



RESIDENT PHYSICIAN OF THE MONTH

JULY

Dr. Faraz Sachedina

Internal Medicine

University of Calgary

I come from Calgary, born and raised, in the Saddledome is where I spent most of my days but that's enough of my fresh prince rap. Was able to get to McGill for Undergrad before heading over to Europe where I was in Poland and England during Medical school. After this, was fortunate enough to get a tour of the States, but was primarily based out of Brooklyn, Atlanta and DC where I finished my medical training. I took a bit of a hiatus to help build and run a family practice for a while after I ended up back in Calgary. From there I got the opportunity and matched into the University of Calgary IM program where I am a PGY2. It's here where I got to work with a group of fellow residents and mentors (you know who you are!) with whom it has been an honor.

Besides the medicine survival mode and mentoring, sports, music and food have been my life (you can tell when you see me). Been able to continue to play flag football, ball hockey and a little cage fighting/bouncing along the way to pay the bills. I have also been able to experiment with cookie recipes on the fellow residents, because let's face it the team definitely deserves it, and baking has always been that coping mechanism. Overall, after moving back home after years away it's been awesome being able to hang out with friends new and old and being able to make some lasting friendships in Residency (even though they aren't Flames fans). Lucky to be part of this very remarkable group of people and looking forward to what these doctors achieve! Good luck to the R3's that are moving forward!

A colleague shared this about Dr. Sachedina:

When I first met Faraz, he was an Alberta International Medical Graduate. I knew then that he was genuine & gracious. Anyone meeting Faraz will immediately feel that he is a caring person - inside and out. His fundamental nature is kindness paired with an open and welcoming personality that allows anyone to feel at ease. More so, he is a well-rounded medical professional whose leadership greatly supports the people that he works with.

Notably, Faraz is accountable, positive, inclusive, compassionate, and a dynamic individual. His passion for the medical profession is evident with the respectful rapport among the many specialists and team members around him and the ease in which he engages with colleagues and his patients. Certainly, I can easily confirm that the nursing crews and allied health teams appreciate working with Faraz because he is collaborative as he seeks their opinions, listens to their concerns and is patient-centred and practical in his approach to patient care.

Recently, I witnessed Faraz following up on a consult with an attending, discussing a research article in which he was lead author, concerning the use of medical cannabis in Canada. While humble about his work and the importance of it, he was simply delighted in discussing the outcomes. The sincere pleasure noted as he discussed some of the general barriers experienced and the added insights related to the work, well, one can plainly see his dedication and enjoyment of this profession.

As a team member, Faraz is exemplary. He goes out of his way to ensure that the members of his team (such as the MTU) are supported in their surroundings; advocates for well-being; shares work-life balance survival tips and connects, mentors, and coaches team members with experiences and resources to provide an optimal approach to patient care.

Just this fall, I reached out to him requesting support for two junior resident physicians because it was day one of the block, their first rotation in acute care, they had no experience with Alberta Health Services hospitals and had to cover the third MTU team!!! While it may be typical to have to cover the third team, this would be a challenging start for the two newbies as it was a very busy service then. Looking to see what seniors were on, I was immediately relieved upon seeing that Faraz was scheduled as the Bridge Emerg Liaison. I was confident that he would guide and show them the ropes and point out key resources and tips for a safe shift as well as make a strong connection with the oncoming senior resident physician!

More importantly, I have contemplated a recent conversation and it is another example as to why I wanted to highlight Faraz with his peers. He is a grounded individual with an openness, inclusiveness, and a view for progressiveness. By way of example, Faraz was debriefing a challenging interaction that occurred whilst caring for an individual that evoked a strong emotional response in all those involved. However, he brought a refreshing perspective. Instead of reacting, he chooses to navigate difficult situations by remaining focused, committed and determined to ensure that his care and treatment outcomes with individuals are professional and caring to impact their opinion of him as he delivers quality care. That is, he continues to work as hard as he would for any patient to give them a reason to change their view.

Without a doubt, I look forward to working with Faraz and to see the future pursuits that he intends embarking upon! As Faraz's resilience and example are truly inspiring, I hope that many learners will have the opportunity to work with Faraz as he is a team member and leader that you can trust and learn from.



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