

## Parker J. Palmer Courage to Teach Award



The Parker J. Palmer Courage to Teach Award honors program directors who find innovative ways to teach residents and fellows, and to provide quality health care while remaining connected to the initial impulse to care for others in this environment. Parker J. Palmer is the author of the book *The Courage to Teach*; his promotion of the concept of “living divided no more” has proven relevant to teaching in academic health centers.



**Lindsay K. Sonstein, MD, FACP**  
Program Director for Internal Medicine  
University of Texas Medical Branch at Galveston  
Galveston, Texas

### **Nominators had this to say:**

“Dr. Sonstein has developed a program with a unique and extremely diverse [resident] population; approximately 40 percent US MD graduates; 30 percent US DO graduates; and 30 percent international graduates. Beneath the diversity of our [residents], Dr. Sonstein has built a truly outstanding program with a board pass rate that is consistently at or near 100 percent. Her ability to select outstanding medical students for our program is uncanny.”

“Dr. Sonstein has been the program director for the UTMB Internal Medicine Residency Program since 2016. Since assuming this role, she has faced numerous challenges, including changing leadership, budget cuts, and natural disasters. I say disasters with an “s” because there have been many. She was always at the forefront in organizing the residency’s disaster response for the past several hurricanes, [and] always volunteering to be part of the skeleton crew that would remain for critical patient care while the rest of the residency evacuated. During Hurricane Harvey, she was pregnant in her third trimester, but did not shy away from sleeping in the hospital to ensure the brave residents who stayed got adequate supervision and so high-quality medical care could continue to be delivered.”

“Dr. Sonstein is the ultimate advocate for not only the internal medicine residents, but all residents at UTMB. She has been essential in establishing the culture of wellness at UTMB, routinely attending and contributing to the inter-residency graduate medical education meetings to ensure the safeguarding of [residents] and their families. During the COVID-19 pandemic, she advocated for internal medicine residents across the nation, highlighting their bravery, strength, and dedication to patient care in a letter in *The American Journal of Medicine* entitled, “A Letter to Internal Medicine Residents Serving on the Front Lines of the Pandemic: We See, Hear, and Feel You.”