

Choosing Wisely Canada

STARS

Students & Trainees Advocating
for Resource Stewardship



Choisir Avec Soins

ESPOIRS

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



STARS
LEADERSHIP
SUMMIT

April 30, 2023 | 12:00–3:00 PM ET

STARS 2023 Leadership Summit

April 30, 2023

Meeting Objectives:

1. Describe approaches to leverage your STARS experience to advance your career objectives.
2. Consider ways to sustain STARS momentum as a future clinician leader in the field of resource stewardship.
3. Advance knowledge of successful STARS activities occurring throughout Canada.

Agenda

12:00 PM - 12:15 PM

INTRODUCTION AND ICEBREAKERS

William Silverstein, Lead, Choosing Wisely Canada STARS
Tara Goodale, Manager of Operations, Choosing Wisely Canada

12:15 PM - 1:00 PM

WORKING IN THE UTILIZATION SPACE: CAREER REFLECTIONS FROM AN ACADEMIC HEMATOLOGIST

Dr. Lisa Hicks, University of Toronto and St. Michael's Hospital

1:00 PM - 2:00 PM

LEVERAGING STARS TO ADVANCE YOUR CAREER OBJECTIVES

Panel Discussion with:

- Matthew Hacker-Teper (University of Toronto STARS, 2020-21)
- Dr. Anand Lakhani (Choosing Wisely Canada STARS Co-Founder)
- Emma McDermott (Dalhousie University STARS, 2020-21)

2:00 PM - 2:15 PM

BREAK

2:15 PM - 2:55PM

CHOOSING WISELY CANADA SUPERSTARS PRESENTATIONS

- Chloe Blackman and Madeline Kubiseski – Dalhousie University
- Alyssa Chen and Daniel Wong – University of British Columbia
- Jady Lennea and Jessica Fisher – University of Saskatchewan
- Ali Butt and Marta Karpinski – University of Toronto

2:55 PM - 3:00 PM

WRAP UP AND PHOTO

Faculty Bios



Tara Goodale, MSc is Manager of Operations for Choosing Wisely Canada. She is responsible for all day-to-day operations of the campaign, including staff and stakeholder management, strategic planning, budgeting, and financial reporting. Tara also leads the program operations for STARS (Students and Trainees Advocating for Resource Stewardship). Tara holds an Honours BA degree in Child and Youth Studies from Brock University and a Master's degree in Family Relations and Human Development from the University of Guelph. Tara brings a wealth of expertise and a deep understanding of health care operations with over 15 years of experience in managing hospital-based research programs.



Matthew Hacker-Teper, MSc is a soon-to-be-graduating fourth-year medical student at the University of Toronto. 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. He was part of the 2020-2021 STARS cohort and has since remained involved with Choosing Wisely Canada as a STARS Trainee Advisor.



Lisa Hicks, MD, MSc, FRCPC is a malignant hematologist at St. Michael's Hospital with an academic focus in health services research and quality improvement. She uses traditional clinical epidemiology methods combined with quality improvement techniques to study and improve the safety and efficiency of patient care. Her work focuses on understanding drivers of over-utilization in healthcare and on developing strategies to decrease this phenomenon. Dr. Hicks was the inaugural lead of the Choosing Wisely campaign for the American Society of Hematology (ASH), is past-Chair of the ASH Committee on Quality, and is current co-Chair of the Cancer Care Ontario Hematology.



Anand Lakhani, MD, MSc, BEng is currently a final year OB/GYN resident at the University of Toronto. He was one of the founding members of Choosing Wisely Canada STARS alongside with Dr. William Silverstein and Dr. Elliot Lass. He completed his undergraduate degree in chemical engineering from Queen's University and medical school at the University of Toronto, during which he also pursued a part time MSc. in Systems Leadership and Innovation through the Institute of Health Policy, Management and Evaluation. He continues to be passionate about quality improvement and resource stewardship, particularly in the context of obstetrics and maternal-fetal medicine.



Emma McDermott, BSc, MGA is an MD Candidate 2023 at Dalhousie, and Incoming Public Health and Preventative Medicine with Family Medicine Resident at McMaster University in July. She 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 STARS student, past co-chair of the Canadian Federation of Medical Students' Health and Environment 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.



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. He assumed the role of Lead of Choosing Wisely Canada STARS in July 2022. He 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.