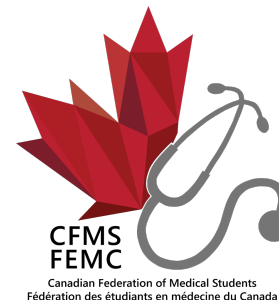


EXECUTIVE REPORT

*Sonu Varghese, Zwetlana Rajesh
CFMS Ontario Regional Directors
2024 Spring General Meeting
April 12, 2024, Vancouver, British Columbia*



I. INTRODUCTION

The Canadian Federation of Medical Students (CFMS) is the representative voice of Canadian medical students to the national medical organizations, to the federal government, to the public, and to other external bodies. The CFMS represents over 8000 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. The CFMS aims to communicate within its membership, as well as from its membership, to the world at large. As an ever expanding organization, the CFMS continually strives to meet the consistent and changing needs of Canadian medical students.

II. ACTIVITIES AND PROJECT AREAS

There are usually two Ontario Regional Directors elected for each term. The CFMS Ontario Regional Directors are responsible for representing all CFMS member schools in Ontario. The schools are:

- Michael G. DeGroot School of Medicine (McMaster University)
- NOSM University (formerly the Northern Ontario School of Medicine)
- University of Ottawa
- Queen's University
- University of Toronto
- Schulich School of Medicine and Dentistry (Western University)

The Ontario Regional Directors will chair or attend external meetings, committees, task forces and working groups as required by their regional duties and by their attached dyad position. They will collaborate with medical societies in the planning of Ontario Regional events. They also act as the CFMS liaisons with the Ontario Medical Students Association (OMSA). Finally, the Ontario Regional Directors carry out strategic duties in maintaining their fiduciary responsibilities to the CFMS.

III. MEETINGS ATTENDED

Date	Meeting	Location	Attendee
June 9-11, 2023	CFMS Summer Board Transition Meeting	Halifax	Sonu
July 15, 2023	OMSA Executive Council Meeting	Toronto	Sonu
July 27, 2023	1-on-1 Meeting with Helen	Virtual	Sonu
August 9, 2023	By-Election ORD Onboarding Meeting	Virtual	Sonu, Zwetlana
August 17, 2023	1-on-1 Meeting with Helen	Virtual	Zwetlana

EXECUTIVE REPORT

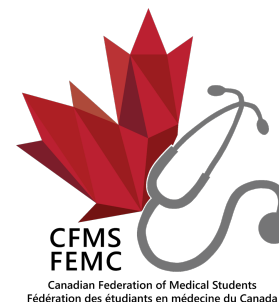
Sonu Varghese, Zwetlana Rajesh
CFMS Ontario Regional Directors
2024 Spring General Meeting
April 12, 2024, Vancouver, British Columbia



August 29, 2023	CFMS Orientation Presentation - University of Toronto	Toronto	Zwetlana
August 31, 2023	AGM RRT Planning Meeting	Virtual	Zwetlana, Sonu
September 2, 2023	OMSA Full Council Meeting #1	Virtual	Sonu
		Toronto	Zwetlana
September 5, 2023	CFMS Orientation Presentation - NOSM University	Virtual	Zwetlana
September 5, 2023	CFMS Orientation Presentation - Queen's University	Kingston	Sonu
September 12, 2023	CFMS Orientation Presentation - University of Ottawa	Ottawa	Zwetlana
September 14-16, 2023	CFMS Annual General Meeting	Toronto	Sonu, Zwetlana
September 16, 2023	CFMS RRT #1 (AGM)	Toronto	Sonu, Zwetlana
September 21, 2023	Royal College Regional Advisory Committee - Introduction and Mentor	Virtual	Zwetlana
September 21, 2023	OMSA Emergency Council Meeting	Virtual	Zwetlana
September 25-26, 2023	Royal College Regional Advisory Committee - Fellowship Affairs Summit	Ottawa	Sonu, Zwetlana
October 02, 2023	OMSA Emergency Council Meeting	Virtual	Sonu, Zwetlana
October 14, 2023	OMSA Full Council Meeting #2	Virtual	Sonu, Zwetlana
October 20-21, 2023	Fall Board Meeting	Montreal	Sonu, Zwetlana

EXECUTIVE REPORT

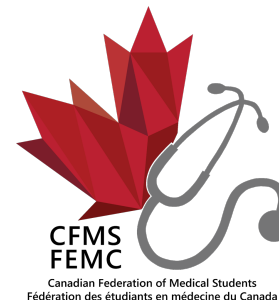
*Sonu Varghese, Zwetlana Rajesh
CFMS Ontario Regional Directors
2024 Spring General Meeting
April 12, 2024, Vancouver, British Columbia*



November 4 - 6, 2023	National Day of Action (NDoA) 2023	Ottawa	Sonu
November 19, 2023	CFMS RRT #2	Virtual	Sonu, Zwetlana
November 25, 2023	CFMS Virtual Board Meeting	Virtual	Sonu
November 28, 2023	Royal College Regional Advisory Committee - Orientation Meeting	Virtual	Zwetlana
December 2, 2023	OMSA Full Council Meeting #3	Toronto	Zwetlana
December 9, 2023	RRT 2024 Planning Meeting	Virtual	Sonu, Zwetlana
January 8, 2024	CFMS Orientation Presentation - McMaster University	Virtual	Zwetlana
January 14, 2024	CFMS RRT #3	Virtual	Sonu, Zwetlana
January 20, 2024	OMSA Full Council Meeting #4	Virtual	Zwetlana
January 25 - 27, 2024	CFMS Winter Board Meeting	Banff	Sonu, Zwetlana
February 1, 2024	OMSA x CFMS Orientation 2024 Planning Meeting	Virtual	Sonu, Zwetlana
February 18, 2024	CFMS RRT #4	Virtual	Zwetlana
February 24, 2024	OMS Full Council Meeting #5	Virtual	Sonu
March 9, 2024	CFMS Virtual Board Meeting	Virtual	Sonu, Zwetlana
March 10, 2024	CFMS RRT #5	Virtual	Sonu

EXECUTIVE REPORT

*Sonu Varghese, Zwetlana Rajesh
CFMS Ontario Regional Directors
2024 Spring General Meeting
April 12, 2024, Vancouver, British Columbia*



March 16, 2024	Midterm Meeting with Helen	Virtual	Sonu
April 1, 2024	Midterm Meeting with Helen	Virtual	Zwetlana
April 11 - 14, 2024	CFMS Spring General Meeting/Canadian Medical Student Conference	Vancouver	Sonu, Zwetlana
April 15, 2024	Medical Day of Action (MEDoA)	Vancouver	Zwetlana
April 28, 2024	CFMS RRT #6	Virtual	Sonu, Zwetlana
May 12, 2024	OMSA Annual General Meeting & Leadership Summit	Toronto	Sonu, Zwetlana
May 18, 2024	CFMS Elections	Virtual	Sonu, Zwetlana
May 22, 2024	Royal College National Advisory Council: Planetary Health	Virtual	Zwetlana
June 13 - 16, 2024	CFMS Summer Board Meeting	PEI	Sonu, Zwetlana

IV. UPDATES, PRIORITIES AND ACTION ITEMS

Priorities:

- Enhancing collaboration between the CFMS and the Ontario Medical Students Association (OMSA).
- Amplifying engagement between the CFMS and various Medical Societies, as well as fostering direct interaction with medical students.

Updates:

1. Ontario Medical Students Association (OMSA):

- a. Enhanced integration of CFMS representatives (ORDs) into the OMSA council.
- b. Continued promotion of collaborations between OMSA and CFMS.
- c. Addressed inquiries, concerns, and feedback from OMSA Executives and the Ontario VP Externals regarding CFMS activities.
- d. Provided support for OMSA initiatives as required.
- e. Formulated a comprehensive collaborative plan between CFMS and OMSA for future Orientation tours.

2. Ontario President's Roundtable (OPRT)

EXECUTIVE REPORT

Sonu Varghese, Zwetlana Rajesh

CFMS Ontario Regional Directors

2024 Spring General Meeting

April 12, 2024, Vancouver, British Columbia



- a. Conducted a needs assessment to evaluate the significance and relevance of OPRT alongside Regional Roundtable (RRT) and President's Roundtable (PRT).
 - b. Inaugural meeting to be held to deliberate on the future objectives, purpose, and optimal meeting intervals of OPRT.
- 3. Royal College Regional Advisory Committee (RAC):**
- a. Continued to advocate for student interests at regional meetings and larger Fellowship Affairs Summit
 - b. Promoted the continuation of medical student involvement in RACs to better address pertinent issues
 - c. Brainstormed with RAC members on increasing medical student engagement and increasing visibility of the Royal College at the medical student level
 - d. Contributed to discussions regarding the restructuring of RACs and ensured adequate medical student representation across all new restructured RAC themes, in collaboration with other RDs.
- 4. Medical Society Outreach:**
- a. Worked to optimize communication channels between MedSocs, OMSA, and CFMS
- 5. Improving Engagement**
- a. Based on VP External feedback, restructured RRT to best reflect the priorities and needs of VP Externals
 - b. VP Externals have expressed that they feel a lack of engagement with the CFMS and confusion over their role responsibilities. These concerns have been relayed to the Board, prompting discussions on potential solutions. Suggestions include sharing summaries of Board Meetings and considering the possibility of opening Board meetings to gather feedback directly from VP Externals. This feedback will serve as valuable insight for the incoming board to enhance engagement with students in leadership roles who interact with the CFMS.
 - c. Increased engagement with students from the University of Toronto and Queen's University, a priority given their lower engagement over the past few years

Action Items/Future Goals:

- Facilitate directed communication between ORDs and Ontario Medical Societies, including regular check-ins with VP Externals and Presidents, attendance at Medical Society meetings, and hosting CFMS Town Halls for students.
- Strengthen collaboration between CFMS and Provincial and Territories Medical Associations (PTMA) insurance groups, including co-hosting events, introducing PTMA representatives to school medical societies, and organizing collaborative workshops.

V. REFLECTIONS AND CONCLUSIONS

Sonu:

Serving as one of the CFMS Ontario Regional Directors (ORD) alongside Zwetlana has truly been one a student leadership role unlike any other. It was a role that had led to significant personal growth as well a role that allowed collaboration with many awe-inspiring student leaders both in Ontario and across Canada.

My platform points of the objectives I had hoped to achieve when I campaigned for the Ontario Regional Director was to improve the bi-directional communication between CFMS and (i) Ontario medical school societies, (ii) Ontario medical students, and (iii) Ontario Medical Students Association (OMSA). It is my

EXECUTIVE REPORT

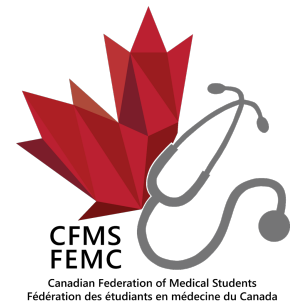
Sonu Varghese, Zwetlana Rajesh

CFMS Ontario Regional Directors

2024 Spring General Meeting

April 12, 2024, Vancouver, British Columbia

belief that Zwetlana and I had endeavored quite diligently throughout the year to achieve these platform points.



One example of this is the inaugural Orientation Tour that we had organized. This was the first time regional directors have provided a CFMS orientation presentation for incoming medical students at the Ontario medical schools. While there were some hurdles that were expected in organizing a brand new initiative, we took particular pride in being able to preserve and provide this presentation for every Ontario medical school (either virtually or in-person). We believe this presentation to be a key reason for the spike in CFMS-related involvement that was seen during the Fall Recruitment as well as with the different initiative/grant applications. Seeing the success of the orientation tour, we have set in place a 'Orientation Tour Guidebook' with our friends at OMSA to make this a long-standing collaborative event for future years.

Another success that we are particularly proud of during our term is the restructuring of the Representative Roundtable (RRT) with the awesome VP Externals we had the opportunity to work with during the year. At the beginning of our term, VPXs had expressed they felt disconnected from CFMS board members, felt little value from attending RRT meetings, and often felt their roles were redundant. However, during the course of the year, along with the other regional directors, we sought out feedback on improving the RRT structure and made sure to implement the feedback to better the RRT. This was evidenced by the more enthusiastic involvement from VPXs in our RRT as well as with CFMS initiatives in general.

While there were many successes during our term, there were also many important lessons I had learned throughout the ORD role. I learned the importance (and challenges) of board member wellness, how to respectfully communicate even when there are differences in opinion, and the necessity of delegation. I am grateful for the role and all those who had entrusted me with this position. I am thankful to Helen who was an exemplary leader for CFMS and a fierce advocate for Canadian medical students. I am truly grateful to have had the opportunity to work with the other CFMS board members who so passionately led their respective portfolios with such ambition and determination. Thank you also to all the other wonderful student leaders of OMSA and VPX across the country who have constantly pushed us to be better. Last but not least, I would be amiss if I did not mention how pivotal Zwetlana has been in making the ORD role a positive experience. She is an exemplary leader and was a wonderful partner-in-crime who played a large part in our successes this year.

It has been a pleasure to serve as your ORD!

Zwetlana:

This year has truly been one filled with excitement and fulfillment serving as one of the Ontario Regional Directors (ORDs). Right from the start, we had the incredible opportunity to team up with our fantastic VP Externals to orchestrate orientation tours—an experience that ignited a fire of enthusiasm that carried us through the entire term. The collaboration between the ORD team and VP Externals was not just crucial but truly uplifting, setting the stage for our collective success.

And, working alongside the passionate student leaders within OMSA has been an absolute privilege - their insights and perspectives have been incredibly valuable. The camaraderie and synergy within our partnerships have been nothing short of remarkable, laying a strong foundation for future collaborations that I'm genuinely excited about.

Throughout the year, our focus has been on strengthening existing connections and forging new ones. We made it a priority to nurture relationships with VP Externals, OMSA, the Royal College, and other stakeholders, while also exploring avenues for growth. Witnessing the growth of these relationships, especially during events like the

EXECUTIVE REPORT

Sonu Varghese, Zwetlana Rajesh
CFMS Ontario Regional Directors
2024 Spring General Meeting
April 12, 2024, Vancouver, British Columbia

Representatives Roundtable (RRT), has been incredibly rewarding.



Looking ahead, for future ORDs, I would suggest focusing on enhancing communication and direct engagement with the medical societies (MedSocs) of each school. Establishing regular channels of dialogue and fostering deeper connections with MedSocs will ensure that the voices and concerns of every medical student are not just heard but addressed effectively.

I cannot end without expressing my gratitude to Sonu for being the best co-ORD I could ask for - your support has been invaluable, and I've learned so much from our collaboration.

As I bid farewell to this role, I do so with a heart full of gratitude for the trust placed in me. It's been an honor to serve in this capacity. Thank you for an amazing journey!

Sonu Varghese

MD Student, Class of 2025, Queen's University
Ontario Regional Director || Directeur Regionale de l'Ontario
Canadian Federation of Medical Students || Federation des Etudiants et des Etudiantes en
Médecine du Canada
ontario@cfms.org || www.cfms.org

Zwetlana Rajesh

MD Student, Class of 2026, Temerty Faculty of Medicine, University of Toronto
Ontario Regional Director || Directrice Regionale de l'Ontario
Canadian Federation of Medical Students || Federation des Etudiants et des Etudiantes en
Médecine du Canada
ontario@cfms.org || www.cfms.org