

Zhi Lin Zhou, BSc, RN

Preferred name: Lily Zhou

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CERTIFICATION

CNO Registered Nurse General Class #21412311	2022
Health Promotion Foundations	2022
Public Health Ontario, ON	
Basic Cardiac Arrhythmias Certificate	2021
Supporting Mothers and Babies: Understanding Breastfeeding and the Baby-Friendly Initiative	2021
Best Start, Ottawa, ON	
BLS, Heart and Stroke, Ottawa, ON	2021
Bloody Easy Blood Administration, ORBCON, Ottawa, ON	2020
TCPS2 Core Certificate, Panel on Research Ethics, Ottawa, ON	2019
Non-violent Crisis Intervention Certificate, Crisis Prevention Institute, Ottawa, ON	2018
GPA in Dementia Care, AGE, Ottawa, ON	2018
DELf B1 Certificate, Gestion centrale DELF – DALF au Canada, Ottawa, ON	2017

EDUCATION

Honours Bachelor of Science in Nursing	2017 - 2021
University of Ottawa, ON	
• GPA: 3.98/4 (Dean's Honour List)	
Master of Public Health in Epidemiology	2022-2024
University of Toronto Dalla Lana School of Public Health, ON	

AWARDS AND ACHIEVEMENTS

Dean's Honour List, Faculty of Science, University of Ottawa, ON	2017-2021
Merit scholarship, University of Ottawa, ON	2017-2020
Undergraduate Research Opportunity Program scholarship (UROP), University of Ottawa, ON	2018
International Baccalaureate Diploma, Colonel By Secondary School, Ottawa, ON	2016
Silver Duke of Edinburgh Award, Ottawa ON	2016

RESEARCH EXPERIENCE

Student Epidemiologist	May 2023 - Present
Canadian Nosocomial infection Surveillance Program, PHAC, Ottawa, ON	
<ul style="list-style-type: none">• Gained familiarity with nosocomial disease surveillance at the national level through evaluating the impact of antimicrobial stewardship programs in acute-care hospitals across Canada.• Applied knowledge of epidemiologic and statistical methods to analyze hospital surveillance data on antimicrobial use, presence of stewardship program, and factors associated with increased antimicrobial use.• Utilized R software to clean and conduct regression analysis on the effect of antimicrobial stewardship programs on antimicrobial use across hospitals and stratified by unit type and antimicrobial class.• Practiced scientific writing by preparing a surveillance report highlighting the variation and effectiveness of stewardship programs across Canadian hospitals.	
Geospatial Data Visualization Challenge	February 2022
Esri Canada, Toronto, ON	
<ul style="list-style-type: none">• Created spatial visualizations of correlations between community belonging and associated indicators within Toronto using ArcGIS Pro.• Presented findings and recommendations for improving low community belonging utilizing ArcGIS Story Mapping.	

Quality Improvement Project: Staff Experience on Information Accessibility

September – December 2020

Emergency Response Phone Line, Ottawa Public Health (OPH), ON

- Designed survey to identify COVID-19 information barriers which revealed user interface issues with their website and wiki.
- Performed qualitative and quantitative analysis on survey data which identified platform solutions to information accessibility.
- Disseminated research findings to 200 OPH professionals in the department which resulted in positive changes on the OPH website.

Scoping Review: Research Priorities with Children, Youth, Families

October 2018 – March 2019

Children's Hospital of Eastern Ontario Research Institute, ON

- Supervisor: Dr. Denise Harrison, Chair of Nursing Care of Children, Youth and Families.
- Lab Grants: Canadian Institutes of Health Research, Networks of Centres of Excellence of Canada, Ontario Child Health Support Unit, Nova Scotia Health Research Foundation.
- Scholarship funding: \$1000
- Built the literature scoping search strategy, assessed database relevance, and analyzed data using Covidence which revealed gaps in field of study.
- Co-authored a manuscript under Dr. Denise Harrison and submitted it for review to the Journal of Child Health Care

Research Assistant

May 2017 – August 2018

Department of Cellular and Molecular Medicine, University of Ottawa, ON

- Supervisor: Dr. Derrick Gibbins, Member of the Parkinson's Research Consortium.
- Funding: Canadian Institute of Health Research, Canadian Cancer Society, Natural Sciences and Engineering Research Council of Canada, ALS Society of Canada.
- Studied effects of protein packaging in exosomes through transfection of GFP in mice
- Performed DNA transfection, QPCR, westerns blots, mouse dissections, organ harvest, and care post-surgery.
- Demonstrated abilities in data collection, analysis and presentation through the use of statistical software and graph creation.

SKILLS AND LANGUAGES

- R
- Excel
- ArcGIS
- Stata

WORK EXPERIENCE

Assistant of Membership Management

May – August 2022

Air Force Association of Canada, ON

- Updated RCAF Trust website with grants disbursed throughout 32 years.
- Reviewed past reports and literature to locate grants and donations
- Attention to detail and

Public Health Nurse

January 2022 – April 2022

The Region of Waterloo, ON

- Administered COVID-19 vaccines to the public, monitored for adverse reactions, provided education on side effects, vaccine types and interchangeability. Built therapeutic relationships with vaccine hesitant populations.
- Experienced in diluting and preparing vaccines.

Cardiac Surgery Nurse

September – December 2021

St. Mary's General Hospital

- Cared for patients pre and post cardiac surgery, providing complex wound care, telemetry interpretation, proper mobilization, chest tube care and removal, PCA monitoring, and education on incentive spirometry and discharge instructions.
- Floated to wide variety of units including ER, medicine, CVICU, and thoracics.

- Developed skills in teamwork, effective communication, conflict resolution and critical thinking.
- Utilized Cerner EMR.

Vascular Surgery Registered Nurse

July – August 2021

The Ottawa Hospital, ON

- Worked on the vascular surgery unit providing acute care to clients after vascular, gastrointestinal and urology surgery.
- Performed surgical dressing changes, VAC changes, ostomy care, CBI maintenance, PICC care, initiation of venipuncture and administration of IV medications, blood administration, PCA and regional block maintenance to post-surgical patients.
- Developed critical thinking and time management skills during rapid changes to patient condition.
- Utilized EPIC EMR.

Public Health Nurse

June – August 2021

Ottawa Public Health, ON

- Administered COVID-19 vaccines to the public, monitored for adverse reactions, provided education on side effects, vaccine types and interchangeability. Built therapeutic relationships with vaccine hesitant populations.
- Experienced in diluting and preparing vaccines.
- Utilized relaxation techniques to hesitant youths receiving vaccines and monitored for vasovagal responses post-vaccination.

Clinical Care Assistant

April – June 2021

The Ottawa Hospital, ON

- Worked with RNs on the Vascular Surgery Unit by performing delegated tasks and providing care to patients.
- Delegated tasks performed included dressing changes to necrotic tissues, pressure wounds, and VACs, venipuncture, glucoscans, and vital signs.
- Developed effective communication and critical thinking skills when reporting to nurses on changes in patient status.

Personal Support Worker

May – August 2019

Bayshore Home Care Solutions, Ottawa, ON

- Provided personal care and assistance with activities of daily living for over 50 clients with a variety of disabling conditions using excellent problem solving and autonomy skills.
- Services included bathing, dressing, companionship, dementia care, respite care, fall prevention and medication reminders.
- Demonstrated compassion and sensitivity to each client's situation while providing care.

Database Assistant

July 2014 – August 2016

Air Force Association of Canada, Ottawa, ON

- Updated databases of over 300 members in the organization using strong planning and organizational skills.

LEADERSHIP EXPERIENCE

Nurse Mentor

November 2021

- Mentored second year nursing students on the medicine unit.
- Provided education on navigating the EMR, administering insulin, indications for medications.
- Resolved questions regarding patient status, and care being provided.

Kickboxing Instructor

September 2019 – September 2021

- Co-led Kun Khmer classes with groups of up to 10 people.
- Created drills and corrected form and posture of students during training.

TEDxYouth Media Manager and Co-Organizer

October 2015 – June 2016

- Organized student run TED talk event with 6 guest speakers and over 50 attendees.
- Promoted TEDxYouth@Ogilvie event through social media, organized layout of venue, and provided direction and itinerary to attendees.

EXTRACURRICULAR ACTIVITIES

Infectious Disease Working Group

September 2022 – Present

- Community Engagement Co-Chair
- Facilitated partnerships with community organizations to better understand community members' perceptions and needs.
- Maintained and updated the ReConnect Tool, a web-based platform that shares COVID-19 related resources and services in Toronto
- Oversaw collaboration with the subcommittees to organize workshops and scientific presentations for the public

Public Health Student Association

September 2022 – Present

- Social Exec
- planned social, academic, and networking events for the Dalla Lana study body and assist with event promotion.
- Fostered a sense of belonging among public health graduate students by attending events and engaging with new students.

Kickboxing

September 2018 – September 2021

- Advanced in the field of Kun Khmer with head coach Samath Sim, formerly part of the Cambodian International Boxing Team.
- Sparring teammates in preparation for competitions and co-lead classes for beginner students.

Illustrator

2013 - Present

- Co-lead artist and organizer for a completed graphic novel.
- Designed story boards and collaborated on storyline with co-artist.
- Developed illustration skill with differing mediums including pencil, ink, watercolor, and recently digital media.
- Current goal is to publish on a digital comic platform.