



## Harleen Chohan iCON South Asian Clinical & Cultural Liaison

Harleen Chohan is a Clinical Pharmacist at Fraser Health. She completed her Doctor of Pharmacy training at the University of British Columbia in 2020 and completed a clinical pharmacy residency with the Lower Mainland Pharmacy Services Program in 2021. Harleen has expertise in creating guideline driven-evidence based, culturally appropriate patient chronic disease self-management resources for multicultural communities in British Columbia, as well as providing cultural context for practitioners in primary care settings. Harleen is passionate about improving patient care and patient outcomes through providing pharmaceutical care and education and reducing barriers experienced by BC's multicultural communities.

As iCON's Clinical & Cultural Liaison, Harleen is involved in the development and implementation of resources, workshops and forums to advance culturally appropriate health education in the South Asian portfolio. This includes creating a community presence with established healthcare services and working closely to develop workshop/forum curriculum with clinicians who will be involved with the iCON South Asian portfolio.

**Session:** Reducing your cardiovascular risk: at-home strategies

**Objectives:**

1. To provide specific at-home recommendations for managing your heart health
2. Guidelines for lifestyle modification: exercise, sleep, general diet, smoking and alcohol use
3. Guidelines for medication management
4. Health Navigation: accessing and understanding your lab results
5. Recommended digital tools: websites, trackers, etc.

**Date:** Saturday, March 9, 2024