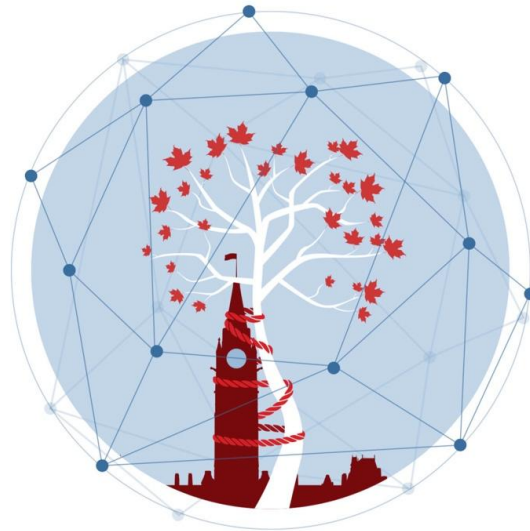


uOttawa Division of Orthopaedic Surgery



ALUMNI UPDATE 4TH EDITION

Amphitheatre

The Ottawa Hospital-Civic Campus

Ottawa, Ontario

May 16, 2026

PROGRAM

07:30-07:55	Breakfast
07:55-08:00	Welcome & Introductions Drs. Manisha Mistry, MD MSc FRCS C & J Pollock, MD MSc FRCS C: Program Co-Chairs <i>The University of Ottawa, Division of Orthopaedic Surgery</i> Dr. Steven Papp, MD MSc FRCS C, Head, Division of Orthopaedic Surgery <i>The University of Ottawa</i>
KEYNOTE ADDRESS	
08:00-08:20	Are We Leaving Talent on the Table? Culture and Inclusion in Canadian Orthopaedics. Dr. Laurie Hiemstra, MD PhD FRCS C <i>Banff Sport Medicine: The University of Calgary</i> <ul style="list-style-type: none">▪ <i>Identify current orthopaedic culture and describe practitioner and patient benefits of promoting a diverse orthopaedic community.</i>▪ <i>Discuss systemic obstacles to advancing diversity in orthopaedic surgery.</i>▪ <i>Describe various approaches to achieve a culture of diversity amongst orthopaedic surgeons in Canada.</i>
08:20-08:30	Questions & Discussion
TRAUMA SYMPOSIUM	
Moderator: Dr. Steven Papp	
08:35-08:45	Lateral vs Supine Femoral Nailing: Outcomes and Techniques Dr. Alexandra Bunting, MD FRCS C <i>McGill University</i> <ul style="list-style-type: none">▪ <i>Describe challenges of various femur fractures by fracture location.</i>▪ <i>Summarize pros and cons of lateral vs supine positioning and when you might choose each approach.</i>▪ <i>Utilize tips and tricks for positioning and equipment when executing each approach.</i>

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08:45-08:55	<p>Foot and Ankle Trauma Update Dr. Karl-André Lalonde, MD MEd FRCS <i>The University of Ottawa</i></p> <ul style="list-style-type: none"> ▪ <i>Outline updated diagnostic techniques in the identification of ankle stability following fracture.</i> ▪ <i>Identify patients requiring augmented fixation of syndesmosis or posterior malleolus.</i> ▪ <i>Recommend patients who may benefit from acute hindfoot nailing secondary to fracture and patient characteristics.</i>
08:55-09:05	<p>Proximal Humerus Fractures in a Young Patient-Surgical Tips and Tricks Dr. Manisha Mistry, MD MSc FRCS <i>The University of Ottawa</i></p> <ul style="list-style-type: none"> ▪ <i>Explain benefits of operative vs non-operative management of proximal humerus fractures in young patients.</i> ▪ <i>Judge use of augmented fixation/adjunct techniques based on radiographic signs.</i> ▪ <i>Apply augmented fixation techniques in challenging proximal humerus fractures in young patients.</i>
09:05-09:15	<p><i>Questions & Discussion</i></p>
SPECIAL TOPICS IN ORTHOPAEDICS	
Moderator: Dr. Manisha Mistry	
09:20-09:30	<p>Optimizing OR Efficiency Dr. Paul Beaulé, MD FRCS FAAOS CHE <i>The University of Ottawa</i></p> <ul style="list-style-type: none"> ▪ <i>Identify efficiency and resource gaps in current delivery of operative orthopaedic care in Ottawa.</i> ▪ <i>Demonstrate evaluation of deficiencies and how to identify areas for improvement in the OR.</i> ▪ <i>Develop strategies for personnel engagement and efficient throughput while maintaining safety and optimal surgical outcomes.</i>
09:30-09:50	<p>A Top 10 Career in Review Dr. James Jarvis, MD FRCS <i>The University of Ottawa</i></p> <ul style="list-style-type: none"> ▪ <i>Elaborate on ways to enjoy a long and fruitful career in a changing orthopaedic landscape.</i> ▪ <i>Identify areas of focus and improvement in your own practice/career.</i> ▪ <i>Formulate goals to extend your job satisfaction.</i>
09:50-10:00	<p>COA Parental Leave Policy: Highlighting New National Recommendations Dr. Alexandra Bunting, MD FRCS <i>McGill University</i></p> <ul style="list-style-type: none"> ▪ <i>Summarize recent updated recommendations from the Canadian Orthopaedic Association regarding Parental Leave Policies for trainees and established orthopaedic surgeons in Canada.</i> ▪ <i>Summarize need and benefit for such a policy.</i> ▪ <i>Evaluate changes that could be implemented in your own group to support implementation of these recommendations.</i>
10:00-10:10	<p>Effect of Anxiety in the Treatment of Pediatric Orthopaedic Patients Dr. Meaghan Marien, MD FRCS <i>The University of Calgary</i></p> <ul style="list-style-type: none"> ▪ <i>Identify anxious behaviors in pediatric orthopaedic patients and caregivers.</i> ▪ <i>Summarize effect of anxiety on clinical outcomes of these patients.</i> ▪ <i>Develop strategies for reducing anxiety and improving outcomes in pediatric orthopaedic care.</i>
10:10-10:20	<p><i>Questions & Discussion</i></p>
10:20-10:35	<p>Refreshment Break</p>

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RECON SYMPOSIUM	
Moderator: Dr. J Pollock	
10:35-10:45	<p>Arthroplasty Update-Recent Evidence from Ottawa Dr. Georgios Grammatopoulos, MBBS DPhil (Oxon) MRCS FRCS (Tr & Orth) <i>The University of Ottawa</i></p> <ul style="list-style-type: none"> ▪ <i>Outline evidence-based update arthroplasty techniques for local population.</i> ▪ <i>Summarize contemporary outcomes in hip and knee arthroplasty.</i> ▪ <i>Apply latest evidence to diagnosis and treatment of hip and knee arthroplasty pathology in your own practice.</i>
10:45-10:55	<p>Emerging Trends in Shoulder Arthroplasty Dr. Meaghan Rollins, MD FRCS <i>The Shoulder Centre, Lakeridge Health, Ajax, ON</i></p> <ul style="list-style-type: none"> ▪ <i>Critically assess appropriate indications for shoulder arthroplasty.</i> ▪ <i>Illustrate solutions for management of glenoid bone loss.</i> ▪ <i>Summarize up to date outcomes for contemporary shoulder arthroplasty techniques.</i>
10:55-11:05	<p>Endoscopic Spine Surgery: Bringing a New Technique to Your Institution Dr. Philippe Phan, MD PhD FRCS <i>The University of Ottawa</i></p> <ul style="list-style-type: none"> ▪ <i>Describe strategies for new surgical skill acquisition.</i> ▪ <i>Outline approach for engaging hospital/department in implementation of innovative techniques.</i> ▪ <i>Construct programs to evaluate quality improvement post-implementation of new surgical procedures.</i>
11:05-11:30	<p>Use of Proximal Tib/Fib Osteochondral Autograft-Technique and Outcomes Dr. Alan Giachino, MD FRCS <i>Ottawa, ON</i></p> <ul style="list-style-type: none"> ▪ <i>Solve problems of osteochondral bone loss around the wrist.</i> ▪ <i>Describe proximal tibio-fibular joint graft harvest benefits and complications.</i> ▪ <i>Infer additional uses of osteochondral autograft around the wrist.</i>
11:30-11:40	<i>Questions & Discussion</i>
11:40-11:50	<p>Closing Remarks and Evaluations Drs. Manisha Mistry, MD MSC FRCS & J Pollock, MD MSc FRCS: Program Co-Chairs</p>
11:50-12:00	Group Photograph

OBJECTIVES
<p>At the conclusion of the uOttawa Division of Orthopaedic Surgery Alumni Update 2026, participants will be able to:</p> <ol style="list-style-type: none"> 1. <i>Outline novel innovative strategies across orthopaedic surgery.</i> 2. <i>Define current common fracture trends with a comprehensive literature update.</i> 3. <i>Identify novel and safe strategies for upper and lower extremity fractures.</i> 4. <i>Summarize advancements in indications, technology and techniques in shoulder arthroplasty.</i> 5. <i>Describe variable strategies for managing complex arthroplasty cases with most recent evidence and studies of our local population.</i> 6. <i>Identify current practice management considerations from a resource and OR efficiency perspective.</i> 7. <i>Discover challenges faced by, and recommendations and resources available to the practicing orthopaedic surgeon in relation to relevant social issues, career management and development.</i>