

EXECUTIVE REPORT

*Alex Lee, CFMS Director of Student Affairs
2022 Spring General Meeting
April 21-23rd, 2021*



I. DESCRIPTION AND INTRODUCTION:

The Canadian Federation of Medical Students (CFMS) is the representative voice of Canadian medical students to the national medical organizations, federal government, public, and external bodies. The CFMS represents over 8,000 medical students at 15 Canadian medical schools from coast to coast. It is the mission of the CFMS to represent, support, and connect its members. We communicate within and from the membership to the world. As an ever-expanding organization, we continually strive to meet Canadian medical students' constant and changing needs.

Brief Description

The Director of Student Affairs is responsible for overseeing initiatives relating to student wellness and leadership development and coordinating membership benefits and services. This position requires collaboration with the National Officer of Wellness, Wellness Representatives, National Officer of Services, various internal working groups, task forces and file leads, and external partners to promote wellness and support medical students. The Director of Student Affairs advocates for and supports members by developing initiatives, including the National Wellness Challenge, CFMS Connects, Culture Changers Campaign, Leadership Development Task Force, and STRIVE Resiliency course to promote the wellness of medical students across the country.

II. PRIORITIES AND PROJECT AREAS:

2020-2023 Student Affairs Strategic Plan ([Link](#))

Since the onset of the new Board of Directors in 2021, a new strategic plan for the Student Affairs portfolio was developed and it reflected a new vision, values, and strategic directions. This document guides and influences everything we now do within the portfolio.

- 1) **Strategic Direction #1:** Develop health-promoting communities
 - a) **CFMS Connects:** This Facebook page was developed in the Summer of 2020 to connect students during the CoVID-19 pandemic and be a hub for Student Affairs initiatives, contests, and events moving forward. Karen Jiang (Awareness File Lead) oversees this page. Going forward, there will be more opportunities on the website to collaborate with other corporate sponsors and national partners to share social, financial, and educational resources.
 - b) **Longitudinal Wellness Initiative:** the LWI team works diligently to produce practical resources to aid students in their medical school journey through both the CFMS website and CFMS Connects. This year, the LWI team focused on creating more engaging content and finding ways to connect with students through social media, especially through CFMS Connects.
 - c) **National Wellness Challenge:** Running from Jan 17th to Feb 13th, this annual challenge is

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meant to raise awareness, encourage students to try new activities, and connect and support student wellness across Canada. This year Elizabeth (EB), National Wellness Challenge File Lead, led planning and expanded collaborations with FMEQ through a partnership with Florence (FMEQ VP Wellness).

- d) SafeSpaces:** In its 3rd year, SafeSpaces has expanded significantly with a shift to monthly sessions hosted in partnership with the CMA. Sessions have attracted 5-30 participants and been very well received. Katia (Sr File Lead), Alisha (Sr File Lead), and Amandi (Jr File Lead) lead this initiative. The next session will focus on unmatched Canadian Medical Students.

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- 2) **Strategic Direction #2:** Promote a positive culture in medical education that prioritizes learner well-being
- a) **CMA Physician Wellness+ Initiative Funding ([Link](#)):** the CFMS received a very substantial sum of money spread equally over the next four years to support medical students' ongoing health and wellness needs. We conducted a comprehensive consultation process as we developed a set of broad proposals outlining how we will spend the money, which we are in the process of finalizing for the CMA. In the first year, we used the funding to support academic endeavors for students and wellness initiatives. We hope to use the remaining funding to empower our members, support big-picture initiatives, and address the root causes of what makes medical students unwell. The biggest project involves a partnership with the AFMC and many of the leading thought leaders in this space from across the country to develop a “campaign” to target the culture of medicine.
 - b) **Culture Changers Campaign ([Link](#)):** This campaign had a remarkably successful 2nd year. The new team, led by Terra and Parmeet of the Mistreatment Task Force, recently completed the 2022 nomination. The 2022 nomination period has unofficially ended and the campaign will run from May 1st-15th.
 - c) **Leadership Development Task Force:** The Leadership Development Task Force developed to further the [Leadership: A Valuable Component of Canadian Medical Education](#) paper recommendations, promote leadership development in the CFMS community, and create educational resources for our members. Ayushi and Prasiddha, the Leadership Development Co-File Leads, lead this team. Their primary focus is on develop a series of educational leadership modules with funding from the [Strategic Innovation Fund](#).
 - d) **National Wellness Committee:** Led by Alex Bohm (National Officer of Wellness), the committee has seen many changes this year, including membership, task force involvement, and a collective project for committee members. The committee now oversee the implementation of the Wellness Recommendations.
 - e) **Wellness Curriculum Task Force:** Recently, the task force has split into two separate groups to focus on different project aspects. The Writing Team has written and submitted a commentary for publication that calls for action in this area. The Dissemination Team has

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collaborated with various stakeholders to improve the framework. Moving forward, they will work to pilot the framework and integrate it into medical curricula across Canada.

- 3) **Strategic Direction #3:** Increase collaboration within the medical community
 - a) **CMA:** We have a standing quarterly meeting with the CMA wellness team to discuss areas of collaboration. Since the beginning of my term, we have collaborated on work relating to the Wellness Curriculum Task Force, SafeSpaces, their new podcast, [Wellness Connection](#), [Physician Wellness Hub](#), [Wellness Support Line](#), and more.
 - b) **FMEQ:** This year, we've been working with Florence (VP Bien-être/Wellness) to look for areas of collaboration. Following this meeting, we were able to bring Florence into the planning of the National Wellness Challenge. As well, we have been collaborating with Anas, Services FMEQ, on corporate sponsorships.
 - c) **Society of Rural Physicians of Canada:** This year, we've been working together with the Student representatives from the SRPC to develop rural electives database development.
 - d) **Other National Student Organizations:** I have reached out to and connected with several other national student organizations but was unable to solidify any major partnerships.

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4) Strategic Direction #4: Optimize student resources

- a) **Resources:** As the recruitment of the National Officer of Services was delayed. The general operation of this the Services has been delayed. We are fortunate to have recruited Jon Nam in late March 2022 and we will continue to develop corporate partnership.

5) Other Areas of Work:

- a) **Equity, Diversity, & Inclusivity:** We aimed to integrate EDI principles into our portfolio's work, particularly regarding wellness. A few areas where we explicitly worked to do this were within the Student Affairs Leadership Group. We hope to include the principles of EDI into all aspects of the Student Affairs Portfolio.

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III. REFLECTIONS AND CONCLUSIONS

This year has been challenging but I'm also very grateful to have been able to work with the wonderful Board members of the CFMS and incredible leadership team in the Student Affairs Portfolio. The Leadership Team of Student Affairs including but not limited to Alex Bohm (National Officer of Services), Jon Nam (National Officer of Services), Sarah Almas (Blood Drive Chair), Yipeng Ge (Alumni Liaison Officer), Katia Milovanova (Safe Spaces Senior), Alisha Sharma (Safe Spaces Senior), and Amandi Perera (Safe Spaces Junior), are amazing and have put in immense efforts to help students across Canada. It has been an amazing experience working with my colleagues and I hope to recognize everyone for their passion and dedication.

Sincerely,

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