



# CANADIAN WOMEN'S HEART HEALTH SUMMIT ► 2023

APRIL 28-29, 2023 • VANCOUVER, BC • WOMENSHEARTSUMMIT.CA



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## 2023 Canadian Women's Heart Health Summit

### Speaker Details



**Elise Wiley, MSc**  
PhD Candidate  
School of Rehabilitation Science  
McMaster University  
Hamilton, ON

#### Biography

Between 2014-2018, Elise completed a BSc in Exercise Physiology and a minor in Psychology at the University of Miami, while also competing as a Division 1 scholarship athlete on the varsity women's rowing team. In 2017, Elise completed an internship at Brock University's PowerCord Program, an adapted and accessible community exercise program for individuals with chronic conditions and physical disabilities, and also pursued a research volunteer opportunity on a stroke research trial funded by the American Heart Association. The trial involved the examination of the safety and feasibility of the combination of aerobic and resistance exercise and cognitive training after stroke.

Ms Wiley developed a strong interest in research during her brief, yet rewarding internship and volunteer stints. In the Fall of 2018, Elise began her MSc in the Rehabilitation Science program at McMaster University, under the supervision of Dr. Ada Tang. During this time, she quickly solidified a passion for sex- and gender-based considerations in health research, where her thesis examined sex and gender differences in psychosocial factors for exercise and risk factors for cardiovascular disease and cognitive impairment in individuals with and without stroke.

Elise began her doctoral research training in September 2020, under the continued supervision of Dr. Tang. The overarching objective of Elise's doctoral thesis is to examine the intersection between sex and gender and exercise-based telerehabilitation among individuals with stroke through three



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Leslie Diamond Women's  
Heart Health Clinic

distinct, yet complementary studies. Ultimately, Elise's doctoral work aims to examine whether virtual rehabilitation can be used as a viable form of rehabilitation to improve stroke recovery in women and optimize their participation in stroke rehabilitation, by minimizing the barriers that exist to participation in in-person rehabilitation.

Elise has also recently developed a strong interest in patient engagement in research. Through Elise's PhD work she has had the opportunity to foster a strong partnership with Jennifer Monaghan (BA, LLB), a patient partner, who is a woman with live experience. The pair have co-presented together at provincial and national scientific and knowledge translation conferences, including the 2022 AGE-WELL EPIC conference and BC Stroke Network meeting.