

## EXECUTIVE REPORT

*Sarah Zahabi, Director Student Affairs*

*2020 Spring General Meeting*

*Virtual April 16-18<sup>th</sup> 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

Student Affairs Director is responsible for overseeing the CFMS Student Wellness portfolio, the CFMS Leadership Awards and for coordinating the CFMS member benefits and services. This position requires collaboration with the National Wellness Officer, Wellness Representatives, and various external partners to promote wellness and resilience. The Student Affairs Director advocates for and supports members through the development of resources, including the launch of the Longitudinal Wellness Strategy and the STRIVE Resiliency course to promote wellness of medical students across the country.

### II. Selected Meetings Attended

Date	Meeting	Location
Sept 19-22 <sup>nd</sup> 2019	CFMS Annual General Meeting	St. John's, NL
Sept. 24 <sup>th</sup> 2019	Wellness Curriculum Task Force Strategy	Teleconference
Oct. 2 <sup>nd</sup> 2019	Meeting with McGill SA Dean	Teleconference
Oct 6 <sup>th</sup> 2019	Wellness Round Table	Teleconference
Oct 7 <sup>th</sup> 2019	Quebec Representative Meeting	Montreal, QC
Oct 8 <sup>th</sup> 2019	National Officer Wellness Meeting	Teleconference
Oct 16 <sup>th</sup> 2019	CFMS President Check-In	Teleconference
Oct 17 <sup>th</sup> 2019	RDOC Meeting	Teleconference
Oct 20 <sup>th</sup> 2019	Board Meeting #2	Teleconference
Oct 24 <sup>th</sup> 2019	Wellness Awareness Leads	Teleconference
Oct 25 <sup>th</sup> -27 <sup>th</sup> 2019	Fall Board Meeting	Ottawa, ON
Oct 29 <sup>th</sup> 2019	CMA Physician Health Consultation	Teleconference
Nov 3 <sup>rd</sup> 2019	Wellness Round Table	Teleconference
Nov 3 <sup>rd</sup> 2019	Dyad Check-In	Teleconference
Nov 10 <sup>th</sup> 2019	Dyad Check-In	Teleconference
Nov 24 <sup>th</sup> 2019	Board Meeting #3	Teleconference
Nov 25 <sup>th</sup> 2019	Health Promoting Learning Environment Task Force	Teleconference
Nov 26 <sup>th</sup> 2019	President Check-In	Teleconference
Dec. 4 <sup>th</sup> 2019	STRIVE – Resiliency Meeting	Teleconference
Dec. 5 <sup>th</sup> 2019	National Officer of Wellness Check-In	Teleconference
Dec. 8 <sup>th</sup> 2019	Wellness Round Table	Teleconference
Dec. 10 <sup>th</sup> 2019	Mistreatment Taskforce Meeting	Teleconference

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Dec. 10 <sup>th</sup> 2019	President Check-In	Teleconference
Dec. 14 <sup>th</sup> 2019	Wellness Journal File-Leads Orientation Meeting	Teleconference
Jan 4-5 <sup>th</sup> 2020	Board Meeting #5	Toronto, ON
Jan. 5, 2020	Interviews database	Teleconference
Jan. 12, 2020	Wellness Round Table	Teleconference
Jan. 12, 2020	Carms Tour CMA collaboration meeting	Teleconference
Jan. 18, 2020	Safe spaces meeting	Teleconference
Feb. 2, 2020	Wellness Round Table	Teleconference
Feb. 10, 2020	CMA Forum	Quebec City, Qc
Feb. 13, 2020	Student Affairs attaché	Teleconference
Feb. 16, 2020	CFMS Board Teleconference	Teleconference
Feb. 17, 2020	Longitudinal Wellness Initiative	Teleconference
Feb. 18, 2020	Wellness Curriculum Task Force	Teleconference
Feb. 19, 2020	Match supports call	Teleconference
Feb. 20, 2020	Meeting with Pamela Bere, Western Wellness admin	Teleconference
Feb. 24, 2020	CMA Virtual Wellness Conference KPMG	Teleconference
Feb. 28, 2020	Student Affairs work plan meeting with attaché	Montreal, Qc
Mar. 1, 2020	Wellness Round Table	Teleconference
Mar. 5, 2020	Safe Spaces Moderator call – Robert Stein	Teleconference
Mar. 10, 2020	Safe Spaces Post-Match	Teleconference
Mar. 15, 2020	Board mid-way assessment	Teleconference
Mar. 15, 2020	CFMS Board Meeting	Teleconference
Mar. 16, 2020	CFMS Elections candidate	Teleconference
Apr. 4, 2020	Board Check-In	Teleconference
Apr. 4, 2020	Covid grant applications	Teleconference
Apr. 5, 2020	Board meeting	Teleconference
Apr. 5, 2020	Wellness Round Table	Teleconference

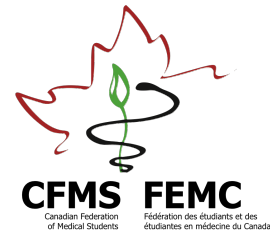
## II. PRIORITIES AND PROJECT AREAS

### a. Wellness

- i. Continued and increasing member engagement in Wellness portfolio pillars and activities.
  1. Development and distribution of STRIVE resiliency program to all member schools
  2. Support of Longitudinal Wellness Initiatives
  3. Continued Advocacy on behalf of student members on wellness and medical student wellbeing
  4. Continued collaboration with Communications Portfolio for increasing awareness of Wellness resources and Wellness related advocacy

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5. Increased collaboration with other stakeholder groups such as FMEQ, RDOC, FMRQ and CMA.
6. Increase uptake and engagement in Self Spaces bi-monthly teleconferences
7. Support medical students with virtual wellness activities during COVID self-isolation period
8. Increase sharing of university wellness activities between member schools

### b. Services

- i. Electives Database: increase in submitted reviews and increase in website traffic
- ii. Interviews Database: increase in submitted reviews and increase in website traffic
- iii. Partnerships : optimize advertising of discounts and increase in available discounts for members
- iv. Work with sponsorships lead to find sponsor for Wellness related activities such as National Wellness Challenge

### c. Taskforces

- i. Mistreatment: launch #CFMSCelebrateCultureChangers National Doctor's Day May 1<sup>st</sup>, 2020
- ii. Health Promoting Learning Environments: completion and distribution of report to all member schools
- iii. Wellness Curriculum: completion and distribution of wellness curriculum to all member schools

## III. FUTURE PLANS AND ACTION ITEMS

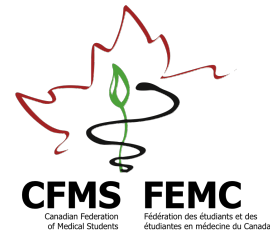
Plans: In future, we hope to increase collaboration with important stakeholders such as FMEQ, FMRQ, RDOC, CMA and the AFMC on all wellness related activities that fall under the Student Affairs portfolio. As wellness is an issue that transcends all levels of education and stages of a career as a physician, being able to work together longitudinally to create a positive working environment may improve outcomes long-term.

COVID impacts: All in-person Wellness and Services related content and activities have been moved to virtual platforms. The plan going forward is to increase access to educational activities that are available online through partnerships and discounts. Additionally, the CFMS is working to support groups at individual schools who are spearheading virtual wellness activities as well as to connect students at different schools through online fitness and wellness activities.

## V. REFLECTIONS AND CONCLUSIONS

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It has been a pleasure to serve as the Director of the Student Affairs Portfolio and I look forward to continuing to pursue on-going projects and goals for this portfolio in the upcoming months.

Sincerely,

**Sarah Zahabi, B. Sc**

M.D.,C.M. Candidate 2020 | McGill University

Director of Student Affairs | Directrice des affaires étudiants

Canadian Federation of Medical Students | Fédération des étudiants et des étudiantes en médecine du Canada

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