Another academic year is coming to an end! We had another great Uhthoff Research Day and evening which this year was combined with our Ottawa Orthopaedic Alumni Update II with over 50 participants. This was a great success permitting our residents to network with our alumni from across the country. Congratulations to our graduating class of residents and fellows! We wish them the best of luck in their young careers. After two years of international search, we are extremely pleased to announce that Daniel Coutu, PhD will be the first holder of the Research Chair in Regenerative Orthopaedic Surgery. We say good bye to Dr. Alberto Carli who will be joining the staff at the Hospital for Special Surgery.

Paul E. Beaulé MD FRCSC
Head, Division of Orthopaedic Surgery
University of Ottawa
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DIVISION NEWS

HANS K. UHTHOFF RESEARCH DAY AND OTTAWA ORTHOPAEDIC ALUMNI UPDATE II HELD ON APRIL 27-28, 2018 WERE A HUGE SUCCESS!

Dr. Daniel Sucato, Visiting Professor
Professor of Orthopaedic Surgery, Texas Scottish Rite Hospital for Children, Dallas, Texas
**TOP THREE RESIDENT PAPERS**

*First prize – Matthew Coyle MD*

“Can a Self-Administered Questionnaire Reduce Consultation Wait Times for Potential Elective Lumbar Spinal Surgical Candidates? A Prospective Pragmatic Blinded Randomized Control Quality Improvement Intervention.”

*Second prize – Meaghan Marien MD*

“A Randomized, Controlled Trial comparing Stockinette Cast Padding and Webril Cast Padding for Treatment of Clubfoot by the Ponseti Method of Serial Manipulation and Casting”

*Third prize – Andrew Adamczyk MD*

“Impact of Program Specific E-Learning Modules on Surgical Skill and Knowledge Acquisition in the Setting of a Junior Arthroplasty Rotation: The University of Ottawa Experience”

**TOP FELLOW PAPER**

*Romain Galmiche MD*

“Patient-reported Outcomes in Total Hip Replacement: Is There a Difference After 5-year Post-operative? Comparison of the 3 Main Surgical Approaches.”

*Left to right: Drs. Daniel Sucato, Romain Galmiche, Braden Gammon, Peter Lapner*
JACQUES ROBICHON AWARD RECIPIENT: Eugene Wai MD, MSc, CIP, FRCSC

BEST STAFF TEACHER AWARD RECIPIENT: Alberto Carli MDCM, MSc, FRCSC

BEST RESIDENT TEACHER AWARD RECIPIENT: Andrew Bodrogi MD

ANATOMY CUP WINNER (best anatomy exam score):
Andrew Bodrogi MD
MERV LETTS AWARD RECIPIENT (best Orthopaedic in-training exam score): Kamal Bali MD

ANDRY NICHOLAS SPORTS AWARD: Caleb Netting MD

FELLOWSHIP RECOGNITION

Adult Reconstruction Arthroplasty Fellowship

Absent: Dr. Mazen Ibrahim
Comprehensive Knee Fellowship

Drs. Waleed Albishi and Geoffrey Dervin

Foot and Ankle Fellowship

Drs. Mark Steeves, Brad Meulenkamp, Simon Corriveau Durand, Karl-André Lalonde

Hand and Wrist Fellowship

Drs. Sébastien Undurraga Aguero and Braden Gammon
Musculoskeletal Oncology Fellowship

Drs. Zaki Alhifzi and Joel Werier

Drs. Abdullah Alhazmi and Joel Werier

Pediatric Orthopaedic Surgery

Drs. Diego Tourn and Baxter Willis

Upper Extremity Fellowship

Drs. Carlos Peña Rodriguez and Peter Lapner

Absent: Dr. Pascale Derome
Spine Fellowship

Absent: Drs. Yahya Alqahtani, Abdulkarim Al-Rabie, Mohammad Alswat, Mahmoud Bedaiwy

Trauma Fellowship

Absent: Dr. Abdallah Husseini

THANK YOU TO OUR ALUMNI WHO PARTICIPATED IN THE SECOND EDITION OF THE OTTAWA ORTHOPAEDIC ALUMNI UPDATE!


Second row: Drs. Will McCormick, Sebastian Rodriguez-Elizalde, Wadih Matar (co-chair), Bryce Henderson, Wade Gofton (co-chair)
AAOS/ORS ACADEMIC KAPPA DELTA ELIZABETH WINSTON LANIER AWARD
“Unraveling the pistol grip/cam deformity: origins to joint degeneration.”

Left to right: Drs. Sasha Carsen, Geoffrey K. Ng, Mario Lamontagne, Paul E. Beaulé, Kurt Spindler (AAOS representative), Elizabeth Winston Lanier Society Representative, Kawan Rakhra, Gerd Melkus, George Grammatopoulos, Hanspeter Frei (absent)

FRANK STINCHFIELD HIP SOCIETY AWARD
“Spino-Pelvic Hypermobility is Associated with Poor Clinical Outcome after Total Hip Replacement”
ORTHOPAEDIC RESEARCH SOCIETY ANNUAL MEETING WAS HELD ON MARCH 10-13, 2018 IN NEW ORLEANS, LOUISIANA. CANADIANS WERE WELL REPRESENTED AT THE CONFERENCE!

Dr. Paul Beaulé (second row, second from the right)

WE HAVE OUR CHAIR FOR REGENERATIVE ORTHOPAEDIC SURGERY!
Daniel Coutu PhD
Scientist at OHRI

Post – Doctoral- ETH ZURICH Basel Switzerland
PhD McGill
BSc Université de Montréal
Assistant Professor, Cellular and Molecular Medicine, Faculty of Medicine
DR. JAMES JARVIS WAS PROMOTED TO FULL PROFESSOR!
Dr. Jarvis has been on staff at CHEO since 1977.

DR. ISABELLE CATELAS RECEIVED $150,000 NSERC GRANT FOR 3D BIOPRINTER

DR. JOEL WERIER WAS AWARDED THE WSIB BID WITH TOH AND OWN

CONGRATULATIONS TO THE PATIENT SAFETY AND CONTINUOUS QUALITY IMPROVEMENT TEAM FOR BEING AWARDED THE OTTAWA HOSPITAL EXCELLENCE AWARD FOR THE PATIENT EXPERIENCE CATEGORY!

Dr. Kathleen Gartke, PS and CQI Lead
**MODULATING SCOLIOSIS WITH VERTEBRAL BODY TETHERING**

There is a growing interest in maintaining spinal motion while treating pediatric spinal deformity which has fueled the development of various growth modulation procedures, including Vertebral Body Tethering (VBT). The goal of this surgery is to correct spinal deformity while maintaining motion through fusionless techniques. Growth modulation has been applied in pediatric orthopedic surgery for decades, and has been mainly used in the lower extremities to correct malalignment. Vertebral growth modulation is a new technique that applies similar principles to correcting immature adolescent idiopathic scoliosis where the vertebral growth is altered on the convexity of the deformity.

VBT is performed through a minimally invasive thoracoscopic approach. Screws are inserted into the lateral aspect of the anterior column on the convexity of the curve and a tether is applied and tensioned to partially correct the scoliosis. The remainder of the correction is achieved by ongoing growth of the concave side. Early, short term, single institution series have been encouraging with few reported major complications. More research is necessary on VBT safety, timing of VBT placement, VBT tensioning, intervertebral disc health, long-term patient reported and radiographic outcomes of VBT.

There has been significant patient and family interest in this “fusionless, minimally invasive” procedure, which is now being done in 4 Canadian cities; Montreal, Vancouver, Halifax and Ottawa. To date, 4 VBTs have been performed at CHEO with great initial success. Our current indications for VBT are: surgical magnitude or progressive curves, ongoing growth potential (pre-menarchal, Risser 0-2), and main thoracic curves. Please tune in to the CHEO Telethon on June 9-10th, 2018 for a patient story on VBT.

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**ASPIRIN AS GOOD AS BLOOD THINNER FOR PREVENTING BLOOD CLOTS AFTER HIP AND KNEE REPLACEMENT SURGERY**

*Drs. Paul Kim* and *Wade Gofton* co-authored a study published recently in the *New England Journal of Medicine* that found aspirin to be just as good as the blood thinner rivaroxaban for preventing blood clots after a hip or knee replacement. These blood clots can be deadly if they travel to the lungs, and are the third most common cardiovascular cause of death after heart attack and stroke. All 3,424 patients in the trial took rivaroxaban for five days after their surgery. Then half the patients continued taking rivaroxaban while half took aspirin for an additional nine days for a knee replacement or 30 days for a hip replacement. This multicenter study led by Dr. David R. Anderson of Halifax showed that the two medications are equally safe and equally good at preventing blood clots. Aspirin costs much less than rivaroxaban, so this study could lead to significant savings for the health-care system. There were 53,000 hip and 36,000 knee replacements done in Canada in 2015. **Authors:** David R. Anderson, Michael Dunbar, John Murnaghan, Susan R. Kahn, Peter Gross, Michael Forsythe, Stephone Pelet, William Fisher, Etienne Belzile, Sean Dolan, Mark Crowther, Eric Bohm, Steven J. MacDonald, Wade Gofton, Paul Kim, David Zukor, Susan Pleasance, Pantelis Andreou, Steve Doucette, Chris Theriault, Abongwnen Abianui, Marc Carrier, Michael J. Kovacs, Marc A. Rodger, Doug Coyle, Philip S. Wells, and Pascal-Andre Vendittoli.
SPINE STAFF PARTICIPATE IN THE OLYMPINK MASTERS SPRINT CHALLENGE, A FUNDRAISER FOR THE OTTAWA BREAST HEALTH CENTRE

On April 7, 2018, *Drs. Eugene Wai and Alexandra Stratton* competed in the first OlymPink Masters Swim Meet at Brewer Pool, which helped raise over $18,000 for The Ottawa Hospital. Dr. Wai won the award in his age group for fastest time in all six events combined and Dr. Stratton passed the torch to, and kicked a victory lap with, a breast cancer survivor.

Dr. Wai is now challenging anyone to race 2, 5 or 10K at the Feel It Your Bones Run on June 17, 2018 to raise money for the Ottawa Team Broken Earth Medical / Surgical Mission to Haiti. [https://feelitinyourbones.ca](https://feelitinyourbones.ca)
HAPPY RETIREMENT TO MAUREEN PRUBANT!

Maureen Prubant has retired after 36 years of service in Diagnostic Imaging at The Ottawa Hospital. Maureen’s retirement party was held on March 24, 2018. Dr. Joseph O’Neil spoke on behalf of the division.

Dr. Steve Papp, Maureen Prubant, Dr. Joseph O’Neil

PUBLICATIONS


CLINICAL NEWS

CIVIC CAMPUS

Congratulations to Jackie Mace who has accepted the new position of Clinical Manager for the WSIB MSK program for The Ottawa Hospital. Jackie will be leaving E5 around the middle of May. Janice Baker will take over as acting Clinical Manager in the interim until a permanent decision is made related to the position.

Jackie started working in the Division of Orthopaedic Surgery in May 1988 at the General campus. In 1989, she became the night team leader until October 1998 when she became the Clinical Manager of the unit. In 2010, she moved to Ortho at the Civic campus where she has managed ever since.

Jackie obtained her certification in orthopaedics in 2008 from the Canadian Nurses Association and is on the national exam committee for certification. She is also the President of the Ottawa Chapter of the Canadian Orthopaedic Nurses Association (CONA) and has served as National President in the past.

Jackie was involved in the annual Rattle Me Bones races as a volunteer with Drs. Giachino and Karsh from 1994-1999. In 2000, she and Kent Woodhall took over the Race and raised over one million dollars for Orthopaedic research before stepping down in 2015.
FACULTY NEWS

DR. SASHA CARSEN WAS AWARDED ONE OF THE 2018 JUNIOR FACULTY RESEARCH GRANTS. “Functional capacity of the knee joint before and after surgery in pediatric males and females after anterior cruciate ligament (ACL) injury: Optimizing recovery, preventing re-injury”

CONGRATULATIONS TO DR. STEVEN PAPP FOR BEING ELECTED AS VICE-CHAIR-SECTION ORTHOPAEDIC SURGERY, ONTARIO ORTHOPAEDIC ASSOCIATION BOARD!

CONGRATULATIONS TO DR. KATHLEEN GARTKE WHO BECAME THE NEW SENIOR MEDICAL OFFICER ON MARCH 7, 2018!
NEW ADDITIONS TO THE ORTHOPAEDIC FAMILY!

Dr. Sasha Carsen and his wife Eliana became the proud parents of beautiful twins named Koby and Jonah on February 6, 2018.

Dr. Kevin Smith and his wife Dr. Lindsay Partridge had a beautiful baby girl named Georgia, born February 10, 2018.

Dr. Isabelle Catelas had a beautiful baby boy named Clément on March 20, 2018.

Dr. Caleb Netting and partner Megan became proud parents of a beautiful baby girl named Kensley on March 27, 2018.

VISITING PROFESSORS

JAMES WILEY VISITING PROFESSOR, CHEO, FEBRUARY 21, 2018

Dr. Jonathan Schoenecker
Vanderbilt University Medical Center, Nashville, Tennessee

Left to right: Drs. Kevin Smit, Baxter Willis, Jonathan Schoenecker, Lou Lawton, James Jarvis, Ken Kontio, Sasha Carsen
HANS K. UTHOFF RESEARCH DAY VISITING PROFESSOR, APRIL 27, 2018
Dr. Daniel Sucato, Visiting Professor
Professor of Orthopaedic Surgery, Texas Scottish Rite Hospital for Children, Dallas, Texas

Dr. Daniel Sucato
Drs. Daniel Sucato and Baxter Willis

RESIDENT NEWS

CONGRATULATIONS TO OUR GRADUATING RESIDENTS!

Left to right: Drs. Paul Jamieson, Bogdan Matache, Andrew Stewart, Andrew Bodrogi and Caleb Netting

Congratulations to the PGY-2 residents on completing the Surgical Foundations exam! They could not be happier! Our PGY-5 residents wrote their Royal College exams on May 1-2\textsuperscript{nd}. We wish them luck on their oral exam to be held on May 23\textsuperscript{rd}. We know they will be amazing!!
Drs. Olivier Gauthier-Kwan (PGY-4) and Youjin Chang (PGY-3) went with CAMTA to Ecuador recently and had such a great experience both surgically and culturally. One of the photos below is Youjin’s favorite memory - a thank you note from a child they operated on.

![Image of a thank you note from a child](image)

Drs. Youjin Chang, Olivier Gauthier-Kwan

Dr. Massimo Petrera (PGY-2) is the recipient of the ON/AANA Education Scholarship offered for the 2018 AANA meeting by Arthroscopy Association of North America and Ortho regeneration Network Foundation to young AANA members with interest and research experience in the field of cartilage repair and tissue engineering.

Congratulations to our PGY-4 residents on securing prestigious fellowships:

- **Dr. Mahmoud Almasri** - Sports at Cincinnati Sports Medicine & Orthopaedic Center
- **Dr. Olivier Gauthier-Kwan** - Foot and Ankle at Adelaide Australia
- **Dr. Ivan Kamikovski** - Sports and Upper Extremity at Pan Am Clinic
- **Dr. Lisa Lovse** - Sports at Detroit Medical Center
- **Dr. Meaghan Marien** - Pediatrics at Utah
- **Dr. Manisha Mistry** - Upper Extremity & Trauma at Sunnybrook
- **Dr. Kevin Rasuli** - Shoulder & Elbow at Rush

The 6th Annual Royal College Boot Camp for PGY-5 residents took place at Dr. Feibel’s cottage the first weekend of March. The simulated oral examinations featured difficult and unusual cases with time compression - a 15 minute case is compressed to 12 minutes. Cases are discussed after the examinations and all PGY-5’s are sworn to secrecy.

![Image of PGY-5 residents at Dr. Feibel’s cottage](image)

Drs. Stewart, Jamieson, Feibel, Matache, Bodrogi, Netting  Drs. Stewart, Bodrogi, Matache, Jamieson, Netting
Residents at play – it’s Dodgeball time!!

ALUMNI NEWS
THANK YOU ALUMNI FOR YOUR CONTINUED SUPPORT: OVER $150,000.00 RAISED SO FAR!
HEALTH AND CHARITY BROKEN EARTH SPRING GALA HELD ON MARCH 24, 2018 RAISED $8000.00 FOR THE NEXT MISSION TRIP.

Team Broken Earth, a non profit group of Canadian healthcare professionals provides medical assistance to Haiti and other developing countries. Dr. Darryl Young, Orthopaedic Surgeon at Queensway-Carleton Hospital and University of Ottawa graduate will be the co-team lead for the Ottawa mission to Haiti planned for November 2018. Another University of Ottawa graduate, Dr. Mark Steeves, Orthopaedic Surgery at Montfort Hospital will also be joining Dr. Young in Haiti. Drs. Steve Papp, Joseph O’Neil and Alexandra Stratton were also in attendance to help raise funds for this worthy cause. Drs. Robert Feibel and Eugene Wai will be part of the Ottawa mission to Haiti in January 2019.

ALUMNI PLEASE SEND US NEWS ABOUT YOU!