



### April 2016 Monthly Update

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#### 1. Congratulations to newly promoted faculty

We are delighted to announce several promotions within our division.

Dr. Alex Lo has been promoted to Assistant Professor. Alex is based to Toronto Rehabilitation Institute. Alex can be reached at [Alexander.Lo@uhn.ca](mailto:Alexander.Lo@uhn.ca)

Dr. David Berbrayer will be promoted to Associated Professor effective July 1, 2016. David is based at Sunnybrook and can be reached at [david.berbrayer@sunnybrook.ca](mailto:david.berbrayer@sunnybrook.ca).

Dr. Chris Boulias has been promoted to Assistant Professor. Chris is based at West Park Healthcare Centre and can be reached at [Chris.Boulias@westpark.org](mailto:Chris.Boulias@westpark.org).

Dr. Farooq Ismail has been promoted to Assistant Professor. Farooq is based at West Park Healthcare Centre and can be reached at [Farooq.Ismail@westpark.org](mailto:Farooq.Ismail@westpark.org).

Please join me in congratulating these individuals who have contributed so much to our division and are so well-deserving of their academic promotions.

#### 2. Department of Medicine releases Strategic Priorities

The Department of Medicine has released its strategic priorities, which are attached to this email. For those of you who are involved in the implementation of the PM&R division's strategic plan, I believe you will note that there is good alignment between that of the Department of Medicine and that of our division.

#### 3. Choosing Wisely for PM&R

Larry Robinson and others are working with the CAPM&R to develop a set of recommendations for Choosing Wisely Canada. These are recommendations designed to spark a conversation between physiatrists and their patients around tests, procedures or treatments that are unnecessary or possibly harmful. A list of seven proposed items (as below) will be discussed at the CAPM&R meeting in May:

1. Do not treat asymptomatic urinary tract infections in catheterized patients
2. Do not prescribe bed rest and inactivity for more than a week following injury and/or illness
3. Do not order prescription drugs for pain without considering functional improvement
4. Do not order CT scans for low back pain unless red flags are present
5. Do not use benzodiazepines for the treatment of agitation in the acute phase of traumatic brain injury
6. Do not recommend carpal tunnel release without electrodiagnostic studies (NCS-EMG) to confirm the diagnosis and severity of nerve entrapment
7. Do not forget exercise as a medication

Larry Robinson also represented the CAPM&R at the Choosing Wisely Canada conference led by Wendy Levinson in Toronto on March 30<sup>th</sup>. More information can be found at: <http://www.choosingwiselycanada.org/>

#### 4. Residents medicate themselves

We are glad to see that our PM&R residents have been practicing what they preach and using exercise as medicine for themselves. They are doing a number of physical activities and exercises together including forming a basketball team, doing yoga for resident wellness and even participating in curling (a distinctly Canadian activity). We are quite proud of our residents being involved in these activities. See photographs below.



#### 5. You'll soon be able to watch Grand Rounds in your pajamas

As many of you may know, we have been working toward the implementation of using GoTo Meeting to broadcast our Grand Rounds. This adoption has not been without technical and logistical challenges but we did have a successful launch for the March grand rounds. I hope that we have most of the bugs solved which means that you will be able to view grand rounds and participate from any computer with internet access; you won't need to be in a specific room at a specific time. You can even be at home, in bed, in your pajamas if you like and we won't know the difference (unless you announce it). Along with the monthly announcement of grand rounds, you will see instructions on how to sign-up for GoTo Meeting access (thanks to Nancy Riley for arranging this!). This is free of charge.

#### 6. Providence physiatrists help PGY5s prepare for Royal College Exams



Since the PGY5 residents are not feeling challenged enough, the physiatrists at Providence Healthcare recently held a mock OSCE and written exam for the PGY5s, who are now preparing for their Royal College exam. This is one more opportunity for them to practice before engaging with the real exam. Many thanks to Catherine Ho for organizing the event and writing the exams as well as Albert Cheng and David Lipson for helping create and proctor the OSCE stations. We hear that feedback was very positive and the residents even appreciated the opportunity to be tested once more. We thank the physiatrists at Providence for doing this and we wish the best of luck to all the PGY5s writing the exam this year.

#### 7. New babies born



We are happy to announce that Jordan Silverman and his wife Rachel welcomed a baby girl named Leora on October 7, 2015. She is now six months old! Please extend congratulations to Jordan and his wife who may be reached at [jordansilverman@gmail.com](mailto:jordansilverman@gmail.com).



We are also happy to announce that Matthew Godleski and his wife Karen welcomed a baby girl named Isabelle on December 27, 2015. Please extend congratulations to Matthew and his wife at [matthew.godleski@sunnybrook.ca](mailto:matthew.godleski@sunnybrook.ca)



We were pleased to hear that Steve Dilkas and his wife Lina had a baby boy named Otis in early March. The baby weighed in at 7lbs and 4oz and we are very happy to hear that mom, dad and baby are all doing quite well. Please extend congratulations to Steve and his wife. Steve can be reached at [steven.dilkas@westpark.org](mailto:steven.dilkas@westpark.org).

8. Himalayan Rehabilitation

We are glad that Nora Cullen returned successfully from her ninth trip to Nepal. She has been travelling to Nepal where she and NepalAbility team are building a rehabilitation program in the midst of the Himalayan mountains. This is another nice example of our international reach from U of T PM&R. Nora Cullen can be reached at [nora.cullen@uhn.ca](mailto:nora.cullen@uhn.ca).

9. Bridgepoint is not the only rehabilitation centre featured in a movie

In the last monthly update, we noted that Bridgepoint was in the movie, "Room". Malcolm Moffat, Executive Vice President at Sunnybrook pointed out that Bridgepoint has not been the only rehabilitation centre in a notable movie. Apparently, St. John's Rehab has also been in a movie set, "Men with Brooms". I had initially thought this was about a cleaning crew, sweeping up dirty floors, but then realized I was in Canada and it was more likely some type of sporting activity.

10. Publications, and Resident news

Meiqi Guo's project with the West Park stroke rehab team was published in BMJ Quality Improvement Report. This project was supervised by Dr. Lo and Dr. Ismail. Guo M, Bosynak S, Bontempo T, Enns A, Fourie C, Ismail F, Lo A. "Let's Talk about Sex" - Improving sexual health for patients in stroke rehabilitation. *BMJ Qual Improv Report*. 2015;4: doi:10.1136/bmjquality.u207288.w2926

Accepted for publication in Disability and Rehabilitation, was another resident research project: Vivas LLY, Pauley T, Dilkas S, Devlin M. Does Size Matter? Examining the effect of obesity on inpatient amputation rehabilitation outcomes.

Najam Mian, PGY-5, was accepted into the Pain Medicine subspecialty residency program at the University of Toronto, which will commence in July 2016. The Royal College of Physicians and Surgeons of Canada officially recognized pain Medicine as a subspecialty in 2010. This 2-year training program, being offered for the first time by the University of Toronto, provides multi-disciplinary training in acute pain, chronic non-cancer pain, and cancer pain.

As always, please send me updates and items of interest that we can add to our monthly updates. Please also don't forget to check out our Facebook [https://www.facebook.com/Physical-Medicine-Rehabilitation-University-of-Toronto-853694601410615/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/Physical-Medicine-Rehabilitation-University-of-Toronto-853694601410615/?ref=aymt_homepage_panel) page where we have more frequent updates.



Larry Robison MD  
Chief, Rehabilitation Services  
John and Sally Eaton Chair in Rehabilitation Science

**\*\* MONTHLY UPDATES WILL NOW REPLACE THE SEMI-ANNUAL NEWSLETTER \*\***

Enclosure