



Students & Trainees Advocating
for Resource Stewardship



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



STARS/ESPOIRS
Leadership Summit

April 19, 2026 | 12:00–3:00 PM ET

Choosing Wisely Canada

STARS Spring Summit

April 19, 2026 | 12:00–3:00 PM ET

Virtual Meeting

Zoom link: <https://choosingwiselycanada.zoom.us/j/85303129217>

Meeting Objectives:

- Describe approaches to leverage your STARS experience to advance your career objectives.
- Develop an approach to be an effective leader and communicator.
- Advance knowledge of successful STARS activities occurring throughout Canada.

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 – 1:00 PM

A Career as a Resource Stewardship Leader

Dr. Christine Soong, University of Toronto

1:00 – 1:30 PM

Skills-Building Workshop: Scientific Writing

Dr. Jerard Kneifati-Hayek, Columbia University

1:30 – 2:00 PM

Skills-Building Workshop: Leadership

Dr. Mohammed Refai, McMaster University

2:00 – 2:15 PM

Break

2:15 – 2:55 PM

Choosing Wisely Canada SuperSTARS Presentations

- Jashnoor Chhina and Adam Mohamed, University of Toronto Medicine
- Stephanie Quon, University of British Columbia Medicine
- Hillary Roberts and Marie-Claire Marshall, Dalhousie University Medicine
- Zoya Punjwani, University of Calgary Medicine
- Ammar Burhani, University of Alberta Pharmacy
- Riddhi Tailor, University of Manitoba Pharmacy
- Maria Medeleanu and Hannah Brown, Queen's University Medicine

2:55 – 3:00 PM

Wrap Up and Photo

Faculty Bios



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.



Jerard Kneifati-Hayek MD, MS is a clinician-scientist and academic hospitalist at Columbia University Irving Medical Center. His academic work focuses on diagnostic safety, health IT, and leveraging electronic health record data to identify and prevent diagnostic errors. He has been supported by multiple competitive research awards and holds several institutional leadership roles dedicated to advancing quality improvement, patient safety, and diagnostic excellence. He has been nationally recognized by the National Hispanic Medical Association and the National Hispanic Health Foundation as one of the Top 40 Under 40 Healthcare Professionals. He also serves as an Assistant Editor at JAMA Internal Medicine, where he contributes to advancing scholarship focused on improving clinical decision-making and reducing the overuse and underuse of health services.



Mohammed Refai, CHE, MSc (QIPS), MD, FRCPC is a hematologist at Niagara Health, and Assistant Professor of Medicine (Division of Hematology & Thromboembolism) at McMaster University. He is the physician lead for quality and utilization at Niagara Health, where he had led the efforts towards achieving Leadership designation with Choosing Canada Wisely's Hospital Designation Program. He is the Lead for the Hematology and Transfusion Medicine Research program at Niagara Health. He is involved in the education of undergraduate and postgraduate medical learners and has supervised several student-led QIPs. Moe enjoys teaching, research and leading change at place of work.



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.



Christine Soong MD, MSc, SFHM is an academic hospitalist and Professor of Medicine in the Division of General Internal Medicine with a cross-appointment to the Division of Hospital Medicine, at the Department of Family and Community Medicine at the University of Toronto. She completed her medical degree at Western University, family medicine residency at the University of Toronto, and a master's degree in quality Improvement and Patient Safety at the Institute of Health Policy, Management and Evaluation. She has held leadership positions at Johns Hopkins and at the University of Toronto. Her current roles include the Medical Director of Quality and Safety at Sinai Health, the inaugural Division Head of Hospital Medicine at Sinai Health, Vice Chair of Quality and Innovation at the Department of Medicine, and Senior Editor for BMJ Quality and Safety. Dr. Soong's research and quality improvement interests include patient safety, high-value care, novel models of inpatient care, and transitions of care.