

Lyndhurst Newsletter

October 2024



Welcome to the first edition of the Lyndhurst Spinal Cord Rehab Program Newsletter!

We are thrilled to be able to bring you news from the program including updates, highlights and achievements. The goal for this newsletter is to connect with past and current patients, families and friends delivering health care information that can help keep you healthy and engaged after spinal cord injury. We hope that you find this Newsletter informative and helpful with updates on our team members, education opportunities, research highlights and program initiatives.

A new electronic health information system launched at University Health Network (UHN) in 2023, called EPIC. This system enables patients to have greater access to their medical information from the comfort of home. With EPIC, the myUHN Patient Portal (www.myUHN.ca) is a secure website or app for patients that lets you safely see your appointments and results from all UHN sites as soon as they are ready. We also have the ability to push information out to patients like never before. Because of this technology, we have created this first ever Lyndhurst Newsletter.

We hope you find this newsletter helpful. Please share your feedback on topics and content you would like to see highlighted in this space!

Linda Flockhart - Clinical Director
Dr. Cathy Craven - Medical Director

Table of Contents

New Clinic Update.....	2
Education Corner.....	3
Staff at Lyndhurst.....	4
SCI Consortium Update...6	
Research Highlight.....	7
Mindful Moment.....	8
TRI Promo.....	9

Contact Us

Inpatient - Lynn Keats

416-597-3422 x 6105

Outpatient - Sharmeen Siddique

416-597-3422 x 6097



<https://www.uhn.ca/TorontoRehab/Spinal-Cord-Rehab>



520 Sutherland Drive
Toronto, ON
M4G 3V9

NEW

Clinic Update

PELVIC HEALTH CLINIC

This clinic specializes in providing comprehensive and accessible healthcare services to people with spinal cord injuries (SCI). We aim to bridge the gap in access to essential healthcare services that people with SCI often face in traditional primary care settings and within their communities. With a patient-centered approach, we prioritize individualized care plans that address the unique needs and challenges of each patient, working with them to achieve optimal health and well-being.

Contact information: Marynell Laguna, Nurse Practitioner
marynell.laguna@uhn.ca

Our clinic is just getting up and running, therefore, services are currently limited to:

- Pelvic exams
- Testing for HPV and other sexually transmitted infections (STIs)
- Provide education on various topics (and send suggestions to patient's Primary Care Providers):
 - Vaginal hygiene
 - Contraception and Family planning
 - Menopause in the context of SCI
 - STIs
 - Safe sex practices
 - Education and resources about sexual health and intimacy

Cortree

From the SCIO community

Lyndhurst worked with **Spinal Cord Injury Ontario** to develop a new video series on intermittent catheterization (IC). The videos includes demos performed by people with spinal cord injuries: doing an IC in a bed, doing an IC in a public washroom, and showing landmarking and using gauze to hold IC while doing catheterization. The videos reviewed myths and facts about doing ICs by people with lived experience and a nurse who teaches this with inpatients at Lyndhurst. We hope to be able to expand this video series showing people with different levels of abilities.



Top 10 myths about intermittent catheterization for women
By Spinal Cord Injury Ontario



Self-catheterization demo | Gauze & landmarking techniques
By Spinal Cord Injury Ontario



Intermittent catheterization for women | IC demo positioning & supplies



Intermittent Catheterization - Introduction to Female Pelvic Anatomy

[Learn More Here](#)

Education Corner



Spinal Cord Essentials

Spinal Cord Essentials

Spinal Cord Essentials is a collection of educational handouts about spinal cord injury. Education handouts help you during your rehabilitation and recovery as you learn to live with your injury. There is helpful information on topics such as self-care, mobility, health, financial services and more. Handouts come in English, French, Farsi, Chinese (Traditional), and limited Spanish and Portuguese. These evidence-based handouts are free and available to anybody wanting information on managing life after spinal cord injury.

Learn More Here



Friends and Family Education Days

Friends and Family Education Days happen every 4 months in-person and virtually. These education sessions highlight important topics related to spinal cord injury that friends and family need to know to support their loved one. Please join this event to increase your knowledge and awareness of SCI related concerns.

The next Friends and Family Education Day is **Wed. Nov. 6, 2024** from **3:00pm - 5:00pm** at Lyndhurst or virtually on MSTeams.

Please contact Sandra Mills: Sandra.mills@uhn.ca for more information.



SCIO Catheter Fair

Join us at **Spinal Cord Injury Ontario's Catheter Fair**, where you'll have the opportunity to explore a variety of urological products. Learn about features and benefits directly from the manufacturers. Connect with new medical supply vendors, ask questions, and discover which products best meet your unique needs and budget.

Whether you're looking to upgrade your current supplies or find new solutions, this fair provides you with options and knowledge for your health and well-being. Don't miss it!

When: Wednesday November 27, 2024

Time: 11:00 am - 2:00 pm

Where: Main lobby, Lyndhurst Centre 520 Sutherland Drive, Toronto



**Spinal Cord
Injury Ontario**

**Lésions Médullaires
Ontario**

For more information please contact Leandre.Cassleman@sciontario.org

Staff at Lyndhurst



SAYING HELLO TO NEW STAFF AT LYNDHURST



Marynell Laguna

I'm excited to introduce myself, **Marynell Laguna**, a nurse practitioner and new addition to the outpatient clinics at Lyndhurst. I'll be leading two clinics: the Pelvic Health Clinic and the Skin and Wound Clinic. My goal is to improve access to specialized care for patients living with spinal cord injury.

I'm excited to be part of your care team as we work together to improve your health and well-being.



Dr. Alyssa Komar

Please welcome **Dr. Alyssa Komar**, as the newest member of the Medical Team to Lyndhurst as a Consulting Specialist in Physical Medicine and Rehabilitation. She will be starting on unit 1A working with Dr. Marshall on Sept 4th. She will also be supporting outpatient Physiatry and Spasticity clinics beginning in October 2024.



Dr. Brandon Lieu

Please welcome **Dr. Brandon Lieu**, a new physiatrist at Lyndhurst. He attended the University of Alberta for his undergraduate degree in Biological Sciences with a minor in Nutrition. Dr. Lieu completed his SCI Medicine fellowship at Stanford University. Dr. Lieu's research interest has focused on nerve and tendon transfers and the use of electrical stimulation for people with SCI. His other interest is in adaptive sports medicine. He is looking forward to enhancing the quality of life and well-being of individuals with SCI.



Milijana Kecman

Welcome to the new 2B Unit Manager **Milijana Kecman**, a Registered Nurse who worked in cardiac care, and many other areas as a leader. Milijana has returned to UHN where she worked for 16 years, having worked at the North York General Hospital subsequently.

"I am privileged to join the Lyndhurst team to contribute to the ongoing success of this excellent program. I am an avid audiobook 'reader' (3-5 books on the go at all times) and love learning. I firmly believe that change is inevitable and we must remain adaptable and flexible at all times! I recognize the future is not a fixed destination, as it is proven every day here at Lyndhurst."



Staff at Lyndhurst



SAYING GOOD-BYE TO STAFF FROM LYNDHURST



Dr. Colleen McGillivray

Dr. Colleen McGillivray retired from Lyndhurst in August 2024. She joined the medical team here at Lyndhurst in 1992 after completing her residency at the University of Toronto and a fellowship in Electrodiagnostic Medicine. In addition to providing exemplary day-to-day care to patients with spinal cord injury, she specialized in wound care and was a leader in creating the skin flap surgery program helping patients with non-healing wounds. Throughout her career, Dr. McGillivray was a caring and passionate physician to her patients, their families and support networks.



Linda Flockhart

Linda Flockhart, Senior Clinical Director, Lyndhurst retires January 2025. "It has been an honour to be part of UHN for over 35 years, with the last 3.5 years of my career at Lyndhurst. Meeting patients and understanding the challenges of living with SCI inspired and informed my work here. With the Lyndhurst leadership, we focused on improving access to services (reducing wait times for the seating and skin care clinics) and developing new clinics to meet the needs of our patients. Personal Support Workers (PSW) on the inpatient units were introduced to provide more hands-on care, enabling patients to learn how to work with PSWs for the transition home. I have so enjoyed my time at Lyndhurst. I know whoever my replacement will be, will continue to work to improve the experience and services to better meet your needs. The work is never done but I know you are in good hands with the amazing staff and physicians at Lyndhurst."



Dr Gulasingam

Dr. Gulasingam joined our team at Toronto Rehab in 2017 and have served at the Lyndhurst Spinal Cord Rehab, Rumsey Cardiac Rehab and E.W. Bickle Centre. He was instrumental in initiating the focal spasticity clinic and Peripheral Nerve Transfer clinics and enhancing the surgical wound clinic at Lyndhurst Centre. Dr Gulasingam will be taking a new leadership position with the William Osler Health System as Medical Director and Psychiatrist in the Rehabilitation, Complex Continuing Care and Transitional Care program. NOTE: Dr. Gulasingam will continue to see Outpatients on Thursdays.





SCI Implementation, Evaluation & Quality Care Consortium

Launched in 2019 with the goal to achieve equitable health care for Ontarians with Spinal Cord Injuries.



Who We Are

A group of SCI rehabilitation centres across the province and country work together to improve quality of care. The Lyndhurst team consists of Allied Health clinicians, Leadership, and Research.

What We Do



Emotional Well-Being - Standard check-in for depression and anxiety



Sexual Health - Introducing and normalizing this personal subject



Walking - Measure treatment times and monitor progress with tests



Community Participation - Practicing skills for getting out



Tissue Integrity - Lowering amount of pressure injuries



Urinary Tract Infection - Lowering amount of UTIs



Wheeled Mobility - Measure treatment times and monitor confidence in using a wheelchair

How We Work

- Input from research and experts
- Solutions specific to Lyndhurst
- Lyndhurst team feedback
- Patient feedback
- Learning from people with lived experience
- Learning from our Consortium partners at other sites
- Collaboration with Spinal Cord Injury Ontario



National Patient Advisory Panel



Research Highlights



Dr. José Zariffa (Senior Scientist)

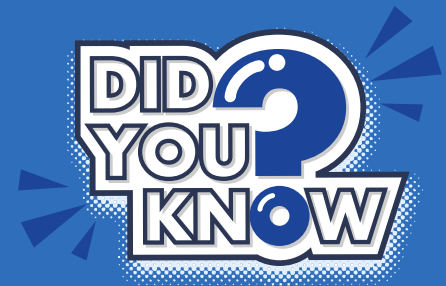
Dr. José Zariffa (Senior Scientist) and his team studied hand use at home after cervical spinal cord injury. By combining wearable cameras with AI-based video processing, they were able to automatically count interactions between hands and objects during real daily activities at home. The results were consistent with other measures of hand function, while providing for the first time a means to evaluate hand use outside of the clinic.

See the **article** published in the Journal of Neurotrauma.

Natasha Benn (PhD candidate)

Natasha Benn (PhD candidate) and **Dr. Kristin Musselman** (Senior Scientist) completed a review of the therapies used to improve balance control after spinal cord injury. They found that walking training and balance exercises with visual feedback improved balance control.

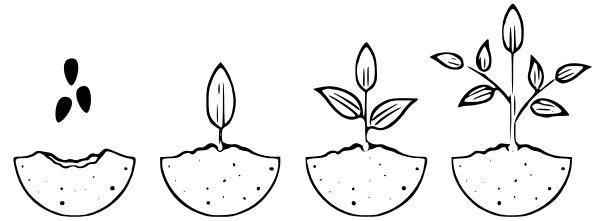
See the **article** published in the Archives of Physical Medicine and Rehabilitation.



The **Lyndhurst Centre** is home to the **Neural Engineering and Therapeutics Research Team**. The team consists of more than **75 scientists, trainees and research staff** that develop new assistive technologies, therapies and health services for people living with spinal cord injury and other neurological conditions. Here are a few recent highlights from the research team.



Mindful Moment



BRITE™ Practice: Gratitude Domain: Optimism

Notice, Feel, and Share Appreciation

1. Develop a daily gratitude practice, start by bringing to mind 3 things in your workplace which you feel grateful for, appreciative of, or lucky to be a part of.
2. Strengthen the practice by writing down the 3 things.
3. Notice how your expressions of gratitude make you feel.
4. Notice spontaneous moments of gratitude throughout the day and how you feel when people express their gratitude to you.

Tip: Reach out to thank someone in person, by email, text, or by sending them a note. Try leading a round of gratitude at your next team meeting.



May 22, 2019 v3



Gratitude

Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals – whether to other people, nature, or a higher power.

Make a Donation!

Supporting UHN in our vision to achieve global impact are our two partner foundations:

- [UHN Foundation](#)

The Foundations work as catalysts to transform our hospitals. From the creation of new medical and research facilities to the recruitment and retention of the best health care professionals and scientists in the world, the Foundations are helping UHN build a healthier world for the patients we are privileged to serve, today and tomorrow.

Click [here](#) for more information.

Need assistance?
416-603-5300

A photograph of a woman in a wheelchair being supported by another person's hand on her shoulder. The word "HERO" is written in white on the woman's shoulder. A blue banner in the top right corner of the image says "Honour YOUR Hero".

Has someone at Toronto Rehab made a difference in your life? With a gift through Honour Your Hero, you can express your appreciation for the staff who have supported you throughout your rehabilitation journey.

Their dedication, compassion and expertise have touched your life. Now it's time to let them know how much their care means to you.

Donate today:
honouryourhero.ca
416-603-5300

Scan to donate now:

A QR code located at the bottom right of the image.

UHN FOUNDATION
Toronto General
Toronto Western
Toronto Rehab
Michener Institute

Honour Your Hero

Honour Your Hero is a wonderful way to say thanks to an entire team or individual for the care, compassion and support you or your loved one received.

Each hero will receive a certificate with your personal message and a commemorative pin at certain milestones.

Nominate your Hero [here](#).

Connect with us!

We would appreciate your feedback
about this brand new Lyndhurst
Newsletter.

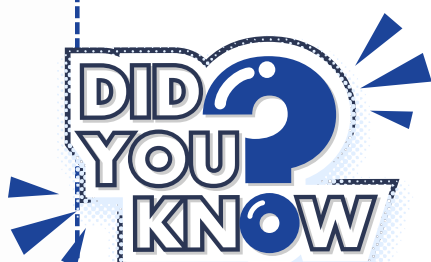
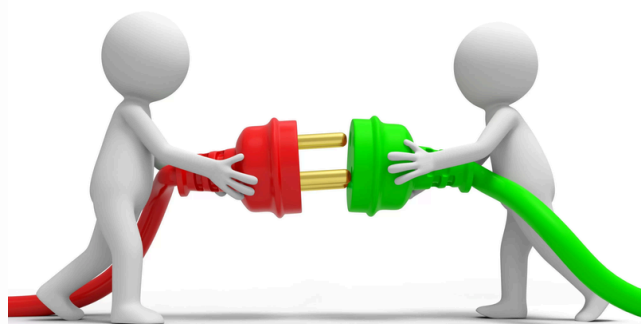
Please contact:

Sandra Mills

Patient Education and Engagement Lead

sandra.mills@uhn.ca

(416)597-3422 x 6144



Lyndhurst Hospital opened in 1945 to provide rehabilitation services for Second World War veterans who had sustained spinal cord injuries. It was the first rehabilitation hospital of its kind in North America and soon became internationally renowned. Lyndhurst Hospital moved to its current location in 1974 from a neighbourhood near Casa Loma.