



THE UNIVERSITY OF BRITISH COLUMBIA

Centre for Chronic Disease Prevention and Management

# CCDPM TRAINEE WELCOME GUIDE



**Centre for Chronic Disease Prevention and Management**

Faculty of Medicine

Okanagan Campus

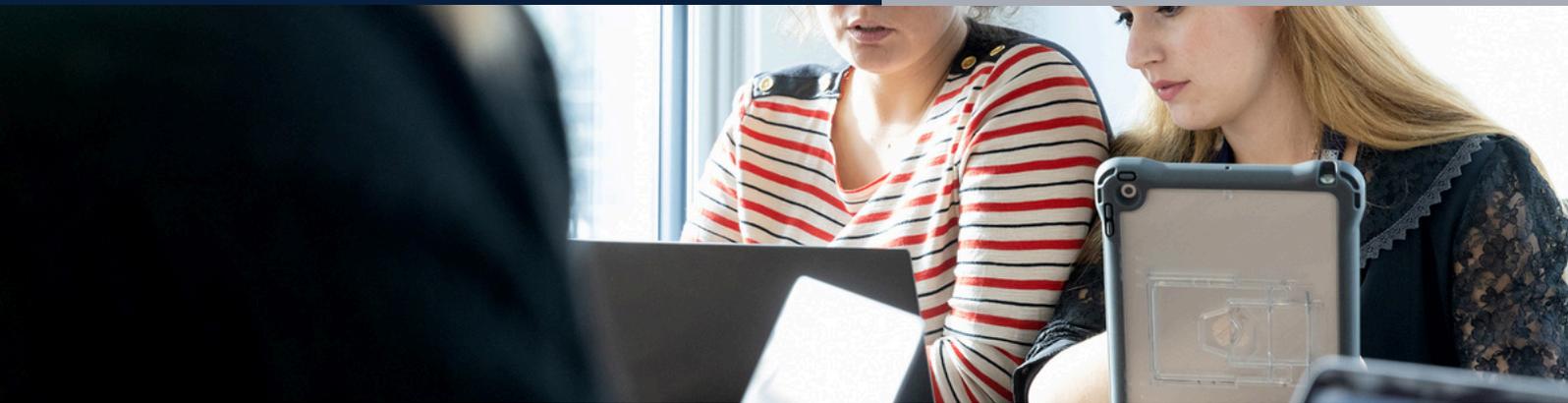
1088 Discovery Avenue

Kelowna, BC Canada V1V 1V7

Email [ccdpm.med@ubc.ca](mailto:ccdpm.med@ubc.ca)

## ABOUT CCDPM

The UBC Faculty of Medicine established the Centre for Chronic Disease Prevention and Management (CCDPM) on July 1, 2019 at the UBC Okanagan campus which is situated on the traditional, ancestral and unceded territory of the Syilx Okanagan Peoples. As the primary research arm of the Southern Medical Program (SMP), the CCDPM builds on existing local health science strengths to support new discoveries and knowledge translation preventing and managing cardiovascular disease, neurological disorders, and diabetes and obesity. Our definition of health science includes basic research, clinical research, quality improvement, program evaluation and knowledge translation.



Dr. Kathleen Martin Ginis serves as the Founding Director of the CCDPM. Centre Membership consists of Investigators, Affiliate Investigators, Affiliate Clinicians, Community Partners and Trainees. The Centre's Leadership Team is comprised of Centre Investigators, the Lab Operations Manager, and Communication Manager. The Centre's three **research pillars** and their leads include:

- **Cardiovascular Health:** Dr. Christopher West
- **Diabetes and Obesity:** Dr. Jonathan Little
- **Neurological Disorders:** Dr. Brodie Sakakibara (scientific co-lead) and Dr. Daryl Wile (clinical co-lead)

## A WORD FROM THE DIRECTOR

Our trainees are the engine that drives the research at CCDPM. The centre's growth and collaborations have occurred in large part due to the increased number of trainees at all levels. We are particularly grateful for our Trainee Engagement Committee (TEC) in leading and building a greater sense of community for all of our trainees.

This welcome guide is designed to help new trainees seamlessly integrate into the UBC community, Faculty of Medicine, and the Centre for Collaborative Disease and Prevention Management (CCDPM). It serves as a comprehensive resource to familiarize you with the myriad opportunities, resources, and support systems available. Our goal is to engage you fully in the rich academic, clinical, and research environments that UBC and its affiliates offer, ensuring you have the best possible start to your journey with us.



*Dr Kathleen Martin-Ginis*

# CCDPM in numbers

2023

50

Research Publications

\$4.1M

Primary Investigator Research Funding

\$14.5M

Co-Investigator Research Funding

11 INVESTIGATORS

Dr. Brodie Sakakibara  
Dr. Christine Voss  
Dr. Chris West  
Dr. Daryl Wile (Clinical)  
Dr. Femke Hoekstra  
Dr. Hashim Islam  
Dr. Jonathan Little  
Dr. Kathleen Martin Ginis  
Dr. Ryan Hoiland  
Dr. Sarah McCorquodale  
Dr. Sarah Purcell

10 AFFILIATE INVESTIGATORS

Dr. Charlotte Jones  
Dr. Deanne Taylor  
Dr. Devin Harris  
Dr. Ilona Hale  
Dr. Jennifer Davis  
Dr. Lesley Lutes  
Dr. Mary Jung  
Dr. Neil Eves  
Dr. Paul van Donkelaar  
Dr. Tricia Tang

3 AFFILIATE CLINICIANS

Dr. Gayle Klammer  
Dr. Janet Evans  
Dr. Jennifer Locke

COMMUNITY PARTNERS

Curatio Networks/ RxPx Inc.

>100 ACTIVE AND ALUMNI TRAINEES

# Trainee Engagement Committee (TEC)

## WHO WE ARE

The Trainee Engagement Committee (TEC) is the student led group representing the trainees within the Centre for Chronic Disease Prevention and Management (CCDPM). By facilitating a diverse array of activities ranging from career-orientated seminars and skill-building workshops, to informal social events, TEC supports trainee leadership and development by leveraging the diverse backgrounds, expertise, and skillsets of our community. We strive to include at least one person from each research group within the TEC to facilitate effective communication between the TEC and trainees across the CCDPM.

Meet the current executive members!



## WHAT WE DO

- **CCDPM Research Day:** The TEC is responsible for organizing the annual CCDPM Research Day; an informal networking event which happens in the Fall and aims to allow new members of the CCDPM become acquainted with the research and researchers in the Centre. We also endeavour to help build community spirit through team-building activities later on in the day.
- **Research Rounds:** We host monthly trainee-oriented research presentation seminars, designed to serve as a safe-space forum where trainees can practise presenting to a broad group of specialist and non-specialist peers (leveraging the wide range of disciplines represented in the CCDPM) to gain valuable feedback. We also provide a pizza lunch afterwards to encourage regular networking between trainees across the research groups.
- **Career development opportunities:** Aside from offering TEC membership as a means to develop leadership skills and build a stronger trainee community within the CCDPM, we also host various workshops in collaboration with other groups on campus to develop various skillsets. For instance, in 2024, we have teamed up with UBCO's Centre for Scholarly Communication (CSC) to offer a customized 4-part 'R Workshop for Health Scientists', which was incorporated into our Spring Writers' Retreat. We frequently send out surveys to our members to gauge interest and understand trainees' current wants and needs in terms of the types of workshops that be most valuable.
- **Newsletter:** We gather up interesting opportunities and noteworthy events to send to you.

## HOW TO BE INVOLVED

- Sign up for our email list by contacting: [ccdpm.tec@ubc.ca](mailto:ccdpm.tec@ubc.ca)
- Sign up for our Teams channel: [Join TEC Channel](#)
- Follow us on social media: IG: @ccdpm\_trainees, X: @CCDPM\_Trainees
- Become a TEC general member or executive: email [ccdpm.tec@ubc.ca](mailto:ccdpm.tec@ubc.ca)



THE UNIVERSITY OF BRITISH COLUMBIA

Southern Medical Program

## SOUTHERN MEDICAL PROGRAM

The Southern Medical Program strives to transform health for everyone by training exceptional clinicians and advance health discoveries within community.

The SMP is excited to have the Centre for Chronic Disease Prevention and Management based at UBC Okanagan. The Faculty of Medicine Centre is advancing research in basic science, clinical application, and knowledge translation and exchange with a focus on prevention and treatment of chronic diseases such as cardiovascular disease, diabetes, and neurologic conditions.

*Dr. Sarah McCorquodale*  
Regional Associate Dean, Interior,  
UBC Faculty of Medicine



## UBC OKANAGAN

The University of British Columbia's Okanagan campus brings worlds together by combining the resources and reputation of one of the world's top universities with a young and dynamic campus. Located in Kelowna, British Columbia, students come from across the world to receive a top-ranked education in one of Canada's fastest-growing regions.





# UBC Okanagan Onboarding Essentials

Please see related links on the following pages.

## Appointment set with supervisor

Create your Campus-Wide Login (CWL) Account

Workday

Meet with your manager/supervisor and discuss work expectations.

Supervisor

Salto card for access

Supervisor

UBC email

UBC card

Workstation

Supervisor

Training

Orientation and additional information

Undergraduate student:



**UBC 101**  
UBC has switched to a new student system called Workday for courses starting in September 2024. Please check your email for setup instructions...  
Student Services

Graduate student:



**Graduate Student Orientation 2024**  
Connect with your peers, learn about being a graduate student and discover UBC Okanagan.  
College of Graduate Studies

Postdoc



**Postdoctoral Fellows**  
Postdoctoral Fellows are individuals who have completed a doctoral degree and who are seeking further training in a particular area of research. As...  
College of Graduate Studies

Staff

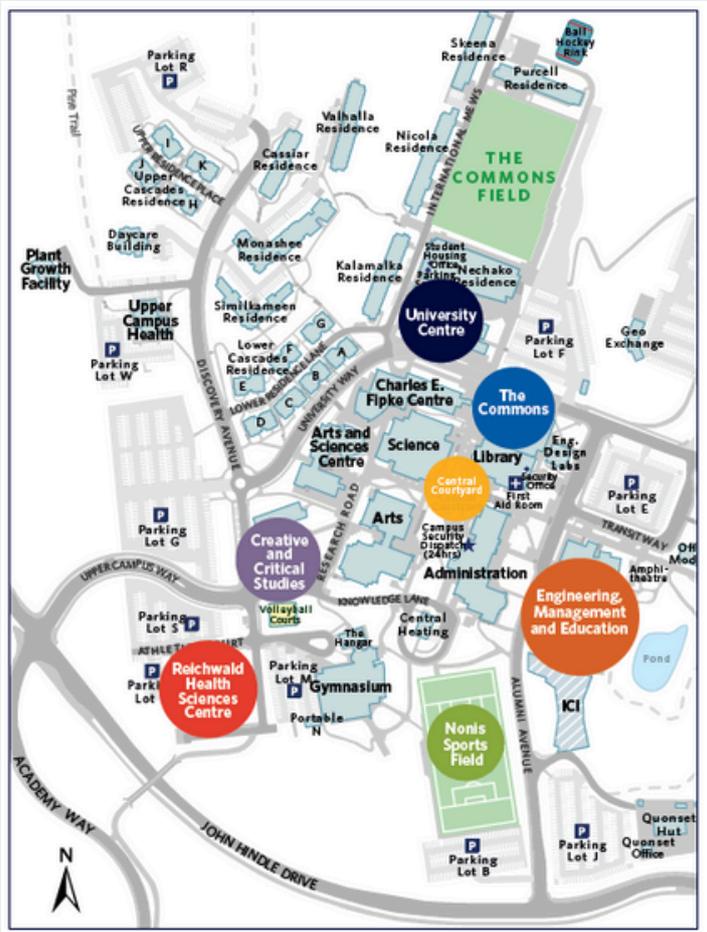
**New to UBC Okanagan Orientation Course - UBCO-NR**  
There's a lot to learn and discover as you settle into your new role at UBC. The New to UBC Okanagan Orientation Course is a self-directed resource and learning space filled with informative and interactive...  
hr@ubc.ca

Required Training for the RHS 304 Lab:  
Dry bench student space only (no wet lab activity): Lab Orientation and WHMIS for general users  
Wet lab space: Lab Orientation and all required safety courses for lab activity

# Location

## UBC OKANAGAN CAMPUS

Maps, directions and tours.



## REICHWALD HEALTH SCIENCES CENTRE (RHS)

1088 Discovery Avenue, Kelowna, BC V1V 1V7

Mon to Fri: 8:00AM - 4:30PM

Sat/Sun/Holidays: Closed

## ACCESS

The main entrance to the RHS is unlocked Monday to Friday, 6:45 a.m. – 4:30 p.m. You will need to use your Salto security card to enter the building outside of these hours.

Room Booking: To book a room at RHS, please use the on-line booking form:

<https://mednet.med.ubc.ca/resources/room-booking/>

## GETTING TO CAMPUS

### BY CAR

UBC's Okanagan campus is on Hwy 97, 20 minutes north from downtown Kelowna and across from the Kelowna International Airport. Enter the campus at Upper Campus Way (off John Hindle).

### BY PUBLIC TRANSPORT

Various buses stop on campus. Please [click here](#) to find your fastest route to campus with departure and arriving times.

### BY BIKE

- The Okanagan Rail Trail, a fully separate path connecting the Kelowna Airport to the north and downtown to the south
- A multi-use trail along John Hindle Drive connecting to Glenmore Road to the west
- The Acland Road / Bulman Road / Highway 97 underpass connecting to Rutland to the east.

The [Cycling to Campus map](#) provides an overview of the cycling routes currently available

Bike Cages: There are bike racks at the front and back of the RHS.

# On Campus

## **FOOD SERVICES**

Check link above to what's available and where to eat on campus.

## **HEALTH AND WELLNESS**

The Health & Wellness Centre is located in the University Centre, on the 3rd floor, Room 337. Drop by for free and confidential services including health programs, health assessments counselling services, sexual health education and support.

Drop in hours: 10:00 a.m. – 3:00 p.m. Monday - Friday

Doors open: 9:00 a.m. – 4:00 p.m. Monday – Friday

Call 250-807-9270 or visit [healthwellness.okanagan@ubc.ca](mailto:healthwellness.okanagan@ubc.ca) to make an appointment with a medical doctor, counsellor or nurse.

**AT RHS:** RHS 241 has been designated as a wellness room for students, research trainees, staff and faculty. This room is designated space for chestfeeding, spiritual observations, meditation and other wellness activities.

This is not a study space. Please limit your use to 60 minutes to ensure the space is available for all users. Please do not leave belongings in the room when you leave.

## **SPIRITUAL & MULTI-FAITH SERVICES**

The Spiritual & Multi-Faith Space in the University Centre was created to welcome the diverse spiritual and multi-faith practices of the UBC Okanagan campus community.

## **RESOURCES**

UBC Okanagan is committed to creating an inclusive, welcoming and accessible environment for all students.

Find one-on-one help or explore resources to support you in your UBC experience.

## **UBCO RECREATION**

Move your body, rest your mind, revitalize your spirit.



## **HANGAR FITNESS CENTER**

Includes fitness centre, group fitness class and open gym.

## **UBC BOOKSTORE**

Monday-Friday: 9am to 4:30pm

Saturday and Sunday: CLOSED

[Extended/Holiday Hours](#)

## **SECURITY**

Campus Security supports the University community to ensure the Okanagan campus is a safe place to work, study and reside.

## **LIBRARY**

Monday to Friday: 8 am – 6 pm

Saturday and Sunday: 10 am – 6 pm

## **PARKING SERVICES**

Explore UBC Okanagan parking lot locations and details.

## **UBCO SOCIAL MEDIA**

Connect on social media.

# Useful links

## **CONTACTS**

Faculty and staff directory.

## **CAMPUS-WIDE LOGIN (CWL)**

The UBC Campus-Wide Login (CWL) is the primary authentication system for students in the Okanagan. Ask your supervisor for request.

## **SALTO CARDS**

Salto cards are used for access to building, classrooms and laboratories. Ask your supervisor for request.

## **ROOM BOOKING AT RHS**

Find and book a Faculty of Medicine room, learn about room booking, and understand technical support options.

## **ROOM BOOKING AT RHS - SPECIFIC CCDPM ROOMS**

Specific CCDPM rooms can be booked through the link above or QR codes on doors.

## **INFORMATION TECHNOLOGY**

IT offers technology solutions, tools, support, and other resources to enhance your productivity and experience at UBC Okanagan.

## **COLLEGE OF GRADUATE STUDIES**

The College of Graduate Studies supports current master's and doctoral students throughout a student's graduate career.

Postdocs are also supported by COGS: [link](#)



# Useful links

## **CENTRE FOR SCOLARLY COMMUNICATION**

The Centre for Scholarly Communication (CSC) seeks to enhance research productivity by connecting researchers with supports and tools at every stage of the research life cycle.

## **UBC CARD**

The official Okanagan campus identification card for UBCO students, faculty and staff.

## **WORKDAY FOR STUDENTS WORKDAY FOR STAFF AND POSTDOCS**

Workday is UBC's information system.

## **UBCO EVENTS CALENDAR**

See what's happening at UBCO.

## **CANVAS**

Canvas is UBC's primary learning platform for delivering online course content. UBC instructors and students can log in to Canvas with their UBC CWL (Campus-Wide Login).

## **HEALTH INSURANCE FOR INTERNATIONALS**

## **HEALTH BENEFITS FOR STAFF**

## **ADDITIONAL INFORMATION FOR POSTDOCS**

## **FUNDING OPPORTUNITIES**

