

Faces of PARAdime



**DR. KWADWO
MPONPONSUO**



Medical School
University of Saskatchewan

Residency
University of Calgary

Specialty
Internal Medicine

PGY
2

WHAT ATTRACTED YOU TO MEDICINE?

Growing up I was always interested in the medical field. I appreciated the complexity of the human body and valued the importance of human interaction. I thought medicine was the most fitting career to combine these interests. Having no family members in the field, I spent much of my extracurricular time throughout my secondary and post-secondary education volunteering in the medical field to ensure it was the right fit for me. Looking back, I wouldn't have it any other way.

WHAT ATTRACTED YOU TO YOUR SPECIALTY?

Internal Medicine is a fascinating specialty. I find the pathophysiology and complexity of illness extremely stimulating. Additionally, I enjoy the diagnostic dilemmas that we are often tasked with unravelling and the reward and satisfaction that comes with not only determining the etiology but with implementing a management plan suitable for the individual. It's about the closest thing to feeling like Sherlock Holmes but without the accent and trench coat. Most importantly, it is an infinitely humbling area of medicine that is constantly evolving as our understanding of disease and humans evolve.

WHAT IS THE MOST REWARDING PART OF YOUR RESIDENCY TRAINING?

Despite the fast pace and seemingly infinite hours spent working, the most rewarding aspect of my training thus far has been the people I have met and the stories they have shared with me. As physicians, we often see patients when they are most vulnerable; they open their lives to us and invite us to take part in their story. Each encounter is an opportunity to learn and grow. I'm grateful for the people who have assisted in my education and training as a resident physician in addition to those I will meet in the future.

WHAT DO YOU FIND THE MOST CHALLENGING IN YOUR RESIDENCY TRAINING?

One of the most challenging parts of residency is the seemingly vast amount of knowledge one must attain – and the ostensibly short amount of time there is to do so. Even more challenging is finding a suitable work-life balance. There are aspects of my life I have had to sacrifice because of medical school and residency- there is always work to be done and knowledge to gain. However, the further into my training I go, the more I begin to understand the importance of maintaining my interests outside of work. It is the essence of maintaining my lucidity.

WHAT ENERGIZES YOU OUTSIDE OF RESIDENCY?

Outside of residency I have a passion for fitness and exercise, the performing arts and, like many others I know, food. My free time is spent outdoors in the mountains (hiking or skiing), rock-climbing, outdoor and indoor (spin) biking, lifting heavy things up and putting them back down, playing guitar, singing in choir or eating. Additionally, spending time with my friends and family is of the utmost importance to me. As stated before, these things are fundamental and have become instrumental in maintaining my mental health.

WHY DID YOU WANT TO GET INVOLVED WITH PARADIME?

I think it's important that we realize how privileged we are to have the jobs and live the lives we do. In doing that, we have to realize that there are others who are not afforded the same reality. I see PARAdime as a means of giving back to our community. Additionally, I believe it helps attract attention to the importance of the social determinants of health. We cannot improve population health unless and until we recognize the disparity in health and health outcomes among individuals of varying groups. From there we must identify the root cause of these disparities and work together to improve and change the social circumstances that bring about ill health. Addressing these issues requires a collective societal agreement to better our communities.