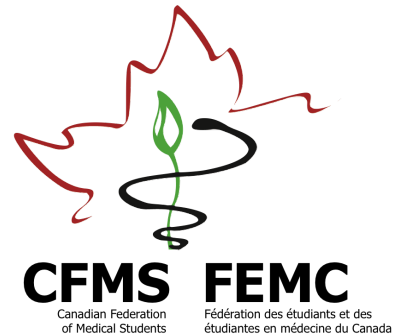


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I. ACTIVITIES OF THE ATLANTIC REGIONAL DIRECTOR

1. Atlantic Task Force

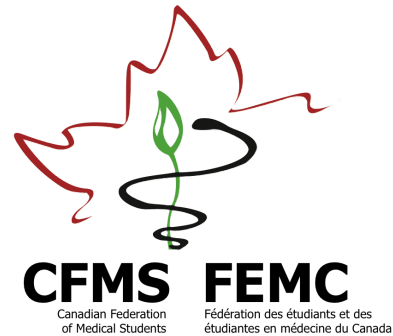
- Google Folder can be found [here](#)
- Created in November 2018, is a group of 12 medical students from every province and medical faculty of Atlantic Canada.
- Based on consultation from all Atlantic MedSoc presidents and CFMS representatives, there is a current need for:
 - To address the lack of information available to medical students related to prospective physician needs
- Creating an official report designed for medical students called “Prospective Outlook on Atlantic Physician Workforce”
- The project is working in collaboration with Provincial and Territorial Medical Association (NBMS, DoctorsNS, MSPEI, NLMA), Atlantic Resident Associations (MaRDoc and PARNL), Atlantic Provincial Health Authorities, Every Atlantic Program Director, and Atlantic Medical societies and faculties.
- The project was [presented at CoAMS 2019](#) and will be finished by January 2020 to include the most recent data.
- The second phase to this project will create a national online interactive platform through the work of the upcoming HHR Task Force. So far, discussion for this work have been had with the CMA, AFMC, CAPER, and OMSA to collaborate on physician resource planning strategy and on the purpose and potential this platform.

2. Campus Visits

- Meeting minutes for all visits can be found [here](#)
- I had the chance to visit all campuses in Atlantic Canada (MUN, DMNS, DMNB, and CFMNB)
- The main goal of these visits is to get feedback from Atlantic school's on the impact of CFMS initiatives. Further, discussion on how CFMS could better integrate and collaborate with each school was an important agenda item.
- The feedback has been quite positive from these meetings. It was suggested these be organised on an annual basis for the Atlantic Regional Director (RD).
- Funding of \$200 to facilitate transportation, and \$50 for promotional materials for the Atlantic RD to host a campus visit has been approved by the Board as part of the zero-based budgeting process for 2019/2020.

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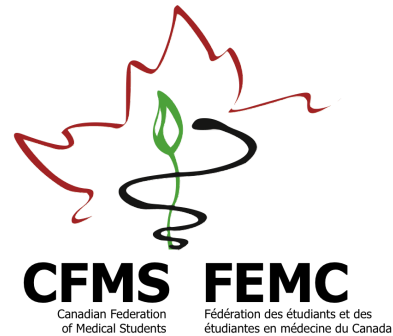
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- A CFMS booth was set up at the Dalhousie Interest Group Fair to present CFMS resources to incoming medical students
- 3. Atlantic Teleconferences with Medical societies**
- Meeting minutes (x3) can be found [here](#)
 - The main goal was to provide updates on major upcoming activities from the CFMS, and vice-versa, to be informed of important activities occurring at each Atlantic faculty in which the CFMS could help support.
 - Another goal was to identify collaboration opportunities between campuses.
 - i. 2nd annual CoAMS happened on April 5-7 in Saint-John's NL (see next point).
 - ii. DMNB and Moncton organised an activity to link up both satellite campuses. Since Moncton is a french speaking school and DMNB and anglophone speaking school, they organised Sherbhousie, which included mock OSCI sessions in both languages for students to practice their non-native language, followed by bowling.
- 4. Conference of Atlantic Medical Students**
- This is the only conference for medical students organised annually for Atlantic Medical Students. The conference was at Memorial University of Newfoundland this year, and will be at Dalhousie in Halifax next year.
 - This year over 170 students participated over three days of conferences (on the theme of “changing tides”), clinical skills sessions, and a CFMS session involving a presentation from the Atlantic Task Force and six small working groups.
 - From early feedback received from the attendees, the CFMS sessions were greatly appreciated by students.
 - Prior to organizing these CFMS activities, the consensus between Atlantic medical societies was that the CFMS would focus on outcome of initiatives relevant or occurring in Atlantic Canada. Further, it has been informally discussed (email conversation) that this type of CFMS involvement at CoAMS would be beneficial for medical students as recurring every year. The organizing committee at Dalhousie (Halifax) have already been in touch to organise a CFMS session for the 2020 CoAMS.
 - This activity will likely become an annual task for the Atlantic RD and funding to attend this conference in representing the CFMS has been approved by the Board through the zero based budgeting process.
- 5. Annual General Meeting 2019 Planning**
- Due to the location of AGM being in the Atlantic provinces, the Atlantic RD acted as the liaison for the CFMS on the MUN AGM Planning Committee.

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6. ICRE presentation

- Board Report available [here](#)
- Represented the CFMS (and the medical student perspective) on a privacy rights panel

7. Royal College Regional Advisory Committee for Atlantic region (RAC5)

- Represented the Atlantic region's medical student population in the Royal college's RAC5 in St-John's NFLD and in Fredericton NB.
- The CFMS update provided for this meeting is available [here](#) and [here](#).

8. Canadian Medical Association Atlantic Regional Forum

- Represented the CFMS on the two themes of this forum being physician workforce and physician wellness, in Halifax, NS.
- Board Report is available [here](#) for a more detailed outline of this event.

9. Create a Terms of Reference for the Atlantic Regional Director

- The [Atlantic RD ToR](#) was approved by the Board on April 8th 2019.

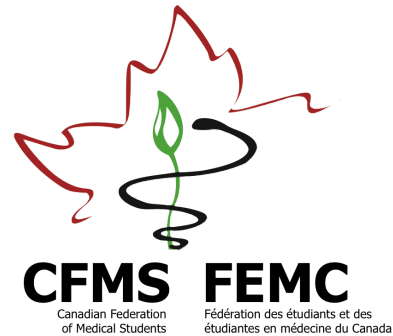
I.II ACTIVITIES OF STUDENT AFFAIRS ATTACHÉ

1. Chair of Wellness Roundtable

- WRT Google Folder available [here](#)
- Occuring every first Sunday of the month
- The main goal of this roundtable is to provide a space where CFMS updates and consultation related to Student Affairs can be achieved. Further, this roundtable is meant to enable local wellness representatives to survey other schools in getting feedback and guidance for their local initiatives.
- In January 2019, WRT members voted on the organizational structure of the WRT to include three categories of business, and for these to be equally employed in every WRT meeting.
 - "Faculties to Faculties" typically involve one medical school either sharing or requesting information from the other medical schools within the WRT, with business items including, but not limited to surveys, school updates and discussion topics.
 - "Faculties to CFMS" typically involves WRT members providing feedback and guidance on CFMS activities within Student Affairs, with business items including, but not limited to consultation for Student Affairs position papers, for

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Student Affairs National Wellness Program, and for Student Affairs services & student discounts.

- “CFMS to Faculties” typically involves the Chair or the Director of Student Affairs sharing current CFMS initiatives related to Student Affairs, with business items including, but not limited to programming events from the National Wellness Program (including the Longitudinal Wellness Initiative and the National Wellness Challenge), open calls for application, student wellness grants, position papers & policies, or any other student resource from the Student Affairs portfolio.
- Coordinate **Student Wellness Grants** through the WRT. An updated policy for reimbursement for 2019 was created and is available [here](#).
- We have reviewed five position papers (Medical Student Parents, Learner Suicide, and Personal Days, Workload Position Paper, Support for Medical Student Experiencing Mistreatment) and every school has shared their school’s progress on each of these available [here](#).
- The [Terms of Reference for the WRT](#) was approved by the CFMS Board on September 8th 2019.

2. Lead of the National Wellness Challenge

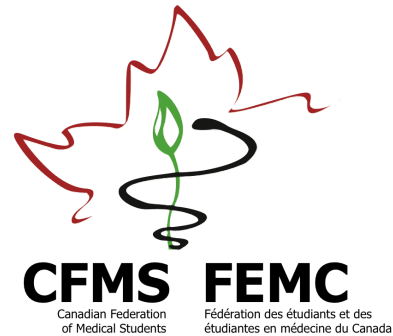
- Misha Virdee (NOW), and the Atlantic RD re-mastered the National Wellness Challenge from extensive feedback rounds from the WRT.
- This year, the entirety of the NWC was available on the [Progress Sheet](#) with students able to participate individually or in teams of four.
- There were over 600 medical students participate with 3600\$ in prizes that were won for individuals and teams across Canada.
- The NWC was shared with the Wellness officer with the FMEQ for deployment for Québec medical students in a unique partnership. Hopefully this will occur again in the years to come.
- The NWC will be presented as a poster at the CCPH on October 5th 2019.

3. CFMS-MDFM Leadership Awards

- Updating the description as well as the forms and MD logos to satisfy the new ownership of the company was made.
- Facilitated communications with MD representative as well as with CFMS’s communications team to advertise the awards.
- Led all communications with the Award recipients for their participation at the CFMS Spring General Meeting in Niagara Falls.

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4. ICPH Conference

- Present at the student ambassador pre-conference workshop with Dir. of Student Affairs

5. Governance Committee Board Representative

- Leading the group responsible of committee and roundtable Terms of Reference (ToR)
- All ToR's have now been collected and approved by the Governance Committee for every Board Member, National Officer, Roundtable and Committee of the CFMS on September 1st 2019.

6. Co-Chair the new Wellness Curriculum Task Force

- Responsible for administering and managing documentation of the task force. The task force is specifically responsible for:
 - Working with the education portfolio and student affairs deans and UG deans to create a common framework including principles, objectives and session designs for a formal wellness curriculum.
 - Creating a document that outlines a framework with common principles, objectives and session design for wellness curriculum in undergraduate medical education.
- Co-chairing the monthly teleconference meetings

7. Wellness Roundtable liaison on CFMS Task Forces

- Member of the Student Mistreatment Task Force and Health Promoting Learning Environment Task Force as the liaison from the Wellness Roundtable.

II. OUTGOING PLAN FOR ATLANTIC REGIONAL DIRECTOR

1. Create a comprehensive handover report for the incoming Atlantic Regional Director

- The handover report will focus on potential strategic directions for the next Atlantic Regional Director, and go into more details the day-to-day of this role.

2. Continue work with Atlantic Task Force

- Ensure the timely completion of the report by the end of 2019.
- Ensure proper transition of the work to the upcoming CFMS HHR Task Force under the Government Affairs portfolio.

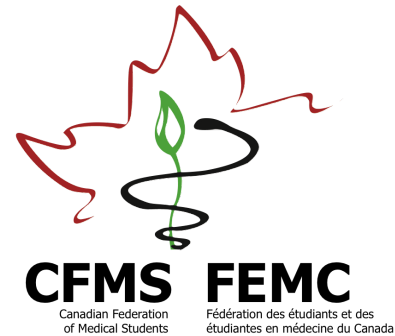
II.II. OUTGOING PLAN FOR STUDENT AFFAIRS ATTACHÉ

1. Participate at October Wellness Roundtable with new Chair

- Ensure the proper transition of incoming Local Wellness Representatives.

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- Ensure the familiarisation of the incoming Regional Director Attaché to Student Affairs with the runnings of the WRT.
- 2. Collaborate with the Director SA to run the Wellness Curriculum Task Force and Health Promoting Environment Task Force**
 - Co-Chair the Wellness Curriculum Task Force
 - Provide assistance as requested by the Director Student Affairs
- 3. Represent CFMS Wellness initiatives at the Canadian Conference of Physician Health**
 - Present a poster of the National Wellness Challenge at the CCPH on October 3-5 in St. John's NFLD
 - Represent medical students on a panel focusing on wellness during transitions in medicine
- 4. Elaborate a Student Affairs Strategic Plan**
 - As requested by the Director SA, and operational members of the SA portfolio, collaborate in creating a strategic plan for SA looking ahead at the next three years.

III. NEXT STEPS FOR ATLANTIC REGIONAL AFFAIRS

1. Complete the plan listed above and document everything for smooth transition process
2. Continue using Google Drive as a common workplace for Atlantic Collaboration and ensure it is passed on to the next Atlantic RD

III.II NEXT STEPS FOR STUDENT AFFAIRS ATTACHÉ

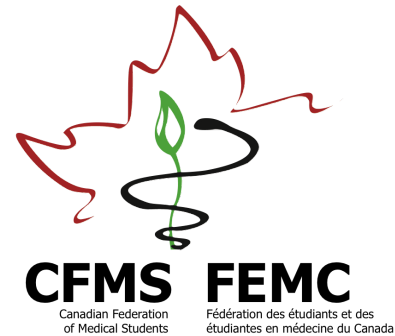
1. Complete the plan listed above (II.II)
2. Participate in the Student Affairs Strategic Plan draft as required

IV. MEETINGS ATTENDED (FOR BOTH ATLANTIC RD AND SA ATTACHÉ)

Meetings	Location	Date
Introductory Teleconference and setup with MUN, DAL and MONCTON	Google Drive	01/10/18
Introduction to attaché portfolio (SA) with Victor Do (VP SA)	Phone call	01/10/18
Handover meeting with Victoria	Phone call	03/10/18

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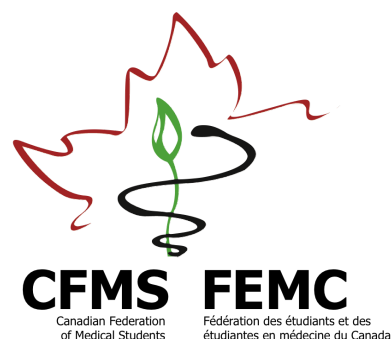
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CFMS Board TC	TC	04/10/18
Year planning with Dir. SA (Victor Do) (2-3h)	Royal York Fairmont Toronto	9-10/10/18
ICPH pre-conference (8:00-16:30)	Royal York Fairmont Toronto	10/10/18
Wellness Challenge Planning	TC	14/10/2018
Chair of WRT	TC	14/10/2018
RAC 5 Webinar	Webinar	17/10/2018
Atlantic TC1 (Chair)	TC	18/10/2018
Dalhousie Campus Visit	Charles Tupper Building, Halifax	19/10/2018
ICRE panelist	Halifax Convention Centre	20/10/2018
Fall Board Meeting	Ottawa	26-28/10/2018
Meeting with NOW (Misha Virdee)	Phone call	4/11/2018
WRT Meeting (Chair)	TC	4/11/2018
NO interview with Victor Do, followed by a meeting	TC	12/11/2018
RAC 5 meeting	Saint-John's NL	16/11/2018
Past-President (Henry Annan) Update Meeting	Phone call	16/11/2018
CFMS November Board Meeting	TC	18/11/2018
Memorial University campus visit	MUN medical faculty, Saint-John's NL	19/11/2018
Saint-John (Dal NB) campus visit	Dal NB medical faculty, Saint-John NB	21/11/2018

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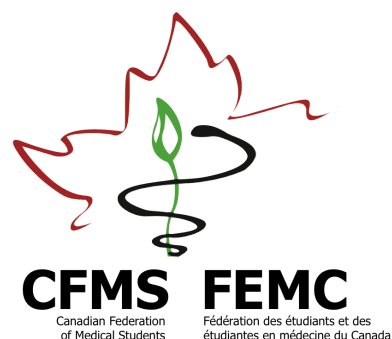
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Meeting with NOW (Misha Virdee)	Phone call	25/11/2018
Meeting with Dir. SA (Victor Do)	Phone call	01/12/2018
WRT Meeting (Chair)	TC	02/12/2018
CFMS Governance Committee Meeting	TC	09/12/2018
Atlantic Task Force Meeting (Chair)	TC	21/12/2018
Meeting with Dir. SA (Victor Do)	Phone call	22/12/2018
SA Meeting for CFMS mobile application	TC	28/12/2018
CFMS Winter Board Meeting	Toronto	5-6/01/2019
WRT Meeting (Chair)	TC	13/01/2019
Meeting with NOW (Misha Virdee)	Phone call	15/01/2019
Meeting with Dir. SA (Victor Do)	Phone call	19/01/2019
RAC/FAC Meeting	TC	22/01/2019
Atlantic TC2 (Chair)	TC	24/01/2019
CMA Regional Forum	Halifax	26/01/2019
CoAMS Meeting	TC	29/01/2019
Atlantic Task Force Meeting (Chair)	TC	01/02/2019
WRT Meeting (Chair)	TC	03/02/2019
Moncton (CFMNB) campus visit	Moncton	07/02/2019
Atlantic Task Force work meeting	TC	09/02/2019
SA Website Meeting	TC	10/02/2019
CFMS Board Meeting	TC	10/02/2019

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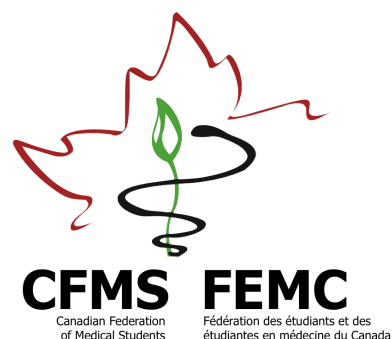
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SA Website Meeting	TC	17/02/2019
RDoc/CFMS Wellness Meeting	TC	18/02/2019
Provincial Lobby day Meeting	TC	19/02/2019
WRT Meeting (Chair)	TC	03/03/2019
Meeting with Dir. SA (Victor Do)	Phone call	03/03/2019
Atlantic Task Force Meeting with MSPEI	TC	04/03/2019
Atlantic Task Force Meeting with DoctorsNS	TC	04/03/2019
Atlantic Task Force Meeting (Chair)	TC	11/03/2019
CoAMS Meeting	TC	13/03/2019
Atlantic Task Force Meeting with NBMS	TC	15/03/2019
Atlantic Task Force work meeting	TC	16/03/2019
CFMS Board Meeting	TC	17/03/2019
CMA Student Affairs Call	Phone call	18/03/2019
Atlantic Task Force work meeting with IT Officer	Phone call	18/03/2019
Atlantic Task Force Meeting (Chair)	TC	21/03/2019
ToR Governance Committee Training	TC	28/03/2019
MD meeting for Leadership Award	TC	29/03/2019
Governance Committee Meeting	TC	30/03/2019
WRT Meeting (Chair)	TC	31/03/2019
Atlantic Task Force Meeting (Chair)	TC	01/04/2019
FMEQ Journée d'Action Politique	Québec	02/04/2-09

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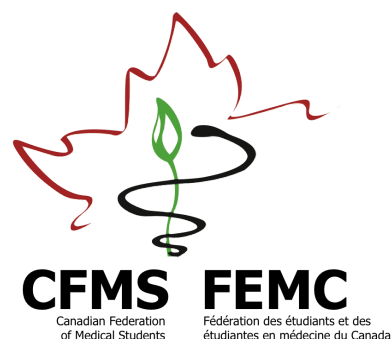
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Conference of Atlantic Medical Student (leading 2 hours of sessions on the 7th)	St-John's NFLD	5-7/04/2019
Atlantic Task Force meetings (x2) to prepare for presentation & Small working groups	St-John's NFLD	6/04/2019
CFMS Board Teleconference	TC	08/04/2019
Atlantic Task Force Meeting with NSHealth	TC	11/04/2019
CFMS SGM	Niagara Falls	11-14/04/2019
WRT Meeting (Chair)	TC	2/06/2019
National Officer of Wellness Interviews	TC	6/06/2019
Meeting with Dir. SA (Victor Do)	Phone call	7/06/2019
National Officer of Wellness Interview	TC	10/06/2019
CFMS AGM 2019 Planning Meeting	TC	12/06/2019
Memorial AGM 2019 Planning Committee Meeting	TC	13/06/2019
Governance Committee Meeting	TC	23/06/2019
Health Promoting Learning Environments Task Force Meeting (SA/WRT representative)	TC	23/06/2019
RAC 5 meeting	Fredericton, NB	24/06/2019
Atlantic Task Force Meeting (Chair)	TC	27/06/2019
Student Mistreatment Committee Meeting (WRT Chair)	TC	2/07/2019
NSHealth Meeting with Physician Advisor (ATF liaison)	TC	3/07/2019
CMA Grand Central Preparatory Meeting with President and Dir. Of GA	TC	3/07/2019
Informal Meeting with WCTF Member	TC	3/07/2019

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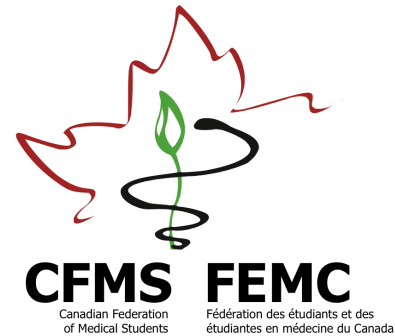
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Wellness Curriculum Task Force Meeting (Co-Chair)	TC	7/07/2019
CFMS Board Meeting	TC	21/07/2019
AGM Meeting with IT officer	Phone call	23/07/2019
CFMS AGM 2019 Planning Meeting	TC	24/07/2019
OMSA-CFMS HHR Meeting (ATF Chair)	TC	29/07/2019
WRT Meeting (Chair)	TC	4/08/2019
Meeting with Atlantic RD Candidate	TC	8/08/2019
CMA Health Summit Board Representative	Toronto, ON	11-13/08/2019
CFMS-MDFM AGM Planning Meeting	Toronto, ON	11/08/2019
CFMS Board Meeting	Toronto, ON	12/08/2019
Meeting with Atlantic RD Candidate	TC	15/08/2019
Health Promoting Learning Environments Task Force Meeting (SA/WRT representative)	TC	18/08/2019
CFMS Board Meeting	TC	18/08/2019
Meeting with Federal Minister of Health (ATF Chair)	Moncton, NB	20/08/2019
CFMS AGM 2019 Planning Meeting	TC	20/08/2019
Meeting with Dir. SA (Victor Do)	Phone call	25/08/2019
Governance Committee Meeting	TC	1/09/2019
HHR Meeting with AFMC and CAPER (ATF Chair)	TC	5/09/2019
Wellness Curriculum Task Force Meeting (Co-Chair)	TC	8/09/2019
WRT Meeting (Chair)	TC	8/09/2019

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CFMS Board Meeting	TC	8/09/2019
CFMS Booth at Dalhousie Interest Group Fair	Halifax, NS	10/09/2019
CFMS AGM 2019	St. John's NFLD	20-22/09/2019

V. CONCLUSIONS

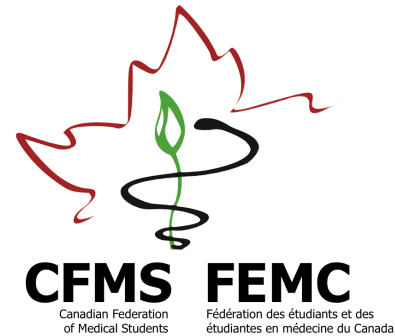
I feel incredibly honoured to have had the opportunity to represent the Atlantic provinces in the role of Atlantic Regional Director. There is great potential to be leveraged in Atlantic medical students, and being in this role has allowed me to see this first hand. I'll never cease to be impressed by the quality of individuals I have had the chance to meet on the East Coast. Not only are they brilliant academically, but there's the presence of a unique set of values that distinguishes and unifies us. Being able to strengthen interfaculty ties through the work of the Atlantic Task Force, represents the impact that our collective efforts can lead to. To my knowledge, this is the first Atlantic medical student working collaboration, and I truly hope this will set precedence for the years to come. The Atlantic provinces also do not have a students' association, and while I'm not proposing its creation at this moment, outcomes of Atlantic efforts should be evaluated in the future in determining the value of such an association.

From a national optic, the geographical distribution and connectedness of our four Atlantic provinces can facilitate pilot initiatives for the rest of Canada. A first example is that in January 2019, the Premiers of Atlantic Canada met to have initial discussion for an Atlantic licensure. The lessons learned and successes could then be transmitted for the "next step" being a national licensure. A second example is through our work with the Atlantic Task Force and the upcoming Health Human Task Force through the CFMS Government Affairs portfolio. So far, this project has reached heights none of us thought possible at the beginning. Through collaboration with multiple key stakeholders, we not only are providing an anticipated resource for Atlantic medical students, but also leading the groundwork for the HHR Task Force to create a national resource to simply illustrate the current and projected demand for physicians across Canada. This exemplifies another Atlantic pilot project step towards a national initiative. I wholeheartedly encourage other leaders to take advantage of the potential that the Atlantic regions offers to achieve change for better health care in Canada.

I do feel like I got the best of both worlds in my position because on top of being the Atlantic Regional Director, I was also the Student Affairs Attaché. This latter position has given me the opportunity to get involved to a great extent in multiple wellness initiatives such as the National Wellness Challenge, the

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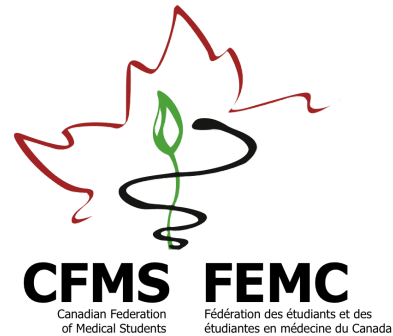


Wellness Roundtable, the Wellness Curriculum Task Force, and Health Promoting Learning Environment Task Force. I look forward to continuing wellness-related initiatives throughout my career, and thank all of those who have helped me learn along the way.

To my fellow Regional Directors, Adel, Rishi, Debbie, Wendy and Fatemeh you have all done such a great job representing and defending the interests of your regions, to each and everyone of you thank you for having made such a positive contribution to my experience with the CFMS, to the Board in general and to your Attaché portfolios. Odell, I remember first working with you on the delegation of authority framework and thinking to myself how can he be so good at this, he must have done this before. Now I know that you're literally just good at everything you do and have unbelievable dedication to any task that you do. Thank you for being a great friend, I wish you all the best. Victoria, remember that first Caesar we had? I knew from that point on that we would get along very well and we sure did! Thanks for welcoming me in NFLD and for all the handover support for Atlantic RD. Michelle, even though Global Health and Student Affairs can sometimes feel like distant portfolios, your leadership and passion enabled us to collaborate together and you remarkably led your portfolio through a significant changes that will last for years to come. Amazing work. Maylynn, you are always so pleasant to be around with, your smile and optimism is contagious and I wish you the best of luck in your dream specialty. The collaboration between Education and Student Affairs through Health Human Resources and the Health curriculum will lead to incredible opportunities for the future. Thank you for being so supportive. Yipeng, where to start, you have made such an impact in politics in Canada, not only on the actual changes that have occurred through your terms but mostly in all the people that you positively influenced to effectively advocate, including myself. You like the quote "people won't remember what you said but how you made them feel" and I can tell you honestly that you always have made me feel like I was the only person that mattered when I talk to you. Not only will you're patients love you, but I know you will continue to represent issues that matter on behalf of Canadians and I thank you so much for that. Stephanie, what an amazing person and leader you are. We all knew this before you stepped in as President but this year has confirmed it all over again. Your ability to deal with a million meetings/tasks/duties/etc. at the same time, oh yeah and finding time to run triathlons through it all, is unparalleled. Thank you for all your help and guidance this year and I am so grateful to have worked for you. Thank you so kindly for your service. Henry, you're the one that started it all for me. First of all, I'm so glad that you joined the Hoskin lab at Dal because otherwise who knows maybe I wouldn't have joined the Governance Committee. You have such a welcoming and honest personality and this doesn't change the longer we know you. You're perspective and brilliance on complex issues is phenomenal and none of us could have asked for a better Chair. Following your journey is so thrilling and I honestly look up to you so much. Thank you so much. Finally, throughout this year I worked the most with Victor (Director Student Affairs) and incoming

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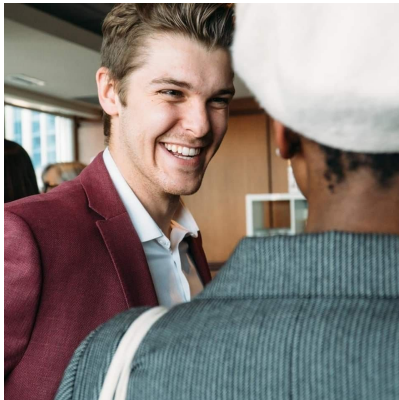
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CFMS president. This gentleman wakes up at 6am every day of the week to exercise, answers about 60 emails every day, is involved in more committees and Boards than I can count on my hands and feet, always gets his work done and extra, never complains, and is always there if you need him no matter what. I think CFMS is extremely fortunate to have you as president and I 100% trust your ability to lead this great organisation to flourish. Thank you for everything you have done for me Victor, you're one of my best friends and will always be!

Leaving this position is extremely difficult, but I hope that my contributions will empower the next Atlantic Regional Director to strive. I can't believe this journey started only a year ago. Though it may at times be somewhat overwhelming, the amazing opportunities, experiences and people I have met, definitely outweigh the rest. I will never forget what this organisation gave me, and couldn't thank the team and all the dedicated CFMS members enough. Meeting and interacting with so many amazing people makes me so optimistic that the health of our Canadian population is in the best hands possible.

Merci beaucoup,



Dax Bourcier

Dax Bourcier, BSc (Hons), MD/MSc (2021)

Université de Sherbrooke – Moncton

Atlantic Regional Director – Student Affairs Attaché

Canadian Federation of Medical Students

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