



FAMILY MEDICINE interest group

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

Words from an MS4...

Rob Fineberg: Why Did You Choose Family Medicine?

"Being 43, I have lived a lot of life prior to entering medical school. I have worked on Wall Street putting together asset-backed securities (yes, those asset-backed securities), I have worked as a financial analyst and senior vice president in financial companies in CO, I have raced bicycles and triathlons, and have enjoyed a lot of what the mountains of CO have to offer while sharing this with my wife and three children. With everything that I've done, I have always regretted one thing: not becoming a doctor: a dream I've had since my ninth-grade biology class. We all go through life with regrets in life and that is just part of living, however for me it got to the point where I was no longer willing to endure this one, and so with the amazing support of my wife, I enrolled in medical school. In almost every aspect of life, prevention is easier than cure. This is true for vehicle maintenance, personal relationships and certainly health. The highest value healthcare is by far in primary care – keeping patients out of the hospital as much as possible and returning them to functional health once they have been discharged. It reduces the healthcare cost burden of both the individual and society and has the intrinsic value of helping patients feel as good as possible and maintaining their productivity. This is where my passion lies. Throughout my medical education, I have been drawn to almost every aspect of medicine: surgery, psychiatry, women's health, adult and child care. I have enjoyed practicing both in and out of the hospital. One of the best shifts I worked was one where I was able to take care of a well-child, an adult with concerns of fatigue, a woman who was in for pre-natal care and a transgender patient in transition. It was then when I realized that I wanted to be a family physician. I want to be able take care of anyone who walks through my door: to teach them and be there for what might be a life-changing event in their lives. When I started med-school, I wanted to be a pediatrician. I felt working with kids who were sick mostly through no fault of their own was where I would be happiest – not working with the obese, smokers who of course have diabetes and emphysema because they "did it to themselves." I quickly realized that those patients have stories like we all do and have reasons for why they are struggling with addictions and poor health literacy. I am excited to learn those stories, the roots of their healthcare problems and helping them navigate their ways to better health. I still have a passion for working with kids, but I have a new-found one for working with their parents and grandparents as well."





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UPCOMING EVENTS

December 11: ACOG Skills Night

ACOG (the American Congress of OBGYNs) puts on a Skills Night every year at St Joseph's Hospital. It's a unique opportunity to learn different skills useful to a career in OB/Gyn (or any procedural specialty, really). It will be from **6:30-8:30pm at St. Joseph Hospital, 1375 E 19th Ave, Denver, CO 80218**. Pizza will be provided. There will be 5 skills stations: Nexplanon/IUD insertion, Suturing/Knot tying, Laparoscopic simulator, Vaginal Delivery, and Cesarean Delivery. Arrive at the main entrance of Saint Joseph Hospital and park in the parking garage that is next to the entrance to the Emergency Room. Then come to the main entrance of the hospital and I will have someone there to direct you to the skills lab. You need a badge to get to the skills lab. [Click here to sign up](#). Please note we are only accepting medical students this year due to demand. Please spread the word about this event to whomever may be interested!

December 13: FMIG Winter Mixer, 5:30-8pm

Interested in meeting other medical students interested in family medicine from CU or RVU? Want to network with family medicine residents, residency directors, and faculty? Come join us for the FMIG Winter Mixer sponsored by the CAFP at Cheluna Brewing Co. located in the Stanley Marketplace on **December 13th from 5:30-8p!** Dinner and one free drink ticket will be provided to the first 50 people who RSVP. RSVP Form [Link](#)

CLINICAL OPPORTUNITIES

Lowry Clinic Shadowing

This is an opportunity for students to get additional exposure to seeing family medicine in an underserved primary care clinic with a unique population. No set time commitment, you are welcome to come for just a session to see what it's like or come more regularly. The Lowry Family Health Center is a Denver Health clinic with a population of >50% immigrants and refugees from all over the world. Please contact Alec Kerins (alec.kerins@ucdenver.edu) if you are interested in spending time with a provider at the clinic!



We Need Your Feedback!

Please fill out the following survey to improve the Foundations of Doctoring experience in family medicine. Let us know what aspects of preceptoring you enjoy, are most helpful, and any areas of improvement. Thanks! Fill out the survey [here](#).

NETWORKING

Family Medicine Resident Mentoring Program

For students interested in resident and/or faculty mentors, this is an informal program with the hope of being mutually beneficial to all parties involved. The goal is to help med students have a better understanding of family physicians and to help students succeed whether they decide family medicine is the right specialty for them or not.

We ask that mentors and mentees meet at least once a semester. Please fill out the quick form below so that we can best pair you with a good fit. [If you are interested, sign up here.](#)

For more information, questions, or concerns, please contact [Cleveland Piggott, MD.](#)



Students are offered a free membership, which lasts until graduation from medical school. As an AAFP member, you have access to valuable benefits and resources to support you throughout your medical school journey. Benefit from:

- Access to AAFP's award-winning journal, American Family Physician.
- Access to the online Family Medicine Board Review questions and answers.
- Connect with other medical students, residents and family physicians through your chapter.
- Leadership opportunities.
- Join a member interest group to connect with other AAFP members both online and in person who share your professional interests.

[Sign up today!](#)

[Medical Student Price](#)

Alliance Survey



The **Medical Student Pride Alliance (MSPA)** is a budding national advocacy group for LGBTQ-identifying medical trainees. MSPA is administering a really important **survey**, with guidance from the AAMC. **Surveys** are usually boring and people ignore them, but this one is important and

here's why:

-National protections for LGBTQ+ people are **limited at best**, especially in light of the recent **HHS memo reports**. Together, the students leading MSPA and the AAMC will be using the data collected via this survey to make a case for increasing protections for LGBTQ-identifying medical trainees – especially in medical school/residency applications and on the wards – with a focus on intersectionality and allyship.

-MSPA has a rapidly-growing student body and faculty support system and has already organized on the national level

-The **survey** will take less than 5 minutes of your time - for real! (Their survey tracks response time, and average is at around 4 min 43 seconds right now).

*So in sum - take this **survey**! Right now, University of Colorado has 0 responses, and it'd be great to have our school be represented!*

ARTICLE OF THE MONTH



FPs Are Answer to Rural Maternity Care Crisis

I have been blessed with practicing obstetrics in my community for nearly 25 years and have experienced the joy of watching the babies I delivered grow into adults, a privilege granted only to parents and family physicians. I have also helped...

[Read more](#)

www.aafp.org

As always, feel free to check out our website with information from this newsletter and more at: <https://fmigcu.wordpress.com/>

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 Department of
Family Medicine