



Resident Physician of the Month
October 2015



Dr. Kevin Mowbrey
PGY 2, Plastic Surgery
University of Alberta

I grew up in Edmonton, completing my undergraduate degree in medical science and MD at the University of Alberta. Upon completion of medical school, I was accepted into the plastic surgery program at the U of A.

Throughout my training I had great exposure to superb mentors who taught me many great lessons about how to care for patients. As a surgical resident, I continue to marvel at the quality of our surgeons, and the emphasis they place on trainee education. Paying forward the kindness, patience, and dedication my teachers have shown me is one of my main priorities during my day-to-day training.

To balance the workload of residency, I enjoy taking advantage of the many outdoor activities Edmonton has to offer, including hiking, and mountain biking. I have two golden retrievers that I love to walk and throw the ball around with.

A colleague had this to say about Dr. Mowbrey:

"I had the pleasure of working with Dr. Mowbrey while on my plastic surgery elective in June 2015. Despite being in an incredibly demanding program, Dr. Mowbrey remains highly involved in research and guided me through a project of my own. In addition, Dr. Mowbrey was an outstanding teacher, guiding me through various procedures in the OR and ER.

Despite these great qualities, the main reason I was compelled to nominate Dr. Mowbrey is because of his calm demeanor, his compassion, and his dedication to patient care. There is no doubt that surgical programs can be grueling and exhausting, resulting in fatigued and frustrated residents at times. Despite these conditions, Dr. Mowbrey was incredibly patient, willing to teach, and above all, kind to all of his peers and auxiliary staff. His ability to relate to all patients and create a positive environment at times when they are the most vulnerable is inspiring.

On one particular occasion, a young girl who was terrified of needles and in excruciating pain was in need of a fracture reduction. Dr. Mowbrey guided her through the entire procedure, using humor and compassion to make the experience manageable and seamless for the patient, who subsequently thanked him to no end."

Another colleague had this to say:

"After emailing Dr. Mowbrey expressing my interest in plastic surgery, he kindly invited me to shadow him on one of his call shifts. Right from the start, Kevin went out of his way to show and teach me how the service works ranging from the most efficient way to round on patients in the morning, to how to write progress notes, post-op orders, and OR notes. He took time to teach me an approach to hand trauma, and the best way to perform a thorough consult. When we were consulted to do a bedside debridement, he was constantly teaching me an evidence-based approach to the procedure, in terms of local anesthetic dosages, and techniques for hemostasis. As our shift together ended, even though it had been a busy shift and he could have easily gone straight home for some much needed rest, Kevin took me for a coffee and we had a candid discussion on the pros and cons of choosing plastic surgery as a career. Kevin also went out of his way to provide me with contact info of staff members looking for med students to help with research, should I be interested. He also invited me back to shadow anytime I would like and gave me his contact information in case any other questions arose in terms of scheduling future electives, and which schools to visit. I felt Kevin exemplified several of the CanMeds competencies including medical expert, and communicator.

I hope that I will someday be able to be as stellar a resident as Dr. Mowbrey is, and through shadowing him, I have been inspired to strive harder in my studies to reach this goal. What amazed me was that as hard as he works when he is in the hospital, he emphasized the importance of having outlets that add balance to our lives. Kevin showed me pictures of his two dogs, whom he enjoys running with after work. I cannot think of a better, more deserving person for your resident of the month award as he works hard day in and day out to enhance to learning experience of medical students."

And finally:

"Kevin Mowbrey is an excellent candidate for the PARA Resident Physician of the Month Award. I first met Kevin when he gave a very insightful presentation to medical students about how to perform their best on surgery rotations. In addition to being an eloquent presenter, he was very friendly and approachable. He took the time to meet personally with me to provide me extensive guidance on how to successfully navigate the CaRMS process. Kevin gave me tips on writing my personal letters, asking for reference letters, preparing for interviews, and writing a professional CV. He also emphasized his most important tips on how best to make a good impression during away electives.

He was down to earth, patient, and very willing to help me, that day, and during subsequent meetings, emails, and text messages. I am very grateful for his time and mentorship despite his demanding residency schedules. Above all, I appreciated his moral support and the sense of confidence he instilled in me as I went through the stressful residency application process. He went above and beyond in coaching me to focus on my strengths and address my weaknesses. For example, while shadowing him, he led by example and showed me the importance of keeping the best interests of the patient at heart, and working hard to ensure they receive proper and compassionate care.

As I increased my clinical exposure, I have not forgotten the importance of being patient, generous with my time, and a positive role model for my peers. I hope to maintain these values as I transition into a resident over the next few months. In conclusion, Kevin is an exceptional role model for medical students. His professionalism and commitment to patient well-being and peer mentorship will continue to inspire many medical students. He is a most deserving candidate for the PARA Resident Physician of the Month Award.”

Congratulations Dr. Mowbrey!