

Choosing Wisely Canada

**STARS**

Students & Trainees Advocating  
for Resource Stewardship



Choisir Avec Soin

**ESPOIRS**

Étudiants sensibilisés pour l'optimisation  
de l'intendance des ressources en santé



**STARS**  
**2021 LEADERSHIP**  
**SUMMIT**

March 7, 2021 | 12:00–3:00 pm ET

# STARS 2021 Leadership Summit

[Click here to join]

**March 7, 2021**

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## Meeting Objectives:

1. Describe approaches to leverage resident, organizational or regional Choosing Wisely implementation activities for STARS
2. Advance knowledge of key overuse and resource stewardship problems and approaches
3. Consider ways to sustain STARS momentum as a future clinician leader

## Agenda

**12:00 PM - 12:10 PM**

### OPENING REMARKS

Dr. Brian Wong, Choosing Wisely Canada

**12:10 PM - 1:00 PM**

### OVERUSE PROBLEMS AND SOLUTIONS - RESIDENT-LED PRESENTATIONS ON KEY CHOOSING WISELY TOPICS (TWO 25 MINUTE BREAKOUT SESSIONS)

#### Presenters:

- Dr. Chandandeep Bal (Pediatrics resident, University of Toronto)
- Dr. Catherine Friedman (Obstetrics and Gynecology resident, McMaster University)
- Dr. Emmett Harrison (Family Medicine resident, University of Saskatchewan)
- Dr. Anastasiya Muntyanu (Dermatology resident, McGill University)
- Dr. Billy Silverstein (Internal Medicine resident, University of Toronto)

**1:00 PM - 1:10 PM**

### BREAK

**1:10 PM - 1:50 PM**

### PRESENTATION ON THE CHOOSING WISELY SICK KIDS AND UNIVERSITY OF TORONTO STARS COLLABORATIONS - BUILDING CONNECTIONS

Dr. Laila Premji, The Hospital for Sick Children and Dr. Chandandeep Bal, University of Toronto

**1:50 PM - 2:00 PM**

### BREAK

**2:00PM - 2:50 PM**

### REACH FOR THE STARS - ACHIEVING AND SUSTAINING IMPACT

Dr. Billy Silverstein, University of Toronto

#### Discussion Facilitators:

- Dr. Chandandeep Bal (Pediatrics resident, University of Toronto)
- Dr. Catherine Friedman (Obstetrics and Gynecology resident, McMaster University)
- Dr. Emmett Harrison (Family Medicine resident, University of Saskatchewan)
- Dr. Anastasiya Muntyanu (Dermatology resident, McGill University)
- Dr. Billy Silverstein (Internal Medicine resident, University of Toronto)

**2:50 PM - 3:00 PM**

### CLOSING REMARKS

# STARS 2021 Leadership Summit

## Faculty Bios

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**Dr. Laila Premji** is a hospitalist at The Hospital for Sick Children. She obtained her MD at Jefferson Medical College. 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.

**Dr. William Silverstein** completed his medical school and Internal Medicine training at the University of Toronto and will be pursuing subspecialty training in General Internal Medicine in July 2021. He is the Chief Medical Resident at the Sunnybrook Health Sciences Centre and he is currently enrolled in a Master of Science, with a concentration in Quality Improvement and Patient Safety at the University of Toronto.

**Dr. Chandandeep Bal** is a third-year resident in Paediatrics at the Hospital for Sick Children and a graduate of the Cummings School of Medicine, University of Calgary. She has been involved in quality improvement activities related to implementing Choosing Wisely recommendations at the Hospital for Sick Children.

**Dr. Catherine Friedman** is an Obstetrics and Gynecology resident at McMaster University and a graduate of the DeGroote School of Medicine at McMaster University. Catherine participated in the development of the Choosing Wisely list of Recommendations by the Society of Obstetricians and Gynecologists of Canada.

**Dr. Emmett Harrison** is a family medicine resident in Swift Current, Saskatchewan and a graduate of the University of Saskatchewan School of Medicine. Emmett received the Saskatchewan Medical Association 'Resident Leader of the Year' award in 2020. In July 2021, he will be continuing an additional year of training in the Swift Current Family Medicine - Emergency Medicine Program.

**Dr. Anastasiya Muntyanu** is a Dermatology resident at McGill University and a graduate of the University of Ottawa School of Medicine. Anastasiya was part of the first 2016 cohort of STARS undergraduate student leaders and helped shape national engagement and outreach efforts related to STARS.