# PROFILE

A MD candidate at Dalhousie University, passionate about the intersection of healthcare and technology, I am committed to driving innovation within the field of medicine. I am focused on leveraging research and entrepreneurship to address healthcare challenges and aspire to develop novel solutions that enhance healthcare delivery. Fluent in English, Arabic and some French and Spanish. I also value building great relationships—whether it’s through collaborating on projects or enjoying a game of volleyball/soccer, sailing with friends, or meeting others around the world!

# EDUCATION

**MD Candidate,** *Dalhousie University, Halifax, NS* Completion: May 2027

**Bachelor of Science,** *UBC*, Vancouver, BC Completion: May 2022

**PUBLICATIONS**

* Collins-Fairclough, A., Rideout, K., Joshi, P., Philips, J., Lanier, T., Chow, S., Smith, D., Hoens, A., FitzGerald, J. M., Rauscher, C., Strydom, N., & Carlsten, C. (2023). Opportunities to improve asthma and COPD prevention and care: insights from the patient journey obtained through focus groups. *BMJ open quality*, *12*(4), e002403. <https://doi.org/10.1136/bmjoq-2023-002403>
* Philips, J. Lazzarini, J C., & Barros, D M. (2024, November 14) INTELIGÊNCIA ARTIFICIAL COMO SUBSTRATO PARA CIRURGIA CRÂNIO FACIAL: MODISMO OU VEIO PARA FICAR? [Conference presentation]. XXX CONGRESSO BRASILEIRO DE ANATOMIA, São Paulo, Brazil.
* Zili, Z., Larson, C., Nunes, S., Karwal, K., Philips, J., Ong, D., Mundle, K., & Kimura, M. (2024). *Position statement on UV Radiation Protection: More than just sunscreen.* Passed at the CFMS 2024 AGM.

# WORK EXPERIENCE

**Behaviour Interventionist,** *Surrey*, BC September 2017 – January 2022

* Collaborate with his behaviour consultant and the school's applied behaviour analyst to implement a behaviour plan
* Attended workshops through AutismBC to deepen my understanding of ASD and applied new personalized strategies to reinforce positive behaviours
* Taught the child how to use their iPad to communicate and express themselves.
* Spent 1-on-1 time with the child teaching them life-skills, taking them on outings, and by playing games with them.

**Outreach Worker,** *Surrey School District*,Surrey, BC September 2019 – January 2020

* Maintained more than 20 students’ safety during various before and afterschool programs by setting and enforcing specific rules. Unfortunately, was unable to continue due to school conflict.
* Reduced interpersonal conflicts between students with a ~90% success rate by using comprehensive and diverse strategies
* Noted relevant information at 100% of bi-weekly progress and team meetings to directly enhance the workplace
* Filed incident reports for major injuries and reported to the Program Director if needed
* Increased efficiency and decreased confusion by ~10% by preparing and storing supplies for activities and out trips
* Protected confidential information of students by having and safely storing designated binder for paperwork
* Responded as a first aider on at least 5 occasions
* Received “most loved by parents” award for clear communication information, & building relationships with parents.

**COMMUNITY LEADERSHIP**

**Co-founder and President,** *Vision For Life Foundation*, Surrey, BC November 2017 - Present

* Articulated event missions to sponsors via email, phone, and in person and covered 75% of event costs with funding
* Started the “#fightthestigma” campaign to combat discrimination of individuals facing poverty
* Generated and published impact reports for social media, a site for journalism, and the website with the most notable post reaching over 12,000 individuals
* Prepared relevant materials and led outreach. To date, food has been given to over 1000 marginalized individuals while raising awareness of poverty and mental health on different platforms such as YouTube, Instagram and Facebook.
* Developed partnerships with non-profits such as Covenant House, Lu’ma Native Housing Society, and Union Gospel Mission to ameliorate hardships marginalized individuals’ experience
* Formed partnerships with local businesses such as Terra Breads to reduce food waste while providing meals for individuals experiencing homelessness, reaching over 500 individuals to date.
* Partnered with Singh Beans, a local coffee business for a province-wide sock drive. We gathered 462 pairs of socks in 2021, and 498 pairs in 2022.
* Navigated and provided information as needed to the government for legal paperwork, and filed it
* Trained 15 volunteers in areas of outreach, communicating to sponsors and content creation
* Working with politicians to create a program to connect individuals to harm-reduction and counselling resources

**Black Medical Students of Canada Research Subcommittee Member** *Halifax, NS* September 2024 - Present

* Working with a team of 5 to co-author a systematic review on race-based medicine in online patient resources.

**Community Engaged Service Learning (CESL) Representative,** *Dalhousie University, Halifax, NS.* September 2023 – Present

* As service-learning representative, I liaise between the student body and the CESL Coordinator
* I am also conducting a CESL project in partnership with Mainline Needle Exchange to create an interdisciplinary grand rounds presentation for between emergency medicine, addictions medicine, and Mainline for emergency physicians on harm reduction and injectable opioid agonist therapy.
* I will also be volunteering with the Mobile Outreach Street Team (MOSH) and the inpatient addiction medicine consult service (IAMCS)

**Global Health Liaison,** *Dalhousie University, NS,* September 2023 – Present

* Liaise between the student body, the Canadian Federation of Medical Students (CFMS), and the Global Health Office to coordinate global health events locally and nationally.
* Support 22 executives in facilitating events in areas of: sexual health and reproduction, global health education, international exchanges, indigenous health, newcomer health, harm reduction and addiction, public health, social justice, environmental health and sustainability, and health advocacy.
* Worked on the CFMS public health committee to pass a position paper called “UV Radiation Protection: More than just sunscreen” to be adopted into national policy
* Completed a research exchange in Brazil through the International Federation for Medical Student Associations (IFMSA)
  + Completed an abstract titled: “INTELIGÊNCIA ARTIFICIAL COMO SUBSTRATO PARA CIRURGIA CRÂNIO FACIAL: MODISMO OU VEIO PARA FICAR?” to be presented at the XXX CONGRESSO BRASILEIRO DE ANATOMIA in November 2024. Will be turning this into a full systematic review
  + Worked with healthcare professionals in areas of parasitology, neuroanatomy, morphology, and psychiatry and learned about the unique challenges the healthcare system in Brazil, such as using robust public health measures to protect vulnerable populations from endemic parasites.

**Co-founder of Spartans Against Cancer club,** *North Surrey Secondary,* Surrey, BC Sep 2016 - Jun 2018

* Fundraised over $3000 for the Canadian Cancer Society in 1 school year
* Led and managed over 35+ volunteers during various events
* Prospected individuals for 5 executive positions every school year and hired competent students

**Senior Member, Hungry for Hope,** *Surrey*, BC Jan 2015 - Mar 2020

* Built meaningful connections with individuals experiencing homelessness
* Connected individuals with mental health, counselling, and harm reduction resources if they expressed interest.
* Served home-cooked meals bi-weekly to those experiencing homelessness
* Mentored over 15 new, incoming members volunteering for the initiative

**Servant at St George’s Coptic Orthodox Church,** *Surrey*, BC Jan 2015 - Aug 2023

* Organize summer camps for over 30 children/youth every year
* Served as a deacon during church mass every Sunday
* Worked with 65 other volunteers to establish the annual Egyptian Festival, which includes ancient memorabilia displays, art exhibitions, information tours, food, and live entertainment for the community. This event raises over $4000 annually for our church.