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EXCELSIOR AWARDS 2025



Each year, Excelsior Awards are given to resident doctors who have contributed to enhancing their workplace or community through an innovative project. The awards are intended to recognize the residents' involvement and contribution. Five awards are made, one for each affiliated association (AMRM, ARM, AMReq, and AMReS), and a fifth for family medicine residents. Award winners receive a \$2,500 bursary and a certificate. Here are the recipients for the 2025 edition.



Dr Evan Dimentberg
*Association des médecins résident-e-s de Montréal
(AMRM)*

The 2025 Excelsior Award for AMRM goes to Dr Evan Dimentberg, an R1 in Pediatrics. While working on his Master's, he developed software with his supervisor, using artificial intelligence and 3D modelling to generate a precise model of the body from a 45-second video taken with a smartphone. They then tested it at the Montreal Children's Hospital. *Momentum Spine* is a digital healthcare tool for detection, diagnosis, and remote monitoring of spinal deformities. Dr Dimentberg is continuing his work by participating actively in its advancement through co-ordination of multi-centre validation studies in Canada, the USA, and Europe, which contributed to the software's FDA 510(k) and Health Canada clearance. Patients with scoliosis—mostly young teens—have double the life-time risk of contracting cancer, owing to the high number

of X-rays they have to undergo. *Momentum Spine* is a non-invasive, radiation-free tool, offering greater flexibility, since the test can be carried out from home. Dr Dimentberg is currently working on having the tool approved Canada-wide for standard care pathways.



Dr Owen Luo
Association of Residents of McGill (ARM)

The 2025 Excelsior Award for ARM goes to Dr Owen Luo, an R2 in Internal Medicine. He founded Project Green Healthcare/Projet Vert la Santé, the first practice community of its kind for learners in medicine, which promotes quality improvement of sustainable healthcare. The project offers grants to learner teams for establishing a training program on quality improvement of sustainable development and leadership. The project is now set up in medical schools across Canada, which have developed projects to reduce their carbon footprint and become ambassadors of this initiative. One project stemming from this initiative is a composting program in Trois-Rivières. The tangible results of these projects have been disseminated through different publications, including *The Lancet Planetary Health* and *The Journal of Climate Change and Health*, and have been presented at international conferences. Dr Luo has himself initiated the development and publication of a toolbox accessible to learners. To date, he has recruited an advisory committee and three cohorts.

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Dr Marie Laviolette

*Association des médecins résidents de Québec
(AMReQ)*

The 2025 Excelsior Award for AMReQ goes to Dr Marie Laviolette, an R2 in Family Medicine. She set up her project within the framework of a rotation at the university hospital in Majunga, northern Madagascar: training in targeted ultrasound (basic EDTU) for future general practitioners working in Emergency. The Emergency Department had received the donation of a Vscan handheld ultrasound device, but it was unused for lack of expertise. Once the doctors were trained, she offered theoretical classes and practical supervision on advanced cardiac, pulmonary, and renal ultrasound. To do so, she sought the collaboration of the EDTU course in Canada, which provided the pedagogical material online and allowed Canadian certification to be issued, without charge. On leaving Madagascar, she gave the Emergency Department there a brand-new ultrasound device, to ensure the sustainability of their learning. The goal of the project was to empower the clinicians on site and optimize patient management in Emergency. She points out that she herself also benefited from this rotation professionally, as it enabled her to overcome her feeling of impotence in the face of the conditions to which some care sites abroad are subjected.



Dr Laurence Delaney

*Association des médecins résidents de Sherbrooke
(AMReS)*

The 2025 Excelsior Award for AMReS goes to Dr Laurence Delaney, an R4 in Psychiatry. Her project involves implementation of a proactive, systematic approach aimed at reducing length of stays in Psychiatry. Unlike conventional methods, where management of stays is often carried out reactively, this project emphasizes early identification of modifiable factors from the moment the patient is admitted. It makes it possible to act rapidly to adjust treatments and interventions, thus optimizing patient management, while anticipating patients' needs early on. The approach began close to one year ago. Dr Delaney took part in all the activities concerning setting up the project, based, among other things, on a literature review, to better identify the factors influencing length of hospitalization on which the team could intervene. This enabled her to develop competencies in case management, health systems analysis, and research, to the patients' benefit. The project also fosters interdisciplinary collaboration. It enhances access to care for other patients, by reducing the length of hospitalization. It can have a positive impact on the costs associated with extended hospital stays, and favour patients' re-entry into their social and professional environment.

EXCELSIOR AWARD FOR FAMILY MEDICINE



Dr Laurence Gagnon

et Dr Jeanne Lavallée

*Association des médecins résidents
de Québec (AMReQ)*

The Excelsior Award for members in Family Medicine goes to Drs Laurence Gagnon and Jeanne Lavallée, both of them R2s. Their project: A partnership with Quebec's institute for excellence in health and social services (*Institut national d'excellence en santé et services sociaux*, or INESSS) to co-ordinate a CoMPAS approach—the French acronym refers to *Collectif pour les meilleures pratiques et l'amélioration des soins et services*, or Collective for best practices and enhancement of care and services. The goal of the project was to introduce a quality improvement collaborative (QIC) approach for care of patients with chronic obstructive pulmonary disease (COPD) at the GMF-U Maizerets University Family Medicine Group. The approach involves organizing workshops in reflective practice which the award winners designed and facilitated. This enabled them to identify the priority COPD-related problem, namely, patients' ignorance about managing their medication. The two recipients set up an interdisciplinary local committee focussing on working together with partner-patients to implement the identified changes. In this way, they were able to set up joint follow-up of patients suffering from COPD with the nurse clinicians in the clinic starting in fall 2024. As a bonus, the project considerably reduces the workload of resident doctors and referring physicians, owing to the component involving patient management by nurses (explanation of disease, pump dosage technique, non-pharmacological methods for managing COPD, etc.), a crucial issue in family medicine. The project has already shown a positive impact on the first patients, and has inspired other UFMGs to follow suit.

CONGRATULATIONS TO THE AWARD WINNERS!