Message from the Chairman

Dear UW Orthopaedics Community,

I am writing this message to you from the UW Ortho Bootcamp 2013, which over the past two decades has blossomed into a bona fide conference involving not just our 8 incoming PGY-2’s but also our incoming Madigan Orthopaedic Residents, UW Emergency Medicine Interns, and PA’s. Together with the Wimbledon tennis tournament, this event signals the annual passage of the academic year and with that the changing-of-the-guard of our trainees. It exemplifies the dedication that all members of our Department place on high-quality education.

Over the course of four days attendees learn about professional conduct, practical tips and tricks of how to recognize and handle injuries, and receive training on surgical tools and equipment. This meeting, chaired by Dr. Howard Chansky and efficiently organized by Angela Weiss and Amanda Schwanz, has gained such attention that we are currently looking at expanding its format, as other programs have contacted us regarding including their residents in the future. Kudos to all of those involved in the planning and teaching sessions – it is a great exposure to musculoskeletal medicine provided by many spirited teachers in a fun and engaging environment. On the theme of education please also look through our annual research report, titled Discoveries 2013, due out at the end of this month; it provides a more in-depth overview on our many educational efforts (p. 3).

Our Orthopaedic Service Chief of 14 years Dr. Bruce Sangeorzanz has announced that he will step down from his position at the start of the new academic year, July 1st, to devote more time to his many successful academic endeavors. He has recently been confirmed as President-elect to the American Foot and Ankle Society, will serve as Deputy Editor of the JBJS, and has successfully received several major federal grants for his basic sciences and clinical research. All of us in the Department owe Dr. Sangeorzan a great deal of gratitude for his years of steady leadership, which has solidified our Orthopaedic Service at Harborview as one of the best in the country. We all wish him continued success and appreciate Dr. Sangeozan’s continued engagement in our Foot& Ankle service.

During this leadership transition we are actively restructuring our Trauma services to prepare for the arrival of several new Orthopaedic Trauma faculty, including Dr. Tania Ferguson, Associate Professor from UC Davis, and Dr. Conor Kleweno, who will join us after completing his fellowship at Shock Trauma Center in Baltimore, Maryland. Dr. Bruce Twaddle, from Auckland, New Zealand, joins us with his valuable dual background in Orthopaedic Sports and Trauma surgery. Dr. Twaddle has already started work at both UWMC and at HMC, where he looks after the severest forms of knee injuries – knee dislocations (p. 2). At UWMC he arrived in time to help with preparations for our new Stadium Clinic, which is slated to open on schedule on September 9th, 2013! This state-of-the-art multi-specialty clinic will provide an unprecedented array of clinical expertise for the benefit of the public, including outstanding sports medicine surgeons, rehabilitation experts, and family medicine specialists with a wide range of expertise covering virtually all types of sports activities, injuries, and patients. Our service provisions, such as athletic cardiac health, concussion injuries, advanced chondral reconstructions in the knee, minimally invasive foot and ankle injury repairs, and treatment of tendinopathies and advanced gait and stride analyses, are virtually unparalleled anywhere and are sure to advance the standards of integrative Sports Medicine care. Please join us in the near future for a series of opening events and we hope to see you at our many upcoming educational programs!

JRC

2013 Orthopaedic Bootcamp: Full House and nonstop learning with residents and PA’s from our own Orthopaedic program, UW Plastic Surgery, UW Emergency Medicine, and the Madigan Orthopaedics as well as many other interested observers.
Spotlight: Welcome Bruce Twaddle, M.D.

Dr. Bruce Twaddle, a sports medicine and trauma surgeon, joined our Sports Medicine Faculty this past spring. Dr. Twaddle attended the University of Auckland Medical School in Auckland, New Zealand, and completed the Orthopaedic Trauma Care Fellowship at HMC in 1994/95. In 2003 he became the Director of Orthopaedic Trauma at Auckland Hospital and has served as a consulting physician and team physician for several New Zealand sports teams: Team Physician for the New Zealand Silver Ferns (Netball World Champions), Consulting Orthopaedic Surgeon for the New Zealand All Blacks (World Champion Rugby team), Consulting Orthopaedic Surgeon for the New Zealand Mens’ Basketball National Team and Team Physician for the New Zealand Breakers (professional men’s basketball team that competes in the Australian National Basketball League). Dr. Twaddle was a Founding partner of UniSports Clinic and co-founder of the Adidas Sports Medicine Centre, a FIFA Centre of Excellence.

eNews: How do Orthopaedic specialties differ from New Zealand and the U.S.?

Twaddle: In New Zealand, we have a comprehensive public health system as well as a private system and surgeons tend to work in both. All acute surgical fracture care is taken care of in the public system. Any injury that requires treatment or surgery is covered by the private system. That means that most sports injuries have treatment funded by the government but take place in the private hospital system. In addition to treatment coverage, patients receive remuneration of 80% of their declared income until they can return to work. It sounds too good to be true!! Even a visiting American tourist receives free health care if they are injured but everyone gives up the right to sue for damages or causation. The other major difference is that all surgical training is undertaken by the College of Surgeons through the national Orthopaedic organization so there is very little university involvement. This makes the opportunity to be involved in university-based resident training an exciting prospect for me.

eNews: What are your greatest interests in Orthopaedics?

Twaddle: Knee dislocations, tendon injuries and ruptures, periarticular fractures and arthroscopic treatment of knee, shoulder, elbow and ankle injuries.

eNews: Do you have any ideas for research in mind?

Twaddle: Working in a university environment is very exciting for pursuing research in a more supportive environment than I have come from. I am interested in ways of improving sports performance after plane travel, the causation and treatment of stress fractures and the role of diet, and sun exposure and activity in bone density after injury. I am also interested in establishing prospective patient-derived outcome scoring systems to improve patient treatment monitoring and assessment of what we can do to accelerate return to activity.

eNews: It’s been said that you are an avid swimmer. How has living in Seattle affected your hobby?

Twaddle: Coming from a nation surrounded by ocean and blessed with many beautiful lakes, I am a keen participant in open water swimming as a sport. I look forward to becoming acquainted with the hardy members of the Seattle sporting population who have similar interests.
Cavanagh Lab Parabolic Fight Campaign Part II

In April, the Cavanagh Lab (Dr. Peter Cavanagh, Molly Glauberman, Grier Wilt and Andrea Rice) with collaborator Arien Cherones, from Orthopaedics & Sports Medicine's Computer Support Group, had the opportunity to go on a follow-up set of NASA parabolic flights, at Johnson Space Center in Houston, Texas.

The team’s focus was to collect data on preventing bone loss in space. They had four computers collecting a variety of data points, along with one scene video camera, one high-speed camera focused on the subjects’ movements and a SLR camera taking still images. They also collaborated on another project in-flight with researcher Andrea Hanson, formerly of the Cavanagh Lab who is now a Wyle researcher.

The team completed four flights, totaling over 160 reduced gravity parabolas. The team reports that the second time it all was much easier, and is pleased no one got sick on the “Vomit Comet”. On the experience, Arien Cherones said, “Some people may say zero gravity is like being underwater, but I disagree. Water doesn’t do zero gravity justice. There is still resistance and effort expended in moving underwater. In zero gravity, once you’re moving you will keep going until you run into the walls of the plane.”

From left: Molly Glauberman, Mike Lewis, Andrea Hanson, Grier Wilt, Dr. Peter Cavanagh & Arien Cherones.

Spring Hand Courses

AO Trauma Hand and Wrist Fracture Management

A sold-out AO Trauma Hand and Wrist workshop for area attendings, fellows, and residents was co-chaired by Dr. Doug Hanel and Dr. Jerry Huang at HMC R & T on Saturday, March 30th. The all-day course featured experts in the field of Hand and Wrist Surgery including presentations by Drs. Hanel, Huang, Friedrich, and Kennedy. Participants were engaged in interactive, practical, hands-on technique training and experience through didactic lectures, practical exercises, and group case discussions.

From left: Drs. Jeffrey Friedrich, Nicholas Vedder, and Jerry Huang speak to course attendees.

2013 Best Doctors in America

Several of our physicians were chosen for the 2013 Best Doctors in America List by Best Doctors, Inc. Selection is based on nominations from physician surveys. Only 5% of U.S. doctors earn inclusion on the list, so congratulations to the following UW Orthopaedics & Sports Medicine physicians: Carlo Bellabarba, Michael Brage, Jens Chapman, Ernest ‘Chappie’ Conrad, Douglas Hanel, Jerry Huang, Roger Larson, Michael Lee, Seth Leopold, Martin Mankey, Frederick Matsen, Sean Nork, Bruce Sangeorzan, Douglas Smith, Lisa Taitsman, Nicholas Vedder and Winston Warme.

From left: Molly Glauberman, Mike Lewis, Andrea Hanson, Grier Wilt, Dr. Peter Cavanagh & Arien Cherones.

UW Hand Course – Pitfalls & Complications

Over 200 physical and occupational therapists attended the annual UW Hand Course on Saturday, April 13th at Hogness Auditorium. This year’s theme, Pitfalls & Complications, proved to be a popular subject amongst participants who watched presentations and live cadaveric demonstrations by our Hand Faculty, Hand Fellows, and this year’s featured speaker, Dr. Amy Ladd, Professor of Surgery, Chief of Hand Surgery, Division of Plastic Surgery, Stanford University. In addition to Dr. Ladd, we were very fortunate to have Sunniva Zaratkiewicz, Wound Care Specialist and Program Coordinator at HMC.

From left: Drs. Jeffrey Friedrich, Nicholas Vedder, and Jerry Huang speak to course attendees.

Discoveries 2013

From research on genetic causes of brittle bone disease to an analysis of weight bearing after ankle fracture fixation to monitoring tibial shock during parabolic flight, our annual research report, Discoveries 2013, covers the breadth of our department’s research. Each year we highlight a unique aspect of our work. Last year our emphasis was on global health and this year we focus on the educational activities of our faculty. Copies are available online under the Research section of our website. http://www.orthop.washington.edu
2013 Mother’s Day Fun Run

The 2013 Mother’s Day Fun Run and Walk was held on Sunday, May 12th at Seward Park. The first 150 registrants received a free reusable biodegradable water bottle courtesy of the University of Washington Center for Women’s Sports Medicine and Lifetime Fitness.

Physical Therapists were on hand to lead participants through a prerace stretch session before they took to the 5k course.

Sports Medicine Town Hall Meetings

Monthly meetings continue in preparation of a timely opening of the new UWMedicine Stadium clinic September 9th, 2013 in Husky Stadium. This group picture depicts the hard work put in by members of 3 Departments and Administrations to provide a unique new patient care experience in this landmark location.

Upcoming Events:

Grand Rounds:
7/3 - Preoperative Lab Testing - An Opportunity for Streamlined Care and Cost Savings (Drs. Chansky, Malette, van Norman)
8/7 - Stress Fractures: When to Immobilize, When to Operate, and the Potential of Biologics (Drs. Patton, Teitz, Twaddle)
9/4 - Hallux Valgus: An Assessment and Treatment Primer (Drs. Brage, Hansen, Kim)

Research Grand Rounds:
8/5 - Getting an Article Published (Dr. Leopold)
9/9 - Prospective Evaluation of Nutritional Status in Orthopaedic Trauma Patients (Dr. Firoozabadi)

Other upcoming events:
7/25-7/27 - Summit in Seattle: Focus on Knee Disorders. For information and to register, go to http://www.uwcme.org/.
8/20 - Garrick Lecture at the Founder’s Club. Guest speaker Dr. Nick Mohtadi. For more information contact Theresa Jones, tmjones2@uw.edu
Congratulations Resident Class of 2013!

Congratulations to our Graduated Residents! On June 28, 2013 we were proud to watch our residents move on to the next phase of their careers.

Graduation day began with research presentations at Seattle Children’s Hospital along with a lecture by visiting speaker Dr. Kristy Weber, Professor of Orthopaedic Surgery and Oncology at Johns Hopkins University. The day ended at the Columbia Tower Club, where residents and their families joined in the presentation of diplomas and listened to a speech by Dr. Ed Farrar, a 30-year alumnus of our residency program.

We look forward to tracking the progress of our graduated residents. Drs. Jennifer Hagen is heading to a Trauma Fellowship at the R. A. Cowley Shock Trauma Center in Baltimore, Liz Dailey - Adult Joint Reconstruction with Midwest Orthopaedics at Rush University, Kyle Chun - Sports Medicine Fellowship at the Southern California Orthopaedic Institute (SCOI), Andrew Ghatan - Hand and Upper Extremity Surgery at Hospital for Special Surgery in New York, Brian Gilmer - Sports Medicine at the Taos Orthopedic Institute, Mark Miller - Pediatric Orthopaedics at Washington University in St. Louis, David Patterson - Sports Medicine at the University of Iowa, and Emily Squyer - Orthopedic Trauma at Ortho Indy.

Welcome Hand Fellows!

Sonya Agnew, MD
Dr. Agnew graduated medical school from the University of Pennsylvania School of Medicine and completed her residency in Plastic & Reconstructive Surgery from Northwestern Memorial Hospital, Chicago. Sonya’s looking forward to a great year in Seattle with her family.

Matthew Iorio, MD
Dr. Iorio graduated medical school from Georgetown University School of Medicine and completed his residency in Plastic Surgery & Reconstructive Surgery from Georgetown University Hospital, Washington DC. Matthew has always been interested in auto mechanics and is usually in the middle of a rebuilding project.

James Saucedo, MD
Dr. Saucedo graduated medical school from Baylor College of Medicine, Houston, and completed his residency in Orthopaedic Surgery from Northwestern Memorial Hospital, Chicago. James was a 12 days Film Festival Actor in Texas and is looking forward to trail and mountain biking in the Northwest.

Karin Ljungquist, MD
Dr. Ljungquist graduated medical school from Albany Medical College, NY and completed her residency in Orthopaedic Surgery from Ohio State University Medical Center. Karin has been an active rugby player for several years including Forward’s Captain at Dartmouth College.
Dr. Bassam Masri, Professor and Chairman of the Department of Orthopaedic Surgery at UBC in Canada, was our June Grand Rounds speaker. He shared his insights in enhancing clinical efficiencies to a capacity audience.

In June we took our Japanese Orthopaedic Association site visitors to a Mariners game against the New York Yankees! The site visit was organized by Dr. Sean Nork, who was a previous AOA Visiting Fellow to Japan, and Dr. Kenneth Gundle, PGY-4, who was instrumental in providing local host duties, as he is fluent in Japanese.

For more information, please view the AAOS press release here.
Jan Denali, Fiscal Specialist, celebrated her time in the Department with a Taco Party on June 5. Farewell Jan and thank you for your many years of service!

Congratulations to Dr. Albert Gee and his wife, Jennifer, on the birth of their son! Benjamin Y. Gee was born April 15th at 7:01PM weighing 8lbs, 1oz.

Congratulations to Dr. Ronald Kwon, for being awarded the Harold M. Frost Young Investigator Award for the ASBMR.

Dr. Mike Lee has been promoted to Associate Professor. He has published over 50 peer reviewed papers, and has just published his first book titled ‘The SMART approach to spine research’.

Dr. Paul Manner was nominated by his peers to be a Castle Connolly Top Doctor and will be featured in the U.S. News Top Doctors list.

Jan Denali, Fiscal Specialist, celebrated her 10 years with the Department at her anniversary party. Tom Zorich presented Kathy with her certificate.

Congratulations to Dr. Douglas Hanel for being awarded the UW Medicine Service Excellence award.

Dr. James Krieg was appointed Professor of Orthopaedic Surgery at Thomas Jefferson University and Director of Orthopaedic Trauma for the Rotham Institute at Jefferson University.

Congratulations, Kenneth Gundle, R3, for attending the 2013 AAOS/OREF/ORS Clinician Scholar Career Development Program in Rosemont, IL this coming September. Congratulations, Kenny!

Candice Frias, Revenue Cycle Analyst, celebrated her 15 year anniversary with the Department. Karl Engdahl presented her with her recognition certificate.

Congratulations to Alex Chapman, daughter of Dr. Jens Chapman, seen 3rd from right. She co-coaches a special needs team called ‘Highlanders’ with whom she recently won the Washington State Cheer Leading Championship 2013 in Auburn, WA.

Go Highlanders!

Kenneth Gundle, R3 won the Dean’s Award at the first annual GME Resident Research Day for his work with Drs. Darin Davidson and Chappie Conrad. The award comes with $1000 towards furthering their research.

Kenneth Gundle, R3 (pictured above with his 94lb Boxer “Oscar”) was selected to attend the 2013 AAOS/OREF/ORS Clinician Scholar Career Development Program in Rosemont, IL this coming September. Congratulations, Kenny!

A retirement party was held for Dr. Charles H. Chestnut, Professor of Radiology, at the Bone & Joint Clinic. He will be missed!

Kathy Nguyen, Fiscal Specialist, celebrated 10 years with the Department at her anniversary party. Tom Zorich presented Kathy with her certificate.

On June 20th we bid farewell to Connie Robertson, who is headed for greater adventures in Alaska. Thank you for your service Connie!
At the end of March, Janet Wierenga and her husband Scott visited the Galapagos Islands, and are pictured (left) at the Incan site of Machu Picchu.

The Department held its annual Staff Appreciation Event on Friday, May 17th. Staff were treated to pizza, drinks, door prizes, and bowling in the newly renovated HUB Games area (Husky Hollow).

The last Spine Journal Club of the academic year is traditionally held on the deck of Dr. Wagner’s home. In attendance on this sunny occasion from left to right were Drs. Kim Driftmeier (Hawaii), Dave Zeltser R4, Mike Lee, Jens R. Chapman, Alejandro Calniquer (Buenos Aires), Zack Child (ACE), Ted Wagner, Bruce Twaddle, Mark Manoso (ACE), Rajiv Sethi (Group Health, Seattle).

Dr. Michael Lee and Pat Maxwell, RN, welcome new Bone & Joint Clinic Manager Jim Arteaga.

Director Ken Karbowsk (right) thanks the staff for their hard work and passes out door prizes, which were generously donated by local Seattle businesses.

Associate Director of Finance Karl Engdahl prepares to bowl a strike while HMC Manager Jen McEwen looks on.

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Tech Talk

Recent theft events around the University and within our own Department give us a good opportunity to discuss and review our responsibilities as Faculty, Staff or Volunteers in the Department of Orthopaedics and Sports Medicine. Remember, a little bit of time and effort on each of our parts can prevent up to $1.5 million in annual fines.

Some simple tips to prevent HIPAA violations and fines:
1) You can remote control a secure server from any computer that has an internet connection.
2) You can save items on the orthop server and access them anywhere in the world.
3) Adding a simple signature helps mitigate responsibility. (see examples below)
4) If you use a personal / home computer to access HIPAA information, the CSG is more than happy to setup a time to either look at the computer in person, or remotely (securely) to make sure it meets some of the minimum specifications. (Firewall, Anti-virus and Encryption). If you’d like more information on any of these items or to setup an appointment, please either email acherone@uw.edu or call (206) 685-4350.
5) Be vigilant! Check your surroundings to make sure you haven’t dropped paper with patient information on it. If you see something, say something. For anything digital let acherone@uw.edu know ASAP.

Examples of Simple Email Signatures:

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**Publications**

**AAOS Presentations:**

*Chappie Conrad, MD:* *Limb Salvage Outcome in the Immature Pediatric Bone Tumor Population.* Antoinette W. Lindberg, MD, Stephanie Punt, BS, Jedediah K. White, BS, Viviana Bompadre, PhD, Darin Davidson, MD, Ernest U. Conrad III, MD

*Chappie Conrad, MD* also presented at MSTS Specialty Day: *What to do when limb salvage fails?*

*Reza Firoozabadi, MD:* *Immediate Weightbearing Post Ankle Fracture Fixation*

*Stephanie Punt, Research Scientist:* *High failure rate for cemented modular oncology total knee implants.* Jedediah K. White, BS, Stephanie Punt, BS, Antoinette W. Lindberg, MD, Darin Davidson, MD, Ernest U. Conrad III, MD

Northwest Biomechanics Symposium in Moscow, ID:

*Jedediah K. White, Research Scientist:* *Accuracy and precision of a bidirectional infrared surgical navigation system in an idealized scenerio.* Jedediah K. White, BS, Kenneth R. Gundle, MD, Ernest U. Conrad III, MD, Randal P. Ching, PhD.

**Peer-Reviewed Publications:**


