

Dear OMSA Award Committee,

I am submitting this letter to nominate Angela Dong for the OMSA Hidden Hero Award as I believe that she has not only met but exceeded in all capacities both the criteria and spirit of this award.

Throughout medical school, she has constantly endeavoured to support her community, at both local and national levels. Educationally, even since her first year here at McMaster University medical school (2019), she has been involved with many student-led organizations. For example, she has co-chaired both the Anatomy and the Innovation interest groups, hosting anatomy 'bellringers' and inviting local entrepreneurs to speak, respectively. She has also continued to give back to her university's overall student community, by mentoring an undergraduate student through the McMaster Medical Student Research Day mentorship program, but in addition she expanded to help undergraduates Canada-wide, as a MedX research conference panel speaker, and soon teaching the upcoming HOSA Neurological H&P Workshop (2021).

In line with this expansion towards national initiatives, she has also strived to support wellness at a systematic and national level. For instance, she was an ambassador for the CMA Physician Wellness Conference, and later became a founding member of the CFMS Health Human Resources Task Force (2019) where she helped develop a website that forecasts gaps in the national physician workforce. This program helps senior medical students plan not only their CaRMS applications but also their careers at large, both of which can be significant areas of stress and anxiety and thus benefit from this information transparency.

On the note about careers, she has also helped support local innovation. With the redeployment of community physicians to emergency departments, Angela rose to the challenge and collaborated with Hamilton emergency physicians to write the CanadiEM Frontline Primer to help redeployed physicians review up-to-date information on common emergency department conditions. More broadly, she has also helped provincially by judging and providing feedback to healthcare startups at the virtual Delta Hacks event.

In addition to the above, she has always been a strong advocate for the better living situation of all those around her. This is clearly demonstrated by her consistent involvement with government leadership, including Hamilton's Municipal Day of Action (2019 & 2020), advocating for more homelessness support during the COVID-19 pandemic, and CFMS' National Day of Action (2020), advocating for universal contraceptive access. Finally, she has most notably recognized the on-going gap between frontline workers (i.e. physicians) and policymakers (i.e. government), and thus created the MD-MP Apprenticeship organization, which continues to grow, and already includes members from all medical school years and MPs from all major parties across Canada.

In summary, Angela Dong is a leader and active member in her community. She has demonstrated a longstanding commitment to improving the lives of all those around her, whether through local projects or national committees. She understands that people are truly our future and as such, I hope that you will strongly consider her for the OMSA Hidden Hero Award.

Thank you for your consideration.