

**OMSA Council Meeting #4**  
**December 3, 2022 10:00AM-4:00PM**  
[Zoom](#)



In attendance:

Regrets: Abeera (VP Advocacy)

Guests: Dr. Zacharias, Adam Croft (TD)

*Items denoted with a star (\*) have a supporting document.*

**1. Welcome, Introductions, and Adoption of the Agenda** [10:00-10:15]

- 1.1. Motion to Start the Meeting
  - Motion: max
  - Second: winnie
- 1.2. Motion to Adopt the Agenda
  - Motion: Max
  - Second: Pallavi
- 1.3. Motion to Approve Last Meeting's Minutes (October 22, 2022)
  - Motion: Angie
  - Second: Pallavi
- 1.4. Land acknowledgement - *VP External and CFMS ORD, Aidan*

**2. OMA Update - OMA President, Dr. Rose Zacharias** [10:15-10:40]

- Discussed [Prescription for Ontario](#)
- Previous surveys showing  $\frac{3}{4}$  of physicians experiencing burnout
- [Physicians at Queen's Park](#) discussing issues facing Ontario's physicians
- Asked questions about medical student involvement in OMA committees
  - Angie mentioned the confusion regarding when/ how medical students are able to join committees
  - Request for wording changes to make council or committee opportunities more clear

- Jeeventh recommended having something stated along the lines of “medical students welcomed to apply” to help make this more obvious
- Aidan added that it can feel when applying that we are “competing” against MDs, we may be discouraged from applying so possibly considering positions created for medical students to participate (where applicable)
- Dr. Zacharias shared that when medical students step forward for leadership roles, the initiative and interest is highly considered and they are not expected to have a similar CV to a seasoned MD
- Bilateral burnout task force : creating a reliable tool to collect information reliably
  - Dr. Zacharias and John to communicate further with information and minutes from the burnout committee meetings
  - Max requested a position set aside on the burnout committee for one medical student so our perspectives can be heard
- Discussions currently about strengthening mentor roles to help with year over year transitions so goals of OMA as well as OMSA will be more standardized instead of starting from scratch (so to speak) each year
- Dr. Zacharias recommended medical students consider reaching out to local representatives to communicate our goals as medical students as we enter the medical field

### **3. Finance Update - TD Bank Representatives**

[10:40-10:50]

- Guest: Adam Croft from TD
- Intro

- TD and Ming would love to hear any recommendations or requests from students to continue to support medical students
- Any Qs: reach out to [finance@omsa.ca](mailto:finance@omsa.ca) (VP Finance - Ming)
- Agreement between OMSA and TD is a \$10 000 3 year agreement, wanting to incorporate some flexibility for OMSA to allocate scholarship funds. Also invested in financial literacy for medical students
- The money goes to support unmatched grads, student recognition awards, and financial literacy
  - TD also interested in doing articles or videos related to financial literacy
  - Recommend checking out [money talk](#)- residents speaking about budgeting through medical school
- Would like chief medical officer engagement with medical students related to mental health and financial planning & financial wellness

#### 4. CFMS Update

[10:50-11:00]

- [Update](#)
- Elections will now be held virtually to be more accessible
- Travel equity fund- new, reimbursement scheme so nobody attending a meeting will pay more than \$500

#### 5. Executive Updates

[11:00-12:45]

##### 5.1. Advocacy

- [Update](#)

##### 5.2. Communications

- [Update](#)
- Discussion re how to share communicate - email list, vp externals etc
  - Max to bring this up with governance committee to get their ideas on this
  - Consider doing a giveaway/ contest to encourage ppl signing up for communicate
    - ? starbucks gift card
- Who will be in charge of the VP external sheet
  - Max to discuss with governance

### 5.3. Education

- [Update](#)

### 5.4. Student Affairs

- [Update](#)
- Retreat March 3-5!
- Mindfulness without borders (morgan charity) - happy to collab!
- OMSAs involvement: endorsement, letter of support, VP externals to share updates and promote the initiative

### 5.5. Operations

- [Update](#)
- OMSW under operations, to include finance as well in an advisory role
- Demographic hiring data underway

### 5.6. Finance

- [Update](#)
- [Conference Grants | Ontario Medical Students Association](#)
- Consider looking into training for evaluating research grants for MSERG

- Considering adding a piece to the application for conference grants to include if they have applied for other grants

#### 5.7. EDID

- [Update](#)

#### 5.8. President & President-Elect

- [Update](#)

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**6. Lunch** [12:45-1:15]

**7. School Updates** [1:15-1:40]

### VP External Update \_December 2022

#### 7.1. McMaster

- Recruiting for OMSW
- Discussed adding to the hiring committee outside of Mac due to limited interest at mac with relation to responses to applications

#### 7.2. NOSM

#### 7.3. Ottawa

#### 7.4. Queen's

- Question raised re mental health counselors
  - Queens has 1 currently
  - Western has 2 ish, they counsel and do other things so limited availability
  - Mac has 4; depending on time of year there is limited availability, appointments booked very far in advance
  - Toronto has 6-8 mental health workers, wait times within 2-3 weeks

- Queens changed admission GPA to look at cGPA instead of only top 2 due to administrative burden

#### 7.5. Toronto

#### 7.6. Western

- Advocating for UpToDate access. Queens and Ottawa also do not have UpToDate access. NOSM, McMaster, UofT have this

### 8. Motions

[1:40-2:00]

#### 8.1. Motion to adopt long-term care position paper\*

[w OMSA Position Paper- Long Term Care Crisis.docx](#)

[☰ Motion to adopt position paper on LTC](#)

- Moved by: Abeera Shahid
- Seconded: Hailey Bensky
- Motion passes unanimously!
- Recommendations for OMSA advocacy points:
  - Advocate for increased funding for services to alleviate long-term care
  - Address unsafe working conditions, Collect demographic information for EDID, Increases access, Repeal Bill 7, Mandate curricula in long-term facilities

#### 8.2. Motion to amend the sponsorship policy\*

[☰ Motion to Amend the Sponsorship Policy](#)

[w Copy of Sponsorship Policy \(draft\).docx](#)

- Moved by:
- Seconded by:

- Discussion re wording of who OMSA would consider partnering with - re inclusion of wording regarding companies.
  - Would this be too limiting ie Western student council invests in fossil fuels, could we not collaborate with universities?
  - If wording is too vague, would future councils adhere to the values of OMSA, or would their values be different than what is intended today?
- Calling question- all in favor
- Motion to pass amendment to policy ie. “companies whose primary and direct source of income is from fossil fuels”
- Those in favor: 9
- Abstain: 4
- Those against: 3
- Motion passes in favor
- Those in favor of passing adaptation to policy:
- 1 abstention, rest in favor
- Motion to adapt changes to policy passes

## **9. Break**

[2:00-2:10]

## **10. Discussion Items**

### 10.1. VP Externals on OMSA Committees

[2:10-2:35]

- VP external opinions:
- Lara shared that while the workload was greater than she anticipated, she was very glad she did participate because it was very meaningful

- Pros and cons- can drive passion about a topic
- Discussed how many people apply and are turned away from participating in committees when VP externals previously were required to participate. This could be taking away opportunities from others more invested and interested in the topic
- Previous logic behind VP externals on committees was to provide help with committees in years when committee member applications were limited, but this is no longer an issue for the majority of committees.
- Council more or less in agreement that VP external council participation should not be mandatory
- Jenna and Max had spoken about hiring policy, new this year was that previous experience was not favored/ prioritized. Consider doing something similar with VP Externals on committees.
- Do VP externals feel being committee members make them feel a part of OMSA?  
Some takes: helpful, not necessary, not wanted/ feels forced and VPs don't necessarily have the interest, taking away interest form others
- To be readdressed next meeting

## 10.2. Mental health research topic

[2:35-2:50]

- Are we the best student representatives or should our role be to help promote and find better student representatives
- Presidents and VP Student Affairs meeting with PI to get more information



- OMSA has a very similar study launching, this other study is supposedly more gender based, but would this be too close to our study and take away from our potential student participation
- Could we theoretically combine projects?
- OMSAs study was already launched, theres has not
- What does endorsement mean?

### 10.3. OMSA schedule of events

[2:50-3:00]

- Sponsorship grants- Dec 23
- Mentor recruitment- hoping to be done this by end of the year
- Winter retreat Mar 3-5
- OSMERC- ? April, call for position papers Jan 15th
- EDID conference ~April 29
- CFMS SGM ~April 13 or so (same as iCAM)
- Next round conference grants due Jan 31st
- Financial literacy series - Feb
- iCAM ~April 13 or so
- CFMS Medical Day of Action May ~13-14
- OMSA Day of Action April 23-24
- AGM- May 7
- MSERG deadline TBD
- OSMERC abstract submission deadline TBD
- Student recognition grant- AGM May 7
- Art of medicine grant - TBD , March

**11. Council [headshots](#)** [3:00-3:30]

**12. REDDI Discussion - CFMS ORD, Helen** [3:30-3:45]

- [Race as a medical risk factor](#)

**13. New Business/Varia** [3:45-3:50]

**14. Next Meeting**

- 14.1. January 7th, 2023: 9 am - 3 pm

**15. Meeting Closure** [3:50-3:55]

- 15.1. Motion to end the meeting

Mover: Max

Seconder: Ming

- Passes unanimously