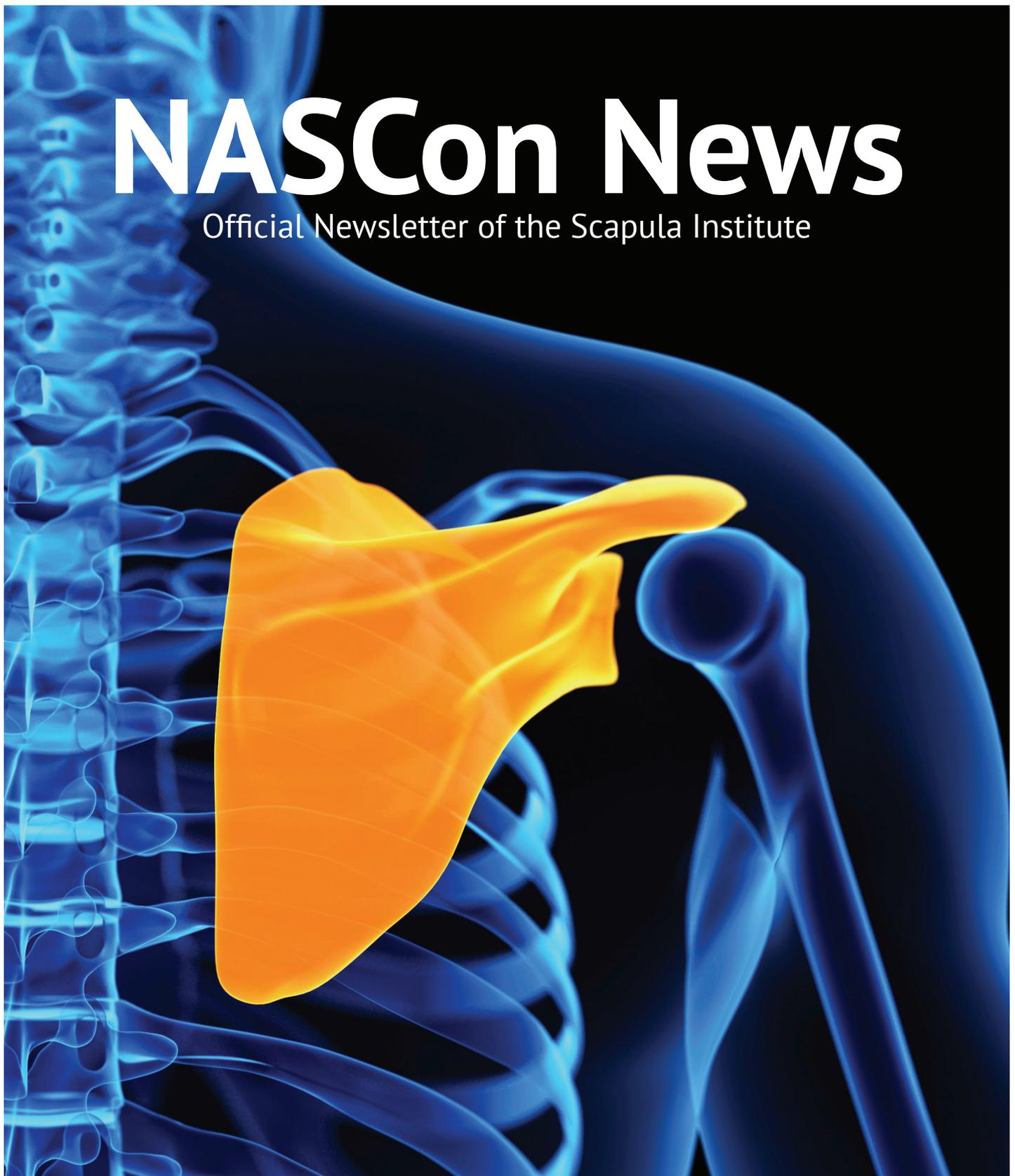


# NASCon News

Official Newsletter of the Scapula Institute



A Scapula Fracture Patient Newsletter  
Volume 1: 2018

**NASCon**  
North American Scapula Consortium



# Letter from Dr. Cole

Dear Patients and Scapula Institute Friends,

I am thrilled to launch this new publication, NASCon News--for your sake! My Scapula Institute team has wanted to create a periodic update for you, giving you a sense of what we have been discovering, teaching, and treating! Throughout the journey with you, my patients, many of you have asked for more details about the work we are engaged in; indeed, I have always believed that your personal story has helped me learn about a new frontier of Orthopaedics--Scapula Fractures! I am so grateful for having had this opportunity and want to begin sharing the news with you.

NASCon stands for North American Scapula Consortium, which is a team of highly interested orthopaedic surgeons who have agreed to come on this journey with us. This new group of doctors have begun to collaborate with me, contribute new ideas, and join me in teaching initiatives related to complex shoulder girdle injuries. Collectively, we aim to change the way people think about complex shoulder injuries which for too long were misunderstood and often undertreated.

In this issue, I will share some updates on recent projects, and give you a sense of what is coming down the road in 2018, as well as to highlight an inspirational patient story, in fact, the stories which motivate me to keep working on hard on this initiative. Before, closing, I want to encourage you to contribute to the Scapula Institute, so we can more effectively conquer new mountains. In this field of medicine and surgery; indeed, keep the good work of which you have been a part, going strong. Thank you for this Consideration. I hope to see you or hear from you soon.



Respectfully,

A handwritten signature in blue ink that reads "Peter A. Cole".

**Peter A. Cole, M.D.**

Division Medical Director, HealthPartners Medical Group Orthopaedics Chair, Orthopaedic Department, Regions Hospital | Professor, University of Minnesota | Regions Hospital

# Meet the Team

The Scapula Institute is a research and educational enterprise dedicated to the study of shoulder girdle injuries as well as spreading our acquired knowledge to relevant practitioners and affected patients.



**Joscelyn Tatro, MS**  
Research Associate,  
Scapula Institute  
Lead



**Lisa Schroder, BSME, MBA**  
Academic Program  
Director



**Anthony Dugarte, MD**  
Post-Doctoral  
Research Fellow



**Tricia Corbo, BA**  
Trauma Program  
Administrator



**Tina Mannion, PA-C**  
Certified Physician  
Assistant

# NASCon National Members

North American Scapula Institute (NASCon) is a network of passionate surgeons working together to further the mission of the Scapula Institute through research, education, and advances in patient care.



**St. Paul, MN**  
Peter Cole, MD  
Brian Cunningham, MD  
David Solfelt, MD



**Buffalo, NY**  
Evgeny Dyskin, MD



**Baltimore, MD**  
Babar Shafiq, MD



**Kansas City, MO**  
Jonathon Dubin, MD



North American Scapula Consortium



**St. Cloud, MN**  
Tim Hiesterman, DO



**Portland, OR**  
Darin Friess, MD  
Adam Mirarchi, MD



**Detroit, MI**  
Trent Guthrie, MD



**University of Pittsburgh**

**Pittsburgh, PA**  
Ivan Tarkin, MD

# Research Spotlight

## Epidemiology, and Hospital trends of Scapula Fractures; a 10-year Retrospective Study of the National Trauma Data Bank

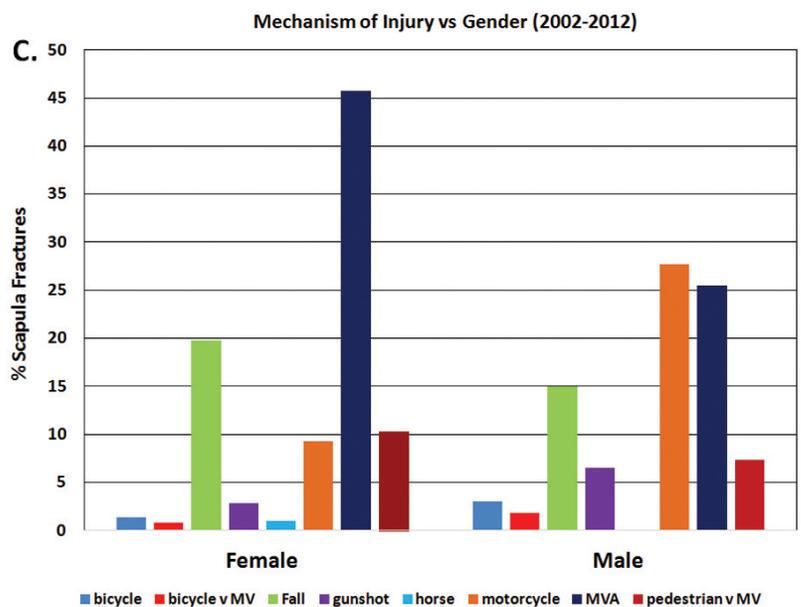
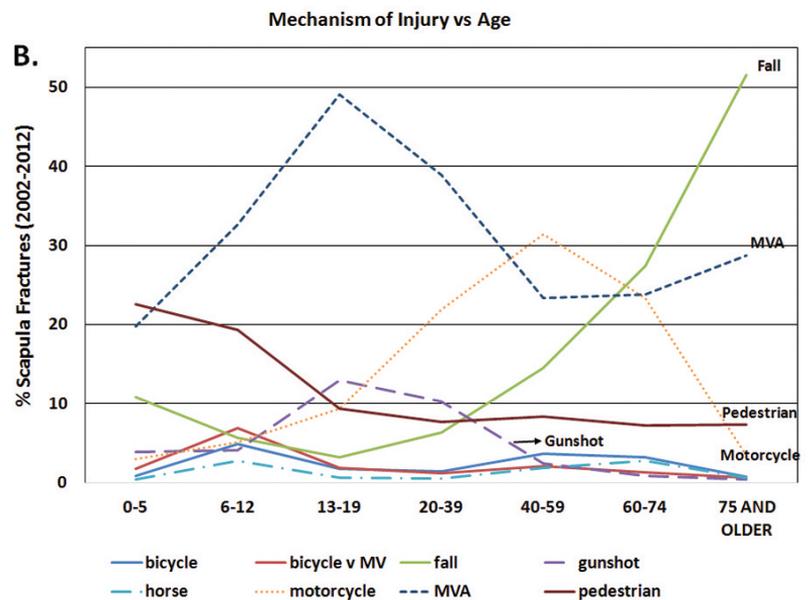
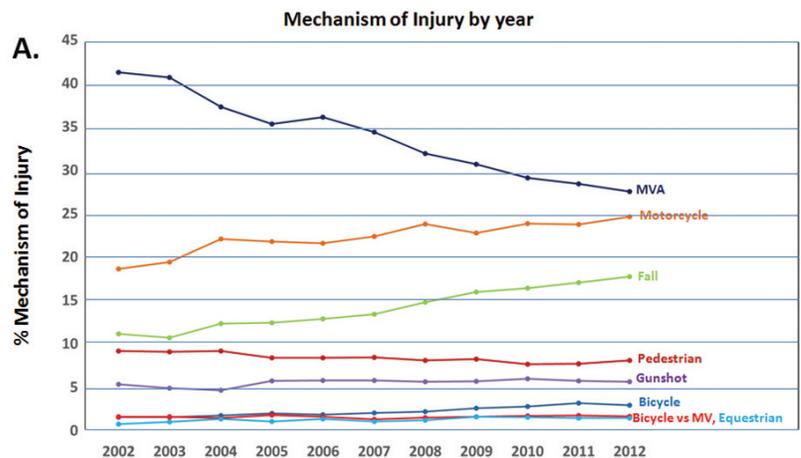
Joscelyn M. Tatro, MS  
 Lisa K. Schroder, MBA  
 Beth A. Molitor, MBA  
 Emily D. Parker, PhD  
 Peter A. Cole, MD

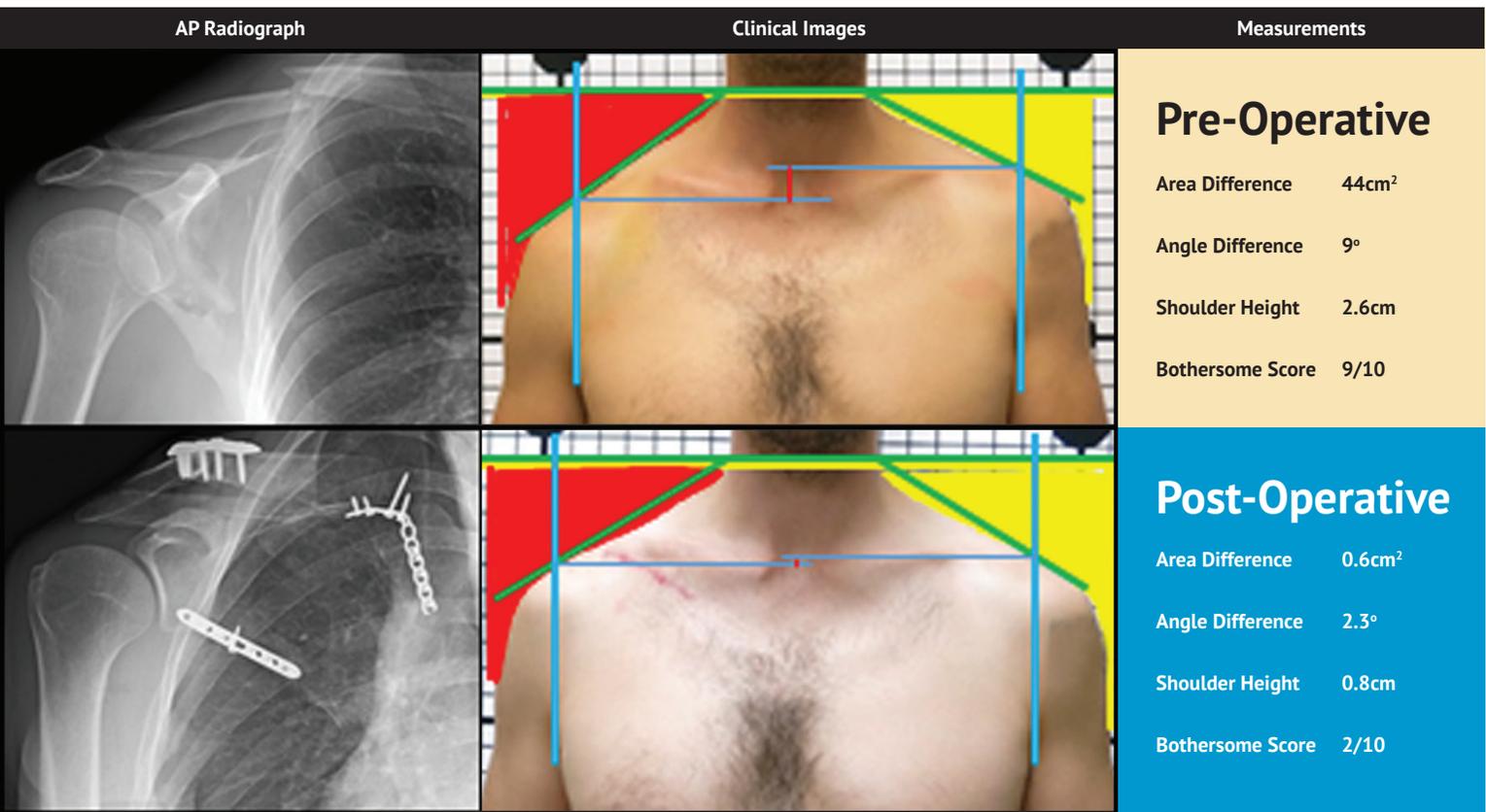
A study of 10 years of scapula fracture data from the National Trauma Databank (NTDB) resulted in the following findings:

The number of diagnosed scapula fractures increased substantially between 2002-2012.

Scapula fractures diagnosed in the geriatric demographic and scapula fractures resulting from falls are both on the rise.

Scapula fractures as a result of motor vehicle accidents decreased 31.7% during the reported decade.





## Radiographic and Clinical Significance of Patient Perception of Shoulder Deformity Following Scapula Fracture

Joscelyn M. Tatro, MS  
 Jeffrey P. Anderson ScD, MPH  
 Dylan McCreary, BS  
 Lisa K. Schroder, MBA  
 Peter A. Cole, MD

### Findings include

There is a significant connection between patients' perception of deformity, clinical, and radiographic measurements of shoulder deformity after scapula fracture.

After surgery, all measures of the patients' injured shoulders were significantly improved when compared to their pre-surgery measurements.

Gross deformity does correlate with significant fracture displacement and guides the surgeon to order advanced CT imaging (CT with 3D reconstructions).

Patients which meet operative criteria, will not only have significantly improved perception of the deformity but also significantly improved clinical and radiographic measures after operative treatment.

# Coming Soon



## Furthering scapula treatment through surgical training.

In September of 2018, we will be partnering with the University of Minnesota to host the first “Minnesota Scapula Course”. This activity is designed for orthopaedic surgeons interested in the operative indications and treatment of scapula fractures. This research program has been funded by Foundation grants, Industry grants, and patient contributions.

A complete list of published manuscripts, book chapters, electronic media, and presentations can be found on our website: [ScapulaInstitute.org](http://ScapulaInstitute.org)

### Presentations at National Meetings



### Who funded the research?

The research program has been funded by Foundation grants (AO Foundation, COTA, AONA, OMeGA, AORF), Industry grants (DePuy Synthes, Stryker), and patient contributions.

## Patient Spotlight

When a motorcycle accident landed Shoreview resident Ken Hola in Regions Hospital in May 2016, the active 72-year-old feared missing the Ironman Triathlon in Florida.

With a broken scapula and a damaged spleen that had to be removed, he expected the doctors to tell him to “take it easy” and skip the November event. But once the initial danger had passed, Ken spoke with orthopaedic surgeon Peter Cole, MD about his chances of still competing. Dr. Cole was encouraging and recommended surgery to insert plates and stabilize Ken’s scapula.

After the June surgery and two months of rehabilitation under the close supervision of Dr. Cole, Ken began training for the triathlon, swimming, biking and running with a shoulder that is as good as new. Ken finished the Ironman in 15 hrs, 51 minutes and now describes his shoulder function as normal.

“After the experience I had this summer, I’ll go back to Regions if I ever have any other type of trauma or injury,” Ken said. “But I won’t be slowing down anytime soon.”



Photo credit: FinisherPix.com

# When you come in for your follow-up

**Question:** Why do I fill out forms at EVERY appointment? Is this another research thing?

**Answer:** YES and NO

Patient reported outcome forms are becoming a common tool in many health systems. Health Partners is one of the first level one trauma centers in the country to begin the implementation of these and other patient reported outcomes.

## Why is this important?

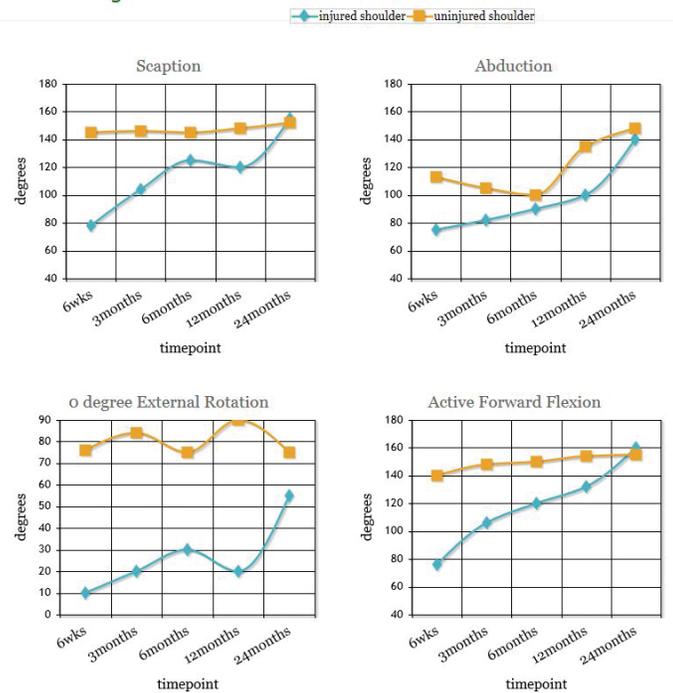
- #1 This is YOUR PERCEPTION of your function and recovery. We want to know how YOU feel about your progress.
- #2 We can track your recovery and identify areas that may need additional attention.
- #3 Results can be used for research so you and others can benefit from the advance in patient care and other physicians can learn to care for these injuries.

## Changes in questionnaires:

There are multiple ways our patients receive forms. Paper forms or forms completed by iPad are often distributed during registration and completed before your office visit. In the coming months, we are implementing changes which will result in patients receiving these forms by email or text message. The benefit to you as a patient will be...

- #1 Less paperwork to complete at each office visit.
- #2 If you are unable to return to the office for a follow up visit, your physician is still able to track your progress. This helps us to reach our goal of providing the best recovery and function possible to each patient.

## Motion Progress Chart



## Why should I follow up in clinic?

- #1 We want to ensure maximal recovery is achieved!
- #2 Identify complications. Although uncommon, a minor annoyance could be resolved if identified.
- #3 Too see your progress! A progress report of both strength and motion are discussed with patients at each visit. These are important for identifying areas of improvement and areas which require continued rehab. Patients find them to be encouraging and motivating!
- #4 Research visits are no cost to our patients or their insurance.
- #5 Medical journals require a minimum of 2 years of follow up to publish results. Your story is an essential part of our mission to educate and improve the care of scapula fracture patients on a global level.

To learn more about research, The Scapula Institute,  
and NASCon visit [ScapulaInstitute.org](http://ScapulaInstitute.org)

**Follow us on Social Media:**

Facebook.com/PeterAColeMD

Twitter.com/PeterAColeMD

**To schedule a research appointment or ask questions:**

Joscelyn Tatro, MS – Research Associate

Joscelyn.M.Tatro@HealthPartners.com

651-254-2992

**Please Give**

*We can do none of this vital work without dedicated professionals and our  
loyal donors.*

Given your recovery from this special injury, few people understand  
the impact of our work quite as personally as you do. *Thank you for  
considering this opportunity to be part of great progress toward improving  
patient care.*

If you have any questions or would like to make  
a tax-deductible donation, please contact:

Charles Semrow

Charles.S.Semrow@HealthPartners.com

651-254-9228

**Donate online:** [ScapulaInstitute.org](http://ScapulaInstitute.org)

