



Canadian Federation of Medical Students National Wellness Program: A Canadian Medical Student Wellness Initiative

Victor Do

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Faculty/Presenter Disclosure

Stephanie Smith

MD Candidate 2019, University of Calgary

President

Canadian Federation of Medical Students

Relationships with commercial interests:

None



Overview

- CFMS
- Before
- National Wellness Program
- Future Directions



What is the CFMS?

Tomorrow's Physicians, Leading for Health Today

Represent, Support, Connect



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THE BLOG

Suicide Among Physicians Is A Public Health Crisis

03/24/2016 06:38 EDT | Updated 03/25/2017 05:12 EDT

Emerging findings: CMA National Physician Health Survey

Prevalence rates for major factors:

- ✓ 30% reported high levels of burnout
- ✓ 34% screened positive for depression
- ✓ 18.6% have considered taking their own lives (lifetime); 8.4% in the last year



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Challenges for Medical Trainees

CFMS-FMEQ National Wellness Survey & Lots of other smaller studies have begun showing the Canadian picture

Supplemented by tons of data from US & International schools

Burnout, Mistreatment, differences in experience by gender, SES,.....



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CFMS Wellness Portfolio Before....



Health and Wellness Representatives
Roundtable



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Concept: Health Promotion



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[The Okanagan Charter](#)

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[About the Network](#)

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The Okanagan Charter

The Okanagan Charter: An International Charter for Health Promoting Universities and Colleges is an outcome of the 2015 International Conference on Health Promoting Universities and Colleges.

The Charter development process engaged over 380 researchers, practitioners, administrators, students and policy makers from 45 countries including Representatives from the World Health Organization, Pan American Health Organization and the United Nations Educational, Scientific and Cultural Organization.

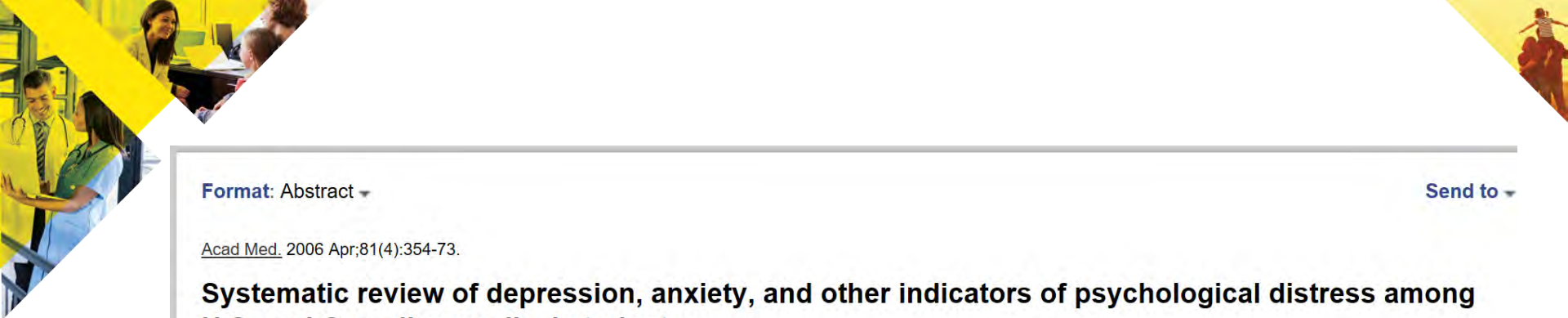
The Charter provides a framework to guide the development of Health Promoting Universities and Colleges. In particular, it includes:

- + **Two Calls to Action for higher education institutions**
- + **Key Principles for Action**

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Format: Abstract ▾

Send to ▾

Acad Med. 2006 Apr;81(4):354-73.

Systematic review of depression, anxiety, and other indicators of psychological distress among U.S. and Canadian medical students.

Dyrbye LN¹, Thomas MR, Shanafelt TD.

⊕ Author information

“*It is widely accepted that health and well-being are essential elements for effective learning.*”

El Ansari & Stock, 2010



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CFMS NATIONAL WELLNESS PROGRAM

Advocacy
Health Promoting Learning Environments
Culture Change

Programming
Longitudinal Wellness Initiative
Safe Space: Let's Get Real

Resiliency & Personal Development
STRIVE Program
Longitudinal Curriculums

Awareness
Wellness Spotlights
Themed Campaigns

AND MORE...

Launched March 2018

CFMS Flagship Wellness Initiative

Informed by the literature and student input





PRESS RELEASE: CFMS Launches the National Wellness Program and commits to working with the AFMC to create health-promoting learning environments

- Student Affairs**
- Overview
- Our Team
- Student Initiative Grant
- Medical Students with Disabilities
- National Wellness Program
- Longitudinal Wellness Initiative
- Nutrition Wellness
- Mental Wellness
- Financial Wellness
- Physical Wellness
- Quick Tips
- National Contests
- Wellness Spotlight program
- Nutrition Wellness
- Mental Wellness
- Safe Space

Apps

1. **Couch to 10k Running Trainer** - Christine Audi, McGill Class of 2019

This is an awesome that can help you improve your running fitness with a targeted goal. It helps you achieve a goal of 5k or 10k over multiple weeks. You don't have to be experienced! It starts with running and walking intervals, and the running intervals get longer with time. This is also great as the weather's getting warmer, and this would allow you to get outdoors and get a good dose of vitamin D!



10K Runner, Couch to 10K Run 📱
 10K Trainer: 0 to 5K to 10K
 FITNESS22 LTD
 ★★★★★ 5.8K Ratings
 Free - Offers in-App Purchases

Screenshots



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ADVOCACY

Student Mistreatment Committee

Students with Disabilities File

Position papers; Task forces for action

Health Promoting Learning Environments Process Task Forces

Ultimately, culture change in the learning and working environments

Medical Students with Disabilities

DR. ASHOK MUZUMDAR MEMORIAL AWARD for Medical Students with Disabilities Winner Announcement

In conjunction with CAPD, the CFMS are overjoyed to announce the winner of the Dr. Ashok Mazumda Memorial Award, Amanda Annette, from the Class of 2020 University of Calgary! All applicants were truly worthy and inspirational.

Faculty

MSA

**Community
Engagement**

MD Program: UGME

**LAW:
SA office**

Other Stakeholders:

**University Wellness Services, Community organizations,
CFMS...and others...**

Issues to tackle:

**Resiliency Curriculum, Services and Program Toolkits,
Curriculum Innovation and Construction and more**

**All parties must have accountabilities and
deliverables**

Clear, coherent strategy

**Ultimately, Thriving People in Caring
Community**



CFMS LONGITUDINAL WELLNESS INITIATIVE

NUTRITION

MAR-APR

MENTAL HEALTH

MAY-JUN

FINANCIAL

JUL-AUG

PHYSICAL WELLNESS

SEP-OCT

SOCIAL /
RELATIONSHIPS

NOV-DEC

Programming:

Longitudinal
Wellness Initiative

Wellness
Challenge Month

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Matt Beckett

"I find that the demands of medical school can really strip away my feelings of control over my own life. Everybody has different ways of remedying this problem, and one of mine is working hard to maintain physical health through a chapter of life that seems to demand everything from me. A huge part of that is healthy eating.

But buying groceries takes time. Cooking takes time. Washing dishes (i.e., fruitlessly scrubbing stains on probably-too-old tupperware) takes time. Yes, this is all true, and it makes meal prep hard to justify during those particularly stressful periods, when we're living in the mindset that every waking moment needs to be spent studying lest we fall behind and life unravels before our eyes. But, if you can take a couple hours once or twice a week, then a lot of time is saved later when you know you have an arsenal of quick meals ready to go. I've actually come to find a lot of peace and relaxation in the preparation period, itself - taking over my kitchen, playing my favourite music (2000s throwback hits lately), and cooking up a garlicky storm. I've even let it become a creative outlet at times - looking up new recipes or experimenting with old favourites to create something new and (usually) delicious.

I guess my thesis statement is that my meal prep routine REDUCES my stress about day-to-day life. But that's me. Everybody's sources of stress are different, and everybody has a different relationship with food and with their bodies. If switching up your meal routine is an unwelcome wrench in your busy life

Awareness

Student Spotlights

Safe Spaces; Let's Get Real





Personal Development
and Resilience

STRIVE Program

Longitudinal Wellness
Curricula



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Future Directions

Many more new and exciting initiatives within the 4 threads to come.

Data collection to further consider effectiveness and impact of the program for QI purposes.

Collaboration with CMA, RDoCs and other national medical organizations; initiating and maintaining a healthy medical “continuum” in the workforce.



“Through the ups and downs of my medical training, in addition to my family, friends, and other supports—I can find refuge in my place of study and it is my medical faculty, too, that keeps (helps promote) me(y) well(being)!” –Henry Annan, CFMS President 2017-2018



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Acknowledgements

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Michelle Moody, MD Candidate 2019, Memorial University, CFMS Longitudinal Wellness Initiative Lead

Emily Mcphail, MD Candidate 2020, University of Calgary, former National Officer of Wellness



References

A narrative review on burnout experienced by medical students and residents.

[Dyrbye L](#), [Shanafelt T](#). [Med Educ](#). 2016 Jan;50(1):132-49. doi:
10.1111/medu.12927.