



Canadian Association of Professionals in Regulatory Affairs

Association canadienne des professionnels en réglementation

STUDENT RELATIONS COMMITTEE INFORMATIONAL INTERVIEW

REGULATORY AFFAIRS PROFESSIONAL PROFILE OF	Interviewee:	
	KRISTA COVENTRY	
	DIRECTOR OF REGULATORY AFFAIRS FOR EASTERN CANADA	
	SOURCE NEUTRACEUTICALS INC. (NATURAL HEALTH PRODUCTS)	
Interviewer:		Date of Interview:
Janet Holden		24/01/2020

The following questions and responses create a profile of a RA professional, including the activities performed as part of regulatory affairs work and background educational and career pathway information, as well as to obtain advice for students entering the regulatory affairs profession:

Question:	How did you get into Regulatory Affairs? Can you describe the career path you took to get to your current position?
	<p>My undergraduate degree was in biomedical science, so when I graduated, I took my first job in Regulatory in the area of toxicology for pesticides.</p> <p>I then did my Masters in Human Health and Nutrition and then moved into Natural Health Products and functional foods, where I continue to work today.</p>
Question:	What is your educational background? Did you take a specific RA program? If so, what features of your RA program have been most useful in your job (e.g. internship)? If no, what aspects of your formal education did you find the most useful in your RA career?
	<p>Undergrad was in biomedical science, Masters degree in Human Health and Nutrition. Currently working on PhD in Human Health and Nutrition.</p> <p>I did not take a specific RA educational.</p> <p>I would say I am mostly self-taught based on job experience. Having a strong understanding of</p>



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nutrition and toxicology has been very helpful.

Doing graduate work helps teach us to critically analyse published literature and scientific data which is a very useful skill.

Question: What areas or features of the RA profession are the most interesting to you?

I love the grey areas! My work is not always black and white. I enjoy the strategic planning and feasibility assessments of a variety of regulatory pathways for the products we work on. For example, do they fit the category of nutraceutical, or a cosmetic or.....something else?

It is important to understand all the different regulations and how different regulatory categories have different standards of evidence required for product registration.

Question: What are some of the useful traits/useful skills for your position?

Attention to detail is first and foremost. Critical thinking, assessment of data, digging deeper to confirm validity of data are also important.

In my position, I do professional training and public speaking, so those skills are essential. I also need to have a very strong understanding of the regulations and be able to distil the information into useful presentation materials for my audience. This is also a useful skill as I frequently write industry publications.

Question: With which other departments or functional units within your company do you regularly interact with?

I work mostly with the clinical trials team, creative director for graphic design, packaging and labelling, as well as business development, and Senior management.

Question: Do you work individually or mainly in groups or teams?

I work individually to contribute to projects and have team meetings but primarily I work independently.



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Question:	Can you describe a regular work day in your position?
<p>I check emails, attend meetings, interact with other internal departments, do media scans for new developments in regulations, interact with clients and regulatory agencies and then spend time completing work tasks for my projects!</p>	
Question:	If you could change any aspect of your job, what would it be?
<p>It is so hectic! Sometimes I find it difficult to complete tasks when being pulled onto other areas with competing priorities. I do really enjoy the variety, but a bit more balance would be nice!</p>	
Question:	How do you keep your knowledge and skills current and up-to-date?
<p>I read a lot of publications (government and media) on changing regulations and trends in the industry. I also attend conferences with relevant subject matter and take opportunities to network as often as possible.</p>	
Question:	What advice would you give to students applying for internships and full-time RA positions?
<p>Have a strong desire to learn, and be able to apply your knowledge. Understand some of the work can be somewhat tedious. Have strong critical thinking skills. Look for opportunities in science and business together.</p> <p>There are both operational roles and then more strategic roles. There are lots of opportunities.</p>	