



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

March 2020

Monthly update Newsletter

1. Congratulations to Anthony Burns, Cathy Craven, and Heather MacNeill who have been recommended for senior promotion
2. Amanda Mayo appointed as interim associate director for C-QuIPS
3. Virtual care working group rapidly puts together needed resources
4. Recommendations for Toronto Region Rehab/CCC hospitals in era of COVID-19 patients
5. What will be the role of rehab in the subacute phase?
6. Ways to keep connected during COVID-19
7. Ecopsychology: How Immersion in Nature Benefits Your Health

1. Congratulations to Anthony Burns, Cathy Craven, and Heather MacNeill who have been recommended for senior promotion

Please join us in extending warm and hearty congratulations to the three individuals who have been recommended by the Dean for promotion. These are pending for approval from the provost and will be official after that is completed.

- Anthony Burns is recommended for promotion to full professor
- Cathy Craven is recommended for promotion to full professor
- Heather MacNeill is recommended for promotion to associate professor

Senior promotion has a very high threshold at the University of Toronto and these promotions recognize a very high level of achievement by our three colleagues. Please join us in congratulating Drs. Burns, Craven and MacNeill (virtual hugs only please).

2. Amanda Mayo appointed as interim associate director for C-QuIPS

We are pleased to hear that Amanda Mayo has been asked to serve as associate director for the Centre for Quality Improvement and Patient Safety (C-QuIPS). In the announcement from Brian Wong, director of C-QuIPS, he reports that Amanda has a “strong track record in mentorship and cross-institutional collaboration to lead numerous QI efforts in PM&R”. Please join me in congratulating Amanda on this prestigious appointment.

3. Virtual care working group rapidly puts together resources

We would like to thank the virtual care task force for helping all of us move to virtual care as quickly as we can. The group put together an excellent set of resources which was distributed on Monday (let us know if you need that email). We don't know how long the current crisis will go for and it is critical that we get up to speed in virtual care as quickly as we can.

Besides being the main way we can continue ongoing rehabilitation care for our outpatients, these skills will serve us well in the long-run to extend care out to those who have challenges in making it to the hospital, those from rural areas, and those living in medically-underserved areas. Several of the members, Amanda Mayo, McKyla McIntyre, and Ali Rendely are preparing a nationwide webinar hosted through CAPM&R to address virtual care. Thanks are extended to all the faculty who stepped up to a phone conference and supplying materials for virtual care that were distributed in the email on Monday. Please also look at the bottom of the email for someone near you who has experience with virtual care.

4. Recommendations for Toronto Region Rehab/CCC hospitals in era of COVID-19 patients

As you are all thinking about your patient care at our rehabilitation facilities, Ontario Health has put together a list of recommendations regarding how we should operate in the current setting (attached). These have likely already been distributed to our hospital administrative colleagues. Similar recommendations are being seen in the USA as well.

5. What will be the role of rehab in the subacute phase?

While our current focus is on handling the projected title wave of very sick patients expected in the next few days and weeks, we will also need to be thinking about that next phase of patients who have been affected by COVID-19 but are then too sick or debilitated to go home immediately. This is likely the phase we'll be seeing in the next few months. We had an interesting discussion with Robert Simpson who will be seeing these patients in the very acute phase at



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Sunnybrook and, as he pointed out, this may be similar to post-ARDS rehab. We are attaching a review article from Margaret Herridge who discusses recovery and outcome. This is something we'll need to start thinking about very soon. If you would like to have a discussion with Robert, who will be on the front lines, please contact him at:

Robert.simpson@sunnybrook.ca.

6. Ways to keep connected during COVID-19

There are a number of ways that we are being staying connected with COVID-19 even though we are practicing physical distancing.

- Please consider joining Twitter. Andrea Furlan and Ali Rendely, as well as many of our other division members who are good at Twitter, have been active at keeping our Twitter page alive.
- The CAPM&R is in the process of collecting information on people's current state in the crisis. If you would like to see the survey that results their already over 100 people responses, please follow the following link: https://dataca.surveygizmo.com/r/50005892_5e7a5d7a97afa1.30613315
- If you are interested in the Italian experience in rehab, please also take a look at the attached article.

7. Ecopsychology: How Immersion in Nature Benefits Your Health

Yale Environment 360 has published an interesting article on Ecopsychology: How Immersion in Nature Benefits Your Health. Research points to the beneficial effects that exposure to the natural world (while maintaining physical distance) has on health, reducing stress and promoting healing. You can view this article at:

https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health?fbclid=IwAR0NEurYZyuPDK4HQNfbThFb_ZjL20jM_2ixX08jH_h0pIv3XXtqgyo2nFo

I'm pleased to see that we have a strong team that comes through in the time of crisis. It has been very gratifying to see how everyone across our team has come through in this time of difficulty. Across all roles (division staff, residents, fellows, and faculty), everyone is willing to step-up at a moment's notice for what's needed to get us through this pandemic.

Please always let us know if there are things you think the division can do to support our patients or division members. We will get through this together.

Don't forget to check out our Twitter @UofT_Physiatry.

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