

STARS/ESPOIRS ROUNDTABLE 3

March 5, 2026

SUMMARY

The meeting focused on updates and initiatives related to resource stewardship in medical and pharmacy education across Canadian institutions. Participants shared various activities, including lunch and learn sessions, trivia events, and the development of pocket cards to promote Choosing Wisely principles. Collaborations between medical and pharmacy students were highlighted as successful, with initiatives like joint lunch and learns and curriculum integration efforts discussed. Challenges in integrating Choosing Wisely into existing curricula were acknowledged, with some participants exploring alternative methods to overcome bureaucratic barriers. The conversation ended with the announcement of Superstars Award winners and an invitation to attend the upcoming Spring Summit and [National Meeting](#) in Toronto.

DETAILS

Word cloud

The meeting began with an icebreaker word cloud where participants were asked: what is one barrier to practicing resource stewardship during training? Responses included concerns about preceptor preferences, costs, hierarchy, and fear of missing a diagnosis.

What is one barrier to practicing resource stewardship during training?

A word cloud of responses to the question 'What is one barrier to practicing resource stewardship during training?'. The words are arranged in a roughly circular pattern and vary in size and color. The most prominent words are 'preceptor preferences' (top), 'old-fashioned' (top-center), 'turnover rates' (right), 'hierarchy' (left), 'education' (center), 'lack of knowledge' (right), 'time' (left), 'cost' (center), 'different education' (left), 'scared of making a mistake' (right), 'lack of information' (bottom-center), and 'other practioner preferen' (bottom).

University of Alberta Pharmacy

Ammar discussed plans for a medication disposal drive and a journal club on antimicrobial stewardship, both scheduled for late March. He also proposed a potential initiative to address insomnia among students by promoting cognitive behavioral therapy (CBT) over benzodiazepines, which is still in the brainstorming phase. William and others commended these ideas, with William suggesting that Ammar use CWC's deprescribing [toolkit](#) for students.

NOSM Medicine

Taylor discussed a successful case involving sleep hygiene recommendations and medication, including providing a free [CBT-I online resource](#). Taylor shared her experience hosting a talk on benzodiazepines and deprescribing at NOSM, highlighting the importance of CBT-I as an alternative treatment. William suggested exploring sleep-related topics further and proposed creating OSCE cases for training. Other [sleep](#) and benzodiazepine [deprescribing](#) resources were shared in the chat.

Sherbrooke Medicine

Mariam and Jeff shared their initiatives, including monthly quizzes and community sessions on appropriate prescription practices. They are considering collaborating with healthcare professionals on infographics and potentially launching a podcast in the future. The group discussed potential collaboration on a podcast project, with Mariam sharing contact information from the University of Montreal and William suggesting cross-institutional collaboration. Raphael (Montreal Medicine) offered to connect Mariam with Nathalie, who previously hosted a podcast, and mentioned the possibility of creating both French and English episodes.

Calgary Medicine

Eric shared an update on their Choosing Wisely events, including a recent liver disease-focused event and plans for an upcoming palliative care-focused event, though they are experiencing scheduling difficulties. The CWC resource called [Time to Talk: Encouraging Serious Illness Conversations](#) was shared in the chat. Eric reported positive outcomes from the previous year's efforts on curriculum integration of Choosing Wisely concepts. William inquired about curriculum alignment with activities, to which Eric confirmed they match as closely as possible despite some limitations.

Western Medicine

Katherine presented plans for an upcoming raffle trivia event coinciding with a Choosing Wisely educational module and mentioned that pocket cards approved by a physician have been ordered and will be distributed to both clerkship and pre-clerkship students. Katherine discussed her project to create a primary care pocket card with a QR code linking to Choosing Wisely website, with potential for expansion to other specialties like surgery based on feedback. Adam and Jashnoor (UofT Medicine) shared their experience in evolving pocket cards to include various specialties and categorizing them by pre-clerkship and core rotations.

Manitoba Pharmacy and Medicine

Riddhi (Pharmacy) described their collaboration with medical students to host successful Lunch and Learn events focused on antimicrobial stewardship and planetary health, with plans to integrate these practices into the pharmacy curriculum. Riddhi has been collaborating effectively with medical students through interest groups and group chats to promote events and share resources. Gabriella (Medicine) highlighted the success of this collaboration, noting that pharmacy students consistently attend events and have been instrumental in their success. William and Rob expressed gratitude for the positive outcomes and discussed the potential for expanding similar collaborations to other pharmacy schools with medical schools, with examples from Ottawa and Saskatchewan.

McGill Medicine

Solomon shared their efforts, including a Lunch and Learn event and integrating Choosing Wisely into internal medicine interest group presentations (if you have having challenges integrating Choosing Wisely into the curriculum, this can be an alternative route).

UofT Medicine

Adam and Jashnoor discussed updating pocket cards and challenges integrating Choosing Wisely into the curriculum.

Dalhousie NB Medicine

Fahad shared plans for trivia nights and pocket cards. Shan is working on social media posts for Instagram.

UPDATES RECEIVED VIA EMAIL

Queens Medicine

Currently working on a pre/post survey examining Choosing Wisely and resource stewardship among pre-clerks. Have eight students collaborating on a curriculum review project, where we are tagging existing curricular content related to resource stewardship. The aim is that this work will help inform future curriculum enhancements. Target for completion of phase 1 of the project (data collection) is the end of April.

Dalhousie Medicine

Ran a Choosing Wisely trivia session in February with pizza and gift cards, which had good attendance. The session reviewed key cardiology and nephrology Choosing Wisely content post-exam and included a brief primer on upcoming respirology topics. A total of 23 learners attended, and informal feedback has been positive. Continuing work on proposed changes to case-based learning in the neurology unit. These have already been presented to the Medical Education Working Group and the Neurology Unit Head, with positive feedback and support. The proposal will next be submitted to the Tutorial Review Committee (Unit Head, Component Head, and Assistant Deans, Pre-Clerkship), which is scheduled to meet in June.

Alberta Medicine

Collaborating with the Pharmacy program to host a session on the importance of mindful prescribing of antibiotics to avoiding antibacterial resistance on a community level targeted at both medicine and pharmacy students. We have budgeted some of our funds towards pizza as a way to entice attendees and have adjusted our numbers accordingly. Projected date for this event is March 31st during the lunch hour.

Ottawa Medicine

The pharmacy STARS have coordinated a MD-PharmD panel that will happen soon over teams, we are trying to promote that event. Working with UofT STARS on their clerkship pocket cards. Scheduling a panel with a respirologist in April regarding puffers - expect a good attendance rate due to the relevance of the topic. Continuing weekly Instagram posts which highlight Choosing Wisely principles.

