A recent publication in the New England Journal of Medicine (N Engl J Med. 2016 Feb 25;374(8):713-27) has reignited the controversy over work hour’s regulation in residency programs. Nearly everyone involved in medical education and certainly all involved in surgical education are aware of the regulations in work hours for all physicians in training mandated by the ACGME (Accreditation Council for Graduate Medical Education – the accreditation body for resident training programs in the US) in 2003, which were expanded in 2011. These regulations were created for several reasons, primarily to address growing fears and criticism of medical training which was felt to be placing both the public and residents at risk. Even though they were based more on public perception and extrapolated data rather than scientific evidence, they were felt to be necessary to protect the residents and the general public. Several prominent surgical societies (American Board of Surgery, American College of Surgeons, Association of Program Directors in Surgery as well as the ACGME) sponsored a federally funded prospective trial to evaluate patient outcomes in institutions where the work hour’s regulations were relaxed for general surgery residents compared to the current work hours. The conclusions from the study indicated that “As compared with standard duty-hour policies, flexible, less-restrictive duty-hour policies for surgical residents were associated with noninferior patient outcomes and no significant difference in residents’ satisfaction with overall well-being and education quality.” This and other recent studies which demonstrate that there is minimal difference in patient outcomes for residents and practicing surgeons who work long hours, may help to alleviate the public’s concerns that tired and overworked physicians are providing inferior care with worse outcomes. Whether this study will translate into meaningful changes in resident education remains to be seen, but it is certainly nice to see some actual scientific data to help make these decisions, rather than emotion and perception.

This issue of the Department of Surgery’s E-News represents a new format that will hopefully improve our ability to deliver departmental news and activities in a timely fashion. We plan to continue to publish this twice a year with a Spring and Fall issue. Please feel free to comment on our format or content at any time. I welcome your comments and suggestions for improvements at robert.sticca@med.und.edu. I hope you enjoy this issue.
This year the general surgery residency program received 528 total applications. Because applicants may apply for more than one tract, the combined number of applications received in each of the tracts our program offers were:

- 458 categorical
- 255 rural surgery
- 259 in the preliminary tract

Ninety-two applicants were invited for an interview. Interviews were held on November 19 & 20, 2015, December 3 & 4, 2015, December 17 & 18, 2015, and January 21-22, 2016 at which 51 applicants were interviewed. In addition to the usual applications normally received from North Dakota, South Dakota, Minnesota and Wisconsin, we also had a diverse group of applications from New York, Washington, Colorado, Iowa, Texas, Florida, Puerto Rico, Mexico, Oklahoma, Indiana, Illinois, Kentucky, Pennsylvania, Arizona, Virginia, California, Oregon, Connecticut, and Michigan. We are looking forward to another successful Match this year!

All applicants were ranked by the Residency Program Admission Committee. The match date was March 17, 2016 at which time we will find out our new interns for the 2016-2017 academic year. Again this year we had many highly qualified applicants and we are looking forward to welcoming a stellar group of interns in July.

The Surgery Interest Group introduces 1st and 2nd year medical students to the lifestyle and requirements for a surgical career. The group has 50 members enrolled for the 2015-2016 academic year and has held three meetings so far this year. The topics presented include:

- General Surgery (Dr. Enej Gasevic – Sanford Health, Fargo)
- Life in Surgery (Dr. Marc Basson – Associate Dean for Medicine, UND, Grand Forks)
- Cardiothoracic Surgery (Dr. Cornelius Dyke – Associate Dean of SE Campus and Sanford Health, Fargo).

Attendance at these meetings has averaged 35-50 students.

A simulation program has been developed on the Bismarck campus in conjunction with the UDSU College of Nursing. Simulation covers a wide range of medical provider scenarios including Surgery, Internal Medicine, Pediatrics, OB, and Family Medicine. Students are able to work with nurses one-on-one in simulated care environments and they engage in role playing as both patients, family members, and nurses and physicians.

Beginning July 2016, Ortonville was added as additional site for ROME (Rural Opportunities in Medicine). Other ROME placement sites include:

- Jamestown
- Devils Lake
- Hettinger
- Dickinson

ROME is a seven-month interdisciplinary experience in a rural primary care setting open to third-year students. Student live and train in a non-metropolitan community under the supervision of physician preceptors. A goal for the ROME program is to expose students to practicing medicine in rural areas throughout the state.
Engagement, Wedding and Birth Announcements

Engagements
Dr. Shawn Olson (PGY-IV) and Emilee Froiland are engaged. The wedding is planned for August 7, 2016.

Weddings
Dr. Elleson Schurtz (PGY 2) and Wil Hansen were married December 24, 2015.

Births
Dr. Mallory Yelenich-Huss (PGY-1) and Adam Huss welcomed Isley Huss on August 22, 2015. She weighed 3 lbs, 14 oz.

Dr. Patrick Lamb (PGY-II) and Katie Lamb welcomed William Noboru Lamb on August 26, 2015. He weighed 7 lbs, 14 oz and 20.5 inches long.

Dr. Zachary Ernst (PGY-V) and Lindsay Ernst along with the two sisters welcomed Tobias (Toby) James Ernst on August 30, 2015. He weighed 8 lbs, 14 oz and 21.5 inches long.

Congratulations to all of the couples and their families!

Faculty News: Rural Surgery Support Program provides surgical services to McKenzie County Hospital

The Rural Surgery Support Program developed by Dr. Sticca and administered by Dr. Aaland provides surgical services to McKenzie County Hospital.

Dr. Robert Sticca, chair of the UND SMHS Department of Surgery, recognized the need for assistance to the surgeons in rural North Dakota communities several years ago. The program was established in July 2014 with assistance from the Healthcare Workforce Initiative, a program approved and funded by the North Dakota Legislature to improve healthcare for all residents of the state. Dr. Mary O. Aaland, a general surgeon who grew up on a farm in Northwood, North Dakota, was recruited to lead and develop the program.

Read the story by Neal Shipman, editor of the McKenzie County Farmer, about this unique program.

Dr. Mary O. Aaland

McKenzie County Farmer
Welcome, New Faculty

NE Campus - Grand Forks

Marc D. Basson, MD, PhD, MBA, FACS, Professor of Surgery and the new Associate Dean for Medicine. Dr. Basson is a general surgeon at Altru Health Systems in Grand Forks. He is an educator, scientist, and surgeon who is recognized internationally for his research on the extracellular physical forces that affect intracellular signaling in cancer biology and the healing of the gastrointestinal tract of critically ill or injured patients. Basson previously served as professor and chair of the Department of Surgery, director of the Program for Surgical and Biomedical Research, and assistant dean for faculty development in research in the College of Human Medicine at Michigan State University in Lansing. He joined the UNDSMHS and the Surgery Department faculty on July 1, 2015.

SE Campus - Fargo

Steven W. Lantz, MD, Clinical Instructor of Surgery, is an Orthopaedic surgeon at Essentia Health in Fargo. He joined the UND Surgery Department on September 30, 2015. He received his MD degree from the University of North Dakota School of Medicine, Grand Forks, North Dakota and completed his Orthopaedic surgery residency at Michigan University Grand Rapids Medical Education & Research Center, Grand Rapids, Michigan. He is board certified in orthopaedic surgery.

Jon D. Norberg, MD, Clinical Assistant Professor of Surgery, is an Orthopaedic surgeon at Sanford Health in Fargo. He joined the UND Surgery Department on October 21, 2015. He received his MD degree from the University of North Dakota School of Medicine, Grand Forks, North Dakota and completed his orthopaedic surgery residency at Summa Health System/Ankron City Hospital, Akron, Ohio and an orthopaedic surgery Hand Fellowship at the University of Pittsburgh Medical Center and Western Pennsylvania Hand and Trauma Center. He is board certified in orthopaedic surgery.

SW Campus - Bismarck

Nicholas Hayes, DO, Clinical Instructor of Surgery, is a General surgeon at Sanford Health-Dickinson Clinic in Dickinson, North Dakota. He received his DO degree from Kansas City University of Medicine and Biosciences, Kansas City, Missouri and his general surgery residency at Marshfield Clinic/St. Joseph’s Hospital-a University of Wisconsin Affiliate, Marshfield, Wisconsin. He is board certified in general surgery.

Elena R. Raducu, MD, is an Ophthalmologist at Dakota Eye Institute in Bismarck. She received her MD degree from the University of Medicine & Pharmacy Carol Davila, Bucharest, Romania and her Ophthalmology residency at Central Emergency Military Hospital, Bucharest, Romania, Hospital of St. Raphael and Yale New Haven Hospital, New Haven, CT. She is board certified in ophthalmology.

Matthew L. Voigt, MD, is an Anesthesiologist at St. Alexius Medical Center in Bismarck. He received his MD degree from the University of North Dakota School of Medicine & Health Sciences, Grand Forks, North Dakota and his anesthesia residency at the Medical College of Wisconsin, Milwaukee, WI. He is board certified in anesthesiology.

NW Campus - Minot

Jerel Brandt, DO Clinical Instructor of Surgery, is a General Surgeon at Trinity Health in Minot. He joined the UND Surgery Department on June 24, 2015. Dr. Brandt received his DO degree from Des Moines University, Des Moines, Iowa and completed his General surgery residency at Genesys Regional Medical Center, Grand Blanc, Michigan.

Robert LaGrone, MD, Clinical Instructor of Surgery, is an Anesthesiologist at Trinity Health in Minot. He joined the UND Department of Surgery on August 24, 2015. Dr. LaGrone earned his MD degree from the University of Texas Medical Branch and completed his anesthesia residency at the University of New Mexico Health Sciences Center. He is board certified in Anesthesiology.

Prasad Sawareker, MD, MS, Clinical Instructor of Surgery, is an Orthopaedic surgeon at Essentia Health in Fargo. He joined the UND Surgery Department on October 12, 2015. He received his MD degree from Tulane University School of Medicine, New Orleans, Louisiana and his orthopaedic residency at Jackson memorial Hospital/University of Miami, Florida. He went on to do a Shoulder, Elbow, and Hand Fellowship at Allegheny General Hospital, Pittsburgh, Pennsylvania. Dr. Piatt is board certified in orthopaedic surgery. He is board certified in orthopaedic surgery.
Scholarly Activities: Surgery Residency

Publications


Presentations Local/State:

Kai Sharbono, MD - "Anesthesia: What you need to know as a General Surgeon", Surgery Grand Rounds, UND School of Medicine & Health Sciences Department of Surgery, Grand Forks, ND - August 7, 2015

Scholarly Activities: Faculty

Publications

Robert P. Sticca, MD, FACS (Faculty) and Mary O. Aaland, MD, FACS (Faculty): "The North Dakota Rural Surgery Support Program: Providing surgical services to communities in need." BULLETIN American College of Surgeons, July 2015, Vol 100 No. 7, pgs 58-62


Presentations Local/State:

18th Annual North Dakota Statewide Trauma Conference, September 9-10, 2015, Bismarck, ND

Surgery Department faculty presented the following topics at the Annual ND Statewide Trauma Conference:

• A Michael Booth, MD, PhD, Clinical Professor of Surgery - "Penetrating Chest Trauma in a Toddler - Case Study"
• Joshua J. Knudson, MD, Clinical Instructor of Surgery - "DVT Prophylaxis"

Katie Senter, MD - "Updated on Appendicitis", Surgery Grand Rounds, UND School of Medicine & Health Sciences Department of Surgery, Grand Forks, ND - September 4, 2015

Eric Anderson, MD - "Vascular Aneurysms for the Boards & Wards", Surgery Grand Rounds, UND School of Medicine & Health Sciences Department of Surgery, Grand Forks, ND - September 18, 2015

Travis Swartz, MD - "The GI Bleed", Surgery Grand Rounds, UND School of Medicine & Health Sciences Department of Surgery, Grand Forks, ND - November 6, 2015

Other Faculty Presentations:

Mary O. Aaland, MD - "Parastomal hernia Secondary to Ascites Due to Congestive Heart Failure", Midwest Surgical Association 2015 Annual Meeting, Lake Geneva, WI - July 26-29, 2015

Mary Aaland, MD - "UND Rural Support Program", Watford City Rotary Club, Watford City, ND - November 3, 2015.

Mary Aaland, MD - "Top 10 Changes in Trauma Over the Last 25 Years", Ralston Lecture Series, Altru Health System, Grand Forks, ND - November 4, 2015.
Alumni News

Residency Program

Kayla (2014) and Joe Burchill along with brother Silas welcomed Rowan Gabrielle on September 29, 2015. She weighed 7 lbs 8 oz and was 20 inches long. Congrats to the family!

Christopher (2015) and Abigail Maki welcomed their twin daughters Ava Rogue (3 lbs, 11 oz) and Vivienne Marit (4 lbs, 1 oz) to the family on December 9, 2015. Congratulations!

Kyle Barker, MD, UND SMHS graduate (2008), and UND General Surgery Residency Program graduate (2013) was recently featured on the cover of the Minneapolis St. Paul Magazine. Kyle has not changed much since he completed surgical residency.

Medical Student

Jeffrey Ottmar, MD (11), is now with Essentia Health in Fargo where he practices anesthesiology.

Brian Midboe, MD (11), recently joined the team at St. Luke’s Anesthesia Associates in Duluth, Minn. Midboe completed his anesthesiology residency at the University of Iowa in Iowa City.

Upcoming Events

Edwin C. James Lectureship: Friday, June 24, 2016 – Ramada Plaza and Suites, Fargo, North Dakota

We are pleased to announce Jay L. Grosfeld, MD, Emeritus Professor of Pediatric Surgery, Indiana University School of Medicine, will be the guest speaker for the Edwin C. James Lectureship. His topic is “Long-term Outcomes of Childhood Cancer.”

Surgical Resident Research Colloquium and Graduation Banquet will also be held on June 24, 2016 after the Edwin C. James Lectureship.

Schedule of the day’s events
12:00 pm – Edwin C. James Lectureship featuring Jay L. Grosfeld, MD
1:30 pm – Surgical Resident Research Colloquium
6:30 pm – Graduation Banquet

Department of Surgery Welcoming Picnic tentatively planned between June 28-30, 2016