

FMC MSA Service Recognition Awards 2017

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20 Years

1. What is your fondest memory of your time at Foothills?

I think it comes down to all of the wonderful relationships that I had over my time here. The collegueship, friendship and teamwork of everyone on NU 57, the Rare Blood and Bleeding disorders team, Area 6 clinic area and the TBCC; the supportive friendships and heart to heart conversations in the doc's lounge; the privilege of helping and supporting my patients and their families in their most vulnerable and trying times.

2. Of all your contributions at Foothills, what are you proudest of?

I was program director for the Hematology Residency program for about 10 years or so. During that time we were able to resurrect the training program from one that was inactive and not up to the current standards of the Royal College to one that is now one of the best in Canada. The Hematology Residency program has trained a large number of the Hematologists now working in Calgary and area, as well as across the country. I have been so proud of the graduates of our program. I have learned so much from them and count them as some of my closest colleagues and friends.

3. What advice would the "you of today" give the younger version of yourself at the start of your practicing career?

1. Find your passion and follow it. It will sustain you.
2. Reflect frequently on what you need for optimal self-care/ work life balance. Then make it so.
3. Find a mentor or two to guide you in your early years.
4. Participate in medical education in some fashion. It is a revitalizing experience to help you keep up to date on current medical science. Communicate knowledge that enhances the standard of medical practice for yourself, your colleagues, students/residents and enhances the knowledge and understanding of your patients. It keeps you humble.
5. Ask for what you need. What's the worst that could happen?