

RESOLUTION 7 - Student Health and Wellbeing Paper

Resolution: Adoption of the Position Paper *2021 CFMS Recommendations for Student Health and Wellbeing*

Whereas medical students further have been shown to experience higher rates of psychological distress, depression, anxiety, burnout, and stress compared to their age-matched peers.

Whereas numerous factors related to the medical education journey and healthcare field may contribute to these discrepancies, including substantial workload, sleep deprivation, financial burden, lack of control over one's time, and the psychological demands of a career in medicine, especially those pertaining to patient suffering and death.

Whereas the environment in which medical students are trained to care for their patients tends to perpetuate a culture in which students, often led by the examples of their residents and staff attendings, prioritize their responsibilities and role as a physician often at the expense of their own wellbeing.

Be it resolved that the Canadian Federation of Medical Students (CFMS) adopt the position paper titled *CFMS Recommendations for Student Health and Wellbeing*.

Financial cost:

There is no associated financial cost to the adoption of this position paper.

Source of funding:

No source of funding is required because there is no associated financial cost.

Level of Effort of Volunteers/Staff:

The level of effort on the behalf of the CFMS and its representatives will involve future advocacy efforts to support the recommendations as advised in the position paper.

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