

UC San Diego
ORTHOPAEDIC SURGERY

Residency Program



UC San Diego Health
Orthopaedic Surgery

200 W. Arbor Drive #8894
San Diego, CA -92103-8894
T: 619.543.7247
F: 619.543.2540
www.ortho.ucsd.edu



UC San Diego Health

OFFICIAL HEALTH CARE PROVIDER OF THE PADRES

Faculty

Reid Abrams, M.D.
Interim Chairman

R. Scott Meyer, M.D.
VAMC Division Chief

Alexandra Schwartz, M.D.
Residency Program Director

Samuel R. Ward, PT, Ph.D.
Vice Chair, Research

Adult Joint Reconstruction
Scott Ball, M.D.

Francis B. Gonzales, M.D.
Krishna Cidambi, M.D.
Anna Kulidjian, M.D.
R. Scott Meyer, M.D.
James Hamilton, PA-C
Maureen Buckley, N.P.

Foot & Ankle
Pam Sabet, D.P.M.
Andrew Denevan, PA-C

Hand, Upper Extremity
Reid A. Abrams, M.D.
Eric R. Hentzen, M.D.
Matthew J. Meunier, M.D.
Amy Trautman, PA-C

Orthopaedic Oncology
Anna Kulidjian, M.D.
Christina Vitug, M.D.

Physical Medicine & Rehabilitation
Douglas G. Chang, M.D.
Amelia Eastman, M.D.
Kenneth Vitale, M.D.

Spine
R. Todd Allen, M.D., Ph.D.
Steven R. Garfin, M.D.
Vinko Zlomislic, M.D.
Irina Bilenkaya, M.S., N.P.
Liz Stimson, M.S. N.P.

Sports Medicine
Dana C. Covey, M.D.
Catherine M. Robertson, M.D.
Bryan Leek, M.D.
Natalie Voskanian, M.D.
Jacqueline Upton, PA-C

Orthopaedic Trauma
Paul Girard, M.D.
Alexandra Schwartz, M.D.
BT Kent, M.D.
Hilary Hagen, P.A.
Tara Kelly, N.P.

Research Faculty
David Amiel, Ph.D.
Alan Hargens, Ph.D.
Jan Hughes-Austin, Ph.D.
Koichi Masuda, M.D.
Simon Schenk, Ph.D.
Sameer Shah, Ph.D.
Samuel R. Ward, PT, Ph.D.

Welcome to the Department of Orthopaedic Surgery



Reid A. Abrams, M.D.

Professor and Interim Chairman
Chief, Hand Service



Alexandra Schwartz, M.D.

Clinical Professor
Residency Director
Chief, Trauma Service

Welcome to the Department of Orthopaedic Surgery at UCSD! We are excited that you have chosen Orthopaedics as your specialty and hope you will find the field as exciting and gratifying as we do.

Orthopaedic surgery has developed into many areas of specialization and we strive to provide a training program that is broad, diverse, and flexible enough to prepare our residents for both general and specialized orthopaedics.

In order to achieve this goal, we have created a training program that provides residents with effective hands-on development in all subspecialties, while maintaining comprehensive training in general orthopaedics. We have outstanding faculty in every subspecialty and work closely with colleagues in the community to provide a balanced experience. Our program is also geared toward individuals interested in academic orthopaedics. The program includes an optional year of clinical or basic science research, led by world renowned faculty.

We are extremely proud of the training program we have created here at UCSD. Our Department continues to be acknowledged as a top program by US News and World Report every year. We pride ourselves on strong work ethic, excellent patient care, and advancing orthopaedic knowledge with outstanding research. Our residents are highly respected by all Departments within our institution. We continue to grow in size and strength, and have state of the art technology and world-class buildings to complement our program. To us, our program feels like family.

Please direct all questions regarding the Residency Program to jdinius@ucsd.edu.

Educational Goals

Our goal is to train successful, competent, and caring orthopaedic surgeons who have a solid foundation of orthopaedic knowledge and can critically assess literature in the field of orthopaedic surgery. The University of California San Diego Healthcare system is based out of two main hospitals: UCSD Hillcrest (Level 1 trauma center) and Jacobs Medical Center (recent addition to former Thornton Hospital). In addition to these two sites, residents also rotate at Rady Children's Hospital, VA Medical Center, Balboa Navy Medical Center, Kaiser, and private community hospitals. Many of our rotations allow for a one-on-one mentorship. During these rotations, residents work closely with faculty on a daily basis, both in the OR and in clinic. Resident education is supported by a strong didactic program that includes a comprehensive core curriculum rotating every 2 years, weekly grand rounds, a monthly journal club, a monthly morbidity and mortality conference, anatomy, and numerous subspecialty conferences.

Emphasis in clinical training is placed on giving each resident progressive responsibility to complete residency by being able to make appropriate clinical decisions, build a foundation of sound principles, and to perform an extensive variety of orthopaedic procedures. Responsibility progresses with increasing knowledge and skill level with the support from faculty.

A didactic curriculum for basic and clinical sciences is taught by the faculty with an emphasis on resident participation. Grand rounds and teaching sessions are conducted each Wednesday from 7 am to noon. Additional teaching sessions occur in each subspecialty, as well as in subjects such as pathology, anatomy, and OITE review occur throughout the year. In addition, every subspecialty also has its own teaching conferences.

UCSD has a year dedicated to research, which is the year after internship. During this year, you have the opportunity to work with outstanding research faculty in a field of your choosing. Labs include (not limited to) muscle physiology, cartilage, nerves/ nerve regeneration, clinical outcomes, and epidemiology. There is a weekly research conference attended by all researchers. Most labs are located in the new Altman Clinical Translational Research Institute, on the La Jolla campus, immediately adjacent to the hospital. This year has been mandatory to date, but phasing to an optional year.



PGY-1 Year

The goal of the PGY 1 year is to develop the knowledge and skills for evaluation of adult orthopedic and surgical patients, as well as outpatient care. Each resident will master basic surgical skills and clinical skills for patient care. Surgical decision-making skills, indications for non-operative and operative treatment, and professionalism will be emphasized. The resident will be part of the orthopedic team for six months, spend three months on various general surgery services including plastic surgery, and one month each on radiology, anesthesia, and rheumatology. The orthopedic rotations include trauma at the level 1 trauma hospital (Hillcrest), the VA, as well as joints, tumor, and/ or spine in La Jolla. Each resident will be involved in grand rounds, teaching sessions, morbidity and mortality conference, anatomy, and journal club. The first year provides the intern with a solid base of knowledge, focusing on musculoskeletal problems as well as the management of the surgical patient. Call responsibilities are very manageable, and there are several rotations with no call. The first few weeks of the PGY 1 year are dedicated to an orthopedic “boot camp”, a combination of didactics and hands-on labs include trauma, arthroplasty, joint injections, physical exam skills, splinting/ casting, arthroscopy, radiation safety, and traction.

PGY1 ROTATIONS

6 Months - Adult Orthopaedics

3 Months - General Surgery (Plastic, Vascular, Trauma)

1 Month – MSK Radiology

1 Month – Anesthesia

1 Month – Rheumatology

PGY2 ROTATION

Foot and Ankle

Hand

Orthopaedic Trauma

Adult Orthopaedics (VAMC)

Pediatric Orthopaedics

PGY-2 Year

This year will allow for further development of physical exam skills, decision making processes, and musculoskeletal knowledge. The resident will also expand his/ her experience to pediatric patients at Rady’s Childrens Hospital. In addition to the pediatric rotation, the resident will rotate on the hand service, VA hospital, foot and ankle, and trauma. These rotations will broaden the resident’s orthopedic knowledge base. During these rotations, under faculty guidance, you become increasingly familiar with orthopedic literature, care of orthopedic inpatients, surgical techniques and the evaluation of outpatients, both in the clinic and the emergency room.

PGY 3 Year

Your knowledge and clinical skills will increase during this year. Rotations include arthroplasty, VA, spine, and sports at both UCSD and Childrens Hospital. This year will prepare you for senior call.

PGY3 ROTATIONS

Spine
Sports Medicine (UCSD)
Adult Reconstruction
Adult Orthopaedics (VAMC)
Pediatric Sports

PGY4 ROTATION

Sports Medicine (NMCSO)
Orthopaedic Oncology
Orthopaedic Trauma
Spine
Pediatric Orthopaedics

PGY 4 year

You are a senior resident during your last two years of training. All call is from home, except for the pediatric rotation. With graduated independence, you manage most of the inpatients, participate in operative decisions, further develop surgical skills and independence, and cultivate outpatient care. Rotations this year include sports at Balboa Naval Medical Center, hand, trauma, pediatrics, and oncology. You will also be teaching junior residents and medical students.

PGY 5 Year

As chief resident, you will rotate on trauma, the VA, arthroplasty, and an elective. Every chief resident attends the AAOS meeting. This is your year to fine tune surgical skills and act as primary decision maker while on call (with attending back up).

PGY5 ROTATIONS

Orthopaedic Trauma
Hand
Adult Reconstruction
Adult Orthopaedics (VAMC)
Elective

Health Facilities Utilized in Resident Education

UCSD MEDICAL CENTER, HILLCREST



200 West Arbor Drive, San Diego, CA 92103

Phone: (619) 543-6222

UCSD Medical Center - Hillcrest is the primary hospital for the University of California, San Diego School of Medicine. It is the county's only level one trauma center. The Orthopaedic Surgery trauma team represents San Diego County's largest orthopedic trauma group. Orthopaedic care at Hillcrest includes rehabilitation services, hand and upper extremity injuries, arthroplasty, foot and ankle surgery, spinal cord injuries, and multiligamentous knee injuries. Hillcrest hospital has 390 beds. In addition to inpatient care, there is an outpatient surgery center as well as numerous clinics. Multidisciplinary care optimized patient care, and orthopedic surgery works closely with general surgery trauma, plastic surgery, vascular surgery, internal medicine, and other specialties.

JACOBS MEDICAL CENTER



9300 Campus Point Drive, La Jolla, CA 92037

Phone: (858) 657-7000

The Department of Orthopaedic Surgery has a major inpatient focus at Jacobs Medical Center. This hospital opened November 2016. It has 364 beds, all of which are private. Specialty interests include hand and upper extremity, spinal surgery, joint reconstruction, sports medicine, and foot and ankle surgery. The major clinical population is comprised of non-emergency, and adult reconstructive surgery.

KOMAN FAMILY OUTPATIENT PAVILION – LA JOLLA



Koman Family Outpatient Pavilion

9400 Campus Point Drive

La Jolla, CA 92037

Phone: (858) 657-8200

The Koman Family Outpatient Pavilion is an outpatient clinical facility on UC San Diego Health's La Jolla campus. The facility includes eight surgery suites, basic and advanced imaging, physical therapy and pain management — plus infusion and apheresis services. The four-floor, 156,000-square-foot facility opened in March of 2018.

RADY CHILDREN'S HOSPITAL AND HEALTH CENTER



3020 Children's Way, San Diego, CA 92123

Phone: (858) 966-1700

Situated centrally between the UCSD Medical Center and the main campus in La Jolla, Rady Children's Hospital in San Diego provides an outstanding training facility for pediatric orthopaedics. A private service functions in parallel with a clinical service to provide a broad range of pediatric orthopaedic teaching cases. Outpatient screening clinics are maintained in Tijuana, Mexico, where a large variety of relatively uncommon problems are followed such as bone and joint tuberculosis, post-poliomyelitis, congenital deformities, and cerebral palsy. Rady Children's Hospital has a newly dedicated Gait Laboratory for the analysis of gait disturbances and post-operative evaluation of the results of surgery. This approach permits an ideal method of motion analysis which affords an outstanding tool for use by the residents in training. Residents spend a total of six months in pediatric orthopaedics. Rady Children's Hospital is routinely ranked in the top two pediatric orthopedic surgery programs in the country by US News and World Report.

VETERANS ADMINISTRATION MEDICAL CENTER



3550 La Jolla Village Drive, La Jolla, CA

Phone: (858) 552-8585

The VAMC, adjacent to the La Jolla campus, is located twenty minutes from UCSD Medical Center in Hillcrest and walking distance from Thornton Pavilion. The service is divided into a 30-bed acute service and a 15-bed rehabilitation service. Three orthopaedic residents rotate to the VA at any one time. A wide variety of elective and acute problem cases in orthopaedics are seen including total joint replacement, fractures, hand and foot disease, amputations, and disorders of the spine.