

Renee Gordon



I am so fortunate to be a nurse! It is a privilege to support people on their wellness journeys, and the possibilities for where the profession can take you are endless. Since completing my Bachelor of Science in Nursing in 2009, I have practiced in a variety of settings and contexts including medical-surgical nursing, emergency nursing, military nursing, and now nursing education. Spanning across multiple communities, provinces, and countries.

As a lifelong learner, I have always been interested in pursuing a PhD but was intimidated by this idea, feeling it was an unattainable goal. Now, my only regret is not having started sooner! In the past two years since starting this journey, I have experienced tremendous professional and personal growth and have been challenged in ways I never could have imagined. I have met amazing colleagues, friends, and mentors who have provided incredible inspiration and support; and this year, my second as a PhD student, I became a new mom, which has added a new dimension and source of motivation to this goal.

My PhD research focuses on the role of the nurse in facilitating low carbohydrate diet and intermittent fasting interventions. Therapies that have tremendous emancipatory potential to empower people to improve their metabolic health. In any year, but especially this year, receiving a Canadian Nurses Foundation award is especially meaningful. Thank you for this opportunity!