



Lindsay Richels, PGY3, Internal Medicine

Lindsay Richels is one of Regina's Internal Medicine R3s. Born and raised in Saskatchewan, Lindsay completed her pharmacy and medical degrees at the U of S. After core IM training, Lindsay will remain in the province to complete her fellowship training in Nephrology. When she's not working, Lindsay enjoys golfing, watching her son Ethan play hockey and doing arts and crafts with her daughter Isla.

Here are some of the reasons Lindsay was chosen as Resident of the Month (As quoted from the nomination letter):

“Though she initially began as a Dermatology resident, Lindsay switched to our program in her second year. She quickly became a part of our group and always takes time out of her day to assist others. She is always one of the first people to arrive at work and stays late to ensure that all tasks are complete often helping others with their tasks.”

“One quality I have always admired about Lindsay is her ability to get things done. She will move mountains to make sure that all the residents are represented and never misses a chance to bring our concerns to the program while still being cordial and kind.”

“She has always given back to our surrounding communities in Southern Saskatchewan. She established an outreach clinic in Estevan, as well as working in reserve clinics to try and bring equal care to all residents in our province.”