

EXECUTIVE REPORT

*Stephanie Smith, CFMS Student Affairs Vice President
2018 Spring General Meeting
April 27-28th, Halifax, NS*



I. DESCRIPTION OF POSITION

The Student Affairs vice president is responsible for overseeing the CFMS Student Wellness portfolio, the CFMS Leadership Awards and for coordinating the CFMS member benefits and services. This position requires collaboration with the National Wellness Officer, Wellness Representatives, and various external partners to promote wellness and resilience and seek benefits for members.

II. MEETINGS ATTENDED

Date	Meeting	Location
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
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

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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

III. PRIORITIES AND PROJECT AREAS

- **Sponsorships**

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

- New sponsorships:
 - 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.
- Maintained sponsorships:
 - UpToDate: working on app discount
 - LASIK

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- Choice Hotels: Working on free hotel rooms
- Text Books

I would still like to gain a discount with Air Canada to help offset costs associated with traveling for electives and CaRMS.

• **Implementation of the National Wellness Program**

- 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
 - 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
- Safe Space: Let's Get Real
 - Provide an open forum for medical student to speak about important issues in a safe environment and encourage dialogue
- Spotlight Stories
 - Link spotlight stories with themes
 - Nutrition stories are up for the first theme!

• **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 are currently trying to recruit more people. 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 will be provided to four lucky participants.

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- **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.

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 grown 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

Stephanie Smith

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