

STARS/ESPOIRS ROUNDTABLE 1

October 23, 2025

SUMMARY

The roundtable began with a word cloud activity focused on leadership qualities for the Choosing Wisely Stars program, with themes of stewardship, inclusivity, communication, and advocacy emerging as key focus areas. Various university representatives then provided updates on their respective program activities which, included curriculum reviews, social media efforts, and interprofessional collaboration opportunities, while also addressing funding processes and reimbursement procedures.

DETAILS

Leadership Qualities for Choosing Wisely

The group began with a word cloud activity where participants shared words describing their desired leadership qualities for the Choosing Wisely Stars program, with themes of stewardship, inclusivity, communication, and advocacy emerging. William noted that leadership, communication, and advocacy were the key focus areas, and mentioned upcoming summits where participants would learn how to incorporate these values into their practice.

Roundtable 1

What are one or two words that describe the kind of leader you strive to be as part of the Choosing Wisely STARS program?



Choosing Wisely Student Engagement Program

Zoya shared details about the University of Calgary's Choosing Wisely program, which includes an annual event for incoming medical students in July/August and additional events throughout the year focused on different topics like antimicrobials and liver health. The program collaborates with existing clubs and uses incentives like food to attract students, with speakers often being curriculum leads or exam question writers to ensure relevance. William suggested exploring an interprovincial, interprofessional event involving both Calgary and Alberta pharmacy students, which Zoya agreed to consider for a hybrid format.

Pharmacy Initiative Social Media Update

Jessica and Marria provided an update on their pharmacy initiative at the University of Waterloo. They have incorporated Choosing Wisely tips into monthly support emails sent to undergraduate advisors and plan to post one tip per month on their Instagram account. They have also contacted the head course coordinator for a series of therapeutic courses and are preparing a pitch to present to all course coordinators. William suggested connecting with medical schools that have successfully integrated Choosing Wisely into their curriculum to strengthen their pitch. Marria mentioned they have already reached out to UBC and Carolyn for tips and resources. The team discussed setting up their social media accounts and following relevant organizations like Choosing Wisely Canada.

Pharmacy Student Choosing Wisely Collaboration

Alexis discussed the integration of the pharmacy program into the Choosing Wisely initiative in Newfoundland, focusing on educating professionals about lab testing parameters and ensuring appropriate resource use. William suggested collaborating with MD students to integrate Choosing Wisely principles into curriculum and reduce duplicate testing.

Maria from Queens outlined plans for a curriculum review, AI resource stewardship project, and a Choosing Wisely Jeopardy event.

Elizabeth from Ottawa described a joint pharmacy-medical student initiative, including panel discussions, medication drives, and social media efforts, and sought funding for student engagement. Tara and Rob advised on securing funding through deans or student councils, with Tara confirming support for collaborative events with medical students.

Initiatives Funding and Collaboration Planning

The meeting focused on funding and reimbursement processes for various initiatives, with Tara explaining that expenses must be pre-paid and receipts submitted for reimbursement, noting that gift cards and food are the top-funded items.

Solomon discussed plans for McGill's curriculum review and social media revamp, including the need to follow Choosing Wisely Canada's Instagram accounts, while William suggested continuing the Quebec

Choosing Wisely conference as a virtual event with each school hosting a talk. The group discussed interprofessional collaboration, with Rob noting that pharmacy students at UdeM (Montreal) were not recruited this year but could be reached out to in the future, and Alexis asked about project limits, to which William responded that there are no restrictions on the number of projects school leads can undertake.

UPDATES EMAILED IN ADVANCE OF THE ROUNDTABLE

Dalhousie Medicine STARS

Continuing to support previous Dalhousie STARS with the Resource Stewardship Certificate Program. Hosting a Jeopardy style lunch and learn where Choosing Wisely will be promoted. Other initiatives will be reviewed in the coming weeks.

Saskatchewan Pharmacy STARS

Planning a trivia night for World Antimicrobial Resistance Awareness week on November 20, in collaboration with USask Medicine STARS and USask CAPSI (Canadian Association of Pharmacy Students and Interns). Will promote "GO BLUE FOR AMR" by asking classmates to wear a blue shirt on November 24. Planning to make IG posts based on resources from the CWC website. Asked the USask librarian about adding the CWC page to their research guides for easier access of the resources for students (waiting to hear back). Will email Pharmacy profs about integration of planetary health and stewardship content into their lectures for the winter term. Planning a planetary health focused lunch and learn for the Winter semester. Meeting with faculty advisor to discuss a pharmacy-focused clinical scenarios event.