



Division of Physical Medicine and Rehabilitation News

August 2015



Dr. Larry Robinson
Program Chief, Rehabilitation Services
Professor, Physical Medicine and Rehabilitation

Dear colleagues,

Although it still feels like I just got here, it has now been a little over a year since I moved to the University of Toronto (but I probably still have my American accent, eh). I have felt very welcomed by our faculty and staff, our residents, and our students.

Over this last year, we have been working on renewing the division’s strategic plan. Last fall, I appointed a Strategic Planning Oversight Committee (SPOC – or SPOCK for Star Trek fans) to oversee the process. We have also assembled four planning groups to provide input into the strategic plan and we have sought to invite every faculty member to at least one planning group. The planning process will culminate in a faculty retreat on October 19, 2015.

We are excited about several new faculty members joining us this year. Dr. Kim Coros, a recent graduate from our residency program, has started at the Sinai Health, Bridgepoint campus. She is joining Drs. Heather MacNeill and Chris Fortin at Bridgepoint where she will be providing inpatient consultations, outpatient clinics, as well as clinic visits at the Rumsey Cardiac Rehab Centre. Kim also has a strong interest in medical student education particularly as it relates to exercise.

Dr. Matthew Godleski will be joining us this fall from the University of Colorado. Matthew has considerable clinical and research experience in burn rehabilitation and will be providing burn consults both at the Bayview Campus and St. John’s Rehab Campus of Sunnybrook Health Sciences Centre. This will provide a much-needed clinical focus for burn rehabilitation and it is hoped that it will advance our resident education programs as well as our research programs. The Ross Tilley burn centre leadership is quite excited to have Matthew join us this fall.

In the spring, Dr. Ed Hanada will be joining us from Dalhousie University. Ed is an associate professor at Dalhousie and provides great expertise in clinical, research and education related to trauma care. Some of you may know Ed from when he completed a fellowship here. Ed will be directing our trauma rehabilitation program and will be seeing consults at Bayview campus as well as at St. John’s Rehab. The trauma program at Sunnybrook is very much looking forward to his arrival!

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Dr. Larry Robinson

We were pleased this year to see that all of our new graduates were successful in passing their Royal College exams. Congratulations to Drs. Kim Coros, Catherine Ho, Alice Kam and Beverly Moylan.

We also very pleased with our CaRMS match this year in which we matched with four outstanding individuals. These include:

1. Joshua Goldstein, McMaster University
2. McKyla McIntyre, UBC
3. Alexandra (Ali) Rendely, McMaster University
4. Pinder Sahota, U of T

We are continuing to make great progress on our medical student programs. I want to extend special thanks to all those individuals who provided musculoskeletal training for our medical students. Also, a number also participated in Pain Week, medical student rotations, small group sessions, and other undergraduate teaching opportunities. These opportunities are important for us to gain exposure as well as to recruit the best and brightest students into Physical Medicine and Rehabilitation.

This year was an unusual opportunity to participate in professional sporting events. The Pan Am and ParaPan Am games were here in Toronto and a number of our trainees and faculty members participated in the games this year as you will see later in the newsletter.

I was also very proud of our division at the 2015 Canadian Association of Physical Medicine and Rehabilitation (CAPM&R) 63rd Annual Scientific Meeting in Vancouver. A number of our faculty and trainees had outstanding presentations at poster sessions, podium presentations, courses and special interest group meetings. The meeting itself was superb and (in my view) one of the best meetings in PM&R in North America.

Finally, I wish to extend my sincere thanks for everyone's participation in the work of the division and for welcoming me personally to Toronto.

Sincerely,



Dr. Larry Robinson
PM&R Department Divisional Director,
University of Toronto
Chair, Rehabilitation Sciences,
Sunnybrook Health Sciences Centre



It is the time of year where I have replaced marshmallow peeps with my new interest titled, "Bugs at Edward's Park."

Here are a few samples of interest:

<https://www.flickr.com/photos/131028813@N02/sets/72157656281691209>



Introducing: UHN/TR Comprehensive Integrated Pain Program (CIPP)

Submitted by: Drs. John Flannery/Angela Mailis

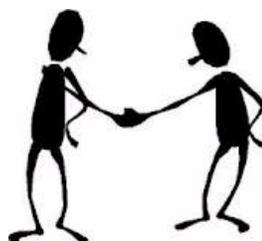


During the summer of 2014, an exciting collaboration began with the integration of the Toronto Western Hospital (TWH) Comprehensive Pain Program (CPP), directed by Dr. Angela Mailis and Toronto Rehab (TR) Chronic Pain Program (also CPP!), directed by Dr. John Flannery. The directorship of the combined program is in the process of transitioning from Dr. Mailis, who successfully ran the TWH CPP for over 30 years to Dr. Flannery, who takes over January 2016. In addition, the integration of these two programs coupled with the MOH LTC provincial initiative of the Adult Chronic Pain Network (ACPN) resulted in the creation of the Comprehensive Integrated Pain Program (CIPP) at UHN. CIPP's vision is: ***“Chronic Pain: legitimized, not marginalized”*** and will collaborate with other chronic pain centres, as a member of the Toronto Academic Pain Medicine Institute (TAPMI). The new CIPP program will be relocated from TWH to TR sometime in 2016 to allow for a unified space which is necessary to accommodate the Program's integration, including addition of a more robust interprofessional treatment approach. The amalgamation of the physical space will allow for inclusion of more in-house disciplines, including PT/OT/Rehab Nursing/Pharmacy/SW as well as increased access to Psychiatry, Anesthesia, and other specialists into a new interspecialty Model Of Care

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with risk stratification and outcome focused approach to managing the chronic pain patient population. The Leadership structure at the CIPP will include involvement from Anesthesia, Neurosurgery, Radiology with Education, Quality Initiatives and Research activities at the core of the Executive. Each patient will have a personalized treatment plan from entry to the program to the point of discharge. The primary care physician will be engaged throughout the process, such that the patient can be discharged back to his/her care once stabilization has been achieved in CIPP.



The CIPP Program will also be collaborating with the Pain and Wellness Centre in Vaughan, a new Interdisciplinary Pain Clinic in the York Region, the brainchild of Dr. Mailis, who takes her academic skills to the community. The Centre bridges the gap between downtown academia and communities such as the Regions of York, Durham, Peel, Simcoe and Dufferin. It provides evidence based interdisciplinary care with a team of medical and allied health providers, while serves as a teaching site for academic learners (medical students, residents and fellows), life-long learners (practicing clinicians) and the public (through organized health lectures), in conjunction with the CIPP. The Pain and Wellness Centre will also serve as a two way conduit to and from the CIPP and the specialized services of UHN (such as neurostimulation, inpatient admissions for CIPP, complex neurosurgical and orthopedic cases etc). With this new holistic approach to pain management, patient will be able to receive care closer to home.

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We are very excited about these UHN Chronic Pain initiatives as well as others that include:

- Project ECHO – Ontario Pain and Opioid Stewardship

<http://www.echoontario.ca/>

- Project Interprofessional Spine Assessment and Education Clinics (ISAEC)

<http://www.isaec.org/>

and we welcome you to spread the word to primary care physicians around the city.



The ribbon cutting ceremony at the Vaughan Pain and Wellness Centre in May 2015



GOALS FOR THE DIVISION

From the Strategic Plan Working Group 1 Culture, Value and Engagement



Co-chairs: Dr. Nora Cullen and Dr. Perry Tepperman

- Strengthen the culture of development, mentorship and feedback for all faculty and trainees to guide appointments, promotion and career planning in academics.
- Improve Division information sharing and communications (e.g., city-wide blog/chat board; web newsletter; Division directory; calls for collaboration; etc.).
- Recognize each faculty's contributions and achievements.
- Hold annual meetings with each faculty to discuss successes, activities, areas for development/ support.
- Establish “communities of interest” to share information, discuss issues (i.e. ask the experts), organize Rounds, etc. Communities could include specialty care areas, education, research, junior faculty, senior faculty, etc. Each community would have a rotating lead and may include a List Serve, Yahoo Hallways or other mechanisms to share information.
- Rotate divisional Grand Rounds (location and/or responsibility) across sites.

From the Strategic Plan Working Group 2 Care Advocacy, Quality and Improvement



Co-chairs: Dr. Mark Bayley and Dr. Farooq Ismail

- Increase working collaborations with other medical disciplines (from single discipline care approaches to interdisciplinary approaches/clinics).
- Improve hand-offs between teams and between inpatient and outpatient care.
- Engage in collaborative quality improvement projects across the Division.
- Collect site-level baseline data for quality standards, outcomes, models of care, research, education (start with 1 area).
- Provide acute care consults for complex patients early in their acute treatment.
- Establish admission criteria/treatment standards for all sites to reduce variability/ ensure consistency.



From the Strategic Plan Working Group 3 Education and Development



Co-chairs: Dr. Heather MacNeill and Dr. Nadira Rambihar

- Develop/implement standard teaching and education expectations for core rotations across all sites
- Provide faculty development for the implementation, evaluation and assessment of competency-based medical education for residents.
- Support senior residents to teach medical students and become more involved in the undergraduate curriculum
- Provide faculty development on “the troubled resident and the resident in trouble,” practical approaches, and support for supervisors

From the Strategic Plan Working Group 4 Research Growth and Development



Co-chairs: Dr. Cathy Craven and Dr. Paul Oh

- Improve information/communications on the breadth and depth of PM&R research at multiple levels: internally in the Division, internally in the DOM, and externally.
- Increase PM&R research collaborations, activities, outcomes and impact each year, and measure and track success using specified metrics.
Develop an inventory that identifies the full range of Division research activities for faculty and residents.
- Identify the purpose and benefit of Fellowships across PM&R, determine how they can help the Division achieve its goals, and develop a rehab research fellowship business plan.
- Address the perceived lack of university promotion for community- affiliated centres (may include process of GTA rehab sites becoming fully affiliated sites).
- Develop a document that identifies and clearly defines the full range of research activities expected of faculty by role/job description.

Our next step is for a faculty-wide meeting this fall where we hone down the goals, set priorities and establish timelines.



SPCC Update — From the Strategic Plan Working Group 4 Research Growth and Development



Co-chairs: Dr. Cathy Craven and Dr. Paul Oh



Dear Colleagues,

I know, the sun is shining, the outdoors and the dock by the lake are calling and research is far from many people's minds. The Research Working group has been thoughtfully planning to reinforce and realize our Division Research Agenda. For those of you have may have forgotten, specific goals articulated within our Division Research agenda include:

- 1) Ensure conduct of sound research among PM&R Residents and Faculty
- 2) Dissemination of faculty and resident research achievements within member hospitals, the Division of Physical Medicine & Rehabilitation, and our National Specialty Society (CAPMR).
- 3) Facilitate nomination of Division members for appropriate Career Support Awards, Research Awards and as Reviewers for specialty related journals and grant panels.
- 4) Recruit, retain and mentor medical students, residents and faculty with the potential and intent to fill Clinician Investigator and Clinician Scientist role profiles.
- 5) Establishment of a highly sought after, competitive PMR Research Fellowship Training Program
- 6) Promote Cross Division research collaboration
- 7) Develop a business plan and pool of funds to support the aforementioned cross Division and cross institution research agenda.

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The summer is a wonderful time to pause and reflect on your activities over the last year, identify your own successes; address reasons for not accomplishing your stated academic goals, and reconfigure your schedule to allow for goal attainment and/or career advancement. The most common reasons for people not accomplishing academic goals in research are distraction from other competing priorities, allocating inadequate time to a task, having insufficient funding or delays in recruitment, or lack of access to appropriate mentorship

The summer is also a great time to seek out a colleague and ask to review their promotion package or to have a trusted mentor review a draft of your promotion documents to identify opportunities to address gaps, or to more accurately reflect your clinical/research expertise. Also, take time to update your CV, block academic events and conference attendance in your calendar to prepare for a productive year.

HELP US TO PROMOTE YOU:

Please take the time to answer the three questions below to inform our activities for the next academic year. Kindly email your responses to: cathy.craven@uhn.ca.

1. Take the time to email me one research related success you have had in the last academic year. This could be anything from conception of a new idea, mentoring of others, a fabulous oral presentation, award winning poster, new grant you applied for or received, or a career support award.
2. If you could have any type of research mentoring or assistance in the coming academic year, what would it be, please specify?
3. If you could collaborate with anyone within our Division who would it be, and why?

Enjoy the excitement in our city associated with the Pan Am and ParaPan games. I for one am very proud of the myriad of residents, colleagues and faculty planning to participate. I am confident they will have some very interesting stories and perspectives to share in the coming months.

GO CANADA GO!



**Meet the
University of Toronto
Department of Medicine
Division of
Physical Medicine and Rehabilitation
2015/16 PGY1's**



Alexandra (Ali) Rendely: I was born and raised in Toronto and moved to Montreal to complete a joint B.A&Sc at McGill University in Psychology, Sociology and Communication Studies. Through my interest in sports and sports journalism, I spent a number of years working in broadcasting for Hockey Night in Canada, NBC Sports and TSN's Sportscentre. These experiences, along with concussion research lead me to complete my medical training at McMaster University and now to the division of physical medicine and rehabilitation at U of T to pursue a career in sports medicine. In my spare time, I enjoy watching all sports, playing tennis, snowboarding and travelling. I am thrilled to be back in Toronto to become a part of the PM&R team!



Joshua Goldstein: I am thrilled to be joining the PM&R program at U of T as it means returning to my hometown of Toronto and working with many of the leaders in PM&R. My interest in the field began in high school when I volunteered for Special Olympics Ontario and Variety Village. I completed my undergraduate degree at McMaster University in Biochemistry and furthered my education at the University of Limerick where I attended medical school. My particular interests also include health care policy. In my spare time, I enjoy travelling, playing guitar, watching films, and NBA basketball.



**Meet the
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2015/16 PGY1's**



McKyla McIntyre: I was born and raised in Victoria, BC, and spent a lot of time on the ocean growing up — surfing, fishing and even working as a whale watching tour guide! I did my undergraduate degree at Western University in Physiology, and then moved to Vancouver for medical school at UBC. Some of my hobbies include running, soccer, yoga and travelling. I am also an avid sports fan, and especially love watching football, hockey and basketball. I am thrilled to be joining the PM&R team in Toronto and I look forward to working with you all over the coming years!



Pinder Sahota: Born in Etobicoke and raised in Brampton, I've been at U of T for both my undergrad and med school. I have an incredible passion for Toronto, its sports teams, culture and people. So, my finding out that I'd be starting my PM&R career here has truly been a dream come true. I like to think that I have a good sense of humour and bring a positive attitude to almost all things. I enjoy playing basketball, travelling and now spending time with my incredible new wife Sonam. I'm beyond excited to be here and I can't wait to take this journey to the next level!



Residents' Corner



2015 CAPM&R

Dr. Meiqi Guo

Education research contest presentation



NEW FOR 2015/16

Peter Broadhurst

Chief Resident

Ida Cavaliere

Assistant Chief Resident

Tri Nguyen

Residency Program
Committee Resident Elect



2015 CAPM&R

Dr. Pamela Joseph

Resident Essay contest winner



Residents' Corner

Pan Am/Parapan Am Sports Medicine Training (June 30, 2015)

This summer with the Pan Am and Parapan Am games happening in Toronto, a group of residents participated as part of the medical team under the supervision of PM&R staff at various venues across the city. In preparation for volunteering in the games, a Sports Medicine Training session arranged by Dr. Steven Dilkas and Najam Mian with Dr. Kim Coros and Agnes Makowski (National Sports Physiotherapist) covering topics including primary/secondary survey, spine boarding and transfers, and concussion management. The photo below shows residents practicing C-spine stabilization and applying a cervical collar.



Residents' Corner – Pan Am/Parapan Training



Pan Am/Parapan Am Games

Parapan Am Torch Relay Celebration

This August, 1,608 athletes from 28 countries competing in 15 sports took part in the largest Parapan Am Games ever, celebrating athletic achievements of some of the world's top para-athletes.

The official [TORONTO 2015](#) Parapan Am Games Torch made a brief stop at Queen's Park on Aug. 7, 2015. Dr. Gaetan Tardif, President of the Canadian Paralympic Committee and Medical Director at Toronto Rehab was the Torchbearer and brought the Torch to the Queen's Park podium.



Pan Am/Parapan Am Games

Table Tennis Team



Dr. Amanda Mayo with her team which included Jen Winkels, Ali Novin and Dr. James Carson, who takes PMR elective residents.



Pan Am/Parapan Am Games

Volunteers



Dr. Harp Sangha

Dr. Catherine Ho



Pan Am/Parapan Am Games

International Achievements by U of T Physiatry (PM&R) Residents

Sivakumar Gulasingam, PGY-5, was among the four International Paralympic Committee (IPC) Athletics Classifiers for Physical Impairment (PI) appointment by IPC Athletics for the TORONTO 2015 Parapan Am Games. He started his journey in Parasports classification in Sri Lanka and continued it upon his arrival in Canada. He completed his Level II and III stages of International Classifier Training and Certification in Brazil in 2014 and became an IPC Athletics (PI) Classifier for Canada. He also functions as a National Classifier and Classification Trainer with Athletics Canada.



IPC International Classifier Training, Brazil (2014) (Sivakumar Gulasingam - Squatting front row)



TORONTO 2015 Parapan Am Games - IPC Athletics (PI) Classifiers (*Left to Right*): Genevieve Duff (*Australia*), Miranda Marcos (*Brazil*), Denise Hutchins - Chief Classifier (*USA*), Emilie Newell (*Canada*), and Sivakumar Gulasingam (*Canada*)



Residents' Corner

Year-End Social - June 2015



Residents' Corner

Year-End Social - June 2015



Congratulations!



MSK Clinical Skills Sessions (April 28 and May 5, 2015)

Our division hosted the 3rd annual MSK Clinical Skills Sessions for more than 100 second year medical students over two evenings in the spring. It was another successful year! Congratulations to the core team involved with organizing the event: Drs. Julia Warden, Chantal Vaidyanath, Audrey Yap, Lisa Becker, Najam Mian as well as Maria Caprara and Tracia Young. Of course, the event could not have happened also without the support of all the staff and residents who volunteered their time to teach the medical students.



MSK Clinical Skills Sessions



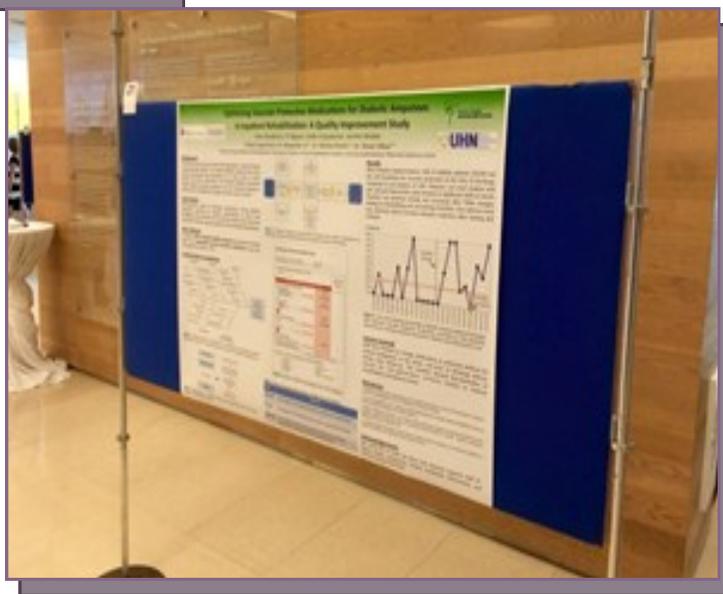
Resident Retreat (June 5-7, 2015)

This year's resident retreat took place at Crystal Beach, near Niagara Falls. It was a weekend with great weather for a number of group bonding activities, learning about finances as well as a chance to relax and have some fun in the sun!



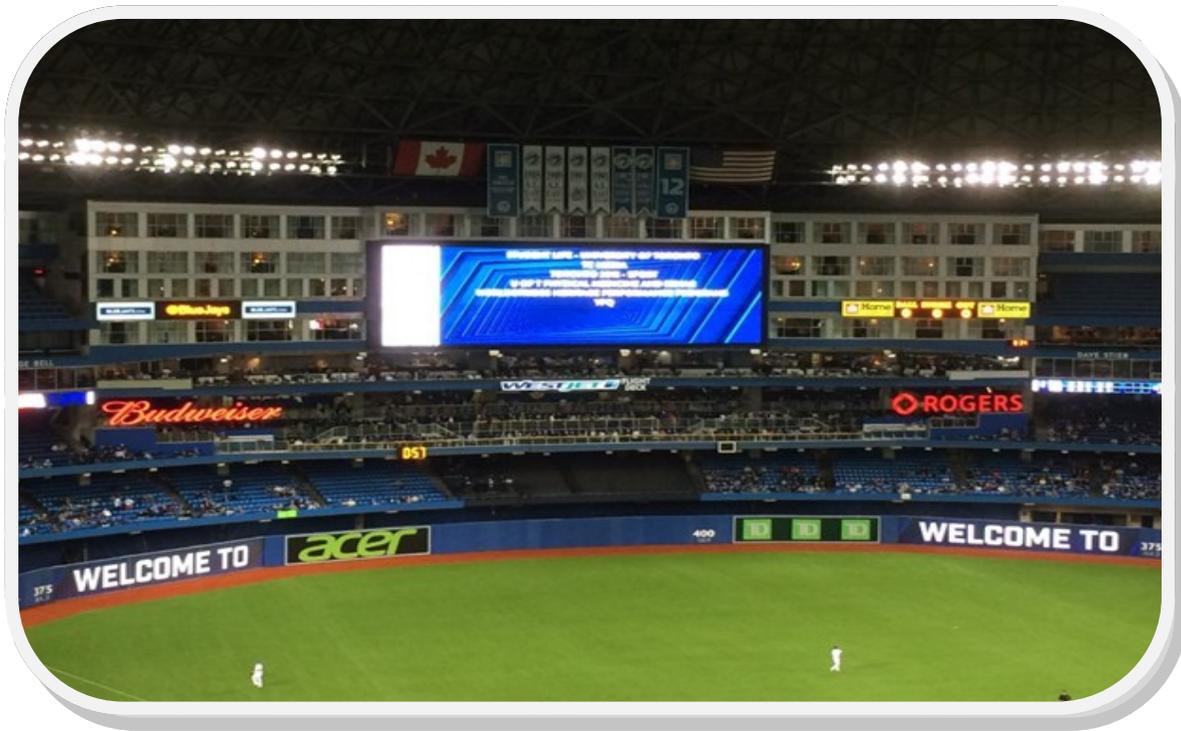
Quality Improvement – PGY3 Project (2014-2015)

Among the 17 groups of residents participating in this year's Department of Medicine and Paediatrics Co-learning Curriculum in Quality Improvement, this year's group of PGY-3 residents (Jen, Peter, Sindhu and Tri), under the guidance of Dr. Alex Lo, were one of four selected for oral presentations of their project at the Annual Department of Medicine Quality Day. Their project was also presented as a poster at the Department of Medicine Annual Day in June. Working with Dr. Michael Devlin, Dr. Steven Dilkas and staff at West Park Healthcare Centre, the PGY-3's QI project focused on optimizing vascular protective medications for diabetic amputees in inpatient rehabilitation.



April Division Social – Blue Jays Game (April 23, 2015)

It was a great night for the PM&R staff, residents and fellows who came out to cheer on the Blue Jays and watched them defeat the Baltimore Orioles 7-6. You can barely read it, but the division was recognized as one of the groups attending the game on the Rogers



Announcements, Awards, Acknowledgements, and Congratulations!



Dr. Heather MacNeill

Recipient of an Integrated Medical Education (IME) Excellence in Community-Based Clinical Teaching award

Dr. Jordan Silverman, PGY-2

Fitzgerald Academy
Resident Teaching Award

Dr. Ida Cavaliere PGY-2

Recipient of the Sunnybrook Rheumatology Resident Award

Dr. Nora Cullen Completed the

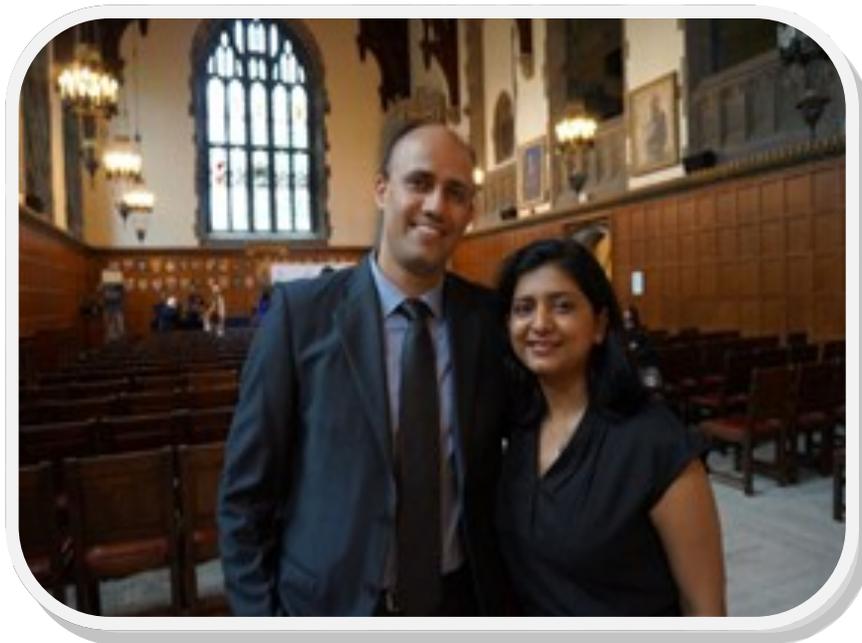
Rotman Advanced Health Leadership Program, which she described as “transformational”



Announcements, Awards, Acknowledgements, and Congratulations!

PM&R Graduation Ceremony (June 22, 2015)

Congratulations to this year’s graduates, Alice, Beverly, Catherine and Kim, who all successfully completed the Royal College exam! Congratulations as well to Rohit and Ahana for completing their fellowships! They were all recognized and celebrated at the Department of Medicine graduation ceremony held in the Great Hall of Hart House, University of Toronto.





At the 9th World Congress of the International Society of Physical Medicine and Rehabilitation in Berlin, held from June 19-23, 2015, Clinical Fellow Dr. Mario Giraldo presented a poster on “What Types of Assessment Tools Can Be Used To Ensure Individual’s Problems And Rehabilitation Needs Are Adequately Identified: A Systematic Review”. This poster presented the results of the "Systematic Review of Guidelines on Health-Related Rehabilitation" achieved by the Institute for Work & Health Systematic Review Group, Cochrane Back Review Group, with Dr. Andrea Furlan.

He also presented a poster entitled “Transfer of Care in victims of Antipersonnel Mines”, in association with the Colombian Association of Physical Medicine and Rehabilitation.

Congratulations, Mario!



Here's to Milestones, Love, Smiles, Laughter and Joy

WELCOME BABY CHRISTIE!

Congratulations to Alice Kam and big sister Caitlin.

Christie arrived on March 13, 2015 weighing 6lbs 8oz.



St. John's Rehab



Back row: Magdalena Stapinski, Mila Bishev, Cathy Pupo, Justin Stone, Larry Robinson
Front row: Rhonda Galbraith, Katherine Nazimek



Upcoming Events

Save the date for the 2015 AAPM&R Annual Assembly occurring October 1-4, 2015 in Boston, MA! Preconference courses will take place September 29-30, 2015.



THE 15TH EUROPEAN CONGRESS ON CLINICAL NEUROPHYSIOLOGY
September 30—October 3, 2015
Brno, Czech Republic

<http://www.eccn2015.eu/>

3rd Western Canadian Neuromuscular Conference
Westin Bayshore Hotel
Vancouver, BC
October 23-25, 2015



Upcoming Events



**Bringing together Canada's best and brightest minds in stroke research,
prevention, care and recovery**

Join us this year in Toronto from September 17 to 19!

The **Canadian Stroke Congress** is a joint initiative of the Heart and Stroke Foundation of Canada and the Canadian Stroke Consortium.

HEAR ABOUT THE RESEARCH BREAKTHROUGH THAT IS REVOLUTIONIZING STROKE TREATMENT AROUND THE WORLD

Find out why this year's Hnatyshyn Lecturer, Dr. Michael Hill, calls the ESCAPE trial the most important development in major stroke treatment in 20 years. This new model of care and use of advanced technology cut death rates from major stroke in half and significantly reduced long-term disability — a finding so groundbreaking that endovascular therapy has already been added to the Canadian Stroke Best Practice Recommendations.

