

DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

January 2022

Monthly update Newsletter

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1. Denyse Richardson to receive AAP Innovation and Impact in Education Award

We were very pleased to hear that our own Denyse Richardson has been awarded the Association of Academic Physiatrists Innovation and Impact in Education Award this year. This award recognizes an individual for outstanding new developments and improvement in education that benefits academic PM&R and the physiatric community. It recognizes individuals who have addressed education at the institutional, local or national level; focuses on multiple levels of education for medical students through fellowship; and/or targeted education-related topics within PM&R whether they are research, leadership, teaching, management or patient care. Dr. Richardson will be formally receiving the award at the AAP meeting which has now been moved to May 2022. Congratulations to Denyse for this very prestigious award who can be reached: denyse.richardson@uhn.ca.

2. Ali Rendely highlighted on CBC news item regarding Long-COVID

We were happy to see the recent CBC article on long COVID in early January highlighting the treatment of patients with long COVID symptoms. Our own Ali Rendely was highlighted in this article and there are several quotes and pictures from her which helped to highlight the symptoms that these patients have and the ways we are now starting to treat these symptoms. Congratulations to Ali for this high visibility news item. Ali can be reached at: Alexandra.rendely@uhn.ca. Please see Ali's story at: <https://www.cbc.ca/news/health/long-covid-coordination-1.6306761>

3. Physical activity promoted by our division's Wellness Committee

We are thankful to our division's Wellness Committee led by McKyla McIntyre along with: Sivakumar Gulasingam, Pam Joseph, Veronica Kekosz, Jason Liang, Alex McDougall, Robert Simpson for promoting physical activity as a means to wellness during the month of January. The committee has been successful in using social media to promote consistent physical activity using Twitter. Many division members have responded with their own levels of physical activity and many of us are meeting the Canadian Guidelines.

We were also very pleased to have a workout session on Saturday, January 22nd, led by Alex McDougall and "Coach De". This was a great activity with 9 participants in which we stretched, did weight exercises and floor exercises and a variety of interesting physical activities. Many people's muscles were still sore on Monday but it was a terrific experience. Thanks to Alex, Coach De, McKyla and entire Wellness Committee for promoting wellness in this way during the month of January.

4. Call for Quality Day presentations – March 25, 2022

Are you involved in any Quality Improvement and/or Patient Safety work you would like to showcase?

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Our Division Quality Day is March 25, 2022 – 830-12pm Virtual
Please email Amanda Mayo – Amanda.mayo@sunnybrook.ca with your project details

5. CaRMS to be held virtually again for 2022
For those of you who participated in CaRMS in the past, you will note that the last interviews were held virtually. We will be doing this again this year. File review will begin at the end of January, interviews will occur on March 8, and match day will be on April 12. Many thanks are extended to Lisa Becker, Tracia Young, the chief residents, and everyone else who is contributing to make this a success. Thanks also to the chief residents for organizing a social/game event so that applicants can get to know our residents.
6. What is a Psychiatrist?
We recently came across a video from our colleagues at Emory School of Medicine in Atlanta who discusses the role of a psychiatrist. Please see the link: <https://vimeo.com/508045125/4863d1eaf4>. You may find this useful although we don't all provide the same types of treatments that are shown in this video. We are also attaching to this newsletter, a one page description what a psychiatrist does that we have used in the past. Feel free to use this and edit it as you see fit for your own purposes if you are asked what we do.
7. Have you thought about a career in the Military?
We recently came across a video from our colleague, Markus Besemann who is a psychiatrist in the Canadian Military. He did an outstanding two minute video: https://forces.ca/en/career/Physical_Medicine_Rehabilitation/ which talks about what it's like to be a psychiatrist in the Military. We do hope that we don't have a large exodus of faculty moving to Ottawa in Military service as a result, but it does look very appealing.
8. U of T graduates well represented in OMA PMR Section
We were very pleased to see a number of our own graduates running for office positions in the PM&R Section of the OMA. Currently in the running are: Pam Joseph, Tri Nguyen, and Pinder Sahota. We encourage voting although if the number of physicians is equal to the number of nominees, the election may be relatively straightforward.
9. Alice Kam welcomed to the faculty
Congratulations are extended to Alice Kam who has joined us as a part-time lecturer in the division effective December 1, 2021. Alice will have a clinician teacher role in the division. Welcome to Alice and congratulations on this appointment. Alice can be reached at: alice.kam@uhn.ca.
10. Congratulations to Pamela Joseph
We were pleased to hear that Pam Joseph is a recent Mom. She is currently on maternity leave and sends us her regards as well as the below picture of Damian Payson Carpenter who is the newest addition to her family.



Damian Payson Carpenter

Pam has also informed us that she has joined our colleague, Ida Cavaliere, at Trillium Health Partners in Mississauga. We extend our congratulations to Pam who can be reached at: pamela.joseph@unityhealth.ca

11. David Berbrayer appointed to AAPM&R Education Content Advisory Committee
We were pleased to see that our own David Berbrayer is representing us as well at the AAPM&R. He has been appointed as a member of the Education Content Advisory Committee. We also know that he was at a three hour virtual

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submit to discuss the role of the AAPM&R and the future of PM&R. Thanks to David who can be reached at david.berbrayer@sunnybrook.ca

12. U of T covers Open Access for many journals

We were pleased to hear that U of T has an agreement to cover Open Access fees for many journals and provide discounts for other journals. The link for this information is: <https://onesearch.library.utoronto.ca/copyright/apc-discounts#CUP>

13. The end of the pandemic will not be televised

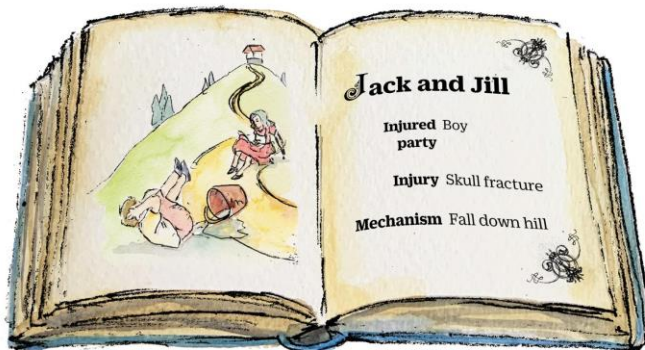
This is the time of year when the Christmas Edition of the British Medical Journal came out which has a number of interesting and entertaining articles. One of these is talking about the end of the pandemic and how it's likely to end which is not through a sudden announcement but rather through a slow reduction in activity and a focus on other areas as things get more back to normal. <https://www.bmj.com/content/375/bmj-2021-068094>.

For those of us who are more senior, this name comes from an old Gil Scott-Heron's song called, 'The Revolution Will Not Be Televised'. https://en.wikipedia.org/wiki/The_Revolution_Will_Not_Be_Televised

14. Do we need a clinic for head injuries in nursery rhyme characters?

The British Medical Journal also had a special edition on the types of head injuries that nursery rhyme characters sustain and how they were injured. This is a very enjoyable article and has great diagrams. It turns out that being a nursery rhyme character is not all that safe. See attached article.

<https://mail.google.com/mail/u/0?ui=2&ik=ffbaea4ded&attid=0.4&permmsgid=msg-f:1722931886202315811&th=17e9156c09486423&view=att&disp=safe>



15. Wellness quote of the month from the Wellness Committee

OPTIMISTS' CLUB

Yesterday is history, tomorrow is a
mystery, but today is a gift. That's
Why they call it the present.

Unknown

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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A handwritten signature in blue ink that reads "Larry Robinson MD". The signature is written in a cursive style with a small flourish at the end.

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