

## September Resident Physician of the Month

# DR. GABRIELA GILMOUR

Neurology

University of Calgary

I grew up in Victoria, B.C. and completed my undergraduate degree at McGill University. I then decided to move to Calgary for medical school to be closer to my family and have since made Calgary my home, staying here for my residency in Adult Neurology. I was particularly drawn to the program here due to the incredible neurologists and mentors, who prioritize residency education. I am now in my PGY 5 year and am planning a fellowship in Movement Disorders with a special interest in Functional Movement Disorders at the University of Toronto next year.

Outside of medicine, I enjoy spending time with my dog, Rita, a nervous chihuahua/miniature pincher who we adopted from the Calgary Humane Society! I also love playing board games and road trips to the Okanagan.

I am very honoured to receive this award. I spent the last year as one of the chief resident physicians for my program, during a time when we were faced with new challenges in the way of resident physician shortages and the COVID-19 pandemic. My incredible co-resident physicians made the job easy and I could not have done it without them.



A colleague had this to say about Dr. Durr:

*"It is my pleasure to nominate Gabriela Gilmour for the PARA Resident Physician of the Month Award. She is an exceptional mentor, natural leader and pillar to the Neurology residency program. She has devoted countless hours to building on our strong residency training program, advocating for our resident physician group throughout her tenure as Chief, mentoring junior resident physicians through their most daunting years of residency and educating medical students and off-service resident physicians at the bedside and through didactic teaching. Despite the demanding nature of these roles, she has excelled academically and has secured a competitive Movement Disorders fellowship position at the University of Toronto.*

*On top of these academic achievements, she still recognizes the importance of resident physician wellness and mental health, ensuring that all are aware of the resources available to them and how to access them. She is the first to organize social events and group outings to maintain the close cohesiveness of our team. I have been fortunate to get know Gabriela throughout medical school and residency and am proud to have trained with such an excellent colleague and friend. She will continue flourish as a brilliant neurologist and is very deserving of this award. "*