



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

October 2020

Monthly update Newsletter

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1. Congratulations to successful Royal College candidates

We are very pleased to announce that all of our recently graduated PGY5's wrote their Royal College exams in early September and all six residents have passed. We would like to congratulate: Joshua Goldstein, McKyla McIntyre, Adarsh Rao, Ali Rendely, Pinder Sahota and Lilian Vivas on their successful completion of the Royal College examination. This was a tough year in many ways and we are extremely pleased with these excellent results.

2. Heather MacNeill and colleagues releasing videos on synchronous teaching

Heather MacNeill has recently collaborated with others to release a YouTube channel that contains a number of very helpful videos on synchronous learning. These videos are similar to the excellent talks that were given at CAPM&R webinars as well as at the City-Wide Medical Grand Rounds recently. With online education becoming so relevant in today's world, it is very worthwhile watching these brief focused videos to pick-up your skills in this important area. Thanks are extended to Heather MacNeill and her collaborators, Jason Liang and Kataryna Nemethy for their outstanding work in this area. The YouTube channel can be viewed at:

<https://www.youtube.com/channel/UCi9227-d5zKPRf9ubOQTgWg>

3. Steve Dilkas appointed Chief Medical Officer of the Canadian Sports Institute Ontario

We were happy to hear that Steve Dilkas was recently appointed as the Chief Medical Officer of the Canadian Sports Institute Ontario which is one of four national institutes that care for high performance Olympic and Paralympic athletes. We are very grateful to Steve and others for extending our visibility in the area of athletic performance.

The story about Steve's appointment can be seen at:

<https://csiontario.ca/news/chief-medical-officer-dr-doug-richards-announces-retirement-csio>

We will plan to ask Steve to do a Grand Rounds at some point in the not-too-distant future. Steve can be reached at:

Steven.Dilkas@westpark.org

4. Andrea Furlan given Pain Excellence Award by the Pain Society of Alberta

We recently saw on Twitter that our own Andrea Furlan was given the Pain Excellence Award by the Pain Society of Alberta. This was presented to her as part of a virtual conference in Alberta. Andrea has been amassing so many awards recently she is going to need another book shelf to place them all. Andrea can be reached at: andrea.furlan@uhn.ca

5. Shane Journeay awarded Research Grant

We were happy to hear that Shane Journey was awarded a Research Grant of \$50,000 from the Providence Healthcare Foundation in support of his proposal titled, "Enhancing Fracture Rehabilitation and Bone Health Research at Providence". Congratulations to Shane who may be reached at: shane.journeay@utoronto.ca

6. Toronto PM&R three day virtual conferences

Co-chairs Hussein Amani and Larry Robinson, together with planning committee members David Berbrayer, Chantal Vaidyanath, and Gordon Ko, will bring together superb experts to give high impact interactive lectures and to disseminate cutting-edge information on topics pertinent of PM&R. On November 5, 13 and 20 at 1200 to 1400 EDT, these accredited group learning activities (group 1) will take place virtually. Please see enclosed brochure. The full program and registration is now available at: <https://www.torontopmrconference.com/2020/>



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7. GTA Rehab Network Best Practices Day occurring on November 27
The GTA Rehab Network holds its virtual Best Practices Day on November 27, 2020. This looks like it will be an excellent virtual conference that will be of interest to physicians and many others involved in rehabilitation. The flyer is attached. The Keynote Session will be Chris Sulway speaking from the Ministry of Health perspective. There will also be a number of concurrent sessions that address clinical concerns that are relevant to many of us.

8. Syme Training Fellowship applications now being accepted
The Institute for Work & Health is now accepting applications for its 12-month S. Leonard Syme Training Fellowship in Work and Health. The fellowships are for young researchers at the master's or doctoral level intending to study work and health. Preference will be given to candidates whose research interests include understanding the social determinants of health and illness in work environments, evaluating workplace interventions to improve health, and/or exploring the measurement issues associated with either of these two areas. IWH is particularly interested in candidates who show a commitment to research that promises to reduce work-related injury, illness and disability in Ontario. In the spirit of Dr. Syme's own contributions to research mentorship, candidates from any disciplinary background are eligible for training fellowships. A maximum of three smaller awards or one larger award may be offered. Awards are based on the merit of the research proposed. The registration deadline for applications is November 27, 2020.
For more information about the fellowship and how to apply, please visit:
<https://www.iwh.on.ca/opportunities/syme-fellowship>.
Enquiries should be directed to Lyudmila Mansurova: lmansurova@iwh.on.ca.

9. Looking for ideas for a good video background
Since we are spending so much time on Zoom now, our backgrounds in our offices take on more significance. With the arrival of the Room Rater site on Twitter, a number of us have become more self-conscious of our backgrounds. Initially, it was thought that a plain white background would be most appealing, but apparently it appears that makes one look like a hostage in captivity more than anything. Apparently, the most useful things to have in your background are: bobbleheads, pineapples, artwork, toy cars, books (but not many copies of your own), and animals. We would be pleased to hear if anyone has suggestions on good background items.

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 and also check out our Facebook page.

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

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