

Nicole MacPherson, PDt

Research Assistant, Strive Health

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PROFESSIONAL EXPERIENCE

Research Assistant

2013 – Present

Strive Health Management Consulting Inc.

Create and implement mixed-method evaluation strategies, including identification of frameworks, methods, and instruments; conduct literature reviews; collect and analyze data; develop an assortment of ways to share evaluation data with program stakeholders; maintain and update website material; write and edit material for presentation and publication.

Some example projects:



Board Recruitment Framework, Nova Scotia Dietetic Association (NSDA). Led a jurisdictional scan of recruitment frameworks for volunteer regulatory boards.

Conducted key informant interviews. Created a document analysis framework and virtual library. Developed/presented a comprehensive final report for the NSDA Board regarding best evidence-based practices in board recruitment. Key recommendations focused on competency-based recruitment and ensuring equity, diversity and inclusion on future boards.



Health Impact Assessment (HIA), Strive Health Client. Conducted an HIA to evaluate the impact of a proposed project on the population, with an emphasis on vulnerable groups. Synthesized and critically assessed data, including completion of a literature review and analysis of raw survey data. Developed/presented a final report containing recommendations based on the findings of the assessment.



Withdrawal Management Service Delivery Model Continuum: Healthcare Provider Engagement Sessions, Research Nova Scotia. Provided support for four education sessions across Nova Scotia; designed, distributed and analyzed an evaluation of the sessions; completed summary report capturing the themes that emerged from the consultations as well as the issues unique to each region.



Routine Outcomes Monitoring (ROM) Project, Mental Health and Addictions Program, Nova Scotia Health. Supported an environmental scan to understand MHAP stakeholder's use of routine outcomes monitoring and perceptions towards implementation of digital ROM within adult community mental health and addictions clinics.



Together We Can Strategy Evaluation, Nova Scotia Department of Health and Wellness. Co-facilitated focus group discussion with youth; completed document analysis, data analysis and reporting.

Registered Dietitian**2020-2021**

Simply for Life

Developed strong client relationships by establishing trust and relatability; delivered evidence-based, straightforward nutrition education using plain language; planned and created social media content containing accurate and interesting nutrition information.

Dietetic Intern, Community**2015**

Food Action Research Centre (FoodARC), Mount Saint Vincent University

Performed qualitative and quantitative analysis of research data related to the cost of a healthy diet in Nova Scotia; researched and wrote on a variety of topics related to food security; developed training materials with a focus on plain-language communication; planned and hosted training sessions and events; represented the Centre at community events; implemented a social media campaign to raise awareness of food insecurity in Nova Scotia.

Dietetic Intern, Clinical & Administrative**2016**

Northwoodcare Inc.

Provided medical nutrition therapy, education and person-centred care; collaborated with dietary staff, nursing staff and residents; managed nutrition care plans; obtained and interpreted anthropometric data; conducted swallowing assessments and meal time observations. Completed a quantitative and qualitative evaluation of texture modified foods; updated departmental Standard Operating Procedures (SOPs) to comply with provincial regulations for long term care.

EDUCATION

Bachelor of Science, Applied Human Nutrition**2017**

Mount Saint Vincent University

Bachelor of Arts, Psychology**2011**

Saint Francis Xavier University

PROFESSIONAL DEVELOPMENT

Mental Health First Aid, <i>Mental Health Commission of Canada</i>	2020
Evaluation Theories and Models, <i>Canadian Evaluation Society</i>	2019
Soar Beyond the Dusty Shelf Report, <i>Depict Data Studio</i>	2019
How To Be Clear and Compelling with Data, <i>Haiku Analytics</i>	2017
Nonviolent Crisis Intervention, <i>Crisis Prevention Institute</i>	2016