



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

June 2023


Monthly Update Newsletter

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1. Welcome to new residents

We are most pleased to welcome our new Physical Medicine and Rehabilitation residents who are starting July 1st.

Nathan Agon-Chen



I was born and raised in Vancouver, BC where I grew up participating in a variety of sports. After completing a degree in Kinesiology, I trained and worked as a physiotherapist which sparked my passion for PM&R because of its focus on the human body, optimizing function and interdisciplinary collaborative care. My passion for PM&R grew as I continued to explore this specialty through medical school at UBC. Outside of medicine, I enjoy a variety of physical activities, including cycling and basketball, organizing social gatherings and looking for stand-up comedy specials. I look forward to continuing my medical education as I learn and grow from the Toronto PM&R community.



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Linda Archila



I'm Linda, one of the residents starting in July! Having grown up in and around Toronto, I am excited to be returning to learn more about PM&R with your division after studying medicine at Queen's and Kinesiology at McMaster over the last few years. Otherwise, I love being outdoors—particularly on sunny days or if there is the possibility of meeting a new dog. I enjoy camping and playing sports like soccer. My family and I have been hiking the Bruce Trail and are hoping to complete it over the next few years. As well, as an avid home chef, I like trying out new recipes and I am looking forward to exploring new restaurants across the city. I hope to meet you soon!

Ellissa Huang

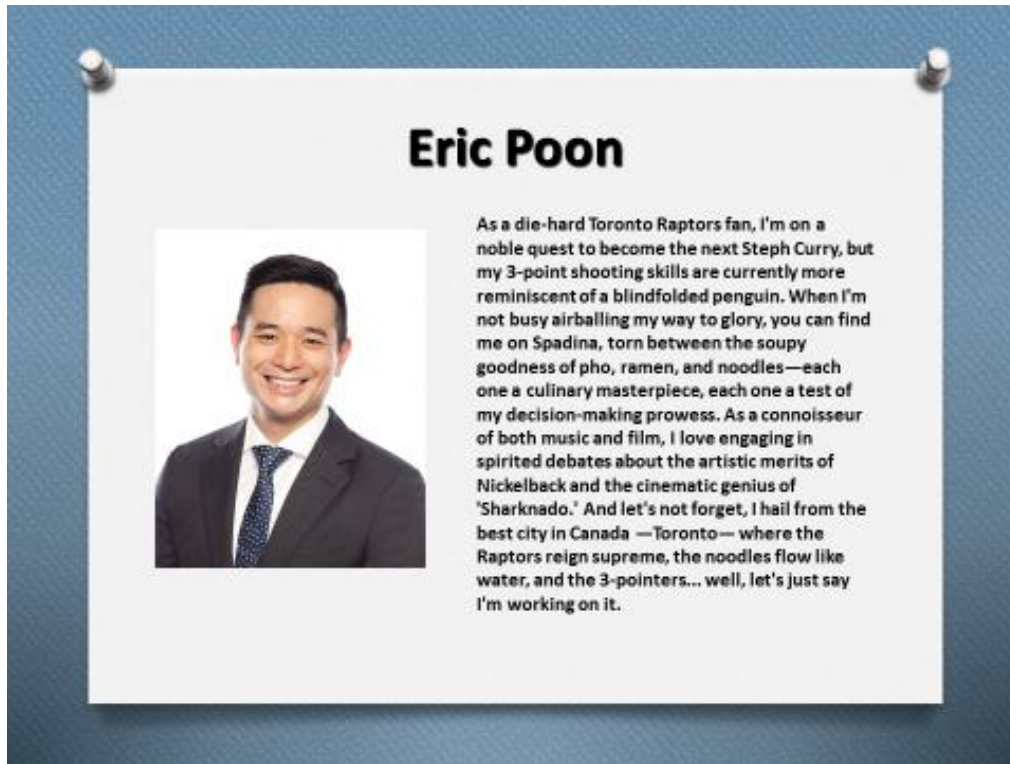


I was born in China and raised in Vancouver. Growing up, I loved exploring Vancouver's outdoors, and spent most of my time on the beaches, hiking, cross-country skiing, and biking. Wanting to experience a different city, I subsequently moved to Toronto for undergrad and completed medical school at McMaster. Since high school, I have been a competitive dragon boat paddler and was fortunate enough to find a phenomenal team in Toronto that I paddle with to this day. I am thrilled to be coming back to Toronto to join the PM&R community, and to train alongside some of my closest friends. Some of my other hobbies include powerlifting, going to escape rooms with friends, and trying new bubble tea shops in the city. I am a big foodie, and enjoy travelling to different countries to taste the cuisine!



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We are also pleased to announce that Alex McDougall will be finishing his residency training on June 30th. Alex will be completing a fellowship in sports medicine at the New York Presbyterian Hospital for Special Surgery. Congratulations to Alex who may be reached at alexandre.mcdougall1@gmail.com. Melissa Weidman will be finishing her residency training on June 30th and will be completing a fellowship in cancer rehabilitation at the University of Toronto. Melissa may be reached at melissa.weidman@medportal.ca. We are also pleased to announce that all who took the Royal College Exams this year were successful including: Natalie Daly, Ainsley Kempenaar, Alex McDougall, and Melissa Weidman. Congratulations to all!

2. Peter Broadhurst and Robert Simpson pass Continuing Faculty Appointment Review (CFAR)

We were very pleased to hear that both Peter and Robert successfully passed their Continuing Faculty Appointment Review (CFAR) this year. We had no doubts about their success but are nevertheless pleased to hear these results. Congratulations are extended to Peter, who can be reached at peterkaas.broadhurst@sunnybrook.ca and Robert, who can be reached at Robert.simpson@uhn.ca.

3. Andrea Furlan publishes paper in JAMA on opioid use

We noted that Andrea Furlan was a co-author on a randomized clinical trial in chronic pain patients, comparing usual care, to three day-long sessions that emphasized skill-based education which was supplemented by one-on-one support for the following year. They demonstrated a marked reduction in use of opioids, although there was no effect on perceived pain interference with daily activities. Congratulations to Andrea, who may be reached at andrea.furlan@uhn.ca, for a publication in JAMA.

The article can be found at: <https://jamanetwork.com/journals/jama/article-abstract/2805141>

4. AMEE Guide to Online Learning Published as Open Access

Curious on how online learning is evolving after the pandemic, and how it can be leveraged to improve learning and accessibility for your learners? Check out the new [AMEE Guide to Online Learning- Part 1: Teaching and Learning in Online Environments](#) (contact Heather MacNeill who was first author to learn more). Part 2: Tools and Practical Application soon to be published. [AMEE Guides](#) are international guides for health professions education. Heather may be reached at heather.macneill@sinaihealth.ca.



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5. Audrey Yap appointed as Accessibility Theme Lead

We were happy to hear that Audrey Yap was appointed as Accessibility Theme Lead for the MD Program. In this role, Audrey will work toward removing ableism and fostering life-long learning in accessible practices for all. Audrey has long been an advocate for accessibility and she is an active member of the Anti-Abelism Special Interest Group of the Canadian Association of Physical Medicine & Rehabilitation. Congratulations to Audrey for this outstanding recognition and for this very important role. Audrey can be reached at: Audrey.Yap@sinaihealth.ca.

6. Are you a physician who teaches but many of your teaching moments are not formally evaluated?

We recently heard from Alice Kam about MyTE, My Teaching Evaluation, which was designed by one of our neurology colleagues, Esther Bui. If you are doing substantial teaching but don't feel that your evaluations are counting toward promotion, I would encourage you to look at the attached PDF file.

7. Do you ask patients about adverse childhood experiences?

We often have patients who we think might have psychosocial contributors to their pain or symptoms. Sometimes, adverse childhood experiences can play a role in this. We recently came across a short YouTube video, as below, from our own colleagues Jon Hunter and Bob Maunder, psychiatrists at Sinai Health, who did an outstanding video on how to ask patients about this in a brief, yet caring, way. <https://youtu.be/fc7NBdCYUAE>

8. Our division has outstanding presence at CAPM&R and ISPRM

Many thanks are extended to all the faculty, residents and fellows who attended, and presented, at both CAPM&R in Charlottetown, PEI and ISPRM in Cartagena, Colombia. Our presentations are too numerous to list here, but suffice it to say that a large number of us were involved in outstanding presentations including pre-conference courses, SIGs, regular courses, and outside social activities. Below is a photo from the annual cycling ride (thanks to Dion Diep for taking the photo) and Larry Robinson in Cartagena.



9. Ali Rendely is thrilled and overjoyed with baby's arrival

Ali emailed to tell us, "Josh and I welcomed our first child Parker Max Lewenberg into the world over the weekend! We are so thrilled and overjoyed. He is happy, healthy and doing well, and the 3 of us are settling in to our new lives together." Congratulations to Ali and family. Ali may be reached at alexandra.rendely@uhn.ca.





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10. Adam Kassam shares exciting baby news

Adam Kassam and his family welcomed baby Noah, born on April 24, 2023. Their healthy baby boy weighed in at 7lbs 4oz. Congratulations to Adam and family. Adam may be reached at: adam.kassam@gmail.com.



11. New axe-throwing champion crowned

At the most recent social event, there was a close and fiercely-fought competition to be champion of axe-throwing. Although it was very close, Chris Wavell inched out over Eric Jeong in the final rounds and Chris is now our current axe-throwing champion. Chris follows in the footsteps of Geoff Hartin and Peter Broadhurst who were previous champions. Congratulations to Chris and thanks to all who organized and participated in the social event.



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.

Larry Robinson MD
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