



OTTAWA ORTHOPAEDICS QUARTERLY

Let us *Move You!*
Notre vie n'est que *mouvement!*

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**“When one door closes,
another opens; but we often
look so long and so regretfully
upon the closed door that we
do not see the one which has
opened for us.”**

~Alexander Graham Bell



Paul E. Beaulé MD FRCS
Head, Division of Orthopaedic Surgery
University of Ottawa

I would like to thank all our health care workers and particularly all the members of our large Orthopaedic family for their amazing efforts during the pandemic.

Our first virtual Hans K. Uthoff research day was a great success with over 80 attendees with impressive research led by our residents, fellows and medical students. A huge thank you to our Resident Research Supervisor, **Dr. George Grammatopoulos**, for organizing this event. *Bravo à tous!*

Our top academic performers were recognized as well and the **Resident, Staff Teaching and Jacques Robichon Service Awards** were presented to **Drs. Kendrick Au, Braden Gammon and Steve Papp**, respectively. To reflect our values of collaboration and teamwork, the **Let Us Move You Team Award** was introduced this year and awarded to our **Patient Safety/Continuous Quality Improvement Team and Research Coordinators**.

We wish our colleague, **Dr. Braden Gammon**, the best of luck in his move to Vancouver, BC where he will be joining the hand and wrist team. Thank you for the great care and education you provided for those seven years. **Dr. Ang Li** will be doing a locum with us as our hand and wrist specialist.

Finally, I would like to wish all of you a great end of summer and despite the adversity that we have faced, we must not forget our own personal health which is key to our resilience.



CONGRATULATIONS TO OUR GRADUATING CLASS OF 2020!

From left to right: Dr. Kamal Bali, Dr. Akshay Seth, Dr. Kendrick Au, Dr. Alison Suraci,
Dr. Paul Beaulé, Division Head, Dr. Megan Richards, Dr. Andrew Adamczyk, Dr. Ivan Kamikovski



Our annual Hans K. Uthoff Research Day was held virtually this year via Microsoft Teams on May 22, 2020 with over 80 attendees

Our congratulations to all winners!

Resident Papers

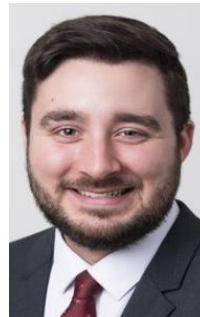
First prize – Brendan Swift MD



“Comparing Two Cephalomedullary Nails for Elderly Intertrochanteric Fractures: Zimmer Natural Nail versus Trochanteric Fixation Nail”

Second prize – Marc-Antoine Ricard MD

“Total Shoulder Arthroplasty is More Cost Effective than Hemiarthroplasty: A Real-world Economic Evaluation”



Fellow Paper

Adriana Martinez Gomez MD, FRCSC



“Chronic Exertional Compartment Syndrome: Correlation between Phonomyography a Non-invasive Technique and Intra-compartmental Pressures in a Series of Patients”



Our first virtual annual research day was a great success with over 80 attendees!

Poster

Ang Li MD, FRCSC

“A Multicenter Randomized Controlled Trial Comparing Single Row with Double Row Fixation in Arthroscopic Cuff Repair: Long-term Follow-up”



Medical Student Paper

Ethan Sanders BSc



“Outcome Following Open Reduction Internal Fixation (ORIF) of Acetabular Fractures in the Elderly - Comparison to ORIF-THA”

The year end Grand Rounds were also held virtually on June 24, 2020 where our annual awards were presented

Jacques Robichon Award for Exemplary Service Recipient
Steven Papp MD, MSc, FRCSC



Dr. Paul Beaulé and Dr. Steven Papp

Staff Teacher Award Recipient

Braden Gammon MD, MSc, FRCSC



Resident Teacher Award Recipient

Kendrick Au MD



*Dr. Kendrick Au and Dr. Karl-André Lalonde,
Residency Program Director*

Merv Letts Award/Anatomy Cup Recipient (best Orthopaedic in-training and anatomy exam scores)

Kamal Bali MD



*Dr. Kamal Bali and Dr. Karl-André Lalonde,
Residency Program Director*

Andry Nicholas Sports Trophy Recipient

Alexandra Bunting MD



Let us Move You Team Award Recipients

Patient Safety and Continuous Quality Improvement Team:

Jung-Kyong Kim PhD, Ashley Perreault RN, Lilly Jean-Pierre BHSc

Research Coordinators:

**Yusra Al Mosuli MD, PhD, Meaghan Dufresne M.HK,
Nicole Harris BSc, Cheryl Kreviazuk B.A., Katie McIlquham HBSchK, RKin,
Dita Moravek PhD, Kristina Vogel, MSc BSc**



Jung-Kyong Kim



Ashley Perreault



Lilly Jean-Pierre



Yusra Al Mosuli



Meaghan Dufresne



Nicole Harris



Cheryl Kreviazuk



Katie McIlquham



Dita Moravek



Kristina Vogel

Best Edmodo Scores

Faculty member: **Geoffrey Wilkin MD, FRCSC**

Resident: **Alenko Šakanović MD**

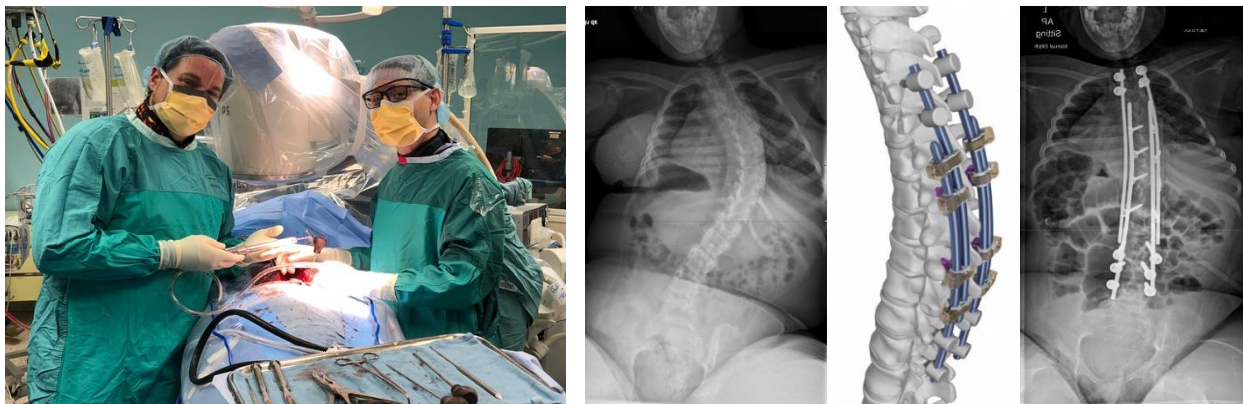


From left: Dr. Geoffrey Wilkin, Dr. Paul Beaulé, Division Head, Dr. Alenko Šakanović

CHEO performs Ontario's first modern Luqué Trolley Technique

The treatment of Early Onset Scoliosis (EOS) is a significant surgical dilemma for the pediatric orthopedic surgeon. Fusion surgery at a young age has been associated with thoracic insufficiency syndrome and early death. The quest for scoliosis correction and maintained spinal growth remains a predicament with multiple options being developed.

The modern Luqué Trolley Technique was designed by **Dr. Jean Ouellet** in Montreal and is a passive growth-guiding solution for the treatment of EOS. It is designed for continued passive spinal growth along the rods thereby reducing the need for lengthening surgeries and the overall morbidity of growth-friendly surgeries. It utilizes paired highly polished titanium bullet-nosed rods that sit in a dual saddle polyethylene tulip, secured with PEEK cable ties. This surgery was successfully completed in July by **Drs. Kevin Smit and Andrew Tice** on a young patient with congenital muscular dystrophy with the assistance of Dr. Ouellet.



Dr. Kevin Smit and Dr. Andrew Tice



1: Does Functional Cup Orientation Change at Minimum of 10 Years After Primary Total Hip Arthroplasty?

Author(s): Cotter BD, Innmann MM, Dobransky JS, Merle C, Beaulé PE, Grammatopoulos G.

PubMed ID: 32444235

2: The Lisbon Agreement on Femoroacetabular Impingement Imaging-part 1: overview

Author(s): Mascarenhas VV, Castro MO, Rego PA, Sutter R, Sconfienza LM, Kassarian A, Schmaranzer F, Ayeni OR, Dietrich TJ, Robinson P, Weber MA, Beaulé PE, Dienst M, Jans L, Lalam R, Karantanas AH, Sudot-Szopińska I, Anderson S, Noebauer-Huhmann I, Vanhoenacker FM, Dantas P, Marin-Peña O, Collado D, Tey-Pons M, Schmaranzer E, Llopis E, Padron M, Kramer J, Zingg PO, De Maeseneer M, Afonso PD.

PubMed ID: 32405754

3: Safety of Single-Stage Bilateral Versus Unilateral Anterior Total Hip Arthroplasty: A Propensity-Matched Cohort Study

Author(s): Vanbiervliet J, Dobransky J, Poitras S, Beaulé PE.

PubMed ID: 32554997

4: Glenoid exposure in shoulder arthroplasty: the role of soft tissue releases

Author(s): Lovse LJ, Culliton K, Pollock JW, Derome P, Louati H, Lapner P.

PubMed ID: 32490430

5: Ottawa classification for symptomatic acetabular dysplasia assessment of interobserver and intraobserver reliability

Author(s): Bali K, Smit K, Ibrahim M, Poitras S, Wilkin G, Galmiche R, Belzile E, Beaulé PE.

PubMed ID: 32566146

6: Blood Management for Elective Orthopaedic Surgery

Author(s): Palmer AJR, Gagné S, Fergusson DA, Murphy MF, Grammatopoulos G.

PubMed ID: 32558663

7: Pharmacological prevention of fractures in patients undergoing glucocorticoid therapies: a systematic review and network meta-analysis

Author(s): Deng J, Silver Z, Huang E, Zheng E, Kavanagh K, Wen A, Cheng W, Dobransky J, Sanger S, Grammatopoulos G.

PubMed ID: 32572480

8: Guidance for management of cancer surgery during the COVID-19 pandemic

Author(s): Finley C, Prashad A, Camuso N, Daly C, Aprikian A, Ball CG, Bentley J, Charest D, Fata P, Helyer L, O'Connell D, Moloo H, Seely A, Werier J, Zhong T, Earle CC.

PubMed ID: 32343118

9: Ten-Year Experience With the Anterior Approach to Total Hip Arthroplasty at a Tertiary Care Center

Author(s): Gofton WT, Ibrahim MM, Kreviazuk CJ, Kim PR, Feibel RJ, Beaulé PE.

PubMed ID: 31955983

10: Opioid use trends in patients undergoing elective thoracic and lumbar spine surgery

Author(s): Stratton A, Wai E, Kingwell S, Phan P, Roffey D, El Koussy M, Christie S, Jarzem P, Rasoulinejad P, Casha S, Paquet J, Johnson M, Abraham E, Hall H, McIntosh G, Thomas K, Rampersaud R, Manson N, Fisher C.

PubMed ID: 32463627

11: Scoring Patient Outcomes No Matter How We Ask Them:

Commentary on an article by Breanna A. Polascik, BS, et al.: "Crosswalks Between Knee and Hip Arthroplasty Short Forms. HOOS/KOOS JR and Oxford"

Author(s): Derwin G

PubMed ID: 32496355

12: Is There a Role for Preclosure Dilute Betadine Irrigation in the Prevention of Postoperative Infection Following Total Joint Arthroplasty?

Author(s): Slullitel PA, Dobransky JS, Bali K, Poitras S, Bhullar RS, Ottawa Arthroplasty Group, Kim PR.

PubMed ID: 31926778

13: Preoperative Factors Predict Postoperative Trajectories of Pain and Disability Following Surgery for Degenerative Lumbar Spinal Stenosis

Author(s): Hebert JJ, Abraham E, Wedderkopp N, Bigney E, Richardson E, Darling M, Hall H, Fisher CG, Rampersaud YR, Thomas KC, Jacobs WB, Johnson M, Paquet J, Attabib N, Jarzem P, Wai EK, Rasoulinejad P, Ahn H, Nataraj A, Stratton A, Manson N.

PubMed ID: 32541610

Congratulations to Dr. R. Baxter Willis for receiving the 2020 COA Lifetime of Service Award for exceptional service and consistent contributions to the orthopaedic community and to the Canadian Orthopaedic Association



Promotion Announcements

Dr. Wade Gofton



Congratulations to ***Dr. Gofton*** for being appointed as the Lead of the Adult Reconstruction Service.

Dr. Christopher Kennedy

On July 29, 2020, ***Dr. Kennedy*** received a socially distanced promotion to the rank of Commander at the 1 Canadian Field Hospital at CFB Petawawa. He has been a member of the Canadian Armed Forces since August 1999 and during his career, ***Dr. Kennedy*** has been deployed to Pakistan, Afghanistan, Iraq and Africa.

BRAVO!



Dr. Christopher Kennedy (on the right)

Dr. Philippe Phan

Our congratulations to ***Dr. Phan*** for his promotion to Associate Professor at the University of Ottawa.



Farewell to Dr. Braden Gammon



Our best wishes to ***Dr. Gammon*** who will be moving his practice to St. Paul's Hospital in Vancouver and joining the Upper Extremity faculty at the University of British Columbia.



Doff your PPE and don knowledge of your opioid prescribing patterns!

Health Quality Ontario has created a new program that creates a tailored report for orthopedic surgeons performing hip and knee arthroplasty. You can learn more about your surgical practice by signing up for a new confidential, voluntary report that includes personalized data about your post-operative opioid prescribing for hip and knee replacements, along with suggestions to support you in improving care for your patients.

What's in the report?

- Provincial-level data so you can see your post-operative opioid prescribing patterns for hip and knee replacements in relation to your peers.
- Practical tools and resources to help manage your hip and knee replacement patients' post-surgical acute pain, including advice on the appropriate use of opioids.
- Suggestions alongside your data so you can spend less time looking for solutions that may already exist and more time helping your patients use opioids wisely after surgery.

If you are a hip or knee arthroplasty surgeon, we encourage you to **sign up** to receive your report at:

<https://www.hqontario.ca/quality-improvement/practice-reports/orthopaedic-surgery/consent>

- You can receive CME SECTION 3 CREDITS by doing so. Yes, section THREE!

If you are not a hip and knee arthroplasty surgeon, do not fret, you are still cool as a crisp August cucumber and you too can learn more about Ontario's Opioid Wisely program and recommendations at:

<https://www.hqontario.ca/Quality-Improvement/Quality-Improvement-in-Action/Choosing-Wisely-Ontario/Opioid-Wisely>



A warm welcome to our new Research Program Manager, Scott Mullen B.Sc., CCRP



Scott Mullen is originally from the beautiful Annapolis Valley in Nova Scotia. He attended Dalhousie University where he graduated with a B.Sc. in Neuroscience and played three years of varsity soccer. After completing his undergraduate degree, Scott took an interest in the world of Clinical Research and he elected to move to Toronto in 2008 where he received a Clinical Research Post-Graduate Certificate from Humber College. For his program internship, he moved to Ottawa and worked at the Kidney Research Centre at OHRI. He was hired as the lead coordinator for multiple dialysis and kidney transplantation research protocols and achieved his SoCRA Certified Clinical Research Professional designation.

In 2014, Scott moved to the Ottawa Blood Disease Centre to work under Dr. Marc Rodger in Thrombosis research where he worked on both industry-sponsored and investigator-initiated studies. In 2017, due to the highest North American recruitment numbers, Scott successfully completed OHRI's first FDA audit. With over 11 years of Clinical Research experience, Scott has acquired an understanding of multiple therapeutic areas and an in-depth knowledge of the clinical process.

Scott is an avid hockey fan and continues to play hockey in his free time. He has been a volunteer coach for the last six years; most recently with the Ottawa Jr. 67s Peeewe AAA hockey club. He enjoys travelling, when time permits, with his partner and together they are the proud owners of a two-year-old golden doodle named Isla. Unfortunately, even after 11 years living in the Ottawa area, Scott is still a BIG fan of the Montreal Canadians!



Congratulations to Stéphane Poitras PT, PhD

A big congratulations to **Dr. Stéphane Poitras** who has been promoted to Full Professor at the University of Ottawa. Dr. Poitras is also currently the Head of the Physiotherapy Program, School of Rehabilitation, and has played an integral role in the Division of Orthopaedic Surgery as the Scientific Lead for our Continuous Quality Improvement Program.

Over the years, Dr. Poitras has been a key mentor to our research staff, residents and fellows. He has guided the methodological and statistical aspects of many projects. Bravo Dr. Poitras!

CORS 2020 Founders' Medal

Our congratulations to **Dr. Hesham Abdelbary and Mariam Taha, PhD**, and the PJI lab team for being awarded the CORS 2020 Founders' Medal for **Dr. Taha's** presentation on how "*Bacteriophage Cocktail is More Efficacious in Treating MRSA Biofilm on Plasma Spray Titanium Surface Compared to Vancomycin or a Single Bacteriophage.*"



Dr. Hesham Abdelbary



Mariam Taha, PhD

PSI Foundation

Congratulations to **Dr. Stephanie Antoniadou** for being awarded the PSI Resident Grant in the amount of \$29,500.00 for her study "*A Motion Analysis Study of Patients With and Without Lumbar Spine Arthrodesis to Unravel the Effect of Spino-pelvic Mobility*" under the supervision of **Dr. George Grammatopoulos**.



Farewell to Kristina Vogel

We would like to thank **Kristina Vogel** for her contributions over the past four years to the Research Department and wish her all the best in her future endeavours.



Congratulations to our graduating fellows!

Adult Reconstruction Fellowship

Dr. Daniel Fishman, Chile
Dr. Adriana Martinez Gomez, Canada
Dr. Graeme Nicol, UK
Dr. Andrew Stewart, Canada

Comprehensive Knee Fellowship

Dr. Jeffrey Hartman, Canada

Foot and Ankle Fellowship

Dr. Michael Li, Canada
Dr. Angela Seidel, Germany

MSK Oncology Fellowship

Dr. Abdulrahman Alaseem, Saudi Arabia

Pediatric Orthopaedics Fellowship

Dr. Wael Alrammaal, Saudi Arabia

Spine Surgery Fellowship

Dr. Osama Ahmed, Sudan
Dr. Abdulhadi Algahtani, Saudi Arabia
Dr. Fawaz Al-Motairi, Saudi Arabia

Trauma Fellowship

Dr. Nuno Alves Batista, Portugal
Dr. Denis Joly, Canada
Dr. Sarfraz Malleck, Canada

Upper Extremity Fellowship

Dr. Orlyn Collins, Guyana
Dr. Ang Li, Canada



Britain



Canada



Chile



Germany



Guyana



Portugal



Saudi Arabia



Sudan

**Our PGY-1 residents are starting the academic year off strong!
Back to basics with pre-op planning!**



*From left to right: Dr. Taylor Woolnough (lying down), Dr. Nuno Alves Batista,
Dr. Thomas Dymond, Dr. Salman Alfaresy, Dr. Michaela Burke*

New social media representative, Dr. Raman Bhullar



Dr. Bhullar currently oversees all social activities and events affiliated with the Ottawa Orthopaedic Surgery program. His new role will now give him the opportunity to showcase our University program's activities on various social media platforms, including Instagram and Twitter.

Please forward any material you wish to be featured in our department's social media pages to Raman at rbhullar@toh.ca.

New additions to the Orthopaedic Family!

Dr. Nuno Alves Batista and wife Jennifer are the proud parents of a beautiful daughter, Matilda Louise Batista. She was born on July 1, 2020 at 4:29 am weighing 7lb 8oz.



Dr. Andrew Adamczyk and wife Evelyn had a lovely baby girl named Parker Brooke Adamczyk, born on June 20, 2020 at 2:20 pm, weighing 8lb 3oz.





OWN MSK is back in full swing despite the pandemic. Our volumes have exceeded pre-Covid levels which is a testament to the hard work everyone has done to make our clinic the success that it is.

Our quick response to moving to a completely virtual model at the onset of the pandemic was integral in showing WSIB our ability to provide safe and effective care. All our specialty surgeons attended special education sessions on virtual exam. A special thank you to ***Drs. Grammatopoulos, Liew, and Lalonde*** who ran the lower extremity virtual education session province wide. Due to all these efforts, we were able to provide effective high quality assessments and treatments to our injured workers.

As you know, we are slowly moving to a hybrid model mix of virtual and in person visits which is presently primarily virtual in an effort to control the number of patients in the clinic. At this time, we are seeing a maximum of 16 assessment patients in person per day and will slowly increase as we continue to build capacity and assess the safety of staff and patients.

We want to wish all the best to ***Dr. Braden Gammon*** in Vancouver and thank him for his contributions to making us a success. OWN would like to welcome ***Drs. Brent Trull and Ang Li*** who will be sharing the load of covering for Dr. Gammon and seeing our Hand and Wrist specialty clinic patients.

General Campus

Students' transition to registered nurses in pandemic times

Upon completion of each academic year, 6NE welcomes newly graduated Registered Nurses to our staff. This year (as with most learners) the Covid-19 pandemic interrupted the training of our fourth-year students very close to graduation.

Imposing many challenges on The Ottawa Hospital, Covid-19 threatened possible nursing resource shortages or even absences. Consequently, our Nursing Professional Practice Department developed a temporary model for nursing. Using the Collaborative Care Team model, our fourth-year RN students assumed an interim role, the Clinical Care Assistant (CCA).

The CCAs practiced as unregulated care providers working under selected RN supervisors to care for assigned groups of stable patients. On 6NE, our fourth-year students eagerly assumed this role.

Nursing Professional Practice intended this model to be implemented only if The Ottawa Hospital encountered significant staffing shortage or surges of acutely ill patients. Given the Long-Term Care crisis and previously existing staffing deficiencies, the Collaborative Care Team model was implemented successfully on 6NE. Our CCAs demonstrated remarkable flexibility and competence, assisting 6NE to continue providing excellent patient care through the challenging Covid-19 pandemic period.

We proudly welcome four of our (former) CCAs as Registered Nurses on 6NE. Look for these new faces and be sure to welcome them to the Orthopaedic team!



From left: Natasha Goodale, Robert Ellis, Geneviève Fillion and Elisha McReynolds

Alumni, please send us your news!

New custom masks for Orthopaedic Surgery coming soon!

Stay tuned!

