



OTTAWA ORTHOPAEDICS QUARTERLY

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

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**“If your actions inspire others
to dream more, learn more and
do more and become more, you
are a leader.”**

~John Quincy Adams



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

Unfortunately, this pandemic is far from over but the last few months have permitted us to return to some normalcy in our work life balance. A big kudos to our resident leaders, ***Drs. Alexandra Bunting and Abdullah AIDuwaisan*** for stimulating us in staying active with their plank challenge! We were also able to enjoy our Annual Golf Tournament at Greyhawk organized by ***Dr. Jonathan Howatt***.

Our surgeons continue to excel with a special mention to ***Dr. Robert Feibel*** who with a colleague at McMaster University was awarded a 1.9 million grant from CIHR. In patient care, a special recognition to ***Drs. Hesham Abdelbary, George Grammatopoulos and Philippe Phan*** for their Guardian Angels.

Finally, I would like to acknowledge all of our leaders within our Division for their hard work and commitment to our Vision and Mission in providing *“a patient-centered approach to our delivery of care driven by quality metrics as well as a positive working environment to foster research, education and continued professional development.”*



Dr. James Jarvis inspiring others!

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Our congratulations to Dr. Robert Feibel on his recent success with the CIHR project grant funding!

"Financial Stewardship Award Flavia HIP Fracture Accelerated Surgical Treatment and Care track (HIP ATTACK) Trial - 2"

Borges K, Feibel RJ



Dr. Robert Feibel

University of Ottawa Faculty of Medicine 50k translational research grant awarded to Dr. Sasha Carsen, CHEO

"Determining the Cartilage Regeneration Potential of Novel Stem Cell Populations to Repair Cartilage Defects"

Campbell M (BRI), Carsen S. (CHEO, Dept. of Surgery), Dilworth J (OHRI)



Dr. Sasha Carsen

BRAVO!



"CIHR project grant funding awarded to Dr. Robert Feibel"

University of Ottawa Faculty of Medicine Clinical Research Chairs



Dr. Leanne Ward

Our congratulations to **Dr. Leanne Ward**, Department of Pediatrics at CHEO, for receiving a Tier 1 Clinical Research Chair (Pediatric Bone Health) from the University of Ottawa Faculty of Medicine. Read the [full article](#).

Professor Mario Lamontagne was the recipient of the EFORT Michael Freeman award, virtual EFORT congress, October 28-30, 2020

"Knee Biomechanics during Ramp Walking after a Total Knee Arthroplasty with either a Medial Pivot or Posterior Stabilized Implant"

Lamontagne M, Kowalski E, Dervin G

Congratulations **Professor Lamontagne!**

More details at <https://vec.efort.org/awards-winners-2020>.



Prof. Mario Lamontagne

North American First Ceramic on Ceramic Hip Resurfacing!

Dr. Paul E. Beaulé performed the first CoC hip resurfacing in a 23-year old male, now one year post surgery.



New additions to the Orthopaedic family!

Congratulations to *Dr. Amedeo Falsetto and his wife Sandra* on their new bundle of joy, Leandro, born on October 1, 2020, weighing 7 lbs 8 oz.



Éric Thériault and his wife Wendy are the proud parents of a beautiful son Cam, born on July 24, 2020, weighing 10 lbs 9.5 oz.



Happy family, Gavin, Cam and Éric!

Annual Ottawa Orthopaedic Open Golf Tournament was a great success!



With 40 golfers making up ten teams, the annual golf tournament was held on September 18, 2020 at the Greyhawk golf course.

Our congratulations to the winning team, ***Drs. Charles-Antoine Dion, Michael Pickell, Amedeo Falsetto and Brendan Swift***. The chief's cup for second place went to ***Dr. Paul Shim, Dr. Wadih Matar, Tony Simmons and David Deir***, Tribe Medical.



Left to right: Drs. Charles-Antoine Dion, Michael Pickell, Amedeo Falsetto, Brendan Swift



Left to right: Dr. Paul Shim, Dr. Wadih Matar, Tony Simmons, Tribe Medical





1: Hip Muscle Forces and Contact Loading During Squatting After Cam-Type FAI Surgery

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Our gratitude to our guardian angels for their dedication to patient care!



"For all of the outstanding medical expertise and support that Dr. Abdelbary has provided in recent months with respect to a patient's hip operation. His wonderfully caring attitude and attention to detail are an enormous source of comfort to this patient and her entire family."

Dr. Hesham Abdelbary

"With extreme caring and encouragement, Dr. G. has enabled me to walk again. His patience with me was exemplary. I was always treated with kindness and respect. His work with me has given me freedom to participate in activities that I most love. I cannot thank Dr. G. enough."



Dr. George Grammatopoulos



"With sincere gratitude for the excellent care. You are my angel and the reason why I am alive today."

Dr. Philippe Phan



The CQI Team would like to give a wholehearted welcome to **Katarina Vukovojac, MSc**, Clinical Research Coordinator (CQI data program coordinator) and **Rebecca Allen, BSc**, Clinical Research Assistant (CQI data program assistant)!



Katarina Vukovojac



Rebecca Allen

In a time where nothing feels completely settled, this is a gentle reminder from a recent patient experience at the Civic Campus that kindness and excellent communication skills (even from behind a mask) go a long way...

“After a fall from my bike last Sunday, I came to the Civic campus for help. From the moment I arrived, I was treated respectfully. While the wait to be seen was a little long, once it was clear I had broken my hip, things moved quickly. The kind X-ray technician offered me a stretcher, and I was sent to the observation section where Annie and others helped me out. Later, when Dr. Caines gave me the news that surgery was required, I was in shock. He was compassionate and answered all my questions so I could make an informed decision. Dr. Caines, Dr. Liew and the anesthesiologists were reassuring before the surgery, and Maria and others took good care of me in recovery. I am especially grateful to the many amazing nurses who cared for me on the orthopaedics floor (especially Kathleen and Nazifa - I’m not sure the spelling is correct) and the on-call doctor who came to help me in the middle of the night. They saw me at my worst and their gentle care was appreciated (and John even managed to make me laugh). Honestly, from the many health professionals I met, to the porters, cleaners and food service workers, I saw nothing but cheerfulness and professionalism. I am grateful for the care I received and wish I could remember every single name. If it is noted in my records, I would appreciate it very much if each individual I encountered could know that I was comforted and impressed by their compassion and professionalism. Thank you.”



Julia Brillinger

A warm welcome to Julia Brillinger!

Julia Brillinger recently returned to Ottawa after completing a Master's in Public Health at the University of Otago in Dunedin, New Zealand. While in New Zealand, Julia was involved in Tobacco Control research; her Master's thesis examined whether and how outdoor bar settings could facilitate and normalize young adult smoking.

Julia also holds a B.Sc. In Life Sciences from Queen's University. Julia is excited to be working as a Research Assistant in the Division of Orthopaedic Surgery.

Congratulations to Carlyn McNeely, winner of the Best Poster-Medical Student at the virtual University of Ottawa Faculty of Medicine Research Day!

"Tibia Shaft Fracture Management at The Ottawa Hospital"

McNeely C, Harris N, Foster R, Meulenkamp B, Papp S

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ORTHOPAEDIC SURGERY

Tibia Shaft Fracture Management at the Ottawa Hospital

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²The Ottawa Hospital Research Institute, University of Ottawa, Ottawa, Canada
³Division of Radiology, University of Ottawa, Ottawa, ON, Canada
⁴Division of Orthopaedic Surgery, University of Ottawa, Ottawa, ON, Canada

INTRODUCTION

- Tibial shaft fractures can be serious injuries with long recovery times, many complications and long term dysfunction.
- Historically, patients with closed fractures were treated with closed reduction and casting.
- Over time, the use of intramedullary nailing (IMN) has become a favoured form of treatment for more displaced fractures.¹
- Current research suggests that patients meeting one or more of the following criteria should be treated surgically²:
 - Coronal alignment > 5 degrees
 - Sagittal alignment > 10 degrees
 - Displacement > 50%
 - Shortening > 1cm

PURPOSE

- Evaluate how tibial shaft fractures were treated at the Ottawa Hospital [TOH].
- Determine how often patients were treated outside of the guidelines (received surgery when non-operative treatment was indicated).
- Assess outcomes and complication rates between operatively and conservatively treated patients.

METHODS

Subjects:

- 244 patients with tibial shaft fractures (165 males; 79 females) between 01/01/2009 – 01/01/2019.

RESULTS

- TOGO: 124 (51%)
- TCGC: 71 (29%)
- TCGC: 35 (14%)
- TCGO: 14 (6%)

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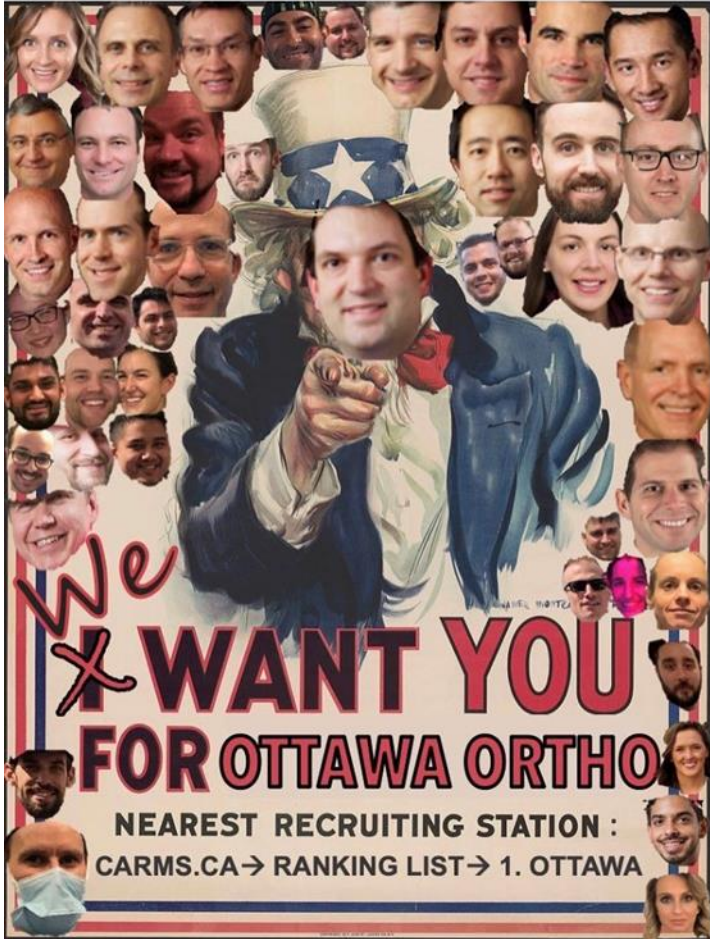
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FIGURE 1: Histogram of knee alignment (KL), displacement (D) and shortening (S) was measured from the AP X-rays.



Carlyn McNeely

Virtual open house for prospective CaRMS applicants held on October 14, 2020



University of Ottawa - Orthopaedic Surgery
L'Université d'Ottawa - Chirurgie Orthopédique
Let us Move You!
Notre vie n'est que mouvement!

(VIRTUAL) OPEN HOUSE
THURSDAY OCTOBER 14th
7-9PM

*Meet the residents, ask questions
& find out why this is the
program for you!*



WEBSITE: www.uottawaortho.ca
INSTAGRAM: @uottawaortho
TWITTER: @UOttawaOrtho

Great turnout from students at our first virtual open house for prospective CaRMS applicants. CaRMS will be fully virtual this year and this is part of the small changes we are making to adapt as well. Future virtual talks will also be held with a lot of information coming on our Instagram page and Twitter page.

Planking contest held in October!

Congratulations to **CHEO** for dominating in our recent three-week plank challenge! A well-deserved win! The best plank award goes to **Dr. Kevin Smit** and **Dr. Andrew Tice**!



Drs. Kevin Smit and Andrew Tice





OWN MSK is busier than ever with referral volumes greater than pre-COVID! Thank you for your help in addressing these volumes!!

We are seeing around 70-80% of our patients in person and are hoping to keep as many in person visits even during COVID's second wave if at all possible.

We have received our U/S machine and our Pain physicians will be doing U/S injections on site at South Keys starting October 5, 2020. We hope to be able to address our backlog quickly and will have ongoing access as a result. Our Team is still growing and we have/are adding another 5 OT/PT's and 3 clerks to our clinic in order to address our increase in consults.

Civic Campus

Sue McConnell has LEFT the building!!!



After 32 years working as an RN with The Ottawa Hospital, **Sue McConnell** retired at the end of September. We wish Sue all the very best in her retirement!

Farewell gathering for Dr. Braden Gammon and retirement for Jim Finlay, RN



Dr. Ross Wilkinson offers a small piece of history to *Dr. Braden Gammon*. Paintings of our famous Rideau Canal were offered to both *Jim Finlay and Dr. Braden Gammon*. Jim is retiring after 30+ years of service at both the Civic and Riverside campuses.

General Campus

New 6NE inpatient Orthopaedic Surgery educator

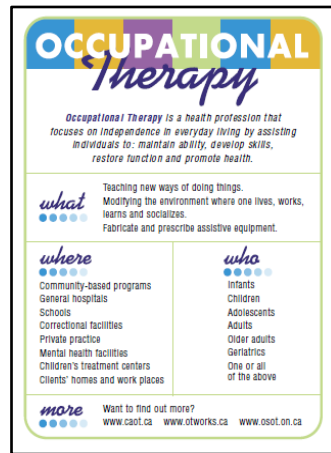
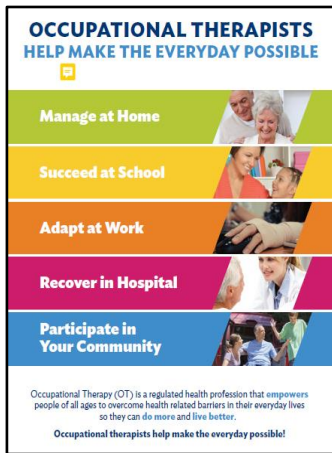


A warm welcome to *Kathleen Sowinski*, new nurse educator for 6NE Orthopaedic Surgery, since September 2020.

Kathleen obtained her Bachelor of Science in Nursing at the University of Ottawa, her Master's in Public Health at the University of Victoria and joined The Ottawa Hospital in 2012. Her experience started as a staff RN on 6NW, a clinical and theory nursing instructor at the University of Ottawa and Algonquin College, registered nurse consultant at the Canadian Mental Health Association and most recently nurse educator for inpatient surgery at the General Campus.

Kathleen is also a part-time professor with the Faculty of Health Sciences in the School of Nursing at the University of Ottawa.

October 2020 Occupational Therapy month at The Ottawa Hospital



Jennifer Innes OT, 6NE

October was Occupational Therapy month in Canada. Now is the time to recognize the work Occupational Therapists do for our community, The Ottawa Hospital and our Orthopaedic unit.

Occupational Therapists (OTs) work in schools, homes, and hospitals. They treat all patients, from infants to the elderly enabling their participation in daily occupations. OTs are client-centered and address the wellbeing of the whole person. They ensure all issues addressed are meaningful for their patients.

Jennifer Innes is the Occupational Therapist on 6 North East. Originally from British Columbia, Jennifer came to Ontario to complete her Master's in Occupational Therapy at Queen's University. She started with TOH in 2010 in the Joint Replacement Clinic and then joined 6 North East in 2015.

Jennifer recently updated the education materials for our total shoulder and reverse shoulder arthroplasty patients. She created a user-friendly patient booklet and our new pre-operative education video (which she also starred in). This work is instrumental in providing world class patient care for this population. Jennifer is highly passionate about Orthopaedics and the entire Occupational Therapy program.

Pat Hoffman is retiring!



Pat Hoffman will be retiring at the end of December from his position as a plaster room technician at the General campus after 33 years of service at The Ottawa Hospital. His positivity and calmness have inspired his team.

Over the years, we often joked about the day Pat would finally decide to retire! Once he announced his retirement, we realized that we will have big shoes to fill! We will miss his great work ethic and sense of humor! Pat has played a significant role in the plaster room and we could not have asked for a better mentor. It is time for us to continue his work in the years to come. Happy retirement Pat!

Cheers from the plaster room crew!

IN MEMORIAM



Dr. David Charles Healey

June 20, 1963 - September 28, 2020

“So sorry to hear about Dave's passing! We did many cases together, often in the middle of the night when his sense of humour as well as his operative skills were greatly appreciated! He went far too soon!”

Dr. Merv Letts

ALUMNI, PLEASE SEND US YOUR NEWS!