

Hi everyone, and welcome to the LungFIT podcast. As you might know if you're a regular listener, I took a short break from content creation in the fall, so the podcast featured some of our most popular episodes from previous seasons. I took the break because I was writing a really complicated –at least for me – grant application which really took up all my available time.

But the break also gave me the opportunity to reflect on the LungFIT podcast and what vision I have for it in 2023 and beyond. And I realized that although pulmonary rehab is a great passion of mine, I'm actually involved in so many things related to lung health and I want to be able to include a greater variety of topics in this podcast. So I'm taking this episode to share with you a bit of what I'm envisioning for upcoming episodes.

I'm a physiotherapist by training and I still maintain an active license. I always envisioned that my audience for this podcast was clinicians involved in the delivery of pulmonary rehab, and so each episode was designed to talk to that group. But you know what? Like most of us, I wear a lot of hats! And I'd love to be able to share what's on my mind beyond the delivery of pulmonary rehab.

And what do I plan to talk about in this podcast, going forward? A much broader variety of topics related to lung health clinical care, research, teaching, mentoring, and service. Pulmonary rehab will certainly be in there, but the topics will be relevant to a broader audience.

What has my attention right now?

I'm curious about a lot of things and right now I'm curious about interdisciplinary education, especially because pulmonary rehab *is* interdisciplinary, but we don't train people that way. In many cases, we don't train people at all, or just minimally. What are the principles of interdisciplinary education, is it feasible in pulmonary rehab clinical settings, what could it look like? What would the benefits and challenges be?

I've been reading about learning health systems. What is that, you might ask? In some ways, it is a lot like quality improvement, but it is a more structured, accountable, systems-approach to understanding what we are doing in health care, where the gaps are, what is needed to understand the issues better, and how to apply data and evidence to produce measurable, important, and long-lasting change. Sounds like a pipe-dream! But in reality more health care organizations are investing real dollars to develop learning health systems in their setting. Has this entered rehab services though? I don't know- that's a question I'd like to explore.

I supervise graduate students and staff, provide mentorship to clinicians, and support junior faculty in my role as Associate Professor. Some days I feel like I do that job well, others....well....maybe not so much. I'm curious about interesting ways to recruit great people, support them in their development, with the added benefit of learning from them in the process. But all that takes a thoughtful approach, and I'd like to talk about approaches and ideas about mentorship, since this is something that happens in health care, in education, in life!

A big part of my life is research, and it seems that everytime I read a paper, there is a term or method I've never heard before. And it would be really applicable to the kind of work I do so I should learn about these things! So you'll have to have patience with me if I geek out a bit about these different ways to collect, interpret, and translate knowledge related to lung health care.

What are other things I like to think about, write about, talk about? They include: navigating life as a female academic- that has some unique challenges for sure and I would like to be able to talk out loud about them with you all. I am interested in health care evaluation – I am actually doing some education myself about that and I would like to be able to think about how to apply that to lung health, respiratory services to PR. I have been talking a lot about time management strategies with my colleagues and we have been talking about bullet journals and these different apps and things like that- I want to be able to share some of these thoughts with you.

There's a lot of really cool technology there as well in academia & clinical care to support us and I would love to spend some time talking about some of the different technologies out there some of the recommendations I am hearing, would like to try some of this stuff out and let you know what I think about them. I am also involved in diversity and equity research, I am spending more time thinking about our climate footprint in lung health, I like to think about how I write for academic audiences and how I write for non-academic audiences. I am really interested in research partnerships & community-based care.

I still spend some time on Twitter so what do these Twitter communities of practice look like and how can we use Twitter while it's still a place (well for a lot of us) even though it is going through some major changes so we might not all stay on there but while we are what and how can we use it. Basically whatever I'm currently finding intriguing and want to share. And I'm certainly on the learning journey with you – it's an opportunity for me to 'learn out loud' – it's a real opportunity as I myself plunge into a wide variety of topics, concepts, and lung health scenarios. This podcast is an opportunity to share some of my thoughts and pique your curiosity a little bit as well. And where it works, I'll also include interviews, but primarily you'll be hearing from me.

So I hope you continue on this journey with me, and that even though you might hear a bit less on some of the nuts-and-bolts of pulmonary rehab, you'll hear more on topics that are still very relevant to lung health professionals, regardless if you are in clinical practice, research, service, policy or any other relevant setting. And I think the title LungFIT still works – but maybe now we can expand to be Fascinating, Innovative and Transformative! See what I did there 😊

So again, many thanks for your support. I'm grateful for your engagement, and look forward to talking to you again on LungFIT! See you soon,