



## DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine  
University of Toronto

November 2017

### 2017 Monthly update Newsletter

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1. Toronto project ECHO rings throughout North America

Andrea Furlan and John Flannery have been involved with Project ECHO Chronic Pain/Opioids since 2014 when the MOHLTC first funded ECHO in response to the opioid crisis in Ontario and significant knowledge gaps in chronic pain management within primary care. ECHO (Extensions for Community Healthcare Outcomes) is a medical learning model that uses videoconferencing to connect providers across the province with a specialist team for weekly case based learning and didactics, growing the skills and confidence of frontline providers.

In September 2017, Drs. Furlan and Flannery participated in the MetaECHO Conference in New Mexico where Dr. Flannery co-presented a half-day workshop on facilitation skills and Dr. Furlan was an expert panelist at the research symposium. The ECHO research team, led by Dr. Furlan, received the MetaECHO Conference People's Choice Award for Research.

The research team has also recently published a study in the Journal of Pain Medicine titled 'Project ECHO Telementoring Intervention for Managing Chronic Pain in Primary Care: Insights from a Qualitative Study' that reported on primary care participants' experience with ECHO. The study concluded that Project ECHO offers guidance to primary care practitioners for their most challenging patients, promotes knowledge acquisition and diffusion, and stimulates the development of a "community of practice".

If you are interested in learning more about ECHO Ontario please visit [www.EchoOntario.ca](http://www.EchoOntario.ca)



Dr. Andrea Furlan



Dr. John Flannery

2. Andrea Furlan stars on CBC radio, White Coat Black Art

In a related project, Andrea Furlan was featured on a recent CBC radio show and talked about "de-prescribing" opioids for patients with chronic pain. This is a very well-done segment and I encourage you to listen to it at:

<http://www.cbc.ca/radio/whitecoat/getting-to-zero-how-one-man-weaned-himself-off-prescription-opioids-1.4386233>



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### 3. Ed Hanada departs for Halifax

I am sorry to report that our colleague, Ed Hanada, will soon be leaving St. John's and U of T. We have benefited significantly from Ed's contributions both at Sunnybrook/St. John's as well as at U of T, and we will truly miss him. Ed's departure is related to personal family issues, and he will be returning to join his family in Halifax. Please join me in wishing Ed well in his new chapter and thanking him for his many positive contributions. Ed can be reached at: [ehanada@yahoo.com](mailto:ehanada@yahoo.com)

Peter Broadhurst will provide temporary coverage at St. John's while we do a search for a permanent replacement. In accordance with University and Sunnybrook rules, we will assemble a search committee and initiate a national search for Ed's replacement.



### 4. Residents and staff demonstrate ability in Nepal

Many thanks are extended to Dr. Nora Cullen for her continued work in Nepal with NepalAbility. (<http://www.nepalability.org>). We were very pleased to see that two of our residents, Ali Rendely and McKyla McIntyre, joined Nora on her last trip to Nepal. We were also pleased to see that they are continuing their exercise even while travelling. We are expecting that the Facebook post of this picture will attain a huge number of likes.



### 5. Physiatry participation in guideline development for hip fractures

Congratulations to Perry Rush who participated in developing a comprehensive and thoughtful set of guidelines for hip fractures for Ontario. Perry was the only physiatrist on the group. As a rheumatologist, physiatrist and internist (all in one person!) Perry has unique skills to provide valuable input. The full guidelines, together with infographics and other materials, are available at: <http://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/Hip-Fracture>

### 6. First U of T, PM&R Conference held on November 3, 2017

We had a successful U of T, PM&R Conference on November 3, 2017. This year's program was focused on trauma and we had some superb lecturers from Avery Nathens and Michael Fehlings on acute care management as well the system



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of trauma care. We had some excellent lectures from Ed Hanada, Matt Godleski as well as an exciting debate on management of concussion between our own Mark Bayley and Shawn Marshall from Ottawa. Many thanks are extended to the speakers as well as the organizing committee which included: Hossein Amani, David Berbrayer, Heather Dow, Gordon Ko, Larry Robinson, and Chantal Vaidyanath. We are planning a second annual conference on November 16, 2018 with a focus in the morning on alternative treatments for pain and the afternoon will tentatively focus on management of concussion patients. The goal is to develop this conference into a popular and highly-attended CME annual conference that will be of interest to community proprietors as well as academic physicians. For further information, please feel free to contact Hossein Amani at: drhamani@aol.com .

### 7. Fellowship Program Updates from Andrea Furlan

Our Division of PM&R offers eight different fellowships that have now been standardized with the Department of Medicine, and we currently have eight clinical fellows.

- Amputee Rehabilitation (0)
- Brain Injury Rehabilitation (0)
- Cancer Rehabilitation (C. J. Wong)
- Cardiovascular Prevention and Rehabilitation (Orith Karny-Rahkovich, Raghdah Aljehani and Matthew Foster)
- Chronic Pain Rehabilitation (Michael Olsen, Hadi Shojaei and Abdulhamid Hamad)
- Multiple Sclerosis Rehabilitation (0)
- Neurological Rehabilitation (0)
- Spinal Cord Injury Rehabilitation (Moshe Bondi)

#### Cancer Rehabilitation – Dr. C. J. Wong

The field of Oncology has seen great progress over the past decade. As more cancer survivors present with cancer and treatment related impairments, the need for improving upon their function and symptoms continues to grow at an increasing rate. In addition to managing neurological and musculoskeletal conditions, physiatrists and healthcare professionals today will be faced with the unique rehabilitation needs of a mounting group of cancer survivors.

Undergoing a cancer rehabilitation clinical fellowship in an established setting with a partnership between a world renowned cancer centre and the largest rehabilitation centre in Canada, is both an exciting and humbling experience. While I am grateful for the opportunity to help cancer patients and take back with me this invaluable experience, I am even more humbled by the resilience shown by these patients and the trust they have placed in the rehabilitation team. As I continue on this remarkable journey, I am constantly reminded of the aphorism, to cure sometimes, to relieve often, and to comfort always.

The field of cancer rehabilitation is an exciting and rapidly expanding one albeit still lacking in clear guidelines in some areas. I believe one of the best ways to navigate and familiarize with this landscape would be via vigorous and clinical driven research. To future clinical fellows, I would also encourage examining current practices to generate the research questions of tomorrow.



Dr. C. J. Wong

### 8. Combined Plastics/PM&R clinic evolves at Sunnybrook

Larry Robinson, Paul Binhammer (plastic surgery), and Heather Baltzer (plastic surgery) have developed a collaborative multidisciplinary clinic at Sunnybrook to focus on complex peripheral nerve injuries. We have these combined clinics



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six times a year in which we see patients with brachial plexus injuries, spinal cord injuries, focal peripheral nerve injuries, sometimes spasticity, and occasionally amputations. The goal is to emulate the clinic that is in London Ontario known as the HULC (Hand and Upper Limb Clinic). Please contact Larry Robinson if you have patients that might be suitable candidates for this clinic.

9. Annual Research Day, December 1, 2017

Annual Research Day will take place on December 1, 2017, as organized by Dr. Mark Bayley. This will take place at Sunnybrook, Vaughan Estate, Academy of Medicine conference room. A light breakfast will be served at 8:00am, followed by presentations from several colleagues until approximately 3:00pm with a noon hour lunch. Please send your RSVP to Tracia Young, [Tracia.young@uhn.ca](mailto:Tracia.young@uhn.ca), if not already done so by November 28, 2017. Agendas will be sent out.

10. Larry Robinson receives stomach donation

On a recent cycling trip in Spain, Larry was noted to be too thin. The ride leader, Dede Barry (Olympic silver medalist and wife of Michael Barry who rode in the Tour de France) very generously donated her stomach to Larry Robinson as can be seen in the photo below. Please note the concavity left in Dede by the stomach donation. While the donation was much appreciated, it does create a challenge to hold in that much more stomach during photo opportunities.



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.

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