



Division of Physical Medicine and Rehabilitation News



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

Dear colleagues,

Even though I have been in the division for less than a year, it now feels like home to me. I very much appreciate the warm welcome I have received from everyone.

Since my arrival, I have had a chance to visit with many members of our division. I have been consistently impressed. We have an outstanding array of high quality clinical services and considerable expertise to offer to a broad range of patients with disabilities across the city. Many of our clinical programs are innovative and leading-edge. Naturally, we could not sustain and grow our clinical services without also having strong training programs. Here too, it has been inspiring to see the excellence of our training programs and trainees across the educational curriculum. A robust research agenda is core to our ability to advance the academic mission and to produce innovative care models. Our division is well recognized for research leadership not only nationally, but internationally.

All these advances take an entire team and I want to personally thank all the team members for their contributions to the mission. I especially want to thank Dr. Gaetan Tardif for his superb leadership and vision over the last 15 years. We would not be in the strong position we are now without his leadership.

As you may know, we are now working on a refresh of our divisional strategic plan. The division has made considerable progress on the last strategic plan and this is now a time to celebrate our progress and determine where we would like to go from here. We are blessed to have the assistance of Dr. Joann Trypuc who has considerable expertise in strategic planning and has been retained by the Department of Medicine as a consultant for us.

In proceeding with our strategic planning process, I would like to take an “appreciative inquiry” approach. This is a relatively recent method of planning that focuses on collectively imagining what could be and develops a collective vision for a desired future state. *(continued on next page)*

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Dr. Larry Robinson

Rather than focusing on problems, one focuses on what works well and how we could have more of what works well. The first step has been to assess where we are currently. We have asked Dr. Trypuc to interview a number of leaders across the city to assess their impressions of our division. There were a number of positive features identified including:

- There is high quality education across the city.
- The program has an impressive base of research, clinical operations and education.
- There is a critical mass of physiatrists with a broad range of activities that are viewed as very positive.

At the same time, there are a number of opportunities to improve what works well including:

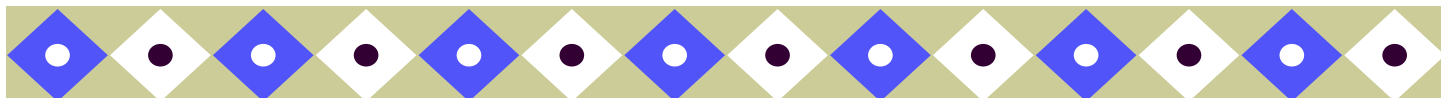
- Strengthening the division’s landscape and visibility.
- Strengthening research across all sites through the use of collaborative projects.
- Increasing the level of collaboration between sites and with other divisions.
- Enhancing mentorship and coaching for junior faculty.
- Including PM&R as an intrinsic member of the hospital acute care team.

As a next step, I am assembling a small group of division members to serve as a strategic planning oversight committee (SPOC) – (sorry we couldn’t add a “K” at the end for those of you who are “Trekkies”). These individuals will soon start to synthesize the feedback above and develop some initial ideas that then can be circulated and reviewed and commented on by the entire division.

As always, I welcome your input and ideas for the division and I am looking forward to continuing to work with you. Sincerely,

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

I’m getting used to the snow, wherever it may
 be...even outside my office window





Dr. Rajka Soric has stepped down from the MSK unit at West Park Healthcare Centre where she has been an integral part of the program since starting it in 1995. She has worked diligently to promote the MSK program both in the hospital and alongside partner organizations. She was pivotal in establishing the West Park Assessment Centre and served as the Interim Chief of Staff in 2008-9.

Rajka first studied at the University of Zagreb, Croatia. In 1983, she obtained an FRCPC from the Royal College of Physicians and Surgeons.

Prior to being at West Park, she worked with MSK patients at Mount Sinai Hospital, where she also served as Psychiatrist-in-Chief.

She has been a very active member of the Division of Psychiatry, particularly in the teaching of residents and medical students, primarily in the field of MSK rehab. She was the Director of the Division of Psychiatry, University of Toronto in the mid 1990's.

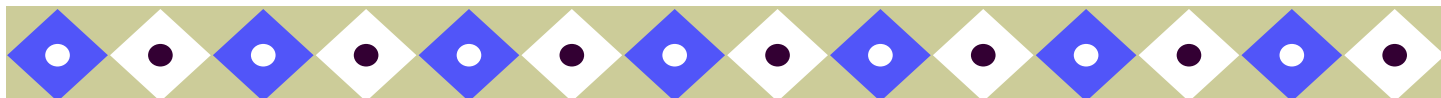
Over the years, she has been the recipient of numerous awards. In 2000, 2002 and 2006 she was voted by the residents to have made the best contribution to the quality of the Psychiatry Residency Program.

Rajka is held in the highest regard by colleagues, students and most importantly, her patients. She is described as highly ethical, humane, supportive, level-headed, compassionate, conscientious and caring. Other adjectives are competent, hardworking, goal oriented, and motivated: One could say that any organization or individual would be fortunate to have her on their team!

In semi-retirement, Rajka will continue to see out-patients and work on various committees at West Park.

We wish her every happiness.

(Thanks to Dr. Nora Cullen for penning this tribute to Dr. Soric!)



From the Executive*... On Citizenship***(Dr. John Flannery)****End of an era and start of something new:**

After 15 years in many leadership roles within the Division of Physiatry, I am stepping down as Committee Member of the Division's Executive (formerly the Divisional Advisory Group), as well as from my role as the Lead for the Citizenship/Mentorship/Awards and Recognition Portfolio. While this is the end of my time on the Executive, it now opens up the opportunity for new people with new vision and ideas to join in supporting the future direction of the Division as a voice on the Executive.

My role as Medical Director of the Musculoskeletal & Multisystem Rehab Program at Toronto Rehab continues in its 13th year and it has evolved and expanded into new initiatives which I must concentrate on. It has been a pleasure working with the Division and I will continue to support activities, including CPD, mentorship, postgraduate and undergraduate education.

A successor will be decided by Dr. Larry Robinson, in his role as Director of the Division, supported by the Executive.

Citizenship:

Alumni Dinner: The Division of Physiatry, University of Toronto, held its first Alumni Awards/Dinner Celebration on May 8, 2014. It was a very successful night with **75 members and guests** of the Division from across the GTA who came together to celebrate, network and learn. We celebrated and recognized many faculty members for their contributions to the Division. Photos from the event can be found at the back of this newsletter.



From the Executive*... On Communication***(Dr. Alex Lo)**

The Department of Medicine is currently undertaking a “Website Redesign Strategy” in collaboration with the Faculty of Medicine and Discovery Commons. The aims of this strategy are to:

- 1) Create a more user-friendly online experience, and a consolidated website that respects the unique spirit of our divisions while ensuring our online identity consistently reflects the Department of Medicine's strategic priorities.
- 2) Create a site in which the divisions can be more effectively and efficiently supported by centralized resources so content remains fresh and up-to-date.
- 3) Leverage the University of Toronto brand by implementing the Faculty of Medicine's templates.
- 4) Ensure our website is compliant with the Accessibility for Ontarians with Disabilities Act (AODA), and designed to respond to any type of mobile device or screen size.

Over the past three years, we have made numerous additions and updates to the content of our Division website, but have been restricted to some degree by the underlying software in terms of improving its layout and design. I am hopeful that this initiative will ultimately lead to improvements in our website's interface and user experience. I invite any residents or faculty who have ideas about how to improve our website to contact me as soon as possible, as we have a unique opportunity now to shape the website to meet our Division's needs for years to come.

I would also like to take a moment to acknowledge the immense contributions of Tina Reid in helping to publish this Division newsletter semiannually over the past three years. Thanks, Tina! Nancy Riley will be assisting me with the newsletters going forward, and we will continue to publish these twice per year. Please remember to send Nancy your personal and professional updates throughout the year.

Thank you!



From the Executive*... On Education*

(Dr. Lisa Becker)

Educational Updates:

- 3 Chief Residents were elected for the 2014-2015 Academic year:
 - o Chief Resident – Sivakumar Gulasingam (Guli)
 - o Assistant Chief – Alan Tam
 - o Assistant Chief – Najam Mian

- Resident Research Day was held on December 5, 2014 at Toronto Rehab – University Centre. The Resident Research award winners were:
 - o Junior award – Lilian Vivas
 - o Senior award – Alan Tam

- The third group of PGY4 residents began in the CRISP Senior Resident clinic in January 2015.
- CaRMS interviews were held on January 27, 2015 (IMG) and February 3, 2015 (CMG). We are looking to fill 1 IMG position and 3 CMG positions for the next academic year.
- An Internal Review through the University of Toronto is scheduled to take place May 14, 2015.

Thanks to all for your continued support!



From the Executive*... On Research***(Dr. Cathy Craven)**

The New Year brings great opportunity and many trials and tribulations for academic researchers (clinician investigators and clinician scientists) in Canada. A majority of US and Canadian (CIHR) granting agencies have their calls for full proposal on or before January 15th of each New Year, just in time to spoil the tail end of holiday celebrations and add to the number of frenetic request for letters of support from students for graduate school or medical school. These events are then followed by receipt (with elation, or decimation) of the results of reviews and the funding status of proposals submitted in the fall of the previous academic year. All of these activities occur on the backdrop of a highly competitive environment where only the top 12-15% of full applications are funded. So, if you are chatting with your colleagues in research, take a moment to celebrate their successes, and to provide a little moral support to those whose efforts were not sufficiently valued by the reviewers to warrant funding.

Further, Division members also complete annual reports, informal personal, and or formal external reviews of their academic performance and are asked to complete institution specific research or leadership certification in January of each year. Thus, the New Year is an ideal time for strategic thinking (looking at the opportunity costs of activities, editing (starting or stopping specific tasks and selecting high impact activities), and planning specific academic deliverables for the coming year. **One of the first and most crucial steps in assuring academic productivity is to block time to achieve academic deliverables over the course of a year.**

I tell most PM&R residents that conception, implementation and publication of a simple research project typically takes about 300 hours; that equates to 5.7 hours per week for a year; or 3 hours per week for two years. It has been my repeated experience as a mentor of residents, fellows and graduate students that once one has a collected and clean data set, that it takes at least 100 hours (a full month of continuous work) to prepare the manuscript and submit it for publication. These hour estimate are very useful for academic planning, to ensure that one blocks sufficient time for completion of proposal writing, data collection, analysis and manuscript writing. For the many residents who worked voraciously to prepare for Research Day, now is the time to revisit your research goals and implementation plans to ensure adequate preparation for Research Day in November 2015!!

For residents and faculty who do not have a research job profile, but are considering producing academic deliverables in 2015, you may find the following resources helpful in priming your writing productivity...

(Continued on next page)



... On Research Cont'd

I personally found Boice's self-help guide very useful for increasing my own academic productivity by using small windows of time to complete specific tasks and learning to accept "good enough for this iteration" in the process of drafting manuscripts. The following useful resources are available for purchase from amazon.ca.

1. Professors as Writer's: A self help guide to productive writing (Robert Boice)
http://www.amazon.ca/Professors-as-Writers-Robert-Boice/dp/091350713X/ref=sr_1_1?s=books&ie=UTF8&qid=1421426562&sr=1-1&keywords=professors+as+writers
2. Writing your article in 12 weeks: A guide to academic publishing (Wendy L Belcher)
http://www.amazon.ca/Writing-Your-Journal-Twelve-Weeks/dp/141295701X/ref=sr_1_fkmr1_1?s=books&ie=UTF8&qid=1421426611&sr=1-1-fkmr1&keywords=writing+you+article+in+12+weeks
3. Becoming an Academic Writer: 50 Exercises for Paced, productive and powerful writing (P Goodman)
http://www.amazon.ca/Academic-WriterS-Workbook-Patricia-Goodson/dp/1452203865/ref=pd_sim_b_8?ie=UTF8&refRID=1DPQNMKDVT32QR3DZ21V

I trust that each of you will spend some time with your administrative assistant to block time for completing your personal academic deliverables this year, whether your objectives are in educational scholarship, undergraduate or graduate education, health quality, or research. Certainly, if you can identify specific areas where you would personally benefit from a individual or group learning initiative related to the enclosed discussion, please do not hesitate to let myself or Dr Robinson know.

In my mind, one of the most underutilized resources in our Division is internal peer review. One does not have to be a world class scientist to read a colleague's manuscript, and identify if the objective is clear, the methods comprehensive, and any limitations or controversies for inclusion in the discussion. I encourage junior faculty, residents or those with less experience writing to ask a mid-career or senior member of the Division to assist you in achieving your academic deliverables in the coming year through peer review.

For those of you with senior research careers, who sit on review panels, editorial boards, advisory groups etc., I encourage you to invite another physiatrist locally, provincially or nationally to act in your role when stepping down from a post.

Finally, we hope to see you in Vancouver for the CAPMR Annual Scientific Meeting!

To all residents and faculty, please share any recent research successes (grants obtained, high impact articles written, editorial activities etc.) with me via email (cathy.craven@uhn.ca), and I will be sure to include them in our next newsletter.



... On Research Cont'd

Moylan, B., Paner, R., Pauley, T., Dilkas, S., Devlin, M. Impact of Increased Prosthetic Weight on Gait Symmetry in Dysvascular Transfemoral Amputees: A Randomized Prospective Double-Blind Crossover Trial. 62nd Canadian Association of Physical Medicine & Rehabilitation Annual Scientific Meeting, 18 June to 21 June, 2014. Sheraton Hotel Newfoundland, St. John's, NL.

Dr. Nora Cullen been granted a research award from the Physician Services Incorporated Foundation for a grant titled Hypoxic-Ischemic Service Utilization. They will look at the clinical pathway of care for individuals who have survived a cardiac arrest.

Dr. Abe Sniderman published a paper on “Kynurenine and depressive symptoms in a poststroke population” in *Neuropsychiatric Disease and Treatment* in 2014. <http://www.ncbi.nlm.nih.gov/pubmed/25285006>

Dr. Andrea Furlan is the author of the revised consensus statement from the Canadian Pain Society for pharmacological management of chronic neuropathic pain. <http://www.ncbi.nlm.nih.gov/pubmed/25479151>

Dr. Andrea Furlan and her team from Toronto Rehab and the Institute for Work & Health delivered a report to the World Health Organization in December 2014. This material will serve as the basis for rehabilitation guidelines for more than 190 low and middle income countries around the world. The guideline is expected to be released in the summer 2015:

Guidelines on Health-Related Rehabilitation**Work Package No 3: Service Delivery – Systematic reviews**

What service provision models work for different health conditions/resource settings/phases to ensure the provision of rehabilitation services? What types of assessment tools can be used to ensure individual's rehabilitation needs are adequately identified?

Team:

Andrea Furlan (Lead), Emma Irvin, Quenby Mahood, Manisha Sachdeva, Jocelyn Dollack, Rob McMaster, Claire Munhall, Alicia Costante, Shivang Danak, Laura Fullerton, Mary Cicinelli, Fernando Ribero, Kristen Pitzul, Rohit Bhide, Mario Giraldo-Prieto, Stan Marchenko, Cynthia Chen

Advisory Board:

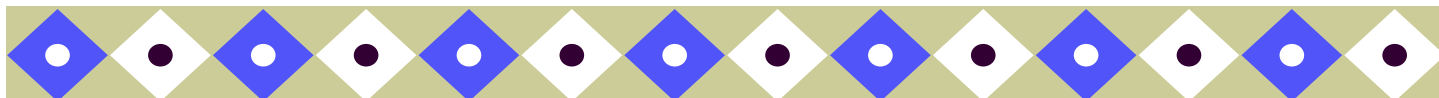
Carol Kennedy-Yee, Cory Borkhoff, Charissa Levy, Gaetan Tardif, Mark Bayley, Judy Ann David, Dorcas Beaton, John Flannery



Residents' Corner



**RESIDENTS IN THE
U OF T
PROGRAM**
Guess which two are not residents!



Announcements, Awards, Acknowledgements, and Congratulations!



**Congratulations to
Dr. Abe Snaiderman on his Promotion to
Assistant Professor
(now authorized to get the coffee
and newspaper for the full
professors!)**

Dr. David Berbrayer, in December 2014, was awarded the “Scholarship in Teaching Reviewer Award 2013-2014” from the Case Western Reserve University School of Medicine, for making a positive impact on medical education and for being a part of the School of Medicine's legacy of educational excellence.

Dr. Nora Cullen been given a scholarship to attend the Rotman Advance Health Leadership Program in 2015.

Beverly Moylan, PGY-5, has been offered a one year funded position as a Clinical Fellow in Pediatric Rehabilitation Medicine at the Glenrose Rehabilitation Hospital & Stollery Children’s

Dr. Harpreet Sangha engaged in his first International Keynote Speaking Engagement for the Colombian Association of Physical Medicine and Rehabilitation, where he spoke on the “Interventional Techniques for the Shoulder and their evidence for the treatment of various Shoulder Conditions”

Dr. Abe Snaiderman

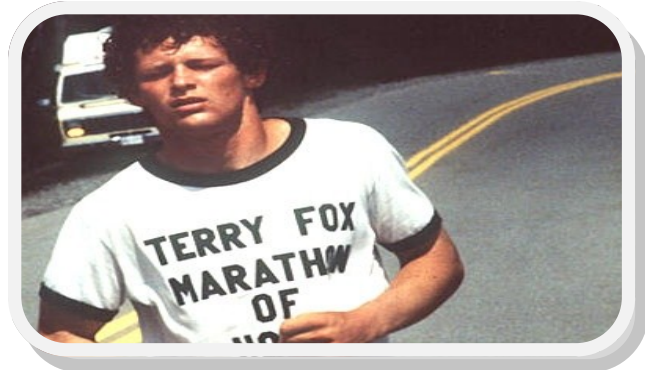
Nominated for the Robin Hunter Award (Dept. of Psychiatry) for best supervisor 2014

Research award received by

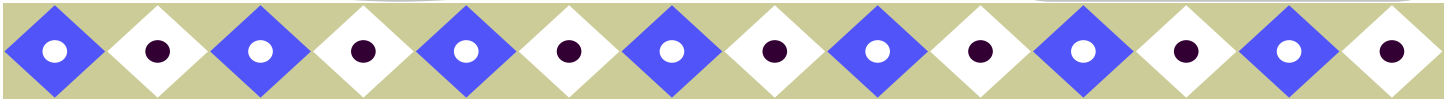
Dr. Anthony Burns

for his project “Development of a patient reported outcome for bowel dysfunction following spinal cord injury”





Terry Fox Run — September 14, 2014



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



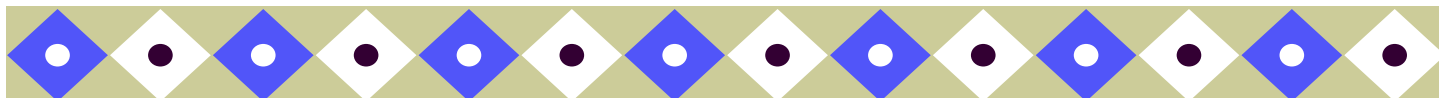
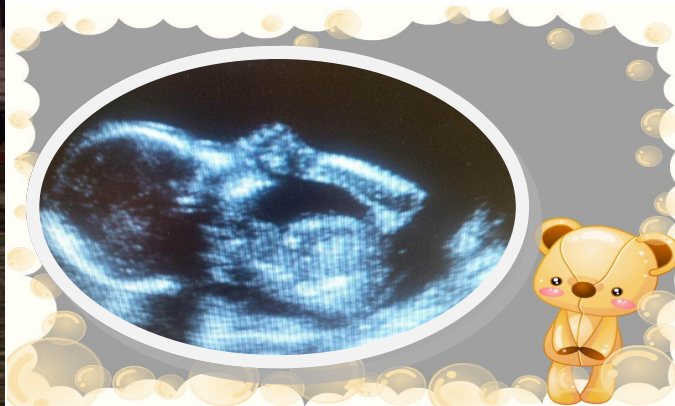
2015 will be Dr. Abe Snaiderman's 20th year at Toronto Rehab (formerly Queen Elizabeth Hospital, Rehabilitation Institute of Toronto, Toronto Rehab and finally UHN Toronto Rehab)



Dr. Charles Godfrey—Elected Life Member of Med Alumni
Oldest living member of Ex-Parliamentarians
Passed five years College examination to continue practice



Congratulations to Harpreet and Meaghan Sangha who got married in March 2014 and are expecting a daughter in March 2015!

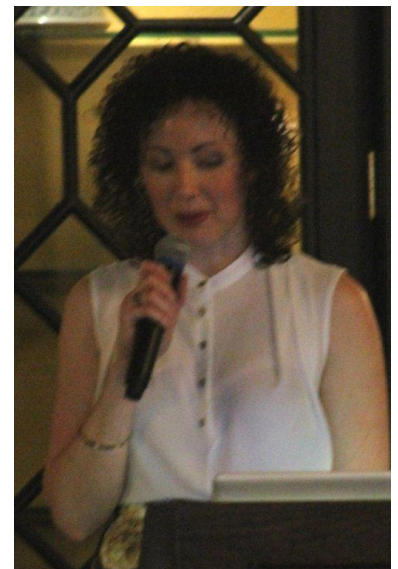




Photos from the Alumni Dinner, May 2014



Photos from the Alumni Dinner, May 2014



Upcoming Events



2ND ANNUAL

CANADIAN BURN SYMPOSIUM

CHALLENGING PARADIGMS IN BURN CARE

May 25-26, 2015—Toronto



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.

Registration will open in the spring of 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

