

# Family Medicine Updates



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## VIRTUAL HAPPY HOURS PLANNED FOR MINORITY MEDICAL STUDENTS

The STFM Group on Minority and Multicultural Health invites minority medical students to participate in a series of online monthly meetings or virtual "happy hours" to discuss relevant topics, have questions answered, seek support in navigating tough situations, and to provide and receive rich peer and facilitator support.

"We began this project to provide support, encouragement, mentorship, and tangible success skills for minority medical students who often go unsupported in the face of the many challenges of medical school," said Jeffrey Ring, PhD, project coordinator.

The monthly meetings take place in the virtual world of Second Life, in a beautiful seaside amphitheater developed by Boston University Medical School. Each monthly 90-minute session will open with a mini presentation by family medicine faculty from the STFM Group on Minority Health and Multicultural Education on the theme of the evening, followed by discussion and sharing of support and resources.

Medical school can be a stressful and trying time for most students and even more so for minority students who may feel isolated, undersupported, and at times the focus of unintentional or intentional individual and institutional unfairness. At the same time, the United States is looking to increase the number of physicians, particularly in family medicine and primary care, from a full array of diverse backgrounds to serve the many underserved patients and communities across the land. This is an important component of meeting the challenge to reduce health inequities, which is a key objective of the STFM Group on Minority Health and Multicultural Education.

Participants have expressed delight at the interactive environment and great appreciation for the session content. "After one of our residents spoke about her own trajectory and ultimate success, one of the participants responded by saying, "Your story is my story," said Dr. Ring.

There is no cost for participation. Second Life is free. Participants must have computer access, a high-

speed Internet connection, and be able to download applications to their computer.

The remaining sessions and topics are highlighted below:

August 15, 2013: Preparing for Standardized Exams

September 19, 2013: Writing a Personal Statement

October 17, 2013: Preparing for the Residency

Interview

November 14, 2013: Navigating Racism and Fairness Issues

December 12, 2013: Giving and Receiving Feedback

January 16, 2014: Tools for Successful Clinical Years

"The first few sessions have gone very well. We are looking for help in spreading the word and ask everyone to refer at least one minority medical student who might benefit from these virtual happy hours," said Dr. Ring.

To register for upcoming sessions or to listen to audio from the past 2 sessions, "Navigating Racism and Fairness Issues in Medical School" and "Exploring Well-Being and Life Balance," visit <http://www.culturalmedicinetraining.org>.

The Virtual Happy Hours are sponsored by the Society of Teachers of Family Medicine Group on Minority Health and Multicultural Education and funded through the STFM Foundation Group Project Fund.

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## ADFM'S 2013 WINTER MEETING FOCUS: MOVING TO VALUE-BASED HEALTH CARE

The 2013 ADFM Winter Meeting's theme was *Leading in the Time of Transition from Volume-Based to Value-Based Health Care*. At the core of the meeting's program was a day-long session facilitated by Harold Miller, Executive Director of the Center for Healthcare Quality and Payment Reform, who engaged the largest number of ADFM Winter meeting attendees ever in workgroup discussions of a dozen different issues relevant to the future of both their Departments and of family