



## DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine  
University of Toronto

February 2023

### Monthly Update Newsletter

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1. Congratulations to presenters at Quality Day

We were pleased to see a series of superb presentations at our U of T, PM&R division's 9<sup>th</sup> annual Quality Day on February 10<sup>th</sup>. We enjoyed the wide variety of QI projects in our division which demonstrated how strong our division has become in QI. We also appreciated the excellent presentation by Brian Wong regarding the New TAHSN QIPS Community of Practice including the quality and safety streams/working groups. Special thanks are extended to all the presenters and to Amanda Mayo who led the day.

2. Congratulations to faculty who received a 2021-22 Teaching Excellence Award

We would like to extend congratulations to our PM&R faculty who received a 2021-22 Teaching Excellence Award from the Temerty Faculty of Medicine's MD Program. We were very pleased to hear that eight of our full-time and part-time faculty received a teaching excellence award this year. These awards are given to faculty who are in the top 10% of teachers in undergraduate medical student teaching. This year, the following members received the award: Julia Warden, Barathi Sreenivasan, McKyla McIntyre, Heather MacNeill, Jason Liang, Julio Furlan, Eugene Change and Peter Broadhurst. This is especially good given our small faculty size; in fact, 17% of our full-time and part-time faculty are noted to be in the top 10% of teachers within the Faculty of Medicine.

3. Are you seeking additional trainee evaluations? LACT can help

We were glad to recently hear that the Learner Assessment of Clinical Teachers (LACT) tool is available for both undergraduate and postgraduate medical education trainees to use. This is an on-demand tool that allows teachers to ask trainees to complete an evaluation on us, when they would not otherwise be asked in the POWER system. The evaluations are collected centrally and thus have a similar impact to those collected on POWER. I would encourage you to consider asking your trainees to complete this process. Please see the attached student guide and email from Vice Dean Patricia Houston for more information.

4. Andrea Furlan's book, "8 Steps to Conquer Chronic Pain" is available online

We were very pleased to hear from Andrea Furlan about her newly released book which will be delivered in April. Below is her message to the division.

"I have exciting news! I wrote my first book, and it is available for pre-order! The book is a compilation of all my messages for people with chronic pain, and it contains Pro tips, FAQs, cases, journal entries, and many QR codes for my YouTube videos.

If you are interested, you may pre-order a copy on Amazon-com <https://amzn.to/3Z169Ob>. If you prefer, you can order from Amazon-ca <https://amzn.to/3KkbxIf>. Chapters Indigo will sell this book online, but I don't have the link yet due to their cyber-attack last week.

The book is likely to arrive at your door in April. And it will help a lot if you write a review of the book after you read it.



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I'll do a live session on my YouTube channel to answer questions about the book. It will be on Saturday, March 4, at 11am ET <https://www.youtube.com/@DrAndreaFurlan>".

We were also pleased to hear that Andrea Furlan has been selected as a Top Doctor for a second year in a row by the Toronto Post City Magazine and will be featured in the March 2023 issue.

5. Pain and Wellness Centre (PWC) in Vaughan seeking physiatrist

We recently heard from our colleague, Angela Mailis in Vaughan, that she is seeking physiatrists interested in pain management to work at the PWC. Below is Angela's description of the opportunity. Please respond directly to Angela if you would like to learn more about this opportunity.

"The Pain and Wellness Centre (PWC) in Vaughan is an interdisciplinary, non-interventional, multiprofessional facility that offers pain medicine consultations as well as customized interdisciplinary pain management programs. Our team (in addition to Dr. Mailis) consists of chiropractors/strength trainers, naturopathic doctors, psychologist, psychotherapist, Mindfulness body/mind coach, and massage therapists. It is housed in a free-standing, state-of the art 7,400 sq ft facility including a high-end gym. Patients seek our expertise across Ontario and our patient mix is highly diverse and interesting. The PWC is funded by the Ontario Ministry of Health for its pain management programs, serves as an educational hub for Pain Medicine and PM&R residents, and publishes extensively outcomes and other clinical research. The PWC seeks physiatrists interested in the area of pain management, keen to work and learn in a collaborative setting, co-manage the patient's journey through our programs, and participate in knowledge exchange and transfer. Please contact Dr. Angela Mailis at [angela.mailis@thepwc.ca](mailto:angela.mailis@thepwc.ca)".

6. PM&R division rises to the challenge of maintaining wellness in January

We recently received an email from McKyla McIntyre on behalf of the Wellness Committee which included the following along with some photos as below:

"Thank you and congratulations to all who participated in the 2023 #PMRWellnessChallenge! We had great updates from division members including Tri Nguyen, Larry Robinson and Mark Bayley - their photos highlight creative and fun ways to stay active despite the winter weather. Here's hoping we can keep up our physical activity the rest of the year - and stay tuned for details on how to register to join the U of T PM&R Team in the Spring Run-Off 5km walk or run on April 1, 2023, which will be our next Wellness initiative."





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7. Education Scholars Program starts at Centre for Faculty Development

For those interested in a new educational opportunity, the Centre for Faculty Development has initiated a new program titled, “The Education Scholars Program”. Please see the attached flyer for more information or contact the program adviser, Euson Yeung at [euson.yeung@utoronto.ca](mailto:euson.yeung@utoronto.ca).

8. Calling all runners for April 1<sup>st</sup> run

As sent on behalf of the wellness committee, please see below:

“With warmer weather approaching, it's time to enjoy the outdoors with a division wide run/walk. Please join your PM&R colleagues on April 1, 2023 for the Spring Run-Off 5K in High Park! All fitness levels are welcome. You can register at the link below to join our team, called "U of T Physiatriy".

<https://raceroster.com/registration/947a2259-a9e3-4e11-a51b-6ed6fc3e699f/entry?team=479874>

Please note that prices will increase after Wednesday, March 8th, so we highly encourage you to register as soon as possible. If you have any questions, please feel free to email [mckyla.mcintyre@uhn.ca](mailto:mckyla.mcintyre@uhn.ca). We would love to see you there!”

9. Stay fit through silly walking

It was recently discovered that adults could achieve global targets for recommended physical activity by walking inefficiently for only 11 minutes per day. On the below visual abstract, it is noted that doing the “tea bag walk” as developed in Monty Python’s Ministry of Silly Walks, can use 2-3 times as much energy expenditure per minute as usual gait. For those of you who decide to pursue this avenue of exercise, we would love to see videos and would be glad to distribute in future newsletters.



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**thebmj** *United* Visual abstract **Quantifying the benefits of inefficient walking**

**Summary** Adults could achieve global targets for recommended physical activity by walking inefficiently for about 11 min/day

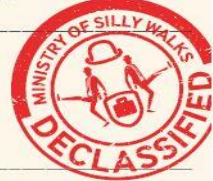
**Study design** Laboratory based experimental study measuring energy expended while walking in participants' usual style compared with walking in the style of Mr Teabag and Mr Putey, both featured in Monty Python's 1970 Ministry of Silly Walks

**Population** 13 adults with no known gait disorder based in the USA | Ages: 22-71 years | Sex: 54% men/46% women

**Outcomes** Energy expenditure, kcal/kg/min\*

● Women ● Men

<https://bit.ly/bmj-walks> \*1 kcal=4.18 kJ © 2022 BMJ Publishing Group Ltd



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

Don't forget to connect with our Twitter site @UofT\_Physiatry.

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