



HOAG ORTHOPEDICS

# Your Support Made a Difference

2018 REPORT TO DONORS

Powered by philanthropy, Hoag Orthopedics is making significant strides in advancing orthopedic care and research at Hoag and beyond. Generous donor support enabled the Hoag Orthopedics team to grow significantly this past year, expanding the organization's reach and broadening our impact on patients, orthopedic care providers and the community.

This report is a summary of what your support made possible in 2018.



Third Annual "Back to Play" Community Outreach Event

## Expanding the Team, Increasing Impact

Thanks to philanthropy, the Hoag Orthopedics research, education and outreach team has grown from seven to ten staff members in the last fiscal year. The larger team means Hoag Orthopedics can bring even greater focus to each aspect of its mission to foster education, research and community outreach in orthopedic medicine.

A more expansive clinical research staff allows Hoag Orthopedics to open more research studies and enroll additional patients. This not only advances the field of orthopedics but brings greater recognition to Hoag Orthopedics' research program, bringing with it more pharmaceutical and medical device clinical trial sponsors as well as more orthopedic surgeons who want to open clinical trials with Hoag Orthopedic Institute. Team members focusing solely on education and community outreach are developing new events, conferences and symposiums with emphasis on innovation and achieving the highest level of clinical excellence.



Executive Director



Medical Director



Administrator



Program Manager



Clinical Research Coordinators



Clinical Data Coordinator



Education Coordinator



Advanced Intern



Clinical Research Coordinator Camille Bray (Center) Pictured with Total Joint Fellowship Faculty

## Camille's Story: From Student to Healer

Educating the next generation of orthopedic physicians and health care professionals has been part of the ethos of Hoag Orthopedics from the start. With that motto, Hoag Orthopedics has become an incubator for young talent interested in the medical profession.

For example, Camille Bray was introduced to orthopedic medicine following a high school injury when she was a patient of Alan H. Beyer, M.D., orthopedic surgeon and Chair, Hoag Orthopedic Institute. While sitting in the waiting room, she remembers saying to her mom, "I want to work in this building!" When Camille mentioned her interest in medicine, Dr. Beyer invited her to shadow him in the operating room at Hoag.

### An Open Door

After she graduated from the University of California, Berkeley, Dr. Beyer recommended that Camille apply for a research internship at Hoag Orthopedics. Under the guidance of Vance Gardner, M.D., medical director of Hoag Orthopedics, she dove into her new role. She selected from different topics to formulate research projects and participated in research meetings and grand rounds, which gave her a behind-the-scenes experience of all that the Hoag Orthopedics Institute team does for its patients.

Thanks to the generosity of our community, Camille moved into a full-time position as a clinical research coordinator. She enthusiastically embraced her responsibilities by helping to develop protocols for some of Hoag Orthopedics' advanced research projects that included clinical trials, data registries and specialties in spine, total joint and sports medicine.

### Practicing Health Care the Right Way

After three years at Hoag Orthopedics, Camille is now pursuing a master's in physician assistant studies at the Medical University of South Carolina. While it was a bittersweet decision, she is excited to move into the next level of her career and have a direct role in patient treatment. She credits the Hoag Orthopedics team for giving her the opportunity of a lifetime to find her calling to serve patients.

"At Hoag Orthopedics, I learned how to practice medicine the right way by putting patients first and providing excellent medical care," she says. "Also, to have worked with physicians who are leaders in their field and who always put patients first will help me bring that standard of excellence wherever I go."

## Leading by Example

One of the ways Hoag Orthopedic Institute (HOI) physicians demonstrate their commitment to Hoag Orthopedics is through their personal giving. Since the inception of Hoag Orthopedics, HOI physician philanthropists have donated more than \$1.6 million to support orthopedic research and education.

Alan H. Beyer, M.D., orthopedic surgeon and Chair, Hoag Orthopedic Institute, leads by example through his own generous giving as well as his participation in activities and events with the Hoag Hospital Foundation that further Hoag's philanthropic efforts. Dr. Beyer was

awarded this year's Hoag Promise Lifetime Achievement Award at the Physician Campaign Leadership Group's 5th Annual Celebration Dinner. He was recognized for his unwavering enthusiasm in collaborating with Hoag Hospital Foundation and his consistent and positive impact on the success of the Hoag Promise Campaign.



Flynn A. Andrizzi, Ph.D.; Dr. Allyson Brooks, Ginny Ueberroth Executive Medical Director Endowed Chair, Women's Health Institute; Dr. Alan Beyer; Dr. Kris Iyer and Dr. Michael Brant-Zawadzki, Ron & Sandi Simon Executive Medical Director Endowed Chair, Pickup Family Neurosciences Institute

## Education

### Investing in the Next Generation of Surgeons

The Fellowship Program is a cornerstone of Hoag Orthopedics' commitment to mentoring the next generation of orthopedic surgeons. The Program attracts talented young physicians from all over the country who have completed orthopedic residencies and want another year of formal training in an orthopedic subspecialty. Three specialized fellowships are offered: Spine, Adult Reconstruction and Total Joint and Sports Medicine. An increasingly competitive program, Hoag Orthopedics receives up to 60 applications for just one or two fellowship positions.

For the 2018-2019 academic year, there are two fellows in Adult Reconstruction and Total Joint and one fellow each in Spine and Sports Medicine.

Hoag Orthopedic Institute physicians serve as active faculty to the three Fellowship Programs. They generously donate their time to teach advanced skills to these young surgeons. Fellows shadow and work alongside designated surgeons for an eight-week rotation, joining them in the operating room and the clinic environment where they gain valuable hands-on experience in caring for patients. The rotating schedule gives the fellows in-depth exposure to many different styles and techniques.

Each fellow also engages in a long-term research project they select themselves based on their interests with the goal of publishing their findings.



2017 - 2018 Fellows from Left to Right:  
Travis Scudday, M.D., Joshua Schwind, M.D.,  
Zachary Thiesen, M.D., and Andrew Nelson, D.O.

## Meet the Hoag Orthopedics 2018-19 Sports Medicine Fellow



2018 - 2019 Sports Medicine Fellow Mitchell Stroh, D.O.,  
and Charger's Head Physician David Gazzaniga, M.D.

A Division I scholarship-athlete, Mitchell Stroh, D.O., has always been passionate about sports. When the track and field and cross-country star sustained a stress fracture during his junior year at Temple University, an orthopedic surgeon got him back on track and competing again. The experience sparked an interest in a career in sports medicine.

After graduating from medical school and completing an orthopedic surgery residency, Dr. Stroh began searching for an exceptional sports medicine fellowship program. He recalls visiting Hoag Orthopedic Institute during the interview process and speaking with the then sports medicine fellow who touted the unique opportunity to learn from multiple orthopedic surgeons who are all disciples of the country's top programs.

Shortly after Dr. Stroh accepted the sports medicine fellowship at Hoag Orthopedics, Hoag announced a new relationship with the Los Angeles Chargers. Working with professional athletes has been the cherry on top for Dr. Stroh. He shadowed David Gazzaniga, M.D., head physician for the Chargers, throughout the 2018 season. Dr. Stroh feels the experience he has gained managing high-end athletes both operatively and non-operatively is invaluable.

A standout moment for Dr. Stroh was learning how to perform a quad tendon graft for ACL reconstruction, a surgical technique not commonly practiced. Dr. Stroh became so interested in understanding the advantages of the procedure, he started a retrospective research study of patients who've had the operation at Hoag. Preliminary data and analysis show a 94% success rate. He submitted the findings to a journal for consideration for publication.

Dr. Stroh is planning another research project - an industry-sponsored clinical trial studying the effects of freezing certain nerves in the lower extremity using a special device prior to ACL reconstruction. The premise is that patients who receive the nerve freezing prior to surgery will need less pain medication and experience a faster recovery. It is a passion project for Dr. Stroh and one that he knows would not be possible without Hoag Orthopedics and generous support from our community.



Dr. Alexander Vaccaro at the 2018 Fellowship Research Day

## Research

Thanks to donor support, the Hoag Orthopedics research infrastructure has grown over the last several years, allowing for an increased participation in research studies to make more meaningful discoveries. Hoag Orthopedics is currently conducting approximately 30 research studies. Some of these studies are industry-sponsored, testing new medical devices or drugs, and others are faculty and fellow-initiated research projects.

### Third Annual Hoag Orthopedics Fellowship Research Day

A highpoint of the Hoag Orthopedics Fellowship Program is the Annual Fellowship Research Day. At the 2018 event, 100 attendees heard from distinguished visiting professor Alexander Vaccaro, M.D., president of the Rothman Institute, on Rothman's "Journey to the Bundle Payment Plan." In addition, each Hoag Orthopedics fellow and a guest fellow from Kaiser Permanente, Orange County, presented some of their most interesting cases from their year of training along with the research projects they completed during the year.

### Zimmer Biomet mymobility™ Study

Zimmer Biomet and Apple created an app designed to facilitate a new level of connection between patients and their surgical care teams. The mymobility™ clinical study investigates the app's impact on patient outcomes and overall costs for patients who have hip or knee replacement surgery. Hoag Orthopedics will enroll up to 800 patients over the next couple of years. During the study, patients will use the app with an Apple Watch throughout their joint replacement journey. The app includes physical therapy exercises for the patient to do at home and tracks their activity in real time.

### Simplify Medical Study

Patients who have cervical degenerative disc disease experience a range of symptoms from tingling and numbness to pain in the shoulder, neck and arms. The current standard of care is having one's discs fused, which can be very limiting; patients often lose some mobility in the fused disc, which diminishes their quality of life. Having the disc replaced, however, can restore mobility. This study, sponsored by Simplify® Disc, offered qualifying patients disc replacement with an artificial cervical disc designed to alleviate pain and restore natural function. The study reflects a significant advancement for patients with cervical degenerative disc disease, who historically have not had many treatment options.

### Pain Journal Studies

Hoag Orthopedics' groundbreaking Pain Journal Study in 2016, which investigated the pain medication usage of patients after meniscus removal surgery, has been a catalyst for several additional pain journal studies. As the nation's opioid epidemic persists, more orthopedic surgeons have been inspired to conduct similar studies among different surgical patient populations. Pain Journal Studies are currently open in total joint, ACL reconstruction and shoulder reconstruction. As with Hoag Orthopedics' initial Pain Journal Study, the goal is to better understand how much pain medication patients use post-surgery and make recommendations on what should be prescribed to limit the number of unused opioids in people's homes with the potential of abuse.

Hoag Orthopedics Pain Journal Studies are influential in the larger conversation about post-surgery prescription drug use. In fact, Hoag Orthopedics' initial Pain Journal Study was published in 2018 in the online *Journal of Bone & Joint Surgery*. The study was not only the first of its kind in orthopedic medicine, its acceptance in a major medical journal speaks to its relevance and impact.

## Innovation

### Leading the Way in Value-Based Health Care

Hoag Orthopedic Institute has long been a leader in the implementation and promotion of value-based care in joint surgeries. Instead of the traditional fee for service payment model, a value-based approach is a bundle payment that prioritizes quality and patient outcomes while reducing overall cost.

On October 26, 2018, James Caillouette, M.D., Joan & Andy Fimiano Endowed Chair in Orthopedic Surgery and chief strategy officer, Hoag Orthopedic Institute, teamed up with Amy Compton-Phillips, M.D., executive vice president and chief clinical officer, Providence Health & Services, to lead an all-day event

educating current and future health care leaders on value-based medicine. The second annual event, “Competing on Value: A View from the Front Lines,” was offered free of charge to attendees thanks to funds from the Joan & Andy Fimiano Endowed Chair in Orthopedic Surgery. The goal of this event is to educate the medical community on value-based medicine and its benefit to both patients and health care providers.

Over 120 attendees – a full house – heard from invited faculty and guest speakers who are all highly regarded leaders in value-based medicine. The event was held in the Allan & Sandy Fainbarg Community Education Center.



Distinguished Speakers for “Competing on Value: A View from the Front Lines”



“Back to Play” Live Reenactment of Pre- and Post-Surgery

## Community Outreach

### Giving Back to the High School Community

Hoag Orthopedics is proud to offer local high school students the opportunity to learn about various careers in health care. In partnership with Vital Link OC, a nonprofit that enables high school students to experience different career paths, Hoag Orthopedics hosts the annual “Back to Play” event, a theatrical reenactment of a mock surgery that follows an athlete from the time of injury through the health care process until he can get “back to play.”

The performance introduces a variety of health care professions involved in caring for the athlete from medical assistant, clinical research coordinator, anesthesiologist, orthopedic surgeon and scrub tech to athletic trainer. All of the “actors” play themselves in their own positions, which is revealed to the audience at the end.

The 2018 performance was made extra special by the participation of Hoag Orthopedics donor Tom Adams as one of the actors. Tom’s company collaborates with medical device companies to manage the coating for screws, plates, bolts and other hardware needed for surgeries. This gave the students an insider’s perspective on career paths in industries that collaborate with the health care industry.

At the end of the performance, each participant talked about their career path and what their role entails, and the students were able to ask questions and engage with the participants. Held in the Allan & Sandy Fainbar Community Education Center, the event was made possible through philanthropy, which provided the resources to organize and produce the event as well as provided transportation for the students and food for all attendees.

## Supporting Continuing Education

In today's dynamic health care landscape, continuing education for nurses and other health care professionals is increasingly important. Thanks to forward-thinking donors who fund scholarships, more Hoag nurses and staff are earning advanced degrees. Their education prepares them to respond to changes in the health care environment while ensuring the highest quality care for patients.

Sopida Andronaco, MSN, RN, PHN, is the Director of Performance Improvement and Clinical Outcomes at Hoag Orthopedic Institute and a Hoag Orthopedic scholarship recipient. Her role is to identify processes and systems in need of improvement, develop a plan and lead the clinical team in implementing the necessary changes.

Funds from the Joan & Andy Fimiano Orthopedic Nursing Scholarship Fund and the Kathy Prim Orthopedic Nursing Scholarship Fund helped Sopida obtain her master's in nursing with an emphasis on nursing education. She completed her degree in December 2018 while working at Hoag full time and raising her four children.



Sopida Andronaco, MSN, RN, PHN

*"To know that there are donors out there who want to support nursing is just amazing to me. It's so important for nurses to get higher education because it teaches us about the bigger picture, the changes happening in health care, the latest research and things we can implement so our patients can have great outcomes."*

**Sopida Andronaco, MSN, RN, PHN**

Director of Performance Improvement and Clinical Outcomes at Hoag Orthopedic Institute

## Thank you

Thank you for your generosity to Hoag Orthopedics. Your support has furthered vital orthopedic research and education and impacted the lives of many.

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