

# NEWSLETTER

Bruce A. Monaghan, MD, Editor

Fall 2021 Issue

*Register Today*



52nd Annual Meeting 🎵 October 20-23, 2021 🎵 Omni Nashville Hotel 🎵 Nashville, TN



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## Eastern Orthopaedic Association

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## PRESIDENT'S MESSAGE

### Marc J. Levine, MD



Dear Colleagues, Friends and Family

The Eastern Orthopaedic Association is ready and excited to host our 2021 Annual Meeting in Nashville, TN, from October 20th to 23rd at the beautiful Omni Hotel. Celebrating the EOA's "Next 50 Years," this meeting has been carefully prepared to once again bring together members, families and guests in an engaging and safe in-person experience.

EOA is committed to providing a safe environment with options that will make all attendees comfortable. Proof of vaccination will be required at registration and masks will be mandatory and enforced at all scientific programs. Optional eating areas and accommodations will be made for those who so desire for both scientific and social events.

Program Chair Joshua Baumfeld, MD has worked tirelessly to put together an outstanding program. Over 1,000 academic abstracts were reviewed, and congratulations to those researchers who were accepted to present! The symposia planned feature nationally-recognized clinical leaders presenting state-of-the-art options for managing orthopaedic ailments, as well as ways to navigate the ever-changing medical landscape. The EOA Resident Review course continues to be a great resource, not only for residents but to anyone who would like a didactic update on core orthopaedic knowledge. The EOEf/EOA Named Resident Travel Grant and Award programs continue to grow, largely as a result of the generous support of our membership. This year, the EOA/EOEF will award over 20 travel stipends to the authors submitting top abstracts. Once again the EOA is proud to host the New Jersey Orthopaedic Society, who will add a unique sports medicine symposium to the program, while providing awards to authors from teaching programs in New Jersey.

We are proud to welcome our guest speaker Congressman Mark Green, MD of the 7th District of TN, who will present the Howard Steel Lecture. Congressman Green's accomplishments are too numerous to list here - In addition to graduating from West Point and achieving the rank of Major, Congressman Green was awarded the Bronze Star and the Air Medal with V Device for Valor, among others. As a physician, Dr. Green founded an emergency room department staffing company that grew to over \$200 million in annual revenue.

My mentor and good friend Scott Boden, MD will serve as the EOEf Presidential Guest Speaker. Dr. Boden, Chairman of the Department of Orthopaedics at Emory University School of Medicine, needs little introduction as a known researcher, clinician and administrator.

Finally, many thanks to my wife Robin, who together with the Social Committee has drawn upon the vast cultural resources of Nashville to create events that will keep members, guests and families smiling throughout this meeting. The EOA will be presenting the first-ever Eastern Orthopaedic Association Outstanding Service Awards. The first recipients of this award will be, most deservedly Robert Boran, MD and Betty Jo Steel.

So, grab your cowboy boots, your thirst for knowledge and of course your appetite for collegiality, and consider joining us in Nashville for an exceptional scientific program and social itinerary that will excite clinicians and their families, alike.

Respectfully,

*Marc Levine*

Marc J. Levine, MD  
President of Eastern Orthopaedic Association

### The EOA Mission

The purpose of the EOA shall be to promote, encourage, foster and advance the art of science and orthopaedic surgery and matters related thereto, and to establish a forum for free discussion and teaching of orthopaedic methods and principles among the members.

## REGISTER TODAY FOR THE 52ND ANNUAL MEETING

The EOA 52nd Annual Meeting is October 20-23, 2021 at The Omni Nashville Hotel in Nashville, TN. For detailed information on the Meeting, view the Preliminary Program online at [www.eoa-assn.org](http://www.eoa-assn.org).

The Omni Nashville Hotel is located in the center of downtown Nashville and joined to the Country Music Hall of Fame® and Museum, guests will appreciate a modern expression of the city's distinct culture and character through a rich blend of Nashville's history and the influence of Music Row that will provide an environment authentic to the region that no other hotel offers.

For everyone's convenience EOA has reserved a block of hotel rooms. To make a reservation call The Omni Nashville Hotel at 800-843-6664. Space is limited, so make your reservation early and mention that you are with Eastern Orthopaedic Association to get the discounted rate.

To register for the Meeting visit [www.eoa-assn.org](http://www.eoa-assn.org). The cutoff for the special EOA room rates is September 17, 2021.



## From the Editor

### Bruce A. Monaghan, MD



Collaboration. As orthopaedic surgeons, we see the power of this concept every day. Collaboration can be defined as the process that makes it possible to reach a goal that cannot be achieved by one person or organization alone. Partners, working together sharing expertise, resources and responsibility to achieve a goal. It was in that spirit that the Eastern Orthopaedic Association reached out to the New Jersey Orthopaedic Society (NJOS) over nine years ago to propose a collaboration between our two societies by participating in their annual meeting as an invited guest. While both the EOA and NJOS share a mission of promoting and advancing the art and science of orthopaedic surgery and musculoskeletal medicine through educational forums emphasizing quality care for our patients, the NJOS has an additional mission of advocating at the state legislative and regulatory level to shape the environment where our clinical care is delivered.

It was in that niche that the NJOS first participated by sponsoring physician legislators that educated us on the techniques and skills necessary to navigate that territory that so often affects what we do on a daily basis. The first invited NJOS guest was Congressman Michael Burgess, a Texas obstetrician and Congressman in Miami in 2013. In 2016, Congressman and orthopaedic surgeon Tom Price joined the EOA in New Orleans to give us his perspective on how to improve the ACA (Obamacare). Fortunately, he joined us just 2 months before he was selected to be the Secretary of Health and Human Services in the Trump Cabinet! In 2017, Florida State Legislator and orthopaedic surgeon Julio Gonzalez passionately spoke about the importance of advocacy at the state level at our Miami meeting.

I have been privileged to actively serve on the Boards of both the NJOS and the EOA and continue to marvel at how successful this collaboration is viewed by both organizations. The EOA has been fortunate to have more New Jersey orthopaedists participate in the annual meeting and a new element added to its agenda. The NJOS has been afforded an opportunity to have its members and its board meaningfully participate in an incredible educational forum with an exceptional, internationally renowned faculty. The EOA meeting now serves as the away meeting of the NJOS.

The Eastern Orthopaedic Association has a strong desire to build on this successful endeavor. Please reach out to me or any member of the EOA board to explore collaborative opportunities with your State Orthopaedic Society or Organization.

Stay safe, until we meet again...



## EASTERN ORTHOPAEDIC EDUCATION FOUNDATION

Contributions for the Eastern Orthopaedic Education Foundation (EOEF) are strong and continue to grow. Every year the EOEF provides funds to EOA for educational projects at the Annual Meeting and opportunities for Residents and Fellows.

To make your tax-deductible donation to the EOEF, please visit [www.eoa-assn.org/eoef](http://www.eoa-assn.org/eoef) or simply send your check to the EOEF today. Make checks payable to EOEF and mail to EOEF, 110 West Road, Suite 227, Towson, MD 21204.

We appreciate your continued support of the EOEF and would like to thank you for your generosity this past year. If you haven't contributed to EOEF previously, please start this year and make it an annual tradition.

## HAVE A STORY TO INCLUDE IN THE NEWSLETTER?

Please send it to Heather Skinner at [hskinner@datatrace.com](mailto:hskinner@datatrace.com).

## SELF-ASSESSMENT EXAM (SAE)

We are very pleased to bring this educational tool to our members and Annual Meeting participants. The SAE is designed to help you assess your knowledge in comparison with other orthopaedic surgeons, no matter how many years in practice or your level of specialization. The results of your SAE should direct you toward areas of study that will lead to professional improvement.

The SAE is in compliance with the ABOS requirements and provides 10 AMA PRA Category 1 Credits™ for your Maintenance of Certification (MOC). To receive your 10 credits, you must take and submit the scored & recorded exam. After completing the exam online, you will submit an evaluation and receive feedback, the correct answers, commentary and references, as well as acknowledgement by email that you have completed the exam and your certificate. We hope that you will find it informative and useful in furthering your educational knowledge.

The SAE is free for Members and \$95 for non-Members.

## MAKE THE MOST OF YOUR MEMBERSHIP

- 10 CMEs through a scored & recorded Self Assessment Exam
- 32 CMEs through your complimentary subscription to the *Journal of Surgical Orthopaedic Advances* (each quarterly issue has a test worth 8 CMEs)
- 22.75 CMEs through the Annual Meeting

Check out *all* of your member benefits at [www.eoa-assn.org/membership](http://www.eoa-assn.org/membership)

## Connect With Us On Social Media



In an effort to stay connected and up to date with EOA, please follow us on Facebook @easternorthopaedicassn, on Instagram @EasternOrthopaedicAssoc, and on Twitter @EOAOrtho. By following the Association on social media and actively "liking" tweets and Instagram posts, you will be contributing to the success of this launch. Being connected to EOA on social media is also a convenient way to stay informed of our latest updates.

## 2021 PROGRAM CHAIR'S MESSAGE



Dear Fellow EOA Member,

We are excited to host the Eastern Orthopaedic Association's 52nd Annual Meeting, October 20th to 23rd, 2021 at the Omni hotel in Nashville, Tennessee. President Marc Levine, the EOA Board and I invite you to join us for a top-notch educational experience with your colleagues. In addition, Dr. Levine and his wife, Robin, have put together an incredible list of activities unique to Nashville to share with your friends and family.

This has been a trying time for all of us, and we are looking forward to seeing you all in person. The Society feels that it is important to be together to further our mission and to support Resident education and the presentation of their original research. We also recognize that the health and safety of our registrants is critical for our meeting to be successful. To create the safest environment possible, we will be mandating vaccinations for all attendees and guests with proof at registration. Mask wearing will be mandatory and enforced at all scientific programs. Optional eating areas including take out boxed meals and accommodations will be made for those who so desire for both scientific and social events.

This year's Academic Program, approved for 22.75 continuing education credits (CMEs), includes a long list of distinguished speakers, five Symposia covering critical orthopaedic topics of which we can all benefit, six General Sessions, including our Presidential and guest speakers, Resident Award-winning paper presentations and messages from our colleagues at the AAOS, ABOS, and OREF, 10 Concurrent Sessions for deeper dives into subspecialty topics, 30 Rapid Fire paper sessions, our annual Orthopaedic Review Course, and a symposia geared to medical students transitioning to residency.

We are looking forward to seeing the 300 original paper and poster presentations across all orthopaedic subspecialties (chosen from 1,000 submitted abstracts), and to acknowledge the more than 25 that were chosen for awards. Once again, help us welcome the New Jersey Orthopaedic Society for their symposium on human performance, with their guest, President of the NFL Alumni Association Bart Oates. We are also lucky this year to hear from our very own Dr. Scott Boden as the Presidential Guest Speaker, and our Howard Steele Lecturer, Tennessee Congressman, physician and combat veteran Mark Green. On Saturday, our Orthopaedic Review Course boasts nine high-yield subspecialty lectures and a special session titled, "The First Year of Practice: What I Learned."

I would be remiss to not offer a special thank you to John McConnell for creating an incredible partnership with our industry sponsors. Special thanks as well to our industry sponsors, including our Gold Sponsors - ConvaTec, Heron Therapeutics, Medtronic, Pacira Biosciences, Smith & Nephew, Inc.; Silver Sponsors - 3M Health Care, Arthrex; Bronze Sponsors - InfuSystem, Stryker Orthopaedics; and Copper Sponsors - DePuy - Johnson & Johnson Medical Devices Companies, Match One Medical, MicroPort Orthopedics, Inc. and Skeletal Dynamics. We could not achieve the academic mission of the Organization without them.

Lastly, I want to thank Dr. Marc Levine and his family, the entire Board of Directors, all of the presenters who have agreed to speak, and my wife, Lynn Schow, for her help and support to make this meeting a reality. After two years of waiting, I am excited to see everyone for a great educational event and a lot of fun!

Sincerely,

Joshua A. Baumfeld, MD  
2021 Program Chair



## PROGRAM COMMITTEE

The Eastern Orthopaedic Association gratefully acknowledges the following orthopaedic surgeons for their contribution to the development of the scientific program.

Joshua A. Baumfeld, MD, Chair  
H. John Cooper, MS  
Michael Kaplan, MD  
Sheldon S. Lin, MD  
Amar S. Ranawat, MD  
Anil S. Ranawat, MD  
Neil Sheth, MD

## Future Meetings



52nd Annual Meeting  
October 20-23, 2021  
Omni Nashville Hotel  
Nashville, TN



53rd Annual Meeting  
October 26-29, 2022  
The Ritz-Carlton Naples  
Naples, FL

## SOCIAL COMMITTEE

Robin Levine  
Emily Ast  
Tara Backe  
Lynne-Anne Baumfeld  
Mary Boden  
Kelly Bolognesi  
Kitsy Boran  
Heidi Bowen  
Allen Emory  
Marie Kelly  
Hala Labib

Lynne McConnell  
Fariba Parvizi  
Jill Plancher  
Christie Rana  
Andrea Ranawat  
Dana Ranawat  
Guide Ranawat  
Cindy Richards  
Ellen Westrich  
Susan Wilk



## SOCIAL ACTIVITIES AT THE ANNUAL MEETING

The Eastern Orthopedic Association's Social Committee is working closely with the EOA Board to make our 52nd Annual Meeting a memorable event for all who attend. Our Meeting, October 21-23, 2021, is at The Omni Nashville Hotel in Nashville, Tennessee, and is just a short 15-minute ride from the Nashville International Airport.

Whether you're interested in music, art, history, food, culture, or fashion, Music City will give everyone something to sing about. Nashville is accessible, friendly, and authentic, with diverse neighborhoods, a unique musical heritage, and a creative culture that pervades the city. With more than 180 live music venues and a diverse music culture, there's a tune for everyone in Nashville. Must-visit places include The Grand Ole Opry, Ryman Auditorium and world-famous County Music Hall of Fame and Museum.

Highlights of our Tours and Activities during the meeting include the following:

- Andrew Jackson's Home Tour
- Nash Trash Tour
- Golf Tournament at The Hermitage
- Green Brier Distillery

The following are free to all registered attendees of the conference:

- Spouse/Guest & Child Hospitality with Nashville's Hottest Songwriters, Breakfast & GOO GOOS, and a book discussion
- Gentle Yoga/Meditation
- Welcome Dinner at Wildhorse Saloon®
- New Member Reception
- Exhibitor Reception
- Children's Dinner Night with Movie and Crafts on Friday and Saturday so that parents are free to attend the evening events.

Our Meeting ends with an unforgettable Saturday evening Denim & Diamonds themed Gala. Our own EOA Jazz Band will start the festivities during the reception, followed by a spectacular dinner. Then let your hair down and have some fun with your friends and colleagues. There will be a fabulous band, dinner and drinks.

Please visit the EOA website at [www.eoa-assn.org](http://www.eoa-assn.org) to view the Preliminary Program for complete Meeting information along with tour and activity times, dates and prices.

It has been an honor and a privilege to work with our Social Committee in preparing for the Annual Meeting. Everyone on the Social Board has graciously stepped up to offer their viewpoints and ideas which have culminated into what promises to be a fabulous event!

We appreciate you all and look forward to celebrating together in Nashville.

Very Sincerely,

*Robin Levine*

Robin Levine  
Social Committee Chair



## SOCIAL PROGRAM SCHEDULE

### Thursday, October 21

**7:00 am - 8:00 am | Gentle Yoga/Meditation**

**8:00 am – 9:30 am | Spouse/Guest & Child Hospitality**

Enjoy a continental breakfast with old friends and new, with a special presentation from a songwriter who has written hits for many of Nashville's stars.

**10:45 am – 12:45 pm | Andrew Jackson's Home**

Visit The Hermitage in Nashville, Tennessee. Walk through Andrew Jackson's life and home, explore a beautiful, historic Tennessee farm and experience an important piece of Nashville and our nation. Enjoy a guided, walking VIP tour through the grounds and mansion plus special access to the mansion balcony. The tour also includes a wine tasting at the onsite tasting room, Natchez Hills Winery at Andrew Jackson's Hermitage (for guests ages 21+).

**6:15 pm – 6:55 pm | New Member Reception**

All new EOA Members are invited to attend this reception, where the EOA Board and other leadership will welcome you to the organization.

Attire: Resort Casual

**7:00 pm – 9:30 pm | Welcome Dinner at Wildhorse Saloon®**

The World-Famous Wildhorse Saloon® is a unique venue known for world class live entertainment, a menu featuring southern smokehouse cuisine with signature fried pickles, line dancing, live entertainment and true southern hospitality.

Attire: Jeans & Boots

### Friday, October 22

**7:00 am - 7:50 am | Gentle Yoga/Meditation**

**8:00 am – 9:30 am | Spouse/Guest & Child Hospitality**

Meet at the Hatch Show Print Shop at 8:00am for a 5 minute walk to your breakfast at the Goo Goo Shop! Join old friends and meet new ones while enjoying a continental breakfast. At the shop, you will explore the rich history of Nashville's official candy bar, taste your way through a sample of classic clusters, flex your chocolatier skills while making your own Goo Goo, and savor the experience with a flight of rich drinking chocolates. In addition to all of the treats you get during the experience, you'll also receive 15% off any in-store purchase on that day!

**11:00 am – 1:00 pm | Nash Trash Tour**

The tour travels through downtown Nashville. There's lots of audience participation and improv comedy, which means there's as much going on inside the bus as outside...you'll laugh 'til your face hurts! It's a rowdy, very risqué, one-of-a-kind musical-comedy extravaganza.

**1:00 pm – 6:00 pm | Golf Tournament (1:15 pm Tee Time)**

General's Retreat, built in 1986 with architect Gary Roger Baird, hosted the LPGA Sara Lee Classic from 1988 to 1999. Having been voted the "Best Golf Course in Nashville," General's Retreat is a "must play" when visiting the Nashville, Tennessee area. With the beautiful setting along the Cumberland River and a variety of tee placements, golfers of all capabilities will thoroughly enjoy the golf, scenery and hospitality offered at the Hermitage Golf Course. The tournament will be a 1:20pm shotgun start with scramble format. **\*Eat at the Focused Lunch prior to the tournament.**

**1:45 pm – 3:15 pm | Green Brier Distillery**

Enjoy a tour highlighting the unique history and the revival of the Nelson's Green Brier brand and distillery, visit the production floor, and sample tastings. They specialize in craft whiskey production with an emphasis on Tennessee Whiskey. Must be 21 years and older.

**5:30 pm – 7:30 pm | Exhibitor Reception**

Before you go to dinner, start your evening off with drinks and hors d'oeuvres with EOA.

**5:30 pm – 7:30 pm | Kids' Movie Party with Arts & Crafts**

While parents are at the Exhibitor Reception, kids enjoy dinner and crafts or a movie with friends.

Children younger than 5 must be accompanied by an adult.

### Saturday, October 23

**7:00 am - 8:00 am | Gentle Yoga/Meditation**

**8:00 am – 9:30 am | Spouse/Guest & Child Hospitality**

Enjoy a continental breakfast with old friends and new.

**9:30 am | Book Discussion**

Little Fires Everywhere by Celeste Ng

**6:15 pm – 11:00 pm | Jazz Reception & Founders' Dinner**

You're in for an exciting night, beginning with music from none other than our own EOA Jazz Band. Then let your hair down and have some fun with your friends and colleagues. There will be a fabulous band, dinner and drinks, and don't forget to bring your dance moves!

Attire: Denim & Diamonds theme (Jeans, Jackets & Cowboy Boots)

**6:15 pm – 11:00 pm | Kids' Movie Party with Arts & Crafts**

While parents are at the Jazz Reception and Founders' Dinner Dance, kids enjoy dinner and crafts or a movie with friends. \*This is not a babysitting service and is provided only for parents attending the Jazz Reception & Founders' Dinner.

Children younger than 5 must be accompanied by an adult.

## Membership Benefit

EOA and Arthrex have partnered to bring you FREE access to



Surgical Outcomes System



## PRESIDENTIAL GUEST SPEAKER Scott D. Boden, MD

The EOA is pleased to have Scott D. Boden as the 2021 Presidential Guest Speaker. Dr. Boden is an orthopedic surgeon with more than 25 years of experience specializing in spine surgery. He is Director of the Emory Orthopaedics & Spine Center and Chairman of the Department of Orthopaedics at Emory University School of Medicine.

Dr. Boden is a researcher on such topics as spinal fusion and clinical outcomes relating to spinal disorders. He has taught courses on back and neck pain treatment and frequently lectures on orthopedic spine research. He has authored hundreds of scientific articles published in peer-reviewed medical journals and is the co-author of numerous books, including Operative

Techniques and Spine Surgery and Low Back and Neck Pain.

Dr. Boden is an EOA Past President and the current Managing Director. He has also served as President of the American Orthopaedic Association and International Society for Study of the Lumbar Spine. Throughout his career Dr. Boden has served on various committees within the American Academy of Orthopaedic Surgeons, the Orthopaedic Research Society, and the North American Spine Society. He has also served on the Editorial Boards of the *Journal of the American Academy of Orthopaedic Surgeons*, *Spine*, *Contemporary Spine Surgery*, and *Spine Surgery Today*.

## THE HOWARD STEEL LECTURER Congressman Mark Green

The EOA is pleased to welcome Congressman Mark Green of Tennessee as the 2021 Howard Steel Lecturer. Congressman Mark Green took the oath of office to represent the 7th district of Tennessee on January 3, 2019 (the same oath he first took as a cadet on the historic Plain at West Point over 30 years before). A business leader, decorated combat veteran and ER physician, Green served in the Tennessee State Senate before his election to Congress.

Throughout his career, Congressman Green's love for America's founding principles has inspired his service. His life experiences make him ideally suited to serve Tennesseans, and his experience building a successful healthcare company equips him to take on wasteful spending and over-regulation. His 24 years of Army service have impressed upon him the need for strong American leadership internationally, a globally responsive military and a well cared-for military family.

Congressman Green brings the unique perspective of doctor, healthcare administrator and cancer survivor to addressing the issues surrounding healthcare in America. His legislative experience in Tennessee readies him to fight for all of our rights and liberties.

The son of a hardworking father and loving mother, Congressman Green grew up on a dirt road in Mississippi. He came to Tennessee in his last Army assignment as flight surgeon for the premier special operations aviation regiment. As a Night Stalker, he was deployed to both Iraq and Afghanistan during the War on Terror – his most memorable mission being the capture of Saddam Hussein (detailed in his book, *A Night with Saddam*). He was awarded the Bronze Star and the Air Medal with V Device for Valor, among others.

After his service in the Army, Congressman Green founded an emergency department staffing company that grew to over \$200 million in annual revenue, providing staffing to 52 hospitals across 11 states. He also founded two free medical clinics, providing healthcare to underserved populations in Memphis and Clarksville, and embarked on numerous medical mission trips across the world.

He was elected to the Tennessee State Senate in 2012, where he distinguished himself as a conservative leader. His many legislative accomplishments include the repeal of the Hall Income Tax (only the second state-repealed income tax



in US history) and the passage of the Tennessee Teacher Bill of Rights. His numerous awards include the National Federation of Independent Business' Guardian of Small Business award and Latinos for Tennessee's Legislator of the Year.

Congressman Green resides in Clarksville, Tennessee with his wife, Camilla. They have two grown children.

## SCIENTIFIC PROGRAM HIGHLIGHTS

### Thursday, October 21, 2021

#### SYMPOSIUM 1

Regulatory Insights for TJA Practice

#### RAPID FIRE SESSION 1A-1E

Basic Science, Foot & Ankle, Hand & Wrist, Pediatrics and Tumor

#### GENERAL SESSION 1

OREF Report & EOEf Presidential Guest Speaker

#### SYMPOSIUM 2

Complex Primary TKA

#### CONCURRENT SYMPOSIUM 1A

Hand & Wrist

#### CONCURRENT SYMPOSIUM 1B

Tumor

#### GENERAL SESSION 2

Appropriate Site of Service: Understanding How to Optimize Orthopaedic Care

#### CONCURRENT SESSION 2A

Total Hip

#### CONCURRENT SESSION 2B

Spine: Today's Standards & Where Are We Going?

#### RAPID FIRE SESSION 2A-2E

Shoulder Arthroplasty, Trauma, Sports Medicine, Total Joint/Total Knee Arthroplasty and Spine

#### E-POSTERS

(Presenters Available before and after the Scientific Program.)

#### MULTIMEDIA EDUCATION SESSION

(Available each day following the Poster Session.)

### Friday, October 22, 2021

#### SYMPOSIUM 3

Transitioning to Outpatient TJA

#### RAPID FIRE SESSION 3A-3E

Foot & Ankle/Lower Extremity, Trauma, Sports Medicine, Total Hip Arthroplasty and Spine

#### GENERAL SESSION 3

Presidential Address, AAOS Report, ABOS Report & Outstanding Service Award

#### SYMPOSIUM 4

Healthcare Policy & How it Affects Your Practice

#### CONCURRENT SESSION 3A

Total Joint Arthroplasty

#### CONCURRENT SESSION 3B

Foot & Ankle

#### CONCURRENT SESSION 4A

Total Shoulder Arthroplasty

#### CONCURRENT SESSION 4B

Patellofemoral Instability

#### RAPID FIRE SESSION 4A-4E

Total Joint Arthroplasty, Pediatrics, Shoulder & Elbow, Trauma and Hand & Wrist

#### E-POSTERS

(Presenters Available before and after the Scientific Program.)

#### MULTIMEDIA EDUCATION SESSION

(Available each day following the Poster Session.)

### Saturday, October 23, 2021

#### SYMPOSIUM 5

Sports Shoulder

#### GENERAL SESSION 4

EOEF Resident Award Papers

#### CONCURRENT SESSION 5A

Sports Knee / ACL

#### CONCURRENT SESSION 5B

Pearls for Common Elbow Fractures

#### RAPID FIRE SESSION 5A-5E

Sports Medicine, Total Joint Arthroplasty, Shoulder, Upper Extremity and Misc.

#### GENERAL SESSION 5

BOC Report & Howard Steel Lecturer

#### GENERAL SESSION 6

New Jersey Orthopedic Society

#### RAPID FIRE SESSION 6A-6E

Shoulder, Patellofemoral Sports, Total Joint Arthroplasty, Spine & Misc. and Hand/Upper Extremity

#### RESIDENT REVIEW COURSE

CONCURRENT MEDICAL STUDENT SYMPOSIUM

#### E-POSTERS

(Presenters Available before the Scientific Program.)

#### MULTIMEDIA EDUCATION SESSION

(Available each day following the Poster Session.)

*The complete EOA Scientific Program is available on the EOA Website at [eoa-assn.org](http://eoa-assn.org).*



## NEW JERSEY ORTHOPAEDIC SOCIETY TRAVEL GRANT AWARDS

Surgical Prophylaxis in Pediatric Orthopaedic Patients with Penicillin Allergy  
*Brian D. Batko, MD, Rutgers New Jersey Medical*

Swelling and Dysfunction following Proximal Interphalangeal Joint Sprains  
*Quincy T. Cheesman, DO, Rowan University School of Osteopathic Medicine/Rothman Orthopaedic Institute*

Besides Delay, What Else Increases Mortality following Hip Fracture Surgery?  
*Richard A. Pizzo, DO, Jersey City Medical Center*  
*\*Presented by Erick Heiman, DO*

In Vitro Biomechanical Comparison of Elbow Stability Constructs  
*Jeffrey C. Lynch, DO, Rowan University School of Osteopathic Medicine*

## 2021 RESIDENT/FELLOW AWARD WINNERS

### EOEF Founders' Award

Melatonin Does Not Improve Sleep Quality in a Randomized Placebo-Controlled Trial Following Primary Total Joint Arthroplasty  
*Samuel J. Clarkson, MD, Rothman Orthopaedic Institute*

### EOEF Ranawat Award

Evaluating the Nosocomial Transmission Rate of COVID-19 Following Orthopaedic Surgery  
*Anna H. Green, MD, Rutgers Robert Wood Johnson University Hospital*

### EOEF John D. & Marie S. Kelly Shoulder Award

Biomechanical Comparison of Stemless Humeral Components in Total Shoulder Arthroplasty  
*Raymond E. Chen, MD, University of Rochester*

### EOEF Parvizi Musculoskeletal Infection Award

Fracture-Associated Microbiome and Persistent Nonunion: Next-Generation Sequencing Reveals  
*Karan Goswami, MD, Rothman Orthopaedic Institute*

### EOEF Richmond Arthroscopy/Sports Medicine Award

Stacked Screws in Single Stage Revision ACL Reconstruction  
*Ian D. Engler, MD, Tufts Medical Center*

### EOEF Resident Awards

Increased 90 Day Mortality and Morbidity in Hip Fracture Patients During the Coronavirus Pandemic  
*Megan M. Mizera, MD, Montefiore Medical Center*

A Simple Hip-Spine Classification for Total Hip Replacement –Validation and Large Multi-Center Series  
*Abhinav K. Sharma, BS, David Geffen School of Medicine at UCLA*

Mind the Gap: Discrepancies in Work-Family Balance Between Female and Male Orthopaedic Surgeons  
*Hope E. Skibicki, DO, Rowan University School of Osteopathic Medicine*

### EOEF Michael P. Ast, MD Donor Grant

Do Physicians Overestimate Radiographic Findings in Patients Undergoing Knee Arthroplasty?  
*James J. Gregory, MD, Dartmouth-Hitchcock Medical Center*

### EOEF Henry A. Backe Jr., MD Donor Grant

Nail Bed Injury Repair: Nail Plate Replacement vs. Non-Replacement  
*Justin M. Rock, MD, Rutgers New Jersey Medical School*

### EOEF Scott D. Boden, MD Donor Grant

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Synovial Fluid Absolute Neutrophil Count a Promising Marker for Diagnosing Periprosthetic Joint Infection  
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A Clinical Calculator to Predict Survival in Elderly Spine Trauma Patients  
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A Validated Predictive Tool for Discharge to Post-Acute Care After Shoulder Arthroplasty  
*Daniel E. Goltz, MD, MBA, Duke University*

A Modified Method of Triggered Electromyography Monitoring in Minimally Invasive Spine Surgery: Comparison to Conventional Techniques and Correlation with Body Mass Index  
*Andrew Moon, MD, Tufts University School of Medicine*

The Utilization of Platelet Parameters as an Adjunct Indicator for the Diagnosis of Shoulder Periprosthetic Joint Infection  
*Taylor Paziuk, MD, The Rothman Orthopaedic Institute at Thomas Jefferson University Hospital*

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Sports-Related Concussions in High School Females: An Epidemiologic Analysis of Twenty-Year National Trends Pediatrics  
*Kevin Pirruccio, BA, School of Medicine at the University of Pennsylvania*

Effect of Limb Rotation on Hindfoot Moment Arm and Hindfoot Alignment Angle  
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## LONG-TERM CARE PLANNING: EARLY IMPLEMENTATION CAN REDUCE FAMILY STRESS WHILE IMPROVING WEALTH PROTECTION

By David B. Mandell, JD, MBA & Jason M. O'Dell, MS, CWM

What comes to mind when you consider the phrase “Long-Term Care”? You may think of the services provided by a nursing home, assisted living facility or in-home caregiver. In fact, long-term care can be any one or a combination of these services needed for yourself, your spouse, your parents or in-laws.

One might think that physicians anticipate the medical, family and financial challenges of long-term care and make proper planning decisions before the need for care creates a tension-filled issue. Unfortunately, this is often not the case. In this article, we will describe the background of long-term care planning and give an overview of some key issues all physicians should understand.

### The Challenge

As physicians, orthopaedic surgeons should be aware of the medical reasons people need long-term care services. Very simply, as we age, basic daily functions (called Activities of Daily Living or ADLs in long-term care jargon) become difficult to perform without assistance. ADLs include Eating, Bathing, Dressing, Toileting, Transferring, and Continence.

All physicians should also be aware that assistance with such activities, whether in a nursing home, in a skilled nursing facility or even at home, can be very expensive – and the need for assistance may last for years. In fact, the yearly cost for full nursing home care can be \$100,000 or more. Thus, for both family and financial reasons, giving careful thought to these challenges in advance of a long-term care need is wise.

Looking at the macro statistics, just a few numbers can tell the story:

1. **15 million:** The number of Americans expected to have a high long-term care need by 2050.
2. **52.3%:** The expected percentage of people turning 65 who will have a long-term care need during their lifetimes.
3. **\$225 billion:** Long-term care expenditures in U.S., 2015.
4. **\$470 billion:** The dollar value of long-term care provided by unpaid caregivers, 2013.
5. **129,000:** Number of individual long-term care insurance policies sold, 2014.
6. **305,068:** Number of hybrid life/long-term care policies sold to individuals, 2013.

Generally, the government will pay for long-term care as part of the Medicaid program, but only after the care recipient meets certain state-specific income, asset and physical minimums. Said differently, you must be poor by state standards before the government will assist you under the Medicaid program, and the assistance will likely be provided in a nursing home. For most orthopaedic surgeons and their spouses, meeting these minimums would mean losing most of the assets they have worked hard to earn over their careers – an unacceptable proposition. However, for the parents and in-laws of some physicians, Medicaid qualification may be a suitable solution. With advance planning, the use of Medicaid trusts and other tools to qualify for benefits by moving assets to family members can be a viable option that should be explored.

### Having family members provide care

While siblings, children, grandchildren and farther-removed family members can play an important role in providing care, there are a myriad of issues to consider, including time management, geography and funding. Think about how pressed for time most people are today, balancing the demands of their families and careers. Ponder also the challenges that could arise if some family members live near the person needing care and others do not. Will all geographically close relatives split duties equally? Will some be compensated for their time? At what rate? Can family members do a good job of providing care – or even an adequate one? Even in the best of circumstances, these are issues that can build resentment, anger and stress, and can often lead to serious repercussions throughout the family.

### Paying out of pocket

Certainly, many orthopaedic surgeons can afford to pay out of pocket for months if not years of services for themselves and their spouses. But, is this a wise choice from an overall financial planning perspective? It may not be, especially when insurance coverage is considered (see below).

Even more problematic may be paying out of pocket for parents or in-laws, especially when other siblings do not have the ability or desire to pay their “fair share.” Anger, stress and resentment among family members are common in these situations.

### Insurance Coverage

Purchasing insurance to cover long-term care needs can be a sound part of a financial plan. Long-term care (LTC) insurance is an insurance product which pays for long-term care services in many settings, such as at home, in a nursing home, assisted living facility, or adult day care facility. Since there are many different LTC insurance plans and insurance carriers who offer them, it is important to make sure the plan you select will meet your foreseeable needs. Some plans cover facilities-only care, while others cover facilities care and home care. Some policies exist as stand-alone LTC policies and others can be hybrid life insurance/LTC policies.

When deciding on the best choice for you or a family member, it is essential to work with an experienced insurance advisor who is familiar with the products in the marketplace. Also, as with most insurance, costs typically increase with the age of the insured, so there can be a significant benefit in locking down favorable coverage sooner rather than later.

### Conclusion

Because long-term care planning will impact nearly every family in some way, it is wise to proactively examine options for you and family members before the need for care arises. Timely implementation of long-term care planning strategies can have a positive effect on family dynamics, while helping to protect the wealth a physician has worked hard to earn.

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