

# EXECUTIVE REPORT

*VP Student Affairs - Marie -Pier Bastrash*  
*CFMS Annual General Meeting - Edmonton, Alberta*  
*September 2016*  
*vpstudentaffairs@cfms.org*



## I. DESCRIPTION OF POSITION

According to the CFMS Bylaws, the Vice President of Student Affairs shall, in addition to his/her other duties within the executive, oversee sponsorships and member services. This includes but is not limited to:

- A. Developing and maintaining partnerships that will provide services to student members, as well as administering and overseeing internally created member services;
- B. Working with the VP Communications to promote the CFMS and its services;
- C. Working with the National Wellness Officer to serve on and oversee the CFMS Wellness Committee and other CFMS wellness initiatives; and
- D. Performing such other duties as may be assigned to him/her from time to time by the President or the Executive.

## II. ACTIVITIES

Meetings attended:

<b>Date</b>	<b>Meeting</b>	<b>Location</b>
2015/09/18-20	CFMS AGM	Kingston, 3 days
2015/09/23	Meeting with McGill VP UGME	McGill University, 1 h
2015/09/25	Handover with VP Services	Skype call, 1h15
2015/09/29	McGill CFMS AGM debrief	McGill University, 1.5 h
2015/10/07	Meeting with VP Finance	Call, 30 minutes
2015/10/16-17	Canadian Conference on Physician Health	Winnipeg, 2 days
2015/10/18	Fall Executive Meeting	Ottawa, 1 day
2015/10/19	Leadership Award - Cait Champion	Phone call - 40 mins
2015/10/25	Wellness month subcommittee	Phone call - 1 hr
2015/10/26	CFMS Survey TC (Brandon, Han, Carl)	Phone call - 30 mins
2015/10/27	Meeting with VP Ed	In person, Mtl - 1 hr
2015/10/28	Intro - 2 new CFMS Wellness members	Phone call - 45 mins
2015/11/03	Survey - FMEQ	Phone call - 30 mins
2015/11/08	Intro - 3 new CFMS Wellness members	Phone call - 35 mins
2015/11/08	CFMS Survey TC (Brandon, Han, Carl)	Phone call - 45 mins
2015/11/08	CFMS Wellness November TC	Phone call - 1 hr
2015/11/15	Intro - 1 new CFMS Wellness member	Phone call - 30 mins
2015/11/10	Alison Forestell - MDFM	Phone call - 1.5 hours

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2015/11/17	CPHI Advisory Committee	<i>Ottawa, 1 day</i>
2015/11/22	CFMS Exec TC	Phone call - 2.5 hours
2015/11/23	Brandon Survey review	Phone call - 1 hour
2015/12/06	CFMS Wellness committee TC	Phone call - 1.5 hours
2015/12/01	Meeting with VP Finance	Phone call - 30 mins
2015/12/21	OMSA Wellness Retreat finance meeting	Phone call - 35 mins
2015/12/13	Meeting with NWO Alyssa	Phone call - 45 mins
2016/01/08-10	Winter Exec Meeting	Toronto, 2 days
2016/02/07	CFMS Wellness committee TC	Phone call - 1 hr
2016/02/09	Meeting with 3DM Medical	Skype call - 1 h15
2016/02/21-22	CFMS Lobby Day	<i>Ottawa - 2 days</i>
2016/02/28	RDoC Resiliency Focus Group meeting	<i>Ottawa - 1 day</i>
2016/03/06	CFMS Exec TC	Phone call - 3 hours
2016/03/07	CFMS-FMEQ Survey TC	Phone call - 1 hr
2016/03/08	CFMS-MDFM TC	Phone call - 1 hr?
2016/03/29	Meeting with 3DM Medical	Skype 30 minutes
2016/04/06	CFMS-FMEQ Survey TC	Phone call - 1 hr
2016/04/15-17	CFMS SGM in Montreal	<i>Montreal, 3.5 days</i>
2016/05/02	CFMS-FMEQ Sponsorships TC	Phone call - 1.5 hours
2016/05/05	Survey TC with Brandon	Phone call - 30 minutes
2016/05/08	Wellness TC	Phone call - 1 hr
2016/05/09	Medskl TC	Phone call - 35 minutes
2016/05/25	CFMS-CMA Strategic TC	Phone call - 50 minutes
2016/05/25	Crowd Compass	Phone call - 20 minutes
2016/05/26	CFMS-MDFM Leadership Awards Debrief TC	Phone call - 50 minutes
2016/05/26	Crowd Compass # 2	Phone call - 45 minutes
2016/06/03-05	Summer Executive Meeting	<i>Calgary, 3 days</i>
2016/06/16	Survey TC with Brandon	Phone call - 50 minutes
2016/06/24	Apple TC	Phone call - 45 minutes
2016/06/24	WestJet TC	Phone call - 30 minutes
2016/06/27	Local Hospitality TC	Phone call - 20 minutes
2016/06/29	CMA GC Resiliency	Phone call - 30 minutes
2016/06/29	Local Hospitality TC # 2	Phone call - 20 minutes
2016/06/29	Survey Group TC	Phone call - 30 minutes
2016/07/08	Jessica Pancoe, Children's Help Phone	Phone call - 45 minutes
2016/07/10	Nathalie Wong, Wellness writer	Phone call - 45 minutes
2016/07/12	Survey Group TC	Phone call - 30 minutes
2016/07/21	CFMS-MDFM TC	Phone call - 1 hour
2016/08/13	Summer Executive TC	Phone call - 2.5 hours
2016/08/23-24	CMA GC Panelist presentation on Resiliency	<i>Vancouver - 2 days</i>
2016/08/28	TC VP Alumni Future Directions	Phone call - 30 minutes
2016/09/04	TC with National Wellness Officer	Phone call - 45 minutes

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2016/09/09	Wellness Committee monthly TC	Phone call - 1 hour
2016/09/22-25	CFMS Annual General Meeting	Edmonton - 3 days

## III. PRIORITIES AND PORTFOLIO UPDATES

### A. SPONSORSHIP

Over the course of my mandate, the roles of VP Student Affairs and VP Finance have developed a dual responsibility for sponsorships. VP Student Affairs is tasked with the recruitment, logistics and promotion of sponsorships, whereas VP Finance is tasked with the assessment of financial opportunities, long-term viability and logistics/contracts for those sponsorships. Such collaboration on sponsorship development was beneficial to both parties involved and will be encouraged in years to follow.

### B. DISCOUNTS & PARTNERSHIPS

This is arguably the area of the with the largest growth over my term. In the fall, a CFMS Services survey was designed and distributed via the Communiqué to guide CFMS' search of new partnerships, based on members' needs. This survey showed highest interest in a Canadian airplane company, mobile phone plan and Via Rail. Interesting suggestions including LuluLemon, gym memberships and AirBnB were also received.

Please see the list and brief description of new discounts obtained over the 2015-2016 academic year.

1. **WestJet** - All final year Canadian medical students on CaRMS tour will get 10% off Econo and Flex fares and 15% off Plus fares from Jan 12-Feb 7, 2017. More details will be released in the fall.
2. **Local Hospitality** - CFMS members now benefit from an advantageous worldwide Travel Discount Program on hotels and car rentals.
3. **MDpocket**: MDpocket offers medical reference guides and clipboards. 15% discount on all online orders and opportunities for bulk ordering through medical societies has been established.
4. **Wolters Kluwer**: Publisher which holds popular titles such as Blueprints, Step Up series, NMS series and much more... a must-see resource when purchasing clerkship books. A 30% discount on all online orders has been

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- secured.
5. **Complete Anatomy App:** 20% discount on the purchase of their comprehensive anatomy application, available with Apple and Android products.
  6. **Pharmacology You See textbook:** 10% discount secured on this textbook that accompanies Toronto Notes.
  7. **ViaRail:** Joining the FMEQ partnership obtaining a rebate of 5% on all travels. Currently awaiting final signed agreement.
  8. **CanadaQBank:** 20% discount on individual member registrations. Great resource when studying for the LMCC or Clerkship exams.
  9. **MedSKL:** Free app/online medical modules on all 200 LMCC objectives. The CFMS has endorsed the product and will be promoting the App to its membership.
  10. **Maintenance of UpToDate, Lasik MD, Choice Hotels, Kirkham and Jack and other discounts** (please see CFMS website for complete list)

## C. MEMBER SERVICES

1. **CFMS-MDFM Leadership Awards:** Our first edition of the CFMS-MDFM Leadership Awards at SGM 2016 was a success. This iteration's format differed from previous Leadership Awards, in that award winners were offered travel money to attend and participate in the conference. They were also invited by MDFM to a cocktail reception with MDFM representatives and the CFMS Executive. It has been agreed upon that next year's award winners will also be invited to attend the SGM in Winnipeg. Longer term financial viability is an ongoing consideration, especially when meetings are held in less centralized locations. Collaboration between the CFMS and MDFM representatives has been key over the course of the year to make this new initiative possible.
2. **CFMS Wellness Website official launch:** The CFMS Wellness website subcommittee is proud to have launched its Wellness website, accessible from the main CFMS website, or at <https://cfmswellness.squarespace.com/>. This website includes an online database of health and wellness resources for every school across the country, as well as a wellness blog, wellness forum and information

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- regarding the CFMS National Wellness Challenge. Go check it out!
- 3. Electives Review and Interview Database:** In the second half of the year, in collaboration with VP Education, the CFMS National Electives and Interviews database Working Group was created, with members from the Education committee and newly elected members. The committee's mandate was to plan and implement changes to revamp our existing databases. The committee is planning on running focus groups to guide their interventions, which are to take place in the fall. See Vision and Goals below for my recommendations to the future VP Student Affairs.

## D. WELLNESS PORTFOLIO

- 1. CFMS-FMEQ Health and Wellbeing Survey:** This project, initiated in 2014, has steadily progressed over the course of the year. Approximately 4500 Canadian medical students completed the survey over the winter months, representing around 42% of all Canadian medical students. The CFMS and FMEQ presented a poster on preliminary mental health results at the Canadian Conference on Medical Education (CCME) in April 2016, and also had in-person presentations to all UGME Deans and Student Affairs Deans during their respective meetings. An oral presentation at the International Conference on Physician Health (ICPH) was presented in Boston in mid-September. Here, further analyses of our national mental health data was presented. The CFMS and FMEQ hopes to recruit interested medical students in the coming months to lead or help with specific papers or topics. The goal is to have simultaneous academic papers being written over the course of the 2016-2017 academic school year. The CFMS understands the anticipation of the Medical Societies to view their school-specific data. Medical Societies have been instrumental in the success of this project, and the CFMS acknowledges that they are waiting for these numbers to advocate on students' behalf in order to plan evidence-based interventions locally. Therefore, the CFMS and FMEQ will ensure that all national results are distributed in a timely manner, as they are available and following appropriate analyses and peer review. Our anticipated timeline for the sharing of peer-reviewed national data is to have our first manuscript submitted by Fall 2016, with multiple

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- manuscripts to follow by Spring/Summer 2017. Please address [bmaser@qmed.ca](mailto:bmaser@qmed.ca) with specific questions.
2. **CFMS National Wellness Month:** In January and February 2016, the Wellness Committee, led by National Wellness Officer Alyssa Lip, coordinated the first edition of the *CFMS National Wellness Challenge*. The first edition of the event was a phenomenal success, enrolling a total of 1085 participants and 271 teams from 12 medical schools. Feedback has been extremely positive and we are hoping to make this initiative a flagship annual event for all Canadian medical students. For the 2017 edition of Wellness Month, we plan on inviting FMEQ schools to join the CFMS in creating a true pan-Canadian event.
  3. **Residency FAQ sheets:** New mentorship project, in its inception. FAQ questionnaires pertaining to Wellness, Health and Mentorship will be distributed to residents across the country, with the hope to collect answers and create FAQ sheets to be accessed by medical students with interest in distinct specialties/programs. We expect this project to unfold over the course of the 2016-2017 academic year.
  4. **CFMS-FMEQ relationship:** Our Federations share many common goals. Over the last two years, increased collaboration has been noted in terms of Wellness and Sponsorship endeavors. The creation of the FMEQ Wellness representative role will facilitate such exchange and this person will be invited to sit in the Monthly CFMS Wellness Committee meetings.

## E. SERVICES PROMOTION

Current strategy for services promotion include publication in the CFMS Communiqué, on the CFMS website and on social media, mainly Facebook and Twitter. In collaboration with VP Communications, the Social Media and Media Engagement Committee and VP Externals, CFMS Members Benefits Posters have been created and posted in faculties across Canada to advertise current student services. These posters will need to be updated and distributed on a yearly basis to stay relevant. Increasing the visibility of Services and Discounts remains an issue that should be reevaluated on a yearly basis.

## F. REPRESENTATION and ADVOCACY



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- 1. VP Alumni Position:** Dr Caitlin Champion, our longstanding CFMS VP Alumni, is stepping down from her position after AGM 2016. She has contributed immensely to the creation, improvement and coordination of the Leadership Awards. She created a legacy document outlining the functioning of Leadership Awards, including future recommendations for the role. Her successor for the 2016-2017 Academic Year is Dr Jesse Kancir, who has a longstanding commitment to the CFMS and in-depth knowledge of our organization's structure and future directions. Ongoing collaboration between Dr Kancir, the incoming VP Student Affairs and the MDFM team will be required for the implementation of a successful second iteration of the CFMS-MDFM Leadership Awards.
- 2. Canadian Physician Health Institute (CPHI):** On February 26th, 2016, the Canadian Medical Association (CMA) Board of Directors voted to support a new multi-year strategy, redefining their vision for physician health. This strategy includes the disbanding of the CPHI and the development of a CMA strategy to complement initiatives of other stakeholders. The CFMS had been previously involved in the CPHI Advisory Committee and Planning Committee of the Canadian Conference on Physician Health. A meeting was held with the CMA in order to establish how the CFMS will continue its involvement within CMA Physician and Trainee health-related projects. The specifics pertaining to this involvement will be outlined in the next academic year and should constitute a priority for the next VP Student Affairs.
- 3. Resident Doctors of Canada Resiliency Curriculum:** The CFMS has been part of the Resident Doctors of Canada Resiliency Working Group, which aims to develop a resiliency curriculum for medical learners. After consultation from the working group at the Resiliency Summit in Winter 2015, as well in Summer 2015 and Winter 2016, RDoC currently holds a finalized curriculum, based on previous work from the Canadian Department of National Defense, and will be piloted this summer within targeted residency programs. The next steps on this project include analysis of the pilot launches and extensive coordination of the pan-Canadian deployment of the curriculum. The need to extend the curriculum to undergraduate medical education was discussed at the

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Working Group's last meeting and constitutes an area where strong CFMS advocacy will be needed as the project moves along its phases of development.

- 4. External presentations of interest:** I have had the privilege to advocate on Canadian medical students' behalf during the Canadian Conference on Physician Health in Winnipeg in the fall as well as at the CMA General Council in Vancouver in the summer. I respectively sat on panels addressing Declaring Physician and Trainee Illnesses and Resiliency in training. Excerpts of my speeches may be found in the 2016 CFMS Annual Review and in a CMAJ article by Roger Collier entitled "Burnout common throughout medical career". External conference presentations have drawn media attention to the CFMS' projects and contribute to the increasing discussions pertaining to wellness in medicine.

## IV. FOLLOW-UP, VISION, & GOALS

### A. MEDICAL STUDENT WELLNESS ADVOCACY

Increased discussions regarding physician health and wellness are emanating at the local and national levels - the recent CMA General Council being an example of the phenomenon. With recent data from the FMEQ Health and Wellbeing Survey, the CFMS is advantageously positioned to be a leader in the discussion, by providing much needed large scale evidence-based data and the always valuable student perspective. Prioritizing academic paper generation over the next year should be of paramount importance to the new VP Student Affairs, who will be asked to actively join the core CFMS research team.

Tight collaboration with the National Wellness Officer, Alyssa Lip, on all Wellness-related issues is necessary, including the National Wellness Challenge and upcoming plans for a spring 2017 mental health campaign.

Original ideas to promote medical student wellness and to put this issue on the forefront of all our faculties' radars should be encouraged.



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## **B. CFMS DATABASES**

While a CFMS National Electives and Interviews database Working Group has been put in place, much of the needed work remains to be done. This mandate should be promptly prioritized by the next VP Student Affairs. Our databases need an influx of more current reviews and submissions to ensure relevance for our membership. In collaboration with VP Its, these databases must be adapted to a platform that is compatible with our new CFMS website, once our secure login function is available. Promotion of the databases as well as a mechanism to draw members to submit their impressions is required.

## **C. CFMS DISCOUNTS AND SPONSORSHIPS**

As per the CFMS Services Survey, interesting new avenues for partnerships include a mobile phone plan and retail stores such as LuluLemon, gym memberships and AirBnB. While searching for new discounts should always be on the VP Student Affairs mind, I believe optimal promotion of the newly acquired deals, such as WestJet during the CaRMS tour and a generous 30% discount with Wolters Kluwer should be prioritized at the beginning of the new mandate.

Preliminary work was put into exploring partnerships with companies that develop Conference Apps, to enhance member experience at AGMs and SGMs. However, our current search alongside VP Finance and the Finance Committee has revealed that most of these products are not in line with the CFMS' current financial goals. Continued exploration of more affordable Conference Apps and generating revenue from in-app marketing remains an interesting project for the next VP Student Affairs.

## **D. CFMS-MDFM LEADERSHIP AWARDS**

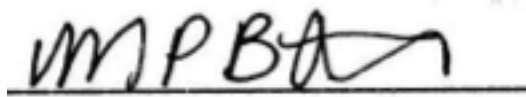
As was discussed previously, combining Leadership Awards with travel money to attend and participate in SGM remains to be evaluated on a yearly basis, with input from CFMS President, VP Finance, MDFM and VP Alumni.

It was an immense pleasure to serve as VP Student Affairs for the last year!

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Thank you for reading,

A handwritten signature in black ink, appearing to read 'MPBA', is written over a horizontal line.

**Marie-Pier Bastrash**  
CFMS VP Student Affairs 2015-2016