



Shonah Runalls, PGY5, Obstetrics & Gynecology

My name is Shonah Runalls, I am a PGY5 in OBGYN in Regina. I am thrilled to be joining the OBGYN department in Regina to start my practice starting in July! I love all things women's health and am so grateful that I get to continue to provide care to families in Saskatchewan as I enter into practice.

Outside of my work life, I enjoy spending time with my partner and pets, going camping, reading books, and sewing a variety of matching scrub caps for myself and my co-residents (we love "twinning" in the OR). If you want to win at board games, recruit me to your team, and I'll also stock your kitchen with baked goods & jam. I am so honoured to be recognized by such a fabulous group of residents!!

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

"As a Saskatchewan born-and-bred OBGYN resident, she exemplifies many key qualities it takes to be an excellent care provider to her patients. She is thorough, detailed, and efficient in her work, no matter the circumstances. Dr. Runalls is well-loved by her patients who see the genuine care she has in helping them manage their concerns"

"She doesn't forget the little things either. She may often surprise you with a coffee after a busy overnight L&B shift, magically whip out delicious baking to cheer you up, and more. Outside of medicine she humbly sets the example of leading a solid work-life balance."

"We're lucky to have her in our Regina OBGYN program, and even luckier to work with her as a OBGYN staff next year. There is no doubt in our minds that Dr. Runalls will continue to set the bar high as a strong and reliable leader, surgeon, coach, and friend."