

2024 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.

PGME and the Office of Resident Affairs and Physician Wellness extend their thanks to all those who submitted nominations for this award and offer heartfelt congratulations to Drs. Rau and Robertson as the 2024 recipients of the Dr. Marnie Hinton Resident Wellness Award.

Dr. Robertson

Dr. Anna Robertson is a Diagnostic and Molecular Pathology resident who has been a tireless advocate for the well-being of her fellow residents. She has taken proactive steps to foster a culture of wellness within the Diagnostic and Molecular Pathology Program. She is the first Wellness Representative for her program. In this role, Dr. Robertson has organized a wellness retreat, which blended elements of physical activity, relaxation, and team building, featuring a yoga session, a dinner, and a collective activity that brought residents together in a unique and engaging manner. The lasting positive effect of this event has echoed within her resident community, cultivating a feeling of camaraderie and unity. She has also curated a large wellness resource and book library to ensure that residents have a means of self-improvement. She brings food and baking to share with residents weekly. Additionally, she has established Friday teaching and wellness rounds for residents, which combines both pathology learning and wellness activities. She has been a vocal advocate for flexible work arrangements, including the implementation of academic half-days both in person and via zoom, aiming to establish a more balanced schedule. Dr. Robertson has also strongly advocated for protected time for residents to focus on studying for Royal College exams. Her dedication, leadership, and advocacy have made a significant and lasting impact on the Diagnostic and Molecular Pathology program.

According to Dr. Reich, Dr. Robertson's "approachable and kind demeanour creates an environment where residents feel not just welcomed but encouraged to seek support and guidance. This has significantly enhanced the overall atmosphere within our program, contributing profoundly to the mental and emotional well-being of her peers."

Dr. Rau

Dr. Allison Rau, a resident in Radiation Oncology was nominated by the entire UCalgary Radiation Oncology program. She has demonstrated an unwavering commitment to the health and wellness of the resident physicians under her care, going above and beyond in her efforts to foster a supportive and nurturing environment within the program. She is the first Wellness Representative within the Radiation Oncology program. In this role, she has organized numerous wellness events tailored to addressing the unique needs of resident physicians. From organizing activities like bowling, rock climbing, pumpkin carving, and laser tag, to facilitating resident funding initiatives aimed at providing food and drinks for residents on call, she has consistently shown a deep understanding of the importance of fostering camaraderie and relieving stress within the residency program. Allison also takes time to decorate the resident's room during holidays and frequently bakes goods for the residents, further enhancing their experience and fostering a sense of community within the program. Through her proactive initiatives and commitment to equity, she has transformed the residency experience, fostering a culture of well-being and camaraderie. Dr. Rau's constant willingness to lessen the load of her resident colleagues and attending staff is what sets her apart. She is the first to volunteer to cover holes in the on-call schedules, out of a sense of duty and service for patients and the other physicians.

One of Dr. Rau's Nominators, Dr. Daniel Davies states "What truly sets Allison apart, however, is her selfless dedication to supporting her colleagues in times of need. She has always been quick to offer her assistance and make herself available for call swaps, particularly when other residents have faced challenges such as childcare needs or important personal events. Allison's willingness to step in and help, often at the expense of her own free time, exemplifies her remarkable sense of compassion and teamwork."