Dr. Osler graduated from medical school at the University of Manitoba in 1992. Following this, she completed a rotating internship at the Health Sciences Centre and St. Boniface General Hospital from 1992 to 1993.

She began studying Otolaryngology-Head and Neck Surgery at the University of Manitoba in 1993 and graduated from the residency program in 1997. This was followed by a Rhinology fellowship at St. Paul's Hospital in Vancouver, BC. She has been in practice in Winnipeg since 1998.

Dr. Osler is the Head of the Section of Otolaryngology-Head and Neck Surgery at St. Boniface Hospital and is an Assistant Professor with the Department of Otolaryngology-Head and Neck Surgery at the University of Manitoba. When working at St. Boniface Hospital, she is actively involved in the teaching of medical students and residents.

Her interest in medical education led her to volunteer with the Royal College of Physicians and Surgeons of Canada. She served on the working group tasked with transforming Canada’s Otolaryngology-Head and Neck Surgery residency programs into competency-based medical education programs. She is also on the Royal College’s Professional Learning and Development Committee and supports the lifelong learning of physicians and surgeons.

Dr. Osler is a dedicated advocate for global surgery and the promotion of safe, accessible surgical care. She volunteers annually on surgical missions to low and lower-middle income countries, and her volunteer work inspires her to work harder for patients and the health care system. She was a member of Canadian Helping Kids in Vietnam's medical mission to Long Xuyen, Vietnam in 2011. The mission's goals were to educate Vietnamese doctors and nurses, deliver donated medical equipment and supplies, and present bicycles to deserving schoolchildren.

For the last several years Dr. Osler has been volunteering in Mbarara, Uganda. Working with members of the Canadian Society of Otolaryngology-Head and Neck Surgery, the group collaborates with the ENT Department of the Mbarara University of Science and Technology to improve the quality of local health care through education, training and mentorship to surgeons, residents and medical students.

A passionate advocate for physician health, Dr. Osler co-chaired the 2015 Canadian Conference on Physician Health and serves as chair of the Physician Health and Wellness Committee for Doctors Manitoba. The committee oversees the Physician and Family Support program and creates events to promote physician wellness. In 2017, she was awarded their Health or Safety Promotion award in recognition of her efforts to develop and implement programs to support the health and well-being of doctors.

Dr. Osler lives in Winnipeg with her wonderful husband and is the proud mother of two incredible children.