



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of Medicine
University of Toronto

January 2021

Monthly update Newsletter

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1. Congratulations to divisional awards members

While we have already announced this within our division, we are happy to recognize the award winners from our division who have received a number of relevant PM&R awards. Please join me in congratulating the following:

- Leadership: Chris Fortin
- Lifetime Leadership: Perry Tepperman
- Academic Achievement: Tania Bruno
- Innovator of the Year: Meiqi Guo
- Research/QI: Shannon MacDonald
- Community Contribution Award: John Patcai
- Mentor of the Year: Larry Robinson
- COVID-19 Recognition Awards: McKyla McIntyre and Rebecca Titman, Mark Bayley, Meiqi Guo, Larry Robinson, Cathy Craven, and so many more.

This was a tough year to select winners, as there were so many meritorious people doing so many excellent things. We would usually have a celebration in person. But this year, we have to do things virtually. So, feel free to reach out to award winners either directly, or via the exciting app that the committee has used at: <https://flipgrid.com/pmrawards>

I would like to thank our Awards and Cognition Committee who had many great candidates nominated for awards and who had a challenge picking the eventual winners. These include:

- Audrey Yap
- Heather MacNeill
- Dinesh Kumbhare
- Shane Journey

2. Andrea Furlan receives Canadian Pain Society, Outstanding Pain Mentorship Award

We were thrilled to hear that Andrea Furlan has received the Outstanding Pain Mentorship Award from the Canadian Pain Society. This is provided to a researcher and/or clinician who consistently exemplifies outstanding mentorship in the training of future pain researchers and/or clinicians. This is a very prestigious award and we are pleased that Andrea has received it. Andrea may be reached at andrea.furlan@uhn.ca.



Andrea Furlan MD, PhD



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3. Anthony Burns receives PSI Grant

We were very pleased to hear that Anthony Burns recently had funding approved for a PSI grant. The project is entitled, "Enhancing our understanding of the evolving impact of neurogenic bowel dysfunction from acute onset spinal cord injury to long-term community reintegration". This grant was awarded \$246,000 over three years. Congratulations are extended to Tony who can be reached at: Anthony.Burns@uhn.ca.

4. Denyse Richardson steps-up with a team to develop a reusable surgical mask

The Temerty Faculty of Medicine recently had a story on a team devoted to developing a reusable and sustainable solution to personal protective equipment. We were happy to see our own Denyse Richardson as a key member of the team developing this. As Denyse mentioned in the article, the idea came out of a desire to protect people who are lacking PPE when supply was low. They also wanted to assist people in shelters, long-term care homes and group homes as well as other vulnerable populations. .

The fully story can be seen at:

<https://tinyurl.com/yyuwfrut> Denyse may be reached at: Denyse.Richardson@uhn.ca

5. Virtual care resources for residents available

We are continually proud of our division for promoting virtual care resources. One other resource that might be helpful, especially for our trainees, is on the U of T website for residents. This provides handbooks for residents both to prepare for virtual visits as well as check-lists to think about during and after the visit. These can be found at:

<https://virtualcarehelp.com>

6. Clarification on pain disorder terminologies appreciated

We were pleased to receive recently a proof of an article from Angela Mailis and Perry Tepperman which clarifies some of the definitions around chronic pain disorders. This terminology can be a bit tricky and so we thought it would be useful to have an article that reviews the latest definitions as well as the evolution of these definitions over time.

Congratulations to Angela Mailis and Perry Tepperman who have co-authored this important article. Andrea may be reached at: Angela.Mailis@uhn.ca. See enclosed PDF file.

7. Congratulations to Shannon MacDonald for defending her thesis

We were happy to recently hear that Shannon MacDonald has successfully defended her Master's thesis. Shannon completed the MSc in health services research at IHPME. Susan Jaglal was her supervisor while Chaim Bell and Ruth Hall were her committee members. She had an exam committee which also included Moira Kapral and Sudeep Gill. This is great news as it gives Shannon additional preparation for her role as a clinician investigator at Sinai Health.

Shannon may be reached at: Shannon.MacDonald@sinaihealth.ca

8. Dr. Charles Godfrey retires August 31, 2020 at the age of 103

We would like to congratulate Dr. Charles Godfrey on his retirement of August 31, 2020 at the age of 103!

After returning from England in the late 1950s, Dr. Godfrey became director of the Department of Physical Medicine and Rehabilitation at Toronto East General Hospital. He subsequently worked at Toronto General Hospital before joining Wellesley Hospital's rheumatic disease unit, ultimately becoming head of the hospital's rehabilitation clinic.

He was a professor in the department of rehabilitative medicine at the University of Toronto for over two decades. In 1968, Dr. Godfrey was the author of "The Cholera Epidemics in Upper Canada, 1832 – 1866". When in his 70s, he was still working 13-hour days teaching and maintaining his own practice while spending weekends at his country home.

Dr. Godfrey was featured in an article "The Legacy of Toronto's Psychiatry Pioneers: A Return to Humane Medicine" which can be seen at: <https://www.deptmedicine.utoronto.ca/news/legacy-torontos-psychiatry-pioneers-return-humane-medicine>.

Congratulations Dr. Godfrey on your retirement!



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Dr. Charles Godfrey

9. Opportunity at Queen's University

While we are not interested in losing any of our existing faculty, we do wish to let you know that there is an opening as academic department head in the department of physical medicine and rehabilitation at Queen's University. Attached is the advertisement. Dr. Stephen Bagg will be stepping down as Health on June 30, 2021 from this role. If you are interested, please feel free to contact the Search Committee CoChairs, c/o Katie.roberts@queensu.ca as identified in the ad directly.

10. Three things to remember to protect yourself during COVID

I suspect we are all inundated with tips and hints about how to protect ourselves from COVID during the pandemic. Having lived through the institutional outbreak at St. John's Rehab recently, there are probably three core principles to follow to protect yourself:

1. Never touch above your neck in patient care areas or without cleaning your hands first
2. Never reuse your face shield
3. Maintain your distance from others when not wearing a mask

Gaps in these are responsible for several physician illnesses that I am personally aware of. Please keep these in mind in your inpatient care areas.

11. Good use found for Neurosurgery textbooks

Larry Robinson has been pleased to contribute an EMG chapter to the 4 volume edition of Youmans Neurological Surgery. As part of the reward, he gets the 4 volume set which he has never opened. While these have looked good sitting on the bookshelf, he actually found a better use for these to support his computer so that there is easier access to the headphone port during Zoom meetings. Nancy Riley has said that this use was a "no brainer".



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