

PERLA NABHAN

613-413-3000
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EDUCATION

Undergraduate Medical Education (MD)

Faculty of Medicine, University of Ottawa, Ontario

- 2025 *Medical Student Summer Research Program* bursary with University of Ottawa
- 2024 Research Initiation Bursary with *Consortium nationale de formation en santé CNFS*
- Expected graduation date: June 2027

Honors BSc in Biomedical Sciences (Research Focus)

University of Ottawa, Ontario

- 2019 Admission scholarship
- Merit scholarships
- 2021 Student Summer Scholarship with *Montfort Hospital*
- 2022 *Undergraduate Research Opportunity Program (UROP)*
- Graduation date: April 2023

High school diploma

College Catholique Samuel Genest

- *Ottawa Science Innovation Challenge on Opioids* presented at University of Ottawa
- Graduation date: June 2019

PUBLICATIONS

Nabhan, P., Chomienne, M., Giroux, V., Ngwaka, N. “Dépression post-partum chez les femmes immigrantes noires et francophones en Ontario, une étude qualitative.” Poster presented at : Destination recherche innovation Montfort; 2025 Mar 27; Ottawa, ON.

Nabhan, P., Alrifae, Y., Murthy, S. “Cancer Risk and Disease Prognosis in Persons with Primary Sclerosing Cholangitis and Inflammatory Bowel Disease: A Systematic Review.” Poster presented at: Western Student Research Conference (WSRC); 2022 Mar 10; Ottawa, ON.

Kakodkar, Pramath, et al. “Efficacy of selective dorsal rhizotomy and intrathecal baclofen pump in the management of Spasticity.” *Advances and Technical Standards in Neurosurgery*, vol. 45, 18 Aug. 2022, pp. 379–403, https://doi.org/10.1007/978-3-030-99166-1_13.

AWARDS AND ACHIEVEMENTS

1st place award for poster presentation, conference Destination recherche innovation Montfort, awarded by the Institut du savoir Montfort, 2025 Mar 10, Ottawa, ON.

WORK EXPERIENCE

Head Lifeguard

June 2019 – June 2025

City of Ottawa

- Reinforce rules, act upon first aid emergencies first aid
- Teach swimming, drowning prevention, & pool safety to 1-13 y/o children

Clinic Assistant East Ottawa Kids COVID Care Clinic <ul style="list-style-type: none"> • Take vital signs of pediatric patients • Act as liaison between physicians and receptionists 	Nov 2022-Nov 2023
Research Assistant Summer Student The Ottawa Hospital Research Institute <ul style="list-style-type: none"> • Recruit eligible participants for a survey research study 	May 2022-Sept 2022
Field Liaison Officer Elections Canada <ul style="list-style-type: none"> • Collaborate with elections staff to setup voting locations • Oversight of assigned tasks and problem solving 	Oct 2022
Lifeguard and Head Aquatic Supervisor H2O <ul style="list-style-type: none"> • Collaborate with clients, supervisors & manager • Conflict & emergency management 	June 2019-Sept 2022
Resident Support Aid The Ottawa Hospital <ul style="list-style-type: none"> • Answering call bells and providing care to residents 	Jan 2022-April 2022
Research Assistant Summer Student Institut du Savoir Montfort <ul style="list-style-type: none"> • Strengthen participant recruiting skills 	May 2021-Sept 2021
Day care secretary La Coccinelle <ul style="list-style-type: none"> • Administrative tasks 	Sept 2018 – June 2019
Personal Support Worker Montfort Hospital <ul style="list-style-type: none"> • Offered service to postoperative patients • Assisted nurses with blood tests, bandage replacements and maintaining patients' records 	Sept 2018 – Jan 2019
VOLUNTEER EXPERIENCE	
Faculty of Medicine Discovery Day Volunteer University of Ottawa, Faculty of Medicine <ul style="list-style-type: none"> • Plan and run workshops to high school students 	Feb 2025-May 2025
Stop the Bleed Course Instructor American College of Surgeons <ul style="list-style-type: none"> • Offer course to group of Girl Guides of Canada 	Jan 2025

- Ottawa Student Emergency Medicine Conference Committee** Oct 2024-Feb 2025
University of Ottawa
- Plan emergency-based and first aid activities (POCUS, workshops)
- Vertical Mentorship Program Coordinator** Sept 2023-May 2025
University of Ottawa, Student Affairs Office
- Liaison between physicians and students to organize activities
- Case-Based Learning Tutor** Sept 2024
University of Ottawa, Faculty of Medicine
- Present to students the components of the medical school curriculum
- Orientation Week Leader** Sept 2024
University of Ottawa, Aesculapian Society
- Point of contact for students during their orientation week activities
- POCUS Simulation Volunteer** Sept 2024
Montfort Hospital
- Act as a simulated patient for residents' POCUS workshop
- Kitchen volunteer** Feb 2020 – Sept 2024
The Ottawa Mission
- Preparing meals and offering service at the shelter
- Simulation Volunteer** Nov 2023
2023 National Skills Day for Family Physicians
- Outlined the role of a health professional in in-flight emergencies
- VP High School** Jan 2021 – Sep 2023
Learning for Charity
- Initiated the expansion of tutoring services to high school students
- Community Outreach Lead** Jan 2021 – Sep 2023
Crohn's and Colitis Canada
- Managed Ottawa-Gatineau Chapter social media accounts in partnership with others
- Emergency Management Volunteer** Jan 2021 – Sep 2023
Canadian Red Cross
- Assisted in meal service and sorted donations at respite centers

CERTIFICATIONS

Stop the Bleed certified by American College of Surgeons	2024
Water Safety Instructor certified by Canadian Red Cross	2019
National lifeguard certified by Canadian Lifesaving Society	2019
Airway management certified by Canadian Lifesaving Society	2019
Standard First Aid with CPR-C certified by Canadian Lifesaving Society	2019

REFERENCES

Martin Bertrand

Recreation Supervisor

City of Ottawa

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Dr. Paul Macpherson

Thesis Research Project Supervisor

The Ottawa Hospital

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