Personal Statement

'If you can't measure it, you can't improve it' – **Peter Drucker**

This quote strongly influenced and shaped my teenage life when I began prioritising my health. And now, in recent times, this quote could not be more suitable for the changing healthcare landscape. The advent of digital health sciences has been revolutionising the way we receive, view, utilise health information and manage our health in the last couple of years. My strong curiosity and interest in digital health arose more from personal experience than industry knowledge. What began as a fancy wearable device purchase to get fit soon turned into a life-saving health companion that saved me from a serious heart condition. This wearable device has since helped me manage my health condition and lead a healthy lifestyle. I have often wondered how the timely intervention from a small device saved my life and what would have happened had I not been able to afford the technology. This deeply impacting experience triggered my curiosity about the world of digital health and encouraged me to pursue a career in digital health.

Following my undergraduate degree in biotechnology, I worked as a freelance science communication professional which gave me the opportunity to write for difference science magazines and blogs. I particularly enjoyed communicating complex scientific technologies to lay audiences which required not only proficient writing skills but also strong analytical skills (analysing data, statistics etc). During this time, I had written a number of articles on the developments in the digital health space which also contributed to interest in the area. This also gave me an insight into the potential growth of this field (wearables, telemedicine, mHealth apps etc) in the near future, not to mention during a pandemic situation such as COVID-19. After, gaining two years of work experience in an administrative role at a scientific charity organisation gave me the opportunity to strengthen my organisational and time management skills. Furthermore, assisting the events manager, during events and technical exhibitions, gave me the opportunity to interact and network with varied stakeholders and healthcare industry professionals. I firmly believe these skills will help me smoothly transition to a university environment.

The COVID-19 pandemic has made people all over the world prioritise their health and overall wellness. It has also increased the demand for technologies that will enable remote monitoring and treatment of patients. An opportunity to study digital health at this juncture will enable me to not only

become abreast with the field but also connect with leading innovators in the area. I am particularly keen to study wearable technology and its potential in the management of heart conditions. Studying the MSc in Digital Health, at St. Andrews, will give me the knowledge, practical experience and skill-set required to enter this growing field. The way the course is structured to give a multidisciplinary flavour and the numerous opportunities to gain hands-on experience, via workshops, attracted me to the course. The University's reputation is unparalleled, and I am eager to study and learn in a multicultural environment. The post-COVID-19 world has brought to the fore not only numerous healthcare challenges but also numerous possibilities to fill the gaps. Knowledge in the digital healthcare space is the need of the hour for the scientific community and I am eager to pave my way into building a strong and vibrant career.