



Students & Trainees Advocating
for Resource Stewardship



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



STARS/ESPOIRS
Leadership Summit

September 7, 2025 | 12:00-3:00 PM ET

Choosing Wisely Canada

STARS Fall Summit

September 7, 2025 | 12:00-3:00 PM ET

Online Meeting

Zoom Link: <https://choosingwiselycanada.zoom.us/j/84109759243>

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.
- "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.

Meeting Objectives:

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

Agenda

12:00-12:15 PM

Introduction and Icebreakers

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

12:15-12:20 PM

Welcome and Introduction to Choosing Wisely Canada

Dr. Wendy Levinson, Chair, Choosing Wisely Canada
Dr. Brian Wong, Medical Education Lead, Choosing Wisely Canada; Director,
Centre for Quality Improvement and Patient Safety, University of Toronto

12:20-1:00 PM

Introduction to Resource Stewardship

Dr. Karen Born, University of Toronto

1:00-1:45 PM

Planetary Health and Resource Stewardship

Dr. Mathilde Gaudreau-Simard, University of Ottawa

1:45-2:00 PM

Break

2:00-2:45 PM

Shining STARS Panel + Breakout Sessions

- Joshua Collins and Jakalee Myette - Dalhousie University STARS 2024-25
- Nathan Jeffrey and Div Patel - Northern Ontario School of Medicine STARS 2024-25
- Julia Pei and Charuta Sahasrabudhe - University of British Columbia STARS 2024-25
- Carolyn Campbell - University of Calgary STARS 2023-24

2:45-3:00 PM

STARS 2025-26 OVERVIEW AND NEXT STEPS

Dr. William Silverstein

Speaker Bios



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. Karen teaches on knowledge translation, health policy, patient safety, quality improvement and resource stewardship.



Carolyn Campbell is an MD student in the class of 2026 at the University of Calgary. Prior to medical school, she worked in clinical research and nursing. Her involvement in Choosing Wisely began in medical school where she planned quarterly events, advocated for curricular changes, and helped create procedures for incoming STARS representatives. She is passionate about resource stewardship and evidence-based medicine and hopes to continue her involvement in Choosing Wisely in her future medical career.



Joshua Collins is an MD Candidate for the class of 2027 at Dalhousie University in Halifax, NS. He got involved with Choosing Wisely STARS in his second year. As part of STARS, Joshua helped pilot a Choosing Wisely certificate program along side co-STAR Jakalee Myette. Joshua is excited to share with future STARS the possibilities that come along with this program!



Mathilde Gaudreau-Simard, MD, MHSc, FRCPC is an assistant professor and general internist at the Ottawa Hospital. She holds her medical degree from McGill University and an MHSc from UofT. She also more recently completed a Healthcare Improvement Fellowship with Choosing Wisely. She is actively involved in QI and planetary health research and holds several grants and publications in this emerging field. Finally, she led the planetary health task force that developed the CWC-Canadian Society of Internal Medicine climate-conscious recommendations.



Tara Goodale, MSc is the Operations Manager 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.



Nathan Jeffrey, MD completed his initial training at the Northern Ontario School of Medicine (NOSM) in 2025. He is currently a Psychiatry Resident at Queen's University. Nathan has been involved with the Choosing Wisely STARS program since his third year of medical school, when he began clerkship training. During this time, he developed a strong interest in how resource stewardship is practiced in rural healthcare environments. Nathan became passionate about raising awareness of resource stewardship principles and the Choosing Wisely campaign among his fellow NOSM students. He also completed peer-reviewed research examining the implementation of Choosing Wisely Canada guidelines in rural primary care following the COVID-19 pandemic.



Wendy Levinson, MD, OC is a Professor of Medicine and Past Chair of the Department of Medicine at the University of Toronto. She led the creation of Choosing Wisely Canada, and presently serves as Chair of Choosing Wisely Canada and Choosing Wisely International. She is an officer of the Order of Canada.



Jakalee Myette is an MD Candidate 2025 at Dalhousie University. Growing up in rural Nova Scotia and watching loved ones navigate a strained healthcare system, she got involved with Choosing Wisely STARS as she wanted to learn about resource stewardship and how it can be used to create a more effective healthcare system. Jakalee was part of a team of Dalhousie STARS students who implemented the Choosing Wisely certificate program to expose healthcare learners to Choosing Wisely principles via expert lecturers and case-based learning.



Div Patel, MD is a PGY1 Family Medicine resident at Queen's University. As a STARS representative from the Northern Ontario School of Medicine University (NOSM) in 2023-2024, he and his co-STAR launched the Choosing Wisely Interest Group at NOSM U and organized educational sessions for pre-clerkship learners to promote thoughtful use of tests and treatments. He co-led a research project examining the implementation of Choosing Wisely Canada recommendations in rural and northern primary care following the COVID-19 pandemic. Div will serve on the STARS Trainee Advisory Committee for 2025-2026, mentoring new participants, supporting national resource stewardship initiatives, and sharing his experience to inspire incoming STARS.



Julia Pei is an MD Candidate 2027 at the University of British Columbia. Before medical school, she conducted an MSc in population and public health, which sparked her passion for evidence-based medicine. As a 2024-2025 STARS student, she worked with the UBC Medicine faculty to start formally integrating Choosing Wisely principles into the first- and second-year curriculum and expanded the STARS Choosing Wisely badge card initiative to UBC. She is passionate about quality improvement and resource stewardship, and very excited to support the incoming STARS in spreading the Choosing Wisely mission.



Charuta Sahasrabudhe is an MD Class of 2027 Candidate at the University of British Columbia. She first became involved with Choosing Wisely Canada in 2022, when she worked on a public awareness campaign to increase patient understanding of appropriate testing in primary care sites across Island Health. As a 2024-2025 STARS student, Charuta worked with her co-star to integrate Choosing Wisely principles into the pre-clerkship medical curriculum at UBC and increase student awareness of resource stewardship through the dissemination of pocket cards, social media, and collaborative events. She is looking forward to sharing her learnings with fellow medical students and working together to advance the resource stewardship narrative in healthcare.



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 and Institute of Health Policy, Management, and Evaluation 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, the Chair of the Canadian Society of Internal Medicine's Choosing Wisely Committee and is a Teachable Moments Editor at JAMA Internal Medicine. 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.



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.