

2023 Recipients of Dr. Marnie Hinton Award

Congratulations to:

The Dr. Marnie Hinton Resident Wellness 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. The award was established to recognize the late Dr. Marnie Hinton and her contributions to the development and advocacy of a physician health program in Alberta. Two awardees were selected from a strong pool of candidates at the University of Calgary.

Dr. Miranda Wan is a resident in Neurology who has been a strong advocate for trainee wellness throughout her training. She is regularly cited as a medical culture changer by her students, peers, and teachers. Her efforts have not only created long lasting change for her students and peers on a daily basis, but also continues to influence a positive change in medical culture. Dr. Wan has been instrumental in developing and implementing programs that address the unique needs of residents, including innovative programs that focus on developing peer support and gratitude of resident physicians. One such example is "Ganglia", a near-peer mentorship program within the Neurology program for resident physicians to champion mentorship opportunities and foster community. She was recently awarded a grant to pilot "Gratitude Potpourri: A Resident Driven Gratitude Initiative", a series of gratitude activities to create opportunities to express gratitude for resident colleagues, show gratitude by giving back to the community, and foster community amongst multiple residency programs. By recognizing the specific challenges faced by residents and providing targeted support, she is helping create a more supportive and nurturing environment for trainees.

Dr. Alexander Wong, a contributor to Dr. Wan's nomination for this award, describes her as having "an exceptional mentor who is kind, passionate, and her daily actions as a senior resident and leader in her community are a reflection of her understanding of resident wellness."

Dr. Lim is a resident in the Internal Medicine Program and serves as Vice President Community and Internal Relations for the Professional Association of Resident Physicians of Alberta (PARA). She is a huge advocate for providing opportunities for resident physicians to connect in-person for interpersonal wellness, aligning with Dr. Hinton's legacy of connecting physicians with appropriate support. She leads the Community Wellness Committee (CWC), a committee that oversees the planning and executing of different wellness events and projects. She works tirelessly to advance projects to improve wellness in the resident community across the province. Dr. Lim has been an outstanding advocate for physician health by addressing themes such as reducing burnout, rebuilding community and a sense of belonging, as well as optimizing physical and mental health.

One of Dr. Lim's nominators, Dr. Tina Kim, says of her, "AS wellness has countless definitions and can look differently between persons, [Dr. Lim's] empathy and understanding is vital to improve physician health.

PGME and the Office of Resident Affairs and Physician Wellness extends their thanks to all those who submitted nominations for this award and offers heartfelt congratulations to Drs. Wan and Lim as the 2023 recipients of the Dr. Marnie Hinton Resident Wellness Award.