

Message from the Chairman

Dear Friends of UW Orthopaedics,

In this first edition of the 2013 Ortho eNews, I want to thank our Faculty, Staff, and Residents for their dedication and hard work throughout 2012. I am proud to report record setting case numbers at Harborview in August and October, and positive gains in patient satisfaction, patient safety, and compliance scores across all sites. We face 2013 with a renewed focus at meeting the many changes in the health care environment with a wide array of measures following the new paradigm of 'accomplishing more with less.'

The new year will bring about a number of exciting new patient access opportunities such as our Joint Care Center at Northwest Hospital and our UW Medicine clinic at Husky Stadium. Our Combined Hand service has expanded its operations and, together with colleagues from Northwest Hospital, is now providing coverage for ER patients with upper extremity injuries at that facility. This provides new opportunities for coordinated multi-specialty patient care and application of consistent care pathways for patients with Hand and Upper Extremity disorders. We are also looking forward to offering access for outpatient Hand care at NWH in 2013 at the highly visible UW Medicine outpatient care building on Meridian Way.

Along with such organization changes I also have a number of Faculty moves to report. After 24 years of distinguished service **M.L. 'Chip' Routt** (pictured right) will return to his home state of Texas and help build a formal pelvis and acetabular fracture service at the University of Texas, Houston. Chip has been instrumental in defining pelvic and acetabular fracture care at Harborview over 2 decades with his tireless efforts in education, patient care, and publications. I wanted to use this occasion to thank him for his work and wish him the very best in his new task ahead.

Dr. Jim Krieg has announced his departure from Harborview next June 2013 to pursue a leadership role at the Rothman Institute at Thomas Jefferson University in Philadelphia. Like Dr. Routt, Dr. Krieg has become one of the mainstays on our Fracture and Trauma service. We are very proud of our colleagues spreading the HMC way of fracture care to such illustrious institutions and look forward to both the opportunity as well as the challenge



of developing a novel integrative hip and pelvis service with expertise ranging from fracture care to joint preserving surgery and tie-in to joint reconstruction.

Finally, we are also saying grateful goodbyes to two of our most long-standing members of our administrative staff. Our Harborview Administrative Manager of Orthopaedics, **Karen Morton**, is retiring in January 2013. She has faithfully served this Department in a number of capacities and deserves great praise for her steady presence over such a long period of time. On the HMC Spine Service we wished **Sue Stone** well as she retired after 13 great and intense years of dedicated work as Patient Care Representative.



L to R: Musculoskeletal Service Line Director **Patty O'Leary Crutcher**, **Sue Stone**, Patient Care Coordinator, and **Kevin Lord**, PCC Spine

I close my note in this Holiday edition of our eNews with a big "thank you" to all those involved in providing our UW Ortho Residents with a state of the art learning tool in the form of an iPads filled with Orthopaedic information. Moving away from conventional books allows for far more extensive knowledge accumulation at a lower price while expanding the actual learning opportunities. The groundwork for this major technology shift was laid by our wonderful Program Director and Parker J. Palmer 'Courage to Teach' finalist, **Dr. Doug Hanel**, who together with our **PGY-2 Dayne Michelson** and **PGY-4 Kenneth Gundle**, in association with our **Director Ken Karbowski**, our **Associate Director of Financial Affairs Karl Engdahl**, and our IT team headed by **Arien Cheron** put this dream into reality. The funding for this important change comes from a generous donation by our former Resident and Faculty colleague **Dr. Sohail Mirza**, now Chair at Dartmouth, and will be supported going forward through the generosity of our Alumni who so generously donate to the Friends of Orthopaedics Resident Endowment (FORE) bookfund. This exciting development gives our residents a fantastic learning tool and provides me another occasion to recognize our loyal UW Orthopaedics Alumni for their support.

We hope you will continue to support our educational mission of excellence in the New Year as well.

Thank you,

JRC

Spotlight: Getting to know Albert Gee, M.D.

Dr. Albert Gee, a sports medicine and shoulder surgeon, joined our Sports Medicine faculty this past fall. Dr. Gee attended medical school at Washington University in St. Louis and completed his training in orthopaedic surgery at the University of Pennsylvania—the oldest training program in the U.S. Dr. Gee completed a fellowship in sports and shoulder surgery at the prestigious Hospital for Special Surgery in New York City where he served as assistant team physician for the NBA's New Jersey Nets. He served as part of the medical staff for the U.S. Open Tennis Tournament and worked as an assistant team physician for the Iona College Gaels.

eNews: What brought an East Coast guy like yourself out West?

Gee: I never really considered myself an “East Coast guy” because I grew up in Central Illinois. I was on the East Coast for my residency and fellowship and enjoyed living out there, but I consider the Midwest to be my home. To answer your question, we [my wife, Jen, and I] have good friends here and came out to visit them for a long weekend, I guess when the weather was extremely nice, and basically fell in love with the place. The scenery was a complete 180 from the metro areas that I had been living in and I thought this would be a great place to live and raise a family. That’s how we ended up falling for Seattle. Then it turned out that there was an exciting new position for a young Orthopaedic Surgeon that was offered to me here at the UW, and the two together couldn’t have been more serendipitous. I had to take it and that’s how I ended up moving out to the Northwest.



Jen & Al on the Seattle Great Wheel

eNews: Was it difficult to convince your wife to make the move?

Gee: Jen was actually very excited about coming out here too. As I mentioned before, we both fell for Seattle basically when we stepped off the plane. She is a dermatologist and works for the UW as well.



Al & Jen visiting a Korean Palace

eNews: Did you bring any allegiances of your East Coast teams with you, or have you made a switch to the local teams?

Gee: Again, I grew up in Illinois so I grew up with a lot of great sports teams. I was a huge Bulls fan (you may have heard of a player named Michael Jordan) and grew up pulling for the Bears and the St. Louis Cardinals. I remember falling asleep to Cardinals radio during the summers of my childhood listening to Jack Buck as he called the game.

Although I spent nearly the last decade on the East Coast, I still stayed loyal to my original sports teams and never really felt any bond with Philadelphia and New York teams. The only team I have any love for back East is the Brooklyn Nets (formerly the New Jersey Nets, when I served as an assistant team physician).

Since moving to Seattle, I am, of course, a big Husky fan and warming up to the Seahawks and the Mariners. My wife and I caught an MLS game when we were in New York, it was the NY Red Bull vs. Seattle Sounders and we secretly rooted for the Sounders because we knew we were moving out this way. And, I’m really hoping that we get NBA basketball back in this town.

eNews: What are your greatest interests in Sports Medicine?

Gee: Although I like doing open procedures, the reason I did specialty training in Sports Medicine is arthroscopy. I especially love scoping knees and shoulders. I find arthroscopy to be an extremely challenging and minimally-invasive way to treat knee and shoulder pathology. From meniscectomies to ligament reconstruction in the knee to rotator cuff and labral repairs in the shoulder, I really enjoy visualizing these joints through the scope and addressing pathology that would otherwise require a large incision and deep dissection.



Al & Jen before the Opera at the MET

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

Gee: I have a lot of research ideas, both in knee and shoulder, and believe this to be a great institution to produce high level work. Before I arrived here I was involved in meniscus tissue engineering research and also did some work on ACL biomechanics. These interests I am continuing to foster in collaboration with **Dr. Cavanagh** and his lab.

On the shoulder side, **Drs. Matsen and Warme** have been great mentors to me since I started here. Together, the three of us have initiated a team approach in thinking about research on the shoulder and elbow. We have named our group the SWAT (Shoulder Washington Academic Team) and have weekly meetings in which we teach residents and fellows, discuss progress of ongoing research, and do clinical teaching rounds.

eNews: Any LV Bowl predictions?

Gee: Huskies win the MAACO Bowl in a blowout, 42 to 3.

Department News

Frostbite victim returns to activity thanks to Dr. Doug Smith

On December 3, 2012, during the evening news, KOMO-TV news featured a story on the impact of Dr. Doug Smith's work on the life of Harborview Medical Center patient Dan Witkowski. In 2004 Witkowski spent five days lost at snowy Alpental while backcountry skiing. He survived, but became a double amputee after suffering from severe frostbite in his feet.

Witkowski returned to Harborview in December of 2012 for irregular bone growth as a result of his body healing after having both feet amputated. He was placed in the care of Dr. Smith who removed hardware and reshaped Witkowski's leg bones.

Dr. Smith explained the post-operative effects to Witkowski: "Everything should be a lot smoother; get your activity level back where you like it."

Thanks to the work of Dr. Smith, Witkowski will be able to get back on the slopes.

Dr. Smith was also featured in a [KOMO-TV news story](#) on December 21, 2012 on Ali McWeeny, the first civilian in the Northwest to get a bionic leg.



Orthopods in the Community: Fighting Hunger with Food Lifeline



Staff from the Bone and Joint Center and Exercise Training Center teamed up with Food Lifeline in Shoreline to fight hunger in Western Washington.



On Saturday, October 20, 2012, a group of 15 people from the [Bone and Joint Center](#) and [Exercise Training Center](#) teamed up with a local Girl Scout Troop and a UW Fraternity to volunteer at the Food Lifeline in Shoreline.

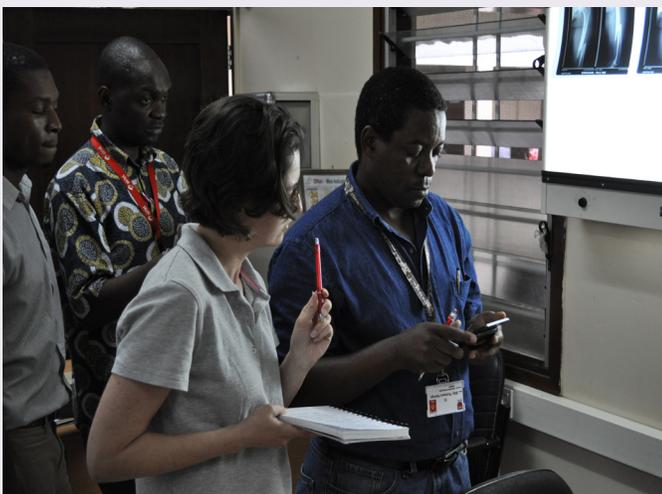
Food Lifeline is a nonprofit organization dedicated to ending hunger in Western Washington. This organization provides food to over 750,000 people through their network of nearly 300 food banks, meal programs, and shelters. They receive donations from local, state, and national contributors of prepared food, fresh produce is collected from wholesalers and retailers, and local grocery retailers donate

a variety of nutritious products including meat, dairy, fresh produce, and baked goods.

On October 20th, the team volunteered to package a large donation of potatoes. In a three hour time period they successfully bagged 13,200 pounds of potatoes; enough to provide meals to 10,000 hungry individuals.

For more information on Food Lifeline and ways to get involved, please visit their website: www.foodlifeline.org

Faculty & Staff News



Amy Cizik, MPH, worked with Dr. Haonga in the Muhimbili Orthopaedic Institute outpatient clinic in Dar Es Salaam, Tanzania to enter patient follow-up data using the **Open Data Kit** mobile phone application. Open Data Kit was created in an attempt to interface with the existing SIGN surgical database to upload surgical follow-up information. This mobile phone application saves data entry time and is particularly beneficial in a surgical setting where photographs of radiographs and patient's functional ability are useful to record for clinical and research documentation.

ARTHRITIS FOUNDATION BONE BASH

On Saturday, October 20th, a team from the Bone & Joint Surgery Center joined **Dr. Jerry Huang** and his wife, Brandi Huang, at the annual **Arthritis Foundation Bone Bash**. Dr. Huang is on the Board of Directors for the Arthritis Foundation and Mrs. Huang was the Event Chair for this spectacular event. The evening at the Four Seasons Hotel included elegant dining, entertainment provided by the BrickHouse Band, raise the paddle, as well as silent and live auctions. The event was a huge success, raising over \$125,000 that will go

towards arthritis research, patient education, public awareness and advocacy, and kids and teens programs. It was a chance for the team to both give to a cause that we feel strongly about supporting, and also an outlet outside of work to let loose together.



Welcome, New Additions to the Department

Lucy Flaman,
HMC Receptionist



Lucy is a recent graduate from the UW with a degree in Anthropology. Prior to working at Harborview, she was an Environmental Programs Intern at the Kitsap Department of Community Development, and an English/writing tutor at Edmonds Community college. Lucy enjoys hiking in the Olympics, horseback riding, playing with her llamas, and reading.

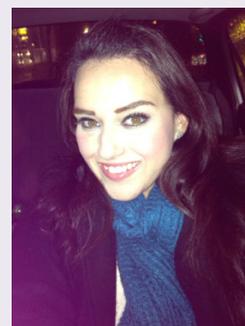
Aaron Eusterbrock,
HMC Spine Service PA



Aaron joins us as a Physician Assistant for the Ortho Spine team. He is a recent graduate of the MEDEX PA program at the University of Washington. Before attending the MEDEX PA program, Aaron worked in the OR at Harborview providing interoperative neuromonitoring for about 4 years. He really enjoys spending time outdoors - running, hiking, backpacking, climbing, skiing, and mountaineering.

If forced to be indoors, Aaron gets a kick out of cooking with his wife, Lexi, watching college sports, and spending time with friends and family.

Adrienne Hall,
Financial Coordinator



Adrienne came to us from Harborview where she worked as an Administrative Coordinator for Float Pool and Radiology, as well as the Travel Coordinator for all of the Critical and Acute care units for the previous two years. Outside of the office, Adrienne enjoys spending time with her family and friends, camping and hiking in the summer, reading a good book, playing tennis, helping friends plan events, and assisting her mom with decorating. She is the eldest child and only daughter in her family and surrounds herself with animals: her family has three dogs and one cat.

Faculty & Staff News

Happy Retirement to Karen Morton!

After more than 30 years of service to our Department, HMC Administrative Manager Karen Morton is retiring. Thank you for your tireless dedication to our Department and our mission. You will be missed!



Dr. Timothy Alton, R3 won the WSOA Resident Paper award for a presentation of research on Outcomes following Spinal Fusion for Adolescent Idiopathic Scoliosis. His work demonstrated that the correction of AIS curves was, statistically, strongly correlated with preoperative curve flexibility, and not with the density of surgical anchors or the density of pedicle screws. The results of this study, which Dr. Alton hopes to publish soon, enable an objective assessment of instrumentation used for Scoliosis surgery at Seattle Children's, and the completion of a competitive bidding process for Spinal Instrumentation.



Congratulations **Sunyoung Baldoz** for welcoming her second child, Austin Young Min Baldoz. He was born

at 6:30AM on December 9, 2012 weighing 7lbs., 14 oz. and 19.5 inches long.

In September, **Dr. Daphne Beingsner** traveled to Queenstown, NZ to contribute to an AO Trauma Course on *Advances in Operative Fracture Management*. She is pictured at right (center) with other contributing faculty, including **Dr. Bruce Twaddle** (far left).

Russell Fernandes, PhD, and **The Collagen Biology and Genetic Disorders Lab** presented their research at the Joint Meeting of the American Society for Matrix Biology and the Society for Glycobiology on November 11-14, 2012 in San Diego, CA at the Sheraton San Diego Hotel & Marina. Their poster is entitled *Evidence for an effect of the morphogen retinoic acid through stimulated MMP9 expression on the turnover of collagen type IX by cultured chondrocytes*, and can be found on display outside of Room BB1010 in the Montlake Offices.

Dr. Joe Fiorito, DPM/HMC, and his two sons (pictured at right) brought practical presents to a homeless man at HMC, who had neither clean clothes nor a place to stay. Prior to discharge the Fiorito's brought the man several sets of new clothes and a thermal sleeping bag. Dr. Fiorito helps were his two sons Anthony, 9yo, Julian, 5yo.



Kenneth Gundle, R3, presented a poster and had an abstract published at the Connective Tissue Oncology Society Meeting in Prague this past November. Also in attendance from the Department were **Drs. Davidson, Conrad, and PA Jenni Hamilton**.



Congratulations to **Tanya Imke** for the birth of her beautiful twin daughters, Genesis and Julieanna, on October 13, 2012. This photo was taken just 24 hours after their birth!

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Faculty & Staff News



Jocelyn Jette, Research Coordinator, is bidding adieu to the Department for nursing school in the Great White North. Best of luck at nursing school, Jocelyn!

Dan Kaiser has accepted the position of UWMC Health Services Operating Room Nurse Manager! Dan has been an employee of UWMC for more than 11 years and was the RN3 for the orthopaedic service. He brings outstanding clinical knowledge and skills along with strong management experience, and excellent physician liaison abilities.

Drs. Dayne Mickelson and David Bairei and former ACEs **Julius Bishop and Greg Dikos** published a manuscript titled, "Open reduction and intramedullary nail fixation of closed tibial fractures," in the November '12 edition of *Orthopedics*.



Yoko Momohara, RN was awarded UWMC Employee of the Month in August 2012. She exemplifies the A.R.I.S.E. values of accountability, respect, innovation, service, and excellence. Yoko was recognized for her attention to detail, her ability to make all staff and her patients feel val-

ued, her compassion, and her hardwork. We are very proud of Yoko and honored that she is part of our team!



Kathy Nguyen's daughter, Maddie, had strong feelings about meeting Santa this year.

The First Annual Trivia Fest was held on November 20, 2012 with a topic of 80s and 90s pop culture. The 10th Flooridians were no match for the RooseveltOOnies who dominated the competition.



Our **HMC administrative staff** pose with a holiday cookie basket (courtesy of Connie Robertson), L to R: Janet Wierenga,



Sarah Jordan, Karen Morton, Janet Grant, Tia Edwards, Julie Bould, Lucy Flaman, Lynn Anderson, Connie Robertson.

Our annual holiday party was once again graciously hosted by **Dr. Ted and Iris Wagner**. Photos from the event below.



Above: Dr. Winston Warme at the buffet; Below: Jeevon Durkee, Montlake Receptionist and eNews co-editor Sarah Timmons, Montlake Student Asst Sarah Pressl, and Derek Merdinyan



Tech Talk / CSG Update

We are pleased to announce several new web initiatives for the New Year! (Note: not all sites are currently live)

- <http://www.orthop.washington.edu/?q=media/surgical-examples.html>

These animations provide patients with a simple explanation of some of the most common Orthopaedic surgeries. With the animations lack of blood and surgical sounds, surgery appears less scary than traditional surgical videos. Currently the animations are available in English or Spanish, and more languages are soon to come.

- <http://www.PatientsEncouragingPatients.com>
This portal is being created and will be released in February to better highlight patient success stories. It will be searchable by a persons interests and/or profession aiming to ensure patients that others have successfully gone through what they are going through.
- SpineSage.com / SpineRisk.com
This is an online tool that can help evaluate possible risks that may occur in spine surgeries, which will be released in early January.

Tech Talk / CSG Update (Cont...)

- <http://www.orthop.washington.edu/?q=education/residency/current-residents-portal.html>

The department has recently launched a Resident Portal, open to current Residents, which serves as a central repository of digital content such as practice OITE questions, the new intern curriculum journal articles, a resident calendar, and much more!

- <http://www.orthop.washington.edu/?q=ossmig.html>

The medical student interest group, OSSMIG, webpages have been redesigned to include lists of current and past student leaders, an event photo album, Resident Spotlight interviews, and a HTC sign-up calendar.

Beginning in January, CSG will be conducting an internal audit

of all computing resources in the department. All laptops and desktops will be touched by one of our technicians to ensure they are meeting the new 2013 security standards. One major change will occur after a technician has interacted with your computer; you will be able to use your UWNETID (email address and password) to login to access all of your Orthopaedics computing resources.

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

Publications

Bellabarba C, Zhang F, Wagner T. Controversies in TL classifications. What are we actually treating? : Some perspectives on the evolution of spine fracture classification systems. *Unfallchirurg*. 2012 Dec;115(12):1056-60.

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Bransford RJ, Koller H, Caron T, Zenner J, Hitzl W, Tomasino A, Mayer M. Cervical spine trauma in diffuse idiopathic skeletal hyperostosis: injury characteristics and outcome with surgical treatment. *Spine (Phila Pa 1976)*. 2012 Nov 1;37(23):1923-32.

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Chrisman SP, O'Kane JW, Polissar NL, **Tencer AF**, Mack CD, Levy MR, Schiff MA. Strength and jump biomechanics of elite and recreational female youth soccer players. *J Athl Train*. 2012;47(6):609-15.

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Miller AN, **Beingessner DM**. Intra-articular distal humerus fractures. *Orthop Clin North Am*. 2013 Jan;44(1):35-45.

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Singh HP, **Srinivasan S**, Ullah A. Closed rupture of the extensor indicis and extensor digitorum tendons to the index finger after locking plate fixation of a fracture of the distal radius. *J Hand Surg Eur Vol*. 2013 Jan;38(1):86-7.