

Alberta Doctors' Digest

Shine A Light: Dr. Laila Naheed

The AMA's Shine A Light Program celebrates physicians who make an extraordinary difference in the lives of their patients, communities and colleagues. Dr. Laila Naheed, nominated by a health care colleague, is known for her thorough, compassionate and evidence-based care.

As Dr. Naheed's nominator noted, "I am very grateful and at ease whenever she is on shift with me."

How long have you been practicing medicine?

"I've been practicing medicine for about two years. After graduating from Harry Ainlay High School in Edmonton, I pursued my medical education in my home country of Pakistan. Following medical school and a one-year mandatory internship with rotations across multiple disciplines, I returned to Canada and was fortunate to begin working as an associate physician in general internal medicine in early 2025. Over the past year, I have gained valuable experience managing complex patient care and collaborating closely with multidisciplinary teams."



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- Dr. Laila Naheed

Dr. Laila Naheed

What is your area of practice?

My current area of practice is general internal medicine at the University of Alberta Hospital.

Why did you choose this specialty?

“I chose this specialty because it allows me to provide patient care in a comprehensive and holistic way. Internal medicine is unique in its focus on complex problem-solving, integrating knowledge across multiple systems and addressing both acute and chronic illnesses. It challenges me to think critically, prioritize effectively and tailor care to each patient as an individual. Working with multidisciplinary teams and multiple subspecialties further enhances this approach and helps me continuously refine my clinical reasoning.”

“What I find most rewarding is being part of my patients’ journeys and seeing the positive impact that thoughtful, coordinated care can have on their lives. Being part of an acute care response team is particularly fulfilling, as it highlights how clear communication, timely decisions and focused interventions can significantly improve a patient’s comfort and outcomes. Internal medicine truly embodies the balance of intellectual challenge, human connection and meaningful patient impact.”

What do you find most satisfying about your work?

“What I love most about my work is the human connection. It is a privilege to be invited into some of the most personal and vulnerable moments in patients’ lives, to hear their fears and hopes and to advocate for them while exploring the best ways to help.”

“One moment that really stayed with me happened during a night shift when a patient was struggling to breathe. After assessing them and starting the appropriate treatment, their condition stabilized. A week later, I ran into the patient again and they stopped to thank me. This seemingly routine experience reminded me of the immediate and meaningful impact our work can have.”

“I also deeply value the teamwork in internal medicine. I work closely with nurses, residents, attending physicians and allied health staff. We constantly learn from each other, share the challenging moments and the small victories. This sense of collaboration and support is a big part of why I find this work so rewarding.”

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 their patients? You can [nominate them](#) for the Shine A Light Program on the AMA website.