



## DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine  
University of Toronto

### Monthly update Newsletter

#### February 2019

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1. 2019 Quality Day was a very High Quality Day

Many thanks are extended to Alex Lo and all those who participated in our 2019 Quality Day. The morning was started by a keynote speech from Mike Nader, Executive Vice-President of UHN, discussing how to improve the patient experience. We also had a number of outstanding presentations from both faculty and residents. We were very happy to hear about the award-winning resident project on identifying errors and improving the weekend pass process from our residents. This project won top honours in the Department of Medicine, Quality Day which was a very competitive field. Special thanks are extended to Alex Lo who led the agenda this year. The torch will be passed on to Amanda Mayo who will lead Quality Day next year.

In a related note, we should be very proud of where we are in the journey of advancing our quality improvement activities in the division. We now have a cadre of very strong QI faculty as well as an outstanding QI curriculum for our residents. Not only have we won the top award for QI resident presentation in the Department of Medicine, as mentioned above, but we have also been successful at a multi-site QI project on medication reconciliation. Moreover, we are pleased to report that a primer on QI in rehabilitation has recently been accepted by *PM&R* (aka the “*Purple Journal*”). The primer’s development was led by Meiqi Guo but was a multi-site project assisted by Chris Fortin, Amanda Mayo, and Alex Lo as senior author. This foundational article should come in in *PM&R* over the next few months.

2. Physiatrists are the least happy specialty in the U.S.

A recent survey by Medscape of physicians in the U.S. measured burn-out and happiness by specialty. American physiatrists were the third most burned out specialty and the least happy specialty. Plastic surgery was the happiest specialty. The biggest contributors to burn-out in the U.S. were too many bureaucratic tasks (this was number one by far) followed by spending too many hours at work which is closely linked to increasing computerization of practice. These factors are also explored in a recent paper by Jim Sliwa in *PM&R* (attached) which found similar findings in a survey from the American Board of PM&R. For those thinking about moving to the States, two words of advice.... “Don’t go”.

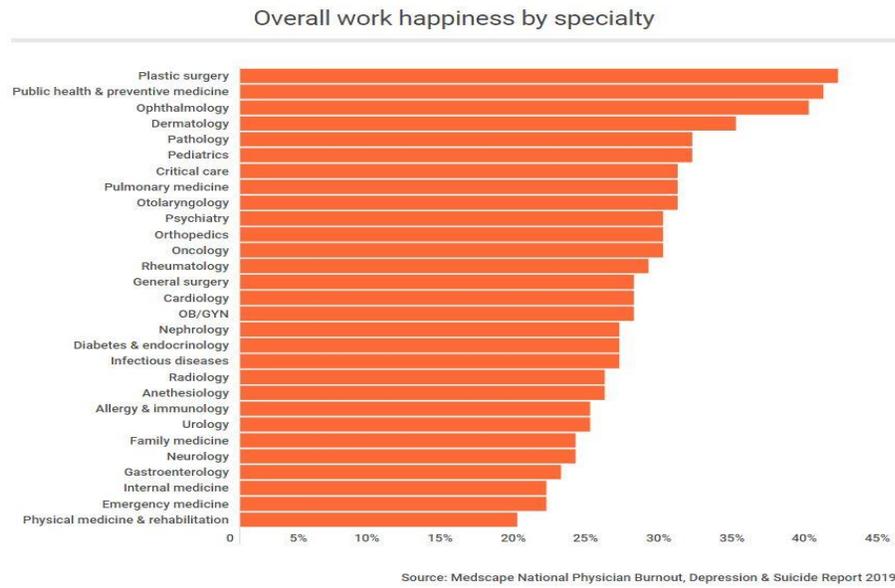


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### The happiest physicians

*Medscape* also asked physicians about their happiness at work. As with burnout rates, overall work happiness varied by specialty:



### 3. Remember to submit your abstracts to CAPM&R

As you know, the CAPM&R meeting will be in Gatineau-Ottawa, May 29 to June 1, 2019. Abstracts are due on March 8<sup>th</sup>. Abstract submission can be performed through the CAPM&R website at: <http://www.capmr67.ca>

### 4. Cathy Craven highly ranked in survey of global research on spinal cord injury rehabilitation

We are pleased to hear that a bibliometric analysis of global research on the rehabilitation of spinal cord injury in the past two decades lists Dr. Cathy Craven as 7<sup>th</sup> in the world. She is the only Canadian and the only woman on the list. This honour adds to a long list of accomplishments for Dr. Craven including the most highly valued award from CAPM&R, the Award of Merit, which was given a couple of years ago.

### 5. Julio Furlan receives grant awards

A number of our faculty have been successful with grant awards; please let me know if you would like these announced in the Newsletter. We were very pleased to hear that Dr. Julio Furlan has received an Ontario Neurotrauma Foundation award for CAD \$150,000 for a three year research project. The project will be examining the association of sleep-related breathing disorder with neuropathic pain and cardiovascular dysfunction after spinal cord injury.

Julio will also receive an operating grant of USD \$200,000 from the Craig H. Neilsen Foundation for a 2-year research project that will study the effectiveness of CPAP therapy in improving psychosocial, neurocognitive and behavioral consequences of untreated moderate-to-severe sleep-related breathing disorders in individuals with SCI. Julio can be reached at: [julio.furlan@uhn.ca](mailto:julio.furlan@uhn.ca).

### 6. Nimish Mittal appointed as Assistant Professor

We are pleased to announce, effective February 1, 2019, Nimish Mittal is appointed as Assistant Professor, University of Toronto, Department of Medicine, Physical Medicine and Rehabilitation. He is staff physician for the Comprehensive Integrated Pain Program, Toronto Rehabilitation Institute and Medical Lead for the Good Hope Ehlers Danlos Syndrome Clinic, Toronto General Hospital. Nimish may be reached at: [nimish.mittal@uhn.ca](mailto:nimish.mittal@uhn.ca).



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7. Rajni Nijhawan – focus on women’s cardiac health and patient education

As a clinician teacher, Dr. Nijhawan is the principal preceptor and medical education placement coordinator for the cardiac rehabilitation rotation for undergraduate and postgraduate learners at the provincial, national and international level.

In collaboration with the interprofessional team in Cardiac Rehab, Dr. Nijhawan has been instrumental in providing leadership in the development and implementation of a multimedia and multilingual patient education program for people living with heart disease ([www.cardiaccollege.ca](http://www.cardiaccollege.ca)) and diabetes ([www.diabetescollege.ca](http://www.diabetescollege.ca)).

Recently, she worked with a research team in India to illustrate the feasibility and effectiveness of cardiac rehabilitation in patients post myocardial infarction and percutaneous coronary intervention at a tertiary care hospital in Chandigarh, India. Link to abstract:

<http://www.ijncd.org/article.asp?issn=24688827;year=2018;volume=3;issue=3;spage=104;epage=110;aui=Kunjan;type=0>



8. Survey on botulinum toxin use

We recently heard from a PM&R resident at the University of British Columbia who is working on a survey of physiatrists who treat spasticity with botulinum toxin injections. Please see the attached word document if you are interested. This project is led by Alvin Ip, but is in collaboration with our own Chris Boulias, Farooq Ismail, and Chetan Phadke.

9. Larry Robinson noted for acupuncture skills in cats

Recently, the Sunnybrook communications department asked for essays from staff about things outside of work. Larry Robinson was pleased to be able to contribute a short essay on learning how to do acupuncture in his cat. This was not easy to do. If you are interested in the whole “tail” of how it worked, please see the attached PDF. For two weeks after this came out, he was asked in the hallway more about acupuncture in cats than he was about nerve conductions and EMG. Very shocking.

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.

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