



# DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine  
University of Toronto

January 2023

## Monthly update Newsletter

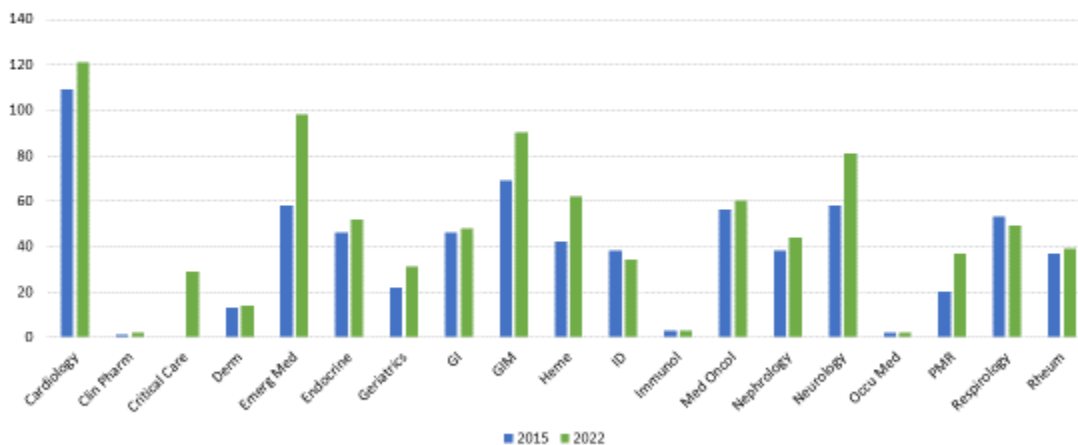
We wish to welcome everyone back to the New Year after what we hope was a pleasant time-off during the holidays. There are many new and ongoing events we are pleased to update you on:

1. PM&R Division growing
2. Do you have opportunities for medical students in research?
3. Are you staying fit through the winter?
4. Residents are happy with Christmas gifts
5. David Lipson honoured as Top AJPM&R Reviewer
6. Baby picture from Carolyn Sawicki
7. Pre-pandemic photo
8. Toronto Rehab Telerehabilitation version 2.0
9. Barathi Sreenivasan receives teaching award
10. Larry Robinson (and his EMG brother) Bill Litchy serve as inaugural guests on new AANEM offering
11. How many free biscuits are excessive?

### 1. PM&R Division growing

We were pleased to see the recent chart below, at a Department of Medicine meeting, which showed the change in number of full-time faculty members each division across the Department of Medicine. Even though PM&R is not the largest division in the department, it is one of the fastest growing with an increase from 20 to 37 faculty members between 2015 and 2022. Altogether, we have 74 faculty members when one includes part-time and adjunct members as well. This growth has occurred across the GTA as new members have been recruited both at our inpatient rehabilitation centres and in the community. We are pleased that this growth lets us accommodate the many demands for patient care that we encounter. It also allows us to collaborate more effectively with specialists in other fields as was demonstrated recently in the Grand Rounds presentation from Rebecca Titman in collaboration with colleagues in OB/GYN and neurology.

## Change in Size of Divisions 2014-2022





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2. Do you have opportunities for medical students in research?

As the incoming interim chair of the Division of Physical Medicine & Rehabilitation Research Committee Meeting, Julio Furlan has been connected with medical students who are keen on working in a research project. Those medical students are often interested in applying for the U of T PMR residency. Therefore, their experience with our academic physiatrists and other specialists is a great opportunity to showcase the excellence in research and teaching in the Division of Physical Medicine & Rehabilitation at the University of Toronto. Should you have any research opportunity, please communicate with him by email ([Julio.Furlan@uhn.ca](mailto:Julio.Furlan@uhn.ca)).

3. Are you staying fit through the winter?

We were pleased to see the fitness challenge again provided by our Wellness Committee. Many thanks are extended to Wellness Committee members who have challenged our division to show ways in which they are maintaining fitness throughout the winter. More can be seen at our division twitter account at:

[https://twitter.com/UofT\\_Physiatry/status/1612784231872069632?s=20&t=gqQj0yoQpTVgRzkUAKFgCQ](https://twitter.com/UofT_Physiatry/status/1612784231872069632?s=20&t=gqQj0yoQpTVgRzkUAKFgCQ)

4. Residents are happy with Christmas gifts

We were pleased to see the photo from the resident social in which they were each showing off their gifts that they received. It was great to see all the smiles on our trainee's faces as they shared laughs and cheer at their annual holiday social. They wrapped up a full day of eating together with none other than a traditional game of White Elephant. We especially are interested in hearing how the Taco versus Burrito card game works.



5. David Lipson honoured as Top AJPM&R Reviewer

We were very happy to hear from David Lipson recently that he had received the 2023 William Rush Dunton, JR, MD Award for top AJPM&R reviewer. This is a special honour to receive and we are very happy that Dave represents us so well and "brought one home for the division". Dave can be reached at [david.lipson@unityhealth.to](mailto:david.lipson@unityhealth.to).

6. Baby picture from Carolyn Sawicki

We were very pleased to hear recently from Carolyn Sawicki who is a new Mom. Her baby girl, Isla, is already 7 months old and Carolyn sent us a photo. She is doing well and she (Carolyn, not Isla) will be joining Pinder Sahota and Adarsh Rao at the Ability Clinic to do outpatient MSK work as well as EMG. It was good to hear from Carolyn



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and we hope to hear from all of our community members from time-to-time. Carolyn's email address is: [carolyn.sawicki@mail.utoronto.ca](mailto:carolyn.sawicki@mail.utoronto.ca).



7. Pre-pandemic photo

It was fun to receive the photo from Chris Boulias from 2019. The absence of masks reminds us of the time before the pandemic. Of course everyone looks just as young then as they do today and this is a time when Rebecca Titman and McKyla McIntyre were completing their residency and Nick Sequeira was a medical student.



8. Toronto Rehab Telerehabilitation version 2.0

We were very pleased to see the great visibility afforded to the Telerehabilitation program at Toronto Rehab in multiple venues. The TAHSN (Toronto Academic Health Science Network) highlighted this in their recent newsletter. The full link to the story is below. Special thanks are given to Meiqi Guo and McKyla McIntyre who have taken leadership roles in this work which is especially relevant during the pandemic. More information can be obtained from Meiqi Guo ([Meiqi.guo@uhn.ca](mailto:Meiqi.guo@uhn.ca)) or McKyla McIntyre ([mckyla.mcintyre@uhn.ca](mailto:mckyla.mcintyre@uhn.ca))

Telerehab Link:

[https://www.uhn.ca/corporate/News/Pages/UHN\\_on\\_the\\_Go\\_December\\_2022.aspx?mc\\_cid=6f962d9c5f&mc\\_eid=3019523e1f](https://www.uhn.ca/corporate/News/Pages/UHN_on_the_Go_December_2022.aspx?mc_cid=6f962d9c5f&mc_eid=3019523e1f)

9. Barathi Sreenivasan receives teaching award

At the Sunnybrook Health Sciences Centre, Department of Medicine, Annual Day, a number of Department of Medicine awards were announced. We were pleased to see that Barathi Sreenivasan received the part-time teaching award at this event. This reflects the excellence in Barathi's teaching. Barathi can be reached at:

[Barathi.sreenivasan@sunnybrook.ca](mailto:Barathi.sreenivasan@sunnybrook.ca)

10. Larry Robinson (and his EMG brother) Bill Litchy serve as inaugural guests on new AANEM offering

In spite of Larry Robinson and Bill Litchy's failure to add any educational value or humour during their 25 years of offering EMG Talk at AANEM, they were asked to provide the initial offering on the new AANEM broadcast called, "Lessons from the Lab". In this discussion, they talk about lessons from their own laboratories, and more specifically about carpal tunnel syndrome. Bill Litchy, former Director of the EMG lab at Mayo Clinic, and outstanding neurologist, is well-known to be the smarter of the two EMG "brothers."



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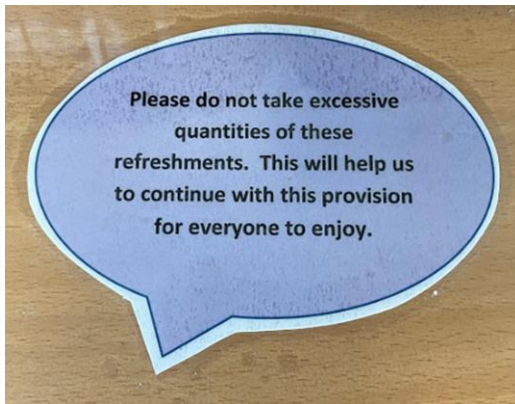
Lessons from the Lab:

<https://twitter.com/AANEMorg/status/1614000630040764416?s=20&t=gqQj0yoQpTVgRzkUAKFgCQ>

<https://youtu.be/FGW7K7QcOCU>

11. How many free biscuits are excessive?

In the attached article from the Christmas 2022: R-E-S-P-E-C-T, the edition of the British Medical Journal, the authors posted a sign asking users in the healthcare library to not take “excessive quantities of free refreshments”. It turns out that more than 3.3 drinks is considered excessive and more than 2.25 packets of free biscuits is considered to be too many. This article is also interesting for its extensive cost analysis which appears to be done on the back of biscuit wrappers or receipts. There are also many other interesting articles in that volume including the quantification of energy consumption during Monty Python inefficient walking as well as a comparison of typing speed and negative feelings towards administration in healthcare workers as they type in the electronic medical record. We will send out some of these articles in future newsletters.



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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John and Sally Eaton Chair in Rehabilitation Science