

November Resident Physician of the Month

DR. ZOYA ZAEEM

Neurology

University of Alberta

After completing medical school in the UK, I joined the neurology program at the University of Alberta. I'm currently a third year resident physician pursuing a Masters in Health Sciences Education through the Clinician Investigator Program. I would like to thank Dr. Vijay Daniels and Dr. Penny Smyth for their mentorship as my graduate supervisors.

I could not have made it here without the sacrifices of my parents. My family and I immigrated from Pakistan in 1993. My father went from practicing as a physician to working as a security guard and parking attendant while trying to obtain a residency match. During this time, my mother took on a position as a lab assistant and was our family's primary source of income. They overcame insurmountable odds all while raising their children and caring for their elderly mothers. Thank you for putting everything on the line so that our family could have a better future.

I would also like to thank my husband and his family for their unwavering support. Residency can be a gruelling time and I am fortunate to have such a strong support system. This includes my greatest blessing: my 18-month-old daughter Aasiyah.

I am humbled to receive this award but I already consider myself extremely fortunate to be a part of the neurology family at the University of Alberta. Thank you to all of the faculty members that have mentored me throughout the years and to my peers for nominating me.



A colleague had this to say about Dr. Zaeem:

"Dr. Zoya Zaeem is, without a doubt, one of the best resident physicians in creating a productive learning environment and advocating for the well-being of everyone. She has been involved in organizing the yearly welcome BBQ for incoming resident physicians, the graduation event for the PGY-5's, the team-building activities, and the yearly retreat. As a testament to her leadership skills, she has been nominated within the program to be the residency wellness representative and also the senior resident physician representative. Dr. Zaeem has helped develop an environment that fosters a sense of closeness within the residency group that almost resembled that of a family.

Zoya is currently engaged in a graduate master's degree in medical education with her thesis based in promoting well-being of resident physicians and creating productive healthy learning environments. Even as she is working through her graduate degree and dealing with a new addition of a child to her family, she continuously checks on those in her program to ensure everyone is well supported. It is with the highest commendation that I recommend her as the PARA Resident Physician of the Month in recognition of her contribution."