



OTTAWA ORTHOPAEDICS QUARTERLY

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

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**"People don't care
how much you know
until they know how
much you care"**

~Theodore Roosevelt



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

With the start of a new decade, I felt it was time for a fresh look for our Ottawa Orthopaedics Quarterly newsletter to make it easier to read.

As a look back to our first edition in August 2015 and subsequent publications, one can witness the growth and engagement of our Division in the spheres of education, research and quality. We concluded 2019 with another great Christmas Party with over 200 guests celebrating everyone that works with us in patient care, education and research.

Peer recognition carries great value and several of our colleagues were recognized by the Department of Surgery. **Congratulations to Dr. Eugene Wai for receiving the leadership award, Dr. Braden Gammon for receiving the above and beyond the call award and Dr. Alexandra Stratton for receiving the professionalism and collegiality award!**

Dr. Guy Moreau (class of '93) completed his ten-year term as Chief of Staff at the Montfort Hospital which was acknowledged by his peers as well as Hospital leadership where his tenure was marked by improved quality metrics, physician engagement as well as Montfort Hospital becoming an official academic institution within the University of Ottawa with a dedicated AFP plan. **A warm welcome to Dr. Paul Jamieson (class of '18) who has joined the Montfort Hospital as staff!**

This year marks the 75th anniversary of the foundation of our Faculty of Medicine where a good portion of our staff and residents had the pleasure to graduate from. Hopefully, all of you will have the opportunity to participate in the various activities.

Please mark your calendars for our **third edition of the Ottawa Orthopaedic Alumni Update to be held on May 23, 2020 at the Civic Campus Amphitheatre.**

Finally, as I embark on my second term as your Division Head, I feel privileged to be part of a great group of individuals and encourage everyone to keep these words of Theodore Roosevelt in mind: "*People don't care how much you know until they know how much you care*"

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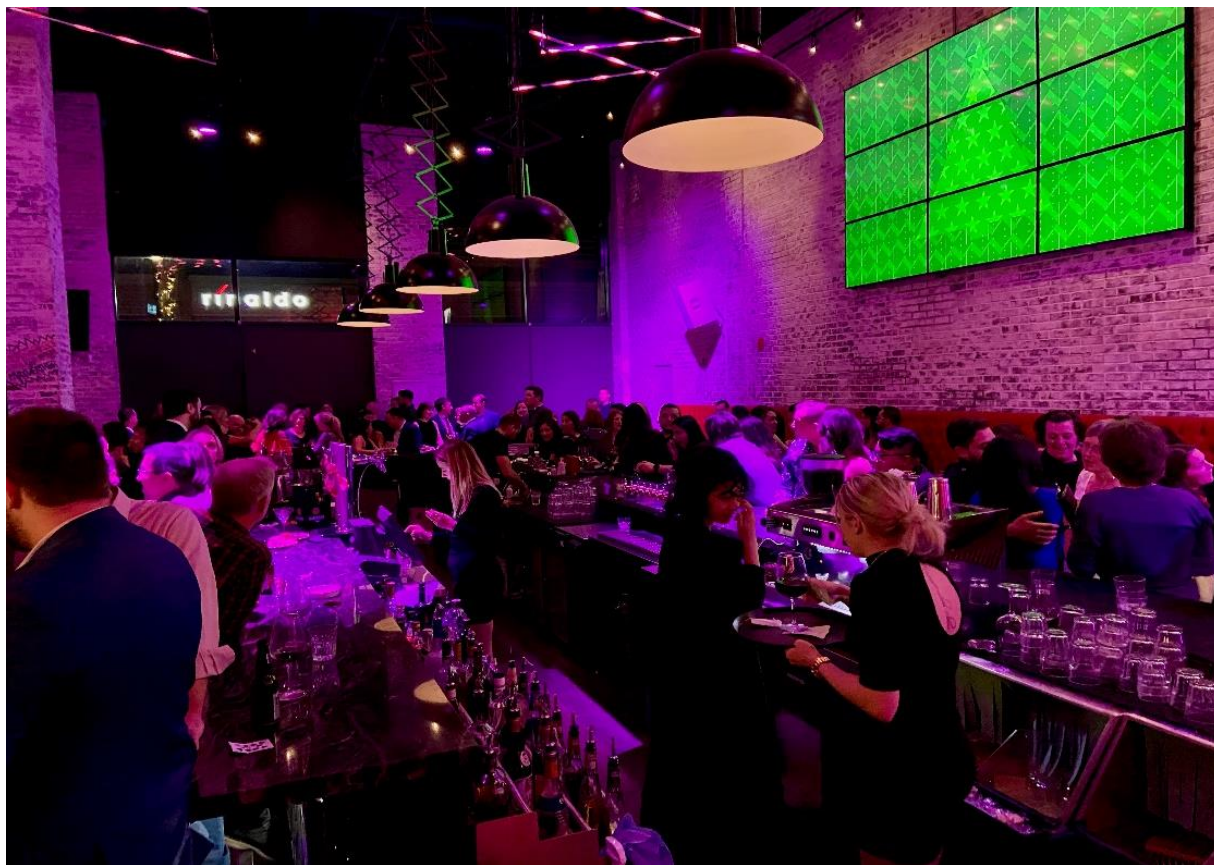
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Another successful Christmas Party was held at the Industria Italian Brasserie on December 20, 2019



Orthopaedic Surgery bringing some warmth to the Holiday Season with their Christmas basket deliveries!



"NeoKids, HSN and
CHEO awarded a
significant grant from
the Northern Ontario
Academic Medicine
Association"

Clinical Outreach Program in Sudbury expanding to include surgical services

Since 2016, the **Pediatric Orthopaedic Surgery group at CHEO** has established a clinical outreach program in Sudbury at Health Sciences North in partnership with NeoKids. The group has been providing three pediatric orthopaedic clinics per year seeing upwards of 60 patients per clinic, allowing kids and their families with orthopaedic conditions to stay closer to home for high quality care. This partnership has grown over the years and this Fall, with the support of the HSN Orthopaedic Chief, Dr. Kevan Saidi and his group and Dr. Sean Murray, the local pediatrician, CHEO orthopaedic surgeons were able to expand their program to include surgical services.

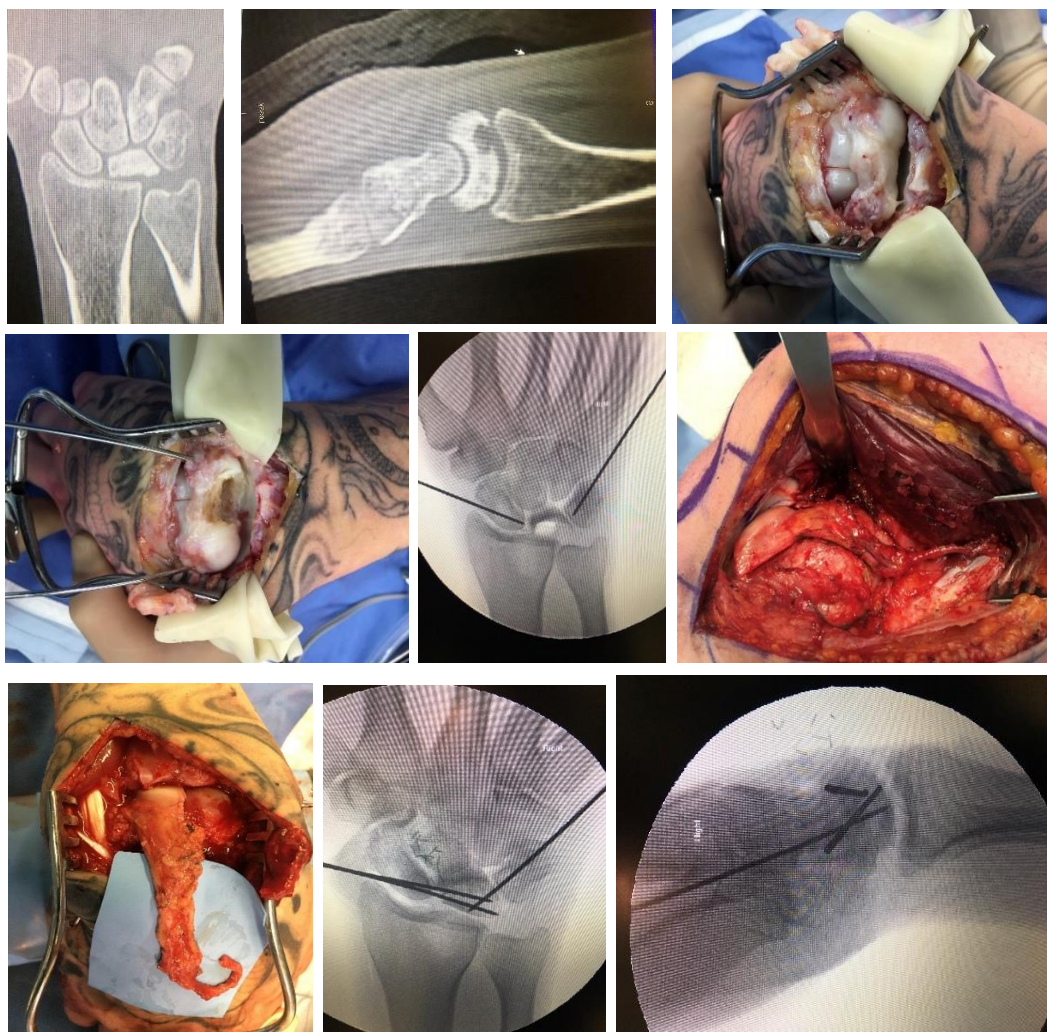
Providing specialized services in the North may provide a significant cost savings for families and the health care system. The NeoKids, HSN and CHEO groups have collaborated to evaluate the effectiveness of this specialty program and have recently been awarded a significant grant from the Northern Ontario Academic Medicine Association on a project titled: *"Improving Pediatric Orthopaedic Surgery Access in Northern Ontario; a Pilot Project and Cost Analysis Study"*.

Ottawa's first vascularized medial femoral condyle osteochondral graft for stage 3B Kienbock's disease



On December 13, 2019, **Dr. Braden Gammon and the Hand and Wrist service** were proud to celebrate Ottawa's first vascularized medial femoral condyle osteochondral graft for stage 3B Kienbock's disease. The patient continues to do well and they look forward to providing this advanced technique to future patients whose condition continues to challenge and inspire us.

Dr. Braden Gammon



British Orthopaedic Research Society Travelling Fellows January 29-February 1, 2020

We had the pleasure of hosting **Bruno Hernandez BEng, MSc, Lekha Koria MEng, Fedra Zaribaf MEng (Hons), Vee San Cheong BEng (Hons), PhD, Amy Garner BMBCh (Oxon), MA, MRCS, PGDipLATHE and James Fletcher BSc (Hons), MBBS, MRCS, MSc (Orth Eng)** at the end of January as part of their journey around North America.



From left to right: Dr. James Fletcher, Dr. Robert Feibel, Lekha Koria MEng, Bruno Hernandez, BEng, MSc, Fedra Zaribaf MEng (Hons), Dr. Paul Beaulé, Vee San Cheong BEng (Hons), PhD, Dr. Amy Garner



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2: Management of patients undergoing same-day discharge primary total hip and knee arthroplasty. Bodrogi A, Dervin GF, Beaulé PE. *CMAJ*. 2020 Jan 13;192(2):E34-E39. doi: 10.1503/cmaj.190182. Review. No abstract available. PMID: 31932338

3: Fully Immersive Virtual Reality for Total Hip Arthroplasty: Objective Measurement of Skills and Transfer of Visuospatial Performance After a Competency-Based Simulation Curriculum. Logishetty K, Gofton WT, Rudran B, Beaulé PE, Cobb JP. *J Bone Joint Surg Am*. 2020 Jan 10. doi: 10.2106/JBJS.19.00629. [Epub ahead of print] PMID: 31929324

4: Is There a Role for Preclosure Dilute Betadine Irrigation in the Prevention of Postoperative Infection Following Total Joint Arthroplasty? Slullitel PA, Dobransky JS, Bali K, Poitras S, Bhullar RS; Ottawa Arthroplasty Group, Kim PR. *J Arthroplasty*. 2019 Dec 24. pii: S0883-5403(19)31184-2. doi: 10.1016/j.arth.2019.12.035. [Epub ahead of print] PMID: 31926778

5: Spinopelvic Characteristics in Acetabular Retroversion: Does Pelvic Tilt Change After Periacetabular Osteotomy? Grammatopoulos G, Salih S, Beaulé PE, Witt J. *Am J Sports Med*. 2020 Jan;48(1):181-187. doi: 10.1177/0363546519887737. PMID: 31877100

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7: Hip Joint Capsular Anatomy, Mechanics, and Surgical Management. Ng KCG, Jeffers JRT, Beaulé PE. *J Bone Joint Surg Am*. 2019 Dec 4;101(23):2141-2151. doi: 10.2106/JBJS.19.00346. No abstract available. PMID: 31800428

8: A randomized controlled trial comparing subscapularis tenotomy with peel in anatomic shoulder arthroplasty. Lapner P, Pollock JW, Zhang T, Ruggiero S, Momoli F, Sheikh A, Athwal GS. *J Shoulder Elbow Surg*. 2020 Feb;29(2):225-234. doi: 10.1016/j.jse.2019.09.028. Epub 2019 Nov 25. PMID: 31780337

9: Patients undergoing surgery for lumbar spinal stenosis experience unique courses of pain and disability: A group-based trajectory analysis. Hebert JJ, Abraham E, Wedderkopp N, Bigney E, Richardson E, Darling M, Hall H, Fisher CG, Rampersaud YR, Thomas KC, Jacobs B, Johnson M, Paquet J, Attabib N, Jarzem P, Wai EK, Rasoulinejad P, Ahn H, Nataraj A, Stratton A, Manson N. *PLoS One*. 2019 Nov 7;14(11):e0224200. doi: 10.1371/journal.pone.0224200. eCollection 2019. PMID: 31697714

10: Impact of disuse muscular atrophy on the compound muscle action potential. Mobach T, Brooks J, Breiner A, Warman-Chardon J, Papp S, Gammon B, Nandedkar SD, Bourque PR. *Muscle Nerve*. 2020 Jan;61(1):58-62. doi: 10.1002/mus.26730. Epub 2019 Oct 17. PMID: 31588576

11: Impact of resident involvement on cervical and lumbar spine surgery outcomes. Phan K, Phan P, Stratton A, Kingwell S, Hoda M, Wai E. *Spine J*. 2019 Dec;19(12):1905-1910. doi: 10.1016/j.spinee.2019.07.006. Epub 2019 Jul 16. PMID: 31323330

12: Extended intralesional curettage preferred over resection-arthrodesis for giant cell tumour of the distal radius. Abuhejleh H, Wunder JS, Ferguson PC, Isler MH, Mottard S, Werier JA, Griffin AM, Turcotte RE. *Eur J Orthop Surg Traumatol*. 2020 Jan;30(1):11-17. doi: 10.1007/s00590-019-02496-2. Epub 2019 Jul 11. PMID: 31297594

NEW CANADIAN SHOULDER AND ELBOW SOCIETY PRESIDENT



Dr. Peter Lapner

The Canadian Shoulder and Elbow Society (CSES) brings together shoulder and elbow surgeons from across Canada. The society has a mandate to provide CME in shoulder and elbow and also to foster multicentre research collaborations for the conduct of prospective clinical trials.

In June 2019, **Dr. Peter Lapner** was appointed President of CSES for a two-year term.

Dr. Lapner hopes to broaden the offerings of the society beyond that of an academic group and to encourage the participation of community shoulder and elbow surgeons in society activities.

This initiative includes the development of CSES position statements on controversial topics in shoulder and elbow, establishing a platform for clinical case sharing and discussion, and establishing an annual meeting beyond the national CSES resident/fellow course currently run by the society.

DR. PAUL JAMIESON JOINS THE MONTFORT HOSPITAL



Dr. Paul Jamieson

Dr. Jamieson (class of '18) obtained his medical degree from the University College Dublin, Ireland, followed by Orthopaedic Surgery residency training at the University of Ottawa. He then pursued fellowships in Comprehensive Knee Surgery at The Ottawa Hospital General Campus under the supervision of **Dr. Geoffrey Dervin** followed by a second fellowship in Complex Lower Extremity Reconstruction at the University of Toronto (Mount Sinai Hospital) under the supervision of **Drs. Backstein and Wolfstadt**.

Dr. Jamieson is pleased to join the Orthopaedic team at the Montfort Hospital in Ottawa. His practice focus on the management of adult knee pathology including sports injuries, arthroscopy and arthroplasty with a special interest in revision total knee arthroplasty.

2020 OTTAWA AWARDS



Dr. Andrew Tice

Congratulations to **Dr. Andrew Tice** for winning the 2020 Ottawa Award for favourite surgeon!



Dr. Randa Berdusco

Has the chill of February got you down? Warm your heart and your face with a smile aimed at our four QI flames this month!

We are incredibly lucky to have many team members that work hard to ensure our patients receive timely access to exceptional orthopedic care and we truly could not deliver without their dedication and attention to details.

As an orthopedic division, we would like to honour these dynamite contributors as they continuously lead by example:

Julia Budiansky

Coordinating Care Facilitator Orthopedic Trauma Main OR – Civic Campus

Bob Weber

Coordinating Care Facilitator Orthopedic Trauma Main OR – General Campus

Laura Stewart

Walking Wounded Program OR Booking – Riverside Campus

Sherry Bourbonnais

Registered Nurse Extraordinaire – CHEO

THE OTTAWA HOSPITAL DASHBOARD USERS

I am pleased to report that three out of five top physician users are orthopaedic surgeons!

Congratulations to Drs. Steve Kingwell, Eugene Wai and Karl-André Lalonde!

"One piece of log creates a small fire, adequate to warm you up. Add just a few more pieces to blast an immense bonfire, large enough to heat your entire circle. Individuality counts, but teamwork dynamites."

~ Jin Kwon



RESEARCH IN PROGRESS DAY VISITING PROFESSOR NOVEMBER 27, 2019 PROFESSOR DAVID J. BEARD, UNIVERSITY OF OXFORD



First row from left to right: Dr. Mohammad Ameen, Dr. Paul Beaulé, Dr. Youjin Chang, Visiting Professor David J. Beard, Dr. Alexandra Stratton, Dr. George Grammatopoulos, Dr. Hesham Abdelbary, Dr. Mohammad AlSaqabi, Dr. Rashed Al-Ahmed

ADULT RECONSTRUCTION VISITING PROFESSOR DECEMBER 4, 2019 DR. ADOLPH V. LOMBARDI, JR., JIS ORTHOPAEDICS



First row from left to right: Dr. Robert Feibel, Visiting Professor Dr. Adolph V. Lombardi, Jr., Dr. Paul Beaulé, Dr. Hesham Abdelbary

PSI RESIDENT RESEARCH GRANTS

Our congratulations to **Drs. Alexandra Bunting, Andrew Adamczyk, Paul Gauthier, William Hadden and Rashed Al-Ahmed** who were awarded funding for their research through the PSI Resident Research Grants.

PI	Research Supervisor	Title of Grant	Amount Awarded
Dr. Alexandra Bunting & Dr. Andrew Adamczyk	Dr. Karl-André Lalonde	Effect of Multimodal Patient Education with a Personalized 3D Printed Model in Patients with Severe Periarticular Ankle Fractures	\$23,500
Dr. Paul Gauthier	Dr. Paul Beaulé	Cerclage wires or lag screws for the treatment of intraoperative calcar fractures?	\$29,000
Dr. William Hadden	Dr. Hesham Abdelbary	Using a novel 3D-printed titanium hip replacement rat model to map biofilm formation and osseointegration during periprosthetic joint infection	\$30,000
Dr. Rashed Al-Ahmed	Dr. Peter Lapner	Comparison of Standard versus Posteriorly Augmented Components in Shoulder Arthroplasty, A Biomechanical Study	\$30,000



CANADIAN SHOULDER AND ELBOW SOCIETY COURSE JANUARY 30 TO FEBRUARY 1, 2020

Katie McIlquham, Clinical Research Coordinator, attended the 2020 CSES course to assist with running a study among the surgeons at the course. The study was to compare surgeon training methods to determine which had a better outcome in residents learning a reverse shoulder arthroplasty. The teaching methods that were compared were a) immersive virtual reality (VR) and b) technical surgical instructional video.

Surgeons working on the study from left to right:
Dr. Ryan Lohre, Dr. Peter Lapner, Dr. J Pollock,
Dr. Aaron Bois



CANADIAN INSTITUTES OF HEALTH RESEARCH (CIHR) GRANTS

Congratulations to **Dr. Isabelle Catelas and her colleagues, Dr. Mary-Ellen Harper and Dr. Subash Sad**, in collaboration with **Dr. Paul Beaulé**, who have been awarded a five-year project grant (> \$800,000) from CIHR for their work on the identification of molecular mechanisms involved in the biological response to implant wear and corrosion.

Their multidisciplinary research, at the interface of biology, medicine, materials science, and engineering, will expand our knowledge of implant failure mechanisms and ultimately lead to the development of new therapeutic approaches to modulate the adverse effects of implant wear and corrosion, and thereby increase implant longevity.



Dr. Isabelle Catelas



Dr. Paul Beaulé

CONGRATULATIONS TO OUR RESEARCH STAFF!

Our congratulations to **Johanna Dobransky**, Clinical Research Program Manager and Research Coordinators, **Nicole Harris and Cheryl Kreviazuk** for having their very own first author book chapter publication in *The Coordination of Clinical Research: A Handbook for Research Coordinators*.

CHEO RESEARCH NEWS



Congratulations to **Dr. Sasha Carsen** for winning the Arthroscopy Association of North America (AANA) Research Grant for his ACL study (\$20,000 USD).

Dr. Sasha Carsen

CHEO received ethics approval for two new trials. **Dr. Ken Kontio's** tourniquet and **Dr. Sasha Carsen's** ACL hamstring vs quad graft.



Dr. Ken Kontio



NEW CHIEF RESIDENTS

Congratulations to our new chiefs, **Dr. Alexandra Bunting**, Senior Chief and **Dr. Abdullah AlDuwaisan**, Junior Chief. We would like to thank **Dr. Megan Richards** and **Dr. Brendan Swift** for their hard work representing the team last year!



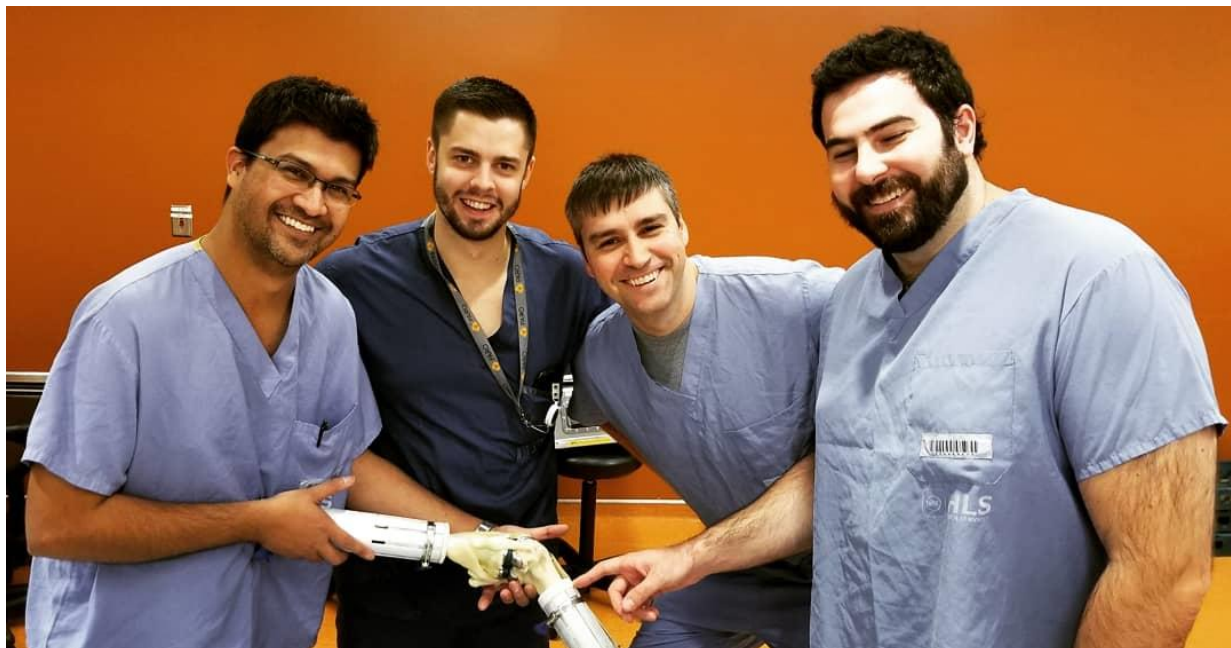
Dr. Alexandra Bunting



Dr. Abdullah AlDuwaisan

TKA LAB OCTOBER 31, 2019

Our TKA lab was a huge success! Residents performed kinematically aligned total knees using different implant systems. **Dr. Geoffrey Dervin** led the Medial Pivot station. **Dr. Brendan Swift** demonstrated VR total knee arthroplasty in action. A special thank you to **Carolyn Anglin** for providing the new Ammolite knee models!



From left to right: Drs. Shay Seth, Andrew Caines, Alenko Šakanović, Andrew Adamczyk



Dr. Brendan Swift



Drs. Wade Gofton, Jonathan Howatt



RESEARCH IN PROGRESS DAY JOURNAL CLUB NOVEMBER 26, 2019

Outstanding journal club held at the Rideau Club with Professor David J. Beard from the University of Oxford. Setting the standard in research with randomized orthopaedic trials.

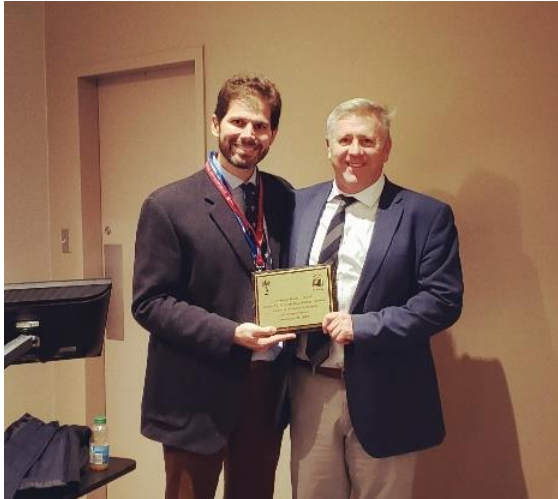


Drs. Alenko Šakanović, Amedeo Falsetto Mohammad AlSaqabi



Head table from left to right: Johanna Dobransky, Dr. Paul Beaulé,
Visiting Professor David J. Beard, Dr. Karl-André Lalonde,
Dr. George Grammatopoulos

RESEARCH IN PROGRESS DAY NOVEMBER 27, 2019



Excellent representation of current research in progress at the University of Ottawa. We were fortunate to have world renowned expert Professor David J. Beard GDPhys, MCSP, MA, MSc, DPhil, FRCS (hon) to critique our projects.

Dr. George Grammatopoulos, Resident Research Supervisor and Professor David J. Beard



ADULT RECONSTRUCTION JOURNAL CLUB DECEMBER 3, 2019

An evening of invigorating discussions at the Adult Reconstruction journal club with Visiting Professor Dr. Adolph Lombardi, Jr. from JIS Orthopaedics, Ohio.



CARMS SOCIAL MIXER JANUARY 26, 2020

Great evening at the Carms social mixer! It was a pleasure meeting this year's Orthopaedic Surgery applicants. Incredibly talented group of future residents!





INTERNATIONAL PEDIATRIC ORTHOPAEDIC SYMPOSIUM (IPOS) 2019

Dr. Stephanie Coupal and alumni **Dr. Meaghan Marien** (class of '19) and **Dr. Mazen Ibrahim** (fellow class of '19), attended the symposium in Orlando, Florida on December 10-14, 2019.

IPOS 2019



Drs. Stephanie Coupal, Mazen Ibrahim, Meaghan Marien

2019-2020 ORTHOPAEDIC SURGERY FOOTBALL LEAGUE



Dr. Kendrick Au took home the 2019-2020 Fantasy Football Ortho Bowl. We congratulate him on his win in his final season before hanging up his cleats next year for his fellowship!

OTTAWA SPORT HALL OF FAME 2020 INDUCTEES

Our congratulations to **Dr. Donald Johnson** (class of '73) for being selected as one of the Ottawa Sport Hall of Fame 2020 inductees! For more details, please go to <https://ottawasporthalloffame.ca>.



Dr. Donald Johnson

DR. GUY MOREAU WAS HONORED FOR HIS TEN-YEAR TERM AS CHIEF OF STAFF AT THE MONTFORT HOSPITAL



Drs. Philip Fleuriau Château (class of '98), Guy Moreau (class of '93), Paul Beaulé (class of '98)

DR. AARON FROMBACH (CLASS OF '17)



Dr. Frombach is now practicing since August at Lakeridge Health at the Ajax Pickering Hospital in the GTA doing lower extremity reconstruction, including anterior approach hip replacement, knee replacement, and foot and ankle procedures for traumatic and degenerative conditions.

Dr. Frombach is also the local lower extremity trauma specialist and is involved with the OWN Program as a foot and ankle specialist clinical staff for the region east of Scarborough. His fellowships were both at Sunnybrook from August 2017 to July 2019.

Dr. Aaron Frombach

ALUMNI, PLEASE SEND US YOUR NEWS!