

HOAG ORTHOPEDICS

Your Support Made a Difference



FY 2017 REPORT TO DONORS

July 1, 2016 - June 30, 2017

Hoag Orthopedics has many reasons to celebrate the achievements made possible by philanthropy this past year. We have increased the number of fellows, hired an additional Research Coordinator, further developed research studies and implemented successful annual courses focused on education and community outreach.

The generosity of our philanthropic community has allowed Hoag to expand research and education activities that have helped to advance care at Hoag and far beyond. This report is a summary of the impact you made with your support in fiscal year 2017 (July 1, 2016 - June 30, 2017).

**HOAG
PROMISE**

OUR CAMPAIGN TO LEAD,
INNOVATE & TRANSFORM



Hoag Orthopedics Team: Carlos Prietto, MD, Executive Director, Marie-Claire Fickenscher, Clinical Research Coordinator, Camille Bray, Clinical Research Coordinator II, Vanessa Glotzbach, Education Coordinator II, Ryan Helber, MA, Administrator, Vance Gardner, MD, Medical Director, Edward (Teddy) Quilligan, Clinical Research Coordinator.

Education

Mentoring the Next Generation

Hoag Orthopedics is proud to offer an integrative Fellowship Program completely funded by our generous donors. In this program, physicians who have completed their residency take another year of formal training in an orthopedic subspecialty. Not only are the fellows able to closely watch and learn from leading clinicians and attend clinics, but they also pick a research topic driven by their curiosity. The program has three specialized fellowships: Sports Medicine, Spine and Adult Reconstruction and Total Joint. For the 2017-18 academic year, there is one fellow each for Sports Medicine and Spine with two fellows in Adult Reconstruction and Total Joint.

The bulk of a fellow's year is spent training with surgeons who generously donate their time to instruct the next generation in advanced skills. The fellows are exposed

to the clinic environment and gain hands-on experience in the operating room by working alongside a designated surgeon for eight weeks. Each fellow rotates to shadow another surgeon for the following eight weeks. This rotating schedule allows the fellows time to immerse themselves in each surgeon's style and techniques. Over the course of a year, each fellow is exposed to more than 500 surgeries.

Another advantage the Fellowship Program brings to Hoag is the opportunity to develop specific, in-depth research projects. The fellows collect and analyze data and strive to publish their findings.

Making the Most of the Fellowship Experience

Lee Estes Blanton, Jr., MD, graduated as Hoag Orthopedics' second Sports Medicine fellow. He chose Hoag for its reputation, location and program; even though the Sports Medicine program for fellows was relatively new, Hoag Orthopedic Institute's (HOI) outstanding reputation convinced Dr. Blanton he would thrive here. He feels the year spent at HOI working specifically with high school and college athletes was well worth his time and the experience he received was top-notch.

"I wanted to be competent enough to perform surgeries safely and well for my patients. The volume, variety and repetition of surgical cases was the highlight of my fellowship experience at HOI," shares Dr. Blanton. He feels fortunate to have spent a week at training camp with the Los Angeles Chargers and attend private practices for the Los Angeles Angels of Anaheim, since most Sports Medicine surgeons do not get the opportunity to work with professional athletes.

He participated in two research studies, one his own and the other inherited from a previous fellow. His personal study focused on patients who had hip replacements and experienced tendon irritation. Sometimes, even an X-ray cannot discover the source of the discomfort and the only option is to cut the tendon. This procedure, more safely accomplished using arthroscopy, is rare; over seven years, only ten have been done. Comparing the ten patient outcomes, Dr. Blanton discovered that although uncommon, the arthroscopic procedure is efficacious.

The other project further delves into a Pain Journal Study, started by a previous fellow, focusing on patients receiving minor surgery for a meniscus tear who are prescribed opioids to manage postoperative pain. The study revealed that the majority of patients do not finish their prescriptions which leaves too many left over opioids and increases the potential for substance abuse.

Before his fellowship, he felt he needed more experience in sports arthroscopy procedures. Now he feels comfortable in many areas, such as hip, knee and shoulder. He is impressed with the growth he has achieved as a surgeon. "The staff are competent, talented and humble, which reflects the strength of the program. They didn't treat me like a fellow, but more as a colleague they were all willing to teach." Dr. Blanton believes training more fellows will result in stronger faculty members in the future.

Going forward, he will join a multispecialty group in Corona, California, where he will work specifically as an orthopedic surgeon specializing in Sports Medicine. He says there are many athletes without access to proper care and he hopes to fill the gap.



Dr. Blanton (left) with
Dr. Gazzaniga and Dr. Petrie.



Second Annual Hoag Orthopedics Fellowship Research Day

Supporting Excellence

Grand rounds are monthly educational events for the orthopedic community featuring diverse guest lecturers from outside institutions all across the country. Guest lecturers typically specialize in a certain procedure, have expertise in a technique or bring in an intriguing case to discuss. This helps better educate the community of Hoag Orthopedic clinicians and cultivates open dialogue. Hoag Orthopedics fellows sometimes give case presentations or research project presentations. This past year, Hoag Orthopedics featured 12 distinct grand rounds, two of which highlighted fellows giving case presentations.

The second annual Fellowship Research Day, the culmination of the Fellowship Program, was an exciting, three-hour event held in June.

This special grand round was a graduation day for the three deserving fellows. Guest lecturer Gregory B. Maletis, MD, was followed by the fellows who shared case presentations from the past academic year, giving the audience and clinicians a chance to see what they researched and discovered. This captivating event has been a great success and will continue next year.

Philanthropy directly supports this program by providing staff to orchestrate monthly meetings and obtain quality guest speakers.

Research

Research Coordinators Are Key to Success in Advancing Research

Thanks to the philanthropic support of Hoag Orthopedics physicians, an additional Clinical Research Coordinator, Marie-Claire Fickenscher, was hired in February 2017. Marie-Claire joins our two current Clinical Research Coordinators, Camille Bray and Teddy Quilligan, working on orthopedic research projects to support fellows and the faculty of surgeons in a collaborative environment.

In their last year of training, the fellows are required to complete one to two research projects during their academic year. The demand for more Research Coordinators shows a growing interest in the importance of research studies resulting from fellows' projects.

Last year, Coordinators assisted the fellows in creating and preparing 11 abstracts which summarized the main points of each study and included methods, results, discussions and conclusions. Coordinators are essential team members who assist in identifying relevant research topics and developing proper study protocols. If a patient qualifies for a study, the Coordinator meets with them, goes through the study in detail and gains the subject's consent. The Coordinator follows up with the patient based on the study's protocol to collect necessary data.

Clinical Research Coordinators are key to the successful advancement of research and innovation at Hoag Orthopedics.

Pain Journal Study

The Pain Journal Study originated from Sports Medicine Fellow Michael Dempewolf, DO, MBA, during the 2015-16 academic year. The study collected data on what type of medicine was used post-surgery, tracking how many pain pills were prescribed versus how many pills patients actually took. **Eighty-six patients were included in the study and were prescribed about 3,300 pills in total. However, only 486 pills, not even 15 percent, were actually taken, leaving approximately 2,800 pills in people's homes with the potential of abuse.** This eye-opening data will be published with the hope that more surgeons will consider adjusting future prescriptions.

These findings have significantly changed the discussion about post-surgery opioid prescription use at Hoag Orthopedic Institute. Although this study focused on a small subset, the results are indicative of a larger, national problem. The study has been expanded into two new Pain Journal Studies. The first will focus on ACL surgeries and postoperative pain medicine use. The other will track medications after knee replacement surgeries.

The 2017-18 fellows will undertake these two projects and compare their findings to the original Pain Journal Study for further insight into our nation's opioid crisis.

Innovation

Promoting Value Based Health Care

In December 2016, James Caillouette, MD, the **Joan & Andy Fimiano Endowed Chair in Orthopedic Surgery** and chief strategy officer, Hoag Orthopedic Institute, and Anthony Caffarelli, MD, vice-chair of cardiothoracic surgery, led the inaugural “Value Based Health Care” course at the Irvine Marriott. The course was developed by and held in partnership with Dell Medical School, Texas, and Connecticut Joint Replacement Institute, both nationally recognized orthopedic institutions.

Hoag Orthopedic Institute is a pioneer in establishing a value-based approach, which is a bundle payment system for joint surgeries. This changes the way we look at patient outcomes by viewing the quality and cost associated with care instead of a traditional fee for each individual service. Patients pay one set amount for their treatment, which includes the surgery

and all follow-up appointments to reduce overall cost and ensure patients receive everything needed to recover, increasing the value. This new, value-based model, established by Dr. Caillouette and Hoag Orthopedic Institute founding physicians in 2010, is an approach that many other hospitals are shifting toward.

Hoag Orthopedics is making this an annual event for medical and health care MBA students, public health students and residents and fellows of orthopedics. Supported by proceeds from the Joan & Andy Fimiano Endowed Chair in Orthopedic Surgery, the goal was to further the education and training of orthopedic fellows, residents and medical students and discuss the value-based health care model. Special thanks to **Joan and Andy Fimiano** for their generosity.



James Caillouette, MD, Joan & Andy Fimiano Endowed Chair in Orthopedic Surgery
and chief strategy officer, Hoag Orthopedic Institute

Serving the Community

A Play with a Purpose

Through the generous support of **Allan and Sandy Fainbarg**, Hoag Orthopedics hosted more than 100 high school students from Huntington Beach and Buena Park in May 2017 in the **Allan & Sandy Fainbarg Community Education Center** at Hoag Hospital Irvine to showcase a “mock surgery” at an event called Back to Play. The play featured the medical personnel necessary to help a baseball player recover from an injury.

Following his journey, students were exposed to 11 different health care professions, including an athletic trainer, technologist and performance coach. Hoag Orthopedics partnered with Vital Link, an organization which works with 30,000 kids a year, to introduce students to a variety of health care career possibilities they may not have known existed.

Planning this event would not have been possible without philanthropic support, which allowed us to bring in students, organize the event, provide food for everyone and stage the play. All actors donated their time for this event. At the end of the play, the “actors” reveal they have played themselves in their own positions, creating a real-life moment for students to realize a new possible career. Performers spoke briefly about their jobs, how they arrived at their positions and what their work entails. Due to the success of Back to Play, this event will take place twice a year, once in May and again in November.



We Are Grateful to Our Physician Philanthropists

The committed physicians of Hoag Orthopedic Institute (HOI) have donated more than \$774,000 in gifts since the inception of Hoag Orthopedics to support research and education. HOI physician support covers roughly 10 percent of the Hoag Orthopedics operating budget for research and education programs. Special thanks to all HOI physician philanthropists who so generously give back and to those who contribute through community outreach programs.



From physicians to fellows and staff, everyone at Hoag Orthopedics is involved in supporting our local community. Dr. Carlos Prietto is seen here serving in his role as volunteer team physician for Mater Dei High School.



Hoag Orthopedic Institute nurse scholarship recipients

Supporting Nursing Education

Philanthropy is helping more nurses to obtain master's degrees, an increasingly important level of education. Scholarships funded by donors who specifically want to help further nursing education make receiving scholarships even more special for grateful nurses.

Taylor Uffelman, RN, mother of two, is one of the thankful scholarship recipients who is returning to school to pursue her master's degree in nursing education. With a bachelor's degree in child development under her belt, Taylor has a passion for education. Years ago, she had to put college on hold when she was working full time and had her first child. Yet her desire to finish her master's degree never waned.

Because of donor support, Taylor is unstoppable. "I can be the involved mother I want to be with Hoag's flexible, part-time work schedule and no financial stress thanks to the generous scholarship," says Taylor. She is enrolled in the online school Western Governors University and has finished her first year with plans to graduate in a year and a half with both a bachelor's and master's in nursing.

Thank you

Thank you for your generous support of Hoag Orthopedics. Because of you, we are advancing the field of orthopedics through research, education and community service.

For more information, please contact Hoag Hospital Foundation at (949) 764-7217. Please visit our website: www.HoagPromise.org.