Heart & Stroke™

HEART & STROKE BIOGRAPHICAL SKETCH (BIOSKETCH)

Provide the following information for the Senior/key personnel and other significant contributors to the research project. Follow this format for each person. **DO NOT EXCEED SIX PAGES.**

No additional materials may be appended.

Please see BIOGRAPHICAL SKETCH INSTRUCTIONS GUIDE for formatting restrictions; all sections are considered required.

NAME: Jane Doe

DEGREES AND CURRENT ACADEMIC APPOINTMENT (if applicable): B.Sc.; M.Sc.; Ph.D.; Postdoctoral Fellow

CURRENT FULL TIME POSITION/PRIMARY APPOINTMENT 2024-07-01 **AND TITLE:** Postdoctoral Fellow, Department of Medicine (Cardiovascular Sciences), Canadian Research-Intensive University

DATE OF FIRST FULL TIME FACULTY APPOINTMENT Click or tap to enter a date. **AND TITLE:**

LANGUAGE SKILLS *(add/delete rows as necessary)*

LANGUAGE	READ	WRITE	SPEAK	UNDERSTAND	PEER REVIEW
English	Yes	Yes	Yes	Yes	Yes
French	Yes	Yes	Partially	Yes	No
Spanish	Yes	No	Partially	Yes	No

EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE *(if applicable)*	Completion Date *(MM/YYYY)*	FIELD OF STUDY
Canadian University, City, Province, Canada	Postdoctoral Fellowship	Expected 06/2027	Implementation Science in Heart & Stroke Care
Canadian University, City, Province, Canada	Ph.D.	10/2024	Cardiovascular Rehabilitation & Outcomes
International University, City, Country	Student Exchange	08/2019	Cardiovascular Imaging
Canadian University, City, Province, Canada	M.Sc.	09/2018	Exercise Physiology
Canadian University, City, Province, Canada	B.Sc.	05/2016	Biomedical Sciences

A. Personal Statement - please outline how your training and experience are relevant to the proposed application.

My research training integrates cardiovascular physiology, rehabilitation science, health services research, and implementation science, with a consistent focus on improving equitable access to evidence-based heart and stroke care. Across my academic trajectory, I have intentionally progressed from mechanistic and observational research toward applied, system-embedded research aligned with Heart & Stroke priorities.

During my doctoral training, I investigated referral patterns, participation, and adherence in cardiac rehabilitation following acute coronary events. Using population-level administrative data, patient-reported outcomes, and qualitative interviews, my work identified structural and sociocultural barriers affecting uptake among women, rural populations, and individuals facing socioeconomic disadvantage. These findings informed co-designed intervention strategies with clinical teams and patient partners.

A key limitation of my PhD training was limited exposure to formal implementation frameworks and real-world program evaluation. My postdoctoral fellowship was purposefully selected to address this gap. I am embedded within a multidisciplinary cardiovascular research program that integrates clinicians, health-system leaders, and people with lived experience. Under direct mentorship, I am leading pragmatic evaluations of hybrid rehabilitation delivery models, applying implementation frameworks (e.g., RE-AIM, CFIR) and advanced mixed-methods designs.

My long-term goal is to establish an independent research program focused on scalable, equitable delivery of cardiovascular and stroke rehabilitation services. The proposed Fellowship training is essential to achieving this goal and to advancing Heart & Stroke's mission of improving heart and brain health for all.

B. Professional Experience, Leadership Activities, and Honors

Academic and Scientific Appointments

2024 – Present	**Postdoctoral Fellow**, Department of Medicine (Cardiovascular Sciences), Canadian University
2022 – 2023	**Research Coordinator (Part-time)**, Hospital-Based Heart Function Clinic
2021	**Summer Student,** Department of Kinesiology, Canadian University

Leadership Activities

2023 – Present	**Trainee Representative,** Cardiovascular Research Advisory Committee
2022 – 2024	**Peer Mentor,** Graduate Student Wellness & Mentorship Program
2021 – 2023	**Abstract Reviewer,** National Cardiovascular Research Conference
2020 – 2022	**Patient-Partner Liaison**, Community Heart Health Advisory Group

Selected Honors

2025	Competitive Travel Award, International Cardiac Rehabilitation Congress
2024 – 2026	Postdoctoral Fellowship Award, Provincial Health Research Organization
2023	Best Trainee Oral Presentation, National Cardiovascular Meeting
2021 – 2024	National Doctoral Scholarship (Health Research)
2019 – 2021	Provincial Graduate Scholarship

C. Most Important Contributions to Science

1. Understanding Inequities in Cardiac Rehabilitation Access

I led a program of research examining inequities in referral and participation in cardiac rehabilitation following myocardial infarction. Using linked administrative datasets and patient interviews, this work identified sex-based and geographic disparities and highlighted modifiable system-level barriers affecting access.

Selected publications/research products:

a. **Doe, J.,** Author A., Author G. (2022). Publication Title. Journal Title. PMID: ######.
b. Author C., **Doe. J.,** Author D. (2023) Publication Title. Journal Title. PMID: ######.

2. **Designing and Evaluating Hybrid Rehabilitation Models**
   Building on observational findings, I co-designed and evaluated hybrid (in-person + virtual) rehabilitation programs in hospital and community settings. This work demonstrated comparable functional outcomes with improved reach among underserved populations and informed local implementation policies.

   Selected publications/research products:

   a. **Doe, J.,** Author E., Author M. (2024). Publication Title. Journal Title. PMID: ######.

3. **Knowledge Mobilization and Patient-Engaged Research**
   A defining contribution of my work has been the integration of patient partners throughout the research lifecycle. I contributed to the development of plain-language tools, clinician decision aids, and community presentations that translated research findings into practice.

   Selected publications/research products:

   a. Patient decision aid (regional health authority)
   b. Public webinar series on equitable rehabilitation access

D. Prior Funding History

Ongoing

2024 **–** 2026	**Trainee Name**, Project Title, Postdoctoral Fellowship Award, Provincial Health Research Organization, Trainee Award, $45,000
2025 – 2026	**Trainee Name,** Institutional Postdoctoral Top-Up Award, University Research Office, Trainee Top-Up, $7,500
2025 – 2026	**Trainee Name,** Implementation Science Training Platform Fellowship, National Training Network, Trainee Award, $5,000

Completed

2023 – 2024	**Trainee Name**, Project Title, Doctoral Training Award Supplement (Knowledge Translation), National Health Research Agency, Trainee Award, $7,500
2021 – 2022	**Trainee Name**, Project Title, National Doctoral Scholarship (Health Research), Federal Funding Agency, Trainee Award, $60,000
2020 – 2022	**Trainee Name**, Project Title, Graduate Trainee Research Award, University Research Fund, Trainee Award, $12,000
2019 - 2021	**Trainee Name**, International Mobility Award, International Affairs Office, Trainee Award, $6,000

E. Activities

Knowledge Translation

- **Translation to Policy:** Development of evidence summaries and briefing notes for hospital leadership and regional health authorities to inform referral practices and delivery models for cardiac and stroke rehabilitation, based on findings from population-based and mixed-methods studies.

- **Clinical and Community Knowledge Mobilization:** Preparation of plain-language research summaries and decision-support tools for patients and caregivers, co-developed with people with lived experience to improve accessibility and uptake of rehabilitation services.
  Participation in community-focused science outreach initiatives (e.g., Let's Talk Science) to translate cardiovascular research concepts for youth, educators, and the general public, with an emphasis on prevention, health equity, and evidence-informed decision-making.
- **Community Engagement**
  Delivered interactive workshops and presentations through community and school-based outreach programs to support public understanding of heart and brain health, cardiovascular risk factors, and the role of rehabilitation across the life course.
- **Media Engagement:**
  Participation in media activities to support public understanding of cardiovascular risk, prevention, and equitable access to rehabilitation.
- **Media Events:**
  - **Radio Interview:** Participated in a live segment on a regional health radio program discussing barriers to cardiac rehabilitation access and the role of hybrid (in-person/virtual) care models in improving reach.
  - **Online Media:** Contributed expert commentary to a digital health outlet on the use of real-world data to inform cardiovascular policy and service delivery.

Supervisory Activities

2023 – Present	MSc, **Co-supervisor**, Trainee Name.
2021 – 2023	Undergraduate Honours Student, **Co-supervisor**, Trainee Name. Currently; MSc student, School of Health Sciences, Canadian University

Invited Talks (Total invited talks: 12)

March 2025	**Invited Talk**, *Equitable Access to Cardiac Rehabilitation: Evidence and Implementation Challenges,* Hospital-Based Cardiovascular Research Rounds.
October 2024	**Invited Talk,** *Using Real-World Data to Improve Rehabilitation Uptake*, Graduate Seminar Series, Canadian University.
June 2024	**Panelist,** *Hybrid Models of Care in Cardiovascular Rehabilitation*, Heart & Stroke Foundation Research Webinar.

Selected Relevant Publications

1. **Doe J.**, Author B., Author D. (2024). *Barriers to participation in cardiac rehabilitation following myocardial infarction: A mixed-methods study.* **BMJ Open**, PMID: ########.
2. **Doe J.**, Author J., Author D. (2024). *Evaluating hybrid (in-person and virtual) cardiac rehabilitation models in routine clinical practice.* **Implementation Science Communications**, PMID: ########.
3. **Doe J.**, Author D. (2023). *Geographic and socioeconomic inequities in access to cardiac rehabilitation services in Canada.* **CJC Open**, PMID: ########.
4. **Doe J.**, Author L., Author M. (2023). *Reach, adoption, and equity impacts of virtual cardiac rehabilitation programs: A real-world evaluation.* **PLOS ONE**, PMID: ########.
5. Author N., **Doe J.**, Author M. (2023). *Clinician and patient perspectives on hybrid rehabilitation delivery following cardiovascular events.* **Health Services Research**, PMID: ########.
6. **Doe J.**, Author P., Author M. (2023). *Using real-world data to inform cardiovascular rehabilitation policy and service planning.* **Canadian Journal of Public Health**, PMID: ########.

7. **Doe J.**, Author F., Author G. (2022). *Referral patterns and system-level determinants of cardiac rehabilitation participation using administrative health data.* **Journal of Cardiopulmonary Rehabilitation and Prevention**, PMID: #########.
8. Author H., **Doe J.**, Author G. (2022). *Patient-reported barriers and facilitators to cardiac rehabilitation uptake: A qualitative analysis.* **BMC Cardiovascular Disorders**, PMID: #########.
9. **Doe J.**, Author G. (2022). *Developing patient-centred knowledge translation tools to support rehabilitation decision-making.* **Patient Education and Counseling**, PMID: #########.
10. Author L., Author M., **Doe J**, Author S, Author G. (2021). *Equity considerations in cardiovascular rehabilitation research: Implications for design and implementation.* **Journal of Clinical Epidemiology**, PMID: #########.

F. Additional Information: Scholastic Performance

Graduate and Doctoral Coursework

2020	Health Services & Outcomes Research	Canadian University	A
2020	Mixed-Methods Research Design	Canadian University	A
2021	Advanced Biostatistics for Health Research	Canadian University	A
2021	Advanced Cardiovascular Physiology	Canadian University	A+
2022	Clinical Trials and Intervention Design	Canadian University	A
2022	Implementation Science in Health Systems	Canadian University	A+
2023	Longitudinal and Multilevel Data Analysis	Canadian University	A
2023	Equity, Sex- and Gender-Based Analysis in Health Research	Canadian University	A+

Grading scale: A+ = 90–100; A = 85–89; minimum passing grade = 65