



## DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine  
University of Toronto

April 2019

### Monthly update Newsletter

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2. **Cathy Craven appointed as a Fellow of the American Spinal Injury Association**
3. **Nora Cullen presides over 13<sup>th</sup> World Congress on Brain Injury**
4. **Peter Broadhurst to receive the Peters Boyd Teaching Award for clinical skills in year 2**
5. **Welcome to new PGY1 residents**
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1. **Nora Cullen to receive the Humanism in Medicine Award from the Department of Medicine at U of T**

We have this heard month that our own Nora Cullen will be presented the Humanism in Medicine Award from the Department of Medicine at the Department's Annual Day on June 11<sup>th</sup>. Nora is receiving this award because of her outstanding work in Nepal and in the development of NepalAbility. The award was established in 2018 to recognize faculty members who exemplify a deep and abiding commitment to humanism in healthcare. I encourage you to consider attending the Department of Medicine, Annual Day this year to be there when Nora receives this prestigious award.

2. **Cathy Craven appointed as a Fellow of the American Spinal Injury Association**

We extend our congratulations to Cathy Craven who was recently appointed as a Fellow of the American Spinal Injury Association (ASIA). This appointment is reserved for those who have made distinguished accomplishments in the field of spinal cord injury. The designation of fellowship recognizes prominent contributions to, and support of, the organizational mission of ASIA. Not that Cathy is short on winning awards, but she also won second place at the Spinal Cord Injury Summit for her oral presentation on bone biomarker and bone strength data from a trial on FES walking.

3. **Nora Cullen presides over 13<sup>th</sup> World Congress on Brain Injury**

The 13th World Congress on Brain Injury was held in Toronto in March, where Nora Cullen was elected President of the organization. There were 1,200 delegates from 50 different countries, with many top experts in the field being invited speakers. The opening plenary was given by Mark Bayley, who spoke eloquently of the importance of the input of front line staff when implementing change to practice based on best evidence. We are looking forward to the next World Congress to be held in Dublin in 2021 - but it will be difficult to top Toronto!

4. **Peter Broadhurst to receive the Peters Boyd Teaching Award for clinical skills in year 2**

We were pleasantly surprised to learn that our own Peter Broadhurst has been awarded the Peters Boyd Teaching Award for clinical skills teaching in the second year. This award recognizes Peter's skills in teaching the neurologic exam and musculoskeletal exams to second year students. It is exceedingly unusual for someone just finishing training to receive such an award. Dr. Piliotis, Director of the Peters Boyd Academy, says that the comments from Peter's students really reflect the impact he has had on them. Peter will receive the award at the Peters Boyd award ceremony on May 21<sup>st</sup>.

5. **Welcome to new PGY1 residents**

Once again, we are proud to match with three outstanding medical students to join our residency program in July of this year. This was another highly competitive year with over 30 applications and 20 interviews for 3 positions. Coincidentally, all three students are finishing from the University of Toronto.



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### Meet the ..... University of Toronto Division of PM&R 2019/20 PGY1's

## Geoffrey Hartin



I was born and raised in Ottawa, spending my summers playing soccer, and winter weekends skiing and snowboarding. Inspired by an interest in anatomy, neuromuscular disease, and sports medicine, I pursued an undergraduate degree in Kinesiology at Western. Following the completion of my degree, I took a year off to volunteer at The Ottawa Hospital, particularly at The Rehab Centre, which was where I was introduced and developed a passion for Physiatry; a passion that was only strengthened throughout my medical training at U of T. I feel remarkably privileged to have the opportunity to continue my training in Toronto and am extremely excited to join the PM&R team! Outside of school, I continue to enjoy playing any sport I can, travelling, cooking, and cheering on the currently last place, Ottawa Senators (sorry!).



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### Alyssa Komar



I was born and raised in Markham, where my interest in health and physical activity developed through my time as a lifeguard and swim instructor at a local community pool. This interest led me to pursue a Bachelor of Science in Kinesiology degree at Queen's University. It was here that I was first introduced to the "rehab world" and was inspired to pursue a Master of Occupational Therapy degree at the University of Toronto. During this time, I discovered physiatry and have never looked back! Outside of medicine, you can find me eating my way through Toronto's restaurant scene with family and friends. I am excited to join the University of Toronto's PM&R team and begin training in a career and city that I love!

### Stephen Szeto



Grew up in the sub-urban streets of Mississauga playing as much basketball as I could before I entered a decade long contract with the University of Toronto. Over this time, I completed an undergraduate degree in Mathematics and Biology, a Master of Science in the Institute of Medical Sciences investigating mechanoregulation in renal fibrosis, and lastly medical school with a research focus on innovation and technology in medicine. In 2019, I was fortunately drafted into the Physical Medicine and Rehabilitation program at the University of Toronto (again)! I am thrilled to continue my training in the city of Toronto and hopefully alongside the Toronto Raptors. My clinical interests include interventional physiatry, MSK, and Sports Medicine. Ultimately, I aim to be a clinician-innovator who will push the frontiers of technological innovations to better improve rehab for everyone! Outside of medicine, I can often be found at the Athletic Centre, MAC, or RAC playing basketball or just lazing about and chilling.



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### 6. Clarification for full-time clinical faculty appointments at University of Toronto

In case you have not seen it, Dr. Gillian Hawker recently published a Chair's column that clarifies the requirements for full-time clinical faculty appointment in the Department of Medicine at the University of Toronto. This column also clarifies the advanced training that is required for a faculty appointment. The Chair's column can be found at: <https://mailchi.mp/8968ef05f4d7/departement-of-medicine-matters-april2019-2461165?e=fc90fc7884>

### 7. Department of Medicine survey underway

The Department of Medicine is in the midst of data collection for the biennial faculty survey across our Department of Medicine. This is an important way for Dr. Hawker to hear from us and to hear what is important to our Division's faculty members. All faculty members should have received the individual survey link. We encourage you to take this survey which should take no more than 10-15 minutes to complete. The survey will remain open until May 20<sup>th</sup>.

### 8. What to do if you have unused email addresses

Probably, most of us have email addresses that we no longer use or check regularly. At times, we will receive emails in these addresses that we would have wanted to know about sooner. We encourage you to consider the following options regarding these emails that you no longer regularly check:

- Most email services will allow for automatic responses. If you do not regularly check one of your email accounts, you may want to put in an automatic response such as, "I do not regularly check this email. Any email of significant importance should be sent to (current email address)":
- If you have privileges at a hospital, many hospitals will expect and require that you check those emails on a regular basis. In those cases, you may want to check your hospital email regularly even though it's not your primary email.
- If you are potentially putting sensitive or patient-related information in your emails, you will want to consider using only hospital or other secure services for your email correspondence. Gmail and Dropbox are generally not considered secure systems.

### 9. External review May 6 and 7, 2019

As many of you know, the Division's (and Division Director's) five year review will be on May 6 and 7<sup>th</sup>. Dr. Andrea Townson, from the University of British Columbia, has been invited to serve as the external reviewer. A number of you will be meeting with her when she is here. It is our intent to use some of the information we obtain from this review to discuss the next strategic plan when we get together for our Annual Retreat on June 14, 2019.

### 10. Division Annual Retreat June 14, 2019

Please make sure you have the Division Annual Retreat in your calendars for June 14<sup>th</sup>, to be held at Sunnybrook Estate, Academy of Medicine room. The first half of the morning will be devoted to continuing our preparation for the Competency By Design. We will then hear from various members of the Division about progress in areas that we have focused on in our last strategic plan. We will also have reports from hospitals in our Division. For those of you who would like to dress-up, we are also having photos that day. As usual, Larry Robinson will be getting a manicure, pedicure and hair-styling the day before.

Please let us 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  
Department Division Director