



## **Stephanie Paravan**

### **Co-Chair, Pediatric Pain Management Practice & Policy Network**

Stephanie's journey into healthcare began in 2013 with the sudden illness of her youngest child. As his condition progressed Stephanie realized the difficulties of navigating the medical system as a parent. Her son's condition advanced and he is now part of both Complex Care and Palliative Care in Ottawa.

Stephanie used her experience to become involved as a Family Partner in various organizations. This includes Co-chairing the former Champlain LHIN PFAC, sitting on the Steering Committee for the Kids Come First Health Team and supporting the launch of Kids Health Alliance. Most recently she was on the Working Group that created the first Health Standard for Pediatric Pain Management, worked on various other projects with SKIP (Solutions for Kids in Pain) as well as advocating and influencing changes in the Judicial and Court System to better address needs of non-verbal people.