“The first step is to establish that something is possible; then probability will occur.”

~Elon Musk

Hard to believe that we are crossing the one-year milestone of the COVID-19 pandemic. We have to be proud on how Ottawa Orthopaedics has navigated this hurricane. Our values of patient centered care and team approach have permitted us to keep accomplishing great things. These accomplishments can be seen throughout our Division in our residency and fellowship programs, research, quality of care and clinical services. This was recently recognized by the Department of Surgery with Drs. Alexandra Stratton and Alexandra Bunting being awarded the professionalism/collegiality and pandemic leadership awards, respectively.

A huge congratulations to Dr. Hesham Abdelbary and his team for receiving the Frank Stinchfield award from the Hip Society! Our congratulations as well to Dr. Sasha Carsen for being acknowledged as Researcher of the Year at CHEO. Our Orthopaedic program at the Hawkesbury General and District Hospital is now up and running providing outpatient joint replacements, fracture care, hand/wrist, foot/ankle as well as shoulder/hip/knee arthroscopic procedures. Thank you to Dr. Julie Maranda and Michael Flahauw for their support and leadership!

A huge thank you to the Kemptville District Hospital Foundation who supported the purchase of a new microscope for our Combined Adult Spinal Surgery Program as well as a ROTEX leg attachment for performing anterior approach hip replacement.

Recent grant funding has also been a great success with Dr. George Grammatopoulos winning the Department of Surgery Wolves’ Den competition in collaboration with Daniel Coutu PhD, Research Chair in Regenerative Orthopaedic Surgery. At the TOHAMO level, Drs. Kathleen Gartke and George Grammatopoulos received grants. Our partners at Bruyère Hospital were successful with their grant through our longstanding collaboration with Drs. Anne Harley and Véronique French Merkley.

After six years of dedicated leadership, Dr. Philip Fleuriau Château (class of ’98) steps down as Chief of Orthopaedic Surgery at the Montfort Hospital. Philip and I did our residency together in Ottawa and he really has made the Orthopaedic program stronger at the Montfort Hospital. We look forward to our continued collaboration with our Montfort colleagues under the leadership of Dr. Andrew Marshall.
The Division of Orthopaedic Surgery supported the Ottawa Inner City Health, Inc. and the Eliana Saidenberg Patient Urgent Needs Fund by donating $6,000.00 to each organization during the Holiday Season.

Ortho Santas bringing Holiday Cheers with their basket deliveries!
The Division of Orthopaedic Surgery was well represented at the virtual Collins Surgical Day held on December 11, 2020. Congratulations to all winners!

**Wolves’ Den Grant**

*Dr. George Grammatopoulos*

Grant winner for project entitled "*Intra-Articular Adipose Tissue: biomarker and therapeutic target for arthritic hip joints?*"

**Best Quality Improvement Research Presentation**

*Dr. Marie-Claude Magnan*

"*The Standardization of Post-operative Analgesic Prescriptions to Reduce Opioid Use in Outpatient Spine Surgical Procedures*"

**Annual Recognition Awards**

*Professionalism and Collegiality Award*

*Dr. Alexandra Stratton*

*Pandemic Leadership Award*

*Dr. Alexandra Bunting*
Outstanding Investigator of the CHEO Research Institute for 2020

Bravo to Dr. Sasha Carsen for being named the Outstanding Investigator of the CHEO Research Institute for 2020.

Dr. Hesham Abdelbary, recipient of The Hip Society's Frank Stinchfield award

Our congratulations to Dr. Abdelbary, Dr. Mazen Ibrahim, Mariam Taha PhD, Dr. William J. Hadden, Kirsten Ure PhD, Yun Liu PhD, David Holdsworth PhD, Adam D. M. Paish PhD for receiving this prestigious award for their project entitled "A novel cemented hip hemiarthroplasty infection model with real-time in vivo imaging in rats".

This innovative research is geared towards developing a clinically representative animal model for prosthetic joint infection (PJI). This model utilizes a cemented 3D printed titanium hip hemiarthroplasty designed to fit in a rat. The Ottawa PJI research team is currently working on delineating the pathophysiology of biofilm at the implant-bone interface. The team will also use this model to test novel therapeutic platforms for PJI, such as bacteriophages.
CHEO performs Ontario's first ApiFix

The treatment of scoliosis has classically involved the instrumentation and fusion of the spine, which can lead to decreased range of motion and potentially degenerative disc disease. Various newer surgical implants have been used in the non-fusion techniques for spinal deformity correction. CHEO has been a provincial leader in the application of these devices, such as thoracoscopic vertebral body tethering, the Modern Luque Trolley and the MAGEC Rods.

In December, CHEO became the first hospital in Ontario to use ApiFix, a ratchetted, mobile bearing posteriorly based implant device for the treatment of adolescent idiopathic scoliosis. **Drs. Kevin Smit and Andrew Tice** performed the surgery under the high-tech intraoperative video assistance of the device designer and a Canadian leader of this device, Dr. Ron El-Hawary from Halifax.
After six years as Chief of Orthopaedic Surgery, Dr. Philip Fleuriau Château, MD FRCSC, hands over the leadership of Orthopaedics at the Montfort Hospital to Dr. Andrew Marshall, MD FRCSC

During his tenure, Dr. Philip Fleuriau Château (class of ’98) led many initiatives such as LEAN projects to improve patient flow through the clinics, OR and inpatient units; department growth with addition of new members (Drs. Marie-France Rancourt and Paul Jamieson); furthering their academic mandate with the integration of AFP funds and expansion of teaching efforts as well as sitting on the Executive Committee of the University Orthopaedic Program; cooperation with our CRON colleagues; creation of a successful outpatient arthroplasty program; development of an orthogeriatric service with a full time nurse practitioner; training of and partnership with two RNFA’s; planning of expansion to Carrefour Orléans; navigation of the COVID crisis... the list is long, as it is in every institution! To all my colleagues, I can only say a heartfelt “THANK YOU!!!”

Dr. Andrew Marshall took over the position on January 1, 2021. He was fellowship trained in Orthopaedics at Dalhousie University in Sports Medicine and specializes in arthroscopic surgery and surgery of the knee. Dr. Marshall also works at the Kemptville District Hospital and is active in the Canadian Academy of Sports and Exercise Medicine as Chair of the CPD Committee and sits on the Board of Directors. He has attended many games as part of the medical team including Canada games in Whitehorse and PEI, Pan Am games in Rio de Janeiro and in 2011, Dr. Marshall acted as CMO of the Canadian Pan Am medical team and as assistant CMO of the Canadian medical team at London 2012. He was also the assistant CMO at the Para Pan Am games in Toronto and CMO at the Paralympics in Rio de Janeiro in 2016 and Pyeongchang in 2018 and continues to serve.

Dr. Marshall is the lead physician for the National Mens volleyball team and Canadian wheelchair rugby teams. He is active in caring for Carleton Ravens football and Ottawa RedBlacks as well as other local teams. Dr. Marshall is co-owner of the Carleton Sport Medicine Clinic and involved in training residents and students. He has worked in and for the military for over 30 years.
New microscope for the Combined Adult Spinal Surgery Program and ROTEX table at the Kemptville District Hospital

The Arthroplasty Group is happy to announce that a Rotex table has been acquired for use at Kemptville District Hospital in order to advance the direct anterior hip arthroplasty program. Kemptville District is on the leading edge in Ontario with DAA THA. The Rotex table will allow KDH to continue to develop their Same Day Discharge program.

Kudos to Diane Robertson, Arthroplasty Care Facilitator at the Ottawa Hospital General Campus for the beautiful handsewn reusable boot covers which will result in substantial cost savings in the long term.
New affiliation with the Hawkesbury and District General Hospital

Hawkesbury & District General Hospital would like to thank the hard work of the University of Ottawa Division of Orthopedic surgery. After several years of exploration, we were finally able to implement a broad scope, evidence-based, innovative orthopaedic program fulfilling our mission to become a regional hospital offering specialized care closer to home. Moreover, all this during a pandemic!

Our affiliation with the University of Ottawa and our joint EMR Epic has facilitated this partnership. We started with ambulatory care consult services in the summer of 2019 and gradually introduced more and more complex surgeries. Dr. Christopher Kennedy has been a steady and very engaged presence at HGH! However, we have had the pleasure of meeting a large selection of the orthopaedic network. Through the leadership of Dr. Paul E. Beaulé and Dr. Geoffrey Dervin, we started joint replacements in December 2020. Cutting edge equipment, novel techniques and multi-disciplinary care has allowed all our patients to go home the same day. Being able to offer our patients these procedures as ambulatory surgeries is not only extraordinary for patient care but also for managing hospital occupancy pressures. Our orthopaedic services now include fracture care, arthroscopic procedures, foot/ankle and hand/wrist procedures.

Having many of the Orthopaedic team come out to HGH has strengthened our relationship and opened up opportunities such as addressing the Covid-19 related backlogs. We are proud to team up with such motivated and dedicated health care professionals!

Julie Maranda, MDCM, (F)CCFP, MHSc
Chief of staff and VP, Interim Clinical Programs
Hawkesbury and District General Hospital

December 10, 2020 - second hip replacement surgery of the day
Dr. J Pollock appointed as Director of Wellness for the Department of Surgery

*Dr. Pollock* has a passion for fitness, health and wellness and promoting positive lifestyle changes for a rewarding work-life balance.

Dr. Eugene Wai, newest Board member of the Spinal Cord Injury Ontario (SCIO)

*Dr. Wai* joined the Board of Directors at SCIO to help people access appropriate care and support and to help develop a technological platform that improves the coordination of health services for people with spinal cord injuries.

More information on the SCIO can be found at the following link: [www.sciontario.org](http://www.sciontario.org).
November 2020 audit results

An audit was performed on 21 surgeons for the month of November on the entry of all five data elements into ConEHR (side, procedure, preop diagnosis, postop diagnosis, intraoperative complications). Approximately 80% of surgeons performed at an overall compliance rate of 85% or greater. THANK YOU!

Hip and knee PROMs response rates by campus (reported by CIHI) have achieved over 75% compliance. Many thanks to J.K. Kim, Katarina Vukovojac and Rebecca Allen!
We had the pleasure of hosting virtually the following Visiting Professors this year:

**Dr. Davide D. Bardana, MD FRCSC Dip. Sport Med, Associate Professor, Queen’s University**

Research in Progress Day Visiting Professor

November 25, 2020

**Dr. Steven MacDonald, MD FRCSC, Professor of Orthopaedic Surgery, Western University**

James P. McAuley Visiting Professor, Adult Reconstruction

December 2, 2020

**Dr. Simon Kelley, MBChB, PhD, FRCS (Tr and Orth), Associate Professor, University of Toronto**

James J. Wiley Visiting Professor, Pediatric Orthopaedic Surgery

February 10, 2021
A warm welcome to Melanie Dodd-Moher, Research Assistant

Melanie holds a BScH in Biology from Queen’s University and an MHK in Performance Psychology from the University of Ottawa. After a stint working in the environmental conservation field, she shifted her sights to healthcare and research. A lifelong athlete, Melanie played goalie for the Queen’s varsity hockey team, earning two Ontario gold medals, and more recently she has competed in and coached CrossFit.

Melanie coordinates various trauma, hand and wrist, and foot and ankle clinical trials.

FoM COVID and Translational Research Grant Competitions

Our congratulations to Drs. Sasha Carsen, Mark Campbell, Jeffrey Dilworth, who were awarded a grant for their project entitled “Determining the cartilage regeneration potential of novel stem cell populations to repair cartilage defects”.

Funding partners: Bruyère Research Institute / Children’s Hospital of Eastern Ontario, Department of Surgery

Bruyère Academic Medical Organization (BAMO) Innovation Fund Grant Competition

Our congratulations to Dr. Anne Harley, Bruyère, Chantal Backman RN, MHA, PhD, Faculty of Health Sciences, University of Ottawa, Dr. Véronique French Merkley, Bruyère, Drs. Randa Berduco, Paul Beaulé and Steven Papp, The Ottawa Hospital, and Stéphane Poitras PhD, Faculty of Health Sciences, University of Ottawa for being awarded $98,896.93 for their study entitled “Improving timely transfer of hip fracture patients from an acute inpatient unit to geriatric rehabilitation: a feasibility and preliminary effects of an automated pathway”. BRAVO!
Dr. George Grammatopoulos was awarded $15,500.00 for the 2020 TOHAMO Quality and Patient Safety Grant. His study was entitled “The SLIM Study: Economic, Energy, and Waste Savings through Lowering of Instrumentation Mass in Total Hip Arthroplasty”.

Dr. Kathleen Gartke and co-lead Dr. Edward Spilg were awarded $19,745.98 for the 2020 TOHAMO Quality and Patient Safety Grant for their project entitled “The Impact of Organizational Leadership on Physician Burnout and Satisfaction at The Ottawa Hospital”.

Congratulations to all grant awardees!
New chief residents

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

Our residents got into the holiday spirit by participating in the Deck the Doors contest in December
Introducing our fellows...

Henceforth, we will be featuring three fellows in each newsletter.

**Dr. Ana Alfonso, Shoulder/Elbow Fellow**

**Dr. Alfonso** was born in Spain in a little village on the border of Portugal. She obtained her medical degree at the University of Santiago de Compostela and completed her Orthopedic Surgery Residency and PhD at the Hospital Universitario Marqués de Valdecilla, Santander, where she currently lives and works. Doing a shoulder/elbow fellowship in a foreign country has always been a relevant project to Dr. Alfonso. She is very much enjoying her fellowship with Drs. Peter Lapner and J Pollock.

**Dr. Rashed Al-Ahmed, J Pollock, Ana Alfonso**

**Dr. James Ardell MD FRCSC, Adult Reconstruction Fellow**

**Dr. Ardell** grew up on a farm outside of Saskatoon. He attended medical school and residency training at the University of Saskatchewan followed by a trauma fellowship in Vancouver. Dr. Ardell is married to an anesthesiologist and they are expecting their first child in March. Following completion of this year’s fellowship, he plans to return to Saskatchewan to start his practice.

**Dr. Alexis Rousseau-Saine, Comprehensive Knee Fellow**

**Dr. Rousseau-Saine** was born and raised in Montreal and did his medical and orthopaedic training at the Université de Montréal, while playing for the Carabins football team. He is currently involved with the Arthroscopy Association of Canada as the resident and fellow representative. Dr. Rousseau-Saine’s next fellowship will be in arthroscopy and sports medicine in Banff, Alberta. He enjoys hunting, fishing, cooking and skiing.

Go Habs Go!!!!
General Campus

Welcome to Maeghn Green to 6 North East team as Interim CCL!

Maeghn Green brings valuable experience as an Educator in Nursing Professional Practice and six years of Orthopaedic bedside nursing from the Civic campus.

Along with obtaining her nursing degree from the University of Toronto in 2010, Maeghn holds a BSc in Kinesiology with a focus on Sports Medicine and is currently working on her Master’s in Nursing from Athabasca University. Maeghn has also obtained her Orthopaedic Nurse Certificate through the Canadian Nurses Association.

We are very excited to have Maeghn join our Orthopaedic team!

Patrice Hoffman retires after 33 years at the General Campus!

Presenting our Orthopaedic technicians...

Martin Garneau took over Pat Hoffman’s position as the new full time technician

A warm welcome to Kevin Man Kit Ma, new part time technician
Dr. Bogdan Matache MD FRCSC, class of 2018, at the Université Laval

Dr. Bogdan Matache has secured an academic sports medicine position at the Université Laval. Dr. Matache's elective practice will focus on shoulder, hip, and knee pathology. He will also provide local athletic coverage with the Rouge et Or football team and Remparts hockey team.

ALUMNI, PLEASE SEND US YOUR NEWS!