



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

April 2024

Monthly Update Newsletter

1. Congratulations to faculty who are being promoted!
2. Kim Coros to assume residency Program Director leadership effective July 1, 2024
3. Congratulations to Angela Mailis
4. Ellissa Huang named 2024 Esther and Saul Baker Award recipient
5. Nancy Riley received 2024 Brian Moore Administrative Award for Excellence
6. We were sorry to hear of the loss of Dr. Gerald Fulton
7. CAPM&R awards announced
8. Welcome baby Jerónimo to the Vivas clan
9. Does walking the stairs lead to better health?
10. First two physiatrists from Ghana visit Toronto
11. Do you want a VOMIT poster?

1. Congratulations to faculty who are being promoted!

We were very pleased to hear of several upcoming promotions that will occur effective July 1, 2024 in our division:

- Andrea Furlan will be promoted to Professor
- Lisa Becker will be promoted to Associate Professor
- Abe Snaiderman will be promoted to Associate Professor (primary in psychiatry, adjunct in medicine)
- Alice Kam will be promoted to Assistant Professor (part-time) effective May 1, 2024

Congratulations are extended to all the successful candidates. Promotions to these levels, especially senior promotions are based on a very high threshold to surpass at the University of Toronto and these are not easy milestones to achieve.

2. Kim Coros to assume residency Program Director leadership effective July 1, 2024

We are very pleased to announce that Kim Coros, Assistant Professor in the division of PM&R based at the Bridgepoint Campus of Sinai Health, will be assuming leadership of the residency program effective July 1, 2024. Kim was selected after a significant search process. She is a very skilled teacher and clinician and we welcome her into this position. Kim may be reached at: Kim.Coros@sinaihealth.ca

Many thanks are extended to Lisa Becker who will be completing 12 years as residency Program Director. Under Lisa's wonderful leadership, the program has flourished and grown considerably. We have done very well on accreditation reviews as a result of her leadership and have graduated many excellent physiatrists. She will be missed. Lisa may be reached at: Lisa.Becker@uhn.ca.

3. Congratulations to Angela Mailis

We were delighted to hear from Andrea Furlan that her mentor, Angela Mailis, won the Canadian Pain Society's Distinguished Career Award. Congratulations are extended to Angela who may be reached at: angela.mailis@uhn.ca.
<https://x.com/adfurlan/status/1785295607864672268>



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto



4. Ellissa Huang named 2024 Esther and Saul Baker Award recipient

The division was happy to hear that Ellissa Huang, first year resident in PM&R, was chosen for the best non-core internal medicine resident that worked with the geriatricians at Sinai Health and UHN in 2023-24. Ellissa will receive the award from the Baker family on September 29th at Mt. Sinai Hospital. Ellissa follows other several other current and former PM&R residents who have been successful in obtaining this award over the years. Congratulations are extended to Ellissa who can be reached at: elissa.huang@medportal.ca.

5. Nancy Riley received 2024 Brian Moore Administrative Award for Excellence

We were very pleased to see that our own Nancy Riley won the 2024 Brian Moore Administrative Award for Excellence given by the Sunnybrook Department of Medicine Association to an administrator who has demonstrated and exemplified a commitment to excellence and supporting all aspects of professional administrative services both to the department of medicine and to physician support. This was a surprise to Nancy and we are very pleased to congratulate her on this award. Nancy can be reached at: nancy.riley@sunnybrook.ca.



6. We were sorry to hear of the loss of Gerald Fulton

Many of you who attended Grand Rounds will have seen Gerald Fulton participating on a regular basis via Zoom. Gerald was an active participant in our regular Grand Rounds and saw patients in the St. Catharines area. His obituary is below. His wife let us know that he had passed away at the end of March and she expressed his gratitude for being included in Grand Rounds and for receiving the newsletter.

<https://obituaries.stcatharinesstandard.ca/obituary/dr-gerald-fulton-1089502068>

7. CAPM&R awards announced

The Canadian Association of Physical Medicine & Rehabilitation will be having its annual meeting in May in which a number of awards will be given. We have been successful in several awards including the ones below:



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

Characterizing adverse events during inpatient rehabilitation	Shangge Jiang, Dalia Othman, Laura K. Langer, Mark Bayley, Christian Fortin, Amanda Mayo, Jordan Pelc, Lawrence R. Robinson, Christine Soong, Meiqi Guo	Original Research
The association between inpatient rehabilitation intensity and outcomes after stroke in Ontario, Canada.	Shannon MacDonald, Elizabeth Linkewich, Mark Bayley, Irene JH Jeong, Jiming Fang, Jamie Fleet	Paper of the Year
Adverse events associated with the delivery of telerehabilitation: A scoping review	Thomas Yau, Josh Chan, McKyla McIntyre, Damanveer Bhogal, Angie Andreoli, Carl Froilan D. Leochico, Mark Bayley, Ailene Kua, Meiqi Guo, Sarah Munce	Medical Student Essay
Harnessing tele-education in a global rehabilitation partnership: case study and literature review	Tiffany Got	Resident Essay

8. Welcome baby Jerónimo to the Vivas clan

We recently heard from Lilian Vivas that her family has welcomed baby Jerónimo to the “Vivas clan” on March 11. Congratulations are extended to Lilian and her family for their new addition. Lilian’s email address is:

lilian.vivas@thp.ca.



9. Does walking the stairs lead to better health?

Of interest, when Larry Robinson first met Charles Godfrey (at age 95 – Charles, not Larry), Larry asked him how he stays in such good shape through his advanced years. He indicated that the primary approach was to take the stairs instead of the elevators. Of interest, a recent study came out demonstrating that climbing the stairs clearly reduces cardiovascular risk. The effect can be seen in as short as 4-8 weeks. A target of 6-10 flights of stairs per day would be very helpful. The link below will provide additional background information.

<https://www.npr.org/sections/health-shots/2024/04/29/1247532191/longevity-stairs-climbing-exercise-heart-disease>

10. First two physiatrists from Ghana visit Toronto

We were pleased to have Benedict Quao and Wheatley Leslie Ajavon visit Sunnybrook Hospital at both Bayview and St. John’s Rehab campuses to observe how rehabilitation is practiced in Canada. Both of them are at the end of a two-year long journey to become the first two physiatrists in Ghana. There are, in fact, very few physiatrists in all of Africa. Both of them underwent two years of online training and the capstone was four weeks at St. John’s Rehab followed by four weeks with Colleen O’Connell and then attending the Canadian Association of Physical Medicine & Rehabilitation meeting. Many thanks are extended to the physiatrists at St. John’s Rehab who participated in their training including: Peter Broadhurst, Matt Godleski, Amanda Mayo, Perry Rush and Barathi Sreenivasan. Below is a photo of Larry taking them to a Thai restaurant. Unfortunately, one of them was surprised when the monster on the wall started licking his head.



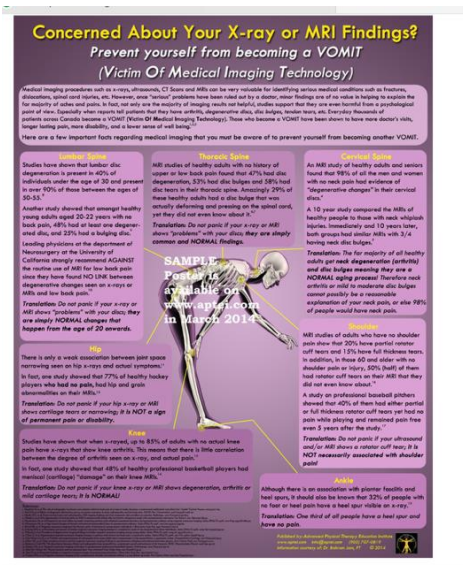
DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto



11. Do you want a VOMIT poster?

We recently received an excellent poster from our colleague Angela Mailis which she puts in her patient rooms. This provides background on preventing yourself becoming a VOMIT (Victim Of Medical Imaging Technology). It very correctly points out the high incidents of false positives in spine and other MSK imaging. This poster can be ordered online (see the attached poster). I believe this might also facilitate discussion we have with patients about interpretation of their imaging findings.



As always, let us know if you have stories of interest that you would like to have distributed.

Don't forget to connect with our Twitter site @UoFT_Physiatriy.

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