



## DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine  
University of Toronto

January 2020

### Monthly update Newsletter

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#### 1. Congratulations on outstanding Research Day

The annual division research day was held on December 13, 2019. We had an outstanding series of presentations including a mix of presentations by more senior faculty as well as presentations from our residents. The quality of the research work has continued to improve every year and we were quite impressed with all the excellent presentations that transpired. Although the competition was stiff and it was difficult to choose winners amongst the resident presentations, ultimately there were 4 award winners. Congratulations are extended to:

- Natalie Daly - Resident Research Synthesis Award
- Ainsley Kempenaar - Resident Research Methodology Award
- Jason Liang - Senior Resident Research Award
- McKyla McIntyre - Research in Education Award





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Many thanks are extended to Dinesh Kumbhare for leading the research day and Tracia Young for organizing the day. We would also like to thank the judges including: Lisa Becker, John Flannery, Julio Furlan and Shane Journey.

### 2. Department of Medicine, 5 year strategic planning underway

As summarized in a recent communication from our Department of Medicine Chair, Gillian Hawker, the Department of Medicine strategic planning is coming along nicely. It appears many of our own themes will fit well with this plan.

The main themes in the DoM plan are shaping up as:

- Culture and Wellness
- Mentorship Across the Lifespan
- Generating and Translating New Knowledge to Impact Health
- Training for the Future
- Making Choices in the Context of Fiscal Restraint

Dr. Hawker has written an excellent piece on this that you can find at:

[https://www.deptmedicine.utoronto.ca/news/charting-our-course-look-where-department-medicine-going-next-five-years?utm\\_source=Faculty+2017&utm\\_campaign=7fe50c0391-DOM-Matters-dec2019&utm\\_medium=email&utm\\_term=0\\_dda7f0eb75-7fe50c0391-527800609](https://www.deptmedicine.utoronto.ca/news/charting-our-course-look-where-department-medicine-going-next-five-years?utm_source=Faculty+2017&utm_campaign=7fe50c0391-DOM-Matters-dec2019&utm_medium=email&utm_term=0_dda7f0eb75-7fe50c0391-527800609)

We will be coming together for our own division retreat on February 7<sup>th</sup> when we will make plans for our division's next 5 years.

### 3. Axe throwing on February 3, 2020

We will have the pleasure of learning axe throwing with dinner and drinks at BATL Axe Throwing Port Lands. This will occur on February 3<sup>rd</sup> at 7:45pm. Invitations have been emailed with an RSVP date of January 24<sup>th</sup> to [nancy.riley@sunnybrook.ca](mailto:nancy.riley@sunnybrook.ca). Many thanks are extended to our resident social committee led by Natalie Daly. Drinking and axe throwing sound like a great combination. I am sure nothing can go wrong with that.

### 4. Danforth's Square – a way to examine balance in our lives

There is a recent article (attached) written by a preeminent neurosurgeon who was at the top of his game, and as a result of many decisions and bad luck, ended up flipping burgers at a truck stop. He ultimately made his way back. But he describes a nice way to balance the four key components to our lives:

- Our work
- Our physical health
- Our relationships
- Our spiritual beliefs

The article is a quick read but is quite engaging. I encourage you to take a look.



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5. [Congratulations to Shannon MacDonald](#)

Congratulations to Shannon MacDonald who is now officially appointed to our faculty. While Shannon has been working at Bridgepoint and earning her Masters degree, and has been actively engaged in our division, she just recently was officially appointed as a Lecturer in our division. She is clinically-based at Bridgepoint/Mt. Sinai Health System. Congratulations are extended to Shannon who can be reached at: [Shannon.MacDonald@sinaihealthsystem.ca](mailto:Shannon.MacDonald@sinaihealthsystem.ca).

6. [Hello from Alumni - Lori Feigelson](#)

We have asked a number of our prior resident alumni to let us know what they are doing these days. Below is a paragraph from Lori Feigelson who graduated in the PM&R class of 2012.

“Hello from Toronto PMR class of 2012!

Wow these last 7 years have flown by! I have been working as a physiatrist in the community, in North York, Ontario. My practice consists of MSK-related conditions, chronic pain, concussions/mild TBI, and headache management. I love what I do and have fun with it. Also during these 7 years, I have had 3 beautiful children, now ages 6, 4, and 18 months old. I have also taken up a passion for Crossfit, and often also wake up at 5:15 AM to exercise, which helps keep me balanced. I recently travelled to Panama City (without kids!) which was unbelievable. So life is nice and busy! Feel free to reach out - [lori.feigelson@gmail.com](mailto:lori.feigelson@gmail.com)”.

7. [Andrea Furlan interviewed for front page of Globe and Mail](#)

We were very pleased to see an excellent piece on the opioid crisis and epidemic in the Globe and Mail on December 8, 2019. Andrea was prominently interviewed in this article which discussed how the opioid crisis can affect pretty much anyone. Andrea has done a very nice job of leveraging her knowledge and wisdom in opioids through the use of social media and this has really paid off in visibility locally, nationally and internationally. You can view the article at: <https://www.theglobeandmail.com/canada/article-for-canadas-working-men-an-opioid-crisis-and-a-blue-collar-code-of/> Congratulations to Andrea.

8. [Congratulations to Heather MacNeill](#)

Congratulations to Heather MacNeill who, for a second year in a row, is recipient of the MD Program Teaching Award for Excellence which was introduced in 2017-2018 by the University of Toronto medical students. The award recognizes faculty in the MD Program that have attained Teaching Evaluation Scores in the top 10% in one or more of the teaching activities to which they have contributed. It is great to see Heather receive this for a second year in a row. Although she did not need a special reason to celebrate, we received a great photo of her and Gordon Ko who were coincidentally on the same cruise to celebrate New Year's.



9. [Are you interested in the Ontario Medical Association?](#)

As you may know, Adam Kassam is currently our Section Head Leader for Physical Medicine and Rehabilitation in the Ontario Medical Association. He recently wrote to us with a section update and is seeking members to participate in the OMA so that there is a functioning leadership group. If you are interested in exploring this further, please contact Adam



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directly at: [ontariomedicalassociation@oma.org](mailto:ontariomedicalassociation@oma.org). It's only through our involvement in the political process such as the OMA we are able to help influence the practice of medicine in Ontario including fee schedules.

10. Academic certificate program. EQUIP

An academic certificate program called EQUIP (The Excellence in Quality Improvement Certificate Program) is co-led by Drs. Kaveh Shojania and Brian Wong at the University of Toronto Centre for Quality Improvement and Patient Safety. They are now accepting applications to EQUIP, which consists of an abbreviated 5-page CV, a personal statement and a sponsor letter confirming that the registrant works or trains in an academic institution where they will carry out a QI project as part of this course. The application deadline is March 27, 2020. Here is a link to the course website: [www.cpd.utoronto.ca/equip](http://www.cpd.utoronto.ca/equip). See attached PDF brochure as well.

11. Which medical specialty gets stopped for speeding most frequently?

Each Christmas, the BMJ has a special Edition with interesting articles, often about the practice of medicine. The articles attached may be of interest; the one on Speeding Physicians tells us which specialty is most likely to be stopped for extreme speeding (it's not us, but it's close). It also tells us which specialty is most likely to have high-end luxury cars (it's also not us, but the results won't be surprising).

There is also an interesting article that Tony Burns, Matt Godleski and I will likely appreciate regarding why Americans may be slightly more productive in medical documentation than other countries in the British Commonwealth (more productive does not equal better). It has to do with Daniel Webster.

We hope everyone had a great holiday time off. We will see you at the division retreat at the Estates of Sunnybrook on February 7<sup>th</sup>.

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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