



# DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine  
University of Toronto

July 2017

## 2017 Monthly update Newsletter

1. Kim Coros leads Exercise As Medicine initiative for University of Toronto medical school curriculum
2. Congratulations to the Division of PM&R New Appointees
3. University of Toronto, PM&R Day to take place on November 3, 2017
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1. Kim Coros leads Exercise As Medicine Initiative for University of Toronto medical school curriculum

This last year has seen a redevelopment of the entire undergraduate medical curriculum at U of T. This has included a new longitudinal theme of Exercise Medicine. We have been working hard to integrate teaching on exercise guidelines, prescription, and the importance of exercise for health and the treatment of various disease processes.

Exercise Medicine is now being integrated into 23/72 weeks of the undergraduate curriculum. This includes a self-learning module on exercise prescription, a 'real-life' guided exercise experience, videos on exercise stress testing and the importance of exercise in diabetes management. In the next year, we hope to develop a small working group to assist with evaluating the current objectives and teaching modalities to ensure that we are maximizing exposure and doing justice for this very important topic. Feel free to connect with Kim Coros, [kim.coros@sinaihealthsystem.ca](mailto:kim.coros@sinaihealthsystem.ca), if you have any interest in helping out!

2. Congratulations to the Division of PM&R New Appointees

We are pleased to announce Dr. Sivakumar Gulasingam (Guli) has accepted the appointment of Assistant Professor in the Department of Medicine, Division of PM&R effective July 1, 2017. His office is at Lyndhurst Centre and he may be reached through his assistant, Ms. Patricia Galley at 416-597-3422 Ext. 6133 or E-mail: [sivakumar.gulasingam@uhn.ca](mailto:sivakumar.gulasingam@uhn.ca). Welcome Guli!

We are also pleased to announce Dr. Alan Tam has accepted the appointment of Lecturer in the Department of Medicine, Division of PM&R effective July 1, 2017. His office is at UHN – Toronto Rehabilitation Institute and he may be reached through his assistant, Ms. Fazila Malek at 416-597-3422 Ext. 3865 or E-mail: [alan.tam@uhn.ca](mailto:alan.tam@uhn.ca). Welcome Alan!

3. University of Toronto, PM&R Day to take place on November 3, 2017

As you may know, the U of T, PM&R Day, replacing what used to be Ontario Physiatry Day, will take place on November 3, 2017. This will be conveniently located at the Toronto Public Library downtown. This year's course will be focused on trauma rehabilitation. The full course program can be seen at [torontopmrconference.com](http://torontopmrconference.com). For more information, please feel free to contact Hossein Amani who is leading the development of this course at: [hossein.amani@uhn.ca](mailto:hossein.amani@uhn.ca) and <http://www.torontopmrconference.com>.

4. Congratulations on teaching awards

We recently learned that Matt Godleski received the Sunnybrook Health Sciences, Department of Medicine, Pre-Clerkship Teaching Award for 2017. This is in addition to his recent award from the Peters Boyd Academy for CBL teaching that he received this spring. Congratulations Matt!

We also recently learned that David Berbrayer received the Sunnybrook Health Sciences, Department of Medicine, Ambulatory Teaching Award for 2017. This is also in addition to his recent winning of the Peters Boyd Teaching Director Special Award for the 2016/2017 academic year. Congratulations David!



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5. No more "little white pills" at the Neuro-rehab outpatient clinic

An accurate medication history is important for avoiding adverse drug events. For the past 9 months, a team at the Neuro-rehab outpatient clinic at Toronto-Rehab University Centre consisting of Alex Lo, Alan Tam, Mark Bayley, Margaret Podolak, Beth Fraser, Ayan Dey and Meiqi Guo have been working on a project to ensure that patients bring a list of their medications or medication lists to their Neuro-rehab outpatient clinic appointments. They have implemented a standardized script for confirmation phone calls, written reminders on appointment cards and new patient letters, and medication list templates. Similar projects are ongoing at Sunnybrook and Bridgepoint as part of a division-wide QI project. For more details about the project at University Centre, please contact [meiqi.lindy.guo@gmail.com](mailto:meiqi.lindy.guo@gmail.com)

6. Successful PM&R year-end social event

The Division of PM&R End of Year Social was enjoyed by many at the Track & Field this week. Many thanks to the Social Committee for organizing a most pleasurable event and to Tri for the amazing photos. The food was great, the company even better!



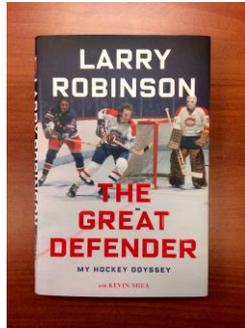


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7. Larry Robinson, The Great Defender book

Recently, one of my colleagues at St. John's secretly put a hockey book by Larry Robinson on my bookshelf to see how long it would take for me to notice. It took three months but I did finally notice it one day when I was looking at another book. I am still waiting for the first royalty cheque from this book with my name on it.



Have a good summer everyone! Please let me know if you have items or news to add to the Newsletter. Please also don't forget to check out our Facebook page.

*Larry Robinson*

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