



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

April 2020

Monthly update Newsletter

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1. Sivakumar Gulasingam to receive 2020 Department of Medicine Award for Humanism in Medicine

We were very pleased to hear from Dr. Gillian Hawker that Sivakumar Gulasingam will be a co-recipient of the 2020 Department of Medicine Award for Humanism in Medicine. This is wonderful recognition for Sivakumar and we are all very proud of him. For those of you who don't know Sivakumar very well, I would encourage you to read the attached nomination letter which is based upon a one hour interview we did with him. Sivakumar has a rich history of devoting his efforts to the underserved. Please join us in congratulating Sivakumar who can be reached at:

Sivakumar.Gulasingam@uhn.ca.



Sivakumar at a relief camp during one of the Emergency Disaster Relief Missions to the war-torn Eastern Province of Sri Lanka post-Asian Tsunami 2004



Sivakumar in his role as a Para Sports Physician at the Invictus Games 2017 with the Canadian Forces and U.S. Para Sports Lead

2. McKyla McIntyre named inaugural recipient of the Dr. Gaetan Tardif Fellowship Award

We were very pleased to hear from Mark Bayley that McKyla McIntyre is the inaugural recipient of the Dr. Gaetan Tardif Fellowship Award. Attached is the announcement letter which provides not only McKyla's training but also her interests in neurorehabilitation, virtual care and improving access to specialist care in underserved communities. Please join us in congratulating McKyla who can be reached at: mckyla.mcintyre@uhn.ca.

3. Welcome to incoming PM&R residents

We are pleased to welcome our three new PGY1 residents who will be starting in July. This year's CaRMS match was extremely competitive with 35 applications for our 3 positions. We are really pleased with our 3 successful candidates, Alexander Gasser, University of Toronto, Eric Jeong, Western University and Nicholas Sequeira, University of Toronto. These are the first residents who will be officially participating in the Competency By Design framework for their full training. Please extend a hearty welcome when you see them starting in July. Please see enclosed PDF Residents Welcome 2020-21.



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4. U of T residents and faculty step-up to educate physiatrists across Canada via CAPM&R webinars
We have been very pleased with how our faculty and residents have stepped right up in the times of the pandemic to assist others around us. The CAPM&R Webinar series have been very successful. .
 - Amanda Mayo, McKyla McIntyre and Ali Rendely did a wonderful webinar on March 30 regarding ramping up virtual care for PM&R patients. This had about 70 people attending from across the country and the group did an excellent slide presentation as well as fielded a number of important questions with a great deal of expertise. <http://capmr.ca/events/webinars/monday-march-30>
 - On April 6, Robert Simpson provided a webinar on mindfulness and wellness during the pandemic which included two brief meditation exercises that were excellent. <http://capmr.ca/events/webinars/monday-april-6>
 - On April 20 and April 27, Heather MacNeill and Jason Liang, together with Kataryna Nemethy providing an interactive webinar for using online distance education during the times of the pandemic, and afterwards. <http://capmr.ca/events/webinars/monday-april-20>
This will be repeated at our upcoming Grand Rounds in May although participation is limited.

Soon, also, Meiqi Guo, Paul Oh, David Langelier and others will be presenting a webinar on providing virtual rehab therapies during the pandemic.
5. Congratulations to Denyse Richardson for success in funding for reusable surgical masks
We were pleased to hear that Denyse Richardson, with her colleague Reena Kilian, were successful on a grant on developing reusable surgical face masks. With PPE in such short supply right now, it is really important to have the creativity to find new ways of obtaining and reusing critical protective gear.
6. Robert Simpson authors important review article on rehab post-COVID-19
Robert Simpson has recently had accepted, a review article on rehabilitation for COVID-19 patients in the American Journal of PM&R. The accepted article is attached to this newsletter. As you will see, there are a variety of physical, cognitive and mental health needs for these patients and believe that we will have a critical role in addressing these needs for patients who have had more severe forms of this disease. Please feel free to contact Robert for additional information at: Robert.simpson@sunnybrook.ca. Also, Robert and Shannon MacDonald and others are considering research questions, together with our research committee, to explore COVID-19 patient rehabilitation needs and practices. Shannon can be reached at: Shannon.macdonald@sinaihealth.ca.
7. New virtual fee codes
For those of you who are doing virtual care using OTN or other platforms, we encourage you to look at the new fee code sheet (attached) from Sivakumar Gulasingham who has been a super-user of virtual care. These are the codes that should be used when seeing patients online. Also, if you want additional information about any liability concerns in seeing patients using virtual care, you may want to see the CAPM&R webinar that was given on April 15 (dated April 7) by a CMPA representative, Dr. Dennis Desai. The link to this webinar is: <http://capmr.ca/events/webinars/monday-april-7>.
8. Journal Club to be shared between Dinesh Kumbhare and Julio Furlan
As you know, Dinesh Kumbhare has been doing an excellent job with leading Journal Club over the last few years. We view many of these assignments as having a term with people moving on to other things and new people coming in as time goes on. We are pleased to announce that Julio Furlan will be taking on some of the Journal Clubs over the coming year; he will lead Journal Clubs starting in September. Dinesh will still be there with Julio to assist and participate but Julio will be taking on more Journal Clubs starting in the fall. We were pleased to see how well the last Journal Club worked over Zoom and it is quite possible we will continue to use Zoom or a similar format for Journal Clubs going forward.
9. Wellness tips from our psychiatry colleagues
Attached is a list of 25 tips to consider for yourselves and your family during the pandemic and quarantine times. Rosalie Steinberg is a psychiatrist based at St. John's Rehab and has taken a leadership role for Sunnybrook in addressing wellness and resilience for our healthcare workers. We encourage you to look through these tips and don't forget to take some time to get away from the news and to do some self-care. Escapism is okay sometimes. Larry Robinson's escape video is the Three Stooges. For those of you who appreciate slapstick humour, you may want to see



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the episode called, "Men in Black" when the Three Stooges are doctors who graduated with the highest temperatures in their class.

https://www.youtube.com/watch?v=Tg-4tG65T-s&list=PLPFwWssSybkO_KMDLBioohMfSKlaZ5lUb&index=3&t=0s

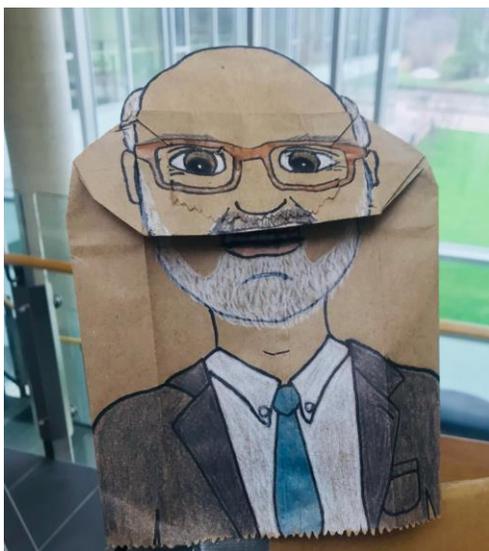
10. Peeps during the pandemic

We are sorry that we could not have a peeps slide show this year but we did receive a couple of peeps pictures that are relevant in the times of the pandemic.



11. Who could this be?

St John's Rehab front desk staff have been getting creative with their time during social distancing. They were able to create a puppet replicating someone who is now seen wandering the halls of SJR. As seen recently, this brown paper bag was visiting the doctor, who gives him some terrible news. "I'm so sorry to tell you this, but you have a genetic disease." The brown paper bag, understandably, is horrified, "But how can that be? I'm a brown paper bag!" The doctor replies, "Yes, but one of your parents must have been a carrier."



Don't forget to connect with our Twitter site @UofT_Physiatry which is expertly managed by Andrea Furlan and Ali Rendely. (Thank you to you both).



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As always, let us know if you have stories of interest that you would like to have distributed.

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John and Sally Eaton Chair in Rehabilitation Science