



**CFMS FEMC**

Canadian Federation  
of Medical Students

Fédération des étudiants et des  
étudiantes en médecine du Canada

## CFMS President's Blog

Hi Everyone!

I hope you all had a restful Thanksgiving weekend with friends and family. We're definitely in the full swing of fall and our operations within CFMS are ramping up quickly!!

The Canadian Conference on Physician Health (CCPH) was Oct 3-5<sup>th</sup> and we had excellent representation from the CFMS. The conference started with a "pre-conference day" for the CMA wellness ambassadors (which included 25 medical students across Canada). I had the opportunity to participate on a panel discussing the different initiatives being undertaken by the different learner organizations. Conference highlights included former CFMS Atlantic regional director and current HHR task force chair/Wellness curriculum task force co-chair Dax Bourcier sitting on a panel on *Transitions in the Physician Life Cycle* and presenting a poster on the National Wellness Challenge. Dr. Stephanie Smith, CFMS Past President participated on a panel highlighting the STRIVE program, along with other resilience programs as well as the feature Saturday lunch debate! There were many excellent presentations and it was clear from the weekend that the CFMS is a national leader and innovator in physician health. We look forward to continuing to collaborate with other organizations to change medical culture and create health promoting working and learning environments for all. #CCPH2019

One of the commitments I have this year as President is to engage with our roundtables, committees, working groups and task forces as much as I can. Further I want to hear from and connect with students at each of our member schools by attending MedSoc meetings. My goal is to try to visit all of our member schools this year as part of a "President's Tour"

I'm happy to say that I have already had the opportunity to meet with both Memorial and Ottawa students! (there's photo evidence attached!!!), and I wanted to share the experiences I had at both sites!

Memorial:

As you know MUN was our AGM host school and they did an excellent job! I found myself back in St. John's for CCPH and I was very pleased to get to meet many students involved in the MUN MedSoc and visit their campus! We discussed a number of local and national issues including implementation of a service learning component of curriculum, local assessment practices, student mistreatment and medical culture. MUN is clearly a campus with a strong sense of community where students support each other. I look forward to re-connecting with them throughout the year to update them on progress we've made on discussion points!



#### Ottawa:

While on elective, I had the opportunity to meet with UOttawa ASoc. Again it was so much fun joining the ASoc on campus. I enjoyed hearing updates from the different portfolios and learning a bit more about the local MedSoc structure. I presented on major priority areas of the CFMS including unmatched medical graduates, wellness, equity, diversity and inclusivity and Indigenous Health. I was happy to facilitate a number of questions and follow-ups including in regard to how the CFMS can help connect students with different initiatives to others doing similar work. My vision for the CFMS is that we are the central hub that helps connect students across Canada. We discussed the importance of engaging with representative bodies and how CFMS has many services to support students. I also very much look forward to continuing to connect with UOttawa!



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I left both visits feeling invigorated and a deep sense of responsibility for the CFMS to continue our excellent work. I look forward to visiting all of you throughout the year.

As always if you ever have questions, ideas, concerns or just want to chat you can always reach out to me at [president@cfms.org](mailto:president@cfms.org)

Sincerely,

Victor Do  
CFMS President, 2019-2020