



# Larissa Nygaard



1. What professional designations do you have and what school and city did you attend for your lab education? I achieved my Medical Laboratory Technologist designation, with Honors, from the College of New Caledonia Medical Laboratory Technology Science program, in Prince George in 2011.
2. After you graduated and started working, what surprised you most about your profession and/or those things that continue to surprise you? I was surprised by how much technology was still changing, how much lab testing was increasing and how both the technology change and increase in specimens was impacting workflow rapidly.

What surprises me now, is how resilient lab professionals are, they are truly the backbone of the healthcare field. They change and adapt all while maintaining the highest level of quality work and their dedication to patient care is endless.

3. Tell us what you are most looking forward to about being in the BCSLS Board of Directors.

I am looking forward to returning to the Board to collaborate with colleagues across the province, to highlight the needs of lab professionals and work towards supporting those people in their careers. I am also always looking forward to the next educational opportunity we can offer.

4. Describe what your current work role is and what a typical day looks like for you? As a lab manager, no two days are the same. The last two years have been an up and down roller coaster ride with the pandemic, forest fires, lab renovations and critical staffing shortages. My days are always filled to the brim and I somehow find room to make sure we can adjust to rapidly changing priorities.
5. What do you like most about your position? The best parts of my day are being able to support my staff, to encourage them, help them build their confidence and assist them to see their value.
6. Which career accomplishments are you most proud of? Leading an exceptional team of lab professional through a global pandemic. Navigating the numerous changes and evolving information,

was both extremely challenging and rewarding. We were able to work through the challenges while maintaining our highest level of quality results and exceptional patient care.

7. What do you like to do in your spare time? I enjoy exploring the outdoors, road trips down the back roads or to new corners of our province and country – waterfalls and mountains will always call my name. I also love camping, fishing, swimming and floating down the river. I delve into my creative side with pottery.
8. If you could go back 20 years to visit yourself, what advice would you give? Time goes by fast, make the most of every opportunity, say yes more often and spend more money on travel and life experiences.
9. If you could live anywhere, where would that be? In a cabin, on a lake where I can sit by the fire every night and stare at the stars.
10. What is the funniest thing that has happened to you at work? Working in Microbiology I was planting a stool sample and something was obstructing my pipette, upon investigation I realized it was a whole colossal olive! Its was funny trying to guess whether the person swallowed and passed the olive in one piece or added it to their specimen at time of collection. Brought a new meaning to UFO (Unidentified Fecal Object)!!
11. What is your favourite holiday/time of year and why? I love Christmas for festive family gatherings, but Halloween is my favorite time of year – love the haunted houses and corn mazes!