
LETTERS TO THE EDITOR

Choosing wisely in medical education: recognizing the role of STARS

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Choisir avec soin en éducation médicale : reconnaître le rôle des STARS

Dear Editor,

As Choosing Wisely Canada (CWC) student leaders, we read with interest the article published in this journal, “Choosing wisely in medical education: bridging the gap between clinical care and managerial mindsets”¹ in which the author calls for integration of Choosing Wisely principles into medical education through student engagement with managerial and health system perspectives to promote value-based care. We write to clarify that student-led resource stewardship is already supported by a national, coordinated CWC initiative: Students and Trainees Advocating for Resource Stewardship (STARS).

Since 2015, STARS has been an active driver of curricular advancement and medical student awareness of resource stewardship across all 17 Canadian medical schools.² Through annual leadership summits, collaboration between students and faculty, and coordinated implementation strategies, STARS has supported meaningful and sustainable integration of resource stewardship in medical education.³

For example, STARS-led initiatives across the country include curriculum and assessment updates, mock OSCEs, reflective surveys, case competitions, interactive social media pages, podcasts, recommendation pocket cards, and faculty teaching awards.³

STARS has been one of the most significant contributors to advancing Canadian trainees' competencies in balancing clinical appropriateness with stewardship of limited healthcare resources.⁴ Importantly, CWC is not motivated by managerial imperatives, but rather advancing quality improvement access and sustainability. Including the perspective and achievements of STARS to date provides a more comprehensive account of CWC efforts, clarifies that student-led initiatives and advocacy is already integrated, and supports the article's broader call for a coordinated, system-level integration. Recognizing this existing framework allows future discussions to focus on strengthening and enhancing current efforts, rather than creating parallel initiatives.

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