



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

March 2019

Monthly update Newsletter

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1. Audrey Yap wins 2019 Meridith Marks Award from CAPM&R

Congratulations are extended to Audrey Yap who was recently announced as the 2019 Meridith Marks Award winner from CAPM&R. This reflects the national recognition Audrey has obtained through her work on the CAPM&R review course as well as her regional and U of T successes in education. This is the most significant teaching award bestowed by the CAPM&R. The award will be presented at the CAPM&R meeting in Gatineau, Quebec at the end of May 2019. Please join me in congratulating Audrey for this outstanding success. Audrey can be reached at: Audrey.Yap@sinaihealthsystem.ca.

2. Tania Bruno promoted to Assistant Professor

Congratulations are extended to Tania Bruno for her successful promotion to Assistant Professor. This promotion reflects Tania's very significant contributions to the Division of PM&R and the Department of Medicine and her significant successes as a clinician teacher. Please join me in congratulating Tania on her promotion. Tania can be reached at: Tania.Bruno@uhn.ca.

3. We should be proud of our publication record

In preparation for his five year review, Larry Robinson is putting together his self-study document for the division. As you may know, Cathy Craven and Mohammad Alavanja have been asking us for our ORCID numbers so that we can track how many papers we, as a Division, have published each year. I am happy to report that over the last five years, we have seen a steady increase in publications as seen on the graph below. This represents a 45% increase over just the last 5 years. Thanks are extended to everyone who has contributed to this increase in scholarly work. Special thanks are extended to Cathy Craven and Mohammad Alavanja for doing the Yeoman's work of measuring our scholarly output.

By way of the five year review, Andrea Townsend from the University of British Columbia will be in Toronto the first week of May 2019 to serve as the external reviewer.





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4. Kim Coros continues to establish her position as exercise lead

We received two interesting links from Kim Coros at Bridgepoint regarding her work in exercise and medicine. The first link shows her providing four quick exercises to prevent injury. The second link is a story about Kim's involvement in the "Movement Is Medicine" efforts. As you may know, Kim serves as the leader for "Exercise Is Medicine" initiatives in the undergraduate curriculum and has been representing us very well in this setting. Many thanks are extended to Kim for this significant effort. Kim can be reached at: kim.coros@sinahealthsystem.ca.

http://support.supportsinai.com/site/PageNavigator/mainsite/content/mainsite_yourimpact_sinaistories_preventinjury.html

<http://www.sinahealthsystem.ca/news/i-truly-believe-that-movement-is-medicine/>



5. Big opportunities with big data

Larry Robinson recently went to the Association of Academic Physiatrists (AAP) meeting in Puerto Rico. There were a number of interesting presentations one of which was around use of big data in rehabilitation. If you are interested, there is an associated slide set to look at. The Center for Large Data Research and Data Sharing in Rehabilitation (CLDR) has quite a few resources to those interested in exploring large data projects. They also offer mentorship and funding opportunities if you would like to serve as a visiting scholar at their institutes. This data is sort of analogous to what we have at ICES but has larger numbers in the US than we have in Canada. Please see: <https://www.utmb.edu/cldr> and enclosed article.

6. What books do successful leaders find most influential in their leadership style?

Larry Robinson was recently asked to lead a session at the Women in Academic Medicine Summit (WAM) for the Department of Medicine. As part of this preparation, we asked all presenters to tell us the 3-5 books that were most influential in their leadership style though not necessarily a book about leadership. The list is attached and you might consider browsing books that resonate with you or resonate with the person who recommended them. There were a few books that were recommended by multiple people including: Good to Great; Attending- Medicine, Mindfulness and Humanity; Getting to Yes; Drive - The Surprising Truth About What Motivates Us. Some books on the list are not about leadership at all, such as Long Walk to Freedom by Nelson Mandela.

7. Making Progress in Diversity

For those interested in equity, diversity and inclusion, you may be interested in the article in the recent Department of Medicine Newsletter. As captured here, there is a strong link for organizations between focus on diversity and achieving excellence. We are making some progress in measuring diversity and establishing this as a priority, but there yet remains much more work to do. The data on gender diversity is now available if you are interested (see article), and we are now starting to tackle the challenging question of how to measure diversity in other dimensions.

http://www.deptmedicine.utoronto.ca/node/1922/?utm_source=Faculty+2017&utm_campaign=ebe1678003-DOM-Matters-mar2019fac&utm_medium=email&utm_term=0_dda7f0eb75-ebe1678003-527800609

8. Najma Ahmed seeking handgun ban news article

CBC recently published an article titled, "Toronto surgeon seeking handgun ban accuses firearms rights group of trying to intimidate her". This can be found at: <https://www.cbc.ca/news/canada/toronto/najma-ahmed-surgeon-gun-control-rights-1.5048707>



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9. Getting better definition for statistical terms

Colleen McGillivray recently sent a glossary of basic statistical terms which greatly improved my knowledge. I now understand that *sample size* is “roughly the same as the delicious hors d’oeuvres handed out at the ends of the aisles at Costco”. And *critical value* is your spouse’s assessment of your impulsive purchases. See enclosed statistics humour article.

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.

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