



Cara Lachance, R.N.

**Founder
Innovative Health Pathways
Sudbury, Ontario**

Cara Lachance, founder of Innovative Health Pathways (IHP), is a seasoned leader, distinguished health care professional and soon-to-be nurse practitioner. She has expertise in occupational health nursing, risk management and assessments, and quality and patient safety. Cara's profound passion for aiding others propels her commitment to influencing health care at a systemic level. A skilled professional in process improvement, change management and team dynamics, she is a Lean Sensei and a Master-trained coach. With over two decades of experience in health care and the mining industry, Cara adeptly navigates employee health and safety issues, emphasizing the strategic use of data for organizational change. Her innovative approach seamlessly bridges the industry health care gap. Cara's credentials include R.N., B.Sc.N., ABNLP Master Coach, Lifestyle Medicine Practitioner, IV Nutritionist, Lean Green Belt, and Patient Safety Officer. Cara also completed courses on Prosci Change Management, Crucial Conversations and Mental Health First Aid. Actively contributing to committees, she serves as a committee member for operating room safety with the Canadian Medical Protective Association and a faculty advisor at Health-CareCAN, the national voice of health care organizations in Canada.