



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

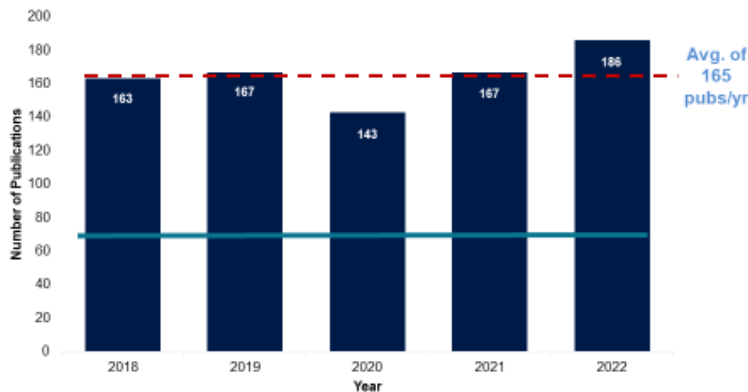
June 2023

Special Edition - Monthly update Newsletter

We had a very successful Division Retreat at the Chestnut Conference Centre on June 23, 2023. It became clear that we are making very good progress on our 2019-2024 strategic plan and there are many very positive developments that we have seen over the last few years. To highlight the retreat:

1. Larry Robinson reviewed many of the areas of progress that we should be happy about and proud of. These include progress in every single one of our strategic plan areas (more details below). Also, we had a strong national and international presence at CAPM&R and ISPRM. We have superb teachers with 17% of our faculty in the top 10% of Department of Medicine teachers. Larry also mentioned the upcoming year of transition. As many know, when new leaders are appointed, they automatically have a “best before date” stamped on them which is 10 years after the start. Larry will finish on June 30, 2024. This summer, the division will work on a self-study document and we will have external reviewers in the fall. If you have any suggestions for external reviewers, Larry would be glad to hear them. Later in the fall, there will be a search committee for the new Division Director. If you are interested in the position or interested in being on the search committee, please write to our chair of medicine, Dr. Gillian Hawker, later this fall.
2. On behalf of the Research Committee, Cathy Craven gave an excellent update on our research productivity as a division. Many thanks are extended to Cathy and Mohammad Alavinia for preparing this summary. Slides below illustrate several highlights including growing annual research grants (now exceeding \$11M per year), over 165 publications per year, and a wide range of clinical areas for funding. This is especially impressive when one considers that we are a division of only 39 full-time faculty and 37 part-time and adjunct faculty.

Publications 2018-2022



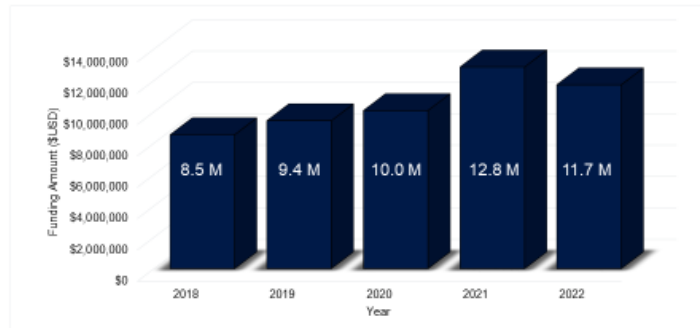


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Funding – 2018-2022



Funding – 2018-2022

Research Foci	Funding (\$USD)	Research Foci	Funding (\$USD)
ABI	\$3,259,474	Oncology	\$4,899,716
Amputee	\$1,409,424	Other	\$1,863,723
Cardiac	\$8,510,913	Pain	\$8,751,582
COVID Research	\$2,740,345	Quality	\$142,200
Drug Related Disability	\$2,136,254	Respiratory	\$1,256,802
Education	\$16,784	Spasticity	\$17,681
Geriatrics	\$187,733	Spinal Cord Injury	\$8,140,530
MSK/Sports Medicine	\$1,675,807	Stroke	\$4,263,128
Multiple Sclerosis	\$331,664	Technology	\$1,289,089
Neuromuscular & Peripheral Nerve	\$1,768,836	Trauma	\$157,674
		TOTAL	\$52,619,359



- McKyla McIntyre presented on behalf of the Wellness Committee. She gave an excellent presentation on the definition and key contributors to wellness and on factors contributing to burn-out. She reviewed several of the wonderful social activities we have had over the last year and also discussed a model for wellness. This is particularly appreciated as the last few years have been challenging. We are very much indebted to the entire Wellness Committee for their work in this very important area.
- Lisa Becker provided an update on our residents who are doing exceedingly well. Our new Chief Residents will be Chris Wavell from July through October, Dion Diep from November through February, and Tiffany Got from March through June. Joon Mun will be RPC representative. Lisa also presented some excellent work she has been doing with the Royal College to develop a standardized CaRMS letter; this is exceedingly important as these letters play a pivotal role in the ranking of resident applicants. Thanks are also extended to members of the Residency Program Committee, the Competence Committee, and the academic coaches who all have contributed to our superb residency program. Lisa also presented several ways in which department members can get more involved in residency education.



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How you can get involved in Residency Education

- Recruiting for the following positions:
 - Mock Royal College Exam (MRCE) Lead
 - Neuro Academic Half Day Lead for 2024-25
 - Competence committee member
- Teach at Academic Half Days/Anatomy sessions
- Volunteer for MRCE as proctors or prepare written and OSCE stations
- Supervise resident research
- Supervise resident electives
- Participate in CaRMS interviews or application reviews

5. Jon Hunter, Professor in Psychiatry, gave an engaging presentation on maintaining wellness during stress. He gave some excellent examples of ways that we might cope with the stresses that enter our professional lives.

Some Ways of Coping

- | | |
|---|--|
| <ul style="list-style-type: none">1. Fix the problem if you can<ul style="list-style-type: none">• Problem solving• Planning• Get practical support2. Feel better about what you can't fix<ul style="list-style-type: none">• Get emotional support• Humour• Distraction• Positive reframing3. Pay attention to purpose, meaning and values<ul style="list-style-type: none">• Acceptance• Religion | <ul style="list-style-type: none">• Often less useful<ul style="list-style-type: none">• Venting emotions• Self-blame• Denial• Substance Use• Giving up coping |
|---|--|

Check out the video:
[How to Cope with
Anything \(Including
COVID-19\)](#)

6. Chris Fortin provided a thoughtful update from the Integrated Care Committee on Advances in Integrated Care. We have been making steady progress in integrating PM&R into other fields of medical care which has improved our visibility, and created new opportunities in clinical care, education and research. We are on a great trajectory and a number of opportunities were discussed for further integrated care. Thanks are extended to this committee for their continuing work in this area.
7. Peter Broadhurst discussed undergraduate medical education updates. Peter has been leading introduction to psychiatry nights once a year with some excellent faculty role models who have presented. He also has led two MSK skills nights, one for the upper limb and one for the lower limb; these have received excellent feedback. Peter has promoted PM&R observerships for early students, in the first couple of years, and he has had 20 students shadow him personally. All these initiatives create excellent opportunities to build a pipeline of medical students to go into PM&R. Peter discussed further opportunities to promote the field through involvement in electives, ICE, ASCM and portfolio sessions. Finally, Peter recommended that we have a medical student committee so it's not just him leading the effort. We will be asking several faculty members to participate in the medical student committee.
8. Mark Bayley gave an excellent update on our division's work on advocacy, particularly with regards to specialized rehabilitation. He emphasized the importance of having clearly defined areas of specialization and delineated facilities that will prepare to take highly specialized patients. Many thanks are extended to this group for their continued progress in this initiative.



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9. Amanda Mayo, who leads our Quality and Innovation portfolio provided an update on many of the high profile QI activities our division has advanced. We had an excellent Quality Day in February 2023 and we have been fortunate to lead the Choosing Wisely Canada recommendations for PM&R. Amanda also gave us an update on the PGY3 co-learning curriculum and their presentation at our Department of Medicine Quality Day. Amanda also reviewed the significant impact we are having on other PM&R programs across Canada through teaching them about QI in PM&R. We are fortunate to have a significant number of CQI physicians; in fact 7 of our 39 full-time faculty are in the CQI pathway. We can all be very proud of our advances in Quality and Innovation.

10. The annual awards presentation was a highlight of our retreat. We were very proud to hear of the following winners:
 - Resident Contribution Award – Geoffrey Hartin
 - Researcher/QI Award – Julio Furlan
 - Community Contribution Award – Andrea Furlan
 - Innovator of the Year Award – Nimish Mittal
 - Mentor of the Year Award – David Langelier
 - Academic Achievement Award – Kim Coros
 - Leadership Award – Eugene Chang
 - 10 Year Service Award – Eugene Chang
 - 20 Year Service Award – Paul Oh and Hossein Amani

The residents had some excellent recognition awards as well. These included:

- Teacher of the Year Award – Peter Broadhurst
- Mentor of the Year Award – Jason Liang and David Langelier
- Best Dressed Psychiatrist Award – Chris Fortin
- Sunshine Award – Tracia Young
- Giver Award – Harp Sangha and Jordan Farag
- CN Tower Award – Jordan Silverman
- Resident Advocate Award – David Langelier
- Psychiatrist I Aspire To Be Award – Peter Broadhurst
- Most Likely to get ID'd at a Bar Award – Julia Warden
- Jeopardy Award – Larry Robinson
- Greatest Contribution to the Quality of the PM&R Program – Lisa Becker

Following the Awards ceremony, we proceeded to have a truly fun experience with Second City trainers. They taught us a variety of communication skills. The most important was learning how to say, “Yes, and”...rather than “Yes, but...” or “No because...” Many thanks are extended to all the participants and presenters. Special thanks are also extended to Nancy Riley who put a lot of work into making sure that the day went smoothly.





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Don't forget to connect with our Twitter site [@UofT_Physiatry](#).

A handwritten signature in purple ink that reads "Larry Robinson".

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