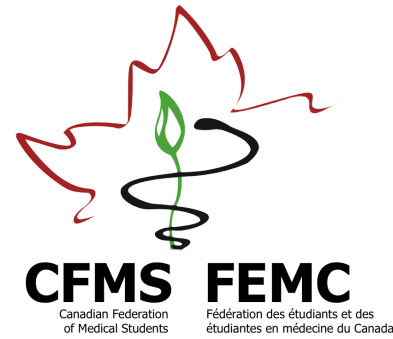


# EXECUTIVE REPORT

*Victor Do, Director of Student Affairs, Executive Vice  
President  
2019 Annual General Meeting  
September 19-22 2019*



## **Director of Student Affairs Executive Report:**

**Description:** The CFMS Director of Student Affairs (Dir. SA) is responsible for implementing strategic priorities of the Federation related to member wellness, discounts, services and resources.

Preamble:

It has been a busy and exciting year so far for the Student Affairs portfolio as we have made some exciting progress on different initiatives. Here is a brief overview of some of our work:

## **I. Major ACTIVITIES:**

### **I. National Wellness Committee (NWC):**

- The inaugural NWC launched in November with a mandate to oversee and continue to grow the National Wellness Program. Overseeing programming, advocacy, awareness & resilience and personal development threads our 5 committee members work with other committees and leads within their portfolios in a collaborative manner. The NWC is overseen by Misha Virdee, our National Office Wellness (NOW)
- Advocacy Thread: Our student mistreatment committee has been working very hard and brought forth a position paper with specific action items that was passed at SGM. They have continued to meet and are now focusing on actioning the different recommendations made in the paper.
- Programming Thread: The second year of our Longitudinal Wellness Initiative is underway! Our content is readily available on the website, we started a new newsletter and started collaborations with the finance portfolio for financial wellness months.
- Resilience and Personal Development Thread: The STRIVE program materials are being finalized so that the content can be shared to all CFMS member schools. We also hope to have re-introduce the ‘Safe Space: Let’s Get Real’ conversations in the coming months under the direction of our new Dir SA.
- Awareness Thread: We are continuing to work on raising awareness on learner wellness through a number of initiatives.

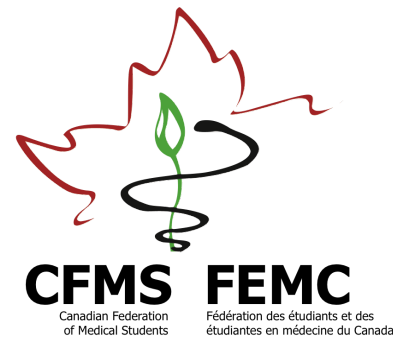
### **II. National Wellness Challenge:**

- Our annual national wellness challenge was very well received this year. We incorporated feedback from previous years to allow for a team and individual options as well as balance opportunities for people to engage through social media. Planning for next years challenge will

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begin shortly after AGM.

### **III. Wellness Roundtable (WRT):**

- WRT is overseen by Dax Bourcier, Atlantic Regional Director
- Implemented new meeting structure to further engage wellness reps. The agenda is broken up into: CFMS to Faculties (CFMS led updates and discussion points), Faculties to CFMS (our member schools raising issues for CFMS to address) and Faculties to Faculties (schools sharing successes and challenges with each other)
- One of the main focuses of WRT has been on collecting data and coordinating advocacy efforts around three position papers that were recently passed by the General Assembly.
- Provided excellent feedback and were instrumental in making National Wellness Challenge a success!

### **III. Services Committee:**

- We launched the new services committee is overseen by Sarah Zahabi, our National Officer Services (NOS).
- The group worked hard throughout the year securing new discounts. New discounts included Canada QBank, Osmosis, Littman Stethoscopes and many others to add to our pre-existing partnerships which we have also strengthened. We added over 10 new partnerships and deals this year alone!

### **IV. Leadership Awards/Portfolio**

- Congratulations to the CFMS MDFM Leadership Awards winners who were officially recognized at SGM. We had a record 63 applications this year!
- The SA portfolio is working to further develop programs to develop leadership skills in students through various partnerships and collaborations. Look out for some new opportunities in the coming year.

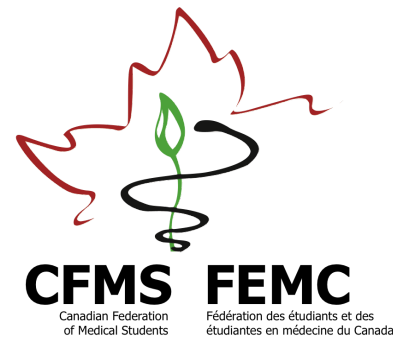
### **V: International Conference on Physician Health (ICPH):**

- ICPH in October marked the launch of the CMA Wellness ambassador program which is an exciting opportunity for us to collaborate with the CMA on.
- I had the opportunity to present on the National Wellness Program through an oral presentation with our President, Stephanie Smith. We received excellent feedback.
- The conference was an excellent networking opportunity and we developed a number of important working relationships to help move this work forward.

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- Work was also presented later in the year at Canadian Conference on Medical Education.
- The CFMS has been actively involved in planning this years Canadian Conference on Physician Health in St. John's NFLD and there will be a strong CFMS presence during the program.

## **VI. New Task Forces**

- Since SGM we have launched two new task forces on Wellness Curriculum development (which will be in collaboration with Education and SA deans) as well as one on creating Health Promoting Learning Environments in Medical education. Both have had a few meetings and are developing/executing work plans.

## **VII. Electives Database**

- Based on member feedback and developed in close consultation with you we are excited to be launching our electives database. This has been an exciting project and we hope that by providing an easily accessible platform to read about different electives we can assist students in having better experiences.

## **VIII. Other:**

- Opportunity to represent CFMS on a number of external committees including the newly created AFMC Wellness working group which is working to connect the continuum of learning from students to residents to faculties and work together on ways to further optimize the learning and working environment.

## **II. NEXT STEPS FOR Student Affairs:**

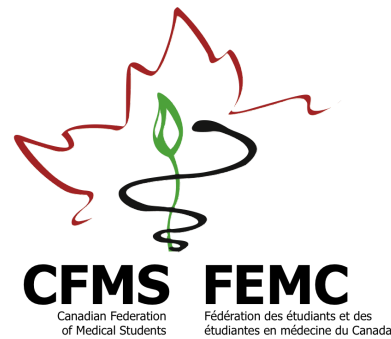
As we look forward in the coming months:

- I. Development of a Student Affairs portfolio strategic plan for 2020-2022.
- II. We look forward to officially launching STRIVE and ensuring it is available to all member schools
- III. Continue to develop collaborations with RDoC and CMA to create the continuum on wellness for medical students, residents, and practicing physicians.
- IV. Lead development on a national charter on health promoting environments in medical training
- V. Optimize the services component of our portfolio as we continue to build partnerships with organizations, develop a renewed electives database and work to optimize resources available to

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students for match interviews.

- VI. The above and more will be lead by Sarah Zahabi our new Dir SA who I know will do an amazing job.

## IV. Selected Meetings Attended Record (updated to May 31st)

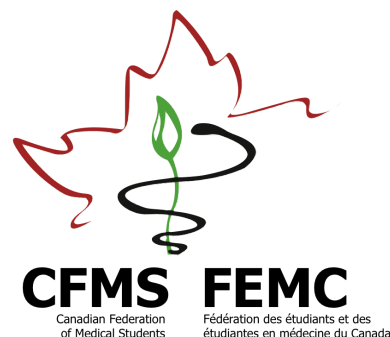
Date	Meeting	Location
September 21-23	CFMS AGM	Ottawa
September 28th	RDoC Positive Working Environment Planning	Teleconference
September 30th	Longitudinal Wellness Initiative	Teleconference
October 4th	Board Meeting	Teleconference
October 10th-13th	International Conference on Physician Health	Toronto
October 14th	Wellness Roundtable	Teleconference
October 26th to 28th	Fall Board Meeting	Ottawa
October 28th	Student Mistreatment Committee	Teleconference
October 28th	Longitudinal Wellness Initiative	Teleconference
November 5th	PGME Governance Council	Ottawa
November 8th	Wellness Survey	Teleconference
November 18th	Board Meeting	Teleconference
November 25th	Longitudinal Wellness Initiative	Teleconference
December 2nd	Wellness Roundtable	Teleconference
December 2nd	National Wellness Committee	Teleconference
December 9th	Governance Committee	Teleconference
December 16th	Longitudinal Wellness Initiative	Teleconference
December 16th	Presidents' Roundtable	Teleconference
December 16th	Board Meeting	Teleconference
December 17th	Reps Roundtable	Teleconference
December 22nd	Services Committee	Teleconference
January 5-6	Winter Board Meeting	Toronto
January 8th	AFMC Data Stewardship Committee	Teleconference
January 9th	Discussion with RDoC	Teleconference
January 10th	Wellness Survey	Teleconference
January 18th	PRPAC	Teleconference
January 19th	Academic Roundtable	Teleconference
January 20th	Longitudinal Wellness Initiative	Teleconference
January 22nd	Call with Regional Directors re: RAC/FAC meetings	Teleconference
January 23rd	AFMC Wellness working group	Teleconference

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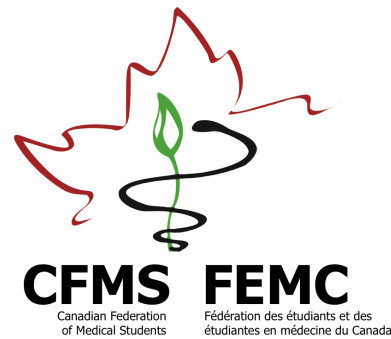
*September 19-22 2019*



January 24th	Reps Roundtable	Teleconference
February 2nd	CMA Western Regional Forum	Edmonton
February 3rd-4th	Day of Action	Ottawa
February 3rd	Wellness Roundtable	Teleconference
February 4th	PGME Governance	Teleconference
February 6th	SGM Planning	Teleconference
February 10th	Board Meeting	Teleconference
February 13th	AFMC Wellness Working Group	Teleconference
February 17th	Longitudinal Wellness Initiative	Teleconference
February 18th	CFMS-RDoC Wellness Stakeholder call	Teleconference
March 2-3rd	RDoC Board Meeting Observer	Ottawa
March 3rd	Wellness Roundtable	Teleconference
March 4th	Canadian Medical Forum ED/CEO Meeting	Ottawa
March. 10th	Governance Committee	Teleconference
March 12th	Well Doc Symposium	Calgary
March. 17th	Longitudinal Wellness Initiative	Teleconference
March. 17th	Board Meeting	Teleconference
March. 24th	SGM Planning Call	Teleconference
March. 30th	Governance Committee	Teleconference
March. 31st	Wellness roundtable	Teleconference
April 8th	Board Meeting	Teleconference
April 11-14th	Spring General Meeting & CCME	Niagara
April 20th	Health Promoting Learning Environment TF	Teleconference
April 24th	CFMS App	Teleconference
April 28th	Wellness Curriculum	Teleconference
April 28th	2nd Day of Action	Teleconference
April 30th	AFMC Resident Matching Committee	Teleconference
April 31st	Physician Resource Planning	Teleconference
May 5th	Wellness Roundtable	Teleconference
May 5th	CFMS App	Teleconference
May 12th	Board Meeting	Teleconference
May 21st	CFMS App	Teleconference
May 26th	Wellness Curriculum	Teleconference
May 29-30th	Positive Working Environments Summit	Ottawa
June 1-2nd	Summer Board Meeting	Halifax
June 3rd	Canadian Medical Forum Meeting	Ottawa
June 14th	CFMS App Working Group	Teleconference
June 23rd	Governance Committee	Teleconference

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June 23rd	Health Promoting Learning Environment TF	Teleconference
July 7th	Wellness Curriculum TF	Teleconference
July 17th	Electives database discussion	Teleconference
July 21st	Board Meeting	Teleconference
July 21st	Electives and Interview database	Teleconference
July 24th	AGM Planning	Teleconference
July 24th	Global Health NO Meeting	Teleconference
August 10-12	CMA Health Summit	Toronto
August 11th	CFMS-MDFM meeting	Toronto
August 12th	Board Informal	Toronto
August 18th	Health Promoting Learning Environment TF	Teleconference
August 18th	Board Meeting	Teleconference
August 21st	Governance Committee Training Webinar	Webinar
September 1st	Governance Committee Meeting	Teleconference
September 8th	Wellness Curriculum Task Force	Teleconference
September 8th	Board Meeting	Teleconference.
September 19th	Board Meeting	St. John's
September 19th-22nd	CFMS AGM	St. John's

## Other roles:

I also had the pleasure of serving as Executive Vice President and Governance Committee Vice Chair. These roles have given me the opportunity to further represent medical learners at a number of different meetings and provides for ability to further advocate for learner wellbeing. It is an absolute pleasure to support our President and represent the CFMS at national meetings where we have been fortunate enough to make tangible progress on a number of issues that affect medical students across Canada.

## V. CONCLUSIONS:

It is a pleasure to have the opportunity to serve as Director of Student Affairs. I believe our team made significant progress towards developing health promoting learning and working environments in medicine. Our portfolio continues to grow and I could not be more excited for the opportunities that lie ahead.

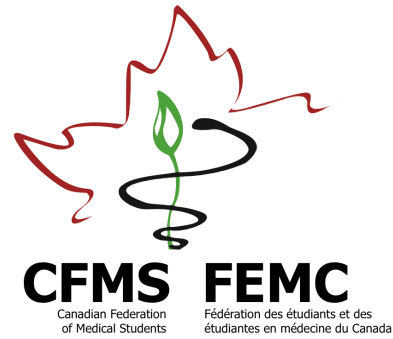
My pledge during my campaign was to lead in a way that would help change the culture in medical education and I will continue to strive in our advocacy work to make that a reality as I move on.

I would like to especially thank Dax Bourcier (Student Affairs Attaché), Misha Virdee (National Officer

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Wellness), Sarah Zahabi (National Officer Services) and the entire student affairs team including our committees, roundtables and volunteers for continuing to motivate me each and every day.

I am very excited to be passing the reins to Sarah Zahabi as your new Director of Student Affairs for the upcoming year. I know she will do a fantastic job.

It has been an absolute pleasure to be so involved in the student affairs portfolio for the last two years, first as attache and then as director. As I take on the role as President I will continue to be involved in Student Affairs.

The best part about serving on the CFMS board is the opportunity to work and interact with all of you who inspire me every day. If you have any ideas, thoughts, questions or concerns please do not hesitate to reach out

*Victor Do*

M.D. Candidate 2020, University of Alberta  
Director Student Affairs | Directeur aux affaires étudiantes  
Executive Vice President | Vice-président exécutive  
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