

Amie Archibald-Varley, RN, MN



Amie Archibald-Varley is a thought leader in advancing health equity and political health activism in healthcare. She inspires others to speak their truths and brings communities together to engage in “courageous conversations”. She is a dynamic speaker, scholar and medical media contributor.

Amie is the co-host of the successful “Gritty Nurse Podcast” which discusses hot topics in healthcare. Nothing is off limits. Her and her cohost, Sara Fung, discuss topics such as anti-racism, policy in healthcare, mental health, and women’s rights. Amie is also a Senior Editor at CanadiEM

Podcast, which is “a community of practice for Canadian Emergency Medicine practitioners by producing and distributing high quality, freely available educational resources”.

Amie also advances health equity in her community and internationally. She has co-moderated an antiracism health series with McMaster Program Development Faculty in collaboration with McMaster DeGroot School of Medicine-Waterloo Regional Campus. She has also co-moderated an international panel with The Conference Board on their Equity, Diversity and Inclusion (EDI) series discussing the history of racism in medicine. She has sat on numerous committees related to EDI as well as advocated for Indigenous Health and Rights.

Amie has been featured on numerous TV, Radio and News media outlets Nationally and Internationally. During the 2020 Coronavirus pandemic, she has been a frequent medical contributor on CBC, CTV, Global News, CityNews, The Agenda and CTV W5. She has appeared on TODAY, and has been a contributor in the Philadelphia Inquirer. She was also invited to be a contributor by Al Jazeera News. Amie has been featured in and written for The Globe and Mail, Chatelaine, Toronto Star and CBC and regularly contributes to CBC Radio One Syndication across Canada. Amie is also a Keynote speaker, an expert at engagement and a healthcare/podcast consultant.

Amie also partners with her community, volunteering with young women and girls and has spoken extensively about vaccine hesitancy, mental health and health advocacy.