

Going Rural: Opportunities in Rural Healthcare Event Program

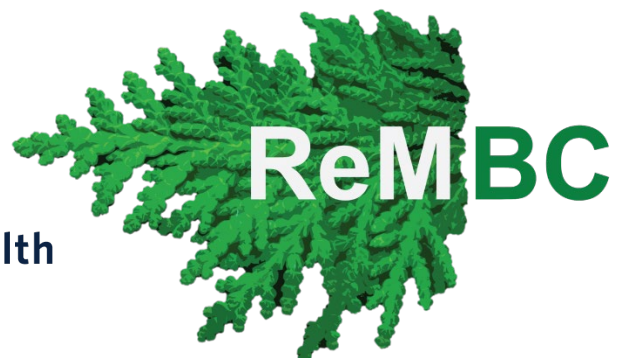


Presented by:
Rural eMentoring BC and UBC Health



THE UNIVERSITY
OF BRITISH COLUMBIA

Office of the Vice-President, Health
UBC Health



We would like to begin by acknowledging that the land on which we gather, work and learn upon is the unceded territory of the Coast Salish Peoples, including the territories of the xwməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), Stó:lō and Səlílwətaʔ/Selilwitulh (Tsleil- Waututh) Nations. The land has always been a place of learning for the Indigenous peoples, who for millennia have passed on their culture, history, and traditions from one generation to the next. Unceded means that this land was never surrendered, relinquished or handed over in any way.

Land acknowledgment is a part of reconciliation, and as such we give you all the responsibility to continue your self-education by asking questions and learning more about reconciliation. Questions like: What can you do to better care for the land? And Who lived on this land before you?

Land acknowledgment is about reflecting on the places where we reside and work and play, while respecting all peoples and their experiences, but in recognition of the Indigenous traditions and ties to the land.

Land acknowledgment can help build understanding about our relationships and responsibilities to the Indigenous people and lands where we live and work. It is a living celebration of Indigenous communities and relationships, and appreciation for the rich history and culture of the lands where we live and work.

We also invite you all to research what traditional lands you live, work and play in so that you can in your own way give acknowledgment.

Written by Angela Nash ([Wəlastəkweyiyik](#))

eMentoring Indigenous Initiatives Manager

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Event Schedule

January 23rd 2024: 5-8pm Pacific Time Zone (doors open at 4:30)

You do not need to be present for the whole event. You can come and go as you please and join whichever sessions you want.

4:30-5pm Check-in - Please join a few minutes early to check-in to the event and confirm the sessions you will be attending. This is also a chance to get familiar with the platform and find where you are going, as we will be starting the sessions right on time!

5-6pm Panel Session: Rural rotations and careers

- Hear from senior students about their experiences working in healthcare settings in rural communities. Learn about what different health professionals do day-to-day, how different professions work collaboratively, and what to expect when going on a rural rotation.
- [Learn more about the panelists here.](#)

6-6:30pm Mixer session and virtual booths

- **Mixer session: Rural rotations** - meet other students going on rural rotations.
- **Virtual booths** - visit virtual booths hosted by a variety of schools and programs from across BC to learn about degree options and admission pathways. [View the schools and programs attending and learn more.](#)

6:30-7:30pm Panel Session: Going to school for a healthcare career

- Hear from current student in health professions programs who are from rural communities. Learn about the different educational pathways to different degrees, what school is like, and how these students made the transition from rural to urban.
- [Learn more about the panelists here.](#)

7:30-8pm Mixer session and virtual booths

- **Mixer session: Meet admissions representatives** - short presentations from health professions programs in BC about what degrees they offer and their admissions process, followed by an opportunity to speak one-on-one with representatives from each program. [View the schools and programs attending the session and learn more.](#)
- **Virtual booths and exhibitors** - visit virtual booths hosted by a variety of schools and programs from across BC to learn about degree options and admission pathways. [View the schools and programs attending and learn more.](#)

Virtual Venue Tutorial

Our virtual venue is being hosted on a platform called Gather.town. It's like being at a real event, but in a videogame-like format. You will create a character (your "avatar") whose movement you can control; you will walk your avatar to different areas of the virtual space to attend sessions, visit virtual booths, interact with objects (for example: clicking on a TV will show you a video) and video chat with other attendees.

Joining the venue

Please use this link to join the event and access the virtual venue:

<https://app.gather.town/app/X69UZntetrlolFB/Going%20Rural>

- This link gives you access to the virtual venue immediately. We recommend checking out the venue ahead of time to familiarize yourself with the platform.
 - *If this were an in-person event held at the Convention Centre (for example), this would be like giving you the keys to the Convention Centre ahead of time so you could visit it before the event and get your bearings.*
- You **do not** need to sign in or create an account.
- We recommend using a computer to access the virtual venue. You can access it on a mobile device, but it's a bit tricky to move around and view the space.
- To leave the venue, exit the tab on your browser. You can rejoin whenever you want by using the same link above.

Read the instructions below or watch [this video](#) to learn how the platform works.

***Disclaimer:** the video is a bit outdated and is missing some of the features described below.

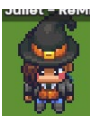
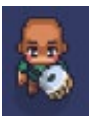
Creating your avatar

When you first click on the link, you will be asked to create an avatar.

1. Customize your avatar's appearance by clicking on "edit". **Please observe the following rules:**



- **No drum accessory:** Exhibitors' avatars will have the drum accessory, so please do not include this on your avatar.
- **No graduation caps:** Panelists' avatars will be wearing graduation caps, so please do not include this on your avatar.
- **No witch hats:** The event staff will be wearing witch hats, so please do not include this on your avatar.





2. Your name: please enter your name. You do not need to include your last name.
3. Click on Join the Gathering when you are done creating your avatar.

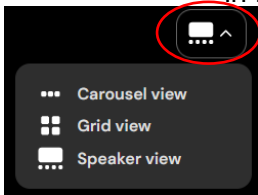
Video, audio and one-on-one video chatting

Please allow the platform use of your mic and video.

Important: When your avatar is close to another person's, your audio and video will automatically connect to theirs.

- This means: as long as you both have your camera and microphones on, you will be able to see and hear the attendees whose avatars are near yours, and they will be able to see and hear you.

- We recommend **turning off your camera and microphone** unless you are actively trying to video chat with someone. **Otherwise your audio and video will automatically connect to every user whose avatar is near yours.**
 - **To video chat one-on-one:** move your avatar close to theirs and ensure your mic and camera are on.
 - *We recommend moving to a non-crowded area to avoid other users' audio and video automatically connecting in to your conversation.
 - **To turn your camera and mic off and on:** click on the camera and mic icons on the bottom left of the screen. Green means on, red means off. 
- **Video view options:**
 - View yourself on the bottom left of the screen. You can pin your video using the pin icon.
 - **Video chatting:** Click on the maximize video icon (top right of the screen) to make your video full screen. Click it again to get out of full screen. 
 - **Watching panel presentations:** Click on the view icon (top right of screen – circled in red in the screenshot below) to choose your view options.
 - Grid view: view yourself and all the speakers side-by-side in full screen mode.
 - Speaker view: enlarges the speakers' videos and minimizes your video in full screen mode.
 - Clicking on Carousel view gets you out of full screen mode, but you will still be able to see the speakers' videos at the top of the screen.



Moving your avatar

Move your avatar to get to the different event sessions, video chat with other attendees, visit virtual booths, and interact with objects.

- Use the arrow keys on your keyboard to move
OR
- Double click with your mouse where you want to go

Zoom in/out by:

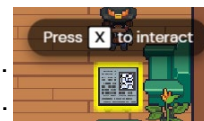
- Scrolling with your mouse wheel
OR
- Pressing Cntrl +/- on your keyboard
OR
- Pinch to zoom on laptop mouse trackpads

Interacting with objects

Walk up to an object to interact with it.





For example, if you interact with a TV, it might show you a video.

- Objects will glow yellow when you can interact with them.
- To interact: Press “X” on your keyboard or, if you are on mobile, tap the preview that pops up.
- To stop interacting with the object and return to the room: press the “Esc” key on your keyboard or click (tap if you are on mobile) the “x” button on the top right of the preview.



Event information toolbar

Find event information on the toolbar at the bottom right of the screen:

-  • **Info board:** real-time announcements about the event.
-  • **Chat:** View/send messages to specific people, people nearby, or to the entire room.
-  • **People icon:** View all the people at the event. Click on a person's name to send them a message or locate them.
-  • **Schedule:** View each of the sessions at the event, including their times and locations. Click on a session's name to view more information about it. The "let's go" button will display a black line that you can follow to get to the session.

Getting Help and Troubleshooting

If you are having technical difficulties with Gather.town, try any of the following:

- Refresh the page
- Exit the event tab and use the link above to rejoin
- Respawn (click on your name and select "Respawn")

Get assistance during the event in any of the following ways:

- Visit an info kiosk to view [Gather.town's tech support page](#)

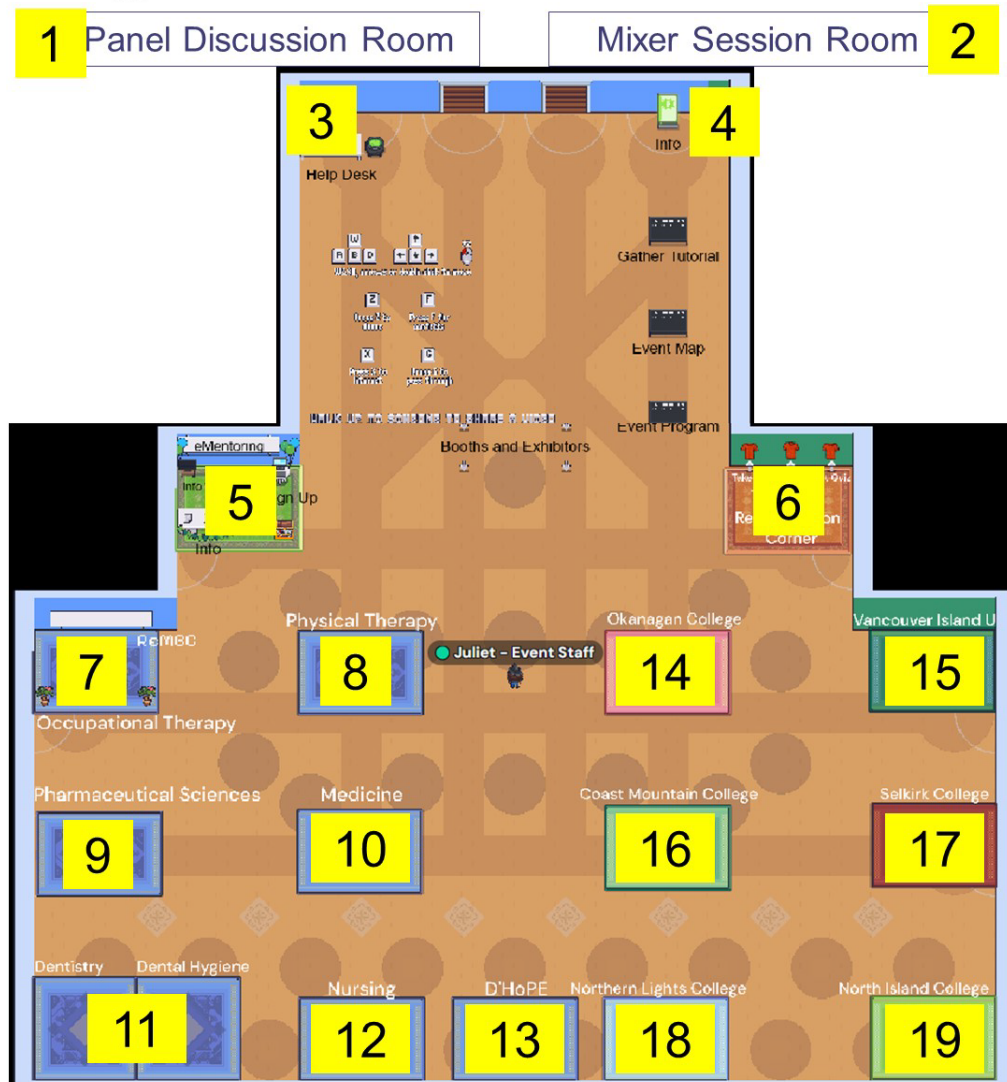


- Visit the help desk to talk to the event staff
- Find anyone with a witch hat whose name includes "Event Staff"
- Email us: e.mentoring@ubc.ca



Event Map

- | | |
|--------------------------------------|---|
| 1. Panel discussion room | 12. UBC Nursing |
| 2. Mixer session room | 13. UBC – D’HoPE
(Diversifying Health Professions) |
| 3. Help desk | 14. Okanagan College |
| 4. Info booth | 15. Vancouver Island University |
| 5. eMentoring | 16. Coast Mountain College |
| 6. Truth and Reconciliation Corner | 17. Selkirk College – Rural Pre-Medicine Program |
| 7. UBC Occupational Therapy | 18. Northern Lights College |
| 8. UBC Physical Therapy | 19. North Island College – Rural Pre-Health Program |
| 9. UBC Pharmaceutical Sciences | |
| 10. UBC Medicine | |
| 11. UBC Dentistry and Dental Hygiene | |



Featured Programs and Schools

Virtual Booths area: learn more about the various health professions training programs offered at schools throughout BC. Each program listed below will have its own virtual booth with information about degrees offered and admissions pathways.

- You will be able to [interact with objects](#) at each booth to learn more about the programs.
- Some programs will have representatives present to answer questions one-on-one. To video chat with a representative, just walk your avatar up to theirs and [connect your audio and video](#).

Mixer session: all of the programs listed below will also have representatives attending the Mixer Session from 7:30-8pm. Each program will give a quick presentation about what they offer, and then you will have time to talk to representatives [one-on-one over video chat](#).

List of Programs: click to learn more about each program

[Booth 5: Rural eMentoring BC](#)

[Booth 7: UBC Occupational Therapy](#)

[Booth 8: UBC Physical Therapy](#)

[Booth 9: UBC Pharmaceutical Sciences](#)

[Booth 10: UBC Medicine](#)

[Booth 11: UBC Dentistry and Dental Hygiene](#)

[Booth 12: UBC Okanagan Nursing Program](#)

[Booth 13: D'HoPE – Diversifying Health Professions Education Program](#)

[Booth 14: Okanagan College – Health and Social Development Programs](#)

[Booth 15: Vancouver Island University – Health Sciences Programs](#)

[Booth 16: Coast Mountain College – Health and Social Services Programs](#)

[Booth 17: Selkirk College Rural Pre-medicine Program](#)

[Booth 18: Northern Lights College – Health and Human Services Programs](#)

[Booth 19: North Island College Rural Pre-health Program](#)

Booth 5: Rural eMentoring BC

- **About:** Are you a rural student or a student who is interested in rural healthcare? Could you use some help or advice planning for your future? Of course you could! Join eMentoring and be mentored by a student in the health professions program of your choice. Drop by the eMentoring booth to learn about the program and to sign up for free. Everyone who signs up will have a chance to win a prize!
- **Who is here:** Juliet (eMentoring program manager), Parvaneh (eMentoring admin coordinator) and Angela (eMentoring Indigenous initiatives)

Booth 7: UBC Occupational Therapy

Booth 8: UBC Physical Therapy

- **About:** The Master of Physical Therapy (MPT) Program at UBC is one of the leading Physical Therapy programs in Canada and accepts 140 students over four sites. The MPT program is a 26-month master's degree program. The MPT program is fully distributed and provides students with the opportunity to study in state-of-the-art labs at UBC's campus in Vancouver, in the Fraser Valley, at UVIC's campus in Victoria, and at UNBC's campus in Prince George.

The MPT-North Program offers 20 seats and is taught at the UNBC campus in Prince George. Prince George is Northern BC's largest city with an active cultural community and great opportunities for outdoor pursuits. The teaching and learning facilities at UNBC are modern and state-of-the-art spaces. These facilities feature a plinth lab and lecture theatre with videoconferencing technology, as well as breakout rooms and study space for students.

Staff and students will be present to answer questions about MPT program and what it's like to study physical therapy in Prince George.

- **Who is here:** Louis Douesnard-Malo (Admissions and Recruitment Manager), Rebecca Levasseur (MPT-North Program Assistant – Student Services) and Gary Kujawinski (Student Services Officer)

Booth 9: Pharmaceutical Sciences

- **About:** Founded in 1946, the Faculty of Pharmaceutical Sciences at UBC enjoys an international reputation in pharmacy education, innovation in pharmacy practice, and research in the pharmaceutical sciences. Each year, we educate close to 900 undergraduate students and train more than 50 graduate students. Our alumni, numbering close to 7,000, have established themselves as successful pharmacists, scientists, teachers, entrepreneurs, leaders and innovators the world over.
- **Who is here:** Amanda (Student Engagement Coordinator) and Vicky (Assistant Director, Student Services)

Booth 10: UBC Medicine

- **About:** MD Undergraduate Program: Are you interested in becoming a physician and practicing in northern and/or rural settings? Would you like to hear from medical students and program staff about unique pathways to becoming a doctor? Drop by our MD Program booth to learn about the program and hear directly from current medical students who currently study in our Northern Medical Program (NMP).
- **Who is here:** Shelley Raper (NMP Admissions Site Coordinator / Student Affairs Coordinator) and current NMP Medical Students

Booth 11: UBC Dentistry and Dental Hygiene

- **About: Dentistry Program** – The Doctor of Dental Medicine degree is a full-time, four-year didactic and clinical educational program that prepares students to enter the profession of dentistry. Applicants for admission must have completed all required courses and 90 credits by the end of August of the year the candidate submits the application. Successful graduates of the program will be evidence-informed and technically competent practitioners with an understanding of the role of the dentist as an ethical health professional and a leader in the community.

Dental Hygiene Program: The Entry-to-Practice Admission Option is a full-time, four-year degree program at UBC-Vancouver that includes didactic and clinical instruction and leads to a Bachelor's Degree in Dental Science (Dental Hygiene). The program is open to both secondary school graduates and applicants with post-secondary experience.

- **Who is here:** Kavita Mathu-Muju (Dentistry Program Admissions Officer), Jelena Karan (Dental Hygiene Program Admissions Officer), Vicki Koulouris (Faculty of Dentistry Admissions Manager)

Booth 12: UBC Okanagan Nursing Program

- **About:** The UBC Okanagan School of Nursing offers a BSN degree in the Okanagan, with opportunities to specialize in rural and remote nursing in 4th year. Stop by our booth to learn about our BSN program and specialization opportunities. We're happy to answer any questions about program prerequisites, courses, or career opportunities as a registered nurse.
- **Who is here:** Melanie Willson (Assistant director, UBC Okanagan School of Nursing)

Booth 13: D'HoPE – Diversifying Health Professions Education Program

- **About:** This summer program, taking place at the UBC Vancouver campus, is designed to help equity-deserving high school & undergraduate students develop a sustained interest in a health profession education program of their choice.
- This program will not have a representative present at the event.

Booth 14: Okanagan College

- **About:** Are you looking for a meaningful career that helps meet the needs of people in your community? Okanagan College (OC) provides diverse learning opportunities in a range of fields. Our practical programs prepare students for careers in health and social development settings, including hospital and community nursing, long-term care, home care, social services, non-profit societies, child care centres and more. Drop by the OC booth to learn about the many programs we offer including Certified Dental Assistant, Early Childhood Education, Health Care Assistant, Human Service Work, Pharmacy Technician, Practical Nursing, and Therapist Assistant.
- **Who is here:** Representatives from the following programs: Shannon Andrusiak (Pharmacy Technician), Brian Hall (Therapy Assistant), Karmen Krahn (Human Service Worker), Kathryn Truant (Certified Dental Assist), Krista Borsheim (Health Care Assist), Dana Susheski (Practical Nursing), Terri-Lynn Russell (Early Childhood Educator), Corinne Van De Crommenacker (Health and Social Development)

Booth 15: Vancouver Island University

- **About:** Vancouver Island University has a wide range of programs in the health professions, including nursing, dental hygiene, community mental health work, and health care assistance. As a student, you'll join a learning community where your goals and aspirations will have the full support of dedicated, talented and inspiring faculty. Prepare for diverse careers in health care in classes focused on experiential, hands-on learning. You'll find a sense of belonging, a collaborative and supportive learning environment, and instructors who are known for their passion, real-world experience and commitment.
- **Who is here:** Dylan and Meagan (VIU Recruitment Officers)

Booth 16: Coast Mountain College

- **About:** Coast Mountain College (CMTN) offers exciting options in health care training including Nursing and Practical Nursing: The Northern Collaborative Baccalaureate Nursing Program (NCBNP) is offered in partnership with UNBC. Pending final approval, the new Practical Nursing Program will open for applications soon, with the first cohort starting in October 2024.

Study at our campus in Terrace, BC, a northern community with abundant skiing, hiking and mountain biking as well as affordable student housing. CMTN creates a supportive

environment with small class sizes, newly renovated nursing labs, and classrooms with updated technology and equipment for healthcare training. Stop by our booth for a chance at some great prizes.

- **Who is here:** TBD student recruitment representative

Booth 17: Selkirk College Rural Pre-Medicine Program

- **About:** Are you interested in a career in rural health? The Rural Pre-Medicine Program (RPM) at Selkirk College pairs academic excellence with mentoring and community service opportunities, providing students with support to apply to a range of professional health programs. Be part of a cohort of 24 students, studying in the spectacular West Kootenay, and gaining skills and confidence to pursue your dream career. Drop by the RPM booth to learn about the program prerequisites and how to apply.
- **Who is here:** Kerri Webb (Selkirk College instructor)

Booth 18: Northern Lights College

- **About:** Whether students are looking to get-career ready in care or pursue further education in medicine, there is great career potential at Northern Lights College. This includes nursing and health care, mental health and social services, aboriginal support, and more. Our health & human services programs provide flexibility for full time or part time studies with several potential career options and opportunities.

Northern Lights College programs provide students with the knowledge and values to care for individuals and families at various life stages. Get real world skills to make a difference on the frontlines of care and social change.

NLC offers the following programs (be sure to ask us for more details): Access to Practical Nursing Diploma, Health Care Assistant Certificate, Indigenous Human Service Worker Certificate, Interprofessional Mental Health and Addictions Advanced Certificate, Northern Baccalaureate Nursing Program, Practical Nursing Diploma, Pre-Medicine Certificate, Social Sciences Certificate, Social Services Worker Diploma. NLC's Health Care Assistant Certificate provides the opportunity for qualified grade 11 and 12 students to gain credits at NLC while earning high school credits. Connect with us or your high school's counselor for details.

- **Who is here:** Jade Mah (Program Representative), Tracey Vipond (Health Science Program Chair)

Booth 19: North Island College – Rural Pre-Health Program

- **About:** Do you want to learn more about how you can prepare for professional health science programs, but with a Vancouver Island focus? Are you interested in how you can get all the required university-level courses and credits you need in 3 years, so you have OPTIONS? Do you thrive in small class sizes and want to live in the beautiful Comox Valley? North Island College's Island Pre-Health Science program may be the right choice for you! Come chat to learn more.
- **Who is here:** Aisling (program coordinator and biology faculty)

Panel Sessions

Rural rotations and careers panel session | 5-6pm Pacific Time Zone

Hear from these five students and recent alums about their experiences working in healthcare settings in rural communities. They will talk about what different health professionals do day-to-day, how different professions work collaboratively, and what it is like to go on a rural rotation.

Panelist Bios

Gabrielle Caillier (she/her): UBC Master of Physical Therapy Northern Program, class of 2024.



Gabrielle was born and raised in Prince George, BC and, prior to joining the Physical Therapy Program, completed a Bachelor of Health Science Degree at UNBC, majoring in Community and Population Health: Aboriginal and Rural Health. Gabrielle has done rotations at Kitimat General Hospital and Child Development Center, Prince George UHNBC IP Rehab and Prince Rupert Regional Hospital PRISM Clinic.

Career: Physical Therapist

Tara Luk (she/her): UBC PharmD, class of 2021



Tara was born and raised in Kitsilano/East Vancouver with no plans of ever working rurally. But she discovered the wider scope, larger impact, and lifestyle benefits of rural practice while on rotation in Port Alberni, Powell River, Penticton, and Dawson Creek during school. She is currently working as a pharmacist in Fort St. John.

Career: Clinical Pharmacist (Med-Surg/LTC)

Seamus Damström (he/him): UBC, Land and Food Systems, Dietetics Major Program



Seamus is Oneida with Czech ancestry on his mother's side and Swedish and Irish ancestry on his father's side. He was born in Cranbrook BC and grew up in Terrace BC. His post-secondary journey led him to the College of the Rockies and UBC, where he completed a 10-month placement travelling across Northern BC with Northern Health. Throughout his journey of reclaiming his Indigenous identity, he has recognized the significance of food and Land in building relationships and strengthening connection between language and health.

Career: Public Health Dietician in Population Health with Interior Health

(panelist bios continue on next page)

Carmela de Gracia-Patten (she/her): BSc Kinesiology from UVic 17', MKIN from UBC 22'



Carmela is from Nanaimo and is currently a Practicing Kinesiologist based in Terrace BC. She is the first example in British Columbia of Kinesiologist working in the Public Primary Care setting.

Career: Kinesiologist in Primary Care

Lauren Seabrook (she/her): Community Rehabilitation & Disability Studies U of Calgary class of 2022, Master of Occupational Therapy UBC class of 2024



Lauren chose Occupational Therapy because it focuses on the individual as a person, not just a patient, and asks “what matters TO you”, not “what’s the matter with you”. She grew up in the Northwest Territories, so northern and rural communities hold a special and important place in her heart; she is grateful to be a part of the first ever Northern cohort of UBC’s OT program, where she has done rotations in Prince George and Valemount/McBride.

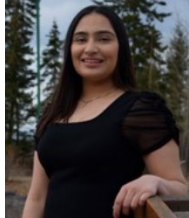
Career: Pediatric Occupational Therapist

Going to school for a healthcare career panel session | 6:30-7:30pm

These current health professions students are originally from rural communities and are eager to share their journeys to their current program and school. They will share how they chose their current program, their strategies for applying to schools as a rural student, what their degree program is like and how they made the transition from rural to urban.

Panelist Bios

Alisha Thapar (she/her): UNBC Nursing 2023, UBC Northern Medical Program Year 1.



Alisha was born in Quesnel, BC and graduated from UNBC with a Bachelor's of Science in Nursing (BScN). After working with many amazing physicians in the healthcare setting, she realized she wanted to become a physician as well, and was accepted into medical school.

Desired career: Physician

Alexis Magrath (she/her): UBC Doctor of Dental Medicine (DMD) program Year 2.



Alexis is originally from Prince George, BC. Midway through completing her Bachelors of Health Sciences from the University of Northern British Columbia, Alexis decided to pursue a career as a general dentist. She took one gap year between graduating and entering the DMD program at the University of British Columbia, during which she worked full time inside the local school district as a substitute teacher.

Desired career: General dentist

Mohamed Mamdouh Shubair (he/him): UBC Northern Medical Program Year 2



Mohamed is from Prince George, BC. After finishing his undergraduate university studies in Psychology, he worked as a counsellor for a couple of years. His time working in mental health inspired him to pursue a career that would allow him to be more involved in even more complex mental health care. Thus, he chose to apply to medical school to pursue a career in psychiatry.

Desired Career: Psychiatrist

Shae Lovely (he/him): UBC Pharm-D Program Year 2



Originally from Kamloops BC, Shae completed 3.5 years of undergraduate studies as a BSc – Chemistry major at TRU. Throughout his undergrad, he also worked as a community support worker primarily caring for youth/adults with autism and as a student researcher.

Desired career: Clinical pharmacist at a hospital.