



PRISON HEALTH PROGRAM COMMITTEE FALL 2015

PRISON HEALTH IN ACTION

Download the [CFPC Guidelines for the Implementation of Mother-Child Units in Canadian Correctional Facilities](#)

The Medical Post

CFPC Prison Health Program Committee members Drs Ruth Martin, Fiona Kouyoumdjian, and Peg Robertson were recently featured in *The Medical Post's* May 2015 edition, "So you want to be a prison doctor?" [Click here](#) to read the full article.



New Guidelines for Mother-Child Units

The official launch of the *Guidelines for the Implementation of Mother-Child Units in Canadian Correctional Facilities* will occur on **September 10, 2015!** A Canadian landmark decision of the Supreme Court of British Columbia, December 2013, stated that the decision to cancel a provincial correctional facility mother-child unit infringed the constitutional rights of babies and their mothers. Mother-child units in correctional facilities allow children to bond with their mothers in a safe and supportive environment and allow mothers to develop positive parenting and social skills.

PRACTISING IN PRISON



Josiane Cyr, MD, CCMF

*Photo courtesy of [CFP/MFC](#)

Feature Story Josiane Cyr, MD, CCMF

How long have you been practising in prison health? / What facility do you work in?

Since beginning my career, my practice has included prison health. I have worked at the Maison Tanguay (a provincial correctional facility exclusively for women) for six years now.

What made you choose to practise in prison health?

As a student, I never imagined that I would one day practise medicine in a prison, though I did know that I wanted my practice to be at least partially focused on women's health. When I went to visit my future workplace at the CLSC (local community service centre), I was told that the Maison Tanguay was in need of physicians. In the end, I took the



position primarily out of curiosity. I figured that I would be exposed to a diversity of cases that were out of the ordinary, and I was also curious about the people who ended up in prison.

What is the general breakdown of your caseload? / What are the demographics of your clients in prison?

The women at Tanguay are either awaiting trial or prisoners (with a maximum sentence of two years less a day). They have largely been convicted of alcohol- or drug-related crimes such as trafficking, theft, assault, or other similar crimes. Mental health issues are omnipresent, particularly Cluster B personality disorders, which impact the majority of my encounters with incarcerated patients. The women I treat often have a very complicated history. Many among them experienced abuse at a young age or continue to experience it. It is also impossible to walk into Tanguay without noticing that Indigenous women are extremely overrepresented. Beyond medical issues directly related to mental health (eg, insomnia, anxiety, and depression), my consultations are frequently focused on chronic pain and various problems linked to substance abuse such as withdrawal, sores, STIs, and blood-borne pathogens. Respiratory problems are also common due to the prevalence of smoking tobacco and illicit substances.

What advice would you give to new physicians entering prison health?

At first, many prisoners may seem a bit aggressive. They enter your office knowing what they want and are used to having to fight to have their needs met. It is important not to jump to conclusions. We must take the proper time to assess each patient. A person struggling with addiction may experience pain, be in need of care, and beg for morphine... However, it is also necessary to remain aware of the fact that some may try to take advantage of a physician who is too generous. Practising in prison medicine means constantly walking on eggshells and you need to know how to maintain a balance.

To read more about Dr Josiane Cyr click [Here!](#)



Please Mark Your Calendars for FMF 2015!

The following six Prison Health sessions will be presented on
Saturday, November 14, 2015:

- **07:00 -08:00** Prison Health, Breakfast Networking Session: What you need to know to become a prison physician.
- **08:30 - 09:30** Prison Health Educational Opportunities for Medical Students and Residents
- **09:45 -10:15** Optimizing Management of Pain in Correctional Facilities in Canada
- **10:15 – 10:45** CFPC Health Advocacy Regarding Segregation and Mental Health inside Canadian Prisons
- **11:15 – 11:45** When Mom Goes to Prison: Prison health best practices for maternal and newborn care
- **11:45 – 12:15** Prison Health Best Practices: Palliative care and developmental disabilities

CME/CPD OPPORTUNITIES

For more information related to
the upcoming FMF 2015 please
visit [CFPC Family Medicine
Forum](#).

Follow [@FamilyMedForum](#) and
join the conversation!



UP TO THE MINUTE

Prison Health Program Committee Meeting Highlights - March 6th , 2015

The CPFM Prison Health Program Committee is seeking:

- Prison Health representative from Eastern Canada
- Physician representative who is involved in and knowledgeable about both Indigenous health and prison health.
- Physicians who are interested in speaking with medical students about Prison Health

Interested candidates please contact prisonhealth@cfpc.ca.

Guest speakers Dr Linda Healy (Senior Psychiatrist, Correctional Services Canada) and Dr Lori Kiefer (Senior Medical Consultant, Ontario Ministry of Community Safety and Correctional Services) participated in the meeting, and discussion included:

- Challenges in physician recruitment



Prison Health Program
Committee Members

Dr Ruth Elwood Martin, *Chair*

Dr Nader Sharifi, *BC*

Dr Vipul Parekh, *SK*

Dr Margaret (Peg) Robertson, *ON*

Dr Fiona Kouyoumdjian, *Research
representative*

Dr Josiane Cyr, *QC*

***Seeking Eastern Canada
Representative**

Contact prisonhealth@cfpc.ca for
more information.

CFPC Staff

Dr Roy Wyman, Physician Advisor

Ms Lily Oeur, Manager, Practice
Support Programs

Ms Maureen Desmarais, CPFM
Program Coordinator

- Ways to effectively advocate for appropriate use of segregation, including the development and dissemination of the Prison Health Committee's position paper
- Challenges in achieving continuity of care at the time of release

For more information please visit
[CPFM Prison Health Program Committee Homepage](#)