**Pavlos Bobos PT, PhD**

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To: Dr. Alison Rushton

Appointments Committee Chair

School of Physical Therapy

Faculty of Health Sciences, Room 1008A, Elborn College

Western University London, ON, N6G 1H1

Dear Dr. Alison Rushton & members of the Appointments Committee,

I am writing to apply for the position of Assistant/Associate Professor in the School of Physical Therapy at Western University. My curriculum vitae, research experience summary, future research interest’s summary, leadership accomplishments as well as a statement describing my teaching philosophy are enclosed. Dr. Joy C. MacDermid, Dr. Peter Juni, and Dr. Bruno R. da Costa have agreed to provide letters of recommendation on my behalf, and their contact information is also enclosed.

I value education and experience, and I have been fortunate to complete 2 Bachelor’s degrees, 2 Master’s degrees, and a PhD prior to my postdoctoral fellowship. My Bachelors’ degrees provided expertise in Exercise Physiology & Kinesiology, and clinical training in Physical Therapy. My Master’s and PhD degrees from Western University with specialization in Musculoskeletal Health from Western’s Bone and Joint Institute, provided excellent content and methodological training. My second master’s Diploma in Clinical Epidemiology is from the Dalla Lana School of Public Health at University of Toronto and was completed concurrently with my PhD. During my clinical epidemiology training, I was trained in emerging methodological areas such as advanced methods in evidence synthesis, clinical measurement science, and advanced design and analysis of clinical trials.

I completed my PhD at Western University (2016-20) by working with an accomplished epidemiologist, Dr. Joy MacDermid (a Canada Research Chair, Fellow of the Canadian Academy of Health Science and Royal Society of Canada; h-index=89). My PhD was supported by a Canadian Institute~~s~~ of Health Research (CIHR) doctoral award and my project was funded by The Arthritis Society of Canada grant. During the pandemic, I adjusted my research plan to incorporate COVID-19 research. This led to multiple publications and my selection to work as a research associate on the Ontario COVID-19 Science Advisory Table. In 2020, I was awarded with my first tri-council agency CIHR research grant and I took the lead role on delivering a complex Bayesian meta-analytic project to assess the effectiveness of remote interventions for people with chronic pain. In the last four years, my h-index has risen to 14, I have published 55 peer-reviewed articles (18 as 1st author), I have joined the Editorial Board of the European Journal of Pain (Impact factor: 3.93, Web of Science) and currently serve as a review editor in Frontiers in Epidemiology. In 2020, I started by post-doctoral training supported by The Arthritis Society postdoctoral fellowship training award, in the Applied Health Research Centre (AHRC) at the Li Ka Shing Knowledge Institute, co-supervised by Dr. Bruno da Costa (h-index=51) and Dr. Peter Jüni (h-index=138) who is a Tier 1 Canada Research Chair in Clinical Epidemiology of Chronic Diseases and co-lead of the Science Advisory Table ,.

As the only rehabilitation scientist at the Ontario COVID-19 Science Advisory Table, I have been very fortunate to learn from and contribute to one of the most rapidly adapting and influential policy initiatives in Canada. I have been heavily involved in the creation of science briefs to inform the government of Ontario, which has been the primary source of evidence informing decision-making around the pandemic in Ontario. This has been an amazing opportunity to learn about communicating knowledge to policymakers and the process by which decisions are made; and allowed me a chance to advocate the future need for rehab to address Long-Covid. I have been committed to integrated knowledge translation and engaged with knowledge users in various venues/formats e.g. The Arthritis Society, and BJI. I work on clear lay and professional communication, that is inclusive which includes my efforts to stay fluent in 3 languages (Greek, French, English), and adapt outcome measures and musculoskeletal interventions to different cultures and language.

My philosophy on education is that trainees need clear expectations and personalized learning plans that accommodate different learning styles in a way that trainees are stimulated and challenged to achieve their capabilities through a combination of academic learning and experiential hands-on experiences. For research trainees I plan to offer an inclusive program with co-learning that leverages the diverse experiences of learners and collaborators, as I experienced the benefits of this inclusivity in my doctoral and post-doctoral training. I also value and expect to mentor my trainees to achieve excellence in methods and impact. For professional practice education I will creative an inclusive environment that welcomes critical thinking on how EDI affects clients in each stage of assessment, treatment planning, treatment response and outcome evaluation using a variety of teaching strategies; with a focus on a shared goal of providing respectful, personalized care

My research will focus on activity and mobility for people living with chronic disease, specifically those with osteoarthritis (OA) or long-covid syndrome. Prevalence of OA is steadily rising as the average age and risk factors such as obesity increases. This painful condition is one of the main causes of disability in Canada, is associated with limited mobility, lower quality of life, a higher risk of comorbid health problems including cardiovascular disease and depression. COVID-19 is creating the newest chronic disease, as millions of people continue to suffer from exhaustion, cognitive problems, and other long-lasting symptoms after a coronavirus infection. Many long Covid patients struggle with physical activity long after their initial infection and experience a relapse of symptoms when they start to exercise. Long- Covid patients share many of the challenges that are experienced by patients with arthritis. I am ideally positioned to lead an emerging area of research Long-Covid, while leveraging new collaborations with Western faculty (e.g. CRC Physical Activity and Aging, and faculty who focus on the cardiorespiratory and neurological aspects of exercise) and Western investments in infrastructure (Centre for Activity and Aging, FHS MSK Innovation Factory, Bone and Joint Institute). P. My current research interests in in developing and testing technology-enabled activity and mobility interventions will be expanded into the area of ecological momentary assessment (EMA) and wearable technologies which is closely aligned with mission of the recently announced FHS MSK Innovation Factory and existing collaborations between FHS, Medicine and Engineering.

One of the biggest challenges in clinical research going forward is related to barriers in health equity and accessibility in health. As a person, I value health as a human right, and I am committed to understanding barriers to health equity and developing solutions that are more accessible and inclusive. Qualitative EDI assessments and quantitative modelling of intersectional predictors of treatment responses or health outcomes will be layered in my research program to better understand and re-dress EDI issues. Leading . I firmly believe that I can translate these values into action using patient-centered designed and integrated knowledge translation methods, embedded in an inclusive research program.

My educational and my postdoctoral training is well-aligned with the FHS research priorities Leading Research in: Mobility; Health Equity and Social Inclusion; Health Research in a Digitalized World; and Health Services, Systems, and Policy; and positions me to accelerate a strong trajectory of research excellence in 2 areas of importance to PT practice and Canadian health research (symptom relief and functional mobility for people living with chronic diseases, specifically Long Covid and Arthritis).. I feel that I have the values, character, personality, international experience, education, training, and the leadership skills to meet the high standards and expectations of this position. I believe I can be a positive and contributing member of your faculty, by leveraging my past experiences while building on exciting new initiatives and collaborations at Western, joining teams where I can provide value either in content or methods. I have been mentored my stellar faculty and have an emerging record of funding that I expect to help me secure future funding to support my research program. Most importantly, I think my development to date has made me well-aligned with Western’s goals, values, existing strengths, and strategic directions, and that I am poised to accelerate the quality and impact of my work through a career at Western.

Thank you very much for considering my application.

Sincerely,

Pavlos Bobos PT PhD