



Exciting News!

Orthopaedics received 2 out of 3 PGME Awards

Justin LeBlanc and Charmaine Martens were recently recognized for their outstanding contributions to residency education.

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Ice cream to celebrate Christine!

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Year End BBQ



Sim Lab Success



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ORTHOPAEDIC

ACADEMIC OFFICE

NEWSLETTER

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A few words from our
Education Portfolio
Director



Dr. Carol Hutchison

A new academic year

Welcome to **"The OsteoBLAST"** - connecting all of our members and celebrating our Section. I have deep gratitude to our committed team in the Orthopaedic Academic Office. They have injected positive energy and ideas for our Section.

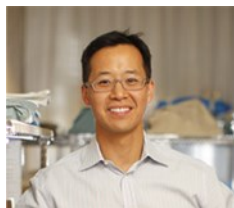
I strongly respect the over-the-top effort that you, the faculty, fellows, residents and staff make every day to build on the many successes of our Orthopaedic Section. The leadership of our Section is committed to support everyone to reach their highest potential. Our door is always open. We are here to ensure you have the resources to achieve your research and education goals. Bring us your creative ideas and we will help you make them happen. We are excited for what this year will bring. Have a great year!

Dr. Carol Hutchison



Funding is available for preceptors to attend a simulation workshop or educational conference (up to \$2,000 for 3 faculty). Contact Sue, if interested.

Congratulations...



Dr. Ian Lo – 2015/16 Preceptor of the year as voted by all residents.



Dr. Justin LeBlanc – 2016 PGME award for outstanding contribution to residency education.



Charmaine Martens – 2016 PGME award for service in support of residency education.



R3 Jeremy Kubik – 2016 CSCI Award for Excellence in Resident Research, runner-up.



R4 Natalie Rollick – 2016 Spencer McLean Award for exemplifying Spencer's altruism and caring manner in service to others.

Congratulations on success with your Royal College Exams!



Chris Dusik - Dalhousie/Halifax for an Arthroplasty Fellowship for one year and Dunedin, New Zealand for Arthroplasty & Trauma in his second year.

John Esposito - Trauma fellowship at Harvard for one year followed by an Arthroplasty Fellowship at Western in the 2nd year.

Rachael Schachar—Locum practice in Alberta and British Columbia.

Orthopaedic Organizational Chart Updates:

- **Andrew Dodd**, Foot & Ankle Research Lead
- **Prism Schneider**, Trauma Research Lead
- **Jason Werle**, interim Hip & Knee Reconstruction Education Lead
- **Nicole Works**, UME/PGME coordinator
- **Stephanie Abt**, CME Coordinator
- **Christine Fjaagesund** has transitioned to the Office of Surgical Fellowship, AHS
- **Elisa Park Kim** has transitioned to full-time with the McCaig Institute



R5 Jessica Page on being the recipient of the National 2016 Bones & Phones Scholarship award for her work at Telus SPARK educating high school students about surgery and careers in the health care profession. This award was presented at the 2016 Canadian Orthopaedic Association (COA) Annual Meeting.

Right to Left:

Richard Ng - Arthroplasty Fellowship at Western for one year followed by a Trauma fellowship in Edinburgh in the 2nd year.

Rachael DaCunha - Hospital for Special Surgery (New York) for Foot & Ankle Fellowship in year 1 and HSS for Complex Deformity Correction Fellowship in year 2.

Jarret Woodmass - Mayo Clinic (Rochester) for a Sports Medicine Fellowship for one year followed by a Shoulder and Elbow Fellowship at Harvard for the 2nd year.

Dr. Werle—Residency Program Director

Education Portfolio

Academic Events and Updates

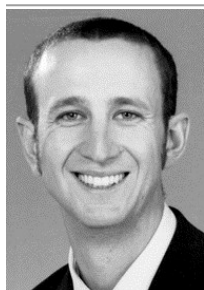
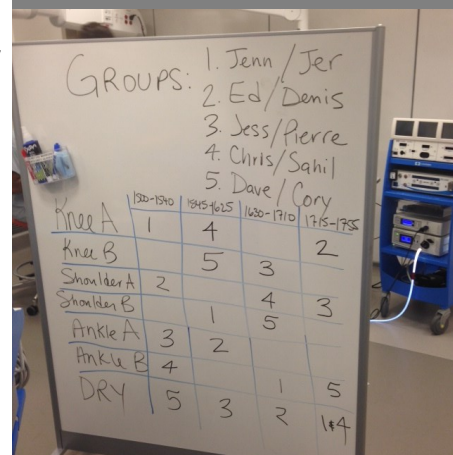
Arthroscopy simulation lab sessions (2) in the 2015-16 academic year received such rave reviews that we've decided to plan quarterly large group sessions for 2016-17. The first one took place on September 1st involving all 22 residents, 6 faculty, and 2 industry reps. Six surgical stations utilizing 4 knees, 4 shoulders and 4 ankles (guest joint) allowed residents to work through specific Sports Medicine learning objectives. We learned from last year and decided to split the residents into juniors and seniors. Dr. Mohtadi lead the junior session with an overview and history of arthroscopy as well as an introduction to the surgical instrumentation and arthroscopy stack. A big thank you to **Drs. Batuyong, Hunt, Boorman, LeBlanc, Mohtadi and Werle** for teaching. These large group sessions



as well as the monthly small group arthroscopy sessions (1 preceptor with 2 residents) have been possible due to our success with a 2015-16 PGME Infrastructure and Simulation Grant worth \$65,395.00. We have also been "unofficially" notified that we have been successful with our 2016-17 PGME grant application to supplement the existing arthroscopy equipment so there will soon be 6 fully functional stacks in the ATSSL.

Mission Statement

The Orthopaedic Academic Office is a central hub for uniting students, faculty and key stakeholders to achieve the highest potential in education and research. The office serves as the primary knowledge and communication link between the University of Calgary and Alberta Health Services to facilitate and inspire excellence in orthopaedic teaching and learning at all levels.



R5 Ed Schwartzenberger represented Calgary Orthopaedics well at ICRE 2016 by presenting his research on the sleep patterns of residents in the **Top Resident Paper Session**.



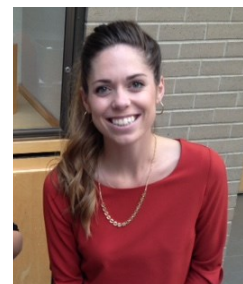
Niagara Falls, Canada

September 29 – October 1, 2016 | Du 29 septembre au 1^{er} octobre 2016



Townsend Day took place on October 20 and 21, 2016.

Dr. Daniel Sucato (Dallas, TX) and **Dr. Peter Stevens** (Salt Lake City, UT) were the visiting professors. There were over 50 registrants this year (typically closer to 36 as this event is specific to paediatric orthopaedics). Highlights included a tour of the ACH simulation lab, breakfast with the R5s and visiting professors at the Kennington Riverside Inn, a tour of the McCaig Institute and ATSSL as well as a faculty dinner at Mina's Brazilian Steakhouse. Great job **Dr. Ferri-de-Barros!**



THANK YOU to Nic and Steph for ensuring Townsend Day was a success!

Mentorship Café

An informal opportunity for a trainee to connect with a preceptor who they may not otherwise have the chance to glean knowledge and career development guidance from.

For this edition, R5 Devin Lemmex interviewed Dr. Jeremy LaMothe:

Q1. What has been your favorite part of coming back to Calgary to work as a staff Foot & Ankle/Trauma surgeon?

A: I'm a huge fan of Calgary as a city, as well as our Orthopaedic Program. What elevates both of these is the people. People work together as a team and this has allowed me to develop some great relationships with my patients as well as my colleagues. This is very different compared to life as a resident where one "rotates away" from the long-term relationships that develop when you are a staff surgeon. I feel very fortunate that my patients share their lives with me.



Q2. You did both of your fellowships at HSS in New York City, what was the most memorable part of those 2 years?

A: Living and training in New York City were two of the best years of my life. The clinical experience was top notch, but what made it even better was my wife being able to join me for the two years. She was able to take a sabbatical from her career in Calgary and went to culinary school in New York City. She graduated at the top of her class and is now a certified professional chef! This gave us a very unique inside experience into the New York City food/beverage culture and gave me the extra incentive to start running with a few local running clubs.

Q3. As a previous graduate of the U of Calgary residency program, what advice would you give to residents who are nearing their Royal College exam?

A: My biggest advice that I tell all trainees, much to their annoyance, is don't start too early (other than studying for the rotation they are on). Give your studying a little bump for the OITE in the fall, but then shut it down until the New Year and focus on spending time with family and friends. Burnout is a real thing and the danger of starting too early is peaking too early. Approaching the exam with a clear head is more valuable than last minute preparations. You will all be very well prepped for the exam.

Q4. Mentorship is a very important part of surgical training, who do you consider your mentors to be and what qualities do you appreciate the most in these individuals?

A: It's tough to single out specific individuals; for fear of leaving out many mentors I've had along the way, whom have all had valuable information to share. To highlight a few, I wouldn't be where I am without strong early mentorship from **Drs. Buckley, Duffy and Le**. Their desire and passion for Trauma (Drs. Buckley and Duffy) and Foot & Ankle (Dr. Le) made me decide that is what I want to do with my life, and I appreciate how strongly they advocated for me along the way (among many others!!) Drs. Hu and Bray also imparted crucial early advice. To have a fulfilling career, it is critical to maintain a diverse field of interests, within and outside of medicine. It is never too early to think about this and we should all evolve beyond the historical surgical mentality of defining ourselves solely by our clinical practice. I am a husband, father, friend, surgeon, and someone who has lots fun extracurricular pursuits. I'm not just a surgeon.

Q5. As a resident teacher, what have been some of the biggest challenges that you have encountered?

I really enjoy teaching residents because it makes me question what I do. If I can't defend my thought process for why I'm doing things a certain way, I should call my own practice into question. Sometimes this can be challenging, but the hardest challenge for me is to watch a trainee to make a surgical mistake and then avoid the temptation to take over the case. Some of the best learning occurs when one is forced to rectify their mistakes with minimal external input. This is certainly a senior level skill.

Q6. How do you see Orthopaedic Surgery in Calgary changing in the next 10 years?

One of the biggest changes on the horizon is the upcoming implementation of competency by design program. I think this concept of education is fantastic, and is a much needed change. However, one of the unforeseen implications is that we, as a profession, need to be better at regulating our own competency before judging competency of trainees. I think this is very topical with evolving budget constraints, as well as how to define quality surgical care. When I think of this, I feel that I'm having an existential crisis! I don't know how to define quality surgical care, but working with patients and fostering relationships feeds into the concept and this needs to be integrated in the new curriculum.

Q7. There is a rumour in the city that you are the best dressed surgeon in town, what is the favorite part of your style and why?

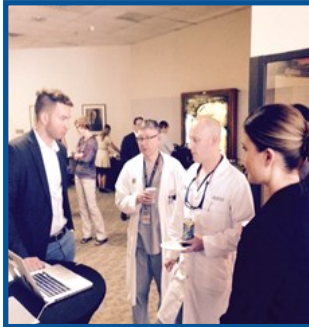
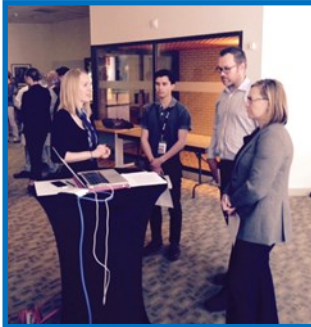
Haha! That is hilarious. I think how one dresses conveys messages to those around you, and in the case of health care, to your patients. Lately I have been into subtle funky accoutrements. For those who know me, I like to eat... a lot. Most of my latest acquisitions have been food themed. The OR nurses gave me a pair of socks with donuts on them, and one of our cast technicians gave me a pair of donut cuff links (I love donuts; they are my superfood when I train for marathons; forget goji berries). It seems that my patients tend to notice my socks as well; rather than getting bottles of wine, I tend to get fun socks, which is super fun.



Resident Research Day

was May 5th, 2016

FMC Auditorium

VP: Dr. Andrew Pollak
University of Maryland**ABC Travelling Fellows**

June 14-16, 2016



Research Portfolio

An update from our directors:

The Research Portfolio continues to promote ideas and initiatives that will make it easier for faculty to develop and leverage collaborations and projects that will create new knowledge and shape the future of orthopaedics. Our goal for the coming year is to improve our research infrastructure with a 0.5 FTE Orthopaedic Research Manager, as well as budgeting significant funds for statistical consulting fees. Stay tuned for future announcements of funding opportunities targeting faculty driven projects. Our current research initiatives for the 2016-17 academic year include providing matching funds for research assistants (deadline was September 30th) and our annual COREF grants (deadline October 31st). The application process is usually very competitive so we look forward to supporting as many projects as possible this year. The residents recently went on a tour of the "MOJO" facility (Mobility and Joint Health Center) in the McCaig Institute.



Dr. Paul Salo, Faculty Research Director and
Dr. Marlis Sabo, Resident/ Fellow Research Director

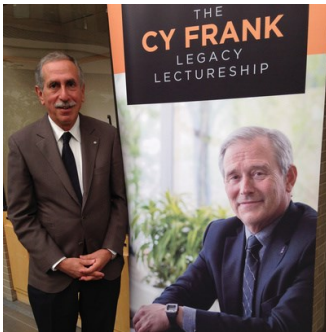
We plan to foster more opportunities to utilize this infrastructure for a broad scope of bone and joint imaging projects. Let us know if you have ideas! The Fellows' Research Symposium will be on May 3rd and Resident Research Day will be May 4th, 2017. Dr. Kates (Trauma surgeon from Rochester, NY) will be the visiting professor for both events.

*"I'm very appreciative of this opportunity to perform basic science bone sarcoma research under the supervision of **Dr. Monument** at the McCaig Institute for Bone and Joint Health this summer. I was able to learn multiple technical skills in the lab and am also very thankful to Dr. Arvind Singla for his daily mentorship and support. We were able to engineer human-derived bone sarcoma cell lines to express fluorescent proteins, which will be used for in vivo experiments to further understand why bone sarcomas preferentially metastasize to the lung. This opportunity has strengthened my passion for medicine and science."*

Ben Caine (summer student)



IMPORTANT DATES

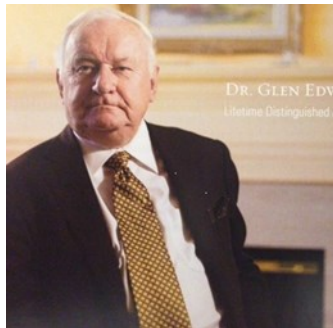


**Inaugural Cy Frank
Legacy Lectureship**
Presenter:
Dr. Alan Bernstein
September 9, 2016

Glen Edwards Day

Hosted by: the Sport
Med Knee Division

May 2017



Afternoon in Arthroplasty	September 26/16
VP for Townsend Day	October 20/16
Gordon Townsend Day	October 21/16
Fall Resident Oral Exams	October 27/16
Fall Resident Reviews	October 31/16
Wood Public Forum	November 5/16
CaRMS social and interviews	January 17-18/17
CSES Shoulder/Elbow Course	February 1-3/17
Canadian Ortho Resident Forum (CORF)	April 7-10/17
Spring Resident Oral Exams	April 13/17
Spring Resident Reviews	tba
Fellows Research Symposium	May 3/17
Resident Research Day	May 4/17
Surgeon's Day	June 2/17



Our NEW website has been launched!

We are excited to share the great news that our new orthopaedic website is now live:

<http://cumming.ucalgary.ca/ortho/>

Nicole has been busy all summer updating relevant content and ensuring the site is user friendly. The content is intended for both external and internal stakeholders as a "one stop shop". Please check it out and we'd love to hear your feedback!

Links

McCaig Institute for Bone and Joint Health - www.mccaiginstitute.com

Alberta Bone & Joint Health Institute - www.albertaboneandjoint.com

Bone and Joint Health Strategic Clinical Network - www.albertahealthservices.ca/7675.asp

The Arthritis Alliance of Canada Newsletters - <http://www.arthritisalliance.ca/en/newslettproj>.

The Canadian Orthopaedic Association Newsletters: <http://whenithurtstomove.org/about-us/ortholink->

Canadian Orthopaedic Surgeons Directory: <http://www.orthopaedicscanada.com/>

**Sue
Says...**



- **SAVE THE DATE** December 11, 2016 for our Orthopaedic Holiday Brunch!
- Upcoming editions of this newsletter will include research publications, presentations, new grants and conference travel photos (so please keep sending us your info).
- Links to the various orthopaedic division research newsletters (5) will be available soon so you can check out what various groups are up to.
- A huge **THANK YOU** to all faculty who have signed up to teach clinical core and the MSK course 2 lectures this fall. It is greatly appreciated!

We'd love to celebrate your great accomplishments! Please send us your photos, awards, accolades, publications, presentations and suggestions to acortho@ucalgary.ca. Thank you!