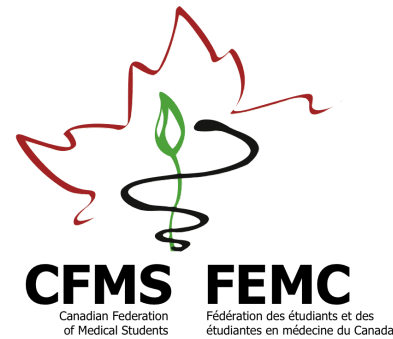


# EXECUTIVE REPORT

*Victor Do, Director of Student Affairs, Executive Vice  
President*

*2019 Spring General Meeting  
April 11th to 13th 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.

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 to be presented to SGM. They will continue post-meeting to work on things for implementation.
- Programming Thread: The second year of our Longitudinal Wellness Initiative is underway! Our content is readily available on the website.
- Resilience and Personal Development Thread: Work is underway to further develop the STRIVE program 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
- Awareness Thread: We have re-introduced the Student Spotlights to highlight the wellness journeys of our members.

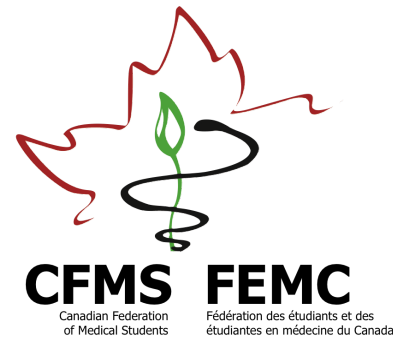
#### **II. National Wellness Challenge:**

- 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
- We were excited to award \$3000 in prizes and were very happy with the number of students who engaged during the nutrition, mental wellness, physical wellness and social/relationship wellness

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weeks.

### **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:**

- The newly launched services committee is overseen by Sarah Zahabi, our National Officer Services (NOS).
- The group has been hard at work securing new discounts. We are excited that the Westjet discount was again made available during CaRMS and was extended to April. New discounts included Canada QBank, Osmosis, Littman Stethoscopes and many others to add to our pre-existing partnerships which we have also strengthened.

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

- Congratulations to the CFMS MDFM Leadership Awards winners who will be officially recognized at SGM. We had a record 63 applications this year!
- The SA portfolio is working to further develop supports to develop leadership skills in students through various partnerships and collaborations.

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

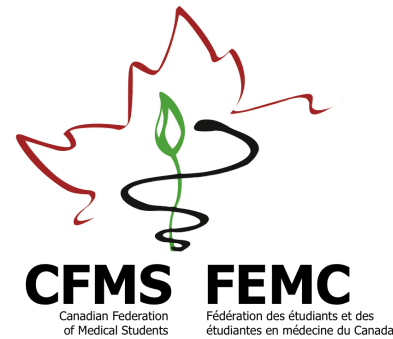
- ICPH in October marked the launch of the CMA Wellness ambassador program which is an exciting opportunity for us to collaborate with the CMA on.
- I had the opportunity to present on the National Wellness Program through an oral presentation with our President, Stephanie Smith. We received excellent feedback.

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- The conference was an excellent networking opportunity and we developed a number of important working relationships to help move this work forward.

## **VI. 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.
- Collaborating with other CFMS portfolios on projects (i.e. with Finance to create financial wellness months of Longitudinal Wellness Initiative)

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

As we look forward in the coming months:

- I. Development of a Student Affairs portfolio strategic plan for 2019-2022 to be presented at AGM 2019
- II. We look forward to further developing and making STRIVE available at member schools in the coming months.
- 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 students for match interviews.
- VI. Launching 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.

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

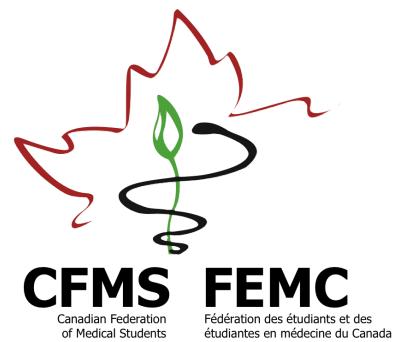
Date	Meeting	Location
September 21-23	CFMS AGM	Ottawa
September 28th	RDoC Positive Working Environment Planning	Teleconference
September 30th	Longitudinal Wellness Initiative	Teleconference
October 4th	Board Meeting	Teleconference
October 10th-13th	International Conference on Physician Health	Toronto
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
January 24th	Reps Roundtable	Teleconference
February 2nd	CMA Western Regional Forum	Edmonton
February 3rd-4th	Day of Action	Ottawa
February 3rd	Wellness Roundtable	Teleconference

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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

## **Other roles:**

I have also had the pleasure of serving as Executive Vice President and Governance Committee Vice Chair. These roles give 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.

## **V. CONCLUSIONS:**

It is a pleasure to have the opportunity to serve as Director of Student Affairs. While our team has accomplished much in the first half of this term there are still many more important initiatives to tackle in the coming months. 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.

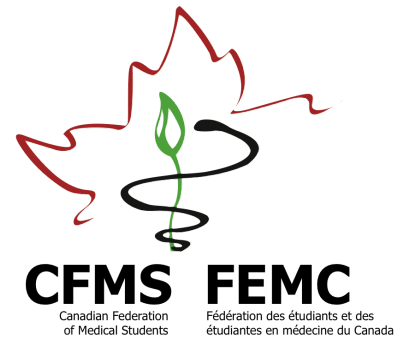
I would like to especially thank Dax Bourcier (Student Affairs Attaché), Misha Virdee (National Officer Wellness), Sarah Zahabi (National Officer Services) and the entire student affairs team including our committees, roundtables and volunteers for continuing to motivate me each and every day.

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