

## **Helen Cuddihy, MD, CCFP, FCFP, FRACGP**

Dr. Helen Cuddihy is an experienced, innovative and authentic leader in her 25th year of front-line and senior administrative practice. She has centred her clinical work on child, adolescent, and women's health, with a special interest in mental, reproductive, and physician health. In contrast, she has focused her administrative work on organizational and staff development, innovative service delivery models, and sound fiscal and clinical management. A firm believer in the power of the medical home, Dr. Cuddihy seeks to embody a patient-centric, multidisciplinary approach that aims to maximize outcomes through competency, compassion, and care.

Dr. Cuddihy was born in Montréal and spent part of her childhood in Grand Tracadie, Prince Edward Island. She graduated from the Université de Sherbrooke's Faculté de Médecine in 1998. While completing her residency at Dalhousie University, Dr. Cuddihy had the opportunity to work throughout the Maritimes in both urban and rural settings.

Following her residency, Dr. Cuddihy worked as a full-scope family physician in Edmonton, Alberta, in outpatient clinic, hospital, emergency room, and shared-care obstetric settings. During her early career, she was part of Edmonton's first hospital care team, which was designed to improve orphaned patient care in the hospital setting. Dr. Cuddihy next worked overseas for six years as a family physician in Australia while teaching and researching in the areas of clinical competence evaluation methodologies and assessment of trainees learning needs. She returned to Edmonton in 2006 to start the Centre de Santé Communautaire Saint-Thomas in the heart of Edmonton's francophone community, where she has been providing care to the francophones and the surrounding area's diverse population ever since. Dr. Cuddihy has also spent her time developing education, health promotion and outreach activities in partnership with the multiple francophone organisations within the greater community.

In addition to her clinical work, Dr. Cuddihy joined the College of Physicians and Surgeons of Alberta (CPSA) as a Senior Medical Advisor in Competency and Assessment in 2012 and moved to the Colleges' physician health monitoring department in 2014. In this latter role, Dr. Cuddihy has seen firsthand the challenges urban and rural doctors face and the value of the medical home.

While a seasoned clinical practitioner, Dr. Cuddihy also offers extensive administrative and governance experience. Dr. Cuddihy served as a resident member of the *Canadian Family Physician's Journal* editorial advisory board, and as Chair of the resident section of the CFPC. During this time she also sat on the Medical Society of PEI as a resident representative. She next contributed to the CFPC key features for the Certification exam working group and as a Mainpro reviewer. Dr. Cuddihy has been a Certificate of Added Competency and Fellowship reviewer for many years and sits on the Alberta College of Family Physician's Continuing Professional Development Group's Advisory Committee. Dr. Cuddihy was a member, then Vice-Chair of Edmonton's South Side Primary Care Network's Board of Directors for eight years. Since 2006, Dr. Cuddihy has been the Centre de Santé Communautaire Saint-Thomas' Lead Physician

and, since 2013, President and Secretary of the Centre's non-profit governing group. During this time, Dr. Cuddihy further refined her governance skills while contributing to academic and trainee curricula. She currently holds an appointment as an Assistant Clinical Professor at the University of Alberta.

At her core, Dr. Cuddihy enjoys being a family doctor, caring for patients, their families and her peers as a physician and family support provider. Her work has demonstrated an authentic desire to make a difference and give back to her profession. She enjoys mentoring medical students, residents and allied health professionals. She hopes to help her students and trainees find the same passion for family medicine she did, surrounded by her many mentors and teachers.

Dr. Cuddihy understands the challenges we face as practitioners and as a profession. Over the past two years, physicians have stretched themselves beyond capacity to meet the unprecedented challenges of the global pandemic. During this time, physicians have experienced unprecedented demands and expectations and the need to radically and rapidly rethink how they deliver care all while maintaining a high standard of care. These challenges have been accompanied by shifts in government, patient, and public relationships and enveloped in an atmosphere of extreme uncertainty and heightened risk. Moving into the post-pandemic world, Dr. Cuddihy believes members have a generational opportunity to apply the hard lessons we have learned to better shape our profession and practices. While realistic about the challenges we face, Dr. Cuddihy remains steadfast and optimistic that members have the heart, courage and dedication to help bring the profession forward into a brighter, healthier and more rewarding future for all.