

dear reader,

Welcome to Issue 34 of *The Meducator*! The field of health sciences is subject to cycles of iterative renewal. Discovery does not occur through isolated strokes of genius; rather, we build upon past knowledge to tell a story of health and disease. This idea is exemplified by Ruby Zheng's cover design. The raven represents both death and wisdom. In this instance, the avian specimen —nameless, opened-up, and pinned— imparts knowledge on those who have the privilege of learning from its intricate anatomy. We hope you will explore this issue with a mindset of gratitude to all the people and animals that have advanced the literature from a cellular to a population level —elevating societal health and wellbeing.

The articles of Issue 34 celebrate exciting student-driven innovations, initiatives, and evidence explorations. Hanzhuang Zhu advances our methodological understanding of early-life research studies through a qualitative investigation of infant recruitment in non-invasive experiments. Medical student and McMaster University alumnus Paul Lee illuminates the intersectional role of religiosity on mental health and wellbeing. Arbaaz Patel examines the frightening evidence-based progression of bacterial antibiotic resistance and extends a call to arms for preventive care. Lastly, Dr. Mike Apkon, President and CEO of SickKids hospital in Toronto, reflects on what it means to be an effective leader in an interview conducted by student contributor Romi Lifshitz.

In this issue, we are delighted to introduce an undergraduate nursing section of *The Meducator* in partnership with the McMaster School of Nursing. These articles, which highlight the complexities of social and human dimensions in patient-centered healthcare, complement the biomedical dimension of *The Meducator*. Janet Hélène kicks off our inaugural nursing section with an investigation into the historical and present-day role of nurses in healthcare. Daniel Kim examines the impact of the recent proposal to allow nurses to prescribe medications in Ontario. In our new Case Report article format, Wendy Fu —inspired by a first-hand patient care experience— re-evaluates the use of restraints on uncooperative patients.

Advancements and improvements in the health sciences require collaboration between research teams, healthcare providers, policymakers, and the patients they aim to benefit. Similarly, this issue of *The Meducator* showcases the work of many. In particular, we would like to extend a special thank you to members of our executive team which includes Kevin, Sheila, Matilda, Bob, Adrian, Edward, Parnika, and Daniel; we are immensely grateful for your dedication and passion for building communities within *The Meducator*. Most importantly, we would like to thank you, our reader. There is much to be explored. Let your wings take flight.

Sincerely,



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