



OTTAWA ORTHOPAEDICS QUARTERLY

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Vol. 6 No. 4 | May 2021 | ISSN 2562-2072

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“Anticipating problems and figuring out how to solve them is actually the opposite of worrying: it’s productive.”

~Chris Hadfield



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

It has been a year since the COVID pandemic has been part of our lives with consistently changing restrictions to both our daily lives and how we practice medicine. This has been a strain on our health care system like never before and the question in everyone’s mind is what will be the new normal? Perhaps the words of Chris Hadfield should be there to remind us of how planning ahead will help us navigate the most challenging situations.

Bringing people together is the key to finding innovative solutions ultimately benefiting our patients and the health care system. This certainly applies to the management of periprosthetic infections (PJIs) representing a mounting burden requiring a multidisciplinary collaboration with our colleagues from Infectious Diseases. Our program strives towards this inclusiveness with all our partners (Bruyère, Kemptville District Hospital and Hawkesbury District General Hospital) which is why we created a regional administrative position for Quality. Please take a moment to celebrate all the people that make the Ottawa Orthopaedic Program such a vibrant family!

New Collaboration in Clinical Care and Research for PJI: Division of Infectious Disease, Department of Medicine



"In addition to the Division of Orthopedic Surgery identifying prosthetic joint infections as a priority area, the Division of Infectious Diseases also recognizes the growing clinical demands in this area and the research opportunities this brings. The volume and the increasing complexity of these patients highlights the need for more expert, dedicated, multidisciplinary care. Weekly case discussions and a developing PJI clinic represent a start in this direction and will help support various research activities which have already begun to receive peer reviewed grant support."

Dr. Jonathan Angel, Division of Infectious Diseases



Development of a Regional PJI Program

Periprosthetic joint infection (PJI) occurs in 1-2% of primary and in about 4% of revision arthroplasties. Due to higher life expectancy, lifestyle changes in increasingly elderly populations and greater expectations for mobility in older age, the number of implanted prosthetic joints continues to rise. The occurrence of a PJI is associated with significant morbidity and increased mortality risk (akin or worse to that the diagnosis of malignancy).

Management of PJI requires complex treatment strategies as patients may have other complicated health issues and different infections require different treatment and antibiotic approaches. Across the globe, research has demonstrated that multidisciplinary care teams' PJI expertise and standardized management improves patient outcomes for this challenging problem.

The development of a regional PJI program has been a priority within our Orthopaedic Surgery and Infectious Diseases divisions and has received organizational support. The aims of our PJI program are to deliver “world-class PJI care” to our population and become the regional and national centre of reference for PJI treatment and research. In order to achieve our goals, a number of important pillars have been defined. These include the following:

- Development of a Multidisciplinary Team (MDT - Orthopaedics, Infectious Diseases, Microbiology, Plastic Surgery and dedicated hospitalist and Orthopedic PJI research group) to optimize and standardize diagnostic and treatment approaches and to ensure each patient has the best possible treatment tailored to their specific need.
- MDT outpatient clinic streamline and reduce post-hospital care visits for patients.
- Rapid triage and consultation process to make it easier for referring physicians.
- An institutional database with the goal of participating in the development of a national database.
- “Cutting edge” research in Periprosthetic Joint Infection.
- International collaborations in the development of evidence based clinical practice in PJI care.

The PJI program has been making steady progress since its development over the last year despite the challenges COVID-19 has added to clinical care. The MDT has already managed over 70 patients with either acute, recurrent, or complex chronic PJIs.

The current MDT team consists of:

- Orthopaedic surgeons Dr. Robert Feibel, Dr. Hesham Abdelbary (research lead), Dr. George Grammatopoulos (clinical lead) and soon to be joined by Dr. Simon Garceau (PJI fellowship trained).
- Infection Diseases staff to be joined by Dr. Marisa Azad (PJI fellowship at the Mayo clinic).
- Orthopaedic hospitalist Dr. Mazen Younes who manages and coordinates inpatient care.
- Dedicated clinical pharmacist Dr. Melissa Cammuso.
- Physiotherapy (Lyne Cuerrier and Yvonne Kossen) and Occupational Therapy (Jennifer Innes).



"Development of a regional PJI program within the divisions of Orthopaedic Surgery and Infectious Diseases"

- Clinical nursing lead (Maeghn Green).
- PJI Orthopaedic research team (Drs. Mariam Taha and Mazen Ibrahim) and laboratory led by Dr. Hesham Abdelbary.

Improving clinical care demands continued quality care improvement and focused research to advance knowledge and understanding of this complex problem. Our PJI research team led by Dr. Abdelbary has already gained national and international recognition receiving numerous grants and the Hip Society's prestigious Frank Stinchfield award (academic by invitation only organization of internationally recognized thought-leaders, innovators, mentors, and educators).

The PJI MDT is focused in developing national and international collaborations in an effort to optimize treatment algorithms and provide opportunities for best practice research and advances. This team has already developed ties with the Nuffield Orthopaedic Centre (Oxford, UK) which is the largest PJI centre in Europe and NYU Langone Health, New York, USA.

The PJI MDT with the support of the Division of Orthopaedic Surgery, The Ottawa Hospital, participating specialties and allied care services are focused on reducing the incidence of PJI and improving treatment outcomes for this complex problem. Your support is also welcomed via donations to The Ottawa Hospital Foundation that are directed to the Orthopaedic PJI team (<https://ohfoundation.ca>). If you have additional questions about the donation process, please contact our Research Manager, Scott Mullen, at scmullen@ohri.ca.



Dr. Hesham Abdelbary, Research Lead



Dr. George Grammatopoulos, Clinical Lead



Illustrative case of a 75-year-old male following three previous surgeries to the hip with a failed, infected total hip arthroplasty on the background of an associated both-column acetabular fracture (A&B). The patient underwent a two-stage reconstruction. At the first stage, the infected tissues were debrided and all implants were removed with a cement ball inserted for delivery of antibiotics (C). At the second stage, three months later, the hip was reconstructed (D). The patient is now infection-free and off antibiotics, mobilizing independently.

Case provided by Dr. George Grammatopolous

CHEO Certificate of Appreciation for being an ED Consultant Extraordinaire was awarded to Dr. Peter Uthhoff



"Comments from multiple nominations include appreciation for being friendly to staff and families, looking out for patient and family's best interests, excellence in teaching to multiple levels of learners - including direct teaching and supervision of procedural skills. We see that he is willing to come promptly to the ED to see patients when consulted and thank him for always being willing to work hard for patients coming to the ED for their orthopaedic injuries."

Gina and Sandy, on behalf of all the ED physicians

Bravo **Dr. Uthhoff!**

Garth E. Johnson Spine Visiting Professor, Mr. Jeremy Reynolds, Oxford University, UK



Mr. Jeremy Reynolds, consultant spinal surgeon, Clinical Lead for Spinal Surgery at Oxford University Hospitals NHS Trust & Bone and Soft Tissue Tumour Service, spoke to the residents, fellows and staff virtually on April 1, 2021. While we would have preferred to host him in person and show him around our beautiful city, his enthusiasm for spinal oncology, wit and honesty with respect to successes and failures was evident and appreciated, even over Zoom.

Mr. Reynolds and Dr. Stephen Kingwell were co-spine fellows in Vancouver in 2007-08 and Dr. Alexandra Stratton trained with Mr. Reynolds in her fellowship in Oxford in 2016-17 where he was a colleague of Mr./Dr. Nuno Batista, whom Dr. Stratton also learned a lot about spine surgery.

New additions to the Orthopaedic family!

Dr. Jonathan Howatt and wife Christine are thrilled to share that on February 14, 2021, baby George Manning Howatt was born at 7 pounds, 7 ounces. Everyone is doing great and are happy and healthy. His big sister Tulip could not be more excited!



Dr. Nadia Balaa and husband Ahmed had a lovely baby boy named Zayn, born on March 5, 2021, weighing 9.1 pounds.



Dr. Hesham Abdelbary and wife Dina are the proud parents of a beautiful son Sami Hesham, born on April 4, 2021.



Jessica Romeo, Nurse Practitioner at CHEO, returned from maternity leave after having a beautiful baby girl Dalia, born on June 30, 2019, weighing 8.6 pounds.

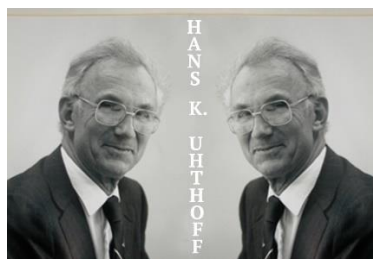


Newly renovated conference room at the Civic Campus

The Orthopaedic Surgery conference room at the Civic campus has been renovated and will be utilized for meetings, teaching rounds and academic half day sessions.



Upcoming Events



Hans K. Uthhoff Research Day June 4, 2021 via Zoom

Introducing Mélika Bellehumeur, Physician Assistant

Mélika completed her undergraduate degree in Health Sciences at the University of Ottawa and then decided to pursue her studies to become a Physician Assistant. She graduated from the University of Toronto's PA program and received her certification in 2017.

Mélika started in the emergency room at the Hawkesbury and District General Hospital and slowly transitioned to Orthopaedic Surgery. She truly enjoys her role with The Ottawa Hospital orthopaedic group and her involvement as the program in Hawkesbury evolves.

Having a versatile role is very rewarding and advantageous in a community hospital. Since they do not have daily orthopaedic coverage, Mélika is often the first point of contact for questions and works closely with the clinic and booking to make sure that their urgent consults are seen quickly. She also triages all consults and reviews the clinic lists to ensure patients are seen by the appropriate specialist.

In a clinical role, Mélika assists during surgery, follows up with their post-operative patients and sees fracture patients and other orthopaedic consultations. She looks forward to seeing the continuous development of the orthopaedic program in Hawkesbury and is happy to be offering these services to patients in the community.





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J Arthroplasty. 2021 Jan 19;S0883-5403(21)00036-X. doi: 10.1016/j.arth.2021.01.018. Epub ahead of print. PMID: 33549420.
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Wolters-Kluwer Publishing



We are pleased to welcome **Nesrine Menikh, RN** as our new Quality Improvement Coordinator for Ottawa Orthopaedics. Her previous clinical focus was within Obstetrics and Neonatal Intensive Care. Nesrine also has worked alongside an amazing team of quality improvement specialists in the Geriatric Psychiatry Department at Toronto Rehab.

Here are a few words from Nesrine:



"As a licensed Registered Nurse, I hold the quality of patient care as a top priority. I am excited to bring forth my skills and positive attitude to this team and look forward to enhancing Patient Safety QI processes at The Ottawa Hospital and its partners: Hawkesbury General and District Hospital and Kemptville District Hospital. I will be working with the Division Orthopaedic Surgery to facilitate this and ensure we meet our collective goals."

Since her recent addition to our division, Nesrine is helping Dr. Berdusco evaluate patient safety incidents, improving our M & M rounds format and looking to optimize our adverse event reporting program.

Adverse events you say? Oh, we say! They happen, and we can only learn from them by continually reporting, analyzing, and identifying critical patterns and areas for improvement. Please continue to submit the adverse events! The process for submission will be reviewed at our upcoming CQI rounds on May 18, 2021. We are thankful for the leadership of our physician assistant **Natasha Casey** (Civic Campus) and hospitalist **Dr. Mazen Younes** (General Campus), keep it up!



Dr. Natasha Casey



Dr. Mazen Younes



A warm welcome to Isabel Horton, Research Assistant

Isabel recently moved to Ottawa from her hometown of Toronto after completing her honors degree in Psychology, Neuroscience, and Behaviour from McMaster University. During her time at McMaster, Isabel was involved in a variety of different research activities and labs in the department of neuroscience. She completed her honors thesis on the effects of HPA-axis dysfunction on hippocampal-striatal functionality and its subsequent effect on visuospatial perception.

Isabel is an avid lover of finding different Ottawa trails to hike, true crime documentaries/podcasts, and weightlifting. She has been thoroughly enjoying her time learning more about Orthopaedic Surgery.

Isabel coordinates various adult reconstruction and hip preservation studies.

PSI Foundation Grant awarded to Drs. Marisa Azad, Infectious Diseases and Hesham Abdelbary, Orthopaedic Surgery

for their Resident Research application "Use of a Novel Supersensitive Surface Enhanced Raman Spectroscopy (SERS) Device for Rapid Bacterial Detection and Diagnosis of Prosthetic Joint Infections" in the amount of \$30,000.00.

Dr. Azad was also recently featured on CBC for her artwork!

www.cbc.ca/news/canada/ottawa/doctor-artist-bereavement-ottawa-hospital-covid-1.5985451

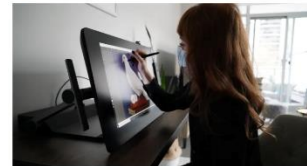


Doctor's paintings make lasting impression on bereaved families



Dr. Marisa Azad's stirring images capture spirit of lost loved ones

Sylvia Adams - CBC News - Posted April 15, 2021 4:00 AM PT | Last updated April 15



Dr. Sasha Carsen was appointed as the new Chair for the Hip Research Group, Pediatric Research and Sports Medicine Society



Congratulations to Dr. Steven Papp for being awarded a Department of Surgery grant for his project entitled "*Hip Fracture Patient and the Use of Indwelling vs Intermittent Catheterization Pilot Study (PEE Study)*"



Congratulations to Samantha Visva, medical student, who won best poster at the annual Canadian Spine Society meeting for her project entitled

"A CSORN Study: Comparison Between Primary and Revision Lumbar Decompression Outcomes".

Authors: Samantha Visva, Dr. Abdullah AlDuwaisan, Dita Moravek PhD, Dr. Eugene Wai, Dr. Stephen Kingwell, Dr. Alexandra Stratton, Dr. Philippe Phan and the CSORN Investigators





A warm welcome to our new PGY-1 residents!



Zachary DeVries
University of Ottawa



Emmitt Hayes
University of Saskatchewan



Eric Locke
University of Ottawa



Kenneth Lukas
Trinity College Dublin School of Medicine



Nicholas Tubin
University of Ottawa

Resident Wellness Day

Back in March, before the official lockdown began, the residents got to spend time together and blow off some steam while bouldering at Altitude Gym in Kanata. Everyone got to show off their amazing climbing skills. It was a great success!





Introducing our fellows...



Dr. Mohammed Alqahtani MD, Trauma Fellow

Dr. Alqahtani was born and grew up in the Kingdom of Saudi Arabia. He attended medical school at King Faisal University and completed his residency training in Saudi Arabia followed by an Arthroplasty and Sports Medicine fellowship in Montreal at McGill University. Dr. Alqahtani is enjoying his fellowship with Drs. Liew, Papp and Wilkin. Following completion of this year's fellowship, his plan is to return to Saudi Arabia to start his practice.

Dr. Roxane Héroux-Legault MD FRCSC, Foot and Ankle Fellow

Dr. Héroux-Legault grew up in a small town west of Montreal. She attended medical school at McGill University and completed residency training at the Université de Sherbrooke. Outside of medicine, her interests are learning languages and spending as much time outdoors as possible. She will be happy to use the skills from her foot and ankle fellowship as she begins her practice in Cowansville, Québec in July.



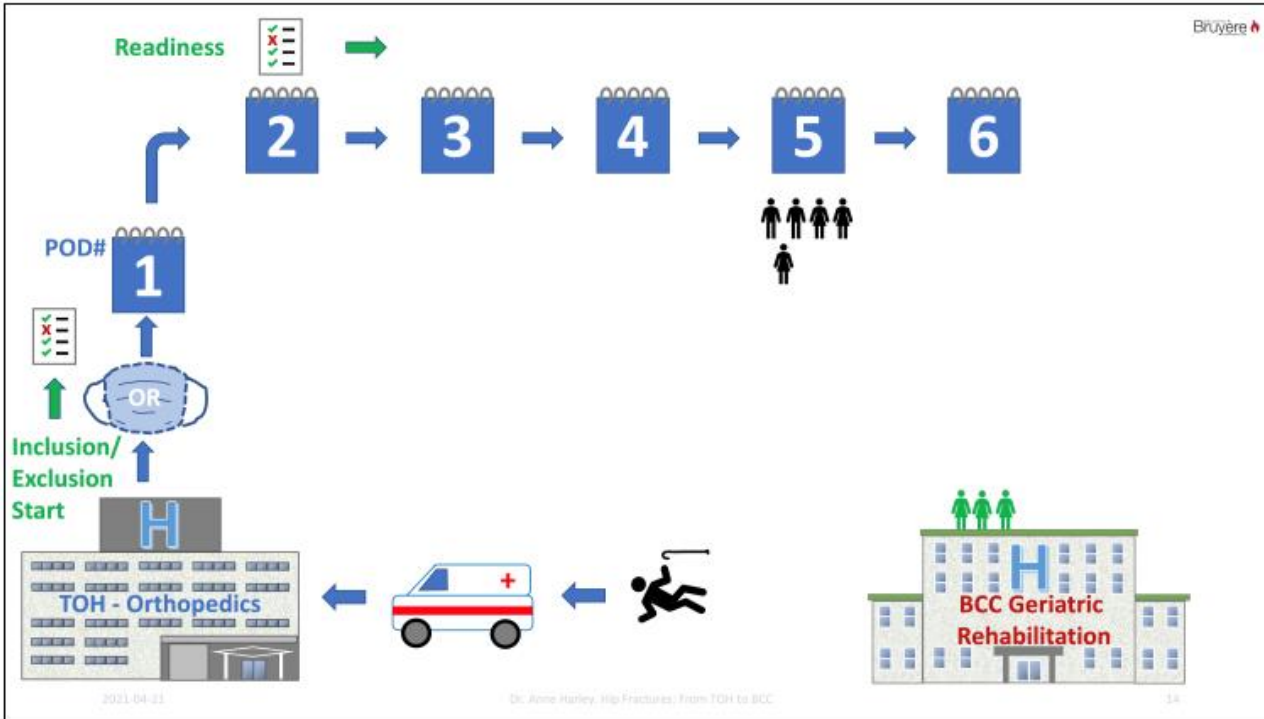
Dr. Shaima Sabar MD, Pediatric Orthopaedic Surgery Fellow



Dr. Sabar completed her medical degree at the University of King Abdul Aziz of Jeddah in Saudi Arabia. She obtained the orthopaedic Saudi board in 2016. Dr. Sabar then worked as an orthopaedic surgeon in her hometown for three years. During that time, she was also the quality facilitator for the Division of Orthopaedic Surgery. She proudly joined the pediatric orthopaedic fellowship program at CHEO in 2020, where she is currently training. Her goal is to be a well-trained pediatric orthopaedic surgeon with the best knowledge, skills and evidence-based practice and be a pillar in the advancement of pediatric orthopaedic expertise and care.

General Campus

Hip fracture initiative coming soon!!!



A collaborative hip fracture initiative between the Bruyère Geriatric Rehabilitation Service (GRS) and the Division of Orthopaedic Surgery has launched. The project aims to increase the number of unilateral hip fracture patients age 65+ transitioning from Ortho to GRS on or before POD #6. Earlier and more consistent access to a program combining high intensity rehab with comprehensive geriatric assessment maximizes functional recovery post hip fracture and is in line with best practice standards.

Beginning at the General Campus, the Clinical Care Leader and a Subacute Transition Coordinator will use inclusion and exclusion criteria as part of an auto-accept pathway for qualifying patients. Supporting Quality Initiatives for this project include expedited referral processes, wait list management, priority access to twenty dedicated GRS beds and education materials for patients, families, and team members.

Stay tuned for further details or contact Kelly Lafontaine, Clinical Manager 6NE or Dr. Randa Berdusco with any questions as this exciting initiative rolls out!

OWN continues to grow and improve in all aspects of the care we provide. We have added to our team another two physiotherapists and two occupational therapists in the last few months and have increased our capacity to do treatment on site at South Keys.

We are actively working on implementing EPIC and are currently live for scheduling and should be completely live in EPIC for documentation by the end of April. We have expanded our pain services and now have a high-quality US machine on site that allows our pain physicians to do US guided injection on site within the WSIB ten business day requirements. We are in the process of establishing a full day per month at the The Ottawa Hospital pain clinic for complex pain interventions and we have added support to our Network partners for pain and EMG.

Despite the challenges that COVID has brought, we are still maintaining our volumes and we ranked #1, 2 and 3 for back and neck, upper extremity and lower extremity respectively in the province on our last report card from WSIB.

We are also very proud to announce that, once again, OWN has been nominated for a TOH EXCELLENCE AWARD for financial stewardship, winners to be announced on May 20, 2021.

Nurses making a difference...

Diane Robertson, Clinical Care Leader in the operating room at the General campus designed a reusable boot cover for the ROTEX table saving several thousands of dollars per year. Merci Diane!

One of our very own, **Bob Weber**, came in third place overall for the Hospital News Nursing Hero Award!

"Bob, you contribute so much not only to Ortho Trauma and Upper Extremity, but to the unit as a whole. Your dedication, passion and teamwork did not go unnoticed and we are all extremely lucky to be able to work alongside you."

*Please take a moment to congratulate Bob on this amazing achievement!
Way to go!!!"*

Jenna Aubry and Tanya Ratte



Diane Robertson



Bob Weber

A few words from Dr. Stanislaw Tubin MD FRCSC, class of '95 and fellowship '96



"Incredible how 25 years races by!

In 1996, the majority of graduating fellows were heading for greener pastures in the USA. My wife and I chose Sudbury, Ontario and I have been rewarded with a great Orthopaedic practice, fantastic colleagues and I was lucky to strike a balance with work and family, raising five children with my spouse Brigitte Robinson, an ENT surgeon by my side.

I have seen my practice evolve from "everything from the shoulder to toes" to now mainly adult hip and knee primary and revision arthroplasty. I started in a true community practice and now enjoy being the chief of a group of 10 subspecialty trained orthopaedic surgeons. We provide care to all North Eastern Ontario working at Health Science North, a level one trauma and tertiary care and teaching center. I would have never thought 25 years ago that I would be playing with a robot to assist in knee replacement surgery or doing same day total hip replacements, but I learned a long time ago to stay current and keep learning.

It has been a fantastic journey personally and professionally even with a few speed bumps along the way! I am proud to see my oldest son Nicholas starting his Orthopaedic Surgery residency in Ottawa this July.

Cheers to all my friends!"

BLAST FROM THE PAST PICTURE!



From left to right: Drs. Guy Moreau '93, James McAuley, Stanislaw Tubin, Michael Kawan'97

ALUMNI, PLEASE SEND US YOUR NEWS AND PICTURES!