

DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

September 2021

Monthly update Newsletter

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1. U of T, PMR Division retreats successfully to higher ground

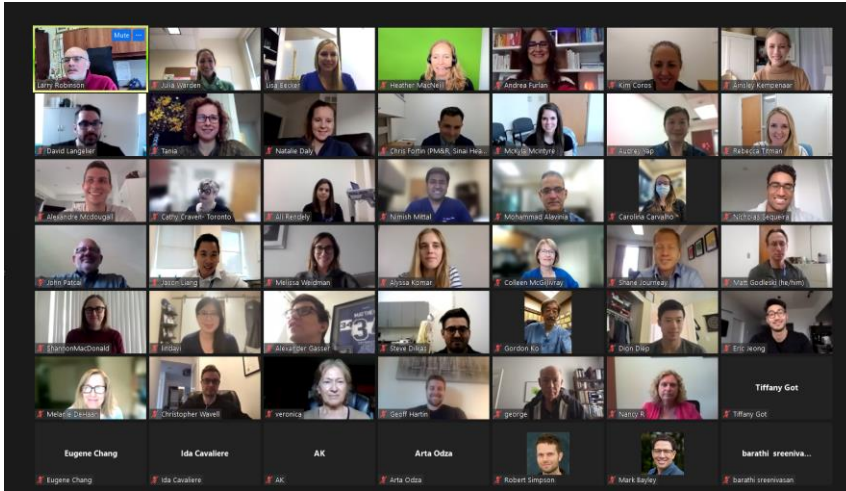
Thank you to all who participated in the September 24th virtual U of T, Division of PM&R retreat. We are sorry that this had to be virtual rather than in-person but the pandemic unfortunately would not allow an in-person get-together at this time. Nevertheless, we had excellent attendance and presentations:

- Our QI group provided updates on the strong work they are doing not only locally but also nationally.
- Cathy Craven and Shannon MacDonald reviewed our research metrics which are impressive, showing continued growth. We also discussed the potential of an external review of our research operations next spring.
- Kim Coros and Steve Dilkas gave an excellent virtual tour of the work they did at the Paralympics in Japan.
- Andrea Furlan and Ali Rendely discussed using YouTube and webinars to reach audiences with their material. Andrea now has nearly 10 million YouTube views in her channel which is amazing.
- Lisa Becker provided a framework for writing recommendation letters for students who are interested in applying to PM&R programs. This will be distributed to faculty soon.
- Denyse Richardson demonstrated cards for EPAs (Entrusted Professional Activities) that can be used to help implement CBD (Competence By Design).
- Alex McDougall and McKyla McIntyre provided an excellent stretching break to prevent contractures and hip flexor tightness amongst participants.
- Chris Fortin discussed the many advantages and examples of integrated care delivery in our division.
- Mark Bayley gave an update on advocacy measures that he is working on with the GTA Rehab Network that will have a significant positive impact on delivery of specialized rehabilitation care.
- We had a superb coaching session from Heather McDonald-Blumer joined by a panel of Lisa Becker, Denyse Richardson and Julia Warden to discuss coaching, advising and mentoring for our trainees. This gave a far greater understanding of the advisor role than we had before.
- Heather MacNeill, Audrey Yap and Ainsley Kempenaar provided awards (see item below) to our award winners.

Many thanks to all those who presented and participated. Relevant slide sets are attached to this newsletter.

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2. Division members receive annual awards at the retreat

Many thanks are extended to the Awards and Recognition committee including: Heather MacNeill (co-chair), Audrey Yap (co-chair), Meiqi Guo, Amanda Mayo, and John Patcai for selecting and presenting awards this year. The committee had a difficult time selecting awardees from amongst the nominations because there were so many excellent nominees to select from.

This year's winners were:

- Community Award Ida Cavaliere
- Innovator of the Year Award Rebecca Titman
- Research/QI of the Year Award David Langelier
- Mentor of the Year Award Kim Coros
- Leadership Award Lisa Becker

We also celebrated 20 year service awards from last year and this year included:

- John Flannery (2020)



- Raza Awan (2021)
- Mark Bayley (2021)
- Julian Lo (2021)

10 year service awards from last year and this year which included:

- Steven Dilkas (2020)
- Harpreet Sangha (2020)
- Tania Bruno (2021)
- Alex Lo (2021)

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The “Greatest Contribution to the Quality of the PM&R Program Award” was presented by Ainsley Kempenaar to:

- Lisa Becker



- Cathy Craven elected into the Canadian Academy of Health Sciences
We were all very pleased to hear that Cathy Craven was elected to be a Fellow of the Canadian Academy of Health Sciences this year. This is a highly selective award and it recognizes excellence in health sciences. It is considered one of the highest honours for individuals in the Canadian health sciences community. More details can be found at: <https://cahs-acss.ca/seventy-four-new-fellows-elected-into-the-canadian-academy-of-health-sciences/>
- Congratulations to Kim Coros for promotion to Assistant Professor
We were very pleased to hear that Kim Coros was promoted from Lecturer to Assistant Professor in our division effective September 1, 2021. Congratulations are extended to Kim who can be reached at: kim.coros@sinaihealth.ca.
- Choosing Wisely Canada presentation
We are glad to see that we will have an update on Choosing Wisely Canada from Wendy Levinson at the CAPM&R. Chris Fortin is now the Choosing Wisely Canada representative from the CAPM&R and has asked Wendy to give an update on CWC. This will be available online on October 8 at 12:00 noon. An email blast will be sent out from CAPM&R.
- Toronto PM&R conference November 5, 12 and 19
The annual Toronto PM&R conference will be occurring on three Fridays in November: November 5, 12 and 19 from 12:00 noon to 2:00pm. We have an excellent line-up with day one focused on brain injury and neurologic disorders, day two focused on spinal cord injury topics and day three focused on ALS, skin and amputees. The full conference listing can be found online at: <https://www.torontopmrconference.com/2021/>. Registration is required.
- Do you provide compassionate care?
You may have seen a request to participate in the National Compassionate Care survey from Robert Simpson and colleague Marina Wasilewski regarding your experiences with compassionate care in PM&R. To participate in this online survey, please click on the link: <https://pbrsb.limequery.com/788391?lang=en>. Full details are attached.
- Survey on strategies to prevent long-term opioid use after a traumatic injury
Are you concerned about long-term opioid use after a traumatic injury? Dr. Mélanie Bérubé, Assistant Professor, Université Laval is doing a survey as a part of a research program funded by the CIHR. If you would like to participate, please follow the link below and see enclosed information.
<https://www.limesurvey.cifss.ulaval.ca/index.php/978349/lang-en>
- McKyla McIntyre and Kanae Kinoshita led Wellness Conference
We were happy to see that McKyla McIntyre led an online session on September 22nd with Kanae Kinoshita (Spiritual Care Practitioner) called, “Living from the Heart”. This was an interactive, one hour reflective session for faculty. This was very well-received and we appreciate McKyla and Kanae leading this intervention to improve wellness of our faculty.

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10. Adarsh Rao and Pinder Sahota officially open Ability Clinic

We were pleased to hear that Adarsh Rao and Pinder Sahota have officially opened their “Ability Clinic” in Mississauga, ON. Ali Rendely wrote an article (see link below) which is published in Healthy Debate. The ribbon-cutting ceremony took place in August. <https://healthydebate.ca/2021/08/topic/equitable-accessible-clinic/>
Congratulations to Adarsh and Pinder who can be reached at: www.abilityclinic.ca



11. Larry Robinson discovers Mr. Peanut's body – just a shell of his former self

For those of you who follow Mr. Peanut, you may have heard last year that he was killed off by his parent company and died at the overripe old age of 104. This indeed was a sad day for those of us who were Mr. Peanut aficionados. Luckily, his embalmed body was found in Toronto at the John Vince company where one can pose for pictures with him. He was, as expected, unusually quiet. But he still has a happy facial expression and appears to be still well-dressed post-mortem.



Mr. Peanut is not wearing a mask!

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_Physiatry.



Larry Robinson