



Physical Therapy
UNIVERSITY OF TORONTO
PT LINK NEWSLETTER

July/August 2010: Volume 5, Number 6

www.physicaltherapy.utoronto.ca

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MESSAGE FROM THE CHAIR



We are now well along in the process of creating our **Strategic Plan** for the Department of Physical Therapy. Over the summer, numerous faculty volunteers have taken on the task of interviewing leaders from UofT and other universities, research, professional associations, hospital and community clinicians, The Ministry of Health, patient advocacy groups, as well as other health professionals and students.

We are very thankful for the enthusiasm and support of these many volunteers, as this is helping to maintain the momentum which has been building toward completion of this project. I would also like to thank the many interviewees out there for taking the time to contribute their

thoughts to our process.

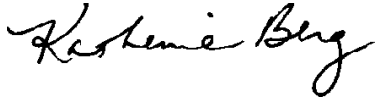
Our Department went through an **Accreditation** process May 31 – June 2nd and the results will be known in the fall. The team of reviewers was very professional and pleasant, and made for a positive experience for all. I would like to thank faculty and staff and all who participated for their part in making this process run so smoothly. A special thanks to Dina Brooks, Sharon Switzer-McIntyre, and Ningsha Zhong for all of the time and hard work that went into preparations over the past year.

Student Research Day was held on July 21st, and was very well attended. The event featured an excellent keynote address by Lynne Sinclair, Director of Education at the Toronto Rehabilitation Institute. The 2nd year PT class presented 19 research projects conducted over the past year, and I would like to congratulate the winners of the Poster Prize: "*Development of the Screen for Limitations In Mobility (SLIM): A Self-Report Tool for Surgical Oncology patients*".

- Student researchers: Elizabeth Hall, Maia Sluzar, Robyn Spencer, Ashley Rogers and Thomas Fee.
- Clinical Advisors: Vanessa Wheeler, Eleanor Weitzner, Deirdre Law and Nicole Cooper.
- Faculty Advisor: Nancy Salbach.

I would also like to thank the many clinical advisors from the community who gave their valuable time to help with this project.

I hope you are all taking some time to enjoy the beautiful weather this summer!



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 Research Committee chaired by Susan Jaglal.

RESEARCH COMMITTEE

The Rehabilitation Sciences Sector Research Committee [RSSRC] was established in 2005-06 to promote the efforts and success of rehabilitation research at the University of Toronto. The committee is composed of representatives of the departments of Physical Therapy, Occupational Science and Occupational Therapy, Speech-Language Pathology, and the Graduate Department of Rehabilitation Science, and includes faculty, students and administrative staff from these areas. The committee is chaired by Professor Susan Jagal, who is a Senior Scientist at Toronto Rehab and holds the Toronto Rehabilitation Institute Chair at the University of Toronto.

In the past two years, the RSSRC has taken an active role in organizing the RSS Research Showcase event, which highlights emerging research by students and faculty in the Rehab Sciences. On April 28, 2010, 250 students, faculty and staff attended an exciting day of activities including student poster competitions, a keynote presentation, followed by a wine and cheese reception. The keynote speech by Dr. Samantha Nutt, Executive Director of War Child Canada, inspired everyone with her comments on how we might help to alleviate suffering in third world by changing our attitudes and habits at home in Canada. In summary, the day was a tremendous success.

As well, the RSSRC has contributed data on faculty academic scholarship to the Rehabilitation Sciences Annual Academic Report. Research grant funding received by rehabilitation Sciences faculty totaled over \$8.5 million dollars in 2009, which exceeded the previous year's total funding by 38%. Over the past five years, research funding has increased by 130%, demonstrating the excellence among our faculty. The complete 2009 Rehabilitation Sciences Academic Report is available on the RSS web site at www.rehab.utoronto.ca.

DEPARTMENTAL NEWS

CANADIAN PHYSIOTHERAPY ASSOCIATION CONGRESS 2010

The National CPA Congress was held July 22nd – 25th in St. John's Newfoundland. We are very pleased to report that the Department of Physical Therapy had a significant presence, including several speakers, award winners, and poster presentations.

Awards:



Ann Collins Whitmore Student Competition 2nd Prize

Megan Towns, Isabel Aganon, Lauren Barrett, Catherine Darling, Michelle Lee, Kylie Hill

*Left: Megan Towns,
Graduate of PT Program*

NSD-PFC Joint Award for Physiotherapy Research in the Neurosciences

Elizabeth Innes, Toronto Rehab

The Paediatric Division Physiotherapy Research Grant Related to Child and Adolescent Health Issues

Virginia Wright, Bloorview Research Institute

Canadian Physiotherapy Association Silver Quill Award

Deborah Kennedy, Paul Stratford, Moneet Dogra, Linda Woodhouse Greg Spadoni

Canadian Physiotherapy Association National Clinical Education Award

Kinny Quan



Enid Graham Memorial Lecture Award

Dina Brooks, Associate Professor with the Department of Physical Therapy, was presented the Enid Graham Memorial Lecture Award. This award is presented each year to an individual who is recognized by her professional peers as being a leader committed to the promotion of the Physiotherapy profession and who has made a distinguished contribution to the profession. This is the most prestigious award that the CPA can bestow on one of its members.

L to R: Dina Brooks, Dept of PT, UofT – Recipient of the Enid Graham Memorial Lecture Award; Alice Aiken, President, CPA

Enid Graham Celebration



L to R: Dina Brooks, Dept of PT, UofT; Katherine Berg, Chair, Dept of PT



L to R: Brenda Mori, Dina Brooks, Cathy Evans - Dept of PT, UofT

Below: Dina Brooks; Diane Gasner, Physiotherapist



Molly Verrier, Dept of PT, UofT



Podium Presentations:

Physiotherapy in a primary prevention Program

D. Childerhose, S. Sharma

The Development of Bone Fit – A Training Program for Health Professionals on Exercise and Osteoporosis

C. Evans, J. Laprade

Interdivisional Symposium “Patient Safety – Where do we draw the lines in clinical practice”

A. Andreoli, M. Sran, K. Schneider, D. Hopkins-Rossee

Evaluation of an Educational Video on Airway Clearance Techniques for Patients with Cystic Fibrosis

K. Wu

Implementing a Community Based Exercise Program for People with Neurological Conditions: A Step By Step Toolkit

J. Howe, K. Brunton

Physiotherapists Role in the Development of a Women-Only Weight Management Program

S. Sharma, D. Childerhose

Transforming Models of Care in the Assessment And Management of Balance, Mobility and Fall Risk After Stroke: Research in ‘Everyday Practice’

E. Inness, K. Brunton

From Continuing Education to Personal Digital Assistants: What do Physical Therapists Need to Support Evidence-Based Practice in Stroke Management?

N. Salbach

System Level Evaluation of the ACPAC (Advanced Clinician Practitioner in Arthritis Care) Trained Practitioner in Ontario

L. Soever

*Further Development of the Challenge Module:
Measurement of Efficiency of Performance*

C. Glazebrook

*Photodocumentation Compared with Tracing as
a Measure of Wound Healing*

S. Gabison

*A Standardized Clinical Coverage System for
Absences of Physiotherapy Staff in a Program
Managed Environment*

W. Wong

*Is there a Role for Physiotherapists in the
Management of Chronic Wounds?*

E. Nussbaum, S. Gabison

Enid Graham Memorial Lecture

D. Brooks

Ask a Researcher: An Opportunity for Discussion

**D. Brooks, D. Bartlett, C. Carpenter,
C. Emery, M. Landry, M. MacKay-
Lyons, L. McLean, L. Woodhouse**

*The Clinically Important Improvement for the
New Upper Extremity Functional Index*

D. Yardley

*Outcome Measures Used in Non-drug, Non-Surgical
Arthritis Trials: What is Guiding our Clinical
Practice Guidelines?*

P. Fox

*Physiotherapists: Captains of the Inpatient
Rehabilitation Ship*

L. O'Callaghan, E. Alexander

*Best Practice Guidelines for the Interprofessional
Management of Hypertonicity*

T. Paulenko

*Community Balance and Mobility Scale (CB&M):
Age-related Reference Values*

K. Zbarsky, T. Welch

*Developing a New HIV Disability Questionnaire:
A Community-Integrated Approach*

K. O'Brien

*Collegial Conversations – A Framework for Those
'Hard to Talk Through' Moments*

B. Mori, C. Evans

*Advanced Practice Physiotherapy in an Urban,
Academic Rheumatology Setting: A Model*

L. Soever, H. McDonald-Blumer

Poster Presentations:

*Reaching Consensus on the Feasibility and
Importance of Recommendations for the
Physiotherapy Management of Obesity*

C. Evans, E. Alexander

*Do the Manual and Manipulative Therapy
Continuing Courses Meet the Learning Needs of
Canadian Physiotherapists?*

J Karam

<i>Physiotherapy Models of Service Delivery, Staffing And Caseloads: A Profile of Level 1 Trauma Centres Across Canada</i>	N. Cooper
<i>Physiotherapists and Electronic Documentation: The Love-Hate Relationship</i>	D. Lai
<i>Relative Attractiveness of Employment Settings For Physical Therapists (1999-2007): Assessing 'Stickiness' and 'Inflow' Across the Care Continuum in Ontario, Canada</i>	M. Landry
<i>A Land of Opportunity: SWOT Analysis of Physiotherapy In Kuwait</i>	P. Jadan
<i>Inpatient Pulmonary Rehabilitation: The Relationship Between Anxiety, Depression and Clinical Outcome Measures in People with COPD</i>	M. Towns

ANNUAL ACADEMIC REPORT PUBLISHED

The 2008-09 Rehabilitation Sciences Academic Report was published in June, and included contributions from committees, faculty and student groups from the Departments of Physical Therapy, Occupational Sciences/Occupational Therapy and Speech-Language Pathology. It is posted on the Rehab Sciences website at the following link:
<http://www.rehab.utoronto.ca/PDF/Rehabilitation%20Sciences%20Academic%20Report%202009.pdf>



HONOURS AND AWARDS

CONGRATULATIONS TO MIKE LANDRY!

Mike Landry received a 2010 Ontario Health Human Resource Research Network (ORRHHN) grant for 'Assessing Employment Preferences Among Internationally Educated Rehabilitation Providers in Ontario, Canada'. Principal Investigator: Landry MD; Co-Investigators: Baptist S, Verrier M, Baumann A.

CELEBRATING EDUCATION EXCELLENCE AWARDS CELEBRATION – TORONTO REHAB
**CONGRATULATIONS TO THE FOLLOWING INDIVIDUALS WHO WERE NOMINATED FOR
THE JUNE 7TH AWARDS CELEBRATION:**

- Jamie Young
- Jean Liu
- Jennifer Neirinckx

PUBLICATIONS

Mochizuki G, Boe S, Marlin A, McIlroy WE. Perturbation-evoked cortical activity reflects both the context and consequence of postural instability. *Neuroscience* 2010 Jul 12. [Epub ahead of print]

Carol Fancott, **Susan Jaglal**, Victoria Quan, Katherine Berg, Cheryl A. Cott, Aileen Davis, John Flannery, Gillian Hawker, Michel D. Landry, Nizar N. Mahomed, Elizabeth Badley
Rehabilitation services following total joint replacement: a qualitative analysis of key processes and structures to decrease length of stay and increase surgical volumes in Ontario, Canada
*Journal of Evaluation in Clinical Practice*_1185 724..730

Karen Church, who graduated from the UofT PT Program in 1989, recently published a book: "*Therapeutic Yoga*" an integration of physical therapy, yoga and mindful self-care.
www.therapeuticyoga.net

COURSES/PRESENTATIONS/EVENTS

AAMC GROUP ON FACULTY AFFAIRS PROFESSIONAL DEVELOPMENT CONFERENCE

Date: August 6 – 8, 2010

This GFA conference is an opportunity to come together and welcome familiar faces and new GFA members. Whether you have attended in the past or whether this would be your first time attending - you are welcome to register.

Some conference highlights include:

- Catharine Whiteside, M.D., Ph.D. , Dean, UofT Faculty of Medicine and Vice Provost, Relations with Health Care Institutions will provide the welcome on the first day
- Plenary session on disruptive faculty
- An open discussion on "What Keeps You Awake at Night?" as a faculty member
- A closing session on the predictions of the future faculty member

One Day Registration is available online for \$415.00 and by fax or mail for \$465.00. To register and to get additional information regarding registration please go to <http://www.aamc.org/meetings/gfa/2010/start.htm>.

Location: Toronto

Contact: Valarie Clark, MPA, Director, Faculty Development AAMC
phone: (202) 828-0586 email: vclark@aamc.org

PAIN DAY 2010

9th Annual Kingston Pain Day Event.

The Annual Pain Day Event remains a unique clinical learning and networking opportunity, attracting attendees from both the Toronto and Ottawa areas. This year, they have an international expert panel focused on "**Urogenital pain**" with a particular focus on the most **current research and clinical management strategies**. You will be able to engage this

panel in case-based discussion as well as have ample free time to "catch" one of them with follow-up questions.

Date: August 27th

Co-sponsored by: Dr. Dean Tripp and Dr. Curtis Nickel

To Register: <http://www.queensu.ca/psychology/painlab/2010painday.html>

Contact Info: Jane Dauncey, Dept of Psychology, Queen's University. www.painday2010.com
T: 613-533-2875 E: painday@queensu.ca

CENTRE FOR FACULTY DEVELOPMENT FALL WORKSHOPS

The CFD is pleased to announce it's workshop series for the fall which includes popular workshops from past years along with some great new topics.

Topics include:

- Facilitating Groups in IPE
- Teaching 101
- Teaching Internationally
- How to Use AV Effectively and Become a Better Presenter
- Teaching Dossiers
- Technology Enhanced Health Professions Education
- The Healthy Teacher
- Develop Your Leadership Agility
- Managing Challenging Teaching Situations and Problem Learners

To view the current list of workshops being presented by the Centre for Faculty Development, please view their website at: <http://www.cfd.med.utoronto.ca/news/May31.10.pdf>

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

WCPT CALL FOR ABSTRACTS

Closing date: 15 September 2010

The call for abstract submissions is now open for:

- **Platform presentations:** a 12 minute oral presentation of a paper to a seated audience followed by 3 minutes of question time, moderated by a chair.
- **Poster presentations:** reports summarising information using brief written statements and graphic materials, such as graphs, charts, figures and photographs mounted on a poster board. Presenters will be assigned a specific time when they will be at their poster for discussion with delegates.
- **Poster discussion sessions:** each session will be led by a chair with presenting authors having 5 minutes to discuss the key points arising from their work. Delegates can move around the room to discuss the posters and the chair will invite questions from the floor.

Platform and poster presentations are considered by the International Scientific Committee to be of equal standing and judged by the same standards. There is more space in the programme for posters than platform presentations.

<http://www.wcpt.org/congress/abstracts>

AN INTRODUCTION TO FACILITATING FACULTY DEVELOPMENT
Centre for Faculty Development

Date: Thursday September 16, 2010

8:30am-2:15pm *breakfast and registration at 8:00am

Learning Objectives:

1. Demonstrate effective facilitation and participant engagement techniques for small and large group settings
2. Describe key strategies for developing and delivering effective faculty development workshops
3. Will have acquired knowledge, skills and confidence to facilitate a part of a basic teaching survey course
3. Identify a future opportunity to facilitate or co-facilitate a CFD sponsored workshop

Registration is required to attend this day. Enrollment is limited and participants will be accepted on a first come first serve basis.

To register: Contact Jackie McCaffrey at mccaffreyj@smh.toronto.on.ca or (416) 864-6060 x6546

Location: Centre for Faculty Development, 2 Queen Street East, Room 910

www.cfd.med.utoronto.ca

CORE FOUNDATIONS IN EDUCATION RESEARCH (CoFER)

This is a new program at the **Centre for Faculty Development** which is aimed at health professionals who are interested in further developing their understanding of the foundations of health professions education research.

Participants will have a maximum of 2 years to complete all requirements in order to receive the Continuing Education Certificate. Program requirements include attending CFD workshops and participating in a coaching group of 3 or 4 people with one of our research experts who will facilitate the participants learning during the program. Research experts for the program are Dr. Shiphra Ginsburg, Dr. Simon Kitto, Dr. Vicki LeBlanc and Dr. Scott Reeves.

Deadline to apply for the first cohort is September 17, 2010 and space is limited.

For further information about the program along with cost and application details please visit: <http://www.cfd.med.utoronto.ca/programs/cofer.html>

CALL FOR ABSTRACTS – FIRST INTERNATIONAL CONFERENCE ON FACULTY DEVELOPMENT IN THE HEALTH PROFESSIONS

Deadline for Abstracts: September 30, 2010.

Conference Date and Location: May 10-13, 2011, in Toronto

To submit an abstract: <http://www.facultydevelopment2011.com/abstracts>

Example topic areas include, but are not limited to: the conceptualization of faculty development; innovations in faculty development programs and curricula for teaching improvement (e.g. approaches to faculty remediation, distributed faculty development, use of technology in faculty development), leadership development, and research capacity building; faculty development outcomes, research and scholarship; the interface between faculty development and continuing professional development; barriers to and enablers of faculty development; personal/professional wellness; political and socioeconomic issues influencing the accessibility of faculty development initiatives; lessons learned in professions outside of health care; and building a faculty development community.

For more information contact: mccaffreyj@smh.toronto.on.ca

MOBILIZING RESEARCH KNOWLEDGE CONFERENCE

October 6-7, 2010

This interdisciplinary conference is designed for researchers, trainees, and graduate students in health sciences and related fields who want to learn from others about how to be successful in efforts to foster knowledge translation.

Keynote Speakers

- David Clements, Vice-President, Policy, Canadian Health Services Research Foundation
- Sue Matthews, Vice President Patient Services & Chief Nursing Executive, Niagara Health System
- André Picard, Public Health Reporter, Globe and Mail

Conference Attendees Will

- Learn about the importance of deliberate planning to optimize knowledge translation
- Learn about the latest in knowledge translation practices and research
- Learn about practical knowledge translation tools and strategies
- Have opportunities to network with experts in the field and other conference delegates from a variety of disciplines

Location: Hamilton Convention Centre, 1 Summers Lane, Hamilton, ON

Contact: For more information and to register for the conference visit <http://www.fhs.mcmaster.ca/conted>

THE SPACE BETWEEN – DISABILITY IN AND OUT OF THE COUNSELLING ROOM

Date: October 8th, 2010

A symposium jointly presented by the Department of Adult Education and Counseling Psychology and the Department of Sociology & Equity Studies of the Ontario Institute for Studies in Education (OISE) at the University of Toronto. As its central premise, this symposium holds that disability always exists as a relational, fluid dynamic between two or more people as opposed to an unshifting biomedical condition or “defect”. As able-bodied and disabled counselors, how does this premise inform our work with (non-disabled and) disabled clients? What does it mean to acknowledge that in our interactions with one another, we create, amplify, diminish and eliminate disability every day?

Location: OISE, 252 Bloor Street

Contact: cdcp@oise.utoronto.ca

INTERGENERATIONAL WORKPLACES AND CONFLICT:
CREATING COLLABORATIVE ENVIRONMENTS

Leadership and Management Program Presented by the Interprofessional Leadership Institute

Wednesday November 10th , 2010

Be sure to attend this exciting day of exploring conflict and the intergenerational workforce taking place at historical Liuna Station, Hamilton Ontario. Don't miss the opportunity to expand your knowledge and understanding of one of the most challenging issues in the workplace today! Acquire tools and creative solutions as well as dialogue and network with colleagues across the education and health care sectors.

For more information: Visit the Website at: www.fhs.mcmaster.ca/conted **OR**
www.leadershipandmanagement.ca

Contact: Sinéad Irvine, Conference Coordinator 905.525.9140 ext. 22990
irvine@mcmaster.ca

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
UofT T: 416-978-5934

OTHER NEWS

REHAB SCIENCES SPACE AVAILABLE FOR RENT!

Event space is available to rent in the Rehabilitation Sciences Building at 500 University Ave. The Rehabilitation Sciences Building is located just north of Dundas St, close to University Health Network, Hospital for Sick Children, Mount Sinai Hospital and the Toronto Rehabilitation Institute. We are also close to the Ryerson University Business School at Bay and Dundas, and the Ontario College of Art and Design on McCaul St.

We have two step-style classrooms with desks that seat up to 90 persons and a number of flat classrooms that seat from 40 up to 90. In addition, there are a number of small 'break out' rooms available that can be used for groups of 12. We also have a computer lab with 44 desktop computers that can be used for testing or training. PT also has two clinical labs which provide great opportunities for practicing and teaching clinical skills. The building has a small café on the ground floor. You can view pictures of our facilities on the Rehab Sector web site, www.rehab.utoronto.ca.

For availability and rates, please contact the Rehab Sciences Sector at:
416-946-8554
Email: rehab.reception@utoronto.ca

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.