

Alberta Doctors' Digest

Shine A Light: Dr. Tim Collins

The AMA's Shine A Light program celebrates physicians who make an extraordinary difference in the lives of their patients and communities. One recent nomination shines a spotlight on Dr. Tim Collins, whose dedication and compassion have shaped countless lives over the course of his career.

A life-changing gesture

Many years ago, after a traumatic car accident, a Lethbridge woman found herself in urgent need of a family physician. Despite having a full practice, Dr. Collins volunteered to take her on – a gesture that would change the course of her life.

Over time, he helped her heal in ways she never thought possible, including reaching a point where she no longer needed pain medication. She wrote in her Shine A Light nomination:

“He helped me manage my mental health after brain hemorrhaging, something I never thought possible. I found the courage to start a family and have two healthy girls. He was so dependable and caring when my extended family experienced loss, and when friends decided to grow their families. Although he’s [closed] his practice, he will be greatly missed. I truly believe he deserves recognition for his outstanding career.



Dr. Tim Collins

“I didn't realize the difference I'd made until I started closing my practice. It was only then that I saw the effect I'd had on people in this community – whether patients or their families. It was humbling.”

- Dr. Tim Collins

From South Africa to Saskatchewan

Dr. Collins began his medical journey in South Africa, graduating in 1989. After serving in emergency medicine during mandatory military service, he came to Canada in 1994 for what was meant to be a short locum in Hudson Bay, Saskatchewan – a four-month commitment that turned into a decade. There, he practiced full-spectrum rural medicine, from obstetrics and emergency care to geriatrics and chronic disease management.

“We loved it,” he said. “It was a good place for family medicine – comprehensive care across all stages of life.”

Building a practice and leading change

In 2004, Dr. Collins moved to Lethbridge, where he spent the next 20 years building a thriving family practice. He emphasized a relationship-based approach to care, focusing on the whole person – not just their symptoms.

“I always encouraged my nurses to learn something meaningful about each patient,” he said. “It helps build trust and connection.” His patients noticed the difference.

He also played a key role in developing Campbell Clinic South into a team-based care model, coming close to realizing the full Patient Medical Home vision. Beyond his clinic work, Dr. Collins served in the Chinook Primary Care Network for 15 years, including time as chair and chair of the finance committee – roles he found deeply rewarding.

Looking back and moving forward

Reflecting on his career, Dr. Collins shared:

“I didn’t realize the difference I’d made until I started closing my practice. It was only then that I saw the effect I’d had on people in this community – whether patients or their families. It was humbling.”

Though he closed his family practice in March 2025, Dr. Collins continues to serve the community, now as an operating room assistant and medical director at the University Health Centre, maintaining his dedication to patient care while making space for a little more time for himself.

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 the following:

- 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.

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