

# OFFICER REPORT

National Wellness Officer

Kayla Berst

April, 2014 • CFMS Spring General Meeting • Ottawa, ON



## I. DESCRIPTION OF POSITION

The role of the National Officer of Wellness is to coordinate medical student wellness events at each school, produce and distribute wellness information to medical students, advocate for improving learning conditions, and represent the CFMS on the following national committee:

- Canadian Physician Health Institute Advisory Group
- AFMC Resource Group on Physician Health and Wellness

Additionally, the responsibility of maintaining a positive communication link between school wellness representatives has been added to the role of this position.

## II. ACTIVITIES

### Meetings Attended

Date	Meeting	Location
Oct 22, 2013	CPHI Advisory Committee Meeting (Ottawa)	T/C
Nov. 11-13, 2013	Canadian Conference on Physician Health <ul style="list-style-type: none"><li>• Attended in person, met with committee members</li></ul>	Calgary
Nov 29, 2013	CPHI Special Projects Fund Review	T/C
Mar 25, 2014	CPHI Advisory Committee Meeting <ul style="list-style-type: none"><li>• Unable to attend, VP Services took place</li></ul>	Ottawa
Apr 26, 2014	AFMC Physician Health & Wellbeing Group <ul style="list-style-type: none"><li>• Unable to attend, VP Services took place</li></ul>	Ottawa

## III. PRIORITIES AND PORTFOLIO UPDATES - Accomplishments to date

Based on personal research, discussion with fellow medical students across Canada, and conversations with faculty and staff at various medical schools, this year I was aiming to National Wellness Officer position on three core pillars this academic year. These include: **Communication, Collaboration, and Attentiveness.**

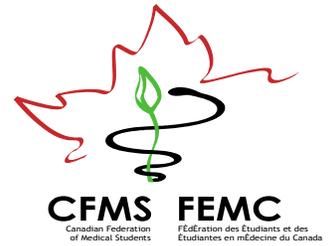
As the CFMS seeks to serve all Canadian medical students, effective **communication** amongst the various schools across our vast geographical

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range is essential. Through review of the position and the committee, it was brought to my attention that communication between Wellness Reps regionally and nationally was very weak and in some cases, nonexistent.

**ACCOMPLISHMENT:** Contact information for wellness representatives from each school was obtained. A collaborative list was created for future use and distributed to representatives so that they can connect by email with each other. Additionally, three (3) teleconferences were held bringing representatives together introduce one another, help improve understanding of the committee's goals, and assist with the development of our Terms of Reference and the National Wellness Survey questionnaire. A Facebook group was also created and student representatives were invited to join. This acts as a forum where students are allowed to share ideas/events with each other.

At the Fall AGM in Vancouver, a motion was passed that the CFMS Wellness Committee would aim to complete a Position Paper on Student Wellness. The focus of this year was to bring together as many student wellness representatives as possible and establish a strong network that would be sustainable. We have been working together to create our Terms of Reference and thus, our vision for the committee and medical students' as a whole. As we complete our Terms of Reference, we will then move forward during the summer of 2014 to complete the position paper.

Another goal of mine this year was to improve **collaboration** with school Wellness representatives, medical school faculty/staff involved in wellness, and the physician health organizations across Canada. We are still striving to network with medical school faculty/staff involved in wellness.

**ACCOMPLISHMENT:** Network with school Wellness representatives and have a voice on the Canadian Physician Health Institute (CPHI) Advisory Committee and Association of Faculties of Canada (AFMC) Interest Group in Physician Health. We want to work to facilitate a stronger relationship and possibly establish student advisory seats with provincial physician health committees.

Finally, I wanted to ensure that we are **attentive** to our student body and yield projects/research that meet their needs.

**ACCOMPLISHMENT:** Successful in being chosen as one of the recipients of the CPHI Special Project Fund this year. We will be using this money towards creating a comprehensive National Wellness Survey that will aim to determine what issues medical students are facing with regards to their mental health, physical health, emotional health, etc.

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## IV. FOLLOW-UP, VISION, & GOALS

Future directions aim to continue to strengthen communication within the CFMS Wellness Committee and to maintain sustainability and transparency as transition to the new Wellness Officer takes place.

Some projects that will continue to move forward/be started include:

- Terms of Reference (to be completed for the Spring GM 2014)
- Position Paper on Student Wellness (Summer 2014)
- CFMS National Wellness Survey (Summer 2014)

A huge undertaking will be to strive to work with various medical schools to investigate current rules/regulations/standards with regards to learner wellness at their campuses. From this point, it would be important to work closely with the AFMC to ensure that students are receiving fair and equal supports and services across Canada. I also believe that with a student position on provincial physician-health committees we can move one closer step towards this.

## V. FINAL THOUGHTS

Thank you for a great year with the CFMS! The ongoing support from the executive, especially the VP Services, Brandon Maser, has been incredible. I hoped to have dedicated more time to be able to produce materials to distribute to students and update the CFMS wellness website, but the task of coordinating school representatives turned out to be more time-consuming than I had predicted. I believe there is so much potential for this role and now that we have a strong group of student representatives together, I envision a more fluid process for future projects.

**Kayla Berst**

M.D. Candidate, Class of 2015

2013-2014 CFMS National Wellness Officer