



CAME Voice/Voix

Peer to peer education – the future of medicine

Aline D. Khatchikian (adkhat@gmail.com), 4th year Laval University medical student, member of CAME's Membership Committee, outgoing Laval University Local President for IFMSA-Quebec, and Public Health Representative for the Americas' Region for the International Federation of Medical Students' Associations

How can we challenge millennial medical students to push the boundaries of medicine? How can we think outside the box and learn differently? Small working groups and traditional lectures aside, how can we better convey the message of health promotion and prevention? Peer to peer education is the new wave in medical education. Did you know that over 100 medical students in Quebec participate in extracurricular activities that aim to teach other medical students and our communities' youth? They say that the best way to learn is to teach, so why not empower our future physicians to become leaders and mentors?

The Quebec chapter of the International Federation of Medical Students' Associations (IFMSA-Quebec) has been developing peer-to-peer education for more than 14 years. Represented in all four Quebec faculties of medicine, its mission is to raise awareness and mobilize medical students around social, cultural and global health issues. IFMSA-Quebec has designed multiple successful award-winning projects made by the youth for the youth. Some examples include presentations in elementary schools about healthy eating habits and the impact of climate change. Others are geared towards high school students and focus on healthy body image, mental health and sexual education.

Quebec's medical students also have the opportunity to develop skills such as communication, team building, stress management and project management at our annual "Training New Trainers (TNT)" weekend workshop. Once a medical student has attended the TNT, they are certified to deliver workshops to empower their colleagues in their local universities.

Not only do these activities help our communities, they also allow non-traditional learning opportunities for medical students. Future physicians need to develop skills outside the classroom and these opportunities allow them to further develop their leadership and shift their vision of medicine towards prevention and promotion of healthy habits.

For any inquiries or to learn more about IFMSA-Quebec, please visit www.ifmsa.qc.ca and/or contact me directly at adkhat@gmail.com.