

**SUMMARY of the Decision of the Inquiries, Complaints and Reports Committee
(the Committee)**
(Information is available about the complaints process [here](#) and about the Committee [here](#))

**Dr. Anahid Aminian (CPSO #99865)
(the Respondent)**

INTRODUCTION

The Complainant contacted the College of Physicians and Surgeons of Ontario (the College) to express concerns about the Respondent's conduct. The Complainant and Respondent were married from 2009 to 2018 and during that time they lived both in a remote Northern Ontario town and in Toronto.

COMPLAINANT'S CONCERNS

The Complainant is concerned about the Respondent's conduct, specifically her:

- **inappropriate prescribing practices (prescribing medications to him for her own use);**
- **inappropriate access, use and disclosure of his confidential personal health information;**
- **inappropriate travel during the COVID-19 pandemic; and,**
- **obtaining and using an accessible parking permit under false pretenses**

COMMITTEE'S DECISION

The Committee considered this matter at its meeting of December 1, 2022. For the reasons set out below, the Committee required the Respondent to appear before the Committee to be cautioned with respect to following the College's policy, *Physician Treatment of Self, Family Members, or Others Close to Them*, especially regarding prescribing controlled substances to a family member.

COMMITTEE'S ANALYSIS

Prescribed medications to the Complainant, and used some of the medication for herself
- and -

Accessed, used, and disclosed the Complainant's confidential personal health information

The College's policy, *Physician Treatment of Self, Family Members, or Others Close to Them*, states that physicians must not provide treatment to family members except for minor, non-recurring conditions or in emergency situations and when another qualified health-care professional is not readily available. The policy also specifically states that

physicians must not prescribe narcotics or controlled drugs or substances to family members.

As part of this investigation, the Committee obtained the Complainant's pharmacy records which indicated that the Respondent prescribed a variety of medications to the Complainant, including narcotics and other controlled substances. This was both when the Respondent and Complainant were living in a remote town and when they lived in Toronto.

The Committee acknowledged that medical resources may have been limited while the Complainant and Respondent lived in a remote town, but also noted that there was a local emergency department to attend if controlled drugs were required by the Complainant. Additionally, once in Toronto, there were many other qualified health-care professionals available to provide treatment to the Complainant for even minor conditions.

The Committee noted that by prescribing the Complainant narcotics and other controlled substances, the Respondent specifically failed to follow the guidelines set out in the College's policy, *Physician Treatment of Self, Family Members, or Others Close to Them*. This was done on multiple occasions over an extended period.

In addition, the Committee had concerns that the Respondent was not particularly insightful in her response to the College and did not take responsibility for her actions.

Given the serious breach of the College's expectations under the College's policy, *Physician Treatment of Self, Family Members, or Others Close to Them*, the Committee determined that it was appropriate to caution the Respondent.

The Committee took no further action on the concerns that the Respondent used the Complainant's medication for herself, and regarding the Respondent's use and disclosure of the Complainant's personal health information.

Traveled during the COVID-19 pandemic

- and -

Obtained and used an accessible parking permit under false pretenses

The Committee took no action with respect to these areas of concern.