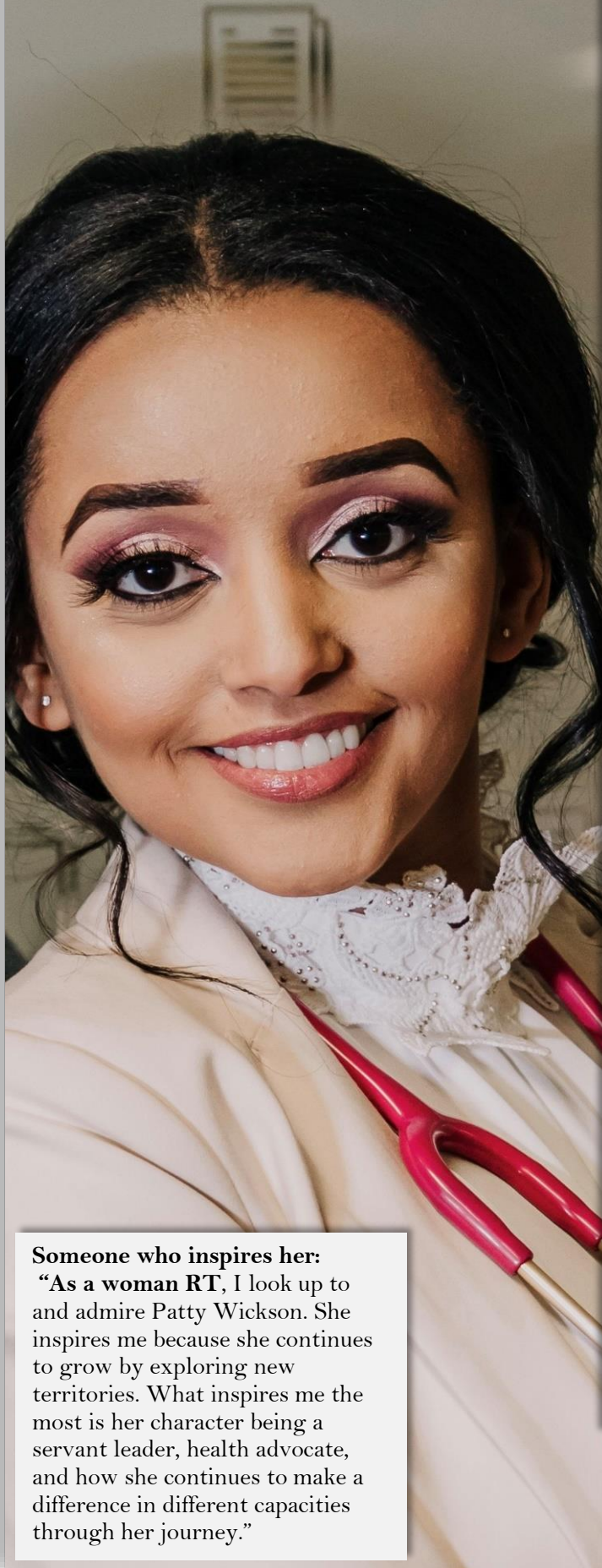


Maryam Al-Azazi



On what inspired her student research project:

“Growing up in the middle-east, experiencing it first-hand as a cultural norm to smoke shisha, I was curious about the misconception of the harmlessness of smoking shisha. By conducting a systematic review, I was able to critically appraise the literature published to answer my question of the long-term pulmonary effects of smoking shisha.”

Her advice for students who wish to increase their research capacity:

“My advice to a new student who would want to do research is to find your passion: ask yourself where do you want to make a difference in the vast field of RT. Moreover, doing research is a learning curve as you formulate a thesis, following the step by step processes and staying on the timeline.”

On providing smoking cessation workshops to newcomers:

“I was honored to serve the community with my RT training in this capacity by improving healthy literacy on lung health and educating on strategies to quit smoking.”

On working with the Immigrant and Refugee Community Organization of Manitoba (IRCOM)

At IRCOM, we strive to be a community of compassion and build belonging. In collaboration with other organization, IRCOM empowers newcomer families to integrate into Canadian society.”

Her advice for new RT students:

“By embracing the ups and downs of my educational rollercoaster journey, all those experiences built my foundation, my passion as an RT.”

Someone who inspires her:

“As a woman RT, I look up to and admire Patty Wickson. She inspires me because she continues to grow by exploring new territories. What inspires me the most is her character being a servant leader, health advocate, and how she continues to make a difference in different capacities through her journey.”

RT Week 2019





Maryam Al-Azazi – An RT who Inspires Throughout her Community

CSRT: You did a systematic review and presented it as a poster at the CSRT annual conference when you were a student. What did you learn from performing these research activities?

MARYAM AL-AZAZI: Growing up in the middle-east, experiencing it first-hand as a cultural norm to smoke shisha, I was curious about the misconception of the harmlessness of smoking shisha. By conducting a systematic review, I was able to critically appraise the literature published to answer my question of the long-term pulmonary effects of smoking shisha. In summary, smoking shisha can have a significant impact on specific pulmonary function results. However, there is a need for further inquiry in this area.

CSRT: What advice do you have for students who are interested in doing research?

MARYAM AL-AZAZI: My advice to a new student who would want to do research is to find your passion: ask yourself where do you want to make a difference in the vast field of RT. Moreover, doing research is a learning curve as you formulate a thesis, following the step by step processes and staying on the timeline.

CSRT: You participated in a project with the Manitoba Lung Association to provide smoking cessation workshops to newcomers. What made you want to get involved in this project?

MARYAM AL-AZAZI: Newcomers smoking habits are highly influenced by the social determinants of health; thus, this project was initiated to address the health risks and cultural misconceptions regarding smoking. I was honored to serve the community with my RT training in this capacity by improving healthy literacy on lung health and educating on strategies to quit smoking. I had profound gratitude as I assisted clients to achieve their SMART goal of complete cessation or weaning.

CSRT: Tell us about your work with the Immigrant and Refugee Community Organization of Manitoba (IRCOM).

MARYAM AL-AZAZI: IRCOM is a holistic transitional model of housing with wrap-around services. It is unique and only one of its kind in Canada. I serve as Board of Director as I participate in Strategic Planning & Programming Committee, Community Engagement Advisory and recently in Governance. At IRCOM, we strive to be a community of compassion and build belonging. In collaboration with other organizations, IRCOM empowers newcomer families to integrate into Canadian society.



CSRT: Who is a respiratory therapist that inspires you and what have they done that you find inspiring?

MARYAM AL-AZAZI: As a woman RT, I look up to and admire Patty Wickson. She inspires me because she continues to grow by exploring new territories. What inspires me the most is her character being a servant leader, health advocate, and how she continues to make a difference in different capacities through her journey.

CSRT: Do you have any words of advice for students who have just entered the first year of their respiratory therapy education?

MARYAM AL-AZAZI: As a student, I was curious and immersed myself with study materials. Moreover, I was active in student council then later as CSRT campus rep, and I took every opportunity to learn during my clinical. However, there were also times I felt like giving up and doubted if I will make it. By embracing the ups and downs of my educational rollercoaster journey, all those experiences built my foundation, my passion as an RT.