

November Resident Physician of the Month

DR. JAYLYNN ARCAND

Psychiatry
University of Calgary

I was born and raised in Saskatoon, SK. I completed my undergraduate degree at the University of Saskatchewan and pursued my MD after being captivated by Oliver Sack's depictions of clinical neuroscience. My fascination with the mindful brain continues through my residency training in psychiatry. I am grateful for the ability to work together with patients and for the opportunity to witness the resilience of so many people. I am passionate about translational research, clinical innovation, global health and cultural partnership. I balance my career with a deep love for my family, my dog, my cat, frequent trips to the mountains, regular Catan nights and proudly using all of my vacation days. I have found my success with the work/life balance is best measured by whether my spider plant is growing.



A colleague had this to say about Dr. Arcand:

"I have known her since she began residency in Calgary two years ago. As her chief resident I have seen how she is always keen to help others and volunteer to take on tasks in search of opportunities to grow.

Jaylynn has a focus on global health including how to support underserved populations, completing a certificate in global health prior to starting residency. Since starting residency she has been one of the key resident physicians involved in a partnership between the University of Calgary and the Catholic University of Health and Allied Sciences in Tanzania. Last year she was part of a team which taught over 400 medical students during their trip. She helped to develop a research project which focused on understanding how best to implement a curriculum that would allow the Catholic University of Health and Allied Sciences to teach this curriculum without Calgary preceptors, thus making it more sustainable.

Currently she continues to lead research activities for the project and is supporting her more junior peers who will be traveling, for the first time, with her. Jaylynn is extremely hard working, thoughtful and works to support her fellow residents including ensuring they feel safe and heard."