

## EDUCATION

### **Masters of Public Health – University of Ottawa – 2022-2024**

Medicine Merit Scholarship - \$8,000

### **B.A, Honors Arts and Science – McMaster University (With Distinction) - 2016-2020**

Minor in Biochemistry

#### **Awards**

Degree Honor: With Distinction

McMaster Entrance Honor Award - \$1000

Dean's Honor List (2016-2020)

## PROFESSIONAL EXPERIENCE

### **Research Assistant – Bruyère Research Institute - May 2023 – present**

- Led a comprehensive evaluation of a health program through all stages of the project lifecycle using the RE-AIM framework
- Employed qualitative research methodologies: conducted interviews with research participants, created a codebook, and analyzed data using MAXQDA.
- Written experience with manuscripts and grant proposals.
- Collaborated with community stakeholders and health professionals to codesign a food insecurity screening and assessment tool.
- Created verbal presentations to effectively communicate research methods and findings.

### **Team Assistant – Home and Community Care Support Services, Toronto Central - July 2021- Sept 2022**

- Processed patient referrals and services from Toronto community centers, clinics and hospitals.
- Learned about available community resources and the roles of health care professionals to better inform patients about services and roles.
- Communicated with patients, caregivers and hospital staff about service plans and treatment goals/limitations.
- Assisted in data collection and research for projects that measured HCCSS' Toronto clinic usage.

### **Research Assistant – Stearns Lab, McMaster University - May 2020 – June 2021**

- Interpreted and analyzed infant stool data using RStudio to study and compare microbiome profiles of infants.
- Organized and sorted comprehensive infant profiles from the study cohort by linking infant gut microbial results with demographic and dietary variables.
- Trained new lab members in various lab techniques and assisted with project development.
- Succinctly presented and discussed work and methodologies in both written and verbal formats.
- Researched and prepared literature reviews.

### **Assistant Community Services Locator – Canadian Cancer Society – June 2019 – Aug 2019**

- Collaborated in a small team to improve accessibility, and collection of services and programs, for people living with cancer and their supports on CCS' Community Service Locator database.
- Communicated with community services, government programs, and support groups across Canada about their services to suitability of their program for CCS' database.
- Worked on projects involving improving accessibility and reach of Indigenous Boarding Homes in Manitoba and Ottawa, as well as Young Adult cancer programming.

### **OTHER PROJECTS**

#### **MacChangers – McMaster University - Sept 2019- March 2020**

- Worked in multidisciplinary groups of four undergraduate students to research a specific problem in the Hamilton community and propose a solution.
- Researched opioid use in downtown Hamilton and current resources to support the crisis.
- Designed and proposed a product to help increase accessibility to harm reduction kits after hours.
- Link to project summary report: [Automated Access to Harm Reduction Resources for Opioid Users](#)

#### **Thesis – Stearns Lab, McMaster University = Sept 2019 – April 2020**

- Worked independently to investigate unknown microbial colonies appearing in various infant fecal samples to further understand the development of a healthy infant gut.
- Conducted DNA extraction experiments aiming to identify genomes of unknown microorganisms.
- Cultured unknown microorganisms on various media types and conditions in an anaerobic environment.

### **CONFERENCES**

#### **Student Poster Presentation**

"Developing a blueprint for a community paramedic-driven food insecurity screening and referral intervention for older adults with dementia," *Canadian Association of Gerontology*. Toronto, ON. October 2023.

### **VOLUNTEER EXPERIENCE**

#### **L'Arche Volunteer - Sept 2017 – March 2020**

- Assisted individuals with physical or intellectual impairments with Day programs activities such as arts and crafts, exercise and writing.
- Developed short- and long-term goals with core members and discussed how they could achieve it within a relevant timeline for them.
- Participated in events and dialogue to spread awareness about the rights of people with disability.

#### **Let's Talk Science Volunteer – McMaster University - Sept 2016 – March 2020**

- Volunteered as an instructor in schools across Hamilton with children ranging from kindergarten to grade 12.
- Taught STEM concepts through engaging hands-on activities and hypothetical case studies that connected with the subject material being learnt.
- Communicated with teachers, administrations, and co-volunteers when organizing visits and activities at schools.

**Resident Orientation Representative, 2018 & 2019 – Residence Life, McMaster - July 2018-March 2020**

- Collaborated with other representatives and orientation advisors to create events for our assigned residence hall in preparation for Welcome Week.
- Assisted with the organization and implementation of Welcome Week events both for our residence hall and the entire campus.
- Implemented activities that sought to help introduce 1<sup>st</sup> years to their peers as well as the McMaster and Hamilton community.
- Organized events that gave first-year students advice on transitioning from high school to university.
- After orientation week, continued to develop two events/semester in teams to help first-year students learn relevant information and de-stress.