



OTTAWA ORTHOPAEDICS QUARTERLY

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

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IN THIS ISSUE:

DIVISION NEWS
PAGE 2

FACULTY NEWS
PAGE 5

PUBLICATIONS
PAGE 6

**VISITING
PROFESSORS**
PAGE 7

CQI CORNER
PAGE 8

**RESEARCH
NEWS**
PAGE 9

CLINICAL NEWS
PAGE 11

RESIDENT NEWS
PAGE 12

**FELLOWS'
CORNER**
PAGE 14

ALUMNI NEWS
PAGE 15

**“Deeds are not
accomplished in a few
days, or in a few hours. A
century is only a spoke in
the wheel of everlasting
time.”**

~Louis Riel



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

Our Division is having another great academic year with a strong sense of regaining some normalcy during this ongoing COVID pandemic. This is a great reflection on the strength of our Orthopaedic Program. We have hosted two in person visiting professors with our engaging journal clubs as well as our annual golf tournament and the inaugural **Mike Cochran Memorial Softball Game**. As our national and international reputation continues to grow, we must also be mindful to stabilize/maintain our gains and keep building bridges of collaboration.

This is especially true for our Continuous Quality Improvement team that has seen a complete transformation. **Anna O'Brien** will wear two hats as our Manager for both our research team and CQI. Please join me in welcoming **Hunter Grad and Emma Slobozianu** to the Orthopaedic family. The research team also welcomes **Chelsea Mason** who will be providing key administrative support.

A special kudos to our former Chair, **Dr. Geoffrey Dervin** for being promoted to Full Professor and **Dr. Bradley Meulenkamp** for completing his Master's in Clinical Epidemiology! *Bravo!*

Our hand/wrist team is complete with the arrival of **Dr. Manisha Mistry** who joins us after two years of fellowship, one of which was in London where she also completed her Master of Science in Surgery. CHEO welcomes back **Dr. Akshay Seth** who will be leading the neuromuscular unit. *Bienvenue à vous deux!*

As I sign off on my last editorial for our newsletter as your Division Head, the words of Louis Riel, a Métis, resonate loudly as we continue our pursuit of excellence in Orthopaedic Surgery.



CIHR grant in the amount of \$922k awarded to PI Professor Simon Hatcher and co-PI Dr. Joel Werier

Our congratulations to **Professor Hatcher, Dr. Werier**, and co-applicants, **Dr. Bill Cameron, Dr. Vicente Corrales-Medina, Dr. Juthaporn Cowan, Dr. Mark Kaluziński, Dr. Shawn Marshall, Dr. Tiago Mestre, Dr. Bryce Mulligan, Dr. Amanda Pontefract, Dr. Kednapa Thavorn, Dr. Guy Trudel, Dr. Daniel Corsi, Dr. Heather Orpana**, Principal Knowledge User, **Mr. Pierre Giguère**, Citizen Researcher, **Ms. Debra Schofield**, Citizen Researcher and **Mr. Jim Booth**, Citizen Researcher, for receiving this prestigious grant for their study entitled "In people with Long Covid does adding a digital health platform to usual care improve outcomes at three months compared to usual care alone? The Enhancing Covid Rehabilitation with Technology (ECORT) randomised controlled trial."



Professor Simon Hatcher



Dr. Joel Werier

"CIHR grant awarded to Professor Simon Hatcher and Dr. Joel Werier"



2022 Hip Society Rothman-Ranawat Traveling Fellowship



Congratulations to **Dr. George Grammatopoulos** for being selected to participate in the **2022 Hip Society Rothman-Ranawat Traveling Fellowship**. The goal of the fellowship is to foster emerging thought leaders and provide them with an inspirational tour of state-of-the-art facilities throughout North America that provide exemplary surgical care of the hip joint. Over four to five weeks, traveling fellows visit up to ten sites identified by the Fellowship and Mentorship Committee. Host sites structure the fellows' visits to include personal interaction, conferences, surgical observations, and visits to cadaver labs.

Editor's Spotlight in Clinical Orthopaedics and Related Research

Dr. Bradley Meulenkamp and Dr. Taylor Woolnough were featured in the Editor's Spotlight in Clinical Orthopaedics and Related Research for their project entitled "What Is the Best Evidence to Guide Management of Acute Achilles Tendon Ruptures? A Systematic Review and Network Meta-Analysis of Randomized Controlled Trials."

https://journals.lww.com/clinorthop/Fulltext/2021/10000/Editor_s_Spotlight_Take_5_What_Is_the_Best.2.aspx

Annual Ottawa Orthopaedic Open Golf Tournament was held on September 24, 2021 at the Hylands Golf and Country Club



Our congratulations to the winning team, **Dr. Michael Pickell, Dr. Randa Berdusco, Dr. Alenko Šakanović** and **Dr. Raman Bhullar**.

New additions to the Orthopaedic family!

Natasha Casey, Physician Assistant, and her husband Jon, welcomed their beautiful baby boy, Isaiah, on September 24, 2021 at 8:52 pm, weighing in at 6 lb 11 oz.



Congratulations to **Dr. Rashed Al-Ahmed** and his wife Fatemah on the birth of their son, Mohammed Rashed Mohammed, born on October 29, 2021 on their wedding anniversary at 4:00 pm weighing in at 7 lb 10 oz.



Karly Zammit, Physician Assistant, has joined the trauma team



Prior to starting in this role, **Karly** was finishing up her degree at McMaster University in the Physician Assistant Program. She originally completed her undergraduate degree in Kinesiology at the University of Toronto.

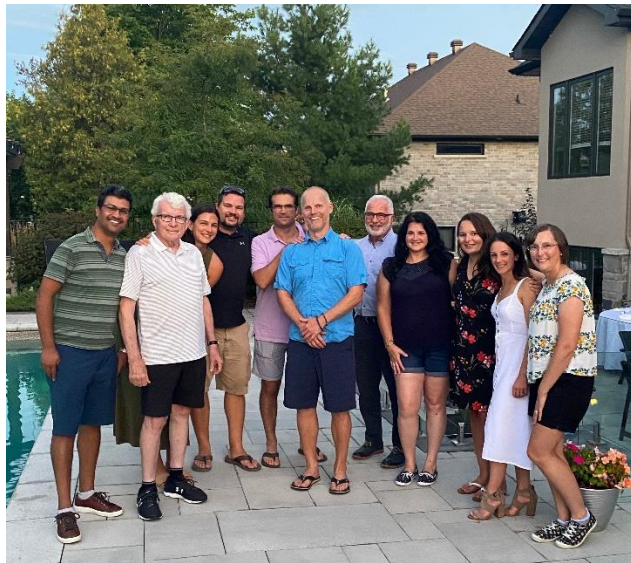
Previous work includes physiotherapy assistant, research assistant, and skating instructor, to name a few. When Karly is not working, she spends the majority of her free time rock climbing, hiking, or baking treats.

Farewell gathering for Dr. Ken Kontio was a success!

Dr. Kevin Smit hosted the farewell party at his residence and everyone had a great time!



Left to right: Dr. Akshay Seth, Dr. Alicia Kerrigan, Dr. Baxter Willis, Dr. Ken Kontio, Dr. Sasha Carsen, Dr. Louis Lawton, Dr. Kevin Smit



Left to right: Dr. Akshay Seth, Dr. Baxter Willis, Dr. Alicia Kerrigan, Dr. Kevin Smit, Dr. Sasha Carsen, Dr. Ken Kontio, Dr. Louis Lawton, Sherri Nugent, Holly Livock, Jessica Romeo, Lesley Parker

Dr. Marie-Claude Magnan receives a gratitude award pin for her exceptional patient care



"Thank you for being my safe haven while I was so terrified of what was happening with my health. My mother passed 3 years ago on the exact date I got my hip replacement and I truly believe she sent you my way. Thank you from the bottom of my heart."

Introducing our new faculty members



Manisha Mistry MD, BMSc, FRCSC

Dr. Mistry completed her undergraduate degree and medical school at the University of Western Ontario and residency training at the University of Ottawa. She further completed subspecialty training with fellowships in Upper Extremity Reconstruction and Orthopaedic Trauma Surgery at Sunnybrook Hospital at the University of Toronto, and Hand and Upper Extremity Surgery at the Roth|McFarlane Hand and Upper Limb Centre at the University of Western Ontario.

She is currently completing her Master of Science in Surgery through the University of Western Ontario and is focussing on the use of 4-dimensional CT Scan Technology to quantify normal in-vivo carpal kinematics. Her research interests include hand and wrist kinematics and biomechanics in trauma and elective pathologies.

Dr. Mistry is excited to make her return to Ottawa, joining the newly minted Ottawa Hand and Wrist Collaborative (OHAWC) with an elective focus on Orthopaedic Hand and Wrist Surgery. She is looking forward to developing this new unit with her outstanding colleagues, with an emphasis on providing comprehensive, high-calibre hand and wrist care to the region.

Akshay Seth MD, MEd, FRCSC

Dr. Seth began his early medical career as a physiotherapist prior to completing his undergraduate medical training at Queens University. Having done a Bachelor of Education earlier in life, he also completed a Master of Education (Health Professions) during his Orthopaedic residency at the University of Ottawa. He also completed a Pediatric Orthopaedic fellowship at Boston's Children's Hospital/Harvard Medical School in Boston, Massachusetts.

Dr. Seth comes to CHEO with an expertise in patients with cerebral palsy, other neuromuscular disorders and lower extremity deformity. His interests include the care of the neuromotor/neuromuscular patients and medical education with scholarship in these areas.



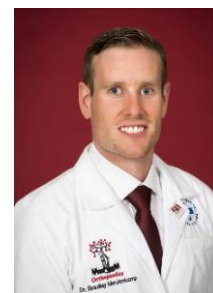
Promotion to Professor of Surgery



Our congratulations to **Dr. Geoffrey Dervin** for being promoted to Professor of Surgery.

Dr. Bradley Meulenkamp successfully defends his master's thesis in Clinical Epidemiology

Congratulations to **Dr. Meulenkamp** for successfully defending his thesis entitled "*Shared Decision Making in Orthopedic Surgery: Development and Testing a Patient Decision Aid for Achilles Tendon Rupture*". His supervisors were **Dr. Ian Graham and Dr. Dawn Stacey**.





1: Time to return to work after elective lumbar spine surgery.

Author(s): Singh S, Ailon T, McIntosh G, Dea N, Paquet J, Abraham E, Bailey CS, Weber MH, Johnson MG, Nataraj A, Glennie RA, Attabib N, Kelly A, Hall H, Rampersaud YR, Manson N, Phan P, Thomas K, Fisher CG, Charest-Morin R. *J Neurosurg Spine*. 2021 Sep 24;1-9. doi: 10.3171/2021.2.SPINE202051. Epub ahead of print. PMID: 34560636.

2: Spinal pathology and outcome post-THA: does segment of arthrodesis matter?

Author(s): Schmidt-Braekling T, Coyle MJ, Dobransky J, Kreviazuk C, Gofton W, Phan P, Beaulé PE, Grammatopoulos G. *Arch Orthop Trauma Surg*. 2021 Oct 22. doi: 10.1007/s00402-021-04220-4. Epub ahead of print. PMID: 34677633.

3: Acetabular Morphology and Spinopelvic Characteristics: What Predominantly Determines Functional Acetabular Version?

Author(s): DeVries Z, Speirs AD, Salih S, Beaulé PE, Witt J, Grammatopoulos G. *Orthop J Sports Med*. 2021 Oct 22;9(10):23259671211030495. doi: 10.1177/23259671211030495. PMID: 34708135; PMCID: PMC8543727.

4: Spinal Anesthesia or General Anesthesia for Hip Surgery in Older Adults.

Author(s): Neuman MD, Feng R, Carson JL, Gaskins LJ, Dillane D, Sessler DI, Sieber F, Magaziner J, Marcantonio ER, Mehta S, Menio D, Ayad S, Stone T, Papp S, Schwenk ES, Elkassabany N, Marshall M, Jaffe JD, Luke C, Sharma B, Azim S, Hymes RA, Chin KJ, Sheppard R, Perlman B, Sappenfield J, Hauck E, Hoefel MA, Giska M, Ranganath Y, Tedore T, Choi S, Li J, Kwofie MK, Nader A, Sanders RD, Allen BFS, Vlassakov K, Kates S, Fleisher LA, Dattilo J, Tierney A, Stephens-Shields AJ, Ellenberg SS; REGAIN Investigators. *N Engl J Med*. 2021 Oct 9. doi: 10.1056/NEJMoa2113514. Epub ahead of print. PMID: 34623788.

5: Supine versus lateral position for total hip replacement: accuracy of biomechanical reconstruction.

Author(s): McGoldrick NP, Antoniadou S, El Meniawy S, Kreviazuk C, Beaulé PE, Grammatopoulos G. *Arch Orthop Trauma Surg*. 2021 Sep 23. doi: 10.1007/s00402-021-04179-2. Epub ahead of print. PMID: 34557958.

6: Is a periacetabular osteotomy as efficacious in retroversion as it is in dysplasia? : The role of femoral anteversion on outcome.

Author(s): Verhaegen J, Salih S, Thiagarajah S, Grammatopoulos G, Witt JD. *Bone Jt Open*. 2021 Sep;2(9):757-764. doi: 10.1302/2633-1462.29.BJO-2021-0096.R2. PMID: 34543579; PMCID: PMC8479841.

7: Patellar Fractures: Anatomy, Mechanics, and Surgical Management.

Author(s): Howatt J, Liew AS, Wilkin G. *J Bone Joint Surg Am*. 2021 Sep 27. doi: 10.2106/JBJS.20.01478. Epub ahead of print. PMID: 34570740.

8: Does a Monoblock Acetabular Component With a Ceramic Liner Cause More Pelvic Bone Loss Than a Conventional Modular Cementless Acetabular Component? A 2-Year Randomized Clinical Trial.

Author(s): Fischman D, Mahatma MM, Sluittel P, Farzi M, Grammatopoulos G, Poitras S, Wilkinson JM, Beaulé PE. *J Arthroplasty*. 2021 Sep 4;S0883-5403(21)00711-7. doi: 10.1016/j.arth.2021.08.033. Epub ahead of print. PMID: 34649747.

9: A Multicenter Randomized Controlled Trial Comparing Single-Row With Double-Row Fixation in Arthroscopic Rotator Cuff Repair: Long-Term Follow-up.

Author(s): Lapner P, Li A, Pollock JW, Zhang T, McClquham K, McRae S, MacDonald P. *Am J Sports Med*. 2021 Sep;49(11):3021-3029. doi: 10.1177/03635465211029029. Epub 2021 Aug 16. PMID: 34398641; PMCID: PMC8411465.

10: Muscle and Hip Contact Forces in Asymptomatic Men With Cam Morphology During Deep Squat.

Author(s): Catelli DS, Kowalski E, Beaulé PE, Lamontagne M. *Front Sports Act Living*. 2021 Sep 9;3:716626. doi: 10.3389/fspor.2021.716626. PMID: 34568821; PMCID: PMC8458768.

11: Validation of the French version of the Self-Administered International Hip Outcome Tool-12 Questionnaire and determination of the Minimal Clinically Important Difference (MCID) in the French speaking population.

Author(s): Dion MO, Simonyan D, Faure PA, Pelet S, May O, Bonin N, Carsen S, Beaulé P, Nault ML, Belzile EL. *Orthop Traumatol Surg Res*. 2021 Oct 1:103083. doi: 10.1016/j.otsr.2021.103083. Epub ahead of print. PMID

12: Minimally Invasive vs. Open Surgery for Lumbar Spinal Stenosis in Patients with Diabetes - A Canadian Spine Outcomes and Research Network Study.

Author(s): Hathi K, Bigney E, Richardson E, Alugo T, El-Mughayyar D, Vandewint A, Manson N, Abraham E, Small C, Thomas K, Fisher CG, Rampersaud YR, Hall H, McIntosh C, Johnson MG, Bailey CS, Weber MH, Paquet J, Kingwell S, Nataraj A, Finkelstein J, Kelly A, Attabib N. *J Global Spine J*. 2021 Aug 31:21925682211042576. doi: 10.1177/21925682211042576. Epub ahead of print. PMID: 34463136.

13: Comparing the Effects of Early Versus Late Exercise Intervention on Pain and Neurodynamic Mobility Following Unilateral Lumbar Microdiscectomy: A Pilot Study.

Author(s): LeBlanc L, Moldovan ID, Sabri E, Phan P, Agbi C, Mohammed S, AlKherayf F. *Spine (Phila Pa 1976)*. 2021 Sep 15;46(18):E998-E1005. doi: 10.1097/BRS.0000000000004018. PMID: 34435993.

14: The Effects of Physical Activity on Physeal and Skeletal Development.

Author(s): Carsen S, Grammatopoulos G, Zaltz I, Ward L, Smit K, Beaulé PE. *JBJS Rev*. 2021 Oct 12;9(10). doi: 10.2106/JBJS.RVW.21.00060. PMID: 34637401.

15: Mammary-type myofibroblastoma of the thigh mimicking liposarcoma.

Author(s): Akhlaq N, Purgina B, Werier J, Jibri Z. *Skeletal Radiol*. 2021 Aug 25. doi: 10.1007/s00256-021-03891-9. Epub ahead of print. PMID: 34430996.

16: Hueter Anterior Approach for Metal-on-Metal Hip Resurfacing Arthroplasty: 555 Cases at a Minimum Five-Year Follow-Up.

Author(s): Suraci AB, Bhullar RS, Dobransky JS, Beaulé PE. *J Arthroplasty*. 2021 Sep;36(9):3200-3208. doi: 10.1016/j.arth.2021.04.023. Epub 2021 Apr 27. PMID: 33992480.

17: Does the Region of the Spine Involved with Metastatic Tumor Affect Outcomes of Surgical Treatments?

Author(s): Truong VT, Al-Shakfa F, Phan P, Newman N, Boubez G, Shedid D, Yuh SJ, Wang Z. *Global World Neurosurg*. 2021 Sep 14;S1878-8750(21)01352-8. doi: 10.1016/j.wneu.2021.09.014. Epub ahead of print. PMID: 34530150.

18: National adverse event profile after lumbar spine surgery for lumbar degenerative disorders and comparison of complication rates between hospitals: a CSORN registry study.

Author(s): Ayling OGS, Charest-Morin R, Eagles ME, Ailon T, Street JT, Dea N, McIntosh G, Christie SD, Abraham E, Jacobs WB, Bailey CS, Johnson MG, Attabib N, Jarzem P, Weber M, Paquet J, Finkelstein J, Stratton A, Hall H, Manson N, Rampersaud YR, Thomas K, Fisher CG. *J Neurosurg Spine*. 2021 Aug 20:1-6. doi: 10.3171/2021.2.SPINE202150. Epub ahead of print. PMID: 34416721.

19: Effectiveness of Surgical Decompression in Patients With Degenerative Cervical Myelopathy: Results of the Canadian Prospective Multicenter Study.

Author(s): Karim SM, Cadotte DW, Wilson JR, Kwon BK, Jacobs WB, Johnson MG, Paquet J, Bailey CS, Christie SD, Nataraj A, Attabib N, Phan P, McIntosh G, Hall H, Rampersaud YR, Manson N, Thomas KC, Fisher CG, Dea N. *Neurosurgery*. 2021 Oct 13;89(5):844-851. doi: 10.1093/neuros/nyab295. PMID: 34382661.



Garth E. Johnson Trauma Visiting Professor September 22, 2021
Dr. Kelly Lefavre, University of British Columbia



*First row from left to right: Dr. Thomas Dymond, Dr. Steven Papp, Dr. Karl-André Lalonde,
Visiting Professor Dr. Kelly Lefavre, Dr. Allan Liew, Dr. Geoffrey Wilkin*

James P. McAuley Adult Reconstruction Visiting Professor October 27, 2021
Dr. Eric Bohm, University of Manitoba



*Front row from left to right: Dr. George Grammatopoulos, Dr. Wade Gofton, Dr. Robert Feibel, Visiting
Professor Dr. Eric Bohm, Dr. Paul Beaulé, Dr. Paul Kim, Dr. Simon Garceau (second row, second on left side)*



Why is it important to track adverse events?

Tracking of our adverse events helps in monitoring our patients' clinical status and provides us with insight into larger healthcare delivery system issues. These are classified as incidents resulting in unintended harm to the patient not otherwise attributed to their underlying condition. Reporting is a shared and collective responsibility and we strongly encourage you to make use of our divisional platform. Our submissions are currently averaging approximately 30-40 events per month and with your continued support, we can create a comprehensive database for adverse events in the Division of Orthopaedic Surgery. This will help us provide accurate feedback on patient safety and highlight ways to improve our overall clinical outcomes.

ConEHR Update

We are underway to present the ConEHR dashboards representing the collected Patient Reported Outcome Measures data. These dashboards will provide staff with feedback on reported intraoperative complications and impact on the patients' overall quality of life. Once launched, they will be easily accessible through ConEHR for your review. This data has been collected over a two-year period and we are excited to soon be sharing these metrics with the division.

Our team is growing!

We have put together a great team of skilled individuals and are excited to introduce them to you!



Hunter Grad, Clinical Research Coordinator

Hunter recently completed his Honours Bachelor of Health Sciences at Carleton University, with a concentration in Biomedical Sciences. During his time at Carleton, he took part in initiatives that aimed to improve student experiences and was Director of Academics with the Health Sciences Society. He completed his honours thesis at the uOttawa Heart Institute, during which he examined structural and functional effects of natural mutations in PCSK9 that affect plasma LDL-cholesterol levels in humans.

Outside of academia, Hunter is an avid fishkeeper, cyclist, and photographer, who enjoys exploring nature in his spare time.

Man Kit (Kevin) Ma

Kevin works with the CQI team on a part-time basis and is also one of the Orthopaedics technicians in the plaster room.



Emma Slobozianu, Clinical Research Assistant

Emma recently graduated from the University of Ottawa with an Honours Bachelor of Science in Biology with a focus in Animal Physiology. With over two years of volunteer experience at CHEO, she found her passion for healthcare and hopes to one day become an occupational therapist. In the meantime, Emma is excited to learn and expand her research skills with the CQI team. In her spare time, she enjoys playing ultimate frisbee in the summer and downhill skiing in the winter.



A warm welcome to Anna O'Brien, Clinical Research Manager

Anna completed a BSc in Biochemistry from McGill University then started with the OHRI as a research technician in the Cancer Therapeutics program in 2007. After completing a MSc in Biochemistry from the University of Ottawa, she moved to the clinical research program at the Cancer Centre.

Anna will also be managing the Continuous Quality Improvement (CQI) program and is currently training a small team to ensure that the program continues its successful journey to improving patient care.

Anna is a mother of two who is actively involved in coaching her kids' soccer and cross-country ski teams. She is an avid cyclist and can often be found mountain and cyclocross biking in the Gatineau park.

Research Staff Update

We would like to thank **Cheryl Kreviazuk** for her exceptional contribution to the Orthopaedic Surgery research team over the last five years. She has played a pivotal role in advancing the research priorities of the division and we thank her for her hard work.

We would like to thank **Jung-Kyong Kim, Katarina Vukovojac and Rebecca Allen** for their enormous effort in running the CQI program and we wish them good luck in their future endeavors.

Chelsea Mason, Clinical Research Assistant

Chelsea recently moved to Ottawa from her hometown of Sudbury, Ontario after completing her honours degree in Biology, specializing in Biomedical Biology from Laurentian University. During her time at Laurentian, she was part of a research team focused on studying the effects of outreach and health promotion initiatives performed for vulnerable populations within Sudbury. This is where her interest in research began. She is really looking forward to learning and being part of the Orthopaedic Surgery Team.



Chelsea is an avid reader, DIY enthusiast, and snowboarder. Being new to the Ottawa region, she is looking forward to exploring the Ottawa/Quebec ski hills!

Our congratulations to all grant recipients!

Funding Agency	Principal Investigator	Title	Amount Awarded
Cancer Research Society-Operating Grant	Dr. Jean-Simon Diallo Dr. Joel Werier	Discovery of Novel Liposarcoma Antigens for Immunotherapy Development	\$120,000.00
CIHR-Operating Grant: Emerging COVID-19 Research Gaps and Priorities Funding Opportunity	Professor Simon Hatcher Dr. Joel Werier	In people with Long Covid does adding a digital health platform to usual care improve outcomes at three months compared to usual care alone? The Enhancing Covid Rehabilitation with Technology (ECORT) randomised controlled trial.	\$922,000.00



General Campus

6 North East Long Service Award Recipients

We congratulate all nurses who reached a long service milestone this year.

Lynda O'Reilly - 35 years

Juliet Barrett - 30 years

Linda Lake - 25 years



OWN is going at a steady pace. Our growth has finally stabilized and we are now focusing on improving processes and outcomes. Over the next few months, we will be concentrating on education of all clinicians in improving reporting and return to work outcomes. We are now getting more physician/clinician specific data which we will analyze and create targeted education.

We have put in place two new programs of care to help our more chronic pain patients deal with their new reality as well as a new end of care block of treatment focused on coping and adaptive strategies to provide a soft landing for patients with permanent restrictions.



First annual Mike Cochran memorial softball game



The Orthopaedic staff and residents joined together on September 9, 2021 for the first annual **Mike Cochran Memorial Softball Game**. Mike Cochran was a recent University of Ottawa Orthopaedic Surgery graduate who unfortunately passed away in August. Mike was an avid athlete. There was no better way to honour his memory than a friendly but competitive game of softball.

In true Orthopaedic fashion, the resident team “Labral Terrors” took on the staff team “Rangers of Motion.” After giving up an early lead, the “Labral Terrors” came back in the final inning to teach the “Rangers of Motion” a few things, with a final score of 12-7. It felt as if Mike was there with us to help support the residents.

After the game, a barbecue was held at the field with special awards being given out to residents and staff. First was the **“Synthes Silver Femur Award”** for outstanding mentorship which was given to **Dr. J Pollock and Dr. Brendan Swift**. Second was the **“Zimmer I Got Your Back Award”** which was awarded to **Dr. Kevin Smit and Dr. Marie-Claude Magnan** for their exemplary peer support and care for the wellbeing of their colleagues. Special game awards were the **“Spirit Finger”** award going to **Dr. Randa Berdusco**, the **“Slugger”** award to **Dr. Tubin** and the **“It’s going Tibia Ok”** award to **Dr. Manisha Mistry**.

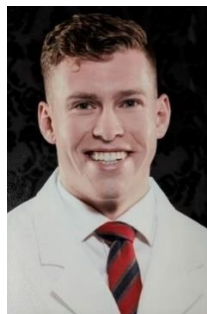
All agreed it was a successful event that provided the opportunity for staff and residents to come together as a group, something that had been missed over the last year and half. A special thank you goes out to **Dr. Marie-Claude Magnan** for organizing the event, **Dr. Karl-André Lalonde** for providing his RV to help with food preparation, **Dr. Paul Gauthier** for lending his barbecue, and to the numerous other Orthopaedic staff who helped support the event. We think Mike would have been very pleased with the support and camaraderie shown by his program.

New chief residents

Congratulations to our new chiefs, **Dr. Abdullah AIDuwaisan**, senior chief and **Dr. Taylor Woolnough**, junior chief. We would like to thank **Drs. Brendan Swift and Stephanie Antoniadou** for their hard work representing the team last year.



Dr. Abdullah AIDuwaisan



Dr. Taylor Woolnough

Residents bonding at the Adult Reconstruction journal club held at the Rideau Club on October 26, 2021



From left to right: Dr. Luke Beaton, Dr. Reza Ojaghi, Dr. Abdullah AlDuwaisan, Dr. Stephanie Antoniadis, Dr. Nicholas Tubin, Dr. Eric Locke, Dr. Paul Gauthier, Dr. Raman Bhullar, Dr. Emmitt Hayes, Dr. Brendan Swift, Dr. Jonathan Howatt



Introducing our fellows...



Dr. Kayla Cyr MD, FRCSC, Foot and Ankle Fellow

Dr. Cyr grew up in the small town of Schumacher, Ontario in the greater Timmins area. She did her undergraduate degree at the University of Waterloo, after which she lived in Vancouver for one year and worked with adults who had special needs and the elderly prior to eventually deciding she wanted to go to medical school.

Dr. Cyr obtained her medical degree from McMaster University and did her residency training at Memorial University of Newfoundland. After her residency, she completed a trauma fellowship in Edmonton and is now in Ottawa doing a foot and ankle fellowship. She would like to have a combined foot and ankle/trauma practice.

In her free time, Dr. Cyr enjoys outdoor activities and travelling. She would like to build a summer home on the ocean in Newfoundland and continue having amazing adventures with the people she loves.

Dr. Véronique Drapeau-Zgoralski MD, FRCSC, Comprehensive Knee Fellow

Dr. Drapeau-Zgoralski was born and raised in Montreal. She completed her medical school and orthopaedic surgery residency at the Université de Montréal.

Outside of medicine, she enjoys being outdoors and practicing various sports. Her current goal is to complete a Half Ironman in the Spring.

Following her knee fellowship, she will pursue a second fellowship in Vancouver and then plans to start her practice in Trois-Rivières.



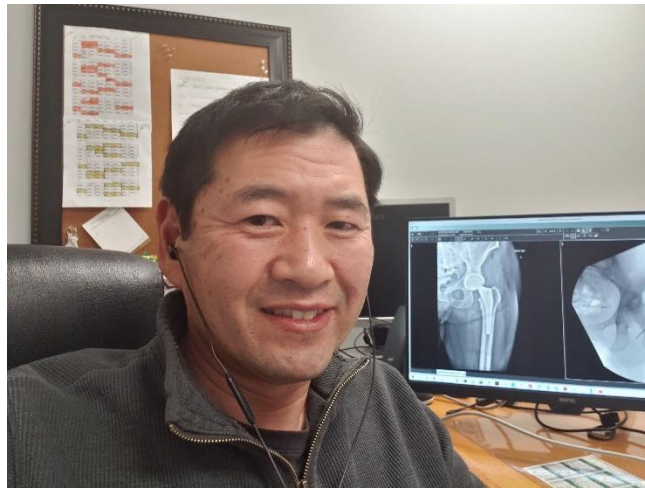
Dr. Kenneth Milligan MD, Adult Reconstruction Fellow

Dr. Milligan is originally from Denver, Colorado. He completed medical school at the University of Colorado and spent the past five years completing his residency training in Connecticut.

Dr. Milligan is excited to be a part of the adult reconstruction fellowship in Ottawa. He has a special interest in hip preservation and periprosthetic fracture care. Outside of medicine, Dr. Milligan enjoys rock climbing, skiing and hiking in the mountains. After completing his fellowship, he will be going to Las Vegas, Nevada to start his practice.



Dr. John Song MD, FRCSC, class of 1998



Taking a trip down memory lane...

"I don't know about you, but this pandemic has made me realize how valuable our connection is with each other. This newsletter does that very well and I am honoured to be able to write for this issue.

After graduating, (class of 1998: the best class ever, just ask Paul Beaulé and Phil Fleuriau Château) and completing one of the shortest fellowships ever, I set up practice in the Niagara region, where I have been ever since. It has been rewarding, I have a wife whom I love very much, three outstanding kids and yada, yada, yada. Don't get me wrong, all these things are very important to me and I feel very fortunate to have been so blessed, but writing this feels more like writing an obituary, so I thought I would write something a little different.

I am writing this, and you are reading this because of our connection to the University of Ottawa Orthopaedics Program. We are all kin, and I think what preserves the importance of this relationship is an appreciation of the history of this institution we all belong to. So, the bio I want to share with you are a few little-known events that occurred during my time in Ottawa. I am no Merv Letts storyteller, but hopefully, I will create a snapshot of a small patch of this much larger tapestry.

This training can consume everything from an individual, yet somehow so much life was compressed into those six years. Outside of being an Orthopaedic resident, I was able to enjoy a social life, meet a girl and get married. Many of my orthopaedic friends were invited to my wedding but could not attend because the day fell on our OITE. Happily, we made up for it by sharing a pretty good night of memorable bachelor party antics, which included a Senators game and a "ballet" club. This late night could not have helped everyone's exam performance the next day and that probably helped me comparatively when I wrote mine later at an independent sitting.

Ottawa is an amazing city and offers so many opportunities of culture, festivals and outdoor recreation. Savvy residents knew to book vacation time during February to avoid at least part of the tsunami of Winterlude related fractures. But for us who were left behind, it was a badge of honor (made of plaster and smeared all over your scrubs-sometimes self-embellished if you listened to Habib Al-Etani) to see record breaking numbers of wrist fractures. Then, having completed the day's work, usually around midnight, it was my turn to go out on the canal, to get to know the enemy, so to speak. I learned to skate here, which helped me become a hockey coach to all three of my kids and I still have a regular pick up game.

You know weather is a big part of living in Ottawa. If you could not make friends with cold weather, you were going to lose out on many wonderful activities the region had to offer. Education and preparation were essential to acclimate to Ottawa's unique weather. Especially driving, which for me, took two smash-ups with my new old BMW before I settled down to catch up with my skyrocketing insurance premiums. The days of trying to make the drive from Ottawa to Montreal in an hour were over, but ironically, it was while my car was safely parked in my driveway that it met its final demise. A tremendous crack awakened the entire neighbourhood that night which would become the first of that infamous Ice Storm of 1998. Heads popped out as doors opened up and down the street. Everyone was relieved it was just my car that was completely flattened by a giant maple that fell square on the roof of my car. Everyone quickly shut their doors and went back to bed. Great Glebe neighbours! There was one man who walked over, presumably to see if I was alright, but instead of offering a gesture of kindness, he was only asking if he could get dibs on parts! There is a photo of my car floating around the division somewhere!"

ALUMNI, PLEASE SEND US YOUR NEWS AND PICTURES!