

## **2022 Recipients of Dr. Marnie Hinton Award**

*Congratulations to:*

The Dr. Marnie Hinton Award is jointly sponsored by the College of Physicians and Surgeons of Alberta's (CPSA) Physician Health Monitoring Program (PHMP) and the Alberta Medical Association's (AMA) Physician and Family Support Program (PFSP), with special thanks to Bennett Jones LLP for their generous contribution. Established to recognize the late Dr. Marnie Hinton and her contributions to the development and advocacy of a physician health program in Alberta, the 2022 winners were chosen from a pool of strong submissions.

Dr. Sarah Frehlich is a Physical Medicine & Rehabilitation resident who, throughout her residency, has dedicated a considerable amount of her extracurricular time to impactful resident and physician wellness initiatives. She plays a key role in the Psychiatry Wellness Committee, leads initiatives to secure funding and protected time for resident wellness and social events, and has also developed a meditation curriculum during academic half days. Dr. Frehlich has also taken on a provincial role as a part of the Professional Association of Resident Physicians of Alberta (PARA) where she has been a member of the Community & Wellness Committee as well as served on the Finance & Operation Review Committee, Leadership & Education Committee, and Negotiations committee.

As a contributor to Dr. Frehlich's nomination package, Dr. Vishal Tulsi shared, "On a program level, Sarah has truly made resident wellness a part of her legacy as a chief resident. [...] Her strength has been to create activities that are easily implemented and fun yet effective at the same time."

Dr. Adam Neufeld is a resident in the Family Medicine program who has demonstrated a commitment and interest in the wellbeing of his colleagues. He was a founding member of the Family Medicine Residency Wellness and Advocacy Subcommittee. Through this committee, Dr. Neufeld completed both a quantitative and qualitative needs assessment for residents in the spring of 2021. This resulted in the close collaboration of the Wellness and Advocacy Subcommittee and the Family Medicine Postgraduate Program on multiple wellness initiatives. Outside of his residency program, Dr. Neufeld is a College of Family Physicians of Canada (CFPC) Section of Residents (SOR) Representative and Executive Board Member. He uses these roles to bring about national awareness of the intrinsic and extrinsic factors that contribute to wellness in medical education. He is also working with the Canadian Federation of Medical Students (CFMS) on a national wellness curriculum initiative to help guide medical schools across Canada.

Dr. Penny Borghesan, a supporter of Dr. Neufeld for this award, stated, "[Dr. Neufeld] truly is a visionary, with a sincere desire to innovate and lead in the evolution of medical culture as it relates to Physician well-being."

Heartfelt congratulations to Drs. Frehlich and Neufeld as recipients of this Award for 2022!