
EDUCATION

Master of Health Administration (MHA)
Dalhousie University
2020

BSc Honours Specialization: Biology
Nipissing University
2017

AWARDS & CERTIFICATIONS

Project Management Professional (PMP)
Project Management Institute
2025

Psychological Health & Safety in the
Workplace
Achieve Centre for Leadership
2024

Lean Healthcare Black Belt
Leading Edge
2024

Prosci Certified Change Practitioner
2023

Fundamentals of Risk Management
Certificate
2022

Lean Six Sigma Green Belt in
Healthcare
Leading Edge
2022

Certificate in Strategic Decisions in
Health Administration
2020

Shannex Prize in Innovative Practice
for Aging Populations
2020

Edward L. Roach Continuing Care
Award
2020

UZMA AQBAL

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PROFESSIONAL STATEMENT

I am driven by a commitment to enhancing health outcomes for vulnerable populations. My expertise includes exceptional management and project management, complemented by strong problem-solving and analytical skills. I also excel in communication and public speaking, effectively engaging diverse audiences and conveying complex information.

WORK EXPERIENCE

2023 - PRESENT

NORTH BAY REGIONAL HEALTH CENTRE - PROJECT MANAGER

- Lead project management, solutions analysis, selection and change management.
- Responsible for ownership and development of internal project management processes and procedures.
- Lead projects and initiatives, including procurement, scoping, development and management of project plans, charters and timelines.

2021 - 2023

HANDS THEFAMILYHELPNETWORK.CA - DATA ANALYSIS RESEARCH EVALUATOR

- Data systems and reporting, including knowledge mobilization.
- Evidence-informed planning, including research and needs assessments.
- Project management and continuous quality improvement, including lean methodologies, program evaluation, and accreditation.

2020 - 2021

PHREESIA - CLIENT SUCCESS ASSOCIATE

- Proactively engage clients to support and drive adoption and usage of specific products and features within the Phreesia solution.
- Act as both the Subject Matter Expert and product Super User for the existing client base.

2019

SHANNEX INCORPORATED - DECISION SUPPORT ANALYST

- Designed and built a Canadian Institute for Health Information (CIHI) website, encompassing all CIHI metrics.
 - Presented this website to the senior leadership team and provided staff training on CIHI website functionality.
 - Performed data quality audits on interRAI Long-Term Care Facilities Assessment System. A root cause analysis was executed, and results were used to drive policy development.
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SKILLS

PRESENTATION



ANALYTICAL



TEAMWORK



MANAGEMENT



INTERPERSONAL



TECHNOLOGY



TECH. SKILLS

MS OFFICE SUITE

GOOGLE DRIVE

MICROSOFT TEAMS

ZOOM

PROJECT MANAGEMENT

RESEARCH

LEADERSHIP

VOLUNTEER EXPERIENCE

2018

HEALTH EDUCATION VOLUNTEER - INDONESIA

1. Created and presented educational material on sexual education, HIV/AIDS, and smoking to high school and college students in Indonesia.
2. Played an active role in the promotion of better health and wellbeing among youth in Indonesia.

2017/2018

PUBLIC HEALTH INTERN - CAMBODIA

1. In response to the distress from the Cambodian genocide, initiated and led a research project on mental health in Cambodia.
 - Utilized the Hopkins Symptom Checklist-25 (HSCL-25) to measure symptoms of anxiety and depression.
 - Patients with high scores were referred to TPO Cambodia, Cambodia's leading NGO in mental health care and psychosocial support.
2. Improved access to basic healthcare for disadvantaged groups. Partook in community outreaches doing basic health checks (BP, blood sugar, BMI) and referred at risk cases to a medical professional.

2017 - PRESENT

DIABETES CANADA - VOLUNTEER

Involved in the Community Health Promotion department, and provided community presentations of diabetes education and awareness.

REFERENCES

Available Upon Request
