



**Delaware Society of  
Orthopaedic Surgeons**

**DSOS  
NEWSLETTER  
FALL 2018**



## President's Address

*Stephen L. Malone, M.D.*

Dear Colleagues:

Greetings on behalf of the Delaware Society of Orthopaedic Surgeons (DSOS). It has been my privilege to serve as DSOS president for the past two years.

As before it is imperative that we as a profession let our voice be heard on a political front. Unfortunately the reality is that we need to maintain our vigilance to ensure our ability to advance our agenda of effective patient care. Delaware gives us a very unique environment to access our local and national legislators. We benefit from the continued efforts of several of our colleagues who devote a significant amount of energy on our behalf at both the state and federal level. Lastly, we have the support of strong and proactive colleagues in the Medical Society of Delaware (MSD) and the American Academy of Orthopaedic Surgeons (AAOS).

Contributing to OrthoPAC is the easiest way to allow our interests to be heard. Once again we are shooting for 100% of Delaware orthopods contributing to the OrthoPAC.

Let's not forget the other DSOS supported events. This year the continued efforts of the Orthopaedic Symposium Planning Committee bring us presentations from Jeffrey S. Abrams, M.D., Eric L. Hume, M.D., and Rick W. Wright, M.D. In a slight break from tradition the keynote speaker - author Sam Walker - is from a non-medical background. His book, *The Captain Class*, probes the qualities of unique leaders and how they successfully developed some of the most effective teams in sports history. This should be an inspiration to us all.



The Symposium and upcoming Bone Bash provide unique opportunities for the Delaware orthopaedic community to get together. I urge you to participate.

Once again, I would like to take a moment to express a profound appreciation for all the DSOS board and staff - past and present - who continue to make all of this possible. So few give so much. I look forward to continuing to serve our organization and its members in other leadership capacities.

Yours truly,

Stephen L. Malone, M.D.  
President, DSOS

# DSOS News & Updates

participation and for having the most improved PAC participation in 2015.

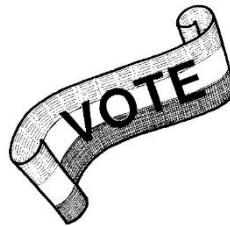


## ANNUAL BUSINESS MEETING & ELECTIONS

The DSOS Annual Business Meeting will be held prior to the start of the 11<sup>th</sup> Annual Delaware Orthopaedic Symposium on Saturday, October 27, 2018 from 6:45 – 7:15 a.m. The meeting will be in Rooms 11/12 of the John H. Ammon Medical Education Center. All DSOS members are invited and encouraged to attend.

Elections for DSOS Leadership for the two-year term 2018-2020 will be held at the Annual Business meeting, so please plan to attend

If you have an item for inclusion on the agenda, please submit to Megan at [megan.hayes@medsocdel.org](mailto:megan.hayes@medsocdel.org) no



## DELAWARE SOCIETY OF ORTHOPAEDIC SURGEONS

### **2018-2020 BALLOT**

The following is the slate of nominees for DSOS Officers for the term 2018-2020. Elections will be held at the DSOS Annual Business Meeting on Saturday, October 27.

**PRESIDENT:** Brian Galinat, M.D.

**PRESIDENT-ELECT:** Randeep Kahlon, M.D.

**TREASURER/MEMBERSHIP:** Steven Dellose, M.D.

**SECRETARY:** Matthew Handling, M.D.

**PROGRAM CHAIR:** Randeep Kahlon, M.D.



Dr. Townsend and Dr. Nichols accepting Delaware's award at the 2018 NOLC.



Dr. Townsend with Representative Don Bacon at the AAOS Capitol Club Reception at NOLC.

## ORTHOPAC RECOGNITION OF DELAWARE

**2017 Highest Percentage of PAC Participation: 57%**

**2016 Highest Percentage of PAC Participation: 60%**

**2015 Most Improved PAC Participation 30% to 43% (13% increase)**

## 2018 AAOS NOLC Synopsis

By: Peter F. Townsend MD, FACS, BOC Representative to the American Academy of Orthopaedic Surgeons (AAOS)

Below is a synopsis of what transpired at the 2018 AAOS National Orthopedic Leadership Conference (NOLC) which was held June 6-9, 2018 in Washington D.C.

### Hill Visits

The 2018 NOLC Capitol Hill Day on June 7, featured 412 scheduled hill visits with members of Congress from both chambers and both parties, with 280 orthopaedic surgeons participating. The 2018 issues presented to Congress included 1. Regulatory relief, 2. Opioid policies, and 3. The Good Samaritan Health Professionals Act. The surgeons thanked members of Congress for the regulatory relief efforts included in the Bipartisan Budget Act, which included **repeal of the IPAB**, and discussed other ongoing regulatory burdens facing their practices such as prior authorization and **STARK laws**. Surgeons also advocated for the Good Samaritan Health Professionals Act (AAOS login needed), which would provide clear liability protections to licensed health care professionals who volunteer health care services to victims during a declared national disaster. Finally, the AAOS members talked to congress about various legislative proposals in the opioids space and explained the AAOS position on things such as prescription limits, electronic prescribing, and mandatory opioid CME.

### Award Presentations

On Friday, June 8, Political Action Committee (PAC) Chairman, John T. Gill, MD, presented the Stuart L. Weinstein awards. These annual awards, established in 2013, recognize the individual state with the highest PAC participation rate, as well as the state that demonstrates the greatest improvement in PAC participation from one year to the next. The recognized states have emphasized the importance of Orthopaedic PAC membership through their state leadership and coordinating efforts with their state societies and Board of Councilors (BOC)

representatives to achieve widespread PAC participation. The Orthopaedic PAC was excited to recognize Delaware as the state with the highest PAC participation in 2017, coming in at 57 percent. This was Delaware's second year in a row receiving the award. Nevada was honored as the state with the most improved PAC participation, with an 8 percent increase from 2016 to 2017.

The Board of Councilors' State Orthopaedic Societies Committee honored an outstanding state orthopaedic society and an executive director for their excellent work and dedication to the orthopaedic community. Since 2009, the BOC State Orthopaedic Society of the Year and Executive Director of the Year Awards have recognized the value state societies and executive directors provide to the orthopaedic community. The BOC State Orthopaedic Societies Committee received numerous applications that highlighted achievements, creativity, and impact on local communities and our profession. This year's State Orthopaedic Society of the Year was awarded to Puerto Rico Orthopaedic State Society. Given what our colleagues in Puerto Rico has suffered, they have made a herculean effort on behalf of their patients and on behalf of their fellow Orthopaedic Surgeons.

### Symposium Summaries

#### Symposium I: Orthopaedic Affiliates

Moderator: Robert Orfaly, MD  
Speaker: Dirk Alander, MD  
There are many member classes within The Academy's organizational structure, but the question of inclusivity and broadening the specifications of membership acceptance is still a point of discussion to potentially include PA's, NP's and PT.

Robert Orfaly, MD, and Dirk Alander, MD, discussed orthopaedic affiliates and opened up the conversation with audience members on other groups that could benefit from AAOS membership.

#### Lunch Symposium: What to Expect When You're Electing

Moderator: Daniel Guy, MD  
Speakers: John T. Gill, MD  
John Rodgers

The symposium, which was attended by more than 200 AAOS Fellows, helped emphasize the Orthopaedic PAC's legislative wins and explain the current issues at stake in 2018, including antitrust reform, opioids, MACRA and payment reform, medical liability, development of quality metrics, and physician ownership.

John T. Gill, MD, Chairman, OrthoPAC, highlighted the Orthopaedic PAC's fundraising success in 2017, having raised a substantial \$1.9 million, an 11 percent increase from its last off year. Overall in 2017, the PAC has donated \$1.2 million to candidates who support orthopaedic issues and attended more than 600 fundraising events, increasing the PAC's political footprint. Dr. Gill emphasized the nature of the PAC's giving and noted that it is not party based, but based solely on the support of the house of orthopaedics and its high-priority issues.

#### Symposium II: AAOS Leadership Update

Moderator: Basil Besh, MD  
Speakers: David L. Halsey, MD  
Kristy L. Weber, MD  
Joseph A. Bosco III, MD  
Bradford Henley, MD  
Thomas Arend Jr., Esq.

Dr. Halsey said one of the member values is the American Board of Orthopaedic Surgery's (ABOS) new options for Maintenance of Certification (MOC). According to Dr. Halsey, the working relationship between AAOS and the ABOS "has never been stronger" and has made certification maintenance simpler for all members. The AAOS and ABOS leadership have met numerous times over the last year regarding ABOS' MOC program, and "we at the AAOS are pleased and enthusiastic with the changes that the ABOS has and will be making to its MOC program," he added.

#### Symposium III: Blurred Lines – Appropriate Behaviors at Work

Moderators: Dirk Alander, MD  
Amy Ladd, MD  
Speaker: Karen Michael, Esq.

There are many risks associated with certain behaviors at work that can lead to coworkers, patients, or others feeling uncomfortable, harassed, and bullied. Karen Michael, Esq., discussed the legal implications connected to some of these behaviors and how you can avoid them.

According to Michael, harassment and discrimination is not just about sex—it could be race, religion, disability, and age. "Harassment is based on so many different factors," she said, and anything that might be construed wrong by the involved party—even simple hugging or compliments—should just be avoided.

The most important point that Michael stressed is, if you "see something, say something." It is important for all companies to implement a code of conduct that defines acceptable and disruptive/inappropriate behaviors, and then create and implement a process for managing those behaviors.

#### **Symposium IV: Payment Models, Single Payer Healthcare**

Moderator: Basil Besh, MD

Speakers: Ross Leighton, MD  
David Cannon, MD  
Andrew N. Pollak, MD

On Saturday, June 9, Basil Besh, MD, introduced the three speakers by giving a brief background to the idea of "single payer" health care. As Dr. Besh explained, single payer has become something of a litmus test for the modern progressive wing of American politics. Given this direction and various bills under consideration in the states, the symposium offered attendees a timely look at existing payment models and where we may be going.

Ross Leighton, MD, provided a segment titled, "Canada's Health Care System: An Overview of Public and Private Participation." He examined some of the strengths and weaknesses of the existing Canadian system. One "real strength of the Canadian system" is the low death rates related to acute care presentation (such as trauma). However, wait times for elective care are daunting, with orthopaedic care being one of the worst. The costs for both the Canadian and American systems are comparable, as well, while the Canadian system "might

actually be more expensive if it did not limit access."

In a talk on the Veterans Health Administration (VHA), or "Single Payer USA," David Cannon, MD, provided attendees background information about the largest integrated healthcare network within the United States. While Dr. Cannon pointed out that innovation is difficult in the VHA system, one advantage of being in the system is that there is less malpractice worry and no Maintenance of Certification required. Yet, the challenges of navigating the VHA for patients produces a system where patients are sorted into those that stay in the system and those that can afford to be out of the system.

In the last segment, "What's next in health care reform: Overview of the Maryland Payment System," Andrew N. Pollak, MD, introduced attendees to the Maryland all-payer payment model, as well as the Health Services Cost Review Commission (HSCRC), which regulates Maryland's hospital rates. He also provided an update on how the federal waiver that preceded Maryland's model has evolved over the years. According to Dr. Pollak, the new waiver (reworked in 2014) will be implemented in two phases. Between CY2014-2018, its main financial focus will be to control and reduce the rate of growth in per capita hospital expenditures for Maryland residents. Beyond CY2019, its focus will pivot to controlling and reducing the rate of growth in total per capita healthcare expenditures for Maryland residents.

#### **Symposium VI: Disaster Relief Orthopaedics Here and Abroad**

Moderator: Daniel Guy, MD

Craig Satterlee, MD

Speakers: Andrew N. Pollak, MD  
Craig Satterlee, MD  
Pablo Marrero, MD  
Roman Hayda, MD  
Jordan Vivian

During this symposium, orthopaedic surgeons shared first-hand disaster response experiences and the lessons learned from those experiences. State and federal disaster response efforts were also addressed.

Andrew N. Pollak, MD, said that in the six months following the earthquake that struck Haiti in 2010, University of Maryland medical teams treated 29,833 patients and performed 961 operative procedures under challenging conditions at Saint Francis de Sales Hospital in Port-au-Prince. He shared the following lessons learned from the experience:

- Everything will be more than twice as difficult as you think it should be.
- Unless you have a massive team of help, partner with another organization.
- Develop an exit strategy; waiting for the local environment to "regain" its ability to deliver medical care to the population may or may not be realistic.
- Be prepared for challenges related to security, infectious threats, and cultural differences.

Craig Satterlee, MD, spoke about the tornado that touched down in Joplin, Mo., in the spring of 2011. St. John's Regional Medical Center, a 367-bed facility, sustained a direct hit, lost power, and its generators and emergency medical supplies were destroyed. Dr. Satterlee outlined what the facility learned about preparing for disasters:

- Disaster training helps medical providers respond to the unexpected.
- Pre-existing relationships are important in facilitating organization and coordination of the response.
- Fortify the facility; bunker the intensive care unit, medical supplies, and generator.
- Anticipate communication outages.
- Access to patient electronic medical records is important.

Pablo V. Marrero, MD, relayed Puerto Rico's experience with Hurricane Maria, the category 4 storm that made landfall on the island in September 2017. He shared the following ideas for AAOS involvement in future disasters:

- Be prepared—have a disaster plan for every situation.
- Educate members about disaster relief from an orthopaedic point of view

- Create groups of disaster relief volunteers at the state society and national levels
- Coordinate with orthopaedic industry business partners to obtain relief-effort equipment for use by volunteer surgeons
- If possible, create a field hospital—perhaps in alliance with U.S. Armed Forces—that can be transported as close as safely possible to ground zero.
- Get in touch with AAOS members in a disaster area to try to help them with their immediate needs.
- Let people know you care.

Jordan Vivian, Manager, AAOS Office of Government Relations, provided disaster response policy updates at the state and federal levels. Federal legislation includes the Good Samaritan Health Professionals Act and the MISSION Zero Act. State laws include Emergency System for Advance Registration of Volunteer Health Professionals (ESAR-VHP), Emergency Management Assistance Compact (EMAC), and the Uniform Emergency Volunteer Health Professionals Act (UEVHPA). Vivian also reviewed the three types of AAOS-registered disaster response responders. He noted that to become a registered responder, AAOS members must complete the Society of Military Orthopaedic Surgeons-developed disaster response course, which is cosponsored by AAOS, the Orthopaedic Trauma Association, and the Pediatric Orthopaedic Society of North America.

Roman Hayda, MD, discussed how to heighten the level of disaster response awareness among orthopaedic surgeons. Possible ways include adding the topic to residency program curriculums and/or Orthopaedics In-Training and American Board of Orthopaedic Surgery examinations, he said. To encourage participation in disaster response planning/engagement, Dr. Hayda recommended that surgeons volunteer on hospital disaster response committees and register through ESAR-VHP to engage with regional and state disaster response systems. He also pointed out the importance of integrating orthopaedic efforts with

trauma and military systems. Finally, Dr. Hayda highlighted the need to test the nation's current disaster response systems, strengthen state systems, and assess and remove barriers to federal systems. #



## CHECK IT OUT ✓



### Want to know what the PAC has been up to?

Check out the [2017 PAC Annual Report](#) for last year's OrthoPAC highlights and accomplishments and the [OrthoPAC 2018 Spring Newsletter](#) for an update on 2018 activities and progress.

### Want to know Delaware's ranking in the State PAC Participation Challenge?

Check out the [2018 Black OutThe Map](#) to see how Delaware ranks compared to other states.

### Attention DSOS Members! 2018 membership dues must be paid by December 31!

As a reminder, DSOS will waive its \$100 membership dues for 2018 for those members who [make a contribution](#) of at least \$100 to OrthoPAC prior to December 31, 2018.

If you choose not to make a donation to the PAC you are expected to pay \$100 for 2018 DSOS membership dues.

QUESTIONS? Contact Megan at [megan.hayes@medsocdel.org](mailto:megan.hayes@medsocdel.org)

## DONATE TO ORTHOPAEDIC PAC

Orthopaedic PAC gives orthopaedic surgeons a voice on issues that impact our patients and our profession. We cannot afford to be silent or complacent. The stakes are much too high.

DSOS has set a goal of 100% OrthoPAC participation by our members in 2018. We can reach our goal but we need all our members to step up and [make a contribution](#) today!

Don't wait, visit [www.aaos.org/Advocacy/PAC](http://www.aaos.org/Advocacy/PAC) or make an Ortho PAC donation thru text message! Simply text the word AAOS to 41444 and you will receive a link via text message to make a donation.



### Questions?

Contact OrthoPAC Senior Manager, Stacie Monroe at [monroe@aaos.org](mailto:monroe@aaos.org) or (202) 546-4150

# Delaware Orthopaedic Symposium

2018 Annual Delaware Orthopaedic Symposium  
 Saturday, October 27, 2018  
 7:30 a.m. - 12:30 p.m.  
[delawareorthopaedicsymposium.org](http://delawareorthopaedicsymposium.org)



Our 11<sup>th</sup> Annual Delaware Orthopaedic Symposium is in A Class of Its Own, With Keynote Address by the Author of the book, *The Captain Class!*

For a detailed agenda and to register for this event please visit: [www.delawareorthopaedicsymposium.org](http://www.delawareorthopaedicsymposium.org)

The 11th annual Delaware Orthopaedic Symposium will be held on Saturday, October 27, 2018 at the John H. Ammon Medical Education Center at Christiana Hospital in Newark. Presented by [The Delaware Society of Orthopaedic Surgeons \(DSOS\)](#) and [Christiana Care Health System's Department of Orthopaedic Surgery](#) the symposium features a robust [AGENDA](#) to include two keynote addresses, multiple lectures on the latest advancements in musculoskeletal health and orthopaedic surgery and a live anatomical dissection of the shoulder. 2018 Education Tracks include orthopaedic surgery, primary care orthopaedic medicine, and Orthopaedic Physical Therapy Best Practices. Don't wait, [Register today!](#)

Thank you to ATI Physical Therapy for being a Supporting Sponsor of the 2018 Orthopaedic Symposium!



## KEYNOTE SPEAKER

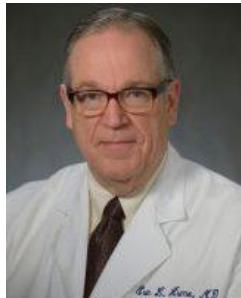


Sam Walker is *The Wall Street Journal's* leadership columnist and the author of "The Captain Class," which was named one of the best business books of the year by CNBC, the *New York Times*, Amazon, *Strategy + Business*, the *Globe and Mail*, and *Sports Illustrated*. Walker joined *The Journal* in 1998 as a sportswriter and was the founding editor of the paper's prizewinning daily sports coverage. He later served as deputy editor for enterprise, the unit that oversees indepth page-one features and investigative reporting projects. He is a two-time champion of Tout Wars, an elite fantasy-baseball competition he chronicled in his bestselling 2006 book, "Fantasyland." Walker attended the University of Michigan. He lives in New York City with his wife and two children.

## VISITING SPEAKERS



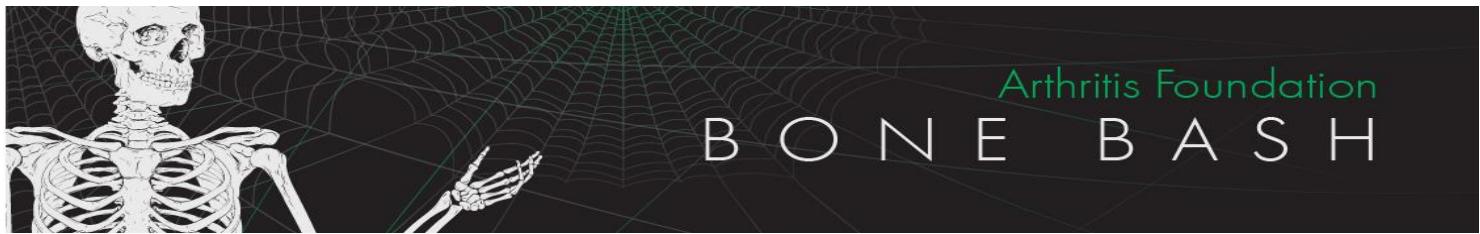
**Jeffrey Abrams, M.D.,**  
 Past President,  
 American Shoulder  
 and Elbow Surgeons  
 and Clinical Professor,  
 Department of  
 Surgery, Seton Hall  
 University



**Eric Hume, M.D.,**  
 Associate Professor  
 of Clinical  
 Orthopaedic Surgery  
 and Director of  
 Quality and Safety  
 Department of  
 Orthopaedic Surgery,  
 Perelman School of  
 Medicine, University



**Rick Wright, M.D.,**  
 President, American  
 Orthopaedic Association  
 and Professor of  
 Orthopaedic Surgery and  
 Executive Vice Chairman,  
 Department of  
 Orthopaedic Surgery,  
 Washington University  
 School of Medicine



The Arthritis Foundation's 9<sup>th</sup> Annual Bone Bash will be held on Friday, October 26, 2018 from 6:30-10:30pm at the DuPont Country Club (1001 Rockland Road Wilmington, DE 19803). Please join us for an exciting and fun Halloween-themed costume affair, and support the 1 in 4 Americans who are living everyday battles with arthritis. The event features gourmet food stations, an exciting auction, and great entertainment!

This year's distinguished honoree is Brian Galinat, MD, MBA, an orthopaedic surgeon at Delaware Orthopaedic Specialists and Past Chair of the Department of Orthopaedic Surgery at Christiana Care Health System.

**DSOS members receive one complimentary ticket to the Bone Bash so be sure to register today at <https://www.arthritis.org/bonebashdelaware> !! Use discount code DSOS at checkout under the "Tickets" tab.**

Questions about the event may be directed to Lauren Yankolonis, Executive Director, Maryland and Delaware of the Arthritis Foundation at 443-629-4378 or [lyankolonis@arthritis.org](mailto:lyankolonis@arthritis.org).



**2018 Bone Bash  
Medical Honoree  
Brian Galinat, M.D., MBA**

**Dr. Brian Galinat**  
Delaware Orthopaedic Specialists

Born in Connecticut, Dr. Brian Galinat received his undergraduate degree in Chemistry from Randolph-Macon College and his M.D. from the Medical College of Virginia. After completing orthopaedic residency at Thomas Jefferson University he did the shoulder/sports fellowship at the Hospital for Special Surgery. He completed the Wharton Executive MBA program in 2014.

He is a member of the Delaware Orthopaedic Specialists and has been in private practice in Delaware since 1989 where he and his spouse Lois have raised their 3 children. He served on the AAOS Board of Councilors, the AAOS Coding, Coverage and Reimbursement Committee and was an at-large member of the AAOS Board of Directors. He is a member of the American Orthopaedic Association and a past member of the AOA Own The Bone Committee. He is a member of the Board of the YMCA of Delaware. Lois and he are more than halfway through a quest to visit all of our National Parks.

Dr. Galinat recently stepped away from his duties as Medical Director of the Musculoskeletal Service Line and Chair of the Department of Orthopaedic Surgery at Christiana Care Health System. This has allowed him to spend more time on his clinical practice that is focused on the surgical and non-surgical management of the shoulder.

# Upcoming Events & Save the Date



## 2018 Dates to Remember

- **Eastern Orthopaedic Association Annual Meeting**, October 17-20, 2018, Amelia Island, FL
- **AAOS Fall Meeting**, October 25-27, 2018, San Antonio, TX
- **9<sup>th</sup> Annual Arthritis Bone Bash**, October 26, 2018, DuPont Country Club
- **DSOS Annual Business Meeting**, October 27, 2018, 6:45 – 7:15am, John H. Ammon Medical Education Center, Rooms 11/12
- **11<sup>th</sup> Annual Delaware Orthopaedic Symposium**, October 27, 2018, John H. Ammon Medical Education Center
- **MSD Annual Meeting & Council Meeting**, November 17, 2018, Medical Society of Delaware Conference Center
- **MSD Inaugural Gala**, November 17, 2018, DuPont Country Club

## 2019 Dates to Remember

- **AAOS Annual Meeting**, March 12 – 16, 2019, Las Vegas, NV
- **AAOS NOLC**, June 5-8, 2019, Washington, DC
- **Eastern Orthopaedic Association Annual Meeting**, October 16-19, 2019
- **AAOS Fall Meeting**, October 24-26, 2019, Nashville, TN
- **10<sup>th</sup> Annual Arthritis Bone Bash**, October 25, 2019
- **12<sup>th</sup> Annual Delaware Orthopaedic Symposium**, October 26, 2019, John H. Ammon Medical Education Center