

## EXECUTIVE REPORT

*Stephanie Smith, CFMS Student Affairs Vice President  
2018 Summer Board Meeting  
June 2-3, Toronto, ON*



### **Director Student Affairs Executive Report-AGM 2018**

#### **I. DESCRIPTION OF POSITION**

The Student Affairs Director is responsible for overseeing the CFMS Student Wellness portfolio which has substantially expanded this year with the development of the National Wellness Program (NWP). In addition, this position is responsible for the CFMS Leadership Awards and coordinating the CFMS member benefits and services. This position requires collaboration with the National Officer Wellness, Wellness Representatives, and various external partners such as the Canadian Medical Association and Resident Doctors of Canada, to promote wellness and resilience and seek benefits for members.

#### **II. MEETINGS ATTENDED**

| <b>Date</b>           | <b>Meeting</b>   | <b>Location</b>  |
|-----------------------|--|------------------|
| September 21-24, 2017 | 2018 CFMS AGM  | Ottawa, ON       |
| September 26, 2017    | Meeting with past VP SA  | Teleconference   |
| September 28, 2017    | Meeting with regional rep, Victor Do                                   | Teleconference   |
| September 29, 2017    | Meeting with President for Executive VP position                       | Teleconference   |
| October 1, 2017       | Wellness Committee meeting   | Teleconference   |
| October 2, 2017       | Meeting with regional rep, Victor Do                                   | Teleconference   |
| October 13-15, 2017   | CFMS Fall Board Meeting  | Ottawa, ON       |
| October 20-23, 2017   | Interviews for NWO positions and overview of position responsibilities | Teleconference   |
| October 17, 2017      | STRIVE train the trainer   | Calgary, AB      |
| October 19, 2017      | STRIVE train the trainer   | Calgary, AB      |
| November 1-3, 2017    | TED MED conference   | Palm Springs, US |
| November 5, 2017      | Wellness Committee meeting   | Teleconference   |
| November 7, 2017      | STRIVE course session #1   |                  |
| November 7, 2017      | Meeting with regional rep, Victor Do                                   | Teleconference   |
| November 8, 2017      | Meeting with NWO   | Teleconference   |
| November 8, 2017      | MD Financial & CFMS Partnership Meeting                                | Teleconference   |
| November 14, 2017     | STRIVE course session #2   | Calgary, AB      |
| November 16, 2017     | Meeting with NWO   | Calgary, AB      |
| November 19, 2017     | CFMS Board Meeting   | Teleconference   |
| November 20, 2017     | Meeting with regional rep, Victor Do                                   | Teleconference   |
| November 14, 2017     | STRIVE course session #3   | Calgary, AB      |
| November 25, 2017     | Meeting with NWO and LWI lead  | Calgary, AB      |
| November 28, 2017     | STRIVE course session #4   | Calgary, AB      |
| December 4, 2017      | Wellness Committee meeting   | Teleconference   |

## EXECUTIVE REPORT

*Stephanie Smith, CFMS Student Affairs Vice President  
2018 Summer Board Meeting  
June 2-3, Toronto, ON*



|                      |   |                              |
|----------------------|---|------------------------------|
| December 5, 2018     | MD OnBoard Meeting  | Teleconference               |
| December 6, 2017     | Meeting with NWO  | Calgary, AB                  |
| December 10, 2017    | CFMS Board Meeting  | Teleconference               |
| January 6-7, 2018    | CFMS Winter Board Meeting   | Calgary, AB                  |
| January 7, 2018      | Wellness Committee Meeting  | Teleconference               |
| January 10, 2018     | Meeting with NWO  | Calgary, AB                  |
| January 15, 2018     | MD Financial Meeting  | Teleconference               |
| January 30, 2018     | MD-CFMS Meeting   | Teleconference               |
| February 3-4, 2018   | RDoC Resiliency Training  | Calgary, AB                  |
| February 4, 2018     | CFMS Board Meeting  | Teleconference               |
| February 10, 2018    | MD-CFMS Meeting   | Teleconference               |
| February 10-11, 2018 | Federal Day of Action   | Ottawa, ON                   |
| February 11, 2018    | Governance Committee Meeting  | Teleconference               |
| February 15, 2018    | CAPD Meeting  | Teleconference               |
| February 28, 2018    | CAF Meeting   | Teleconference               |
| March 2, 2018        | Meeting with past, past CFMS president                                      | Ottawa, ON                   |
| March 3-4, 2018      | RDoC Meeting  | Ottawa, ON                   |
| March 5, 2018        | Meeting with regional rep, Victor Do  | Teleconference               |
| March 11, 2018       | CFMS Board Meeting  | Teleconference               |
| March 18, 2018       | Meeting with regional rep, Victor Do  |                              |
| March 24, 2018       | SIF Meeting   | Teleconference               |
| March 31, 2018       | CCME Meeting  | Teleconference               |
| April 1, 2018        | Meeting with regional rep, Victor Do  | Teleconference               |
| April 7, 2018        | CAF Meeting   | Teleconference               |
| April 7, 2018        | SIF Meeting   | Teleconference               |
| April 7, 2018        | Meeting with regional rep, Victor Do  | Teleconference               |
| April 8, 2018        | Wellness Committee Meeting  | Teleconference               |
| April 8, 2018        | CFMS Board Meeting  | Teleconference               |
| April 15, 2018       | Safe Space Launch   | Teleconference               |
| April 24, 2018       | Meeting with regional rep, Victor Do  | Teleconference               |
| April 27-28, 2018    | SGM   | Halifax, NS                  |
| April 29, 2018       | CCME  | Halifax, NS                  |
| May 5, 2018          | STRIVE Workshop   | Toronto, ON                  |
| May 6, 2018          | Wellness Committee Meeting  | Teleconference               |
| May 14, 2018         | Meeting with regional rep, Victor Do  | Teleconference               |
| May 26, 2018         | Positive Working Group Summit<br>Planning Meeting and Meeting with<br>CaRMS | Ottawa, ON                   |
| May 31, 2018         | Conducted STRIVE pilot and ethics<br>meeting                                | Sundre, AB<br>Teleconference |

## EXECUTIVE REPORT

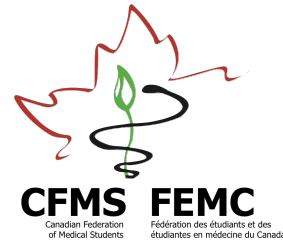
*Stephanie Smith, CFMS Student Affairs Vice President  
2018 Summer Board Meeting  
June 2-3, Toronto, ON*



|                    |  |                |
|--------------------|--|----------------|
| June 2-3, 2018     | Summer Board Meeting   | Teleconference |
| June 3, 2018       | MD Financial Meeting   | Teleconference |
| June 5, 2018       | OMSA Meeting   | Teleconference |
| June 8-10, 2018    | RDOC AGM   | Kingston, ON   |
| June 12, 2018      | Meeting with regional rep, Victor Do                           | Telconference  |
| June 27, 2018      | Meeting with psychologist about mindfulness addition to STRIVE | Calgary, ON    |
| June 28, 2018      | Meeting with faculty about mistreatment addition to STRIVE     | Calgary, ON    |
| July 7, 2018       | Meeting with FMEQ president                                    | Teleconference |
| July 8, 2018       | July Board Meeting   | Teleconference |
| July 11, 2018      | STRIVE research tool development meeting                       | Calgary, ON    |
| July 14, 2018      | MD Financial Meeting   | Toronto, ON    |
| July 15, 2018      | Meeting with regional rep, Victor Do                           | Teleconference |
| July 24, 2018      | Meeting with CMA-Chris Simon about Wellness Ambassadors        | Teleconference |
| July 24, 2018      | Meeting with regional rep, Victor Do                           | Teleconference |
| July 27, 2018      | Meeting with Dr. Mel Lewis, AFMC Wellness Chair                | Teleconference |
| July 30, 2018      | Learner Organization Presidents Data Stewardship Meeting       | Teleconference |
| August 3, 2018     | Interview with CMAJ  | Teleconference |
| August 12, 2018    | August Board Meeting   | Teleconference |
| August 12, 2018    | Wellness Committee Meeting                                     | Teleconference |
| August 15, 2018    | STRIVE course  | Calgary, AB    |
| August 16, 2018    | Interview with CMA/Women in Medicine                           | Teleconference |
| August 18-22, 2018 | CMA Summit, radio interview                                    | Winnipeg, MB   |
| August 23, 2018    | PRT meeting  | Teleconference |
| August 24, 2018    | Meeting with FMEQ president                                    | Teleconference |
| September 1, 2018  | Meeting with regional rep, Victor Do                           | Teleconference |
| September 7, 2018  | September Board Meeting  | Teleconference |
| September 9, 2018  | Wellness Committee Meeting                                     | Teleconference |
| September 10, 2018 | Meeting with FMEQ president                                    | Teleconference |
| September 13, 2018 | GC meeting   | Teleconference |

## EXECUTIVE REPORT

*Stephanie Smith, CFMS Student Affairs Vice President  
2018 Summer Board Meeting  
June 2-3, Toronto, ON*



### III. PRIORITIES AND PROJECT AREAS

- **Services**

This year we have been focusing on maintaining current relationships and developing new discounts

- New discounts:
  - WestJet: 10-15% discount extended to 10 April 2018. Received 10 free flights as many students used the discount. Additionally, discount offered for SGM and AGM period.
  - Running Room: 10% discount from January-March 2018, which was also offered to RDOC.
  - Working on Air Canada discount for electives and CaRMS.
- Travel: Large events such as AGM, SGM and the National Day of action will apply for discounts to Air Canada and Westjet directly for an event discount code.
- Maintained discounts:
  - UpToDate: working on app discount
  - LASIK
  - Choice Hotels: Working on free hotel rooms
  - Text Books

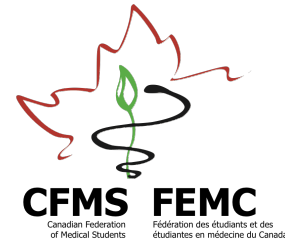
To develop this area of this portfolio further, a National Officer of Services and a Services Committee have been added to the new Dyad model and the positions will take effect in October 2018.

- **Implementation of the National Wellness Program**

- Currently Victor Do, the Western Regional Representative and Dyad partner for the portfolio is the NWP lead. Following AGM, the National Officer of Wellness will gradually assume the role as NWP lead in addition to assisting with national level wellness initiatives.
- Wellness Challenge
  - Jan 22- Feb 18
  - New theme every week
    - Nutrition, Mental Health, Physical Health and Social Relationships
    - Focus on small steps for lasting change
- Longitudinal Wellness Initiative

## EXECUTIVE REPORT

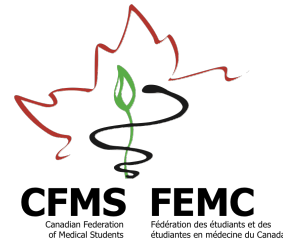
*Stephanie Smith, CFMS Student Affairs Vice President  
2018 Summer Board Meeting  
June 2-3, Toronto, ON*



- Highlight rationale for creating the Longitudinal plan related to medical student burnout, depression and suicidal ideation
- Continue the rest of the year with new themes every 2 months
  - Mar-Apr: Nutrition
  - May-Jun: Mental Health
  - Jul-Aug: Financial Health
  - Sept-Oct: Physical Health
  - Nov-Dec: Social Health/Relationships
- Mistreatment team of 6 developing the portfolio and position paper.
- Safe Space: Let's Get Real
  - Provided our first open forum for medical student to speak about important issues in a safe environment and encourage dialogue on April 15, 2018.
  - Plan to re-initiate these talks after AGM and collaborate with AFMC Wellness Representatives to ensure all schools are supportive.
- Spotlight Stories
  - Link spotlight stories with themes
  - Amazing stories of personal journeys.
- **Interview and Electives Database**
  - There was a significant amount of interest from the membership to provide past data related to CaRMS tour interviews. A link to this data was provided on the website and many students referenced it during their preparation. Currently, there is one student working on this and we plan to add this to the responsibilities of the new Services Committee. A survey was sent to all final year students (clinical clerks) in February to gain feedback for creating an up to date database to help students prepare. The data collected is currently being evaluated and prizes were provided to ten lucky participants. Thank you to the more than 100 respondents.
- **Leadership Awards**
  - This year there were 62 applications submitted, with every school having at least two applications. U of A took the lead with 11 applications! MD Financial has been very supportive in advertising the award and in organizing the award cocktail social.
  - We notified the winners in early March and we look forward to celebrating their success at SGM.
  - We hope to develop more awards based on discussions at AGM.

## EXECUTIVE REPORT

*Stephanie Smith, CFMS Student Affairs Vice President  
2018 Summer Board Meeting  
June 2-3, Toronto, ON*



- **Implementation of the Wellness Roundtable**
  - The current structure of the Wellness Committee is composed of representative elected at their individual school. This committee will be referred to as the Wellness Roundtable after AGM.
  
- **Creation of the CMA Wellness Ambassador Program**
  - The CMA launched the first Wellness Ambassador Program in July and received more than 100 applications.
  - 25 successful applicants are being funded to attend the Physician Health Conference in Toronto and a pre-conference wellness planning day for all the ambassadors.

## IV. REFLECTIONS & CONCLUSIONS

I continue to be motivated to improve the resources available to medical students and to create a safe, non judgmental and transparent environment where students are encouraged to communicate their concerns, passions and ideas. There is much room to grow for the NWP, however I am confident the team will do it's best to support our membership and respond to the most important wellness concerns. I continue to be inspired by those that come forward to talk about stigma and barriers to their health. This culture change is required to create the environment we know is essential not only for our wellbeing, but ultimately for that of our patients as well.

*Stephanie Smith*

M.D. Candidate (2019), Cumming School of Medicine, University of Calgary  
Vice-President Student Affairs | Vice- Présidente affaires étudiantes  
Canadian Federation of Medical Students | Fédération des étudiants et des étudiantes en  
médecine du Canada  
705-716-9708 | [vpstudentaffairs@cfms.org](mailto:vpstudentaffairs@cfms.org) | [www.cfms.org](http://www.cfms.org)