



2019 Intern Bootcamp

Stephen R. Barchick, MD



As is standard practice, new interns arrived in Philadelphia for orientation during the first week of June. This year, however, our newly minted and motivated physicians enjoyed the addition of an introductory orthopaedic course. Dr. Derek Donegan, MD, MBA (Penn Orthopaedic Trauma) coordinated a city-wide course entitled *Future Leaders: OrthoCamp 2019*. The course co-director was Dr. Chris Haydel, MD, from Temple University Orthopaedic Trauma Service and was offered to interns from five orthopaedic residencies programs (Drexel, Einstein, Penn, Temple, PCOM).

The two-day course was hosted with the assistance of DePuy Synthes and the Johnson and Johnson Institute. Training occurred at The Convene in Center City Philadelphia on June 14-15th, 2019. The event featured attendings from six health systems across the Delaware Valley.

On Friday after introductions, the course began with a team-building exercise focused on using stability design principles. The junior residents collaborated quickly to construct their designs (blinded for future academic use), and then deconstruct the design advantages and disadvantages while discussing relevant principles of fixation used in orthopaedic surgery. The most important part of the evening came next with a dialogue led by Dr. J. Milo Swards, MD (Temple University Hospital) on the qualities and expectations of junior residents. Dr. Seward emphasized developing productive team-building habits early in one's career as a physician.

Dr. Jaimo Ahn MD, PhD (Penn Orthopaedic Trauma) led a section of lectures on "Keeping Patients Alive". Topics included bleeding, thromboembolism and myocardial infarction, necrotizing fasciitis, and a lecture by Dr. Donegan on pelvic ring stabilization. A second series of lectures followed on "Saving Limbs" which stressed management of a pulseless extremity. Dr. Kathryn O'Connor (Penn Foot and Ankle Service) added instruction on compartment syndrome diagnosis and management. The formal events for the evening concluded with an opportunity to utilize virtual reality orthopaedic training simulators (Image #1). Following this, the attendings took the junior residents to *Spin* for a chance to relax, build camaraderie, and test hand-eye coordination playing ping-pong.

To acquaint the new physicians with the expectations of working hard late and being ready to rise before sunrise to accomplish the days tasks, Saturday started early. The day's events included additional lectures, but the emphasis was on closed reduction and management of injured limbs, and simulations of internal fixation using Sawbones®. The residents were given short lectures and each type of splint and then given the opportunity to practice its application. Wrist and forearm splints including management of distal radius fractures, coaptation splits for humeral shaft fractures



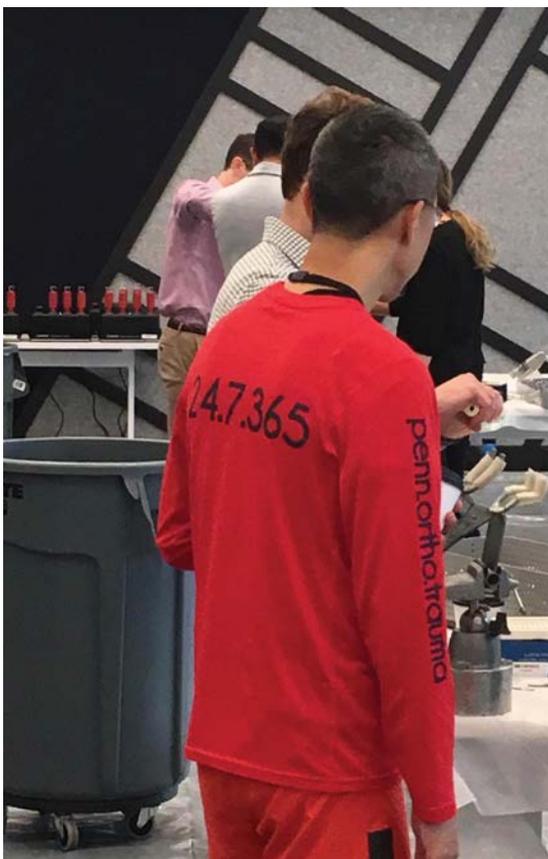
Dr. Andrew Summers simulates open reduction internal fixation as Dr. Kelsey Young observes.

(Image #2), ankle fracture splinting including both long and short-leg splints were utilized.

Following the splinting lab, focus was turned to methods of internal and external fixation used in orthopaedic surgery



Dr. Jordan Cohen mid-phase coaptation splint application by Dr. Steven Zhang.

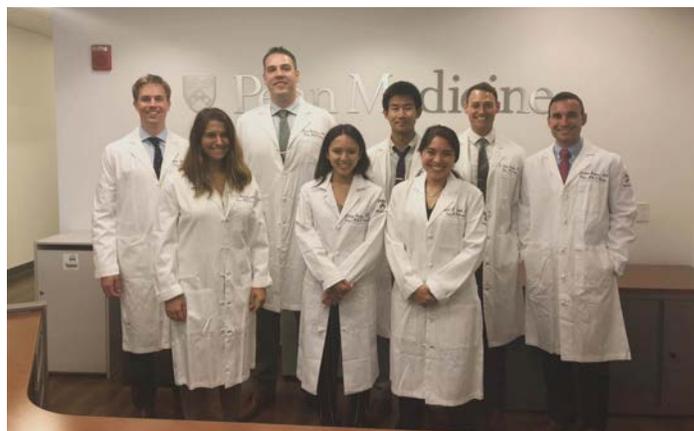


Dr. Jaimo Ahn supervises fracture fixation and motivates the interns through his selected instructional attire.

today. A presentation on external fixation of the lower extremity, with a lab placing a knee-spanning external fixator was conducted (Image #3). This was followed by Sawbones® skill development for lag screw placement utilizing both by design and by technique methods. Dr. Donegan demonstrated employing compression plating in the operating room. The morning concluded with discussion between residents over lunch.

The first session of the afternoon underscored different problems physicians face in the management of musculoskeletal disease by sub-specialty area. Dr. Ahn led a course focused on management of pelvis and hip problems which junior residents can expect to encounter in the first years of residency. Dr. Stephen Liu MD (Penn Hand Surgery) instructed the learners on some of the cases they can anticipate fielding from the emergency departments across Philadelphia when holding the consult pager. Additional courses included: assessing a polytrauma patient, neurovascular examinations of upper and lower extremities, knee, shoulder and elbow, and pediatric examination and parental management

Dr. O'Connor led the seminar on "Urgent Conditions", as other faculty contributed with a variety of lectures. Junior residents received lectures on fracture/dislocations, pediatric emergencies, urgent spine issues, and femur emergencies including young adult and geriatric hip fractures. Dr. O'Connor concluded with some thoughts on how to best management the expectations for junior residents with emphasis on



2019 intern class: (L to R) Dr. Barchick, Dr. Weintraub, Dr. Summers, Dr. Young, Dr. Zhang, Dr. Masada, Dr. Myerson, Dr. Cohen.

approaching each situation with humility and a focus on increasing one's knowledge.

The final education block of the course was led by Dr. Liu, with a plethora of courses focused on the art of being a good physician, good surgeon, and a good team member. Dr. Sowards, the Temple University Residency Program Director discussed professionalism and collegiality—which are of utmost importance in residency. Junior residents also enjoyed classes on active learning tips and tricks and emotional intelligence. The block concluded with a thought-provoking discussion—filled with patent pauses—led by Dr. Ahn. While much was learned, as has been the case during his tenure at Penn, interns left asking more questions than they had before the lecture. One might suspect this was his intent all-along.

The event concluded with final review and feedback led by the course leads from Penn and Temple. The intern class is thankful for all the effort Dr. Donegan put into organizing this two-day course. It offered the opportunity to gain additional exposure to orthopaedic management before the official start of clinical duties in a controlled and guided setting. This year's intern class (Image #4) started early in building camaraderie and developing a collaborative culture occur because of events like this. We are fortunate to have so many faculty members who value education and are willing to share their time and expertise for all members of the residency program regardless of their learning level, especially Dr. Ahn, Dr. Liu, and Dr. O'Connor.

Penn Faculty:

Dr. Jaimo Ahn, MD, PhD (Trauma and Fracture Division)
 Dr. Derek Donegan, MD, MBA (Trauma and Fracture Division)
 Dr. Stephen Liu, MD (Hand Division)
 Dr. Kathryn O'Connor, MD, MSPT (Foot and Ankle Division)

Programs in Attendance:

Albert Einstein Health System
 Hahnemann University
 University of Pennsylvania
 Philadelphia College of Osteopathic Medicine
 Temple University