



DIVISION OF PHYSICAL MEDICINE AND REHABILITATION

Department of
Medicine University
of Toronto

December 2016 Monthly Update

1. U of T PM&R Research Day a Strong Success
2. Angela Mailis leads first Community Based Interdisciplinary Pain Centre funded by Ministry of Health
3. College for Your Pancreas
4. Resident Social Event a Success
5. Spelling and pronunciation help needed

1. U of T PM&R Research Day a Strong Success

We were very pleased with the presentations at our annual division's research event held at the Sunnybrook estates on November 18. We had many strong presentations from our residents and fellows as well as faculty members. Many thanks are extended to Mark Bayley who led the conference. Special congratulations are extended to our resident award winners. Peter Broadhurst won the award for senior project for his work on the effect of hip and knee position on fibular (NOT peroneal) nerve velocity. Pinder Sahota and Ali Rendely won the award for methodology and Elysia Adams won the award for literature synthesis.



2. Angela Mailis leads first Community Based Interdisciplinary Pain Centre funded by Ministry of Health

The Pain And Wellness Centre in Vaughan became the first ever community based interdisciplinary pain Centre to be funded by the Ministry of Health and Long Term Care, alongside 16 hospital based academic pain clinics. The Centre is a Demonstration Project of MOHLTC, as the template for future publically funded community based clinics that connect academic hospitals with the communities at large. It is connected with the Toronto Academic Pain Medicine Institute known as TAPMI, consisting of Women's College, Mt. Sinai Wasser pain clinic, St. Michael's Hospital, CAMH and Toronto Rehab/ UHN pain programs.

The Centre is considered the "community extension" of UHN and offers pain education to undergraduates, residents (Family Practice, PM&R, Pain Medicine etc), fellows, and Canadian Memorial Chiropractic College Trainees. It is also a research facility with full time research staff, charged with community based Outcomes Research. More information can be found at: <http://thepwc.ca/#about> or you may contact Angela Mailis at Angela.Mailis@uhn.ca

3. College for your pancreas

We recently announced that there is an online [cardiac college](#) aimed at improving cardiac health. Now Rajni Nijhawan has let us know that yet another organ can attend college (we are not sure which organ is to follow). We are pleased to announce the development of the Diabetes College. This site is part of the UHN Cardiovascular Prevention and Rehabilitation Program at UHN directed by Paul Oh. The site has excellent resources for patients to learn about fitness, lifestyle changes, diabetes prevention and other impacts patients can have on their diabetes. Please see more at: <https://www.diabetescollege.ca/en/Pages/default.aspx>

4. Residents are showered with presents.

The PM&R residents recently had their annual social event including gift exchange. As you can see from the photo, it appears that everyone was quite happy with what they received, even though none seem to be holding autographed photos of their favorite faculty members.



5. Spelling and pronunciation help needed

Since the US elections on November 8, Larry Robinson is especially delighted to be in Canada. He is hoping to avoid deportation back to the US for errors in Canadian spelling or pronunciation. So far, he has not performed well on [Canadian spelling exams](#) or in [Canadian vocabulary](#), but will be adding the letter “u” randomly to words in an effort to avoid detection or depourtation. Any help you can provide in rapid Canadian acculturation would be much appreciated.

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](#).

