

ANNUAL REPORT 2019-2020

Excelsior Awards 2020

EXCELSIOR AWARD 2020

The Excelsior Awards are normally announced on Resident Doctor Day, but for the 2020 edition things are a little different. Nevertheless, the FMRQ has awarded \$1,000 bursaries to each of four recipients. We invite you to take a look at their names, and the projects they submitted.

Family Medicine Award

Dr Claudel Pétrin-Desrosiers, University of Montreal

Dr Claudel Pétrin-Desrosiers is a family medicine resident. She has received an Excelsior Award for her commitment to the environment. In the past year, she launched a citizens' initiative to mobilize all Quebec health professionals in the struggle against climate change. In a few weeks, *La planète s'invite en santé* reached more than 1,500 doctors, nurses, nutritionists, and other healthcare stakeholders. As president of the *Association québécoise des médecins pour l'environnement* (AQME) — the Quebec branch of the Canadian Association of Physicians for the Environment — she is particularly interested in the healthcare system's green transition. Through her lobbying of various organizations and media, she asserts that it is possible to be a socially engaged physician with a balanced lifestyle.



Award for Laval University

Dr Marc-Antoine Turgeon and Dr Guillaume Carrier



Drs Turgeon and Carrier are family medicine residents. They have created a bank of different physical examination templates and built a medical imaging bank, including the approximate cost of tests. Initiated in July 2019, this project aims to optimize familiarization with the electronic medical record, in a context of family medicine resident training. It makes it possible to match the clinical structure for physical examinations with a

statistical information source for different parts of the physical examination, while including the notion of appropriate use of the diagnostic tests associated with the different imaging and laboratory tests. Their project was taken up again by the R1 colleagues this year, and one of the project initiators, Dr Turgeon, plans to continue the work in the university family medicine group where he will be practising.

Award for McGill University

Dr Sara Cohen-Fournier

Dr Cohen-Fournier is a psychiatry resident. Over the past year, she has put in place several projects to strengthen the links between the McGill University Psychiatry Department and the Greater Montreal community. Her most ambitious project was to set up a community psychiatry rotation. This initiative led her, her resident colleagues, and teaching physicians to practise with marginalized women from vulnerable communities (First Nations) in a more flexible environment, outside more formal institutions. She notes that this even prompted a number of staff physicians to continue providing community services, something they had not done for 10 years or so. And her colleagues agreed on the unique opportunity represented by this rotation within the framework of their training. Some even believe this type of initiative helps reduce the number of ER visits, because intervention and management of chronic conditions are carried out in the community.



Award for University of Montreal

Dr Jean Cournoyer-Rodrigue

Dr Cournoyer-Rodrigue is a Diagnostic Radiology resident. In the past few years, he has created a pedagogical reference document for clinical clerks and non-Radiology residents, to help them gain more from their Radiology rotation. The document brings together the most helpful pedagogical radiological resources available online. It contains links to basic Radiology concepts, Canadian and U.S. recommendations for requesting radiological examinations, references specific to each medical specialty, and other resources and helpful mobile apps. His document was deployed in the University of Montreal Radiology curriculum, and will shortly be used at Laval University and the University of Sherbrooke. This is the first pedagogical project carried out in Quebec aiming to offer a comprehensive pedagogical reference tool that is free of charge, and accessible everywhere at all times.



***Our sincere congratulations
to the Excelsior Award 2020 recipients!***