



## DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine  
University of Toronto

November 2019

### Monthly update Newsletter

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#### 1. Division strategic planning underway

As mentioned in our last newsletter, we have established seven strategic planning groups to start to develop ideas for our next five year strategic plan. The seven groups that are underway include:

- Advocacy for our Patients
- Education in CBME
- Integrated Care
- Physician Wellness and Mentorship
- Quality and Innovation
- Research across our sites
- Strategic Use of Social Media

I would like to take the opportunity to thank those individuals who participated in the last five year strategic planning groups and committees. Many division members helped make the last five years a successful implementation of many of our plans.

Because our focus is changing over time as we achieved success in some areas and see new challenges in other areas, some of our prior committees will be changed or phased out over the next five years. Please let us know if there is a group you would like to be on that you are not currently participating in.

A number of the groups are now in the process of meeting to discuss ideas and we are looking forward to a robust discussion at our Division Retreat on February 7, 2020.

#### 2. Toronto PM&R Conference a success

The 2019 Toronto PM&R Conference on November 22<sup>nd</sup> was held at Sunnybrook Estate. This was the third year of the conference and was the best one that we've had. We had about 90 attendees from, not only the GTA, but across Ontario and several from other provinces. We had an outstanding program with speakers from PM&R as well as from diagnostic imaging, anesthesiology, neurosurgery and other fields. The Sunnybrook Estate turned out to be a favourable venue which people enjoyed.

Many thanks are extended to the planning committee led by Hossein Amani and including David Berbrayer, Chantal Vaidyanath, Gordon Ko and Heather Dow from Events Management. We will soon be planning next years' Toronto PM&R Conference and if people have ideas of about what would be of interest, please let Hossein Amani know. Hossein may be reached at: [drhamani@aol.com](mailto:drhamani@aol.com).

#### 3. Audrey Yap promoted to Assistant Professor

We were pleased to hear that Audrey Yap was promoted to Assistant Professor effective November 1, 2019. Audrey is based at Bridgepoint campus of the Sinai Healthcare System and is most deserving of this promotion. Congratulations Audrey! Audrey may be reached at: [lakgoong@gmail.com](mailto:lakgoong@gmail.com).



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### 4. Shane Journey appointment to *PM&R* journal editorial board

We were pleased to hear from Shane Journey (Physiatrist at Providence Healthcare – Unity Health Toronto) that he has been appointed to the Editorial Board as a Senior Editor of *PM&R: The journal of injury, function and rehabilitation*. *PM&R* is the official scientific journal of the American Academy of Physical Medicine & Rehabilitation. He begins his duties effective January 1, 2020. Congratulations are extended to Shane for this prestigious appointment! Shane may be reached at [shane.journey@unityhealth.to](mailto:shane.journey@unityhealth.to).

### 5. Pamela Joseph appointed to our Faculty

We are pleased to announce that Pamela Joseph, recent residency graduate, has been appointed as an Adjunct Lecturer at U of T, PM&R. Pam is based at Providence Healthcare as well as Synergy Sports and has taken on a significant role in education. We welcome Pam to our faculty. Pam may be reached at: [pamela.joseph@unityhealth.to](mailto:pamela.joseph@unityhealth.to)

### 6. Kim Coros and Steve Dilkas serve at Parapan American Games in Lima, Peru

In August, Dr. Steven Dilkas and Dr. Kim Coros were selected as members of the medical team to attend the Parapan American Games in Lima, Peru. Dr. Dilkas worked primarily with the women's and men's wheelchair basketball teams, who won gold and silver medals respectively. In doing so, both teams qualified for the Tokyo Paralympics in 2020. Dr. Coros worked primarily with the Para-Athletics team representing athletes with various impairments who competed in a number of track & field disciplines. Many of these athletes won medals and improved their "PBs" (personal bests). Both physicians were proud to represent these athletes, their country, and the ideals of the Paralympic movement. It is an honour to be selected to any major games team and we are very lucky to have had two representatives from our very own division. Best of luck to all of the athletes and support staff as they prepare for the Paralympic Games in Tokyo next year!



### 7. Andrea Furlan represents the division well on national media again

We were very pleased to see that Andrea Furlan was again very nicely highlighted in the national media. She was on CBC's, The National, in a piece talking about opioids. You can see this at: [https://www.youtube.com/watch?time\\_continue=1&v=2RCYeuTx8t4](https://www.youtube.com/watch?time_continue=1&v=2RCYeuTx8t4)



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Andrea is a co-lead of the strategic group looking at how we can use social media more effectively in our division. This piece is a great example of Andrea’s successful use of the social media to build visibility for the opioid issue in chronic pain as well as enhance her own, much-deserved, visibility nationally. Congratulations to Andrea for this national visibility as well as for her strategic use of social media! Andrea may be reached at: [Andrea.Furlan@uhn.ca](mailto:Andrea.Furlan@uhn.ca)

## 8. One pager description of PM&R available for your use

A number of outlying hospitals or other departments that we have been talking to, to try to build our PM&R visibility have asked me for a one pager description of our specialty. It is of course challenging to describe our diverse specialty that covers the broad range of clinical areas in one page. Nevertheless, we are attaching the document we’ve used in the past. We are sending this out simply so you have something available for your use if you encounter such a question. Please feel free to introduce any edits that might be useful for your own purposes. We realize that each use may require its own customization or editing.

## 9. We’d love to hear from alumni

Many of our faculty often wonder what our residency alumni are up to these days. We’d love to hear from any of the alumni receiving this newsletter. If you’re willing to write a brief paragraph about what you’re up to, that would be much appreciated. Please send it to: [nancy.riley@sunnybrook.ca](mailto:nancy.riley@sunnybrook.ca).

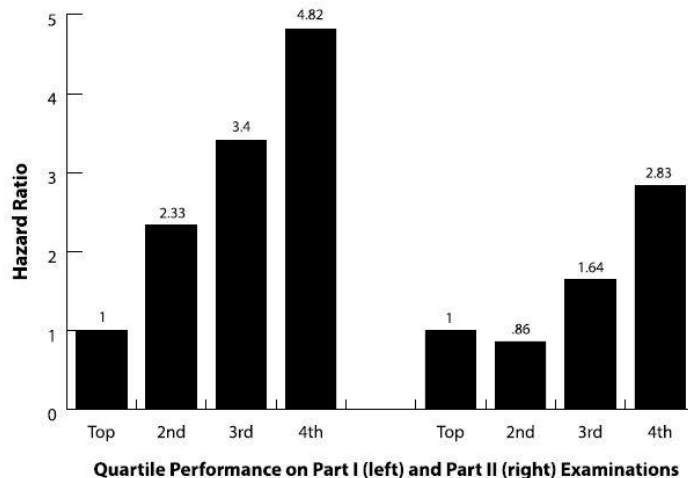
## 10. One way to keep out of the CPSO list of disciplinary actions

Every quarter, we receive the CPSO publication that has a number of helpful articles. The section that draws some of the greatest attention is the list of individuals who have undergone disciplinary actions by CPSO known in the vernacular by many as the “List of Shame”.

There is probably nothing more of a disincentive for keeping up the highest quality standards than avoiding being listed in this section of the publication.

Recently, we have looked at this in the American Board of PM&R. Surprisingly, in the US, there were over 500 disciplinary action reports for *physiatrists* between 1968 and 2017. One of the biggest predictors of a subsequent disciplinary action is doing poorly on the initial certification multiple choice exam. As discussed in the attached article, if individuals were in the lowest quartile on their multiple choice examination performance, they had a nearly five-fold risk for subsequent disciplinary action compared to those who are in the top quartile. A subsequent article in press also demonstrates that continued participation in the Maintenance of Certification process is also associated with a lower risk of disciplinary action. While those of us who already are taking our certification exams can’t go back and change the scores, we encourage those who are preparing for upcoming examinations that their intense study will not only prepare them well for the examination but may reduce their subsequent chances of being listed in the CPSO publication.

Below is a graph of the risk of disciplinary action vs. performance on the part I (multiple choice) and part II (oral) exams.





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Please let me know if you have any items of interest or news to add to the Newsletter.

*Larry Robinson*

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

**Happy Holidays everyone – We will see you in January 2020!**

