

TARA TABATABAEI

CURRICULUM VITAE

EDUCATION

Doctor of Medicine | University of Ottawa – Ottawa, ON **Sep 2021 – Present**

Bachelor of Science, Honours Biomedical Sciences | Ryerson University – Toronto, ON **2016 – 2020**

- Minor: Psychology

Bachelor of Science, Anatomy & Cell Biology | McGill University – Montreal, QC **2011 – 2016**

VOLUNTEER EXPERIENCE

Female Sexual Dysfunction Curriculum Improvement Advocacy – Ottawa, ON **Jan 2023 – Present**

- Collaborated with medical students from the University of Toronto and McMaster University regarding the gap in knowledge in the medical school curriculum surrounding female sexual dysfunction
- Created a powerpoint presentation and proposal to present to the faculty overseeing the reproductive unit, proposing ideas surrounding the format and subject matter of additional content to be added to the curriculum

EDI Peer Support Program Member – Ottawa, ON **Dec 2022 – Present**

- As a member of the Equity, Diversity, and Inclusion Committee at the University of Ottawa, partook in launching an EDI Peer Support Program, aimed at matching mentees to mentors based on EDI criteria, such as similar nationalities, similar disabilities, similar major life events, etc.
- Contributed to writing of a proposal that was presented to the Student Affairs Office and faculty members
- Researched and contacted third-party organizations that could provide crisis training regarding emergent mental health conditions such as self-harm and suicide

Women's Health Interest Group Executive Member – Ottawa, ON **Aug 2022 – Present**

- Organized and hosted events regarding various women's health topics, including but not limited to career paths in obstetrics and gynecology, HPV, pregnancy, abortion care, etc.
- Collaborated with fellow executive members, and executive members of other interest groups to provide the student body with informative and engaging events

VP Academic Junior | University of Ottawa – Ottawa, ON **Apr 2022 – Present**

- Served as the VP of Academic Affairs of the Aesculapian Society, acting as the agent of all medical students and overseeing all academic affairs, resources, and events
- Liaised between medical students and the Assistant Dean of Medical Education
- Appointed and collaborated with the VP Academic Affairs Assistant
- Dutifully attended Pre-Clerkship Committee, Undergraduate Curriculum Committee, Curriculum Content Review Committee, Student Assessment and Faculty Evaluation Committee, Faculty Council Committee, Undergraduate Academic Round Table, Canadian Federation of Medical Students, and Equity Diversity and

Inclusion Committee meetings as a voting member, advocating for students regarding exams, classes, electives, wellness, and more

- Attended the Annual General Meeting of the Canadian Federation of Medical Students, sitting on various roundtables with other vice presidents of medical societies, discussing and advocating for academic changes
- Organized the sale and delivery of Toronto Notes to the student body
- Organized discount codes for third-party study resources, Amboss and Osker, for the student body

ExerCycle Executive Member – Ottawa, ON

Mar 2022 – Present

- Founding member of ExerCycle, a group focused on sourcing new and recycled health and sports equipment, and distributing them to schools and long-term care homes in rural and remote areas surrounding the city of Ottawa to promote physical and emotional wellbeing
- Successfully applied to and received Student Initiative Fund from the University of Ottawa for a project that fosters a sense of community and enhances health-related behaviours
- Contacted physiotherapy and rehabilitation centres to acquire used and overstocked items, storing them for later distribution
- Contributed \$500 to the purchase of new lacrosse helmets that are in keeping with the latest safety standards
- Contributed to the writing of grant applications to secure external funding from the Canadian Federation of Medical Students

Community Service Learning | Connexions Resource Centre – Ottawa, ON

Jan 2021 – Present

- Researched various topics relevant to healthy aging and overall well-being as they pertain to seniors
- Led weekly Facebook lives for seniors presenting this research, including an associated activity and a question and answer period
- Topics included meditation/mindfulness, home safety, yoga, and sleep hygiene

Mock Interviewer | University of Ottawa – Ottawa, ON

Jan 2021 – Present

- Compiled resources used to prepare for both panel and MMI style interviews
- Conducted virtual mock interviews with medical school applicants and provided relevant feedback

Altitude Healthcare | University of Ottawa – Ottawa, ON

Nov 2021 – Present

- Mentored undergraduate students interested in medicine as a potential career, particularly those from underrepresented populations
- Participated in a panel event, shared preparatory resources and answered questions about admissions process

VP Academic Assistant | University of Ottawa – Ottawa, ON

Oct 2021 – Present

- Advocated for academic changes and improvements on behalf of my cohort as a voting member of various evaluation/curriculum committees
- Compiled academic resources for use as study aids (including notes, podcasts, websites, etc.)
- Composed academic newsletter to keep students apprised of key decisions and events across various meetings
- Organized academic events including ‘transition to MS2’ and ‘career night’ in collaboration with the student wellness committee
- Completed equity and anti-oppression training to ensure principles of equity, diversity, and inclusion are consistently being met

Volunteer Coordinator | Grace Health Centre – Toronto, ON

Oct 2019 – Dec 2020

- Collected patient vitals prior to doctor’s appointments
- Inputted patient information into patient records using PSS
- Organized flu vaccine clinics, administered flu vaccines, and educated patients regarding risks/benefits
- Participated in community health initiatives, contacting patients and scheduling appointments for various cancer screenings (FIT tests, pap smears and mammograms)
- Led weekly meetings with fellow volunteer coordinators so as to ensure smooth running of clinic

Nursery Assistant | Toronto Wildlife Centre – Toronto, ON

Apr – Oct 2018

- Rehabilitated orphaned and injured wildlife species (squirrels, chipmunks, skunks, etc.) of various ages
- Participated in daily weighing, hand feeding and cleaning of animals and their cages
- Screened incoming patients for illness and signs of poor health

Doctor’s Shadow | Erindale Orthopaedics – Toronto, ON

Jun – Aug 2017

- Shadowed an orthopaedic surgeon once a week at his clinic
- Observed patient appointments, treatments (e.g., cortisone shots) and other in-office clinical duties
- Explored the world of orthopaedics and the day-to-day workings of a physician

Volunteer (Daycare Program) | Royal Victoria Hospital – Montreal, QC

Oct 2014 – Jan 2015

- Supervised a group of 12 babies and toddlers during the day until parent pick-up time
- Attended to each of the children’s individual needs with the utmost positivity and enthusiasm
- Interacted with parents at pick-up time and reported on child’s progress and behaviour that day
- Expressed strong confidentiality and trust and not sharing information with unauthorized parties
- Responsible for feeding, play-time, nap-time, and other daily care duties with the babies and children

First Responder | McGill Student Emergency Response Team – Montreal, QC

Sep 2012 – Apr 2014

- SFA-CPR-C certified
- Provided first aid services to McGill University students, both on and off campus (hockey arena, concert venues, residences, etc.)
- Attended weekly training sessions to keep up with Red Cross standards
- Completed monthly skills assessments to ensure quality and consistency of care
- Gained confidence of patients, allowing me to perform medical interventions without conflict
- Organized treatments in ‘triage’ format to ensure priority patients get treated first
- Kept sensitive information and patient files confidential

RESEARCH EXPERIENCE

Research Assistant (StAR Laboratory) | Ryerson University – Toronto, ON

Mar 2019 – Sep 2020

- Worked as a team member of the stress and health aging research laboratory on a mindfulness-based stress reduction study for seniors who self-identify as immigrants of low socioeconomic status
- Led testing sessions with participants consisting of questionnaires, computer tasks, and qualitative interviews
- Extracted questionnaire and computer task scores so as to be ready for data analysis
- Performed administrative duties such as booking appointments, reminder calls, and data entry

Research Assistant (SAD Laboratory) | Ryerson University – Toronto, ON

Mar – Dec 2019

- Worked as a team member of the sleep and depression laboratory on a study concerning the effects of cognitive behavioural therapy on depressed individuals who suffer from insomnia
- Observed patient interviews conducted by lead researcher
- Converted questionnaire scores to be ready for data extraction and performed the relevant data entry
- Spearheaded a file dive project that organized past and present study files

Research Assistant | Jewish General Hospital – Montreal, QC

Sep 2014 – Mar 2015

- Transcribed audio recordings between supervisor and her research participants
- Attended weekly meetings with supervisor to discuss progress and potential improvements to the study
- Delivered transcriptions in a timely manner and with absolute accuracy
- Reviewed transcriptions, ensuring that there were no mistakes and discrepancies

PROFESSIONAL EXPERIENCE

Quality Assurance Manager | HAL Disability Management – Toronto, ON

Oct 2020 – Aug 2021

- Led the catastrophic department of a treatment and assessment centre specializing in vehicle collision injuries
- Facilitated communication between patients, treatment teams, and legal teams
- Organized due dates, follow-ups, patient interviews, appointments and all other administrative tasks
- Proofread individual reports and cross-referenced them to ensure consistency of results and conclusions
- Assembled multidisciplinary catastrophic determination reports from individual specialized reports (orthopedics, neurology, psychiatry, urology, pain medicine, etc.)

Screeener | Baycrest Hospital – Toronto, ON

Apr – Aug 2020

- Performed symptom screening and patient intake of hospital visitors to ensure safety of hospital staff/residents
- Assembled personal protective equipment packages for hospital employees and incoming visitors
- Participated in cleaning and sanitation protocols to reduce the risk of coronavirus spread

Science Student Ambassador | Ryerson University – Toronto, Ontario

Nov 2017 – Sep 2019

- Participated in open houses and various other events on campus
- Provided information and advice to prospective students and families
- Made meaningful connections with prospective students to better guide them in their choice of future university
- Used openness and extroverted personality to comfort shy and introverted students

Brand Ambassador | La Cite Apartments – Montreal, QC

Mar 2015 – Jun 2016

- Promoted the La Cite lifestyle on campus and throughout the city of Montreal
- Aided in the development of various marketing strategies to increase consumers' awareness of brand
- Participated in on-site and off-site events to provide free samples and information to potential residents
- Offered apartment tours and signed applications with future tenants
- Worked at reception when needed, answering general questions and fulfilling administrative duties as required
- Used problem solving and communication skills in conflict resolution, diffusing tense situations and calming frustrated clients

Teaching Assistant (Human Visceral Anatomy) | McGill University – Montreal, QC **Jan – Apr 2015**

- Taught students the anatomy, function, and location of various organs and muscles using human cadavers
- Developed weekly teaching plans to ensure maximal comprehension and optimal learning
- Analyzed students' needs and worked after-hours for additional and personalized help
- Supervised final laboratory examination

CERTIFICATIONS

BLS Certification | Heart & Stroke Foundation – Toronto, ON **Jun 2022**

- Completed basic life support and CPR training

Turkish Lessons | University of Toronto – Toronto, ON **May 2017 – Mar 2018**

- Completed 3 introductory Turkish language courses, achieving the highest grade in each

SFA & CPR/AED-C Certification | Red Cross – Montreal, QC **Sep 2012**

- Completed the standard first aid and CPR/AED skills course

AWARDS

Dean's List | Ryerson University – Toronto, ON **Sep 2016 – Apr 2020**

- Surpassed a minimum GPA of 3.67 each semester for 4 consecutive years

Personal Training Medal | GoodLife Fitness – Toronto, ON **Aug 2016 – Aug 2021**

- Exceeded 250 hours of personal training per calendar year, receiving a medal of recognition from the gym for 4 consecutive years

SKILLS & HOBBIES

Weightlifting **Aug 2016 – Present**

- Advocated for my health by making the gym a priority 5-6 times a week despite herniated disc, numerous other injuries, and pandemic-related gym closures

Travelling **Dec 2009 – Present**

- Strengthened my cultural awareness and sensitivity by travelling to over 20 countries spanning numerous continents, both alone and with others