



# RESIDENT PHYSICIAN OF THE MONTH

January

## Dr. Amponsah-Agyemang

Public Health & Preventative  
Medicine

University of Alberta

I grew up in Ghana where I had my medical education and practiced as a general practitioner before moving to Canada for MPH in Global Health at the University of Alberta. I am currently a final year resident physician in the Public Health and Preventative Medicine program at the University of Alberta, where I am blessed with an awesome group of co-resident physicians and preceptors. I am passionate about preventing diseases and promoting health, especially that of equity deserving populations and hope to work as a rural Medical Officer of Health.

I love spending time outdoors with family and friends and doing Taekwondo with my three children, two of whom are black belts. When not working, I also enjoy volunteering for my community where I recently served and handed over as the President of Black Resident Physicians of Canada. I am privileged to know the Lord and owe all I am and will ever be to Him.

## A colleague shared this about Dr. Amponsah-Agyemang

“Ekua was born in Ghana and immigrated to Canada a few years ago. I admire her so much because she exemplifies a well-rounded physician. She is an excellent MOH-in-training with proven leadership, communication, organizational and team skills. Her excellence is demonstrated in the multiple awards she has won including two-time award for Canadian Society of Addiction Medicine due to her passion and commitment to addressing the crisis of substance use and addiction in Canada. As a chief resident in PHPM, she advocated for resident physicians and brought about changes in the program that improved resident physician well-being including change of on-call schedule from seven consecutive days to blocks of 3/4 days at a time with a post-call day when needed.

She is a mentor to many medical students and resident physicians, a voice for the under-represented groups in Canada, a scholar with multiple research engagements and publications including the Alberta Health Position Statement on Community water Fluoridation. She serves as a PARA assembly delegate and a Resident Council Member of the Public Health Physicians of Canada. Finally, she is a wife and mother to three brilliant kids. Ekua is humble, gracious and warm.”



**PARA**

Professional Association of  
Resident Physicians of Alberta