



## Canadian Women's Heart Health Alliance

### Health Systems and Policy Working Group | Member Profile



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Member since 2021

#### Biography

I obtained my doctoral degree in Rehabilitation Science from the University of Toronto in June 2018. My doctoral research focused on identifying organizational and system-level barriers and facilitators to implementing family caregiver programs in the Ontario Stroke System. From this training, I developed substantial expertise in 1) the Ontario Stroke System; 2) organization and system-level perspectives on program implementation; and 3) patient and family caregiver education and support needs across the care continuum. During my doctoral training, I also completed the Knowledge Translation (KT) Canada training program, as well as the Collaborative Program in Health Services and Policy Research, both of which contributed to my strong knowledge base in evidence implementation. Notably, based on my leadership and mentorship skills during this program, I was selected as an invited trainee facilitator at the KT Canada Summer Institute following my completion of the program. In this role, I co-facilitated one of the small groups utilizing my knowledge of KT theories to help the students work through case scenarios. During the Collaborative Program in Health Services and Policy Research, I also completed a policy practicum at Heart & Stroke, where I worked directly with individuals with lived experience of stroke or heart disease and family members in the Patient and Family Advisory Council. Since that time, I have held a clinical research coordinator position and most recently, I was successfully awarded a competitive Endowed Fellowship from the UOHI to conduct postdoctoral research in the Brain and Heart Nexus Research Program at the UOHI, where my research focuses on the development of population-based sex-specific multi-morbidity prediction tools to predict self-care and quality of life in individuals with heart failure.