

Office of Surgical Research

Department of Surgery

Meet Dr. Marlis Sabo!

Dr. Marlis Sabo is a Clinical Assistant Professor of Surgery, and has been practicing in Calgary as a shoulder surgeon at South Health Campus. She attended medical school at the University of Western Ontario, and followed this with her Orthopaedic Surgery Residency there. Dr. Sabo completed an upper extremity fellowship at the Hand and Upper Limb Center (London, ON), an orthopaedic trauma fellowship at the London Health Sciences Center (London, ON), and an upper extremity fellowship at Wrightington Hospital (Wigan, UK). During this time, she also completed an MSc in Medical Biophysics studying biomechanical considerations of the elbow joint. Dr. Sabo joined the Department of Surgery last July.

Being quite new to the Department and University, Dr. Sabo has been focused on building connections and exploring opportunities for research. To date, her efforts in the sphere of research are moving in two streams: how we educate residents to become effective researchers, and patient-specific factors affecting satisfaction after rotator cuff surgery.

Residency is a time when young surgeons are forming ideas and making decisions about future involvement and

commitment to doing research in their careers, and as Director of Resident and Fellow Research for Orthopaedics, Dr. Sabo became interested in how residents are educated, supported, and mentored in research during surgical training. The model of education in research has often been one dependent on the informal mentorship of a preceptor making resident experiences diverse and inconsistent. At present,

Dr. Sabo is developing a framework of milestones to guide residents and to make it easier to determine if a resident is acquiring and demonstrating skills essential to quality research. She is also developing a recurring series of workshops to equip residents to be more effective in their research.

Dr. Sabo's main clinical focus is treating patients with rotator cuff problems. Although not a life-threatening condition, this is a clinical problem that can profoundly affect a person's activities of daily living, occupational, and recreational functioning, not to mention mental health and well-being. She became very interested in patient-specific factors affecting success after seeing widely divergent experiences and outcomes in patients receiving essentially the same surgery. Clearly the shoulder is only one part of the whole person (albeit an important part!) and effectively supporting a patient during their recovery requires a better understanding of the whole context. This research is presently in development, but it is expected to provide data that can be turned back into improved patient care.

In her spare time, Dr. Sabo is a beer-league artist and pianist. She took up watercolour painting on arrival in Calgary, and continues to unwind by playing a variety of classical and jazz. She's also conducting an on-again off-again flirtation with cycling.



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Check Out

33rd Annual
Surgeons' Day
June 12, 2015

[PIVOT website](#)

Dr. Sabo exemplifies the enthusiasm, energy and commitment of our young research focused Faculty. In her brief tenure with the Department of Surgery she has helped develop the Orthopedic Research Unit at the South Health Campus. Since assuming the Research Director position within the Section of Orthopedics, she has helped move us into the 21st century with the adoption of e-posters for the Scientific Presentations. Surgery in Calgary has a bright future with Dr. Sabo and other committed young Faculty assuming leadership within the Department.

**-Dr. John Kortbeek
Professor and Head, Department of Surgery**

Upcoming Deadlines:

Surgeons' Day	June 12 th
SSP	November 30 th
CSRD Fund	January 30 th
DOM-DOS Fund DOS	March 30 th
Research & Education Program Grant	April 30 th

Ethics and You: What to Know?



Tip 3: Time is the New Money

The commodity most of us have in shortest supply is time. Allow a minimum of 6-weeks for your application to be received and reviewed by CHREB. The administrative review alone takes 1-2 weeks, and the ethics review takes 2-3 weeks (full board review requires extra time) before the investigators are notified.