

Resident Impact Grant (RIG) Summit Podium Presentation

1:30 - 1:45pm

Foundry Ballroom

Group Visits as a Tool for Patient Care and Resident Education: Implementing Lifestyle Medicine and Centering Pregnancy

Maia Mandel, MD; Ivel Morales, MD; Christina Boras, MD; Martina Knechel, MD; Munifa King, MD

Presenters: Maia Mandel, MD and Ivel Morales, MD

Thomas Jefferson University Hospital Family and Community Medicine Residency

Group visits offer a promising model to improve patient care while supporting resident education and community building. At a family medicine residency program in Philadelphia, we implemented two group visit programs: a lifestyle medicine group and a Centering Pregnancy group. Using an interprofessional, resident-led approach, both programs emphasized patient engagement, peer support, and experiential learning. We aim to evaluate both patient outcomes and the educational experiences of residents. This presentation will highlight the unique benefits of group visits, and practical considerations for integrating group visits into residency training and clinical practice.

Two group visit programs were implemented. For Centering Pregnancy, pregnant patients were recruited from an academic family medicine resident clinic. Monthly sessions were led by residents and nurses who completed formal Centering training. Resident educational experiences were evaluated through survey feedback.

For lifestyle medicine group visits, patients were referred from a Federally Qualified Health Center in northern Philadelphia. Monthly sessions included an educational presentation, cooking demonstration, facilitated discussion, and group exercises. Patients completed the Loma Linda Lifestyle Medicine Short Assessment form at each session to evaluate behavior change. Residents co-led sessions and completed pre- and post-participation surveys to assessing educational impact.

Lifestyle medicine participants are expected to demonstrate improvements in self-reported health behaviors as measured by the Loma Linda Lifestyle Medicine Short Assessment form. Residents participating in both programs are anticipated to report increased confidence in group facilitation, counseling, and interprofessional collaboration. Centering Pregnancy is expected to provide meaningful experiential learning in prenatal care delivery while fostering patient connection and support. Overall, group visits are anticipated to enhance patient engagement, resident education, and community building.

Resident Impact Grant (RIG) RIG Summit Podium Presentation

1:45 - 2:00pm
Foundry Ballroom

Vital Roots: UPMC Williamsport Lifestyle Medicine Teaching Kitchen Initiative

Taylor Rider DO PGY3, Kelly Weiss DO PGY3, Elizabeth Anderson MD, Adwoa Boahene MD

Presenter: Taylor Rider, DO and Kelly Weiss, DO
UPMC Williamsport Family Medicine Residency

Food insecurity is a significant driver of chronic disease and health disparities, particularly in underserved communities. In Lycoming County, Pennsylvania, nearly one in three Williamsport residents experiences food insecurity. The Vital Roots initiative aimed to address this gap by integrating lifestyle medicine, community partnerships, and sustainable agriculture. Objectives were to improve access to fresh, plant-based foods; increase community members' cooking confidence and nutrition knowledge; strengthen local food infrastructure; and bridge clinical care with community-based food equity interventions through a teaching kitchen model.

This community-based intervention involved partnership between a local community garden, YMCA, and family medicine residency. A solar-powered drip irrigation system was installed to enhance garden productivity and sustainability. Five hands-on teaching kitchen sessions were conducted between August and October 2025, featuring whole-food, plant-based meal preparation using affordable and locally sourced ingredients. Participants received meals, leftovers, and cooking tools to encourage continued home use. Pre- and post-session surveys assessed changes in cooking comfort, confidence, and vegetable consumption.

Eleven participants completed paired pre- and post-intervention surveys. Mean comfort with meal preparation increased by 26% (2.73 to 3.45 on a 4-point scale), and confidence using fresh vegetables increased by 7% (3.09 to 3.30). Planned daily vegetable intake rose from 1.73 to 2.60 servings, representing a 50% increase. Qualitative feedback highlighted increased enjoyment of cooking, willingness to try new vegetables, and intent to continue healthy meal preparation at home, supporting the program's effectiveness.

Resident Impact Grant (RIG) Summit Podium Presentation

2:00 - 2:15pm

Foundry Ballroom

The Rainbow Connection: Forging Relationships to Provide Comprehensive Primary Care to Centre County LGBT+ Community

Anveshi G. Guha, MD; Gretchen E. Maurer, DO; Angie K. Morrison, BS

Presenter: Anveshi Guha, MD

PSH State College Family and Community Medicine Residency

Centre County is home to a vibrant lesbian, gay, bisexual, transgender, and other sexual and gender minority (LGBT+) community with distinct healthcare needs. Family and Community Medicine (FCM) residents and clinic staff must be prepared to provide accessible, affirming, and integrative care to this population. However, provider readiness and local community needs have not been systematically assessed. The objective of this project is to evaluate baseline comfort, knowledge, and perceived barriers among FCM providers while simultaneously engaging the local LGBT+ community to better understand challenges to high-quality primary care, and identify facilitators to strengthen connections between clinicians and community members.

We are employing a two-pronged, mixed-methods design. First, FCM residents, preceptors, and clinic staff complete a baseline survey assessing knowledge, comfort, and perceived barriers related to providing LGBT+ affirming care. Pre-survey results will inform development of a targeted educational intervention, followed by post-survey to evaluate changes in provider readiness. Concurrently, members of the local LGBT+ community are invited to complete an anonymous online survey to collect quantitative data regarding healthcare experiences, expectations, and perceived gaps in care. Additionally, participants may volunteer to participate in small focus groups (<10 participants) to facilitate in-depth, nuanced discussion of community needs.

Overall, this project is expected to strengthen relationships between FCM residency and the local LGBT+ community and improve our ability to provide affirming, comprehensive care to all patients. The clinic survey will identify specific gaps in knowledge and comfort that can be addressed in an educational intervention, leading to measurable post-survey improvements in provider confidence. Community survey data are expected to reveal key barriers to accessing primary care and strategies to enhance trust and inclusion. Thematic analysis of the first focus group revealed patients' sense of othering from past providers, difficulty accessing resources, and desire for equitable and consistent treatment.