

## SUMMARY

### Dr. Marc Engfield (CPSO# 78968)

#### 1. Dispositions

On July 12, 2017, the Inquiries, Complaints and Reports Committee (“the Committee”) ordered internal medicine specialist Dr. Engfield to complete a specified continuing education and remediation program (“SCERP”). The SCERP requires Dr. Engfield to:

- review and provide written summaries of the College’s policy on *Medical Records* and *Complementary/Alternative Medicine*, and relevant clinical practice guidelines on the utilization and indications of hormone supplementation therapy - including androgens, thyroid hormone, progesterone and estrogen;
- meet with a Clinical Supervisor acceptable to the College 6 times over 6 months (at which time the Supervisor will initially review and discuss Dr. Engfield’s training and experience as it applies to his practice in complementary medicine, and will then at each subsequent visit review a minimum of 10 charts related to complementary medicine to assess for the quality of documentation and care); and
- undergo a reassessment of his practice by an assessor selected by the College approximately six months following completion of the education program.

#### 2. Introduction

The College obtained information from a cardiologist who expressed concern about Dr. Engfield’s prescribing of performance enhancing medications to a mutual patient. The patient was diagnosed with coronary artery disease (CAD), and the cardiologist noted that the patient reported that he was unaware that testosterone injections could cause CAD, and that Dr. Engfield had indicated to the cardiologist that he did not believe that there was any harmful association with testosterone therapy, despite FDA and Health Canada warnings regarding testosterone. The cardiologist indicated that he wrote to the College as he wished to ensure

that Dr. Engfield's prescribing/monitoring of performance enhancing medications, and his discussion and documentation of risks associated with such medications, meets the standard of care.

In May 2016, the Committee approved the Registrar's appointment of investigators under section 75(1)(a) of the Code to examine Dr. Engfield's practice. Under this appointment, the Committee retained a medical inspector (MI) to review a number of Dr. Engfield's patient charts, and interview Dr. Engfield. The MI concluded that Dr. Engfield's practice fell below the standard of practice in certain respects, and that he showed a lack of judgment in not performing adequate clinical assessments of his complementary medicine patients and not maintaining adequate clinical notes.

The MI noted that Dr. Engfield does reach a conventional diagnosis and complementary medicine diagnoses supported by sound clinical judgment and informed by science, and offers complementary therapeutic options that connect to the diagnoses reached, have a reasonable expectation of improving the patients' symptoms, and possess a favourable risk-benefit ratio. The MI concluded that Dr. Engfield does not pose a risk of harm or injury to his patients, and that he acts in his patients' best interests, respects patient autonomy, refrains from exploitation, and avoids conflicts of interest by refraining from charging excessive fees for the services provided.

The MI set out a number of recommendations that would enhance Dr. Engfield's practice, including the development of informed consent documents outlining the potential risks and benefits of treatment, ensuring patients are made aware of the necessity of particular monitoring when taking specific forms of complementary medicine, and initiating supplemental hormones at lower doses and escalating these based on clinical response and laboratory testing, rather than starting at high doses and tapering down when symptoms or laboratory tests indicate excessive hormone levels.

Dr. Engfield accepted the MI's assessment, and noted that he had taken steps to improve his practice, which he outlined.

### 3. Committee Process

A General Panel of the Committee, consisting of public and physician members, met to review the relevant records and documents related to the complaint. The Committee always has before it applicable legislation and regulations, along with policies that the College has developed, which reflect the College's professional expectations for physicians practising in Ontario. Current versions of these documents are available on the College's website at [www.cpsso.on.ca](http://www.cpsso.on.ca), under the heading "Policies & Publications."

### 4. Committee's Analysis

The Committee's investigation raised concerns regarding certain aspects of Dr. Engfield's complementary medicine practice. Specifically, the MI's review revealed concerns relating to Dr. Engfield's failure to complete initial adequate assessments, the manner in which he initiated certain forms of complementary therapy, and his documentation of consent.

In light of the above, the Committee felt that it was appropriate to require Dr. Engfield to engage in a remediation program, as set out above.