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Media Release

IWK Health Centre announces first recipients of award for outstanding patient and family-centred care practice

Halifax, Nova Scotia - The IWK Health Centre is pleased to name Dr. William Crist, Psychologist, and the IWK Eating Disorders Team as the first recipients of the IWK's Award for Excellence in Patient and Family Centred Care (PFCC).

PFCC is a care approach that involves the patient and their family in decision making processes about the care and services they receive, and consists of four core concepts: dignity and respect, information sharing, participation and collaboration.

"A patient and family centred approach is the cornerstone by which we deliver the best possible care to our patients and their families," said Robin England, Coordinator, Patient and Family Centred Care, IWK Health Centre.

Mary Ellen Rainey, Family Advisor with the IWK's Family Leadership Council added, "It's an approach to care that engages and empowers patients and families in their care, and is respectful of everyone's unique needs. This award is a wonderful means of celebrating the IWK's leaders in PFCC practice and promoting its importance."

Dr. Crist, Psychologist with the Feeding and Nutrition Clinic, was named one of this year's award winners for his outstanding contributions to patient care over his 25 years at the IWK. He has consistently partnered with families to meet the patient's feeding goals, both openly sharing his expertise, and ensuring everyone feels both confident and that they are playing an active role in helping the patient succeed with feeding.

Also being recognized is the **IWK Eating Disorders Team** that is comprised of Dr. Joanne Gusella, Team Lead and Psychologist; Dr. Stephanie Casey, Psychiatrist; Tara White, Social Worker; Lisa Parkinson McGraw, Dietician; Judy Ashley LeBlanc, Registered Nurse; and Bonny Halket, Administrative Support. The team uses a family-centred therapy approach to treating eating disorders, which includes both the patient and family as distinct, equal members of the treatment team.

The IWK's Family Leadership Council (FLC) created the IWK Award for Excellence in Patient and Family Centred Care in the fall of 2009 in an effort to recognize a staff member, health care provider or team for outstanding patient or family-centred care practice. Members of the council, including former and/or current IWK patients and families members, advocate for needs and priorities of patients and families in health care, and are part of the process to improve the care and service patients and families receive in our ambulatory areas, as inpatients and at home.

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