



Undergraduate Narrative Award Honouree 2021/22

Dr. Douglas McGregor

The CSPCP Undergraduate Education Committee selects an individual each year who has made a significant contribution to palliative care. This person is invited to participate in the judging process that year and to present the award to the winner.

Dr. Douglas McGregor is a respected palliative care physician, gifted teacher and mentor, brilliant leader, innovator and palliative care advocate in British Columbia, Canada, and internationally.

Douglas started his career in full-service family practice in rural Scotland, having trained in both Family Practice and Internal Medicine. He moved with his young family to Vernon where he did family practice and started doing some community oncology in the early days of what became B.C.'s Family Practice Oncology Network.

During this time, Dr. McGregor completed a degree in English Literature at the new University of British Columbia Okanagan Campus. He then moved to Vancouver where his family practice included many AIDS patients. He joined a colleague at the Vancouver Home Hospice Program in 2001, who reported that his "sharing of clinical care" provided them an "opportunity to witness his exceptional clinical acumen, thoroughness and sensitivity", and see "how his roots as a patient/family-centered family physician informed his work as a clinician and a palliative consultant."

Before long, Dr. McGregor was appointed physician leader at Vancouver's St. James Cottage Hospice and joined the B.C. Cancer Agency Pain & Symptom Clinic. He was also the Medical Director at a residential care facility and became a sought-after speaker on the palliative approach to care in long term care. In these settings, as well as at his thriving family practice, he

garnered respect from family and specialist physicians, interdisciplinary colleagues, and administrators for his medical expertise, keen analytic mind, integrity, collegiality, scholarship, and passion.

These skills led Vancouver Coastal Health Authority (VCH) to ask him to co-develop a strategy for VCH palliative care which became the template for VCH's ongoing palliative initiatives. He then became the VCH Regional Palliative Care Medical Director, overseeing ground-breaking initiatives in home, residential, and hospital-based settings e.g., emergency medication kits in the home, and integrating palliative care in medical subspecialties like cardiology, nephrology, HIV/AIDS and in rural areas. With his interpersonal skills and the trust of his colleagues, he facilitated better collaboration between diverse groups within VCH.

Exhibiting boundless energy, skill, and commitment to family and palliative medicine, he led by example, and became an influential advocate for patients, families, and palliative care providers by:

- sitting on the B.C. College of Physicians and Surgeons Prescription Review Committee, the Board of the Vancouver Division of Family Practice, the UBC Division of Palliative Medicine.
- participating in developing provincial palliative clinical practice guidelines.
- developing provincial strategies to enhance family physician palliative capacity and build family physician palliative care networks.
- representing and advocating for palliative care on B.C. Medical Association (BCMA) committees.
- becoming President of the BCMA Section of Palliative Medicine.
- participating as an active member of UBC's Division of Palliative Medicine and B.C.'s Provincial Palliative Care working group.

In 2012, he was recruited as Medical Director of Victoria Hospice where he quickly earned the trust and respect of all levels of leadership and developed new funding models to expand palliative services for Victoria's acute care hospitals, residential care facilities and cardiac and renal ambulatory clinics.

Dr. McGregor is a gifted, sought-after teacher presenting at postgraduate Continued Medical Education events and for the public locally, provincially, and internationally.

As a true visionary, he has changed B.C.'s landscape of palliative care. With his collaborative style and his keen ability to articulate his thought and support it with data, he has successfully advocated for palliative care across the many levels of health care service, earning the trust, respect, and friendship of all he encounters.