



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

January 2019

Monthly update Newsletter

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1. Research Day a success on December 14th

Congratulations are extended to all those who presented their research at Research Day on December 14th. There were 23 excellent presentations which ran the gambit from literature synthesis to completed projects and included both residents and faculty. Many thanks are extended to Mark Bayley who organized the conference as well as Sarah Cote Nancy Riley and Tracia Young who organized the logistics of the day.

We extend our special congratulations to the three award winners. Pinder Sahota won the Senior Resident Research Award, Jason Liang won the Award for Methodology and Ainsley Kempenaar received the Award for Synthesis each presented by Cathy Craven.



2. Residents enjoy holiday party

We were pleased to see that our residents enjoyed a lovely holiday party at the end of December. We hope that they had many things to talk about besides just how wonderful the Division's faculty are and how great their training program has been.



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3. Shane Journeay appointed as director of Academic and Research at Providence Healthcare

We were pleased to hear that Shane Journeay was recently appointed as Director of Academic and Research at Providence. This is a new role in which Shane will represent Providence on matters of academic activities, medical education and research at both the Providence site and the network levels. He will serve as the lead for medical learners at Providence and the lead consultant for medical research as well. Shane may be reached at: SJourneay@providence.on.ca.

4. Does CBD stand for cannabinoids or Competence By Design?

CBD or Competence By Design is the Royal College's approach to competency-based medical education (CBME). For PM&R, this will effectively roll-out in 2020. As we have been hearing for the last couple of years, this will have a significant impact on how we train our residents as well as how we give feedback and evaluate our trainees.

In preparation, a series of five workshops have been scheduled for our division. These will take place on:

1. March 1, 2019
2. June 14, 2019 (using time from division retreat)
3. September 13, 2019
4. February 7, 2020
5. April 24, 2020

Because these changes will alter what is expected of us all in terms of training and evaluation, it's very important for us to attend all these workshops or as many as possible. We have enlisted the help of our own PGME office as well as leaders for CBD within the Department of Medicine. We will also be looking for teachers and educators with a special interest in CBD to serve on the clinical competency committee (which has an important role in resident evaluation) and other relevant groups. We look forward to seeing you on March 1st for the first workshop.

5. Our Nation's capital to be overrun by physiatrists

As many of you know, the Canadian Association of PM&R meeting will be in Ottawa this year from May 29 to June 1, 2019. This is shaping up to be an exciting program with something for everyone. There will be some focus on neuromuscular disorders, education, and other focused areas as well as a wide variety of presentations by special interest groups. There will also be a strong research session at the meeting as well. [Abstracts](#) can be submitted until March 8, 2019.

6. Save the Dates

Please remember to save the date for Quality Day on February 15, 2019. This will be an opportunity for members of our division to highlight their very strong work on quality and innovation. The keynote speaker will be Mike Nader, Executive Vice-President, UHN, as well as a variety of presentations from residents and faculty members.

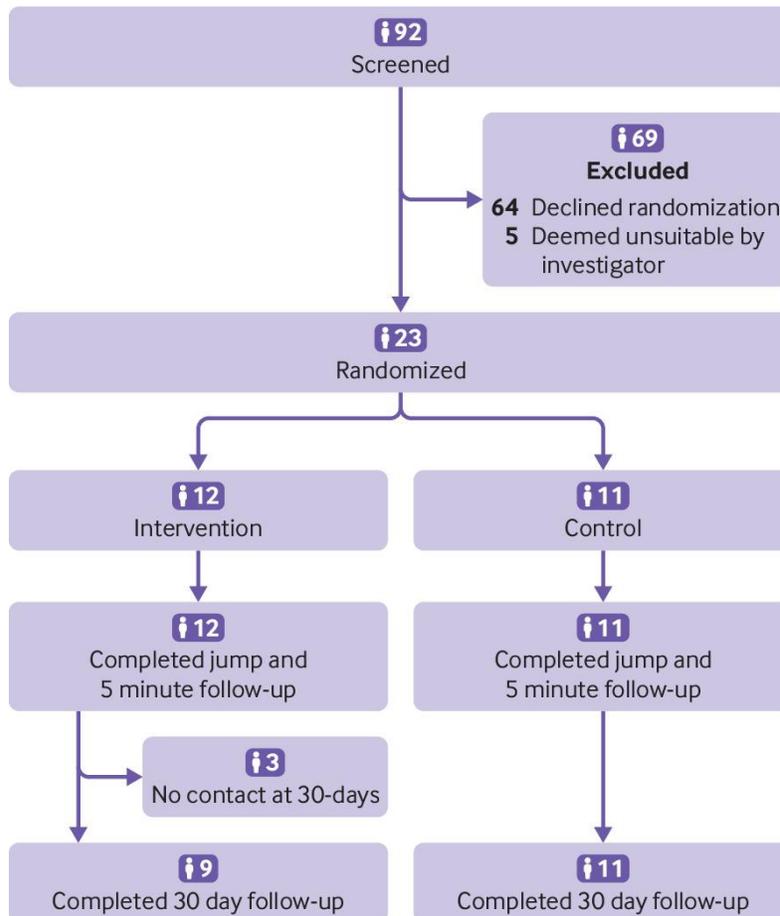
Please also don't forget to put the social event in your calendars for February 25th at the Walrus Pub & Beer Hall, Downstairs Pong Bar, 187 Bay St. Please RSVP to nancy.riley@sunnybrook.ca by February 15th.



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- 3rd Annual MSK Ultrasound Guided Cadaver Intervention Course
There is still time to register for and participate in CRU's upcoming Diagnostic and Interventional MSK Ultrasound Course which takes place March 2 & 3 at the Steinberg Centre for Simulation and Interactive learning, Montreal QC. Please see attached for further information and registration.
- Heather MacNeill and Kim Coros recognized for teaching excellence
We are pleased to report that both Kim Coros and Heather MacNeill were recognized as among the top 10% of teachers in the U of T MD program. This represents us very well in the undergraduate curriculum and no doubt supports our success in attracting the best and brightest resident applicants.
- Finally an RCT on parachutes when jumping from an airplane.
When confronted with lack of an RCT for interventions, we often hear that we don't need an RCT for using a parachute when jumping from an airplane. Finally some brave investigators (in the US where this is seen as valiant) have done a controlled study of empty backpack vs. parachute as they jump from an airplane. Surprising study!!
<https://www.bmj.com/content/363/bmj.k5094/related>



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