Message from the Chair

Happy New Year! On behalf of the Department I would like to wish everyone health and happiness in 2014.

We have begun the year by welcoming three visiting PT students from the University of Rhode Island who are here to learn about the practice of physical therapy in Ontario. Thank you to all our faculty, clinicians, and students who are working to create an enriching experience for our visitors.

The Department of Physical Therapy Recognition and Exceptional Achievement Awards Ceremony will be held in the McLeod Auditorium on Thursday February 20th. Nominations are still open - please see our notice on pg. 2 - and I encourage you to submit the names of those students, clinicians, and faculty who deserve recognition for their hard work. The Awards Ceremony follows our Rehabilitation Sciences Sector Clinical Education Day at 500 University Avenue (see pg. 3). I hope that you will join us for these events!

Katherine Berg,  
Chair, Department of Physical Therapy
Department of Physical Therapy Recognition Awards 2013

We are now receiving nominations for the Department of Physical Therapy Recognition Awards! Each year, the Department of Physical Therapy acknowledges those individuals who have provided great learning environments, guidance, supervision, or have been inspirational to our students with Department of Physical Therapy Recognition Awards. Recognition award recipients can be faculty members, clinical instructors, small group facilitators, lab demonstrators, teaching assistants, or other educators. Recipients can also be an entire site/team. The nominators can be students, clinicians or faculty.

The Awards Ceremony will be take place on Thursday February 20th, 2014 at the McLeod Auditorium, Medical Sciences Building (MSB), Room 2158 at the University of Toronto. If you would like to nominate an individual or site/team for an award, please complete the nomination form at this link.

http://www.physicaltherapy.utoronto.ca/recognition-award-nomination

The deadline for nominations is Friday January 17th, 2014.

We look forward to receiving your nominations!

Sincerely,

The Department of Physical Therapy Recognition Awards Committee

Upcoming Rehab Rounds

Dr. Lyn S. Turkstra:
“Rethinking Acute Rehabilitation for Patients with Cognitive Impairments,” Wednesday January 29, 2014 from 3:15-4:15 pm.

Dr. Stella Ng:
“Rehabilitation professionals cross borders: Traversing between health care and special education to support children with disabilities,” Thursday February 6, 2014 from 12-1 pm.

Rehab Rounds will take place in the Rehabilitation Sciences Building, 500 University Avenue, room 140.
You are invited to participate in the University of Toronto’s Annual REHABILITATION SCIENCES SECTOR CLINICAL EDUCATION WORKSHOP
Thursday, February 20, 2014
500 University Avenue, Toronto, ON

CONCURRENT SESSIONS - CHOOSE ONE OF THE FOLLOWING:

8:45am – 10:00am (Room 235)
Management of Student Performance Issues in Clinical Education
Donna Barker
Director of Clinical Education, Lecturer
Department of Occupational Science and Occupational Therapy
Faculty of Medicine, University of Toronto
✓ Recognize factors that impact student performance in clinical education
✓ Identify strategies that can be used to address specific student performance issues
✓ List resources that are currently available to clinical educators to assist with the management of student performance issues

8:45 – 10:00 (Room 132)
Feedback in Clinical Education
Brenda Mori
Director of Clinical Education & Community Affairs
Department of Physical Therapy
Faculty of Medicine, University of Toronto
✓ Define feedback
✓ Explain the role of self-assessment in feedback
✓ Recognize current models of feedback
✓ Critique a feedback session

10:00 – 10:30 (Cafe) REFRESHMENT BREAK

CONCURRENT SESSIONS - CHOOSE ONE OF THE FOLLOWING:

10:30 – 11:45 (Room 235)
Management of Student Performance Issues in Clinical Education (Repeat Session)
Donna Barker
Director of Clinical Education, Lecturer
Department of Occupational Science and Occupational Therapy
Faculty of Medicine, University of Toronto
✓ Recognize factors that impact student performance in clinical education
✓ Identify strategies that can be used to address specific student performance issues
✓ List resources that are currently available to clinical educators to assist with the management of student performance issues

10:30 – 11:45 (Room 132)
Looking Within: The Clinician’s Toolkit for Reflective Practice in Clinical Education
Sucheta Heble (TRI)
Interim Practice Leader - Speech-Language Pathology
UHN Education and Collaborative Academic Practice, Toronto Rehab – UHN
✓ Describe at least four ways to incorporate reflective practice techniques with students during clinical placements
✓ Examine methods of evaluating student reflections in clinical settings
✓ Apply learned principles and techniques to your clinical practice

To register, please complete the online form:
http://uoft.me/clinedworkshop
REGISTRATION DEADLINE: February 10, 2014
Good afternoon everyone! My name is Anne-Marie Bourgeois and I am a Physiotherapy Resident with the University of Toronto. How is everyone doing today?

So the purpose of my presence up here, at this podium, is to provide the Valedictory Address on behalf of the MScPT Class of 2013. Now what that basically means I’m going to share something small I’ve put together called “PT How: Then & Now” which describes how I knew I was in the right program, with the right people, under the right leadership. And so relevant to each of these categories, I’ll describe when my symptoms started, and how they have evolved over the course of the program to now, as a new grad or PT Resident.

In terms of what to expect, I just want to let you all know that it shouldn’t be painful (or least tooooooo painful!). Benefits include a trip down memory lane or a glimpse into our lives for the past two years, with I hope, a healthy mix of humor and heart. Risks include that you won’t find it heartfelt or humorous. That being said I will do everything to mitigate these risks.

Now, armed with the plan of attack, as well as the risks and benefits, I would like to request your consent to proceed?

Can I have nods? I need nods.

Now, I would also like to request that if anyone has any discomfort or pain with any of the moves, or any questions, comments, regrets with any of the stories, that you please let me know!

Right Program

It all started with the application process. I gathered with my peers in the 4th floor computer lab, of 500 University Avenue (soon to be dubbed ‘500’), where we were exposed to our first faculty member, Sharon Switzer-McIntyre (aka SSM) who genuinely and enthusiastically guided us through the tremors and trials of the CAP (Computerized Assessment Profile), a series of interview-style questions answered via tornadoes of typing over the course of 3 hours. Upon completion, with bilateral Carpal tunnel syndrome setting in, we were herded around the building by ‘jovial, tell it like it really is’ PT students who were already in the program and in jogging pants and hoodies (our soon to be staples!).

And so moving on: we applied, we were accepted and then once in the program I’ll just highlight a few of the numerous reasons it felt right:

- Nerdy humor had a place!!! For example, gait analyses occurred constantly, not even Saturday nights were sacred as we earned points for spotting scapular wingers, tippers,
and could be heard saying things like “Yikes, check out the genu varum on that guy!’ or “Annnnd we’ve got a Trendelenberg approaching on the left!”

- It was acceptable, or at least only mildly disruptive, to stand up and stretch in the back of class
- We got to work with real cadavers for anatomy
- We got to work with real people for lab
- We got to work with real clinicians who helped us with our handling and shared their clinical pearls.
- We got to work in real inpatient and outpatient settings for placements. Oh, the drama, the trauma of placements! It worked out, it didn’t work out, some worked out, none worked out but no matter what, we all learned a great deal!

Most importantly however, through it all, despite stress or work-load-related dips in morale I feel we were without a doubt constantly stimulated and constantly challenged as together, we battled daily the incredibly inconvenient and terrifying realization that ‘it depends’! The brave, and ‘no bones about it’ leaders of MSK Unit 3 were the primary pioneers of this repeat phrase, and we had to slowly accept the fact that the exact diagnosis or exact treatment is not always in our notes or our slides, nor is it buried somewhere in Blackboard or even posted late!

Now let’s turn to the present. To make it about me for a moment, it really does depend! In my new job, I’m still stimulated and challenged daily, and I, so help me somebody, I hope I’m not alone here, continue to not always know the exact diagnosis nor the exact treatment. It still depends. And that is still terrifying. Yes, I am Anne-Marie Bourgeois, PT Resident and I am terrified. Daily.

But it’s FUN, it’s exciting, it’s frustrating, and it’s meaningful. Every patient is and will be different! And we have to learn and review regularly! Sometimes at a fast pace! Especially when for example you have a female client post-mastectomy scheduled back-to-back with a male client with Scheuermann’s - where did I put those lymphedema management notes, and wait, what was the gospel according to Robyn for Scheuermann’s Disease!? That actually happened, during Week 1 of my new job. And just to be totally candid, both of those charts were littered with post-it notes on what to make sure I do, or do differently next time. And in the spirit of continued candor, I admit I fluctuate between feeling I’m brutal and feeling I’m awesome, but regardless I’m always motivated and I always feel I did the right program.

Right People

So not only did I do the right program, I did it with the right people!

- Forever friendships were fast made, for example, in the line-up for mask fit testing, at the book store, during break by the fountain, or in the lab in our sports bras.
PT Profile Continued:

- One thing stands out for me personally, I remember, being asked by friends outside of PT, those with jobs and mortgages, ironing boards and dinner parties, ‘So AM, how is school?!’ And there I’d go, instead of providing the anticipatory ‘good’ or ‘busy’, I’d find myself off on some royal rant, some meandering monologue about how ‘niiiiice’ everyone was, just the ‘niiiiiiicest’ people, the most genuine bunch of people you ever met… And then true to form, I’d eventually realize I was still going. So I’d have to claw myself short and utter the ‘Oh and school, ya school is gooood!’ And it WAS, but I would always get distracted by how awesome you all were/are!

- I just have to say it was an incredibly cohesive group of smart, kind, and like-minded people. Once we’d finished staking our territory in 140, and nestling into our sides and social groups and seats (once we’d had enough), if late it didn’t matter where you plunked, who you plunked beside, or for that matter who was in your cadaver crew or PT Logic, clinical patterns, clinical reasoning, ethics, research or small groups. Nor did it matter whose appendage you pushed, pulled, glided or tilted, we were always warmly welcomed by whomever, wherever and whatever the scenario.

- I’d like to add another adjective: generous. Incredible gestures of generosity came in multiples forms. For example, shared notes, tables, charts, reminders, recipes, tumblirs, baked goods, inspirational quotes, and pre-party hosting, to name just a few!

- Turning to Facebook, it seems no setting is impervious to the powers of Facebook, as it even has a place in this speech. But for all its faults, particularly its ability to derail any and every well-intended study session, I have such a soft spot for our class Facebook page, whether it’s to gawk at pictures posted of humorous or compromising scenarios from lab or class, or to banter back and forth re: course content or comic relief. Particularly noteworthy was how we could find solidarity in studiousness, including sarcastic ‘So how’s everyone doing?” on nights before exams, or more importantly, helpful questions and answers. For someone would flick up a question and almost immediately, answers were posted and/or links to more information provided.

Now, to bring it back to me for just a bit, in term of how I how my ‘right people’ symptoms have evolved to present, two things stick out:

- First, is the instant support - I’m alone at my work and the couple of times I’ve popped up a question regarding something about one of my current clients I’ve received rapid replies – multiple chat windows shoot up simultaneously with multiple suggestions! So I end up skipping out to meet that client rather than approaching with trepidation, and deep breathing, and purse-lip breathing and yet another waving of my internal ‘fake it ‘til you make it’ pom poms.

- Second, quite simply and truthfully, I know I did it with the right people by how much I miss you all. I realize I’m wordy, but I’m finding it really hard to find enough words or at least the right words to articulate just how wonderful it is to be together again, and just how far away I feel from you sometimes.
PT Profile Continued:

Moving on the final category – the right leadership – this took the shape of key supports, key lessons and key council.

Personally, I had several humbling moments over the course of the program; I was treated through each with support, sympathy and strategy.

On behalf of everyone, countless emails were answered to address countless questions; feedback sessions were held in the interest of improving curricula; extra tutorials or lunchtime recaps were held to hammer home hard to handle concepts.

Finally, just to finish this point, we weren’t just supported. We were respected. I found this tremendously motivating. From Day 1, relentlessly through to the very end, no matter the prof, the TA, the visiting clinician, the guest lecturer, we were deemed ‘colleagues’. And for that, we are all very honored.

Now, amidst all the support and respect, we were taught! Some key lessons from key disciplines included:

From Cardioresp:
- Bronchial breath sounds, are neither increased nor decreased, they simply are or are not.
- Diet coke can get you through the day!
- Key Analogies included: a pair of saggy pantyhose = chronic obstructive lung disease or emphysema lungs while Dina sitting on my chest = restrictive lung disease.

From Neuro:
Now we’ve arrived at the interactive component of the speech or viewed differently a complimentary postural education/awareness session:
Can everyone please slouch in your seats? Did you feel your pelvis move back? That is what we call the all-too-common PPT, or the posterior pelvic tilt.
Now can everyone sit up nice and straight? Did you feel your pelvis move forward? That folks that in marked contrast, is all-too-strived-for APT, or anterior pelvic tilt.
Now can everyone shift your weight onto your buttock? Take a look at your left side – that is shortening, while the left side, the left side is elongating!
And yes, for a good few months, each and every one of us could be found ourselves or coaxing each other into any or all of these positions, as form the fundamentals and foundations of Neuro!

From MSK:
And now the second and final interactive component, can everyone please make a fist and hold it up. Now make a C with your other hand, and cup it over your fist. For several months we could also be found in this position, as Rock and Roll Robyn coached us through the arthro-kinematics and osteo-kinematics of every joint.

MSK also taught us that the success of a joint mobilization is strongly correlated to your soundtrack selection.
Further, from a peer leadership level, we had council - Thank-you to all our council members, especially of course our fearless leaders, Nadir and Amy, our President and Vice President, who consistently created, let alone seized opportunities to go the extra mile for us as a class.

Turning to now, for me, key supports provided opportunities for learning and personal growth; as for key lessons, they stick in my head and Dina, well Dina will forever have a special place on my chest. Finally, I, particularly in this new grad phase, I am tremendously grateful to know that I am an email or phone call away from the counsel of respected and wise clinicians and professors.

And there you have it folks – the right program, right people, right leadership.

Before closing:
- To faculty and staff – thank-you for sharing your passion, your intellect, your laughs and your lessons.

- To members of the PT family – it has been a tremendous honor to speak today on your behalf, thank-you for being kind and colorful characters, full of motivation and smarts, generousness and genuineness, thanks for being there for me and thanks for being there for each other.

- To our immediate family and loved ones – thank you for sharing this special day with us. In many ways it’s your special day as well! So congrats! I would of course especially like to thank my parents, who are here, Kathleen and Francis, from Kippens, NL. I don’t think they or I really expected this day, and it’s been so special to have my two worlds collide. I’m so grateful for your unconditional love and support and I’m thrilled that you could both be here today for the great meeting of the families.

In closing:
"We know it. We just need the confidence." That goes for Sunday, and for the remainder of our careers. That being said we must never get complacent or slack, as lifelong learning is our responsibility to ourselves and to our clients. We need to remember or at least remind each other that it’s ok not to know. We have the tools to tackle whatever ‘depends’ lands in our laps, and a solid strategy is sticking with what we do know and branching from there.

Now if there are no questions, I would like to thank you all for your cooperation and participation. And, although we are indeed independent to transfer into the working world, and safe for discharge, I would still recommend frequent follow-ups.
Convocation Honors and Awards

Congratulations to our graduates!

Wing-Tung Rachel Lee: Canadian Physiotherapy Association – Paediatric Division Award
Lisa Herterich: C. Estelle Cunningham Prize
Abdullah Imam: Central Toronto District – OPA Award
Wing-Tung Rachel Lee: Molly Verrier Award
Rachel Parisien: Heart and Breath of Physical Therapy Award
Ryan Brijlal, Samantha Chung, Jonathan Lim Sze How, Nadir Mawji, Min Tang, Anne-Marie Bourgeois, Allison Condren, Ellen McCurry, Giulia Mesaroli, Peter Petropanagos: Breathe in Life Research Poster Award
Ali Hassan: Carlos Melendez Memorial Award
Mathew Hughes (2012) & Diane Blonki (2013): Cardiorespiratory Division Student Award
Etienne Dugal-Tessier: Kathryn A Falconer Memorial Prize
Min Tang: University Health Network Prize
Kendra Saunders & Tristan Senior: Goldie Lewis Award
Giulia Mesaroli: Hospital for Sick Children Prize in Paediatrics
Nadir Mawji: Physical Therapy/Occupational Therapy Alumni Association Award
Jessica Pearo: Mount Sinai Hospital Book Award
Amanda Rancourt: Mary N. Sauriol Business Practice Prize
Ali Hassan: Mountain Challenge Award
Katie Hauck: Toronto Cathay Lions Club Scholarship
Angela Chung, Etienne Dugal-Tessier, Edga Escorcia, Kathy Li, Lisa Smuskowitz: pt Health Prize for Excellence in Student Research
Anne-Marie Bourgeois: St. Michael’s Hospital Trauma Physiotherapy Award
Amanda Rancourt: Canadian Physiotherapy Association Award
Megan Covert: Herta Leyss Scholarship in Physical Therapy
Convocation Honors and Awards Continued...

Nadir Mawji & Masumi Turnbull: Olive Wallace Pester Fellowship in Physical Therapy

Lauren Sutherland: Dr. Barnett & Beverley Giblon Silver Medal for Excellence in Physical Therapy

Amanda Kapsimalis: Dr. Barnett & Beverley Giblon Award for Excellence in Physical Therapy

Amanda Kapsimalis: CIHR Health Professional Student Research Award
Physical Therapy students have been busy as usual! The second years, coming off 10 weeks of clinical placement, have begun their final academic unit. Meanwhile, the first years are getting their first taste of musculoskeletal rehabilitation. Physical Therapy followed up our outstanding performance in 2012 at MOvember with another great year, raising $7,663.00, good enough for 24th across all Canadian university teams.

Our annual Festivus celebration on December 18th was a great night filled with good food, great holiday outfits, and a ton of laughs. Both the first years and second years contributed spectacular videos, while Dr. Dina Brooks performed a farewell poem to the PT1s for completing their first two units at U of T.

Keeping the community in mind, over 100 food items were collected and donated to the Daily Break Food Bank. Currently we are in the middle of our FROST welcome back week. The PT students of 500 University can be spotted participating in theme days that include sports, tight and bright, cowboy, and twin days.

We look forward to our upcoming trivia night at O’Gradys pub and the Blue Mountain ski trip in February!

The Council
Publications


The Prevention, Assessment and Treatment of Chronic Wounds

May 3 & 4, 2014

Instructors: Ethne L. Nussbaum, PhD, MEd, BScPT; Pamela E. Houghton, PhD, HBSc, BScPT.

Location: Rehabilitation Sciences Building, University of Toronto, 500 University Avenue, Toronto

Cost: $ 250

This Canadian Physical Therapy Wound Care Collaborative two-day course provides a unique opportunity for physical therapists to gain knowledge and practical skills in the principles of wound prevention, assessment and management. The focus will be on the most common types of chronic wounds: arterial and venous ulcers of the lower extremity, and pressure ulcers. Biophysical foundations of failed healing and evidence to support use of electrical stimulation, ultrasound and ultraviolet light to promote wound resolution will be presented.

Techniques will be practiced using realistic tissue models of different types of wounds. The overall objective is to improve patient outcomes by enabling participants to join interprofessional wound care teams and to incorporate wound care into a variety of practice settings.

For information and registration: Canadian Physical Therapy Wound Care Collaborative. e.nussbaum@utoronto.ca

Support personnel are eligible to take this course.
Exercise Prescription for Cervical Dysfunction for Physical Therapists

April 26th - April 27th, 2014, 8:00 am - 4:00 pm

Presented by the Continuing Professional Development Committee
Department of Physical Therapy, Faculty of Medicine, University of Toronto

This course will focus on the use of exercise in the treatment of the patient with cervical spine dysfunction. A variety of physiological impairments will be identified and the assessment techniques required to evaluate these will be taught through practical sessions. Exercises to address impairments in hypo-mobility, somatosensory function, muscle performance, dynamic stability and posture will be discussed, demonstrated and practices through the use of case studies.

Carol Kennedy is a well-known expert in the orthopaedic Division manual therapy course system. She has completed the CPA Specialization Program in Musculoskeletal Physiotherapy and holds a Clinical Masters of Science in manipulative therapy. Carol is a partner at Treloar Physiotherapy clinic in Vancouver where she almost exclusively treats patients with cervical spine disorders.

Register at: http://www.physicaltherapy.utoronto.ca/ by April 20th, 2014

Early Bird Registration (before March 1, 2014): $475.00 Regular: $500.00

Registration includes lunch, refreshments, and a course manual.

Location: 500 University Avenue, 7th Floor
Phone: (416) 946-8641 • Fax: (416) 946-8562

For further information please contact: pt.reception@utoronto.ca
CALL FOR NEW APPLICANTS

Department of Occupational Science and Occupational Therapy
Department of Physical Therapy
Department of Speech-Language Pathology

DEADLINE IS JANUARY 31, 2014
FOR STATUS-ONLY AND ADJUNCT APPOINTMENT APPLICATIONS

The Department of Physical Therapy, Department of Occupational Science and Occupational Therapy and the Department of Speech-Language Pathology are currently accepting applications for Status-Only and Adjunct Appointments for the term beginning July 1, 2014.

If you are interested in applying, please visit our website at: http://www.rehab.utoronto.ca/StatusOnly/.

The deadline for submitting your application is JANUARY 31, 2014. Please note that late applications will NOT be considered.

Should you have any questions, please refer to the "2014 Status-Only and Adjunct Guidelines" provided on the website or contact Annmarie Riley at the applicable email address listed below:

Physical Therapy:
pt.statusappt@utoronto.ca

Occupational Science & Occupational Therapy:
ot.statusappt@utoronto.ca

Speech-Language Pathology:
slp.statusappt@utoronto.ca
Master of Health Science (MHSc) in Bioethics

This professional degree program is designed to help clinical practitioners, health and research administrators, and other health leaders increase their knowledge and skills in bioethics. The two-year, course-based professional program is offered in modular format with a strong emphasis on interprofessional exchange and practical experience informed by theory. It allows high achieving professionals to earn a master’s degree without interrupting their careers.

www.utoronto.ca/jcb

Classes at U of T: MHSc in Bioethics Program

The MHSc in Bioethics is designed to:
• Provide an interactive learning environment;
• Equip students with a solid interdisciplinary grounding in the philosophical, legal, cultural and educational aspects of bioethics;
• Expose students to the breadth of clinical, organizational, and research ethics issues facing our health system today;
• Build students' ethics awareness, ethical decision-making skills, and problem-solving abilities to become leaders in bioethics;
• Provide practical knowledge about ethics program development, ethical decision-making frameworks, research ethics review, ethics consultation, ethics policy development, and ethics education planning and delivery.

Recruiting now for September 2013. The deadline for applications has been extended to April 1, 2013 for domestic applicants and is March 1, 2013 for international applicants.

Who should apply?
• Health Practitioners
• Health Administrators or Research Ethics Administrators
• Ethics Committee Members or Research Ethics Board Members
• Lawyers, Journalists, Policy Analysts, Privacy Officers, Regulators, Educators, and Researchers focusing on health
New and Emerging Academic Leaders Program

The NEAL program is now accepting applications for its 2014-2015 cohort to begin in September 2014. Application packages are due on April 22, 2014 for Early Bird tuition pricing and the final deadline is June 2, 2014.

Full information on how to apply can be found on our website at: http://www.cfd.med.utoronto.ca/programs/leadership.html

March 2014 Workshop:

**Introduction to Qualitative Research Approaches**

March 18th, 1 pm—5 pm.


---

About PT Link

PT Link is published bi-monthly. The next issue will appear in January.

To subscribe please email pt.chair@utoronto.ca and type “Subscribe” in the subject line.

To unsubscribe please email pt.chair@utoronto.ca and type “Remove” in the subject line.

Past issues of the U of T PT Link will be posted on the Department of Physical Therapy website.

Please submit content in Word format to Linda Stone at pt.chair@utoronto.ca.