

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**  
**2022 LEADERSHIP**  
**SUMMIT**

September 18, 2022 | 11:45 am–3:05 pm ET

# STARS/ESPOIRS 2022 Launch Meeting & Leadership Summit

[Click here to join]

**September 18, 2022**

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## **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](#)
- [Levinson W et al. \(2022\) Ten Years of Choosing Wisely to Reduce Low-Value Care. N Engl J Med.](#)

## **Learning Objectives:**

1. Advance knowledge of resource stewardship in healthcare and discuss key problems in overuse.
2. Describe approaches to leverage resident, organizational or regional Choosing Wisely implementation activities for STARS.
3. To support students in their efforts to raise awareness and advocate for changes related to resource stewardship at their institution.
4. To mentor STARS students to foster the next generation of Choosing Wisely/Resource Stewardship leaders.

# STARS/ESPOIRS 2022

## Launch Meeting & Leadership Summit

### Agenda

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**11:45 AM - 12:00 PM**

#### **INTRODUCTION & ICEBREAKERS**

Dr. William (Billy) Silverstein, University of Toronto and Jaana Ranchithan, Choosing Wisely Canada

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

#### **WELCOME & INTRODUCTION TO CHOOSING WISELY CANADA STARS**

Dr. Wendy Levinson, Choosing Wisely Canada

**12:10 PM - 12:50 PM**

#### **INTRODUCTION TO RESOURCE STEWARDSHIP**

Dr. Christopher Hillis, McMaster University

**12:50 PM - 1:40 PM**

#### **SHINING STARS PANEL AND BREAKOUT SESSIONS (2 SESSIONS)**

##### **Panelists:**

- Emma McDermott (Dalhousie University 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)
- Dr. Catherine Friedman, (McMaster University STARS/ESPOIRS 2017-2018)

**1:40 PM - 1:50 PM**

#### **BREAK**

**1:50 PM - 2:20 PM**

#### **REACH FOR THE STARS – ACHIEVING AND SUSTAINING IMPACT**

Dr. William (Billy) Silverstein, University of Toronto

**2:20 PM - 3:00 PM**

#### **FACILITATED SMALL GROUP-SKILL BUILDING WORKSHOPS (2 BREAKOUT SESSIONS)**

Facilitated workshop sessions will take place to help students learn and build necessary skills to implement changes of resource stewardship in a clinical setting. Students can choose to participate in two breakouts of their of topic(s) of choice.

##### **Topics include:**

- Successful Advocacy with Dr. Melanie Bechard (Pediatric Emergency Medicine, University of Ottawa)
- Effective Communication and Writing for Resource Stewardship with Dr. Sanket Dhruva (Cardiology, University of California, San Francisco & JAMA Internal Medicine)
- Leading Change with Dr. Adina Weierman (General Internal Medicine, University of Toronto)

**3:00 PM - 3:05 PM**

#### **STARS 2022-23 OVERVIEW AND NEXT STEPS**

Dr. William (Billy) Silverstein, University of Toronto

# STARS/ESPOIRS 2022 Launch Meeting & Leadership Summit

## Faculty Bios

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**Melanie Bechard** is a pediatric emergency physician at the Children's Hospital of Eastern Ontario (CHEO) and an Assistant Professor at the University of Ottawa. Dr Bechard completed her Master in Public Health degree with a concentration in Health Systems and Policy at Johns Hopkins University. She has served on the Boards of the Canadian Federation of Medical Students, Resident Doctors of Canada, and the Canadian Medical Association. Currently, Dr Bechard is Chair of Canadian Doctors for Medicare, a nonpartisan organization of physicians advocating for an equitable, evidence-based, and sustainable health care system. Dr Bechard's broad research interests include injury prevention, health economics, and equitable access to care.

**Sanket Dhruva, MD, MHS, FACC** is Assistant Professor of Medicine at the University of California, San Francisco (UCSF) School of Medicine and Staff Physician (Cardiology) at the San Francisco Veterans Affairs Medical Center. He uses health services research methods to understand and strengthen the evidence base for the safe and effective use of drugs and medical devices, with the goal of improving the quality of care and clinical outcomes for patients. A central focus of Dr. Dhruva's work has been on improving the provision of high-value care. He also serves as a Teachable Moment Editor for JAMA Internal Medicine and on the American College of Cardiology's Choosing Wisely Subcommittee. Dr. Dhruva earned his MD degree and completed internal medicine residency at UCSF. He completed cardiology fellowship at UC Davis and earned an MHS at Yale University School of Medicine in the Robert Wood Johnson Foundation Clinical Scholars Program.

**Jacob Ferguson, BMSc** is a fourth-year medical student at U of T. He was the 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.

**Catherine Friedman, MD, BScN, HBSc** is a PGY4 Ob/Gyn resident at McMaster University. She completed medical school at McMaster University, during which she was actively involved in Choosing Wisely Canada STARS. Her involvement in Choosing Wisely led her to a position on the SOGC Committee for Choosing Wisely Canada, to establish McMaster's Resource Stewardship Interest Group, and to write and publish 3 works (and counting) related to Choosing Wisely, including most recently a research publication with the Canadian Fertility & Andrology Society about top items physicians and patients should question in fertility medicine. Aside from Choosing Wisely activities, Catherine is also interested in medical education and leadership in medicine, two active areas of her research, and she has completed the 2 year PARO Leadership Program.

**Chris Hillis, MD, MSc, FRCPC** is a hematologist, associate professor and the director of Post-Graduate Quality Improvement and Patient Safety Education at McMaster University. He is the course director of ASPIRE for the Royal College, Vice President of the Canadian Hematology Society and an Associate CMIO for Hamilton Health Sciences. His clinical practice focuses on the care of patients with MPNs and CLL.

**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.

**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.

**Yi Fan Lin** is a third-year medical student at Université de Montréal. She was a STARS Choosing Wisely Canada student leader in 2020-2021. 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.

**Emma McDermott** is a fourth year medical student at Dalhousie University who is passionate about global health, sustainable development, and health equity, with a particular interest in the field of planetary health and environmental sustainability. As a past Choosing Wisely Canada Students and Trainees Advocating for Resource Stewardship (STARS) student, current co-chair of the Canadian Federation of Medical Students' Health and Adaptive Response Task Force (CFMS HEART), co-founder of the Dal Med Green Team, and a student member of Canadian Association for the Environment (CAPE), Emma is excited to discuss her experience working on promoting resource stewardship and sustainable healthcare systems, including both local and national examples of medical students enacting change.

**Saranega (Jaana) Ranchithan** is a Project Coordinator with Choosing Wisely Canada. She is responsible for providing administrative and coordination support for communication and national implementation efforts related to the campaign. She also provides support to the development of various on-going special projects, and is co-leading Choosing Wisely Canada's medical education campaign, STARS (Students and Trainees Advocating for Resource Stewardship). Jaana has a Bachelor of Science from the University of Toronto and a postgraduate certificate in health services management at the Chang School for Continuing Education at Ryerson University.

**William Silverstein MD, MSc, FRCPC** completed his medical school and Internal Medicine training at the University of Toronto, where he also served as Chief Medical Resident at Sunnybrook Health Sciences Centre. As a medical student, he co-founded Choosing Wisely Canada STARS (Students and Trainees Advocating for Resource Stewardship). He has assumed the role of Chair of the Choosing Wisely Canada STARS Planning Committee in July 2022. He has completed a Master of Science with a concentration in Quality Improvement and Patient Safety at the University of Toronto, and an Editorial Fellowship at JAMA Internal Medicine for their Teachable Moments Series. He is completing a clinical Fellowship in General Internal Medicine at University of Toronto. His academic interests lie at the intersection of quality improvement, patient safety, resource stewardship, and health services research.

**Matt Hacker Teper, MSc** is a fourth-year medical student at the University of Toronto (and a former STARS student!). He completed his undergraduate degree in French at Northwestern University, and a master's degree in Family Medicine from McGill University. Matt currently serves as the executive co-director of Toronto's IMAGINE clinic for inner city health, he is a Special Olympics coach, and he runs an open-access blog dedicated to teaching the fundamentals of quality improvement and patient safety. Outside of the classroom, you can find him completing a part-time culinary degree or running his next triathlon!

**Adina Weirnerman, MD, FRCPC, MHSc** is a General Internist and the Medical Director, Quality and Patient Safety at Sunnybrook Health Sciences Centre. She is the chair of the Canadian Society of Internal Medicine (CSIM) Choosing Wisely Committee and the creator and chair of Sunnybrook's Choosing Wisely committee. In addition, she is the co-lead of Choosing Wisely Canada's recently launched Using Labs Wisely National Collaborative.