

## ...proudly announces the Physician, Midwife or Nurse Practitioner of the month for February 2025:

### Dr. Lisa Heidt, Emergency and Addictions Medicine Specialist



The VJHPS is pleased to announce **Dr. Lisa Heidt as February's 2025 Physician of the Month**. We salute Dr. Heidt for exemplifying the qualities of an excellent physician, and we are pleased to have her as a respected member of our medical staff community.

#### Nominator's Comments (Dr. Jennifer Procyshen):

It is my honour in celebrating Dr. Heidt as our Physician of the Month at the Vernon Jubilee Hospital. She is a commendable Addictions Medicine Specialist, after completing a full career as an Emergency Medicine Physician!

Dr. Heidt returned to her hometown of Vernon, BC, after completing her training in Family Medicine. She was a dedicated Emergency Medicine Physician here at Vernon Jubilee Hospital for over 15 years. Through this work, she noticed a need for more comprehensive care for our vulnerable populations. She went on to complete a Fellowship in Addictions Medicine in 2022 and then started up an Addictions Medicine Consultation service here at the Vernon Jubilee Hospital. This service is currently fully functioning in its second year and additionally has an outpatient clinic for these vulnerable and marginalized patients. With the rising opioid crisis, this work is more important than ever.

Dr. Heidt has also continued to work hard to enhance the knowledge of our community on topics such as opioid agonist treatment and acute withdrawal management in addition to many other areas involving substance use disorder.

It has been inspiring to watch Dr. Heidt provide comprehensive and compassionate care for her patients struggling with substance use. She leads with kindness, curiosity and compassion while continuing to work hard to break down barriers and reduce the stigma that patients face when struggling with substance use disorders.

In addition to challenging herself to do hard things at work, she also likes to play hard and continually pushes her physical and personal boundaries for fun! During her 'down time' she can be found completing 100km races, running marathons and competing in international trail and mountain running races. One of her favourite foods is raw marshmallows, which likely provides some of her energy to wrangle her 'crazy' and energetic Australian Shepherd.

She is a proud mother of two wonderful and active teenagers and enjoys spending time with her family hiking, travelling and nordic skiing.

Having a full life outside of medicine has always been important to Dr. Heidt. In fact, she declined her first offer of a spot in medical school to pursue a goal of backpacking around India and Nepal before embarking on this career. Even at this point, she recognized the importance of balancing the challenges and joys that medicine and life have to offer.

It has been a pleasure to work with Dr. Heidt in her role as an Emergency Physician and now as an Addictions Specialist. Our community is so lucky to have her and the support she brings to her patients and her colleagues.

**Congratulations Dr. Heidt on being our Physician of the Month!**