

Department of Surgery

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SURGERY NEWS



Fall 2018

FROM THE CHAIR

During the first six months of the 2017-2018 academic year (July-December) a change occurred in our current clinical teaching facilities which affected the Department of Surgery and its missions. The opening of the new Sanford Medical Center in Fargo in July brought challenges in staffing and call coverage requirements which the faculty, staff and residents met and accomplished with outstanding teamwork and collaboration that spoke well for our department. This impressive new acute care hospital is an integral part of the UND General Surgery Residency Program and the rapidly growing trauma/critical care service. Although the adaptation to this new facility presented some challenges, the long term outlook for educational benefits to both general surgery residents and medical students is very good. The Department of Surgery looks forward to the continued collaboration with the Sanford Health System in both graduate and undergraduate medical education.

In addition to the regular activities of teaching general surgery to the medical students and residents there are several other accomplishments and activities worth mention. Dr. Luis Garcia, faculty in Fargo and Dr. Karen Luk, PGY 3 resident attended a medical mission providing surgical care for the needy in Guatemala. A feature story on our departments international surgical volunteerism will be in our next E-news in the fall of 2018. Our new PGY 1 residents entered the

program and assimilated easily into the clinical phases of their training. Dr. Mary Aaland, the director of the Rural Surgery Support Program was instrumental in bringing the National Coalition Stop the Bleed program to our state (see additional info in this E-news). The new Orthopedic residency program gained ACGME approval and recruited its first class to start in July 2018. The general surgery residency program received almost 400 applications for the five residency positions and interviewed 68 applicants. Our residents and faculty gave several presentations at regional and national meetings, some resulting in peer review publications. We are thankful for the continued support of all of our supporters, including our faculty, residents, alumni, the School of Medicine and Health Sciences as well as the North Dakota University System and the legislature and people of our state.



Robert P. Sticca, MD, FACS
Chairman and Program Director

AWARDS

Jay MacGregor, M.D. was recognized for winning the Inaugural Scudder Oration Essay Contest at the American College of Surgeons Clinical Congress (San Diego, CA) Committee on Trauma Annual Dinner. The essay was titled "Outside Our Comfort Zone: The Orlando Legacy in North Dakota."



Ronald Stewart, M.D., Chair of Committee on Trauma presents Jay MacGregor, M.D. with his award.

FACULTY NEWS



Leonora Joan Becker is the granddaughter of **Dr. Bill Becker**, Professor and previous Residency Program Director. Leonora, named for Dr. Becker's mother, Joan, was born on July 24, weighed 8 pounds and 9 ounces and was 21 inches long.

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STOP THE BLEED

A National Awareness Campaign

Many studies have documented that access to surgical care in rural America is limited. In fact, while the supply of surgeons in metropolitan areas is generally very good, for the 20% of the US population that live in rural areas general surgery is considered the second highest physician shortage. Dr. J.R. Richardson, former President of the American College of Surgeons stated "I believe that the difficulty in access to rural surgical care is a crucial societal problem that has not received adequate national attention." Prior to 2014, the state of North Dakota only had 8 communities with a stable surgical presence. That shortage inspired the development of the Rural Surgery Support Program (RSSP) by Dr. Robert Sticca as part of the University of North Dakota Department of Surgery. Since that time, a surgical presence is now noted in 6 additional rural communities.

However, that is still not enough to impact the high trauma death rate in this rural state. The 2016 North Dakota Crash Summary Report showed that the fatality rate per 100 million vehicle miles traveled (VMT) was significantly higher than the national average, 1.3 vs 1.07. Even with the presence of a surgeon, adequate resources are often not available locally for the hemodynamically unstable injured patient. Of the fatal crashes in 2015, 87% occurred in the rural setting. In an unpublished analysis of autopsies that was performed by the North Dakota State Forensic Department on victims of trauma for the years 2012-2015, there were a number of patients that died from exsanguination. Those patients perhaps could have been saved had lifesaving procedures, such as a tourniquet, compression, or chest tube been initiated at the scene. The true number of preventable deaths from bleeding could be much higher because not all fatally injured patients have an autopsy performed. Timely treatment of the exsanguinating patient presents additional challenges in North Dakota because of the added delay of prehospital care providers arriving at the scene. Most rural emergency services are voluntary services, which can take time to activate and respond in a trauma situation. Often the initial individuals who arrive at the trauma scene are nonmedical people who could help if properly taught some basic principles of bleeding control.

The *Stop the Bleeding* campaign was initiated by the White House after analysis of the Sandy Hook Elementary School massacre in Connecticut determined that multiple victims bled to death while the area was being secured. Stop the Bleed is a national awareness campaign and a call to action that is currently endorsed and supported by the Department of Homeland Security and all major trauma organizations. It was developed after a year-long collaboration among the National Security Council at the White House with partners, such as the American Heart Association, American Red Cross, American College of Surgeons, Hartford Consensus, National Association of Emergency Medical Technicians, Charlotte Douglas International Airport, Johnson & Johnson and the Harvard Kennedy School. Stop the Bleed is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Teaching nonmedical personal how to recognize and treat actively bleeding injured victims of trauma before trained EMS can reach the victims could have saved lives at that horrible scene and could also save lives in rural America in many types of trauma situations.

Dr. Mary Aaland, Medical Director of the RSSP, has made a personal commitment to teach as many citizens as possible in North Dakota how to *Stop the Bleeding*. The course, endorsed and supported by the American College of Surgeons, takes one hour and includes instructions on wound packing and tourniquet application. This is offered free of charge to any community. To date 240 people have taken the course, including citizens in Hettinger, Linton and the reservists at the Fargo Air National Guard. The youngest student to date has been a first grader and the oldest an 88 year old female rancher. The goal for this year is to teach 1000 North Dakotans across the state.

If you are interested in attending a course or having a course provided to your community, please contact Paul Dosch at the University Department of Surgery 701.293.4171 at paul.dosch@med.UND.edu

STOP THE BLEED

No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, so it's important to quickly stop the blood loss.

Remember to be aware of your surroundings and move yourself and the injured person to safety, if necessary.

Call 911.

Bystanders can take simple steps to keep the injured alive until appropriate medical care is available. Here are three actions that you can take to help save a life:

- 1. Apply Pressure with Hands**
EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with both hands if possible.
- 2. Apply Dressing and Press**
EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with bandages or clothing.
- 3. Apply Tourniquet(s)**
If the bleeding doesn't stop, place a tourniquet 2-3 inches closer to the torso from the bleeding. The tourniquet may be applied and secured over clothing.
If the bleeding still doesn't stop, place a second tourniquet closer to the torso from first tourniquet.
PULL the strap through the buckle, TWIST the rod tightly, CLIP and SECURE the rod with the clasp or the Velcro strap.

The "Stop the Bleed" campaign was initiated by a federal interagency workgroup convened by the National Security Council Staff, The White House. The purpose of the campaign is to build national resilience by better preparing the public to save lives by raising awareness of basic actions to stop life-threatening bleeding following everyday emergencies and man-made and natural disasters. Advances made by military medicine and research in hemorrhage control during the wars in Afghanistan and Iraq have informed the work of this initiative which exemplifies translation of knowledge back to the homeland to the benefit of the general public. The Department of the Defense owns the "Stop the Bleed" logo and phrase - trademark pending.

Homeland Security Office of Health Affairs

RESIDENCY PROGRAM ALUMNI NEWS



Dr. Max Hansen and his wife Sarah welcomed their daughter Mae in February. She weighed 6 pounds 15 ounces and was 19 inches long. Congrats!



Eric and Julie Anderson's baby was born on 11/28/17, her name is Elliot Jelaine Anderson and she weighed 5 pounds and 6 ounces.



Jaxton Harvard Swartz, son of Dr. Travis Swartz and his wife Carissa Swartz, was born December 30, 2017. He was 7lbs 6 oz and 18.5 in long.

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/South Dakota Chapter meeting of the American College of Surgeons to be held April 13-14, 2018. The author of the winning paper receives a \$300 check and Wayne M. Swenson, MD Award plaque and will present their paper at the ND/SD Chapter meeting in April. This year, there were four students who submitted papers. The papers were reviewed by a committee made up of department faculty and ranked for Scientific Merit, Clarity, Originality, and Appropriate Statistical Analysis. The winning paper entitled "Multiple squamous neoplasms arising in a red tattoo status post-laser tattoo" was submitted by **Adam Swigost, MSIV**.

Surgery Interest Group

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 2017-2018 academic year and has held three meetings so far this year. The topics presented include Residency Application Process (Dr. Robert Sticca, Chairman & Program Director – Dept. of Surgery, UND, Grand Forks); Tips for Successful Surgery Rotations (Maxwell Otto, MSIV), and Orthopedic Surgery (Dr. Jeremy Gardner – Altru Health System, Grand Forks). Attendance at these meetings has ranged from 35-55 students.

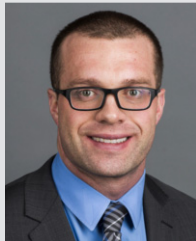


WELCOME NEW FACULTY



Amanda S. Braaten, M.D., Clinical Instructor of Surgery, is an Anesthesiologist at CHI St. Alexius in Bismarck. She joined the UND Surgery department on

May 12, 2017. She received her M.D. degree from the University of Washington School of Medicine in Seattle, WA - 2006-10 and completed her Anesthesia residency at the University of Vermont/Fletcher Allen Health Care in Burlington, VT - 2010-14. She is board certified in Anesthesiology.



Cameron Charchenko, M.D., Clinical Instructor of Surgery, is a Urologist at CHI St. Alexius in Bismarck. He joined the UND Surgery department on May 8,

2017. He received his M.D. degree from the University of North Dakota School of Medicine & Health Sciences in 2011 and completed his general surgery internship and Urology residency at the Mayo Clinic, Rochester - 2011-16 where he also did a Minimally Invasive Urologic Surgery Fellowship. He is board eligible.



Carmen R. Dargis, M.D., Clinical Instructor of surgery, is an Anesthesiologist at CHI St. Alexius Heart & Lung Clinic in Bismarck. She joined

the UND Surgery department on May 18, 2017. She received her medical degree from the University of Minnesota Medical School, Minneapolis, MN - 8/06-5/10 and entered into a transitional year of residency at Gundersen Luthern Medical Foundation, LaCrosse, WI - July 2010 - June 2011; and completed her Anesthesiology residency at Mayo Clinic, Rochester, MN, 2011 - 14 . She is board certified in Anesthesiology.



Kurt D. Icenogle, M.D., Clinical Instructor, is an Orthopedic/Hand Surgeon at Sanford Seventh and Thayer Clinic - Bismarck. He joined the UND Surgery

department on May 3, 2017. He received his M.D. degree from Baylor College of Medicine, Houston, TX - 2005-09 and completed his Orthopaedic residency at John Peter Smith Hospital, Fort Worth , TX - 2009-14. He also entered into a Hand/Microvascular Surgery Fellowship at Medical College of Wisconsin, Milwaukee, WI - 2014-15. He is board certified in Orthopaedics.



Rohit Mahajan, M.D., Clinical Instructor, is an Anesthesiologist/Pain Manager at Sanford in Fargo. He joined the UND Surgery department on March 8,

2017. He received his M.D. degree from the University of Toledo College of Medicine, Toledo, OH - 2007-11 and completed his Internal Medicine and Anesthesia residence at the University of Michigan Health System, Ann Arbor, MI - 2011-15. He entered into an Interventional Pain Medicine Fellowship at the University of California Los Angeles - 2015-16.



Jane M. Weaver, M.D., Clinical Assistant Professor, is a general surgeon in San Lorenzo, Ecuador. She joined the UND Surgery department on

June 8, 2017. She received her M.D. degree from the Indiana University School of Medicine - 1989-93 and completed her general surgery residency from the University of Louisville - 1993 - 98. She is board certified in general surgery.

GOING PRO

Department of Surgery Faculty Serves as Team Physician for US Olympic Hockey Team. SMHS alumni in professional athletics put one in the win column for UND

Team USA

Take Philip Q. Johnson, MD. Not completely satisfied after earning a physical therapy degree from the SMHS in 1980, Johnson looked to medicine almost immediately a quarter century ago. “I just decided I needed to go on,” Dr. Johnson said from his Grand Forks office of jumping into the School’s MD program, which he completed in 1984. “Being exposed to sports through high school and football here [Dr. Johnson was a wide receiver for UND Football in 1976 and ’77] led me to wanting to learn more about sport-related injuries. And I felt the profession that could best satisfy that interest, and allow me to do more for my patients, would be orthopedic surgery.”

Dr. Johnson, who is an SMHS clinical professor of Surgery, wanted not only to treat injuries, but fix them: “That’s what we do in orthopedic surgery. Structures fracture or become torn and we repair them and try to allow these patients to get back to the level of participation or work they’re used to.”

After a fellowship in sports medicine and surgery at the University of Western Ontario in Canada with Peter Fowler, MD, where he met Michael Stewart, MD, Johnson was given the opportunity to begin working with Team USA Hockey in 2000, shortly after Dr. Stewart was named the Chief Medical Officer for Team USA.

Dr. Johnson has been involved with the team in a variety of ways ever since, working with players and coaches at the International Ice Hockey Federation’s (IIHF) World Juniors Championship since 2004, the U.S. National Under-17 and 18 team, and the gold medal-winning Team USA World Junior Team hockey club. He was also Chief Medical Officer for the IIHF Under-18 World Championships in Fargo (2009) and Grand Forks (2016).

In February 2018, Dr. Johnson and Team USA will be off to Pyeongchang, South Korea, for the XXIII Olympic Winter Games—the first games in two decades that will not feature National Hockey League players.

“I’ve been fortunate enough and humbled enough to be taken on by the Olympic team this year. It’s going to be exciting,” says Dr. Johnson, who has also been team physician for Fargo-Moorhead Redhawks baseball and the International Basketball Association’s Fargo-Moorhead Beez. “It’s a different level—there are obviously more eyes focused on you than at the World Juniors, but it’s going to be fun in Pyeongchang.”



As the conversation was winding down, Dr. Johnson looked at his watch—it was UND hockey night after all: “We still watch as often as we can,” he admits. “We have our season tickets. It’s so amazing to me that I can turn on the television most any night and there will be players on my screen that I’ve seen through the years with Team USA. It’s fun to see players develop and grow, from when they were 17 years-old until they’re professionals.”



SCHOLARLY ACTIVITIES

SURGERY RESIDENTS

Abstracts:

Cecilia Benz, M.D. (Resident), C. Dyke (Faculty) - The effect of warfarin on prosthetic valve function after transcatheter aortic valve replacement - American College of Cardiology , October 11, 2017

Mark Jensen, M.D. (Faculty), Priscilla Thomas, M.D., **Elleson Schurtz, M.D. (Resident)**, **Robert Sticca, M.D. (Faculty)** - Crisis in Open Operative Instruction: One Solution- Submitted to APDS- November 9, 2017

Cecilia Benz, M.D. (Resident), C. Dyke (Faculty), S. Briggs (Faculty) - Failure of Pain Management as an Indication for Rib Plating- Submitted to Chest Wall Summit- December 16, 2017

Posters:

Cecilia Benz, M.D. (Resident), C. Dyke (Faculty) - The effect of warfarin on prosthetic valve function after transcatheter aortic valve replacement- American College of Cardiology - Meeting March 10-12, 2018 in Orlando, FL- December 12, 2017

Local/State Presentations:

Patrick Lamb, M.D. (Resident) - “Breast Reconstruction Options following Mastectomy for Breast Cancer and Symmetry,” Surgery Grand Rounds, UND School of Medicine & Health Sciences Department of Surgery, Grand Forks, ND - August 18, 2017

Karen Luk, M.D. (Resident) - “Every General Surgeon’s smallest Employer: The Appendix,” Surgery Grand Rounds, UND School of Medicine & Health Sciences Department of Surgery, Grand Forks, ND - September 1, 2017

Patrick Kane, M.D. (Resident) - “Acute Postoperative Pain Management: Can we do a better job?,” Surgery Grand Rounds, UND School of Medicine & Health Sciences Department of Surgery, Grand Forks, ND - September 15, 2017

Mallory Yelenich-Huss, M.D. (Resident) - “Oncoplastics for the General Surgeon,” Surgery Grand Rounds, UND School of Medicine & Health Sciences Department of Surgery, Grand Forks, ND - October 6, 2017

Cody Pratt, M.D. (Resident) - “What to do with a difficult Gallbladder,” Surgery Grand Rounds, UND School of Medicine & Health Sciences Department of Surgery, Grand Forks, ND - October 13, 2017

Jonathan Germscheid, M.D. (Resident) - “About Rural Surgery,” Surgery Grand Rounds, UND School of Medicine & Health Sciences Department of Surgery, Grand Forks, ND - October 27, 2017

Angela Kaza, M.D. (Resident) - “Surgical Ergonomics,” Surgery Grand Rounds, UND School of Medicine & Health Sciences Department of Surgery, Grand Forks, ND - November 10, 2017

Regional Presentations:

Trent Waage, M.D. (Resident) “Surgical Jeopardy” - ACS Meeting- San Diego, CA - Oct 22, 2017

Publications:

Elle Schurtz, M.D. (Resident), J. Differding, E. Jacobson, **C. Maki (Faculty), A. Mentor (Faculty)** “Evaluation of negative pressure wound therapy to closed laparotomy incisions in acute care surgery” American Journal of Surgery 2017- Peer-reviewed

Educational Courses/ Meeting Attended by Residents:

American College of Surgeons Clinical Congress-San Diego, CA- October 22-26, 2017. Attended by Angela Kaza, Cody Pratt, Mallory Yelenich-Huss, Trent Waage, and Katherine Senter (past graduate).

FACULTY

Grants:

Kenneth Ruit, Nasser Hammami, **Mark Jensen (Faculty)** - NSF Grant \$1,200,000 for ITEST Strategies: University of North Dakota School of Medicine and Health Sciences virtual anatomy laboratory outreach (VALO) project. Requested for start day of 01/01/18. Department of Educational and Faculty affairs. Granted denied.

Abstracts:

Cecilia Benz, M.D. (Resident), C. Dyke (Faculty) - The effect of warfarin on prosthetic valve function after transcatheter aortic valve replacement - American College of Cardiology , October 11, 2017

Mark Jensen, M.D. (Faculty), Priscilla Thomas, M.D., **Elleson Schurtz, M.D. (Resident)**, **Robert Sticca, M.D. (Faculty)** - Crisis in Open Operative Instruction: One Solution- Submitted to APDS- November 9, 2017

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SURGERY APPLICATIONS

UND General Surgery Residency Applicant information for 2017-2018

This year the general surgery residency program received 387 total applications. Because applicants may apply for more than one tract, the combined number of applications received in each of the tracks our program offers were: 333 categorical; 160 rural surgery and 153 in the preliminary tract. Seventy-nine applicants were invited for an interview. Interviews were held on October 30, 2017, November 13, 2017, November 27, 2017 and December 18, 2017, at which 68 applicants were interviewed. In addition to the applications received from the upper midwest states of North Dakota, South Dakota, Minnesota and Wisconsin, we also had a diverse group of applicants from as far away as Massachusetts, Florida, Puerto Rico, California and Oregon. 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 16, 2018 at which time we will find out our new interns for the 2018-2019 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.

Local/State Presentations:

Jay MacGregor, M.D. (Faculty) “Outside Our Comfort Zone: The Orlando Legacy in North Dakota” - American College of Surgeons Clinical Caongress. San Diego, CA- (Recognized for winning the Inaugural Scudder Oration Essay Contest)-October 23, 2017

Michael Bouton, M.D. (Faculty) - “Breast Cancer Part 1: Management of the Breast,” Surgery Grand Rounds, UND School of Medicine & Health Sciences Department of Surgery, Grand Forks, ND - November 3, 2017

Publications:

Elle Schurtz, M.D. (Resident), J. Differding, E. Jacobson, **C. Maki (Faculty), A. Mentor (Faculty)** “Evaluation of negative pressure wound therapy to closed laparotomy incisions in acute care surgery” American Journal of Surgery 2017- Peer-reviewed

D. Persinger (Faculty), M. Basson (Faculty) “Occult Spigelian Hernia Presenting as Inability to Complete Colon Cancer Screening in a Patient with a History of Rectal Cancer.” AMJ Published on line November 7, 2017

Books/Chapters:

Jay MacGregor (Faculty) - “Essentials of General Surgery” - Working on Colorectal Chapter for next edition of this book. - in Progress

