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,
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. 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. 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. 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. 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.
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.
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.
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.

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!
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 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.
Podium Presentations:


Publications:


