

Family Medicine Leadership Program

Year In Review 2021-2022



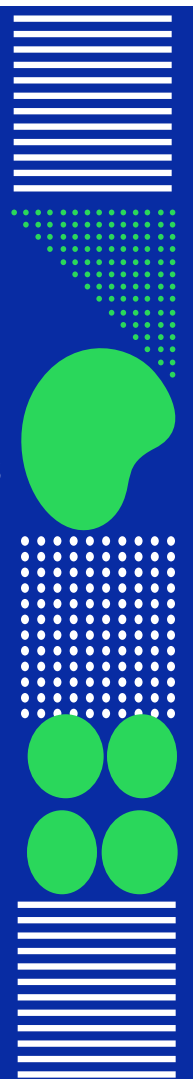
Looking Back ...



To my department colleagues, students, leadership, and alum, As we are seemingly coming out of the typical day-to-day stresses of COVID, know that our team continues to be amazed by the level of engagement, compassion, and resilience that we've seen. Service to others even under times of trial is at the very core of who we are and what we do.

We yet again hope that this year's annual report brings you a sense of joy. Both students and faculty in the Family Medicine Leadership Program have labored to continue to represent this even in the midst of the challenges the last 2 years have brought. You remind me daily of the joy that Family Medicine brings to our patients, communities, and even ourselves. I look forward to what the future brings.

With Peace, Blessings, and Gratitude,
Carl Earl Lambert, Jr., MD, FAAFP
Director, Family Medicine Leadership Program



Family Medicine Leadership Program

Mission

The Mission of the Rush Family Medicine Leadership Program is to grow and inspire the next generation of family medicine physician-leaders.



Carl Lambert, MD
Director, Family Medicine Leadership Program



Priscilla Auguston, MD
Assistant Director, Family Medicine Leadership Program

Longitudinal Components

Clinic



Longitudinal, evolving clinical experience with a family medicine preceptor for all 4 years of medical school.

Small Group Learning



Opportunities to dialogue and learn from faculty and peers.

Topics include: systemic racism, LGBTQ care, end-of-life care, resiliency, etc.

Leadership & Advocacy



Sessions to help bolster formal leadership skills.

Opportunities for students to become involved at the local- and national-level family medicine organizations.

Community Engagement



Introduction to health equity issues on the south and west sides of Chicago with opportunities to work beside clinicians and community stakeholders on projects.

Research



Skill-building workshops to conduct research and scholarly work via the design-thinking framework with opportunities to present work at local and national conferences.

Physical Diagnosis



Personalized sessions to boost clinical confidence with examination and clinical reasoning in patient encounters.



"It has been my favorite part of medical school. I have been able to form a community surrounding family medicine and made meaningful relationships with staff and students alike." -Current FMLP Student



FMLP

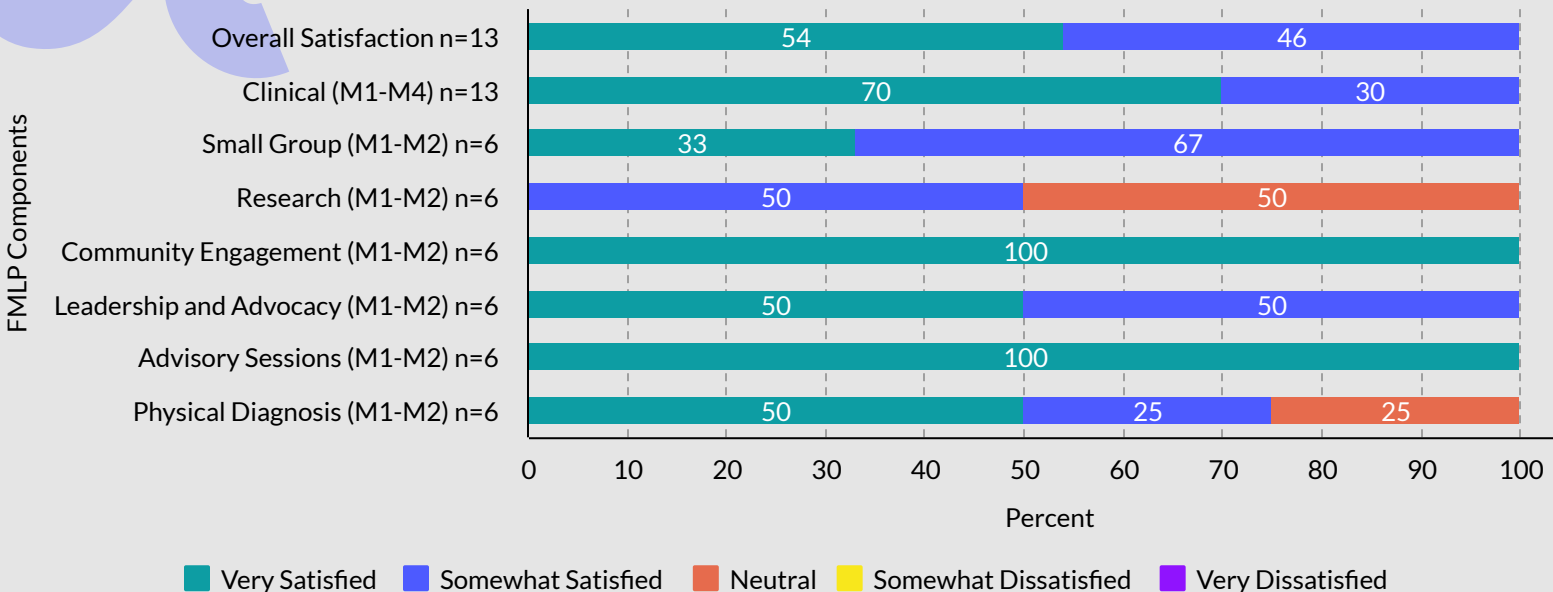
2022 Program Evaluation Committee Summary


This report was generated from program evaluation data from current FMLP students, FMLP alumni, clinical preceptors and FMLP leadership


"I am confident that my experience in medical school would not have been the same without FMLP. I truly do feel that it fostered growth both professionally and personally" (M4)


"I feel that FMLP provides great exposure to the clinical setting and physical diagnosis- this was often commented by attendings..." (M4)

Program Satisfaction



 **100%** of students would choose FMLP again (n=13)
▲ **7%***

 **77%** of students are confident they will end up in family medicine (n=13)
▼ **16%***

 **85%** of students have a mentor in family medicine (n=13)
▼ **8%***

* compared to 2021 results

FMLP Alumni

 **100%** of FMLP graduates are glad they participated in FMLP (n=4)

FMLP Alumni reported their abilities in the following were better than their non-FMLP peers: community engagement, patient communication and overall readiness to start residency

2022 Priorities

Increase faculty & student engagement



Monthly evening sessions with FMLP students and faculty (and tacos!)



Implement social and teambuilding events with FMLP students and department faculty

Preceptor engagement & learning



Implement faculty development sessions with preceptors



Create additional program materials (expectations, etc.)

"More events to help us get to know the other classes"

"The only thing I would increase is more time for FMLP students to mix with faculty!"

"I wish there was more exposure to the diversity of family medicine practice"

Improve recruitment methods



FMLP student participation in RUMC interview panel and create a FMLP IG!

Additional community engagement experience



Create an M1-M4 community engagement experience



PEC Committee:
Lauren Anderson, Alex Albanese, Priscilla Auguston, Cris Chan, Tim Huang, Gina Kring, Carl Lambert, Kathleen Rowland, Natali Smiley, Stephany Valladares

Student Accomplishments



Sarah Dynia

Director of Student Recruitment for Mini Medical School, Rush



Laura Hurley

2021 IAFP President's Award



Natali Smiley

AAFP's Center for Global Health Initiative, Student Representative



Cris Chan

- 2022 Excellence in Public Health Award from the U.S. Public Health Service Physician Professional Advisory Committee, Awardee
- Rush Medical Staff Award for Volunteer and Community Service, Awardee



Stephanie Moss

- AMWA Fertility Team, Member
- AMWA Social Media Ambassador
- Chicago Homelessness and Health Response Group for Equity, Co-Founder; Student Volunteer Liaison



Maggie Turner

National Research (NRN) Advisory Group, Student Member



Sheryl Cherian

- Rush American Medical Women's Association, Board Member
- Rush SCORE Committee, Student Representative
- Medical Student Forum on Female Sexual Medicine, Committee Member
- Rush Medical College Student Ambassador
- Rush RCSIP Steerer
- Rush Dean's Research Fellowship Awardee



Lillian Rolfe

- Chicago Trans Health Initiative, Co-Director, Curriculum Chair and Founding Member
- Rush Pride, President
- AAFP's Emerging Leaders Institute



Emily Wayland

Community Harm Reduction Outreach RCSIP Steerer

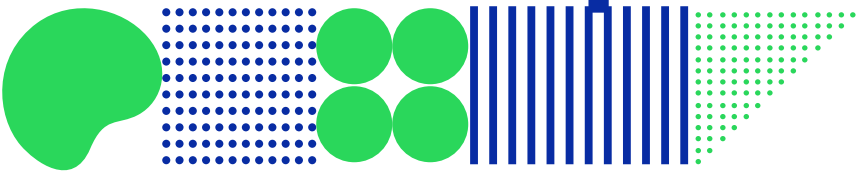


Cris Chan & Marissa Pharel @ AMEC

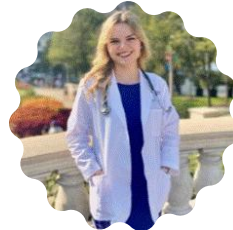


Dr. Mike Hanak & Laura Hurley

Research & Scholarship



M1 Research Project



Haley Bylina



Sarah Dynia



Deepa Shankar



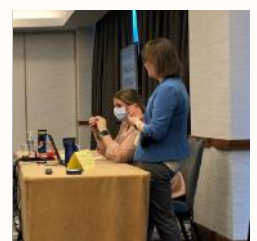
Stephany Valladares

Using design techniques and historical literature Drs. Raj Shah and Santosh Basapur worked with M1 FMLP students to develop a mission statement and key values for family medicine. Mission: Family medicine nurtures the health of diverse persons, families, and communities for life. Values: Primary care as first contact access, comprehensiveness, coordination, and continuity of care.

Based on these, the students worked on developing a prototype to examine if we could empirically understand how family medicine at Rush could be exemplifying these properties using data from the CAPriCORN.

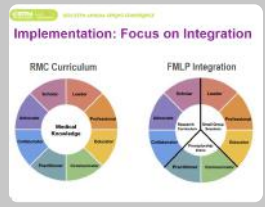
Research Question: for adults living with diabetes on the West Side of Chicago and sought care at Rush since 2011, does having a PCP within Rush vs. not having a PCP within Rush reduce the potential for ambulatory sensitive hospitalizations?

After some more work this summer the group will meet in the fall to review and disseminate the findings.



Drs. Anderson & Rowland @ STFM

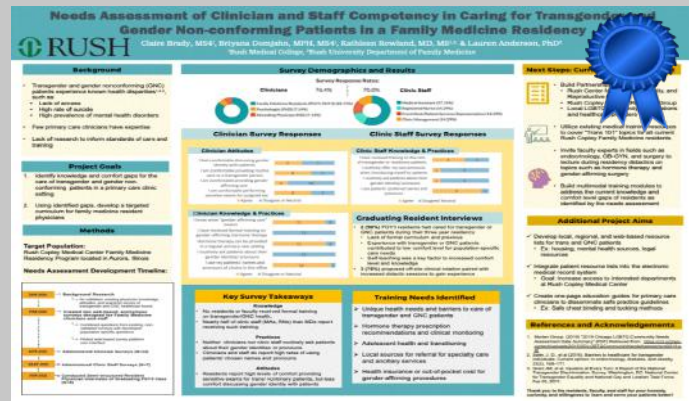
Drs. Rowland, Anderson, Auguston, Lambert and Tim Huang presented about the FMLP at the Annul STFM Conference. Their presentation was titled, "Program Evaluation to Improve Alignment of a Longitudinal Family Medicine Program With the Medical School Curriculum"



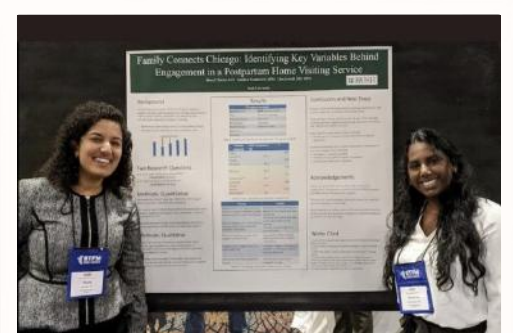
Gold Fellows
Natali Smiley & Marissa Pharel

Arnold P. Gold Foundation named Natali and Marissa as two of 24 students named Gold Fellows. The recent cohort of Gold Fellows worked to execute projects

focusing on underserved communities. Their clinical research project aimed to identify why pregnant mothers from South and West Sides of Chicago may or may not seek mental health care and resources.



Briyana Domjahn and Claire Brady presented a virtual poster at the STFM Conference on Medical Student Education. Their poster, "Assessment of Clinician and Staff Needs in Caring for Transgender and Gender Nonconforming Patients in a FM Residency" was awarded a Blue Ribbon Award for being among the top 10 posters at the conference!

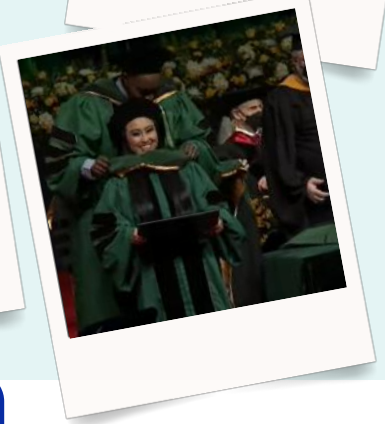
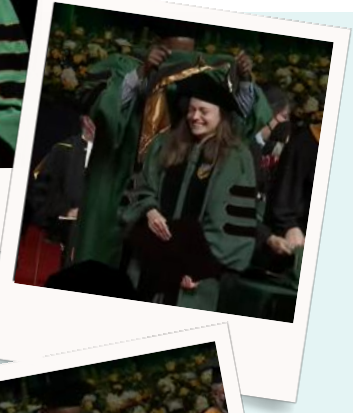
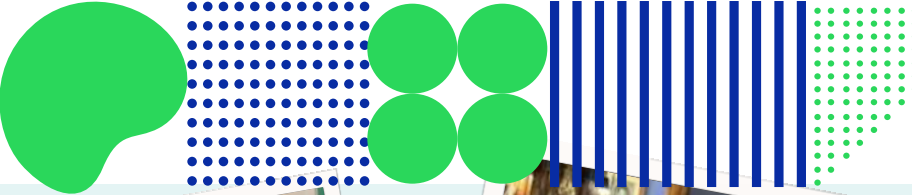


Sheryl Cherian & Jeta Kumaravel @ STFM

Sheryl and Jeta presented a poster at the Annul STFM Conference. Their poster was titled, "Family Connects Chicago: Identifying Key Variables Behind Engagement in a Postpartum Home Visiting Service"



Stephanie Moss was recently published by the Endometriosis Foundation of America for sharing her story, "The Connection Between Pelvic Pain and Childhood Trauma: A Medical Student Tells Her Story"



Match & Graduation

Ellie Battino
Natividad Medical Center, California

Claire Brady
University of Illinois at Chicago

Cris Chan
Stanford Health Care, California

Briyana Domjahn
Advocate Illinois Masonic, Chicago

Laura Hurley
Allina Health, Minnesota

Adam Korte
Advocate Illinois Masonic, Chicago

Messages from clinical preceptors

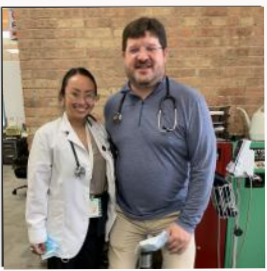
Claire,
Dr. America Bracho, the founder of Latino Health Access, has a saying about bringing students into medicine: "We recruit the heart and train the brain, because it doesn't work the other way around." From the day you first came to your continuity clinic at Rush University Family Physicians, you showed that you were a compassionate individual who treated every family you encountered with cariño -- authentic, profound concern. Over the next four years, your patients and I have watched you develop strong clinical skills and judgment. Your new patients will benefit profoundly from both the heart you brought to Rush and the medical knowledge that you have mastered here. I look forward to following your career develop next door at UIC for the next three years, and then - who knows - maybe back at Rush Family Medicine in 2025! -Dr. Steven Rothschild

Bri,
Your compassion and determination will serve you well as a Family Medicine resident! I am very excited to see your picture on the wall at IMMC. I wish you the best of luck with everything that lies ahead. Jill Marcus, MD



Thank You to our Clinical Preceptors!!!

Jeff [Rosenblatt], you have been such a caring mentor over the past four years, even through the chaos of COVID you always made yourself available to talk about clinic, residency, or just our personal lives. You are such a remarkable example of how a family doctor can care for their community, and you are loved by your patients for it. I will work hard to ensure that I carry with me your example of empathy and patience during residency and beyond -Adam Korte



**Dr. Max Pitlosh &
Dr. Cris Chan**

I still remember my first few clinic days with Dr. Pitlosh and remember thinking to myself how reassured I felt in joining FMLP and in my commitment to family medicine. Through the years, not only has that continued to remain true but also how great of a pairing this has been. Dr. Pitlosh has been an incredible example of the type of family physician I aspire to be. I have learned an immeasurable amount from how to tap to the beat of a patient's heartbeat to the impact it can have to just be an ear for patients and everything in between. I am truly grateful for the experience, the time, and the energy that made this aspect my favorite part of FMLP.

Dr. Pitlosh - thank you for giving me all the reason to look forward to clinic. Your guidance and support have meant more than I can say. But what I can honestly say is that I'm better because I've worked and learned from you. Thank you for everything! -Cris Chan

I had the distinct honor of training under the late Dr. Rosa Perez when I first arrived at Rush Medical College. She warmly welcomed me into her office space and her own journey as well. Her uncanny ability of knowing when someone was having a difficult time, being able to meet patients where they were at and support them in that place, was remarkable. In fact, her skilled management of psychosocial concerns alongside physical concerns inspired me to ensure quality behavioral health care is a cornerstone of my own future practice. Just as she did with patients, she took genuine interest in all aspects of my life and what was important to me. During the first she was a source of incredible support academically and personally. Her commitment to her family and how she set professional boundaries also was formative, emphasizing to me the importance of a whole person defined by much more than a single title or career. Though our time together was limited, I am confident her influence has and will continue to shape my trajectory as a family physician and individual.

-Laura Hurley

It has been a true privilege to work with Dr. Kring as my clinical preceptor. Without a doubt, learning from her has influentially shaped me both in medicine and as an individual. Her instruction on physical examination skills, and little tricks for unique age groups, patient situations, etc. have honed my skills and provided practical tools. Her own attention to detail and thorough evaluation helped me develop my own ability to critically evaluate. I have been endlessly struck by her wholehearted commitment to patients. When in the patient room, Dr. Kring was always fully present, attentive, and made the patient(s) feel that they were her only concern in that very moment. Her genuine compassion, patience, and willingness to sit in silence to allow for patients to share every emotion is something I knew I wanted to emulate in my own practice. Dr. Kring always made sure to check in with me, see how things were going both in and outside of school, and ensure I was well-supported. Finally, I am endlessly inspired by her commitment to the surrounding community, dedicating her time to building new relationships and sharing her passion and expertise to address critical aspects of health and wellness outside of the clinical setting. I am incredibly grateful to have had the opportunity to know and learn from her. -Laura Hurley

Student Spotlight

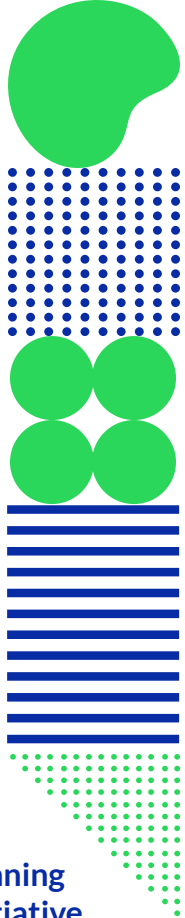
Emma Klug & Emily Wayland Class of 2024

In 2020, record-setting numbers of opioid overdose deaths were seen across Chicago. The underlying cause of this dramatic increase from the previous year was likely multifactorial, including the strain and isolation of the pandemic and the ever increasingly contaminated drug supply. When planning our community engagement project, we wanted to focus on naloxone distribution and training to empower members of the community to recognize and respond to an opioid overdose. We were specifically interested in targeting the unhoused population, as higher rates of opioid-related deaths are recorded amongst individuals experiencing homelessness.

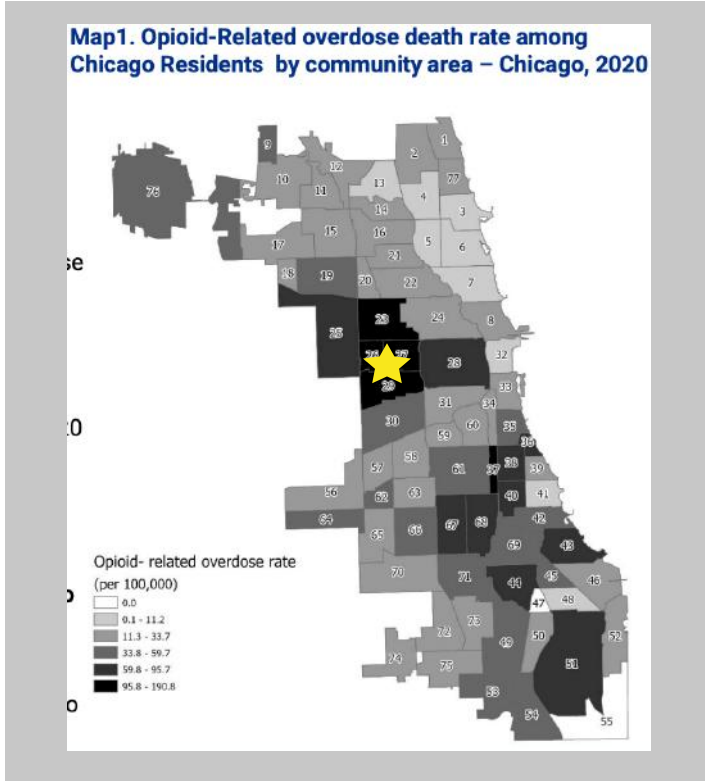
Rush is full of students looking to serve the community, so it was no surprise when early in the planning phase we met Shai Farhi, an M2 at the time who was launching a new Rush Community Service Initiative Program (RCSIP), Community Harm Reduction Outreach (CHRO). Along with two other passionate M1s, we joined the leadership team for CHRO. Together we have been able to establish sustainable partnerships with Franciscan Outreach Shelter and the West Side Heroin and Opioid Task Force. We specifically focused on the development and the evaluation of a community-facing opioid overdose response training.

The overdose response training covers a brief history of the epidemic, opioid pharmacology, how to recognize and respond to an overdose with naloxone, and the local legislative response to the opioid crisis. To ensure the education was reaching our audience, we developed brief pre and post-training surveys to gauge the trainees' knowledge gain and provide space for feedback. This analysis identified a significant increase in performance between pre and post-training surveys. In addition to evaluating overall performance, analysis of each individual item and trainee feedback has helped identify areas in which we can improve our program to optimize its impact. For example, many of the trainees use English as a second language or may struggle with literacy. We are currently working on ensuring our language corresponds to a reasonable reading-level for our audience and hoping to translate the learning materials into Spanish to accommodate more shelter guests.

Because CHRO is an established RCSIP, this programming and our relationship with Franciscan Shelter will continue to grow in the hands of future Rush students. There is immense opportunity to continue to evaluate and improve the training. We hope the evaluation process we developed this year will remain an integral part of the RCSIP's workflow to continue to meet the needs of the community to the best of our ability.



Franciscan Shelter



Getting to Know Our FMLP Family



Alex Albanese

I was born and raised in the northwest suburbs of Chicago.

Undergrad: Northwestern

Medical School: Northwestern

Residency: University of Illinois at Chicago

"It's hard to beat a person who never gives up." -Babe Ruth. And "No pressure, no diamonds."

I was always interested in science but I wanted to go into a field where I could have a human connection and feel like my work was benefiting others directly. In college, I worked at a YMCA after school program and I was struck by the disparities and need that I saw for the families we served. Health is one piece of that puzzle that I felt that I could impact.

I love FM because of the relationships. I can care for a woman during her pregnancy, deliver her baby, and then become the baby's PCP and also pull the father into a medical home. My favorite question from patients is "Can you be my children's/partner's/mother's PCP too?" FM is never boring, I learn something new every single day and the variety keeps me engaged.

FMLP has been a great experience, my favorite part is when we, by chance, will come across a certain issue in clinic, and Natali will say "wow, we just learned about this yesterday!" It's a great way to solidify her learning by putting an actual patient face to a textbook concept. I also think it's so important to showcase the breadth of possibilities in FM.

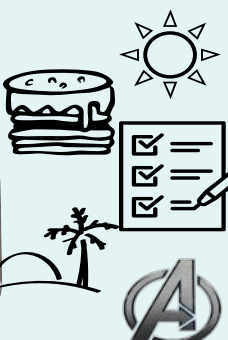
I'm proud to work alongside so many great colleagues in Chicago during this pandemic. It has been long but we keep fighting the good fight every day.

I'm a cheese lover! It's an (unhealthy) obsession

I like to read, do puzzles, but lately mostly interior decorate. I ran out of places to tastefully wallpaper my house, so now I'm doing it for relatives! We're on our third family wallpaper project! My husband thinks I'm crazy :)

I never drank anything caffeinated through medical school and most of residency; attendinghood got me though! It's daily coffee now for me. I recently became an aunt for the first time to an adorable niece. I am an amateur, but enthusiastic, maker of themed birthday cakes.

Oprah, Barack Obama, and Kim Kardashian (she's been really influential in justice system reform work lately, truly!!)



Where did you grow up?

Education

Favorite Quote or Mantra

Why Medicine?

Why Family Medicine/ Why FMLP?

Experience with FMLP

Something that makes you proud

If you could only eat 1 food?

How do you spend your free time?

3 things we don't know

Dinner party dream guests

Night Owl or Morning Person

Pancakes or Waffles

Plan it or Wing it

Skiing or Beach Vacation

Justice League or Avengers

Natali Smiley



I was born in Northampton England and raised in Izmir Turkey

Undergrad: University of Washington

"With rare exceptions, all of your most important achievements on this planet will come from working with others- or in a word, partnership." -Dr. Paul Farmer

Medicine is where hope and curiosity meet. I am inspired by the brilliant and resilient physicians who dedicated their careers to provide care to patients like my brother and father. Beyond my familial encounters with medicine, when I consider the ways I want to contribute to the world, I cannot ignore the role physicians play in healing the communities.

Family Medicine is about grassroots work and FMLP seemed like a perfect opportunity to develop skills and deepen my understanding of how to do that work as a future practitioner. What I love about FMLP is the community (dare I say, family) that it has provided me with from my classmates to mentors. I have been so supported and challenged to grow and learn something new every day by being a part of this FMLP family.

The first thing I say when I talk about my time with Dr. Albanese is that she is the provider I want to be one day. I have a deep appreciation for how she approaches teaching both as a preceptor and a physician. I am grateful to have been partnered with a preceptor who is generous with her time, an inspiring teacher, and a true model of how to daily show up for your patients.

I'm proud of my rug collection, I'm not someone to usually care about things but my husband and I have collected a bunch of Persian, Turkish, Moroccan, and beyond rugs over the years and we love they're what I would save if our house was on fire (husband/dogs excluded).

Turkish food (döner) or tacos, another reason I feel so at home in FMLP

I am a pure extrovert- the more people time, the better, especially if I can feed them. In other words, I love hosting, cooking, and good company.

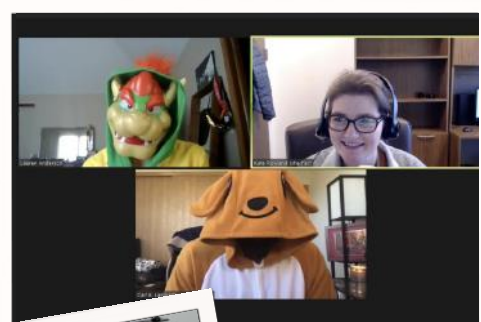
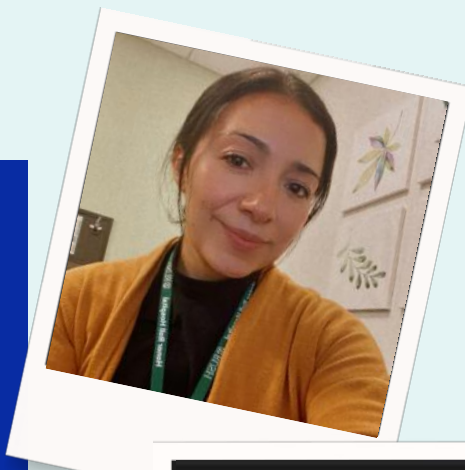
1. Despite loving to travel, I hate planning trips, in fact I'm quite bad at it, I'm a great travel partner, just don't ask me to plan anything. 2. I have been stung by the same scorpion twice in one day. That arachnid had a it out for me. 3. I didn't learn how to properly ride a bike until I was 24.

Paul Farmer, Desmond Tutu, Dorothy Day



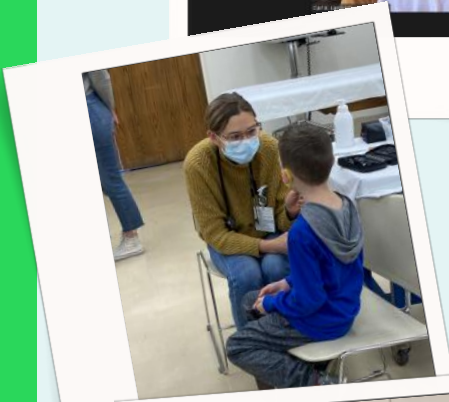
CONGRATS!!!

Huge Congratulations to Elvia as she transitions to her brand new role as Residency Program Coordinator for our new Family Medicine Residency Program with Esperanza Health. We're not sure how we will manage without her organization, calmness and amazing graphic design skills but we're so excited for her new journey. Our residents will be so lucky to work with her. We wish her all the best!!!



Upcoming Events

- **AAFP National Conference** - July 28-30 (Kansas City, MO)
- **Family Medicine Midwest** - October 7-9 (Minneapolis, MN)
- **FMX** - September 20-23, 2022 (Washington DC)



Ways to be involved

- FMLP longitudinal clinical preceptor
- M4 elective preceptor
- Small group facilitator
- EXPLORE preceptor
- Rush Admissions Committee



More Information:

<https://www.rushu.rush.edu/fmlp>