

# Alberta Doctors' Digest

## Shine A Light: Dr. Abdul Tabani

In their darkest hours, people need a light to guide them to hope. For many of his patients, Dr. Abdul Sattar Tabani is this light, and one of his colleagues felt he should be recognized for it.

"I am honoured to write this letter to nominate Dr. Tabani for recognition for his exceptional patient care and unwavering dedication to the most vulnerable and marginalized members of our community. As a family physician, Dr. Tabani consistently goes above and beyond for his patients, particularly those in the forensic and civil mental health systems. His compassionate approach, combined with his medical expertise, has made a profound difference in the lives of those he serves.

Dr. Tabani's patient base often includes individuals who face significant challenges, such as homelessness, complex medical conditions and severe mental health issues, which can sometimes manifest in violent behaviour. Despite these difficulties, Dr. Tabani treats each patient with respect, empathy and dignity. His commitment to delivering exceptional care extends beyond standard practice; he consistently collaborates with community physicians and organizations to secure necessary treatments and resources for his patients, ensuring they receive the support they need, even when it involves navigating financial barriers.



"Addressing patients' acute and chronic physical health conditions, which impact their mental health, is the most rewarding part of my work."

- Dr. Abdul Tabani

Dr. Abdul Tabani

What truly sets Dr. Tabani apart is his willingness to go the extra mile for his patients. He makes himself available to them at all times, even on weekends, and provides assistance in any way he can. His dedication to patient advocacy is evident in his efforts

to address their needs holistically and to advocate for their best interests. This patient-centric approach is a testament to his exemplary leadership in the medical field.

Dr. Tabani's commitment to providing exceptional care and support to his patients, regardless of their socioeconomic status, is truly inspiring. His passion for helping those in need, combined with his outstanding medical skills, makes him a role model for other health care professionals. I wholeheartedly recommend Dr. Tabani for recognition, as he embodies the values of empathy, advocacy and excellence in patient care.”

Dr. Tabani was happy to share more of his story.

### **How long have you been practicing medicine?**

I've been a physician for over 30 years and have had the opportunity to practice medicine in Pakistan, Ireland, England, Saudi Arabia and Canada. During my family medicine residency at Aga Khan University Hospital in Karachi, Pakistan, I received the prestigious World Organization of Family Doctors Award in June 1998.

### **What areas have you focused on in your practice?**

My main areas of focus have been general practice and preventative and occupational medicine. Most recently (since March 2020), I have been working as a general practitioner at Alberta Hospital Edmonton.

### **What drew you to this type of work?**

My background in general practice and diploma in clinical psychiatry (DCP-RCPI) has enabled me to diagnose conditions that result from underlying diseases affecting my patients' mental health. Although my patients are often hospitalized because of mental health concerns, addressing their physical health has helped me improve their overall well-being.

### **What do you find most satisfying about your work?**

Many of my patients have been unable to seek medical care because of socioeconomic constraints. This leaves patients without adequate health screening and vulnerable to developing chronic diseases. Addressing patients' acute and chronic physical health conditions, which impact their mental health, is the most rewarding part of my work.

### **Any final thoughts?**

I am extremely grateful to my colleagues and hospital support staff for helping me fulfil my role. The relationships I have developed allow me to do my best for each of my patients.

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## About The Shine A Light Program

The Shine A Light Program recognizes and profiles AMA member physicians who are making a difference by:

- Spearheading projects that improve patient and/or community life
- Diligently following/tracking patients to ensure coordinated care
- Contributing to Alberta's vision of a high-performing health care system

We're looking forward to your [nominations](#) and to shining a light on physicians who put Patients First® in everything they do.