

## Research Headlines

### Unraveling the Opioid Epidemic:

A day does not go by without a headline referencing the worldwide opioid epidemic. **ONSF** followed these headlines and announced an aggressive research campaign designed specifically to unravel this problem. Our goal was to utilize our knowledge and our Arthroscopy, Surgical Skills and Biomechanical Research Laboratory to reduce and eventually eliminate the use of narcotics post-operatively.

The Institutional Review Board at Greenwich Hospital vetted and approved this project, and its early data shows a reduction in opiate prescribing by 50%. Narcotic-free shoulder replacements and other shoulder procedures are currently performed on patients at Greenwich Hospital. Drugs administered at the surgical site have proven to be helpful reducing the use of opioids and narcotics post-operatively. In addition, patients have reported a faster, low pain recovery.

Another aspect of the **ONSF** opioid research project involves creating the first ever nationwide algorithm to determine how many and what types of pills should be prescribed for rotator cuff surgery. Too frequently, prescription opioids such as oxycodone and hydrocodone are prescribed to surgical patients in large quantities to ensure that the patient does not experience serious post-operative pain. The problem is that not all pills are used, and the left-over pills frequently end up in the hands of vulnerable individuals leading to addiction and in some cases death. Our objective is to educate surgeons and other medical professionals about the need to reduce the number of pills prescribed and, therefore, reduce the incidences of addiction.

### Publications:

Because of **ONSF** studies, Dr. Sethi and other ONS doctors are frequently invited to write chapters that appear in Orthopedic Surgery text books: P. Valgus *Extension Overload. The Unstable Elbow: An Evidence based Approach to Evaluation and Management*. Editor Robert Tashjian. Springer Verlag. 2017

Sethi P. *Management of Medial Elbow Instability in the Overhead Athlete*. Minimally Invasive Surgery in Orthopedics (Second Edition), edited by Giles R. Scuderi and Alfred J. Tria. Springer Verlag. 2017

Dr. Vitale has a book chapter in press. Wei, D.H.; Vitale, M.A.; Moore, A. *Hemi-hamate Arthroplasty for Proximal Interphalangeal Joint Fracture – Dislocations*. In: Operative Techniques in Plastic Surgery. Ed: Chung, K.C., Wolters Kluwer. (Anticipated Publication, Dec 2017)

One peer-reviewed article appeared in 2017 Vitale, M.A.; Chen, C.-C.; Rizzo, M.; Moran, S.L. *Pyrolytic Carbon Implant Arthroplasty versus Suspensionplasty for Trapezial-metacarpal Arthritis*. Journal of Wrist Surgery. May 2017;6(2):134-143.

### In Conclusion:

As noted many times, it is extraordinary that **ONSF** and its independent research laboratory in conjunction with a community hospital has the capability of achieving the most prestigious recognition for its innovative and invaluable research projects. Our determination to succeed is driven by the acknowledgements we receive within the realm of medicine and amongst our patients.

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# Message from the President . . .

Dear Friends,

The amazing **ONSF** activity and productivity has become my regular expectation over our past decade. We have made so many meaningful contributions to medical science and have many more projects in the hopper. It has been increasingly difficult to keep up with our alumni interns, who are now university professors, practicing physicians, residents and medical students. Much of it seems like it happened in a blink of the eye, but in truth, it represents thousands of hours of work.



Paul M. Sethi, MD

This year, **ONSF** has taken the charge to address the opiate epidemic with interest in helping to change physician prescription writing habits. While we can legislate the numbers of pills written, and have countrywide databases to help identify patients at risk, we still believe in evidence driven medical care. New data suggests that 6-10% of patients will be on prolonged (> 6mo) pain medication after routine procedures. This is an unacceptable complication rate. To make matters worse, very few physicians have any formal training in the management of acute post-surgical pain.

We are working on evidence-based algorithms that offer physicians guidance in what type and how many pills should be written after orthopedic procedures. Despite all our advances in medical and surgical care, this data DOES NOT EXIST. Furthermore, we know that many pills go unused (up to 30% that could translate into 300 million pills per year), and that these pills are at risk of medication diversion and misuse. Quite simply, when we see data that demonstrates how much we are over writing, coupled with data that shows how much a patient needs, we can change and move the tide toward a distinct end to the crisis.

Please enjoy this newsletter, please come visit us in the lab, and please know how grateful we are for your continued generous support.

I wish you the warmest and happiest of holidays.

## Save the Date. . .

**ThinkFirst For Teens – Avoiding Concussions— Greenwich Library, Jan. 10, 2018**

**10<sup>th</sup> Annual ONSF Golf Outing - The Stanwich Club, Monday, June 11, 2018**

**Race to Stop the Opioid Epidemic— 6th Annual ONSF 5K RUN/WALK EXPO  
Eastern Greenwich Civic Center, Sunday, Sept. 16, 2018**

# ONSF Clinical Education Series Continues

As part of its Clinical Education Series, **ONSF** offered a course on October 26th and November 1st for physical therapists, athletic trainers and coaches. The course, entitled *Acute Achilles Ruptures and Lateral Ankle Ligament Injuries* focused on injuries to the ankle that are commonly seen in athletes.

The course began with a formal didactic session followed by an open forum where the latest research on Achilles tendon and lateral ankle ligament injuries were addressed. Lectures included information on initial diagnosis and management, orthopaedic evaluation, imaging and physical diagnosis, the surgical approach, and a review of the current state of the art for rehabilitation after operative and nonoperative management and return to play.

Following the discussions, participants moved to the ONSF Research Lab for surgical demonstrations on cadavers. A review of anatomic landmarks and live open and percutaneous Achilles repair were demonstrated in addition to live lateral ankle

repair/reconstruction.

The program was chaired by Dr. Sean Peden, Orthopaedic Surgeon, Foot and Ankle Specialist. Course instructors included Dr. Demetris Delos, Orthopaedic Surgeon and Sports Medicine Specialist and Dr. Michael Clain, Orthopaedic Surgeon, Foot and Ankle Specialist.

ONSF is accredited by the Board of Certification for the Athletic Trainer and the Physical Therapy Associations of New York and Connecticut to provide continuing education credits for Athletic Trainers and Physical Therapists.

The courses took place in the ONSF Arthroscopy, Surgical Skills & Biomechanical Research Laboratory located at 6 Greenwich Office Park, Greenwich, CT.

Hands-on experiences for medical professional are extremely valuable. **ONSF** takes pride in providing educational opportunities of this caliber and looks forward to continuing these types of courses in the future.



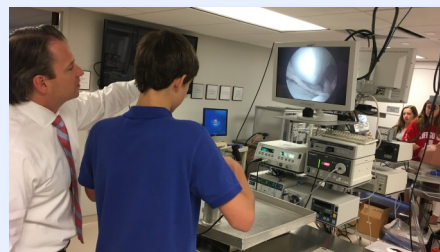


# 5<sup>th</sup> Annual ONSF Mini-Med School



From June 26<sup>th</sup> to June 29<sup>th</sup>, 16 high school students representing 10 schools had the ultimate hands-on experience in the world of medicine, when they attended

about a career in medicine. In addition, students participated in workshops that included casting, suturing, scrubbing, the operating room environment, and ultrasound. Attending the program were students from Rye, NY; New Canaan, Greenwich and Stamford, CT; Durham, NH and Brooklyn, NY.



Mini-Med School creates an amazing mentor/student event that has the potential to change a young person's life.

the 5th Annual **ONSF** Mini-Med School.

The program took place at the **ONSF** Arthroscopy, Surgical Skills and Biomechanical Research Lab. A series of labs, interactive activities, lectures and surgical simulations were featured. Students learned first-hand from orthopedic and neurosurgical physicians, not only about musculoskeletal disorders but also more broadly

## Meet our New ONSF Board Members

### Jeffrey B. Mendell



Since the 1980's, Jeff has been involved in all aspects of real estate development and construction and banking with companies including Chase Enterprises, Jones Lang Wootton and Citicorp. For over 30 years, Jeff has owned JBM Realty Capital Corp in Greenwich.

Currently, Jeff is redeveloping the Brynwood Golf and Country Club in Armonk, NY. Another recent project is the historic redevelopment of a 30,000 square foot building in Greenwich into high tech office space. Jeff is managing director of Greenwich Development Partners, a local real estate investment and development company.

A graduate of the Wharton School at the University of Pennsylvania, Jeff lives with his family in Bedford.

### Joanna Schulman



Joanna Schulman lives in Greenwich and is the Co-President of the Leon Lowenstein Foundation. This highly respected foundation supports education and medical research. She has worked closely with **ONSF** to understand its needs and provide for them.

Joanna is a member of the Endicott College New York City Board of Advisors. Her son, Richard, graduated from the undergraduate program at Endicott in December 2016 and is now in a Master's program. She and her husband, Ken, also have a daughter, Pamela, who is a senior at Middlebury College.

Joanna and Ken Schulman along with the Leon Lowenstein Foundation have been major supporters of **ONSF**. The Shulmans donated the Arthroscopy Research Lab Conference Room and provided funding for the H.A.R.T. biomechanical machine.

# 9th Annual ONSF Medical Education Conference



On Saturday, November 18, the 9<sup>th</sup> Annual **ONSF** Medical Education Conference was held at Noble Auditorium, Greenwich Hospital. The one day accredited course was designed to further enhance the education of Physicians, Nurses,

Physician Assistants, Physical and Occupational Therapists, and Athletic Trainers and Coaches.

Co-Chaired by Drs. Tamar Kessel and Mark Vitale, the course reviewed emerging technologies in Orthopaedic

Surgery, Sports Medicine and Neurosurgery including advances in available implants and grafts for tendon and cartilage disorders, 3D printing for preoperative

planning, and newly available instruments to assess patient outcomes. In addition, the Conference focused on the growing opioid epidemic and incorporated strategies to prevent opioid addiction post-surgically. A broad spectrum of pediatric and adult orthopaedic and neurosurgical



conditions were presented.

The Keynote Speaker Christopher S. Ahmad, MD, is Head Team Physician for the New York Yankees and a member of the Major League Baseball Team Physicians Association. He is a Professor of Orthopaedic Surgery at the Columbia University College of Physicians and Surgeons and an Attending Orthopaedic Surgeon at the New York Presbyterian/Columbia University Medical Center.



Christopher S. Ahmad, MD

Over 150 medical professionals attended the Conference that consisted of presentations by orthopedic surgeons, sports medicine physicians, neurosurgeons, physical therapists, physiatrists and radiologists. Vendor exhibits, breakfast and lunch were included. This conference is free of charge to all medical professionals. Attendees receive continuing education credits certified by Greenwich Hospital.

## ONSF Internship Programs

**ONSF** proudly offers internship programs to post graduate and college students whom we have welcomed into the research program. These experiences have been worthwhile for them and invaluable to our studies. Upon college graduation, many students pursue a post-graduate year to finalize and strengthen their application to medical school. As ONSF interns, these students work with a surgeon, actively participate in research project development as well as execution of manuscript development. This year ONSF has two full time post graduate interns and two pre-med interns.

Post graduate intern, Devon Brameier, summed up the intern experience when she wrote, "Working at the ONS

Foundation has undeniably peaked my interest in orthopedics and fueled my desire for a career in medicine... the amount of knowledge that I have gained from this experience will help carry me far into my own medical career."

College sophomores and juniors who joined us for eight weeks in short term research positions feel that a summer internship at ONSF is a pivotal experience as they consider a career in medicine. John told us, "...I was able to observe and participate at a unique level and enhanced my medical school applications." Before completing a research project, each student is assigned a mentor, participates in laboratory dissections and attends weekly conferences.



# ONSF 9th Annual Golf Outing

**ONSF**, in conjunction with Greenwich Hospital, held its 9<sup>th</sup> Annual Golf Outing on Monday, June 5th at the outstanding Stanwich Club in Greenwich, Connecticut. Golfers enjoyed lunch on the terrace followed by a round of golf. Later in the day, non-golfing friends and other supporters joined the players for cocktails, silent and live auctions and a dinner reception. Within the realm of our mission, this partnership provided an outstanding golf experience to specifically benefit ONSF clinical research, medical education and community outreach programs all of which substantially improve patient treatment and care while enhancing healthy, active living. Recently, ONSF announced a major research initiative *Unraveling the Opioid Epidemic in Post-Surgical Patients*. Utilizing its skills, ONSF will work diligently to resolve this significant problem that is affecting a very sizable group of individuals.

Michael Clain, MD, Adam Ercoli, Rich Granoff and Vicki Leeds Tananbaum chaired the event and were assisted by Golf Captain Chair, Jeff Mendell. The Live and Silent Auction committee, led by Amy Sethi, amassed an outstanding array of items. Charity Auctioneer, Dr. Paul Apostolides, encouraged enthusiastic Live Auction

bidding, including a party catered by Watson's with Horseneck Wines, a weekend drive in an Aston Martin from Miller Motorcars, a behind the scenes tour at The President's Cup Golf Tournament

hosted by Peter Jacobsen, a chef's dinner party at Mill Street, training with the Yankees courtesy of the YES Network, a Curtain Bluff Resort vacation as well as other fabulous items. Super Silent and Silent Auction lots offered fabulous vacations, unique entertaining opportunities, unusual sport experiences, numerous rounds of golf at prestigious courses in and around Fairfield County, and tickets to concerts and athletic events. Music was provided by Joe D'Elia and the All Stars.



Wynn Plaut, John Nixon,  
Sal Chiapetta & George Dudas

## 5K Race to Stop the Opioid Epidemic

**ONSF** held its 5<sup>th</sup> Annual 5K Run/Walk & Expo titled "RACE TO STOP THE OPIOID EPIDEMIC" on Sunday, September 17th. Over 300 runners, walkers and stroller



joggers, participated in support of the **ONSF** major research project

*Unraveling the Opioid Epidemic in Post-Surgical Patients*. Proceeds from the 5K will directly benefit this study.

The event took place at the Eastern Greenwich Civic Center where racers gathered for a pre-race warm-up conducted by Alicia Hirscht, DPT and Tanya Kalyuzhny, DPT. Racers participated in safe conditioning exercises in preparation for the 9:00AM race start. In addition, Anthony Scire, Performance Specialist from Elite Health Services, held a warm-up for our "future athletes" just prior to the Kids .05 race.

The Greenwich Police Dept. donated and supervised an Unused/Expired Medications Drop-off Box at the Expo.

Participants were encouraged to bring their unused/expired prescription and over the counter medications to deposit in the box which proved to be well utilized!

The 5K was sponsored by generous donors and supporters – Serendipity, Greenwich Hospital, Houlihan Lawrence, Greentree Toyota Danbury, Granoff Architects, Camp Takajo and Tripp Lake Camp, Patriot Bank, Shatterproof, New England Oil, ONSPT, Vineyard Vines, Fieldpoint Private, Town of Greenwich Department of Parks and Rec and many others including local businesses that helped "spread the word."



A special thanks to the student volunteers from the Greenwich Boys & Girls Club whose invaluable assistance in manning the aid stations, assisting at the food tent, cleaning up, etc., contributed to the overall success of the day.

# Direct Anterior Approach Total Hip Replacement

Jonathan Berliner, MD

Since its implementation in the United States in the 1960s, total hip replacement has become one of the most successful surgical advances in modern medicine because of its ability to predictably alleviate hip pain, increase function, and improve quality of life. To improve upon such a successful procedure can be difficult. However, significant recent advancements in both surgical approaches and postoperative recovery have been made. Less invasive approaches, such as the direct anterior approach, have been introduced to further the goal of rapid recovery. Because of changes in surgical techniques, perioperative pain management, and functional recovery times, surgical teams have markedly reduced the overall hospital length of stay, with national averages currently between 1 and 3 days.

## ***What is Direct Anterior Approach Total Hip Replacement?***

The direct anterior approach for total hip replacement is a well established surgical technique that has witnessed a recent resurgence in popularity due to a new focus on 'minimally or less invasive' surgery. The approach is performed through an incision over the front of the hip, compared to other approaches that utilize an incision over the side or back of the hip. Direct anterior approach total hip replacement represents the only truly muscle sparing approach to the hip, meaning that it does not cut through muscle or tendon. However, for many surgeons who have traditionally been trained using other techniques such as the lateral or posterior approaches, the direct anterior approach can present unique challenges and sets of complications.

## ***What are the Benefits of the Direct Anterior Approach?***

Because the direct anterior approach is an inter-muscular approach, it has the potential to avoid disrupting anatomy and to minimize soft tissue injury compared to other surgical approaches. Moreover,

because it is performed in the supine position, it may facilitate patient monitoring during anesthesia, as well as a more accurate assessment of component position and leg length equality.

Numerous clinical studies have now demonstrated that the direct anterior approach may result in earlier functional recovery after surgery as well as earlier discharge from the hospital. Most of these benefits likely occur within the first 6-12 weeks after surgery, with similar outcomes found between the approaches after that time period. The direct anterior approach may also be associated with a lower rate of postoperative dislocation, a rare complication after total hip replacement. However, this is still a topic of current investigation.

## ***Rapid Recovery Protocols***

Less invasive surgical approaches such as the direct anterior approach are just one component of a series of recent changes that have occurred to facilitate recovery after total hip replacement. Other significant changes have occurred in anesthesia, postoperative pain management, and early physical therapy protocols. The goals of rapid recovery are to reduce hospital length of stay, maximize patient satisfaction and outcomes, and minimize healthcare costs, readmissions, and complications. Clinical care and rapid recovery teams require the coordinated efforts of surgeons, anesthesiologists, nurses, physical and occupational therapists, case managers, social workers, and patients' families to work most effectively. This type of collaboration allows patients to experience better outcomes, quicker recoveries, and fewer complications after total hip replacement.



Dr. Jonathan Berliner

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