In spite of common fears of significant pain and lengthy recovery, joint replacement is one of the most popular surgeries in the U.S. According to the CDC, of the 51.4 million inpatient surgical procedures performed in 2010, more than a million were joint replacement surgeries: 719,000 knees, and 332,000 hips.

The UI Hospitals and Clinics orthopedics team performs over 1,000 joint replacements each year, with exceptionally low complication and infection rates. “We take on a lot of revisions and really complicated cases,” said Nicolas Noiseux, MD, Assistant Professor, Orthopedics and Rehabilitation. “Experience makes us more accurate, precise and consistent.”

The team’s innovative approaches to pain control and physical therapy alleviate the most common worries of patients and referring providers. “We put a big emphasis on a rapid recovery pathway,” Dr. Noiseux said, “getting patients home as quickly and safely as possible, reducing both length of stay and post-op pain levels.” Utilizing multimodal pain protocols, the team focuses on preemptive, non-narcotic medications, as well as pain medicines in the spinal anesthetic. Most patients start physical therapy the day of surgery, taking full advantage of that pain control to work with their new joint and strengthen the muscles surrounding it.

The orthopedics team has also developed a comprehensive blood loss prevention program. Their partnership with the anemia clinic – utilizing iron infusion and other recently proven techniques to minimize blood loss – has resulted in an exceptional transfusion rate of 0 percent for knee replacement and less than 5 percent for hip replacement surgeries.

Preparing for a successful surgery starts long before the actual procedure: smokers must give up the habit, diabetics must have their disease well-controlled, and obese patients may have to lose weight before they are appropriate candidates for joint replacement. Surgeons work with the smoking cessation clinic, endocrinologists, and nutritionists to give patients the best chance of success, and increase the longevity of the implant.

The future holds further improvements in perioperative pain control and rapid recovery, as well as more procedures done on an outpatient basis. And while the future of joint replacement looks very bright, the present is excellent: “You see people who have been miserable for months or years, and they come back in three months saying they’ve been able to play tennis or golf,” said Dr. Noiseux. “It’s great to run a clinic where 90 to 99 percent of the patients are thrilled with what you’ve done for them.”

UNIVERSITY OF IOWA PHYSICIANS
University of Iowa Health Care

INNOVATIVE ARTHROPLASTY
New approaches reduce pain and speed recovery

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NICOLAS NOISEUX, MD
Assistant Professor of Orthopedics and Rehabilitation

Acting on an initiative set forth by the High Value Healthcare Collaborative, the Adult Joint and Reconstructive service provides decision aids and questionnaires to patients prior to their initial appointment. These tools help patients make decisions that align with their values and preferences – which research shows improves outcomes as well as patient satisfaction.
International Medicine: Extending our Reach and Reputation

UI Health Care is teaming up with Iowa Medicine, LLC to promote and facilitate medical tourism to Iowa City. Iowa Medicine, LLC (known as Minnesota International Medicine in the Twin Cities) is a global health care company that coordinates medical care for individuals outside the United States seeking access to health care providers within the US. Their relationships are well developed within the Middle East, particularly in the United Arab Emirates, Jordan, Qatar, Kuwait and Oman.

The partnership with Iowa Medicine, LLC is one of many steps toward developing UI Global Medicine, our formal international medicine program. Under the direction of Dr. Rami Boutros, UI Global Medicine is working to formalize workflows and processes to facilitate access to UI Health Care services from many different access channels.

The goal of UI Global Medicine is to coordinate care and services for international patients and to accommodate the specific requirements of the diverse patient populations that will access our services.

Once a patient is referred from Iowa Medicine, LLC to UI Global Medicine, the patient’s case is reviewed and discussed with the applicable clinical department DEO. If the DEO is interested in accepting the case, UI Global Medicine communicates with Iowa Medicine, LLC to formally accept the patient and complete any required documentation to facilitate care here in Iowa City. UI Global Medicine staff will then work with the clinical department and with Iowa Medicine, LLC to coordinate necessary clinical and hospitality services (such as housing and transportation). Iowa Medicine, LLC has a support team in the Iowa City area to provide culturally competent services such as interpretation, entertainment, travel documentation and more.

As a UI Health Care provider, you may encounter international patients receiving clinical care at UI Hospitals and Clinics. If you have any questions or concerns, please contact Dr. Rami Boutros, Medical Director – UI Global Medicine.

Using the Cloud for Instant, Electronic and Secure Medical Image Transfer

The days of patients traveling with prints of their x-rays, or of waiting for a courier to deliver film, are long gone. Even CDs, DVDs and flash drives are becoming old technology. Utilizing cloud-based image transfer allows for instantaneous sharing and real-time consultation, without potential software clashes or crashes.

For more than two years, numerous departments participated in a collaborative effort to streamline image transfer processes. Radiology, radiology engineering, HCIS, eHealth, hospital administration, the emergency department, compliance, and many other areas worked together to find a solution to cumbersome processes and inconsistencies and make it simpler for referring providers to send images.

They chose lifeIMAGE™, a medical image exchange platform with many functions and facets. For patients, lifeIMAGE™ eliminates delays, reduces the need for repeat imaging, and avoids duplicate exams. For providers, lifeIMAGE™ offers a simpler, more intuitive transfer process, lessens software complications, and facilitates expedient consultation.

The lifeIMAGE “LILA” CD ingestion tool is now available housewide. It replaced eFilm on all UI Hospitals and Clinics computers in September and October. As of October 27, more than 16,000 exams had been uploaded into the system.

Feedback for the program so far has been primarily positive. Complications made apparent in the pilot phase have been answered with revised instructions and improved communication. Educational materials are available, and highly recommended, on the Epic A-Z site, and the Help Desk can answer questions at 6-0001.
Why UI for Orthopedics?

U.S. News & World Report ranked UI Hospitals and Clinics Orthopedics 18th in the nation for 2014-15. Providing the most complete bone and joint health services in Iowa, the team accepts referrals from doctors throughout the region. A multidisciplinary approach and state-of-the-art facilities come together to provide outstanding patient care. The University of Iowa is a Level 1 trauma center and provides orthopedic coverage to the Hawkeye sports teams.

Comprehensive services cover treatment for every orthopedic condition. Specialized clinics and services include:

- **Hand Center**: carpal tunnel, wrist replacement, reconstructive procedures, hand trauma
- **Spine Center**: spinal stenosis, scoliosis, spinal fracture, spinal tumors, disc herniation
- **Physiatry Division**: rehabilitation, joint injection, ultrasound therapy, post-surgery challenges
- **Foot and Ankle Service**: ankle arthroscopy, total ankle arthroplasty, degenerative disorders
- **Sports Medicine**: sports injury, athletic training, concussion, physical therapy and rehabilitation
- **Musculoskeletal Trauma**: fractures, dislocation, soft tissue injuries
- **Adult Hip and Knee Reconstruction**: degenerative and traumatic injury, total joint replacement
- **Orthopedic Oncology**: musculoskeletal tumors (bone and soft tissue)
- **Work Injury Recovery Center**: work-related injuries and conditions

The Pediatric Orthopedics team treats a wide range of congenital, development and traumatic conditions, including:

- Spinal deformity (scoliosis, kyphosis)
- Clubfoot
- Hip dysplasia
- Neuromuscular disorders (cerebral palsy, meningomyeleocele, and spinal muscular atrophy)
- Limb length inequality
- Skeletal dysplasias
- Tumors
- Gait abnormalities (in- and out-toeing)
- Sports injuries

The UI Department of Orthopedics and Rehabilitation celebrated a century of service in 2013. The Department sees more than 50,000 patients and performs over 5,000 surgical procedures each year.

Locations include the Orthopedic Clinic in the Lower Level of John Pappajohn Pavilion, and the Sports Medicine Center at 2701 Prairie Meadow Drive in Iowa City. The Work Injury Recovery Center is located in the Lower Level of John Pappajohn Pavilion, and serves the Des Moines area from offices at 1601 NW 114th Street, Suite 240, in Clive, Iowa. Pediatrics clinics are in the Lower Level of John Pappajohn Pavilion, the McFarland Clinic in Ames, and Child Serve in Johnston, Iowa.

Appointments can be scheduled through 319-356-2223.

Derdeyn named Chair and DEO, Department of Radiology

Colin P. Derdeyn, MD, has been appointed Chair and Departmental Executive Officer of the Department of Radiology, effective Dec. 31, 2015. A visiting professor here since August of 2015, Dr. Derdeyn was formerly Professor of Radiology, Neurology and Neurological Surgery, Director of the Stroke and Cerebrovascular Center, and Program Director for the Endovascular Surgical Neuroradiology Fellowship at Washington University School of Medicine in St. Louis. He currently serves on the editorial boards of the American Journal of Neuroradiology and the journal Stroke.

Wong named Chair and DEO, Department of Anesthesia

Cynthia Wong, MD, has been named the Chair and Departmental Executive Officer of the Department of Anesthesia, effective Nov. 15, 2015. Dr. Wong was formerly Professor and Vice Chair of the Department of Anesthesia and Chief of the Section on Obstetric Anesthesia at Northwestern University. She is currently a section editor of the journal Obstetric Anesthesiology, and serves on the editorial boards of the International Journal of Obstetric Anesthesia, Obstetric Anesthesia Digest, Anesthesia & Analgesia Case Reports, and the British Journal of Anesthesia.
Welcome New UI Physicians!

MARESI BERRY-STOELZLE, MD
Clinical Assistant Professor of Family Medicine
Specialties or Specific Procedures
Family Medicine with Obstetrics

BENJAMIN DAVIS, MD
Clinical Assistant Professor of Internal Medicine
Specialties or Specific Procedures
Immunology

LINDSEY CALDWELL, MD
Clinical Assistant Professor of Orthopedics
Specialties or Specific Procedures
Hand and Upper Extremity

LEONEL VASQUEZ, MD
Professor of Radiology
Specialties or Specific Procedures
Breast Imaging

EDGAR SAMANIEGO, MD
Clinical Assistant Professor of Neurology
Specialties or Specific Procedures
Neurointerventional Radiology

NINA NUANGCHAMNONG, MD
Associate of Obstetrics and Gynecology
Specialties or Specific Procedures
Maternal-Fetal Medicine

LAUREN COYNE, MD
Clinical Assistant Professor of Obstetrics and Gynecology
Specialties or Specific Procedures
General Obstetrics and Gynecology

EMILY HILL, MD
Clinical Assistant Professor of Obstetrics and Gynecology
Specialties or Specific Procedures
Gynecologic Oncology

SARINA MARTINI, MD
Clinical Assistant Professor of Obstetrics and Gynecology
Specialties or Specific Procedures
General Obstetrics and Gynecology

ALEXANDER THOMPSON, MD
Clinical Associate Professor of Psychiatry
Specialties or Specific Procedures
Psychiatric Aspects of Neurological Disorders

EVA SCHOPEN, MD
Clinical Assistant Professor of Psychiatry
Specialties or Specific Procedures
Eating Disorders, Trauma, PTSD