

RESIDENT PHYSICIAN Of the MONTH

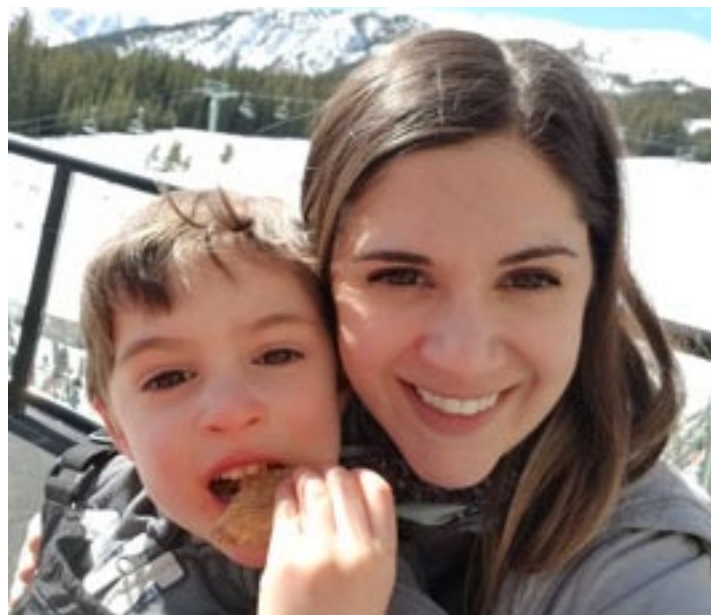
March

A colleague had this to say about Dr. Hyde :

Christine is a well-balanced individual who I look up to and try to emulate. It goes without saying that she is an intelligent pediatrician-in-training, as she evidently participates in our academic half days to enhance everyone's learning, and seems to know her CPS statements like no other.

But beyond her work in the hospital, Christine is an advocate for wellness in herself and others and is a full-time mother. She is an individual you can rely on as a shoulder to cry on or a person to help you accomplish a task. While being open and honest about her own personal wellness challenges, she encourages others to open up and work together to be stronger as a group and she shows that there is no shame about being open about life's challenges.

As a single girl with only a cat to look after, I am in awe of how thoughtfully she raises her two school-aged children while managing to be so present in their lives despite our resident physician work hours. She teaches me that I can stand up for my own personal wellness and that I can use the resources available to get what I desire out of my residency program.



Dr. Christine Hyde General Pediatrics University of Alberta

I am a second career resident physician who was born and raised in Cambridge, Ontario. In the summer of 2016, I dragged my husband and two children (aged one and three) across the country to begin medical school in Edmonton – a supremely underrated city that has become a wonderful community for our family. Our family's sacrifices were further magnified during the pandemic when like so many others, we waited patiently for time with our extended family.

I am now a second year resident physician in General Pediatrics at the University of Alberta with the privilege of training at the Stollery Children's Hospital and serving families from Northern Alberta, the Northwest Territories and beyond. I cherish my amazing co-resident physicians and program staff while working with the most supportive pediatricians, pediatric subspecialists and multidisciplinary teams.

I am passionate about mental health and the well-being of my colleagues and deliver on this with commitments to committees, ad-hoc advocacy and research. Most importantly, I am not afraid to establish boundaries that allow me to make time for my family and time to rest. I dream of a world where it is a badge of honour in medicine to practice real self-care as I believe we will be better physicians for it.

Thank you for this immensely unexpected honour. I am proud to be an PARA Resident Physician.



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