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International Women's Day 2023

The theme for 2023 is Embrace Equity, which highlights the importance of gender equality in creating a fair and equitable world.

Ingrid embraces equity by advocating passionately for her patients and their families and caregivers, in hospital and at home. She is also a cheerleader for every staff member.

What does it mean to you to embrace equity?

Embracing equity is acknowledging that the playing field is not always level. We have an incredibly diverse multidisciplinary palliative care team.

I have tried to help set our team up for success by taking into account the different resources that we each bring to our practice.

We try to ensure that each voice is heard and each member is able to practice to the best of their ability.

How can others actively support and embrace equity?

Recognizing that each person brings a different skill set to the team is very important.

We each come to the team with our own biases, skills and backgrounds, which can be complementary and augment the type of care we deliver for patients and their families.

Embracing a team-based approach is really best for patient-centered care.

Any advice to women in or thinking about working in health care?

Know your worth and develop your own style when it comes to expressing your voice.

Try to find different mentors so that you can see several different perspectives and practice styles.

Do not change who you are to fit a team, demonstrate what you can bring and you will find the team that fits you.