



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

March 2018

Monthly update Newsletter

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1. Another successful CaRMS year

We were very pleased to hear the results of our latest CaRMS match. We were successful in recruiting four excellent candidates including:

1. Natalie Daly from Queen's University
2. Alex McDougall from Western University
3. Linda Vi from the University of Toronto
4. Melissa Weidman from McMaster University

These are all superb students who will be a very positive addition to our residency family.

We would like to thank Lisa Becker and Tracia Young for organizing an excellent CaRMS process this year. The process seems to be refined more each year so that it is now very smoothly running. We especially appreciate the significant input and presentations from the residents as well as their participation in the preceding evening social events. Resident candidates pay quite a bit of attention to how happy the current residents are as well as how well they get along with each other and with the faculty and our current residents did a great job of showing off our program

We will soon have more to come about the residents who will be joining us in July 2018.

2. Don't forget to attend our division retreat on May 11th

The plans for the May 11th division retreat at the Toronto Reference Library are proceeding nicely. We will have presentations from a number of committee leads within the division and we will also have updates on medical student education, our residency program, fellowship programs and research. This year, I have asked a number of individuals whose work you may not know as well to present their interesting clinical research or educational initiatives to the division. The highlight of the day will be a talk from Gaetan Tardif on reflections from leading TRI over the years. We will also have a number of important awards for members in our division. As a special treat, we will be inviting some very distinguished elders in Toronto PM&R including: Douglas Biggar, William Geisler, Charles Godfrey, and Jose Jimenez. An agenda is being finalized which will be sent out with an invitation to RSVP.

3. Steve Dilkas attends PyeongChang 2018 Paralympics Winter Games

We were glad to hear from Steve Dilkas who attended the PyeongChang 2018 Paralympics Winter Games this year. Steve continued his excellent support of our Canadian athletes at these games and has made it back to Toronto. Great pictures are below:



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Bronze Medal curling team



Bronze Medal



Trying on Dennis Thiessen's Bronze Medal "Heavy!!"



Arriving in Toronto with closing flagbearer Mark Arendz – 6 Medals!!

4. Flying U of T flag at International Paralympic Committee

Dr. Sivakumar Gulasingam continues to make the Division of PM&R, University of Toronto's presence felt with the International Paralympic Committee (IPC) and World Para Athletics. He has functioned as an International Classifier at world championships and international Grand Prix in Berlin, Portugal and Switzerland during the current year and most recently at the Fazza World Championship in Dubai in March 2018.

He was recently appointed to the distinguished panel of Chief Classifiers with IPC's World Para Athletics (WPA).

See pictures below:



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IPC WPA Officials Left to Right:
Amr Elsayed Mahmoud Ahmed (EGY), Elly Schouten (NED),
Sivakumar Gulasingam (CAN), Kathleen Hickey (USA),
Mohamed Amine Khelladi (ALG),
Hilary Beeton (RSA - Head of Classification, IPC - WPA),
Rebecca Foulsham (NZL), Yahiya (Fazza 2018, Organizing Committee)



Dr. Gulasingam with a group of South African athletes including a current 100 meters world record holder for double leg amputees, Ntando Mahlangu at the 2017 IWAS Games in Portugal, December 2017

5. Andrea Furlan wins 2018-19 Mayday Pain and Society Fellowship: Communicating Science and Improving Care
We were very pleased to hear that Andrea was among 12 individuals in the United States and Canada who were chosen for this prestigious International award. The fellows come from across North America with a wide range of expertise in pain including anesthesiology, pediatrics, headache, pain science and psychology. Ultimately, they will be attending a four day intensive workshop in Washington D.C. where they will enhance their skills for effectively communicating and advocating for the translation of scientific research and evidence-based best practices in pain care and management. More can be found at: <https://www.iwh.on.ca/news>. Andrea Furlan can be reached at: andrea.furlan@uhn.ca
6. David Berbrayer receives prestigious awards
We were pleased to hear that David Berbrayer was awarded the CMA Honorary Membership (Canadian Medical Association) on March 9, 2018. This recognizes very significant contributions to the association and is an honour reserved only for those who have made lifelong contributions to the CMA.
On the same day, March 9, 2018, David received an email congratulating him on being elected as District 11, Zone 2 – North-Delegate of the Ontario Medical Association. Congratulations are extended to David for this new honour as being delegate elected to the OMA Council. David may be reached at: david.berbrayer@sunnybrook.ca
7. If at First You Don't Succeed
Speaking of how to be successful in nominations, many thanks are extended to Cathy Craven for forwarding the following link which discusses how to be successful at award nominations. The key drivers are to start early, get strong, recommendation letters and try again if the initial nomination is not successful. In this regard, I would like to extend a special thanks to Dr. Perry Tepperman who has been doing an excellent job of running our Awards and Recognition Committee for the Division. The link for Awards and Honours: Tricks of the Trade is:
<http://www.deptmedicine.utoronto.ca/node/1363>
8. Program Director sought at McMaster University
We recently heard from Shanker Nesathurai that Peter Varey will be stepping down as Program Director at McMaster University. Shanker is looking for a new Program Director and is interested in hearing from anyone who might be interested in this position. He can be best reached at: Nesathurai@hhsc.ca.
9. Are you interested in enhancing your QI skills?
We recently heard from Amanda Mayo about an upcoming series of in-person training which takes place over a nine month period here in Toronto. The information is as follows:



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EQUIP Certificate Program Format

The EQUIP program consists of 5 days of in-person training over the course of 9 months. Participants travel to Toronto, Canada twice – once for 3 days (July 25-27, 2018) and then again for 2 days 9 months later (May 9-10, 2019). The EQUIP program uses a mix of didactic and interactive small group sessions to provide participants with advanced skills to design and implement a QI project on their return to their home organizations. In addition to delivering the didactic sessions and facilitating in-person small group discussion, EQUIP faculty will also provide distance coaching to participants to support QI project work and help them recognize common missteps and how to avoid them. We have deliberately capped registration to 25 participants maximum, in order to maximize the impact of interactive small group learning. Restricting enrollment to 25 participants also allows us to maintain a low faculty to participant ratio (1:4), and provide personalized feedback to participants' QI projects. The link is: <https://www.cpd.utoronto.ca/equip/program/>

10. Oh No! It's peeps time again!!

With the coming Easter season, many of you may have seen marshmallow peeps running around in your lawns or on the sidewalks. Special thanks are extended to Rebecca Titman for capturing several peeps without harming them (sort of) and documenting as they start an exercise program. Please see the attached slides.

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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