



# RESIDENT PHYSICIAN OF THE MONTH

April 2024

## Dr. Abdulrahman Abuhaimed

Orthopedic Surgery  
University of Alberta

Coming from Saudi Arabia, my journey began at Imam Abdulrahman Bin Faisal University, one of the top medical schools in the region, which nurtured my passion for surgery and excellence.

Arriving in this remarkable country as an Orthopedic Surgery trainee at the University of Alberta, I now find myself as a PGY4 resident. Edmonton has become my home away from home, surrounded by remarkable colleagues who have evolved into cherished friends. Their passion and dedication to excellence inspires me to reach new heights, while their wit and camaraderie make each day a delight.

I'm incredibly grateful for the opportunity to learn from the most esteemed leaders in my field. Their mentorship has greatly improved my abilities and impacted me personally. They've been crucial in developing my professional and personal qualities and skills, teaching me the importance of excellence, compassion and commitment to caring for patients.

Beyond the hospital walls, my family is my rock. My wife, Sara, and our two beautiful daughters, Sama and Yara, fill my days with joy and bring light into my life. I'm also fortunate to have the unconditional love of my parents and brothers.

The combination of supportive co-residents, staff, friends, and family makes this very challenging journey not just achievable, but deeply rewarding.

Nothing beats waking up excited for work and coming home with the same energy, and that's the incredible atmosphere I find myself in.

Looking ahead, I hope to bring back the lessons and values I've learned at the University of Alberta to Saudi. I aim to champion wellness and resident wellbeing in medical training and education, enriching the lives of future healthcare professionals.

I'm grateful and humbled by this nomination, the opportunities I've been given, and the people who've supported me along the way.

## **A colleague had this to say about Dr. Abuhaimed**

Abdul was a very supportive mentor during my first few months of residency. He made every effort to get me up to speed with a new hospital, new province, and new electronic medical record system. While this definitely made things slower for him in the short run, he recognized that I would be a stronger member of the team if he invested some effort at the beginning.

Abdul is also a strong family man, that manages to balance the busy task of being a father (with two young daughters) with the intense demands of an orthopedic surgery resident. His mentorship in this regard was very helpful to me, a new father. While no surgical resident has an entirely healthy work-life balance, Abdul and his family make things work smoothly.

I have been told that Abdul was the Orthopedic surgery program wellness rep for three years prior to the start of my residency. During that time he organized for our program to receive new Endy beds in our call room, arranged for a new residents' retreat to Jasper, and planned for the residents to attend an Oilers game together each season.