

# DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine  
University of Toronto

February 2022

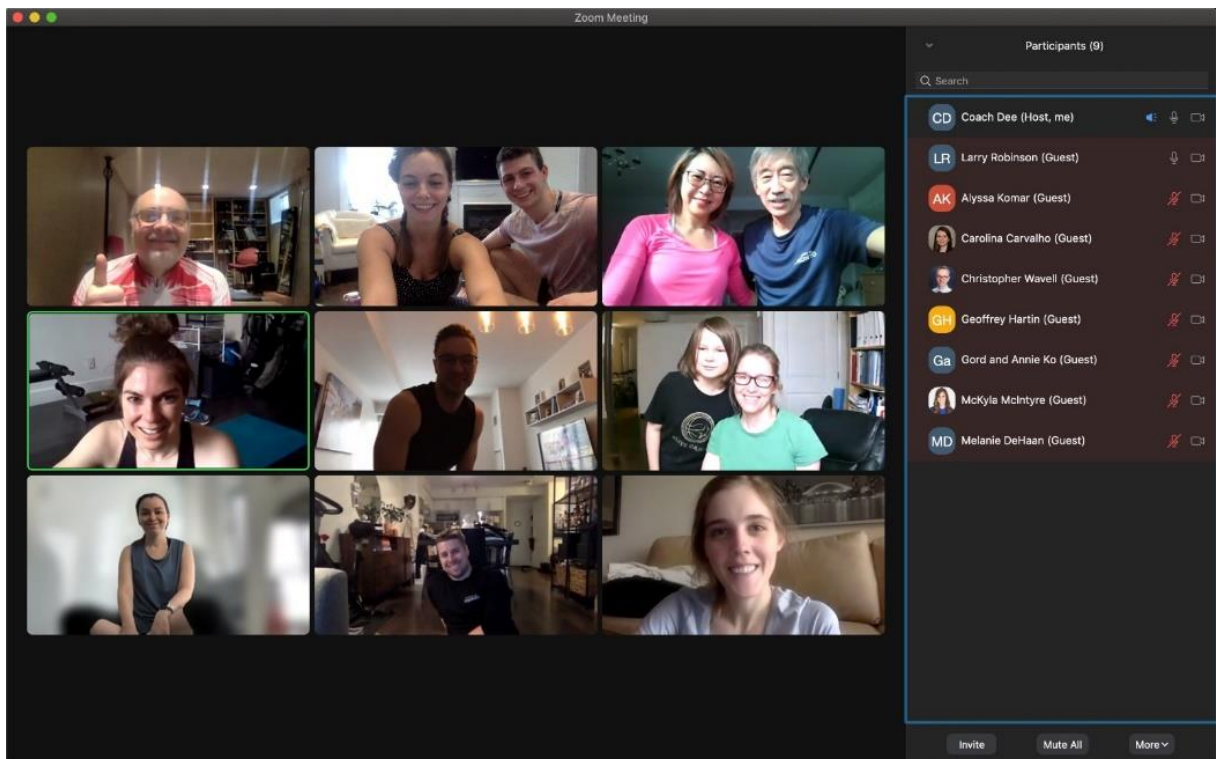
## Monthly update Newsletter

1. Congratulations to 13 division participants who completed the January Wellness Challenge
2. Are you ready for residents enrolled in CBD?
3. John Flannery completes 19 year term as Medical Director of the Musculoskeletal and Multisystem Rehabilitation Program
4. Have you been wondering how pain patients, after motor vehicle accident (MVA), compare to those who are non-MVA?
5. Amanda Mayo and Sander Hitzig recognized for work on loneliness after amputation
6. Save the Date for upcoming division activities
7. Can you have too many allstars?
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1. Congratulations to 13 division participants who completed the January Wellness Challenge

Our division started off January 2022 with the PM&R Wellness Challenge, where the task was to try and achieve a minimum of 150 minutes of moderate intensity aerobic exercise per week for the month. We had 13 participants successfully complete the challenge: Mark Bayley, Kim Coros, Natalie Daly, Geoff Hartin, Gordon Ko, Jason Liang, Alex McDougall, McKyla McIntyre, Nimish Mittal, Alexandra Rendely, Larry Robinson, Gaetan Tardif, Christopher Wavell, (apologies to anyone we missed!). There were others who participated intermittently through the month, and we challenged each other on Social Media using the hashtag, #PMRWellnessChallenge. One of the highlights of the month was a virtual workout class led by Alex McDougall and Coach De, which had 9 attendees.

Congratulations to Kim Coros, who won the draw prize of the book "Atomic Habits" for completing the challenge!



Group class led by Coach De

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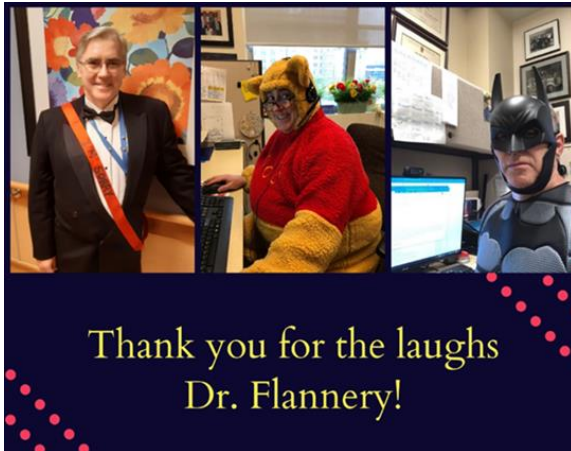
2. Are you ready for residents enrolled in CBD?

Are you still trying to wrap your brain around CBD, EPA and all the other terminologies of Competence By Design? We encourage you to look at the attached residency update and information on documenting in the CBD framework. Those of us involved in resident education will soon be having the residents enrolled in this program work with us and we will all want to be fluent in these methods. I would encourage you to look at the Division's CBD Website at: <https://deptmedicine.utoronto.ca/competence-design-physical-medicine-rehabilitation>  
Thank you to Arta Odza, CBD Admin, who may be reached at [arta.odza@uhn.ca](mailto:arta.odza@uhn.ca) and provided the two enclosures.

3. John Flannery completes 19 year term as Medical Director of the Musculoskeletal and Multisystem Rehabilitation Program

We are pleased to celebrate the very significant impact John Flannery has had as leader of the MSK rehabilitation program at TRI. John oversaw the development of many initiatives including the cancer rehabilitation program, development of the ECHO (Extension of Community Health Outcomes) SuperHub in concert with Andrea Furlan and Rhonda Mostyn, and migration of the Comprehensive Pain Program from Toronto Western Hospital to Toronto Rehab. He also recruited a number of talented individuals to the program and had a number of other very impactful accomplishments which are too numerous to mention here.

John will also be missed for his additional roles as Winnie The Pooh and an unidentified crime fighter. Congratulations John on these accomplishments. John can be reached at: [john.flannery@uhn.ca](mailto:john.flannery@uhn.ca)



4. Have you been wondering how pain patients, after motor vehicle accident (MVA), compare to those who are non-MVA?

We were pleased to receive the attached paper from Angela Mailis and colleagues who compared MVA survivors and non-MVA pain patients and their outcomes. It was interesting to see that many patients can achieve very substantial improvement across several domains with a community-based interdisciplinary pain program and that many of the improvements are similar to those obtained by non-MVA patients. As you may know, Angela Mailis continues to lead the Pain and Wellness Centre in Vaughan and has a very active multidisciplinary pain practice. Angela can be reached at: [Angela.mailis@uhn.ca](mailto:Angela.mailis@uhn.ca).

5. Amanda Mayo and Sander Hitzig recognized for work on loneliness after amputation

We were glad to see the recognition from PSI in their Spotlight Series, discussing the largest Canadian study of its kind looking at isolation and loneliness after dysvascular amputation. This is a very vulnerable group of patients with many

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factors leading to a poor prognosis. Social isolation appears to play a significant role and we are pleased to see this now being studied with this grant. Amanda can be reached at [Amanda.mayo@sunnybrook.ca](mailto:Amanda.mayo@sunnybrook.ca) and Sander can be reached at [sander.hitzig@sunnybrook.ca](mailto:sander.hitzig@sunnybrook.ca) Please see at below link:

<https://www.psifoundation.org/dr-amanda-mayo-dr-sander-hitzig-largest-canadian-study-highlights-isolation-and-loneliness-after-dysvascular-amputation/>

## 6. Save the Date for upcoming division activities

There are a number of upcoming division activities that you'll want to put on your calendar.

These include, from our division:

- Resident Research Day, March 4<sup>th</sup>, 7:45am to 12:45pm, virtually
- Quality Day, March 25<sup>th</sup>, 8:00am to 12:00 noon, virtually
- Faculty Research Day, April 8<sup>th</sup>, 8:00am to 3:00pm, virtually
- Division Retreat, June 17<sup>th</sup> 8:00am to 4:00pm, in-person or virtually, to be confirmed

We hope you will be able to join us at as many of these division activities as possible. They will unfortunately still be virtual because of the pandemic but we unsure yet of how the division retreat will be held.

## 7. Can you have too many all-stars?

We were interested to receive from Mark Bayley, a link to an interesting podcast about whether is better to build a team composed of all stars or to build a team with players with humility but who don't have star status. You can probably guess which way works better but I would encourage you to listen to the podcast at the link below which is quite interesting. Thanks to Mark Bayley for forwarding this:

<https://podcasts.apple.com/ca/podcast/worklife-with-adam-grant/id1346314086?i=1000406337775>

## 8. Larry Robinson needs to turn down request to liquidate someone

Larry Robinson was recently spotted outside Larry The Liquidator sign. When he was asked by a passer-by if he could liquidate someone, he had to say that this is not within his role description and he had to pass on this opportunity. If you don't see Larry in the near future, it may be because he has entered the Witness Protection Program.



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.

*Laura Robinson*

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