

### Recipients of Dr. Marnie Hinton Award

*Congratulations to:*

The Dr. Marnie Hinton Awards is a joint initiative between the College of Physicians and Surgeons of Alberta (CPSA) and the Physician and Family Support Program (PFSP). Set up to recognize the late Dr. Marnie Hinton and her contributions to the development and advocacy of a physician health program in Alberta, this year's winners were chosen from a pool of strong submissions.

Dr. Jeffery McCarthy is a Family Medicine resident whose submission was impressive for a number of reasons. After completing a summary of resident feedback about existing wellness needs, Dr. McCarthy, along with his team of "Wellness Avengers", spearheaded the creation of concise, accessible, practical, ready-to-use modules in a variety of wellness areas. The curriculum is detailed, well-constructed, and includes pop culture references to make the whole process a little less daunting. Dr. Todd Hill, Director of Behavioural Medicine in the Department of Family Medicine, wrote of Dr. McCarthy:

*"This candidate is an outstanding example of how a resident can contribute to physician wellness, his current colleagues/ coaches/ teachers' wellness, while looking after his own as well. This young resident is truly exceptional".*

Dr. Darby Ewashina also won the award for her work on a paper co-authored with Dr. Jane Lemaire entitled: *Understanding how patients perceive physician wellness and its links to patient care: A qualitative study*. At the 2018 WellMed3 Conference in Greece, this paper was named "the most impactful paper on wellness for 2018". Exploring the link between physician wellness and patient care from the patient's perspective, this study demonstrated the effect of physician stress cues on the people at the other end of the stethoscope. Dr. Marie Claire Bourque, Director of the Canadian Psychiatric Association wrote in her nomination of Dr. Ewashina:

*"Dr. Ewashina has made significant commitments to resident and physician health at the local, national and international levels. She embodies physical and emotional health practices and practices what she preaches."*

Hearty congratulations to both award winners for their ongoing contributions to resident wellness!