



DR. ZACH GORHAM

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RURAL FAMILY
MEDICINE

What attracted you to medicine?

I have always had an interest in both the hard sciences and the humanities. To me, medicine seemed to offer a great combination of both of those interests. Medicine has given me the opportunity to be in a career that fostered meaningful relationships with other people, while also exploring my interest in the sciences.

What attracted you to your specialty?

I grew up in a very rural area of southern Alberta and I loved it. I have never been much of a city person. Then, throughout medical school I had several opportunities to be exposed to rural medicine. Every time I was able to do a rural rotation I always felt at home. That's how I knew rural family was the career for me. The wide variety and scope of family medicine, along with the prospect of developing long-term relationships with patients in a rural community is the ideal fit for me.

What do you find the most rewarding in your residency training?

Gaining more knowledge and competence as I go along is very rewarding. Also, being able to work with and develop relationships with patients, staff and other colleagues has been very rewarding.

What do you find the most challenging in your residency training?

Managing time appropriately and remembering everything that I'm constantly learning can be difficult. There are also times that are extremely busy and it is difficult to be away from my wife and daughter.

What energizes you outside of residency?

Spending time with my wife and daughter and other family and friends. Being involved with my small rural community and church group. I also enjoy being outside on my family acreage, landscaping and gardening.