



OrthoUpdate

News for Physicians from St. Francis Hospital, The Heart Center®

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Leaders in Specialized Orthopedic Care

Richard D'Agostino, M.D., Chairman of Orthopedic Surgery, and Bruce Seideman, M.D., Chief of Joint Replacement

From the common to the most complicated musculoskeletal condition, St. Francis Hospital is setting the benchmark for a high rate of successful orthopedic outcomes.

“Our surgeons perform one of the highest volumes of orthopedic procedures on Long Island – a testament to our clinical expertise,” says Richard D’Agostino, M.D., Chairman of Orthopedic Surgery. “We performed more than 3,000 cases in 2016, including 1,335 joint replacements. Studies show that hospitals that repeatedly perform a high volume of the same surgery yield better results.”

Orthopedic specialists at St. Francis diagnose and treat virtually every condition in the field, with particular specialties in sports medicine, hand surgery, adult reconstructive surgery, spinal surgery and fracture care.

“All of our surgeons are board-certified and have fellowship training in subspecialties,” adds Dr. D’Agostino. “That specialization directly benefits our patients.”

The department recently acquired three new orthopedic subspecialists in spine, foot and ankle.

“Clearly, the hospital is committed to expanding its orthopedic surgery program, and the success rates reflect it,” says Wei Shen, M.D., foot and ankle surgeon. “Excellent outcomes start in the office, where we develop treatment options, individualized to the patient,” adds Matthew Goldstein, M.D. spine specialist.

“Patients have access to a large number of specialty trained surgeons who improve care through quality interventions,” adds Craig Radnay, M.D., orthopedic surgeon, specializing in foot and ankle surgery, knee reconstruction, and sports medicine at the Insall Scott Kelly (ISK) Institute for Orthopaedics and Sports Medicine, an affiliate of St. Francis Hospital. “As physicians, we’re active in research and teaching to refine processes that increase healing rates and outcomes,” said Dr. Radnay.

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The Go-To Destination for Complex Care

In 2012, St. Francis Hospital made a commitment to develop a joint replacement service to keep pace with the growing demand. The goal was to implement a program that could provide excellent care for patients requiring primary total joint replacements and serve the needs of patients with complications related to joint replacements requiring repeat surgical procedures. Under the direction of Bruce Seideman, M.D., Chief of Joint Replacement, the service has rapidly grown over the past five years. In 2016, St. Francis performed 1,335 joint replacement surgeries – one of the highest volumes on Long Island and the New York metropolitan area.

The Joint Replacement Service presently consists of ten board-certified and fellowship-trained joint replacement surgeons who perform primary total hip and knee surgeries as well as more complex procedures, including revision joint replacement surgery.



“Revision procedures require a higher level of skill to reconstruct joints that have been compromised by failures of prior replacements for a host of reasons,” says Dr. Seideman. “St. Francis Hospital distinguishes itself from other hospitals by having committed to retain at our facility the specialized equipment and implants to perform these complex revision procedures.”

“This commitment in combination with our expert surgeons, orthopedic PAs, dedicated nurses, experienced OR technicians, and skilled anesthesiologists has created a team that routinely takes care of these complicated problems with excellent results.”

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Leaders in Orthopedic Care

The orthopedics program was the first on Long Island to be nationally ranked and has been repeatedly recognized for excellence by *U.S. News & World Report*.

"Our surgeons are at the forefront of minimally invasive surgery, which means patients get the best care possible," says Andrew Greenberg, M.D., orthopedic surgeon, specializing in hand surgery and upper extremity. He explains that surgeries, including endoscopic carpal tunnel release, shoulder arthroscopy, and TFCC repair reduce postoperative discomfort and quicken recovery.

St. Francis was the first hospital in Nassau County to acquire the MAKO robotic surgery system. The MAKO allows orthopedic surgeons to perform unicompartmental knee replacement, in which only the medial part of the knee is replaced.

"St. Francis has taken the lead to invest in the specialized equipment needed to perform innovative treatment," says Paul Enker, M.D., orthopedic surgeon who pioneered the anterior total hip replacement on Long Island, having performed over 1,000 cases to date. "St. Francis is now the center for anterior total hip replacement surgery on Long Island," says Dr. Enker.

The Hospital's team of orthopedic surgeons utilize both posterior and anterior approaches to surgery. "High quality of care has made St. Francis a leader in orthopedics," says Michael Kang, M.D., orthopedic surgeon.

Innovative patient care at St. Francis goes beyond robotic and minimally-invasive surgery. Surgeons are performing multiple ligament knee reconstructions, shoulder replacements, cartilage restorations, and other complicated arthroscopic surgeries.

"Cartilage repair surgery is an innovative and young, developing field," explains Michael Angel, M.D., orthopedic surgeon, specializing in sports medicine. "The goal is to preserve the knee in young patients and we're seeing successful outcomes."

Every day orthopedic surgeons at St. Francis strive to deliver even better care.

"Our goal is to become the number one destination for orthopedics on Long Island," says Dr. D'Agostino.

Highest Quality Perioperative Care

Changes in healthcare have required providers to advance value-based care and provide an increased level of quality, comprehensive care. At St. Francis Hospital, a multidisciplinary committee shares a relentless focus on improving patient care throughout the entire episode. Its mission to return patients to good health is achieved through the full continuum of care – before, during, and after surgery.

This three-pronged approach to patient care was the foundation for the successful implementation of Medicare's mandatory Comprehensive Care for Joint Replacement (CJR) model for bundled payments.

"Every member of our healthcare team works to deliver the best care, from the point of consult to months after discharge," says Frank DiMaio, M.D., an orthopedic surgeon at St. Francis Hospital.

Patients benefit from the Joint Replacement Class, a dedicated preoperative educational program. The mandated class provides a framework for what to expect during surgery through the recovery process.

"Perioperative outcomes are largely impacted by anesthetic choices," says Steven Schulman, M.D., anesthesiologist. "Neuraxial anesthesia compared to general anesthesia reduces nausea and pain post-



Kevin A. Cassidy, M.D.



Frank DiMaio, M.D.

operatively. Patients are participating in physical therapy shortly after surgery."

To prepare patients for discharge, a home evaluation is conducted to offer accessibility recommendations and to ensure that adequate support is available.

"Once home, patients also benefit from St. Francis Hospital's relationship with Catholic Home Care, which provides unparalleled rehabilitation services," says Kevin A. Cassidy, M.D., orthopedic surgeon.

"Through the CJR program, there has been an increase in patient home care discharges without an increase in postoperative infections, complications, and readmissions," adds Dr. DiMaio.

Outpatient Surgery Center To Open

With orthopedic surgeries at St. Francis Hospital more than tripling in the last five years, plans are underway to build an ambulatory surgical center. Scheduled to open in the fall of 2017, the new 16,000 square foot facility, to be called the East Hills Surgery Center, will feature five operating rooms equipped with the latest minimally-invasive and computer-assisted technology.

The center will deliver a new kind of patient experience, releasing patients within hours of surgery so they may complete their recovery in the comfort of home.

"We've streamlined pain management protocols through the development of long-acting regional anesthesia blocks," says Timothy Reish, M.D., orthopedist, specializing in arthroscopic shoulder and knee surgery. "The creation of superior pain pathways eliminates the need for narcotic pain medications, accelerates rehabilitation, and allows patients to recover at home."

"Integrated postoperative pain management translates to better outcomes and a faster recovery," explains David Tuckman, M.D., orthopedic hand surgeon. "As one of the busiest orthopedic departments on Long Island, this facility will allow us to treat even more patients."

By moving appropriate outpatient surgical procedures to the East Hills Surgery Center, St. Francis Hospital can concentrate its main campus operating rooms on surgeries that require in-patient post-operative care.

"The ambulatory center will be a major and very useful addition," says Wei Shen, M.D. "Patients will receive the highest quality of operative care and be able to return home that same day."

The new facility will join the outpatient center at 2200 Northern Boulevard and has been specially designed to improve service and enhance efficiency. "Patient experience is our highest priority and this center demonstrates our commitment to deliver individualized care," says Peter Stein, M.D., orthopedic hand surgeon.



Peter Stein, M.D.

Update on Total Hip Replacement

Total hip replacement (THR) is widely considered one of the most successful innovations in modern medicine. It has reliably restored function, relieved pain and restored mobility to countless patients. A successful, reproducible, and durable technique has allowed surgeons to pivot towards other aspects of care for the THR patient: pain management, blood loss, and rapid rehabilitation protocols.

“Pain management has seen a revolution at major medical centers and St. Francis Hospital has been at the forefront of this movement,” said William Long, M.D., orthopedist at St. Francis Hospital. “Short acting spinal anesthesia and multimodal pain management allow more effective pain control with fewer side effects. Patients are awake, alert, and moving within an hour following surgery; a majority of patients are walking in the recovery room.”

The introduction of tranexamic acid to orthopedics has led to a 75 percent reduc-

tion of blood loss. The blood transfusion rate at St. Francis has been successfully lowered to the point that the vast majority of patients are no longer exposed to the significant risks associated with transfusions. A decrease of blood loss at the surgical site translates to less pain and swelling for patients, and also lower rates of wound infections.

Rapid rehabilitation protocols are the obvious result of the advances noted above. “St. Francis is now able to discharge many patients home on the day of surgery, and the majority within 1-2 days,” said Dr. Long. “The benefits to patients cannot be overstated. All complications have been dramatically reduced and readmission rates following surgery have dropped by more than 50 percent. It is not unusual for patients to return to work and normal activity in less than a week.”

Lastly, modern implants are now expected to last many decades. Highly porous



William Long, M.D.

tantalum and titanium surfaces encourage robust and durable bone in-growth. Ceramic femoral heads eliminate the concern of metal particle production around the joint replacement as well as systemic dissemination. Highly cross-linked polyethylene liners are now approximately 4 orders of magnitude more resistant to

wear. These improvements allow patients to confidently remain active at a high level following hip replacement.

Patient satisfaction scores have risen significantly, a testament to the exceptional success rates at St. Francis. With the development of the comprehensive premier joint replacement division, the hospital expects to perform 1,500 joint replacements in 2017. St. Francis performs one of the highest volumes of arthroplasty on Long Island, and exceeds the volumes of most New York City centers. The overriding goal is to provide quality care to enable patients to lead a full, active life.

Patient Success Story: Patrick Halpin

Delivering home heating oil had been a way of life for Island Park resident Patrick Halpin for 40 years. The manual labor was tough on his knees, making it painful to walk and maintain his active lifestyle. At 64 years old, total knee replacement surgery was his best option to regaining mobility.

But just one year following surgery, Mr. Halpin's left knee began feeling unstable. When conservative methods like physical therapy and braces failed to provide relief, two doctors encouraged him to meet with Peter Lementowski, M.D., an orthopedic surgeon at St. Francis Hospital.

Ruling out a prosthetic infection at the site of the joint, Dr. Lementowski determined that Mr. Halpin was a good candidate to undergo a knee revision. However, pre-surgical testing revealed something more alarming: Mr. Halpin had aortic valve stenosis and required an aortic valve replacement.

“Dr. Lementowski came highly recommended, but who knew he would save my life,” says Mr. Halpin.

Cardiac surgeons at St. Francis Hospital performed the life-saving surgery and six months later, Mr. Halpin was finally ready for his knee revision. “Using a semi-constrained stemmed knee implant press-fit into the bone provided increased stability,” explained Dr. Lementowski. “His surgery was a success. He was walking in the recovery room.”



Stemmed Knee Implant: Peter Lementowski, M.D., explains the science behind knee replacement to his patient, Patrick Halpin of Island Park, NY.

Months following his knee replacement, Mr. Halpin, now 66, continues physical therapy and is feeling great. “I’m back to fishing on my boat, gardening, and woodworking,” he says.

“As an orthopedist, it’s very gratifying to give patients improved mobility and a better quality of life,” adds Dr. Lementowski.

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Richard D'Agostino, M.D., Named Chairman of Orthopedic Surgery



Richard D'Agostino, M.D.

St. Francis Hospital has named Richard D'Agostino, M.D., Chairman of the hospital's new Department of Orthopedic Surgery. Dr. D'Agostino, a specialist in sports medicine, has served as Chief of the Division of Orthopedics for more than two decades. He currently serves as president of the medical staff of St. Francis Hospital and is chief of the CHS Orthopedic Service Line for Nassau County.

The highly regarded orthopedic surgeon and sports medicine expert has received numerous national and regional recognitions throughout his longstanding affiliation with St. Francis. He has been rated as one of Castle Connolly's "America's Top Doctors—Metro Area" every year since 2010 and has been ranked in *New York* magazine's "Best Doctors" list.

"It's a great pleasure to have Dr. D'Agostino serving St. Francis in this new expanded capacity," said Ronald J. Gulotta, M.D., Chief Medical Officer and Vice President of Medical Affairs at St. Francis. "He has been at the forefront of bringing new initiatives and technology to the hospital—helping us to receive national recognition for this rapidly growing specialty."

Under Dr. D'Agostino's leadership, the department has experienced tremendous growth, and handles one of the highest case-loads on Long Island. The department has been recognized for excellence by *U.S. News & World Report* and other national ratings groups.

Dr. D'Agostino earned his medical degree from Mount Sinai School of Medicine, and completed an orthopedic surgery residency at Mount Sinai Medical Center. He then completed a fellowship in sports medicine and arthroscopic surgery at New England Baptist Hospital, an affiliate of Tufts University.

Clinician Achievements

Peter D. Stein, M.D., was appointed the President of the New York Society for Surgery of the Hand from 2015-2016.

Frank DiMaio, M.D., has been appointed as a reviewer at *Arthroplasty Today: A Publication of the American Association of Hip & Knee Surgeons* and *The Journal of Arthroplasty*.

Publication Highlights

The December 1, 2016 issue of *Spine* published **Matthew Goldstein, M.D.**, and co-researcher's findings on a new minimally-invasive technique for pars interarticularis osteosynthesis using cortically-placed screws and spinous-process modular link.

Matthew Goldstein, M.D., and co-investigators' study on "Quantifying Anesthesia Exposure in Growing Rod Treatment for Early Onset Scoliosis" was published in the February 5, 2016 issue of the *Journal of Pediatric Orthopaedics*.

Peter Lementowski, M.D., presented the "Use of Large Acetabular Components" and "Treatment of a Stiff Total Knee Replacement" at the 2016 Zimmer/Biomet Institute Revision Hip and Knee Masterclass in New York City, NY.

Orthopaedic Knowledge Update: Hip and Knee Reconstruction, 5th edition, featured a chapter on "Special Considerations in Primary Total Knee Arthroplasty" by **William Long, M.D.**, and co-clinicians.

The *Iowa Orthopedic Journal* published **William Long, M.D.**, and co-investigators' study that evaluated the early outcomes of 599 cases of revision total hip arthroplasties performed using a porous tantalum cup.

Conference Updates

Frank DiMaio, M.D., presented the "Cement-less Fixation at the Time of TKR: A New Design" at the February 2016 Zimmer Knee Conference in Scottsdale, AZ.

Matthew Goldstein, M.D., and co-clinicians will give a presentation titled the "Femoral Nerve Protection During Lateral Lumbar Interbody Fusion (LLIF)" at the International Society for the Advancement of Spine Surgery 2017 annual meeting.

William Long, M.D., will showcase a scientific exhibit titled the "Alignment and Balance Methods in Total Knee Arthroplasty" at the AAOS 2017 annual meeting.