

From the Chair

In July, seven new interns began their clinical duties in the UND General Surgery residency program, three in the categorical general surgery track, two in the categorical rural general surgery track and two designated preliminary interns (both previous UND School of Medicine students who have been accepted into radiology training programs). July 1 is the beginning of the new academic year and is always a time of anticipation and excitement for both the new residents and faculty. In the current educational environment training of medical students and surgical residents can be challenging, but it is always gratifying to see the gradual progress in accumulation of surgical knowledge and skills during the five years of training, which culminates with the graduation of a competent and well qualified general surgeon.

Key Missions:

1. education and training of surgical residents and SMHS medical students
2. providing surgical support and education to rural communities in North Dakota
3. contributing to surgical research and knowledge
4. participation in the administrative functions and committees of the SMHS)

From the July through December, 2016, issues that affected the department and its key missions included the looming budget shortfall in North Dakota, the opening and planning for the new Sanford Medical Center in Fargo and the addition of an orthopedic surgery residency program (sponsored by the Sanford Health System). Further news on each of these issues will be covered in upcoming newsletters. I am always thankful to have a dedicated faculty and staff to help meet the ongoing issues and challenges that we face in our missions to serve the SMHS and the people of North Dakota.



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Residency Program

Dr. Robert and Celeste Sticca hosted their annual Christmas party in December. Many Residents, Faculty and Staff attended. It was a great evening of friendship, food, and fun!

UND General Surgery Residency Applicant information for 2016-2017:

This year the general surgery residency program received 483 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: 420 categorical; 211 rural surgery and 208 in the preliminary tract. One Hundred applicants were invited for an interview. Interviews were held on October 24, 2016, November 14, 2016, November 28, 2016 and December 19, 2016, at which 75 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 Massachusetts, New York, Washington, North Carolina, Colorado, Iowa, Texas, Florida, Missouri, Puerto Rico, Nevada, Kansas, Oklahoma, Indiana, Illinois, Kentucky, Pennsylvania, Ohio, Arizona, Virginia, California, Oregon, Louisiana, 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 is March 17, 2017 at which time we will find out our new interns for the 2017-2018 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.

Residency Program Alumni News



Dr. Christopher (2015) and Abigail Maki along with twin sisters Ava and Vivienne welcomed Ella Nichole Maki on September 23, 2016. She weighed 5 lbs, 1 oz. Congrats!!

Wedding:



Dr. Shawn Olson (PGY 5) and Emilee Froiland were married August 7, 2016. Congratulations!!

Births:



Dr. Matthew (PGY-1) and Jordyn Cziep welcomed Ainsleigh Jorja Cziep on August 24, 2016. She weighed 7 lbs, 8 oz and 20 inches long. Congrats!!

Medical Student News

The UND Department of Surgery invited all current UND medical students (1st – 4th year) to submit a surgically related clinical or research paper for the Wayne M. Swenson, MD award at the North Dakota Chapter meeting of the American College of Surgeons to be held April 28-29, 2017. The author of the winning paper will receive a \$300 check and Wayne M. Swenson, MD Award plaque and will be asked to present their paper at the ND/SD Chapter meeting in April. The winner this year is Laurel Wessman, MS4. The title of her research paper is “Increasing Body Mass Index and Complications Rates Following Peripheral Lung Biopsy at a Local Hospital”.

The Surgery Interest Group introduces 1st and 2nd year medical students to the lifestyle and requirements for a surgical career. The group has 40 members enrolled for the 2016-2017 academic year and has held three meetings so far this year. The topics presented include Trauma / Critical Care (Dr. Enej Gasevic – Sanford Health, Fargo); Residency Application Process (Dr. Robert Sticca, Chairman & Program Director – Dept. of Surgery, UND, Grand Forks); and Plastic Surgery (Dr. D’Arcy Honeycutt – Advanced Surgical Arts Center, Bismarck). Attendance at these meetings has averaged 35-40 students.

Welcome, New Faculty

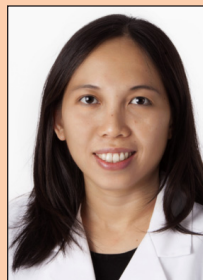
NE Campus – Grand Forks:



Daniel K. Hesse, MD, Clinical Instructor of Surgery, is an Orthopaedic Surgeon at Altru Health System in Grand Forks,

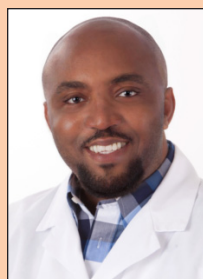
North Dakota. He joined the Department of Surgery on November 30, 2016. Dr. Hesse received his MD degree at the University of Toronto, Toronto, ON - 2005-09 and completed his Orthopaedic Surgery residency at Kingston General Hospital & Hotel Dieu Hospital Department of Surgery, Division of Orthopaedics, Queens University, Kingston, Ontario - 2009-14. He also entered into an Orthopaedic Surgery Sports & Lower Extremity Reconstruction fellowship at Kingston General Hospital & Hotel Dieu Hospital, Queens University, Kingston, Ontario-2014-15 and an Orthopaedic Surgery Trauma fellowship at Regions Hospital, University of Minnesota, St. Paul, MN - 2015-16. He is board certified in Orthopaedic Surgery.

NW Campus – Minot:



Ayjy P. Bhardwaj, DO Clinical Instructor of Surgery, is a General/Trauma Surgeon at Trinity Health in Minot. She joined the

UND Surgery Department on December 7, 2016. Dr. Bhardwaj received her DO degree from Kirksville College of Osteopathic Medicine, Kirksville, Missouri - 2005-10 and completed her general surgery residency at Wyckoff Heights Medical Center, Brooklyn, New York 2010-15



John C. Nwankwo, MD, MBA Clinical Instructor of Surgery, is an Anesthesiologist at Trinity Health in Minot. He joined the UND

Department of Surgery on December 13, 2016. Dr. Nwankwo earned his MD degree from the American University of Antigua College of Medicine-2007-2011, his MBA degree from Plymouth State University,

Plymouth, NH - 2010-12 and completed his anesthesiology residency at the University of Arkansas for Medical Sciences, Little Rock, AR - 2011-15.

SE Campus – Fargo:



David Bailey, MD, Clinical Instructor of Surgery, is an Orthopaedic surgeon at Sanford Health in Fargo. He joined the

UND Surgery Department on July 20, 2016. He received his MD degree from the University of Cincinnati College of Medicine - 1994-99 and completed his general surgery residency at the Graduate Hospital, Philadelphia, PA - 1999-2004. He entered into Hand & Microsurgery fellowship at the Hartford Hospital, Hartford, CT - 2004-05. He is board certified in both general surgery and hand surgery.

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Welcome New Faculty

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Michael D. Greenwood, MD, Clinical Instructor of Surgery, is an Ophthalmologist at Vance Thompson Vision in Fargo. He joined the UND

Surgery Department on December 9, 2016. He received his MD degree from the University of North Dakota School of Medicine & Health Sciences - 2007-11 and entered into a Transition Residency at the University of North Dakota School of Medicine & Health Sciences, Fargo, ND 2011-12; and completed his Ophthalmology residency at the University Hospitals Case Medical Center, Cleveland, OH - 2012-15. He also entered into an Anterior Segment Fellowship at Vance Thompson Vision, Sioux Falls, SD - 2015-16.



Christopher J. Maki, MD, Clinical Instructor of Surgery, is a General surgeon at Sanford Health in Jamestown. He is a past surgical

resident and joined the faculty at the UND Surgery Department on December 5, 2016. He received his MD degree from Ben Gurion University, Medical School for International Health in Collaboration with Columbia University, Beer Sheva, Israel and completed his general surgery residency at the University of North Dakota School of Medicine & Health Sciences, Grand Forks, ND - 2010-2015. He is board certified in general surgery.

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Faculty News

NIH funds Basson's study of treatment for effects from starvation or intestinal surgery



When children or adults either undergo prolonged fasting or have much of their small intestine removed because of disease, they are often initially unable to eat enough to survive. Without sufficient intestinal adaptation, they may be condemned to permanent intravenous feedings, with a substantial impact on quality and length of life, or require small bowel transplantation, which has its own complications.

“Current medical treatment for this condition has limited efficacy,” said Marc D. Basson, MD, PhD, MBA, FACS, the associate dean for medicine and professor of surgery and of biomedical sciences at the University of North Dakota School of Medicine and Health Sciences. “We have identified a novel protein that turns on the function of the cells that line the small intestine and may offer a new approach to the management of this condition.”

The National Institutes of Health has granted over \$860,000 to Basson to continue research he initiated at Michigan State University in 2012. Basson's unique approach is called Schlafen mediation of intestinal epithelial differentiation.

“We hope to trace the pathway that causes the small intestinal epithelial lining cells to differentiate,” Basson said, “The pathway may offer new targets that can be used to develop new therapies to help children and adults who have what is known as short bowel syndrome, which usually results from surgical removal of a large portion of the small intestine.”

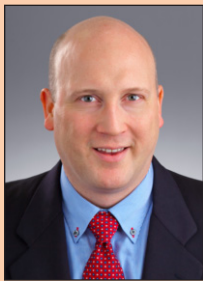
Other researchers from the UND SMHS working with Basson in his study are Lakshmi Chaturvedi, PhD, research associate professor in the Departments of Surgery, Biomedical Sciences and Pathology; Emilie DeKrey, PhD, research assistant professor in the Department of Surgery; and Luis Garcia, MD, Sanford Health System, and clinical associate professor in the Department of Surgery at the SMHS. In addition, Basson will continue the research partnership he forged with Leslie Kuhn, PhD, professor of biochemistry and molecular biology at Michigan State University.

“We hope this research leads to pharmacologic interventions targeted at the mechanisms that we are tracing,” he said. “And we will study how treating this pathway may be adapted to weight-loss surgery to make such surgery more effective.”

Also of note, Basson was named editor in chief this month of the *Journal of Investigative Surgery*, which publishes peer-reviewed scientific articles for the advancement of surgery.

Welcome New Faculty

(continued)



Christopher S. Robertson, MD, FRCS©, Clinical Assistant Professor of Surgery, is an Orthopaedic surgeon at Sanford Health in Fargo. He received his MD degree from The University of

Calgary, Calgary, Alberta - 1997-2000 and completed his orthopaedic residency at Dalhousie University, Halifax, Nova Scotia - 2000-05. He also entered into the following fellowships: (Upper Extremity Reconstruction/Arthroplasty/Trauma - 2005-07) Upper Extremity Arthroscopy/Arthroplasty (2007) Should & Knee Arthroscopy/Sports Team Coverage (2008-09) Sunnybrook Health Sciences Centre Masters: University of Toronto, Institute of Medical Science - 2005-10. Dr. Robertson is also board certified.

The photos used for Drs. Redd and Naughton in the Fall 2016 newsletter were incorrect. Below are the correct photos for Dr. Redd and Dr. Naughton with their faculty information. We apologize for the error.



JP Naughton, DPM, Clinical Instructor of Surgery is a Podiatrist on the SE Campus in Fargo. He trained at the INOVA Fairfax medical Campus, Falls Church, VA. He is board eligible.



M. Brook Redd, MD, Clinical Assistant Professor of Surgery is a General Surgeon in Thief River Falls, MN. He trained at the Jewish Hospital of Cincinnati, Cincinnati, OH. He is

board certified in general surgery.

Faculty News

Traveling physician building surgery program



Visiting physician Dr. Mary Aaland is hoping to improve the surgical presence in the rural areas of North Dakota.

“What I’m trying to do is develop basically a system of delivery of rural surgery for the state,” she said.

Aaland is the Director of the rural Surgery Support Program that is based out of the University of North Dakota. The pilot program, now in its third year, began when Dr. Robert Sticca, who is the Chairman of Surgery at UND, realized a troubling trend. Rural surgeons were declining.

“He was the visionary that totally had the concept” Aaland said. “And (he) brought me on board to see if we could do a better job as a university department of surgery in providing surgical care to the entire state.”

Current projections have a shortfall of 25,000 surgeons within the next decade, something this program is hoping to curtail.

“The shortage is huge,” Aaland said. “We’re trying to be proactive, we’re trying to educate surgical residents so that they have an interest in staying locally, and it’s a win-win for everybody.”

Aaland said West River Health Services was the first to sign up for the program, and Aaland has been visiting Hettinger ever since. West River also has satellite locations in Bowman, Mott, New England, Scranton, Lemmon, S.D., and a foot and ankle clinic in Dickinson.

The services offered depend on the infrastructure of the specific healthcare system.

We try to tailor-make the program to meet the needs of the community, and then it will build from there,” Aaland said. “My goal for Hettinger... We’re trying to get them a full-time surgeon.”

The problem for rural healthcare facilities—aside from retiring doctors—in recruiting medical staff is the prospect of being the only doctor, and lacking available days off. So this program can prevent a permanent surgeon from being overworked.

Currently the state has eight stable programs, and Aaland told the Record that she would like to see that number grow to 15. “I think we can make that work.”

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Faculty News (continued)

Aaland spends one week at each of her locations, so that patients can have some consistency while trying to build programs at each of these facilities.

“I don’t want to just come in and do surgery and leave, I don’t think that’s a healthy model for surgical practice.” She said.

The week-long commitment allows the surgeon to become a part of the program, and that’s what Aaland is pitching when she is recruiting others to the program.

“The goal is to have consistent, effective, safe surgery, locally,” Aaland said.

Rural medicine is in Aaland’s heritage. Her great-grandmother Eli Thingstead started the hospital in Northwood, N.D. in 1905, and still stands today as the oldest nursing home in existence in the Dakota territory.

Aaland said in jest that she has two hobbies, working and going home to her house in Fargo. Her house has been featured on HGTV’s House Hunters during a three-episode arc, the first time on property has been featured in multiple episodes, Aaland said.

Adams County Record by Cole Benz/Record Editor

New program aims to bring outpatient surgery to TMC

By Kevin Killough



Mary Aaland discusses plans for the Rural Surgery Support Program outside her office in the Tioga Medical Center’s new clinic.

Mary Aaland, a doctor with the University of North Dakota School of Medicine and Health Sciences lives in Fargo, but spends most of her time on the road travelling from community to community.

She was at Tioga Medical Center last week working out of her office in the new clinic, where she hopes to bring to fruition a program that will provide outpatient surgery services.

“Currently, I’m a department of one,” she said and it will take time before her vision is a reality.

The problem

Over the past couple of years, the Tioga area has seen an enormous improvement in medical services, including an extensive hospital expansion at Tioga Medical Center and the new Northland Clinic in Ray.

It’s an impressive feat that the area has been able to expand the services to the level it has, because rural healthcare is such a challenge.

Despite this expansion of services in the Tioga area, outpatient surgeries still need to be performed elsewhere, mostly in Minot.

This can be hard on patients.

On top of the inconvenience of transportation to and from the hospital where the procedure is being done, which can be especially hard on the elderly, there is the added cost and inconvenience of hotels.

Often, the patient is driving after going without food for as much as 24 hours.

And with upwards of 65 percent of all surgery now being done on an outpatient basis, the medical school formed the Rural Surgery Support Program to try to provide a solution.

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Faculty News (continued)

The surgeon

The program was established in July 2014, when Robert Sticca, chair of the UND Surgery Department, recognized the need to stabilize surgical coverage in rural communities.

He recruited Aaland to lead and develop the program, and she understands the rural life.

Aaland grew up on a farm in Northwood. Her great grandmother immigrated to the town from Norway in 1860. Driven by the same ambition that would trickle down to her great granddaughter, the entrepreneurial woman bought a second home as an investment.

Eventually it was converted into a long-term care facility and would be the longest continually running nursing home in the state.

Including a background in trauma surgery, Aaland has 25 years of experience.

Incessantly busy and with the headstrong personality that's required to succeed in a field that was not very welcoming to women when she was getting her start, you could say Aaland has an attitude. She says it comes with the territory.

"Everyone needs a grumpy surgeon," she said.

The vision

The way the program she envisions would work is it would bring surgeons to the community for a week at a time, with all appointments scheduled within that week.

Aaland is quite specific about the nature of the program. She said it's not just another locum tenens – traveling doctor — program.

"You get the same surgeon every month. The surgeon is part of the community," she said.

She said the program will also be tailor-made for the community according to its needs.

To accommodate this program, Ryan Mickelsen, COO of TMC, said the hospital is doing about \$300,000 worth of alterations to the emergency room. The plans are with the Department of Health awaiting approval.

He said the biggest value the program will bring is to the people in the community who will benefit from the services, but the hospital will also receive a boost in revenues.

"It's pretty exciting for us and for the community," Mickelsen said.

Tioga Tribune

Upcoming Events

Edwin C. James Lectureship:
Friday, June 23, 2017 – Ramada Plaza and Suites, Fargo, North Dakota



We are pleased to announce Donald E. Fry, MD, Executive Vice-President, Clinical Outcomes Management, MPA Healthcare Solutions, and Adjunct Professor of Surgery, Northwestern University, Chicago, IL, will be the guest speaker for the Edwin C. James Lectureship. His topic is "Comparative Outcomes of Hospital Surgical Care in the United States".

Surgical Resident Research Colloquium and Graduation Banquet will also be held on June 23, 2017 after the Edwin C. James Lectureship.

Below is the schedule of the day's events:

12:00 N – Edwin C. James lectureship featuring Donald E. Fry, MD

1:30 pm – Surgical Resident Research Colloquium

6:30 pm – Graduation Banquet

Department of Surgery Welcoming Picnic
Tentatively planned between June 28-30, 2017.

Scholarly Activities

Surgery Residency

Publications:

Cecilia Benz, MD (Resident)-
"Tracheobronchial Amyloidosis" -
Manuscript- Submitted to The Annals
of American Thoracic Society

**Jonathan Germscheid, MD
(Resident)- Garcia L (Faculty)**
"Management of cholelithiasis and
choledocholithiasis in post-weight
loss surgery patients"

Presentations Local/State:

Mark Hightower, MD – "The Hiatus-
Hiatal and Paraesophageal Hernias",
Surgery Grand Rounds, UND School
of Medicine & Health Sciences
Department of Surgery, Grand Forks,
ND - August 5, 2016

Dan Persinger, MD – "Surgical
Disease of the Pancreas", Surgery
Grand Rounds, UND School of
Medicine & Health Sciences
Department of Surgery, Grand Forks,
ND - August 19, 2016

Trent Waage, MD – "Surgical
Nutrition", Surgery Grand Rounds,
UND School of Medicine & Health
Sciences Department of Surgery,
Grand Forks, ND - August 5, 2016

Patrick Lamb, MD - "Wounds VACs
in General Surgery", Surgery Grand
Rounds, UND School of Medicine &
Health Sciences Department of Surgery,
Grand Forks, ND - August 5, 2016

Shawn Olson, MD (resident) -
"Rural Pediatric Trauma –Challenges
and Considerations", Surgery Grand
Rounds, UND School of Medicine &
Health Sciences Department of Surgery,
Grand Forks, ND - August 5, 2016

Brian Johnson, MD (resident) -
"Review of Acute and Chronic
Pancreatitis and Discussion of Newest
Treatment Guidelines", Surgery Grand
Rounds, UND School of Medicine &
Health Sciences Department of Surgery,
Grand Forks, ND - October 14, 2016

Katie Senter, MD (resident) -
"Bariatric Emergencies for the General
Surgeon", Surgery Grand Rounds,
UND School of Medicine & Health
Sciences Department of Surgery,
Grand Forks, ND - October 21, 2016

Faculty:

Presentations Local/State:

**19th Annual North Dakota Statewide
Trauma Conference, September 28-
29, 2016, Fargo, ND**

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

**Matthew Heberer, MD (resident),
Mentor Ahmeti, MD, Instructor of
Surgery, Johanna Askegard-
Giesmann, MD, Clinical Assistant
Professor of Surgery** - "Pediatric
Trauma Case Studies"

Mentor Ahmeti Instructor of Surgery
- presented "Active Shooter on Your
ED Doorstep"

Kimber Boyko, MD, Clinical
Assistant Professor of Surgery -
presented "Why Flail?"

Derek Kane, MD, Clinical Assistant
Professor of Surgery - presented
"Trauma Feud" & Rips, Tears &
Shears - Management & Treatment"
and "A Brave Boy's Battle: Broken
Bones & Botulism"

Ryan Smart, MD, DMD Instructor of
Surgery - presented "Oral &
Maxillofacial Injuries",

Other Faculty Presentations:

Michael Bouton, MD, Associate
Professor of Surgery – presented
"Current Trends in Breast Surgery:
Less is More", Surgery Grand Rounds,
UND School of Medicine & Health
Sciences Department of Surgery, Fargo,
North Dakota – November 4, 2016