



**Dr. F. Gigi Osler**  
**2017 CMA President-Elect candidate**  
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I am passionate about the health of our patients and our profession: medical students, residents, family physicians, and specialists. I want to hear your concerns and represent your voice at a national level. ***In this election, all medical students are eligible to vote. Vote on February 1, 2017 and ensure that your voice is heard.***

Born and raised in Winnipeg, I completed both medical school and residency training at the University of Manitoba. My father was a hardworking family doctor in solo practice and he was my inspiration and role model. My husband and I have raised two wonderful children here and I am a proud Manitoba doctor.

As a busy ENT surgeon for the last 18 years, I have worked constructively with family physicians and specialists. As an Assistant Professor in the Department of Otolaryngology-Head and Neck Surgery, I have helped train numerous medical students and residents and I understand the challenges you face every day. As Chair of the Physician Health and Wellness Committee for Doctors Manitoba, and in collaboration with MMSA, I have advocated for medical students and implemented programs to support your health and well-being. Some of my current local, provincial, and national medical leadership positions include:

- Head of Otolaryngology-Head and Neck Surgery at St. Boniface Hospital
- Chair of the Physician Health and Wellness Committee, and past Chair of the Section of Otolaryngology for Doctors Manitoba
- Professional Learning and Development Committee, Competency by Design Development Group, and Regional Advisory 2 Committee for the Royal College of Physicians and Surgeons of Canada
- Chair of the Continuing Professional Development Committee, and Chair of the Global Health Committee for the Canadian Society of Otolaryngology-Head and Neck Surgery

**Why I am running for CMA President-Elect and challenges and issues for medical students**

**1.** Levels of physician burnout and depression, particularly for medical students, are alarmingly high. A recent JAMA article found 27% of medical students reported depressive symptoms and 11% have contemplated suicide. Medical culture and stigma still prevent medical students from seeking help. The literature shows that effective burnout prevention and management requires both individual and organizational change. The CMA can become a leader in physician health. In addition to providing medical students with the tools and resources to stay healthy, it is urgent that we advocate for a national strategy to ensure that our healthcare system supports the health, well-being, and resiliency of medical students and all doctors.

**2.** Our healthcare system is facing more challenges than ever before. It is vital that we provide all doctors with leadership training so we can lead healthcare reform. We need to ensure that we are equipping medical students with the necessary leadership skills to position you in the future as the best stewards of our limited healthcare resources. Without these skills, doctors risk becoming marginalized in the reform process. With the right leadership training, medical students are uniquely poised to become advocates for social justice in a healthcare context and can better work with government to achieve optimal care for all patients.

**3.** We need to increase the strength and relevance of the CMA. In the past, medical students may not have felt welcomed or engaged by the CMA and I am seeking to change that. I want a medical association that supports us, understands our everyday needs, and is a strong advocate for both patients and doctors. A CMA with greater student engagement strengthens your ability to have your issues addressed and enhances your advocacy efforts when interfacing with government. I have heard your concerns regarding your future in the current healthcare system. As your President-Elect, I would collaborate with the CFMS to increase engagement with medical students, address your challenges, and ensure that your voice is clearly heard at the national level.

This is an important election for Manitoba. The presidency rotates between the provinces and territories and our last turn was in 2003. **Voting information, including your unique voting ID, will be mailed on January 26 so keep an eye out for the letter.** You can vote online or by mail-in, but you will need your voter ID. ***Thanks for your consideration!***