



Physical Therapy
UNIVERSITY OF TORONTO
PT LINK NEWSLETTER

November 2009: Volume 4, Number 9

www.physicaltherapy.utoronto.ca

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MESSAGE FROM THE CHAIR

In this issue of PT Link, we continue to outline some of the activities of the Department, including committees, units and key partnerships. Our hope is to create a sense of community and encourage further collaboration. In this issue of PT Link, we will highlight the Continuing Education Committee chaired by Dr. Cathy Evans.

As you may be aware, the Accessibility for Ontarians with Disability Act (AODA) is being implemented with the goal of developing a fully accessible Ontario by the year 2025. Five standards are being developed in the areas of Customer Service, Employment, Information and Communication, Built Environment and Transportation. The Customer Service Standard, which is the first of five standards in the AODA, is now law. The University has begun the information/training requirement under the Customer Service Standard. This Standard requires the University to provide information to all regarding the delivery of service. Information is to include: how to interact and communicate with persons with various types of disabilities, University policies and Government legislation concerning people with disabilities, types of assistive devices, information on support people or animals, resources on campus to assist with accommodation needs, and what to do if someone is having difficulty accessing service. For more information, please visit (<http://www.aoda.utoronto.ca/>).

Many of you know the names and faces of faculty associated with the different units. I wanted to take a minute and draw attention to our administrative staff who do an exceptional job supporting the Department. **Amanda Patterson** is the business manager that is responsible for all financial aspects included payroll, grant management and purchases, as well as managing the office. **Cindy Mallory** not only assists the Chair, handles all promotions and organizes rehab rounds, but she also delivers this new and improved PT Link. **Jane Kean** assists with student services, financial matters, and clinical education, including clinical internships and SCSs. Although Cindy and Jane have been here for barely three months, they have made great contributions to the department and we are very glad to have them on our team! **Daniela Pirraglia** handles all aspects of admissions including reviewing the applications, organizing our CAP Writing Day and acceptance. She also is responsible for registration, student grades, coordinating awards and bursaries, and Convocation. She recently celebrated her first year anniversary with the department. Congratulations Daniela! **Ningsha Zhong** assists the Department with curriculum planning, development and implementation. She is also leading the accreditation (*Cont'd Page 2*)

Message from the Chair (Cont'd)

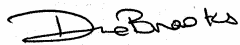
process administration and is responsible for curriculum verification, as well as managing the database for clinical education. We have been lucky to have Ningsha in our department for over 10 years! We are extremely fortunate to have such an effective and dedicated team! After three years with the Department, **Allison Smith** has moved on to a new position with the University. We wish her the best in her new role! Consequently we are undergoing a search for a new Receptionist and Departmental Support person. We look forward to welcoming someone new to our team.

Mark your calendars!

Following are some upcoming events of interest:

- **November 10th, 2009** is graduation day! There will be an event at 1pm to honor our graduates, to be held at The Royal Canadian Yacht Club, 141 St. George Street. This will be followed by Convocation at 6:00pm.
- **Rehab Rounds – Dates for 2009/2010: See Events Section, Page 6.**
- **January 21st, 2010 pm:** Recognition & Exceptional Achievement Award Ceremony and Faculty Assembly. All are invited to an afternoon of sharing and collaboration. **Please see details in the Events Section below.**
- **April 28th, 2010:** Second Annual Rehab Sector Clinical Education and Research Day!
- **May 31st through June 2nd, 2010:** We will be going through accreditation by the Accreditation Council for Canadian Physiotherapy Academic Programs.

If you have any comments or feedback, please let us know at pt.chair@utoronto.ca.



Dina Brooks, PhD
Acting Chair, Department of Physical Therapy

DEPARTMENT OF PHYSICAL THERAPY COMMUNITY

CONTINUING PROFESSIONAL DEVELOPMENT COMMITTEE

The University of Toronto, Department of Physical Therapy has a long history of supporting the continuing education and professional development of physical therapists.

The purpose of the Continuing Professional Development Committee is to:

Identify, develop and organize education and learning opportunities to enhance the practice of physical therapists and to promote the advancement of knowledge and skills relevant to the profession.

Membership of the Committee includes individuals representing the diverse areas of practice and settings. The Committee also has PT student representation.

Rosemarie Anderson, Toronto Rehab – Co-Chair
Cathy Evans, UofT Faculty - Co-Chair
Denise Lai, Mt. Sinai Hospital
Roz Crooks, St. Michael's Hospital
Audra Sher, Toronto Rehabilitation Institute

Bev Bulmer, St. Michael's Hospital
 Barb Beer, Mt. Sinai Hospital
 David Stoyanoff, Bridgepoint Health
 Andrea Ottensmeyer, PT (2) class of 2010

Profile of Continuing Professional Development (2006-09)

The Committee develops courses that capitalize on the rich resources unique to the University of Toronto. We work collaboratively with other partners such as the Dept. of Anatomy, Dept. of Occupational Therapy, Canadian Physiotherapy Association, Orthopaedic Division and clinicians in the local and international communities who generously share their expertise with others in the profession.

Profile of Courses	Dates	Speaker	Participants
Naked Leg: Lower Extremity Anatomy, Clinical Skills and Research in Practice	2006	Dr Anne Agur ¹ and Jack Miller, Instructor Mulligan Concept Courses	80
Electrophysical Agents: A practice update	2007	Dr. E.Nussbaum ¹	30
Naked Arm: Upper Extremity Anatomy, Clinical Skills and Research in Practice	2007	Dr Anne Agur and Jack Miller, Instructor Mulligan Concept Courses	80
Brain Matters Series: Anatomy, Medical Management & Therapy in Clinical Practice - A series of three neuroscience courses	2007-2008	Dr A. Agur ¹ ; Dr. E. Roy; D. Hebert, OT; V. Stamenova, GRDS; Dr. Connie Marras MD PhD Neurologist, Toronto; Dr. T. Schweizer PhD; C. Danells, PT; Dr. Susan Harkema, University of California	150
Shoulder Disorders in the Older Individual: Pattern Recognition and Management	2008	Mary, Magarey, Fellow of the Australian College of Physiotherapists	60
Is it Laser, Light or Phototherapy? Latest developments in physiotherapy practice	2008	Dr Ethne Nussbaum ¹	30
Naked Cervical Spine: Anatomy, Clinical Skills and Research in Practice	2009	Dr Anne Agur and Euson Yeung ¹ ,	30
Introduction to Clinical Research to Support Evidence Based Practice in Manual Therapy: An Online Course (in development)	January 2010- April	TBA	20 per semester

¹University of Toronto, Dept of Physical Therapy

New Ideas for Continuing Professional Development and your Feedback:

We welcome new ideas for courses which support excellence in evidence based physiotherapy practice. If you are interested in participating on the committee, or have a suggestion for a CPD course or workshop, please contact cathy.evans@utoronto.ca.

DEPARTMENTAL NEWS

DEPARTMENT OF PHYSICAL THERAPY RECOGNITION AWARDS 2009

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 PT 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 take place in conjunction with the PT Faculty Assembly, which will be held on **Thursday January 21st, 2010 between 12-1pm**. If you would like to nominate an individual or site/team for an award, please complete the nomination form at this link.

<http://tinyurl.com/PT-Recognition-Awards>

The deadline for nominations is **Monday December 7th, 2009**. We look forward to receiving your nominations!

Sincerely,
The Department of Physical Therapy Recognition Awards Committee

CANADIAN PAIN SOCIETY SPECIAL INTEREST GROUP IN EDUCATION

Dr. Judith Hunter has agreed to co-chair a subcommittee of the Canadian Pain Society Special Interest Group in Education. The subcommittee entitled "Interprofessional Curriculum Resource (Pain Education)" is developing strategies to support improved pain education including the role of collaborative care for entry-to-practice professions in Canada.

HONOURS AND AWARDS

CONGRATULATIONS TO DINA BROOKS, WILLIAM MCILROY, NANCY SALBACH AND ADA TANG!

Dina Brooks and **Nancy Salbach** (Co-Principal Investigators) and co-investigators **Ada Tang** and **William McIlroy** just received an Ontario Stroke System grant from the Ministry of Health and Long-Term Care to fund a research project entitled: Investigating the relationships between clinical and laboratory-based measures of exercise capacity and measures of physical activity in daily life in individuals post stroke.

CONGRATULATIONS CATHY EVANS, SARA GUILCHER AND EUSON YEUNG!

Cathy Evans, Sara Guilcher and Euson Yeung were awarded a Continuing Education Research and Development grant for the evaluation of an online EBP course that they are

developing. This grant supports projects that directly relate to the planning, implementation, delivery and evaluation of continuing education for health professionals. The grant is funded by Continuing Education and Professional Development, Faculty of Medicine, at the University of Toronto.

Principal Investigator: Cathy Evans

Co-investigators: Euson Yeung, Sara Guilcher

Title of project: "Spanning Boundaries in an Online Continuing Education Course to Support Evidence-Based Physiotherapy Practice in Manual Therapy across Social Networks"

CONGRATULATIONS ADA TANG!

Ada Tang presented the poster "Adapting Cardiac Rehabilitation After Stroke" on behalf of co-authors Susan Marzolini, Paul Oh, William McIlroy and Dina Brooks at the Toronto Rehabilitation Institute's 5th Annual Research Day on November 2, 2009. This poster won Best Poster in the PhD Student category.

CONGRATULATIONS STEPHANIE NIXON, DEB CAMERON, JILL HANASS-HANCOCK AND KAREN YOSHIDA!

Stephanie Nixon, Deb Cameron, Jill Hanass-Hancock and Karen Yoshida received a \$10,000 research grant from the Centre for Urban Health Initiatives (CUHI) to pursue the project, "A Pilot Study Exploring the Experiences of People with Disabilities who are HIV-Positive", which will take place in Zambia."

PUBLICATIONS

The October edition of *Physical Therapy*, the scientific journal of the American Physical Therapy Association, contained a research article authored by **Nancy M. Salbach, Sara J.T. Guilcher, Susan B. Jaglal** and David A. Davis entitled 'Factors Influencing Information Seeking by Physical Therapists Providing Stroke Management'. Vol. 89, No. 10, October 2009, pp. 1039-1050 (Link to the article abstract: <http://www.ptjournal.org/cgi/content/abstract/89/10/1039>).

The American Physical Therapy Association subsequently issued a press release on October 27th entitled 'Study: Several Factors Drive Physical Therapists to Seek out New Information and Research'. The press release gave an overview of the results presented in the research article and highlighted the finding that membership in a professional organization was one of the factors that contributed to the likelihood that physical therapists would read research literature.

Nancy Salbach, the principal investigator, began this work as a postdoctoral fellow under the mentorship of Drs. Susan Jaglal and Dave Davis and supported by a joint fellowship from the Ontario March of Dimes and the Canadian Institutes of Health Research. Nancy completed this research report with the support of a clinician scientist career award from the Heart and Stroke Foundation of Ontario.

COURSES/PRESENTATIONS/EVENTS

PT FACULTY ASSEMBLY

January 21, 2010, 11:30-4:30
Mount Sinai Hospital – 18th Floor Auditorium

*** All University of Toronto Department of Physical Therapy Faculty are welcome! ***

Highlights:

- **Exceptional Achievements and Recognition Awards Ceremony**
- **Keynote Address by Julie Hard – “Rehabilitation: A World of Opportunity”**
 - Julie will present her inspirational address from the Helen Saarinen Lectureship, in which she uses her own journey as a physiotherapist working with people living with HIV in Canada and abroad to illustrate the opportunities that exist for all of us in global health.
- **Workshop by Jordan Lewis – “Don't Stop Believin’: A Journey into Coping with Ups and Downs as Health Care Providers”**
 - This dynamic, interactive and entertaining workshop will provide practical tools for physical therapists, both those working on the frontlines as well as those in other areas of the profession, who interface with clients and colleagues who may benefit from counseling.

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

Date	Speaker	Location	Topic
November 5 th (12:15 – 1:15)	Kathy McGilton	Rm 132	Making it happen: Rehabilitating Patients with dementia and/or delirium
December 3 rd	Pascal van Lieshout	Rm 140	Relationship between speech acoustics and face motion as a function of age and disease
January 7 th	Heather Carrahan	Rm 140	Simulation in Rehabilitation
February 4 th	Joan Scannell	Rm 140	Disc mechanics – clinical theories of predisposing risk factors and treatment investigated
March 4 th	Elizabeth Rochon	Rm 140	TBC
April 1 st	Susan Jaglal	Rm 140	Regional Osteoporosis Coordinator knowledge exchange trial (ROCKET)
May 6 th	Kelly O'Brien	Rm 140	Assessing the sensibility of a new HIV-disability questionnaire for adults living with HIV
June 3 rd	Pia Kontos	Rm 140	Brain injury rehab

8th ANNUAL ARTHRITIS DAY FOR PRIMARY PRACTITIONERS: PRACTICAL SOLUTIONS TO COMMON PROBLEMS -- OSTEOPOROSIS

Participants will learn an evidence based and current approach to investigation and management of osteoporosis. They will also learn an approach to prevent and deal with the fracture complications of osteoporosis. Small group sessions will give participants the opportunity to learn and improve clinical skills in the management of common musculoskeletal disorders.

Date: Saturday, November 14th, 2009 Cost: Allied Health Professionals \$65.00

Location: Paul Marshall Lecture Theatre, Ground Floor, Queen Wing,
St. Michael's Hospital, 30 Bond Street.

For Further Information on Program and to Register:

Rezi Roberts

Tel: 416 864 6060 ext. 6182

Email: robertsr@smh.toronto.on.ca

Fax: 416 864 3097

Website: <http://www.stmichaelshospital.com/>

PERSPECTIVE ON CHRONIC DISEASE MANAGEMENT & THE IMPACT OF PHYSIOTHERAPY MANAGEMENT

Date: Monday November 16, 2009

Location: Toronto General Hospital

Cost: \$200, \$150 student rate

Description: This is a 1 day course designed for graduate physical therapists and students who wish to improve their knowledge of chronic diseases in patients during an acute medical event requiring hospitalization and re-evaluation of function. The course will highlight the impact of these conditions on physiotherapy management.

Contact: Therese Hawn at therese.hawn@uhn.on.ca or at 416-340-4800 x4432

MSK CURRICULUM REVIEW

Unit 3 faculty would like to hear your input on the curriculum. Please join us and be part of the musculoskeletal dialogue! Include your voice in the ongoing reflection and development of our musculoskeletal curriculum. Your inspirations will be key!

Date: Wednesday November 18th, 2009

Time: 8:00am – 10:00am

Location: 500 University Ave., Room 140

RSVP: By November 13th to pt.chair@utoronto.ca

CURRENT PT MANAGEMENT OF DIZZINESS

Date: 6:00 pm - 9:00 pm, **December 4th, 2009** and 9:00 am - 4:00 pm, **December 5th**

Course description: Vestibular rehab is an emerging branch of Physiotherapy which has gained significant popularity in the last 10 years. Vertigo is a common problem affecting up to 30% of adults at least once in their lives. Benign Paroxysmal Positional Vertigo is the most common cause of vertigo in an adult population. This problem can easily be treated by physiotherapists with simple bed-side maneuvers. This hands-on course will help you evaluate and treat most common causes of vertigo and dizziness. We will learn: Vestibular anatomy and physiology; Functional assessment of balance; Evaluation and Treatment of: Cervicogenic vertigo; Vertebrobasilar insufficiency; Meniere's Disease; Benign Paroxysmal Positional Vertigo.

Instructor: André Riopel BScPT, FCAMT

André has been teaching manual therapy and vestibular courses for 15 years. He has an advanced diploma in manipulative physiotherapy from the Auckland Technical Institute and a fellow of the Canadian Academy of Manipulative Therapists.

Location: The Physio Solution @ Seneca College (HWY 404 & Finch)

Residence: Available @ Seneca Residence & Conference Centre @ \$49.95 per night

Contact: Andy Wang PT, FCAMT, CAFCI, President of YRSD of OPA

The Physio Solution -- www.ptsolution.ca <<http://www.ptsolution.ca>>
416-491-5050 ext. 2969
anshyr@gmail.com <<mailto:anshyr@gmail.com>>

Cost: \$450 (Including parking two days @ Seneca College, light refreshment 5:30 pm on Friday night, continental breakfast, & pizza lunch)

Space is limited. Register early.

SAVE THE DATES

INTERNATIONAL CENTRE FOR DISABILITY AND REHABILITATION UNIVERSITY OF TORONTO

Thursday, January 28, 2010 -- 6PM–9PM

'Celebrate a World of Opportunity' Gala Evening in conjunction with the Shamba Foundation

Friday, January 29, 2010 -- 9AM–4PM

Symposium exploring international issues in sexuality and disability

Tickets on Sale December 3, 2009 – World Disability Day

For Further Information contact: icdr.info@utoronto.ca

OTHER NEWS

CANADIAN-BASED ONLINE RESOURCE FOR PATIENTS WITH CHRONIC PAIN

mdBriefCase Inc. announced a new website that will provide health related on-line resources for Canadian patients called MedSchoolForYou (www.medschoolforyou.com). This site will provide Canadian patients with access to free, convenient, interactive and easy to understand information on various health related topics. The content has been created by Canadian healthcare professionals for Canadian patients.

One of the initial programs includes health information related to Pain and Pain Management and was supported by the Canadian Pain Society and PainExplained, a pain advocacy group <http://www.medschoolforyou.com/Subjects.aspx>. The online Chronic Pain Self-Management Program gives patients and health care professionals an overview of the principles and content of this important aspect of pain treatment. Judi Hunter is a member of the executive of "Pain Explained" that contributed to this website. Please contact Judi at judith.hunter@utoronto.ca if you have any ideas or suggestions to enhance this patient tool.

NEW GLOBAL YEAR CAMPAIGN IS FOCUSED ON MUSCULOSKELETAL PAIN – INTERNATIONAL ASSOCIATION FOR THE STUDY OF PAIN (IASP)

Each year, IASP chooses a different aspect of pain that has global implications and sponsors a 12-month campaign to raise awareness of that area of pain. For our 2009–2010 Global Year Against Pain, the IASP selected musculoskeletal pain as our focus. The campaign launched October 19, 2009.

Why Musculoskeletal Pain?

More people around the world experience musculoskeletal pain than any other type of pain. And the problem is complex and far-reaching, with many different types of pain falling into this category, including neck pain, limb pain, low back pain, joint pain, bone pain, and chronic widespread pain—just to name a few. Yet, despite the wide-ranging conditions and symptoms, all types of musculoskeletal pain share similar underlying mechanisms, manifestations, and potential treatments. The Global Year initiative provides an ideal forum for us to explore, and raise the profile of, these important issues.

Global Year Preparations

The new campaign, which had its official launch on Monday, October 19, 2009, will draw much-needed attention to a host of issues faced by those with musculoskeletal pain. The 2009–2010 Global Year Team, led by co-chairs Dr. Lars Arendt-Nielsen (Denmark) and Dr. Kathleen A. Sluka (USA), has been busy preparing a variety of materials, resources, and communications to ensure a successful campaign. Team members have also been finalizing more than two dozen Global Year fact sheets on a number of specific topics related to musculoskeletal pain, including:

- Evidence-Based Treatment of Acute Musculoskeletal Pain
- Acute/Chronic Musculoskeletal Pain (including Sensitization)
- Rheumatoid Arthritis

- Basic Aspects of Joint Pain
- Repetitive Strain Injuries/Overuse
- Exercise in Management of Musculoskeletal Pain

Please contact **Judi Hunter** (judith.hunter@utoronto.ca) if you are interested in making plans for meetings, symposia, media events, and other local activities in support of this vital initiative.

For more information please see the following link: http://www.iasp-pain.org/AM/Template.cfm?Section=Press_Release2&Template=/CM/ContentDisplay.cfm&ContentID=9766

About PT Link

*To subscribe please email pt.link@utoronto.ca and type "Subscribe" in the subject line.
To unsubscribe please email pt.link@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 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.