



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

May 2017

2017 Monthly update Newsletter

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1. Cathy Craven receives CAPM&R's highest award

We are very proud of Dr. Cathy Craven for receiving the 2017 award of merit from the Canadian Association of Physical Medicine and Rehabilitation (CAPM&R). This is the highest award that the CAPM&R gives and it is an award that is not necessarily given every year. Cathy gave an outstanding acceptance speech at the CAPM&R annual meeting in which she talked about mentorship, personal connections, and doing what is most meaningful as well as a number of other insightful areas. Please join us in congratulating Dr. Craven on this award. She can be reached at:

Cathy.Craven@uhn.ca.



2. U of T PM&R knows how to throw a party

The U of T division came together to plan and implement the 2017 CAPM&R annual scientific meeting. This took several months of work and many thanks are extended to a number of people who were active on the planning committee including: Ida Cavaliere, Cathy Craven, Steve Dilkas, John Flannery, Meiqi Guo, Amanda Mayo, Denyse Richardson, Harp Sangha, Gaetan Tardif and Rebecca Titman. We received many excellent comments about the meeting. Highlights that our faculty were involved with include:

- A high level pain course led by John Flannery with contributions from Raza Awan and Nimish Mittal
- A course on sarcopenic obesity led by Cathy Craven with workshops by Paul Oh and others
- A Resident Town Hall organized by Rebecca Titman with participation by Sukhi Bhangu and Chris Fortin
- A presentation on 3D prosthetics moderated by Amanda Mayo
- An in-depth course on shoulder pain led by Harp Sangha
- A workshop on Quality Improvement led by Alex Lo and moderated by Meiqi Guo
- A workshop on giving feedback co-led by Denyse Richardson along with two faculty from Ottawa
- A lecture on exercise and cerebral palsy given by David Berbrayer
- A mini putt event for residents led by Rebecca Titman and Ida Cavaliere
- An afternoon of golf led by Steve Dilkas
- An afternoon of cycling led by Larry Robinson
- An unbeatable social event consisting of Family Feud, which pitted Western Canada versus Eastern Canada. Ida Cavaliere did an amazing job of planning and leading this event at the Saturday night social.

Many thanks are extended to all those who participated in the planning and implementation of this annual meeting.



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3. U of T PM&R receives three research prizes at 2017 CAPM&R meeting

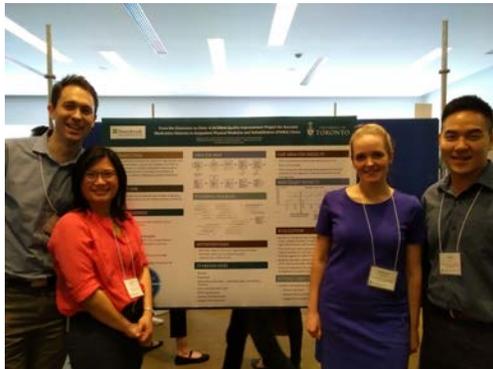
Congratulations are extended to: Ida Cavaliere, Hamid Ghotbi, Robert Hastings, Pam Joseph and Shannon MacDonald for winning first prize in the CAPM&R resident research contest. The project was entitled, “Optimizing Processes for Reporting Stroke Rehabilitations in Patient Driving Status at Toronto Rehabilitation Institute: A Lean Quality Improvement Project.” Given that five residents had worked on the project, there needed to be a fair process for deciding who would present at the meeting. After an intense round of rock, paper, scissors, Pam Joseph won the competition and was chosen to present on behalf of the group, which she did very well.

Congratulations to Shannon MacDonald who won second prize in the resident research contest for her project entitled, “The Current Status of PM&R in acute care: A Cross Sectional Survey of Canadian and American Institutions.”

Congratulations also are extended to Nimish Mittal for receiving third prize for original research. His project was entitled, “Effectiveness of the Hook Released Ultrasound-Guided Carpal Tunnel Release: A Pilot Cadaveric study.”

4. PM&R residents demonstrate skills both at QI and dancing and singing

We were pleased to hear that our very own PM&R residents, Kevin Hsu, Jordan Silverman, Rebecca Titman, and Lilian Vivas won Best Live Elevator Pitch Presentation at the recent CoLearnQI Day in the Department of Medicine. This was a very competitive event with more than 20 groups from the Department of Medicine competing. Kevin, Jordan, Rebecca and Lilian performed adapted the song, “YMCA” to the “PDSA” with costumes and creative dance. We will see if this QI team will perform the dance again at our upcoming divisional retreat.



5. Ed Hanada leads engineering team that wins first place design award

We were pleased to hear that Ed Hanada led a team of engineers at Ryerson to develop a prototype to assess weight-bearing in patients who are supposed to be doing partial weight-bearing. This won first prize at the TETRA Ryerson conference. Videos of the device can be seen at:

Video Arm: <https://www.youtube.com/watch?v=Fmm0QrLEW0Y>

Video Leg: <https://www.youtube.com/watch?v=n92aDPYkyfo>

Article in Ryerson Today:

<http://www.ryerson.ca/news-events/news/2017/05/student-group-fosters-biomedical-innovation/>

Congratulations to Ed Hanada and his team. Ed can be reached at ed.hanada@sunnybrook.ca.

6. Matt Godleski and David Berbrayer win Peters Boyd Teaching Awards

We were pleased to hear that both David Berbrayer and Matt Godleski received teaching awards from the Peters Boyd Academy based at Sunnybrook, Bayview Campus.

David Berbrayer won the Peters Boyd Teaching Directors Special Award for the 2016/17 academic year.

Matt Godleski won the Peters Boyd teaching award for CBL Teaching for the 2016/17 academic year.



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These are student-nominated awards and recognize the significant dedication and skills that David and Matt bring to education.

7. West Park successfully hosts OAAC Conference

On May 5th and 6th, West Park Healthcare Centre hosted the biennial Ontario Association for Amputee Care conference. The approximately 140 attendees included clinicians from all disciplines involved in the care of persons with amputation, from across Canada and as far away as Germany and Ukraine.

The Division of PM&R was strongly represented, with research presented by Drs. Devlin, Dilkas, Mayo, Ghotbi, Hastings, Silverman and Vivas.

The torch has been now been passed to Sunnybrook/St. John's Rehab, who will no doubt host another great conference in two years' time. See you there!



8. You're a what!? 'Physiatrists' help patients get back their lives

A story on Sunnybrook's website features Dr. Ed Hanada and Dr. Matt Godleski to explain the term Physiatrist and services provided to patients while still in acute care to identify and prevent any complications that may impact the ability to function in everyday life. The article can be viewed at:

<http://sunnybrook.ca/media/item.asp?c=16&i=1412&f=physiatrists>



9. Larry Robinson learns to do EMG and bicycle at the same time

At the recent CAPM&R meeting, Larry Robinson was required to multitask and perform EMG while cycling simultaneously. One of the street artists caught this on paper and Mohan Radhakrishna (CAPM&R President) presented this to him at the annual scientific meeting. Although driving and texting at the same time are illegal, it is hoped that cycling and doing EMG has not been outlawed in Ontario Bylaws.



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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.

Laura Robinson

Larry Robinson MD
Chief, Rehabilitation Services
John and Sally Eaton Chair in Rehabilitation Science