



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

January 29, 2024

Monthly update Newsletter

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1. Another excellent year for the CaRMS interview process

Many thanks are extended to Lisa Becker, Tracia Young and the many individuals who were involved in the CaRMS interview process for new residents this year. Many people supported the process including participating in the file reviews, leading the social event, serving as AV techs during presentations, and interviewing the candidates.

This year had an unusually high number of applicants. We had 41 applicants for 4 positions and we interviewed 28 of these. As with every year, applicants were required to give a 5 minute presentation on a topic of their choice. While there were many excellent presentations, some of the interesting ones included:

- “What the Oeuf (the science behind eggs)”
- “A history of Perseus and Medusa”
- “The world’s best dessert (and why it’s ice cream)”
- “Hufflepuff’s house in the Harry Potter series”
- “The game of Crokinole”
- And 2 presentations on cycling.

We will hear back on March 19th who will be our residents in the coming year.

2. Trillium Health Partners continues expansion of PM&R

Trillium Health Partners (THP) is the largest community based academic health network in Ontario serving over one million residents in the communities of Mississauga, Peel Region, and West Toronto. The hospital encompasses three main sites – Credit Valley Hospital (CVH), Mississauga Hospital (MH), and Queensway Health Centre (QHS) offering a full range of acute care hospital services, post-acute hospital services, as well as a variety of community-based specialized programs. The Credit Valley Hospital provides regional services for dialysis and Oncology together with Mississauga Hospital and Queensway Health Center-oncology care. As part of our growing post-acute care model, Trillium currently supports a variety of inpatient rehabilitation units, including 55 beds at CVH, 40 beds at M site, 23 stroke beds at M site, and a large platform of reactivation care and complex continuing care beds at our Moir Family Centre and McCall Centre locations. With that being said, the expansion at the Future Home of The Gilgan Family Queensway Health Centre, will be a modern dedicated centre for complex care and rehabilitation services where patients can receive care and recover in a purpose-built environment. Features include:

- A modern nine-storey facility at 600,000 square feet, with space for over 350 beds.
- Increased capacity for specialized care, including complex continuing care and rehabilitation services.
- 100% private rooms.
- Retaining existing facilities to continue to provide high-quality care to this community.
- A new parking structure.

Construction tentative start timeline is in 2024.



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With the growth of the program, there has also been a large growth in its Physiatrists over the years. In the last 5 years, we have grown from one working physiatrist to a robust team of 6, along with developing the Division of Physical Medicine and Rehabilitation within our program to support our growing team. The team of 6 include: Ammar Al Khudairy, Derek Boyd, Ida Cavaliere, Margaret Dziedzic, Pamela Joseph and Lilian Vivas. We have partnered with various other specialists in the building to provide gold standard care for our patients and develop multiple patient care programs along the way including a Comprehensive chronic and interventional pain consultation service, Inpatient amputee rehab program, along with a gait training program and Pre-amputee consultation services, and Physiatry services in critical care. If you are interested in learning more, or interested in completing elective rotations, please feel free to reach out to our Division Head Ida Cavaliere at Ida.Cavaliere@thp.ca



3. Welcome to Tania Bruno who will serve as Division Fellowship Director

After 12 years of excellent service, Andrea Furlan has announced her plans to step-down from her position as fellowship director for our division. Tania Bruno has graciously stepped forward to take on this role starting July 2024. Tania has a strong record in education and will no doubt continue to build the excellent growth we have seen in our fellowship programs. Tania can be reached at Tania.Bruno@uhn.ca

Many thanks are extended to Andrea Furlan. Under her leadership, our fellowship programs have grown significantly both in numbers and in quality. She has also improved the process for applicant reviews and connecting fellowship applicants with appropriate supervisors. For additional details, Andrea can be reached at Andrea.furlan@uhn.ca.

Links to our fellowship programs can be seen at:

https://domapp.utoronto.ca/fellowship/dom_index.php?listall=1&divisions=16

4. Fellows invited to participate in Journal Club

Our monthly journal club has continued to excel at its function at providing both timely updates in areas of interest to PM&R as well as teaching the core skills in evaluating the literature. We are graced with many content experts who also attend journal club and comment on the article being reviewed.

We do also have dates available for clinical fellows to present a paper in our journal club. If you are supervising a clinical fellow, or are one yourself who would consider presenting an article, please connect with Julio Furlan. Julio will be happy to assist the clinical fellow to select the paper, prepare the presentation, and discuss the paper. This is a great learning opportunity for our clinical fellows which already exists for our residents.



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5. Seeking accommodations for African visitors in April

We will be having two visitors from Ghana, budding physiatrists, who wish to learn about rehabilitation in the Canadian context. They will be visiting St. John's Rehab and Bayview campuses for the month of April 2024 (fellows will also be visiting Dalhousie and Vancouver).

If anyone knows of any housing that might be available anywhere in the GTA for the month of April, at a relatively low cost, please contact Larry Robinson with details who can be reached at larry.robinson@sunnybrook.ca. The date of their stay is April 1 to April 26, 2024.

6. How do we explain the diagnosis of functional neurologic disorder to a patient?

There were two recent training videos, links below to sign in with your UTORid, which help teach us how to explain the diagnosis of functional movement disorders or other functional neurologic disorders to patients. These are very educational. If you see patients with FND, you may want to review these two brief videos:

<https://movementdisorders-onlinelibrary-wiley-com.myaccess.library.utoronto.ca/page/journal/23301619/homepage/mdc312785-sup-v001.htm>

<https://movementdisorders-onlinelibrary-wiley-com.myaccess.library.utoronto.ca/page/journal/23301619/homepage/mdc312785-sup-v002.htm>

7. Stepping Stones program opens registration on March 1, 2024

If you are interested in improving your educational skills, Stepping Stones is a foundational program to help you. This is a two-year program which has both workshops and a journal club and several of our faculty members have completed it. Please see the attached flyer for more information or you may click on the link below for additional context.

<https://centreforfacdev.ca/stepping-stones/>

8. Are you interested in studying Long COVID in Australia?

We heard from our colleague, Professor Steven Faux, in Australia. They have a position at St. Vincent's Hospital for a staff specialist in rehab working 0.6FTE to do some clinical work and a masters or PhD in long COVID.

If you are interested, please see the link below:

https://svha.wd3.myworkdayjobs.com/SVHA_SVHA/job/NSW---Sydney-CBD-Inner-West-and-Eastern-Suburbs/Cunningham-Long-COVID-Fellow---Rehabilitation-Medicine_JR133931

9. Remembering Dr. William Geisler

Although many of you have seen this in the Department of Medicine newsletter, we were saddened to hear of the passing of one of our former faculty members, Dr. William Geisler. Dr. Geisler served a long career at Lyndhurst Hospital where he was involved in many innovative projects designed to improve the care and quality of life for patients with spinal cord injuries. He joined our faculty in 1964 and later became Professor Emeritus. Please see below for more details about the life of our former colleague.

Geisler, William O., Toronto, Ont.; University of Toronto, 1948; physical medicine and rehabilitation. Died Dec. 25, 2022, aged 97. Survived by his wife, Mary. Read Dr. Geisler's

obituary: <https://www.legacy.com/ca/obituaries/theglobeandmail/name/william-geisler-obituary?id=52409663>

10. How do we address each other in medicine?

Recently, Meiqi Guo, Robert Simpson and Larry Robinson who are all from different cultures, were discussing how we might address each other in the medical setting. We explored this through writing an article (attached) for the postgraduate medical journal. There are many facets to this discussion and I am sure we would all be interested in further discussing this within our division.

11. Randomized deception trial of chair placement in patient rooms

In their recent Christmas edition, the British Medical Journal published an interesting study examining chair placement within a patient's room. Placing a chair near the bed (within three feet) had a 20-fold odds of a physician sitting in it compared to its usual location. Of interest, 1.8 chairs needed to be placed for a physician to sit. The full article is attached. There is also an interesting NPR story on Christmas edition articles. See below link:

<https://www.npr.org/2023/12/25/1198908975/christmas-bmj-health-research>



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12. Larry Robinson has difficulty following instructions in Buddhist Temple

On a recent visit to Bangkok, to speak in the Asia Oceanian Congress of Neurorehabilitation, Larry Robinson visited a Buddhist Temple with his colleagues. He asked for the instructions on how to properly bow in the temple and was told to have both knees, both feet, and both hands on the ground as well as the forehead. Perhaps not fully understanding, Larry accomplished this but as soon as he did this there were loud whispers of “get your butt down” which was not fully explained initially. He successfully completed this maneuver and is now perhaps 1mm closer to Nirvana.



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_Physiatriy.

Larry Robinson MD
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John and Sally Eaton Chair in Rehabilitation Science