

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/ESPOIRS  
LEADERSHIP  
SUMMIT**

September 10, 2023 | 12:00–3:00 PM ET

# 2023 Launch Meeting & Leadership Summit

**September 10, 2023**

---

## 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.
- Born KB, Levinson W, Vaux E. (2023). Choosing Wisely and the Climate Crisis: A Role for Clinicians. BMJ Quality & Safety.

## 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 and the climate crisis at their institution.
4. To mentor STARS students to foster the next generation of Choosing Wisely/Resource Stewardship leaders.

---

## Agenda

**12:00 PM – 12:15 PM**

### **INTRODUCTION AND ICEBREAKERS**

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

**12:15 PM – 12:20 PM**

### **WELCOME AND INTRODUCTION TO CHOOSING WISELY CANADA**

Dr. Brian Wong, Choosing Wisely Canada and the Centre for Quality Improvement and Patient Safety, University of Toronto

**12:20 PM – 1:00 PM**

### **INTRODUCTION TO RESOURCE STEWARDSHIP**

Dr. Karen Born, Assistant Professor and Program Director, Health Administration (MHSc), Institute of Health Policy, Management and Evaluation, University of Toronto

**1:00 PM – 1:45 PM**

### **CHOOSING WISELY AND THE CLIMATE**

- Dr. Owen Luo – McGill University
- Dr. Emma McDermott – McMaster University
- Dr. Rosemarie Vincent – McGill University

**1:45 PM – 2:00PM**

### **BREAK**

**2:00 PM – 2:45 PM**

### **SHINING STARS PANEL + BREAKOUT SESSIONS**

- Chloe Blackman and Madeline Kubiseski – Dalhousie University STARS 2022-23
- Alyssa Chen and Daniel Wong – University of British Columbia STARS 2022-23
- Nathalie El-Hawli – Université de Montréal STARS 2022-23
- Jady Lennea and Jessica Fisher – University of Saskatchewan STARS 2022-23

**2:45 PM – 3:00 PM**

### **STARS 2023-24 OVERVIEW AND NEXT STEPS**

Dr. William Silverstein, Lead, Choosing Wisely Canada STARS

## Faculty Bios



**Chloé Blackman, MSc** is currently a third-year medical student at Dalhousie University. Her academic journey began with a master's degree in Epidemiology and Community Health, a pivotal experience that ignited her dedication to population health initiatives. In 2022-2023, Chloé was one of the co-STARS students for Choosing Wisely Dalhousie Chapter. Alongside her co-star Madeline, she led the organization and facilitation of an impactful interprofessional course centred around Choosing Wisely principles within the healthcare context. This course aimed to impart the significance of evidence-based decision-making and collaborative resource management among aspiring healthcare professionals. Beyond her involvement in Choosing Wisely, Chloé's interests extend to global health and women's health advocacy.



**Karen Born, PhD** is an assistant professor (teaching stream) and interim program director of the M.HSc. in Health Administration. Karen served as Knowledge Translation Lead for the Choosing Wisely Canada campaign from 2015–2022 and in that capacity was responsible for dissemination of campaign content to patients and the public, the integration of the campaign into medical education and coordination of the Choosing Wisely international collaboration. She is recognized for the ability to effectively disseminate and communicate research and evidence to a wide range of health care system stakeholders, including decision makers and the public. Karen recently served as the Assistant Scientific Director for the Ontario COVID-19 Science Advisory Table and co-founded the health care policy blog, [healthydebate.ca](http://healthydebate.ca). Karen teaches on knowledge translation, health policy, patient safety, quality improvement and resource stewardship.



**Alyssa Chen, PharmD** is an MD Candidate 2025 at the University of British Columbia. She is a big believer in taking action and using education and self-empowerment as catalysts for change. Her experiences in pharmacy highlighted the impact inappropriate and unnecessary therapies could make on patients, motivating her to learn and share judicious practices with her peers. During her time in the STARS program, Alyssa and her co-STARS explored multiple social media strategies to promote resource stewardship in fun and accessible ways.



**Nathalie El-Hawli** is a third year medical student at Université de Montréal. Since her first courses in medical school, she had a special interest in the reflexion about the pertinence of medical acts, therefore it was an easy decision to get involved in the STARS program in 2022-2023. Along with her co-STARS student at UdeM, she collaborated with the other STARS students in Québec and with UdeM's Choosing Wisely Interest Group to bring to life different projects that aim at raising awareness among medical students. Nathalie is glad to have the chance to share her experience and the projects she worked on last year with the new cohort of STARS, and excited to hear about their ideas.



**Jessica Fisher, BSc** is an MD Candidate 2025 at the University of Saskatchewan. She has an interest in medical education and quality improvement. Jessica is a former STARS student, an active mentor for various mentorship programs, and a former executive member of the Medical Education Student Group (MESG). She is also currently doing QI research on antimicrobial prescribing practices in a Saskatchewan emergency department. Jessica believes positive change and good habits begin at the level of learners. She is excited to share her experience in exposing medical students to Choosing Wisely early in their education and to discuss ways to increase engagement in the student population.



**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.



**Madeline Kubiseski, MSc, MHA** is an MD Candidate entering third year at Dalhousie University in Halifax, Nova Scotia. She is passionate about quality improvement, resource stewardship, and rural healthcare. Prior to medical school she worked in quality improvement and patient safety in long-term care and was involved with various resource stewardship initiatives which have influenced her interest areas during medical school and decision to get involved with STARS. Madeline is excited to share her experience as a STARS student and the projects and opportunities she was involved with over the last 12 months.



**Jadyn Lennea** is an MD Candidate 2025 at the University of Saskatchewan. She initially got involved with Choosing Wisely STARS due to her interest in antimicrobial awareness promotion and antibiotic stewardship. Jadyn has experience as a PM2 mentor and Professional Learning Network group leader, and is excited to discuss how to get fellow medical students engaged and involved and what it can mean to "choose wisely" in pre-clerkship, medical school in general, and in the community.



**Owen Luo, MDCM** is a first-year Internal Medicine resident at McGill University. Owen is a social innovator who is passionate about climate action and sustainable healthcare. While taking part in patient care in hospitals and clinics around Montreal, Owen witnessed the growing health impacts of climate change on Canadians and healthcare's significant carbon footprint. This motivated him to design planetary health medical education competencies and the Climate Wise slides to prepare Canadian physicians to practice in a climate crisis as a past Co-Chair of the Canadian Federation of Medical Students Health and Environment Adaptive Response Taskforce (CFMS HEART). Owen has built grassroots movements to decarbonize healthcare by founding and co-directing *Project Green Healthcare/Projet Vert la Santé*, the first-of-its-kind national community of practice of medical students leading sustainability quality improvement projects in healthcare systems across Canada. He also shares his expertise in planetary health medical education and healthcare sustainability on numerous interdisciplinary national advisory boards. Owen aims to continue advocating for climate action and health.



**Emma McDermott, MD, MGA** is first year Public Health and Preventative Medicine (with integrated Family Medicine) Resident at McMaster University. 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 past 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** is a general internist at Sunnybrook Health Sciences Centre and an Assistant Professor (Clinician in Quality and Innovation) in the Department of Medicine at the University of Toronto. He has been the Lead of Choosing Wisely Canada STARS since July 2022. He is also the Physician Lead of Sunnybrook's Choosing Wisely Committee. His academic interests lie at the intersection of QIPS, resource stewardship, health services research, and educating clinicians to incorporate high-value care into their practices.



**Rosemarie Vincent, MDCM** is a second year resident in Internal Medicine at McGill University. She is passionate about advocacy, education, and research in the field of planetary health, with a specific interest in sustainable healthcare. As past co-director of Project Green Healthcare / Projet Vert la Santé, she has overseen project development, funding, and mentorship for a Canadian-wide community of practice of medical student teams conducting quality improvement or medical education projects that advance net-zero healthcare. As a resident, she has contributed to building planetary health curricula at the undergraduate medical education as well as at the postgraduate level. Her research interests are primarily in sustainable quality improvement in pulmonary and critical care.



**Brian Wong, MD, FRCPC** is the 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, the Director of 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.



**Daniel Wong, BSc (Pharm)** is an MD Candidate 2025 at UBC. He is a formerly trained pharmacist with a keen interest in all things resource stewardship. As a past STARS student in 2022-2023, he and his co-STAR launched UBC's first Instagram page for Choosing Wisely and implemented a province-wide poster competition. Daniel is excited to share his experience to help incoming STARS make their own impact at their medical schools!