

## NANB/TD Meloche Monnex Centennial Doctoral Scholarship Recipient, Renee Gordon



I am passionate about the nursing profession and its nearly limitless possibilities. Throughout my 15-year career as a Registered Nurse, I have had the privilege of caring for clients in a variety of settings. Today, I am grateful for the opportunity to influence the profession as a nurse educator. This role has allowed me to cultivate expertise in teaching and learning innovation, with ongoing projects in immersive virtual reality, simulation pedagogy, and the development of new models for clinical education delivery.

As a lifelong learner, I feel fortunate to have taken the professional leap to return to school as a Doctoral student. This journey has shifted my perspective and, while challenging, has been incredibly rewarding. I have been enriched by the support of amazing colleagues, friends, and mentors. In a student context, my research focuses on the role of nurses in advancing low carbohydrate and intermittent fasting dietary interventions to enhance metabolic health.

I am deeply grateful to the Canadian Nurses Foundation and their generous donors for supporting my PhD research. This support will advance my work, which aims to empower people to improve their metabolic health through innovative nursing interventions, both in New Brunswick, where this research is being conducted, and beyond.