



## CAME Voice/Voix

### Choosing Wisely Canada STARS Summit

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In November 2015, 37 medical students from across Canada participated in the first Choosing Wisely Canada STARS (Students and Trainees Advocating for Resource Stewardship) Leadership Summit in Toronto. This gathering of motivated and involved young professionals stimulated some amazing conversations. Unnecessary use of health care resources and patient safety were discussed, as well as the fundamentals of leadership. Ultimately, a list of “Six Things Medical Students Should Question” was released as part of Choosing Wisely Canada’s resource stewardship campaign (<http://www.choosingwiselycanada.org/recommendations/medical-students-and-trainees/>). This list has been endorsed by both the Canadian Federation of Medical Students (CFMS) and the Fédération Médicale Étudiante du Québec (FMEQ). The STARS aspect of the Choosing Wisely Canada campaign arose from the need to reach medical students early on in their education to encourage them to develop stewardship habits that will be sustained throughout their careers. Many specialty-specific recommendations have been previously released, but this information was not aimed at the cultures and environments within which medical students are trained. This gap was the motivation for the student-led movement that produced the student-specific list.

As the FMEQ (<http://www.fmeq.ca/en/>) delegates, our goals following this meeting are to pilot the Choosing Wisely Canada effort in Quebec and to use our reach to publicize the campaign. Our strategies include: informing medical students about Choosing Wisely Canada and the ‘Six things’ report through various means including social media and direct communication, and incorporating the Choosing Wisely Canada STARS stewardship recommendations into the curricula of Quebec medical schools.

We have been using Facebook, Twitter and our website to promote the Choosing Wisely list for Students and Trainees. We have presented the Choosing Wisely Canada initiative at our General Council, which includes representatives from all four Quebec medical student associations. We intend to add the task of promoting resource stewardship to the job description of our FMEQ leadership to ensure sustainability within the Federation. Finally, we have formed a team of medical students who will meet in early 2016 to review what has been done, share our initiatives and brainstorm our next moves.

We are proud to be working towards change in health care resource stewardship alongside such committed individuals as the Choosing Wisely Canada team and the CFMS STARS delegates. Change can sometimes be difficult to embrace wholeheartedly. However, we are not asking anyone to practice NEW medicine. We are simply asking people to practice GOOD medicine.

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See <http://www.choosingwiselycanada.org> for more information on these initiatives.