

## Optimizing Patient Care and Outcomes Using Expertise and Evidence

A meeting that combines the need for incorporating evidence-based medicine and expertise to enhance patient care. Come and find out the latest on complex fracture management, incorporating biologics into practice, sports medicine injury management and controversies in Orthopaedic Surgery. This year, renowned keynote speaker Michael Lee-Chin engages the audience in discussion strategies on how to invest in one's career.

### Overall Learning Objectives:

1. Develop strategies to read and assess the quality of available literature using evidence based principles.
2. Understand the role of biologics/new technologies in orthopaedic practice and how to introduce them into clinical practice.
3. Recognize manifestations of stress in clinical practice and its impact on performance.

### Accreditation:

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the Canadian Orthopaedic Association. Each hour of attendance is equal to one (1) CME credit to a maximum of 11.3 credits.

Friday, November 8, 2019	
7:30 a.m. – 8:00 a.m.	Registration: Check-in
	Breakfast and Exhibit Hall Networking
8:00 a.m. – 8:10 a.m.	<b>Welcome from the OOA President</b> John Harrington
8:10 a.m. – 9:25 a.m.	<b>OrthoEvidence: Pivotal Trials in Orthopaedics</b> Mohit Bhandari  At the end of the session, the participant will be able to: <ul style="list-style-type: none"> <li>• receive an update on important publications in the past year that shape clinical practice;</li> </ul>

	<ul style="list-style-type: none"> <li>• recognize methodological safeguards that make research believable; and</li> <li>• assess trauma and reconstruction clinical trials that may impact practice.</li> </ul>
9:25 a.m. – 10:25 a.m.	<p><b>Massive Rotator Cuff Tears in 2019: What to Do?</b> Moderator: Bob Litchfield</p> <p>At the end of the session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>• understand force couples and balance in the shoulder;</li> <li>• understand tendon transfers for massive rotator cuff tears and review surgical techniques;</li> <li>• develop indications and results of SCR; and</li> <li>• understand outcomes of TSA for the treatment of massive RTC tears.</li> </ul> <p><b>Partial Repair and Biceps Tenodesis</b> Timothy Leroux (Toronto)</p> <p><b>Tendon Transfers Work</b> Patrick Henry (Toronto)</p> <p><b>Superior Capsule Reconstruction</b> Bob Litchfield (London)</p> <p><b>Reverse Total Shoulder Arthroplasty</b> J. Pollock (Ottawa)</p>
10:25 a.m. – 11:00 a.m.	Nutrition Break and Exhibit Hall Networking
11:00 a.m. – 12:00 p.m.	<p><b>Biologics in Orthopaedics: Fad or Here to Stay?</b> Moderator: Jas Chahal</p> <p>At the end of the session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>• describe the function of platelet-rich plasma (PRP);</li> <li>• review the indications, safety and efficacy of corticosteroids and hyaluronic for knee and hip OA; and</li> <li>• assess the potential and evidence for strategies such as platelet-rich plasma and other biologics.</li> </ul> <p><b>What's the Evidence in 2019?</b> Moin Khan (Hamilton)</p> <p><b>Do What Works Steroids/HA</b> Ryan Degen (London)</p>

	<p><b>PRP Applications and Technique</b> Darren De SA (Hamilton)</p> <p><b>Looking Beyond PRP</b> Tim Dwyer (Toronto)</p> <p><b>Are We Changing the Natural History of Cartilage Wear</b> Jas Chahal (Toronto)</p>
12:00 p.m. – 12:50 p.m.	Lunch and Exhibit Hall Networking
12:50 p.m. – 1:35 p.m.	<p><b>Optimizing Outcomes in Arthroplasty</b> Moderator: Femi Ayeni</p> <p>At the end of the session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>• understand if outpatient surgery can be done safely and health care implications of outpatient surgery;</li> <li>• develop assessment tools that enable understanding of failure mechanisms and survivorship in arthroplasty;</li> <li>• understand indications and potential for robotic surgery; and</li> <li>• develop assessment strategies for the painful total knee replacement.</li> </ul> <p><b>Inpatient vs Outpatient THA: Is This Promoting Better Access?</b> Brent Lanting (London)</p> <p><b>Press Fit vs. Cemented TKA: Where Do We Stand from Patient Perspective?</b> Vickas Khanna (Hamilton)</p> <p><b>The Ideal Bearing Surface in THA: What Should We Be Using?</b> Amit Atrey (Toronto)</p>
1:35 p.m. – 2:20 p.m.	<p><b>Management of the 45 Year Old with a Symptomatic Complex Medial Meniscus Tear/Varus/Mild OA</b> Moderator: Devin Peterson</p> <p>At the end of the session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>• understand the complex association between meniscal injuries, joint forces and osteoarthritis;</li> <li>• understand the controversies surrounding the management principles of the middle-aged patient with a complex medial meniscus tear, varus knee and mild osteoarthritis; and</li> </ul>

	<ul style="list-style-type: none"> <li>• use knowledge obtained from expert opinion and available evidence to manage these patients in their practice.</li> </ul> <p><b>Physiotherapy Can Help!</b> Darryl Yardley (Hamilton)</p> <p><b>Consider the HTO</b> Danny Whelan (Toronto)</p> <p><b>Scope It and Move On</b> Moin Khan (Hamilton)</p> <p><b>Don't Forget about the UNI Replacement</b> Gavin Wood (Kingston)</p>
2:20 p.m. – 2:50 p.m.	Nutrition Break and Exhibit Hall Networking
2:50 p.m. – 4:00 p.m.	<p><b>Challenging Cases in Upper and Lower Extremity Trauma, Expertise and Evidence</b> Moderator: John Harrington</p> <p>At the end of the session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>• recognize stable, unstable and complex ankle and wrist fracture patterns;</li> <li>• understand the goals of ankle and wrist fracture fixation; and</li> <li>• recognize complex and comminuted fracture patterns often requiring augmented fixation techniques.</li> </ul> <p><b>Controversies in Ankle Fractures</b></p> <p><b>Direct Reduction and Fixation of the Posterior Malleolus</b> Allan Liew (Ottawa)</p> <p><b>Percutaneous Reduction and Fixation of the Posterior Malleolus</b> Jeremy Hall (Toronto)</p> <p><i>Audience Vote</i></p> <p><b>The Comminuted Intra Articular Distal Radius Fracture: What's the Evidence Definitive?</b></p> <p><b>ORIF: Volar Plating Is All You Need</b> Herman Johal (Hamilton)</p>

	<p><b>Volar Plating Often Isn't Enough</b> Aaron Nauth (Toronto)</p> <p><i>Audience Vote</i></p>
4:00 p.m. – 4:40 p.m.	<p><b>Advocacy in Orthopaedics</b> Moderator: Femi Ayeni</p> <p>At the end of the session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>• comprehend the Canadian Orthopaedic Association's (COA) ongoing initiatives related to address the unemployment and underemployment dilemma in orthopaedics;</li> <li>• reflect on their role as an Orthopaedic Surgeon in advocating for bone health and fracture prevention;</li> <li>• describe the role of the Ontario Osteoporosis Strategy in supporting the implementation of best practice preventative care for patients who have already experienced a fracture;</li> <li>• define the practice and system benefits of Patient-Reported Outcome Measures; and</li> <li>• identify potential areas of cost-saving in practice while maintaining or improving objective and patient reported outcomes.</li> </ul> <p><b>The COA's Approach to Addressing the Employment Dilemma</b> Mark Glazebrook (Montreal)</p> <p><b>How You Can Prevent Fractures by Supporting the Ontario Osteoporosis Strategy in Your Fracture Clinic</b> Sarah Ward (Toronto)</p> <p><b>Innovative Shoulder Care in the Community Setting: What Is Possible</b> Joel Lobo (Ajax)</p> <p><b>Internet of Things: Tips for the Orthopod</b> Chris Raynor (Cornwall)</p>
4:40 p.m. – 5:45 p.m.	Annual Business Meeting / OOA Members' Question Period
5:45 p.m. – 7:30 p.m.	Cocktail Reception: Delegate and Exhibitor Networking

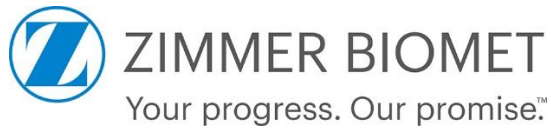
## Saturday, November 9, 2019

7:30 a.m. – 8:00 a.m.	Registration: Check-in
	Breakfast and Exhibit Hall Networking
8:00 a.m. – 8:10 a.m.	<b>Welcome from the OOA President</b> Jeremy Hall
8:10 a.m. – 9:10 a.m.	<b>ACL Reconstruction: My Graft Choice and Why</b> Moderator: Alan Getgood  At the end of the session, the participant will be able to: <ul style="list-style-type: none"><li>• describe the indications for autograft quadriceps, hamstrings, bone-tendon-bone and lateral extra articular ACL procedures; and</li><li>• understand the current outcomes and limitations of these procedures.</li></ul> <b>Quadriceps Tendon</b> Darren de SA (Hamilton)  <b>Hamstrings Tendon</b> Mike Pickell (Ottawa)  <b>Bone Tendon Bone</b> David Bardana (Kingston)  <b>Think About Augmentation of Your ACL Reconstruction</b> Alan Getgood (London)
9:10 a.m. – 10:10 a.m.	<b>Case Based Discussion: Staying Out of Trouble Treating Pediatric Supracondylar Elbow Fractures</b> Moderator: Sarah Burrow  At the end of the session, the participant will be able to: <ul style="list-style-type: none"><li>• identify the key radiological findings found on plain radiographs in pediatric elbow trauma;</li><li>• apply surgical decision-making and evidence-based treatment algorithms to radiographic findings;</li><li>• describe techniques for closed reduction and percutaneous pinning of pediatric supracondylar fractures; and</li><li>• apply the indications for open reduction in supracondylar fracture of the humerus.</li></ul> <b>Keys to Making the Correct Diagnosis on X-Rays</b> Sasha Carsen (Ottawa)

	<p><b>Supracondylar Reduction &amp; Pinning Tips</b> Megan Cashin (London)</p> <p><b>When to Open and How</b> Waleed Kishta (Hamilton)</p>
<p>10:10 a.m. – 11:10 a.m.</p> <p><b>Keynote Speaker</b></p>	<p><b>Wealth Creation, Simple Not Easy</b> Michael Lee-Chin</p> <p>Moderator: Femi Ayeni</p> <p>At the end of the session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>• develop an understanding of the principles of investing in one's career and business.</li> </ul>
11:10 a.m. – 11:40 a.m.	Nutrition Break and Exhibit Hall Networking
11:40 a.m. – 12:10 p.m.	<p><b>The Vascular Surgeon and Plastic Surgeon in the Ortho OR: Know When to Call - A Word from Our Colleagues</b> Moderator: Jeremy Hall</p> <p>At the end of the session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>• recognize a major vascular injury during an orthopaedic operation and post-operatively;</li> <li>• have an approach to controlling major vascular bleeding during orthopaedic cases;</li> <li>• have an approach to management of soft tissues for the mangled lower extremity; and</li> <li>• recognize factors influencing timing of soft tissue reconstruction.</li> </ul> <p><b>Dangers in the OR: How to Plan and When to Call</b> Adam Power (London)</p> <p><b>Plastic Surgeons in the OR: How to Plan and When to Call</b> Chris Coroneos (Hamilton)</p>
12:10 p.m. – 12:45 p.m.	<p><b>OMA Update</b> Sohail Gandhi</p>
12:45 p.m. – 1:00 p.m.	<p><b>Meeting Summary and Adjournment</b> John Harrington</p>

This program has received an educational grant or in-kind support from the following:

**Platinum:**



**Gold:**




**Exhibitors:**









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# Our **mission**



Together with our customers,  
we are driven  
to make healthcare better.



# BECOME A MEMBER OF THE OOA!

## Member Benefits:

Access to Orthopaedic job postings on the OOA members' website  
Discounted rate for the valuable OOA Annual General Meeting  
Eligible for award opportunities including the OOA Distinguished Service Award  
Exclusive updates on the Ontario medical community  
Ability to discuss your local issues and bring problems forward to your provincial leaders  
Opportunities for Board and Committee involvement that may facilitate academic promotion/career advancement



Support your provincial leaders as they advocate for you. For example:

- Reviewing and endorsing provincial and national initiatives
- Advocating for Orthopaedics in the Canadian news media
- Contributing to research and collaborating with like-minded musculoskeletal health care groups
- Working with the Ministry of Health on Musculoskeletal Health Care Delivery
- Investing dollars to ensure proper remuneration for the hard work orthopaedic surgeons provides

*The health care delivery model is always changing. As the biggest group of orthopaedic surgeons in Canada, many provinces look to our group for leadership on these models. Help us keep a strong voice of advocacy for Orthopaedic Surgeons!*

Visit [www.ooa.ca/Join-us](http://www.ooa.ca/Join-us) to become a member today!



After a fragility fracture, your osteoporosis patient is 5 times more likely to suffer another fragility fracture within a year.<sup>1</sup>

**Reference:** 1. van Geel TACM, et al. Clinical subsequent fractures cluster in time after first fractures. *Ann Rheum Dis* 2009;68:99-102.

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