

September  
19-21

# 2024 FMEC Annual Meeting

## Wrap Up Report

Philadelphia,  
PA

*Please enjoy this short wrap-up of the 2024 meeting!*

### Philadelphia: A fitting place for FMEC and family physicians

For the 40th year, from September 19-21, 2024, family physicians, residents, medical students and their supporters from the northeast U.S. gathered for an exciting Annual Meeting. The event kicked off on Thursday with preconferences and special events. Workshops, seminars, plenaries and more filled Friday and Saturday, with each night capped off by a busy Residency Fair. FMEC was excited to be Philadelphia, a leader in medical education since the 1700s. About 1 out of every 6 U.S. doctors has received training in Philadelphia, thanks to the many excellent medical institutions.

#### **We've got HEART! We've got GRIT! We are FAMILY MEDICINE!**

The Host Committee chose this theme for the 2024 Annual Meeting to reflect the passion we have for the specialty and the love we have for our communities, and the perseverance and grit we show in the face of burnout and psychological stress. As said by Dr. Leon McCrea, FMEC 2022-2024 President: "Family Medicine is more than a specialty; it's a calling that demands compassion, resilience, and an unwavering commitment to our patients and communities. We are the backbone of healthcare, and together, we are driving the future of medicine forward."



The FMEC knew this would be a big meeting back in February, when we reviewed about 480 program submissions, which was 150 more than in 2023. More than other organizations, the FMEC is committed to helping you share your expertise and present, so we accepted over 90% of those submissions. The meeting squeezed nearly 450 individual sessions and posters into 3 days.

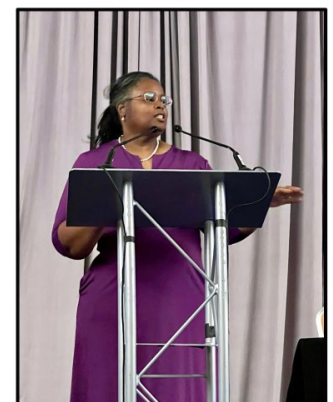
The meeting set new records for attendance. The FMEC was pleased to welcome over 1,200 people to the meeting, including 367 medical students, 309 residents, 529 faculty and other post-training professionals, 47 exhibitors representing 28 companies, and 8 staff and volunteers. The Residency Fair also set a record, with 102 booths registered

### Plenaries challenge and inspire

As usual, FMEC plenary speakers inspired medical students and encouraged faculty and residents by showing the incredible range of what family physicians do and capturing the compassion and fortitude that make family physicians so special.

On Friday afternoon, **Margot L. Savoy, MD, MPH, FAAFP** of the American Academy of Family Physicians presented "The Value Proposition for Physician Wellness in Family Medicine." Through compelling data on primary care and the story of Fred the dung beetle, she encouraged family physicians to share their stories to drive change.

"Family Physicians are the foundation of our health ecosystem. We cannot afford to live in a world without Family Physicians so protecting their health and well-being isn't negotiable. - *Dr. Savoy*



Margot Savoy, MD

*Continued*

On Friday evening, **Jim Zervanos** shared his compelling story of cancer and what healthcare providers can learn from his experience in his talk, “Five Lessons From a Patient on Matters of Life and Death.” Jim is the author of the memoir, *That Time I Got Cancer: A Love Story*, and son of Dr. Nik Zervanos, an FMEC founder.



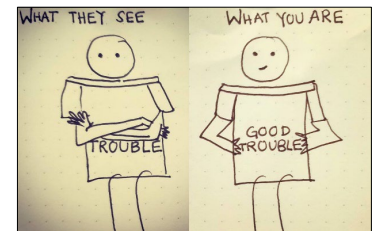
Jim Zervanos

On Saturday afternoon, **Anita Ravi, MD, MPH, FFAFP** shared her stick figure drawings and how she followed her passion and unique interests to help survivors of gender-based violence in her talk, “The Art of ‘Unlearning’ to Advance Health Equity: The PurpLE Health Story.”

Dr. Ravi was a 2016 recipient of the FMEC’s Emerging Leader Award, and we were thrilled to welcome her Back to the FMEC meeting.



Anita Ravi, MD



## Scholarship program named for Dr. Zervanos

Incoming President Dr. Pam Vnenchak announced that the FMEC’s student scholarship program – which has brought nearly 8,000 medical students to FMEC meetings over the last 20 years – would be named the Nik Zervanos Student Scholarship Program, in honor of FMEC founder, Dr. Nikitas Zervanos.



Dr. Zervanos, founder and long-time director of the Family Practice Residency Program at Penn Medicine Lancaster General Health, has been instrumental in introducing students to family medicine. In 1992, Dr. Zervanos singlehandedly found a funding source to pay for the expense of bringing dozens of students to the FMEC Annual Meeting. That meeting, known as “The Happening in Lancaster,” started FMEC on the path it follows today. Thousands of medical students have chosen the specialty due to their exposure at the FMEC meetings.

Please help continue the great work started by Dr. Zervanos and contribute to the Nik Zervanos, MD, Student Scholarship program by visiting <https://www.fmec.net/medical-student-scholarships-campaign>.

**DONATE TODAY**



**CONGRATULATIONS to the 2024 poster presentation winners!**

**First Place** - *Implementation of Clinical Decision Support to Appropriately Screen Patients At Risk for Chronic Kidney Disease (CKD)*, Aimee Smith DO, Charissa Lewis MD, Arjun Patel MD, Sarah Nosal MD, Yulia Veras BA, Institute for Family Health, Mid-Hudson Family Medicine Residency

**Second Place** - *Sins of the Past Meeting the Measure for Statin Use*, Kyle Yuen DO, Mary Rose Puthiyamadam MD, Esteban Martinez-Villa BS, Zucker School of Medicine at Hofstra/Northwell at Phelps Hospital Program

**Third Place** - *Tie - Implementing Communication Coaching Curriculum with Family Medicine Residents*, Amanda Jones PsyD, MBA, Jefferson Health

**Third Place** - *Tie - In the Gray Area*, Demitria Sawelson MD, Janet Cruz MD, Temple University Hospital Northwest Community Family Medicine Residency Program

**CONGRATULATIONS to the student poster winners!**

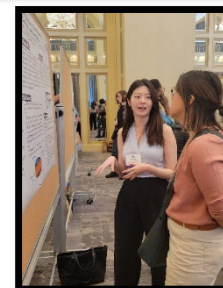
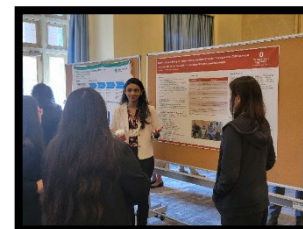
**First Place** - *Abnormally Large Submandibular Sialolithiasis*, Maria Alamir BS, Joseph (Joe) Mandato BS, Robert Bales MD, MPH, Ohio University Heritage College of Osteopathic Medicine, Cleveland Clinic Foundation

**Second Place** - *Tie - A Climate Change and Cooling-Informed Guide to City Tree Planting in Cleveland*, Trina Pal BS, Robert Brand PhD, Ashwini Sehgal MD, MPH, Case Western Reserve University School of Medicine, Cuyahoga County Board of Health, MetroHealth Medical Center

**Second Place** - *Tie - The Impact of the Jefferson Weight Loss Program on Weight and Diet Risk Score*, Miriam Solowey BS, Lydia Hu BS, Alexandra DeMichele BS, Olivia Ackley BS, Cynthia Cheng MD, PhD, Sidney Kimmel Medical College at Thomas Jefferson University

**Second Place** - *Tie - When Mentors Become Monsters: Using Cartoons to Explore Hierarchy and Feelings of Incompetence in Medical Training*, Casey Fishman BA, Justin Do BS, Fred Markham MD. Sidney Kimmel Medical College at Thomas Jefferson University

**Third Place** - *Exploration of Correlates with Poor Glycemic Control in our Diabetic Patients*, Bridget Watkins AAS, BA, Elizabeth James, Lindsay Shanks-Swan, Shane Gopaul, Ramandeep Mangat, Joseph Steinberg MD, SUNY Upstate Medical University, UHS Family Medicine Residency

**Full program from FMEC 2024 is online**

Visit the FMEC website at [www.fmec.net](http://www.fmec.net) to download the PDF of the full conference program, which lists all the sessions, presenters, Residency Fair participants, and more.

## Read the award winners' submissions and nominations

The winning 2024 prose, poetry and This We Believe submissions are included in the FMEC 2024 Awards Booklet, which is posted on the FMEC website. Visit <https://www.fmec.net/about-awards> to read the creative, moving and inspirational pieces that won in the creative categories as well as the nomination letters for the leadership awards.



## Learning and connecting with exhibitors

Twenty-eight exhibitors joined the FMEC Annual Meeting to share important information about new products and services, educational tools, job openings, and more. Thank you to the [FMEC's 2024 exhibitors!](#)





**Thank you to our host committee!**

The Host Committee determines plenary speakers, creates the theme, recruits exhibitors and sponsors, and helps run the meeting onsite.



**Co-chairs:** Sarah Morchen, MD, Crozer and Andrew Goodbred, MD, St. Luke's

**Bayhealth Family Medicine Residency** - Raghda Bchech, MD, AAHIVS

**Beebe Healthcare Family Medicine Residency** - Tanya Ray, MS, Joyce Robert, MD

**ChristianaCare** - Evan Bilheimer, MD, MPH

**Cooper University and Cooper Medical School of Rowan University** - Maya Bass, MD, MA

**Crozer Health Family Medicine Residency Program** - Sarah Morchen, MD, DipABLM, William Warning, MD

**Delaware Valley Community Health** - Karen Lazarus DO, MPH, AAHIVS

**Drexel University College of Medicine** - Leon McCrea II, MD, MPH

**FACTS about Fertility** - Marguerite Duane, MD, MHA, MSPH,

**Inspira/Inspira Mullica Hill** - Meagan Vermeulen, MD, Nicole Zucconi DO

**Lehigh Valley Health Network** - Katerina C. Valavanis, MD

**Jefferson Health Northeast** - Rob Danoff DO, MS

**Pennsylvania Academy of Family Physicians** - Molly Talley

**Perelman School of Medicine at the University of Pennsylvania** - Zachary Kosak, MD

**Saint Francis Family Medicine Residency Program** - Hugh Bonner, MD, Melissa Tribuiani, MD

**St. Luke's Family Medicine Residency** - Anderson - Andrew Goodbred, MD

**Suburban Community Hospital** - Jessica Mayer DO

**Temple University Hospital and Drexel University College of Medicine** - Janet Cruz, MD, Menachem Leasy, MD

**Thomas Jefferson University and Sidney Kimmel Medical College** - Marc Altshuler, MD, Bob Motley, MD, MHCDS

**UPMC Williamsport Family Medicine Residency** - Adwoa Boahene, MD, MPH, DipABLM

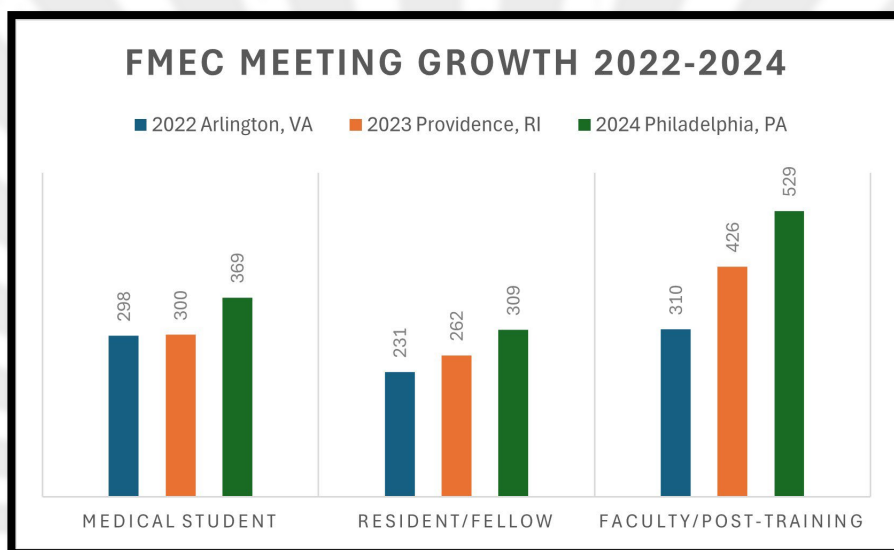
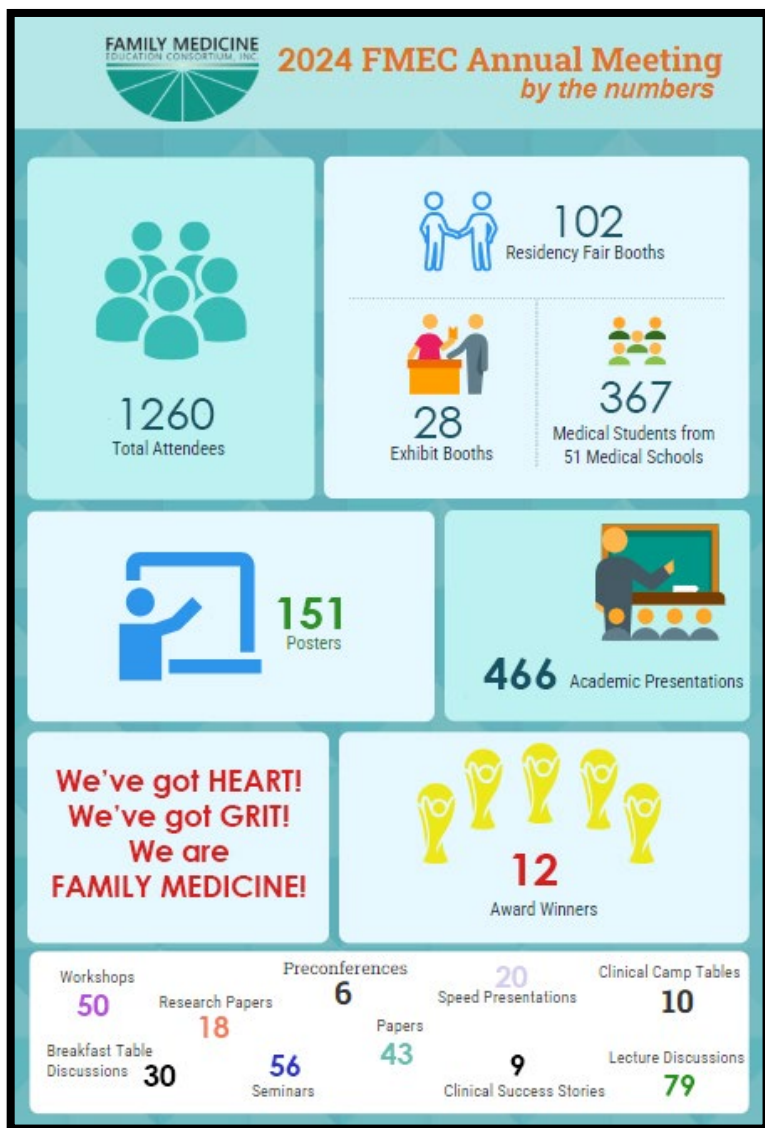
### Thanking FMEC Past President Raj Woolever, MD

Board members, donors, Host Committee members and others gathered for the FMEC President's Welcome Reception. One order of business was to formally thank FMEC Past President Dr. Raj Woolever, who completed his terms as President-elect, President, and Immediate Past President in 2024.



### New FMEC initiatives announced

President Dr. Leon McCrea took the opportunity at the meeting to announce new FMEC initiatives that will help your programs improve care, earn credits, and engage in scholarly activity. The FMEC continues to promote its programs to identify, screen and refer patients for hereditary breast cancer and recently [launched a related CME series](#), featuring 7 short videos you can watch for CME credit. Our [IMPLICIT project](#) continues to grow, helping family medicine improve birth outcomes and interconception care. In 2024 and 2025, the FMEC will launch new learning networks on whole-person care, teaching how to use the HOPE note and other integrative medicine practices, and oral health, with a specific focus on multidisciplinary services to veterans. For more information, visit the FMEC website at [www.fmec.net](http://www.fmec.net).



## We love to get your feedback!

- Great job to the FMEC committee! Very well organized from the registration to the end! - *Faculty*
- There were so many good sessions happening at the same time that I could not attend all of them! - *Researcher/Program Manager*
- Appreciated attempts to accommodate as many presentations as possible - *Program Director*
- Thank you for the tremendous work and dedication to family medicine, learning, and growing. I love this conference, the community, the fun and the learning - *Program Director*
- Despite my current present interest in Family Medicine, I became more inspired to care for patients - *Medical Student*

## Join us in 2025 and 2026

The FMEC will hold its 2025 Annual Meeting at the Huntington Convention Center in Cleveland, OH from September 18-20, 2025. Watch for announcements about how to join the Host Committee and Planning Committee, and how to submit educational program proposals, in late 2024.



The FMEC will hold its 2026 Annual Meeting at Harrah's Resort Atlantic City in Atlantic City, NJ from September 24-26, 2026.



## Thank you to our sponsors

The FMEC Annual Meeting could not happen without our many sponsors! The FMEC thanks these companies and health systems for their support of the meeting.

