

*Message from the Acting Chair*

In this first eNews edition of 2015, I would like to take the time to offer my thanks to our Department's Faculty, Fellows, Residents, and Staff for their dedication and tireless efforts. This past December we had the opportunity to celebrate and express appreciation for our faculty and staff at the annual Orthopaedics & Sports Medicine Holiday Party ([page 4](#)). I would like to extend a special thank-you to Pamela Halberg, the Montlake Receptionist, for successfully organizing this event.

I would like to highlight our Combined Hand Fellowship Program, headed by Program Director **Dr. Jerry Huang**. The one-year accredited program is a unique cooperative effort between our Department and the Division of Plastic Surgery. Hand Fellows have the opportunity to train at the University of Washington Medical Center, Harborview Medical Center, and Children's Hospital Medical Center with clinicians who are at the forefront of their fields. In this edition of the eNews we check in with our current Fellows, **Drs. Biswas, Dahl, Dowd, and Pribaz** ([page 2](#)).

I am proud to report that our residents took top honors at the Washington State Orthopaedics Association's (WSOA) annual meeting in November. Four of our Residents, **Drs. Roof, Mickelson, Harnden, and Gupta**, placed within the top five in the Resident Paper Contest ([page 5](#)).

We have many exciting projects and events to look forward to in 2015. We just completed our

51st annual LeCoq Lectureship. We were very fortunate to have Dr. Andrew Burgess as our Visiting Professor this year. For decades Dr. Burgess has been a leader in the field of orthopaedic trauma care and is now Professor and Vice Chairman at the University of Texas in Houston. The LeCoq Lectureship is a combined effort of the University of Washington and our colleagues at Swedish Medical Center with support from the Western Orthopaedic Association.

Our annual alumni event will take place at the Paris Hotel on March 27th. We are grateful to our loyal alumni and the Washington State Orthopaedic Association for hosting this event. As the year evolves, please look to the next edition of this newsletter for future updates and recaps.

Sincerely,



## Spotlight: Hand Fellows

eNews recently took the time to check in with the 2014-15 Hand Fellows to find out how things are going 6 months since the start of their Fellowship.



**Dr. Debdut Biswas**



**Dr. Jason Dahl**



**Dr. Casimir Dowd**



**Dr. Jonathan Pribaz**

**eNews:** Tell us a little about yourself. Where are you from? Where did you go to school? What do you enjoy doing outside of work?

**Dr. Biswas:** I was born and raised in northeast Ohio and grew up in Medina, OH. I received my B.A. from Cornell University in 2004 and my M.D. from Yale University in 2009. I came to fellowship at UW after completing my Orthopaedic Surgery residency at Rush University Medical Center in Chicago, IL. Weight lifting and distance running are two of my favorite activities outside of the hospital. As a Northeast Ohio native, I am an avid Cleveland Browns and Ohio State Buckeyes supporter and an online fantasy football addict.

**Dr. Dahl:** I'm originally from Duluth, MN and I did my undergrad at the University of Minnesota. I went to medical school at the University of Pittsburgh School of Medicine and completed my residency at the University of Rochester. Outside of work, I enjoy running, cycling, skiing, and Saturday brunching.

**Dr. Dowd:** I'm originally from a small town in Canada that you've never heard of: Kleena Kleene, British Columbia. I went to high school and university across the water in Victoria. After a few years travelling and working abroad, I've spent the last 10 years in California for medical school and a residency in Orthopaedic Surgery, both at UCLA. Growing up near here, I've been happy to come home to the Northwest. I get back to Canada to see my family when I can and love getting outside and being in the mountains.

**Dr. Pribaz:** I grew up in Boston and went to college at Notre Dame. I went to medical school at Northwestern University, then completed my orthopaedic surgery residency at UCLA. Since moving to Seattle I've enjoyed mountain biking, hiking, finding live music. I am looking forward to ski season and excited to check out the mountains in Washington!

**eNews:** 6 months into your time as a UW Hand Fellow, how are you feeling?

**Dr. Biswas:** I always thought that UW was the best fellowship for my goals before I came to Seattle, and my time here so far has only confirmed what I already knew. I firmly believe that my co-fellows are probably the top guys in the country, both inside and outside the hospital, and I am fortunate to be part of this class. I feel that my training thus far is providing me with the confidence, decision-making, and clinical skill set to treat both routine and complex disorders and injuries of the hand, wrist, and elbow.

**Spotlight: Hand Fellows, cont'd**

**Dr. Dahl:** I'm feeling really great.

**Dr. Dowd:** 6 months has flown by; it's been challenging, but I've been surprised by the level of support and collegiality at all levels. People here work together as a team better than I've seen prior and folks have your back even when things aren't going as smoothly as you'd sometimes hope.

**Dr. Pribaz:** My experience so far at UW has been outstanding with a great exposure to surgical problems of the hand. The faculty and staff have been so welcoming and helpful and made me feel at home from day 1. I have a great group of co-fellows who are always willing to help each other out and the residents I have worked with at UW have been outstanding.

**eNews: How have things changed for you now that you have fellowship experience?**

**Dr. Biswas:** As I mentioned previously, I was confident that UW was the top program for what I was seeking from my fellowship experience. Although the trauma cases are obviously a highlight of the fellowship, I have been pleasantly surprised at the volume and variety of elective reconstructive cases in the fellowship. It really has been an complete exposure to all facets of hand surgery. Probably the most pleasant surprise, however, has been the quality of the people in the program, including the faculty, support staff, and definitely the residents and co-fellows. My wife and I welcomed our first child in November and the support from everyone in the department has been overwhelming and something that we will never forget.

**Dr. Dahl:** I won't have to do another total knee arthroplasty for the rest of my career.

**Dr. Dowd:** Although I knew fellowship at UW was going to be great, it has exceeded my expectations. The sheer volume and complexity of cases that comes through Harborview and the UW hospitals will make me well prepared for anything that comes my way after fellowship. The attendings and residents here, both on the orthopaedic and plastic surgery side, are fantastic. They are smart, great teachers and all around good people. I think it's rare to find as many people in one place who I'd want in the OR handling a complex and challenging case and who I'd also enjoy having beer with and talking about life outside of medicine.

**eNews: What is something that has happened to you since coming to Seattle that you didn't expect?**

**Dr. Biswas:** I would definitely say that my fellowship year in Seattle has been the best year of my clinical training. I am confident that the complexity of the hand trauma and variety of elective cases will prepare me for almost any case I encounter as an attending surgeon. I have been fortunate to benefit from fantastic attendings who I will consider mentors for the rest of my career. Most importantly, I am honored and fortunate to be training with Caz, Jon, and Jason, and I consider my friendships with them the highlight of my hand fellowship at UW.

**Dr. Dahl:** It's not as rainy and cloudy as it was built up to be.

**eNews: Upon graduation, how do you see your Fellowship experience impacting your career going forward?**

**Dr. Dowd:** After finishing fellowship at UW I feel I'll go into practice extremely well trained, but also have great role models for what it means to be a patient teacher and meticulous surgeon while still being a good person with balance in my life when the white coat comes off.

**Dr. Pribaz:** My girlfriend and I will be heading to DC after fellowship and I'm confident the experience I'm getting here will prepare me well when I start my practice.

Department News

# Annual Orthopaedics & Sports Medicine Holiday Party

The Department of Orthopaedics & Sports Medicine hosted its annual holiday party at The Landing at Northcut. More than 250 faculty and staff from all sites attended the catered event and enjoyed musical performances from a live band. The department wishes to thank Pamela Halberg for planning and the generous donations from alumni and faculty that made this event possible. The party was a wonderful opportunity to say thank you to everyone who makes it possible for us to provide great care for our patients.



## Department News

### New Arthroscopy Seminar

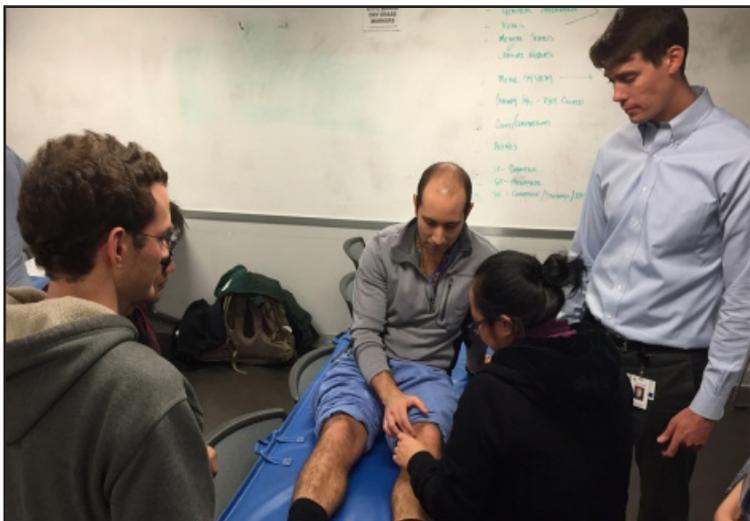
On November 25, **Drs. Navin Fernando** and **Adam Sassoon** held their first Arthroplasty Seminar for the orthopaedic residents at the Sorrento Hotel, sponsored by DePuy. The evening's topic was periprosthetic joint infection, with the residents presenting articles and cases for discussion. In attendance were orthopaedic and infectious disease faculty, community orthopaedists, and industry representatives. Drs. Fernando and Sassoon intend to make this a quarterly occurrence.

### OSSMIG Workshop

On November 18, OSSMIG (Orthopaedic Surgery and Sports Medicine Interest Group) hosted a knee exam workshop at UWMC. During the event Orthopaedic Residents showed medical students how to perform knee exams, allowing the students to gain valuable clinical knowledge via hands-on experience. Thank you to everyone that made this event possible.

In other OSSMIG news, the group has two new co-chairs: Raymond Koopmans and Erik Woelber. Congratulations!

For photos from the knee exam workshop, bios on the new co-chairs, and to stay updated on all OSSMIG news, please visit the website [here](#).



*Drs. Todd Blumberg (R4) and Kevin Hug (R3) lead medical students through a practice knee exam.*

### Recent MSBL Research

Musculoskeletal System Biology Lab (MSBL) research was featured in two scientific publications.

First, the article "Botulinum toxin induces muscle paralysis and inhibits bone regeneration in zebrafish" was published in *JBMR* with a feature image on the cover.

Second, the lab's research into the connection between epilepsy and bone was featured in *Medscape Medical News* in an article linking autism with increased fracture risk.

### Resident Awards at WSOA Meeting

The Washington State Orthopaedic Association's Annual Meeting was held in Seattle on November 14-15. The following Residents took first, second, third, and fifth place in the Resident Paper Contest:

**1st Place-** Dr. Amanda Roof: Botulinum Toxin Induces Muscle Paralysis and Inhibits Bone Regeneration in Zebrafish

**2nd Place-** Dr. Dayne Mickelson: Randomized Controlled Trial Comparing 1 vs. 7 day Manipulation Following Collagenase Injection for Dupuytren Contracture

**3rd Place-** Dr. Emily Harnden: Immediate Weight Bearing after Ankle Fracture

**5th Place-** Dr. Akash Gupta

Please join the department in congratulating them on this impressive accomplishment!

## eMTRCS Receives Awards

eMTRCS (electronic Milestone Tracking Competency System), the brain child of **Drs. Hanel, Mickelson, Gundle** and CSG's **Arien Cheronis**, has been awarded Commercialization Gap Funding by the UW Center for Commercialization. After making it through the first round of fifty applicants, eMTRCS ranked second among the twelve finalists on November 26. The team plans on using the funds for expansion to programs outside of the UW.

On December 22, eMTRCS was also awarded the UW GME Office's Innovation Award for exceptional innovation in the development of a mobile application to enable electronic assessment of residents by faculty. The award money will enable eMTRCS to transition to communicating with the MedHub system.

### Faculty & Staff News



Congratulations to **Administrative Assistant Theresa Jones** (right) on her 5 year work anniversary! **Montlake Manager Calina Garcia** presented her with the recognition award at the 10th floor holiday party on December 17.

**Dr. Vincent Mosca** was a guest speaker at the 9th Annual Meeting of the Chinese Orthopaedic Association in Beijing, China.



The HMC staff held their annual cookie exchange on December 11.

**Dr. Adam Sassoon** attended the AAHKS Conference in Dallas, TX where he presented two posters, as well as the OTA Annual Meeting in Tampa, FL, where he presented two posters and served as an instructor for the Resident Fracture Course- Geriatric Fracture Module.

Finally, Dr. Sassoon was named as an AAHKS Health Policy Fellow. As a Fellow, Dr. Sassoon will serve as an advocate for the health policy efforts of AAHKS. Congratulations!

### Tech Talk

## Tech Talk

The holidays and a new year are often when people receive tech gifts like phones, tablets, and computers for personal use. Did you know as a UW employee you are entitled to a host of free or significantly discounted software for these new devices? If you're curious about available software, please email [orthohlp@uw.edu](mailto:orthohlp@uw.edu) and one of our techs will be happy to assist you!

On a sadder note, our student assistant Jessalyn Cheng has left our team in preparation for graduation. She hopes to take over Google some day but for now she is working at MedBridge as a Project Manager Intern.

We wish Jessalyn the best of luck and hope that she'll visit us when she isn't conquering the tech world. With Jessalyn's departure, we would like to welcome two new students to the CSG team: Smyth May, who joins us to help with special projects, and Katie McConville, who takes over as the student helpdesk worker.

## Publications

### Podium Presentations:

**Firoozabadi R**, Scheindkraut J, **Beingessner DM**, **Dunbar RP**, **Barei DP**. Orthopaedic Trauma Association Annual Meeting, Tampa, FL, October 2014. "Hyperextension Varus Bicondylar Tibial Plateau Fractures."

**Firoozabadi R**, Spittler C, **Schlepp C**, **Routt ML**, Tornetta III P. Orthopaedic Trauma Association Annual Meeting, Tampa, FL, October 2014. "Hip Stability in Posterior Wall Acetabular Fractures."

**Firoozabadi R**, Westrick E, Hamilton B, **Agel J**, **Henley B**. Orthopaedic Trauma Association Annual Meeting, Tampa, FL, October 2014. "Outcomes of Non-operative versus Operative Management of Midshaft Humerus Fractures."

Hamilton B, **O'Donnell CM**, **Agel J**, Kramer P, **Henley B**, **Firoozabadi R**. Orthopaedic Trauma Association Annual Meeting, Tampa, FL, October 2014. "Nutritional Status in Orthopaedic Trauma Patients."

**Harndon E**, **Krieg J**, **Firoozabadi R**. Nominated as Top 3 Resident Paper at Washington State Orthopaedic Association Annual Meeting, Seattle, WA, November 2014. "Immediate Weightbearing After Ankle Fracture Fixation."

Scolaro J, Marecek G, Routt ML, **Firoozabadi R**. Orthopaedic Trauma Association Annual Meeting, Tampa, FL, October 2014. "The Management and Outcomes of Femoral Head Fractures."

Tornetta P, Jones CB, Schemitsch EH, Horwitz DS, Sanders D, **Firoozabadi R**, de Dios Robinson J, Marcantonio A. Orthopaedic Trauma Association Annual Meeting, Tampa FL, October 2014. "Neurologic Injury in Operatively Treated Acetabular Fractures."

### Publications:

**Bransford RJ**, **Alton TB**, Patel AR, **Bellabarba C**. Upper Cervical Spine Trauma. J Am Acad Orthop Surg. 2014 Nov;22(11):718-729. Review. PMID: 25344597

**Firoozabadi R**, O'Mara TJ, **Swenson A**, **Agel J**, Beck JD, Routt ML. "Risk Factors for the Development of Heterotopic Ossification After Acetabular Fracture Fixation," Clin Orthop Relat Res. 473 (11) 2014.

**Gundle KR**, **Cizik AM**, Jones RL, **Davidson DJ**. Quality of life measures in soft tissue sarcoma. Expert Rev Anticancer Ther 2014 (Nov),1-6. PMID 25377073.

**Gundle KR**. Rearticulations of Orthopaedic Surgery: The Process of Specialty Boundary Formation and the Provision of Fracture Care in the United States. Lulu: 2014.

Iorio ML, **Bayomy AF**, **Huang JI**. Morphology of the Extensor Carpi Ulnaris Groove and Tendon. J Hand Surg Am. 2014. doi:10.1016/j.jhsa.2014.09.009. PMID: 25306505.

**Kleweno CP**, O'Toole RV, Ballreich J, Pollak AN. Does Fracture Care Make Money for the Hospital? An Analysis of Hospital Revenues and Costs for Treatment of Common Fractures. J Orthop Trauma. 2014 Dec 1. [Epub ahead of print] PMID: 25463424 [PubMed - as supplied by publisher]

Littman AJ, Boyko EJ, Thompson ML, Haselkorn JK, **Sangeorzan BJ**, Arterburn DE. Physical activity barriers and enablers in older Veterans with lower-limb amputation. J Rehabil Res Dev. 2014;51(6):895-906. doi: 10.1682/JRRD.2013.06.0152.

**Publications, cont'd**

Ljungquist KL, Martineau P, **Allan C**. Radial Nerve Injuries. *J Hand Surg Am*. 2014 Dec 1. pii: S0363-5023(14)00626-1. doi: 0.1016/j.jhsa.2014.05.010.

**Mickelson DT**, Noland SS, Watt AJ, Kollitz KM, **Vedder NB**, **Huang JI**. Prospective Randomized Controlled Trial Comparing 1-Versus 7-Day Manipulation Following Collagenase Injection for Dupuytren Contracture. *J Hand Surg Am*. 2014 Oct;39(10):1933-1941.e1. doi: 10.1016/j.jhsa.2014.07.010. Epub 2014 Sep 4.

Probasco W, Haleem AM, Yu J, **Sangeorzan BJ**, Deland JT, Ellis SJ. Assessment of Coronal Plane Subtalar Joint Alignment in Peritalar Subluxation via Weight-Bearing Multiplanar Imaging. *Foot Ankle Int*. 2014 Nov 7. pii: 1071100714557861.

Vilela MD, Kim LJ, **Bellabarba C**, **Bransford RJ**. Blunt Cerebrovascular Injuries In Association With Cranio-cervical Distraction Injuries: A Retrospective Review of Consecutive Cases. *Spine J*. 2014 Oct 15. pii: S1529-9430(14)01603-9. doi: 10.1016/j.spinee.2014.10.012.

Williams JR, Wegner NJ, **Sangeorzan BJ**, **Brage ME**. Intraoperative and Perioperative Complications During Revision Arthroplasty for Salvage of a Failed Total Ankle Arthroplasty. *Foot Ankle Int*. 2014 Oct 6. pii: 1071100714554452.