

RESIDENT PHYSICIAN Of the MONTH

June

A colleague had this to say about Dr. Pooja :

Dr. Sabrina Poonja is a once-in-a decade type of resident physician. She has a rare combination of attributes: incredibly intelligent, unparalleled work ethic, unbounded curiosity and a heart of gold. She is humble to boot, never recognizing the positive force she is in our residency training program. She keeps the humanness of medicine in mind, helping ensure a delirious patient receives their medications in the middle of the night whilst on call, even if that means sitting by their bedside and encouraging them to take the medications herself.

Dr. Poonja's going above and beyond is not restricted to her excellence in providing patient care. She is the first to volunteer for call shifts when there is need for coverage and is always prepared with a case presentation in case there is the need for that as well and make no mistake – she will put together an exceptional presentation. She is also an accomplished researcher, already publishing a first-author original data paper in early PGY-3 in addition to having multiple other research publications during medical school at the University of Calgary.

We are extremely fortunate to have landed someone as special as Dr. Poonja in our Neurology residency training program at the University of Alberta.



Dr. Sabrina Poonja Neurology University of Alberta

I am a born and raised Calgarian and completed my undergraduate degree in Biomedical Sciences followed by medical school in Calgary. I moved to Edmonton in 2019 for Neurology residency training and am on the cusp of completing my third year. Learning to navigate the roadmap of the nervous system to localize a lesion is a lifelong mapmaking project for me. I enjoy combining my interests in neurology with palliative care, health equity and education.

Outside the hospital, you can find me nestled by a fireplace with a book and cup of tea. I love spending time with my family, traveling and have a knack for learning languages. I also enjoy dabbling on the piano - a language of its own in many ways.

I am honoured to receive PARA's Resident Physician of the Month Award. I am particularly humbled as the other recipients that I have had the privilege of meeting are mentors and friends who inspire me every day.



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Resident Physicians of Alberta