



My Story

EE (Health) & Field Placement in chronic disease management programs over Summer 2019

I was searching for an opportunity to apply my learnings and skills.

The course's goal was to introduce intervention programs for managing chronic diseases via lifestyle changes.

Across GTA and vicinity: Toronto, Scarborough, Whitby, Oakville, Mississauga, Vaughan, York University

Learning opportunities:

- Cardiac Rehab Foundations Certification
- Lead and practice patient education and exercise classes
- Learn valuable skills during site visits to different healthcare settings
- Self-reflection

About me

- ✓ fifth-year Kinesiology and Health Science student
- ✓ passionate about nutrition, exercise and health
- ✓ interested in learning about improving aging experience
- ✓ interested in rehabilitative science and enhancing quality of life

My Learnings

My role



- I led an aerobic exercise class.
- I led a patient education class on the management of hypertension.
- I practiced professionalism by maintaining a positive attitude and respecting confidentiality boundaries during site visits.
- I practiced networking with inspiring healthcare professionals and my goal-driven peers.

Cardiac Rehabilitation

- 6-months programs in out-patient clinics.
- Focus on changing modifiable risk factors e.g., blood pressure.
- Have several components; diet, exercise training, medical risk factor management, mental health, tobacco cessation.

Second chances exist in medicine.

Patients who adhered to the program improved their risk factors and prevented future events.



CR is vastly underused. But, CR participation is significantly lower among underrepresented groups due to systematic barriers in health:

- Low CR referral among primary physicians.
- Patients are not informed about the benefits of CR participation.
- Lack of adequate social support for encouraging CR attendance.
- Some programs are not culturally appropriate.



My Reflections



CHALLENGES SHAPE US

Empathy & accountability

Holistic approach in health

Resiliency & courage to take on new challenges

- Work/study experience at York International
- Peer mentoring in the KINE program
- MAUVE program at Mount Sinai Hospital
- STEM Fellowship Indicium 2020
- Honours Thesis project

Takeaway points:



Challenge yourself and your learnings with real-life experiences, and don't fear giving it your best.



Network with your professors and ask them about opportunities. Don't get discouraged by rejections. Try as many times as it takes.

Acknowledgements

My sincerest gratitude to the incredible Dr. Sherry Grace; her guidance and mentorship inspired me to grow. Many thanks to the EE Symposium for providing us with an opportunity to showcase our experiences.