



# RESIDENT PHYSICIAN OF THE MONTH

JULY 2024

## Dr. Sarah Almas Otolaryngology University of Alberta

I am a first year resident, and I have done all of my schooling in Edmonton, including my undergraduate and medical school degrees at the University of Alberta. I have had an amazing year working with my colleagues, and I am so grateful to them for nominating me for this award. Embarking on this residency journey wouldn't have been possible with all of their support, as well as that of my mentors and family. Outside of work, I love to stay active. I enjoy taking various fitness classes, from bungee fitness to anti-gravity yoga, hiking, travelling, baking, and playing walleyball with my friends and family. I look forward to what the rest of this chapter has in store for me and those who have helped me get to where I am today!

## A colleague had this to say about Dr. Almas

Sarah seamlessly juggles the demanding role of a surgical resident with an inspiring commitment to personal well-being and community involvement. Despite the gruelling hours inherent in her profession, Sarah continues to carve out time for her colleagues, friends, and the community.

Within residency she has embodied a “patient-first” approach and will always go the extra mile to ensure her patients are well cared for. On many occasions, I have seen her go above and beyond to help medical students, co-residents, and attendings. Even small tasks such as stopping to help strangers in the hospital navigate their way to an unfamiliar ward for a loved one is something that Sarah is always on top of. Beyond the hospital, Sarah channels her energy into maintaining a robust physical health regimen, regularly engaging in volleyball and gym sessions (including barre, spin, and weights). Her dedication to personal fitness not only underscores her commitment to a healthy lifestyle but also sets an example for her peers. Sarah's passion for humanitarian causes is evident through her active advocacy efforts. As a procedural representative on PARA, she utilizes her platform to champion initiatives that contribute to the greater good of society. Simultaneously, she takes initiative in organizing cooking classes for her friends and colleagues, fostering a sense of community and well-being outside the hospital walls. She reminds us all how to utilize all of the wellness resources we have access to, and routinely even sends us reminders or emails on PARA initiatives.

Despite the myriad responsibilities, Sarah excels as a resident physician, proving that a life well-balanced is not only achievable but enhances professional performance. Her multifaceted approach to life serves as an inspiration, showcasing that one can excel in a demanding career while actively contributing to personal, community, and global well-being.