

NOSM University
Wednesday, May 17, 2023

WORKSHOPS

ACCESS CODE	TITLE	DESCRIPTION	PRESENTER(S)
A01	Mindfulness Using Arts-Based Methods: Improving wellbeing and resilience	In this workshop, you will learn about mindfulness, how to practice it by way of creative methods, and how it can help you improve self-awareness, mood, and coping. You will take part in several hands-on activities.	Dr. Diana Coholic (School of Social Work, Laurentian University)
A02	Careers in Speech-Language Pathology	In this workshop you will learn about the profession of Speech and Language Pathology including practice areas and pathways to becoming a Speech-Language Pathologist.	Cindy Davis-Maille Chloe Doonan Sarah Tinkler-Josephi (Rehabilitation Sciences, NOSM University)
A03	What Even is a PA?	Are you interested in medicine? Not sure what healthcare profession to pursue? Join Physician Assistant students from McMaster University in exploring the Physician Assistant profession in Canada. This interactive workshop will cover the roles and responsibilities of PAs, where PAs can practice, the PA programs offered in Canada, and what you can do right now to start your pre-PA journey! BONUS: <i>Day in the Life of a Practicing PA</i> with Aurthi Muthukumaran BSc(Hons), BScPA, CCPA. Learn what PAs can really do as Aurthi describes a day on the job as an Emergency Medicine/Orthopaedic Surgery PA.	Ella Caulfield Aurthi Muthukumaran Tori Waite (Physician Assistant Program, McMaster University and University of Toronto)
A04	Diagnostic Health Professions	This workshop will highlight health professions that provide diagnostic procedures and will offer breakout rooms for students to explore each profession in greater detail. Diagnostic health professions covered will include: - Cardiology and ECG Technologists - Diagnostic Medical Sonography (Echasonography and Ultrasound Technologists) - Laboratory Professions (Medical Laboratory Assistants and Technologists) - Medical Radiation Technologists (MRI, Nuclear Medicine, Radiation Therapy, and X-ray)	Michelle Addison (Thunder Bay Regional Health Sciences Centre)

A05	Choose your own adventure: The many pathways to medicine	In this workshop, we'll get into finding what fuels you and figuring out how to navigate being a student and making decisions like "What do I want to do after graduation?". This workshop discusses the many different paths to medicine and what to consider in high school and university to set you up for success, followed by a brief outline of the steps involved to get into medical school, the layout of medical school curricula, a day in the life of a medical student, and the vast opportunities available in the field of Medicine.	Tiana Bressan Nusha Ramsoondar (NOSM University)
A06	All about Dementia and the Alzheimer Society of Thunder Bay	In this workshop we will have a conversation about the ins and outs of Dementia, what it might be like for someone living with dementia, some helpful tips when interacting with someone living with Dementia and all about the Alzheimer Society of Thunder Bay and programs we offer! I want to encourage lots of questions and shared stories surrounding Dementia...one of the first steps in eliminating the stigma surrounding Dementia is to simply talk about it!	Ashley Hortis (Alzheimer's Society of Thunder Bay)
A07	Physiotherapy: Mapping out your career as a PT	Participants will interact with a physiotherapist and physiotherapy students. They will learn what the profession of Physiotherapy entails and will be introduced to the process of becoming a physiotherapist. Question and answer period will follow.	Brock Chisholm Jamie Trusler (Rehabilitation Sciences, NOSM University)
A08	Becoming a Registered Dietitian	In this session, you'll learn about the incredibly diverse world of nutrition and the path to becoming a Registered Dietitian (RD). You can expect to learn about: - scope of practice - what is a dietitian? - the steps required to become a RD - job opportunities - where do dietitian's work? - "day in the life" examples	Justine Glover (Wawa Family Health Team)
A09	Nursing Presents a World of Opportunities	Nursing is a profession that has the power to inspire, attract and fulfill people who choose to care for others with knowledge, skill, judgment and compassion. It blends science with caring and technology with humanity. In this workshop you will learn about the complex and multifaceted profession that is nursing!	Sarah Myllyaho (Thunder Bay Regional Health Sciences Centre)
A10	Respiratory Therapy and Pharmacy Health Professions	This workshop will highlight Respiratory Therapy and Pharmacy health professions. Breakout rooms will be used to explore each profession in greater detail. The health professions covered will include: - Pharmacists - Pharmacy Technicians - Respiratory Therapists	Cathy DeGiacomo Carina Desramaux Aaron Giba (Thunder Bay Regional Health Sciences Centre)

A11	Psychosocial Health Professions	<p>This workshop will highlight health professions in the psychosocial field and will offer break-out rooms for students to explore each profession in greater detail. Psychosocial health professions covered will include:</p> <ul style="list-style-type: none"> - Bioethics - Child and Youth Workers - Child-Life Specialists - Social Work - Spiritual Care - Psychology 	<p>Michelle Allain Mark Donylyk Lisa Laitinen-Egbuchulam Mandi Merkely Julie Riendeau Kim Scoback (Thunder Bay Regional Health Sciences Centre)</p>
A12	Rehabilitation Health Professions	<p>This workshop will highlight rehabilitation health professions and will offer breakout rooms for students to explore each profession in greater detail. Rehabilitation health professions covered will include:</p> <ul style="list-style-type: none"> - Kinesiology - Occupational Therapy - Orthopaedic Technology - Recreational Therapy 	<p>Alena DeVries Laurie Macdonald Katelyn Methot Jamie Shaughnessy (Thunder Bay Regional Health Sciences Centre)</p>