



Physical Therapy
UNIVERSITY OF TORONTO
PT LINK NEWSLETTER

May/June 2010: Volume 5, Number 5

www.physicaltherapy.utoronto.ca

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MESSAGE FROM THE CHAIR



I am pleased to announce that Dr. Susan Jaglal, Vice-Chair of Research for the Department, will be promoted to Professor effective July 1st, 2010. Susan joined the Department of Physical Therapy as an Assistant Professor in 1999, and has held the Toronto Rehabilitation Institute Chair at UofT since 2005. She is an internationally revered scholar, an exemplary mentor, and a role model for junior faculty and research trainees. We congratulate Susan on this well-deserved recognition of her dedication and talent!



*Susan Jaglal, Vice-Chair
Research, Dept. of
Physical Therapy*

I thought it would also be timely to give you an update on our progress toward developing a Strategic Plan for the Department of Physical Therapy. On April 19th we held a Strategic Directions Retreat at the University Club, led by Danny Nashman of the Potential Group. There were 45 attendees, including faculty, staff and other key individuals, who brought a wonderful level of enthusiasm and energy that made for



*L-R: Helen Lee; Sharon
Gabison; Lianne Chan; Sharon
Switzer-McIntyre*

an entertaining and productive session. Through a series of discussions, we uncovered several elements that we envision as key initiatives and developed a process and timeline.

For the next step we will move forward with a consultation process whereby we have conversations with key stakeholders, asking questions of them that will help us form a meaningful strategy. On June 3rd we will be holding an orientation session for those who will be doing the interviewing, giving information about the process. These interviews will then take place over the summer months. A second Strategic Directions Retreat will be held on October 20th, at which time we will design a more detailed strategy for the Department. I am delighted with the momentum that is building as our plans begin to take shape,

and will bring you further updates along the way. With the support of our faculty, staff and key stakeholders, we look forward to creating an exciting future for the department!



*April 19th Retreat:
L-R: Maria Tassone,
Katherine Berg, Robyn
Davies*

Following are some departmental events coming soon:

- **June 3rd: Rehab Rounds** – Pia Kontos and Julia Gray will present on “Fit for Dialysis: Using Drama to Increase Exercise Amongst Older Hemodialysis Patients”.
- **June 29th: Special Rounds:** Hellen Myezwa, Lecturer from South Africa, will present on HIV and Disability
- **July 21st: Physical Therapy Student Poster Day**

Katherine Berg
Chair, Department of Physical Therapy

PT PROFILES

With the goal of creating a sense of community and to encourage further collaboration, we are continuing to outline some of the activities of the Department, including committees, units and key partnerships. In this issue of PT Link, we highlight the Executive Committee chaired by Katherine Berg.

EXECUTIVE COMMITTEE

The Executive Committee is a standing committee that advises the Chair on matters pertaining to the Department of Physical Therapy. The purpose of this committee is to make recommendations regarding departmental standards, policies and procedures. In collaboration with faculty and stakeholders, the committee also oversees long range planning for PT. Other responsibilities that are handled by the Executive Committee include monitoring the objectives and accomplishments of other departmental committees to ensure their goals are consistent with the overall strategic mission; informing the Faculty Meeting agenda, as well as engaging input from other faculty members. The Committee also manages the planning for upcoming events including faculty retreats, faculty assembly, research day and convocation.

Membership of the committee includes:

- Department Chair - Katherine Berg
- Vice Chair Education - Sharon Switzer-McIntyre
- Vice Chair Research - Susan Jaglal
- Director of Clinical Education and Community Affairs - Brenda Mori
- Business Manager - Amanda Patterson
- Assistant to the Chair – Cindy Mallory

as well as representatives from the following standing committees within the Department:

- Status Only Appointments and Promotions - Stephanie Nixon
- Unit Management - Cindy Ellerton & Robyn Davies
- Admissions - Sharon Switzer-McIntyre
- Evaluations and Awards - Cathy Evans
- Curriculum – Sharon Switzer-McIntyre
- Wherever possible, there is a balance of representation from the following groups from within the membership: tenured, tenure stream and teaching stream.

Faculty and Staff Participation: Faculty or staff members may request to attend an Executive Committee meeting as a guest to present a specific issue. They may also attend as observers when requested. Minutes of the meeting are forwarded to all faculty and staff members to review.

Support: Administrative support is assigned and directed by the Chair. The Assistant to the Chair prepares and circulates the agenda, records minutes, arranges meetings and rooms, and circulates relevant materials prior to each meeting.

Meeting schedule: Meetings are held the 2nd Thursday of each month from 12:00 – 1:30pm.

DEPARTMENTAL NEWS

HIV AND DISABILITY RESEARCH AND ADVOCACY PLANNING MEETING HELD IN ZAMBIA By Stephanie Nixon

On 15-16 March 2010, Stephanie Nixon convened an HIV and Disability Research and Advocacy Planning Meeting in Lusaka Zambia. The event was co-hosted by The Quartet, a 4-part collaboration including:

- Disability HIV & AIDS Trust (DHAT), Zambia
- Frontline Development Trust (*Frontline*), Zambia
- Health Economics and HIV/AIDS Research Division (HEARD), South Africa
- International Centre for Disability and Rehabilitation (ICDR), University of Toronto, Canada



The meeting participants, including Stephanie Nixon (far left) and Cathy Cameron (back row, 2nd from right) from University of Toronto Department of Physical Therapy.

Meeting participants included people with disabilities, other representatives of Zambian disability communities, and researchers from the University of Zambia. Together, we developed a platform of advocacy and research activities that we believe will advance the HIV and disability movement in Zambia and, in some cases, the Southern African region. The 7 priority areas included:

1. Insufficient data and statistics on people with disabilities and HIV
2. Inaccessible HIV services for people with disabilities, with special concern for confidentiality during provision of HIV services
3. Need for attention on disability experienced by people living with HIV
4. Poverty and vulnerability as the context for disability and HIV



(L-R) Ignatius Kayawe (Executive Director of Frontline Development Trust) with sign language interpretation from Samson Mwale (pastor, research fieldworker).



(R-L) Meeting participants Susan Mshoka and Samson Mwale communicating in Zambian sign language

5. Limited participation of people with disabilities in HIV planning and service delivery
6. Sexual abuse experienced by people with disabilities
7. The double stigma of HIV and disability

This meeting was supported by a grant from the Ontario HIV Treatment Network (OHTN).

UNIVERSITY OF TORONTO -- DEPARTMENT OF PHYSICAL THERAPY
MSCPT ADVANCED STANDING OPTION: 2010 - 2011

The University of Toronto, Master of Science in Physical Therapy, Advanced Standing Option is a professional graduate degree program that allows eligible physical therapists with a BScPT from a Canadian university to acquire the master's degree. This 12-month program includes both online and on-campus courses – a hybrid model providing an enriched educational experience.

The focus of the MScPT Advanced Standing Option is on the integration of research to practice. The Department of Physical Therapy, University of Toronto, will consider applications from students who have completed a four-year undergraduate program BScPT degree or equivalent from a Canadian university with a minimum mid B average. Applicants must be registered as independent practitioners with a relevant physiotherapy regulating body and/or have completed the PNE and are awaiting results.

Students have access to the University of Toronto's extensive collection of online resources to support learning in an environment that is distinguished by academic excellence and research. Online applications must be completed and supporting documents (with the exception of letters of reference) received in the department by **11:59PM on June 4 2010**. Letters of reference will be received until **11:59PM on June 18 2010**.

For further information about the curriculum and application process visit
www.physicaltherapy.utoronto.ca/prospect/advanced.htm

A CALL FOR RESEARCH PROJECTS!

Department of Physical Therapy, University of Toronto
MScPT Research and Program Evaluation for Physical Therapy Practice

The Department of Physical Therapy is preparing for the 2010/2011 Research Component of the MScPT Program and invites physical therapists with a Professional or Research Masters or PhD to participate as research advisors to one of 19 student groups. Each group will be comprised of approximately 5 students. Research advisors will be paired with an established researcher (PhD) from the Graduate Department of Rehabilitation Sciences, referred to as the faculty advisor, who has experience with graduate student supervision.

The content of the research component of the MScPT program, entitled "Research and Program Evaluation for Physical Therapy Practice", is amortized over three Units (Units 6, 10 and 12). In Unit 6 (September 20, 2010 – October 8, 2010), the student groups will develop the research protocol and submit the protocol for Ethics approval. The role of the research advisor is to facilitate this process with the support of the faculty advisor and a teaching assistant. Due to the short duration of Unit 6, advisors are expected to meet weekly with students and review the final

ethics protocol with a quick turnaround time of 1-2 days. To enable effective communication, we recommend a maximum of three advisors (not including the faculty advisor).

Students will work on their projects throughout Units 8A (January 3, 2010 – April 1, 2011) and 8B (May 16, 2011 – June 10, 2011) having Mondays as protected research time. Throughout this period, advisors maintain contact with students through email, phone and meetings as the project requires. In Unit 10 (June 13, 2011 – July 15, 2011), the groups will analyze their data and complete a draft of a manuscript for publication and a poster. Advisors facilitate data analysis and review drafts (no more than 2 drafts) of the manuscript and the poster. Faculty provides guidance and support in the analysis and write-up phase. Formal presentations and submission of the final manuscript will occur in Unit 12 (July 18, 2011 – July 22, 2011).

Potential projects for the MScPT Research Component must be relevant to physical therapy and can include:

- Chart Reviews
- Surveys
- Program Evaluation
- Pilot Studies (Quantitative or Qualitative)
- Qualitative Studies (example: focus groups or in-depth interviews)
- Secondary Data Analysis
- **No Literature or Systematic Reviews**

University of Toronto T-Space Initiative

T-Space (<https://tspace.library.utoronto.ca>) is University of Toronto (U of T) open access web space devoted to showcasing and preserving scholarly work accomplished at U of T. The Department of Physical Therapy posts the scholarly products of each MScPT research project, including abstracts, conference citations and published articles, on T-Space. This effort is to raise the profile of the research accomplishments made possible through successful collaboration among faculty, students, and the clinical community.

Online Project Submission

To submit a project:

1. Click on the following link: <http://app1.rehab.utoronto.ca/ptresearchproject>. If the website does not open automatically, then cut and paste the URL into your Internet browser.
2. Create an account to obtain a username and password. If you created an account last year, your same username and password will still apply.
3. Once you logon, click "Submit a new project" and complete the online form. You may wish to circulate a draft of your project description in Word with co-advisors and when ready to submit, cut and paste into the online form. You may save your project on the online form and revise at any time using the "Save" button. When you are ready to submit the final version, click "Submit".

The deadline for submission of projects is **Friday June 25, 2010**. Please contact Nancy Salbach at 416-946-8558 or nancy.salbach@utoronto.ca or Kelly O'Brien at 416-978-0565 or kelly.obrien@utoronto.ca to discuss the suitability of potential research proposals or other questions you may have.

OTHER NEWS

Australian/Canadian Partnership awards new research and knowledge mobilization grants

The Victorian Neurotrauma Initiative (VNI) in Melbourne/Geelong, Australia and the Ontario Neurotrauma Foundation (ONF) in Toronto, Canada are pleased to announce the outcomes of an international collaboration to promote research and knowledge mobilization that will improve the quality of life for those living with a spinal cord or traumatic brain injury.

“We are excited by the opportunity to work with researchers in both our countries and expand our capacity to address these complex issues” stated Melinda Rockell, Executive Officer of the Victorian Neurotrauma Initiative. “Harnessing the collective expertise of our research communities is a significant accomplishment for our partnership.”

The VNI, funded by the state’s Transport Accident Commission (TAC) and the Department of Innovation, Industry and Regional Development with \$63 million in health research funding, supports research to improve the health and quality of life of individuals living with brain and spinal cord injury. The VNI has committed over \$42M in projects, fellowships and large international multi-disciplinary research programs. A global leader in funding neurotrauma research and development, the VNI aims to deliver improved outcomes for people living with neurotrauma, particularly Victorians.

The ONF, funded by the Ontario Ministry of Health and Long Term Care is a provincial research organization that supports research and its subsequent mobilization that will reduce injuries and improve the quality of life of those Ontarians living with a neurotrauma injury. With over \$50 million in funded projects ONF has positioned Ontario as a lead contributor to the international marketplace of neurotrauma research and creative solutions that will transform lives, improve health care costs and benefit Ontarians.

“Our collaboration is unique in this area, generating a collective will on both sides of the world to make a difference in the lives of those living with a spinal cord or traumatic brain injury’ noted ONF CEO Kent Bassett-Spiers. “The projects being funded will advance our collective knowledge and generate evidenced-based solutions to these problems.

The successful projects from this funding round are:

Serum biomarkers, as predictors of quality of life, in children with traumatic brain injury.
Team leads: Dr. Jamie Hutchinson (Canada) and Dr. Vicki Anderson (Australia)

Safer Roads to Recovery: Assessing Readiness for Driving after Traumatic Brain Injury.
Team leads: Dr. Judith Charlton (Australia) and Dr. Michel Bedard (Canada)

Preventable job loss following return to work post traumatic spinal cord injury.
Team leads: Dr. Gregory Murphy (Australia) and Dr. Cheryl Cott (Canada)

Neurotrauma Knowledge Translation – an international collaboration.
Team leads: Dr. Peter Bragge (Australia) and Dr. Mark Bayley (Canada)

For more information contact:

Corinne Kagan
Ontario Neurotrauma Foundation
corinne@onf.org

Lisa Pitre
Victorian Neurotrauma Initiative
lisa_pitre@vni.com.au

HONOURS AND AWARDS

CONGRATULATIONS TO ROS CROOKS!

Ros Crooks recently received the Distinguished Educator Award, for her dedication to excellence in Health Disciplines Education. This award was presented by the Department of Practice and Education (Health Disciplines) at St. Michael's Hospital, to recognize her significant contribution to education leadership, scholarship, collaboration, and excellence. Over the years Ros has directly supervised countless students who now carry that experience with them as clinicians. A former student, now a successful clinician at another facility, shared this comment: "She was my CI almost 10 years ago, and I still recall the placement as one of the best experiences I had in my training as a Physiotherapist". She also plays an essential role in mentoring both new and seasoned staff. One of Ros's teaching colleagues commented, "She has a gift for making complex concepts digestible at the entry to practice level for her students. She always focuses on the practical application of skills and brings them alive with relevant and clear clinical examples." Ros holds a status appointment as a Clinical Lecturer in the Department of Physical Therapy (PT) and is a Teaching Assistant in Unit 3. She is also a long standing member of the PT Continuing Education Committee.

PUBLICATIONS

Brooks D, Davis L, Vujovic-Zotovic N, Goldstein RS, Boulas C. Sleep Disordered Breathing in Patients Enrolled in an Inpatient Stroke Rehabilitation Program. Archives of Physical Medicine and Rehabilitation 2010; 91: 659-62.

Beauchamp MK, Dolmage TE, Nonoyama M, Goldstein RS, Hill K, Mathur S., **Brooks, D**. Interval versus continuous training in individuals with COPD - a systematic review. Thorax 2010; 65: 157-164.

COURSES/PRESENTATIONS/EVENTS

REHAB ROUNDS – DATES FOR 2009/2010: (12pm – 1pm)

| Date | Speaker | Location | Topic |
|-----------------------|----------------------------|----------|--|
| June 3 rd | Pia Kontos & Julia Gray | Rm 140 | Fit for Dialysis: Using Drama to Increase Exercise Amongst Older Hemodialysis Patients |
| June 29 th | Hellen Myezwa | Rm 132 | HIV and Disability |

For more information about Rounds, contact pt.chair@utoronto.ca

1ST CANADIAN STROKE CONGRESS LECTURE DAY: MUSCULOSKELETAL ASSESSMENT: WHAT IS IMPORTANT?

Researchers in stroke rehabilitation have put together an exciting one-day rehab workshop to be held June 6th, 2010, as part of the 1st annual Canadian Stroke Congress. There will be keynote and guest speakers from across Canada (Janice Eng, Mark Bayley, Jill Cameron, Sharon Wood-Dauphinee, William McIlroy and Gail Eskes) and best practice workshops.

Keynote Address: “From Muscles to the Mind: Multi-System Benefits of Exercise in Stroke” Janet Eng, PhD, PT/OT, Vancouver

Date: June 6th, 2010

Location: Quebec City

For more information: www.strokecongress.ca

**PATIENT SAFETY SYMPOSIUM: PAEDIATRIC PATIENT SAFETY INDICATORS:
MOVING OUR DOTS**

In preparation for Accreditation Canada 2010, this year’s symposium will focus on enhancing awareness of the required organizational practices (ROPs) that organizations must have in place to enhance patient safety and to minimize risk. By highlighting presentations and activities underway throughout our organization, staff will have an increased awareness of ROPs focusing on the following patient safety areas: patient safety culture, communication, medication use, work life, infection prevention, fall prevention and other risks.

Registration for the event is free, however space is limited. Early registration is recommended. Please mark the date and join us in sharing and learning from our colleagues.

Date: June 11, 2010 8:00am – 4:00pm

Location:

Hollywood Theatre at The Hospital for Sick Children, 555 University Ave, 1st Floor

For more information: <http://guest.cvent.com/EVENTS/Info/Summary.aspx?i=514bf9dc-e913-4ec1-ab8b-e6f69052e333>

Contact: Rita Damignani at 416-813-7654, ext. 28022 li.conferences@sickkids.ca

CANADIAN WORKING GROUP ON HIV AND REHABILITATION

Breaking Barriers, Advancing Access

June 12-13, 2010

The Canadian Working Group on HIV and Rehabilitation (CWGHR) will host its Forum and Annual General Meeting in Toronto.

Location: Courtyard Marriott, 475 Yonge Street, Toronto

With a keynote address by Dr. Michel Landry of the Department of Physical Therapy, this will be a unique opportunity to come together and combine the valuable experiences and expertise of a wide range of partners. By collectively examining barriers, identifying best practices and developing innovative solutions and critical next steps, we can improve access to rehabilitation and enhance the daily lives of people living with HIV and other episodic disabilities.

Saturday, June 12th:

11:15 – 12:00pm Housing, HIV and Human Rights – in partnership with the Canadian

HIV/AIDS Legal Network

12:30 – 5:30pm Lunch, followed by CWGHR Forum – Accessing Rehabilitation: Current Trends, Practice and Issues:
Dr. Michel Landry, Dept of Physical Therapy, UofT

Accessing Rehabilitation: Opportunities and Strategies; Panel Discussion

5:30 – 9:30pm Reception and Dinner

Sunday, June 13th:

8:30 – 9:45am Accessing Rehabilitation: Where Do We Go From Here?

9:45 – 12:30pm CWGHR Annual General Meeting: Current Initiatives in HIV and Rehabilitation

For more information, and to register, visit the website at:
<http://www.hivandrehab.ca/EN/AGM2010> or call 416-513-0440

**EHPIC (EDUCATING HEALTH PROFESSIONALS IN INTERPROFESSIONAL CARE)
INTERPROFESSIONAL EDUCATION FACULTY DEVELOPMENT 2010**

Advancing the Future of Healthcare Through Learning
A certificate course for Health Professionals
Sponsored by the Centre for Interprofessional Education, University of Toronto

June 14-18, 2010

The University of Toronto Conference Centre , Toronto, Ontario

For more information:

Brochure <http://files.cepdtoronto.ca/support_files/7944/IPE_2010_19Jan10_5PR_.pdf>

Website <<http://events.cmetoronto.ca/website/index/IPE1002-C>>

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UP-COMING PAIN EDUCATION PROGRAMS

Certificate in Pain Management

The Faculty of Rehabilitation Medicine at the University of Alberta is offering of an interprofessional graduate level Certificate in Pain Management. The aim of this program is to provide advanced education in collaborative pain management for healthcare professionals. The first course in the series, REHAB 535: the Nature of Pain was delivered in May.

Applications for this program are currently being accepted. The certificate is granted upon successful completion of three required graduate-level courses, as follows:

- *The Nature of Pain (REHAB 535)*
- *Assessment and Management of Pain (REHAB 536)*
- *Integrating and Implementing Pain Management Models (REHAB 537)*

The Course Director is Dr. Judith Hunter, Assistant Professor in the Department of Physical Therapy at the University of Alberta and University of Toronto, and a member of the University of Toronto Centre for the Study of Pain. Guest Faculty will include leaders in pain research, management and education from across Canada.

The program is intended for professionals from medicine, nursing, occupational therapy, physical therapy, pharmacy, psychology, social work and other related disciplines.
For information and registration contact: Shawn Drefs, Phone: 780-492-1587, E-mail: sdrefs@ualberta.ca.

Chronic Pain Self-Management Program

The Bloomberg Centre for Advanced Studies in Professional Practice is offering the Chronic Pain Self-Management Program (CPSMP). This program aims to improve coping strategies and quality of life for people who have a primary or secondary diagnosis of chronic pain. The CPSMP was developed by Sandra LeFort, PhD, MN, RN in 1996 at McGill University in Montreal and later updated at Memorial University, St. John's, Newfoundland, Canada with Lisa (Cardas) Sulyok, RN of Toronto, Ontario. It was developed in conjunction with Dr. Kate Lorig of the Patient Education Research Centre, Stanford University, Palo Alto, California and derived from Stanford's Arthritis Self-Management Program and the Chronic Diseases Self-Management program. It was revised in 2008 and a new Chronic Pain Workbook was written to accompany the program. The CPSMP has been rigorously evaluated in two randomized clinical trials funded by Health Canada and the Canadian Institutes of Health Research (CIHR), and also been evaluated in 10 pain clinics across Ontario, Canada. The program has been delivered to over 800 individuals with chronic pain across Canada and was found to improve participants' coping skills, education, and overall quality of life.

The Centre for Advanced Studies in Professional Practice is offering the following course:

- *Cross-Training*: Monday, October 18 - Tuesday, October 19, 2010 (2 day course) Expert leaders: Sandra LeFort, PhD, MN, RN & Lisa (Cardas) Sulyok, RN

For information and registration contact: Dr. Judy Watt-Watson j.watt.watson@utoronto.ca

Judi Hunter BSc(PT), MSc, PhD
Assistant Professor, Department of Physical Therapy
University of Alberta and University of Toronto,
Curriculum Director, U of A Certificate in Pain Management
Uof T: 416-978-5934

CENTRE FOR FACULTY DEVELOPMENT WORKSHOPS

To view the current list of spring workshops being presented by the Centre for Faculty Development, please view their website at:
<http://www.cfd.med.utoronto.ca/programs/upcoming-workshops.html>

For more information, contact Jackie McCaffrey, Project Coordinator at:
mccaffreyj@smh.toronto.on.ca (416) 864-6060 x6546

CAREERS

LECTURER/TUTOR IN PHYSIOTHERAPY

Are you interested in:

- Making a lasting contribution to the development of the physiotherapy profession in Nepal?
- Helping to lead the implementation of the 4.5 year Bachelor course in Physiotherapy, in conjunction with a committed Nepali physiotherapy teaching staff?

Have you:

- A master's degree in physiotherapy?
- Recent experience in teaching physiotherapy?
- Knowledge of teaching methods and curriculum design?
- Experience in a cross cultural setting?

If so, you may be the very person we are looking for. This position will be with the United Mission to Nepal (UMN), seconded full time to Kathmandu University School of Medical Sciences at Kathmandu University in Dhulikhel.

Expatriate staff do not receive a salary or remuneration of any kind from UMN directly, but are self-supported volunteers or supported by a missions organization in their home country through whom they raise and receive funding for their assignment. All expatriate staff must be committed Christians who desire to uphold our values and serve the people of Nepal in the name and spirit of Jesus Christ.

NOTE:

Dhulikhel is a town about 30Km east of Kathmandu. It is in a rural setting with wonderful views of the Himalaya during the dry season.

If interested please **contact Anne Penn at expat.recruit@umn.org.np** to learn more. Please send your CV or resume with your email.

About PT Link

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

Please submit content by the **15th** of each month in Word format to Cindy Mallory at pt.link@utoronto.ca with the following information:

Heading: (as listed above)

Title of content:

Submitted by: (name)

Removal date/expiration date:

Please note: As requested in our needs assessment performed prior to remodeling the newsletter, attachments will no longer be issued with upcoming newsletters.

For course information, please provide the title of the course, a brief description, the term it will be offered, and the website where more information on the course can be obtained.