

Message from the Acting Chairman

Dear UW Orthopaedics Community:

Most of us have come to accept that change is a constant feature of modern medicine. This maxim is very apropos to this newsletter as our Chairman of the past four years, Jens R. Chapman, MD, recently announced his resignation as Chair. Fortunately he will continue to practice spine surgery at the University of Washington. I want to take this opportunity to thank Dr. Chapman personally and on behalf of the entire Department for his leadership and his many accomplishments. These accomplishments are too numerous for this brief newsletter, but it is worth mentioning some of the highlights.

In a remarkably short period of time, Dr. Chapman oversaw the conception, construction, and actual opening of our beautiful new Sports Medicine clinic located in Husky Stadium. This state-of-the-art facility houses family medicine physicians, rehabilitation doctors, and orthopaedic surgeons all under one roof. In addition, there are areas dedicated to physical therapy and exercise physiology. Of course being located in Husky Stadium makes this facility ideally situated for the athletes and the athletic trainers.

Dr. Chapman also oversaw the expansion of our total joint practice into Northwest Hospital. Northwest Hospital has become a favorite site for our residents and our total joint attendings due to extremely efficient surgical operations as well as the incredibly positive attitude of the Northwest Hospital staff. This new facility has allowed us to expand our total joint program. Dr. Navin Fernando (pictured above), a recent graduate of a total joint fellowship at the famed Rothman Institute of Philadel-



phia has joined our department and officially began his practice in mid-February. We are also in the process of recruiting an additional joint surgeon to staff Northwest Hospital.

In addition, Dr. Chapman has been instrumental in building up our Departmental endowments. This has directly led to our ability to recruit an internationally renowned pelvic and acetabular surgeon, Dr. Keith Mayo (right), to Harborview Medical Center. Dr. Mayo holds the Hansjörg Wyss Endowed Chair for Advance Hip and Pelvis Surgery. Dr. Mayo is an international authority on surgery of the acetabulum and pelvis, and we are grateful that he will be bringing his talents to our department. We have not had a major program in hip preservation surgery and this will provide a great opportunity for our patients as well as our residents.



In my twenty-two years at the University of Washington, it has been a great privilege to work with such wonderful colleagues and to be involved in the teaching of our talented residents. In my role as the Acting Chairman of the department of Orthopaedics and Sports Medicine, I look forward to working with our faculty and our alumni to maintain and enhance our clinical, educational, and academic missions.

Thank you,

Howard A. Chansky

Spotlight: Welcome Dr. Fernando

Dr. Navin Fernando is a fellowship-trained orthopedic surgeon specializing in the treatment of adult hip and knee arthritis. His subspecialty focuses on minimally invasive techniques for hip and knee replacement, the surgical management of hip impingement, as well as the management of complex total joint problems such as revision, infection, and fracture. He holds clinic and performs surgeries out of Northwest Hospital.

eNews: What was it that drew you to join UW Orthopaedics?

I wasn't an entirely easy decision, as I had been offered a staff position at my residency program at McMaster University in Ontario, Canada, that I had at least mentally accepted. Being offered a job in Canada is like winning the lottery, so my mind was pretty made up at the time of returning home. It may sound strange, but I always thought that if there one place in the U.S. geographically where I could find myself comfortable and "fitting in" it would be Seattle. That's not really based on any evidence, but as a child of the '90s, I was heavily influenced by the vibrant music scene and culture of innovation coming out of Seattle, and it really stuck with my psychologically. When I heard about the position through contacts at the Rothman Institute during my fellowship I had to explore it. At the time there was a significant void at UW in terms of joint reconstruction specialists, so it seemed like a great opportunity to be busy clinically, as well as become involved in resident education and clinical research. I was really excited about the possibility of helping to build a vibrant program here, and everyone I met seemed extremely committed to achieving that goal and supporting



my vision. When my wife and I were invited out to Seattle it was a gorgeous, warm, and sunny day (which I was assured the remainder of the year would be like), and that basically sealed the deal for us. She's a primary care provider who also recently signed with UW, so we're both really excited about this opportunity.

eNEWS: Within the realm of Hip & Knee, what procedures do you specialize in?

At the Rothman Institute I spent a great deal of time learning minimally invasive techniques, particularly direct anterior total hip arthroplasty, which I feel helps significantly with short term and potentially long term functional outcomes. I also

have a significant interest in complex revision hip and knee arthroplasty and the management of periprosthetic infection, which is likely the greatest challenge arthroplasty surgeons currently face. I also spent a fair amount of time treating younger patients with femoroacetabular impingement, which I treat using a mini-open direct anterior technique.

eNEWS: What research interests are you looking to pursue?

I'm particularly interested in clinical outcome studies and trials, but in order to do these properly we need to develop an infrastructure that allows for data collection and coordination amongst various centers. This is a long term goal I have and is fairly ambitious, but I think there are enough simple questions in orthopedics which still haven't been answered that are more practical in the interim. I have some great research mentors both here at UW and at my previous training centers whom I hope to continue to learn from and collaborate with.

eNEWS: What extracurricular activities have you taken up (or hope to take up) since moving to Seattle?

My wife and I just got married in September of last year, so we're still getting adjusted to the joys and

stress of living together after this trans-coastal move. Our dog takes up a lot of our time at the minute, but we're very interested in becoming more active in water sports, hiking, skiing and many of the other activities that are difficult to accomplish on the East Coast. We're living downtown currently, which also gives us the opportunity to be involved in the arts, music and restaurant scene without much effort.

eNEWS: Are you planning on following any local sports teams? The Seahawks did finally win a Super Bowl after all.

I grew up in Windsor, Ontario, across the border from Detroit, so I've followed all Detroit teams (Wings, Pistons, Lions, etc.) religiously since I was a kid. There's nothing in this world worse than a bandwagon-er, but I was thrilled to see the 'Hawks bring a championship to Seattle. As a lifelong Lions fan I am not familiar with the feeling of success on the football field, and although it felt strange rooting for another team, given the likelihood of the Lions ever making it to the Super Bowl I feel I can sleep at night.



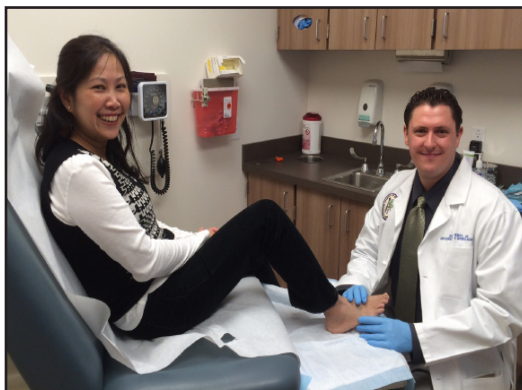
Department News

Welcome Margo Hoppis!



Please welcome our new PA-C, Margo Hoppis. Margo has joined the staff at the Sports Medicine Center at Husky Stadium where she will be seeing patients and supporting **Dr. Bruce Twaddle** in the clinic and OR. Married with two teenage sons, Margo enjoys

gardening, metalsculpture, blacksmithing, fitness and attending her son's robotics meets and musical performances.



The Factoria UWPB Clinic now boasts podiatrist **Dr. Joseph Fiorito**, whose first clinic day back in January was a success!

OSSMIG Splinting Workshop



On March 3rd, OSSMIG hosted a splinting workshop with the help of **Dan Holtzman, R4, Dayne Mickelson, R3, Chris Domes, R2, Sara Shippee, R2, and Lauren Meyer, R1**. Supplies were kindly donated by the Department of Orthopaedics and Sports Medicine. Students received hands on training in short-leg and long-arm splinting and practiced their new skills on the volunteer residents who instructed them. The event was well received by all and OSSMIG hopes to continue providing opportunities like these as a clinical adjunct to the medical curriculum.

World's Largest Kettlebell Workout!

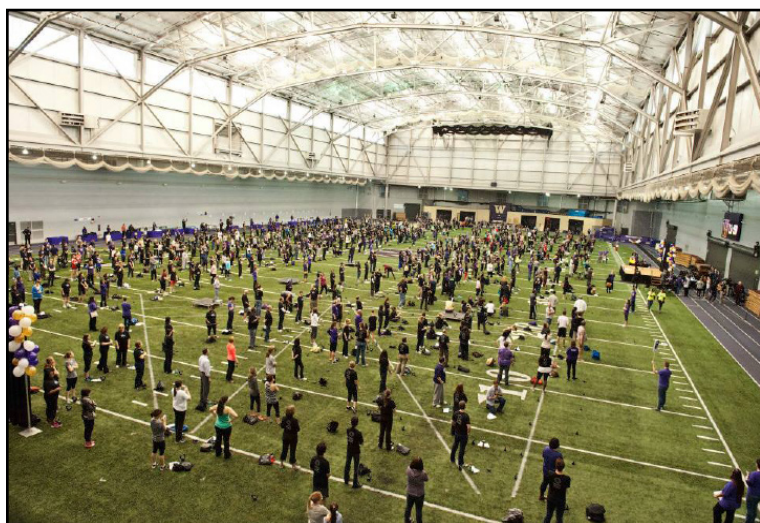


Photo Courtesy of The WholeU

The event, held in the Dempsey Indoor Arena, was hosted by The WholeU Initiative and officiated by Guinness World Records.



Staff members from the Montlake offices and research labs in the BB Tower and the Sports Medicine Center pose with Harry the Husky before breaking the world record!

Trans-Continental Spine Consultations

On March 4, 2014 Dr. Ted Wagner got to see his dream of telemedicine come to life. Thanks to the help of Arien Cherones, Director of Technology and Systems Management, who volunteered his time and expertise and donated equipment from Polycomm, a live spine case discussion took place between Jakarta, Indonesia and Seattle, WA, USA. Several cases were presented from Cipto Mangunkusumo Hospital in Jakarta, Indonesian involving patients and including xray review using real-time encrypted high definition video and voice to UW Faculty in Seattle. Those present from UW Orthopaedics were Drs. Lee and Chapman; Neurosurgery- Dr. Loeser; Anesthesiology & Pain Medicine- Dr. Robinson; and Radiology- Dr. Fisk. The goal was to show the feasibility of using video across remote sites, as it can be difficult for patients to travel from remote locations for consults and post surgical care.

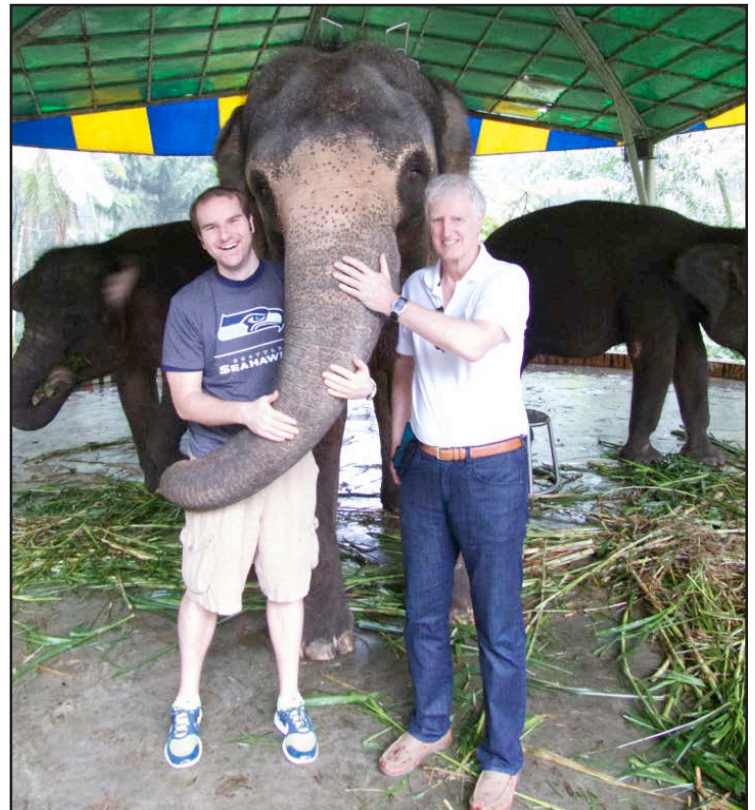


Dr. Ted Wagner with a group of Indonesian Residents and another visiting physician reviewing a case xray.



From the conference.

Indonesian Residents, Dr. Ted Wagner and Dr. Ifran Saleh, Director of Orthopaedics & Traumatology Residency program at Cipto Mangunkusumo Hospital



Arien Cherones and Dr. Ted Wagner on their day off at a wildlife safari.

Department News

Go Hawks!



In case you missed it, the Seattle Seahawks won the Superbowl. There was a massive parade through downtown, allowing for the celebrations to continue long after the game had ended. Researcher **Ron Dumpit** snapped the shot above at the parade. It looks like Russell Wilson is giving the department a thumbs up. What more could you ask for?

Congratulations Ortho Residents!



It doesn't get much better than this in academic Orthopaedics. After several years of increasing OITE scores, this year our residents achieved the 99.03% national percentile. Please join us in congratulating our PGY2-5's on their well-deserved success! Our **Residency Program Director Dr. Doug Hanel** and our GME office headed by **Angela Weiss** have laid the foundations for this success and very much deserve our appreciation for their work; we are very fortunate to have them running our Residency program.

Faculty & Staff News

“Freezin’ for a Reason!”



Montlake Program Coordinator **Christie Benevich** and Secretary Senior **Sarah Pressl** participated in the 2014 Special Olympics Polar Plunge on February 1st at Golden Gardens. This was Christie's first time “plunging” and Sarah's third. The two raised over \$1,000 for Special Olympics athletes.

Dr. O’Kane leads study on concussions in female soccer players

Dr. John O’Kane recently led a study, published in *JAMA Pediatrics*, that examines the number and severity of concussions among girls who play soccer. Findings suggest that heading the ball may increase the risk of head injury, possibly due to unfinished physical development and poor technique. The study also found that middle school athletes were more likely to suffer from concussions than their older counterparts. Many players may not recognize the symptoms of a concussion and continue to play, which poses serious and long term health risks. This reemphasizes the need for better education on concussions, for both players as well as coaches and parents.

A summary article may also be found via UW's website [here](#).

Faculty & Staff News

Welcome to **Jennifer Crewell** who joins us as an Administrative Coordinator at HMC. She enjoys playing volleyball and softball, hiking, backpacking, exploring the country one road trip at a time, and eating garlic fries at Mariner's games. She also enjoys spending time with her family and friends and volunteering.



Kenny Gundle, R4, had a chapter published in a new book titled *What's New in Orthopaedic Trauma*. Well done Kenny!

Conor Kleweno, MD was awarded "Top Poster Presentation for Trauma" at the AAOS annual meeting for his abstract titled *Does fracture care make money for the hospital? An analysis of hospital revenue and cost for treatment of common fractures*.

Ronald Kwon, PhD and the Musculoskeletal Systems Biology Lab were awarded a UW Royalty Research Fund Grant. Their project "Osteoactive Compound Screening in the Regenerating Zebrafish Fin" aims to continue researching the regeneration of zebrafish in order to learn more about bone growth and mineralization.

Dayne Mickelson, R3, attended the AAOS annual meeting to present his poster titled, "Increasing Medical Student Exposure to Orthopaedics: Developing an Orthopaedic Surgery Interest Group." He's pictured on the right alongside **Tim Alton, R4**, (left) and **Kenny Gundle, R4** (center).



Russell Fernandes, PhD contributed to an article titled *Maintenance of a bone collagen phenotype by osteoblast-like cells in 3D periodic porous titanium (Ti-6Al-4V) structures fabricated by selective electron beam melting*. Additionally, images from the article were chosen for the cover of the journal (pictured left). A summary can be found [here](#).

Congratulations to **Secretary Senior Tia Edward**'s sons Shadeed and Kahlil, both members of the Rainier Beach Basketball team. They are the Washington State 3A Basketball champions and will be competing for a National title this April at Madison Square Gardens in NYC.



Congratulations to former Resident **Brian Gilmer** and his wife Kira on the birth of their son. Quinlan Sage Gilmer was born at 11:32 pm on January 18, weighing 7 lbs 13.5 oz. and measuring 19 inches. Everyone is happy and doing well!



Congratulations to **Kathy Nguyen, Fiscal Specialist**, on the birth of her daughter. Emma Grace Lien Dequina was born on February 27. Mother and daughter are home and doing very well!

Tech Talk

Maintaining HIPAA Compliance in an Increasingly Digital Era

"There are no easy answers, but there are simple answers. We must have the courage to do what we know is morally right for HIPAA". In this ever-changing digital age it's always important to ask yourself: Are we doing the right thing for HIPAA? It's up to every individual to maintain compliance.

A few things to remember:

-When giving presentations, if you're going to include an X-Ray or image of the patient crop out their identifiers. Sometimes when you overlay a black box the box can move accidentally causing a HIPAA violation. For assistance on how to do this contact orthohlp@uw.edu.

-When transporting HIPAA on your computer or thumb drive make sure it's encrypted. For assistance on how to do this contact orthohlp@uw.edu.

-When using a smartphone or tablet having a passcode is mandatory. For assistance on how to do this contact orthohlp@uw.edu.

Promises from UW Medicine on Confidentiality of Information:

-I will access, use, and disclose protected information only as allowed by my job duties and limit it to the minimum amount necessary to perform my authorized duties. I understand that my access will be monitored to assure appropriate use.

-I will maintain the confidentiality of all protected information to which I have access.

-I will only discuss protected information in the workplace for job-related reasons, and will not hold discussions where they can be overheard by people who have neither a need-to-know nor the authority to receive the information.

-I will keep patient information out of view of patients, visitors, and individuals who are not involved in the patient's care.

-I will use UW Medicine resources, including computers, email, photographic, video, audio or other recording equipment only for job-related duties or under conditions expressly permitted by applicable institutional policy or law.

-I will keep protected information taken off site fully secured and in my physical possession during transit, never leaving it unattended or in any mode of transport (even if the mode of transport is locked). I will only take protected information off site if accessing it remotely is not a viable option.

For the full UW Medicine guidelines on HIPAA go to: <http://depts.washington.edu/comply/privacy.shtml>

As always the CSG is here to help you, if you have any questions or concerns feel free to call (206) 685-4350 or email acherone@uw.edu.

Publications

Publications:

Chen JT, Giroto JA, Kitzmiller WJ, Lawrence WT, Verheyden CN, **Vedder NB**, Coleman JJ, Bentz ML. Academic plastic surgery: faculty recruitment and retention. *Plast Reconstr Surg*. 2014 Mar;133(3):393e-404e. doi: 10.1097/01.prs.0000438045.06387.63. [PubMed - in process]

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Gupta A, Barei D, Khwaja A, **Beingessner D**. Single-staged Treatment Using a Standardized Protocol Results in Functional Motion in the Majority of Patients With a Terrible Triad Elbow Injury. *Clin Orthop Relat Res*. 2014 Jan 29. [Epub ahead of print]

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Publications

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Iaquinto JM, Tsai R, Haynor DR, Fassbind MJ, **Sangeorzan BJ**, Ledoux WR. Marker-based validation of a biplane fluoroscopy system for quantifying foot kinematics. *Med Eng Phys.* 2014 Mar;36(3):391-6. doi: 10.1016/j.medengphy.2013.08.013. Epub 2013 Sep 24. [PubMed – in process]

Kollitz KM, Hammert WC, **Vedder NB**, **Huang JI**. Metacarpal fractures: treatment and complications. *Hand (N Y).* 2014 Mar;9(1):16-23. Review.

Patel AR, **Alton TB**, **Bransford RJ**, **Lee MJ**, **Bellabarba CB**, **Chapman JR**. Spinal epidural abscesses: risk factors, medical versus surgical management, a retrospective review of 128 cases. *Spine J.* 2014 Feb 1;14(2):326-30. doi: 10.1016/j.spinee.2013.10.046. Epub 2013 Nov 12.

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Roof AC, **Jinguji TM**, **White KK**. Musculoskeletal Screening: Developmental Dysplasia of the Hip. *Pediatric Annals.* Nov 2013 42:11, 229-235.

Rouleau DM, **Herbert-Davies J**, Robinson CM. Acute traumatic posterior shoulder dislocation. *J Am Acad Orthop Surg.* 2014 Mar;22(3):145-52. doi: 10.5435/JAAOS-22-03-145. [PubMed - in process]

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Srinivasan S, **Threet D**, **Worton LE**, **Ausk BJ**, **Bain SD**, **Gardiner EM**, **Kwon RY**, **Gross TS**. Distinct cyclosporin a doses are required to enhance bone formation induced by cyclic and rest-inserted loading in the senescent skeleton. *PLoS One.* 2014 Jan 3;9(1):e84868. doi: 10.1371/journal.pone.0084868. eCollection 2014.

Trask DJ, Ledoux WR, Whittaker EC, Roush GC, **Sangeorzan BJ**. Second metatarsal osteotomies for metatarsalgia: a robotic cadaveric study of the effect of osteotomy plane and metatarsal shortening on plantar pressure. *J Orthop Res.* 2014 Mar;32(3):385-93. doi: 10.1002/jor.22524. Epub 2013 Nov 14.

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Lindberg)

Roof AC, Recidoro, AM, **Ausk BJ**, **Srinivasan S**, **Gross TS**, **Gardiner EM**, **Bain SD**, **Allan CH**, **Kwon RY**. (2014). Chemical and mechanical nerve impairment inhibit joint specification and bone formation in the regenerating zebrafish fin. 2014 Orthopaedic Research Society.

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