

Alberta Doctors' Digest

Shine A Light: Dr. Jodie Oosman

One of Dr. Jodie Oosman's patients says she can't find enough words to describe how amazing and compassionate Dr. Oosman is. The patient appreciates Dr. Oosman's patient-centred approach and how they work as a team to manage her mental health.

Here is an excerpt from her nomination letter:

"Another doctor noted to me that she is a forward thinker, compassionate and it's not very often she comes across a psychiatrist with her approach ... I happened to stumble upon [Rate Doctors](#) in Alberta and noticed that many patients view her in the same light as myself. She goes above and beyond to check in on me even if we don't have an appointment. She makes me feel like a special human regardless of my diagnosis and being Metis. I never feel judged by her. She mindfully listens to what I have to say. Her interpersonal skills are superb. She has a unique ability to connect with me and never makes me feel subpar. She isn't pretentious and views me as a specialist in my own right. If she doesn't know the answer to something she says that's a good question and will look into an answer. She is humble, respectful, knowledgeable, trustworthy and compassionate. She definitely exhibits integrity, ethics and truly is a well-rounded doctor. I hope you consider her for an award or at least provide her with accolades as she truly is a gem of a doctor."

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- Dr. Jodie Oosman



Dr. Jodie Oosman

Here's some more information about Dr. Oosman.

Have you always worked in psychiatry?

Yes, I've been practicing psychiatry since I finished residency in 2001. I see patients in my own practice and have consulted at several psychologists' offices as well as at Student Health Services at the University of Calgary. I'm currently looking forward to working with family physicians as part of the Alberta Health Services Shared Care program.

Why did you choose psychiatry?

The brain has always been of the most interest to me, and in medical school I was deciding between neurology and psychiatry. I chose psychiatry because it offers opportunities to help patients in a variety of ways including by simply listening compassionately and providing a safe space for patients to share experiences they may not have shared with anyone else. We have the opportunity to de-stigmatize mental health symptoms as we are gathering this information to try to provide help which can mean a lot to patients.

What's most satisfying about your work?

This is probably true of many areas, but it's rewarding to work one-on-one with patients and develop a relationship over time, observing the course of their illness and the factors that influence it which provides a rich understanding of each patient's experience.

You are beginning work in Shared Care. Why are you choosing to do that?

I work with the AMA's Physician and Family Support Program, and it's shown me the difficulties family physicians are facing. Hearing those stories has motivated me to want to do what I can to support them in their practices. I think I'll be able to help more patients this way as well.

About The Shine A Light Program

The AMA's Shine A Light Program allows individual patients or community members to recognize AMA member physicians for:

- Providing exemplary care that made a difference in a patient's life.
- Spearheading projects that improve patient and/or community life.
- Contributing to a high-performing health care system.

Do you know a physician who goes above and beyond to care for his/her patients? You can [nominate them](#) for the Shine A Light program on the AMA website.