

# STARS/ESPOIRS LEADERSHIP SUMMIT

Hosted by Choosing Wisely Canada

April 22, 2018  
Li Ka Shing  
209 Victoria Street,  
Toronto, Room 240

<http://www.stmichaelshospital.com/knowledgeinstitute/>

[Google Maps](#)

## **Choosing Wisely Canada STARS vision:**

Students initiating a conversation on Choosing Wisely to learn how to practice high value care.

## **Goals for the Leadership Summit:**

1. Develop capacity for leadership and advocacy amongst STARS/ESPOIRS students and enable them to lead and continue to grow grassroots initiatives to promote resource stewardship education at their local medical schools
2. Build upon and sustain past successes of student-led STARS/ ESPOIRS initiatives
3. Strengthen the national community of practice for STARS/ ESPOIRS students across Canada

# Agenda

Sunday April 22, 2018

## STARS/ESPOIRS Leadership Summit

- 8:30 AM – 9:00 AM **Breakfast & registration**
- 9:00 AM – 9:30 AM **Welcome & Introductions**  
*Speakers: Dr. Wendy Levinson & Dr. Brian Wong*
- 9:30 AM – 9:45 AM **Choosing Wisely Canada STARS/ESPOIRS**  
*Speaker: Dr. Karen Born*
1. Describe the value of a bottom up, grassroots student-led approach to advance resource stewardship
  2. List examples of STARS/ESPOIRS student-led initiatives implemented at medical schools across Canada
- 9:45 AM – 10:45 AM **What Every Student Needs to Know about Resource Stewardship**  
*Speaker: Dr. Brian Wong*
- At the end of this session, you should be able to:
1. Reflect on the influence that medical education has on resource stewardship
  2. List key drivers of overuse of unnecessary tests and treatments
  3. Describe strategies that medical students could employ to advance resource stewardship
- 10:45 AM – 11:00 AM **Break**
- 11:00 AM – 12:00 PM **The 'Shining STARS/ESPOIRS Panel'**  
*Speakers: Catherine Friedman & Bushra Khan*  
*Moderator: Dr. Chris Hillis*
- At the end of this session, you should be able to:
1. Describe two examples of STARS/ESPOIRS student -led work including early wins and ongoing challenges
  2. Discuss barriers to implementation of resource stewardship education initiatives
  3. Explore strategies to foster student awareness
- 12:00 PM – 12:45 PM **Lunch**

12:45 PM – 2:00 PM

**Leadership through STARS/ESPOIRS: Leading from Where You Stand**

*Speaker: Dr. Melanie Bechard*

At the end of this session, you should be able to:

1. Illustrate examples of effective peer leadership and recognize the importance of “leading from where you stand” specific to STARS/ESPOIRS
2. Describe the role of power and influence in leading change
3. Reflect on how to use influence and persuasion to achieve your objective, especially when you lack authority

2:00 PM – 3:00 PM

**Fostering a National Network of STARS/ESPOIRS – a CFMS/FMEQ led session**

*Speakers: Anastasiya Muntyanu & Matthew Desruisseaux*

At the end of this sessions, you should be able to:

1. Foster collaboration within local, regional (and potentially provincial/national) groups to facilitate STARS/ESPOIRS activities that raise awareness of resource stewardship
2. Contribute to ideas on how to action these collaborations

3:00 PM – 3:15 PM

**Break**

3:15 PM – 4:45 PM

**Disruptive Innovations for STARS/ESPOIRS**

*Moderators: Dr. Brian Wong & Dr. Karen Born*

1. Contribute to generating a list of new and creative approaches to promoting resources stewardship at their medical schools
2. Prioritize among the various new and creative approaches to identify changes to implement at your local medical school

4:45 PM – 5:00 PM

**Getting the Most out of the National Meeting**

---

6:00 PM

**STARS/ESPOIRS Dinner**

BATCH Toronto, 75 Victoria Street

<http://batchtoronto.com/>

# Monday April 23, 2018

## Choosing Wisely Canada National Meeting

The Globe and Mail Centre  
351 King Street East, 17th floor  
<https://www.globeandmailcentre.com/>

8:00 AM to 5:00 PM

---

Concurrent  
Session 2:

### STARS/ESPOIRS Planning and Goal Setting for the Upcoming Year

*Moderators: Dr. Brian Wong, Dr. Chris Hillis, Dr. Karen Born*

1:25 PM to  
2:25 PM

Event Hall,  
17<sup>th</sup> Floor

1. Reflect on their experiences at the STARS Leadership Summit and the CWC National Meeting
2. Commit to implementing a change at their medical school in the next 6-12 months

# Speaker Biographies



## Wendy Levinson

Dr. Wendy Levinson is Chair and co-founder of Choosing Wisely Canada. She is also Professor of Medicine at the University of Toronto. Dr. Levinson is a national and international expert in the field of physician-patient communication and, in particular, on the disclosure of medical errors to patients. Dr. Levinson has led efforts to educate and engage medical students, residents and faculty members in patient safety, quality improvement, and the stewardship of finite resources. She was a member of the ABIM Foundation Board of Trustees when they created the Choosing Wisely® campaign in the United States. Dr. Levinson was awarded as an officer of the Order of Canada in 2015.



## Brian Wong

Dr. Brian Wong is Medical Education Lead of Choosing Wisely Canada. He is also an Associate Professor and the Director of Continuing Education and Quality Improvement in the Department of Medicine at the University of Toronto, Associate Director for the Centre for Quality Improvement and Patient Safety at the University of Toronto, and a Clinician Educator with the Royal College of Physicians and Surgeons of Canada. Clinically, he is a staff general internist at Sunnybrook Health Sciences Centre. His scholarly activities lie at the intersection between medical education, quality improvement and patient safety, and has been extensively involved in developing curricula to teach patient safety, quality and resource stewardship to health professionals across the learning continuum.



## Karen Born

Karen Born, PhD is Knowledge Translation Lead for Choosing Wisely Canada. She is responsible for the dissemination of campaign content to patients and the public and the integration of Choosing Wisely Canada into medical education. Karen also helps organize the Choosing Wisely international collaboration, of more than 20 countries worldwide. Karen co-founded the health care policy blog, [www.healthdebate.ca](http://www.healthdebate.ca) and is an Assistant Professor in the Institute of Health Policy, Management and Evaluation at the University of Toronto where she teaches health policy and health services research.



## Christopher Hillis

Dr. Chris Hillis is a Hematologist and an Assistant Professor in the Department of Oncology at McMaster University and the Institute for Health Policy, Management and Evaluation at the University of Toronto. He completed his clinical training at McMaster and a Masters in Quality Improvement at U of T. He then worked as a Quality Scholar with the US Veterans Affairs. His clinical work focuses on the care of patients with myeloproliferative neoplasms and myelodysplastic syndrome. Chris is a medical education specialist at Choosing Wisely Canada.



## Anastasiya Muntyanu

Anastasiya Muntyanu is currently a third year medical student at the University of Ottawa and this academic year she is the Choosing Wisely Canada representative for the Canadian Federation of Medical Students. Anastasiya attended the STARS leadership summit in 2015 and presented at the 2017 meeting. As a leader of STARS at the University of Ottawa she started CW/SASS Interest Group at her school and since then the group held a number of lunch-time presentations by doctors from different departments educating the students and providing examples of resource stewardship in practice. Together with the other interest group executives and STARS students, she is actively working on new initiatives to continue to promote

resource stewardship education among medical students. Last year she organized the 1st Interprofessional Choosing Wisely Conference at the University of Ottawa which was a great success and will be hosted again this year.



### **Matt Desruisseaux**

Matt Desruisseaux, PhD, is a medical student at McGill University, where he started a High-Value Care initiative. He is also a student representative within the Quebec College of Family Physicians. Prior to medical school, he was a management consultant and cofounded a technology startup. He completed a PhD at the University of Cambridge on social network psychology, analyzing among other things the networks of effective leaders in the Quebec healthcare system. His interest in global health took him to Senegal, to research the health and human rights of LGBT men, and most recently to India, to research costs incurred by families of children with cancer. He holds a BA in Government from Harvard.



### **Catherine Friedman**

Catherine is currently a second year medical student at McMaster University. She started a Resource Stewardship Interest Group at her school, and since then the group has led several curriculum change efforts, hosted a large interprofessional conference about clinical decision making and Choosing Wisely, and held learning events led by physicians about how to incorporate wise resource use into clinical practice as medical students. Along with members of the interest group, Catherine has conducted a quality improvement research project about the curriculum changes her group has accomplished, and will be presenting this at the CWC National Meeting. Catherine has also partnered with the Society of Obstetricians and Gynaecologists of Canada to help write the Obstetrics and Gynaecology Choosing Wisely Recommendations list, and is presently working with them on a paper about how the list was developed.



### **Melanie Bechard**

Dr. Melanie Bechard is the current President of Resident Doctors of Canada and a board member of the Canadian Medical Association. She is currently a third-year pediatrics resident at the University of Toronto and will begin a fellowship in pediatric emergency medicine at the University of Ottawa in July 2018. Her interests in medical education and leadership have led to serving on the boards of the Canadian Federation of Medical Students, the Professional Association of Residents of Ontario, and Canadian Doctors for Medicare. Whether meeting with parliamentarians to discuss Pharmacare or researching tobacco legislation for the American Academy of Pediatrics, Dr. Bechard is fiercely passionate about healthy public policy and social justice.



### **Bushra Khan**

Bushra Khan is a third-year medical student at the Michael G. DeGroot School of Medicine at McMaster University and will begin her residency in Psychiatry at the University of Toronto in July 2018. Bushra has served as the Ontario Medical Students' Association's (OMSA) Director of Communications for the past two years during which she has navigated medical students through the challenging issues of contract negotiations, learner harassment and physician wellness. Bushra was also part of Choosing Wisely Canada's (CWC) first cohort of STARS. Bushra utilized the skills she learned from STARS to instigate curricular change, conduct quality improvement studies and create a resource stewardship interest group at McMaster. Bushra has also facilitated a partnership between CWC and OMSA and has presented her work with CWC at the Preventing Overdiagnosis conference. In her spare time, Bushra loves trail-running, trying new cafes and listening to the New York Times podcast.