

EXECUTIVE UPDATE

VP Services

Brandon Maser

April, 2015 • CFMS Spring General Meeting • Vancouver, BC

Submitted April 13, 2015

vpsservices@cfms.org



A. SPONSORSHIP

The past few months have been busy, with ample changes within the CFMS' sponsorship portfolio. Headed up by our VP Finance, we are currently looking into how the CFMS can strengthen its sponsorship portfolio, with tons of great work still to be done. **If there are any questions, comments, or feedback regarding CFMS Sponsorship, please do not hesitate to contact me at vpsservices@cfms.org**

B. DISCOUNTS & PARTNERSHIPS

UpToDate

As of February, 2014, CFMS members have been able to take part in a new medical student discount available from UpToDate. We are excited to announce the success of this new discount over the past year, and that we have recently signed a 3 year contract with UpToDate to see this new offer extended. To access this discount, register and/or login to www.cfms.org, and visit the UpToDate page under 'Benefits.'

Toronto Notes

The CFMS and Toronto Notes have been in discussions regarding an exclusive CFMS member discount on the Toronto Notes eBook. Discount details will be finalized and announced shortly.

CFMS-RBC Leadership Award

Despite the recent end to the CFMS-RBC partnership, we are fortunate enough to be able to still offer the CFMS-RBC Leadership Awards this year. The online application has closed and winners will be announced at the 2015 CFMS SGM.

C. WELLNESS PORTFOLIO

CFMS Wellness Committee

This term so far has seen substantial growth from the CFMS Wellness Committee. Under the leadership of our new National Wellness Officer, Marie-Pier Bastrash, our committee has gained tremendous traction, with regular communications and collaboration on a couple different projects. Ongoing projects include: work to expand upon the 2014 update on the CFMS' Medical Student Mental Health Position Paper, to create a more broad paper on medical student health and wellbeing; ongoing work to develop an online database of health and wellness resources for schools across the country, as well as a database for wellness initiatives (faculty and student) at schools across the country; and work from all committee members to develop strategies for implementation of the wellness survey across the country.

CFMS-FMEQ National Health and Wellbeing Survey

Since SGM 2014, we have been fortunate enough to partner with a faculty sponsor, Dr. Erica Frank, on the CFMS-FMEQ National Health and Wellbeing Survey. Dr. Frank is a Tier I Canada Research Chair and physician in Preventive Medicine and Population Health at UBC; lead author of the Canadian Physician Health Study and the Healthy Doc – Healthy Patient project in the US; and an expert in the field of medical student and physician health. Under her tremendous guidance and support, we have drafted a very strong survey instrument that has received positive feedback from multiple external partners.

EXECUTIVE UPDATE

VP Services

Brandon Maser

April, 2015 • CFMS Spring General Meeting • Vancouver, BC

Submitted April 13, 2015

vpsservices@cfms.org



With a completed questionnaire, we have been working hard the past few months to further develop our formal methodology, secure ethics approval, and develop strategies for the promotion and distribution of the survey to medical students across the country. We remain partnered with Dr. Frank, and have also begun working with Dr. Sue Mills, another faculty from UBC's School of Population and Public Health, who is helping to facilitate remaining tasks regarding ethics, strategy, and logistics. Although our initial goal of having results for CCME 2015 was not realized, we are on track to have all the pieces in place over the next couple months, such as communication and administration strategies, ethics approval, etc., to allow for distribution later this year.

Resident Doctors of Canada Resiliency Curriculum

The CFMS is currently part of a working group, established by Resident Doctors of Canada's (RDoC; formerly CAIR), to work with the Canadian Department of National Defense to adapt their mental health and resiliency curriculum into a curriculum for medical learners. This project has been making great strides, and the Resident Doctors of Canada hosted a Resiliency Summit on February 20th in Ottawa, where they unveiled the first draft of the modified curriculum to key external partners in medical education, and also held multiple small and large group discussions to garner feedback. Discussions and work on this are ongoing, and the working group consists of member from the College of Family Physicians of Canada (CFPC), the Royal College of Physicians and Surgeons of Canada (RCPSC), the Society of Rural Physicians of Canada (SRPC), the Association of Faculties of Medicine of Canada (AFMC), and others. The next steps on this project include further collaboration with the Mental Health Commission of Canada to lead members from the working group and external partners in ongoing feedback generation and curriculum development.

OMSA Wellness Retreat

I was very fortunate enough to be able to attend this year's 3rd Annual OMSA Wellness Retreat. It was an incredible event that has surely flourished since its inaugural year. This retreat was a fantastic opportunity to discuss with other student and physician leaders in health and wellbeing. The weekend was concluded by a fantastic student initiatives panel, where we heard about several amazing student health initiatives across the country, and where I was able to share a bit of the work that the CFMS is currently doing in student health. With all these incredible initiatives ongoing across Ontario, and the country, I wanted to reiterate a very important point that I shared at the meeting: if you are currently working on a student health initiative, or if you have an idea for an initiative and are interested in getting it off the ground, I encourage you to contact myself, and/or our National Wellness Officer, to discuss how the CFMS could potentially support your initiative, and/or the possibility of growing your project nationally.

If there are any questions, comments, feedback, or ideas regarding the CFMS Wellness Portfolio, please do not hesitate to contact me at vpsservices@cfms.org