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## CMA BOARD OF DIRECTORS MAY 2019 MEETING SUMMARY

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The CMA Board of Directors met on May 1-2, 2019 in Vancouver. The following is a summary of discussions, updates received and related events.

**National Physicians' Day** – The CMA declared May 1 as National Physicians' Day to bring more visibility to the work of the profession and to publicly express our sincere appreciation to our members. In addition to the various tributes featured on [cma.ca](http://cma.ca) this past week, the CMA and Doctors of BC marked the occasion by hosting a fireside chat on physician health and wellness in Vancouver.

**Health Summit | Annual General Meeting | General Council** – [Join us in Toronto this August](#) as the CMA hosts its second Health Summit in Toronto, Aug. 12-13, with a theme centered around 'Connected in Care'. On Aug. 11, we will be holding our AGM, General Council elections and Awards Gala. A General Council policy session on virtual care will be integrated into the Summit.

Note: In 2020, the Health Summit, the AGM and General Council elections will be held in Halifax in August to facilitate participation in all three events.

**Strategic planning and CMA 2020 – priorities for 2019** – The CMA works in collaboration with partners and stakeholders to advance the issues that matter to our members and ensure we effect meaningful change to health and health care. We will use four guiding principles (accountability, transparency, engagement and impact) to frame our decisions and actions, and will plan our resources and priorities across horizons (Horizon 1= in the next 18 mths; Horizon 2 = 18-36 mths; Horizon 3 =36+ mths). This will allow us to focus our efforts on new priorities while sustaining momentum on enduring issues and maximize our impact. For 2019 and into 2020 (Horizon 1), we will focus on:

- being proactive in key areas: physician health and wellness (including equity and diversity), health human resources (including virtual care and national licensure) and seniors' care
- continuing to advance 'current' activities: cannabis, opioids, medical aid in dying, youth mental health and substance use, etc.
- being responsive to issues such as global health, climate change, pharmacare and other emerging issues
- and at the enterprise level: Health Summit, 2019 federal election strategy, membership, affinity agreement with Scotiabank, developing new ways of working with PTMAs and affiliates, and enterprise governance.

In addition to the above, we will explore primary care, Indigenous health and the social determinants of health as issues to be advanced through the next horizon. The October Board retreat will focus on horizons 2, 3 and beyond and specifically on how the CMA enterprise will create impact through CMA 2020.

As we continue to engage members and patients on priority issues in health and health care, we will set up to listen and act on their ideas for bold and impactful initiatives that will help us advance the CMA's vision.

**Advocacy initiatives** – CMA's leadership has been very active in the past few months. Here are some highlights:

- Dr. Osler participated in several activities related to gender equity and diversity including a live chat with members along with Federation of Medical Women of Canada Past President Dr. Beverly Johnson and community of interest lead Dr. Kim Kelly, a United Nations meeting of the Commission on the Status of Women, a panel discussion at the Canadian Conference on Physician Leadership as well as other presentations.
- Dr. Osler continued the conversation with members coming out of the Regional Member Forums at various events about one of our main priorities, physician health and wellness.
- While the 2019 federal budget made some important commitments to health, Dr. Osler indicated that more needs to be done to address the overall state of health and health care in Canada. The CMA will be looking

for greater commitments from all parties in the lead up to the election to address the growing disparities in seniors' care, to address the impact of climate change on health and to expand access to virtual care.

- President-Elect Dr. Sandy Buchman met with colleagues in Australia to share key learnings from our work on end-of-life care, while past president Dr. Chris Simpson represented the CMA as part of the United Nations Working Group on Aging, sharing our work on seniors' care.

**2019 Federal election strategy** – The CMA is aiming to “get health care back on the agenda” during the 2019 federal election. We held a series of physician focus groups in March and surveyed Canadians to get a better sense of their priorities. Survey results indicated that 53% of Canadians say health care is their greatest worry with 9 in 10 specifically worried about:

- a shortage of health professionals
- long wait times and crowded hospitals
- that governments may need to cut health care to balance budgets
- the cost impact of an ageing population
- that patients will have to pay for health services in the future

Survey results also indicated that 6 in 10 Canadians plan to vote for the Party that has the best plan for the future of the health system.

The CMA also hosted an Election Readiness Day in Ottawa with members of the Board, the [Patient Voice](#), the [Ambassador Program](#) and the [Very Involved Physicians](#) program to get feedback on some of the key advocacy issues we've identified and determine how best to raise awareness on the national stage. The CMA will continue to connect with members and the public through a variety of platforms and events to build momentum and engage federal political parties in the lead up to the fall election. Click [here](#) to get involved.

**Physician health and wellness** – The work continues on [physician health and wellness](#) with a focus on resiliency, decreasing stigma and improving access to services and support for all Canadian physicians and learners. This includes understanding the physician health and wellness landscape to inform the creation of a strategic plan and framework, continuing work on current initiatives (i.e., conferences, member and stakeholder engagement, etc.) and exploring opportunities that could be supported through the CMA-Scotiabank Affinity Agreement. The prevalence of burnout in the resident population, barriers to seeking care and the need for advocacy were also highlighted, as was the need to look beyond individual resiliency and tackle the issues that prevent physicians from seeking help when unwell. The CMA will leverage Mental Health Week (May 6-12) to bring attention to the issue of stigma around mental health issues, particularly within the medical profession.

### **Connecting in the physician community with stakeholders and members**

- A joint meeting with the [College of Family Physicians of Canada \(CFPC\)](#) and [Royal College of Physicians and Surgeons of Canada](#) has led to a commitment to continue to support the CanMEDS framework, the CFPC's new vision for family practice – [The Patient's Medical Home](#) (readily accessible, patient centred and seamlessly integrated in the health care system and the community), and a Virtual Care Task Force tasked with developing strategies and recommendations to promote a pan-Canadian approach to delivering publicly insured medical services across the country (includes addressing barriers to cross border care).
- The CMA continued its discussions on how best to further collaborate with the Quebec medical community to unite physicians in Quebec with their colleagues across Canada on issues of concern to the profession and the health of Canada's population.
- The Board received an update on the second iteration of the [2019 Canadian Resident Matching Service \(CaRMS\)](#) match results. Efforts continue to reduce the number of unmatched graduates.
- The full report stemming from the [2019 Regional Member Forums](#) is being finalized and will be available on [cma.ca](#) shortly.
- In response to members asking the CMA to explore “pension-like” retirement options for physicians, a third-party expert has been retained to review the current state of legislation for retirement savings, and the options that could be developed in the future. We anticipate providing an update to members on this very complex issue in August.

### Public Health Policy Initiatives

- The Board endorsed the resources produced by the Violence Evidence Guidance Action and funded by the Public Health Agency of Canada to promote a public health response to **family violence**.
- The Board also received an environmental scan on **climate change** and how it is affecting the health of Canadians.

**Enterprise governance** – Proposed bylaw amendments of a housekeeping nature were reviewed for consideration at the 2019 AGM. This included confirming the ratification role of General Council in the electoral process. The Board also approved that the 2020 full membership fee remain at \$195.

As part of its continuing professional development, the Board held a workshop on Board governance and oversight facilitated by expert Janice Stein. The workshop focused on understanding the various roles within the CMA enterprise governance structure, particularly as there are not-for-profit and for-profit entities.

The Board also approved a new subsidiary governance framework which sets out the purpose (and terms of reference) of [subsidiaries within the enterprise](#). With the restructuring of the enterprise, a review of Joule’s mandate is underway to strengthen alignment and promote efficiencies within the enterprise while continuing to deliver value-based products and services to members.

**CMA-Scotia Affinity Agreement** – In tandem with the sale of MD, Scotiabank and the CMA entered into a 10-year collaboration to support physicians and the communities they serve. This will see Scotiabank invest \$115 million over 10 years on priority areas, including physician wellness. Mr. Brian Peters, President and CEO of MD Financial Management and Mr. Alex Besharat, Senior Vice President at Scotiabank provided an update on the transition since the sale and how they will continue to meet the unique needs of Canadian physicians and their families. The CMA endorses [MD Financial Management](#) as a preferred financial provider for physicians.

**CMA Leadership** – Join us in congratulating Ms. Janet Ecker as the first non-physician director elected to the CMA Board (effective Aug. 14, 2019 with a term of up to three years, renewable once). The Board also re-elected Dr. Carl Nohr of Alberta as the Board Vice Chair for the 2019-20 association year.

The Board appointed the following individuals to the CMA Holdings (2018) Inc. and CMA Foundation\* Boards (effective Aug. 14, 2019, three-year terms):

- Dr. Chris Carruthers (Chair)
- Dr. Guruswamy Sridhar
- Dr. Celina White
- Dr. David Naylor
- Mr. Iain Scott
- Ms. Martha Tory

Mr. Tim Smith, as CEO of the CMA Group of Companies, will also sit on the boards.

\* An additional director with extensive experience in philanthropy will be added to the CMA Foundation Board in due course.