



Volume 12 • Issue 1 • Winter 2022

No Bones About it Join the Excitement



**Manuel Molina, MD,
President**

"All that is valuable to society depends upon the opportunity for development accorded the individual."

- Albert Einstein

We are truly excited, and now it's time to make plans to attend the West Virginia Orthopaedic Society's "Spring Break CME Meeting" coming up April 29th and 30th at Stonewall Resort. We all have busy lives. As active members of the WVOS we all work hard in our careers, spend many hours in patient care and strive for the diligence and guidance in order to serve our community well. We also have lives that include families whose needs are

great and demand our diligent attendance. Whether you work in private practice, academic settings or an employment model, it is difficult to find time to meet and associate with fellow members. It is difficult enough to spend time with our own practice partners who share office space, departments or operating rooms. This annual meeting is your chance to share, realign and meet new members, as well as get reacquainted with old friends.

The 2021 meeting was truly an incredible event as an in-person meeting coming after a year's absence due to the COVID-19 pandemic. The logistics and work required by the leadership of the society to conform to the regulations demanded and provide safety to its attendees in the delegated space proved to be challenging, but not overwhelming. The presentations were outstanding and a testament to the quality of the orthopaedic services within the state.

Excitement

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Make Plans to Attend CME Event

**AAOS President
Dan Guy will
lead our team
of outstanding
speakers on
April 30.
Golf is available
on April 29.**

We have a great meeting set for April 29 and 30 at Stonewall Resort. The theme of this year's meeting is "Case Studies...and much MORE."

John Taras, Brett Whitfield and Ereny Bishara have put together an outstanding program that features AAOS President Dan Guy. Registration is open online at www.wvos.org. **The registration deadline is March 23.**

[Hotel reservations can be made online](#) by **March 23** at Stonewall Resort.

According to the December 24, 2021, issue of [OrthoEvidence](#), 41,692 physicians in the US who logged golf rounds in the US Golf Association database as of August 2018 were included in an observational study assessing differences in golf habits and performance across specialties. The results suggest that amongst golfing physicians in America, the majority of whom are men, orthopaedic surgeons are amongst the most frequent and best golfers around.

This study was limited by the self-reported golf performance, which could be subject to bias due to an overstating of their golf ability. Future research is required to understand whether golf performance is associated with superior patient outcomes and physician wellbeing.

Prove them right and be among the first 24 members, residents, practice



administrators and exhibitors to [register for our golf scramble event](#) on Friday morning.

After a day of fun, there will be a "Bring Your Worst Case" reception at 7:30 p.m.

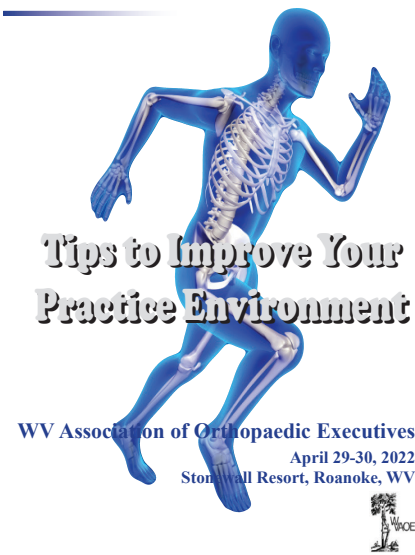
Saturday will have a clinical focus and we have an excellent array of statewide experts and residents from Marshall and West Virginia Universities joining Dr. Guy on the program.

We will be supported once again by our vendors who help to underwrite the program. They will have booths available with time for us to talk with them. Please encourage your pharmaceutical and device suppliers to participate.

This is a great opportunity to obtain valuable, pertinent, convenient and economical CME. More importantly it is an opportunity to interact with your fellow West Virginia orthopaedists.

Please feel free to bring your medical team to join you for these great presentations.

WVAOE Hosting April Conference



We have a great meeting set for April 29 and 30 at Stonewall Resort. The theme of this year's meeting is "Tips to Improve Your Practice Environment."

Registration is open online at www.wvos.org. The registration deadline is March 23. [Hotel reservations can be made online](#) by March 23 at Stonewall Resort.

Anyone wishing to golf Friday morning is encouraged to be among the first 24 members, residents, practice administrators and exhibitors to [register for our golf scramble event](#) on Friday morning.

On Saturday, April 30, WVAOE founding president David Proctor, MBA, ACT, now with Charleston Allergy & Asthma, Mount Pleasant, SC, will discuss how to keep the doors open when there are no doors. His remarks are based on his experiences surviving two Category Five hurricanes on the US Virgin Islands that

did horrible damage to the practice's offices.

Our focus for the day will include personnel and hiring issues in a pandemic, as well as legal issues surrounding "return to work."

WVAOE members will be joining WVOS members for "COVID Impact on Orthopaedic Practice: What's on the Other Side?" with Drs. Daniel Guy, Sandy Emery and Ali Oliashirazi and for Dr. Daniel Guy's AAOS Presidential Address.

The annual business meeting will include selecting the 2022 recipient of the Josh Tuck Memorial Scholarship.

Applications for the scholarship are due March 31, 2022, and complete information can be found by [clicking here](#).

While we are able to fund the scholarship from current funds, although we've reduced the award by \$1,000 for 2022, we need your help to make this scholarship possible for years to come. We can accept personal or corporate checks. Please call the WVAOE office if you need to make a donation by credit card. This donation is currently deductible as a business expense.

Please help us honor Josh's life and legacy by making your check to WVAOE and including Josh Tuck Scholarship in the memo line.

We look forward to seeing you and other members of your staff at Stonewall Resort on April 29 and 30.

WVAOE
members will
learn about
emergency
preparedness,
personnel and
hiring issues
and legal issues
involving
"return to work"
in a pandemic.

WVOS Members Active World-wide

Jack Steel led a delegation, including Ereny Bishara, on a 2017 trip to Haiti.

The members of the West Virginia Orthopaedic Society (WVOS) aren't only active in the office or the operating suite. Many are active with athletic teams at all levels in a number of sports.

Dr. Jack Steel

Jack Steel recalls having the pleasure of leading a group of volunteers from the United States on a trip to Milot, Haiti, the first week of October 2017. That was his third consecutive year going to Haiti. He was recruited in 2014 by Dr. Bill Sale who had been, along with Dr. Dick Sibley, going to this hospital for over 30 years. Sale has since retired to New Mexico and Sibley has passed away.



The 2017 group, shown above, included Dr. Ereny Bishara, a trauma orthopaedist from CAMC, along with Chelsey Walker, orthopaedic PA, Charlie Weese, RN, orthopaedic scrub nurse and Marty Henley, CRNA, all from CAMC. Additionally, Ann Gensler, a PT from Charleston, was part of Steel's group. They were joined by two anesthesiologists from New York City, Lenox Hill Hospital, and a physical therapist from Seattle, Washington.



The view from an open window of the clinic is certainly not the view which most WVOS members are accustomed to seeing out their clinic windows!

The hospital was in a fairly rural setting, although only about 25 miles from Cap-Haitien, the second largest city in Haiti. This was a referral hospital with a general surgeon, two orthopaedic surgeons, a full staff of obstetricians and gynecologists, internists and pediatricians.



Steel said they worked in a large semi-outdoor orthopedic clinic on Sunday, Tuesday and Friday, and additionally some

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team members saw patients in consult in the emergency room.

"Dr. Bishara (pictured above) was our primary surgeon with her team from CAMC. She worked independently in one room while the Haitian surgeon worked with his staff in the other room. I also ran a second or third room on occasion as needed," he said. "We dealt primarily with trauma patients, most of which were non-acute several-week-old fractures including ankle fractures, femoral shaft fractures, supracondylar femur fractures and tibial shaft fractures."

Additionally, Steel recalled, Bishara treated a femoral nonunion as well as performed an osteotomy for a mal-united distal tibia fracture.

Steel said the group saw a large array of patients in the clinic with complex problems. These included mal-united fractures, chronic infections and post-traumatic deformities.

"It was, as always, an enlightening experience as well as a clinically challenging situation," Steel said. He recalled that patients were universally grateful for their care and, interestingly, they are required to pay for their medical care. Hospitalized patients received food from their families because there was no food service provided to in-patients. Hospital wards were basically small cots side-by-side with an occasional fan to help with air circulation. Generally, patients' families are at the bedside providing most of the care.



How "Dr. MacGyver" might repair a broken stool in Haiti, Ecuador or Nicaragua.

Going to a Third World country such as Haiti certainly gives one a different perspective on patient expectations and requirements, according to Steel. "There are no narcotics outside of the hospital and in the hospital there is a very limited supply. Patients are more than happy to take ibuprofen or Tylenol," he said. Post-op pain medication for most of fractures was Tylenol or Tramadol. Steel called it interesting to see patients with femur fractures in long leg splints awaiting surgery who have been there for a few weeks sitting up in bed eating and not complaining of pain. Acute femur fractures likewise in the emergency room were placed in long leg splints and there was very little complaining of pain.

"This was my fourth trip overall to Haiti and I found it to be a rewarding experience each time," he said. "The accommodations are pretty

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Patients often waited outdoors and day after day to see an orthopaedic surgeon.

basic and it certainly helps one appreciate how good we have it in the United States."

Dr. Thomas Emmer

Marshall University's Dr. Thomas (Tom) Emmer took his first medical mission trip to Educador in October 2021 and has already made plans to return in August 2022.

Emmer first discovered the Bayside Medical Missions Foundation through Dr. Thomas at Marshall. The foundation was started in Fairhope, Alabama, by Paul and Flor Fellers. He said the group hosts a different orthopaedic specialty for a week each month.

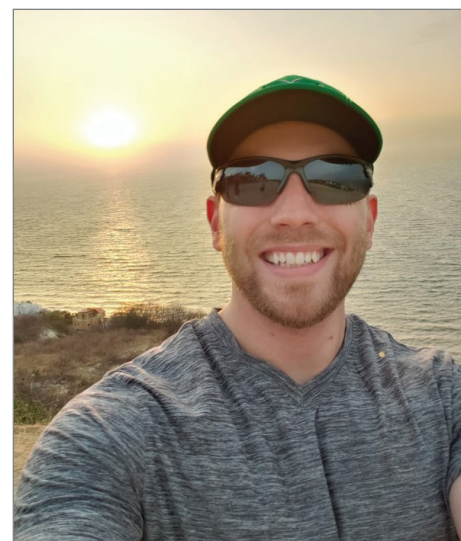
"We worked in Crucitas, Ecuador, at the La Vida Clinic," Emmer said. "I was the first to do trauma and our team included Dr. Thomas, three CRNAs with Armed Forces history and a scrub tech."

He said most cases were deformity corrections, osteotomies and non-union fractures, plus one acute distal radial fracture. The work load consisted of two to three cases per day and were frequently a result of motorcycle accidents. Unlike here, motorcycles tend to be the primary mode of transportation and accidents take place at a lower speed.

"Working with this particular patient population was dramatic," Emmer explained. "The patient came in unable to walk and was able to walk after surgery. It was rewarding work."



Emmer said he was impressed with the cultural differences he saw in the Ecuadorian patients, like those shown above.



His work in Ecuador gave Tom Emmer a different sunset view than he gets in Huntington.

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"They were grateful, thankful, polite, did well and didn't expect narcotics," he said. "Some even wanted photo ops with the doctors."

The Fellers opened their home near the ocean to the medical volunteers, while the clinic is several miles inland. Emmer said he had the opportunity to see pre-op patients on arrival, then visited a small town and even played in the ocean. He was even able to see a fellow volunteer sing at Sunday service.

When asked why he wanted to go back again, he said it was a rewarding experience where he was able to make a difference. He got the opportunity to figure out how to do things with what was on hand and overcome challenges without the "fancy bells and whistles" found here.

"This is something I always wanted to do," Emmer said. "It was awesome."

Dr. Adam Klein



This is an example of skeletal traction in rural Nicaragua.

With two trips to Haiti and two to Nicaragua between 1999 and 2016, Dr. Adam Klein, with West Virginia University, has a variety of memories.

There was the beautiful little boy left orphaned by civil war.

There was the team's surgical tech who fell in love in a week and didn't come home with the rest of the team.

There was the practice of leaving their clothes and shoes behind for the local patients.

There was the paraplegic man with a bullet from the civil war lodged in his spine.

He went to Haiti in 2010 and 2012, following earthquakes and civil war, and to Nicaragua in 1999 and 2016. Klein said he learned medical Spanish during his work in Texas from 1998 to 2012, but still appreciated the translators.

The first trip to Managua, Nicaragua involved joint replacements for existing patients with Zimmer-provided equipment, although there were few opportunities for teaching.

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- Dr. Klein**

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- Dr. Klein**

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"It was fun to do joint replacements all day, but hard to leave other people with complications that local orthopaedists couldn't treat, mainly through lack of equipment and supplies," Klein said.

However, he did learn to dance the marangue one night.

Chinandega is a rural area, according to Klein,

and his trip allowed him

to see 60 people a day and he saw some interesting pathology.

His most recent trip was sponsored by a teaching program and he worked the clinics with residents, allowing him more teaching opportunities.

"There were not as many surgeries because the facility was not as well resourced by the realities of the lack of supplies and sanitation," he said. "We couldn't send patients home with anything stronger than ibuprophen."

He said patients with



Dr. Klein led his surgical team in Nicaragua.

serious cases often had to be put off day after day. "Patients accepted this as their lot," he said.

"These trips almost make me feel guilty for the blessings of my childhood and life and create a sense of obligation to pay it forward," Klein added.



Residents in Nicaragua are joined by a volunteer (far right) from New York City.

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In 2022 we will continue to provide a safe, welcoming, and collegial environment to our members as they attend our premier event. Once again our meeting is taking place at the excellent central location of Roanoke, West Virginia, on the grounds of the Stonewall Resort with it's many recreational activities for members and families that include golf, spa availability, hiking and fishing, not to mention its beautiful peaceful atmosphere. This provides for all of us a break from our daily lives to meet and once again share, grow and gather information from one another.

We feel that we are presenting an exceptional program, "Case Studies...and so much MORE." Different from last year's agenda, we will highlight a broad spectrum of orthopaedic interest with allotted time for discussion on each subject. This will hopefully appeal to all attendees as they reach the varying points of orthopaedic care and its latest treatments. Dr. John Taras, acting CME Chairman, has worked diligently to recruit an outstanding core of speakers for these presentations that represent the expertise held within our state. Topics ranging from pediatric care of elbow fractures to complex superior capsular reconstruction of the shoulder as well as new technologies such as robotics in total joint replacement and hip arthroscopy should open up a wealth of discussion and information exchange.

In addition, we continue with the Frank Shuler Memorial Resident Presentations from our two outstanding orthopaedic residency programs.

This year we are extremely proud and honored to have as our guest Dr. Daniel Guy, the current president of the AAOS. Dr. Guy is an upper extremity specialist from LaGrange, Georgia, in private practice, who is truly one of US. He has been an outstanding spokesman and ambassador for orthopaedics and musculoskeletal care on a national level. He is plainspoken and honest about his opinions of the current status of our field of orthopaedics and its proposed challenges in the future. We have asked him to discuss with us the importance of the West Virginia Orthopedic Society to the Academy, and vice versa. He will also host a panel discussion on the future of orthopaedics after Covid 19 with Dr. Ali Oliashirazi of Marshall Orthopedics and Dr. Sanford Emery of WVU Orthopaedics.

Attendance at this year's meeting will offer an abundance of activities for our members. Many are listed in the on page 2. We are integrating our event sponsors and vendors into this year's conference as our guests and allowing them time to attend our presentations as well as allowing our attendees time to visit their exhibits. We hope that their inclusion, as well as their exhibits, will further the education of our members on new technologies and emerging treatments in orthopaedics.

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**"This year we
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Daniel Guy, the
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president of the
AAOS."**

- Dr. Molina

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Again, we are truly excited to present this 2022 West Virginia orthopedic Society Annual Meeting and look forward to seeing our member friends and colleagues at

Stonewall Resort on April 29 and 30.

"When we strive to become better than we are, everything around us becomes better as well."

- Paulo Coelho

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importance to
orthopaedic medicine and
your patients!

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