



Annual Report

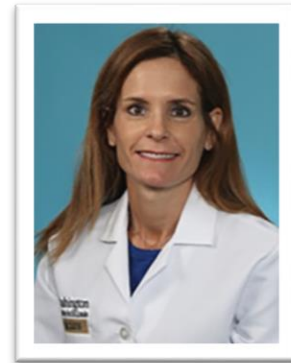
Dr. William H. Harris Foundation Career Development Award in Hip Surgery

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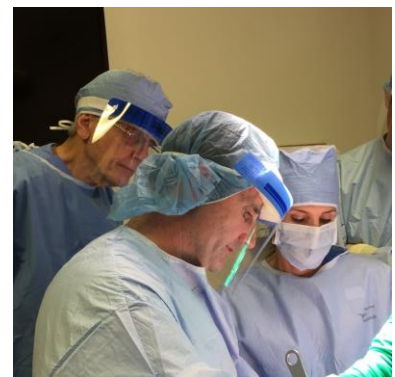
Recipient 2016-2017



Impact of the Harris Career Development Award

As a clinician scientist in the field of cartilage regeneration and hip preservation, I have and continue to be enchanted by academic groups who are truly committed to advancing this field in a collaborative manner. Advances in medical science are dependent on researchers who have novel ideas and use their abilities to translate those ideas into testable hypotheses. The ANCHOR group has proved to be the perfect example of talented clinician scientists with passionate convictions devoted to patient care, collaboration, education, and research. I am extremely thankful for the opportunity to be part of the William Harris Career Development Award in Hip Surgery.

My fellowship started at Washington University in St. Louis in the Division of Adult Reconstructive Surgery and the Center for Adolescent and Young Adult Hip Disorders, led by Drs. John Clohisy, Perry Schoenecker, and Jeffrey Nepple. During this time, I participated in clinic and shadowed a total of 39 cases, 20 of which were hip preservation procedures including PAO, hip scopes, surgical dislocations, and PFO. I had the opportunity to participate in the young adult hip, adult reconstruction, and research weekly conferences. The leaders on this team have boundless energy and remarkable strengths that lead to the success of this group. Dr. Clohisy leads by example. I will always remember his words, "Always do the right thing and keep it simple." I was also fortunate to work with Dr. Schoenecker who has been the Chief of Service at the St. Louis Shriners Hospital for Children for the last 40 years. His skills, compassion, and commitment to education are remarkable. He provides a living example of planting the seeds for future generations.



Cadaver lab with Dr. John Clohisy and Dr. Perry Schoenecker performing an open surgical dislocation



Drs. Sierra and Trousdale teaching me the tricks of the trades of the PAO during cadaver lab

I then went to Mayo Clinic to continue my training, where I spent time with Drs. Robert Trousdale and Rafael Sierra in the Department of Adult Reconstruction. From the moment I arrived in Rochester, I could feel the inheritance of the Mayo brothers all over the place. If one wants to see their legacy, one only must stand in Rochester and look around. The Plumber Building, an iconic symbol of Mayo Clinic, was my favorite place to take a break from the busy daily life and calm the mind.

Drs. Trousdale and Sierra were incredible to me. They are talented, humble, and committed to patient care and education. One of the most important things I learned from working with Rafa Sierra can be remembered in Benjamin Franklin’s quote, “By failing to prepare, you are preparing to fail.” With Rafa we always had a plan and a course of action to take if our

first plan failed. During this rotation, I attended weekly conferences, cadaver labs, surgery, and clinic. The cadaver lab was amazing, an incredible place where one could spend the late afternoon doing dissections and practicing surgeries. Dr. Trousdale was an outstanding and noble teacher. His words will remind me that the most important part of the PAO is to have a perfect correction: “You should never give up during this critical time.”

My last rotation was at Boston Children’s Hospital at Harvard Medical School. Boston is very special to me. I participated in the Boston Marathon in 2013 and was witness to the power of unity, strength, and collective resilience that a catastrophic event can produce in people. There I spent time with Drs. Michael Millis, Young-Jo Kim, and Eduardo Novais. I witnessed the importance of developing meaningful relationships with patients and having compassion for our patients. Pediatric orthopaedic surgeons have a unique chance to see how patients progress over time both for the purposes of medical research and as a friend. This could not be truer than what I observed at Boston Children’s Hospital. I had fun spending late clinic afternoons with Dr. Millis discussing cases with 20 years of follow up...what a treasure! Dr. Millis showed me the gigantic Wagner chisels from 1980 that were used early in time, probing how hip preservation has evolved markedly over the past years. I also learned the importance of the physical exam; sometimes we even did the positioning of the patient for the Von Rosen! I was also lucky to see a Chiari Osteotomy done by Dr. Young-Jo Kim. I really enjoyed spending time with this group.



Dr. Millis showing me Wagner chisels from 1980



Dr. Millis positioning the patient for a Von Rosen hip view radiograph

Thank You

I want to thank Dr. William Harris, Dr. John Clohisy, and the ANCHOR group for giving me the opportunity to be part of this fellowship. It provided me with professional and personal growth. I am sure that this experience will help me evolve as a thoughtful leader in hip preservation and allow me to continue to develop personal qualities that will impact the care of my patients now and in future generations.

Sincerely,

Cecilia