Choosing Wisely Canada STARS/ESPOIRS

Activity Definitions

(version date: September 12, 2025)

Activity Type	Definition
Award	Award presented to students or faculty that is related to resource stewardship and Choosing Wisely.
Awareness building activity	An event or activity on resource stewardship/Choosing Wisely that is *not* part of the formal curriculum and is *not* a social media initiative or a conference/campaign week. Examples include trivia night, an information booth, optional/supplemental quizzes on Choosing Wisely principles, standalone presentations on resource stewardship/Choosing Wisely, etc. It can be organized by STARS students or an interest group.
Campaign week/conference	An online or in-person conference or campaign week on Choosing Wisely or principles of resource stewardship. This may include a week filled with events, presentations, and prizes. These events must be planned/hosted by the school. Attending another school's event is *not* considered a campaign week/conference – if you attend another school's campaign week, categorize it as Other.
Choosing Wisely materials	Development of materials/documents intended to promote Choosing Wisely/resource stewardship. Examples include pocket cards, handbooks, etc.
Curricular changes	Changes made to the formal undergraduate MD/Pharmacy curriculum to involve Choosing Wisely principles or topics on resource stewardship.
Interest group	A specified/registered Choosing Wisely interest group. Forming the group, recruiting members, obtaining funding, and administrative tasks fall under this category. An interest group hosted event is *not* considered an interest group activity. These should be based on the activity (e.g., if the interest group hosts a campaign week, you should categorize it under campaign week/conference).
Interprofessional event	Events that include the MD or Pharmacy faculty and at least one more interprofessional health profession faculty (e.g., dentistry, pharmacy, medicine, physiotherapy, nursing, etc.). These events should focus on Choosing Wisely principles, resource stewardship, and interprofessional collaboration.
Journal club	A group of MD and/or Pharmacy students, other health professional students, or faculty who discuss and/or critically evaluate research on resource stewardship and/or Choosing Wisely.

Needs assessment	Assessment of students' learning needs, gaps in knowledge, and skills surrounding Choosing Wisely and resource stewardship principles. Can take the form of surveys, polls, etc.
Peer-reviewed research	Research conducted on Choosing Wisely or resource stewardship by the MD/Pharmacy faculty or MD/Pharmacy students that is peer reviewed in some capacity (e.g., published paper, presentation at a meeting).
Social media	The creation and/or running of a social media page (Facebook, Instagram, X, Tik Tok) that conveys information on Choosing Wisely or resource stewardship.
Other	This category is for items that do not fit in the other categories. This may include research that is not peer-reviewed, creation of a Choosing Wisely decision-making tool, meetings with Choosing Wisely regional hub members, attending another school's campaign week.