JUNE 2024, VOL. 2, ISSUE 2

# The Student View

*RWJMS Orthopaedic Surgery Interest Group Newsletter*

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## Spring-in-Review

In the Spring of 2024, OSIG organized **17 events**, ranging from lectures on orthopaedic clinical and research principles, Q&A panels, to hands-on workshops and one-on-one advisory days. In line with our mission to foster camaraderie among students interested in orthopaedics, OSIG hosted numerous panels to facilitate the exchange of experiences between students of all classes.

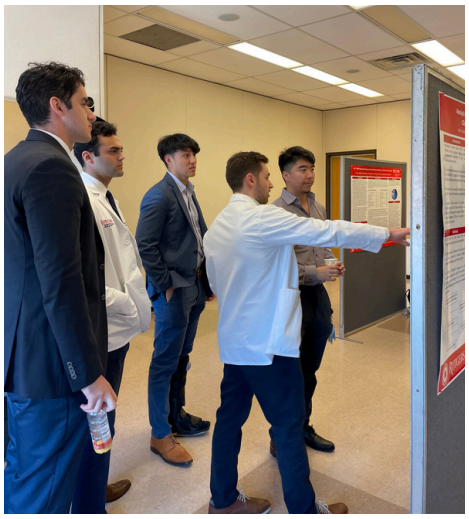


During the **M2 Panel on M1 Summer Experiences**, upperclassmen shared their experiences in various summer programs with first-year students, helping them find suitable opportunities. The **Research Year Fellowship Panel** provided insights into the pros and cons of taking a research year from RWJMS and NJMS students who had either taken a research year or opted not to. The **M4 Post-Match Panel** featured graduating students dissecting the residency application process, this year's Match statistics, and providing advice on matching into orthopaedics. To introduce students to the **Sports Medicine sub-specialty**, OSIG invited operative and non-operative orthopaedics physicians along with physical therapists to speak about the sports medicine workflow, their career paths, and the benefits and challenges of their field.



Throughout the semester, OSIG hosted **three bioskills workshops**, including suture workshops, splinting/casting labs, and an inaugural **Orthopaedic Trauma Simulation Workshop**. Held at the Rutgers Pharmacy School Simulation Lab, the Trauma workshop offered a unique interactive experience where students rotated through four stations, learning about trauma case management, injury anatomy, stabilization and splinting, reading X-rays, and more. Using a high-fidelity mannequin, students learned to stabilize an open-book pelvic fracture. At other stations, students practiced distal radius fracture splinting and X-ray speed reading.

# Spring-in-Review



To meet the demand for student research projects, OSIG established the **Chair of Research** role and has been connecting students with academic surgeons at RWJ, NJMS, and Monmouth Medical Center. Our students involved in scholarship were invited to participate in the Rutgers RWJ Department of **Orthopaedics Research Day**.

OSIG arranged two days this spring for **one-on-one mentoring** sessions with our advisor, Dr. Brian Katt, as a formal opportunity for guidance.



OSIG continues to provide consistent opportunities for students to gain clinical exposure to orthopaedics through our shadowing program. In the Spring of 2024, **33 students** shadowed attendings and residents in the operating room across trauma, spine, and joints at RWJUH and SPUH and **21 students** shadowed in clinic shadowing spots at RWJUH, SPUH, and RWJ Pediatric Orthopaedics.



This spring, RWJMS **matched 10 students into orthopaedic surgery** at Columbia, Maimonides, NYU (2), RWJMS, St. Lukes, Thomas Jefferson, Tufts, UMass Chan, and the University of Maryland. To celebrate their accomplishments, OSIG hosted an attending-sponsored **Graduation and Orthopaedic Match Celebration Brunch** for the graduates and their families.



Looking ahead to a productive summer, OSIG is proud to note that many RWJMS and outside students will participate in the third iteration of our **Summer Immersion Program** held in collaboration with the Rutgers RWJ Department of Orthopaedics. During this experience-filled week, two cohorts of students will shadow attendings and residents in both clinic and the operating room across various sub-specialties. Program participants will attend educational activities such as fracture conferences and grand rounds as well as journal clubs, industry workshops, and networking dinners.

In our mission to **break down barriers** in the field of orthopaedics, OSIG has been collaborating with orthopaedic surgery interest groups at other medical schools, particularly NJMS, inviting their students to attend RWJMS OSIG events. Concluding a successful Spring 2024 term, OSIG looks forward to continuing to provide valuable experiences in orthopaedics for our current and future members.

# Rising M2's Summer in Ortho Plans

The recent study published by our students **Jhillika Patel**, **Divya Anand**, **Chandravathi Sayani**, and **Alyanna Tam**, titled "**Early Exposures to Orthopaedic Surgery**," highlights the integral role of early immersive experiences in orthopaedic surgery in shaping the decision to pursue this field. One example of such experiences is participation in **summer externships** which offer unique opportunities to observe clinical practice, expand orthopedic knowledge, develop mentor relationships, and conduct research. The study states that early exposure may aid students in selecting their specialty path early on, granting them an **advantage of two additional years** to build their residency application for orthopaedic surgery, compared to the traditional timeline of making such decisions in the third year of medical school.

The **Orthopaedic Surgery Interest Group** strives to foster a supportive network of students passionate about orthopaedics across all classes to help first-year students find summer opportunities in orthopaedics nationwide. This summer, our **rising M2 students will enrich their experience in orthopaedics in the following programs:**



Calvin Wang
UCSF OTI Summer Research Program



Diana Vitkovska
NYU Orthopedic Surgery Summer Externship Program



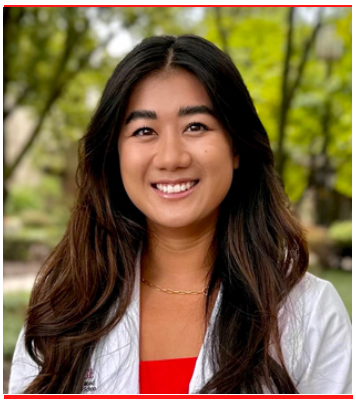
Ryan Cheng
HSS Medical Student Summer Research Fellowship



Kiera Vrindten
Brigham and Women's Sports Medicine Summer Internship



Daniel Devine
Jersey City Medical Center Summer Research



Elizabeth Tell
Jersey City Medical Center Summer Research



Ryan Terrany
Jersey City Medical Center Summer Research

# Congratulations, Class of 2024

We are thrilled to celebrate and commend our exceptional graduating fourth-year medical students. This class has **set a remarkable precedent**, not only excelling academically but also demonstrating extraordinary leadership and initiative. **These students were the first to significantly expand the interest group**. They initiated a variety of social events, organized informative lectures, and facilitated clinic shadowing opportunities, enriching the educational experience for all members. Their dedication to these internal projects has greatly benefited our field and fostered a stronger sense of community within our institution.



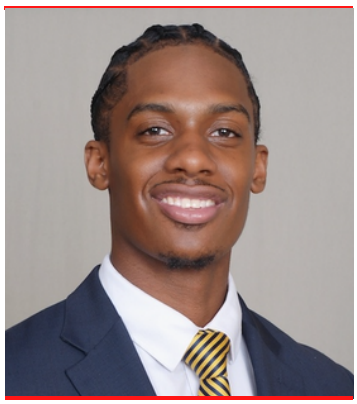
They also reached beyond Robert Wood Johnson to seek additional mentors and engage in groundbreaking external research, further enhancing their education and contributing to the broader medical community. Moreover, **their commitment extended to a national level.** They **served on national committees** and **earned prestigious national awards, bringing both honor** and **recognition to themselves** and **to our department.**

Their journey has set a high standard for future classes, and their legacy of excellence, innovation, and service will continue to inspire those who follow. We are immensely proud of their achievements and look forward to seeing the incredible impact they will undoubtedly make in the field of orthopedic surgery. **Congratulations to our graduating fourth-year medical students for their well-deserved success.**

With great pride,

**OSIG Faculty Advisors**

# Congratulations, Class of 2024



Orett Burke
Tufts Medical Center



James Chapman
UMass Chan Medical School



Cristina DelPrete
Columbia NYP



Steven Farrell
NYU Grossman School of Medicine



Peter Filtes
Rutgers RWJMS



Daniel Gallagher
Thomas Jefferson University



Pasquale Gencarelli
NYU Grossman School of Medicine



Nareena Imam
St. Luke's University Hospital



Karen Noh
Maimonides Medical Center



Usman Zareef
University of Maryland







Mentors **Dr. Brian Katt** and **Dr. Thomas McPartland** congratulating **Pasquale Gencarelli** (left), **Karen Noh** (middle), and **Usman Zareef** (right) at the Graduation and Orthopaedic Surgery Match Celebration Brunch on May 11th, 2024.

# Award Spotlight



**Peter Filtes**
**Rutgers RWJMS**

We are immensely proud to congratulate **Peter Filtes** for his **match** at our home program, **Rutgers RWJMS**, and for receiving the prestigious **Rising Star Scholarship!**

Peter has been involved in orthopaedics since his first year as a medical student when he took on the role of **Vice President** within the OSIG E-Board in 2021. Since then, Peter has grown his presence amongst the community of those interested in orthopedics and has become a valuable mentor to fellow students.

Recently, Peter generously contributed his time and expertise to present at the **2024 Orthopaedics Post-Match Panel** and deliver **Principles in Orthopedics Lunch Lecture** on upper extremity fractures for first-year students.

The **Rising Star Scholarship** is awarded by Rutgers Health and RWJBarnabas Health for recognition of achievements in academia, research, innovation, and community service. Scholars are selected amongst Robert Wood Johnson Medical School and New Jersey Medical School students. As part of the rigorous selection process, applicants submit a 10-year career plan, showcasing their aspirations and goals. Recipients who secure a match into a Rutgers Health-sponsored residency or fellowship are granted **$20,000** annually upon completion of their first year, with the opportunity to receive continued financial support for up to nine years.

This award stands as a testament to Peter's outstanding academic achievement, innovative ideas, and his profound dedication to our community. **We are confident that he will shine brightly as a future leader in our community and in the field of orthopaedic medicine.**

## We asked Peter what this award means to him:



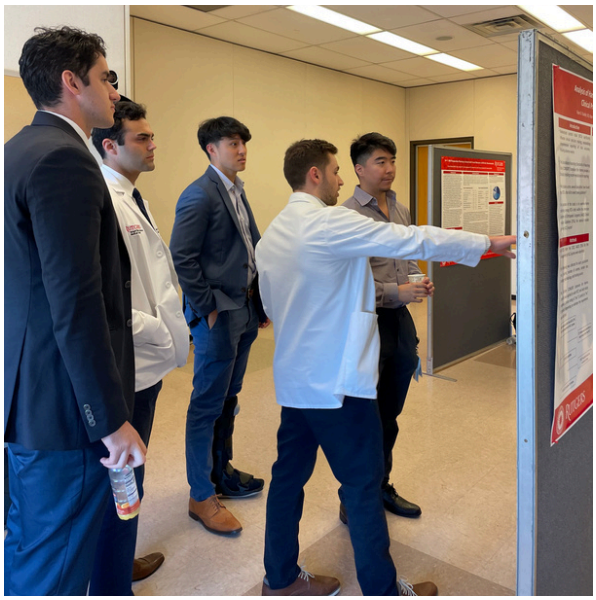
**Peter Filtes** with his mentors **Dr. Brian Katt** (right) and **Dr. Thomas McPartland** (left) at the Graduation and Orthopaedic Surgery Match Celebration Brunch

"I'm deeply humbled and thankful to have matched at Robert Wood Johnson, and further, to have been awarded the Rising Stars Scholarship. An **award like this isn't possible without the support of my family & friends** who stood by me throughout my medical school journey, or the **support of my faculty mentors** who did not hesitate to offer their recommendations and endorsements to the scholarship committee.

This scholarship is a culmination of years of hard work but also a testament to the importance of seeking out mentorship and establishing connections with people who will advise you and be willing to go to bat for you when the time comes. It truly takes a village and through God's grace, I'm blessed to continue my training under the guidance and mentorship of the various faculty who've made RWJ a place I can call home."

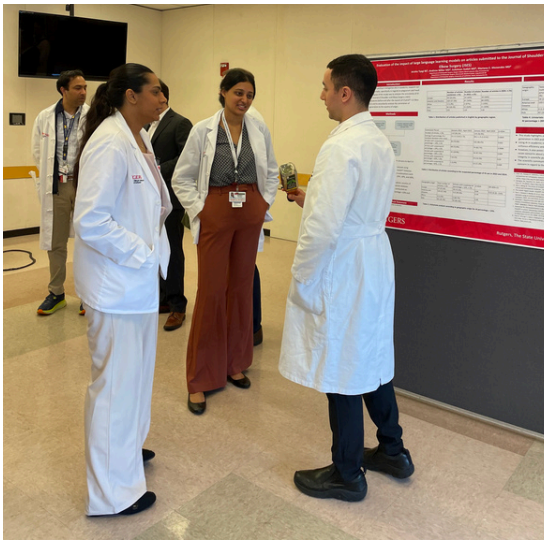
# OSIG and Rutgers RWJ Department of Orthpaedic Surgery Research Collaboration

In line with OSIG's broader mission to support student involvement in orthopaedic research, OSIG established the position of Chair of Research earlier this year. **Ryan Cheng**, a rising M2, took on this role with enthusiasm, dedicating his time to coordinate projects within the department and facilitating student involvement in research. Ryan notes, "We've welcomed over **20 new students into research** with OSIG, organized a database comprising **65+ projects** across all subspecialties, and have begun preparations for an **OSIG Student Research Day** for this upcoming fall."



# Rutgers RWJ Department of Orthpaedics Research Day

On May 30th, 2024, the **Rutgers Robert Wood Johnson Department of Orthopaedic Surgery** hosted its **Research Day**, providing a platform for residents and students to showcase their research from the preceding year. We are delighted to spotlight the impressive contributions of OSIG members, who **presented 8 posters** and **delivered 3 oral presentations** highlighting their research projects. This significant level of student engagement is as a testament to the thriving research culture within the department.



## Presentations

ChatGPT's Performance on the Hand Surgery Self-Assessment Exam: A Critical Analysis
**Yuri Han** (rising M3)

Early Exposures to Orthopaedic Surgery
**Jhillika Patel** (rising M4)

A Substantial Increase in Injuries and Hospitalizations Associated with Playing Pickleball from 2020 to 2022: A National Database Study
**Ryan Cheng** (rising M2)

## Posters

Peer Review in the Era of Generative Artificial Intelligence: Can Reviewers Identify ChatGPT-Generated Research Abstracts Within Shoulder and Elbow Surgery?
**Ryan Stadler** (rising M3)

Analysis of Harms Reporting in Randomized Control Trials Cited in the AAOS Clinical Practice Guidelines for the Management of ACL Injuries
**Ryan Stadler** (rising M3)

Successful Primary Repair of Traumatic Distal Biceps Tendon Rupture with Arthrex Biceps Button System and Platelet-Rich Plasma Therapy: A Case Report and Surgical Outcome
**Connor O'Leary** (rising M2)

N+?: MRI Preoperative Planning to Avoid Graft-Tunnel Mismatch in BTB ACL Reconstruction
**Anna Zakusylo** (rising M4) and **Evan Lobato** (rising M3)

Side-to-Side Tendon Coaptation Yields Greater Load to Failure and Stiffness than Pulvertaft Weave: A Meta-Analysis of Biomechanical Studies
**Calvin Wang** (rising M2)

Hip and Knee Arthroplasty in Ambulatory Surgery Centers versus Hospital Outpatient Settings: Initial Analysis of Complication Occurrence in a Retrospective Cohort
**Connor O'Leary** (rising M2)

Evaluation of the impact of large language learning models on articles submitted to the Journal of Shoulder and Elbow Surgery (JSES)
**Anisha Tyagi** (rising M4)

# OSIG Updates

## Upcoming Fall Events

### Details TBA

- OSIG Introduction to Fracture Conference and Hospital Tour
- Introduction to Orthopaedics with Dr. Gatt
- Anatomy Lab Lecture with Dr. McPartland
- OSIG X Golf Club networking event
- OSIG Women in Orthopaedics Panel
- OSIG Volunteering at Elijah's Promise
- OSIG Rutgers Homecoming Tailgate
- Dr. Yang Intro to Ortho X-ray Lecture

## Our Social Media

You can find recordings of our previous events in **OSIG playlist** on the Residency **YouTube** click **here**

For OSIG **Instagram** click **@rutgers.osig**

For OSIG **X (Twitter)** click **@RutgersOSIG**

# Rutgers Robert Wood Johnson Department of Orthpaedic Surgery

**Fracture Conference***

**Monday mornings at 7:30 AM in MEB 102 at RWJUH and via Zoom**

**Grand Rounds***

**Thursday mornings at 7:30 AM in MEB 102 at RWJUH**

***Dress code**: white coat, business casual. It is recommended that medical students sit in the first two rows of the lecture hall in MEB 102.

**The link for the Department Calendar can be found here**

## Social Media

For residency **YouTube** click **here**

For residency **Instagram** click **@rutgersrwjortho**

# For Alumni

- We are in the process of building and expanding our alumni network. Our goal is to have connections nationwide to benefit our students and graduates alike.

- If you would like to **update your contact information**, please click **here** or scan the following QR code:

- OSIG is committed to providing the best learning experiences for our students and growing a vibrant alumni community through networking events. If you would like to contribute to our cause, please use the following link to **make a donation** or scan the following QR code: