

TARA TABATABAEI

ttaba065@uottawa.ca

EDUCATION

Doctor of Medicine University of Ottawa, Ottawa, ON	2025
Bachelor of Science, Honours Biomedical Sciences, Psychology Toronto Metropolitan University, Toronto, ON	2020
Bachelor of Science, Anatomy & Cell Biology, Psychology McGill University, Montreal, QC	2016

ELECTIVES & HEALTHCARE EXPERIENCE

Year 4

Inpatient Psychiatry The Ottawa Hospital, Ottawa, ON	2024
Forensic Psychiatry Ottawa-Carleton Detention Centre, Ottawa, ON	2024
Inpatient Psychiatry Sunnybrook Hospital, Toronto, ON	2024
Inpatient Psychiatry Centre for Addiction and Mental Health, Toronto, ON	2024
Family Medicine Private Practice, Ottawa, ON	2024
Palliative Care The Ottawa Hospital, Ottawa, ON	2024
Hospitalist Medicine Scarborough Health Network, Toronto, ON	2024
Research Bruyère Research Institute, Ottawa, ON	2025

Years 1-3

Pediatrics, Neurology, Emergency Medicine The Ottawa Hospital, Ottawa, ON	2021 –2023
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ACADEMIC HIGHLIGHTS & ACHIEVEMENTS

Outstanding Clinical Performance Nominated for clinical excellence in Anesthesia, Psychiatry , Surgery, and OB/GYN	2023 – 2024
Student Initiative Fund \$500 secured annually to purchase sports equipment for children in rural Ontario communities	2022, 2023 & 2024
Innovator Grant: Ontario Medical Students Association \$500 awarded to top 4 initiatives showcasing innovation in healthcare	2023
Faculty of Science Scholarship: Toronto Metropolitan University \$3000 awarded for outstanding academic merit in the Faculty of Science	2019 & 2020

PEER-REVIEWED PUBLICATIONS

Tabatabaei T, Gibb M, Thieba C, Karunanathan S, Shoppoff L, Kehoe MacLeod K. Exploring the experiences of healthcare providers faced with provider-patient language discordance in primary care. Submitted.

Gibb M, **Tabatabaei T**, Thieba C, Karunanathan S, Shoppoff L, Kehoe MacLeod K. Exploring the experiences of primary care providers and their perceptions of providing linguistic and culturally discordant care in a primary care setting: a secondary data analysis. Submitted.

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PRESENTATIONS

Rusu R, Siddiqi S, **Tabatabaei T**, Shorr R, Saraf G, Solmi M, Fiedorowicz J. Influence of mixed depressive and manic symptoms on suicide-related outcomes in bipolar disorder. Ottawa Hospital Research Institute Research Day, Ottawa, Ontario, November 21, 2024. Poster presentation.

Rusu R, Siddiqi S, **Tabatabaei T**, Shorr R, Saraf G, Solmi M, Fiedorowicz J. Influence of mixed depressive and manic symptoms on suicide-related outcomes in bipolar disorder. University of Ottawa Department of Psychiatry Research Day, Ottawa, Ontario, November 20, 2024. Poster presentation.

Thieba C, **Tabatabaei T**, Kehoe MacLeod K, Gibb M, Shoppoff L, O'Sullivan T, Karunanathan S. Pain care access: healthcare providers' experiences and perspectives on the provision of chronic pain care in the context of patient-provider language discordance. Trillium Primary Health Care Research Day, Ottawa, Ontario, October 24, 2024. Poster presentation.

Kehoe MacLeod K, Lee SH, **Tabatabaei T**, Tittley M-E, Gibb M, Karunanathan S, Backman C, Shoppoff L, Tanuseputro P. Connecting Across a Communication Chasm: Exploring Experiences of Palliative Patient-Health Care Provider Language Discordant Care. European Association for Palliative Care (EACP) World Congress, Barcelona, Spain, May 16-18, 2024. Poster presentation.

Gibb M, **Tabatabaei T**, Thieba C, Karunanathan S, Shoppoff L, Kehoe MacLeod K. Exploring the experiences of primary care providers and their perceptions of providing linguistic and culturally discordant care in a primary care setting: a secondary data analysis. Canadian Association of Health Services and Policy Research (CAHSPR), Ottawa, Ontario, May 14-16, 2024. Poster presentation.

Tabatabaei T, Thieba C, Gibb M, Karunanathan S, Shoppoff L, Kehoe MacLeod K. Exploring the experiences of healthcare providers faced with provider-patient language discordance in primary care. 91st Congrès de l'Acfas, Ottawa, Ontario, May 13-17, 2024. Oral presentation.

Tabatabaei T, Thieba C, Gibb M, Karunanathan S, Shoppoff L, Kehoe MacLeod K. Exploring the experiences of healthcare providers faced with provider-patient language discordance in primary care. Symposium à l'Institut de Savoir Montfort Congrès ACFAS, Ottawa, Ontario, May 16, 2024. Poster presentation.

Tabatabaei T, Thieba C, Gibb M, Karunanathan S, Shoppoff L, Kehoe MacLeod K. Exploring the experiences of healthcare providers faced with provider-patient language discordance in primary care. Bruyère Research Institute Research Day, Ottawa, Ontario, November 30, 2023. Poster presentation.

Tabatabaei T, Thieba C, Gibb M, Karunanathan S, Shoppoff L, Kehoe MacLeod K. Exploring the experiences of healthcare providers faced with provider-patient language discordance in primary care. Ottawa Hospital Research Institute Research Day, Ottawa, Ontario, November 15, 2023. Poster presentation.

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RESEARCH EXPERIENCE

Developing educational tools for patients and providers to improve language discordant care interactions in a family health team setting 2024

Dr. Krystal Kehoe MacLeod, Bruyère Research Institute

- Investigating patient perspectives on language discordance in primary care to help develop tools enhancing patient-provider communication to ultimately improve health outcomes
- Developed ethics application and interview guides in preparation for study launch

Influence of mixed depressive and manic symptoms on suicide-related outcomes in bipolar disorder 2024

Dr. Jess Fiedorowicz, The Ottawa Hospital

- Examined influence of mixed episodes in bipolar disorder on suicide via systematic review
- Collaborated in synthesis of protocol paper, literature review, and data extraction

Exploring the experiences of healthcare providers faced with provider-patient language discordance in primary care 2023

Dr. Krystal Kehoe MacLeod, Bruyère Research Institute

- Analyzed provider perspectives on caring for linguistic and cultural minorities in primary care
- Spearheaded recruitment and interviews, data analysis, and manuscript synthesis

Mindfulness-based stress reduction for seniors of low socioeconomic status 2020

Dr. Alexandra Fiocco, Toronto Metropolitan University

- Examined utility of mindfulness program to reduce stress in immigrants of low SES
- Led testing sessions and participated in data extraction

LEADERSHIP & ADVOCACY

Founder: Guideline Updates & Infographics for Development & Excellence in Medicine 2024

- Launched initiative summarizing seminal medical papers into infographics

VP Academic Senior: Aesculapian Society – Student Council 2023

- Championed academic support and resources for medical students nationally and locally

Founder & Executive Member: ExerCycle 2022

- Co-founder of a group sourcing sports equipment for Indigenous children in rural Ontario

Leader: Equity, Diversity, and Inclusion Peer Support Program 2022

- Launched program matching mentors to mentees based on lived experiences

Executive Member: Women's Health Interest Group 2022

- Organized educational events on women's health topics, including HPV and abortion

VP Academic Junior: Aesculapian Society – Student Council 2022

- Advocated for medical students by overseeing academic affairs, resources, and events

VP Academic Assistant: Aesculapian Society – Student Council 2021

- Served as voting member on various committees while organizing academic events

Coordinator: Grace Health Centre 2019

- Led vaccine clinics, cancer screenings, and meetings to ensure smooth clinic operations

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FACULTY CONTRIBUTIONS & COMMUNITY INVOLVEMENT

- Volunteer:** Be My Eyes 2023
- Assisted visually impaired individuals worldwide by providing real-time video guidance
- Member:** EDI Anti-Racism Task Force Committee 2023
- Launched EDI peer support program and advocated for curriculum changes
- Peer Supporter:** Ryan Seguin Peer Support Program 2022
- Provided confidential mental health support to other medical students
- Mentor:** Altitude Healthcare 2021
- Mentored aspiring medical students, empowering their pursuit of medical careers
- Mentor:** Heart2Heart 2021
- Mentored aspiring medical school applicants and served as event panel member
- Presenter:** Connexions Resource Centre 2021
- Delivered Facebook Live presentations on healthy aging topics for seniors
- Interviewer:** Mock Medical School Interviews 2021
- Developed preparatory resources with personalized feedback for medical school applicants
- Nursery Assistant:** Toronto Wildlife Centre 2018
- Rehabilitated orphaned and injured wildlife for later release back into wild once improved

TEACHING EXPERIENCE

- Teaching Assistant:** Department of Anatomy – McGill University 2015
- Led cadaver-based instruction through lesson planning and providing personalized support

WORK EXPERIENCE

- Research Assistant:** Bruyère Research Institute, Ottawa, ON 2023
- Conducted study examining impacts of language discordance in primary care
- Quality Assurance Manager:** HAL Disability Management, Toronto, ON 2020
- Managed assessment of vehicle collision injuries in liaison with legal teams
- Screeener:** Baycrest Hospital, Toronto, ON 2020
- Screened visitors and upheld sanitation protocols during the Covid-19 pandemic
- Brand Ambassador:** La Cité Apartments, Montreal, QC 2015
- Engaged potential residents through marketing, tours, and lease signings

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PROFESSIONAL DEVELOPMENT & CERTIFICATES

- Dignity Therapy Course:** Hospice Foundation of America 2024
- Completed training led by Dr. Harvey Chochinov on providing dignity-preserving care
- Immigrant & Refugee Mental Health Course:** CAMH 2024
- Completed course on strategies to improve care and support for this underserved population
- Foundational Knowledge on Anti-Black Racism:** CAMH 2024
- Completed modules on barriers in Black mental health and dismantling racist structures
- Equity, Diversity, & Inclusion in Child & Youth Mental Health Certificate:** CAMH 2024
- Completed modules regarding culturally competent care for ethnic and cultural minorities
- ACLS:** Advanced Care Life Support – University of Ottawa 2024
- NVCI:** Nonviolent Crisis Intervention Training – Algonquin College 2024
- ATLS:** Advanced Trauma Life Support – University of Ottawa 2024
- More Feet On The Ground:** Centre for Innovation in Campus Mental Health 2023
- Peer Support Training:** University of Ottawa 2022
- Attendee:** CFMS Annual General Meeting – Vancouver, BC 2022
- Training Certificate:** Goodlife Fitness – Toronto, ON 2016 – 2020
- Awarded annually to members dedicated to their fitness via 250+ hours of exercise per year

MEMBERSHIPS & AFFILIATIONS

- CPA:** Canadian Psychiatric Association 2024
- OPA:** Ontario Psychiatric Association 2024

LANGUAGES

- English:** Fluent, written and spoken
- French:** Advanced, written and spoken
- Farsi:** Fluent, spoken

INTERESTS

- Soccer:** Passionate supporter of my team, Manchester United (despite many recent losses)
- Weightlifting:** Dedicated to muscle-building so that I am able to carry my groceries in one trip
- Classical Music:** Avid listener of Ludovico Einaudi and Hans Zimmer soundtracks
- Cooking:** Experimenting with flavours (i.e., variations of shakshuka), with my dog as sous-chef