



RIO Day 2026

Congratulations to our Resident Award Recipients!

2026 Family Medicine Resident Scholarly Project (FMRSP) Award Recipients

Top Research Project and winners of the Dr. Campbell T. and Pat Lamont Award

- **Dr. Christopher Gupta and Dr. Tyrus Gibson:** *“Would you PCC WDMH or TOH for your line? A retrospective chart review on complication rates following PCC line placements at a rural community hospital”*
 - Supervisor: Drs. Adam Jones-Delcorde & Trish Moussette

Best Quality Improvement/Program Evaluation /Medical Education

- **Dr. Andréa Rondeau-Brown:** *“Changes in self-reported physical activity among Ottawa Family Medicine Residents: a Wellness-Focused Quality Improvement Needs Assessment”*
 - Supervisors: Drs. Christiane Kuntz and Shirin Lal

Best Literature Review

- **Dr. Nora Shero:** *“A narrative review of the effectiveness of pain management strategies during IUD Insertion and endometrial biopsies”*
 - Supervisor: Dr. Manon Denis-Leblanc

Best Survey

- **Drs. Nina Varah and Rachel Aubry:** *“Women’s Inner City Primary Care Pilot Clinic: A Needs Assessment”*
 - Supervisor: Dr. Christine Saunders

Best Room Presentation Award Recipients

- **Drs. Alexandra Pierce & Erin Smith** — *“Worth a Shot: Examination of the rate of HPV immunization in individuals outside of mandatory school vaccination periods as a part of primary care and disease prevention”*
- **Dr. Claire Neilson** — *“Sleep and Sugar: the effect of poor sleep quality on diabetes”*
- **Drs. Catherine Jany & Maira Magsi** — *“Optimizing Cancer Diagnosis Pathways in the Emergency Department: Identifying Gaps and Improving Referral Processes at The Ottawa Hospital”*
- **Dr. Lucas Corallo** — *“Development of Interactive Online Tool for patient-centered counseling on the 2023 Canadian Alcohol consumption guidelines”*



Best PGY3 Projects

- **Dr. Emi Vargatho:** *“Deliberate self-harm and suicide in individuals with cannabis related hospital contacts in Ontario, Canada”*
 - Supervisor: Dr. Melanie Willows
- **Dr. Marielle Darnley:** *“Expanding primary care knowledge related to interventional management of chronic back pain in older adults”*
 - Supervisor: Dr. Bradley Godwin
- **Dr. Madi Jenkins:** *“Relative Energy Deficiency in Sport: A Narrative Review of Identification and Diagnosis in the Clinical Setting”*
 - Supervisor: Dr. Lindsay Bradley

New Resident Awards Launched in 2026

- **Dr. André Valle Mussi Cruz:** Advocacy & Social Accountability | Responsabilité sociale et la défense des intérêts
- **Dr. Rachel Aubry:** Commitment to Comprehensive Care | Engagement envers les soins complets
- **Dr. Andréa Rondeau-Brown :** Wellness & Peer Support | Bien-être et soutien entre pairs
- **Dr. Brent Deveau:** Educational Innovation | Innovation pédagogique
- **Dr. Andrea Barker Odhiambo:** Engaged Learner | Apprenant engage
- **Dr. Janet Wilson:** Professionalism | Professionalisme
- **Dr. Joseph Maclsaac:** Teaching Excellence | Excellence dans l’enseignement

CFPC Family Medicine Resident Leadership Award | CMFC Prix de leadership pour les résidents en médecine familiale University of Ottawa Winner | Gagnant(e) Université d’Ottawa

- **Dr. Andréa Rondeau-Brown** (Community)