

# MEDIA RELEASE



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## Introducing CMH's New Diabetes Education Team

### Andrea Cavan, RN

Early in her career, Andrea had the opportunity to work on film sets and in music venues as a paramedic. She then took courses in business management and worked at a record label focusing on management and promotion. Her inherent passion for health care led her back to school where the obvious choice was nursing.

Andrea's nursing career began at St. Michael's hospital, Toronto, in emergency/ trauma. She then moved to the streets and worked in the areas of underhousing, addictions and mental health. This included direct care, counselling, education and policy work with local hospitals and Toronto City Hall.

Moving from street health to Baxter Canada, she travelled nationally educating medical professionals on use of Baxter products.

A desire to return to bedside brought her to the emergency department at University Health Network in Toronto. At this time, she also worked as an international flight nurse/critical care transport nurse. Here she offered a therapeutic approach to bringing ill or injured patients home. Working at times independently, navigating cultural and geographic differences in international health centres promoted a strong sense of autonomy and ability to adapt.

Her interest in teaching and coaching patients grew. She acquired her education in diabetes management followed by a Canadian certification as a holistic nurse and nurse coach.

Coming to CMH in the winter of 2023 as an emergency nurse offered insight to the culture and practices inherent to a rural hospital.

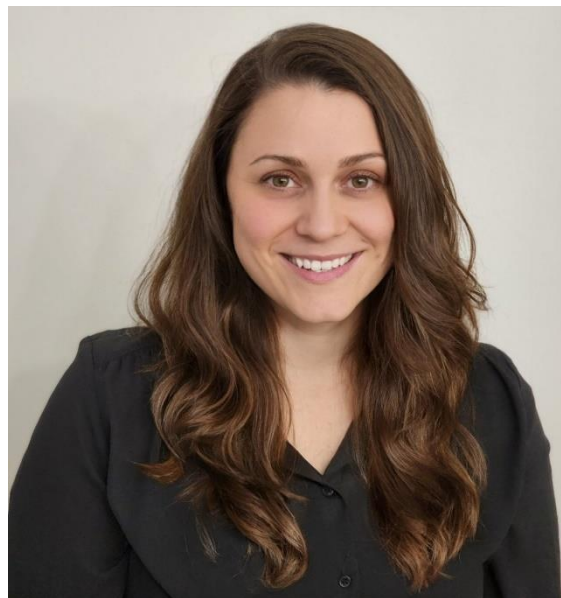


The skills, knowledge and achievements attained in her career have positioned her perfectly for her new role at CMH as the Diabetes Program Coordinator, Diabetes Educator and OTN site lead. She is looking forward to meeting everyone and contributing to the wonderful community here at CMH.

### **Gabriella Budani, RD**

Gabriella Budani brings a strong culinary background to her role as a dietitian. With 15 years of experience as a chef and cook, she was formally trained in French cuisine at St. Lawrence College in Kingston, where she also earned her Red Seal certification. Gabriella worked in various restaurants before opening her own healthy fast-food restaurant, Nourished on the Go, in Oshawa, Ontario.

Driven by a passion for helping people achieve their nutrition goals, Gabriella pursued a Bachelor of Applied Science in Nutrition and Food at Toronto Metropolitan University, followed by a Professional Master's Diploma in Dietetics. While completing her studies, she gained practical experience as a cook and dietary aide in long-term care facilities. Her dietetic training included acute care placements at North York General Hospital in general medicine and mental health, as well as outpatient care in diabetes and eating disorders.



Gabriella currently works as a part-time contract dietitian at Omni Pleasant Meadow Manor in Norwood while holding this full-time Registered Dietitian position here at CMH. She is eager to learn more and help the CMH community in any way she can. In addition to working with Andrea in the diabetes program, Gabriella will also now be responsible for managing nutrition consultations for the inpatient unit and any other nutrition consultations received from the community.