



The DMC/WSU Orthopaedic Surgery Residency Program Medical Student Survival Guide

Introduction

Welcome. Please use this document as a resource while rotating through your sub-internship at the Detroit Medical Center/Wayne State University School of Medicine Orthopedic Surgery Residency Program. We are excited to have you and look forward to working with you. Our goal is to “get to know you,” in turn, we hope that during your time here you will get to know us and our program. We value the “family” culture of our program and a good work ethic. The start of your 4th year sub internships can be quite stressful and daunting. This guide is meant to help you navigate your clinical responsibilities during your 4 weeks with us as well as to help enlighten you as to what it is like to work in our hospital system and live in and around what some fondly refer to as “The D.”

The City

Motown. The Motor City. The D. Whatever you call it, Detroit is a vibrant city with many fun and exciting things to do. Detroit has a rich cultural scene, including such world-respected institutions as the Detroit Symphony Orchestra, Detroit Opera House, Detroit Institute of Arts, Charles H. Wright Museum of African American History and the Fisher and Fox theatres.

The hometown of such world famous singers as Aretha Franklin, Diana Ross, Bob Seger, Eminem, the Winans, and Kid Rock, Detroit is teeming with clubs, bars and concert venues that spotlight homegrown talent as well as national and international stars. Detroit loves its sports and has professional teams that are a vital part of the fabric of Detroit.

Generations of metro Detroiters have fond memories of star players, championship seasons, and electrifying events from teams in all four major sports leagues: the Detroit Tigers in Major League Baseball, the Detroit Lions in the National Football League, the Detroit Pistons in the National Basketball Association, and the Detroit Red Wings in the National Hockey League. Any season of the year, if you're a sports fan you can take in a game at Comerica Park, Ford Field, or the new Little Caesars Arena

Throughout the year, Detroiters look forward to a number of spectacular annual events. Hydroplane races on the Detroit River, Grand Prix racing on Belle Isle, the International Freedom Festival Fireworks, the Thanksgiving Day Parade, Movement Techno Fest, Jazz

Fest, CityFest, Motown Hoedown and River Days. As you can see, there is no shortage of fun things to do in Detroit. Our hope is that you find some time to experience the city.

Program Information

Chairman and Program Director:

Khaled Saleh, MSc, MD, MHCM, CPE

Medical Student Faculty Coordinator:

Kerellos Nasr, MD

Program Coordinator:

Ms. Tracy Davis

Chief Residents (2017-2018):

Mark Lane, MD

Ryan Kozlowski, MD

Program Address:

Detroit Medical Center

2801 St Antoine

UHC 9B

Detroit, MI 48201

Program Phone Number:

313-966-8013

Total Residents:

20 (17 males, 3 females)

Rotation Overview

Dr. Kerellos Nasr is our designated faculty Medical Student Coordinator and will be meeting with visiting students regarding their application as they rotate through our services. He will kindly request your CV/Resume and board scores, and be a point of contact throughout your rotation.

Our medical student rotations and curriculum offer a full educational experience with, duties similar to that of a first-year resident. We will provide the visiting student with a comprehensive look into the DMC/WSU orthopaedic surgery residency. In this sub-internship, students will have the opportunity to rotate through our service based orthopaedic subspecialties which include:

Two blocks of 2 weeks per subspecialty based on your preference and a “ first come- first served” policy. Priority is given to rotating 4th year students. You may choose from:

- Orthopaedic Trauma- Detroit Receiving Hospital

- Adult Joint Reconstruction- Harper University Hospital
- Sports Medicine- Harper University Hospital
- Pediatric Orthopaedics- Children's Hospital of Michigan

Students participate in daily morning inpatient rounds followed by duties in our outpatient clinics and OR. Individual or group discussions are conducted daily with attending staff and residents. Students are encouraged to attend grand rounds, journal clubs, and interact with residents outside of the hospital setting.

You will be given the contact information for the chief of each of the services you will rotate through prior to the start of your rotations. They will give you specifics on when and where to report each day while on service. They will also review what our expectations are of you and make every effort to understand what you would like to garner from each rotation and attempt to accommodate. Your call schedule will be organized by the chief of the service (where pertinent). Expect to take call at minimum on our trauma and pediatric services.

Rotation Details

Orthopaedic Trauma: This rotation is the workhorse of most orthopaedic residency programs. Our trauma service provides an excellent opportunity to participate in team based, high volume orthopedic traumatology at an urban trauma center.

Schedule: Typically the day begins around 5:15 AM. At that time Sub-I's will meet in our 4L-25 workroom at Receiving Hospital, which will be introduced to you beforehand. In the morning, students can assist residents with pre-rounding as well as

dressing changes. The team will meet again for X ray table rounds at 6:30 am with attending faculty across from the OR suites in conference room 2V on the first floor. This is followed by walking faculty rounds, depending on your schedule that day you will either go to your assigned OR, clinic or to the floor if no cases/clinics are scheduled. The only exception to this schedule is on Wednesdays where all residents report to the 5th floor of the Heart Hospital (Harper University Hospital) for didactics at 7 am (of note X ray rounds start at 6:15 on Wednesdays to accommodate a 7 am didactic start time).

Call: Rotators are welcome to take call as often as they wish throughout their rotation; they are encouraged to take at least one weekday of call during their week on the trauma service as well as two weekend calls during your month here on either the trauma or pediatric service. Keep in mind weekend calls are typically more beneficial for your education.

Attendings: Dr. Rahul Vaidya, Dr. Frederick Tonnos, Dr. Kerellos Nasr, Dr. Petra Gheraibeh

Parking: Can be variable, there are multiple free lots on the campus' periphery with free shuttle service that will drop you off immediately outside of Detroit Receiving Hospital. If you are able to come before 5:00 AM the parking underneath receiving is free.

Workroom location: 4L-25, on the 4th floor, Unit L. Small room, can be difficult to find at first however residents will always be made aware when new students are coming and can assist you at any time

Office locations: 5th floor Heart Hospital Scrubs can be worn (only on trauma service)

OR locations: 1st floor Detroit Receiving Hospital

Adult Joint Reconstruction: A tremendous educational experience which will immerse you quickly into a high volume reconstruction service from two excellent joint replacement faculty. You will be exposed to both primary and revision arthroplasty including proximal femur and distal femur replacements.

Schedule: The schedule can be quite variable and depends on multiple factors including rounding responsibilities as well as OR schedules. The joints resident will be in close contact with rotators and keep them updated as to when and where to meet.

Attendings: Dr. Hussein Darwiche, Dr. Bryan Little

Parking: Can be variable, there are multiple free lots on the campus' periphery with free shuttle service that will drop you off immediately outside of the cardiovascular institute. There is a paid structure just across the street from heart hospital that connects via skywalk.

Workroom location: Preoperative area of 4th floor outpatient surgery

Office locations: 5th floor Heart Hospital as well as Dr. Darwiche's Dearborn clinic. Professional attire with white coats

OR locations: 4th floor outpatient surgery Heart Hospital

Sports Medicine: You will be given the opportunity to work with the team physicians for 2 of the 4 Detroit professional sports teams. Your experience will be comprehensive as

you see patients in the office and participate in a wide range of sports medicine operations which include joint preservation and robotic arm navigated arthroplasty. This rotation has the added benefit of having an exceptional bioskills component on Wednesdays where rotators can get their hands on operative equipment utilizing either saw bones or fresh frozen cadavers in the lab. You may also find yourself on service during a week where the sports medicine service holds a separate sports medicine journal club which you are encouraged to attend.

Schedule: Again, the schedule can be quite variable and depends on multiple factors including rounding responsibilities as well as OR schedules. The sports resident will be in close contact with rotators and keep them updated as to when and where to meet.

Attendings: Dr. Stephen Lemos, Dr. Henry Goitz, Dr. Todd Frush, Dr. David Patterson

Parking: Can be variable depending on which hospital ORs you are reporting to that day, typically parking is not an issue on sports if you are operating outside of the downtown main campus. If you will be operating at the Heart Hospital, see instructions above for the joints rotation. There is a paid structure just across the street from heart hospital that connects via skywalk.

Workroom location: Preoperative area of 4th floor outpatient surgery, Heart Hospital

Office locations: Warren Office, Farmington Hills Office. Professional attire with white coats

OR locations: Variable

Pediatric Orthopaedics: An outstanding rotation dedicated to the education and practice of “orthopaedics” name sake. This rotation has a superb dedicated individual didactic component that most students greatly enjoy. This rotation allows you to get a lot of hands on experience with splinting and casting. You will spend time in the pediatric clinic and the OR where you will participate in fracture care, hip preservation surgery, limb alignment and rotational deformity corrections, scoliosis correction with magnetic growing rods and limb lengthening procedures also making use of magnetic lengthening technology. The pediatric service at Children’s Hospital of Michigan is routinely ranked for its excellence in patient care.

Schedule: Typically students arrive to the pediatric clinic at 6:00 AM to run the list and pre-round. At 7:00 AM rounds with attending faculty begin. This is followed by a lecture given by staff. Following this didactic session, depending on what you have been assigned to do that day, you will either go to the OR or to clinic. It would behoove you to take one day of call while on your pediatric rotation.

Attendings: Dr. Walid Yassir, Dr. Eric Jones, Dr. Ahmed Bazzi, Dr. Kunal Kalra
Dr. Heather Lochner, Dr. Ira Zaltz

Parking: Can be variable, there are multiple free lots on the campus' periphery with free shuttle service that will drop you off immediately outside of Children's Hospital of Michigan. There is a paid parking structure at Children's.

Workroom location: Pediatric Clinic on the 1st floor of Children's Hospital of Michigan

Office locations: 1st floor of Children's Hospital of Michigan, Professional attire with white coats

OR locations: 2nd floor of children's hospital, brand new ORs just completed in the new Children's Tower.

Journal Clubs

All rotators are more than welcome and encouraged to join the program at our monthly journal clubs. Journal clubs are typically the third Thursday of each month. The location for journal club is typically at Hamlin Corner in Royal Oak. Topics covered are dependant on the theme of the journal club for that month. Students have the opportunity to presents articles if they wish, however this is not mandatory.

Didactics

Every Wednesday at 7:00AM the program has scheduled conference, depending on the time of year this will entail either anatomy didactics (8 weeks at beginning of academic year) or didactic lectures by attending faculty and residents. Rotators are encouraged to keep an eye out for an interesting case they would like to use as a 5 minute presentation

at weekly conferences. Participating in this activity is a good way to get residents to recall who you are when interview season rolls around.

Letters of Recommendation

As per above, you must provide Dr. Nasr with a copy of your CV/Resume and board scores at the beginning of the rotation if you desire a formal letter of recommendation at the conclusion of your rotation with us. **Please let Dr Nasr now as early as possible during your time here if you will be asking for a LOR and provide us with the address you would like the letter sent to once it is completed.**

Where to Stay

Local Hotels

Air BnB

Residents:

Renting a room in a resident's home may be possible depending on availability. If you are interested in renting from a resident for a month please ask Ms. Davis to send you the contact information of any residents that have a room available while you are here.

Where to Eat (Metro Detroit)

Bucharest

Mudgies

Coney Islands (many of them)

Green Dot Stables

Ottava Via

Slows BBQ

Greektown

Tubby's

Johnny Noodle King

Bates Burgers

Buddy's Pizza

Fly Trap

Turkey King

Toast

Vinsetta Garage

Green's

Dakota Inn

Mercury Bar

What to do, what to do

Your rotation with us will be busy, however there is down time for you see what Detroit has to offer, especially for our rotators that come from out of state.

Depending on the time of year, Detroit is the best sports city in the country and has multiple professional sports team at your entertainment disposal.

Detroit Institute of Arts

The Detroit River Walk

Belle Isle

Henry Ford Museum

Royal Oak night life

Ferndale night life

Recommended Resources for Reading

Orthobullets.com

Handbook of Fractures

Netter's Concise Orthopaedic Anatomy

By:

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Aws Hammad, MD

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