

STARS/ESPOIRS MEDICINE ROUNDTABLE 2

February 5, 2026

SUMMARY

The meeting started with a discussion of the SuperSTARS application and encouraged participants to apply for the award. Various medical schools shared successful initiatives including OSCE events, the Resource Stewardship Certificate Program, and curriculum changes incorporating Choosing Wisely guidelines.

DETAILS

Word cloud

The meeting began with an icebreaker word cloud where participants were asked: what is one thing healthcare could use less of? Responses included misinformation, social media, and administrative work. Tara noted that one of the keynotes at the National Meeting in May is on misinformation.

What is one thing healthcare could use less of?

A word cloud of responses to the question 'What is one thing healthcare could use less of?'. The words are arranged in a roughly circular pattern. The most prominent words are 'social media or dr google', 'long wait times', 'misinformation', 'admin', 'single use items', 'shotgun strategies', 'silos', '24 hour call', and 'bias'.

SuperSTARS Award

William and Tara discussed the SuperSTARS Award application for the National Meeting in Toronto, which is due Tuesday February 17, 2026, and encouraged participants to apply for the merit-based award that includes a funded trip and opportunity to present at the National Meeting and the Spring Summit.

McMaster - OSCE Event Success and Publication

Kritika and her team at McMaster organized a successful OSCE event in November, involving 16 students in a 2-hour session focused on clinical cases and Choosing Wisely guidelines. The event, which included stations on COPD exacerbation and goals of care conversations, was well-received and sold out due to space limitations. Kritika mentioned they are writing up the experience for

submission to the Canadian Medical Education Journal, with Emma providing support in case development and first-year medical students participating as simulated patients, which Emma noted facilitated learning for both the students and the participants.

Dalhousie - Resource Stewardship Program Expansion

Marie-Claire, Josh, and Hilary discussed the success of the Resource Stewardship Certificate Program, which was expanded this year to include participants from multiple medical schools and allied health programs across Canada, resulting in over 120 certificates issued compared to 21 last year. They highlighted the program's asynchronous content delivery and its new presence on the Choosing Wisely Canada [website](#), which significantly increased accessibility. The team also mentioned organizing trivia events for second-year medical students and incorporating Choosing Wisely principles into case-based learning sessions. Hillary reported that curriculum changes to incorporate Choosing Wisely into medical education are progressing smoothly, with positive feedback from the Med Education Working Group and plans to finalize tutor guides.

Efforts at UofT

Jashnoor shared updates on pocket cards for clerkship rotations, which have been updated with the latest guidelines and organized in a centralized [Google Drive](#) and discussed ongoing efforts to implement Choosing Wisely into pre-clerkship lectures (Note: UBC has also created pocket cards, access them [here](#)). UofT STARS are planning a "Choosing Wisely in Clerkship" event, and William suggested Jashnoor connect with Faculty Advisor Katrina Piggott for potential panelists. Matt volunteered to be a panelist. For the pocket cards, William suggested focusing on general internal medicine topics rather than subspecialties. Jashnoor and her co-STAR Adam are collaborating with Dr. Andrea Patey on a Canadian outcomes review for Choosing Wisely guidelines.

Efforts at McGill

Divine shared details about their December R&E review examination, which included Choosing Wisely material and attracted 40 online and 8 in-person students. They are planning a Kahoot event in March and exploring the possibility of a trivia night, with Tara offering to provide access to existing trivia questions through the Ideas Hub on Stars Central.

Efforts at USask

Ruba and Stefanie shared updates on their activities, including speaker series, a successful Instagram trivia event, a collaborative trivia night with pharmacy students, and the addition of Choosing Wisely's website to pharmacy and medicine research guides.

Enhancing collaboration

The group discussed potential ways to enhance collaboration, such as organizing inter-school competitions and leveraging pharmacy student networks. William noted if you are interested in research supervision or collaboration, reach out and ask for connections to CWC faculty who can help supervise.

Upcoming events

Roundtable 3, taking place on Thursday March 5, 2026, will be combined with the Pharmacy STARS. The Spring Summit is scheduled for Sunday April 19, 2026,

UPDATES RECEIVED VIA EMAIL

UAlberta

Project: Municipal Recycling in City of Edmonton

Lead: Tianna

- Motivation: Presently, City of Edmonton lists the orange pharmacy pill bottles to be disposed of as "garbage collection" on the [Waste Wise website](#). Some surrounding municipalities allow for the pill bottles to be recycled (ex. Strathcona County, Beaumont). We want to advocate for pill bottles to be recycled in Edmonton, similar to surrounding areas.
- Planning spreadsheet created.
- To be completed: generate draft email to be circulated to local government representatives, send by mid March.
- Wait for feedback and re-establish next steps

Project: Journal Club/Lunch and Learn

Lead: Simran (Pharmacy STAR)/Adam

- Research study has been selected that will be presented at our Lunch and Learn/Journal Club: Antibiotic prescribing on URTI with patient/clinician perspectives
- Choosing Wisely recommendations to be integrated into presentation
- Question/quiz period to engage audience
- Funding requested and approved for prizes/food to incentivize attendance
- date TBD

Project: Medications Drive

Lead: Ammar (Pharmacy STAR)/Tianna

- Recently connected via Pharmacy Department with masters students to assist in infographics for booth
- To do: set date for medications drive

Dalhousie NB

Trying to plan for some Choosing Wisely events at our local campus. Turnout to events has been a challenge with other interest group nights, so we will try to do something fun during the school day that fits pre-clerkship students like jeopardy and organize it catering to what is being taught and also the interests of students (e.g., many students are interested in surgery as an example). We will also try to build a greater presence on the Dal Med CW Instagram account I started and start making more posts online.

Western

Finalizing the pocket card design (including getting feedback about card formatting and selected recommendations from the Choosing Wisely website). Once completed they will be distributed. Planning to do an awareness-based event (e.g. trivia). Reached out to the curriculum lead for the Transition to Clerkship course to understand how resource stewardship is currently being integrated into the course, and if there is room for additional modules or lectures or activities. Learned that Choosing Wisely material had been newly integrated into the curriculum as of this year.

Manitoba

Held a Lunch & Learn session on Antimicrobial Stewardship in November, which was a joint effort with Pharmacy STARS, and had a great turnout. Planning a second Lunch & Learn in partnership with Pharmacy, which is tentatively scheduled for March. The topic will be on the Environmental Impact of meter-dose inhalers.

Queens

Curriculum review is currently underway, including REB processes and submission to the National Meeting. *Planning a Choosing Wisely Jeopardy session with pre- and post-knowledge assessment.* Work is ongoing for our event on resource stewardship related to AI use in medicine - currently identifying expert speakers and collaborating with the Queen's AI in Medicine group.

Sherbrooke Moncton

Completed to date: Monthly quizzes sent school's newsletter, featuring case-based questions focused on resource stewardship education. These have generally been well received. A session with Dr. Karine Richard, where she presented on antipsychotic deprescribing in long-term care facilities.

Memorial

Will be hosting an elective learning opportunity for students in multiple faculties to learn about Choosing Wisely in palliative care. Undertaking the first Planetary Health Report Card collaboratively with the Planetary Health interest group at MUN Medicine.

