

# Orthopod Cast

## Objectives

### Why should you do research?

The list below includes the most important objectives of why you should do research at SIU School of Medicine:

- Expand Orthopaedic Knowledge,
- Improve quality and function of life,
- Meet the professional objectives of competency by boarding agencies.

Here are the top reasons that you should NOT use to participate in research:

- To produce another manuscript,
- To check off another task during residency.

Quarter 1, 2011

January 11, 2011

SIU School of Medicine  
Department of Surgery, Division of Orthopaedics

## Breakin' News

As this is the first issue of Orthopod Cast, we wanted to introduce the concept behind the newsletter's creation. The SIU School of Medicine Orthopaedic Surgery faculty and research staff strongly believe that research is the crux of innovation and success. As such, SIU SOM Orthopaedic Surgery residents have a strong support system and environment in place to conduct research and publish manuscripts in reputable orthopaedic journals.

Each quarterly issue of Orthopod Cast will have two main sections. The front of the newsletter will feature the main objectives of doing research, recent news about the Division (Breakin' News), a light-hearted orthopaedic joke, story, or photo (The Funny Bone), and a monthly recognition for the resident who we want to showcase for his/her accomplishments (The Bone Zone).

The back of the newsletter will feature peer recommendations for SIU SOM Orthopaedic Surgery residents on their current projects, as well as upcoming meetings and deadlines (What's Crackin'?). The information provided is meant to guide residents

in the right direction in order to be successful in their current research endeavors.

Level Axial LIF: A Radiological Analysis. PODIUM

Mai MC, Kukkar N, Milbrandt JC, Freitag P. Chronic Axial Skeletal Pain: Evaluation of a Single Institution's Referral Patterns. POSTER

Sams JD, Novicoff WM, Francis ML, Saleh KJ. Emergent Versus Elective Total Hip Arthroplasty Revision: Examining Outcomes and Costs. POSTER

Froelich JM, Milbrandt JC, Novicoff WM, McLafferty RB, Williams RG, Saleh KJ. Influence of Patient Clinic Experiences on Recommending Their Provider to Family or Friends. PODIUM

Dyrstad BW, Pope DJ, Milbrandt JC, Beck RT, Weinhoft AL, Idusuyi OB. Predictive Measures of a Resident's Performance on Written Orthopaedic Board Scores. PODIUM

Mai MC, Froelich JM, Beck RT, Milbrandt JC, Freitag P. Sagittal alignment following single and multi-level axial lumbar interbody fusion. PODIUM



### COA Congratulations

The Division of Orthopaedic Surgery had 6 abstracts accepted for presentation at the COA annual meeting on July 7-9, 2011 in St. John's, Newfoundland, Canada.

The abstracts include:

Kukkar N, Beck RT, Mai MC, Sullivan DN, Milbrandt JC, Freitag P. Alterations in Disc Height, Foraminal Height and Foraminal Width Following One- and Two-



## The Funny Bone

What do you call 2 orthopaedic surgeons reading an EKG?

A double blind study.

If you would like to submit an item for inclusion in this newsletter, including a funny orthopaedic joke, story, or incriminating photo of a resident, please submit them to Brooke Robinson at [brobinson@siumed.edu](mailto:brobinson@siumed.edu)

## The Bone Zone

### What is the Bone Zone?

The Bone Zone is a prestigious monthly recognition and award for the SIU SOM Orthopaedic Surgery resident who has showcased outstanding accomplishments during the prior month (in research, education, patient care, etc.).

### What do you get for being in the Bone Zone?

The winner will receive a gift card. Please come and claim your award at Brooke Robinson's office, D244.

### Who is this month's winner?

December's Bone Zone recognition goes to Dr. Matt Mai, PGY5.



Dr. Mai presented two abstracts at SOMOS on December 13-17, 2010 in Vail, Colorado. He also had his manuscript, Posterior Arm Compartment Syndrome Following a Combined Supracondylar Humerus and Capitellar Fracture in an Adolescent: A Case Report, accepted by the Journal of Pediatric Orthopaedics.

Congratulations!!

## What's Crackin'?

# Current Resident Research

Upcoming Meetings and Deadlines	Date	Location
Journal Club	January 19, 2011	D229
ACGME Site Visit	January 27, 2011	SIU SOM
OREC	January 31, 2011	D219
Dept. of Surgery Resident Research Day Abstract Due	February 8, 2011	brobinson@siumed.edu
OREF Resident Conference Abstract Due	February 15, 2011	wendy@virginia.edu
AAOS Annual Meeting	February 15-19, 2011	San Diego, CA
21st Annual Trainee Research Symposium Abstract Due	February 28, 2011	kkatcher@siumed.edu
OREF Resident Conference	March 18, 2011	St. Louis, MO
Dept. of Surgery Resident Research Day	March 31, 2011	South Auditorium, SIU SOM
21st Annual Trainee Research Symposium	April 27, 2011	South Auditorium and Pearson Museum, SIU SOM

Thank you to all of the SIU SOM Orthopaedic Surgery residents who have presented at OREC and those that presented at the Resident Research Presentation meeting on January 3. By presenting your projects at such meetings, you gain invaluable peer feedback in a supportive research environment. The active resident research projects listed below have been presented at these meetings. The action items listed under each project were discussed during the meetings and should be addressed promptly. If you need help throughout your research process, do not hesitate to contact any of the research staff. Again, thank you and keep up all of your hard work and effort!

Resident Collaborator (s)	Project Name	Action Items
John Froelich, M.D.	PAUSE	Work with Dr. Novicoff on analyzing data using SPSS.
Roxanne Keene, M.D.; Matt Lovell, M.D.	Comparison of time to proximal femoral physeal closure in pinned SCFE hips versus pinned contralateral hips	Use % of physeal closure at 6 months compared to 12 months. Discuss standardization of imaging in manuscript.
Aaron Pemberton, M.D.	USG guided placement of ex-fix pins	Discuss other pins, such as Hoffman III, that SOMOS uses in war circumstances. Discuss the ideal use of fluoroscopy and ultrasound in manuscript.
Brad Dyrstad, M.D.	Bilateral versus unilateral metal ion levels and correlation with head size	Discuss the clinical or practical significance of study findings in manuscript.
Kyle Siewert, M.D.	Tarsal tunnel syndrome as a result of an accessory FHL	Once this manuscript is submitted to a journal, please contact Brooke Robinson or Dr. Wendy Novicoff to discuss a new project.
Donald Sullivan, M.D.	ACL study	Continue working with Drs. Hillard-Sembell and El-Amin to formulate a hypothesis.
Evan Armington, M.D.	Serum titanium and niobium levels following flexible IM nail insertion in the pediatric population	Please let OREC know if you need help once data collection is underway.
Adam Hall, M.D.	Outcomes of dynamic stabilization in patients with lumbar stenosis and degenerative disk disease with concurrent degenerative scoliosis	Consider formatting the study as a case series due to the limited data.
Jake Sams, M.D.	Redefining revision total hip arthroplasty based on hospital admission status	Consider the next project based off of this data.
John (Stuart) Blankenship, M.D.; Matt Mai, M.D.	Normative values of the coracoids: a CT and MRI study	Consider who else could competently help with data collection.
Ryan Dabbs, M.D.	Driving under the influence of narcotics	Please let OREC know if you need help once data collection is underway.
Kevin Sharif, M.D.; Brian Dahl, M.D.	Pain management after total joint arthroplasty: a multimodal approach	Discuss the limitations of this study, including the small sample of surgeons who don't use Duramorph, in manuscript.
Jackie Corona, M.D.	Vitamin D fragility fractures in Medicaid indigent children	Meet with Dr. McGinty to discuss project and hypothesis.
Mark Eilers, M.D.	Porous press-fit stem extensions and revision total knee arthroplasty	Concentrate only on the OSS patients.



*Thank you and keep up your hard work and effort!!!*