



# DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine  
University of Toronto

February 2020

## Monthly update Newsletter

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### 1. 2020 Quality Day a strong success

Many thanks are extended to Amanda Mayo and our QI divisional leaders for putting together a superb quality day presentation this year. Quality Day occurred on February 21<sup>st</sup> with keynote speaker Dr. Joseph Cafazzo talking about digitally mediated patient self-care. This was a superb talk that gave us some insight into the future of digital apps for enhancing patient self-care and self-efficacy. There were also many excellent presentations from our divisional faculty, fellows and residents. Given these excellent presentations and strong progress, it appears that we are continuing to grow a very sizable critical mass in QI expertise in our division, which we should be proud of. If you would like additional photos from Quality Day, please contact Nancy Riley.



Dr. Joseph Cafazzo

Dr. Amanda Mayo



Our engaged Faculty and Residents



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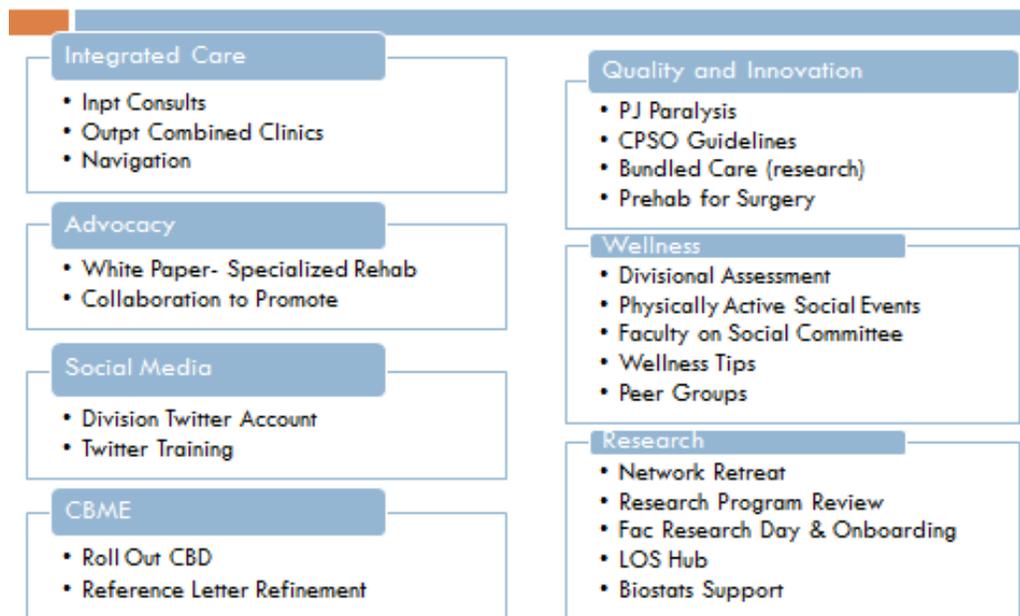
### 2. Strategic Plan for 2020 to 2024 now taking shape

The division faculty had a very productive strategic planning retreat on February 7<sup>th</sup>. There were superb group presentations by leaders of our 7 strategic planning subgroups which included:

- Advocacy for our Patients – Mark Bayley
- Education in CBME – Lisa Becker
- Integrated Care – Chris Fortin
- Physician Wellness and Mentorship – Kim Coros
- Quality and Innovation – Amanda Mayo
- Research across our sites – Cathy Craven and Shannon MacDonald
- Strategic Use of Social Media - Andrea Furlan and Ali Rendely

The preparation that each of these groups put into their presentation allowed for us to develop a strong draft plan which is summarized in the slide below. We will be asking workgroups to proceed with next steps in each of these areas. Thanks are extended to all those who participated in the workgroups as well as those who attended the retreat on February 7<sup>th</sup>. We should have an exciting next four years to come.

## 2020-2024 PM&R Strategic Map



### 3. We have entered the Twitter sphere

We have fully entered the Twitters Sphere as part of our strategic planning effort. Andrea Furlan and Ali Rendely have done a nice job of presenting recommendations for Twitter. They also wasted no time in getting our divisional account for Twitter and already posting a number of excellent tweets. The Twitter handle is @UofT\_Physiatry.

If you're like Larry Robinson, you may not be adept at Twitter just yet. However, both Andrea and Ali can help us develop these skills. Even if you are not actively participating, your picture and information is probably posted on Twitter. We were particularly happy to learn that after only the first week of our divisional presence on Twitter, there were 20,400 "impressions" (people who saw a tweet from us) over a 7 day period. This is great for spreading our visibility throughout Canada and internationally. More to come on learning how to use Twitter and how it can strategically help each of us.



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### 4. Congratulations to Nora Cullen, new leader at McMaster!

We are very happy to report that our own Nora Cullen is taking on several leadership roles at McMaster University including:

- Chief, Division of PM&R, Department of Medicine, McMaster University
- Chair, Department of PM&R, Hamilton Health Sciences
- Chief, PM&R, St. Joseph's Hospital, Hamilton

Nora has recently completed her term at Westpark and this is the next exciting step in her illustrious academic career. We are proud of Nora and look forward to continue working with her in this exciting new role. She can be reached at: [Cullen@hhsc.ca](mailto:Cullen@hhsc.ca).

### 5. Perry Tepperman to retire

We received a lovely retirement note from Perry Tepperman which he would like to share as he retires:

"I graduated with an M.D. from the U of T in 1973 following which I completed a 1 year Straight Internship in Internal Medicine, also at U of T. I then entered private practice for a year during which time I held a part-time hospitalist position at Baycrest Hospital, working on the stroke unit. I became fascinated with the rehabilitation program and so, the following year, I closed my practice and enrolled in the Physiatry Residency program at U of T. During my final year of residency, I served as Chief Resident and was awarded the first annual Resident Essay Award from the CAPM&R. I received my Fellowship in Physical Medicine & Rehabilitation' in 1978 and accepted a staff position at Mount Sinai Hospital, providing rehab services on a newly established 72 bed rehabilitation unit. I also became a full-time Assistant Professor in the Physiatry Division. During my time at Mount Sinai Hospital, I established a 3 bed burn unit, a 5 bed in-patient pain clinic, and an adult gait lab component at the then Hugh MacMillan Medical Centre.

In addition to my usual teaching duties, I authored 21 peer-reviewed educational and review articles, 4 manuals, and 6 peer-reviewed research studies. I participated in numerous speaking engagements at a variety of venues. I served as Physiatry Residency Training Program Director, during which time the Division acquired full accreditation from the Royal College for the first time in 7 years. I subsequently held positions as Chief of Staff at Sunnybrook Health Sciences Centre and Lyndhurst Hospital (combined position) and later at St. John's Rehabilitation Hospital. During this time, I developed my private practice and continued with a part-time university position.

Over the past 5 years, I have been most honoured to participate in the development of the Division, first as a member of the Strategic Planning Oversight Committee and then as a member of Executive Committee and Chair of the Awards & Recognition Committee. During my 42 years as a Physiatrist, I have never been as proud of the Division as I have been in the past 5 years which have been the most productive, energetic, creative, and enjoyable years under Dr. Robinson's exemplary leadership and the boundless contributions of an extraordinary staff. Now, in my retirement, I look forward to following the successes of the Division during the next 5 years".

Along with Perry's retirement news, he is also thrilled to share his daughter Julie's birth announcement of his new grandson, Elliot, 9lb 4oz. Everyone is doing well, including big sister Cassandra who is 2 years old. Perry can be reached at: [teppe@rogers.com](mailto:teppe@rogers.com)



### 6. Wear Red Canada - #HerHeartMatters

We were pleased to see the excellent work from Rajni Nijhawan regarding her work on, Her Heart Matters. We had strong representation from our residents as well as UHN. Please see Rajni's report below:



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“February is National Heart Month, a time to raise awareness about cardiovascular health.

On February 13th, for the second year in a row, friends and colleagues of Rumsey’s Cardiovascular Prevention and Rehabilitation team wore red to show support for the Wear Red Canada national campaign, which was started by the Canadian Women’s Heart Health Alliance advocacy working group last year. Learning session in the morning, a hearty meal provided by Bairrada and Grocery Gateway and entertainment supporting the women in our lives, we had it all!

We recognize that socioeconomic status is a predictor of health, so we were also able to help women and children in need by donating over \$1,000 in personal items to the Women’s Habitat shelter.

PMR residents celebrated this day on Feb 14<sup>th</sup> to acknowledge women heart health matters.

Congratulations to all that participated in this successful event. Thank you to Dr Cathy Craven for her support.

For more info visit [wearredcanada.ca](http://wearredcanada.ca).”



7. Sivakumar Gulasingham nominated for contribution to patient education and engagement award  
We were pleased to hear that Sivakumar Gulasingham was nominated for a “contribution to patient education and engagement award. This is a nomination is made by hospital staff and it recognizes excellence in education for patients as well as engagement of patients. This recognizes Sivakumar’s strong patient advocacy and patient education.
8. Would you like to see a physiatrist as OMA President?  
We were pleased to hear that Adam Kassam, our OMA Section Chief for PM&R, has decided to run for OMA President Elect. Adam is very well-known to us through his excellent public visibility and I would encourage you to engage with Adam. He will be speaking at April Grand Rounds. Adam Kassam can be reached at: [adamkassam@gmail.com](mailto:adamkassam@gmail.com).
9. Synergy Sports Medicine Top Choice  
We were very pleased to hear that our own colleagues at Synergy Sports Medicine, led by Raza Awan, have received a Top Choice Award. Synergy Sports Medicine and Rehabilitation has been voted the Top Choice Physiotherapy Clinic of 2020 in Toronto for consistent excellence in the pursuit of total customer satisfaction. This means that their physiotherapy clinic is rated as top choice in our city. Congratulations are extended to Raza and the whole Synergy Sports Medicine and Rehabilitation group.
10. Michael Catapano receives Archives of PM&R Elite Reviewer Status  
Our own PGY4 resident Michael Catapano received a very nice notice from the Archives of Physical Medicine and Rehabilitation Journal. He was chosen as an Elite Reviewer for archives of PM&R for 2019. This means that he is in the top 2% of reviewers as judged by the editors. This is a very nice distinction particularly for someone who is still in residency. Congratulations to Michael who can be reached at: [Michael.catapano@mail.utoronto.ca](mailto:Michael.catapano@mail.utoronto.ca).



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11. David Berbrayer chosen as medical rehab section editor for AAPM&R Knowledge Now

We were pleased to hear that David Berbrayer will be the next editorial board leader for the medical rehab section of AAPM&R Knowledge Now. In their letter to David, they comment on his long track record of excellent service as an editor and creating a great resource for physiatrists as well as patients and referrals. Congratulations are extended to David who can be reached at: [david.berbrayer@sunnybrook.ca](mailto:david.berbrayer@sunnybrook.ca).

12. Treating non-residents of Canada

Recent discussion has taken place regarding treating patients who are visiting Canada. If a non-resident was treated in Canada and has any medical-legal issues arise in Canada, the CMPA will assist. Urgent care may be covered by the CMPA even for matters brought to courts outside of Canada. However most of what PM&R does is non-urgent. Since non-urgent matters brought to foreign courts are often not covered by CMPA, there is a form which needs to be completed in advance of care. The patient has to agree to of the terms that if any disputes arise, legal procedures will be brought through the Canadian court system, which therefore makes it eligible for CMPA coverage. The help website highlights a flowchart regarding CMPA membership protection and forms can be found at: <https://www.cmpa-acpm.ca/en/membership/protection-for-members/principles-of-assistance/treating-non-residents-of-canada>

13. Trying to get the food orders right

As you may know, we frequently ask you to RSVP for social events for division functions and for quality day and for research day. We do use these RSVPs to determine how much food to order. Recently, we have had a lot of extra food which goes to waste and it would be most helpful if you could RSVP one way or the other so that we are able to order the approximate correct amount of food.

14. Secrets to a winning grant

Some of you may be interested in how to refine your skills on writing a winning grant. The attached article from *Nature* talks about several pitfalls to be avoided. It's a quick read but would be helpful to those who are working on getting their early grant successes.

15. Swimming with sharks – A primer

For those of you who have contemplated swimming with sharks, there are a number of important tips to consider. The attached article from Voltaire Cousteau has some very important suggestions:

- You should learn not to bleed when bitten.
- You should assume that all unidentified fish are sharks whether they look like it or not.
- If someone is bleeding, get out of the water immediately before a feeding frenzy develops.
- You should also use anticipatory retaliation, such as a sharp blow to the nose, when a shark is circling.

Some have likened working in academic leadership positions to swimming with sharks. Larry Robinson has experience swimming with sharks in the USA. Thankfully he hasn't lost any limbs (yet), though he did have a full head of hair before diving in the water.

The attached article is a quick read but it is also a lot of fun. It was originally published in 1975 but has been reproduced and discussed in many forums since then. Contact me if you would like to see a follow-up article as well.

Please let us know if there are additional items you would like us to highlight in the upcoming newsletters. Also, make sure that if you are on Twitter that you count us as a favourite Twitter follower: [@UofT\\_Physiatry](https://twitter.com/UofT_Physiatry)

Larry Robinson MD