

Dr. Aida Sadr

FAMILY PHYSICIAN, VANCOUVER COMMUNITY

In addition to being a regular front-line clinician in a number of vulnerable population clinics such as the Downtown Eastside Connections Clinic, Dr. Sadr works as a hospitalist with the St. Paul's Hospital Urban Health Unit, and is a clinical instructor with the UBC Faculty of Medicine.

At the onset of the pandemic, Dr. Sadr volunteered to be one of the DTES Connections Clinic's COVID-19 lead physicians, and was instrumental in the implementation of IPAC, PPE and assessment workflows and pathways. This allowed the program to stay open and fully operational, providing direct, in-person care every single day of the pandemic (including weekends and holidays!).

Dr. Sadr moved to Canada from Iran at age 9. She has two children, and has been working in the DTES since 2008 and at Vancouver Coastal Health since 2014. She is an advocate for work-life balance for women and an all around inspiration!



What advice do you wish you'd had at the start of your career?

"I wish someone had told me that although it is challenging to cultivate and maintain strong work-life boundaries in medicine, it is an essential skill worth honing - learn it, practice it and try again when you fail at it. I've learned and relearned this lesson in multiple different ways as I have navigated motherhood and my career, and I expect to continue working on this tricky balance for years to come."