

Choosing Wisely Canada
STARS
Students & Trainees Advocating
for Resource Stewardship



Choisir Avec Soins
ESPOIRS
Étudiantes sensibilisés pour l'optimisation
de l'intendance des ressources en santé



STARS/ESPOIRS
FALL
SUMMIT

Oct 4 2020 | 12:00–2:30 pm ET

STARS/ESPOIRS

Leadership Summit From Home

[Click here to join]

October 4, 2020

12:00–12:10 WELCOME & INTRODUCTION

Brian Wong

12:10–12:40 LEADERSHIP WORKSHOP

Chris 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

12:40–13:00

STUDENT BREAKOUTS

1. Reflect on the skills you need to build to accomplish your leadership goals vis a vis STARS
2. What are some challenges to leading as medical students?

RESIDENT SESSION IN PLENARY

Chris Moriates, Karen Born

[Click here to join Resident Session in Zoom]

1. Reflect on the skills you will need to develop in order to become a leader
2. What are some challenges to leading as residents?

13:00–13:15

BREAK

13:15–13:35

CHANGES TO HEALTH CARE IN THE COVID ERA – WHERE IS CHOOSING WISELY SITUATED

Brian Wong

LEADING A RESOURCE STEWARDSHIP (QI) PROJECT

Chris Hillis

1. Describe the structure of a Resource Stewardship (QI) Project
2. Identify the key elements for success of a Resource Stewardship (QI) Project
3. Develop aim statements for a Resource Stewardship (QI) Project

13:35–13:40

BREAK

13:40–14:10

REGIONAL STUDENT BREAKOUTS

1. How do your STARS plans fit into the changed context due to COVID and distance learning?
2. What aspects of resource stewardship education would you emphasize or change given COVID context?

COACHING FOR STEWARDSHIP

Brian Wong

1. Identify opportunities to role model resource stewardship behaviours
2. Address the culture of overuse in their role as teacher and trainee

14:10–14:25

REPORT BACK BY BREAKOUT

RESIDENTS CO-CREATE & CLOSE

Chris Hillis

14:25–14:30

CLOSE

1. List change management approaches to implement their ideas
2. Create an outline to implement a resource stewardship activity in their institution

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Speaker Bios

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.

Mayur Brahmania, MD, MPH is an Assistant Professor of Medicine at Western University in London, Ontario practicing in Hepatology and Transplant Hepatology. He completed clinical training at the University of Saskatchewan and the University of British Columbia in Internal Medicine and a Gastroenterology fellowship at the University of Manitoba. Dr. Brahmania earned a Masters of Public Health (MPH) degree at the Harvard TH Chan School of Public Health in Boston, MA. He also holds advanced certification from the Centre for Quality Improvement and Patient Safety (CQUIPS) from the University of Toronto.

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.

Tamizan Kherani, MD, MSc is an Assistant Professor and Pediatric Respiriologist in the Faculty of medicine and Dentistry, University of Alberta in Edmonton, Alberta. She completed pediatrics training at the Northern Ontario School of Medicine and the Hospital for Sick Children and a Masters in Quality Improvement and Patient Safety at the University of Toronto IHPME (Institute of Health Policy, Management and Evaluation). Dr. Kherani serves as the Director for Pediatric Cystic Fibrosis Clinic at the Stollery Children's Hospital and is involved in educational endeavours for medical trainees at all levels at a local and national level.

Nadine Korah, MD is an Academic General Pediatrics, Hospitalist at the Montreal Children's Hospital and an University Assistant Professor Pediatrics, McGill University. Dr. Korah completed her clinical training at McGill University and The Hospital for Sick Children, as well as a Masters degree in Quality Improvement and Patient Safety from the Institute of Health Policy, Management and Evaluation, University of Toronto. She is the Associate Director for ASPIRE (Advancing Safety for Patients in Residency Education) French language program of the Royal College of Physicians and Surgeons of Canada.

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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 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.

Laila Premji, MD is a hospitalist at The Hospital for Sick Children. She obtained her BSc. at McGill University and then travelled to Philadelphia where she obtained her MD at Jefferson Medical College. She graduated Magna Cum Laude and received the Gold Humanism in Medicine award. Laila completed her paediatric residency training at the University of Toronto where she was chief resident in her final year of training. After residency, Laila completed her course work for her Masters in Health Professions Education through the University of Illinois at Chicago and did additional clinical training in child maltreatment while also serving as chief fellow. Laila has been on staff at Sick Kids since 2016 and is the Director of the Career Advising System for the University of Toronto MD program.

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, 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.