



RESIDENT PHYSICIAN OF THE MONTH

August 2024

Dr. James Vallerand Respirology University of Alberta

Growing-up in Ottawa, I completed my Bachelors of Health Sciences and Masters Degree in Kinesiology at the University of Ottawa. I then moved to Edmonton to complete a PhD in Kinesiology at the University of Alberta before finally moving to Calgary for my MD, Internal Medicine and now Adult Respirology training at the University of Calgary.

Beyond medicine, my wife (Steph) and I are proud parents to our handsome six year old rescue pup (Binx) and are absolute sport fanatics. Since the start of the residency, I've become increasingly obsessed with trying to improve my golf game. I still maintain hope that this will translate into better scores on the course one day.

A colleague had this to say about Dr. Vallerand

I am happy to nominate James for the Resident Physician of the Month award. Fueled by an extraordinary devotion to patient care and an outstanding commitment to education, James encapsulates the quintessence of a well-rounded and empathetic resident physician.

In the realm of respirology, James consistently surpasses expectations showcasing genuine empathy and unparalleled attentiveness. He forges strong patient-physician bonds significantly contributing to positive patient outcomes in respiratory health. Taking the extra step, he educates patients about their respiratory conditions and treatment options empowering them to actively engage in their care journey.

When it comes to medical education, James emerges as a beacon of inspiration and mentorship. His enthusiasm for teaching shines through his interactive and comprehensive approach. Proactively sharing his clinical insights in respirology, he nurtures intellectual curiosity among junior residents and medical students to not only help develop clinical skills but also gain a profound understanding of patient-centered care.

Beyond his clinical and educational roles, James is also an avid golfer and his passion for the sport adds a unique dimension to his well-rounded lifestyle. Unwavering in his resilience, he adeptly manages his workload while offering support to colleagues, caring for his dog and spending time with his family and friends. His commitment to cultivating a positive work environment, prioritizing self-care and finding solace on the golf course sets a motivating example for all.

In acknowledgment of his steadfast dedication to patient care, unwavering commitment to respirology education and advocacy for well-being, James undeniably merits the Resident Physician of the Month Award. The ripple effect of his positive influence resonates across the hospital—nurturing a culture characterized by excellence and compassion in respiratory health. I wholeheartedly support his nomination and believe that he embodies the epitome of a resident physician with the finest qualities.