



# DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine  
University of Toronto

February 2018

## Monthly update Newsletter

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1. Quality Day was a day of very high quality.

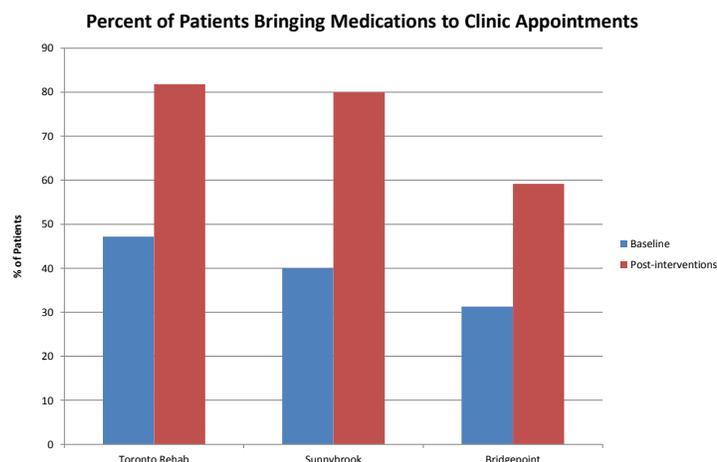
Congratulations to Alex Lo and the QI leaders throughout our Division for creating and leading a wonderful Quality Day on Friday, February 16<sup>th</sup>.

We had some excellent speakers including Kaveh Shojania who talked about how to pick QI projects and avoid common pitfalls; Cathy Craven talked about her outstanding work in leading the development of national quality indicators for spinal cord injuries; John Flannery, discussed the very important Narcotic Quality Initiative for the TRI Rehab Pain Service; and Nora Cullen who gave an excellent overview of how quality and leadership overlap so strongly when one is serving as a medical leader.

The morning was capped with presentations from the Division-wide QI Project lead by Alex Lo, Meiqi Guo, Amanda Mayo and Chris Fortin. The graph below demonstrates the dramatic improvements in medication reconciliation in clinics at the three sites of Bridgepoint, Sunnybrook and TRI. We will be getting together again to discuss whether a follow-up project might be warranted. Please let me know if you would like to take an active role in participating in the next division-wide QI project.

The Division-wide project, as well as Quality Day, are important in our ability to build capacity for taking on QI projects and challenges. This will be important to all of us as we serve in clinical, educational, research or leadership positions.

## Division-wide Final Results





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### 2. Getting wise about opioids

On March 1, 2018, Choosing Wisely Canada will be launching the “Opioid Wisely” initiative. This is a national campaign to help clinicians and patients engage in conversations about opioids. The Canadian Association of PM&R was one of ten specialty societies across Canada to include an opioid recommendation for Choosing Wisely Canada. Our recommendation was “Don’t order prescription drugs for pain without considering functional improvement”. Attached to this newsletter are some additional slides that give you more information about choosing opioids wisely. Please feel free to disseminate these recommendations and I encourage you to include them in your discussions with patients who have chronic pain. There is also a Webinar given by Dr. David Juurlink on March 1<sup>st</sup> to launch this campaign. This can be viewed at: <https://choosingwiselycanada.adobeconnect.com/r791s2slwfl9/>

### 3. Should you be a co-author on a paper?

Periodically, the question will arise for many of us as to whether we, or our colleagues, should be co-authors on manuscripts that are written as a group effort. On the one hand, it may be tempting to ask a more senior person to be co-author on a paper to enhance its visibility or, we may be tempted to request co-authorship on a paper in which we have not provided substantive input.

Luckily, the International Committee of Medical Journal Editors (ICMJE) have come to our rescue. They define four criteria, all of which should be met, to serve as a co-author on a paper. These include:

- 1) Substantial contributions to the conception or design of the work; or the acquisition, analysis or interpretation of data for the work;
- 2) Drafting the work or revising it critically from the view point of important intellectual content;
- 3) Final approval of the version to be published; *and*
- 4) Agreement to be accountable for all aspects of the work in ensuring that questions raised to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

Further details can be found in the attached memo from Gillian Hawker and Michael Farkouh, Vice-chair of research in the Department of Medicine.

### 4. Julia Warden to lead our undergraduate medical education efforts

We are pleased to report that Julia Warden has been asked and has agreed to serve as our primary undergraduate medical education lead. Julia will assume all responsibilities for leading undergraduate medical education for our Division. Many thanks are extended to Dinesh Kumbhare who led Pain Week for a number of years. With the overall changes in the undergraduate curriculum, Pain Week no longer exists as we knew it before and Dinesh has taken on new responsibilities as section editor for second order peer reviews in the American Journal of Physical Medicine and Rehabilitation.

We continue to perform very strongly in the area of undergraduate medical education with many U of T students interested in PM&R and very strong evaluations of our multiple avenues for undergraduate education. We are also pleased to see that Kim Coros is continuing to lead the Exercise is Medicine initiative for the undergraduate curriculum which is an important high visibility role.

### 5. Would you like to be uniquely identified for your scientific and academic contributions – ORCID?

For those of you who would like to streamline your ability to track your work, and help others track work, it may be worth considering getting an ORCID (Open Researcher and Contributor ID). This is particularly useful for those who might have common names. Larry Robinson, for example, has many recognitions for outstanding hockey contributions as well as contributions to pediatrics none of which he can accurately claim. The ORCID solves this problem by developing a unique number for each contribution.

If you would like to register for an ORCID, it is relatively simple to do. Many thanks to Cathy Craven and Mohammad Alavinia for developing a set of instructions (attached) to get your own ORCID.

### 6. Bringing cardiac rehab to Israel

In our series of fellowship highlights, we have asked Dr. Orith Karny-Rahkovich to talk about her work as a two year fellow in our cardiac rehab program. Her comments are below:

My background is Internal Medicine. In the past 2 years I have been exposed to many aspects of the Cardiovascular Prevention and Rehabilitation Program here at the Rumsey Centre. I feel as I have gained a great deal of knowledge that



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I did not have and was never exposed to before. I am a part of a team of wonderful people from different professional backgrounds and different roles at the Rehab Centre with immense knowledge and educational abilities and experience. Within my role, I'm involved in almost all of the aspects of Cardiac Rehab of the patients; starting with the clinic, through the lab, the track and the classes.

My plans are going back to Israel and engaging in the cardiac rehab program in the hospital I work at. I do hope to continue with collaborating with cardiac rehab here. My main goal is to expand cardiac rehab in Israel; to different cardiac populations and different cardiac diseases. First in a small scale (just the hospital I work at) and then throughout the country, collaborating with the different units in the different hospitals there. A very important part would be to continue research in this field once the rehabilitation program is established.

I feel that I have gained immense knowledge (there's still much more to learn of course).

This fellowship has changed my point of view and approach to patients (specifically with cardiac issues). I could see the importance of cardiac rehab, the importance of prevention in practice. It won't be exaggerating saying that this is a life changing experience.

There are countless possibilities and positive effects on patients and their families within cardiac rehab that should be seized and explored.

Thank you,  
Orith



7. David Berbrayer wins OMA Lifetime Membership Award

Congratulations are extended to David Berbrayer on being one of the recipients of the OMA Lifetime Membership Award, a well-deserved award for his contributions and leadership roles he has undertaken over the years. David may be reached at: [david.berbrayer@sunnybrook.ca](mailto:david.berbrayer@sunnybrook.ca).

8. Shane Journeay board certified in occupational medicine

We are pleased to hear that Shane Journeay, has recently become board certified in occupational medicine in the United States. Shane is a recent graduate of our residency program and soon will be joining our adjunct faculty in the Division. He is currently primarily based at Providence Hospital.

9. We were pleased to hear from Lilian Vivas about her new addition to her family

Lilian and her family welcomed baby Tomás Yu-Sun Vivas who was born on February 4, 2018.





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10. Doctors Without Borders (Medecins Sans Frontieres - MSF) is seeking physiatrists  
Doctors Without Borders is seeking physiatrists to work in Iraq for a month. They do actually cover some salary as well as accommodations. If you are interested please take a look at the link below:  
<https://www.msf.fr/recrutement/en/work-in-the-field/physical-medicine-and-rehabilitation-specialist-baghdad-iraq-m-f-m-f#>
  
11. Larry Robinson promoted as a cure to insomnia.  
Recently, Larry Robinson gave a City-Wide Medical Grand Rounds comparing the Canadian and US healthcare systems. Many people found the introductory comments around the translation of American and Canadian language to be the most interesting part of the talk and luckily no one has called my talk, "Interesting". If you have trouble falling asleep and would like to see this video, it can be found at:  
<http://mediasite.otn.ca/Mediasite/Play/95c6b4d42bcc46e896ab2c54e894fcc31d>

Please let me know if you have items or news to add to the Newsletter. Please also don't forget to check out our Facebook page.

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