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STUDENTS, RESIDENTS BUILD CONNECTIONS AT NATIONAL CONFERENCE

Medical students and residents from around the country gathered in Kansas City, Missouri, for the 2023 National Conference of Family Medicine Residents and Medical Students July 27-29, 2023 to make connections, learn new skills, and get information they'll need to thrive in family medicine.

High on the list of topics that many of them came seeking guidance about this year was the slate of new residency program requirements for family medicine that took effect July 1, 2023, as well as numerous updates to the Electronic Residency Application Service (ERAS).

"There are a lot of questions this application season, and there are a lot of changes for our class specifically," said Kirsí Anselmi-Stith, a 4th-year student at the University of Utah School of Medicine, who attended 1 of 2 sessions about ERAS changes presented by Steven Brown, MD, director of the University of Arizona College of Medicine-Phoenix Family Medicine Residency. "It's nice to hear how we can use them to our advantage, as well as what pitfalls to avoid. This gives us some clarity."

Hands-On Learning

Second-year resident Kristina Lim, MD, was back for her 4th National Conference and participated in skills workshops.

"We do this on a daily basis on the labor-and-delivery floor," she said after simulating repair of a 2nd-degree perineal laceration on a sponge. "But it's helpful to review skills in a safe and supportive environment."

Students also participated in the clinical procedures workshops, giving them experiences they don't get on a daily basis.

"It's different to put your hands on something and see how it works rather than watching others or reading about it in a textbook," said Aliah Moore, a 3rd-year student at St George's University School of Medicine, Grenada, who attended a workshop that used models to simulate vasectomies.

Packed Expo Hall

Finding the perfect fit for residency was the goal of Gabriela Elias, a 4th-year medical student from St George's. Elias, a Florida native, said she visited with programs.

Elias found the Expo Hall's more than 600 booths overwhelming at first, but the AAFP events app helped her locate programs and connect with their websites, and a new system of grouping programs by region also simplified the experience.

"Everything has been amazing," said Elias, whose highlights included a mainstage event with Jen Caudle, DO, a session for international medical graduates and a presentation about residency interviews. "I attended online 2 years ago, but nothing compares to being here in person."

Picture Perfect

Students will need to provide a recent professional headshot when they begin submitting applications in ERAS. The AAFP Foundation took the cost of photos and questions about ERAS specifications out of the equation by providing new headshots for more than 500 attendees.

"I'm applying this year, so I'll probably use this for my ERAS photo," said Jenna Kanner, a 4th-year student at the University of Maryland School of Medicine. "We also had headshots at my school, but they don't give you a ton of time or choices, so it's nice to have a 2nd option."

Mission Accomplished

The conference drew 4,815 registrants, including 1,453 students. That's an increase of nearly 400 people compared to 2022, which was the 1st in-person version of the event after 2 years of virtual meetings during the COVID-19 pandemic.

Derek Southwick, a 4th-year student at the University of Washington School of Medicine - Moscow, Idaho, did his part to boost attendance. Southwick noticed that several states had not sent student delegates to the National Congress of Student Members in recent years. As the Family Medicine Interest Group regional coordinator for the Western United States during the 2022-23 school year, Southwick reached out to state chapter executives in his region multiple times throughout the academic year and urged them to send delegates. Seventeen of the 18 chapters did.

Southwick, not to be denied, found students from the 1 remaining state on site and convinced them to participate

in the congress. Thus, the 18 states in his region (including Alaska and Hawaii) provided 30 student delegates.

"I love how educational and motivating it is to get involved in advocacy," he said. "I didn't know much about parliamentary procedure when I first got involved, but when I did experience it, I thought it was amazing."

Southwick will get to experience AAFP policymaking on a bigger stage this fall. The National Congress of Student Members elected him to serve as a student alternate delegate to the AAFP Congress of Delegates, which will be held in October 25-27, 2023 in Chicago.

"It's super exciting and humbling," Southwick said. "I saw my role as bringing the Idaho view to the Student Congress. Now I'll be bringing the student viewpoint to the Congress of Delegates."

Mentorship Matters

Aerial Petty, DO, managed 2 big accomplishments during the 3-day conference. Petty, a 3rd-year resident at New York-Presbyterian/Columbia University Medical Center, was a winner in the AAFP Foundation's Emerging Leader Institute (ELI) program, and she also was elected as a resident alternate delegate to the Congress of Delegates during the National Congress of Family Medicine Residents.

Petty's 1-year ELI project focused on integrating training related to health policy in residency curriculums. She credited her ELI mentor, former AAFP President Reid Blackwelder, MD, associate dean for graduate medical and continuing education at East Tennessee State University's Quillen College of Medicine, with her successful week.

"He gave me specific, actionable and thoughtful feedback that required me to be reflective, think outside the box and not limit myself," Petty said of Blackwelder, who also helped her make connections with others who could contribute to her project. "I got really lucky. He was so engaged and supportive throughout. He believed not only in my project, but in me. He encouraged me to run for a leadership position here."

Family Medicine Interest Group Leadership Summit

More than 80 students stuck around after the conference for the first Family Medicine Interest Group (FMIG) Leadership Summit on July 29, 2023.

Universidad Autónoma de Guadalajara School of Medicine student Ernie Rodriguez, MBA, who was elected National FMIG Coordinator during voting earlier in the day, said he hoped the new post-conference event would "inspire the next generation of family physician leaders" to establish an FMIG on their own campus or to improve the workshops and programming in an existing FMIG.

"Workshops are important," he said, "but it goes beyond didactics and clinical workshops. Innovation is needed to grow student interest in family medicine."

David Mitchell
AAFP News



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WINNING THE PEACE: MEASURING FACULTY TIME TO SUPPORT RESIDENCY REDESIGN

In June 2023, the Accreditation Council for Graduate Medical Education (ACGME) Board of Directors decided to allow flexibility by specialty with respect to requirements for residency faculty educational time. The Family Medicine Review Committee then decided to return to the standard in place before 2019: effective July 1, 2024, each core residency faculty member will have 0.6 full-time equivalent (FTE) dedicated to residency education, including both time focused on educational tasks such as recruitment, assessment, advising, faculty development, scholarship, and time in direct supervision of residents such as precepting or supervising inpatient care. The Family Medicine Review Committee also requires 1 core residency faculty member for each 4 residents and allows flexibility in the distribution of FTE across faculty.

These changes represent the culmination of 4 years of campaigning by the entire specialty of family medicine. The door is now open—and there is potentially more time available to support the need for educational and practice transformation. Now we must "win the peace"—to take advantage of this opportunity, however, we must think carefully about how to measure faculty time. What follows lays out key issues in measuring faculty time, using an explicit bottom-up consensus approach, with estimates of average times required for clinical and other tasks. We provide a long-term example from 1 institution,¹ with hopes of eliciting discussion across the specialty.

How to measure faculty time is strategically critical to academic family medicine, and perhaps uniquely difficult for residency educators. Family medicine faculty split their time across all missions and across the continuum of care; the epidemic of burnout and pandemic-associated changes have further increased the stakes and underscored the importance of transparency and fairness. Moreover, given the declining lifespan of Americans² and worsening performance of our health care system,³ the challenges of recovery from the pandemic, and the need for transformation of residency education and clinical care,⁴ robust systems for measuring and planning what faculty do with their time are critical to our future.

It is important to start with definitions: what is a work week and what does a year consist of? ABFM data and other sources suggest that practicing full-time family physicians currently work 50 to 55 hours per week.^{5,6} This number has dropped some over recent years, but seems to be a reasonable