

HOLLAND MUSCULOSKELETAL PROGRAM TEAM NEWS

Sixteenth Edition, Spring 2013



Holland teams up with Dr. Mike Evans for new patient video



A screen capture shows the intro of a new patient education video for patients preparing for hip or knee replacement. Find the video at www.sunnybrook.ca/holland.

Patients undergoing Hip and knee replacement have a new and easy way to get informed about surgery preparation and recovery, thanks to Dr. Mike Evans and the Holland Centre team.

"Preparing You for Your Hip or Knee Replacement Surgery" is a six-minute animated patient education video that will help patients understand the hip and knee replacement surgery process and ensure they are partners in their care and recovery. Dr. Evans shares five key messages that will help patients be better prepared, set more realistic expectations, understand how to manage their pain, and maintain a positive attitude throughout the process.

A family physician at St. Michael's Hospital and "curator of health information"

on www.myfavouritemedicine.com, Dr. Evans is well-known for his online "visual lectures".

After watching his viral video "23 ½ hours" – a visual lecture about the most important thing you can do for your health – Deb Kennedy loved Dr. Evans' user-friendly style. She decided to approach him about partnering for a hip and knee replacement lecture.

"I think this is a great way to use technology to get the information out there in an accessible and engaging way," said Deb, Manager of Rehabilitation and Program Development. "The video moves quickly and is enjoyable to watch."

Deb worked with orthopaedic surgeon Dr. Jeff Gollish and physiotherapist Amy Wainwright to develop the content for the video. They also had input from many other members of the Holland Centre inter-professional team.

"While the Holland team worked on the video, the messages for patients really are universal," Deb said. "This is important information for hip and knee replacement patients anywhere, now available in a fun format."

To watch the video, visit www.sunnybrook.ca/Holland/hipknee.

Like it? Give it a thumbs up!

Congratulations to Damian Lakan, Bertin Award winner!

Congratulations to Damian Lakan, environmental services partner, who received a 2013 Bertin Award for Excellence in Customer Service.

The awards recognize and celebrate exceptional staff members who continually go above and beyond their usual role to exemplify the values of Sunnybrook Health Sciences Centre. They demonstrate a commitment to excellent customer service in their daily work with patients, families and/or colleagues.

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Damian Lakan received a 2013 Bertin Award for Excellence in Customer Service.

Surgical site infection rates reduced in total joint replacement patients at Holland



The Holland Centre team works hard to minimize surgical infection rates — and its work has paid off with consistently low incidences of infection.

Health-care associated infections are a serious threat to hospitalized patients' safety. Infections related to orthopaedic procedures can be severe.

Reducing infection rates has been achieved by emphasizing infection prevention at every stage of a patient's hospital experience. This begins pre-operatively with the use of chlorhexidine wash before coming to the hospital. Other strategies during the peri-operative process include the timely administration of antibiotics prior to surgery and the use of bone cement with antibiotics to decrease the infection risk. Hand hygiene is one of the most important ways of reducing infections.

"With education, an increase in hand-washing stations and better visibility of products at the point of care, our hand hygiene rate improved," said Marilyn Bogle, Patient Care Manager of 7East.

Patients are encouraged to ask staff to wash their hands or use hand sanitizer.

Frequent post-operative dressing changes are also known to increase the risk of infection. The previous dressings required changing several times a day — it didn't adhere well, fell off in the shower, and often caused blisters. Now, the Holland Centre uses Aquacel Surgical Dressing. The skin-friendly bandage flexes with the skin and uses patented hydrofiber technology, which absorbs and locks in fluids, sequesters bacteria and traps harmful enzymes. It's also waterproof.

Patients have their dressings changed on day one or two post-op, and then it remains on for seven days until it is removed by the patient at home.

"We conducted a formal evaluation process of the new dressing and the team was very happy with the change," Marilyn said. "Minimal dressing changes mean no exposure of the wound to potential contaminants. Patients are much happier — with just one dressing change, the pain of frequent changes is diminished, and they love that they can shower early on in their recovery process."



Nurse Maria Meza secures the Aquacel dressing on patient Jim Lowry's knee. The new dressing is one factor contributing to a zero percent surgical site infection rate for total joint replacement patients.

Photo by Doug Nicholson

Sharing our expertise

Helen Vandoremalen, Dr. Colin McCartney, Dr. Martin Van der Vyver, Eri Maeda, Jeffrey Andrion, Catherine Ross and Cheryl Denton presented at the 4th Preceptorship Program for Continuous Nerve Block on April 5 at the Holland Centre.

Deborah Kennedy, Manager of Hip & Knee Program Development at the Holland Centre, was invited by the Canadian Foundation for Healthcare Improvement to address a CEO Forum in Montreal in February 2013. She was part of a panel discussing “achieving efficiencies through innovative health-service delivery models”. The overall theme of the forum was “Patient and Family-Centred Care and Efficiency: Complementary Aims?”. In follow-up to this presentation Deborah has been invited to share this improvement story through the CFHI’s webinar series “Improvement OnCall”, a series of webinars featuring decision-makers and clinicians as they explore evidence and share improvement stories that offer concrete strategies, lessons learned and results achieved on key healthcare topics.

At this year’s Canadian Spine Society meeting (Mont Tremblant, Feb. 27-March 2), **Susan Robarts** presented research

findings on a new role in Sunnybrook’s Spine Program aimed at reducing excessive wait times to surgical consultations and improving care. Susan Robarts is an Advanced Practice Physiotherapist and Principal Investigator; Co-Investigators are Deborah Kennedy, Dr. Barry Malcolm and Dr. Joel Finkelstein. The study found that less than 20% of patients referred to Sunnybrook’s spine surgical clinics require surgery and that the Advanced Practice Physiotherapist makes similar decisions to the surgeon in triaging patients for a surgical consultation. Patient satisfaction with the role of the Advanced Practice Physiotherapist was high. This study builds on the award-winning Hip and Knee Arthritis Program at the Holland Centre which extends the role of the Physiotherapist to meet patients’ needs in high-demand clinics. The Ministry of Health and Long-term Care is currently piloting this concept in Ontario.

Yvonne Ramlall, Registered Practical Nurse, had a paper accepted for publication in the International Journal of Orthopaedic and Trauma Nursing entitled: “Post-discharge pain experience following primary total hip and total knee arthroplasty in patients whose primary language is not English”.

Awards and Honours:

Deborah Kennedy received the inaugural 2012 McMaster University School Award given to alumni who are respected and admired for their leadership, achievements and contributions to scholarly activity, education, clinical practice and/or the community at large. Deborah has also been awarded the 2013 Honorary Membership Award from the Canadian Physiotherapy Association in recognition of her significant contributions to the Association and the Physiotherapy profession.

Varda VanOsnabrugge received an award from the University of Toronto Department of Physiotherapy as a Clinical Instructor.

Jeffrey Andrion, physiotherapist, is the recipient of a Special Education Award from the Sunnybrook Nursing and Professional Advisory Committee’s Educator Recognition Awards.

Dawn Lawrence, Working Condition Program, received the Academic/Curricular Teaching Award.



Congratulations to Damian Lakhan, Bertin Award winner!

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Damian has been a valued Sunnybrook employee since 2006, and a Holland Centre team member since October 2011. In their nomination letter, Amy Wainwright and Marni Wilson said Damian makes an extraordinary effort every day and contributes to the strong inter-professional, hospital-wide team.

“Damian exemplifies what customer service is and how to provide it in a timely, respectful, compassionate and professional manner,” his nominators wrote. “His ‘no problem’ attitude and infectious smile make him very approachable with any task that needs his help and you know it will get done immediately. This quiet, mild-mannered

individual makes one wonder if our own ‘superman’ isn’t really underneath that uniform.

“He is one of the most thoughtful and kind individuals we work with and for us this makes him extra special.”

Thank you, Damian, for all that you do at the Holland Centre!

Trauma patient credits orthopaedic surgeon for his survival

It took 48 stitches and seven pins in his stomach. But thanks to Sunnybrook, Steven Kovacs, 82, can look back on his in-line skating incident and laugh about it.

“It was a silly, stupid thing that happened. But it was good that I came to Sunnybrook – it changed my life,” says Steven, who represented Hungary in speedskating at the 1952 Winter Olympics in Oslo.

After coming to Canada, Steven became one of Canada’s national speedskating coaches in the 60s. While in-line skating at a park in Toronto 10 years ago, his in-line skates got tangled together.



Steve Kovacs shattered his pelvis in an inline skating fall.

“I fell like a tree because I couldn’t separate my heels,” Steven says. “My pelvis was shattered in seven pieces.”

Steven was told he’d never walk again. However, when he heard of a doctor at

Sunnybrook who might operate on him, he took up the offer.

Dr. Hans Kreder, chief of Sunnybrook’s Holland Musculo-skeletal Program, operated on him for six hours.

“I couldn’t believe it,” Steven recalls. “I think he opened my stomach and put in seven 17-centimetre pins. He accomplished the impossible – he saved my life.”

Following his recovery and rehab, Steven returned to his regular activities of biking, skiing and skating without problems.

by Tiffany Hsieh



Volunteer’s services spans nearly 20 years

Audrey Crawford loves to help out.



Audrey Crawford, 86, has been volunteering in the Holland Centre gift shop for 19 years.

Photo by Doug Nicholson.

The active 86-year-old has volunteered at the Holland Orthopaedic & Arthritic Centre for nearly 20 years. Every Monday, Crawford drives in from the Eglinton and Victoria Park area to staff the gift shop.

“My arthritis specialists were here,” she said. “I had my knee replacement here, and everyone was so excellent. And I heard they were desperate for volunteers.”

Audrey decided to get involved – and she hasn’t stopped.

“I get to meet so many people and they come from all over,” she said. “Everyone is interesting in their own way. Just a couple weeks ago, someone was in here from Newfoundland! They came here for a check-up.”

It doesn’t surprise Audrey that patients come from great distances to the Holland Centre.

“They are willing to travel to come here because it’s the best care,” she said. “I used to come in from Orangeville.”

Audrey said she plans to keep volunteering as long as she can.

“But goodness knows, I’m not getting any younger,” she said with an infectious laugh.

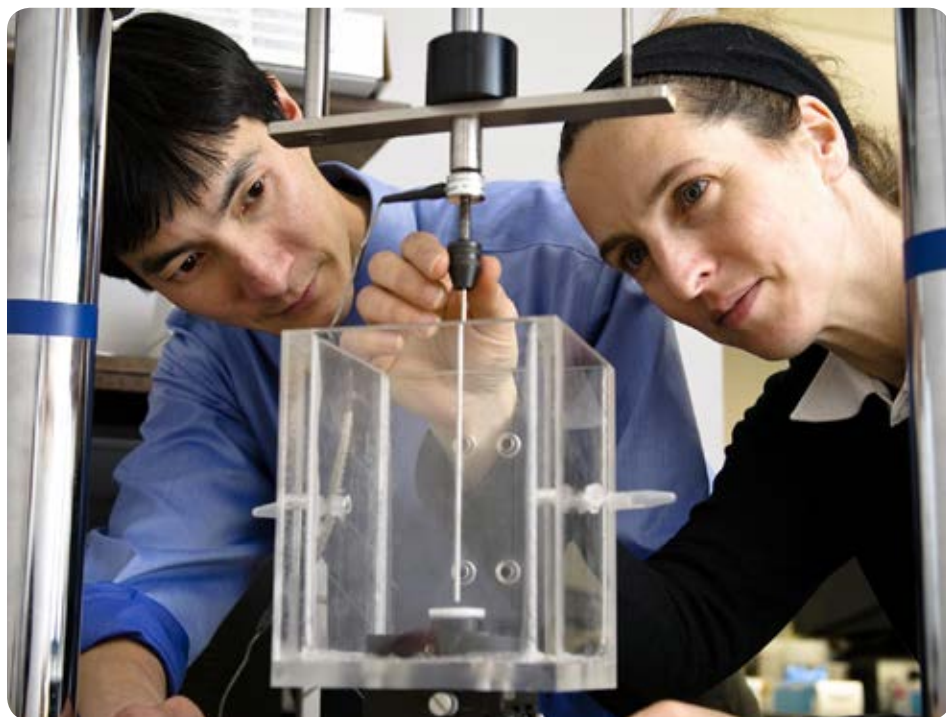
In addition to volunteering, Audrey loves to travel. She heads out west as often as she can to visit her daughters in Whistler, B.C. and Calgary, Alberta. She also has a son who lives north of Toronto.

If you are interested in volunteering at the Holland Centre, please contact Anna Olsen at (416) 480-6100 Ext. 2140 or via anna.olsen@sunnybrook.ca.

Leading the way in research and innovation

The Holland Musculoskeletal Program (HMSK) had many successful grants this year in order to help pursue cutting-edge research projects:

- **Drs. Cari Whyne and Albert Yee** were the recipients of a \$720,465 from Canadian Institutes of Health Research (CIHR) for their proposal “Implications of pathologic changes to bone material properties on the skeletal stability of the metastatic spine”.
- **Dr. Mary Bell** was part of a team successful in winning a Catalyst Grant in the amount of \$99,987 from CIHR for their project “Virtual Peer-to-Peer (VP2P) Support Mentoring for Adolescents with Juvenile Idiopathic Arthritis: A Feasibility Pilot Randomized Controlled Trial”.
- **Drs. Richard Holtby, Helen Razmjou and Tim Dwyer** received \$20,000 from the Holland Centre Orthopaedic Surgeons Academic Enrichment Fund to pursue their work in clinical testing to diagnose and repair rotator cuff injuries.
- **Edwin Wong**, supervised by Dr. Cari Whyne won a Summer Undergraduate Student Research Award of from CIHR’s Institute of Musculoskeletal Health and Arthritis (IMHA) for his project “Utilization of Novel Image Processing Algorithms to Generate Accurate Computational Models of the Craniofacial Skeleton”.
- **Brittany Rosenbloom**, supervised by **Dr. Colin McCartney**, won salary support from the Toronto Musculoskeletal Centre in Conjunction with Bone and Mineral Group for her work on the psychological impact of traumatic musculoskeletal injuries.



Drs. Cari Whyne and Albert Yee received a more than \$700,000 grant to pursue their research.

- **Deborah Kennedy** is part of two separate teams, each successful in obtaining a CIHR planning grants in the amount of \$22,664. The topics under study with these grants are: “Health Care Organization Leaders’ Responses to Patient Based Funding” and “Advanced practice physiotherapy in Canada: A model for building a pan-Canadian research initiative to improve healthcare delivery”.

The Holland Musculoskeletal Program (HMSK) continued significant knowledge translation activities – to start taking their research from the bench and to the bedside to impact patient care.

- Members of the Holland program had 15 peer-reviewed publications.
- As well, members of the HMSK program had numerous non-peer reviewed publications, presentations, posters,

and instructorships at conferences including multiple contributions at the American Academy of Orthopaedic Surgeons (AAOS) Annual meeting March 19-23, 2013, Chicago, Illinois, and the Orthopaedic Research Society 2013 annual meeting San Antonio, Texas Jan. 26-29, 2013.

- Dr. Veronica Wadey, recently appointed Director of the Lower Extremity Reconstruction and Arthroplasty Fellowship Program at the Holland Centre, set up an educational website – www.mskhealth.com – following the validation of curriculum for recognizing 92 common musculoskeletal conditions. The website is in its early phases, with new content added continuously.



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Special care deserves special thanks.

If someone at Sunnybrook has made a difference in your life, you can recognize them as a Champion of Care by making a donation in their honour.

To donate, visit sunnybrook.ca/champion
or call 416-480-4483.

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Bend your knees and stretch: 7 Safety Tips for Green Thumbs

With the sunny days of spring finally here, the physiotherapy team from the Holland Centre has some tips for safe gardening. According to the Canadian Physical Activity Guidelines, digging in the garden counts as a muscle-strengthening activity. So, here are some tips for the green thumbs out there:

1. To get up and down from the ground safely, you may need to use a support. This could be a chair or ledge. You may find it helpful to use a kneeler (available at garden centres or hardware stores) to assist you to get up and down from the ground and increase your comfort kneeling.

2. When lifting plants and soil, it is important to use a proper lifting technique to avoid injury. Key principles for safe lifting include:

- Lift only what you can manage.
- Keep object close to your body and face it, if possible.
- Your ideal lifting posture should be: feet shoulder width apart with one foot slightly ahead of the other, chest forward and lower back arched at all times, bend knees to lift object with legs.



Gardening is a great way to get moving – but be sure to consider these safety tips.

- Once carrying the object, avoid twisting your back.
3. The ideal posture for gardening has your shoulder blades squeezed. Avoid rounding your shoulders and poking your chin forward.
4. To avoid discomfort in your joints, change your position regularly.
5. Interrupt gardening to carefully stretch your back, thighs and neck.
6. Always wear sunscreen and a hat, and keep hydrated even if you don't feel thirsty.
7. If you've been inactive, be sure to check with your health-care provider before starting physical activity.



Leading the way in research and innovation

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Members of the Holland Musculoskeletal Program have been the recipients of the following awards:

- **Dr. Markku Nousiainen** is the recipient of the 2013 University of Toronto Award for Excellence in Postgraduate Medical Education in the Development/Innovation

category. These awards recognize outstanding contributions of faculty members who teach medical residents and fellows; develop, organize and administer training programs; develop innovative approaches to teaching, research, and evaluation; or serve as mentors and advocates to postgraduate medical trainees.

- **Dr. Joseph Schatzker** won these awards:

- The Cleber Peccola award Ribeirao Preto, Brazil August 2012;
- Queens Jubilee Medal Toronto, September 2012; and
- Honourary Member Polish AOTrauma Organization October 2012.

Patient Experiences

Here's what patients are saying about the Holland Centre:

"I had a wonderful experience. I would even classify it as 'a blast'. The doctors, nurses and other staff were so kind and supporting. I would totally recommend this facility to anyone who needs joint replacement!"

"Hospital protocols seemed to operate like a well-oiled machine! Seemed to anticipate all needs or be ready to meet them!"

"My doctor and all of the nurses made my hospital stay an absolutely great experience overall. It was almost a pleasure to be there. I would definitely recommend it to family and friends."

"My 8-year-old grandson visited me in the hospital with his father. We were talking and he said, 'Grandma! I am so happy'. I asked him why and he said: 'Because you are smiling!' He was right."

"I was very nervous prior to surgery, but had total confidence in all staff. I was cared for post surgery and would advise any future patient to visit. Thank you for your help!"

"The nursing staff went beyond call duty. Free WiFi made the stay go faster and I was able to conduct business during my stay + keep my clients happy!"

"I have recommended this centre to many people. I was impressed by the info packages & exercises that were recommended both before & after my surgery."



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The Holland Musculoskeletal Team News offers updates on clinical services, education, and staff activities.

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