



OTTAWA ORTHOPAEDICS QUARTERLY

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

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“Success is not final, failure is not fatal, it is the courage to continue that counts.”

~Sir Winston Churchill



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

It goes without saying that in the last two months our lives both professionally and personally have been turned upside down with the COVID-19 pandemic. Stress is a double-edged sword. When managed appropriately, it can lead to peak performance, while the potential negative effects of stress are well documented. Let's keep supporting each other and stay healthy!

Thank you all for your courage and perseverance in continuing to excel in quality of care, education and research. We have truly come together as a medical community and our professionalism has stood out. Special mention to our residents' leadership and **Chief Resident, Dr. Alexandra Bunting**, for providing 3D printed visors to all members of the Department of Surgery.

A big congrats to our CQI team: **JK Kim, Ashley Perrault and Lilly Jean-Pierre**, for successfully submitting our first PROMs report to the Ministry of Health for our hip and knee replacement. More importantly, over 19,000 PROMs were collected across our eight clinical practice units. Thank you for your continued engagement!

Our Research output is steady with another 15 peer-reviewed publications and more importantly over \$500,000 in peer-reviewed grants: four Department of Surgery awards, one TOHAMO grant, two CORL awards, one CIHR catalyst grant. A special mention to **Dr. George Grammatopoulos** as only five catalyst grants were given nationally.

As our clinical and research programs continue to grow where collaboration and a multi-disciplinary approach is at the core of our success, I felt this should also be illustrated visually with new logos and a new lanyard.



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Dr. Alexis Rousseau Seine, 2020-2021 Comprehensive Knee fellow was the first to donate his plasma for a study to treat Covid-19 patients

For more details, please see link below.

<https://www.lapresse.ca/covid-19/202004/25/01-5270934-don-de-plasma-un-premier-donneur-convalescent-pour-aider-les-malades.php>



Our congratulations to the TOH Excellence Awards winners!

Innovation and Creativity Physician Philanthropy Award

Dr. Paul Beaulé

Financial Stewardship Award



Commitment to Quality Award

James Finlay, Registered Nurse, Main OR, Perioperative Service

Congratulations to Clinical Research Manager, Johanna Dobransky, for her admission to McGill Medical School and to her fiancé, Jason El Bilali, who is also beginning his residency at McGill on July 1, 2020!



"First donation of plasma for a study to treat Covid-19 patients"

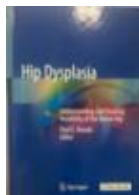


1: Hip Dysplasia

Understanding and Treating Instability of the Native Hip

Editor(s): Beaulé PE

ISBN: 978-3-030-33357-7



2: The incidence and pattern of iliopsoas tendinitis following hip arthroscopy

Author(s): Campbell A, Thompson K, Pham H, Pickell M, Begly J, Wolfson T, Youm T

PubMed ID: 32093507

3: Capturing adverse events in elective orthopedic surgery: comparison of administrative, surgeon and reviewer reporting

Author(s): Garland K, Chen BP, Poitras S, Wai EK, Kingwell SP, Roffey DM, Beaulé PE

PubMed ID: 31967444

4: Radiographic evaluation of hip resurfacing: the role of x-rays in the diagnosis of a problematic resurfaced hip

Author(s): Van Der Straeten C, Calistri A, Grammatopoulos G, De Smet K

PubMed ID: 31431088

5: Frailty as a Predictor of Death or New Disability After Surgery: A Prospective Cohort Study

Author(s): McIsaac DI, Taljaard M, Bryson GL, Beaulé PE, Gagné S, Hamilton G, Hladkovicz E, Huang A, Joannise JA, Lavallée LT, MacDonald D, Moloo H, Thavorn K, van Walraven C, Yang H, Forster AJ

PubMed ID: 30048320

6: An evidence-based guideline on the application of molecular testing in the diagnosis, prediction of prognosis, and selection of therapy in non-GIST soft tissue sarcomas

Author(s): Yao X, Ghert M, Dickson BC, Popovic S, Purgina BM, Verma S, Werier J, Kandel RA

PubMed ID: 32092619

7: Biceps Tenodesis Versus Tenotomy in the Treatment of Lesions of the Long Head of the Biceps Tendon in Patients Undergoing Arthroscopic Shoulder Surgery: A Prospective Double-Blinded Randomized Controlled Trial

Author(s): MacDonald P, Verhulst F, McRae S, Old J, Stranges G, Dubberley J, Mascarenhas R, Koenig J, Leiter J, Nassar M, Lapner P

PubMed ID: 32223645

8: Response to Letter to the Editor on "Is There a Role for Pre-closure Dilute Betadine Irrigation in the Prevention of Postoperative Infection Following TJA?"

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

PubMed ID: 32063414

9: Development of an unsupervised machine learning algorithm for the prognostication of walking ability in spinal cord injury patients

Author(s): DeVries Z, Hoda M, Rivers CS, Maher A, Wai E, Moravek D, Stratton A, Kingwell S, Fallah N, Paquet J, Phan P; RHSCIR Network

PubMed ID: 31525468

10: Does surgical approach influence mid- to long-term patient-reported outcomes after primary total hip replacement? A comparison of the 3 main surgical approaches

Author(s): Galmiche R, Poitras S, Dobransky J, Kim PR, Feibel RJ, Gofton W, Abdelbary H, Beaulé PE

PubMed ID: 32302085

11: Management of Patients Undergoing Same Day Discharge Primary Total Hip and Knee Arthroplasty

Author(s): Bodrogi A, Dervin GF, Beaulé PE

PubMed ID: 31932338

12: Development of the French-Canadian Version of the Self-Administered Comorbidities Questionnaire (SCQ) in a hospital population undergoing hip or knee arthroplasty

Author(s): Pacheco-Brousseau L, Poitras S, Savard J, Varin D, Moreau G, Matar WY, Beaulé P

PubMed ID: 32265177

13: How Can Patients With Mobile Hips and Stiff Lumbar Spines Be Identified Prior to Total Hip Arthroplasty? A Prospective, Diagnostic Cohort Study

Author(s): Innmann MM, Merle C, Phan P, Beaulé PE, Grammatopoulos G

PubMed ID: 32205003

14: An evidence-based guideline on the application of molecular testing in the diagnosis, prediction of prognosis, and selection of therapy in non-GIST soft tissue sarcomas

Author(s): Yao X, Ghert M, Dickson BC, Popovic S, Purgina BM, Verma S, Werier J, Kandel RA

PubMed ID: 32092619

15: Early femoral component migration: comparing the anterior and posterior approach to the hip

Author(s): Culliton K, Louati H, Sandoval E, Gofton W, Pagé A, Gharib G, Beaulé PE

PubMed ID: 31081380

16: Systematic prospective electrophysiological studies of the median nerve after simple distal radius fracture

Author(s): Bourque PR, Brooks J, Mobach T, Gammon B, Papp S, Warman-Chardon J

PubMed ID: 32282809

17: CT texture analysis of acetabular subchondral bone can discriminate between normal and cam-positive hips

Author(s): Hodgdon T, Thornhill RE, James ND, Beaulé PE, Speirs AD, Rakhra KS

PubMed ID: 32248366

World's first semi-constrained DRUJ arthroplasty (Scheker) performed in a free fibula graft



Dr. Braden Gammon



Dr. Joel Werier

On April 1, 2020, **Drs. Joel Werier and Braden Gammon** collaborated to perform the world's first semi-constrained DRUJ arthroplasty (Scheker) performed in a free fibula graft. They thank Drs. Simon Frank and Moein Momtazi for their participation in the case. Dr. Luis Scheker, the prostheses' surgeon-designer, took a special interest and relayed his best wishes to the surgical team. The patient continues to do well following the successful procedure.



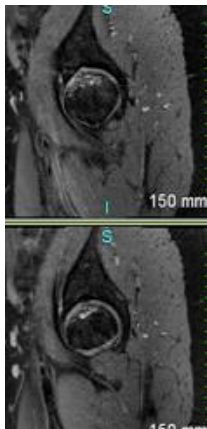
Drs. Michael Pickell and Paul Beaulé of the Joint Preservation team performed Ottawa's first fresh femoral osteochondral allograft in a 29-year-old male with Sequelae of Legg-Calvé-Perthes disease



Dr. Michael Pickell



Dr. Paul Beaulé



Orthopaedic Surgery program up and running at the Hawkesbury and District General Hospital

Drs. Christopher Kennedy, Geoffrey Dervin, Peter Lapner, Paul Beaulé and Karl-André Lalonde have been doing both in person (fracture care) and virtual clinics weekly as we await restarting elective surgeries (arthroscopies and foot/ankle).



New addition to the Orthopaedic Family!

Dr. Geoffrey Wilkin and wife Ashley are the proud parents of a beautiful daughter, Clio Eleanor Deathe Wilkin. Clio was born on Friday, April 10, 2020 at 10:26 am, weighing 3490g (7lbs 11oz).

A very welcome distraction from the state of the world!





We would like to extend a huge thank you to **Dr. Geoffrey Dervin** for his commitment to the CQI Orthopedic Committee for over five years. As he steps down, we are truly grateful for the dedication of such a QUALITY guy.

We would like to welcome our valued hospitalists, **Drs. Mazen Younes and Nadia Balaa** to the CQI committee as they bring a unique perspective of our orthopedic inpatients and their families. We look forward to your insight and collaboration!



Dr. Nadia Balaa

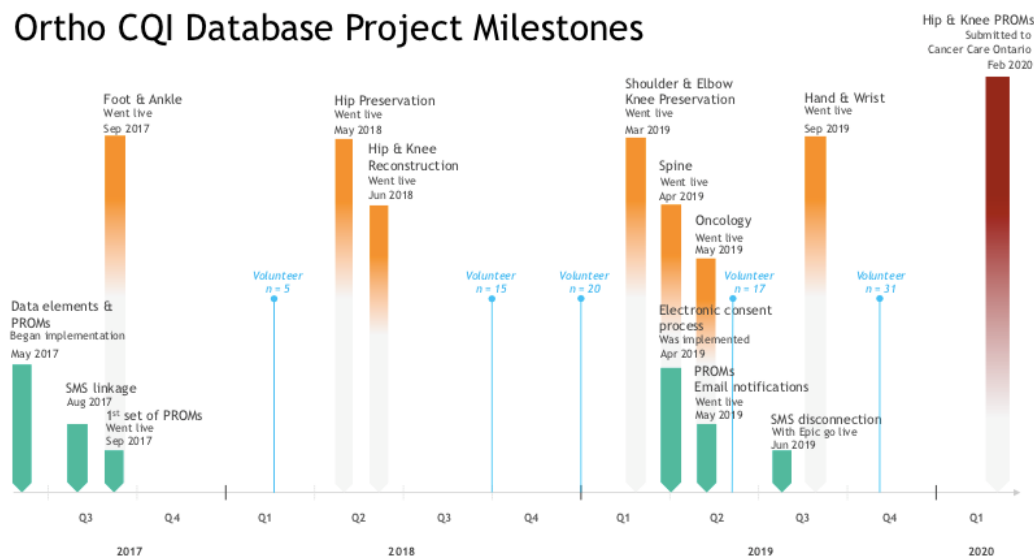


Dr. Mazen Younes

When will COVID-19 be over you ask?

More importantly, we COOPERATED TO OBTAIN OVER 19,000 patient reported outcome measures within the division! Outstanding work as these have been collected across our eight CPUs since the initiation of ConEHR. We are still collecting post operative PROMS amid the current elective surgery slowdown and are working hard to maintain the positive momentum.

Ortho CQI Database Project Milestones





**JAMES WILEY VISITING PROFESSOR FEBRUARY 12, 2020
KEVIN G. SHEA MD, STANFORD UNIVERSITY MEDICAL CENTER**



First row from left to right: Dr. Baxter Willis, Dr. Abdullah AlDuwaisan, Dr. James Jarvis, Dr. Youjin Chang, Dr. Paul Beaulé, Visiting Professor Dr. Kevin Shea, Dr. Ken Kontio, Dr. Sasha Carsen, Dr. Kevin Smit, Dr. Andrew Tice

HANS K. UHTHOFF RESEARCH DAY MAY 22, 2020

Our annual research day, named in honor of Dr. Hans K. Uthoff, will be held virtually this year due to the Covid-19 pandemic.





Research grants

We have had a successful start to 2020! Congratulations to all grant awardees!

Funding Agency	Principal Investigator	Title	Amount Awarded
CIHR Catalyst Grant	Dr. George Grammatopoulos	A prospective study to define optimum cup orientation in hip arthroplasty accounting for the individual's anatomy and movement patterns	\$95,700.00
Canadian Orthopaedic Research Legacy	Dr. Bradley Meulenkamp	Development and Field-Testing a Patient Decision-Aid for Management of Acute Achilles Tendon Rupture	\$20,000.00
Canadian Orthopaedic Research Legacy	Dr. Paul Beaulé	The Effects of Anteverting Periacetabular Osteotomy on Acetabular Retroversion and Hip Capsular Mechanics	\$20,000.00
The Ottawa Hospital Academic Medical Organization (TOHAMO)	Dr. Alexandra Stratton	The Feasibility of a Multidisciplinary Transitional Pain Service in Spine Surgery Patients to Minimize Opioid Use & Improve Peri-Operative Outcomes	\$54,350.00
Department of Surgery Junior Faculty Research Grant	Dr. Michael Pickell	Changes in the zone of calcified cartilage interfacing articular cartilage and subchondral bone during osteoarthritis	\$25,000.00
Department of Surgery Resident Research Grant	Dr. Reza Ojaghi supervised by Dr. Michael Pickell	Effects of Adductor Canal Block Injection Location on the Effectiveness of Regional Anesthesia: A Randomized Controlled Trial of the Effect on Postoperative Analgesia and Motor Power	\$5,000.00
Department of Surgery Research Program Award	Dr. Hesham Abdelbary	Harnessing the unique antibiofilm properties of bacteriophage to augment antibiotic therapy implant associated infections	\$120,000.00
Department of Surgery Research Program Award	Dr. Sasha Carsen	The adolescent ACL: Development of a clinical prediction rule in order to optimize post-operative recovery and avoid re-injury	\$120,000.00

Dr. Sasha Carsen and Dr. Daniel Benoit (uOttawa Biomechanics) have received additional funding for their ACL Program:

CHEO CHAMO Innovation Fund: \$90,854.00



Nicole Harris

Congratulations to Nicole Harris!

Nicole Harris has been promoted to Clinical Research Associate. Nicole has worked in Orthopaedic Research for over three years and has been instrumental in growing the Trauma, Foot and Ankle, and Hand and Wrist research programs. As a Research Associate, Nicole will continue to grow these research programs with added responsibilities including manuscript and grant writing, study design, and statistical analyses.

The research team are keeping each other updated during daily video conference calls while working from home during the pandemic



First row from left to right: Cheryl Kreviazuk, Kristina Vogel
Second row from left to right: Katie McIlquham, Dita Moravek, Johanna Dobransky



A warm welcome to our new PGY-1 residents!



Dr. Salman Alfaresy

National University of Ireland



Dr. Nuno Alves Batista

Universidade de Lisboa Faculdade de Medicina



Dr. Michaela Burke

Memorial University



Dr. Thomas Dymond

Queens University



Dr. Taylor Woolnough

McMaster University

The 9th annual Royal College weekend for the PGY-5 residents was held on February 21-23, 2020 at Dr. Feibel's cottage

As per protocol, "what goes on at Big Gull Lake, stays at Big Gull Lake!". This year's group were treated to a surprise guest, **Dr. Karl-André Lalonde**.



From left to right: Drs. Alison Suraci, Akshay Seth, Megan Richards, Kamal Bali, Robert Feibel, Andrew Adamczyk, Kendrick Au



From left to right: Drs. Megan Richards and Alison Suraci enjoy time in between practice examinations to do some snowmobiling



Head Chef, Dr. Kendrick Au, treated all to his advanced culinary skills



Dr. Karl-André Lalonde making a teaching point during a case discussion - a true "fireside chat"!

Drs. Bunting, Magnan and Adamczyk getting proactive about PPE

Drs. Alexandra Bunting, Marie-Claude Magnan and Andrew Adamczyk take a break from Orthopaedic research to tackle the Covid-19 pandemic! They were proactive in supplying the Department of Surgery with 3D printed face shields in light of PPE shortage concerns.



For more details, please see link below.

<https://www.cbc.ca/news/canada/ottawa/grateful-ottawa-stories-covid19-inspiration-1.5516608>

Ottawa Orthopaedics challenge

Stay active at home during the pandemic! Follow the @ottawaorthochallenge on Instagram for weekly workout challenges from **Dr. Alexandra Bunting**. Do not forget to post your times!



ottawaorthochallenge



WORKOUT OF THE WEEK (WOW):

30 weighted jumping jacks (dumbbell in each hand)

30 jumping lunges

10 pushups with 3 second hold at the bottom

10 tuck jumps

30 dumbbell rows

30 deadlifts

30 ab leg raises

30 squats

1 minute side plank (each side)

1 minute wall sit

x3 ROUNDS





In light of the COVID-19 pandemic, OWN took the lead and adapted our model to deliver patient care during these challenging times. The Ontario Worker Network development team proposed a complete virtual program that allows for assessment, treatment, and follow-up with a patient, surgeon, and registered health professional in different locations using technology that provides efficient and effective care.

WSIB accepted our proposal and we are now running a complete virtual care program to maintain and progress health for injured workers. A special thank you to **Jackie Mace** (MSK), **Keith Welch** (MSK), **Susan Novo** (OHAP), **Shelly Berkovitch** (neurology), and **Darlene Stafford** (Quality Lead) as well as our **partners at CBI and Lifemark** who worked tirelessly to develop and implement this model in a short period of time.

The commitment of our orthopaedic surgeons who trialled the program and helped with logistics is a testament to the adaptability of our division. This program is operational and delivering high quality virtual care.



Jackie Mace



Frédéric Beauchemin
Executive Director, OWN



Keith Welch

Civic Campus

D7 inpatient Orthopaedics has been managing well during the COVID-19 pandemic and continue to adapt to changes as they are put in place. With a shift in our patient population to include many General Surgery patients (simple and complex), we have very much appreciated the additional support provided to us by our Nurse Educator **Kristin Thompson** – thank you Kristin!

We have definitely noticed having only 50% of the residents on the unit as they rotate week on week off as well as decreased face time with our staff doctors. We are very grateful to **Natasha Belanger-Willoughby** for her constant presence and support throughout the week.

Hopefully, we will be back to our old routine soon. As a manager, I could not be prouder of the team and how compassionate and caring everyone continues to be despite the added stressors this pandemic has created. The extra steps that are being taken to ensure that our patients and their families continue to feel connected to each other despite not being able to see each other is so heartwarming. Thank you everyone!

General Campus

6NE Remote Discharge Rounds - One solution to the Covid-19 challenge

The screenshot displays the EPIC Patient Lists interface. At the top, there's a navigation bar with options like 'My Lists', 'Shared Patient Lists', and 'Available Lists'. Below this is a table of patients with columns for Bed #, Patient Name/Age/Gender, Service, Attending, Registered Nurse, Home Arrangement, Discharge Location, Readmit Risk, Exp Disch Date, Discharge order signed?, Discharge Milestones Progress, Active Delays, ALC?, Regat Order Status, Social Worker, and Spea Com. The table lists three patients: 6400-1 (Procedural, R, 45 y.o. F), 6402-1 (Clindoc, D, 39 y.o. F), and 6404-4 (Validation, H, 65 y.o. M). Below the table, there's a detailed view for patient 6400-1, showing 'Discharge Milestones' with a checklist of tasks like 'Discharge Location Identified', 'Med Reconciliation Complete', and 'Place discharge order'. There's also a 'Discharge Planning' section with a 'Discharge Planning Flowchart' and 'Active Treatment Team' list. A Microsoft Teams video call window is overlaid on the bottom right, showing several participants in a virtual meeting.

On March 2, 2020, 6NE inpatient Orthopaedics began piloting the **discharge rounding tool**. This new feature enables conducting discharge rounds virtually anywhere a connection to EPIC exists.

Pairing the discharge rounding tool with Microsoft Teams allows 6NE to continue daily discharge rounds remotely. This can happen from any office, desk space, wow or even from home. Rounds are facilitated by the unit Clinical Care Leader. Registered nurses report on each patient from a wow. The Interdisciplinary team (Physiotherapists, Occupational Therapist, Social Worker, Clinical Manager, Hospitalists and COS Surgeon) log in from their respective area (office space). This allows maintenance of social distancing while participating in rounds as a team. This new process is working well on 6NE and may continue post pandemic.

A warm welcome to Nicholas Kerr, new Clinical Care Leader, 6NE inpatient Orthopaedics...



Nicholas Kerr

In 2015, Nicholas graduated with a Bachelor of Science in Biology and minor in Business Administration from the University of Ottawa. As he is currently pursuing his Master's in Health Administration at Telfer School of Management, he intends to apply his business knowledge while fostering his passion for health care in the Clinical Care Leader role.

Nicholas has worked as an Inpatient clerk in The Ottawa Hospital's Oncology Program since 2011. While in this role, he performed many of the duties of a Clinical Care Leader. He demonstrates effectively the ability to work as a member of the Interdisciplinary team.

In addition to his full-time role at TOH, Nicholas works in the private sector doing research and analytics for IHA Canada, an organization focusing on elderly care. Through IHA, he has had several opportunities to present a project he worked on "The Future of Seniors Housing" at numerous medical conferences including the 2018 CMA conference.

Nicholas has been with us since February 24, 2020. Please join me in welcoming Nicholas to our team!

...and to Dr. Daniel Etarsky, our new hospitalist!

Dr. Etarsky joined our hospitalist team in February 2020. He completed his medical school at Western University and his residency in Family Medicine at the University of Ottawa.

Dr. Etarsky previously worked at The Ottawa Hospital's Rehabilitation Center with the acquired brain injury unit as well as on short-term rehabilitation.

Welcome to the Orthopaedics team Dr. Etarsky!



Dr. Daniel Etarsky

Happy Nurses Week from 6NE!



Thank you Dr. Beulé and the Division of Orthopaedics for the surprise!



The Ottawa Hospital | L'Hôpital d'Ottawa

Inspired by research. Driven by compassion. Inspiré par la recherche. Guidé par la compassion.

Saudi Arabia's first robotic Orthopedic Surgery was performed by Canadian-trained Dr. Khalid Alsheikh, class of 2015



Dr. Khalid Alsheikh



Dr. Mark Steeves, class of 2010, presented at our Orthopaedic Surgery Grand Rounds on March 4, 2020



Drs. Mark Steeves and Paul Beaulé

Dr. Helen Anwander, research fellow, class of 2014, with Dr. Paul Beaulé at the Bernese Hip Symposium in February 2020



Drs. Helen Anwander and Paul Beaulé

Drs. Manisha Mistry, class of 2019, and Aaron Frombach, class of 2017, with Dr. Paul Beaulé during the inaugural Joseph Schatzker Joint Preservation Visiting Professor at Sunnybrook in February 2020



Drs. Manisha Mistry, Paul Beaulé and Aaron Frombach

Congratulations to Dr. Moritz Innmann, class of 2019, Christian Merle, Philippe Phan, Paul Beaulé and George Grammatopoulos

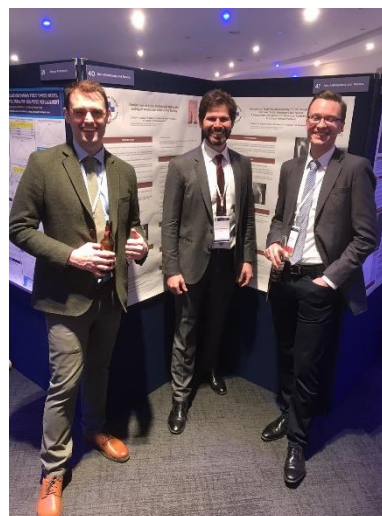
on being awarded a poster award at the Arthroplasty Congress in Berlin, Germany in February 2020.

“Are there differences in spinopelvic mobility between patients with end-stage hip osteoarthritis awaiting total hip arthroplasty and a control group? – A prospective diagnostic case-controlled cohort study”

Dr. Moritz Innmann, class of 2019, presented as well at the British Hip Society annual scientific meeting held in March 2020



Dr. Moritz Innmann



Drs. Graeme Nicol, George Grammatopoulos and Moritz Innmann

ALUMNI, PLEASE SEND US YOUR NEWS!