

Social Medicine Curriculum Manual 2021

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Anti-Racism in Healthcare

Additional Resources

This section includes resources on understanding racism and privilege as a whole, including compelling videos and documentaries, as well as articles about racism and anti-racist practices in a healthcare-specific context.

Understanding Racism and Anti-Racism

- Documentary film: The Skin We're In - Desmond Cole
<https://gem.cbc.ca/media/firsthand/episode-14/38e815a-00be178daef>
- Documentary film: Remember Africville - National Film Board
https://www.nfb.ca/film/remember_africville/?fbclid=IwAR0tx3dOtuo3y84ovw6SIPD00fOPH44xdJLdgTKkwTH2BZ7cCXlmbn27M0U
- Documentary film: 13th - on Netflix

Understanding Privilege

- Video: Privilege 101 - The Coin Model of Privilege - Stephanie Nixon
<https://www.youtube.com/watch?v=FvIEVEW1Sp8>
- Article: The coin model of privilege and critical allyship: Implications for health - Stephanie Nixon
<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-7884-9>
- Reading and self-quiz: [White Privilege: Unpacking the Invisible Knapsack](#) - Peggy McIntosh
- Video: Why are White People So Bad at Talking About Race? featuring Dr. Robin DiAngelo
<https://www.refinery29.com/en-us/why-are-white-people-so-bad-at-talking-about-rac>
[e](#)
- Webinar: Privilege, Oppression and Allyship: An Introduction for Health - Stephanie Nixon
<https://www.youtube.com/watch?v=yiWZK2Ax7M&feature=youtu.be>

Racism in Healthcare, and Health Equity

- Medical Education Resources: Anti-racism in Medicine Collection -
<https://www.mededportal.org/anti-racism>

- Video: Tools for Achieving Health: Allegories on 'Race' and Racism - Dr. Camara Phyllis Jones <https://www.youtube.com/watch?v=r3LfB7hoM9k>
- Webinar: From Stories to Action: Addressing Anti-Black Racism in Healthcare - Dr. Ameil Joseph, Sarah Adjekum, Lyndon George and Dr. Madeleine Verhovsek <https://www.youtube.com/watch?v=6lIRC6XkhB8&feature=youtu.be>
- Video: The Problem with Race-Based Medicine - Dorothy Roberts https://www.ted.com/talks/dorothy_roberts_the_problem_with_race_based_medicine/up-next?language=en
- Article: Uprooting Medical Violence: Building An Integrated Anti-Oppression Framework for Primary Health Care - Dr. Nanky Rai https://docs.google.com/document/d/1fVkvVw2vOSF_TowE3cmfo_wM4s6_Yp74Lzhz2sUUj4iA/edit
- Video: Race, Racism and Health - Dr. Stephen Nelson (University of Minnesota's Pediatric Grand Rounds) <https://www.youtube.com/watch?v=Lz9PddgYYic>
- Understanding our implicit biases as healthcare professionals - <https://implicit.harvard.edu/implicit/canada/takeatest.html>
- "Data & Sovereignty: Resisting Colonial Logics For Racial Justice" -- https://www.macvideo.ca/media/Data+%26+Sovereignty/1_2gxgha0l
- Black Maternal Health disparities - <https://www.nytimes.com/2018/04/11/magazine/black-mothers-babies-death-maternal-mortality.html>
- Racial bias in pain assessment - <https://www.aamc.org/news-insights/how-we-fail-black-patients-pain> ; <https://www.pnas.org/content/113/16/4296>

Addictions Medicine

Additional Resources

This section includes resources from medical institutions regarding medical treatments for opioid and alcohol use disorders such as medical detoxification, as well as podcasts and videos documenting the lived experiences of people with addictions and resources on harm reduction.

General

- META:PHI Guides <https://www.metaphi.ca/guides.html>
 - Tools and educational resources supporting clinicians providing care to people with substance use disorders in a variety of settings
- Podcast: “Addiction in Simple Terms,” Dr Julian Keats
- Podcast: “On Drugs” <https://www.cbc.ca/radio/ondrugs>

Medical Detoxification Protocols

- Protocols for detoxification from alcohol, benzodiazepines, barbiturates, and opioids, from the University of Toronto’s Psychiatry Hub:
<http://thehub.utoronto.ca/psychiatry/wp-content/uploads/2014/05/Appendices-for-Substance-Use-Disorders.pdf>

Alcohol Use

- Primer on Alcohol Use Disorder from the University of Toronto’s Family Medicine Hub (2-page overview):
<http://thehub.utoronto.ca/family/wp-content/uploads/2016/12/Alcoholism.pdf>
- Alcohol Use Disorder Tool from Centre for Effective Practice:
http://thehub.utoronto.ca/family/wp-content/uploads/2020/02/20191003-CEP_AUD-rev.12_UPDATED.pdf
- Reference manual for treating alcohol use disorder from British Columbia Centre on Substance Use: <https://www.bccsu.ca/wp-content/uploads/2020/03/AUD-Guideline.pdf>

Opioid Use

- **UBC Faculty of Medicine’s Provincial Opioid Addiction Treatment Support Program Provincial Opioid Addiction Treatment Support Program | UBC CPD Online Course (free full course on diagnosing and treating opioid use disorder):**
<https://ubccpd.ca/course/provincial-opioid-addiction-treatment-support-program>
 - Includes 2017 Guideline for the Clinical Management of Opioid Use Disorder
- Canadian Research Initiative in Substance Misuse: National Guideline for the Clinical Management of Opioid Use Disorder <https://crism.ca/projects/opioid-guideline/>

- For patients who do not use fentanyl
 - CMAJ synopsis here <https://www.cmaj.ca/content/190/9/E247>
- Module on responding to overdose in a community setting:
<http://www.naloxonetraining.com/training>

Other Substance Use Disorders

Harm Reduction

- Podcast: “Crackdown” <https://crackdownpod.com/>
- Hamilton Mutual Aid webinar- mutual aid responses to COVID-19:
https://www.youtube.com/watch?v=qLOKSjf92j0&ab_channel=ClaireBodkin
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LGBTQ2S+ Health

Additional Resources

This section provides resources for caring for LGBTQ2S+ patients, including resources on communication, prescribing PrEP, and basics of care for transgender patients.

General

- National LGBTQIA+ Health Education Center free modules for providers, including basics and communication techniques for providing care to LGBTQIA+ patients, basics of PrEP, and basics for care for transgender patients. Good place to start if you prefer lectures: <https://www.lgbthealtheducation.org/resources/type/learning-module/>

Up-to-date terminology

- Glossary from Rainbow Health, to understand and use appropriate terminology when caring for LGBTQ2S+ patients: <https://www.rainbowhealthontario.ca/news-publications/glossary/#/>

Healthcare for transgender patients

- Sherbourne Health's Guidelines for Gender-Affirming Primary Care with Trans and Non-Binary Patients, including guidelines for feminizing and masculinizing hormone therapy and referral process for gender-affirming surgery: https://www.rainbowhealthontario.ca/wp-content/uploads/woocommerce_uploads/2019/12/Guidelines-FINAL-Dec-2019-iw2oti.pdf
- A Transgender Learning Gap in the Emergency Room, with multiple educational resources linked in the article: https://www.nytimes.com/2017/04/13/well/live/a-transgender-learning-gap-in-the-emergency-room.html?_r=0
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Income supports

Additional Resources

This section provides resources on income supports, including tips for filling out ODSP packages and the ODB formulary to help approximate drug costs.

Navigating income supports

- Primary Care Interventions in Poverty from the Ontario College of Family Physicians: <https://www.ontariofamilyphysicians.ca/tools-resources/timely-trending/primary-care-interventions-in-poverty>

Instructions on filling ODSP packages

- Healthcare professional's guide to medical reviews- official instructions from Ministry of Social Services on completing ODSP forms: https://www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/income_support/hcp_guide_medical_review.aspx
- Tip sheet from a law firm (Neighbourhood Legal Services (London and Middlesex) Inc.): <https://cleoconnect.ca/ylr-files/files/ODSP%20Tip%20Sheet%20May%202023%202014.pdf>

Ontario Drug Benefit Formulary

- Helps approximate drug costs <https://www.formulary.health.gov.on.ca/formulary/>
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Indigenous Health

Additional Resources

This section provides resources for cultural safety training and articles on the Canadian history of medical violence against Indigenous people.

History of medical violence against Indigenous people in Canada

- The Wellesley Institute's report on "the role of racism in the health and well-being of Indigenous peoples in Canada": First Peoples, Second Class Treatment: <https://www.wellesleyinstitute.com/wp-content/uploads/2015/02/Full-Report-FPSTC-Updated.pdf>
- Medical experimentation and Nutrition Studies: <http://www.fns.bc.ca/pdf/AdministeringSocialScience.mosby.pdf> and <http://www.cbc.ca/news/indigenous/indigenous-kids-healthy-before-they-were-sent-to-residential-schools-1.3656631> and https://www.thestar.com/opinion/commentary/2013/07/19/a_canadian_genocide_in_search_of_a_name.html
- The story of Brian Sinclair: http://www.huffingtonpost.ca/2014/06/08/brian-sinclair-inquest_n_5468839.html
- Book: Separate Beds: A History of Indian Hospitals in Canada, 1920s-1980s <http://www.goodreads.com/book/show/23322187-separate-beds>
- Podcast: "Missing and Murdered: Finding Cleo"
- "Indian hospitals" - Book: Medicine unbundled : a journey through the minefields of Indigenous health care. Geddes, Gary: <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM3534001&R=3534001> ; <http://aptnews.ca/2017/03/17/new-book-takes-a-detailed-look-at-indian-hospitals/> ; <http://web2.uvcs.uvic.ca/courses/csafety/mod1/notes4.htm>

Cultural Safety

- **Indigenous Relationship and Cultural Safety Courses, from Cancer Care Ontario:** <https://elearning.cancercare.on.ca/course/index.php?categoryid=2>
- **San'yas Indigenous Cultural Safety Training:** <https://www.sanyas.ca/training/british-columbia>

Truth and Reconciliation Commission

- <http://www.trc.ca/>

Healthcare for Refugee and Undocumented Patients

Additional Resources

This section contains resources for providing care for refugee and undocumented patients, as well as a module on global health specific to the elderly population.

Elderly Global Health

- **Refugee and Elderly Global Health learning module from the Canadian Collaboration on Immigrant and Refugee Health from the University of Ottawa:**
<http://ccirhken.ca/e-learning/>

Screening for new immigrant and refugee patients

- Canadian Collaboration for Immigrant and Refugee Health screening checklists based on where the patient is from: http://ccirhken.ca/ccirh_main/sample-page/page3-2/
- Evidence-based guidelines for immigrant and refugee health - <https://www.cmaj.ca/content/183/12/E824>
- More general guidelines/resources - <https://refugeportal.wordpress.com/>

Other Resources

- **Inner city health handbook created by MacHealth DNA**

Healthcare for Incarcerated or Detained Patients

Additional Resources

This section provides resources for the care of patients who are involved with the law, whether incarcerated or accompanied/detained by police.

CMAJ Series on Prison Medicine

- Part I: **Health and hard time** www.cmaj.ca/lookup/doi/10.1503/cmaj.109-4389
- Part II: **Imprisoning the mentally ill** www.cmaj.ca/lookup/doi/10.1503/cmaj.109-4390
- Part III: **Agony behind bars** www.cmaj.ca/lookup/doi/10.1503/cmaj.109-4391
- Part IV: **Black eyes and barriers** www.cmaj.ca/lookup/doi/10.1503/cmaj.109-4392
- Part V: **Providing principled health care in prison**
www.cmaj.ca/lookup/doi/10.1503/cmaj.109-4406
- Part VI: **Limited options for redress** <https://www.cmaj.ca/content/185/4/292>

Healthcare for people who are detained in the community

- Caring for people who are detained: A handbook for healthcare workers and trainees. A Hamilton-created resource by a collective of healthcare workers, lawyers, advocates, community organizers and frontline care providers.
<https://www.dropbox.com/s/9d8q8cx8udaypov/Zine%20Version%201%20Final%20Draft.pdf?dl=0>