

March Resident Physician of the Month

DR. ALEXANDRA FROLKIS

Internal Medicine
University of Calgary



Born and raised in Milwaukee, Wisconsin, my move to Alberta after undergraduate studies was only intended to be six months. I lost track of time and ended up completing my MD and PhD through the Leaders in Medicine program at the University of Calgary and am currently an Internal Medicine resident physician in Calgary. I have been so lucky to have outstanding clinical and research mentorship throughout my training here in Alberta. The highlight of training, though, has been my amazing co-resident physicians from whom I learn and with whom I laugh every day. Likes include research and getting to know patients and the care team. Dislikes include eating finger foods after applying hand sanitizer.

When I'm not rewriting lyrics to popular music with medical themes, I like to spend time with family and friends, but in particular my scrumptious daughter who says, "hopipable" and my husband (among his many talents, he can pronounce hospital correctly). My next adventure will be starting Gastroenterology training here in Calgary with an incredible team of co-fellows and mentors. It's been a great six months!



A colleague had this to say about Dr. Frolkis:

"I had the pleasure of working with Dr. Frolkis many times during my internal medicine rotations as an off-service rotator. She embodies all the characteristics of a caring and compassionate physician and truly exceptional colleague. Dr. Frolkis was my senior resident physician in many overnight shifts and I was able to see firsthand her ability to handle acute situations and multiple competing tasks with incredible patience and grace. Alex is a true team player. During the COVID pandemic, many internal medicine teams had low "skeleton" team members. Alex would come to the ward and help with rounds whenever she was not busy as the emergency liaison senior. This was above and beyond what was required of her. She was also very attuned to the wellness of juniors, taking time to pause and reflect or take breaks for coffee. During a string of difficult nights with some emotionally taxing scenarios, she took the time to take me aside to talk and ensure I had support systems in place to help cope with the demands of residency.

I am continuously impressed by Dr. Frolkis's intellectual curiosity and passion for learning. She always seems excited to read and learn more. During the beginning days of the pandemic, she was by far the most up-to-date senior on the latest literature on how to manage COVID patients overnight as new data emerged. She also spoke passionately about her own research background; Dr. Frolkis is a true scholar who will no doubt contribute significantly to her field.

It has been an honour to know Alex and I am lucky to call her my friend. She is not only a brilliant physician but also a wonderful person and incredible role model for her daughter. I am certain she will continue to have a positive impact on countless people throughout her life and career."