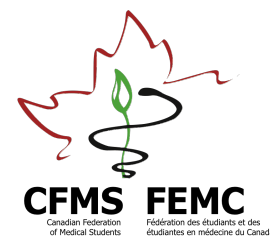


EXECUTIVE REPORT

Clara Long, Atlantic Regional Director
2020 Annual General Meeting
Virtual Sept 18-20th 2020



I. Description and 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 CFMS to represent, support, and connect its members. CFMS aims to communicate within its membership, as well as from its membership, to the world at large. As an ever-expanding organization, CFMS continually strives to meet the consistent and changing needs of Canadian medical students.

Brief Description

The CFMS Atlantic Regional Director is responsible for representing all CFMS member schools in the Atlantic provinces to the CFMS Board. The schools are:

- Memorial University of Newfoundland
- Dalhousie University
- Centre de Formation Médicale du Nouveau-Brunswick

The Atlantic Regional Director will chair or attend external meetings, committees, task forces and working groups as required by their regional duties and by their attaché dyad position. They will collaborate with medical societies in the planning of Atlantic events. Finally, the Atlantic Regional Director carries out strategic duties in maintaining their fiduciary responsibilities to the CFMS.

II. Selected Meetings Attended

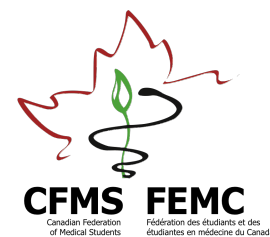
| Date | Meeting | Location |
|------------------|--------------------------------------|----------------|
| Sept 19-22, 2019 | AGM | St John's |
| Sept 28, 2019 | Intro to CFMS board and dyad pairing | Phone call |
| Sept 30, 2019 | Dyad on board meeting | Phone call |
| Oct 1, 2019 | Communications dyad handover | Phone call |
| Oct 12, 2019 | RRT | Teleconference |
| Oct 16, 2019 | Atlantic TC #1 | Teleconference |
| Oct 18, 2019 | RAC5 meeting and town hall | St John's |
| Oct 18, 2019 | MUN visit | St John's |
| Oct 20, 2019 | Pulse check in with Victor | Phone call |
| Oct 20, 2019 | October board teleconference | Teleconference |
| Oct 25-27, 2019 | FBM | Ottawa |

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| Nov 9, 2019 | RRT | Teleconference |
| Nov 11, 2019 | CFMS app group meeting | Teleconference |
| Nov 21, 2019 | Atlantic GAAC meeting | Teleconference |
| Nov 23, 2019 | SIF TF meeting | Teleconference |
| Nov 24, 2019 | November board teleconference | Teleconference |
| Dec 1, 2019 | Sherbrooke Moncton visit | Moncton |
| Dec 14, 2019 | RRT | Teleconference |
| Dec 15, 2019 | Pulse check in with Victor | Phone call |
| Dec 15, 2019 | December board teleconference | Teleconference |
| Dec 20, 2019 | CMA call on advocacy training | Teleconference |
| Jan 4-5, 2020 | WBM | Toronto |
| Jan 7, 2020 | SIF TF meeting | Teleconference |
| Jan 10, 2020 | FMWC meeting | Teleconference |
| Jan 13, 2020 | Atlantic TC #2 | Teleconference |
| Jan 24, 2020 | DMNS visit: CFMS leadership panel | Halifax |
| Jan 25, 2020 | RRT | Teleconference |
| Jan 26, 2020 | CFMS app group meeting | Teleconference |
| Feb 13, 2020 | NSHA talk on physician retention | Halifax |
| Feb 16, 2020 | February board teleconference | Teleconference |
| Feb 17, 2020 | Atlantic TF meeting | Teleconference |
| Feb 20, 2020 | DMNB visit: CFMS leadership panel | Teleconference |
| Feb 28, 2020 | Dyad meeting | Phone call |
| Feb 29, 2020 | Communications portfolio strategic planning | Phone call |
| Mar 8, 2020 | RRT | Teleconference |
| Mar 10, 2020 | CoAMS planning meeting | Halifax |
| Mar 15, 2020 | March board teleconference | Teleconference |

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| Mar 15, 2020 | Board mid-term review | Phone call |
| Mar 19, 2020 | Atlantic GAAC meeting | Teleconference |
| Mar 28, 2020 | RRT check in | Teleconference |
| Mar 30, 2020 | Atlantic TF meeting | Teleconference |
| Apr 2, 2020 | SIF TF meeting | Teleconference |
| Apr 4, 2020 | Check in/dyad check in | Teleconference |
| Apr 4, 2020 | COVID initiative grant meeting | Teleconference |
| Apr 5, 2020 | April board teleconference | Teleconference |
| Apr 16, 2020 | Pre-SGM board teleconference | Teleconference |
| Apr 16, 2020 | SIF TF meeting | Teleconference |
| Apr 18-19, 2020 | SGM | Teleconference |
| May 1, 2020 | RAC5 meeting | Teleconference |
| May 3, 2020 | May board teleconference | Teleconference |
| May 9, 2020 | SBM | Teleconference |
| May 16, 2020 | SBM | Teleconference |
| May 23, 2020 | Atlantic TC #3 | Teleconference |
| May 23, 2020 | Atlantic TF meeting | Teleconference |
| Jun 6, 2020 | RRT | Teleconference |
| Jun 14, 2020 | June board teleconference | Teleconference |
| Jul 11, 2020 | RRT | Teleconference |
| Jul 19, 2020 | July board teleconference | Teleconference |
| Aug 11, 2020 | Royal College med student videos consultation | Teleconference |
| Aug 15, 2020 | RRT | Teleconference |
| Aug 19, 2020 | Communications volunteer resources meeting | Teleconference |
| Aug 30, 2020 | August board teleconference | Teleconference |
| Aug 31, 2020 | Welcome to CFMS talk (Dalhousie) | Teleconference |

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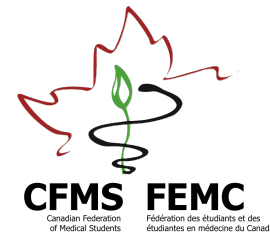
| | | |
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| Sept 8, 2020 | Atlantic TF meeting | Teleconference |
| Sept 15, 2020 | Pre-AGM board teleconference | Teleconference |
| Sept 18-20, 2020 | AGM | Teleconference |

III. PRIORITIES AND PROJECT AREAS

- a. **Atlantic Task Force:** This year, based on discussions with the CFMS reps and MedSoc presidents at the Atlantic schools, a new Atlantic Task Force project was started to continue the spirit of collaboration between the schools on a topic that is important to all students of the region. We are producing a toolkit on physician retention from a medical student perspective that can be used by students for advocacy and by health authorities. We are also exploring how our work can be used to inform a CFMS position paper on physician retention and recruitment.
- b. **Regional Advocacy:** I had worked with the Atlantic GAACs to see how we can establish a regional perspective in our advocacy efforts. Our conversation has centred around coordinated advocacy training, communication campaigns, and sharing resources. Our conversations this past year will serve as the backbone for future regional advocacy efforts.
- c. **Regional Engagement:**
 - a. Strategies for encouraging student engagement and CFMS visibility: I had planned to visit all 4 campuses in the Atlantic region. In 2019, I had visited Moncton and St. John's. I gave a CFMS presentation and sat on a leadership panel in both Saint John and in Halifax along with MarDocs and the DMSS. I have also made a Google Drive for resource sharing, such as the use of Google Sheets for a database for IGs at the Atlantic schools.
 - b. Atlantic Teleconferences: 3 teleconferences were held this year to strengthen the relationship between the CFMS and the Atlantic region. These conversations involved the MedSoc presidents and CFMS reps of the Atlantic region.
 - c. CoAMS: I worked with the CoAMS team and the Royal College to establish a relationship between the Royal College and students in the Atlantic region. I had planned a small group session for CoAMS.
- d. **Royal College Regional Advisory Committee 5:** I represented Atlantic Medical students on the Royal College Regional Advisory Committee 5. I also advised on the creation of Royal College endorsed speciality exploration resources for medical students.
- e. **Communications:**
 - a. Reps roundtable chair: The Reps roundtable meets monthly to discuss national and local issues. Current projects include the creation of local VP EDI positions, coordinating welcome to CFMS presentations, and creating a welcoming virtual environment for incoming students. Previous projects included administering travel awards, Showcase Thursdays, and coordinating local/national COVID-19 initiatives.

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- b. Travel awards: A new travel awards process was implemented, and awards were successfully administered for the National Day of Action and for SGM.
- c. Nominations committee chair: 3 calls for nominations are completed yearly. Right now, we are in the process of the Fall Call for Nominations, to be completed in October.
- d. Relationship with MD Financial Management: I facilitated the sponsored MD Financial social media posts.

IV. FUTURE PLANS AND ACTION ITEMS

Many projects in the Spring had been cancelled, including provincial Days of Action and CoAMS. While it is unfortunate that we were not able to see through the results of our planning, we have created a solid foundation for future regional endeavours. Next year, the Atlantic Regional Director will continue facilitating collaboration with regional stakeholders through the Royal College, CoAMS, and with the local MedSocs. The new virtual learning environment offers unique opportunities to expand our reach and impact. The Atlantic TF project is ongoing, despite facing delays due to the pandemic. We look forward to working with the next Atlantic Regional Director to create a meaningful resource for students and our other stakeholders. Lastly, I anticipate that the RRT will continue to work with local schools to continue the conversation around student outreach and creating meaningful relationships with external organizations, including the BMSAC.

V. REFLECTIONS AND CONCLUSIONS

While 2020 has certainly brought its challenges, I am inspired by the resilience and determination of Canadian medical students and all those involved with the CFMS, including our staff and advisors. Being part of the Communications Dyad has been an amazing learning opportunity, and I love being involved at both regional and national levels as a regional director. I cannot emphasize enough how thankful I am for everyone I've worked with this past year, and it has truly been a pleasure and a privilege to be a part of the CFMS.

Sincerely,

Clara Long
Atlantic Regional Director | Directrice Régionale de l'Est
Canadian Federation of Medical Students
Fédération des étudiants et des étudiantes en médecine du Canada
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