

Leonard Tow Humanism in Medicine Award

Margarita Bidegain, MD

Dr. Margarita Bidegain is a neonatologist and palliative care physician. Originally from Uruguay, she completed her pediatric residency at Beth Israel Medical Center in New York City, and her neonatology fellowship at Jackson Memorial Hospital in Miami, Florida. She was one of the first neonatologists in the United States to become board-certified in Hospice and Palliative Medicine.

Her career at Duke has focused on developing the Neonatal-Perinatal Quality of Life and Palliative Care Program to optimize the quality of life of infants with medically complex, life-threatening conditions and pregnant mothers with serious fetal disorders. Her clinical research has focused on program development, the use of comfort /palliative care medications in infants and interventions to reduce perinatal health disparities.

Internationally, Dr. Bidegain has visited and collaborated in the development of neonatal intensive care and/or palliative care services, as well as research efforts in Uruguay, Argentina, Panama and Japan. Beyond mentoring of Duke medical students and trainees, she has been an advisor for numerous national and international visiting scholars. Additionally, she is a founding member and associate chair for the Diversity and Inclusion Pediatrics Committee which has successfully implemented strategies, and continues to work to promote equity, diversity and a sense of community for all.



"In addition to attending to the needs of her patients and families, Margarita has always been keenly sensitive to the toll such care takes on the professionals who provide it."

"She has worked vigorously, over many years, to improve the experience of patients and families in an environment that, quite frankly, many others cannot even walk into. She has done so with great modesty and humility, never seeking attention for her actions. Margarita is beloved by her staff and learners, as well as the families for which she cares for, and is known by all as a model of the compassionate clinician."