



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

March 2022

Monthly update Newsletter

1. Congratulations to PM&R Resident Research Day presenters
2. Congratulations to presenters at Quality Day
3. Division members will want to hold the calendar date for the upcoming Division of PM&R, Faculty Retreat
4. Steve Dilkas supports Canadian Paralympics
5. Congratulations to PM&R Top Doctors
6. Top Teachers announced from Department of Medicine
7. CaRMS Day another success
8. Medical student electives cancelled for 2022-2023
9. Robert Simpson received first CIHR grant
10. Accreditation of local events
11. Be aware of CMPA guidance if your patient relocates
12. It's the time of year for Peeps!

1. Congratulations to PM&R Resident Research Day presenters

Congratulations are extended to the organizers and presenters at our March 4th U of T, PM&R, Resident Research Day. We heard a variety of excellent presentations from our residents and had a superb presentation from Lee Kirby who provided the Keynote Address on Wheelchair Skills Assessment and Training as well as Paul Winston who provided a Keynote Address on Building Research Capacity. There were a variety of excellent poster and oral presentations from our residents and congratulations are extended to our award winners which include:

- Top poster: Junior presentation: Tiffany Got
- Top poster: Senior presentation: Alyssa Komar
- Top oral presentation: Stephen Szeto

Special thanks are also extended to David Langelier who was the faculty resident research lead and Stephen Szeto who was the resident lead.

Please note that Faculty Research Day is soon coming up on April 8th. We will have Keynote Addresses from Dale Needham at John's Hopkins and Janna Friedly at the University of Washington as well as a number of faculty research updates and presentations.

2. Congratulations to presenters at Quality Day

We were pleased to see a series of superb U of T, PM&R, Quality Day presentations on March 25th. We heard a variety of ongoing QI projects in our division and also enhanced a collaboration with neurology as they presented their quality and innovation laboratory efforts. Special thanks are extended to all the presenters and to Amanda Mayo who lead the day.

In addition, for those interested in furthering their education in quality improvement and patient safety, readers are encouraged to consider applying for certificate and other programs in CQuIPS and EQUIPS. The full details are available at CQuIPS website:

<https://mailchi.mp/6a7ecd005186/cquips-and-michael-garron-partner-to-expand-qi-into-the-community-13733523?e=94fc1136a2>

3. Division members will want to hold the calendar date for the upcoming Division of PM&R, Faculty Retreat

Our upcoming Division of PM&R Faculty Retreat will be held on June 17th. We are planning a variety of updates in Wellness, Education, Quality and Innovation, Advocacy, Research, Fellowship and Integrated Care. We are also looking forward to the awards and recognition ceremony led by Heather MacNeill and Audrey Yap (although we are hoping not to see the same level of interpersonal violence demonstrated at the American Academy Awards). We are also planning a faculty development session on communication styles and how to work with our colleagues who may have different communication styles than ourselves. There will be a more fulsome agenda coming shortly on our planned retreat.



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4. Steve Dilkas supports Canadian Paralympics

As you may know, West Park Healthcare Centre's Dr. Steven Dilkas was at the Beijing 2022 Paralympic Winter Games as team physician for the Canadian Wheelchair Curling team. The Canadian Paralympic Committee profiled Dr. Dilkas and the important work he has done to support Canadian Paralympic athletes, including at two Games in the COVID era. Canada's Wheelchair Curling team was off to a strong start, sitting atop the standings after five matches! Steven is happy to report that the Canadian Wheelchair Curling Team that he works with came home from the Paralympics with a bronze medal. More can be viewed at: <https://paralympic.ca/news/health-matters-dr-steven-dilkas-navigates-two-paralympic-games-covid-era>



Photo credit, Angela Burger – Canadian Paralympic Committee

5. Congratulations to PM&R Top Doctors

We were very happy to see a number of our own division members included in the recent issue of Post City Magazine's Top Doctors. This included: John Flannery, Andrea Furlan, Amanda Mayo, and Melody Nguyen. Congratulations to all! The entire listing can be seen at: <https://issuu.com/postcity/docs/bayview-2022-03-compressed>

6. Top Teachers announced from Department of Medicine

We were pleased to see a number of our own division members listed amongst the Department of Medicine, Top 10% Teachers. These are teachers who received trainee ratings in the top 10% of all those who are evaluated. This year, we were pleased to see: Alex MacDougall, Heather MacNeill, McKyla McIntyre, and Barathi Sreenivasan all listed as top 10%. Congratulations are extended to these four excellent teachers.

7. CaRMS Day another success

A special thanks are extended to Lisa Becker, Tracia Young, and all those who planned and participated in the CaRMS review and interview process. This year was another success with 16 individuals interviewed by two panels of interviewers. The process went extremely well and it is amazing how well we can do the interviews virtually at this point. We had a large number of very highly-qualified individuals applying to our residency and we should hear in the next month or so who ultimately is chosen to spend their next five years with us. Thank you also to the chief residents and other residents who provided considerable background support through the entire process.

8. Medical student electives cancelled for 2022-2023

Unfortunately, because of the ongoing concerns related to the pandemic, the Undergraduate Medical Education Deans across Canada have decided to cancel all visiting electives during the 2022-2023 academic year. This means we will not be able to have elective students from other universities nor will our U of T students be able to go elsewhere for their own PM&R electives. This is an unfortunate side effect of the pandemic and it means we will all need to continue to provide an excellent educational experience for our own students.

9. Robert Simpson received first CIHR grant

We were pleased to hear that our own Robert Simpson recently received his first CIHR grant as a principle investigator. This is a \$100,000 catalyst grant to study the implementation of online mindfulness-based initiatives for people with multiple sclerosis. Having one's first grant as a PI is a significant milestone in the development of our clinician



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investigators and clinician scientists and congratulations are extended to Robert who may be reached at Robert.simpson@uhn.ca.

10. Accreditation of local events

For those of you seeking accreditation of U of T events, I do encourage you to consider looking at the Continuing Professional and Development website at U of T. To get free accreditation for faculty development days, or research days, you will need at least 10 weeks' advance notice. Further details are available here:

<https://www.cpd.utoronto.ca/educators/accreditation/how-to-obtain-u-of-t-accreditation/>

If there is no charge for conference attendees, there is no charge to obtain Royal College accreditation.

11. Be aware of CMPA guidance if your patient relocates

As patients relocate, it is tempting to continue to provide virtual care to them. While this is good for providing continuity of care, you will want to be aware of the medial legal risks if your patients move outside of the province. As stated in the CMPA website on telehealth and virtual care, you should consider whether you are in compliance with local virtual care or telemedicine licensing requirements in the province in which the patient is physically located. If patients are outside of Toronto, please remember that the practice of medicine is usually considered to occur where the patient is physically located, not where the physician is physically located. For more details, please see:

https://www.cmpa-acpm.ca/en/covid19/telehealth-and-virtual-care?utm_source=25MAR22EN-E&utm_medium=Email&utm_campaign=Ebulletin#patient-relocates-during-pandemic

12. Yes, it's time for Marshmallow Peeps again!

It is that time of year, again. Marshmallow peeps are out in the community wandering through our neighborhoods. We thought it a good time to re-run an old Peeps slide show from 2015 when a former resident served as a literary agent for Dr. Pepper McPeep (a local Peepsiatrist). Please see the attached superb slide-show.

Also, as an update, Peeps are now being seen in clinics for Birdial Plexus Injuries. Below is a figure of: a normal (healthy) peep; a peep after BPI, the small incision needed for BPI repair, and the post-operative recovery.



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.

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