



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of
Medicine
University of
Toronto

February 2017

2017 Monthly update Newsletter

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1. Dr. Andrea Furlan leads research team to develop World Health Organization guidelines for rehabilitation

We are proud of Andrea Furlan who has led the research team at the Institute for Work and Health at the University of Toronto that provided five of nine rehabilitation recommendations for the World Health Organization (WHO). These guidelines are important for the roughly one billion people world-wide who live with disability, most of whom live in low or middle income countries. The WHO met in Geneva recently to discuss the strategic direction for implementing the guidelines. While Andrea Furlan led this team, it also benefited from the participation of Gaetan Tardif, John Flannery, and Mark Bayley.

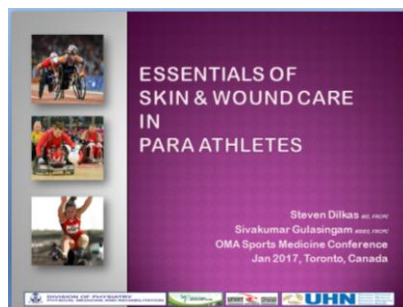
For further details, see website: http://www.who.int/disabilities/rehabilitation_health_systems/en/

Congratulations are extended to Andrea Furlan who can be reached at: Andrea.Furlan@uhn.ca

2. Drs. Steve Dilkas and Sivakumar Gulasingam present workshop on Essentials of Skin and Wound Care in Para-Athletes

We were pleased to see that two of our members involved in para-Olympic athletes recently presented at the OMA Sports Medicine Conference 2017 on the essentials of skin and wound care in para-athletes.

Steve Dilkas and Sivakumar Gulasingam came together in presenting a workshop on "Essentials of Skin and Wound Care in Para Athletes". This interactive, didactic session provided insight into skin and wound conditions beyond the realm of general skin conditions and infections in para-athletes. It also highlighted the need for healthcare professionals and athletes to be aware of, and to be familiar with specific skin and wound presentations in competitive and recreational athletes with disabilities. The risks of skin breakdown, orthotic, prosthetic and seating considerations, effects of altered thermoregulation, autonomic dysfunction, bone health, other physiological alterations and return to pay guidelines in this group of athletes were also addressed during this session, using case based scenarios.



3. Dr. Sivakumar Gulasingam expertly rates Para (wheelchair) Dancers

Sivakumar Gulasingam successfully completed the first Canadian National Certification in Para Dance (Wheelchair Dance) Sports classification along with three other trainees and conducted two days of classification for the Inaugural



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2016 Canadian Para Dance (Wheel Dance) championships that was held recently in Vaughn, Ontario. Gulasingam has also been appointed as the Classification Coordinator for Canadian Para Dance (Wheel Dance) Sports by the association's Executive Director Dr. Iris Kulbatski.



Left to Right: Ms. Rehana Meru, Dr. Emilie Newell (IPC Trainer), Dr. Iris Kulbatski, Dr. Sivakumar Gulasingam, Ms. Megha Patel



Award Winners at the 2016 Canadian National Para Dance (Wheel Dance Sports) Championships

4. Dr. Shane Journey is one of 72 final applicants in the Canadian Space Agency Astronaut Program

Our own Shane Journey has applied to be an astronaut through the Canadian Space Agency. We are very pleased to learn that he is now one of the final 72 applicants out of an initial 3772. Shane relates that it has been a very demanding series of tests to get through to make it to this point. Perhaps the rigors of PM&R residency have helped? Let's all keep our fingers crossed. This would be the second physiatrist in space after Dan Barry, an American physiatrist.

Shane Journey's astronaut candidate profile can be seen online at:

<http://www.asc-csa.gc.ca/eng/astronauts/recruitment/profiles.asp?journey-william>.

Shane can be reached at: shane.journey@mail.utoronto.ca.

5. Welcome to Dr. Adarsh Rao, transferring resident

We would like to welcome Adarsh Rao to our residency program. Adarsh completed an undergraduate education at McMaster University and received his MD degree at the University of Alberta. He has been at the University of Toronto in the Department of Orthopedic Surgery residency program but we are glad that he saw how wonderful physical medicine and rehabilitation is, and has transferred to our program. Adarsh already has several publications under his belt and we look forward to working with him in our residency program. Adarsh can be reached at:

adarsh.rao@mail.utoronto.ca.



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Dr. Adarsh Rao

Thank you very much for the opportunity to be part of the University of Toronto's Physical Medicine and Rehabilitation team! From Mississauga ON, I completed an undergraduate degree at McMaster University in the Bachelor of Health Sciences Honours Program. I then moved out west to complete my undergraduate medical degree at the University of Alberta in Edmonton. I originally matched to the University of Toronto for Orthopedic Surgery, but decided late in my residency training that it wasn't the right career fit for me. I decided to transfer programs, and pursue my residency training in PM&R. Outside of work and school, I am a huge tennis enthusiast, enjoy travelling and watching movies. I am very happy with my transfer decision, and I'm excited to work with a great group of people in the program.

6. Heel injuries a possibility of upcoming Achilles Run

A number of our faculty members will be running in the upcoming Achilles 18th Annual St. Patrick's Day 5K Run/Walk March 12, 2017. This run is sponsored by Achilles Canada and provides people with various levels of ability and opportunity to receive the physical, psychological and communal benefits of running or walking. It also provides a fundraising charity to support organizations that care for those with disabilities. This year, both St. John's Rehab and West Park Healthcare Centre will be participating. While some of those running will be experienced, Dr. Larry Robinson will be doing his best to run the 5K race, which, of course could be much more efficiently covered on a bicycle. Hopefully, this run won't be the Achilles heel of his athletic efforts. More information can be found at:

<http://www.achillesstpatricksdays5k.ca/>

<https://secure.e2rm.com/registrant/EventHome.aspx?eventid=209071&langpref=en-CA&Referrer=direct%2fnone>

7. Divisional specific content for the new Department of Medicine, University of Toronto website now updated

The launch of the new Department of Medicine, University of Toronto website took place last fall 2016. There have been some changes to the PM&R landing page. We hope that you will find this user friendly. You can view our page at:

<http://www.deptmedicine.utoronto.ca/physical-medicine-and-rehabilitation>

8. Dr. Larry Robinson imprisoned but still fed

At the recent social event, Larry Robinson was put into a small prison for unclear reasons. It was not revealed whether this was due to an error in Canadian pronunciation or spelling or whether it was because he used a curling broom to sweep the floor. Nevertheless, the residents took pity on him and still did give him a small piece of grilled cheese sandwich during his imprisonment.





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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