

STARS/ESPOIRS

LEADERSHIP

SUMMIT

May 26, 2019
Centre Mont-Royal

2200 Mansfield St, Montreal
Room: Cartier I

<https://centremontroyal.com/en>

[Google Maps](#)

Choosing Wisely Canada STARS

Goal: To activate a national group of student leaders to initiate a conversation on “Choosing Wisely” to learn how to practice high value care

Objectives for the Leadership Summit:

1. Describe the burden of unnecessary tests and treatments and list factors that contribute to overuse in health care
2. Discuss strategies to avoid antibiotic overuse
3. Lead initiatives that promote the incorporation of resource stewardship principles and/or appropriate antibiotic prescribing into medical education.
4. Contribute to a national network of student leaders seeking to promote resource stewardship training in medical education

Choosing Wisely Canada would like to thank the Canadian Medical Association for their generous support in making the STARS Leadership Summit possible.

Agenda

Sunday May 26, 2019

STARS/ESPOIRS Leadership Summit

8:30 AM – 9:00 AM **Breakfast & Registration**

9:00 AM – 9:15 AM **Welcome & Opening Remarks**
Speakers: Dr. Wendy Levinson (CWC Chair) & Amy Ma (CWC Patient Representative)

9:15 AM – 9:30 AM **Overview of Choosing Wisely Canada STARS/ESPOIRS**
Speaker: Dr. Karen Born

Objectives:

1. Summarize the key elements and major impacts of the Choosing Wisely Campaign
2. Describe the value of a bottom up, grassroots student-led approach to advance resource stewardship

9:30 AM – 10:10 AM **What Every Student Needs to Know about Resource Stewardship**
Speaker: Dr. Chris Hillis

Objectives:

1. Reflect on the influence that medical education has on resource stewardship overuse
2. List key drivers of overuse of unnecessary tests and treatments
3. Describe strategies that medical students could employ to advance resource stewardship

10:10 AM – 10:50 AM **What Every Student Needs to Know about Appropriate Antibiotic Prescribing**
Speaker: Dr. Olivia Ostrow

Objectives:

1. Describe the drivers and harms associated with overuse of antibiotics
2. List strategies for how students and physicians can minimize unnecessary overuse of antibiotics

10:50 AM – 11:05 AM **Networking Break**

11:05 AM – 12:15 PM **Shining STARS/ESPOIRS Panel**

Speakers: Virginia Goetz (University of Alberta), Jennifer Perry (Memorial University), Dr. Olivia Ostrow (University of Toronto)

Moderator: Dr. Brian Wong

Objectives:

1. Summarize examples of STARS/ESPOIRS student-led initiatives implemented at medical schools across Canada
2. Discuss barriers to implementation of STARS/ESPOIRS student-led initiatives
3. Explore strategies to foster student awareness

12:15 PM – 1:00 PM **Networking Lunch and Group Photo**

1:00 PM – 1:15 PM **Co-STARS Create**

Moderator: Dr. Brian Wong

Objective:

- Reflect on opportunities to implement student-led Choosing Wisely initiatives (either curriculum change or initiative related to antibiotics)

1:20 PM – 1:50 PM **Rapid Crowdsourcing for Big New Ideas**

Room 1: Medical Education Change (*moderators Drs. Chris Moriates/Karen Born*)

Room 2: Antibiotic appropriateness (*moderators Drs. Olivia Ostrow/Brian Wong*)

Dr. Chris Hillis to flow between rooms

Objectives:

1. Contribute to generating a list of new and creative approaches to promoting resource stewardship or appropriate antibiotic use at their medical schools
2. Prioritize among the various big ideas proposed to identify changes to implement at your local medical school

1:50 PM – 2:40 PM **STARS/ESPOIRS Hack-A-Thon**

Moderators: Drs. Chris Moriates/Karen Born (Medical Education session) &

Drs. Brian Wong/Olivia Ostrow (Antibiotic Wisely session)

Objectives:

1. Define success as it relates to a student-led STARS/ESPOIRS initiative aimed at promoting resource stewardship or appropriate antibiotic use at their medical schools
2. Prepare an outline for a student-led STARS/ESPOIRS initiative
3. Identify local stakeholders to engage and resources to secure when implementing a student-led STARS/ESPOIRS initiative

2:45 PM – 3:00 PM

Harnessing Wisdom from the Crowd

Large Group Report Back

- Reflect on proposals for student-led STARS/ESPOIRS initiatives aimed at promoting resource stewardship or appropriate antibiotic use

3:00 PM – 3:15 PM

Networking Break

3:15 PM – 3:45 PM

Key Stakeholder Organization Panel

Speakers: Ajay Shah (CFMS), Roxanne St-Pierre (FMEQ), Brandy Love (CMA Ambassadors Program)

Moderator: Dr. Karen Born

1. List the key functions of national student associations and organizations in Canada
2. Align student-led initiatives with broader strategic priorities of national student associations and organizations

3:45 PM – 4:45 PM

Keynote: Leading From Where You Stand

Speaker: Dr. Christopher Moriates

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”
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

4:45 PM – 5:00 PM

Getting the Most out of the National Meeting/Wrap Up

5:00 PM – 6:00 PM

CWC Pre-meeting Reception

7:00 PM

Student Dinner

Burger Bar Crescent

1465 Crescent St

Montreal, QC

(514) 903-5575

Monday May 27, 2019

Choosing Wisely Canada National Meeting

Centre Mont-Royal
2200 Mansfield St, Montreal

<https://centremontroyal.com/en>

7:30 AM – 8:15 AM

STARS STUDENT BREAKFAST WITH DR. GIGI OSLER, PRESIDENT OF CMA

Concurrent Session 3
2:30 PM – 3:45 PM

STARS/ESPOIRS Planning and Goal Setting for the Upcoming Year

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

Objectives:

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



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. Karen co-founded the health care policy blog, www.healthydebate.ca, and is an Assistant Professor in the Institute of Health Policy, Management and Evaluation at the University of Toronto where she teaches on knowledge translation, health policy, patient safety, quality improvement and value.



Virginia Goetz

Virginia Goetz is a second-year medical student at the University of Alberta (UofA). She completed her BSc with a major in biology at the University of British Columbia in 2015 and obtained her Masters in Biomedical Technology at the University of Calgary in 2017. Virginia is passionate about medical education and has spearheaded various curriculum development projects since beginning medical school. Her work has focused on enhancing the UofA evidence-based medicine curriculum, integrating the Choosing Wisely Canada campaign into pre-clerkship coursework, and improving the Special Training in Research program.



Christopher Hillis

Chris Hillis MD MSc FRCPC 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 was a Quality Scholar at the US Veterans Administration. He is the course director of the ASPIRE course for the Royal College, a Medical Education Specialist at Choosing Wisely Canada, and the director of QI and Patient Safety Education for PGME at McMaster. His clinical work focuses on the care of patients with myeloproliferative neoplasms and myelodysplastic syndrome.



Wendy Levinson

Wendy Levinson, MD is Chair 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.



Brandy Love

Brandy, MN, NP is a second year student with the Faculty of Medicine at the University of Alberta. She started her career as a Registered Nurse and then a Nurse Practitioner, primarily in critical care in Edmonton, AB. After almost 15 years in nursing, she decided to change gears and explore a career in medicine. Her interests in the program include mental health in healthcare professionals, resource stewardship, and advocacy with the Canadian Medical Association. She has been active with local and national Choosing Wisely groups as well as a Wellness Ambassador with CMA. Outside of medicine, Brandy enjoys almost anything outdoors, practicing martial arts, and Sunday morning pancakes with her two children, Lincoln and Isola.



Amy Ma

Amy Ma is a Public Representative for Choosing Wisely Canada. She is a member of the Montreal Children's Hospital's Family Advisory Forum since 2012, and has also been serving as co-chair of the McGill University Health Centre's (MUHC) Central Patients' Committee since 2014. Her experience in accompanying one of her children through a health issue motivates her to harness patient and family voices as a force for positive change in the healthcare system. Ms. Ma is a past board member of Yee Hong Centre for Geriatric Care and volunteered with the 1997 Special Olympics World Winter Games. She has a particular interest in issues involving health equity in a multicultural context, maternal health, the elderly and accessibility.



Chris Moriates

Chris Moriates, MD is the Assistant Dean for Health Care Value; Associate Chair for Quality, Safety, and Value; and an Associate Professor in the Department of Internal Medicine at Dell Medical School at UT Austin. He is also the Director of Implementation at Costs of Care, a global non-profit organization curating clinician insights that drive better care at lower cost. He created and leads the Choosing Wisely STARS program in the United States. Dr. Moriates also directs the Distinction Track in Care Transformation for the internal medicine residency program at Dell Medical School. He speaks internationally on topics related to educating clinicians about health care value and how to implement high-value care programs.



Olivia Ostrow

Olivia Ostrow, MD FAAP is an academic clinician and the patient safety lead for the Division of Paediatric Emergency Medicine at the Hospital for Sick Children, and an assistant professor in the Department of Paediatrics at the University of Toronto. She received her MD at West Virginia University School of Medicine and completed a combined Internal Medicine and Pediatrics training at the University of California San Diego and the University of Rochester. She is board certified in both specialties and holds a certificate in Quality Improvement and Patient Safety from the University of Toronto. She is the medical safety leader at the Hospital for Sick Children and plays a key leadership role in the hospital's Choosing Wisely campaign along with other frontline improvement work. At the national level, she is the pediatric lead for the Using Antibiotics Wisely Campaign with Choosing Wisely Canada.



Jennifer Perry

Jennifer Perry, MEd is a third year medical student at Memorial University of Newfoundland. She also holds a Masters of Education with 15 years of experience in public, private and international teaching roles. She has been involved with the Choosing Wisely Interest group since 2017, and participated in the STARS Leadership Summit in 2018 as a representative from MUN. She believes it is key to engage learners in Choosing Wisely ideas and strategies at the student level to help create a culture of resource stewardship for the future. In her free time she is a mom of two amazing girls!



Ajay Shah

Ajay Shah is a second year student at McMaster. He became interested in resource allocation when doing an emergency medicine elective - and being blown away by perceived over-ordering. He happily accepts his role as a thorn in the side of liberally-ordering healthcare providers, always asking "But will this change our management?" His role this year is to act as a liaison between STARS and the CFMS Education Committee, and assist in planning for the annual STARS conference. He also enjoys photography, basketball, house music, and Belgian beer.



Brian Wong

Brian Wong, MD FRCPC 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 value to health professionals across the learning continuum.

Biographies - 2019 CWC STARS



ALEXE BELANGER-POULIN

Hi, my name is Alexe, I'm a medical student at University of Sherbrooke in second year. I study in Campus Saguenay and I'm part of the Choisir avec Soins comity locally, but I'm also implicated in some mental health and neurology projects. I also work as a local coordinator for public health IFMSA. In my personal time, I love doing yoga and travelling.



ALICIA JAROSZ

Alicia completed her BSc and MSc in Nutritional Sciences at the University of Toronto. Her research investigated genetic markers contributing to differences in individuals' physiological responses to dietary nutrients. Alicia will be entering her second year of the MD program at the University of Alberta in the fall and is currently pursuing a summer internship in public health at SE Futures. Alicia looks forward to integrating resource stewardship into her practice and advocating for its greater adoption in Canada to achieve high value and quality care.



ANDREW DIXON

Hi I'm Andrew - I'm a podcast nerd, health economics nut and first year medical student at McGill. I'm an avid reader, hiker and would spend my entire life outdoors if it were practical. I'm interested in social and community medicine, social entrepreneurship and the role of data and privacy in health care improvement. I look forward to meeting you all!



BITIAN MENG

Hi my name is Bitian Meng and I've just completed my first year of Medicine at the University of Manitoba. I came to Winnipeg at the age of 3 and have been here ever since. I did my undergraduate studies at the University of Manitoba as well.

Outside of school I like to watch and play basketball as well as learn and play new board games with my friends. I also like to binge watch new series I find on Netflix. I also enjoy traveling whenever I get the opportunity to.



BRIONY LAGO

Resource stewardship and the STARS program caught my eye early on during my first year at McMaster. Following my co-op term at a Health Economics company, I gained a deeper appreciation of how medicine intersects with economics to optimize health, and it has remained an interest of mine ever since. I also worked a co-op term in an antimicrobial lab doing bioinformatics work on resistance genes, so this year's theme of antibiotic stewardship is particularly relevant to my past experience. Medical education is another interest of mine, and I hope to help implement curriculum changes within the McMaster pre-clerkship program for resource stewardship concepts. Outside of school, I'm a former Varsity swimmer who still helps coach the McMaster team and a spin instructor at the campus gym, so you could say I'm passionate about fitness and healthy living (as well as food and music).



CHRYSTELLE EL-KHOURY

Je m'appelle Chrystelle El-Khoury et je suis une étudiante en première année de médecine à l'Université de Montréal. Ayant vécu au Moyen Orient et immigré au Canada à l'âge de 12 ans (j'ai maintenant 21!), mon parcours migratoire a beaucoup contribué à ma passion pour la santé publique. Je suis d'ailleurs impliquée au sein de l'équipe d'IFMSA-Québec en tant qu'officière locale du comité de la santé sexuelle, maternelle et du VIH (SCORA). Je débute aussi mon deuxième mandat en tant que représentante de la cohorte 2022 à l'Université de Montréal et je siège sur mon association étudiante (AÉÉMUM). J'aime beaucoup cuisiner, organiser des événements et je suis une fanatique du scrapbooking. Je suis extrêmement honorée de pouvoir introduire « Choisir avec soins » au sein de mon université avec ma collègue Victoria Blouin cette année et j'ai vraiment hâte de pouvoir vous rencontrer le 26 mai prochain!



DIANE RAMSAY

I am a medical student from Dalhousie University, having done an undergraduate and masters degree at Dalhousie previously. I have a passion for preventative health, and proper resource stewardship is an important part of this. I am interested in making our health care system more efficient, getting rid of extra costs, and lessening risks to the patients by not providing unnecessary care. To do this, we have to give students the skill set they need in order to ask questions and make good decision about care- which is how I ended up being interested in Choosing Wisely and the work that the STARS do to help teach this to learners. Outside of medicine, I enjoy traveling, camping, and playing with my golden retriever (and am always ready with photos if anyone asks!)



EMILIE BOLDUC

Hi everyone! I'm a 19 years-old med school student at Université Laval in Quebec City, but I'm originally from the South Shore of Montreal. I went to university straight after I finished my health sciences program in cegep. I usually speak French in my day-to-day life. I love dancing, outdoor activities and trips. I'm grateful to be here and I can't wait to have the opportunity to meet you all.



ETHAN ZHANG

My name is Ethan and I am a first-year medical student from UBC. Having completed my undergraduate studies at McGill University, I am thrilled to be able to return to the beautiful city of Montreal and be part of the STARS Leadership Summit this year.

My academic interests revolve around infectious disease prevention and women's health. Outside of school, I am an avid hiker and will be completing my first marathon this summer.

I was first introduced to Choosing Wisely Canada while completing a practicum placement at the BC Centre of Disease Control in Vancouver, Canada. Since then, I have taken on several research projects looking at antibiotic overprescribing in a primary care setting. Astounded by the sheer number of unnecessary prescribing, I am eager to learn more about strategies to advance resource stewardship.



HARTLEY PERLMUTTER

After completing his BA in his hometown of Toronto at York University, and subsequently studying and completing his MSc in education at Yeshiva University in New York, Hartley returned to Toronto to work as a high school teacher. Last summer, after five years of teaching, Hartley moved to Edmonton with his wife Stacie and daughter Lielle to start medical school at the University of Alberta.

Hartley is hoping to build a career where he can integrate the "best practices" that he picked up in his time teaching into medicine, both in terms of medical education as well as patient-centred encounters, and he views resource stewardship as being fundamental to the conversations that take place in both the clinical and academic arenas.



HASSAAN ABDEL KHALIK

My name is Hassaan Abdel Khalik, and I am a first year medical student at McMaster University. Prior to enrolling at McMaster, I completed my undergraduate education at the University of Michigan - Ann Arbor, and received a Masters of Management of Innovation from the University of Toronto. My passion for resource stewardship was sparked during my time as a Research Assistant at the University of Michigan's Center for Healthcare Outcomes and Policy. Resource stewardship excites me in that it is the unique intersection of health economics, clinical medicine and policy-making. As a CWC STAR, I look forward to building a professional network that can be leveraged for collaborative initiatives in the future, as well as learning how to best champion the Choosing Wisely Campaign as a medical student and beyond!



JAKE WIHLIDAL

My name is Jake Wihlidal, and I am a first-year medical student at the Schulich School of Medicine and Dentistry at the University of Western Ontario. My interests are in antimicrobial resistance, the incorporation of Choosing Wisely into undergraduate medical curricula, and global surgery. In my free time I enjoy running, tennis, and reading fiction. I am very much looking forward to incorporating Choosing Wisely at Schulich!



JOLYANE BEAUDETTE

My name is Jolyane and I'm a first year medical student at Laval University. I come from Saguenay, where I completed my applied science program. If I could describe myself with three words, they would be travel, friendly and cat-lover! I look forward to meeting all of you at the conference.



MAURICIO MESA

Student representative - Université de Sherbrooke au Centre de Formation Médicale du NB
I worked as a general practitioner and health manager for 10 years in Colombia, my country of origin. In Canada, I completed a master's degree in quality management at Montreal University, this led me to work as quality advisor for 10 years with one of the RHAs in New Brunswick. Being passionate about quality of care, I acted as surveyor for Accreditation Canada for 4 years. In 2019 I decided to go back to clinical practice and to do so I went back to medical school with Université de Sherbrooke at the Moncton Campus in New Brunswick. I'm happy of getting involved with Choosing Wisely at Med School, it's a way of combining my passion for medicine and quality management. At the same time, I can support my pairs into learning how to practice safely and responsibly with the guidance of Choosing Wisely.



MERNA ADLY

What school you are in, and what do you love to do in life?

I'm currently a second year medical student at the University of Calgary. I love doing volunteer and research work in the area of women's homelessness and barriers to healthcare access, as well as making a difference in the lives of vulnerable populations.

I also have deep appreciation for rare conditions and helping others understand them. I'm currently doing research work in the area of morphea, vasculitis, vitiligo and lichen planus.

Why I decided to join Choosing Wisely?

I would like to facilitate the incorporation of Choosing Wisely initiatives in our undergraduate medical education. I truly believe that our ultimate goal is not rationing medicine, but better quality of patient care. Engaging in conversations about unnecessary tests, treatments, and procedures early on in medical education, as well as leading a culture shift in the practice of medicine around resource stewardship would lead to better patient outcomes.

Hobbies: I really enjoy painting, swimming and dancing. I also enjoy cooking and making fresh fruit tarts.



MICHAEL MEHTA

My name is Michael and I am a medical student at the University of Toronto. I am super excited to meet everyone and I am looking forward to discussing important topics in resource stewardship.



NATHAN DLUGOS

Hello! My name is Nathan and I am currently a first year medical student at the University of Manitoba. I'm excited to participate in the STARS Leadership Summit and I look forward to learning more about what we can do as medical students to further resource stewardship across the country. In my spare time, I enjoy playing volleyball and eating out. I was born and raised in Edmonton, AB and completed my B.Sc. degree at the University of Alberta.

NGUYET (NA) NGUYEN

Hello! I am Na, a second year medical student at Memorial University of Newfoundland. Originally from Vietnam, I have lived, studied and worked in Singapore, Vancouver, Moncton before coming to St John's. Till this day, I still remember, at 17, shadowing a pediatrician back home who was adamant about educating parents on avoiding unnecessary antibiotics for their children. Now, as a future healthcare professional, I am excited to be involved in Choosing Wisely to continue exploring best practices that provide optimal care to patients. This would allow us to tackle multiple competing demands placed on the healthcare system, given the finite resources we have. 'Do more with less', eh? Early education and involvement of medical trainees is crucial to the change we need for a better system of care.



NILASHA THALAYAN

Nilasha Thayalan is a first-year medical student at the University of Ottawa. She first learnt about the Choosing Wisely Canada (CWC) campaign during her undergraduate studies, where she conducted a project over two summers on how to incorporate shared decision making in diagnostic CT. The project's outcome was to reduce the number of unnecessary tests ordered and thus, minimize radiation exposure to patients. Nilasha grew passionate for the CWC movement through this experience, and continued her interests at uOttawa; serving as the school's Health Quality Ontario Medical Student Ambassador and recently, Choosing Wisely Canada STARS Representative. Beyond this, she continues her passion for the arts in medical school; playing a lead role in the school musical and participating in a competitive South Asian dance team. Nilasha is excited to collaborate with other STARS students and hopes to gain new insights on introducing CWC initiatives in the upcoming school year.



RACHEL GREBEN

My name is Rachel Greben and I am one of the STARS students for the University of Toronto. Before starting medical school I studied pharmacology at McGill University. I am very excited to be one of this year's STARS students and to have the opportunity to meet the other STARS students from across the country. I wanted to become involved in Choosing Wisely because this great initiative encompasses both a systems approach and patient-centred approach to healthcare improvement. I have an interest in health policy and public health, and think it is important that medical students learn to incorporate resource stewardship principles into clinical decision-making. I also think we can do more to help patients better understand the implications of the tests and procedures that they are considering. I am looking forward to meeting you all and to collaborating over the next year!



RINI ILANGOROMAN

Rini is just finishing up her first year of medical school at Western University. She has a Honours Bachelor of Sciences in Neuroscience from the University of Toronto. She has taken a particular interest in administration and resource management as she sees potential to make significant changes from smaller targeted actions. She is also very passionate about global health and international collaboration within healthcare.



ROBYN ST.CROIX

Robyn St. Croix, BSc(Pharm) is a second year medical student at Memorial University of Newfoundland. She is a part-time community pharmacist and first became aware of Choosing Wisely through an antibiotics campaign during pharmacy school. This led her to becoming involved with the Choosing Wisely Interest Group in 2017 upon entering medicine. She is interested in appropriate deprescribing and helping to encourage a culture of resource stewardship. Outside of medicine she enjoys yoga, trying new foods and playing with other people's dogs.



SARAH FLETCHER

Hi everyone! My name is Sarah and I am a first-year medical student at UBC, at the Vancouver campus. Born and raised in Vancouver, I previously studied at the University of Calgary before starting medical school. Within medicine, I am particularly interested in pediatrics, quality improvement, and gender equity, and have worked on research projects in each of those areas. I am also passionate about student wellness and advocacy. Outside of school, I love working with children, and I provide weekly pet therapy visits with my family dog at a local hospital. I also enjoy spending time outdoors in all seasons with friends and family, and I am currently learning ASL. I look forward to meeting everyone and working with you all over the upcoming year!



SERENA CHIN

Serena is a first-year medical student at Queen's University. Prior to starting her medical studies, she worked as a Health Care Administration Officer (HCA) with the Canadian Armed Forces (CAF) and was based out of Toronto, ON and Edmonton, AB. Serena was first exposed to the Choosing Wisely Campaign during her HCA training where she looked at how the Choosing Wisely Campaign could be applied to the CAF context. She is very excited to be representing Queen's Medicine at the 2019 Choosing Wisely Canada National Meeting and eager to learn more about improving resource stewardship in medicine.



TAMIKA HAMLET

Tamika Hamlet is a 1st year medical student at NOSM, who is passionate about resource stewardship and primary care. She was born in Toronto, but raised in Smooth Rock Falls, where she spent most of her childhood. She is also Francophone and hopes to service both Francophones and Anglophones in her future medical practice.

She completed her undergraduate degree in Arts & Science and Biochemistry at McMaster University, then went on to study Naturopathic Medicine at CCNM. She then practiced as a licensed Naturopathic Doctor for 6 years before pursuing medicine at NOSM. Her current interests are Family Medicine and Dermatology, but she is keeping an open mind with regards to specialization. She hopes to advocate for resource stewardship as a student at NOSM, but also during her future practice as an MD.



TIFFANY CHIH

My name is Tiffany Chih and I am a first year medical student at Queen's University. Prior to medical school, I studied Pharmacology at the University of British Columbia. I have strong interests in diversity, health equity, and quality improvement and have been working on related projects locally. Outside of school, I enjoy reading, doing yoga, and exploring new restaurants around the city. I am excited to meet you all at the National Meeting in May!



VICTORIA BLOUIN

Bonjour! Je m'appelle Victoria Blouin et j'ai 19 ans. J'ai été admise en médecine directement après mon CÉGEP en sciences de la nature. Je viens tout juste de compléter mon année préparatoire à la médecine à l'Université de Montréal. Je siège à notre association étudiante à titre de représentante de ma cohorte. Je suis très enthousiaste à l'idée de faire partie du mouvement Choisir avec soins! J'espère en apprendre davantage sur le programme et faire de belles rencontres avec des étudiants de partout au pays, afin de ramener des initiatives et des projets dynamiques à l'Université de Montréal. Au plaisir de vous rencontrer!



YOUSEF BOULOS

I'm a medical student from Dalhousie University. In my previous life before medicine, I was in Dalhousie's pharmacy program and worked in various pharmacies across Halifax. This was an experience in learning local prescribing patterns and the value of appropriate prescribing practices. In this light, I found my interest in Choosing Wisely, as a means to connect with likeminded professionals and patients seeking to optimize the healthcare services in an environment of austerity. Aside from academics, I enjoy bouldering, baking bread, and watching dog videos on YouTube.



ZACK URQUHART

I am Zack Urquhart, a member of the Cummings School of Medicine class of 2021. I received my BSc in Cellular, Molecular and Microbial Biology from the U of C, with a special interest in biofuel development. My research interests are now in QI and simulation, with my career goals being TBD. Though school is pretty time consuming, I try to keep up with my hobbies which include Brazilian Jiu-Jitsu and Dungeon & Dragons.