

2025 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. Lenka Stafl

Dr. Lenka Stafl is an Endocrinology resident whose dedicated advocacy and research has directed policies that prioritize physician well-being. She has taken on a number of roles to advocate for resident physician interests. In her role as Lead Resident for Adult Endocrinology and Metabolism and Chief Resident for Internal Medicine, Dr. Stafl integrated EDI principles into the academic curriculum to foster an inclusive and supportive learning environment. As an Executive Board Member of the Professional Association of Resident Physicians of Alberta, she advocated for resident physician interests at the postgraduate level for three elected terms. Her work in this role has helped shape policies that improve work-life balance, mental health access, and physician well-being. One of the most significant examples of Dr. Stafl's impact has been her leadership in establishing a peer support network within PGME. This initiative has fostered a culture of collegiality, allowing residents to seek support from their peers in a confidential and understanding environment. Her efforts have not only improved mental health outcomes but have also contributed to a more compassionate and sustainable training environment. Residents consistently express gratitude for her approachability, empathy, and unwavering support, making her an invaluable mentor and role model.

According to her nominator Dr. Tamara Yee, "Dr. Stafl's contributions extend beyond structured wellness initiatives—her personal dedication to fostering a culture of support and resilience is evident in her daily interactions with colleagues and trainees. She is known for her approachable and empathetic leadership style, which has had a lasting impact on residents' well-being."

Dr. Tamara Yee

Dr. Tamara Yee is a Pediatrics resident whose incredible leadership has shaped beneficial policies for physician well-being across the entire province of Alberta. Being the previous President with the Professional Association of Resident Physicians of Alberta (PARA) as well as part of the Negotiations Committee, she set strategic directions, outlined key performance indicators and advocated a fair wage for Alberta resident physicians, which became finalized in 2024. From 2021-2023 she held the role of Vice President of Operations and Finance for PARA for which she was re-elected for a second term. In this role she created a curriculum for residents on personal financial literacy, helping numerous residents understand their paychecks and equip them to negotiate more favorable banking conditions. She regularly held Undergraduate and Postgraduate Medical Education lectures for trainees on transition to residency and oversaw budget statements and investments for PARA. Furthermore, she is engaged in the pediatric residency program as part of the Pediatrics Program Wellness Committee, supporting initiatives such as care-bundles for on-call resident physicians and negotiating protected time for paperwork and presentation preparations on rotation.

According to her nominator Dr. Amelie Stritzke, "Personally, she is also a kind, caring physician who is extremely organized and efficient. She is a dedicated physician who advocates for her patients, and their caregivers while always using a family-centered approach. Day-to-day, Dr. Yee always shares a positive attitude, and is caring and supportive of her co-residents. She is liked by her peers and eager to teach and advocate for junior learners."