In July 2008, Dr. Isaac Moss returns to his orthopaedic residency with the University of Toronto's division of Orthopaedic Surgery after a two year hiatus. For the past two years, he has put his residency on pause while earning a Masters of Applied Science and conducting research that may hold the key to a future free of back pain for countless sufferers.

Dr. Moss was able to postpone his residency by participating in the University of Toronto's unique Surgeon Scientist Program. The program is designed for surgical residents who wish to pursue a career in academic surgery. Residents can take a break from their residency to pursue a Masters degree or PhD.

The research Dr. Moss conducted in Sunnybrook's Orthopaedic Biomechanics Lab and the Advanced Regenerative Tissue Engineering Centre was focused on tissue engineering of discs in the spine. This important work has the potential to help sufferers of degenerative disc disease – the condition responsible for the vast majority of chronic back pain.

Under the supervision of Dr. Cari Whyne, Director of the Musculoskeletal Research Program, and Dr. Albert Yee, Orthopaedic Surgeon at Sunnybrook with subspecialty expertise in spinal surgery and trauma, Dr. Moss examined repair strategies to slow or reverse the degeneration process.

The research has garnered Dr. Isaac Moss a great deal of attention from his peers. Last year, he was presented with the J.A. Nutter Award for best paper at the Canadian Orthopaedic Resident Association Annual Meeting and the Advanced Regenerative Tissue Engineering Centre Research Scholarship. This year, his research has earned him a Gallie Bateman Award for resident research in the Department of Surgery at U of T and a Canadian Institute of Health Research Canada Graduate Scholarship, Masters Award.

Although Dr. Moss is returning to the rigorous schedule of clinical orthopaedic training, he hopes to maintain some involvement in this exciting area of research which will be carried on by Dr. Whyne, Dr. Yee and Sunnybrook's Holland Musculoskeletal Program research team.
Congratulations to Susan Robarts, Deborah Kennedy, Anne Marie MacLeod, H. Findlay, and Dr. Jeffrey Gollish for an article published in Healthcare Quarterly, Vol 11, No 2, 2008. The article, titled *A Framework for the Development and Implementation of an Advanced Practice*, highlights a new model of care implemented at the Holland Centre for which an Advanced Practice Physiotherapist (APP) role was created to improve access and quality of care for patients requiring hip and knee replacement surgery. The authors provide a nine-step framework for implementing an APP role.

Nursing Week Awards Honour Holland MSK Program Staff

Congratulations are in order for Margie Kraft RPN, 3 East, and Maria Martins RN, 7 East, who both received an award for excellence in nursing, demonstrated by leadership skills, clinical knowledge, committee work and professionalism. The awards were presented at a ceremony held in the eighth floor Auditorium at the Holland Centre as part of Sunnybrook’s celebration of National Nursing Week 2008.

Margie Kraft is presented with the award for excellence in nursing education.

Maria Martins is recognized for excellence in nursing practice.

Moving Goalposts: Are our scorecards for surgery a moving target?

Current research out of Sunnybrook’s Holland Musculoskeletal Program suggests that patients shift the way they think about quality of life and what they consider to be important factors in outcome following surgery.

Led by Dr. Joel Finkelstein, a research team including Helen Razmjou, physiotherapist; Aimee Gallant, research coordinator and study co-authors Dr. Albert Yee and Dr. Michael Ford, has found that patients with chronic disorders, such as arthritis affecting their knees and spine, generally have good physical outcomes after surgery. Results suggest that prior to surgery, patients seem to have lower expectations of what they will be able to do physically after surgery and are willing to accept a lower level of function as making them happy. After surgery, they shift their expectations back and have higher expectations. In essence, patients shift their measuring stick after surgery.

This means that direct comparisons of pre-to-post surgical outcomes may not be valid and we are establishing a more accurate scorecard to measure patient outcomes taking into account these moving goalposts. Stay tuned.

Accomplishments

- Congratulations to Cari Whyne, Director of the Musculoskeletal Research Program, who was recently elected as the “Member at Large” of The Canadian Orthopaedic Research Society (CORS).
- Congratulations to Wendy Blackburn NP and Catherine Morash, who were presented with the Brain Tumor Award on June 19, 2008 in Edmonton, Alberta.
- Congratulations to Jennifer Brown RN, D5, who received an award for excellence in nursing.
- Four Holland MSK Program staff received Schulich Awards for nursing and clinical excellence. Congratulations to Lynn Gilkes, RPN, Fracture Clinic; Maria Martins, RN 7 East; Andrea Bean, Physiotherapist, Rehab/Working Condition Program; and Patricia Dickson, Advanced Practice Occupational Therapist.

Newly published...

Congratulations to Susan Robarts, Deborah Kennedy, Anne Marie MacLeod, H. Findlay, and Dr. Jeffrey Gollish for an article published in Healthcare Quarterly, Vol 11, No 2, 2008. The article, titled *A Framework for the Development and Implementation of an Advanced Practice*, highlights...
Notable Presentations

- Anne Marie MacLeod presented on the Holland Centre’s model of care at a National Bone and Joint Network meeting in Calgary on April 4, 2008.
- The Holland MSK Program was well represented at the Ministry of Health and Long Term Care’s Celebrating Innovations Expo on April 22, 2008. Team members were involved in four booths, including:
  - Transforming Surgical Follow-up Care Through New Provider Roles (Deborah Kennedy)
  - Anesthesia Care Team (Dr. Sue Belo)
  - Toronto Central LHIN Referral Tracking System - Improving Access to Care (Lucy Pereira - Selected as finalist in IT category)
  - Toronto Central LHIN Joint Health & Disease Management Program (Anne Marie MacLeod)
- Susan Robarts and Deb Kennedy presented a two-hour workshop on How to Develop and Implement An Advanced Practice Role for Physiotherapy - A Step By Step Approach, at the Canadian Physiotherapy Association National Congress in Ottawa on May 29, 2008.
- Congratulations to Yvonne Ramlall, RPN 3-East at the Holland Centre, on her paper presentation at the 2008 Nursing Research Conference on June 6. Yvonne presented: Post-discharge Pain Follow-up in Elective Primary Total Knee/Total Hip Arthroplasty (THA/THA) Patients Following Discharge to Home at Post-operative Day 5 or Earlier.
- Dr. Stewart Wright, Dr. H. Razmjou, Dr. Y. Shaked and Dr. K. Workman presented Impact of Gender on Self-efficacy and Expectations in Candidates for Total Knee Arthroplasty at the Second Combined Meeting of the American Orthopaedic Association (AOA) and the Canadian Orthopaedic Association (COA), June 4-7, 2008, in Québec City.

Total Joint Network Hip Fracture Project Update

The Total Joint Network Hip Fracture Project was completed as of March 31, 2008. Considerable progress has been achieved with 24 of 25 acute care and rehabilitation hospitals, and all Community Care Access Centres across five LHINs having implemented the new integrated model of care.

Current performance:
- 86 per cent of patients are having hip fracture surgery within 48 hours of admission
- 63 per cent of patients coming from home went from acute care to inpatient rehabilitation
- 26 days is the average length of stay in inpatient rehabilitation
- 81 per cent of patients were discharged home from inpatient rehabilitation and 13 per cent from acute care

Significant improvements have been achieved for all patients including those with cognitive impairment. In addition, the project is achieving a conservative estimated cost savings of 17 million dollars per year through reductions in length of stay in acute care and inpatient rehabilitation, and the avoidance of long term care placements.

Next steps in sustaining the improvements in hip fracture care will include the continuation of work of the TJN Hip Fracture Project though a province wide initiative lead by the Ontario Expert Panel for Orthopaedics under the leadership of Dr. James Waddell. This project commenced in April, 2008.

Holland Centre Recognized

Sunnybrook’s project on the Toronto Central LHIN Referral Tracking System received a finalist award in the “Innovations in Health Information Management” category at the Celebrating Innovations in Health Care Expo on April 22, 2008. The award was presented by the Honourable George Smitherman, (former) Minister of Health and Long Term Care.
Over 80 guests attended a special event held on Thursday, May 22, for the official renaming of the Wright Family Atrium. The naming honours the tremendous contribution four generations of the Wright family have made to the Holland Orthopaedic and Arthritic Centre through their commitment of time, energy and financial support. The new sign can be seen on the glass at main reception.

On May 24, 2008, Holland Musculoskeletal Program staff and orthopaedic surgeons joined patients, volunteers and other supporters of orthopaedic health at the BMO field in Toronto for Hip Hip Hooray! 2008 – an annual fundraiser and symbolic walk in celebration of mobility and bone and joint health.

On May 29, a very small reception was held in the solarium to celebrate a very generous gift from the Mahaffy family. The Mahaffy’s have named one of the clinic exam rooms on the first floor and their gifts support the Holland Centre, as well as Urology and Colposcopy.

On Tuesday, June 10, staff and volunteers at the Holland Centre attended a staff birthday party complete with cake, balloons and loot bags, held in celebration of Sunnybrook’s 60th anniversary. Sunnybrook President and CEO, Dr. Barry McLellan, Marilyn Reddick, V.P. Human Resources and Craig Duhamel, V.P. Communications and Stakeholder Relations were on hand to chat with staff, introduce Sunnybrook’s new website and cut the birthday cake.

On Wednesday, June 11, 184 pieces of cake were enjoyed by Holland Centre staff at a celebration for the recipients of the C. S. Wright Musculoskeletal Education Fund Awards. These awards can be applied for by all staff of the Holland Musculoskeletal Program to develop and enhance their skills and experience.