



Resident Physician of the Month Recognition **Guidelines**

Objective: To improve resident physician well-being by recognizing and rewarding outstanding resident physicians who make exceptional contributions in their academic field while still maintaining their work/life balance.

Eligibility: All resident physicians, with the exception of PARA executive and board members are eligible to be nominated. Nominations can be submitted by fellow resident physicians, work colleagues, and anyone finding the recipient worthy of recognition. Nominations can be made by emailing the attached nomination form to para@para-ab.ca, explaining why the nominee merits recognition.

Nominees: The PARA Resident Physician of the Month nominee should be a resident physician who exemplifies a balanced lifestyle and well-being. She/he should be noteworthy in one or many of the following areas: academic accomplishments, research activities, social events, family life, athletic pursuits, and or community involvement and humanitarian service. Feel free to include any particular event or patient/co-worker encounter that made this person stand out as exemplary. A brief biography would also be helpful (place of birth, academic/personal history etc.).

Selection: When required, selection is through the PARA Nomination and Awards Committee.

Award: The Resident Physician of the Month will be awarded a prize preferably tailored to the individual valued at \$100.00 plus packaging postage etc. A letter of award will be sent to the Resident Physician recipient as well as their Program Director. ROM will be selected at the end of each month, for that month.

NOMINATE someone you know to be the Resident Physician of the Month!



Resident Physician of the Month Recognition Nomination Form

Nominator (include work location):

Name: _____

Hospital Site: _____

Relationship with Nominee: _____

Resident Physician of the Month Nominee:

Name: _____

Program: _____

Postgraduate Year: _____

Email: _____

Rationale: (Please describe below the reasons you are nominating this resident physician, including any academic or extra-curricular activities you see as pertinent to the resident physician nominee who exemplifies a balanced lifestyle and well-being [Max. 200 words].)

Submission information:

By Email: para@para-ab.ca Fax: 780-432-1778

By mail: PARA #340, 11044 – 82 Avenue
Edmonton, Alberta T6G 0T2