2020 STFM CONFERENCE ON MEDICAL STUDENT EDUCATION

January 30–February 2, 2020 • Portland Marriott Downtown Waterfront • Portland, Oregon

Register by December 30, 2019 and save $75!

Search presentations and register at stfm.org/mse
ATTEND THE CONFERENCE ON MEDICAL STUDENT EDUCATION

Get the skills and tools you need to prepare your medical students to lead and prosper in a new environment of patient care. Join us in Portland and learn how your colleagues are re-imagining family medicine education. Share your medical student education wisdom, learn new skills, gain new ideas, and be inspired! And most importantly, network, meet new colleagues, and reacquaint with old friends.

The STFM Conference on Medical Student Education includes presentations on:

- Educational process and design
- Candid approaches to health equity
- The impact of effective coordinators
- Competency-based curricula and assessment
- AAMC’s Entrustable Professional Activities—the who, what, when, where, and why?
- Recruitment and retention of family physicians
- Characterization of the rock star mentor
- Technology and its effect on faculty development
- Engagement, support, and development of community faculty

Who Should Attend?

This conference is for anyone involved in the education of medical students: faculty, coordinators, students, residents, and community preceptors.

CONFERENCE ACTIVITIES

STFM Carnival Reception
Friday, January 31, 5:30–7 pm

Join your conference colleagues at this fun reception that includes interactive games and snacks, and networking, while learning more about STFM’s products and services.

Dine-Around Night
Friday, January 31, 7 pm

Gather your conference friends and colleagues for this fun dining experience. Sign-up sheets will be posted at the conference registration desk with a variety of restaurant options in downtown Portland. Participants are responsible for meal costs.

STFM Foundation Fun Run and Walk
Saturday, February 1, 6:30 am

Get some exercise, socialize, and raise funds for scholarships at the STFM Foundation Fun Run and Walk. All participants receive a t-shirt (while quantities last). A $50 donation is suggested but not required to participate.

Donations help the STFM Foundation provide scholarships to students to attend this conference. Through these and other donations, the STFM Foundation supports STFM’s priority to develop the pipeline for academic family medicine. If you would like to donate to the STFM Foundation, go to stfm.org/donate.

Special thanks to the Oregon Health & Science University for their sponsorship of this event.

The Editors: An Informal Band Jam Session
Brought to You by PRiMER
Friday, January 31, 8–10 pm

If you like live music, have secret musical talent, or enjoy improvisation, this will be a night to remember. The editors of STFM’s online journal PRiMER have created an amateur band to play favorite songs and engage in informal jam – what they lack in talent, they make up for in enthusiasm.

Listen, sing along, or join the band on stage while exploring this allegory for medical education research on a shoestring budget – where a group of people with complementary skills, improvisational attitude, and a question to answer, employ the tools at hand to pursue a goal. Similar to a “garage band” jam session, the results can be sloppy. But when the correct elements come together, something beautiful can emerge. This session brings together those who enjoy improvisation either in music or in research. If you want to jam, no need to bring an instrument – just bring enthusiasm.
OUR CONFERENCE HOST CITY

Whether you call it the City of Roses, Beervana, Bridge Town, P-Town, Rip Town, or Stump Town… Portland welcomes you!

Come early and stay late, as Portland provides limitless recreation, fabulous food, craft beer, and a flourishing culture. With no sales tax, Portland is a haven for shoppers. The nearby Pearl District is home to galleries, boutiques, chic restaurants and the legendary Powell’s City of Books. An award-winning airport, efficient light rail system and pedestrian-friendly city blocks in the central city make getting around town a real pleasure.

To help plan your visit, check out Portland’s calendar of events at calendar.travelportland.com. View the 2019 Travel Portland magazine at: isuu.com/travelportland/docs/tp_2018_pdf_lowrez-singles

OPTIONAL EVENING ACTIVITIES

Punch Bowl Social (PBS)
Saturday, February 1
punchbowlsocial.com/location/portland

Situated downtown by the waterfront (a half mile from the conference hotel), PBS Portland, the largest PBS to date, is a great place to enjoy fine cocktails, scratch-to-craft foods, and entertainment. Enjoy games like bowling, ping pong, darts, marbles, shuffleboard, 80’s style arcade, and private karaoke. Costs vary based on games played; pre-registration is not required.

Creo Chocolate Make and Take-a-Bar Tour
Saturday, February 1, 6–8 pm
creochocolate.com

Take a unique peek behind the scenes of one of Portland’s very own award-winning chocolate makers. This popular 1-hour tour with a professional chocolate maker will teach participants about the origin of chocolate, the creation of Creo’s chocolate, and techniques to design their own chocolate bar to take home. $20/person

Portland Spirit Cruises
Saturday, February 1, 6–8 pm

Take a dinner cruise on the Willamette River, a vibrant setting enhanced by dazzling sights, for an evening filled with festive entertainment and locally sourced, freshly prepared cuisine. $73/person with promo code: CRUISESTFM; Register in advance at the website address noted above.

· Enjoy a 2.5-hour yacht cruise from downtown Portland.
· Cruise under the famous Portland bridges.
· View the historic Milwaukie Waterfront.
· Savor a freshly prepared 3-course dinner, including bread, salad, choice of entree, and dessert.
· Relax to live piano music.
· Listen to historical narration available on outer decks
· Access all three yacht decks, as well as captain’s wheelhouse.

Escape Games PDX
Saturday, February 1, 6–8 pm
escapegamespdx.com

Can you escape? Challenge friends and colleagues with this exciting and challenging interactive escape game. Work together to find the clues, crack the code, and solve the puzzle in 60 minutes to win! $32/person; Register in advance at the website address noted above.
Preconference Activities:

Thursday, January 30

11:30 am—5:30 pm  Conference Registration With Welcome Center

Preconference Workshops (Additional fees may apply; preregistration required; see page 5)

Noon—5 pm  PR1: Buprenorphine Waiver Training and Workshop on How to Train Our Way Out of the Opioid Epidemic

1—5 pm  
PR2: Are You Getting Ready for Promotion and/or Tenure? You Should! Here Are the Best Approaches.

PR3: Point-of-Care Ultrasound Curriculum: A Complete Program From Gel to Probe to Integration and Maintenance Made Simple

PR4: Cooking Up Changes in Medical Student Education: A Primer in Creating and Implementing a Culinary Medicine Class

PR5: AAFP Workshop for Family Medicine Student Organization Faculty and Staff Advisors

Friday, January 31

7 am—7 pm  Conference Registration

7:15—8:15 am  Collaborative Business Meetings (open to all attendees)
- STFM Medical Student Education Collaborative
- STFM Medical Student Education Academic Coordinators and Administrators

7:15—8:15 am  Scholarly Topic Roundtable Discussions With Healthy Start Breakfast

8:20—8:30 am  Conference Welcome From STFM Leaders
Amanda Kost, MD, Conference Chair
Frederick Chen, MD, MPH, STFM President

8:40—9:30 am  Opening General Session
Achieving Health Equity Through Medical Education
Joedrecka Brown Speights, MD, Florida State University College of Medicine, Tallahassee, FL

9:30—10:20 am  Refreshment Break With Poster Presentations (dedicated time)

10:30—11:30 am  Concurrent Educational Sessions
**SCHEDULE-at-a-GLANCE**

**Friday, January 31**

11:45 am—1 pm  Luncheon With Student Scholar Recognition and MSEDIP Fellows’ Graduation

1:15—2:15 pm  Concurrent Educational Sessions

2:30—3:30 pm  Concurrent Educational Sessions

3:30—4 pm  Refreshment Break With Conference Partners

4—5:30 pm  Concurrent Educational Sessions

5:30—7 pm  STFM Carnival Reception

7 pm  Dine-Around Night

**Saturday, February 1**

12:45—1:45 pm  Concurrent Educational Sessions

1:45—2 pm  Transition Break

2—3 pm  Concurrent Educational Sessions

3—3:30 pm  Refreshment Break With Conference Partners

3:30—5 pm  Concurrent Educational Sessions

8—10 pm  The Editors: An Informal Band Jam Session Brought to You by PRiMER see page 1

Evening  Optional Activities see page 2

**Sunday, February 2**

7:30—9:30 am  Conference Registration

7:30—8:15 am  Networking and STFM Collaboratives’ Discussions With Healthy Start Breakfast

8:30—9:30 am  Closing General Session Equity for Addiction Starts With Students Rebecca Cantone, MD, Oregon Health & Science University, Portland, OR

9:30 am  Conference Adjourns

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**Saturday, February 1**

6:30 am  STFM Fun Run & Walk

Special thanks to the Oregon Health & Science University for their sponsorship of this event.

6:30—7:15 am  Yoga 101: A Rejuvenating Way to Begin Your Day

7 am—5 pm  Conference Registration

7:30—8:30 am  Scholarly Topic Roundtable Discussions With Healthy Start Breakfast

2020 Student Scholars Networking Tables

8:35—9:30 am  General Session Teaching Implicit Bias in Medical Student Education Danielle Jones, MPH, American Academy of Family Physicians, Leawood, KS

9:30—10:20 am  Refreshment Break With Poster Presentations and Conference Partners

10:30—11:30 am  Concurrent Educational Sessions

11:30am—12:30 pm  Lunch on Your Own Optional STFM Collaborative Meetings
THURSDAY, JANUARY 30 Preconference Workshops:

Noon–5 pm

PR1: Buprenorphine Waiver Training and Workshop on How to Train Our Way Out of the Opioid Epidemic
John Hayes, DO; Bryan Johnston, MD; Karen Hulbert, MD

We are in the midst of a national epidemic of opioid use disorder. Medication Assisted Treatment with Buprenorphine is the safest and most effective treatment for this devastating chronic disease. Unfortunately, fewer than 7% of US physicians are waivered to prescribe Buprenorphine. There is a national shortage of providers willing and able to care for these patients. WE can change that. Primary care teaching physicians can learn this skill, bring this knowledge back to their institutions, and we can begin to train our way out of this epidemic.

At the beginning of this session, “half and half” Buprenorphine waiver training will be provided, sponsored by the American Academy of Addiction Psychiatry. After the session, attendees will need to complete an additional 4 hours of online training (via reviewing slides and completing a 20-question test). Attending physicians, residents, and students are all welcome to attend. The waiver training can take place at any point of a clinicians’ training.

For the final 60-90 minutes of the session, the group will address the opioid epidemic. An interactive discussion on how to incorporate medication assisted treatment into the training of medical students, residents, and practicing physicians will be held. Presenters will provide an overview of how various academic institutions across the county are addressing the epidemic. Presenters will share how they have promoted addiction training in their clinical environments.

Learning Objectives
After the session, participants should be able to:
1. Apply for and receive their DEA-X waiver to prescribe Buprenorphine
2. Effectively treat patients with opioid use disorder, helping prevent opioid overdose and the medical/social consequences of drug use
3. Discuss strategies to implement medical student, resident, and faculty training to address the opioid epidemic

Additional Fee: $195; includes CME, on-site training materials, light refreshments

1–5 pm

PR2: Are You Getting Ready For Promotion and/or Tenure? You Should! Here Are the Best Approaches
Magdalena Pasarica, MD, PhD; Members of the STFM Medical Student Education Collaborative

Promotion and tenure is a crucial step in the career of those in academic medicine. Early career faculty have little to no experience with the promotion and tenure process and rely on the experience and guidance of others to have the best chance of promotion and/or tenure. Mid-career faculty are likely to have experienced promotion and/or tenure prior and recognized the difficulties in achieving such as the process tends to be both time and labor intensive, but still need advising for reaching the highest level of promotion. Although each institution has their own unique process for promotion and tenure, all generally require the creation of a Curriculum Vitae (CV) in the home institution's format, portfolio of achievements (clinical, educational, research and service), Personal Statement, and external reviewers. This is a hands-on session.
This workshop will provide personalized feedback to components of participants’ promotion and tenure portfolios (for those in the application process) and give practical tips (for those who are not ready to apply yet) in order to optimize chances of promotion and advance careers in academic medicine. Participants looking for one-on-one feedback on their documents will send their promotion and tenure document drafts in advance to the organizers. Participants will have the opportunity to create a coaching network with experts in the family medicine academic field.

**Learning Objectives**

After the session, participants should be able to:

1. Identify an actionable step in a personal promotion and/or tenure plan
2. Start building a deliverable list of achievement and impact for promotion and/or tenure at their institution
3. Conduct a critical review of their own CV for promotion and/or tenure purposes
4. Conduct a critical review of own personal statement for promotion and tenure
5. Apprise and select optimal external reviewers for promotion and tenure purposes

*Additional Fee: $195; includes CME, on-site training materials, light refreshments*

**1–5 pm**

**PR3: Point-of-Care Ultrasound Curriculum: A Complete Program From Gel to Probe to Integration and Maintenance Made Simple**

James Daniels, MD; Erica Miller-Spears, MS, PA-C, ATC, RMSK; Johnny Tenegra, MD, MSc; Rachel Rahman, MD; Dae Hyoun Jeong, MD; William Dixon; Dwaipayan Choudhury, MD

This workshop is for faculty responsible for implementing their program’s point of care ultrasound (POCUS) curriculum. It will focus on faculty training, implementing, and maintaining POCUS curriculum. The program is based on 4 years of POCUS implementation in our four residency sites and one physician assistant training site. Our department has trained the majority of our 50 clinical faculty, edited two medical textbooks, written about 20 book chapters, and partnered with the National Procedure Institute to develop an intensive one-day course for family physicians and physician assistants on this subject. This workshop will review literature on POCUS curriculum and outline our experience on subjects such as faculty buy in, equipment, billing, and teaching tips. Advanced ultrasound scanning skills are not prerequisite for this course. The workshop’s structure will be small group discussion focusing on designing and implementing a curriculum in the morning, and focus on the “Seven Scans Every Primary Healthcare Provider Should Know” and review teaching techniques in the afternoon. Participants may start their certification process. Resource list and teaching posters will be provided.

**Learning Objectives**

After the session, participants should be able to:

1. Describe three things that are required to implement and maintain a POCUS curriculum
2. Develop a POCUS core curriculum (or outline) specifically for primary care providers
3. Demonstrate the following POCUS “Teaching Tips”: (a) Demonstrate how to use the two main settings for POCUS (b) Demonstrate various grips of the probe and describe how and when to use them, and (c) Describe the three main skills that have to be “mastered” to become a competent scanner

*Additional Fee: $195; includes CME, on-site training materials, light refreshments*

**Session descriptions will also be available in the conference mobile app. and online at stfm.org/mse**
THURSDAY, JANUARY 30 Preconference Workshops cont:

1–5 pm

PR4: Cooking Up Changes in Medical Student Education: A Primer in Creating and Implementing a Culinary Medicine Class
Caroline Jolley, BA; Madison Egan, BS, RD; Brian Frank, MD

Use of culinary medicine, the combination of cooking and food preparation techniques with evidence-based nutrition concepts, for medical student education has become popularized across multiple medical schools in the United States and worldwide. Educational techniques in the teaching kitchen environment have been developed on a case-by-case basis by individual undergraduate and graduate level medical education and healthcare professional programs. We created a series of culinary medicine classes for medical students at Oregon Health and Science University, focused on teaching healthy patterns of eating, general nutrition concepts, and accessible food preparation techniques. This workshop will review the process we used to create our class lesson plans, strategies for innovative use of learning spaces and equipment, and lessons learned in our culinary medicine curriculum design experience. Attendees will participate in hands-on cooking activities, with the purpose of gaining exposure to the culinary medicine experience from the perspective of a learner. The workshop aims to prepare participants to develop and implement culinary medicine learning activities at their home institutions.

Learning Objectives
- After the session...
1. Explain the benefits of culinary medicine as an educational technique for clinical nutrition
2. Describe a culinary medicine curricula and programs currently in use at OHSU
3. Engage in hands-on cooking and food preparation activities representative of culinary medicine curriculum lesson plans
4. Identify strategies for developing a culinary medicine class at participants’ home institutions

Additional Fee: $195; includes CME, on-site training materials, light refreshments

1–5 pm

PR5: AAFP Workshop for Family Medicine Student Organization Faculty and Staff Advisors
Ashley Bentley

Family Medicine Interest Group and American College of Osteopathic Family Physician student chapter faculty advisors have both the opportunity and the calling to build and support medical student awareness, understanding, and commitment to family medicine at their institutions with the end goal of contributing to a more robust family medicine workforce. This goes far beyond simply helping a group of students reserve a conference room for a lunch lecture; it’s about giving students the opportunity to follow their passion for primary care and spread it among their peers in a meaningful way, engaging students in reform, giving them crucial experiences that their curriculum leaves behind, and ultimately leading more of them to find their fit in family medicine.

Learning Objectives
- After the session...
1. Leverage new leadership skills to identify and harness shared goals with partners inside and outside the institution to design new initiatives to increase student choice of family medicine
2. Develop a goal-oriented workplan for your family medicine student organization that connects the initiatives at your institution to larger medical school and primary care workforce goals and builds on best practices learned from peers, current research on student choice and student organization impact, tools and resources provided by the AAFP and others, and unique opportunities at your institution or within your community,
3. Activate a network of peers and stakeholders, including the national FMIG Network and the AAFP Medical Education Division, to advise, problem-solve, and support your FMIG efforts

Additional Fee: None; This workshop is sponsored by the AAFP.
Achieving health equity through medical education presents a tremendous opportunity for academia to impact the barriers to health and improve the health of all. Health is not merely the absence of disease, but the opportunity to be well physically, mentally, emotionally, spiritually, and financially in an environment free of pollution, toxic stress, food insecurity, and the consequences of discrimination, racism, and poverty. While some individuals have the opportunity to live their healthiest life, others suffer preventable and unjust differences in health outcomes. Family physicians are the cornerstone of providing primary care to all that is preventive, holistic, culturally responsive, and patient-centered care across the life course. Family medicine educators are particularly well situated to address the health needs of populations, impact the health care workforce, engage community, and attend to personal health and wellness. Family physicians and future physicians are well positioned to eliminate health disparities through awareness and action, curricular design and implementation, scholarship and innovation, and community engagement.

This session will share a message of hope and lend an opportunity for participants to explore some of these examples and discuss strategies as to how they can contribute individually, and as a part of systems to attain health equity. Health equity can be achieved in our lifetimes if we are intentional, value all people, rectify injustices, monitor progress, learn from exemplars, work collaboratively across disciplines, and model methods to address health inequities for our students.

The academic medical community recognizes that to limit the impact of implicit bias, medical education and training must develop approaches that are rooted in both theory and research to produce change in students’ and residents’ knowledge, behaviors, and practice. This training is especially significant for primary care specialties such as family medicine, as family physicians provide a greater volume of care for populations most likely to be vulnerable to implicit biases based on race/ethnicity, gender, sexual orientation, etc. Evidence describing implicit bias education interventions draws primarily from the fields of medical sociology and social psychology, fields where most clinical faculty may have little to no experience. As a result, many implicit bias training programs focus solely on raising participants awareness of their implicit biases without providing the skills needed to take action. While this strategy may provide motivation, it is insufficient in reducing implicit bias.

This session presents an evidence-based framework for delivering effective implicit bias training that increases physicians’ skills in mitigating bias. Participants will learn how to facilitate training activities such as creating safe and inclusive learning environments, identifying privilege and the social perspective of marginalized populations, and the collection of counter stereotypical information in the clinical encounter.

Identify Sessions Relevant to You

The conference steering committee has identified sessions relevant to:

- Students (STU)
- New Faculty (NFAC)
- Medical Student Education Academic Coordinators (COORD)

Use the Track code to search online (stfm.org/mse) or in the mobile app to build your personalized conference schedule.
Although the opioid crisis in the United States has started to show improvement, treatment of all addictions needs to continue to improve. Primary care providers can provide a pivotal role in decreasing hospitalizations, overdose deaths, and health care utilization by offering resources to patients who are ready or willing to engage in their recovery. However, many practicing physicians lack the training on the medications and treatment approaches, making assisting this population particularly challenging. We therefore need to educate our future providers and give them experiences to interact with these patients and also help train people already in practice on these successful treatment approaches.

Medical students may feel unprepared to provide addiction care or daunted by the task and failures in the media. Specific training and experiences may make substance use disorders less mystifying if learners knew what options existed to help their patients in concrete ways. We need to destigmatize addictions and enable our medical workforce to become comfortable with the trauma informed care, harm reduction, and evidence-based approaches to improve care of this vulnerable population. Classroom learning remains important, and real-world experience with stories directly from patients may help influence the likelihood of future family physicians to provide compassionate and quality care to improve health care equity for patients with substance use disorders.
Hotel Fitness Facilities and Amenities
The hotel’s fitness facilities are complimentary to hotel guests and are available 24 hours/day with a guest room key.

Air Travel
The Portland Marriott Downtown Waterfront is approximately 10 miles from the Portland International Airport. For assistance in making your airline reservations for the conference, call Reward House, Inc., at (877).353.6690 or (816).295.3131. Email questions or travel preferences to jhilburn@rewardhouseinc.com. Office hours are 8:30 am-5 pm cst, Monday-Friday.

Ground Transportation
Marriott does not provide airport shuttle service from/to the airport. Transportation options include:

- Portland Airport Shuttle Service: portlandride.com
- Super Shuttle: supershuttle.com/locations/portland-pdx
- Light Rail: travelportland.com/article/max-light-rail
- Uber, Lyft, and Taxi: Services are available outside the baggage claim areas. Fares will vary based on time and traffic. Please confirm all fares before hiring.

Child Care Services
Contact the hotel concierge at (503).226.7600 for a complete list of bonded and licensed services.

Continuing Medical Education
Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending. Complete CME information will be available online at stfm.org/mse in December. For other credit, STFM will assist individuals by providing information needed to the extent possible.

STFM Collaborative Meetings
If you are the chair of an STFM Collaborative and would like to meet at one of the designated times during the conference, contact Ray Rosetta, STFM Director of Conferences, at rosetta@stfm.org by January 1, 2020.

Photo and Video Permission
We will be taking photos and video throughout this conference. By attending the conference, attendees authorize STFM to use images taken at the conference in any electronic or printed communications by STFM for any advertising and promotional purposes. Attendees agree to release STFM and their employees, agents, and designers from liability for any violation of any personal or proprietary right in connection with such use.

Conference Refund Policies
**On or Before December 30, 2019**
If a registrant determines they cannot attend a conference for personal or work reasons, requests for refunds must be received in writing by STFM to receive a 50% registration fee refund.

**After December 30, 2019**
If a registrant is unable to attend the conference due to weather, medical, or life emergencies occurring at the time of the conference, they may be eligible for a 50% refund, as defined below:

- **Weather**: If registrant is unable to attend because of a weather emergency due to cancellations by airline or airport, registrant must show that they attempted to re-schedule their travel arrangements but could not get to the conference during the official conference dates. In the event of such cancellation request by a conference registrant, the registrant must provide STFM with official documentation to support their request.

- **Medical, death or life-threatening illness pertaining to attendee, spouse, parent, child, grandparent, brother, sister**: No refunds will be issued later than 1 week after the conference.

In the unlikely and extreme event that STFM is forced to cancel a conference, STFM is not responsible for fees or penalties that conference registrants may incur for non-refundable airline tickets or hotel deposits.

Thanks and Recognition
STFM extends their gratitude to this year’s Conference Steering Committee for the coordination and planning of this year’s conference, as well as the Medical Student Education Committee and members of the Medical Student Education Collaborative for assisting with submission reviews and for serving as poster judges at the conference.

2020 Conference Planning Committee
Amanda Kost, MD, Conference Chair
University of Washington, School of Medicine
Kristen Hood Watson, MD, Conference Cochair
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Bonnie Jortberg, PhD, Chair, STFM Medical Student Education Committee
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University of Mississippi Medical Center – Family Medicine

Conference Partners
RHEDI/Reproductive Health Education In Family Medicine
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