

I would like to nominate Dalia Karol for the Hidden Hero Award for 2020.

Dalia is a very actively engaged member of her medical student community and her community as a whole. Within medical school, she noticed a gap in lack of access to affordable and convenient CPR courses. For this reason, Dalia pursued training in CPR and has been offering courses to uOttawa medical students at a very low price for the past few years. This initiative has made a really significant impact on so many uOttawa students year after year.

On a larger scale, Dalia has been a national medical student representative on the board of the Federation of Medical Women of Canada. In this role, she brought a medical student perspective to the organization, helped in coordinating and promoting the national conference, and helped in creating outreach events for medical students, residents, and physicians across Canada. Within the Federation, Dalia has also been actively involved in the Women with Cardiovascular and Cerebrovascular Health committee in which she helped in creating educational initiatives to educate healthcare professionals and the public about the differences in cardiac and cerebrovascular diseases in women vs men.

Within the community, Dalia spent her time volunteering as a camp counsellor for Camp Oochigeas, a summer camp for children with cancer. As part of her involvement, she also spoke to medical students about this opportunity and her positive experience there, which helped to recruit other students to volunteer with this organization.

Dalia has also been involved in an organization called "Save A Child's Heart". This organization provides lifesaving cardiac surgery and care for children from lower SEC countries. Dalia was first introduced to this organization as part of an international elective, and on her return to Canada, became involved in their Young Leadership Board, whereby she helped in creating fundraising events to support this organization.

Dalia's involvements are diverse, and she is passionate about contributing to both the medical student community, as well as her community as a whole. For this reason, I believe that Dalia would be a very deserving candidate for this award!

Thank you for your consideration.