



陳敏怡醫生
Dr. Teresa M. Chan

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譜寫“醫者”與“師者”的大愛和絃

如果說，醫學是科學與人文交匯處最溫柔的光，那麼陳敏怡醫生便是這光芒中那位沉靜而堅定的執燈人。從尼亞加拉一名幫父親整理病歷的小女孩，到大多倫多地區100年來首所新建醫學院的創始掌舵人；從急診室裡與時間賽跑的前線醫生，到重新思考醫學教育本質的學術先鋒；從被診斷出多發性硬化症的住院醫師，到以自身經歷重新定義“韌性”的教育革新者——陳敏怡醫生將“尊重”與“熱愛”的光芒織進醫者的底色，並重新詮釋了教育的溫度。當醫者與師者的雙重角色晝夜輪替，我們感受到的是一闕關於傳承與開創、仁心與堅韌、救死扶傷與啟智育人所交織的大愛和絃。

父親的診所，認識世界的第一間教室

陳敏怡四歲那年，全家從北約克搬到了尼亞加拉。那時，成功取得專科醫師資格的父親剛剛結束在大多倫多西區醫院（TWH）的實習，在這座以壯麗瀑布聞名的小城覓得一份醫師職位。對年幼的陳敏怡而言，父親的診所就是她認識世界的第一間教室。

“我學會字母之後，暑假就會幫著整理病歷檔案，”陳敏怡回憶道，語氣裡帶著童年的光，“後來再大一點，‘帶孩子上班日’我就會跟爸爸去醫院查看病房。”彼時的她，不過七八歲，醫院的喧囂與忙碌，不僅沒有讓她膽怯，反而讓她對這份“守護生命”的職業，生出了懵懂的嚮往。當被問及父親對自己的影響時，陳敏怡回憶道：“他對教學與救治病患的熱愛，直至生命的最後一刻從未停歇。而令我父親更自豪的是，

他的女兒不僅承繼了這份熱忱，更將它帶向了更遠的地方。”

與疾病共舞：重新定義韌性

獲得醫學博士（MD）後，急診醫學成了陳醫生在臨床上的核心歸宿。自2013年起，她就奮力在急診室工作。那裡是醫療體系的前線哨站，每一分鐘都可能上演生死時速。她在分秒必爭的搶救現場，逐漸磨礪出冷靜的判斷力與系統思維的雙重能力。新冠疫情襲來時，陳醫生正站在這場戰役的最前沿。在那段被恐懼與不確定性籠罩的日子裡，她始終堅持自己的理念：速度與關懷從來不是對立的，正如在急診室裡，診治的效率與對病人的同理心必須共存。

在陳醫生的成長經歷中，有一個她從不刻意回避的詞彙——多發性硬化症（Multiple Sclerosis, MS）。

那是在住院醫師訓練的最後一年。當同儕們正準備迎接主治醫師的生涯起點時，她卻收到了一個將終身伴隨的診斷。多發性硬化症是一種中樞神經系統的慢性自體免疫疾病，患者的免疫系統攻擊自身神經髓鞘，導致肢體無力、平衡失調等症狀，每一次發作都有可能是一場不可預測的暴風雨。“我是在臨床訓練尾聲才確診的，所以和早期診斷的情況不太一樣。”她雖語氣平靜，然而，這並不意味著挑戰的缺席。也正是這段經歷，重塑了她對“韌性”二字的理解。

在醫療這個提倡奉獻的行業裡，醫生常常被期待成為無懈可擊的照顧者。白袍之下似乎不該有軟弱與病痛。但陳醫生用自己的經歷坦誠解釋道：“實際上，我們互為彼此的病人。學會求助，才能更好地治癒自己，療愈他人。”她將這份體悟帶

入了醫學教育，在培訓新一代醫生時，她強調的不只是臨床技能的精進，更是如何在高壓環境中守護自己，在需要時坦然求助。這種對“完整的人”而非“完美的機器”的尊重，成了她在課堂上傳授的關鍵一課。

為數字時代的醫學教育拓荒

成為院長前，陳醫生在醫學教育界最廣為人知的身分，是免費開放醫學教育（FOAMed）運動的先鋒研究者與實踐者。這場運動正改變著醫學知識傳播的底層邏輯——知識不再是高牆之內的私藏，而是可以跨越國界、時區與貧富差距的公共財富。

作為聯合創始人，她設立了醫學教育網站CanadiEM.org，為加拿大乃至全球的急診醫學學習者提供經過同行評審的開放教育資源，同時致力於用嚴謹的研究方法，證明新媒體形式的教學效果，定義線上教育資源的品質標準，並為後來者存留這段正在發生的歷史。

與此同時，她還參與開發了一款名為GridlockED的桌上遊戲。參與者在遊戲中模擬急診室的流程管理，親身感受病患滯留走廊的系統性原因。她說，“這種沉浸式的理解，是任何教科書都教不出來的。”將複雜系統問題轉化為可觸摸的遊戲體驗，這種化繁為簡、寓教於樂的新式教學，正是陳醫生在醫學教育創新過程中的一個真實縮影。

讓尊嚴成為醫學教育的核心

作為一名醫學教育專家，陳醫生始終在病房和醫學課堂

間將“尊嚴照護”這一理念落到實處，讓眾多病患真正受益。TMU醫學院所坐落的社區周邊是加拿大最具多元文化色彩的區域之一，有大量南亞裔、華裔、非裔及其他少數族裔在此聚居。對許多新移民家庭而言，加拿大的醫療體系可能顯得疏離而陌生。語言障礙、文化隔閡、系統複雜性，都可能成為他們獲取優質醫療服務的隱形門檻。

“我們在設計虛擬病例時，會刻意讓角色的姓名與背景反映社區的真實面貌，”她說，“不是每個案例都叫Joanne Smith這類歐美化的名字。我們會有Serge，也會有叫李康平但大家都叫他Ronnie的病人。”這種看似微小的細節，傳遞的是一種被看見、被承認的存在感。她希望學生們不僅學習疾病的病理機制，更能理解每一個病人姓名背後的文化脈絡、移民故事與社會處境。更深層次上，陳醫生主張醫學教育必須轉向對社會決定因素的系統性理解。一個人的健康狀況不僅取決於基因與生活習慣，更和他或她的所處階層、居住環境、教育程度乃至種族身分息息相關。在陳醫生看來，如果醫者能把對面的病人看作一個真實的、值得被尊重的完整個體，並重視他們對健康的需求，那我們就成功了。

華裔、女性、領導者：三重身分的共生

在加拿大的十七所醫學院中，由女性所領導的院所並不罕見。然而，當鏡頭聚焦到“華裔女性”這一特定身分時，陳醫生的身影就顯得頗為珍貴而醒目。

“從2023年開始上任TMU醫學院院長至今，我深知，對許多年輕的華裔學生而言，看到一位與自己一樣共用文化背景的前輩能有機會實現心中所願，這本身就是一種無聲的賦

能。”陳醫生解讀道：“我的華裔身分就是我的一部分。能夠展現中華文化與智慧的傳承，是我職業旅程中的重要篇章。”

生活中的陳醫生是一位體貼的太太，始終支持著先生的夢想與追求。工作之餘，創作音樂是她緩解壓力、表達自我的獨特方式。她笑著說，音樂，是她忙碌生活中的一片淨土，是她與自己對話的媒介，每當旋律在筆下流淌，所有的疲憊與壓力，都會煙消雲散。

韌如寒梅，可破霜雪；暖若晨光，可照前路。回首來時路，陳醫生以華裔女性的力量，打破壁壘、傳遞希望，用自己的初心踐行醫者的承諾，書寫師者的溫暖，讓每一份求知都能被守護，讓每一份信任，都能在診室與教室之間奏響最動聽的和絃。



Dr. Chan as a podcaster - May 11, 2021



Dr. Chan conversing with a student (2019)



Dr. Chan giving a public lecture (Mar. 2, 2026)



Dr. Chan on stage for her TEDx Talk
(August 5, 2019)



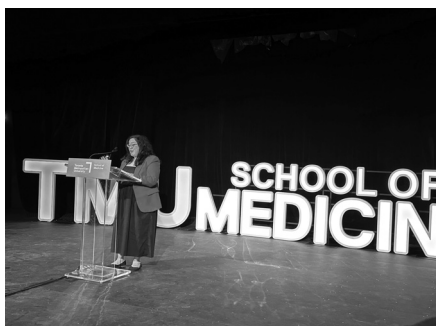
Dr. Chan receiving the Top 100 WXN
Women Award on Nov 27, 2025



Dr. Teresa Chan & Dr. Zainab
Abdurrahman, OMA President
(Feb. 9, 2026)



Teresa Chan - Physician



Dr. Chan opening the TMU School of Medicine
(Sept 2, 2025)



Testing the Gridlocked Board game with the
cofounder students in 2017



Dr. Chan when she was featured on local news about the Board game (2018)



Dr. Chan with TMU medical students at an event - Oct 9, 2025



Dr. Chan with TMU Medical Students on their First Day of School (Sept 2, 2025)



Dr. Sarah Forgie Dr. Lisa Robinson Dr. Dolores McKeen & Dr. Chan (Oct 2025)



GridlockED - board game - Teresa Chan & co-founder Alim Pardhan (2018)



GridlockED - board game - Teresa Chan, cofounder Alim Pardhan and nurses from Hamilton Health Sciences (2018)



Mehry Kianfar, Jobin Varughese, Alison Chick, Sylvia Jones, Mohamed Lachemi (President TMU), Teresa Chan



Teresa Chan - Physician at Hamilton Health Sciences with Nursing colleague

A Symphony of Healing and Teaching —Dr. Teresa Chan

If medicine is the light at the crossroads of science and humanity, then Dr. Teresa Chan is the steadfast keeper of that flame. From a little girl helping her father organize medical records in Niagara Falls, to the founding dean of the first new medical school in the Greater Toronto Area in over 100 years, her journey is one of vision, courage, and purpose. From a frontline emergency physician racing against time, to an academic pioneer redefining the very nature of medical education; from a resident diagnosed with multiple sclerosis, to an innovator whose lived experience has become a testament to resilience—at every stage, Dr. Teresa M. Chan weaves respect and passion into the very fabric of what it means to be a physician. With gentle yet unwavering strength, she renews our understanding of education and affirms the dignity of every human life. As her dual roles as healer and teacher unfold in rhythm, what emerges is a harmony of legacy and innovation, of compassion and fortitude coming together.

Her Father's Clinic: The First Classroom She Knew

When Teresa Chan was four years old, her family moved from North York to Niagara Falls. Her father had just completed his residency at Toronto Western Hospital and secured a physician's position in the small city famed for its majestic waterfalls. For young Teresa, her father's clinic was her first window into the world.

“Once I learned the alphabet, I would help organize the patient files during summer breaks,” Dr. Chan recalls, her voice still carrying a childlike glimmer. “When I got a bit older, on ‘Take Your Child to

Work Day,’ I would follow my dad on his hospital rounds.”

She was only seven or eight at the time. The hustle and bustle of the hospital did not frighten her; instead, it planted within her a budding admiration for the profession of safeguarding life. When asked about her father’s influence, Dr. Chan reflects tenderly: “My father loved teaching and caring for patients until the very end of his life. He was especially proud that his daughter carried on this passion and took it even further.”

Dancing with Illness: Redefining Resilience

After earning her Doctor of Medicine (MD), Emergency Medicine became the clinical anchor of Dr. Chan’s career. Since 2013, she has thrown herself into the demanding work of the emergency room. These are the front-line outposts of the healthcare system, where life and death are decided in seconds. In the crucible of the ER, she honed the dual capacities of calm judgment and systems-level thinking.

When the COVID-19 pandemic struck, Dr. Chan stood at the very front of the battle. Through those long days thick with fear and uncertainty, she held fast to a core belief: that speed and compassion are never at odds. Just as in the emergency room, where clinical efficiency and genuine empathy for the patient must always walk side by side.

In Dr. Chan’s life story, there is one term she has never shied away from: Multiple Sclerosis (MS).

It was the final year of her residency training. Just as her peers were preparing to embark on their careers as attending physicians,

she received a diagnosis that would stay with her for life. Multiple Sclerosis is a chronic autoimmune disease of the central nervous system in which the immune system attacks the myelin sheath of nerves, leading to symptoms such as limb weakness and loss of balance. Each flare-up can be an unpredictable storm. “I was diagnosed at the very end of my clinical training, so it was different from being diagnosed earlier,” she says, her tone calm and matter-of-fact. Yet the challenges are ever-present. It was this very journey that reshaped her understanding of “resilience.”

In a profession that extols self-sacrifice, doctors are often expected to be invincible caregivers. There is an unspoken rule that weakness and illness have no place beneath the white coat. But Dr. Chan dismantles this illusion with candor: “In reality, we are all each other’s patients. Learning to ask for help is essential to healing ourselves, so that we may better heal others.” She has woven this insight into medical education. When training the next generation of physicians, she emphasizes not only clinical excellence but also the importance of protecting one’s own well-being in high-pressure environments and asking for help when needed. This respect for the ‘whole person,’ not the ‘perfect machine,’ has become a cornerstone of her teaching.

Pioneering Medical Education in the Digital Age

Before becoming dean, Dr. Chan was widely recognized in medical education circles as a pioneering researcher and practitioner of the Free Open Access Medical Education (FOAMed) movement. This movement is reshaping the fundamental logic of knowledge dissemination in medicine—knowledge is no longer a treasure locked behind high walls but a public good that can transcend borders, time zones, and economic divides.

She co-founded the medical education website CanadiEM.org, providing peer-reviewed, open-access learning resources for emergency medicine learners across Canada and around the world. At the same time, she has dedicated herself to using rigorous research methods to evaluate the effectiveness of these new media formats, define quality standards for online educational resources, and archive this unfolding history for future generations.

She also co-developed a board game called GridlockED. Players simulate the flow management of an emergency department, experiencing firsthand the systemic reasons why patients end up waiting in hallways. “After playing this game, even high school students understand that hallway beds in the ER aren’t there because doctors are lazy—they’re there because there are no available inpatient beds upstairs,” she says. “That kind of immersive understanding is something no textbook can teach.” Transforming complex systemic issues into a tangible, playful experience is a quintessential example of Dr. Chan’s approach to educational innovation.

Placing Dignity at the Heart of Medical Education

As a medical education expert, Dr. Chan has never allowed the concept of “dignity-centered care” to remain an abstraction. She has brought it to life in the spaces that matter most, at the bedside and in the classroom, so that countless patients might feel its tangible, lasting benefit. The neighbourhoods that surround the TMU School of Medicine make up one of the most richly multicultural regions in Canada. Here, large communities of South Asian, Chinese, Black, and other minority populations have made their homes. For many immigrant families, the Canadian healthcare system can feel alien

and intimidating. Language barriers, cultural gaps, and systemic complexity can become invisible thresholds blocking access to quality care.

“When we design virtual patient cases for our curriculum, we deliberately ensure the names and backgrounds of the characters reflect the real community,” she explains. “Not every case is named Joanne Smith, so unmistakably Western. We have Serge, and we have someone named Hong Ping Lee, whom everyone calls Ronnie.”

These seemingly small details convey a powerful sense of being seen and acknowledged. She wants students not only to learn the pathophysiology of disease but also to understand the cultural context, immigration stories, and social realities behind every patient’s name. At a deeper level, Dr. Chan argues that medical education must shift its gaze toward a systemic understanding of the social determinants of health. A person’s well-being depends not only on genetics and lifestyle but is intimately tied to their socioeconomic status, living environment, education, employment, and racial identity. In Dr. Chan’s view, if physicians can see the patient before them as a complete, dignified human being and honor their needs for health, then we have truly succeeded.

A Harmony of Identities: Chinese Canadian, Woman, Leader

Among Canada’s seventeen medical schools, female leadership is not uncommon. Yet when the lens focuses specifically on the intersection of “Chinese-Canadian” and “female,” Dr. Chan’s presence becomes particularly significant.

“From the moment I stepped into the role of Dean of the TMU

School of Medicine in 2023, I have understood something deeply: for so many young Chinese students, simply seeing a leader who shares their cultural heritage and who has been able to bring such a vision to life—that, in itself, is a quiet, profound form of empowerment.” Dr. Chan noted, “My Chinese heritage is an integral part of who I am. Being able to showcase the legacy of Chinese culture and wisdom is a vital chapter in my professional journey.”

Outside of work, Dr. Chan is a devoted wife, standing steadfastly beside her husband and supporting his dreams and endeavors. In her spare time, composing music is her unique way of relieving stress and expressing her inner self. She smiles as she describes music as a sanctuary in her busy life, a medium through which she converses with herself. As melodies flow from her pen, all the exhaustion and pressure seem to dissolve into thin air.

Looking back on the path she has traveled, Dr. Chan embodies the strength of a Chinese Canadian woman who has broken barriers and carried hope forward for others to follow. With unwavering dedication, she upholds the sacred oath of the physician while writing a new chapter in the art and compassion of education. Beneath her steady leadership, every pursuit of knowledge finds firm footing, and every bond of trust between patient and healer rings with quiet harmony—its echoes heard alike in the examination room and the lecture hall.