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An 'Incredible Honour' For This Critical Care Specialist

An interview with **Deborah J. Cook**
2022 Canada Gairdner Wightman Award laureate

My name is Deborah Cook. I'm an intensive care physician at St Joseph's Hospital in Hamilton, professor of medicine, epidemiology at McMaster University.

For the last 30 years or so, I've been devoted to trying to understand and improve the processes of care and the outcomes for critically ill adults here in Canada and abroad. We've been studying how to use, optimally, basic and advanced life supports, and figuring out how to prevent complications of critical illness. A lot of times people come into the intensive care unit with one problem, and they may develop five or six additional problems. We're always trying to mitigate those and hasten recovery.

I'm incredibly humbled by this honour and only receive it on behalf of all my colleagues who work at the bedside, and we've worked together from coast to coast since the early days. Canada was an incredible canvas for critical care years ago. Our culture was one of curiosity and together we designed and implemented and completed patient-centred projects that had a big impact in forming practice or changing practice. So this honour is really for our entire community of critical care here in Canada.

My brother and I were blessed with amazing parents who fostered conversation at the dinner table, encouraged curiosity, and wanted to instill

