

Recipients of Resident Doctor (RDoC) Award

Congratulations to:

2021

Calgary Resident Doctor Support Team is 2021 RDoC Award Recipient

Dr. Shannon Ruzycki, Dr. Kannin Osei-Tutu, and Dr. MacGregor Steele are three of eight Canadians recognized for their contributions to improving the lives of resident doctors in Canada

March 24 – Ottawa, Canada – Dr. Shannon Ruzycki, Dr. Kannin Osei-Tutu, and Dr. MacGregor Steele of the Directors of Resident Support (DRS) program, an initiative of the Cumming School of Medicine of the University of Calgary, are being honoured nationally for their contributions to improving the well-being of resident doctors in Canada. The program is receiving the Resident Doctors of Canada (RDoC) Puddester Award for Resident Wellness, staff category. They share this award with Dr. Alexandre Coutin of the University of Ottawa, this year's resident recipient.

Dr. Seyara Shwetz, President of RDoC, said: "Residency is a particularly dynamic and stressful time for many learners, and the COVID-19 pandemic has only exacerbated these pressures. Efforts to improve resident wellness are more important than ever, and we're honoured to be able to recognize the staff of the DRS program for their significant contributions to these efforts."

RDoC looks forward to celebrating recipients with a virtual reception in May 2022. Full information about this event will be available on the RDoC website shortly.

About the DRS Program

The DRS program was started by Dr. Lisa Welikovich in 2020 as an independent resource for residents who have questions or concerns of any nature – whether related to residency, their physical or mental well-being, or their personal lives. The team consists of three faculty physicians with an interest in well-being and who have diverse lived experiences. Intended as a "no wrong door approach" to resident distress, the DRS team is trained to accept complaints of harassment or discrimination and provide access to resources, and peer support. The DRS program is an innovative solution to address longstanding problems in medical training – namely, the need for assistance navigating the complex network of supports for residents experiencing difficulty and the cultural hierarchy of medicine that makes asking for help difficult. The DRS team members are physicians who understand the unique culture and vulnerability of medical training but have the institutional knowledge and power to effect change and speak on behalf of residents. By acting as empathetic listeners, being well-networked with existing supports, and advocating on behalf of residents, the DRS program is able to address and positively impact multiple factors to improve resident well-being at the University of Calgary.

2020-2021

Dr. Malika Ladha, a dermatology resident at the University of Calgary, is being honoured nationally for her contributions to improving undergraduate and postgraduate medical education in Canada. Dr. Ladha is receiving the RDoC Mikhael Award for Medical Education, resident category. She shares this award with Dr. Terri Aldred of British Columbia, this year's staff recipient.

Dr. Esther Kim, President of RDoC, said: "As RDoC works to create the best possible training experience for residents, it is important to recognize and celebrate the achievements of those who are finding and seizing opportunities to better the lives and careers of residents. Dr. Ladha supports her resident peers in so many ways, and we're excited to be able to recognize this support today."

In light of physical distancing restrictions due to the ongoing COVID-19 pandemic, RDoC looks forward to celebrating recipients with a virtual reception on the evening of Thursday, May 20. Full information about this event will be available on the RDoC website shortly.

About Dr. Ladha

Dr. Malika Ladha is a fifth-year dermatology resident at the University of Calgary whose work has had profound positive impacts on undergraduate and postgraduate medical training in Canada. Dr. Ladha is known as an advocate and mentor for many medical learners who have had the experience of being unmatched in the Canadian Residency Matching Service (CaRMS). Working with the Undergraduate Medical Education and Student Advising Wellness offices, Dr. Ladha has provided and advocated for academic, social, emotional, and psychological support for unmatched medical students in Calgary and across Canada. Dr. Ladha has also promoted resident interests throughout the COVID-19 pandemic. As Co-Chairperson of the Canadian Dermatology Association (CDA) Resident Fellow Society, Dr. Ladha developed two virtual national lecture series that provided residents with additional teaching from faculty. In collaboration with the CDA Education Committee, she created an educational program to support junior residents entering the specialty of dermatology. Dr. Ladha also served as resident liaison for the Women's Dermatologic Society, and was previously the junior representative for the University of Calgary's Dermatology Residency Planning Committee (RPC). She received the 2020 Resident Physician Mentorship and Teaching Award from the Professional Association of Residents of Alberta.

2020

Dr. Alyssa Lip of the University of Calgary is one of five Canadians recognized for their contributions to improving the lives of resident doctors in Canada

April 24, 2020 – Ottawa, Canada – Dr. Alyssa Lip, a PGY-3 resident doctor and Chief Resident of the General Internal Medicine Program at the University of Calgary, is being honoured nationally for her contributions to improving the wellness of resident doctors in Canada. Dr. Lip is receiving the RDoC Puddester Award for Resident Wellness, resident category. She shares this award with Dr. Cheryl French, an emergency room physician at the University of Manitoba.

Dr. Emily Stewart, President of RDoC, said: "At the best of times, medicine can be an intense occupation, and RDoC works hard with its stakeholders to make sure that the wellness of Canada's resident doctors is always a consideration in decision-making. These are unusual times and we are especially grateful for



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everyone who are providing wellness support to our members. It is an honour to recognize Dr. Lip for her ongoing work and thank her for what she does.”

Due to the COVID-19 pandemic, the RDoC Awards will be presented to their individual recipients at a future date once restrictions on physical distancing have been lifted.

Biographies of all RDoC Award Recipients can be found by clicking on [this link](#).