



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

May 2018

Monthly update Newsletter

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1. Division of PM&R Retreat demonstrates outstanding strengths across our division

Many thanks are extended to the many very talented presenters at our Division of PM&R Retreat that occurred on May 11, 2018. We had a wide variety of presenters from across our hospitals and our community practitioners, demonstrating the many diverse strengths in our division as a whole.

Special thanks are given to Gaetan Tardif who presented the keynote lecture reflecting on his many years of leadership in PM&R. Congratulations are also extended to the multiple award winners amongst both the residents and the faculty.

These include as below:

- Jason Liang, Resident Research Synthesis Award
- McKyla McIntyre, Resident Research Methodology Award
- Pamela Joseph, Senior Resident Research Award

- Dr. Cathy Craven, Award for Academic Contributions for over 20 years
- Dr. Dinesh Kumbhare, Academic Achievement Award
- Dr. Amanda Mayo, Innovator of the Year Award
- Dr. Gaetan Tardif, Distinguished Academic Service & Leadership Award
- and four Lifetime Contributions to PM&R Awards, Drs. Biggar, Geisler, Godfrey, and Jimenez.

Dr. Ali Rendely and Dr. Jordan Silverman also had awards to hand out which included:

- Dr. Kim Coros, Best contribution to the quality of the PM&R Program Award
- Dr. Meiqi Guo, PM&R Resident Teaching Award

Please don't forget to register for your ORCID. The instructions can be found on the enclosed retreat slides from Cathy Craven starting on slide 6.

2. Welcome to incoming residents

We are pleased to welcome our four new incoming residents who will be starting their training in July 2018.

Our selection process this year was very highly competitive as it has been in prior years. We are very fortunate to get four individuals who will be wonderful additions to our training program and to our division. Their profiles are attached in the PowerPoint slide presentation to the newsletter and include:

- Natalie Daly – Queen's University
- Alex McDougall – Western University
- Linda Vi – University of Toronto
- Melissa Weidman – McMaster University



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Natalie Daly



I grew up in a small town north of Kingston, Ontario where I loved spending time outdoors and horseback riding. Growing up, my sister and I swam on an adaptive swim team for children with physical disabilities and their siblings—this team is where my passion for adaptive populations began. I completed my Bachelor of Health Sciences Degree at McMaster University and I returned to Kingston for my medical degree at Queen's University where I had the opportunity to coach paraswimming—I love finding ways to help people of all ability levels get active! Since retiring from competitive swimming, I enjoy CrossFit, hiking, cycling, and open water swimming. I am beyond excited to begin my residency in PM&R at U of T!

Alexandre McDougall



I was born and raised in the GTA, where I played sports of all kinds and soccer competitively. Then, I decided to pursue another interest of mine with my degree of Neuroscience at McGill University. During medical school at Western, I have dove into my research interests of traumatic brain injuries, nutrition, and exercise. I continue to be involved in all sorts of sports today and have recently fallen in love with CrossFit. I am thrilled to be coming home and joining the incredible PM&R Toronto team!



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Linda Vi



I was born and raised in Toronto, where I spent much of my time playing hockey and cheering on the Maple Leafs. Later, I moved to London to complete my undergraduate degree in Health Science and my Master of Science degree at Western University. I moved back to Toronto to pursue my MD/PhD training, during which time I developed an interest in PM&R. Joining this amazing PM&R team is an exciting opportunity! I look forward to the fantastic opportunity to combine my clinical interests in sports/MSK with my research interest in tissue repair and regeneration. Outside of school, my hobbies are playing pickup sports, cheering on the Leafs and Jays, and travelling.

Melissa Weidman



I was born in New York City and raised in Toronto, just north of the city, where I loved to spend my time with friends and family. After developing a keen interest in the human body in high school, I moved to Kingston to complete my undergraduate degree in Kinesiology at Queen's University. There, I continued my interests in physical activity, peer health education and advocacy, and healthy cooking. I then moved to Hamilton to study medicine at McMaster University. Outside of school I am very passionate about baking, running, yoga, reading, and creative pursuits including art and music. I am so excited to return home to Toronto for my PM&R training!

3. Don't fall prey to predatory journals

Many of us receive multiple emails each week or even each day from journals soliciting articles from us. The requests try to appeal to our ego and ask us to expand upon prior articles that we have published in peer-reviewed journals.

Many times, the emails do not reveal hidden publishing or processing fees that become apparent only after the article's submission. In general, journals that we want to publish in do not reach out to us and request our articles, with the rare exception of invited reviews. It is better to stay with well-known journals that have the standard submission process. There is a webpage (<https://beallslist.weebly.com/>) that lists predatory publishers and the same site which lists predatory journals (<https://beallslist.weebly.com/standalone-journals.html>) but the lists are expanding so rapidly that you should not assume that these lists are even up-to-date. To paraphrase a Woody Allen quote, "I would not want to publish in any journal that asks me to publish in it".



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4. Congratulations to CAPM&R Award winners

We are pleased to see our award winners at CAPM&R this year.

- Meiqi Guo won first place podium presentation prize for Paper of the Year for her article entitled, “Medical Safety Huddles in Rehabilitation: A novel Patient Safety Strategy”.
- Jordan Silverman won the third place podium presentation resident essay contest for his work on, “Upper Extremity Nerve Transfers in Cervical Spinal Cord Injury”.
- Larry Robinson won a first place podium presentation for the annual conference on, “The Impact of Introducing a Physical Medicine and Rehabilitation Trauma Consultation Service to a Canadian Academic Level 1 Trauma Centre”.

We hope to see many colleagues in Whitehorse, Yukon for the conference.

5. Do you know your study design?

Many of you may be wondering about the best description for your study design as you submit manuscripts to journals. Sometimes it is not clear which study design you have. It may be helpful in these cases to refer to the attached slides from Mohammad Alavinia which talks about different types of studies. You may want to especially review slide 3 which provides a comparison of potential study designs.

6. Congratulations to Shane Journeay

We are pleased to welcome Dr. Shane Journeay to the faculty. Shane was recently appointed as Adjunct Assistant Professor in the Division of PM&R. He is based at Providence Healthcare. Shane’s email is: shane.journeay@utoronto.ca

7. Congratulations to Rajni Nijhawan

Congratulations are extended to Rajni Nijhawan for selection as the 2018 recipient of the DFCM (Department of Family Community of Medicine) Award of Excellence in Social Responsibility in the fully affiliated site category. Rajni will be recognized at the DFCM Faculty Recognition Event at the Hart House on June 19, 2018 for her excellence in this category. Rajni may be reached at: Rajni.nijhawan @uhn.ca.

8. New dog breed discovered

Many thanks to Nora Cullen who found this recently-discovered breed of dog. Larry Robinson’s wife says she has one just like that!





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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.

A handwritten signature in purple ink that reads 'Larry Robinson'.

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