



**AAFP Foundation Update
Family Medicine Leadership Consortium
August 2021**

The following report provides updates on our three signature programs: Family Medicine Cares (FMC), Family Medicine Leads (FML), Family Medicine Discovers (FMD), and as well as AAFP Foundation's awards, recognitions, and nominations for 2021.

Family Medicine Cares – Humanitarian Signature Program

Family Medicine Cares USA (FMC USA): Provides grants for durable medical equipment and instruments to new and existing free clinics.

Last year, the Foundation received an \$1M donation from The Humana Foundation to provide support to free clinics in areas of greatest need. This emergency relief grant opportunity was promoted through the FMC USA program for the purchase of durable, non-durable medical equipment and instruments, PPE, and to cover operational expenses. Because of partners like Volunteers in Medicine America, National Association of Free and Charitable Clinics, and the National Minority Quality Forum, we were able to expand our communication of this opportunity to eligible free clinics in need of support. In total FMC USA has given out 79 grants for a total of \$1,130,349 as of November 2020 (66 of these clinics received Humana grant funding totaling \$1M).

The FMC Work Group envisions this need will only continue to increase as our country struggles to provide care during and post the COVID19 pandemic. Therefore, this past May, the AAFP Foundation Board of Trustees increased the amount of FMC USA funds available each year from \$75,000 to \$150,000. This increase will allow more new and existing free clinics to continue serving patients in areas of the greatest need that otherwise would not have access to healthcare.

Following is feedback provided from one of the clinics that received additional FMC USA funds because of The Humana Foundation grant in 2020:

“Since COVID-19 hit our nation has taken note of the inequity in healthcare and we are starting to talk about how we might make things better. Thank you for being part of the change. Thank you for supporting Health For All, especially during this frightening time. We could not do it without you. Thank you for making it possible for more patients to access healthcare.

You helped patients like Angie. She is just one of the many patients we've heard from that were worried about being able to cover their medical care costs on top of all their other life expenses. Your grant made it possible for Angie to receive the necessary lab tests, medications and follow up care she needed. Patients like Angie can stay healthy and continue to support their families because of your generosity. Patients didn't have to make the tough decision between medical assistance, and other critical expenses like rent or food. You have been a lifeline for Angie and her family.” *Health for All, Bryan, Texas*



FMC Resident Service Awards (RSA) - Creates an opportunity for FM residents to fulfill a desire to address health disparities by tackling the health needs of the underserved in their local communities.

The following FMC RSA Awards were approved and awarded in May 2021 totaling \$33,000 for the following projects:

- **Drs. Arshely Fleuristal and Stefanny Santana Rivera of Community Health of South Florida**, Miami, Florida. Drs. Fleuristal and Rivera are both PGY-1(s) and the goal of their project, *“Community Health Weight Loss Initiative”*, is to foster an environment that improves patient-provider engagement and communication around healthy lifestyles, minimizing barriers by offering practical and modifiable opportunities for healthy living. This project will also provide effective resources for overall wellness through exercise and healthy nutrition. The measurable outcomes include increase in time of weekly physical activity, adherence to the diet recommendations and modifications, decrease in weight, decrease in waist circumference, decrease in blood pressure, decrease in blood glucose, and decrease in LDL.
- **Dr. Rachelle Dulan** is a PGY-2 with **Grandview Family Medicine Residency** in Dayton, Ohio. Dr. Dulan’s project, *“Food is My Medicine (Eating right to Fix What’s Wrong)”*, will be conducted at the Gem City Market in her hometown of Dayton, Ohio. Gem City Market is an up-and-coming community-owned grocery store established to address Dayton’s longstanding issues of food insecurity. When Dr. Dulan discovered that there was only one major grocery store in her community for a population of over 68,000 underserved minority citizens, she went on a mission to encourage her patients to eat a healthy diet to combat their chronic disease. She states that, “While this project will run over the course of one year, the Gem City Market is in the community of Dayton to stay.” It is the goal of the project to introduce the community to the concepts of healthy eating to foster an environment of improving health. In the short term, Dr. Dulan hopes to see weight loss, decrease in BMI, and a decrease in insulin use and fasting glucose. She also hopes to see an increase in food literacy, as well as acceptance and proficiency in disease management through diet.

After this funding cycle, FMC RSA has awarded a total of \$247,500 to 25 first or second-year residents.

On July 29, the 2020-2021 FMC RSA awardees, Drs. Rebecca Rada and Mindy Guo, and Dr. L. Latéy Bradford, will present at the AAFP National Conference their community projects completed in June 2021 titled, *“Patient Centered Addiction Treatment: Leveraging Accessibility and Inclusion to Improve Medication for Addiction Treatment (MAT)”* and *“Queens Court: A Postpartum Education and Support Group Designed to Empower and Facilitate Wellness in Women of Color”*, respectively.

A 2019-2020 awardee shared this about what she thought was the strength of the program:

“This project helped me identify my love for working out in the community, and personally was able to identify my passions for adolescent/ reproductive health. It allowed me to develop an academic medicine interest and to identify innovative interventions for increasing health access in communities of need. I applied for a Community Medicine Fellowship and just began the



fellowship one month ago. I always talk about the AAFP Foundation grant to all my co-fellows and encourage many residents to apply for the same. Thank you to the Foundation and our donors!”

Family Medicine Discovers (FMD) – Scientific Signature Program

FMD Rapid Cycle Scientific Discovery and Innovation (RapSDI):

Program Description: Family Medicine Discovers Rapid Cycle Scientific Discovery and Innovation (FMD RapSDI) launched in January 2019. FMD RapSDI is a collaboration between the AAFP Foundation and the AAFP National Research Network (AAFP NRN) that seeks to build research capacity for scientific discovery and innovation in family medicine by funding practicing family physicians to generate new evidence and innovative models for “what works” in real-world primary care settings.

This program seeks to attract and support practicing family physicians who are inexperienced researchers but interested in contributing to the knowledge base of family medicine. Unlike most research programs, this program does not require prior research experience and is not intended to be a stepping off point for those interested in a research career. The hope is that applicants who are not selected as FMD RapSDI Scholars also benefit from feedback and mentorship that could advance their ideas into fundable projects in the future.

The infrastructure allows AAFP members to submit ideas and questions that are relevant and responsive to AAFP and AAFP NRN members’ current priorities and interests. Questions submitted during Round One should: address scientific & clinical questions that have a high potential to advance the knowledge base of the specialty and proposed projects should be feasible to accomplish within a 12-month timeline. Physicians selected as FMD RapSDI Scholars serve as Principal Investigators for their projects while receiving support and mentorship from experienced researchers to perform project activities, conduct data analysis and disseminate results.

Work Group:

AAFP NRN and AAFP Foundation staff work in conjunction with a Work Group comprised of five representatives from family medicine organizations and five AAFP Foundation Trustees to build the FMD RapSDI program. This group continues to guide the operationalized program objectives, including metrics, processes/procedures, timelines, and marketing strategy. Scholars are ultimately selected from a two-tiered application process. The initial low-burden application (“first round”) yields four applicants (“finalists”) who advance to a second round. Finalists complete an in-depth research project application with assistance from a mentorship team comprised of AAFP NRN leadership and external content or methods experts.

Key Highlights

The inaugural FMD RapSDI Scholars have been conducting their research projects since June 1, 2020. Both Scholars will conclude their projects in 2021.

2019-2020 (“Cycle 1”) Selected Scholars

- **Scholar #1: Vijay Singh, MD, MPH, MS, FAAFP**
 - Project Title: *“Adapting Evidence-Based Male Intimate Partner Violence Perpetration Interventions for Use by Family Medicine Clinics and Patients”*

- **Scholar #2: Lauren Ciszak, MD**
 - Project Title: *“Medically Tailored Meal Kits as a Means of Decreasing ED Visits and Hospitalizations in Primary Care Patient with Chronic Disease”*

As of April 22, 2021, the second program cycle (“Cycle 2”) has concluded. The Work Group has selected and nominated two FMD RapSDI Scholars. Their respective proposals were approved for funding by the AAFP Foundation Board of Trustees. The Scholar’s projects began on 6/1/2021 and will conclude on 5/31/2022.

2020-2021 (“Cycle 2”) Selected Scholars

- **Scholar #1: Sanjay Batish MD FAAFP**
Study/Project Title: *“An Evaluation of the SaFETy Score as a Predictor of Gun Violence in Adolescent-Young Adult Patients in a Primary Care Setting”*

Abstract: Firearm injury is the leading cause of death for individuals aged 12-24. About 7800 adolescents and young adults died of firearm-related causes in 2018, and another 40,000 suffered nonfatal firearm injuries. Despite the far-reaching impacts of gun violence, there is insufficient data available to inform prevention strategies. Screening adolescent patients and counseling those at high risk is one promising strategy that family physicians could implement in their clinics to prevent firearm exposure. However, few validated clinical tools are available to help physicians understand their patients’ risk. One new tool is the SaFETy questionnaire, a 4-item scoring system designed and validated in the Flint Youth Injury studies in 2017. The SaFETy score was found to predict twenty-four-month gun violence exposure in drug-using adolescents presenting to an urban emergency room, but it has yet to be validated in primary care settings. This study aims to determine the predictive value of the SaFETy questionnaire in a more general primary care-based adolescent-young adult population. This will be a longitudinal quantitative study conducted over six months in eastern North Carolina. We anticipate screening at least 150 patients derived randomly from six participating clinics.

- **Scholar #2: Iman Majd MD, MS, L.Ac** Study/Project Title: *“Feasibility of Implementing and Evaluating Group Auricular Acupuncture (AA) for Chronic Pain Management in a Primary Care Setting”*

Abstract: Providing safe, effective, and satisfying care for chronic pain patients, is one of the greatest challenges for primary care physicians. In recent decades, use of opioids for chronic pain management has proliferated, resulting in many addictions and deaths and strained relationships between physicians and their patients. In response to this crisis, the AAFP issued a position paper emphasizing its commitment to participating in national efforts to improve chronic pain management and the Joint Commission recommended that non-pharmacological pain management options be offered to patients with chronic pain. Furthermore, the use of group visits is becoming a more popular strategy for increasing access to medical care. One non-pharmacological pain management modality, auricular acupuncture, can be easily learned and performed by physicians and has shown promising results for chronic pain management. This study will assess the feasibility of implementing and evaluating group auricular acupuncture visits in practice. Twelve patients referred by primary care providers for chronic pain management will receive auricular acupuncture (AA) during 8 weekly group sessions.



Acupuncture needles will be inserted in one ear for 30 minutes at each session and press needles will be inserted immediately afterward in the contralateral ear and retained for 5 days. Pain severity and impact on function and quality of life will be measured prior to the first treatment and just after the final treatment. Analyses of recruitment rates, numbers of treatment sessions attended, and rates of follow-up data collection will help determine the feasibility of conducting a larger trial.

Dissemination efforts: AAFP staff and Work Group members are currently finalizing a manuscript for publication about FMD RapSDI. The focus of this manuscript is a qualitative analysis of the Round 1 applications and research questions submitted to RapSDI for Cycle 1 and Cycle 2. In total 75 Round 1 applications were analyzed by the RapSDI program staff and the findings developed into a manuscript. We expect the manuscript to be submitted to a scientific journal in early summer.

Additionally, one research poster that was presented at the 2020 North American Primary Care Research Group (NAPCRG) Annual Meeting, titled, “*What Are Family Physicians Curious About? A Qualitative Analysis of 45 Research Questions Posed for the FMD RapSDI Program*”, was awarded a 2020 NAPCRG Pearl by the NAPCRG committee. NAPCRG Pearls are chosen each year by the Community Clinician Advisory Group (CCAG) as the top research studies having the greatest impact on clinical practice as presented at the NAPCRG Annual Conference. Members of the CCAG present the Pearls at local, regional, and national venues. A special Pearl slide deck was created and provided to the committee for presenting. This poster served as the initial catalyst to the forthcoming manuscript.

Family Medicine Leads (FML) – Education Signature Program

FML Scholarships for National Conference:

The AAFP National Conference, July 29-31, 2021, is being held as a virtual conference due to the safety and health concerns of the global pandemic, COVID-19, for the second year in a row. Due to the travel-related expenses being cut, the AAFP Foundation was again able to increase the number of scholarships from 250 to 550 to help reach more students and residents, especially those who have never attended due to travel costs.

A total of 421 applications were received for the 550 scholarships available. Final attendance numbers, including scholarship recipients, will be available after the conference pending attendance verification, and evaluations from Medical Education; however, the number of students registered last year was reported at 2,293, which was a historical record for the conference.

Emerging Leader Institute (ELI):

ELI will welcome its seventh class of 30 Scholars in a virtual environment for the second consecutive time. Scholars will attend the AAFP National Conference and participate in ELI from July 29-August 1, 2021. The four-day schedule includes a panel of family physicians sharing personal leadership experiences, especially challenges faced over the last year on Thursday, workshops on Saturday, then concludes with a Project Management session on Sunday. Scholars develop and complete a project related to his or her leadership track and receive support from a family physician mentor.



The following nine resident and student scholars of the 2020 ELI cohort were selected as the Leadership Project Award recipients. They will share their leadership project work in the form of a poster viewable online at the virtual AAFP National Conference. All award recipients will participate in a video conference session to share project highlights and lessons learned.

The three Best Leadership Project Award recipients, one from each track, will attend a special AAFP opportunity related to his or her leadership track. At the virtual AAFP National Conference, the recipients will present their award-winning work in a video conference session that includes a live Q&A with participants.

Leadership projects were reviewed three times and scored using established criteria. The residents and students receiving the three highest average scores were selected from each track. The three leadership projects, using established criteria and receiving the highest average score, were selected for the “best” project award.

TRACK 1: POLICY & PUBLIC HEALTH LEADERSHIP

Resident(s):

Karen Scherr, MD, PhD (North Carolina)

Project: *“Increasing Utilization of the Diabetes Prevention Program (DPP) Through the Development of an Integrated Electronic Referral”*

Student(s):

Benjamin Kaplan* (North Carolina)

Project: *“I Know Me: Developing an Interactive Photovoice Gallery to Mitigate Bias against Complex Care Patients”*

Russyan Mabeza (California)

Project: *“Learning and Unlearning Medicine: Creating an Antiracist Medical Curriculum”*

TRACK 2: PERSONAL & PRACTICE LEADERSHIP

Resident(s):

Aisha Van Pratt Levin, MD, (California)

Project: *“Caring and Advocating for Pregnant Patients Under Customs and Border Patrol Custody in Our Labor and Delivery Units”*

Student(s):

Tiffany Tsay*, MPH, (Virginia)

Project: *“Implementing Medicare Annual Wellness Visits in Primary Care Practices”*

Amy Hoffman, (Pennsylvania)

Project: *“The UP-MAPS Collaborative: Creating Partnerships to Expand Representation in Healthcare”*

TRACK 3: PHILANTHROPIC & MISSION-DRIVEN LEADERSHIP

Residents:

Roshni Kakaiya*, DO (California)

Project: *“Addressing the Lack of Healthcare Services Utilized by Uninsured Immigrants in Palm Beach County, Florida”*



Olusunmisola Oyesiku, MD, MSc (Alabama)
Project: *"Selma Adolescent Healthcare Needs Survey"*

Ryan Walker, MD, MPH (Massachusetts)
Project: *"Developing a Multidisciplinary Weight Management Clinic at a Family Medicine Residency"*

*Best Leadership Project Award recipients

BACKGROUND: Family Medicine Leads focuses on the future of the Family Medicine specialty by supporting efforts to fill the workforce pipeline with the best and the brightest as well as developing more and better trained Family Medicine leaders through attendance at the AAFP National Conference of Family Medicine Residents and Medical Students and participation at the Emerging Leader Institute.

AAFP Foundation Awards, Recognitions and Nominations

The AAFP Foundation is pleased to announce the following awards and recognitions:

The 2021 Outstanding Program Award winner is the **California Academy of Family Physicians Foundation** to receive the 2021 Outstanding Program Award for the program titled, "Family Medicine Chief Residents Workshop."

Dr. Jason and Mrs. Kirsten Marker for 2021 Philanthropists of the Year.

Both the California Academy of Family Physicians Foundation and Dr. Jason and Mrs. Kirsten Marker will be recognized at the AAFP Foundation's Donor Recognition Virtual Event during the AAFP virtual FMX (Date/Time TBD). Stay tuned to the Foundation for a Save the Date in the next few weeks.