

## EXECUTIVE REPORT

*Jennifer Yi, Director Student Affairs  
2024 CMSC, Spring General Meeting  
April 11-14, Vancouver, BC*



### I. Description and Introduction:

The Canadian Federation of Medical Students (CFMS) is the representative voice of Canadian medical students to the national medical organizations, to the federal government, to the public, and to other external bodies. The CFMS represents over 8000 medical students at 15 Canadian medical schools from coast to coast. It is the mission of CFMS to represent, support, and connect its members. CFMS aims to communicate within its membership, as well as from its membership, to the world at large. As an ever-expanding organization, CFMS continually strives to meet the consistent and changing needs of Canadian medical students.

#### Brief Description of the Role

The Student Affairs Director is responsible for overseeing the CFMS Student Wellness portfolio, the CFMS Leadership Awards, CPAMD Humanitarian Awards and newly implemented CMA Leadership Awards. This position requires collaboration with the National Wellness Officer, Wellness Representatives from each school, and various external partners to promote wellness and resilience. The Student Affairs Director advocates for and supports members through the development of resources, including the launch of the Longitudinal Wellness Strategy, Safe Spaces, Culture Changers Campaign, Perspectives in Medicine Campaign and the National Wellness Challenge to promote wellness of medical students across the country.

### II. Meetings Attended

Date	Meeting	Location
June 9-10, 2023	CFMS SBM 2023	Halifax, NS
July 16, 2023	President Check-in	Virtual
July 24, 2023	Meeting with Advocacy File Lead	Virtual
July 25, 2023	Meeting with Mistreatment Task Force Lead	Virtual
July 26, 2023	Meeting with National Officer of Wellness	Virtual
July 27, 2023	Meeting with National Wellness Challenge Lead	Virtual
July 30, 2023	Meeting with Student Affairs Associate	Virtual
Aug 5, 2023	CFMS August Virtual Board Meeting	Virtual
Aug 23, 2023	CFMS-CMA Affinity Partners Meeting	Virtual
Sept 14 <sup>th</sup> , 2023	CFMS AGM 2023	Toronto, ON
Sept 21, 2023	Meeting with Alumni Liasion	Virtual
Oct 21, 2023	CFMS FBM 2023	Montreal, QC
Oct 25, 2023	Wellness Roundtable	Virtual

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Nov 1, 2023	Meeting with CAMI	Virtual
Nov 1, 2023	Meeting with Canadian Blood Services	Virtual
Nov 25, 2023	CFMS November Virtual Board Meeting	Virtual
Dec 6, 2023	Wellness Roundtable	Virtual
Jan 26, 2024	CFMS WBM 2024	Virtual
Mar 6, 2024	Wellness Roundtable	Virtual
Mar 8, 2024	Meeting with Alumni Liason	Virtual
Mar 9, 2024	CFMS March Virtual Board Meeting	Virtual
Mar 16, 2024	President Check-in	Virtual
April 24, 2024	Wellness Roundtable	Virtual

### III. PRIORITIES AND PROJECT AREAS

#### a. Wellness

- i. Continued increasing member engagement in Wellness portfolio pillars and activities.
- ii. National Wellness Committee:
  1. Development of CFMS Wellness Report to serve as a snapshot of current landscape of student wellness and mistreatment policies at each Canadian medical school
- iii. National Wellness Challenge:
  1. Four week campaign between Jan 29 to Feb 25, 2024 focusing on ways for students to incorporate themes of Mental Health, Physical Health, Nutritional Wellness, and Environmental Wellness
- iv. National Blood Drive
  1. Creation of four committee positions to expand Partners for Life program in addition to National Blood Drive campaign
  2. Increasing representation of different ethnicities: Launching Campaign in a Box initiative to increase diversity in stem cell donors
  3. Phlebotomy Bowl 2024 to increase awareness and engagement with blood donation
- v. Perspectives in Medicine: an initiative by CFMS and OMSA aimed at building community through sharing stories.
- vi. Safe Spaces
  1. Provides monthly facilitated conversations with medical students about pertinent topics in medicine related to wellness.
  2. Connecting through Disability Sept 28, 2023
  3. A Conversation on Rural Medicine on Nov 30, 2023

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4. Building community for 2SLGBTQIA+ and ally medical students on Jan 24, 2024
5. Next steps and resources for Unmatched Canadian Medical Graduates on March 28, 2024

### **b. Awards**

- i. CFMS-CPAMD Humanitarian Award:
  1. Second iteration of award to encourage the development of innovative humanitarian initiatives dedicated towards creating change.
  2. Top applicant chosen from 39 total applications
- ii. CFMS-MDFM Leadership Awards:
  1. To recognize some of the passionate, dedicated and caring medical student leaders across Canada who have made innovative contributions to their schools and communities
  2. Top applicant chosen from each Canadian medical school
  3. 71 total applications with representation of each medical school
- iii. CFMS-Affinity Leadership Awards:
  1. Newly implemented this year under PWP grant
  2. 24 total applicants to select 3 final award recipients in recognition for their work as a student leader in gender justice, racial justice and disability justice

### **c. Roundtables**

- i. Continued discussion and recognition of student wellness programs across Canadian medical schools
- ii. New implementation of CFMS-Affinity program to support development of peer mentorship at each school

## **IV. FUTURE PLANS AND ACTION ITEMS**

Plans: In the future, we hope to increase collaboration with important stakeholders such as FMEQ, FMRQ, RDOC, CMA and the AFMC on all wellness related activities that fall under the Student Affairs portfolio. As wellness is an issue that transcends all levels of education and stages of a career as a physician, being able to work together longitudinally to create a positive working environment may improve outcomes long-term.

## **V. REFLECTIONS & CONCLUSIONS**

It has been a pleasure to work as Director of Student Affairs within the CFMS this year. I am honored to have worked with wonderful individuals, both within the board as well as the Student Affairs subcommittees.

Sincerely,

**Jennifer Yi**, MD Candidate 2025 | University of British Columbia  
Director of Student Affairs | Directrice des affaires étudiantes

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Canadian Federation of Medical Students | Fédération des étudiants et des étudiantes en  
médecine du Canada

