



ORTHOPAEDICS & SPORTS MEDICINE

eNews

Spring 2017

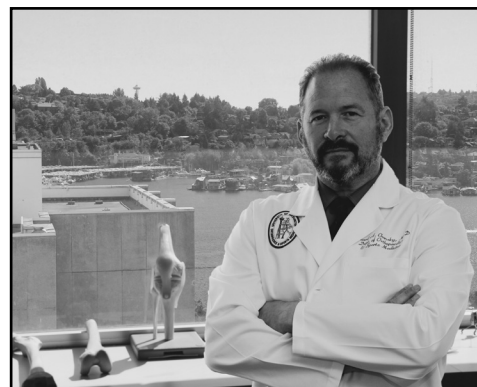
Issue #27

In this issue: Department News (2-3), Faculty & Staff News (4-5), TechTalk (6), Publications (6-7)

From the Chair

This Spring was an especially busy one for our Department and faculty on all fronts.

We welcomed Dr. Michael Saper to our Seattle Children's team (p.5), and said farewell to our friend and long-time colleague Dr. Ernest "Chappie" Conrad. Chappie dedicated 30 years of service to our Department. You can see a photo from the farewell reception on page 4.



In educational and research news, The 2017 UW Hand Course, entitled "Elbow Unhinged," had a record attendance (p. 2). Our faculty gave progress updates on their Department funded research projects at our first Seed Grant Symposium (p. 2). The VA's Center for Limb Loss and MoBility, under the direction of Dr. Bruce Sangeorzan, received additional funding for the next five years (p.5). Finally, Dr. Albert Gee traveled to Capitol Hill (the one in Washington, DC!) to lobby for continued funding for musculoskeletal research (p.4).

Many more members of our faculty received awards, joined boards, presented papers, delivered lectures, and attended conferences locally, nationally, internationally, and even at sea. Dr. Jack Berryman (emeritus) received the 2017 American College of Sports Medicine Citation Award, Dr. Seth Leopold was invited to join the board of the COPE Council, Dr. Stuart Michnick (R4) presented a paper at AAOS, Dr. Doug Smith (emeritus) gave three lectures and small-group teaching sessions on the US Navy Hospital Ship, The Comfort, Dr. List Taitzman was the 2017 Frederick N. Meyer keynote speaker at the ARCOS Annual Meeting, and Dr. Suzanne Yandow attended the POSNA/EPOS 2017 annual meeting in Barcelona, Spain (p. 4-5).

On a more personal note, I'd like encourage you to check out the feature on page 3 about the totem pole dedication at Northwest Hospital. Chris Domes, one of our 2017 graduates, and I attended this event, perhaps better described as a celebration of a remarkable life. The dedication took place on a beautiful Saturday morning on the NWH campus and we were both very moved by the ceremony.

Please continue reading to learn more about our Department's milestones this past Spring. If you have any items you would like included in our next newsletter, let me know.

Sincerely,

Howard A. Chansky, MD
Professor & Chair

eNews Editorial Board: Howard Chansky, M.D., Calina Garcia, M.B.A., Theresa Jones, and Sarah Pressl.
Have something you want to include for the next edition?
Please email calinab@uw.edu or sep720@uw.edu.

Department News

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UW Hand Course

The 2017 Hand Course had one of the highest numbers of registered attendees on record.

The topic this year focused on the elbow and was titled, 'Elbow Unhinged.' The course was broken up into three sessions. Session one focused on



Elbow Sports Injuries, which included Thrower's Elbow, Distal Biceps Injuries and Medial/Lateral Epicondylitis. Session two focused on elbow trauma and included Radial Head Fractures,

Essex-Lopresti, Terrible Triad and Distal Humerus Fractures. Session three had an emphasis on Elbow Sequelae and covered Elbow Soft Tissue,

Ulnar Nerve Injury/Compression, Nerve vs. Tendon Transfer for Elbow, and ended with lectures on Elbow Stiffness. Every year, the objective is to provide current and clinical information for the treatment of

hand and upper extremity through lectures, interactive case studies, and real time surgical anatomy demonstrations led by a diverse cohort of physi-

cians, fellows and therapists. A big 'thank you' goes out to our two guest speakers from the Mayo Clinic, Dr. Scott Steinmann and Dr. Julie Adams. We received great feedback on their lectures and expertise on the topic. Also, a huge 'thank you' goes out to the physicians and therapists who presented, the IT staff from the Department of Orthopaedics and all of the volunteers who help make the course possible.



First Presentations for Seed Grants

The Department of Orthopaedics & Sports Medicine initiated a Seed Grant Program in 2016 to enhance our academic impact by facilitating new, multi-faculty collaborations. A



peer review process identified 11 projects for funding in the initial round. On May 8, the department hosted its first Seed Grant Symposium at the UW Waterfront Activity Center, with brief progress presen-

tations given for all selected projects. In addition to receiving feedback from the nearly 25 participants (faculty and residents), the symposium provided an opportunity to consider new collaborations and projects. Two of the projects

have already resulted in extramural grant funding (from the Pac-12 and NIH) and several projects have led to NIH grant submis-

sions that are either on their way to being submitted or currently under review. It is our hope that these seed projects will enable extramural funding success that will greatly leverage the initial resources devoted to the program. The



department will aim to announce a second call for Seed Grants in the Fall of 2017 so please keep an eye out for this if

you are interested in participating in the next round. Thanks to Pamela Halberg for organizing the meeting space and refreshments, Arien Cherones for IT support, and Dr. Chansky for his support of this initiative.

Department News

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A New Sight at Northwest Hospital



On May 6th, a very special totem pole was unveiled on the campus of Northwest Hospital. Cindy Sue James, a member of the Tsimshian, Haida and Tlingit Tribes, was a singer and dancer who performed around the nation as a part of the Git-Hoan Dancers and the Cape Fox Dancers of Seat-

tle. Cindy lost her battle to cancer at Northwest Hospital last fall. In her last weeks, Cindy and her brother-in-law, master carver David Boxley, planned the details of the pole that would represent the gratitude she and her family have for the care Cindy received at Northwest Hospital. David Boxley carved this beautiful piece, with the help of many family members and dear friends.

Carved from Western Cedar, the 27-foot tall pole was presented to Northwest Hospital with a traditional ceremony including dances performed in Cindy's honor by members of her family, friends, and Native communities from Seattle, Canada and Alaska. Native languages of the Pacific Northwest and the Northwest Coast people were heard spoken on this site for the first time in generations.

The pole represents Cindy's journey at Northwest Hospital. On the top is a carving of an eagle, her family's crest. The second section is a medicine figure representing all the people who cared for Cindy. The figure is holding a rattle in their left hand, a

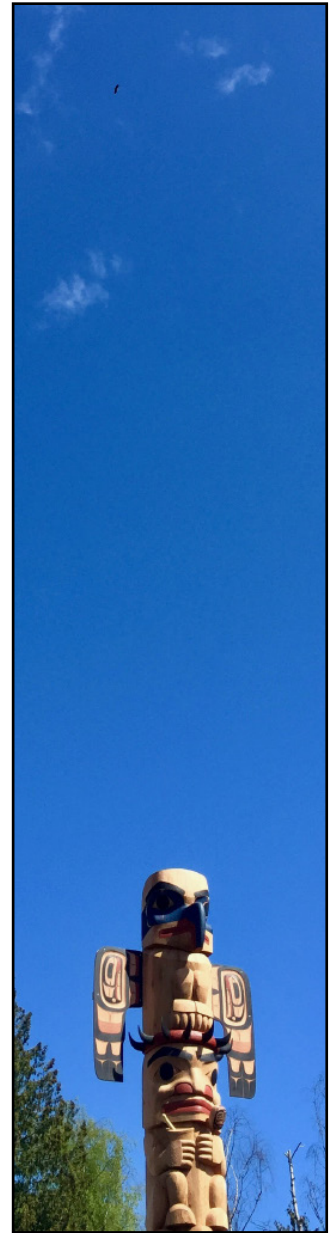


mortar and pestle in their right hand and is wearing a traditional bear claw headdress.

The three figures in the third section of the pole represent past, present, and future cancer patients of Northwest Hospital. The fourth section is a representation of a bent wood box with the pink ribbon for breast cancer awareness on the left and the blue ribbon for uterine cancer awareness on the right. The figure of Mouse Woman looks out from the center, a character Cindy portrayed often as a member of the Git-Hoan Dancers.

The bottom figure is a portrait of Cindy herself, including her dimples, smile, tattoo, and rings. She is holding her grandson, Dominic. The ceremony was followed by a traditional Potlatch for the community at Ballard high school.

Among the beautiful songs and dances performed were two that stood out. The first was a dance performed by Cindy's brother-in-law, David Boxley. Named The Carver's Dance, it depicts the search for the right log, carving the totem, and dancing to celebrate finishing the pole. The second dance is The Eagle Spirit Dance. Led by Cindy's grandson, Dominic, it was performed by Cindy's family wearing eagle masks. It was particularly moving and was an honor to witness. And as the dances ended, an eagle soared overhead (see the faint black dot in the upper lefthand corner of the photo above).



Faculty & Staff News

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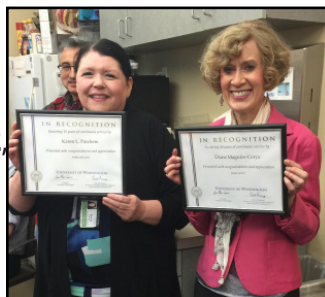
The results of the eNews Readers' Survey are in. We are introducing a new feature to the eNews called Mystery Faculty/Staff Member! Every edition will feature information about a faculty or staff member in our department. Check out the next edition of the eNews for the answer!

This staff member's favorite color is mauve and she loves to eat sushi. When she's not traveling to exotic places like Cuba, she likes to watch Orphan Black and enjoy the outdoors hiking and horseback riding.



Dr. Jack W. Berryman, Ph.D., FACSM, received the 2017 American College of Sports Medicine Citation Award from Elizabeth Joy, MD, ACSM president, in Denver on June 2. Dr. Berryman is Professor Emeritus in Bioethics and Humanities and Adjunct in Orthopaedics and Sports Medicine. He retired in 2015 after 40 years at UW.

The **Bone & Joint Center** on Roosevelt recently celebrated two staff anniversaries! **Karen Parchem, PSS2**, marked 10 years (Feb. 12) and **Diane Maguire, PCC**, hit the 40-year milestone (Mar. 21).



A fond farewell to **Dr. Ernest "Chappie" Conrad** (center). The department hosted a farewell reception in his honor on May 27.

Dr. Albert Gee has been busy over the last few months. He traveled to Capitol Hill at the end of March to advocate for continued funding for musculoskeletal research at the AAOS's annual Research Capitol Hill Days. Physicians, researchers, and patients were given the opportunity to meet with select members of Congress to highlight the importance of musculoskeletal research. It was a unique opportunity to create an impact at the national level and Dr. Gee says that it turned out very well. The full story can be found [here](#). Within a few weeks of returning from our nation's capitol, Dr. Gee was interviewed by Seattle's King5 News

for his treatment of Husky Football star John Ross. Ross suffered back-to-back knee injuries before coming back better than ever and some of that success is a direct result of the expert care delivered by Dr. Gee. Check out the full video [here](#)!

Congratulations to **Dr. Chris Kweon** and his wife on their newest addition! Chloe Alice Kweon was born on February 2, weighing 5lbs. 10oz. Dr. Kweon says, "[She is] growing and happy. Big



brother Carter [is] making the adjustments one day at a time." Dr. Kweon also recently received very good news from the PAC-12. He, along with **Drs. Albert Gee and Scott Telfer**, will be receiving funding for a study titled "Injury Prevention: Simple motion capture tech-

nology for readiness of return to sport assessment and injury risk prediction."

Dr. Seth Leopold was quoted in an article published by US News and World Report last month. The article, titled "Forget Steroid Shots for Long-Term Relief of Arthritic Knees," focuses on a recent study published in JAMA that examines the use of steroid injections in arthritic knees. Read the [US News and World Report story](#) and the [JAMA article](#) to learn more! Dr. Leopold also recently joined the board of the Committee on Publication Ethics, called the COPE Council. COPE is based in London, and is the leading international body that promotes ethics and integrity in academic publishing. They provide editors from around the world with tools to help them deal with problems like plagiarism and misconduct in the course of scientific reporting, and host numerous in-person and online seminars to help journals better deal with the ethical issues that arise in the course of intellectual inquiry. COPE Council members come from all over the world, and from all academic disciplines; the humanities, social sciences, education, ethics, science, and medicine all are represented on the council, as is informatics and the publishing industry. Dr. Leopold has the distinction of being the only surgeon on the council!

Faculty & Staff News

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Dr. Stuart Michnick (R4) presented a paper on March 15, titled "Functional Outcomes of Revision Total Ankle Arthroplasty," at the annual meeting of the American Academy of Orthopaedic Surgeons in San Diego. **Drs. Michael Brage** and **Alexander Lauder (R5)** were the other authors on the paper.

Dr. Bruce Sangeorzan, Professor and Director of VA's Center for Limb Loss and MoBility (CLiMB), received additional funding for the center for the next 5 years. The center works "to improve the quality of life and functional status of both Veterans who are at risk for lower extremity amputation and Veterans and service members who have undergone lower extremity amputation." Dr. Sangeorzan says he would like to provide junior faculty with the opportunity to begin rehabilitation-related research. The department is proud to have faculty like Dr. Sangeorzan working to improve the lives of our servicemembers. Congratulations CLiMB!



The department recently welcomed **Dr. Michael Saper** (second from right) to the Seattle Children's team. Dr. Saper specializes in pediatric sports medicine. Please say hello to him the next time you see him!

Research performed by **Dr. Adam Sassoon** was identified by Clinical Orthopaedics and Related Research — a leading international general-interest orthopaedic surgery journal — as being on both the top-10% most-cited and top-10% most-downloaded lists as maintained by that journal in the latest academic cycle. As of this newsletter, the article "Systematic Review of Patient-specific Instrumentation in Total Knee Arthroplasty: New but Not Improved" had received 38 citations since its publication in 2015, and it has been downloaded nearly 1500 times. In addition, it was in the top-25% of journals in terms of social shares as

measured by Altmetrics. For more information, see the full article [here](#).

Professor Emeritus Dr. Doug Smith was on the US Navy Hospital Ship The Comfort in February. He gave three major lectures and several small group-teaching sessions while on board. Additionally, he observed simulated drills for transferring patients via helicopter and rescues-at-sea. The Comfort's ER and OR underwent simulations as well, including twenty-six severe simulated-casualties arriving in a short time frame. Dr. Smith says it was a great experience!



A belated congratulations to **Dr. Suzanne Steinman** on the birth of her son, Reese Carl Philip Sherman, on December 25, 2016! Reese (left) joins his big sister Morgan (right), who is 2 years old. Welcome to our Ortho family!

Dr. Lisa Taitsman was the 2017 Frederick N. Meyer keynote speaker at the ARCOS (Residency Coordinators in Orthopaedic Surgery) Annual Meeting, held in conjunction with the AAOS Annual Meeting in San Diego earlier this year. Her presentation was titled "Professional Development and Wellness: It's More Than Just Survival." Dr. Taitsman was also recently nominated for the UW House-staff Quality and Safety Committee's Gene Peterson Award for Excellence in Quality Improvement for her dedication to resident education!



Dr. Suzanne Yandow, Chief Medical Director of Orthopaedics and Sports Medicine at Seattle Children's Hospital, recently returned from the POSNA/EPOS 2017 annual meeting in Barcelona, Spain. Dr. Yandow says that she met "many amazing women Pediatric Orthopedic Surgeons from around the world!"

Tech Talk: What is Ransomware?

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Ransomware is typically spread via email links with bogus addresses that load encryption software onto your machine. It is nearly impossible to crack an encryption code for this type of software, which is why ransomware can be so terrible. You may have heard in the news recently that a ransomware attack caused a large amount of trouble in the English healthcare system. You may ask: Are we at risk? The short answer is “yes” but it’s important to note a critical difference between our systems and theirs.

The attack that paralyzed the English healthcare system targeted Windows XP machines, which haven’t received support from Microsoft in years. Any system can become an easy target for hackers if it’s not kept up-to-date because it means there are more “backdoors” for hackers to discover. Thankfully, the University of Washington paid Microsoft extra money to maintain some XP patching. The department of UW Orthopaedics & Sports Medicine only has 5 machines running XP, but the network access (internet services) has been removed since they are too great of a risk. These computers remain in our department because certain research software can only be run on Windows XP. Hopefully the day will come when this software can be run on newer models, but until then these computers are here to stay.



Photo: Champion Solutions Group

As always, if you are unsure of an email or link, send it to acherone@uw.edu or orthohlp@uw.edu. We will be happy to identify if it’s safe in order to prevent data loss.

Presentations & Publications

Ahsan ZS, Somerson JS, **Matsen FA 3rd**. Characterizing the Propionibacterium Load in Revision Shoulder Arthroplasty: A Study of 137 Culture-Positive Cases. *J Bone Joint Surg Am*. 2017 Jan 18;99(2):150-154. doi: 10.2106/JBJS.16.00422.

Chiem J, Ivanova I, Parker A, **Krenzel W 3rd**, Jimenez N. Anaphylactic reaction to tranexamic acid in an adolescent undergoing posterior spinal fusion. *Paediatr Anaesth*. 2017 Mar 21. doi: 10.1111/pan.13141. [Epub ahead of print]

Dobbs MB, Frick SL, **Mosca VS**, Raney E, VanBosse HJ, Lerman JA, Talwalkar VR, Steger-May K, Gurnett CA. Design and descriptive data of the randomized Clubfoot Foot Abduction Brace Length of Treatment Study (FAB24). *J Pediatr Orthop B*. 2017 Mar;26(2):101-107. doi: 10.1097/BPB.0000000000000387.

Godfrey J, Choi PD, Shabtai L, Noss-ov SB, Williams A, **Lindberg AW**, Silva S, Caird MS, Schur MD, Arkader A. Management of Pediatric Type I Open Fractures in the Emergency Department or Operating Room: A Multicenter Perspective. *J Pediatr Orthop*. 2017 Mar 10. doi: 10.1097/BPO.0000000000000972. [Epub ahead of print]

Gundle KR, Mickelson DT, **Cherones A, Black J, Hanel DP**. Rapid Web-Based Platform for Assessment of Orthopaedic Surgery Patient Care Milestones: A 2-Year Validation. *J Surg Educ*. 2017 May 18. pii: S1931-7204(16)30242-2.

Lauder A, Hanel DP. Spanning Bridge Plate Fixation of Distal Radial Fractures. *JBJS Rev*. 2017 Feb 14;5(2). pii: 01874474-201702000-00002. doi: 10.2106/JBJS.RVW.16.00044.

Thompson M, Clinger B, Robert Simonds, Hochheimer C, Lahaye L, Golladay G. Probability of undiagnosed obstructive sleep apnea does not correlate with adverse pulmonary events nor length of stay in hip and knee arthroplasty. *J Arthroplasty*. 2017 Apr 14. pii: S0883-5403(17)30161-4.

Thompson M, Simonds R, Clinger B, Kobulnicky K, Sima AP, Lahaye L, Boardman ND 3rd. Continuous versus single shot brachial plexus block and their relationship to discharge barriers and length of stay. *J Shoulder Elbow Surg*. 2017 Apr;26(4):656-661. doi: 10.1016/j.jse.2016.09.026. Epub 2016 Oct 26.

Thompson MJ, Patel G, Isaacs J, McMurtry J, Richards N, Daner W. Introduction of neurosupportive cells into processed acellular nerve allografts results in greater number and more even distribution

Presentations & Publications

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when injected compared to soaking techniques. *Neurol Res.* 2017 Mar;39(3):189-197. doi:10.1080/01616412.2017.1282336. Epub 2017 Jan 23.

Toney B, **Thompson MJ**, Barnes B, Boardman N. Conversion of glenohumeral fusion to reverse total shoulder arthroplasty. *JBS Case*

Connect. 2017; 7(1): e20.

Williams AK, Cotter RA, **Bompadre V, Goldberg MJ, Steinman SS.** Patient Safety Checklists: Do They Improve Patient Safety for Supracondylar Humerus Fractures? *J Pediatr Orthop.* 2017 Feb 23. doi: 10.1097/BPO.0000000000000928. [Epub ahead of print]

Yandow SM, Van de Velde SK, Siebert J, Perkins SL. The Influence of Aspiration Volume on the Number of Osteoblastic Progenitors Obtained From Bone Marrow in Children. *J Pediatr Orthop.* 2017 Jan 30. doi: 10.1097/BPO.0000000000000949. [Epub ahead of print]

Recent Funding

National Institutes of Health

Muscle Atrophy and Bone Anabolism

Ted S. Gross, Ph.D.
Steven D. Bain, Ph.D.
Ronald Y Kwon, Ph.D.
Edith M. Gardiner, Ph.D.

Neuroskeletal Systems Biology in Zebrafish

Ronald Y. Kwon, Ph.D.

Suppression of Bone Mechano-transduction by the Beta 2 Adrenergic Receptor

Edith M. Gardiner, Ph.D.
Sunder Srinivasan, Ph.D.
Steven D. Bain, Ph.D.
Leah E. Worton
Ronald Y. Kwon, Ph.D.

Baylor College of Medicine

Pathogenesis of Novel Forms of Osteogenesis Imperfecta

David R. Eyre, PhD

Foundation for Orthopedic Trauma

Assessing Coagulopathy in Trauma Patients with Pelvic and Acetabular Fractures

Henry C Sagi, M.D.

Johns Hopkins University

Streamlining Trauma Research Evaluation with Advanced Measurement: STREAM Study

Conor P. Kleweno, M.D.

Omega Medical Grants Association, LLC

Omega Trauma Fellowship

David P. Barei, M.D.

Orthopaedic Trauma Association

COTA Trauma Fellowship

David P. Barei, M.D.

Pac-12 Student-Athlete Health and Well-Being Grant Program

Simple motion capture technology for readiness of return to sport assessment and injury risk prediction

Christopher Kweon, M.D.
Scott Telfer, EngD