

Sir Winston CV Parris, KCSL, CMG, MD

Dr. Winston Parris, born and raised in St. Lucia, embarked on his medical journey through a government-sponsored scholarship to the University of the West Indies in Jamaica, where he graduated in 1968 with a Bachelor of Medicine and Bachelor of Surgery (MB.BS) degree. After completing his internship and residency in Anesthesia, Dr. Parris returned to St. Lucia in 1971, where he served as the sole Consultant Anesthesiologist at Victoria Hospital for over four years. In 1975, he immigrated to the United States to further specialize in Anesthesiology at Vanderbilt University, where he joined the faculty, becoming a full-tenured Professor by 1989.

During his tenure at Vanderbilt, Dr. Parris developed a landmark anesthetic protocol for Systemic Mastocytosis, a complex disease previously associated with high surgical mortality rates. His innovative approach gained worldwide acceptance, dramatically improving patient outcomes. His work laid the foundation for his early interest in pain management, identifying gaps in the field within Tennessee and the broader U.S. healthcare system. He was instrumental in establishing the American Academy of Pain Medicine, American College of Pain Medicine, American Board of Pain Medicine, and the Tennessee Pain Society, where he served in various leadership roles, including as president and secretary.

Dr. Parris founded the Vanderbilt Pain Control Center in 1982, serving as its Medical Director for 15 years. He also dedicated his time to establishing pain clinics in underserved regions worldwide through his presidency of the World Society of Pain Clinicians. His influence extended to the U.S. Food and Drug Administration (FDA), where he served on the Advisory Committee for Anesthesia, Pain, and Life Support Drugs.

Following a personal loss, Dr. Parris transitioned into private practice and founded Universal Anesthesia Care, among other companies in Tampa, Florida. In 2005, he returned to academia at Duke University, serving as Professor and Chief of Pain Programs. Alongside his academic and clinical roles, Dr. Parris operated the St. Lucia Pain Institute and St. Luke's Clinic for the underprivileged. His achievements were recognized by Queen Elizabeth II in 2004 with the Companion of the Most Distinguished Order of St. Michael and St. George (CMG) and by the St. Lucian government in 2010 with the St. Lucia Cross.

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