



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

June 2017

2017 Monthly update Newsletter

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1. Successful Division Retreat held June 23, 2017

The division had an enjoyable and successful retreat on June 23rd at the Vaughan Estate. Over 50 people attended and we heard a variety of presentations.



- Perry Tepperman did an excellent job of reviewing the successes of many division faculty members and over the last year, which are impressive. He also, on behalf of the Awards and Recognition Committee, awarded the Innovator of the Year Award to Dr. Andrea Furlan for her outstanding work on the pain ECHO project.





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- Perry also awarded, on the behalf of the committee, the Academic Achievement Award to Dr. Heather MacNeill for her outstanding work on education.



- We also had two recipients this year who qualified for the Distinguished Academic Service Award in recognition of over 20 years in the division of PM&R:
 - i) Dr. Abraham Snaiderman
 - ii) Dr. John Patcai (see below)



- Lisa Becker presented the Resident Research Synthesis Award to Elysia Adams. Alexandra Rendely and Pinder Sahota received the Resident Research Methodology Award and Peter Broadhurst the Senior Resident Research Award.



- Nora Cullen presented on the Department of Medicine initiatives around mentorship. Nora, who is our mentorship representative for the Department of Medicine, led an engaging discussion on mentorship and how we would like to handle mentorship within our division. She also distributed a survey to gauge the participation of faculty members as mentors and to see who was looking for a mentor. For more information, please feel free to contact Nora at: nora.cullen@westpark.org.
- Julia Warden presented on our significant advances and successes in the area of medical student education. There were a number of new initiatives discussed as well as some new opportunities to participate in education



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of pre-clerkship undergraduate medical students. For more information, please feel free to contact Julia at: julia.warden@uhn.ca.

- Andrea Furlan presented on the superb work that she and her ECHO team are performing to educate community physicians on how to manage pain via the ECHO model. This was an impressive presentation which is already showing very positive outcomes and has been funded “in perpetuity” by the Ministry of Health based on the outstanding results. For more information, please visit www.EchoOntario.ca or contact andrea.fulan@uhn.ca
- Angela Mailis took an opportunity to update us on the treatment of chronic pain in Ontario as well as the Greater Toronto Area. This demonstrated how her significant work in political advocacy made a very big difference in the treatment of chronic pain in Ontario. For more information, Angela may be reached at: angela.mailis@uhn.ca
- Cathy Craven introduced Mohammad Alavinia, our new Knowledge Translation officer. Mohammad graduated from Tehran medical school and subsequently completed M.Sc. and Ph.D. training in Clinical Epidemiology in the Erasmus-mc University in the Netherlands. He has an understating of statistical methods and basic epidemiology accompanied by expertise in systematic reviews and meta-analysis and health quality indicators. His email contact is: mohammad.alavinia@uhn.ca



- Cathy Craven also did an excellent presentation reviewing our research metrics of the division. She handed out an impressive report of research activity in the division and demonstrated that we have a higher than expected publication output compared to the percentage of funding we have for the Department of Medicine.
 - We especially want to thank Nancy Riley for organizing the retreat and all the activities.
 - Be sure to check out Facebook for additional photos from the retreat at: <https://www.facebook.com/Physical-Medicine-Rehabilitation-University-of-Toronto>
2. 100% success rate at Royal College for this years' graduates
Congratulations to this years' residency graduates who were 100% successful at passing the Royal College exam. We heard the good news that Peter Broadhurst, Jennifer Gordon and Tri Nguyen were all successful at passing their Royal College examinations this year. Congratulations are extended to Peter, Jennifer and Tri who we very much enjoyed having as residents and we will miss upon their graduation.

In addition, Peter and Robert Hastings also successfully completed the CSCN EMG exam this year. Congratulations are extended to Peter and Robert.

3. Bev Moylan establishes pediatric rehabilitation practice after fellowship
After residency, Bev participated in a Clinical Fellowship in Pediatric Rehabilitation Medicine (PRM) at the University of Alberta. She states, “There were many fabulous staff to learn from, including one with 40 years of experience in PRM. There was a wide variety of exposure through inpatient rehabilitation and outpatient clinics; including Brain Injury, Botox Injections (with US guidance and sedation), Physical Medicine, Spina Bifida, Limb Difference and Pediatric



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Upper Extremity & Brachial Plexus Injury. Weekly acute care consults and collaborations with surgeons in the OR and Gait Lab were always interesting. The hands-on experience with children was invaluable.”

Bev now works at ErinoakKids and Holland Bloorview in a variety of areas such as, Spasticity, Ortho Surveillance, Seating, Prosthetics, Concussion and General Physical Medicine and sees kids of all ages, up to 19 years with diverse clinical presentations. “The kids keep me on my toes, and they really do say the darndest things.” For more information, Bev may be reached at beverly.moylan@gmail.com.



Bev Moylan and staff from her fellowship

4. Eugene Chang leads cancer rehabilitation programs in Toronto

Bringing Physiatrists to the forefront of Cancer Rehabilitation.

The 5-year survival rates for all cancers is now at an all-time high of 63%. Patients with cancer are living longer, but survivorship and rehabilitation needs have been under-recognized in Canada. The need for Cancer Rehabilitation received a boost when Cancer Care Ontario released evidence-based exercise guidelines in 2015. Based on growing evidence, led by Dr. Eugene Chang, Princess Margaret Cancer Centre launched a combined PT/OT and Physiatry comprehensive assessment in 2016 to help manage issues such as cancer-related lymphedema, fatigue, deconditioning, brain fog, and persistent impairments caused by chemotherapy and radiation. The aim is to direct rehabilitation treatments for cancer patients, provide them with exercise programming, education, self-management and community resources, and connect them to Toronto Rehabilitation Institute outpatient services. Physiatrists are in prime position to understand and lead impairment-driven rehabilitation strategies, but this is a field with low exposure during Residency. To help improve expertise in this area, University of Toronto, Division of PM&R, has launched a Cancer Rehabilitation fellowship program and will see its first fellow come through in 2017. For more information, Eugene may be reached at: eugene.chang@uhn.ca.

5. Invictus Is Coming! Steve Dilkas appointed co Chief Medical Officer, Sivakumar Gulasingam appointed Lead Games Categorizer, Amanda Mayo selected as Medical Volunteer

From September 23-30, Toronto will be hosting the 2017 Invictus Games. More than 550 competitors from 17 nations will compete in 12 adaptive sports including wheelchair basketball, wheelchair rugby, and variety of track and field events among others. Established by Prince Harry in 2014, the Invictus Games are the only international adaptive sporting event for ill, wounded and injured active duty and veteran service members. The goal of the games is to use the power of sport to inspire recovery, support rehabilitation and help participants overcome physical or mental health illness or injury. Hosting the games in 2017, the year the country celebrates its 150th anniversary of Confederation, will provide a unique opportunity for Canadians to commemorate and honour its soldiers and their families.

Members of the Division have been volunteering their time and expertise to ensure that these games are a resounding success. Dr. Steve Dilkas, will share the duties of Chief Medical Officer and Medical Working Group Chair.

Contributing to the legacy of the Toronto games, Dr. Sivakumar Gulasingam has been appointed Lead Games Categorizer responsible for developing a process to ensure that athletes compete in the appropriate Invictus category (previously this was self-selected). Dr. Amanda Mayo will contribute as a medical volunteer at the cycling venue.



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In recognition of the contributions of Invictus Games volunteers, the Lieutenant Governor, Her Honor Elizabeth Dowdeswell, hosted a reception at Queen's Park during National Volunteer Week in April. Notably, more than 6000 Canadians applied for 1500 volunteer positions. While all positions are now full, you can still support our soldiers and their families by purchasing games tickets when they become available at invictusgames2017.com.



6. [Hans Katzberg to lead Neuromuscular Review Course on July 29, 2017](#)

There is an excellent Neuromuscular Review Course to occur in Toronto on Saturday, July 29, 2017. There are four excellent guest speakers from the United States coming for this session, Richard Barohn, Todd Levine, Jonathan Katz and Mazen Dimachkie and has a very reasonable registration fee (physicians \$100, residents, fellows and students \$25). Please see more at the following link: http://nmrc_toronto2017.eventbrite.com/?s=76842966
Simply click on the invite and request an invitation for registration. For more information, Hans may be reached at: hans.katzberg@utoronto.ca.

7. [Marc Jeschke leads 4th Annual Canadian Burn Symposium September 24-26, 2017](#)

The 4th Canadian Burn Symposium will be held in Winnipeg, September 24-26, 2017. The conference website and call for abstract is as follows: <http://www.cpd.utoronto.ca/cdnburnsymposium/>. Please also see enclosed PDF brochure.



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8. First Canadian Peripheral Nerve Symposium occurring November 17, 2017

The First Canadian Peripheral Nerve Symposium, which is being sponsored in part by Dr. Tom Miller at the University of Western Ontario, is to occur November 17, 2017 in London Ontario. This looks like an outstanding conference which is multidisciplinary and includes nerve surgeons, physiatrists and neurologists with an expertise in peripheral nerve problems. If you are interested in considering attending this course, please see the attached announcement or contact Tom Miller at tom.miller@sjhc.london.on.ca.

9. Education Scholars Program

The Education Scholars Program is accepting applicants for the 2018-2020 cohorts and the application deadline is December 1, 2017. Additional information is available at: <http://cfdu.utoronto.ca/esp>. In addition, there is an information session to be held on September 12, 2017 at St. Michael's Hospital for those of you interested in considering the Education Scholars Program. This program is a leadership development curriculum for educators of health professionals and it is offered by the Centre of Faculty Development.

10. Welcome new chiefs

We are pleased to announce our new co-chiefs, Jordan Silverman and Rebecca Titman. They will be joined by the RPC Representative who this year is Ali Rendely.



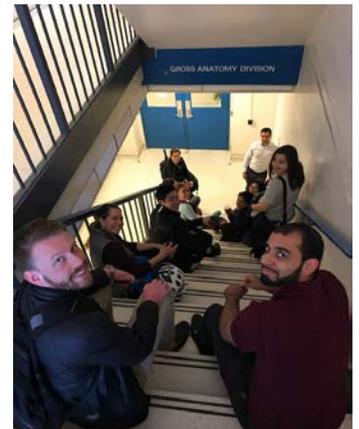
Ali, Jordan, Rebecca

11. Photos of the resident life

Rebecca Titman reminded us, by the photos, what it is like to be a resident!



Resident Retreat in Collingwood, June 2017



Residents awaiting anatomy lab teaching with Dr. Agur

12. Larry Robinson tries to bit off more than he can chew

Larry Robinson was in Japan recently where he saw an enormous sandwich. Although he is known for his big mouth, he was unable to concur this multi-layered repast which he found in Kyoto Japan during a recent trip to the Japanese Association of Rehabilitation Medicine.



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Please let me know if you have items or news to add to the Newsletter. Please also don't forget to check out our Facebook page.

Larry Robinson

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