

Choosing Wisely Canada
STARS
Students & Trainees Advocating
for Resource Stewardship



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



STARS/ESPOIRS
2021 LEADERSHIP
SUMMIT

April 25, 2021 | 12:00–4:00 pm ET

STARS/ESPOIRS 2021 Leadership Summit

[Click here to join]

April 25, 2021

Pre-meeting Reading List:

- [Cardone, F et al. \(2017\) Choosing Wisely Canada Students and Trainees Advocating for Resource Stewardship \(STARS\) campaign: a descriptive evaluation. CMAJ Open.](#)
- [Born et al. \(2019\) Learners as Leaders: A Global Groundswell of Students Leading Choosing Wisely Initiatives in Medical Education. Academic Medicine.](#)
- [IHI Open School course TA 103: Increasing Value and Reducing Waste at the Point of Care](#)
 - IHI Open School courses are free to individual students
 - [You must sign up to view and take courses](#)
 - This course takes 45 minutes to complete
- ["Choosing Wisely Canada list of things medical students & trainees should question" video](#)

STARS/ESPOIRS 2021 Leadership Summit

Agenda

12:00 PM - 12:45 PM

WELCOME & INTRODUCTION TO CHOOSING WISELY CANADA STARS

Dr. Brian Wong and Karen Born

12:45 PM - 1:15 PM

INTRODUCTION TO RESOURCE STEWARDSHIP

Dr. Chris Hillis

1:15 PM - 1:30 PM

BREAK

1:30 PM - 1:50 PM

SHINING STARS PANEL

Panelists:

- Bright Huo, Emma McDermott (Dalhousie University STARS 2020-2021)
- Stephanie Alexis, Parker Nann (University of British Columbia STARS 2020-2021)
- Jacob Ferguson, Matt Hacker-Teper (University of Toronto STARS 2020-2021)
- David Houle, Yi-Fan Lin (Université de Montréal STARS/ESPOIRS 2020-2021)

1:50 PM - 2:30 PM

FACILITATED SMALL GROUP BREAKOUT SESSIONS (2 BREAKOUT SESSIONS)

Facilitated Breakout sessions will take place with four topics, where students can choose to participate in two breakouts of their choice.

Topics include:

- Curricular Change
- Collaboration Across Schools
- Partnering with Residents
- Hosting a Conference

2:30 PM - 2:45 PM

BREAK

2:45 PM - 3:45 PM

CLOSING KEYNOTE: LEAD FROM WHERE YOU STAND

Dr. Chris Moriates

3:45 PM - 4:00 PM

CLOSE AND NEXT STEPS

STARS/ESPOIRS 2021 Leadership Summit

Faculty Bios



Karen Born, PhD is the 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.



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.



Chris Moriates, MD is the Executive Director for Costs of Care. He is also Assistant Dean for Healthcare Value in the Department of Medical Education; Associate Chair for Quality, Safety, and Value, and an Associate Professor in the Department of Internal Medicine at Dell Medical School at The University of Texas at Austin. Dr. Moriates led the creation of the University of California at San Francisco (UCSF) Cost Awareness curriculum and the UCSF Caring Wisely program, as well as created and directed the U.S. Choosing Wisely STARS program. He has co-authored the book *Understanding Value-Based Healthcare* (McGraw-Hill, 2015) and has published more than 50 peer-reviewed articles.



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.



Bright Huo is a second year medical student at Dalhousie University and is the Vice-President of Medical Education. He also serves on the Board of Directors of Doctors Nova Scotia and on Council for the College of Physicians & Surgeons of Nova Scotia. He is involved in various local & national meetings and working groups surrounding medical education. His research interests include the use of low-dose CT screening for early lung cancer detection and various topics related to undergraduate medical education. Future areas of interest include the intersection between surgical care and resource stewardship.



Emma McDermott is a second year medical student at Dalhousie University who is passionate about global health, sustainable development, and health equity, with a particular interest in the fields of planetary health, environmental sustainability, and resource stewardship. She was proudly raised in rural Prince Edward Island and strives to emulate the “Think Globally. Act Locally.” mindset. Prior to medical school, she completed a BSc (Hons) in Biology and a Master in Global Affairs. Emma is a member of the 2020-2021 Choosing Wisely STARS cohort and looks forward to continuing to be involved with CWC in the future.



Stephanie Alexis worked as a dietitian in diverse specialty areas including surgery, oncology and critical care before attending medical school. These resource-intensive settings taught her that more healthcare does not necessarily equate to better outcomes. As future leaders, Stephanie believes medical students are ideally positioned to challenge “the way things have always been done,” and creatively define and implement solutions for reducing harm and unnecessary waste. Currently, Stephanie is involved in quality improvement, stewardship and planetary health initiatives, where she is committed to building prevention into tertiary healthcare and drive system-wide changes that ultimately reduce the demand for intensive resource utilization.



Parker Nann completed his Bachelor of Commerce at Queen’s University, and had deferred his UBC MD admission to work for a management consulting firm in Boston, Massachusetts. While there, he designed data analysis tools to identify and reduce unnecessary medical care at several US hospitals. Since returning home to Vancouver for medical school, Parker has served for two years as the VP Finance of the UBC Medical Undergraduate Society (MUS), before assuming his current role as President of the MUS. A 5th generation Vancouverite, Parker enjoys skiing, cycling, cooking, commercial aviation, and (though his skill doesn’t match his enthusiasm) playing tennis.



Jacob Ferguson, BSc is a second-year medical student at U of T. He is a U of T 2020/21 STARS representative and co-lead of the U of T Choosing Wisely/Resource Stewardship interest group. He has developed and hosted resource stewardship seminars, interprofessional events, and case competitions. These events are often done in close collaboration with faculty, residents, and other student groups.



Matt Hacker Tepper, MSc is a second-year medical student at the University of Toronto. He completed his undergraduate degree in French at Northwestern University, and holds a master’s degree in Family Medicine (focus on implementation science and quality improvement) from McGill University. Matt’s academic interests include health policy, systems design and quality improvement, with a particular interest in patient flow and resource allocation. Outside of the classroom, you can find him completing his part-time culinary degree at George Brown College, running his next triathlon, or struggling through the daily New York Times crossword puzzle!



Yi Fan Lin is a first-year medical student at Université de Montréal, is a STARS Choosing Wisely Canada student leader. Yi Fan took part in the organization of Quebec’s 2021 Choosing Wisely Awareness Week bringing together medical students across all faculties of medicine in Quebec. Believing in the importance of exposure to resource stewardship since the early years of medical career, she also brought curriculum changes in pre-clerkship years program at her university through the work with the faculty and professors.



David Houle was a STARS student during 2020-2021 for Choosing Wisely Canada. He is studying medicine at the University of Montreal. David is also the vice-president of the Université de Montréal’s Choosing Wisely Interest Group and co-organized in 2021 a thematic week entitled “Through the Years” with the four Quebec schools. He is also working on a research project aimed at obtaining the current portrait of the resource stewardship in Quebec medical training.