



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

June 2019

Monthly update Newsletter

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1. Successful Retreat held on June 14th

Many thanks are extended to all those who contributed to a successful divisional retreat on June 14th at the Sunnybrook Estate. We had an excellent educational session regarding Competence By Design for the first two hours. This was followed by a report on mentorship by Nora Cullen, a quality improvement update by Amanda Mayo and a residency program update by Lisa Becker. One of the highlights of the day was the awards ceremony led by Perry Tepperman (see below for award winners). In the afternoon, we had a fellowship update by Andrea Furlan, a research update from Cathy Craven, a discussion of the U of T, PM&R Conference by Hossein Amani, a status update on acute care consults by Larry Robinson and medical student education review by Julia Warden. The chief residents also provided an update on their perspectives of the program. We had a number of excellent hospital updates in the late afternoon and a wrap-up by Larry Robinson.



The next step in our strategic plan will be to select a number of areas to work on via a divisional survey. Please keep your eyes open for this in the coming days.

Special congratulations are extended to the 2019 Award winners at this years' Retreat which included:

Residents' Choice Awards:

- Teacher of the Year Award – Larry Robinson
- Mentor of the Year Award – Harp Sangha

Resident Awards:

- Resident Research Synthesis Award – Ainsley Kempenaar
- Resident Research Methodology Award – Jason Liang
- Senior Resident Research Award – Pinder Sahota



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Staff Awards:

10+ Years Academic Service Award:

- Hossein Amani, Raza Awan, Mark Bayley, Lisa Becker, Chris Boulias, Anthony Burns, Albert Cheng, Nora Cullen, Melanie DeHaan, John Flannery, Andrea Furlan, Farooq Ismail, Julian Lo, Heather MacNeill, Cheryl Masanic, Rajni Nijhawan, Paul Oh, George Rado, Barathi Sreenivasan, Milan Unarket, Chantal Vaidyanath, Audrey Yap

Academic Achievement Award – Audrey Yap

Innovator of the Year Award – Kim Coros

Mentor of the Year Award – Cathy Craven

Community Contribution Award – Hossein Amani

Researcher of the Year Award – Paul Oh

5 Year Exceptional Leadership Award – Larry Robinson





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2. Congratulations to successful Royal College candidates

We would like to extend our congratulations to our recent residents who have passed the Royal College exam in 2019. We were very pleased to see that Hamed Ghotbi, Kevin Hsu, Jordan Silverman, and Rebecca Titman all passed their exams. They are now armed with reflex hammers, so beware.



3. Alex Lo named as Co-Chair of the Royal College, PM&R Exam Development Board

We are very excited to hear that Alex Lo has been named officially as the Co-Chair of our PM&R Exam Development Board for the Royal College. Alex will be co-chairing this committee together with Keith Sequeira from the University of Western Ontario. As you can imagine, Alex is bound by very strict confidentiality rules and he cannot discuss his role in any capacity with anyone. Those of you who have worked with Alex know that he will be very serious about this strict rule of confidentiality, but it is okay to congratulate him if you see him. Congratulations to Alex on this very significant appointment.

4. Audrey Yap receives Meridith Marks Award for excellence in education at CAPM&R

We were pleased to see Audrey Yap's excellent presentation at the CAPM&R at the time of the presentation of the Meridith Marks Award for excellence in education. Audrey discussed The Imposter Syndrome and also credited a number of people who have helped to support her academic career.





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5. **Angela Mailis authors important article on Community-Based Patient-Centered Model of Care**

We were pleased to receive, from Angela Mailis, the attached article, or below link, that discusses her own experience working with the Ontario Ministry of Health and Long Term Care to both develop an approach for chronic pain in collaboration with the Ministry and to implement this approach in her own community-based pain clinic. This would be an important article to review for anyone providing care to chronic pain patients in Ontario. The link can be found at: <https://www.tandfonline.com/doi/full/10.1080/24740527.2019.1614880>

6. **Would you like to obtain Royal College MOC Credits for using Twitter?**

We were interested to hear from Heather MacNeill that there is now an opportunity to obtain MOC credits using online chat via Twitter. For those of you who are interested and young enough to learn how to use Twitter, this link may be of interest: https://newsroom.royalcollege.ca/active-on-twitter-put-your-time-to-good-use-and-claim-moc-credits/?utm_source=newsletter-en&utm_medium=dialogue-06&utm_campaign=moc

7. **Rajni Nijhawan profiled on our web page**

We were pleased to see the new profile for Rajni Nijhawan on our PM&R web page for her work on Women's Cardiac Health and Patient Education. Please see this story at: <http://www.deptmedicine.utoronto.ca/node/1581>

8. **Melody Nguyen misses retreat because of puppy births**

Although we had hoped that Melody might be able to join us at our recent retreat, she had a canine obstetrical event that prevented her from coming. She did however send a photo of her dog with new puppies, as below.



9. **Entertaining Summer Division Social June 24th at the Wickson Social**

Thank you to the PGY2 social club who organized a very entertaining and fun event at the Wickson Social on June 24th. Tri Nguyen took some excellent photos to share. Appreciation gifts were handed out which included Larry Robinson who was presented with a Canadian ball cap as he approaches his date on July 1st of taking his oath as a new Canadian citizen. Congratulations eh, Larry!





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10. Remember the difference between a phone call and a conference call

Please remember that since our computers have cameras, that there is a difference between a phone call and a conference call. You will want to dress appropriately for the conference calls that use cameras.





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Please let me know if you have items or news to add to the Newsletter.

As we are speaking, the newsletter is packing for summer vacation and thus you may not hear from the newsletter as frequently over the summer but it wishes you a happy and restful summer vacation.



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

Also consider using twitter to keep up the latest events. Mark Bayley, Andrea Furlan, Shannon MacDonald, Amanda Mayo, and others are active and good to follow. Larry Robinson is trying to get started.



Andy Smith
([@DoctorAndySmith](https://twitter.com/DoctorAndySmith))

[2019-06-18, 10:43 AM](#)

Does early consultation with a physical medicine and rehab doctor benefit people with traumatic injuries or burns? Yes — among them, a shorter hospital stay, a study by [@Sunnybrook](#) Research Institute's Dr. Larry Robinson has found.

[sunnybrook.ca/research/media... pic.twitter.com/frucibI22](https://sunnybrook.ca/research/media...pic.twitter.com/frucibI22)

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