding class-specific events, such as our preceptorship talk for the 1st year class, and also by making leadership positions available to 1st year students. These types of class-focused activities have allowed us to enjoy unprecedented growth. Traditionally at UCLA, a heavily research-oriented institution, our FMIG was composed mostly of a relatively small number of dedicated 3rd and 4th year students with limited 2nd year and virtually no 1st year involvement. This year we have managed to heavily target participation from the 1st and 2nd year classes, as it is from here that our sizeable growth has primarily come from. Our group has grown so much that our attendance has actually surpassed traditionally popular interest groups, such as the Surgery Interest Group. Although now the majority of meetings are attended by 1st and 2nd year medical students, due to logistical reasons, FMIG still strives to interest upper classmen into participating in FMIG activities, as well. Dinner meetings are held periodically in lieu of lunch meetings to accommodate for the 3rd and 4th years to return from their respective rotations. FMIG also works with the Primary Care College (group of 4th year students pursuing a career in primary care) to give them credit for attending dinner seminars, which is required for graduation. The topics for the dinner seminars are selected based on popular demand, such as a dinner titled “Applying to the Family Medicine Residency.”

Description of Activities and Events

“Covering the Uninsured Week”

Tuesday, May 15, 2007

The newly elected 2007-2008 FMIG Board planned a lunchtime lecture in recognition of “Covering the Uninsured Week.” The objective of this meeting was to inform students about the need for change in our current healthcare system. The guest speaker was Dr. Patrick Dowling, chair of the Department of Family Medicine at UCLA. Dr. Dowling spoke about the current state of the US healthcare system as well as proposals on how to provide healthcare coverage for the growing number of uninsured in California and the United States. He encouraged individuals to become pro-active in learning about these proposals, thinking critically about the pro’s and con’s of each proposal. The remainder of the presentation consisted of audience participation, as many students gave their opinions on how the problem of covering the high number of uninsured could be solved. This meeting was entirely planned, advertised, and run by the newly elected FMIG Board. The Board took advantage of the free handouts available from the official website for “Covering the Uninsured Week” and provided copies for students to take. One handout in particular featured interesting statistics about the state of healthcare in the United States. The event was advertised to all four medical school classes as well as students in other health professional programs. Lunch was provided for the over 60 medical student who attended the event.

“Hands-on Birthing and Shoulder Dystocia Workshop” Friday, May 18, 2007

The newly elected FMIG Board was extremely interested in bringing a hands-on workshop geared toward first and second year medical students to offer some preparation for the clinical years. The Board took advantage of the many contacts with Family Medicine residency programs in the Los Angeles area and invited Family Medicine residents from Whittier Presbyterian Intercommunity Hospital, a hospital about 30 minutes east of UCLA. The first half of the workshop consisted of a presentation by a Family Medicine Attending on how to delivery a baby as well as some of the complications, including shoulder dystocia, which can arise during the delivery. The Attending also spoke of the different maneuvers that can be done to successfully deliver babies whose births may become complicated. This topic was particularly relevant because the first year medical students recently had a problem-based learning case in which a delivery of a child was complicated by shoulder dystocia. Following the lecture, students had the opportunity to “deliver” a baby using birthing models under the instruction of the residents. Students were also able to practice the maneuvers used to deliver babies with shoulder dystocia. The director of the residency program was also in attendance and he was available to answer questions about the program at Whittier. The workshop was longer than our usual meeting so it was held during a Friday afternoon. Over 35 medical students participated in this event.

“Introduction to Family Medicine and FMIG”

Monday, August 20, 2007

This lunchtime meeting was the first event to kick-off the 2007-2008 school year. The Board decided to invite the new FMIG Advisor, Dr. Dan Lee, a Family Medicine physician from the UCLA Les Kelley Clinic, so the new members could have an opportunity to meet him. The purpose of this meeting was to introduce the first years to FMIG and Family Medicine as a specialty. Many first year students are unaware of the breadth of training that Family Medicine physicians have and the opportunities to care for patients of all ages, from pediatrics to

geriatrics. Dr. Lee spoke about Family Medicine, with emphasis on the role of Family physicians in primary care. He also spoke about the many opportunities available as a Family physician, especially the practice of medicine abroad. It was obvious that many of the students did not know that a Family physician can do everything from OB to international medicine. The second half of the meeting introduced the students to the UCLA chapter of FMIG. The FMIG Co-Presidents, Jose Luis Ocampo and Rosemary Soliz, spoke about the mission of FMIG, introduced the new officers, as well as announced the upcoming events for the school year. Students were also introduced to the many benefits of joining the AAFP. Lastly, an announcement was made to the first year students about joining the FMIG Board as a first year representative. Lunch was served and the event was a huge success, with over 70 medical students in attendance.

“Family Medicine Resident and Medical Student Social” Monday, August 27, 2007



This mixer/social took place in the evening at Acapulco's Restaurant in Westwood. This event was advertised to all four medical school classes. The back room in the restaurant was reserved and appetizers along with non-alcoholic beverages were provided. Medical students had the opportunity to mingle with Family Medicine residents from UCLA, Kaiser-Sunset, White Memorial, and UCLA-Harbor Medical Center. The atmosphere was informal so students were able to ask general questions about life as a resident. There was a respectable turnout of third and fourth year students who had already decided on Family Medicine and were researching specific programs in anticipation of completing the residency application. The casual atmosphere allowed for first and second year students who were still learning more about the different specialties to discover Family Medicine. The representation from different residency programs allowed the FMIG officers to make plans to continue to have events throughout the remainder of the year, featuring residents from these different programs. The attendance at this event was excellent, with over 40 medical students from all four classes and 10 Family Medicine residents.

“Kids Health Booths at the Synergy Health Fair” Saturday November 3, 2007



Each year in the fall, the UCLA SNMA chapter holds a day-long community health fair at an elementary school in Los Angeles. The fair features a variety of free healthcare services, such as blood pressures and glucose checks, and full physicals for residents in an underserved community. This event is unique in that all of the participants are volunteers. This year, the fair was held at 42nd Street Elementary School in an underserved area about 20 minutes from UCLA. Since FMIG has a strong commitment to community service and outreach, the group sponsored two Kids Health Booths at the fair. Students volunteered for either the morning shift or the afternoon shift. Since the fair can become busy and crowded, patients usually have to wait to see the physicians, the booths gave the children a chance to have fun and relax while their parents participated in the health fair. The purpose of the booths was to teach the children about the importance of eating healthy and exercising and how staying healthy can be fun. One booth featured healthy snacks that children can make on their own, such as “Ants on a Log.” Children also played an interactive game about the food pyramid. Arts and crafts were available for the younger children. The second booth allowed the children to engage in fun physical activities with soccer balls, hula hoops, and jump ropes. The medical students stressed that eating healthy and exercising can both be fun things that can be done everyday.

**“The Family Medicine Residency Interview: Advice from Residents”
Tuesday, November 6, 2007**

With fourth year student beginning the interviewing season, the FMIG Board decided to host a panel with representatives from different residency programs. The focus of this program was specific to the Family Medicine Residency Interview. However, the event was advertised to all four classes. This evening workshop featured representatives from UCLA, Kaiser-Sunset, and White Memorial. During the first half of the meeting, each of the representatives spoke about the importance of the residency interview for Family Medicine, what students should expect from the interview day, how to best prepare, and some common interview questions. Residents also shared personal stories about their own interview experiences as well as how best to rank programs for The Match. Following the brief presentations, the discussion was open to questions and answers from the medical students in attendance. Hosting the event in the evening made it possible for more third and fourth year students to attend. Dinner was also served to about 30 medical students.

“Join the AAFP: FMIG Membership Drive” Thursday, November 8, 2007

In an effort to increase membership in FMIG and the AAFP, the Board had a “Join the AAFP” table in the courtyard during the lunch hour. Since many students take a break and eat lunch

there, the Board was able to reach out to an impressive number of students. The FMIG Board encouraged medical students to join the AAFP by speaking to them about the many benefits that accompany an AAFP membership. As a result, the Board was able to add many more AAFP memberships to our chapter. Board members also had the opportunity to inform many students who were not able to attend the first introductory meeting about FMIG and Family Medicine and the upcoming events that they could participate in. This event in particular marked the first time that the two first year representatives were able to help with an FMIG event. Moreover, this was a great opportunity to advertise our upcoming FMIG events including our Primary Care Week lecture series.

“National Primary Care Week” November 13-November 16, 2007

Last year our Lecture Series was a huge success with over 150 medical students attending over the course of 3 days. Given the large turnout last year, we decided to offer four lectures for this school calendar year. Our turnout was great, with approximately 200 individuals in attendance over the course of 4 days. Do to our limited funds, this year our Co-Presidents Rosemary Soliz and Jose Luis Ocampo managed to obtain a grant to help subsidize the food for our meetings.

***Day 1: “Opportunities in Family Medicine: Physician Panel”
Tuesday, November 13, 2007***

The FMIG Board knew that many students are often unaware that Family Medicine physician can specialize. In an effort to inform students about the many opportunities for fellowships available in Family Medicine, the first meeting for “Primary Care Week” was held featuring two Family physicians, Dr. Denise Sur and Dr. Susan Jung. Dr. Sur specializes in Women’s Health, while Dr. Jung completed a fellowship in Geriatrics. Both physicians talked at length about their own individual experiences in Family Medicine and how and why they decided to specialize within the field. The two guest speakers also discussed the different fellowships that can be completed following residency and about how one can tailor a career in Family Medicine to fit one’s individual interests. The presentation was very interactive and students were encouraged to ask questions our two panelists’ questions. We had a great turnout with over 60 students in attendance.

Day 2: “Tar Wars Info Session” ***Wednesday, November 14, 2007***

Given the success of the previous “Tar Wars” workshop last year, the FMIG Board decided to continue the tradition by holding another workshop for a new group of fourth grade students. As part of “Primary Care Week” the Board attempted to recruit new student volunteers, giving the students a chance to have an active role in providing health education to a classroom of children. The Co-Presidents of FMIG, Jose Luis Ocampo and Rosemary Soliz, gave a presentation on the AAFP National program, “Tar Wars.” The presentation included the mission of the program, a brief run-through of the classroom activities that the students would be expected to do with the children, and a description of the poster contest. FMIG also announced the plan to launch “Tar Wars” to three fourth grade classrooms at Hoover Street Elementary near downtown Los Angeles. While the workshop would not be held until early in 2008, students were invited to sign-up for the upcoming event. Students were also informed of a more

extensive training session that would take place closer to the day of the actual event. Lunch was served with over 30 students in attendance.

Day 3: "The Role of Primary Care in the US Healthcare System"
Thursday, November 15, 2007

For the third event of "Primary Care Week" the FMIG Board wanted to have a discussion how Family Medicine can fulfill the needs of primary care in the US. The guest speaker at this event was Dr. Patrick Dowling, chair of the UCLA Department of Family Medicine. Dr. Dowling has been a strong supporter of FMIG events for many years and it is always a priority of the group to have Dr. Dowling as an active participant in the events of "Primary Care Week." Dr. Dowling gave an engaging presentation about the role of primary care in our current healthcare system, with special emphasis on the importance of Family Medicine in providing comprehensive care for patients. The session featured participation from students in the audience which resulted in a lively discussion on how our healthcare system can be improved. This topic proved to be of vital importance to all in attendance. As with the other events for the week, this meeting was advertised to all four classes as well as other health professional students. Lunch was served with over 60 students.

Day 4: "Hands-on Joint Injection Workshop featuring the Residents from Kaiser-Sunset"
Friday, November 16, 2007

Given the success of the previous "Hands-on Birthing and Shoulder Dystocia Workshop" and the expressed desire of an additional hands-on clinical workshop by numerous students, the FMIG Board decided to bring a workshop to allow students to learn/practice joint injections as the final event for "Primary Care Week." This event was held in the evening. Family Medicine Residents from Kaiser-Sunset along with Dr. Jimmy Hara, the Director of the residency program held an informative session on joint injections. The first part of the session was conducted by Dr. Hara, in which he gave a presentation on basic joint anatomy and the musculoskeletal exam. Dr. Hara also spoke briefly about how some abnormalities can be detected on physical exam. The second half of the sessions was a demonstration by the residents on how to perform injections into different joints including the knees and elbows using models that beeped if the location was placed in the correct location. Students were then allowed to try injecting the models themselves. The purpose of this workshop was to not only teach students how to do joint injections, but also to emphasize that Family physicians also perform numerous procedures as part of their jobs. Despite the fact that this was a late evening session, approximately 40 students attended.

"Mattel Children's Hospital Hematology/Oncology Holiday Party"
Tuesday, December 11, 2007

Every year the UCLA's Mattel Children's Hospital hosts a holiday party for pediatric cancer survivors and their family. This past December, more than 600 guests attended the Holiday Winter Carnival. The number of cancer patients coming to the party grows larger and larger each year thanks to research and treatments that have led to better survival rate. This year's theme was "Hollywood" so that each cancer victim who attended was a Hollywood star. In partnership with the Pediatrics Interest Group at UCLA the director of the Holiday Party at the Children's Hospital gave us the responsibility of helping with the decorations for the day of the

event. Because the theme was Hollywood we made huge gold stars out of paper to put the names of all the cancer survivors. Many of our members attended the event which was lots of fun. The setup was like that of a fair but with Christmas decoration as well. There were many different booths for children to play in and many opportunities for them to win prizes. In addition, the event had the support of real Hollywood Stars such as Alyssa Milano and sports legends such as Tommy Lasorda. It was an unforgettable experience for all FMIG members to be able to participate in an event that brings hope and happiness to many children who are ill.

“Summer Research Opportunities in Family Medicine”

Wednesday, January 16, 2008

This lunchtime session was held to inform the first-year medical students about the various opportunities that are available to students during their summer break including non-UCLA programs and the UCLA Family Medicine summer programs. The Family Medicine Interest Group encourages students to expand their knowledge of family medicine related issues such as the problems that underserved communities face, the disparities of the health care system, and how community medicine differs from other types of medicine. FMIG believes that the basic science research encouraged by UCLA, although important, limits students' ability to learn about such issues. Since many students are unaware of the vast number of opportunities that are available locally, nationally and internationally, this year FMIG compiled a large database with numerous work and volunteer options for students during the summer. The database, posted on our website (<http://fm.mednet.ucla.edu/summer-opportunities.asp>), includes clinical/basic science research opportunities locally and nationally, clinical experiences locally and nationally and international opportunities. Dr. Michael Rodriguez, a faculty member at UCLA, opened the meeting with a presentation on the importance of Family Medicine oriented research and how to decide which opportunity is best for each student. After his ten minute presentation, representatives from different Family Medicine summer programs had five minutes to highlight the most important aspects of their summer program. Each program offered a unique opportunity to engage in public health projects, community outreach, various family medicine clinical research projects, and extensive preceptor/shadowing experiences available over the summer. The majority of students who attended this year's meeting will be doing research with one of the many summer programs that were represented at our meeting. Last year, many of our FMIG members including Jose Luis Ocampo, participated in one of the UCLA Family Medicine Summer programs.

“Pathway to Becoming a Family Physician” Wednesday, January 23, 2008

When talking to many of the first year medical students at UCLA, we got the impression from many individuals that they were unaware about the typical life of a family physician much less on the process of becoming one. As such, we decided to put together a panel of physicians with the intent of showcasing every step along the way from medical school to residency. Therefore, we invited Physicians at every level of their training. That is to say, we invited a 1st year Resident, an R2, R3, an Attending, and the Residency Program Director from Kaiser-Sunset, Dr. Jimmy Hara. During this evening session, the panelist not only talked about their personal experience as Family Medicine Interns including the challenges and joys they experience on a daily basis, but they also addressed many of the misconceptions that individuals have of Family Physicians. In addition, they encouraged and directed students to

apply to numerous scholarships and summer programs. Despite the fact that it was an evening session we had a fantastic turn-out with over 40 medical students in attendance.

“Family Physicians in Sports Medicine Panel”

Monday, March 31, 2008

At our previous board meeting we made it our prerogative to find out particularly from the first year and second year class what specific interest they had in Family Medicine. To do so we went person-to-person over the course of one week to ask medical students what they would like to see at our next meeting. A great majority of individuals expressed an interest in Sports Medicine. As a result, we organized a lunch meeting with a panel of sports medicine Residents doing their Fellowships at UCLA. During the meeting each of the 3 residents talked to the audience about their experience as Family Physicians in Sports Medicine. Of interesting note was that many of the students were not aware that Sports Medicine is a subspecialty that falls under Family Medicine. Also, of special note is that our 1st year representatives were in charge of putting the panel together and facilitating the meeting. We felt this was a great opportunity to allow them to build on their leadership skills and convince them to take on a leadership position for next years FMIG board.

“Applying to Residency Programs”

Tuesday, April 1, 2008

FMIG serves as a supportive resource to students at this difficult time. Our last meeting of the year is mainly targeted to 3rd year students, but is also informational to 1st and 2nd year students. The meeting is geared towards the unique aspects of applying to the Family Medicine Match. The Match and application process are de-mystified in this meeting and tips on success are given by 4th year students who recently ventured through the process. From resume pointers to interview etiquette, members are educated about how to achieve their choice of residency program. In addition, they gave us pointers on those 4th year rotations that they felt strengthened their applications. We had an excellent turn-out. Not only did we have numerous third years attend, but we had also had more 1st and 2nd years attend than ever before.

“Healthy Kids Fair at Hoover Street Elementary”

Friday, April 4, 2008



At the end of the last school year, the incoming board met with our faculty advisor to talk about our goals for this year. Among our most important goals was to become more involved with the community through events like “Tar Wars”. As such this year we partnered with the Pediatrics Interest Group at UCLA to put together a Kids Health Fair at Hoover Elementary to educate kids on how to stay healthy. Because we understand that children have very short attention spans and they love to participate, we organized a very interacting health fair. We had 6 stations including a Heart Learning Station, a Healthy Snacks station, an Exercise station, a Food

Pyramid station and even a Dance Dance Revolution station. One of our main objectives was to teach individuals that exercise does not have to be boring or that eating healthy can also mean eating very interesting and tasty foods. For example, we taught kids how to make very tasty snacks using strawberries, carrots, almonds to make cute little mice. In preparation for the fair, we met a week in advance to go over the logistics and the goals of each station. We had an excellent turnout with nearly 100 fourth and five graders and nearly 20 volunteers.

“Family Medicine Resident Roundtable”

Wednesday, April 9th, 2008

The office of Student Affairs for UCLA sponsors Resident Roundtable discussions throughout the year as an additional career exploration resource. In an attempt to expose individuals to the field of Family Medicine we helped advertise the event to the medical school body. Many of our FMIG members attended. During this informal event, residents provide a unique perspective about their personal career choices and the application process to residency. This was a chance for students to explore different careers outside of the classroom and clinic and to ask questions on a one-to-one basis in a setting where no questions are off-limits or too silly to ask. In addition, we felt this session complemented the many events FMIG put together this year in an attempt to expose student to the field of medicine and broaden their networking with individuals in this field.

Family Medicine Advocacy

One of the major goals of FMIG is to advocate for Family Medicine. Members are acquainted with various Family Medicine faculty and physicians from the community via lectures, panels, and workshops. Furthermore, many students express interest in a particular facet of Family Medicine, such as obstetrics, research, sports medicine, etc. Mentors are recommended to these students so that they are able to expand on their interests. For example, a strong interest was expressed in pursuing research within Family Medicine. FMIG responded by inviting Dr. Michael Rodriguez to speak about research opportunities within Family Medicine. In addition, the FMIG at UCLA worked directly with CAFP two years ago to help organize a local CAFP Resident and Student conference at the Sunset Village Conference Hall at UCLA. A Residency Fair was also held, in which attendees had the opportunity to network and meet residents and directors.

FMIG also strives to maximize UCLA students' clinical experiences with Family Medicine. Since a majority of preceptorship experiences are at Family Medicine clinics, a workshop is held early in the year to guide members in how to derive the most benefit with their clinical encounters. Community preceptors are invited to the meeting to allow students to directly question and learn from these leaders. Advocacy for Family Medicine is thus the unifying theme that has been purposefully threaded into all the activities that we engage in. By showing our students the diversity of opportunity that exists uniquely in this specialty, we are attracting deeper student interest into the field.

AAFP National Conference

One of the ways we advocate for Family Medicine is by strongly promoting attendance to the AAFP National conference in Kansas City, MO. Approximately 10 students from the Drew/UCLA medical education program and the UCLA David Geffen School of Medicine the 2007 National Conference of Family Medicine in Kansas City. The majority of those who attended were former and current FMIG officers, including our current co-Presidents, Jose Luis Ocampo and Rosemary Soliz. This last National Conference was a huge success and was a great learning experience to all of us who attended. We benefited from enlightening workshops and meetings in the day and participated in the conference's social activities in the evening. Feedback from the majority of students from our chapter that attended particularly thought that the hands-on workshops were phenomenal, allowing them to hone some of their clinical skills. There was outstanding representation on behalf of the nation's hundreds of Family Medicine Residency Programs, which served as excellent resources for students planning to pursue Family Medicine and who wanted more information about each residency program. The workshop "FMIGs Make a Difference" was very informative and instrumental in our progress as an organization this year. Not only did we increase the number of event we organized this year but we also felt that most of our events were more successful than last year. We are currently in the process of selecting students to attend the upcoming 2008 National Conference and hope to be able to send even more UCLA students this year.

Community Outreach

One of the goals for our FMIG is to better establish our outreach activities as a group. Our restructuring efforts this year focused on expanding our membership to increase our presence in the community. Though limited in scope, our group's participation in various activities provided much needed services to our community. Whether as a group or as individuals, the spirit of service resides in our FMIG and will only continue to flourish as our group builds its infrastructure to support larger events.

Lennox Health Fair

The Lennox Health Fair is a collaborative effort between the Latino Medical School Association at UCLA and the Lennox School District. It began in 1992 in an effort to use the school as a resource to provide health care and social services, and as a way to teach language and work skills to parents. The health fair continues to be important because Lennox has the highest number of children living in poverty in the Los Angeles area and many of the families in Lennox do not have health insurance. Today, the bi-annual Lennox Health Fair has grown enormously to become a comprehensive health service that can treat as many as 350 individuals in one day. Many members of FMIG participate in the Lennox Health Fair as a way to practice their clinical skills, give back to the community, and support the idea of Family Medicine and preventative health care. In addition, a current member of the FMIG executive board, Jose Ocampo, has further demonstrated his commitment to the community and to Family Medicine by also taking on leadership roles in the planning of the Lennox Health Fair. He has used the contacts we have made as FMIG officers to help recruit outstanding Family Medicine physicians to staff the event.

Undergraduate and Incoming Student Outreach

Through his job as a Graduate Mentor on the UCLA undergraduate campus, Jose Ocampo has given workshops on "How to Apply to Medical School," "Writing the Personal Statement," and "Issues in Medicine." He has used these opportunities to discuss the importance of primary care and the need for physicians dedicated to practicing Family Medicine. Along with Rosemary Soliz and Romana Davadpour have also used their positions as Medical School Tour Guides to speak to medical school candidates about our chapter of Family Medicine, as well as explain to them the purpose and goals of our group. In this way, we hope to recruit members even before they are officially admitted to our medical school.

Harbor-UCLA Summer Urban Fellowship

The Harbor-UCLA Summer Urban Fellowship Program is a six-week fellowship headed by Dr. Gilberto Granados and Dr. Jyoti Puvvula, both exceptional Family Medicine physicians in the community. This program is unique because there are several components that encompass the principles of Family Medicine as a specialty. The focus of this program is to provide quality health care to the citizens of the Wilmington community in Lomita, CA. This community consists of predominately Latino, Spanish-speaking, working class people who may or may not have health insurance or even familiarity with accessing the health care system. The program's components include:

- **Research:** Conducting a door-to-door randomized cluster sample survey to determine the healthcare and health behaviors of children in the Wilmington community, culminating in the presentation of our findings
- **Health Fairs:** Providing health care screenings for almost 600 people over the course of two health fairs and providing a variety of medical services, including focused physical exams and educational health information on resources
- **Mentoring:** Serving as an excellent source of role models to all participants, as attending physicians and residents mentor the summer's participating medical students, who in turn mentor undergraduate and high school student participants
- **Community Outreach:** Increasing health awareness and empowering the community by giving talks to nearby elementary schools, local high schools, and the Boys and Girls Club.
- **Public Health Lecture Series:** Providing participants insight to the current health care system through which patients must navigate successfully in order to receive adequate care, and through which we will be a part of in the future as we become health care professionals; Topics include: Cross-cultural medicine, Working with the Underserved, Determinants of Health, The Social Gradient of Health, and Cultural Diversity in Caring for the Underserved

FMIG member Jose Ocampo participated in this summer program and gained invaluable exposure to community service opportunities within the field of Family Medicine. Scott and Eric shared some of their experiences at the *Summer Opportunities* meeting held in January and have recruited several students to participate again this summer. It is outreach programs like these that our FMIG hopes to play deeper and more integral parts of in the following year.

LIGA Flying Doctors of Mercy

LIGA International is a non-profit organization that sends physicians, nurses, and other medical personnel to set-up free clinics in Mexico. Volunteers fly to sites in small, private planes for the weekend. UCLA medical student volunteers participate in a number of activities that include triage management, medical translation, history-taking, physical exams, and even assisting with surgical procedures. This past year, several FMIG members traveled to Mexico to assist LIGA in the provision of compassionate, free medical care to the underserved.

Student Run Homeless Clinics

Several of our FMIG officers and members are active participants at our student run clinics. The clinics are located in West Hollywood, Los Angeles, and Santa Monica, CA. They provide free health services, including general exams, school and camp physicals for children, HIV testing, flu vaccines and immunizations for homeless adults, families and children in the Los Angeles area.

Most Valuable Program

Category of Family Medicine Community Outreach

Tar Wars
February 22, 2008
Hoover Street Elementary School
Los Angeles, CA

Coordinators: Rosemary Soliz, MSII, Vicki Lung, MSII, Jose Luis Ocampo, MSII

Participants: Michelle Aguilar, MSII; Rebecca Hammon, MSII; Jon Grant MSII; Sarah Neyssani (Undergraduate)



“Introduction / Recruitment”

Primary Care Week

Last year was our first year participating in *Tar Wars*, the tobacco-free education program for fourth and fifth grade students created by the American Academy of Family Physicians, at UCLA. Although we kept to the AAFP guidelines, we approached the event in a unique way as a year-long effort to implement preventive health education at the community level. We also used the evaluation form from last year to learn from the suggestions that the participants provided. We introduced the program and began recruitment for the event during one of the workshops for “National Primary Care Week.” We gave a broad overview and timeline of the program. As part of this introduction to a topic commonly discussed between patients and their family physicians, the project coordinators presented the material as an opportunity to contribute to the well-being of children who had not yet made the decision to try tobacco. Medical students were encouraged to examine the topic from the perspective of someone in elementary school, who would likely be comparing COPD or asthma exacerbations to the difficulty inherent in breathing through a straw. Integral to our recruitment success was showcasing the incredible posters created by previous contest winners, including their very own students, to personalize the positive impact facilitated by *Tar Wars*. It was really wonderful to hear from many of the students that they wanted to be doctors when they grew up.

“Training Session”

On February 15, 2008, we held a training session for all students who expressed interest in the Tar Wars Program. The evening time workshop included a presentation on the components of the classroom curriculum and a role-playing exercise, followed by a practice run-through; two medical students acted as *Tar Wars* presenters, while the remainder of them pretended to be 4th and 5th grade students.

“The Event”

On February 22, 2008, seven UCLA medical students gave the *Tar Wars* presentation to three 4th grade classrooms at Hoover Street Elementary School, located in the historically underserved Pico Union area of town, often labeled the “Ellis Island” of Los Angeles because of the predominance of Hispanic families settling there after entering the country. We attended 3 different classrooms with approximately 30 students in each room. The presentation covered topics including the prevalence of smoking, the short-term effects of smoking, a simulation of what it feels like to be short of breath, the financial implications of using tobacco products, reasons people use tobacco, and how tobacco is advertised. The presentation ended with an introduction to the *Tar Wars Poster Contest*, a competition where students are to create an original poster that reaffirms the *Tar Wars* message.

“Wrap- Up Session”

Immediately following the classroom sessions, the medical student volunteers and premedical student who joined us gathered on the playground outside to discuss and debrief on the day’s event. The feedback was incredibly positive and provided several helpful suggestions to improve the organization and flow of future sessions. One thing we would like to do differently is to split the classroom in three and have one or two medicals students as facilitators for each group. Overall, participating medical students felt it was a very rewarding session.

“Poster Contest”

Three weeks following our event we returned to Hoover Street Elementary and collected the students’ posters. We collected approximately 60 posters. A few days later we judged the posters to determine the top 3 posters. The judges were comprised of Medical Students involved in the *Tar Wars* event and some of our faculty members including Dr. Stangl, our former FMIG faculty advisor. The 1st place winner received 4 movie vouchers and entry into the state *Tar Wars* competition. The 2nd place winner received a UCLA T-shirt while 3rd place winner received a nice UCLA notebook and pen. The winning poster is pictured below.



Paola Carmona, 4th Grade

“Future Events”

We had such a positive experience teaching the students that we look forward not only to return to Hoover Street Elementary for another *Tar Wars* event, but we also hope to extend this project to another elementary school next year. Ideally we would like for *Tar Wars* to become a longitudinal longitudinal experience throughout the year. It proved to be a wonderful way to reach out to our community and help motivate future Tobacco-Free Champions. In addition to the positive message of being tobacco free, we feel that our presence is very important because we can serve as potential role models for these wonderful students to pursue higher learning. In addition, to *Tar Wars*, we would like to continue to participate in the Hoover Elementary Kids Health Fair, which we have organized in partnership with the Pediatrics Interest Group at UCLA. We feel it is imperative that teach our youth about the importance of eating healthy and exercising every day, especially amidst this obesity epidemic. We believe in preventative medicine and the ability to see it in practice is rewarding.

Finally, we have scheduled our FMIG elections for the first week in May. A meeting will be held to elect the incoming officers for the next FMIG Board. We have decided that the meeting will be scheduled in the evening to accommodate the 3rd and 4th year medical students and permit their participation in the nomination and election process.

**We kindly thank the AAFP Program of Excellence Selection Committee
for their time and consideration of our application.**

-The UCLA Family Medicine Interest Group