

April 1, 2013

Issue #13

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Message from the Chairman

Dear UW Orthopaedics Community,

In this editorial message I would like to highlight some of the outstanding recent events in Residency and Research.

In January, we had the great honor of hosting **Dr. Harry Rubash**, Chief of the Massachusetts General Hospital Orthopaedic program, as our 49th Annual John Le Cocq lecturer. This

is a treasured event, which allows our community and UW Faculty to mingle around a combined educational program, with a visiting professor and residents presenting pertinent interesting cases. *Drs. Jens Chapman, Harry Rubash, and Jim Crutcher*

In keeping with Dr. Rubash's specialty, this year's theme was centered on Hip and Knee replacement surgery. We also featured community panels to enhance the case discussions and provide different perspectives. This was an inspiring educational event for all present. Please look at page 3 for some images and further details.



Our Residency program continues on a very successful path with great OITE scores (85th percentile!) and an outstanding match. The match was the culmination of dedicated efforts of many, lead by our Program Director **Dr. Doug Hanel** and our GME office with **Frances Huisman, Angela Weiss, and Amanda Schwanz** (pictured below with Residency candidates) all providing important logistical support. Many of our faculty donated their time



to serve as interviewers and to give programmatic overview lectures over two weekends in January (Please look for pictures on page 3). Nearly our entire resident body was involved in representing our program by serving as interviewers, guides, and by engaging our invited applicants over the course of their visit during meals and during the interview days. This was a very impressive display of love for their program by all who participated and I would like to express my deep appreciation for everyone's efforts. Please look at page 4 to learn more about our Class of 2018!

On the Research front, our Department received prominent coverage in the editorial lead article by Dr. James Herndon in the February edition of *The Journal of Bone and Joint Surgery America*, which featured the research of **Drs. Frederick Matsen** and **Winston Warme** and others titled "Lessons regarding the safety of orthopaedic patient care: an analysis of four hundred sixty-four closed malpractice cases."* His editorial lead article titled "The Patient First. Above All Do No Harm (Primum Non Nocere)" used the findings of Dr. Matsen's article to call for comprehensive changes in our approaches towards improving patient safety.

In Departmental research news, I want to point out the work of **Dr. Peter Cavanagh** and our newly formed Research Advisory Board, composed of **Drs. Chris Allen, Ted Gross, and Mike Lee** and **Theresa Bergholz**. Charged with improving the research infrastructure within our Department, this committee helped create a competitive internal funding mechanism for Departmental startup research for residents and young faculty. After reviewing a number of applications our Advisory Board selected the following winners for the New Faculty Grant Awards 2013:

- **Dr. Darin Davidson:** "Health State Utility Scores in the Measurement of Health Related Quality of Life in the Management of Soft Tissue Sarcoma"
- **Dr. Reza Firoozabadi:** "Nutritional Assessment in Orthopedic Trauma Patients"
- **Dr. Albert Gee:** "The role of Nanotopography in tendon cell structure and function"
- **Dr. Ron Kwon:** "Biophysical control of bone regeneration"

Please join me in congratulating our winners and look for updates on the progress of these important research projects pertinent to diverse aspects of musculoskeletal care.

Thank you for your interest in our Department's progress and look forward to our Discoveries 2013 edition!

Thank you,

JRC

* Matsen FA, Stephens L, Jette JL, Warme WJ, Posner KL: Lessons Regarding the Safety of Orthopaedic Patients. An analysis of Four hundred sixty-four closed malpractice cases. *J Bone Joint Surg-Am* 95(4): e201-208.

Spotlight: Introducing Stephen Kennedy, M.D.



Dr. Kennedy surfing at Long Beach on the West Coast of Vancouver Island

Dr. Stephen Kennedy, a hand, wrist, and elbow surgeon, joined the Hand Service at UWMC in February 2013. He practices at UW Roosevelt, Northwest Hospital, and at Harborview. Dr. Kennedy attended University of British Columbia for medical school and completed a fellowship with our Department.

eNews: After completing your Fellowship at the UW, what convinced you to climb onboard with UW Orthopaedics full-time?

Kennedy: During the summer of my first weeks as a fellow I sat by the Harborview Heli-pad, looking

over the city, eating a sandwich with one of the residents, when an Airlift Northwest transfer landed with a patient. **Dr. Hanel** and I had already been doing some great complex upper extremity reconstruction cases from the WWAMI region that nobody else seemed able or willing to do, and I realized what a meaningful job we are doing. I think it was at that point that I realized that UW was where I wanted to be. Add to that some great mentors in my partners, camaraderie, and that the UW Hand group continues to be recognized as one of the top programs in the country because of its balance and depth. The therapists, nurses, and support staff that I worked with at both Harborview and Roosevelt are the best. There is also the opportunity to help build the UW Hand and Upper Extremity program at Northwest Hospital. I've always enjoyed the challenges of building a program, and this allows me to be at the ground level of a fantastic opportunity.

eNews: What do you enjoy doing outside of the workplace?

Kennedy: My wife Angie and I have two daughters, Kate who is 2 and a half, and Nancy who is 9 months. They keep me pretty busy at home, but we enjoy going to local parks, hiking, and enjoying the Pacific Northwest. Angie and I grew up swimming in lakes, rivers, and the ocean near Vancouver and Vancouver Island and we feel fortunate that we will be able to do that here with Lake Washington close by and a short drive to beaches on Puget Sound. I like rowing, and I have been getting back on the rowing machine lately, but **John Sack** has been showing me around the Lake Washington Boat House and I'm hoping that I'll be able to get some time back on the water in the not too distant future. I'd also be open to a recreational hockey team if anyone has any offers!

eNews: How has your Canadian background influenced your team allegiances?

Kennedy: Fortunately, being from Vancouver, BC, I didn't come from too far away. You can't drive across Seattle without seeing signs for Vancouver BC overhead! So, there is a lot of overlap in team allegiances. I've met a lot of Vancouver Canucks fans in Seattle, and there are a lot of Mariners fans back in Vancouver. My friends and I used to drive down for games and garlic fries at Safeco Field. My biggest sport in high school and college was rowing, and I've always enjoyed the competition between the teams from Washington and BC. I was on the Canadian Junior

National Rowing Team and several of my teammates came for college to great American rowing programs like UW. UW is currently the top men's crew in the country so I'm looking forward to some great races to come.

eNews: How do you feel about the Sonics coming back to Seattle?

Kennedy: My wife Angie is the biggest basketball fan in the family, and she is very happy to hear it might be happening. I'm a little "concerned" because I already don't see her much during March Madness, but it's a great thing for the city. I hope the city brings back the "Seattle Metropolitan" for the NHL too. They won the Stanley Cup in 1917. It's great seeing so much happening for the city right now, and an exciting time to be a Seattlite.

eNews: What are your greatest interests in the Hand and Upper Extremity?

Kennedy: My greatest interests are in wrist and elbow reconstruction, both arthroscopic and open. There remains a lot to learn about instability, cartilage disorders, and reconstruction of both these joints. Arthroscopic and endoscopic techniques present exciting opportunities and challenges for the improvement of patient care. Both my fellowships had significant elbow experience, one from hand fellowship trained surgeons like **Doug Hanel** and **Jerry Huang**, and the other from shoulder/elbow and sports medicine trained surgeons like Peter MacDonald, James Dubberley, and Jason Old, so I'm looking forward to using those skills here at UW.

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

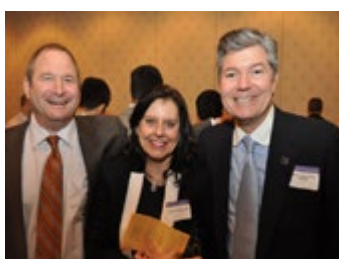
Kennedy: My research interests are an extension of my clinical interests, so I'll be looking to collaborate with other members of the department to develop clinical databases and an educational research group. I plan to incorporate data collection into my clinical care and use cadaveric models to develop new surgical techniques or refine older ones. I also intend to collaborate with clinicians and researchers in related fields to bring new perspectives to old problems. For example, research in psychology applied to hand surgery has shown us that often some of the most important predictors of outcome after surgery are surprising things like depression, anxiety, and pain catastrophizing. A better understanding of this and developing options for modifying these risk factors will help patients get the best possible care. Application of technological advancements in surgery and education will also be important as pressures such as cost containment, quality improvement, and safety continue to change practice in our field.



L to R: Kate (2.5 yrs), Steve, Angie, and Nancy (9 mos)

Department News

The 49th John LeCocq Lectureship featuring Dr. Harry Rubash



The 49th John LeCocq lectureship, featuring Dr. Harry Rubash, was great success and provided a wonderful forum for idea exchange and learning for our larger Seattle Orthopaedic community. This year's success can be attributed, in part, to **Dr. Nicholas Wegner's** impressive organizational skills and to our UW Orthopaedics Residents who presented well-selected and relevant cases. There was a compelling variety of pathologies shown allowing for a rich and non-redundant learning opportunity for all in attendance. We would also like to recognize the community panelists who took time out of their busy schedules to enrich the discussions with their commentaries.

Pictured clockwise from top left: John LeCocq lectureship attendees; Dr. Nicholas Wegner; Dr. Howard Chansky, Cynthia Hecker, & Stephen Zieniewicz; Panelists

Dr. O'Kane cares for UW athlete with rare medical condition

22-year-old Kylie Sharp, a UW senior gymnast, has autoimmune hepatitis and an overlapping condition, primary sclerosing cholangitis (PSG). Sharp is the first known college student-athlete to compete with two chronic liver diseases that will require a transplant. **Dr. John O'Kane**, the Huskies' head team physician, began caring for Sharp when she signed with the UW women's gymnastic team in 2009. Dr. O'Kane was presented with an underheard of case: "I called doctors all over the country, and no one had ever heard of... any athlete that had autoimmune hepatitis with this overlap."

Sharp was diagnosed with autoimmune hepatitis the winter before she became a Husky. Upon her arrival in late summer of 2009, O'Kane referred Sharp to the UW hematology department where they discovered the overlapping PSG. She was, therefore, diagnosed with two long-term illnesses that would require a liver transplant.

O'Kane laid out the effects of Sharp's diagnosis, "The first question was, after accepting there was going to be a transplant down the road: Is doing college gymnastics

in any way going to accelerate this process and make her sicker? The general consensus was that it probably won't change the progression of the disease. The problem was that some of the medications that she had to take would probably interfere with gymnastics training."

Sharp managed her autoimmune hepatitis with prednisone, which often weakens soft tissue, affects bone strength, and inhibits the body's ability to fight infections. For a gymnast, these side effects can be insurmountable.

In the fall of 2012, Sharp partially tore the patella tendon in her right knee so Dr. O'Kane injected Sharp's own blood into the tendon to try and accelerate healing. She was able to compete in Washington's first two meets on the beam and the floor exercise.

With O'Kane's dedicated care and Sharp's determination to help the UW women's gymnastic team reach the national championships for the first time since 1998, Sharp has maintained her strength and continues to compete.



Kylie Sharp, UW senior gymnast, competes on the balance beam. She reached the Junior Olympic national championship in 2006, '07, and '08 while competing for Olympus Gymnastics in Sandy, Utah. Sharp delayed a liver transplant so she could compete for UW gymnastics.

To read more of Kylie's story, go to:
<http://www.gohuskies.com/sports/w-gym/spec-rel/012313aab.html>

Faculty and Staff News

UW Cares Award goes to Dr. Warme



L-R: Drs. Rick Maten, Winston Warme, Albert Gee, Nathan Coleman

Dr. Winston Warme was recently presented with the UW Medicine Cares Award, an honor that formally recognizes and celebrates the accomplishments and excellence of those in the UW Medicine community who consistently exemplify the UW Medicine Service Culture Guidelines. These guidelines emphasize respect for patients, communication, professionalism, accountability, and commitment. Please join us in congratulating Dr. Warme!

Grand Rounds: Osteoporosis



L-R: Dr. Bill Gruber, NWH, Dr. Bob Clawson, NWH, Dr. Steven Kates and Carrie Bradt, U of Rochester, Dr. Julie Carkin (SAC-NWH), Dr. Susan Ott (UWMC)

The February 6 Grand Rounds featured Dr. Steven Kates, University of Rochester New York and Carrie Bradt, PA-C, who coordinates the Geriatric Fracture center there. Their lecture on how to run a successful model center drew many visitors, including colleagues from The UW Department of Internal Medicine.



Dr. Steven Kates and Carrie Bradt PA-C

RESIDENCY SELECTION 2013



Welcome and congratulations to our new Orthopaedics Surgery Residents (2013 – 2014 R1's)!

Kariline Bringe (Mayo Medical School), Romie Gibly (Northwestern University The Feinberg School of Medicine), David Ibrahim (Keck School of Medicine of the University of Southern California), Colin Kennedy (Oregon Health & Science University School of Medicine), Lauren Meyer (University of Washington School of Medicine), Stuart Michnick (Baylor College of Medicine), Adam Sangeorzan (Northwestern University The Feinberg School of Medicine), Alan Swenson (University of Washington School of Medicine)

You can view their individual photos [here](#).

OSSMIG Hosts Splinting Workshop



The Department and multiple residents helped the Orthopaedic Surgery and Sports Medicine Interest Group (OSSMIG) host a splinting workshop for 15 medical students at HMC. The group was educated about the basics of musculoskeletal trauma and each student practiced applying multiple types of splints. The workshop was well received by the students and they are hoping for more “hands-on” workshops in the future. As one student said, “Well taught and gave me something real I could do instead of just book knowledge like we get all the time.”

Faculty & Staff News

Welcome to the Department!

**Jennifer McEwen,
HMC Admin Manager**



Jen comes to us from the UW Department of Global Health where she was a manager in charge of financial and administrative operations. She received her B.A. from the University of Washington in Business Administration with a focus on Finance & Management. Outside of work, she looks forward to swim lessons with her 10 month old during the week and dog park adventures with the family on the weekends!

**Christie Benevich, Secretary
Senior for the Spine Service**



Christie had been working as a legal secretary and wanted to transition into the medical field. She has always had profound admiration and respect for the work done at UW Medicine. After a temporary position assisting a Director at SCCA, she decided to apply for the position of Secretary Assistant for UW Orthopaedics. Outside of work Christie likes to spend time with her family. She has a passion for art and art history, and is a member of SAM. She supports the Seattle Public Library by volunteering at their book sales. And she loves to travel - photographed above in front of Buckingham Palace.

**Stacy Russ, Research
Coordinator for Dr. Matsen**



Stacy came on board in January 2013 as a Research Coordinator working with Dr. Matsen. She studied Public Health at UC Berkeley. Since graduating, Stacy has coordinated quality improvement efforts at Seattle Children's Hospital and managed all programs pertaining to distribution and licensure of the orphan drug, Human Botulism Immune Globulin at the CA Dept. of Public Health. She still has an insatiable desire to learn so during her free time, she frequently spends time in coffee shops with her laptop "studying for fun." For recreational refreshment, Stacy enjoys riding her bike and playing with her 12 adorable nieces and nephews.

Farewell to Karin Holmberg, BJC Operations Manager



*L-R: Gary Barnett, Vanessa Lipton,
Char Prideaux-Geiszler,
Karin Holmberg*

It is said that leadership is the capacity to translate vision into reality.

Under the leadership of Karin Holmberg, the Bone and Joint Surgery Center has made impressive forward progress in translating the vision of Orthopaedics into reality.

During the course of 7 years of service as Clinic Manager, Karin's immense efforts as a champion of change call for

both acknowledgement and commendation.

Beginning as a PSS Float and rising steadily during her career, Karin accepted roles of increasing responsibility- from PSS Lead, to part of the Management Team, and culminating in her appointment as Clinic Manager in 2006.

The intervening years have seen tremendous growth and change at the Bone and Joint Surgery Center. Patient visits have grown from under 20K annual visits to more than 26K visits, all the while maintaining one of the highest referral standards across ambulatory UWMC.

The addition of the Sports and Spine Team to the Bone and Joint Surgery Center in 2007 forged a new alliance, and the steady increase in providers and patients continues to present day.

Karin was an integral pillar in the foundation of the vast and continuous remodel of the Bone and Joint Surgery Center and Sports and Spine Clinic over 18 long months. Karin's daily presence and guidance was fundamental to the finished product.

The inauguration of EpicCare in 2009, the relaunch in 2010, and the recent Epic Foundations Rebuild demanded an ardent proponent and leader, a gargantuan effort to which Karin devoted countless hours.

Karin oversaw the implementation of the Contact Center in the clinic in 2012, and was deeply involved in the transition and integration of services of the Joint Team to Northwest Hospital.

In support of the clinic's tremendous growth Karin advocated for the creation of additional staff positions critical to the success of the Bone and Joint Surgery Center and Sports and Spine Clinic. PSS and MA leads were promoted, a brand new Disability Coordinator was added in 2011, and a Pharmacist in 2012.

Karin was awarded a competitive scholarship to and completed the UW Certificate in Medical Management Program, gaining relevant and critical understanding of the changing nature of health care, thus bringing a unique viewpoint to the Orthopaedic vision.

Karin tirelessly promoted the evolution of the Bone and Joint Surgery Center, while advocating for patients and staff alike. While the Bone and Joint Surgery Center has changed in countless ways, we remained a family with Karin at the center as our spirit. We will miss her vision, her dedication, and her loyalty as our defender and champion.

Faculty & Staff News

Karen Morton Retirement Party



On January 3rd we celebrated Karen Morton's retirement and her 30+ years in our Department.

Clockwise: Karen Morton; Dr. Jens Chapman, Karen Morton, Karl Engdahl; Calina Garcia, Jill Hurson, Arien Cheronos, Fred Westerberg, Jan Denali; Karen Morton, Ken Karbowski; Colleen Johnson, Elaine Jones, Jens Chapman, Karen Morton, Diana Jansen



Congratulations to Tony and Rajshri (Maheshwari) Bolton ('06) on the birth of their son, Avi Rohan Bolton! Avi was born February 15th at 2:12PM weighing 6 lbs. and 19.75 inches long.



Dr. Robinson (G&E), Dr. Jens Chapman, and Dr. Wessells (Urology) took on 2,675 feet of hilly climbing at the Chilly Hilly bike race around Bainbridge Island.



Dr. Chris Allan was an invited speaker at the Extremity War Injuries Symposium in Washington, DC February 11-12. The topic of the symposium was Digit Regeneration.

Team members include Residents



Arien Cheronos, our IT Manager, met Dirk Benedict at this year's Comicon.



Sunnyoung Baldoz and family recently visited the R2 office. Sunnyoung mentioned that working with the Roosevelt Admin group really prepared her for being a stay-at-home-mom with two young children.

Amanda Roof and Dan Patton. They are currently looking for a few generous sponsors to help with uniforms and equipment. They are also always looking for new talent.



The two Lucy's! Lucy Flaman, HMC Reception, met Jessica Schisels', HMC Research Coordinator, daughter, Lucy.



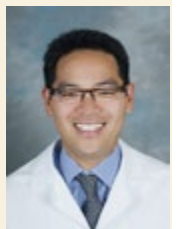
Congratulations to Dr. Sid Baucom (R4) and his wife, Liz, on the birth of their son. Welcome, Henry Lincoln Baucom!

If you would like to support the teams, email Dr. Brage (bragem@uw.edu)



Dr. Michael Brage is the captain of three successful co-ed Ortho teams, all named Chixs and Stixs, in flag football, bowling, and softball.

Congratulations, Dr. Albert Gee, for being named Chief of Shoulder Surgery at the VA! He will continue to see patients at BJC, SMC, and pursue research goals.

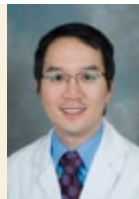


Peter Hall, PA-C, accepted the lead ortho PA position by recent election. He has also been invited to join the Advanced Practice Advisory Council at UWMC.

Faculty & Staff News



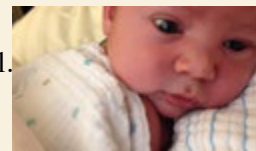
Claudia Happe-Hartsell has been selected as Clinic Manager of the new UW Medicine Stadium Sports Medicine clinic. She is pictured above with Sports Medicine director **Dr. Carol Teitz**.



Dr. Jason Ko recently had a \$100,000 grant funded for an upcoming study with co-investigator, **Dr. Stephen Kennedy**. It is the 2013 Musculoskeletal Transplant Foundation Junior Investigator Grant for the study titled Vascularized Composite Allotransplantation of the Elbow: A Study of Vascular Perfusion and Technical Feasibility.

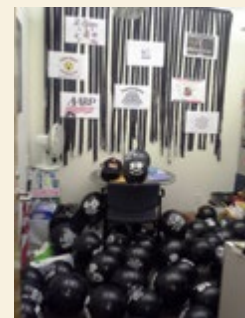
Ronald Kwon, Ph.D had his textbook, Introduction to Cell Mechanics and Mechanobiology, published last December.

Dr. Dayne Mickelson (R2) is a dad! Bryce Michael Mickelson arrived on 3/19. Dayne said he's a big boy like his dad - 10.5 lbs and 22". Both he and mom are doing well. He's been amazing but quite a handful.



Dr. Kim from Boston Children's Hospital presented at the Staheli meeting at Seattle Children's Hospital. Dr. Kim is well regarded for his expertise in hip pathology.

Director **Ken Karbowksi** plays Barista!



David Thayer turned 50 and the R2 staff made sure to go all out for this milestone. He had quite the celebratory surprise waiting in his office.

Tech Talk

We would like to thank everyone who took the time to fill out the CSG Feedback form; it helps us gauge in an anonymous way how we are doing in meeting the users' needs. We had a few questions that we'd like to take the opportunity to answer.

Q) Why can't we have more access to our own computers to add programs and fix things?

A) In most cases we are bound by University and School of Medicine rules regarding this. We do our best to be as flexible as possible, especially to those who travel or who do not come into contact with HIPAA or other protected information. If you have questions or would like to discuss the possibility of more control email me at acherone@uw.edu We can remotely get to most machines, so if you do have software you would like to add we are more than happy to facilitate this.

Q) How do I contact the CSG if they are not available via Email?

A) You can always call either 206-221-5380 or 206-685-4350. Also you may email the central orthohlp@uw.edu line (it is watched actively over weekends) or acherone@uw.edu if you have an immediate need most hours of the day.

Q) Could we schedule 20 minutes, for example, to ask my non-emergency questions?

A) You're welcome to email orthohlp@uw.edu if you would like to schedule time with one of our technicians. We may not be able to sit down the same day but with a few days of lead time we

should be able to have someone meet with you to best address some of your questions.

Also, we would like to remind people that as University of Washington employees you are entitled to several software items for free or at extremely discounted prices. For more information and software titles email orthohlp@uw.edu.

If you are interested in knowing more about the CSG and the services we offer, please contact, Arien Cheronos either via phone (206) 685-4350 or email: acherone@uw.edu.

Top Locations:



April Fools? According to Google Analytics, on 4/1/13 we had 41 active users on our website from the International Space Station

Publications

Benirschke SK, Meinberg EG, Anderson SA, Jones CB, Cole PA. Fractures and dislocations of the midfoot: lisfranc and chopart injuries. *Instr Course Lect.* 2013;62:79-91.

Benirschke SK, Meinberg EG, Anderson SA, Jones CB, Cole PA. Fractures and dislocations of the midfoot: Lisfranc and Chopart injuries. *J Bone Joint Surg Am.* 2012 Jul 18;94(14):1325-37.

Bugbee WD, Khanna G, Cavallo M, McCauley JC, Görtz S, **Brage ME**. Bipolar fresh osteochondral allografting of the tibiotalar joint. *J Bone Joint Surg Am.* 2013 Mar 6;95(5):426-32.

Firoozabadi R, Kramer PA, **Benirschke SK**. Plantar Medial Wounds Associated With Calcaneal Fractures. *Foot Ankle Int.* 2013 Mar 11. [Epub ahead of print]

Lee MJ, Konodi MA, **Cizik AM**, Weinreich MA, **Bransford RJ**, **Bellabarba C**, **Chapman J**. Risk factors for medical complication after cervical spine surgery: a multivariate analysis of 582 patients. *Spine (Phila Pa 1976).* 2013 Feb 1;38(3):223-8.

Miller AN, **Barei DP**, Iaquinto JM, Ledoux WR, **Beingessner DM**. Iatrogenic syndesmosis malreduction via clamp and screw placement. *J Orthop Trauma.* 2013 Feb;27(2):100-6.

Parada SA, **Krieg JC**, **Benirschke SK**, **Nork SE**. Bicortical fixation of medial malleolar fractures. *Am J Orthop (Belle Mead NJ).* 2013 Feb;42(2):90-2.

Reinhold M, Audigé L, Schnake KJ, **Bellabarba C**, Dai LY, Oner FC. AO spine injury classification system: a revision proposal for the thoracic and lumbar spine. *Eur Spine J.* 2013 Mar 19. [Epub ahead of print]

Rubin CT, Seeherman H, Qin YX, **Gross TS**. The mechanical consequences of load bearing in the equine third metacarpal across speed and gait: the nonuniform distributions of normal strain, shear strain, and strain energy density. *FASEB J.* 2013 Jan 25. [Epub ahead of print]

Schaefer KL, **Sangeorzan BJ**, Fassbind MJ, Ledoux WR. The comparative morphology of idiopathic ankle osteoarthritis. *J Bone Joint Surg Am.* 2012 Dec 19;94(24):e181.