



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

Ottawa Orthopaedics Quarterly

From the Desk of the Chief

Vol 4 No. 2

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With our academic year well underway, we are already creating a number of firsts! ***Drs. Braden Gammon and Geoffrey Wilkin*** are leading the way in innovative surgeries combining advanced technologies and a multi-disciplinary approach.

Our ConEHR CQI software is live and the first of its kind and will help meet the fiscal challenges ahead of us where the best value for our care should be at the forefront of our decisions.

Dr. Ken Kontio has officially been named Chief of Orthopaedics at CHEO taking over from ***Dr. Baxter Willis*** who will continue on a part-time basis. *Congratulations Dr. Kontio!* We are welcoming two new members to our Division: ***Drs. Andrew Tice and Randa Berdusco***. We wish them a successful and productive career!

I would like to welcome our new fellows for this year which again have come in great numbers from around the world covering all our subspecialties.

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



INTRODUCING OUR NEW FACULTY MEMBERS



Randa Berdusco MD MSc FRCS

Dr. Berdusco achieved her kinesiology and MD degrees at McMaster University in Hamilton, Ontario. She then completed her orthopaedic surgical residency at the University of Calgary in 2013. Dr. Berdusco went on to complete subspecialty fellowship training in shoulder and elbow surgery (University of Ottawa), sports medicine, knee and shoulder surgery (University of Manitoba, Pan Am Clinic) and knee surgery (University of Western Ontario). She concurrently achieved a Master's of Science in Healthcare Quality from Queen's University, with a focus on improving the delivery of quality surgical care in 2015.

Dr. Berdusco joins The Ottawa Hospital from her academic practice at the Pan Am Clinic in Winnipeg, Manitoba where she focused on sports injuries, shoulder and knee arthroscopy. Her expertise in quality improvement will be an asset as she takes on a leadership role in patient safety and quality improvement within the Division of Orthopaedic Surgery.

Andrew Tice MD FRCS

Dr. Tice obtained his medical degree from the University of Alberta, followed by Orthopaedic Surgery residency training at the University of Ottawa, where he served as Chief Resident in his senior year. He then pursued fellowships in Pediatric Orthopaedic Surgery at Texas Scottish Rite Hospital for Children in Dallas, Texas as well as Pediatric and Adult Spine and Scoliosis at McGill University in Montreal, Quebec.

Dr. Tice is grateful to join the Orthopaedic team at CHEO and The Ottawa Hospital. His practice will encompass the breadth of Pediatric orthopaedic pathology with specialized skills and interest in Complex Spine Deformity and management of Early Onset Scoliosis. He is pursuing a Master's of Science in Healthcare Quality with a goal to further develop and expand the Orthopaedic Quality Improvement initiative. In addition to providing optimal patient care and collaborating on advancement of scientific literature, Dr. Tice looks forward to educating and mentoring student, resident and fellow trainees.



DIVISION NEWS

NEW CHIEF OF ORTHOPAEDICS AT CHEO

Congratulations to **Dr. Ken Kontio** for being appointed as the new Chief of Orthopaedics at CHEO!



Dr. Kontio did his Orthopaedic residency at McMaster University in 1999, followed by two years of fellowship focusing on general pediatric orthopaedics, sports medicine and spine at both McMaster and CHEO. After joining CHEO in 2002, he completed his Master's in Education in 2012. Until last year, Dr. Kontio was the Chair of the Undergraduate MSK Block Foundations Education Program at the Faculty of Medicine.

Ken Kontio MD MEd FRCSC



Team Broken Earth is a non-profit group of Canadian healthcare professionals committed to delivering and improving healthcare where it is needed most. Since the earthquake that devastated Haiti in 2010, Team Broken Earth has completed over 50 missions there and is committed to continue providing medical aid until it is no longer needed.

In January 2019, a medical team from the Ottawa Hospital led by orthopaedic surgeons **Drs. Eugene Wai and Robert Feibel** will be joining forces with Team Broken Earth and travelling to Port-au-Prince, Haiti to provide relief efforts. The Ottawa Hospital team will be working together with Haitian medical staff to deliver much needed acute and chronic medical care to patients. We will be actively involved in education for local medical staff as well as bringing new medical supplies to the disaster stricken area.

Such an endeavor comes with considerable financial cost and we would be very grateful for any donations. Every dollar collected will help us help the people of Haiti. To donate, please scan the code below and it will take you to the team donation page. We will also be holding a bake sale on December 12, 2018 in front of the cafeteria at the Civic Campus to raise funds for our Haiti mission. We hope to see you there and thank you for your support.

Link to donate to the Ottawa Hospital Broken Earth Team : <https://brokenearth.ca/missions/ottawa-haiti-january-2019-2/>



QP Code for Website

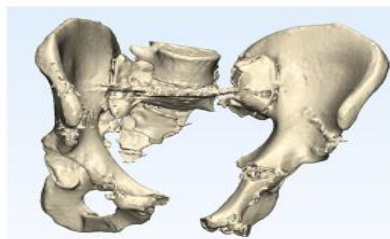
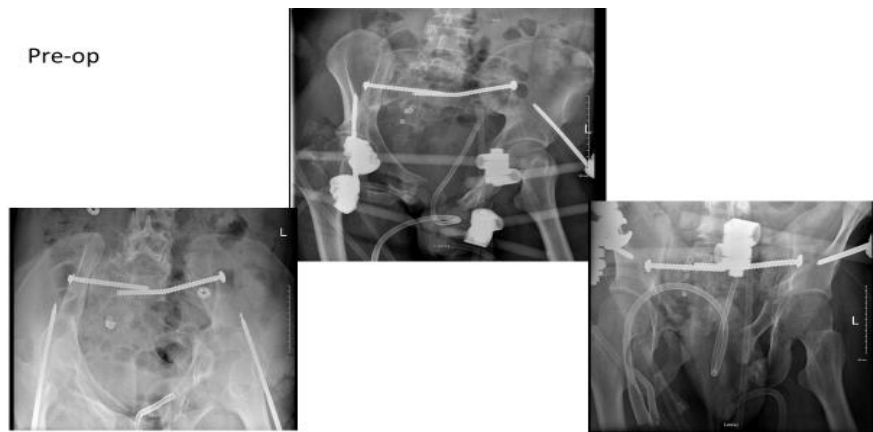


Drs. Robert Feibel and Eugene Wai

FIRST USE AT THE OTTAWA HOSPITAL OF A 3D PRINTED MODEL FOR OPERATIVE PLANNING OF A TRAUMA/FRACTURE CASE

In July 2018, the 3D printed model was used to assist with planning of a complex revision pelvic fracture case with failed initial fixation. This was a collaborative effort with **Dr. Adnan Sheikh** in MSK radiology who generated the model for us. The surgery was a combined case with **Drs. Geoffrey Wilkin and Eugene Wai**. The use of the 3D printed model was highly effective for thorough pre-operative planning and understanding of the patient's complex three dimensional deformity. It also was a valuable teaching tool for the residents involved in the case.

As per **Dr. Sheikh**, the 3D model was printing off the CT scan using a Materialise software to create a standard Tesalation file (STL) and printed on a Connex 500 Stratasys printer.



Drs. Geoffrey Wilkin and Matthew Coyle

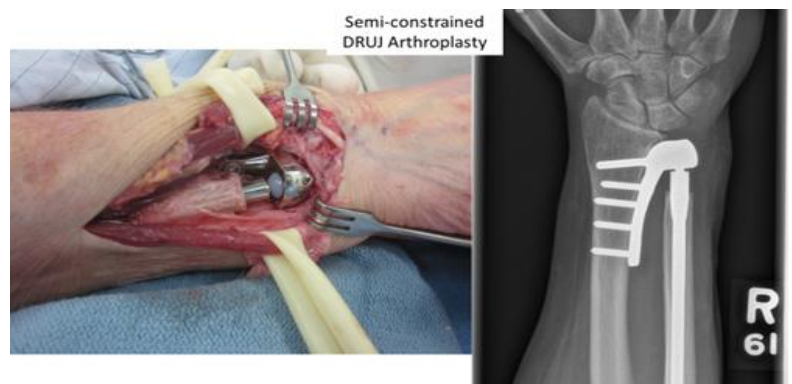
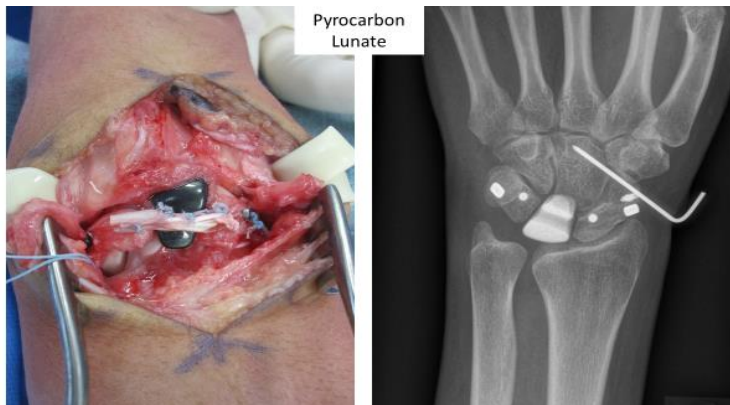
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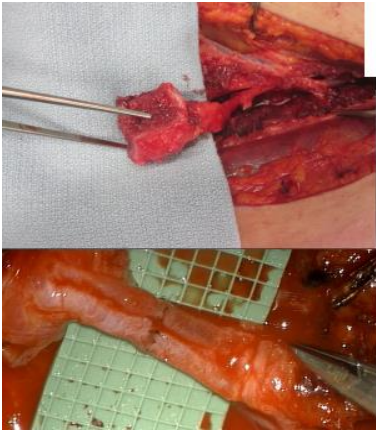


SINCE ITS INCEPTION, THE HAND AND WRIST SERVICE AT THE UNIVERSITY OF OTTAWA HAS CELEBRATED A NUMBER OF FIRSTS.

Locally, **Dr. Braden Gammon** and his team performed the first free medial femoral condyle graft (scaphoid non-union), the first pyrocarbon lunate arthroplasty (Kienbock's) and the first Aptis semi-constrained DRUJ arthroplasty (symptomatic ulnar stump instability) – all Ottawa firsts. **Dr. Gammon** and his team were also the first in Canada to use the KinematX wrist hemiarthroplasty (post-traumatic radiocarpal OA) and most recently the first to use the Arthrosurface capitate resurfacing arthroplasty (Kienbock's).

Dr. Gammon is excited to practice in a Division and Hospital that celebrates new techniques and fosters the integration of new technologies.”





Free Vascularized
Medial Femoral
Condyle Graft



Arthroscopic
Capitate Resurfacing
Arthroplasty



KinematX Wrist
Hemiarthroplasty



4TH BIENNIAL NATIONAL CAPITAL KNEE SYMPOSIUM

OCTOBER 18 & 19, 2018

THE WESTIN OTTAWA | 11 COLONEL BY DRIVE, OTTAWA, ON



The *fourth biennial National Capital Knee Symposium* took place at the Westin hotel this past October 18 and 19. Over 100 people were in attendance including residents, fellows, nurses, physiotherapists, community orthopaedic surgeons and vendors. The post meeting feedback has been very positive and emphasis was made on case discussion to provide a more interactive and dynamic teaching experience.

Among the many highlights were a return visit from **Dr. Alberto Carli** and a first glimpse of our Division Research Chair, **Dr. Daniel Coutu**, who gave a wonderful overview on the potential for stem cells in knee arthritis. It also included a guided ultrasound demonstration of knee injection with an opportunity for attendees to practice these skills. Preliminary plans are in place to continue the tradition with a fifth meeting in October 2020.



**RATTLE ME BONES RUN
LA COURSE AUX SQUELETTES**

Rattle Me Bones held on Sunday, October 28, 2018 at the Canada Aviation and Space Museum was a huge success once again this year despite the snow with 971 participants!



L to R: Dr. Kevin Smit and family, Dr. Sasha Carsen and family, Dr. Andrew Tice and family

CHEO is the lead contributor to an international collaborative developing the best evidence to date for the treatment and outcomes of pediatric femur fractures!

The “PedFemFx” Study: A prospective multicenter observational registry for femoral shaft fractures in children up to 16 years of age.

The purpose of this registry study is to collect data on the treatment methods and clinical outcomes of isolated femur shaft fractures in children up to skeletal maturity. The study is managed and funded by the AO Foundation and explores various treatment methods (including operative and non-operative techniques and modalities) for these injuries. At present, 17 pediatric academic sites from six countries are participating in the study with the hope of recruiting over 200 patients. The CHEO site is currently the top recruiting site, with 23 active participants! The study will follow patients for 12-24 months to examine their objective clinical, radiographic, and self/family-reported health and quality of life outcomes. This international multi-center registry will help to increase knowledge of femoral shaft fracture treatment and management and will improve recommendations from a health economics perspective.



PUBLICATIONS

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2: Grammatopoulos G, Gofton W, Cochran M, Dobransky J, Carli A, Abdelbary H, Gill HS, Beaulé PE. Pelvic positioning in the supine position leads to more consistent orientation of the acetabular component after total hip arthroplasty. *Bone Joint J*. 2018 Oct;100-B(10):1280-1288. doi:10.1302/0301-620X.100B10.BJJ-2018-0134.R1. PubMed PMID: 30295537.

3: Speirs AD, Rakhra KS, Weir Weiss MJ, Beaulé PE. Bone density changes following surgical correction of femoroacetabular impingement deformities. *Osteoarthritis Cartilage*. 2018 Sep 6. pii: S1063-4584(18)31438-9. doi:10.1016/j.joca.2018.08.015. [Epub ahead of print] PubMed PMID: 30195848.

4: Beaulé PE, Grammatopoulos G, Speirs A, Geoffrey Ng KC, Carsen S, Frei H, Melkus G, Rakhra K, Lamontagne M. Unravelling the hip pistol grip/cam deformity: Origins to joint degeneration. *J Orthop Res*. 2018 Sep 3. doi: 10.1002/jor.24137. [Epub ahead of print] PubMed PMID: 30175856.

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- 6: Carli AV, Poitras S, Clohisy JC, Beaulé PE. Variation in Use of Postoperative Precautions and Equipment Following Total Hip Arthroplasty: A Survey of the AAHKS and CAS Membership. *J Arthroplasty.* 2018 Oct;33(10):3201-3205. doi:10.1016/j.arth.2018.05.043. Epub 2018 Jun 6. PubMed PMID:29958753.
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- 9: Poitras S, Au K, Wood K, Dervin G, Beaulé PE. Predicting hospital length of stay and short-term function after hip or knee arthroplasty: are both performance and comorbidity measures useful? *Int Orthop.* 2018 Oct;42(10):2295-2300. doi:10.1007/s00264-018-3833-y. Epub 2018 Feb 17. PubMed PMID: 29453585.
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- 13: Pahuta M, Frombach A, Hashem E, Spence S, Sun C, Wai EK, Werier J, van Walraven C, Coyle D. The psychometric properties of a self-administered, open-source module for valuing metastatic epidural spinal cord compression utilities. *Pharmacoecon Open.* 2018 Sep 3. doi: 10.1007/s41669-018-0092-1.
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19. Grammatopoulos G, Gofton W, Jibri Z, Coyle M, Dobransky J, Kreviazuk C, Kim PR, Beaulé PE. 2018 Frank Stinchfield Award: Spinopelvic Hypermobility is Associated with an Inferior Outcome after THA: Examining the Effect of Spinal Arthrodesis. *Clin Orthop Relat Res.* 2018 May 30. Doi: 10.1097/CORR.0000000000000367. (Epub ahead of print) PMID: 30300162.

CLINICAL NEWS

Professor Mario Lamontagne PhD – New Member of the HIP SOCIETY!



Professor Lamontagne recently became the second Canadian Researcher to become a member of Hip Society. The Hip Society founded in 1967 has only 100 active members worldwide and it's the premier society for the advancement of the treatment of hip arthritis. Félicitations!

General Campus

Orthopedic Nursing had another successful Kellam conference held on Halloween. A big thank you to **Dr. Geoff Wilkin** for letting us participate in a live surgery on POA and to **Dr. Kevin Rasuli** for presenting on the POA surgery. Much was learned by everyone!

Thank you to **Johanna Dobransky**, Clinical Research Manager, for joining us at our Kellam Conference and shedding light on the current research being done through the Orthopaedic Research Department.

Thank you to **Kelly Lafontaine** and **Sam Baluyot** for taking over the reins on 6NE. Kelly for stepping into the Clinical Manager's role and Sam for stepping into the CCL role on 6NE during the months of September and October.

Recognition Ceremony for Sarcoma Presentation

Congratulations to **Line Lalonde, RPN, General Campus Plaster Room**, who will be recognized at a ceremony to be held this month for her presentation entitled "*Introduction to Sarcoma: Surgical, Radiation and Systemic Therapy Nurses Leading the Way*" presented at the 29th Canadian Association of Nurses in Oncology (CANO) held at the Hilton Lac-Leamy in Gatineau on October 27-30, 2017.

Civic Campus

The **Integrated Spine Unit** is now a physical reality on D7/F7. Thank you to all the residents who have helped with this transition!

A warm welcome to **Kathryn Bickerton, RN, BScN**, as the new Clinical Manager. Kathryn started her hospital career working at the Heart Institute as a ward clerk, then became an RPN then an RN. She spent ten years at CHEO where she also fulfilled the role of Patient Advocacy Specialist, Trauma Coordinator, Manager of the float team and then Manager of the ED before leaving to manage the Pediatric program with Ornge from 2009-2012. Kathryn returned to TOH in 2012 as Manager of the General ED for five years before coming over to the Civic ED two years ago (covered both sites for six months).

Civic Plaster room staff and researchers celebrated Halloween in style!



L to R: Sherry MacDonald, Briana Beaudoin, Denis Ouellet, Cassandra Farhat, Marissa Sicoli, Kendra Sonnenburg, Andy Jack, Nicole Harris, Barb Smith and Alexandra Craig

RESEARCH NEWS

Civic Campus

We are pleased to welcome ***Dita Moravek, PhD*** as the new Clinical Research Coordinator to the Spine Group.



General Campus

Ishraq Rahman completed her Bachelor's of Science, with a minor in Business Management after which she studied in the Clinical Research Program at Seneca College, where she obtained her Clinical Research Diploma and certifications. We are pleased to welcome her aboard as a full-time Clinical Research Assistant within the Division.



CHEO

The Division of Orthopaedic Surgery research team at CHEO is a small group that has been continuing to grow as they expand their research capacity. Their main areas of study pertain to the treatment and surgical management of pediatric fractures (including current studies on supracondylar humerus, femur, tibia, and scaphoid fractures), scoliosis and pediatric spinal deformity, the development and management of adolescent hip FAI, knee joint development and function as well as ACL treatment, and a number of multi-disciplinary and translational studies. The Pediatrics Ortho Research team works in conjunction with **Dr. Leanne Ward's** Bone Health team at CHEO as we develop competencies and leverage knowledge and resources. The team continues to collaborate closely with the Human Movement Biomechanics Laboratory at the University of Ottawa, with research teams led by **Drs. Dan Benoit and Mario Lamontagne**.

The research group is truly collaborative in nature, and involves and is contributed to by all seven Pediatric Orthopaedic Surgeons. **Dr. Sasha Carsen** is the current research lead and has been developing the growing pediatric research infrastructure with strong support from all members of the Division and our partners.

A warm welcome to our new Research Coordinator, **Poppy DesClouds**, and new Research Assistant, **Holly Livock**!

Poppy DesClouds, MHK, PhD(c) – Research Coordinator

Poppy is a PhD Candidate at the University of Ottawa and a graduate of a Master's in Human Kinetics Intervention and Consultation. Poppy worked as a clinical research coordinator in the Bone Health division, before pursuing further research in sport psychology. As an applied practitioner and researcher, Poppy has a particular interest in adolescent return to play post-injury, mental training for injury and pain, and early sport transitions. Her research and applied work focus on enhancing the self-regulation capacity and well-being of high-performance youth. Poppy enjoys applying her research training and special interests within the Orthopaedic Research Team. She is excited to see the team and research program grow.



Holly Livock, MSc - Research Assistant

Holly recently joined the CHEO Ortho research team after completing her Master's of Science in Human Kinetics at the University of Ottawa. Her past research focused on physical activity and eating behaviours in teenagers, and was involved in the well-known CHEO HALO (Healthy Active Living and Obesity) Research group. Holly is excited to now expand her learning and expertise in a clinical environment. She is passionate about working with kids, and excited that she is able to join a team that focuses on improving treatment methods in Orthopaedic Surgery. Holly is eager to continue her growth in Orthopaedics and develop her research skills.



VISITING PROFESSORS

**Don Johnson Sports Medicine Visiting Professor – Dr. Bruce Levy
Mayo Clinic, Rochester, Minnesota October 3-4, 2018**



L to R (sitting down): Drs. Mahmoud Alrasri, Allan Liew, Bruce Levy, Don Johnson

James P. McAuley Adult Reconstruction Visiting Professor – Dr. David Mayman, HSS, NY
This October 30-31st was the inaugural James P. McAuley Visiting Professor with rounds held at the Montfort Hospital. Thank you Ariane Arès, Dr. Guy Moreau and the whole Montfort team for hosting.



L to R (sitting down): Drs. Ben Bessette, Baxter Willis, Steve Papp, David Mayman, Paul Beaulé, Guy Moreau, Alexandra Stratton and Mahmoud Almasri



Drs. David Mayman, Steve Papp and Paul Beaulé
Drs. Mayman and Papp are graduates from the Queen's University Orthopaedic Residency Program



RESIDENT NEWS

The start of fall is the start of a very busy and exciting time for the orthopaedic residents! The PGY 5's are now in full study mode, with the first stop being the OITE in just over one week's time! Good luck to all of the orthopaedic residents on this year's OITE! The PGY 1-4 residents will be supporting our PGY 5s in every way we can over the next six months!

The fellowship applications for the PGY 4's is now complete and we wish them all the best of luck with their future endeavours! We cannot wait to see where all of you will be next year (hopefully somewhere warm with a big condo for some co-resident visitors!).

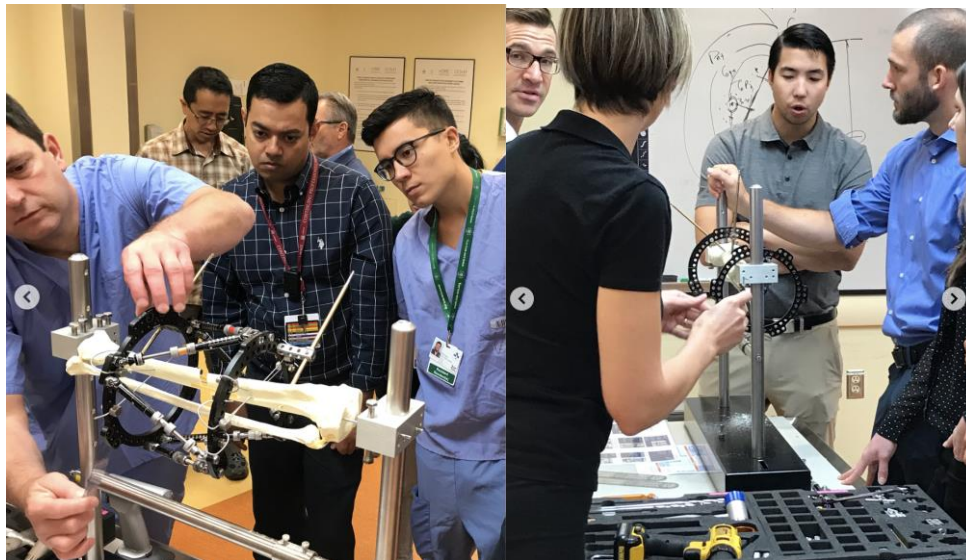
This past week, the Rattle Me Bones annual run for orthopaedic oncology research was a huge success. There were many resident participants who raised a lot of money. Shout out to Alison Suraci for the best resident costume!



Dr. Alison Suraci

At the Civic campus, we have officially moved to D7/F7. Thank you to all the residents who have helped with this transition! It was a lot smoother than many of us thought it would be! We will continue to provide suggestions for improvement during this transition period.

Lastly, we would like to collectively thank all of our staff who have set up two great hands on wet lab skills days over the past two months! These have been extremely beneficial to our learning and exciting for us! We look forward to the next wet labs this year!



L to R: Drs. Karl-André Lalonde, Kamal Bali, Olivier Gauthier-Kwan

L to R: Drs. Ivan Kamikovski, Kendrick Au, Brendan Swift, Stephanie Coupal



L to R: Drs. Amedeo Falsetto and Jonathan Howatt

ALUMNI

Special Event recognizing our Major Donors for our Research Chair in Regenerative Orthopaedic Surgery



L to R: Dr. Karl-André Lalonde, Dr. Robert Feibel, Michael Potter, President, Sussex Capital, Allan MacEwen, President, MacEwen Petroleum Inc., Dr. Paul Beaulé, Dr. Daniel Coutu, Research Chair, Dr. James Jarvis, Dr. Christopher Carruthers

Dr. H. C. Sagi is now Director of the Division of Trauma, Professor, Department of Orthopaedic Surgery and Sports Medicine, University of Cincinnati College of Medicine

Drs. Beaulé (class of '98) and H.C. Sagi (class of '99) were guest speakers at the 74th edition of the Hellenic Orthopaedic Association meeting in Athens, Greece



Drs. Paul Beaulé and H.C. Sagi

Dr. Ganesh Swamy MD PhD FRCSC (class of '02) is Assistant Professor at the University of Calgary subspecializing in adult spinal deformity surgery. In addition to his basic science work on spinal degeneration at McCaig Bone and Joint Research Center, he joined up with **Shahram Amiri PhD**, to form a company called **TORUS Biomedical** (<https://youtu.be/5WcKAXA37Wk> torusbiomedical.com) to convert the fluoro machine into a quantitative instrument in order to improve spinal deformity corrections, THA and limb-length corrections by providing point-of-care alignment information to surgeons. We hope that through the University of Ottawa orthopaedic network, we can find collaborators and users!



Dr. Ganesh Swamy

ALUMNI PLEASE SEND US YOUR NEWS!