

## Reflections on my UW Shoulder and Elbow Advanced Clinical Experience 1999-2000

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It is difficult for me to wrap my head around the fact that my fellowship with Drs. Rick Matsen, Doug Harryman and Kevin Smith ended over 20 years ago. I was thrilled at the opportunity to follow in the footsteps of my residency mentor, Dr. Tony Romeo, who had trained there 7 years earlier. My fellowship year in Seattle was the culmination of a long journey – it was my 18<sup>th</sup> consecutive year of training and education after high school!

I have fond memories of long and exhilarating days in the Operating Room, learning “The Method” from a Master Surgeon and Educator in Dr. Matsen. Long before it was commonplace, all aspects of patient care were consistently evidence-based. It was a treat to follow up close and in person Dr. Matsen’s clear and elegant thought process and teaching method. I learned a lot in fellowship about educating residents and fellows, and this has served me well during my first 20 years in practice, educating sports medicine fellows for all 20 years and shoulder and elbow fellows for the past 2 years. I was also deeply touched by Dr. Harryman’s humanity and kindness, despite spending only a short time with him before he succumbed to his illness. I have learned a lot about his legacy over the past twenty years: his contributions to understanding and treating shoulder instability and adhesive capsulitis, among other conditions, are cited frequently to this day... and the mere mention of his name still brings a quick smile to his many friends as they reminisce about his intellect and tennis prowess.

The fellowship struck a perfect balance between mentorship, mentoring, and autonomy. I relished the relative autonomy in the clinic – after averaging 4 ½ days in the operating room throughout residency (not counting pediatrics), I needed robust clinic time to develop my diagnostic and clinical decision-making skills. I remember that “my” clinics were sometimes quite busy, and this was a great opportunity to refine my “bedside manner” and improve my time management - skills that have served me well in clinical practice.

I also enjoyed the warm camaraderie amongst the faculty, including Drs. Kevin Smith and John Sidles, and the fellows, including co-fellow – Dr. Jordan Leith, currently at the University of British Columbia and sports fellow – Dr. Ed Tingstad, longtime team physician at Washington State University. Wednesdays were research days, and these days often began with a 5:00am or 5:30am meeting with Dr. Sidles, BEFORE resident teaching conference. We were quite productive and participated substantively in research projects and papers, including a yearlong review of nonprosthetic arthroplasty that provided a backdrop for the “ream and run” procedure that Dr. Matsen developed in the years that followed.

My time outside of work was also enjoyable: Seattle is a great place to spend a year. I splurged on renting an apartment overlooking Elliott Bay. I biked around town and even to work a few times and got in over 15 days of downhill skiing – mostly at Crystal and Stevens Pass, but also took a few days off to ski at Whistler. Friends I never knew I had visited for a few days here and there – together we explored Victoria and Vancouver, the Olympic Peninsula, the San Juan Islands and much more.

I am currently a Shoulder and Elbow Surgeon at MercyHealth – Cincinnati Sportsmedicine. Following my fellowship at UW I completed additional fellowship training with Dr. Gary Gartsman, arranged by Dr. Harryman so that I could gain additional arthroscopic training at the fellowship level. I joined Dr. Frank Noyes in Cincinnati and hit the ground running – I went from being a fellow one day to mentoring one of 4 sports medicine fellows the next. I have enjoyed the mentoring process immensely – it has helped me stay current and thoughtful and I am proud of the accomplishments of those fellows that I have helped train.

My practice is 90% shoulder and 10% elbow and includes a mix of arthroplasty, arthroscopy and cold trauma. One unusual feature about my surgical practice is that I have used the DJO reverse prosthesis continuously since the original IDE study that ended in 2004 and longer than just about any other surgeon besides the implant designer, Dr. Mark Frankle. Although my practice focus is narrow, anatomically, my professional life is quite varied. I serve some administrative roles at MercyHealth – I currently serve as Chief of Orthopaedics at The Jewish Hospital and previously served as Chief of Surgery. I also Chair the Orthopaedic Service Line across 5 Cincinnati hospitals and including 30+ surgeons.

Regarding my involvement with ASES, I have been a member since 2006 and I am the current Co-Chair of the Education Committee. I also direct the development of shoulder and elbow content for the JBJS online learning platform. I serve on the Editorial Board for Arthroscopy and for Orthopedics Today. I keep pretty busy for someone in “privademics”, but the truth is my work pales in comparison to the accomplishments and activities of my practice colleagues, who have won a combined 3 Kappa Delta awards and who take care of two of Cincinnati’s three professional sport teams.

Outside of work, I am fortunate to be married to Dr. Mariana Belvedere and together we have raised two bright children: Cecilia (17 years) and Tarek (14 years). We are also caretakers of a 110-year-old Spanish mission style house that we call home. Traveling is our family “vice” and our two-week tour of Australia last year marked our 6<sup>th</sup> continent together.