



Karen Slonim

BA, BEd, MA, MPH, PhD

Health Educator

Karen is an educator at heart, having taught in primary care, university, and college settings for the past 12 years. Her research interests include understanding social determinants of health and their impact on health care delivery, patient empowerment, and how evolution shapes health. Her applied work centers around mitigating shame and blame in healthcare, improving access, patient advocacy, integration of evidence-informed practice, and respecting social and cultural understandings and experiences of healthcare delivery.

As the Health Educator at CarePoint, Karen's role is to work one-on-one and in groups with patients to help them better understand their health and health care concerns as well as support them in building strategies to engage more comprehensively in their own wellbeing. Karen strives to create a judgement-free space where patients can explore ways to seek health knowledge, promote health, communicate with health care professionals, participate in treatment and treatment decisions, access preventative healthcare, and/or plan for end of life.

A lifelong learner, Karen holds a PhD in anthropology from the University of Missouri-Columbia where she was a Life Sciences Fellow. She has also completed a Master of Arts in the Anthropology of Health (McMaster University), Masters of Public Health (University of Waterloo), Bachelor of Arts in Anthropology (McMaster University) and a Bachelor of Education in Adult Education (Brock University). She is a certified smoking cessation counsellor, Craving Change™ Instructor, Chronic Disease Self-Management and Chronic Pain Self-Management facilitator, and is working toward becoming a Regional Champion under HPCO's Health Care Consent and Advance Care Planning Community of Practice.

