



Lori Donovan



1. What professional designations do you have and what school and city did you attend for your lab education?

I am an MLT(CSMLS), and graduated from SAIT in Calgary, AB. I am the current chair for the BCSLS 2020 (now 2021) Congress in Kelowna and am looking forward to meeting everyone, whether it be virtual or in person Oct 1-3rd, 2021.

2. After you graduated and started working, what surprised you most about your profession?

What surprised me is how much opportunity there is to vary your job role within the medical lab profession, from a testing technologist in the different disciplines to working variable shifts, supervisory roles, student support, the lab quality portfolio, document writing, project management, point of care testing, etc. There is always room to grow opportunities!

3. In 4 sentences or less, please describe what your current role is?

My position is Pre- and Post-Analytical Technical Specialist, providing client support to laboratory Professional Practice Leaders and staff, nursing staff, physicians and the general public for 52 sites in Interior Health, along with developing quality initiatives and implementing best laboratory practices for the health region. I sometimes consider the role as 'jack of all trades'!

4. What does a typical day look like for you?

I spend a fair amount of time in meetings and connecting with colleagues and stakeholders across the region, providing daily support to lab and nursing professionals, physicians and the general public. There are always regional or provincial projects on the go that require countless hours, with the goal of improving laboratory services and providing quality patient care.

5. What do you like most about your current position?

I enjoy the fact that my role gives me the opportunity to improve laboratory practices both across the health region and throughout the province by working with key stakeholders. It truly is a collaborative role across multi-disciplines, designed to support all aspects of laboratory service delivery.

6. What do you like to do in your spare time?

Ah, great question! I love the outdoors and being in nature, and spend my winters skiing with my boys and summers kayaking the shorelines between Penticton and Vernon, along with hiking or mountain biking the more remote trails. On the flip side, I have an avid interest in Okanagan valley wines, its history and viticulture. My friends tell me I'm a great wine tour guide, and I would be more than willing to recommend an Okanagan wine specific to your tastes. Just ask me!

7. If you could go back 20 years to visit yourself, what advice would you give?

It's not what happens in life, it's about how you respond to it. 20 years ago I never would have imagined losing my spouse to cancer and raising my three children on my own. It's been a journey, and I attribute resilience, believing in the ability to cope with adversity, staying positive when you don't know what is around the corner. Staying connected, with the support of family and friends will help you get through life's challenges.

8. If you could live anywhere, where would that be?

Truthfully, I already live in the most beautiful place in Canada! The Okanagan valley has much to offer with its four-season playground, medium size population density and access to amenities.

9. What is the funniest thing that has happened to you at work?

Does anyone remember Y2K? Many thought all computers would crash, the world may end, etc. Countries spent billions of dollars to prevent potential havoc at the turn of the millennium. I worked the night shift...no one wanted to work at midnight. I remember all of us counting down to midnight and then....nothing happened. We all laughed and carried on.

10. What is your favourite holiday and why?

Thanksgiving has always been a favourite. Our extended family typically comes together at our house and it's always a fun time. I am looking forward to post COVID, when we can all be together again!