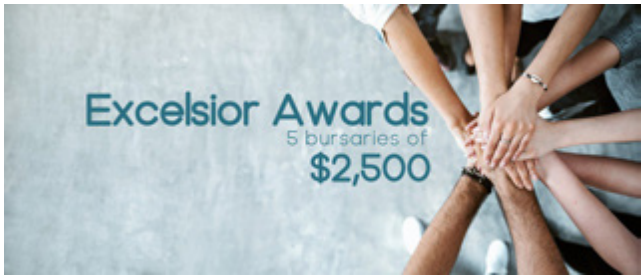
6.

2026 EXCELSIOR AWARD WINNERS



At Resident Doctor Day, May 1, 2026, the FMRQ paid tribute to six residents who had received Excelsior Awards for projects they have carried out during their residency. These projects have to foster wellness in their respective training sites or communities. The recipients of the five projects are given a certificate of recognition, along with a cheque for $2,500.

Dr Jeremy Levett
PGY-3 in Cardiac Surgery

Dr Jeremy Levett is a PGY-3 in Cardiac Surgery, and the creator of Stenoa, a digital health platform designed to address one of the most critical challenges in modern healthcare: the co-ordination of time-sensitive, high-acuity care across complex systems.

Developed in Quebec, Stenoa builds mission-critical infrastructure for care co-ordination, communication, and real-time analytics, enabling seamless collaboration among pre-hospital teams, referring centres, and tertiary care hospitals.

The project originated as a reaction to workflow inefficiencies that were directly impacting patient outcomes, physician workload, and the quality of resident training. Today, Stenoa is actively deployed in more than 10 hospitals across Quebec and has supported the care of more than 3,500 patients with acute myocardial infarction.

Dr Levett led the development of the project from its inception to its implementation in care sites. The project was born from his direct experience as a resident physician, where he observed how fragmented communication systems and administrative inefficiencies contributed to delays in care, worse outcomes for patients, and increased costs for the healthcare system.

Stenoa advances the medical profession by improving the efficiency, reliability, and quality of care delivery in time-sensitive situations. It provides clearer clinical workflows, better access to real-time information, and reduced administrative burden, thus allowing practising physicians and resident doctors to focus more closely on clinical reasoning and patient care.

Dr Valery-Drice Tchomba
PGY-5 in Psychiatry

Dr Valery-Drice Tchomba is a PGY-5 in Psychiatry. His project aims to improve anti-racism approaches in medicine through the implementation of SMART (Self-Assessment for Modification of Anti-Racism Tool), which has been implemented in the Psychiatry Outpatient Clinic at Notre-Dame Hospital. This initiative builds on an observation that is already well documented: implicit bias in health professionals contributes to health disparities and affects the quality of care delivered to patients from ethnocultural minorities.

The SMART tool is used to conduct a structured assessment of the organization's anti-racism efforts by means of a standardized questionnaire exploring the different dimensions of systemic racism. Dr Tchomba developed and gave presentations to equip health professionals with tangible self-assessment and intervention strategies. He has since given some 20 talks across Quebec to present the tool, notably at the FMOQ's annual conference, and for the University of Montreal Family Medicine and Emergency Department annual faculty development day and the Equity, Diversity, and Inclusion Day (*Journée EDI*) of the Quebec Association of Psychiatrists (AMPQ) aimed at department heads. This local project has quickly become a lever for mobilization to move practices forward toward delivering medical care that is more inclusive, more reflective, and fairer.

Dr Tchomba's project has reached different Psychiatry, hospital, university, and interprofessional sites, as well as professionals from different areas, in particular in Family Medicine, Emergency Medicine, Microbiology, Vascular Surgery, and, of course, Psychiatry. It also led in 2023 to public acknowledgment from the AMPQ of the existence of systemic racism in our care sites.

Dr Tchomba was recognized for this contribution in 2024 with the Leadership and Engagement Award of the Quebec Association of Psychiatrists (AMPQ), in which he is currently involved, and in 2025 he received the Medical Council of Canada's Dr. M. Ian Bowmer Award for Leadership in Social Accountability for his commitment toward more inclusive medicine.

Dr Tchomba hopes this approach will lead in the longer term to the emergence of a professional culture that is kinder, more reflective, and better equipped to address issues of equity, cultural safety, and representation in care settings.

Dr Kelin Gascon-Kimpton
PGY-4 in Physical Medicine and Rehabilitation

Dr Kelin Gascon-Kimpton is a PGY-4 in Physical Medicine and Rehabilitation. She set up an adapted paddleboard competition, in conjunction with Adaptavie, an organization whose mission is to provide adapted services and contribute to research and innovation, in order to maintain and enhance the wellness and autonomy of individuals living with functional limitations. The project consisted of a fun relay race with segments interspersed with questions about physical activity and drowning prevention. For this first experience, Dr Gascon-Kimpton had recruited 20 participants and volunteers. The activity brought together two Physiatry residents, kinesiologists, physiotherapists, volunteers, and people with physical disabilities. She plans to recruit fellow residents to ensure that the event continues to be held in future years.

Having worked as a lifeguard, she felt the safety aspect of the activity was essential. She found sponsors for the event herself, and created information workshops with educational capsules on the benefits of physical activity and on safety in and on the water for the general public.

This experience also gave her the opportunity to tell people about the Physical Medicine and Rehabilitation specialty, and she intends to contribute to fighting *ableism*, which consists in having a lower opinion or negative beliefs about individuals living with physical disabilities.

Dr Noushin Roofigari and Dr Malou Bourdeau
PGY-3s in Pediatrics

Drs Noushin Roofigari and Malou Bourdeau, both PGY-3s in Pediatrics, set up an innovative project that addresses implicit bias and microaggressions through an interprofessional simulation-based intervention rather than through traditional teaching alone.

Many educational initiatives in this area focus normally on awareness, but the project of Drs Roofigari and Bourdeau goes further, by helping participants build practical skills to recognize and respond to different situations using realistic scenarios from pediatric practice.

The sessions provide an opportunity to reflect, share perspectives, and discuss how these experiences can affect both healthcare workers and patients. The project also allows for follow-up evaluation over time, helping to consolidate acquired knowledge.

Both residents were involved from the outset, including with the literature review, to find out what had been done and what had not been considered to date. They developed simulation scenarios built around clinical pediatric practice. Their involvement is rooted in advocacy, collaboration, and a commitment to improving residents' everyday experience.

In the coming months, they will continue to lead the next phases of the project, including the six-month follow-up following implementation, expansion to other care units, and preparation of a manuscript so that other programs may benefit from and build on this work to improve the model further.

Drs Roofigari and Bourdeau believe this approach will be beneficial not only for patients, but also for ensuring a sense of safety, belonging, and wellness among pediatric residents and other healthcare workers involved in pediatric care.

Dr Georges Najem
PGY-1 in Family Medicine

Dr Georges Najem is a PGY-1 in Family Medicine. As part of his commitment to innovation in medical education, he founded ÉchoNova, an initiative aimed at transforming how ultrasound is learned in medical training. He maintains that, despite the growing importance of point-of-care ultrasound (POCUS), access to learning this tool is difficult for many resident doctors in Quebec, owing to limited resources and practical opportunities.

ÉchoNova stands out for its immersive approach, as it involves a full eight-hour day during which participants actively explore the world of ultrasound. They practise different types of image acquisition with each other, including cardiac, abdominal, and obstetric views, under the supervision of experienced instructors. This is supplemented by talks given by Emergency and Critical Care physicians, who help integrate the techniques learned with real clinical situations. Also, incorporating emerging technologies, particularly of AI-assisted acquisition stations, exposes participants to future developments in medical practice.

A first edition was successful at the CHUM. A second is planned in the near future at the University of Montreal, and is already fully booked. Dr Najem hopes to democratize access to these essential skills and inspire his peers to innovate in medical training.

Dr Najem led the project from conception to implementation.

He emphasizes that ÉchoNova also has a positive impact on resident doctors' wellness by providing a stimulating, collaborative, non-intimidating learning environment which helps reinforce clinical confidence, reduce the stress associated with learning new technical skills, and foster a feeling of competence and autonomy.

WARM CONGRATULATIONS TO THE AWARD WINNERS