



PARA

Professional Association of
Resident Physicians of Alberta

Resident Physician of the Month Recognition Guidelines

Objective: To improve resident physician well-being by recognizing and rewarding outstanding resident physicians who make exceptional contributions in their academic field while still maintaining their work/life balance.

Eligibility: All resident physicians, with the exception of PARA Executive Board Members and Nomination and Awards Committee members, are eligible to be nominated. Nominations can be submitted by fellow resident physicians, work colleagues, and anyone who finds the recipient worthy of recognition. However, at least one of the nominators must be a resident physician.

Nominations can be made by emailing the attached nomination form to emma.frieser@para-ab.ca explaining why the nominee merits recognition.

Nominees: The PARA Resident Physician of the Month nominee should be a resident physician who exemplifies a balanced lifestyle and well-being. They should be noteworthy in one or many of the following areas: academic accomplishments, research activities, social events, family life, athletic pursuits, and or community involvement and humanitarian service. Feel free to include any particular event or patient/co-worker made this person stand out as exemplary. A brief biography would also be helpful (place of birth, academic/personal history etc.).

Selection: When required, selection is through the PARA Nomination and Awards Committee.

Award: Letter of recognition, gift valued at approximately \$125 (excluding postage). A letter of award will be sent to

Deadline: End of each month.

NOMINATE someone you know to be the Resident Physician of the Month!



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Resident Physician of the Month Recognition Nomination Form

Nominator (include work location)

Name: _____

Hospital Site: _____

Relationship with Nominee: _____

Resident Physician of the Month Nominee

Name: _____

Program: _____

Postgraduate Year: _____

Email: _____

Rationale: (Please describe below the reasons you are nominating this resident physician, including any academic or extra-curricular activities you see as pertinent to the resident physician nominee who exemplifies a balanced lifestyle and well-being [Max. 200 words].)

Submission information:

By Email: emma.frieser@para-ab.ca

By mail: PARA #320, 11044 – 82 Avenue
Edmonton, Alberta T6G 0T2