

DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

November 2021

Monthly update Newsletter

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1. Division's Wellness Committee very active

We are pleased to report significant activity on behalf of our division's Wellness Committee, led by McKyla McIntyre. They have developed a number of items to bring into the newsletter as well as other important activities.

If you are like many, it is hard to look at the news many days because of all the challenges we face. There are however some great stories to be found in the "good news category" which will present a different view of the world. Below are three excellent websites that you could look at to see some good news stories.

- The Star section, "The Goods": <https://www.thestar.com/news/good-news.html?rf>
- Canoe.com Good News category: <https://canoe.com/category/news/good-news/>
- The Happy Newspaper: <https://thehappynewspaper.com/?v=79cba1185463> (also available on Instagram)

We encourage you to take a look at these and if other people have relevant websites to add, please forward for us to circulate. We understand that there may be some good recipes coming forward from the committee as well.

Also, on behalf of the Wellness Committee, "Living From The Heart," an interactive, 1-hour reflective session from the U of T Wellness Working Group for PM&R Faculty, will now be offered for our residents. McKyla McIntyre and Kanae Kinoshita (Spiritual Care Practitioner) will lead this. This is for residents only during their Academic Half Day and will occur on Friday, January 28, 2022 from 10:30am to 12:00 noon.

2. Do you wish to be more politically active in medicine?

The OMA Section on Physical Medicine and Rehabilitation has several open positions (see chart below). Ali Rendely is currently a member at large and is open to answering any questions interested staff may have:

Alexandra.rendely@uhn.ca. Nominations close December 13th at 5:00pm.

More information is also available on the OMA elections webpage (<https://www.oma.org/member/your-association/elections/oma-elections/>). Please remember that this can be just a start to a very significant contribution as our own Adam Kassam was section chief before he rose to become OMA President in just a short period of time. We are very proud of Adam's visible and continued contributions to organized medicine in Ontario.

Constituency	Position	Term (yrs)	Seats to be elected
Physical Medicine & Rehabilitation	Chair	2	1
Physical Medicine & Rehabilitation	Member at Large	2	2
Physical Medicine & Rehabilitation	Secretary	2	1
Physical Medicine & Rehabilitation	Tariff Chair	2	1
Physical Medicine & Rehabilitation	Vice Chair	2	1

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3. U of T, Toronto PM&R conference has another successful year
We completed three, two-hour sessions with virtual presentations at our U of T, Toronto PM&R Conference this month. We had excellent presentations around brain injury, spinal cord injury, ALS, wounds and prosthetics. There was excellent attendance and for those who did not make it, video recordings are available with registration. Thanks are extended to Hossein Amani, David Berbrayer, Chantal Vaidyanath, and other faculty members who made this possible, as well as the superb speakers. Special thanks are extended to Heather Dow, Events Management, who supported this conference and has become a master at Zoom-based conferences.
4. GTA Rehab Network Best Practices Day – scheduled for May 6, 2022
This coming year, the GTA Rehab Network will have a Best Practices Day again scheduled as a virtual event. This will occur on May 6, 2022. The call for abstracts is now open and can be accessed at: <http://www.gtarehabnetwork.ca/call-for-abstracts-information>. This is a great way to connect with other rehab professionals throughout the Greater Toronto Area. Now that this has become virtual, we actually have attendees from across Ontario and some attendees from even outside the province.
5. Medical staff huddles project progressing well
Many of you may know that Chris Fortin, Meiqi Guo, Amanda Mayo, Larry Robinson and others have collaborated on a trial of medical staff huddles at a variety of rehab hospitals in the GTA. This has brought regular physician huddles to discuss safety events to the forefront and has allowed for earlier identification of safety concerns. This project has gone very well and thanks are extended to Meiqi and her teams' excellent organizational and communication skills. St. John's Rehab was one of the test sites. While initially Larry Robinson thought he would need premedication with Propranolol or Valium to hear all the safety concerns, ultimately this proved to be a very favourable process and allowed us to get an early warning of safety concerns and to explore ways to mitigate risk. We will hear more as this project wraps up and results are published.
6. Do you like our new facelift?
If you look at our division website you may note some differences. The Faculty of Medicine has moved all webpages to the new WebPac2 platform; this includes the Department of Medicine website. This has given PM&R a new facelift and streamlined the webpage for easier access and reviewing. We would like to thank U of T, Nelson Lo, Oyinkan Olawuyi, and Brianne Tulk along with other team members for their strong work on making this a smooth transition during the migration.
7. Wise words from Mary Gospodarowicz
We were pleased to see Mary Gospodarowicz, one of our retreat speakers, mentioned in a recent article. The attached story will be of interest to those who want to learn more about her contributions to mentorship, cancer care, and healthcare improvement.
8. American Board of PM&R attempts to blackmail Larry Robinson
At their summer meeting, the American Board of PM&R dug up some concerning photographs of Larry Robinson as a young man. He was long-known as the board's "socialist" member but they had little to prove this affiliation. Finally, they dug up the photograph below with him, Fidel and Raul Castro which proved, beyond a doubt, that he was socialist and even possibly a communist. We are hoping that this does not prove problematic the next time Larry wants to visit the United States.



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9. Wellness quote of the month
Thank you to the Wellness Committee:

***THE BEST
AND THE MOST BEAUTIFUL
THINGS IN THE WORLD
CANNOT BE SEEN OR
EVEN TOUCHED
THEY MUST BE FELT
WITH THE HEART***

HELEN KELLER

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.

A handwritten signature in purple ink, appearing to read "Larry Robinson".

Larry Robinson MD
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John and Sally Eaton Chair in Rehabilitation Science