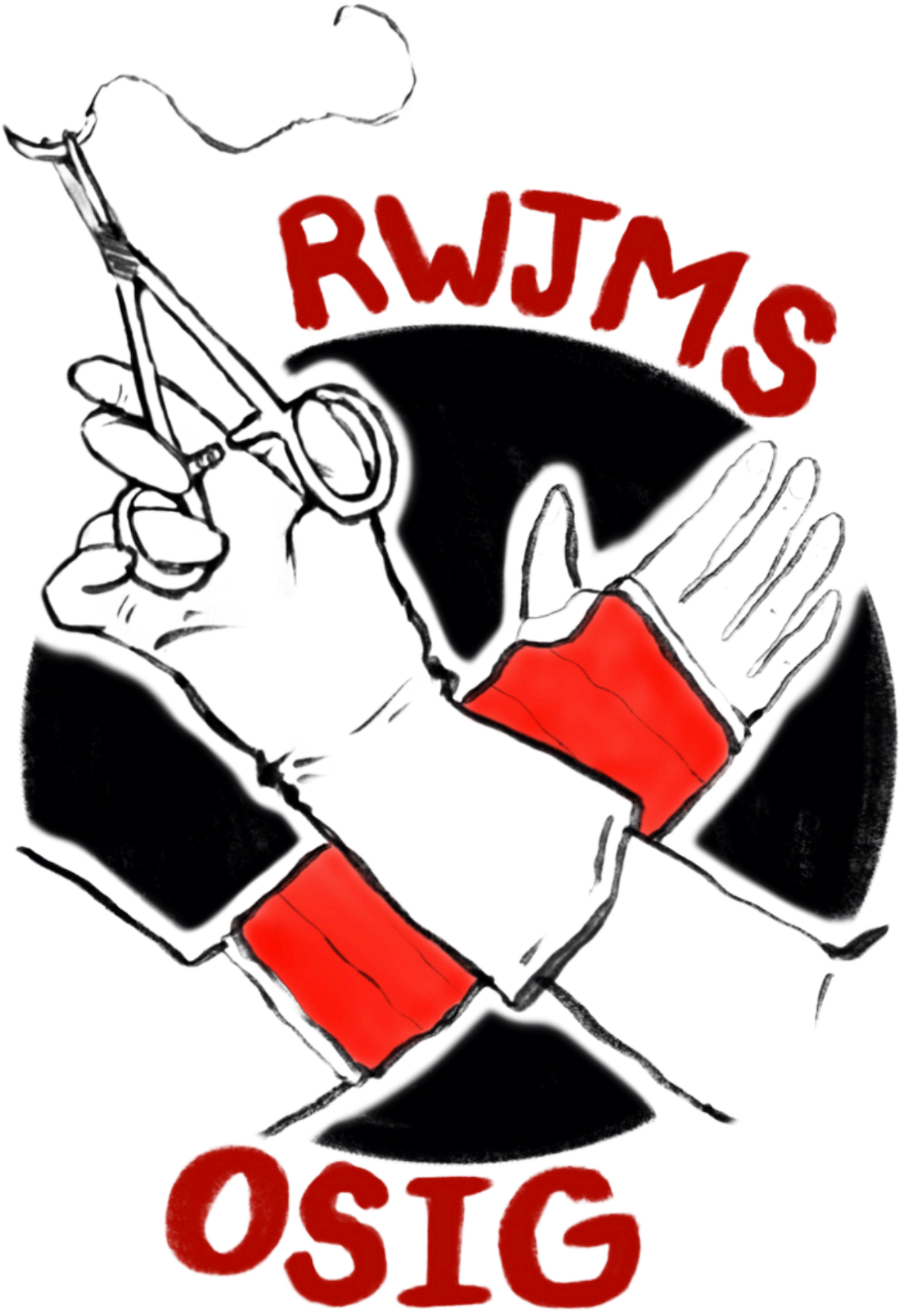
# Rutgers Robert Wood Johnson Medical School
# Orthopaedic Surgery Interest Group
## 2024 Year-in-Review




Art by Yuri Han, M3 student

# Rutgers Robert Wood Johnson Medical School Orthopaedic Surgery Interest Group

# 2024 Year-in-Review

As we conclude our one-year tenure as the 2024 Orthopaedic Surgery Interest Group (OSIG) Executive Board, we are excited to share the highlights and progress the organization has achieved over the past year. OSIG has been a **vital interest group** at Robert Wood Johnson Medical School, experiencing significant growth over the last four years.



This progress has been possible thanks to our dedicated student body, engaged advisors, supportive residents, committed faculty in the Department of Orthopaedic Surgery, and alumni. What began as an organization hosting occasional lunch lectures has evolved into a comprehensive suite of experiences for students exploring orthopaedic surgery as a career. This letter provides a recap of OSIG's accomplishments over the past year.

## Mission

This year, we were mission-driven by **breaking down barriers** to access in orthopaedic surgery and fostering a **collaborative sense of community** among students interested in orthopaedic surgery. Some examples of this include:

**Expanding Leadership Opportunities:** This year, OSIG expanded leadership opportunities beyond the official E-Board roles. Ryan Cheng (M2), the inaugural OSIG Chair of Research, co-led research lectures and organized the OSIG Research Symposia with Calvin Wang (M2). Talia Morchower and Alyanna Tam (M2s) coordinated the Introduction to Orthopaedic Injuries Lecture Series. Ryan Stadler (M3) is leading the 2025 Orthopaedic Surgery Bootcamp, while Evan Lobato (M3) manages the undergraduate mentorship program. Anna Zakusylo (M4) facilitated Bioskills workshops, and Divya Anand and Adrian Santana (M4s) served as the first Orthopaedic Surgery AiMS representatives. The M4 class as a whole contributed generously as facilitators and panelists at OSIG events.

**Enhancing Collaboration:** Strengthened partnerships with RWJ student organizations and OSIG groups at NJMS, Columbia, UCLA, and Georgetown to foster connections

**Increasing Service Initiatives:** Expanded community service projects, prioritizing meaningful outreach that reflects orthopaedic surgery's values.

**Improving Resources:** Created a Canvas Page for RWJMS students and an OSIG page on the Department of Orthopaedic Surgery's website to house materials and resources.

# Organizational Highlights

This year, OSIG hosted **36 events** spanning from workshops with industry representatives to lectures with residents and attendings to panels with upperclassmen and recent graduates. Taking into account student feedback from previous years, **21 of 36 events this year were new to the organization**.

**51 New Members**

**36 Events**

**Mentorship** remained at the heart of what we do, with **eleven events** dedicated to fostering connections among students of all years, residents, attendings, and other specialists in the field of orthopaedics.

During the spring **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. The **M4 Post-Match Panel** featured graduating students dissecting the residency application process, 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.

Both in the spring and fall semesters, OSIG arranged two days for **one-on-one mentoring** sessions with one of our advisors, **Dr. Brian Katt**, as a formal opportunity for guidance to discuss their goals and develop personalized plans for success. Welcoming Class of 2028, **Dr. Charles Gatt**, RWJ Chair of the Orthopaedic Surgery Department, gave his annual talk to introduce students to orthopaedics and the current residency match landscape.

A highlight of the year was our **Annual Women in Orthopaedics Panel**, an inspiring evening that brought students and women orthopaedic surgeons together to connect and empower the next generation of female leaders in orthopaedics.



Hosted in collaboration with the RWJMS Ruth Jackson Orthopaedic Society Chapter, the event featured dinner, networking, and a thought-provoking panel discussion. Our speakers—**Dr. Heidi Hullinger**, **Dr. Jaclyn Jankowski**, **Dr. Ellen Dean**, and **RWJ PGY-1 resident Dr. Hannah Lee**—shared their journeys in orthopaedics, discussed challenges they've faced, and emphasized the importance of mentorship and inclusivity in shaping their careers. The enthusiasm and feedback from attendees highlighted the event's impact, reinforcing the value of fostering meaningful conversations and connections.

# Organizational Highlights

## Research

Acknowledging an exponential growth of interest in research among students interested in orthopaedics, OSIG set out to significantly expand our research programming this year. We organized a series of educational lectures on the introduction to research from idea generation to abstract writing.

In September, OSIG hosted the **Inaugural RWJMS Medical Student Orthopaedic Surgery Symposia**, a showcase of outstanding orthopaedic research conducted by our students over the summer. The symposium provided a platform for students and faculty to connect, exchange knowledge, and discuss the future of orthopaedic research.







**RWJMS alumnus Dr. Suleiman Sudah** delivered a guest talk on transforming research ideas into publications, offering valuable insights into the research process. Abstract reviews were conducted by **Dr. Ahmed Siddiqi**, **Dr. Hanbin Wang**, and **Dr. Jomar Aryee**, ensuring a high-quality lineup of presentations. This landmark event was a resounding success, featuring **19 podium presentations** and **five posters** highlighting the dedication and innovation of RWJMS students.

## Continued Integration with the Rutgers Health - RWJMS Residency Program

This year, OISG continued to facilitate collaboration between residents and students by coordinating more resident-led events, which provided opportunities for students to learn skills such as casting or suturing from residents while learning more about the life of an orthopaedic resident and what it takes to match into orthopaedics. 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. OSIG members presented **8 posters** and delivered **3 oral presentations**, showcasing a significant level of student engagement as a testament to the thriving research culture within the department.





# Organizational Highlights

## Upperclassmen Orientated Events

OSIG provided a miriad of events tailored for M3s/M4s, including panels about residency applications, research years, and away rotations. We also celebrated our graduating M4s by inviting them and their families to the **Inaugural Orthopedics Graduation Brunch**, which included speeches from our advisors **Dr. Brian Katt** and **Dr. Thomas McPartland** to celebrate each graduate.







## Social Engagements





Beyond academics, OSIG collaborated with other groups to foster connection and community building. In May, we organized our annual OSIG team run at the **Highland Park 5K** with generous support from **Dr. Stephen Adolfsen**. In fall, we partnered with the Ruth Jackson Orthopaedic Society for a mixer, organized golf practice events with the RWJMS Golf Club, and facilitated student participation in the INSPIRE Ortho event for women in orthopaedics in Philadelphia, PA.

## Orthopaedic Injury & Radiography Lectures



This year, OSIG organized a series of events aimed at building a fundamental understanding of orthopaedic injuries, from diagnosis to treatment. **RWJMS alumnus** and **RWJ PGY-1 resident**, **Dr. Peter Filtes**, led a series of lectures on radiographic interpretation and orthopaedic injuries. Additionally, we hosted a fracture conference review session where **Dr. Katt** reviewed trauma cases presented by RWJ residents. First-year medical students had the opportunity to ask questions about the unique aspects of orthopaedic trauma and treatment decisions.

## Shadowing

OSIG continued to offer consistent opportunities for students to gain clinical exposure to orthopaedics through our shadowing program. In 2024, **95 students** had the chance to shadow in both clinic and OR, covering pediatrics, spine, trauma, and joint services at RWJUH and SPUH.

# Organizational Highlights

## Community Service Collaboration with Student National Medical Association

This year, OSIG focused on expanding our community service opportunities by partnering with **Student National Medical Association**. Together, we participated in the MLK Day of Service at Elijah's Promise Kitchen and co-hosted a registration drive to recruit potential donors for the National Marrow Donor Program.






# Bioskills Workshops

In 2024, OSIG organized **6 Bioskills Workshops** throughout the year, including:

**2 Casting & Splinting Workshops (Upper & Lower Extremity)**: These hands-on workshops are a **core** component of OSIG's educational programming, providing students with essential skills in stabilizing musculoskeletal injuries. Regardless of their future specialty, all students benefited from learning these practical techniques that are **applicable across a wide range of clinical settings.**



**Applied Anatomy Cadaver Lab:** OSIG continued to offer a one-of-a-kind anatomy lab, led by **Dr. Thomas McPartland**, where students explored the nuances of surgical approaches in orthopaedic procedures.

Additionally, OSIG exceeded expectations by **introducing 3 exciting new workshops**:

**Stryker RPM 1000 Workshop:** In partnership with Stryker, we offered an interactive Sawbones and orthopaedic drill workshop, giving students hands-on experience with orthopaedic power tools. Participants practiced various tasks and earned points, deepening their understanding of surgical instrumentation.



**Suture Workshop & Residency Q&A:** In collaboration with the **VMott Surgical Society**, OSIG hosted a suture workshop, where students practiced simple and horizontal mattress sutures. The session also featured an orthopaedic residency Q&A, where RWJUH orthopaedic residents discussed what surgical training entails and how it evolves year by year.





**Trauma Simulation Workshop:** Held at the **Rutgers Pharmacy Simulation Center**, this engaging four-station event allowed students to rotate through different trauma management scenarios. Students learned about injury anatomy, stabilization techniques, X-ray interpretation, and fracture management including open-book pelvic fracture stabilization on high-fidelity mannequins with **Dr. Colleen Donovan**. Our M4s and M3s also shared insights on managing distal radius fractures with splinting and femur fractures with external fixation.

# Immersive Programs

## RWJ Orthopaedic Summer Immersion Program



This summer, OSIG hosted its **Third Annual M2 Orthopaedic Surgery Summer Immersion Program**. The program garnered international interest, receiving applications from medical schools across the United States and beyond, with 11 students ultimately selected to participate. This year's program offered an immersive two-week experience, planned with the guidance of **Chief Resident Jomar Aryee** and faculty advisor **Dr. Brian Katt**.



The program offered a comprehensive look into the daily life of an orthopaedic surgeon, combining clinical practice with educational activities. Participants explored various subspecialties, attended conferences, grand rounds, and journal clubs, and gained hands-on experience through bioskills workshops. Informal networking opportunities, including social dinners and resident Q&A sessions, allowed participants to build valuable connections with mentors.



Feedback from the participants was overwhelmingly positive, with students rating the program **9.3 out of 10** for meaningful exposure to orthopaedic surgery and **9.54 out of 10** in recommending the program to future students. Notably, 100% of the participants connected with an orthopedic mentor during the program, underscoring the program's success in fostering mentorship and guidance.

## Orthopaedic Surgery Sub-I Bootcamp

Launched in 2021 by **Dr. Thomas McPartland**, the **Orthopaedic Surgery Sub-I Bootcamp** was designed to prepare fourth-year medical students for orthopaedic surgery sub-internships. As orthopaedic surgery is highly competitive, applicants must excel in measures like Step 2 scores, AOA status, and research contributions. Recently, performance during sub-internships has become a key factor in evaluating applicants' orthopaedic knowledge, clinical skills, work ethic, and personality. With limited orthopaedic exposure in medical school, **the bootcamp aims to equip students with foundational knowledge and technical skills.**

Over four days, the program combined didactic lectures, hands-on simulation training, and case-based discussions. Feedback from participants showed **significant improvements in confidence, orthopaedic skills, surgical anatomy knowledge, and trauma assessment**. The success of the Sub-I Bootcamp highlights the importance of preparatory programs in bridging the gap between medical education and residency.

# 2024 E-Board Feedback



Connor O'Leary
President

"OSIG offers RWJ students an unparalleled early exposure to the field of orthopedics. **I feel proud of our EBoard's mission to streamline shadowing, bioskills workshops, subspecialty panels, and more.** It was a privilege to hone my leadership skills and connect with many of the talented students at RWJMS!"



Daniel Devine
Vice-President

"**Expanding the summer immersion program was a key personal highlight** this year, as we created fresh programming, and received a record number of applications. This community has been invaluable to my medical education, facilitating teamwork, engagement, and connection in pursuing ortho."



Kiera Vrindten
Bioskills Coordinator

"Serving on the OSIG E-board at RWJMS was an honor and an incredibly rewarding experience. I had the unique opportunity to dive deeper into the field of orthopaedics while contributing to one of the most active and impactful clubs on campus. Working alongside and learning from passionate peers was truly inspiring. In my role, **I discovered a deep passion for medical education**, and one of my proudest accomplishments was successfully organizing a trauma simulation workshop that provided meaningful educational value to students. I will always be grateful for the opportunities OSIG gave me, and I look forward to watching the group continue to grow to new heights while remaining an engaged and supportive member."



Diana Vitkovska
Alumni Outreach

"Being part of OSIG has been one of the most rewarding experiences of my medical school journey. It pushed me beyond my comfort zone and provided countless opportunities to develop new skills, adapt to different situations, and take on leadership responsibilities I wouldn't have encountered otherwise. Every experience, from organizing events to collaborating with faculty and peers, became a **valuable lesson that shaped my abilities and confidence**. Thanks to the incredible support of our advisors, upperclassmen, residents, faculty, and alumni, our 2024 E-board built on the organization's legacy, providing more opportunities and support for our students, expanding our reach, and introducing new events. I'm deeply grateful for the chance to contribute to OSIG, the impact I helped create, and the skills and connections I gained."

# Advisor Feedback

"Everyone worked incredibly hard, and together in 2024, we accomplished something truly astonishing. The level of dedication, innovation, and collaboration this year **set a new standard for what's possible**. It was a privilege to be part of this journey, and honestly, it was a lot of fun. The future of orthopaedics is in great hands."



**Dr. Brian Katt**
**Advisor**

# Conclusion

This year, OSIG has continued to grow in impact, inspiring students and gaining **recognition within the industry**. We are honored to hear from first-year students who **chose RWJMS because of OSIG**, a testament to the opportunities and support we provide. Our presence online has strengthened our connection with the community, while our students consistently **represented RWJMS at national conferences** and achieved outstanding matches at highly respected academic institutions. None of this would be possible without the dedication of our students, residents, faculty, attendings, and alumni —**thank you for your unwavering support**.

As we move forward, we remain committed to expanding opportunities, refining our initiatives, and providing a model for engaged and impactful interest groups. We are proud that beyond orthopaedics, OSIG equips students with essential skills applicable to all specialties, complementing the medical school curriculum and setting a foundation for future success. We are excited to see where the organization goes next as we pass the baton to our highly motivated **new executive board**: **Nicolina Zappley** (President), **Meg Hsu** (Vice President), **Puvin Dhurairaj** (Alumni Outreach), and **Regina Garvey** (BioSkills Coordinator).

**Sincerely,**
**2024 OSIG E-Board (Connor O'Leary, Dan Devine, Kiera Vrindten, and Diana Vitkovska)**

# OSIG Social Media and Website

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

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

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

For OSIG **website** click **here**

For OSIG **TikTok** click **@RutgersOSIG**