

# EXECUTIVE UPDATE

*VP Student Affairs - Marie-Pier Bastrash*

*2016 CFMS Spring General Meeting • Montreal, QC*

*April 14-17th, 2016*

*[vpstudentaffairs@cfms.org](mailto:vpstudentaffairs@cfms.org)*



## A. DISCOUNTS & PARTNERSHIPS

In the fall, the CFMS Services Survey was distributed through the CFMS Communiqué to poll our membership on discount interests. We learned that new preferential rates for Canadian airfares and mobile phone plans were most important to students. These will be pursued specifically in the second half of my mandate.

Since AGM 2015, many exciting new partnerships and discounts have been secured, namely:

- **MDpocket:** 15% discount on all online orders and bulk ordering. MDpocket offers medical reference guides and clipboards. Details and links will appear on the CFMS Services page shortly.
- **Wolters Kluwer:** 30% discount on all online orders. They hold popular titles such as Blueprints, Step Up series, NMS series and much more... a must-see resource when purchasing clerkship books.
- **Complete Anatomy App:** 20% discount on the purchase of their comprehensive anatomy application. A great tool for your personal study and for patient education through clerkship.

For more information, visit the members' section at [CFMS.org](http://CFMS.org).

If there are any questions, comments, or feedback regarding CFMS Discounts, please do not hesitate to contact me at [vpstudentaffairs@cfms.org](mailto:vpstudentaffairs@cfms.org). Please refer to the VP Finance Report for an update on Partnerships.

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## **CFMS-MD Financial Management Leadership Awards**

In collaboration with Dr Caitlin Champion, CFMS VP Alumni, the first iteration of the CFMS-MD Financial Management Leadership Awards were coordinated successfully. These awards have replaced the CFMS-RBC Leadership Awards. As in previous years, Canadian medical residents and physicians reviewed all applications. Fourteen deserving Award Winners were chosen among over 65 applicants, to receive a \$2000 bursary along with travel award funding to attend SGM 2016 in Montreal. MD Financial Management will be hosting the winners to a cocktail reception on Friday April 15<sup>th</sup>, 2016.

## **CFMS Interview and Elective Databases**

This dossier is a joint effort between the CFMS Education and Student Affairs Portfolio. The CFMS National Electives and Interviews database Working Group, composed of elected members from the Education Committee, has begun working on the revitalization of these student resources. This group has started working on the organization of focus groups, to eventually revisit these databases' content as well as coordinate an efficient promotion of these resources.

## **B. WELLNESS PORTFOLIO**

### **CFMS-FMEQ National Health and Wellbeing Survey**

The CFMS-FMEQ National Health and Wellbeing Survey was successfully distributed to all medical students in Canada over the winter months. The CFMS and FMEQ are proud to announce that they have received over 5000 valid survey completions. We specifically want to extend our gratitude to all medical student

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societies and CFMS and FMEQ representatives who have been instrumental in obtaining this exceptional response rate. Very few medical student wellness publications comprise such a large study population. Preliminary data is available and will be presented at CCME in Montreal. Data analysis will be completed by Dr Eva Guérin, PhD and postdoctoral fellow at Hôpital Montfort. Survey spending is well within our CPHI grant-allocated budget. Next steps include completion of data analysis as well as coordination of our knowledge translation efforts. Medical societies have stated their wish to receive school-specific data, which should be generated and distributed in the upcoming months. The CFMS has filed an application for an abstract presentation at the International Conference on Physician Health, to be held in Boston on September 18-20<sup>th</sup>, 2016.

For specific questions regarding the CFMS-FMEQ Health and Wellbeing Survey, please contact [studentaffairs@cfms.org](mailto:studentaffairs@cfms.org) and Brandon Maser at [bmaser@ualberta.ca](mailto:bmaser@ualberta.ca).

## **CFMS Wellness Committee**

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 Canadian medical students.

The remainder of the year will be focused on establishing new direction to the committee. The CFMS Health and Wellbeing Position Paper, accepted at AGM 2015, and the CFMS-FMEQ

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Health and Wellbeing Survey results will guide the committee plan its future advocacy projects.

## **CFMS Wellness Website official launch**

The CFMS Wellness committee, along with Megan Lucey (UBC), has finalized the elaboration of the CFMS Wellness website. This website comprises a collection of compiled Wellness resource databases, a student Forum and Blog section. Make sure to download your school's database to learn more about available wellness resources on and around campus. To submit a Blog post, please email [studentaffairs@cfms.org](mailto:studentaffairs@cfms.org) as well as [meganlucey@hotmail.com](mailto:meganlucey@hotmail.com).

## **C. REPRESENTATION**

### **Resident Doctors of Canada Resiliency Curriculum**

The CFMS is currently part of the Resident Doctors of Canada Resiliency Working Group, which aims to develop a resiliency curriculum for medical learners. Their curriculum is based on the previous work from the Canadian Department of National Defense. This project has progressed consistently over the last year and a half. 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, which 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 Working Group's last meeting and constitutes an area where CFMS advocacy will be needed as the

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project moves along its phases of development.

## **Canadian Physician Health Institute (CPHI)**

On February 26<sup>th</sup>, 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. Next steps include redefining the place of the CFMS within this new strategy and ensuring our organization's interests are represented in their future project-specific working groups.

## **OMSA Wellness Retreat**

Our National Wellness Officer, Alyssa Lip, was kindly invited to attend and represent the CFMS at the 4th annual OMSA Wellness Retreat. We were thrilled to sponsor OMSA for a retreat whose focus on student health and wellbeing was so uniquely reflected in its setting, various speakers, sessions and activities. It was also an opportunity to appreciate the incredible variety of wellness initiatives across Canada and facilitate discussions with fellow student leaders. CFMS extends its congratulations to the OMSA Wellness Committee for hosting such a successful retreat once again this year.

## **VP Alumni**

Dr Caitlin Champion, our longstanding CFMS VP Alumni, will be stepping down from her position this year. She has contributed

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immensely to the creation, improvement and coordination of the Leadership Awards. The CFMS Executive will be discussing potential avenues for the role at its upcoming Summer Executive Meeting.

Please feel free to send along any questions, comments, feedback, or ideas regarding the CFMS Wellness Portfolio at [vpstudentaffairs@cfms.org](mailto:vpstudentaffairs@cfms.org).

Thank you for reading,

**Marie-Pier Bastrash**

CFMS VP Student Affairs 2015-2016

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## D. ANNEX

<b>Date</b>	<b>Meeting</b>	<b>Location</b>
2015/09/18, 19, 20	CFMS AGM	Kingston, Ontario – 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, Manitoba –3 days
2015/10/18	Fall Executive Meeting	Ottawa, Ontario – 1 day
2015/10/19	Leadership Awards - Cait Champion	Call – 40 mins
2015/10/25	Wellness Month subcommittee	Call – 1 hr
2015/10/26	CFMS Survey TC (Brandon, Han, Carl)	Call – 30 mins
2015/10/27	Meeting with VP Ed	In person – 1 hr
2015/10/28	Intro meeting with 2 new CFMS Wellness members	Call - 45 mins
2015/11/03	Survey – FMEQ	Call - 30 mins
2015/11/08	Intro meeting with 3 new CFMS Wellness members	Call – 35 mins
2015/11/08	CFMS Survey TC (Brandon, Han, Carl)	Call – 45 mins
2015/11/08	CFMS Wellness November TC	Call – 1 hr
2015/11/15	Intro meeting with new CFMS Wellness member	Call – 30 mins
2015/11/10	Alison Forestell – MDF	Call – 1.5 hours
2015/11/17	CPHI Advisory Committee	Ottawa – 1 day
2015/11/22	CFMS Exec TC	Call – 2.5 hours
2015/11/23	Brandon Survey review	Call – 1 hour
2015/12/06	CFMS Wellness committee TC	Call – 1.5 hours
2015/12/01	Meeting with VP Finance	Call – 30 mins
2015/12/21	OMSA Wellness Retreat finance meeting	Call – 35 mins

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2015/12/13	Meeting with NWO Alyssa	Call – 45 mins
2016/01/08-10	Winter Exec Meeting	Toronto – 2 days
2016/02/07	CFMS Wellness committee TC	Call – 1 hr
2016/02/09	Meeting with 3DM Medical (Complete Anatomy)	Skype – 1 h15
2016/02/21-22	CFMS Lobby Day	Ottawa – 2 days
2016/02/28	RDoC Resiliency Focus Group meeting	Ottawa – 1 day
2016/03/06	CFMS Exec TC	Call – 3 hours
2016/03/07	CFMS-FMEQ Survey TC	Call – 1 hr
2016/03/08	CFMS-MDFM TC	Call – 1 hr
2016/03/29	Meeting with 3DM Medical (Complete Anatomy)	Skype – 30 mins
2016/04/06	Wellness Survey Team Meeting	Call – 45 mins