



Canadian Women's Heart Health Alliance

Knowledge Translation and Mobilization Working Group |

Member Profile



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Member since 2022

Biography

I am a Postdoctoral Fellow in the Cardiovascular Health Psychology Laboratory at the University of Ottawa Heart Institute (UOHI). In conjunction with Dr. Heather Tulloch (Clinical Psychologist), I conduct research on the role of behavioural and psychosocial correlates of health in patients with cardiovascular disease and their family caregivers. I have a special interest in the role of social relationships in cardiovascular disease risk and outcomes, particularly as it relates to the health of young women with established cardiovascular disease.

My research works toward the development of psychosocial/educational interventions that improve mental health and quality of life among patients with cardiovascular disease and family members. I have expertise in qualitative research methods, including the integration of qualitative methods to strengthen the development of relevant and impactful health interventions. Through this research, I have interviewed hundreds of patients and caregivers about their experiences with heart disease.

I am involved in several organizations at UOHI, including the Quality-of-Care Committee, the Patient Partnership Council, and I routinely work with patients and caregivers to help inform my research. I hold a Bachelor of Arts, Bachelor of Education, and Master of Education from Queen's University. Prior to completing my PhD in Education at the University of Ottawa, I was an elementary and secondary teacher within the Ottawa Carleton District School Board.

I am also a wife and mother to two energetic children. In the few spare minutes that I have, I enjoy cooking, hiking, swimming, home renovations, and I am an avid fan of the Toronto Maple Leafs.