



## DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine  
University of Toronto

February 2021

### Monthly Update Newsletter

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1. Many PM&R division members wear red for Wear Red Canada Day in honour of women's heart health  
On February 13, 2021, many across the division of PM&R celebrated Wear Red Canada Day, in honour of women's heart health. Hosted by the Canadian Women's Heart Health Alliance, Wear Red Canada Day is an annual event meant to educate the public and raise awareness about women's heart health, an understudied area in medicine. As part of the WRC celebration, a team from UHN Rumsey Centre presented a virtual session on cardiac rehab to listeners across the country. Our staff and trainees wore red together, even when we could not be in the same room. Finally, in the spirit of empowering the public through education, our own Dr. Rajni Nijhawan and a group of other passionate healthcare providers have created an interactive quiz about women's heart health. Please feel free to try out this quiz, and share it with your loved ones - you might learn something new! <https://4akhyio9jkz.typeform.com/to/fltNfvGk>



2. Sivakumar Gulasingam selected to receive the Outstanding and Innovative/Unique Contribution to Clinical Education at Toronto Rehab  
We were very pleased to hear that our own Sivakumar Gulasingam received the Outstanding and Innovative/Unique Contribution to Clinical Education at Toronto Rehab Award which is a student-nominated award. The award cover letter mentioned that Sivakumar's educational work is exceptional. He was awarded with a plaque and an award at the Celebration Education Excellence virtual ceremony during Teaching and Learning week at Toronto Rehab. This occurred on February 11<sup>th</sup>. Congratulations are extended to Sivakumar who can be reached at: [Sivakumar.gulasingam@uhn.ca](mailto:Sivakumar.gulasingam@uhn.ca).
3. Michael Catapano receives second recognition as Archives of PM&R Elite Reviewer  
We were happy to hear that our own resident, Michael Catapano, received a second year-in-a-row recognition as an Elite Reviewer for the Archives of Physical Medicine and Rehabilitation. It is rare for anyone to receive this status and even more rare for a resident and for someone to get this two years in a row. Congratulations are extended to Michael who can be reached at: [Michael.catapano@mail.utoronto.ca](mailto:Michael.catapano@mail.utoronto.ca).
4. Update from West Park  
Drs. Boulias, Ismail, Dilkas, Moylan and Rambihar are eagerly awaiting the construction of the new West Park campus. This new building will include 146 rehab beds, double our outpatient capacity, and include expansive gym space, a



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therapy pool with multi-sensory equipment, enhanced technology for virtual care and an impressive rehabilitation green space. They are currently pouring the concrete for the fifth of six floors, with plans to open in 2023. Stay tuned!



Current state at West Park Feb 2021



Gym Rendering



Plans for the new campus at West Park

More information is provided in the brochure attached.

5. PM&R Resident Research Day held virtually March 5<sup>th</sup>

Sent on behalf of the Resident Day Subcommittee, Dinesh Kumbhare, Jason Liang, Carolyn Sawicki and Linda Vi, the Annual PM&R Resident Research Day will be held on March 5<sup>th</sup>, 8:00am to 12:30pm via Zoom.

New for this year, there will be both oral and poster presentations. Poster presentations will be divided into two poster sessions. Trainees will be evaluated on a standardized judging form that the judges will have in advance. Those with the highest oral/poster presentation ranking from the judges' evaluations will receive an award at the end of the day. We look forward to an interesting and exciting morning showcasing the amazing work of our residents over the past year.

6. How painful is it to be a physiatrist survey

We recently heard from a PGY-3 resident in PM&R at McMaster University, Ramona Neferu, is doing a national survey on MSK pain in physiatrists and PM&R residents. Ramona is supervised by our former colleague Nora Cullen (whom we miss). The survey is sent through the CAPM&R and is Ethics-board approved. It is request that people who are interested participate in the survey on or before March 1<sup>st</sup>. The survey link is below:

<https://surveys.mcmaster.ca/limesurvey/index.php/586843?lang=en>



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7. When to honk your horn in Boston

As some of you may know, Larry Robinson grew up in Boston where horn-honking is common for drivers. He was sometimes uncertain about when to honk his horn but finally found a list of 12 conditions under which one's horn should be honked. We are not sure if the same rules apply in Toronto however.

- When another car is approaching you from the front.
- When another car is approaching you from behind
- When another car is approaching you from either side
- When no car is approaching from any direction (in case someone is thinking of coming near)
- When you are passing another car
- When you are approaching a side street and see a car entering the intersection
- When you are approaching a side street and don't see a car entering
- When you see a pedestrian (regardless of location)
- When you don't see a pedestrian (in case one is lurking in the shadows)
- When you feel anxious about something (anything)
- When you are excited
- When you aren't sure if you should honk, do it anyway.

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. It's a little known fact that the Twitter Bird is named "Larry" – after Larry Bird, the famous Boston Celtics basketball player.

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