



Annual Report

2022

Table of Contents

- Welcome Message from COA Leadership (3)
- Statistics and Member Recognition (4)
- Financial Report (5)
- Annual Meeting Highlights (6)
- Program and Initiative Highlights (7-9)
- Affiliates & Subspecialty Societies (10-11)
- Letter from President-Elect (12)
- Sponsor and Exhibitor Recognition (12)



2022-2023 COA Presidential Line

Welcome Message from COA Leadership

We are pleased to present the 2022 Annual Report of the Canadian Orthopaedic Association (COA) to our members and stakeholders.

This has been a year of significant change, growth and development. We thank the hard work and volunteer efforts of our Executive, Board of Directors, Committees, head office staff, partnering organizations and societies, sponsors and exhibitors and especially, our membership. Your membership is a key component to making all this achievement possible – thank you for your support and engagement.

The COA is proudly standing with our members who continue to excel in caring for our Canadian patients, colleagues, and communities despite the current challenges we face. To better support you, the COA has implemented a 3-year strategic plan emphasizing the current needs and core values of our members, including member engagement, advocacy for orthopaedic care, education and quality. The strategic plan is supported by a new, more relevant governance structure and kick-started Canadian Orthopaedic Care Day to raise public awareness on a national level and engage in significant provincial and federal government relations efforts.

You may have noticed that we also have a new look to better represent our modern, united and diverse COA membership. Other efforts include expanding our role in the global orthopaedic community, working toward a fair and equitable workplace for all, valuing diversity, promoting leadership skills and expanding educational opportunities for members.

We are eager to share accomplishments from 2022 on behalf of the COA and our affiliated Subspecialty Societies. We hope for your continued engagement and commitment in 2023 and look forward to seeing you in Calgary from June 21 to 24 at the Annual Meeting.



Dr. Laurie Hiemstra
President



Cynthia Vezina
Chief Executive Officer

Statistics and Member Recognition

Member Statistics

1066 Active | 317 Associate | 226 Research Affiliate

135 International Members | 380 Senior Members

114 Committee Members | 804 Subspecialty Society Members

Advocacy & Education Statistics

15 Meetings with Government | 6 Educational Events

41.75 CME Hours Offered | 12 Events Accredited

Engagement

4 Provincial Society Meeting Collaborations

7 International Society Meeting Collaborations

Awards of Distinction Recipients

Presidential Award for Excellence

Sukhdeep Dulai

Cynthia Vezina

Lifetime Achievement

James P. Waddell

Service to the COA

John Grant

Ted Tufescu

Emerging Leader

Supriya Singh

Jarret Woodmass

Travelling Fellows

American British Canadian Travelling Fellowship

Michael J. Monument

Sasha Carsen

North American Travelling Fellowship

Adrian Huang

New Board Members

Olufemi Ayeni, 2nd President-Elect
Lane Dielwart, BC Rep.

Véronique Godbout, QC Rep.

Christopher Lu, ON Rep.

Joy MacDermid, CORS President
Angela Scharfenberger, R. College
Specialty Committee

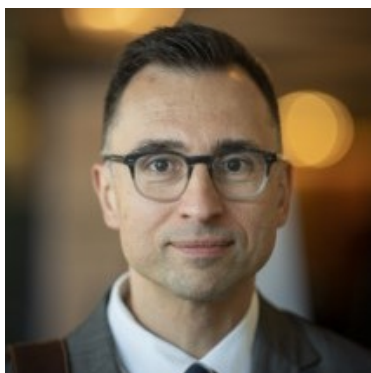
Financial Report

Dear Members,

On behalf of the Board of Directors, we would like to thank you for supporting the COA by paying your membership dues in a timely manner.

The Association's primary revenue source remains membership dues, and we rely heavily on your contributions to meet the objectives in our strategic plan. Members who renew their membership annually directly contribute to the growth and development of programs and services, increasing our influence and relevance in Canadian and global health care.

This past year, we invested in our government relations efforts with the development of AdvoOrtho, the COA's own advocacy arm, and Canadian Orthopaedic Care Day. We also invested in initiatives for early career members by launching our own Emerging Leaders Program, as well as increasing the number of Diversity in Leadership scholarships. Finally, delivering a hybrid Annual Meeting this past June was also a significant investment.



Dr. Ted Tufescu
Treasurer

General inflation, labour and supply chain shortages, as well as the resumption of in-person meetings, presidential travel, travelling fellowships and various other programs that were otherwise suspended throughout the pandemic, increased operating expenses in 2022. However, careful financial management and risk mitigation by our CEO, Finance and Audit Committee, and Board of Directors have kept overall expenses under budget.

The COA's revenue sources are somewhat limited and continue to be impacted by the pandemic and economic environment. Member dues account for 50% of our annual income, making your membership renewal much more appreciated and valued.

We trust that we can count on you to help us maintain the COA's viability. Copies of our audited statements are available to all members by contacting the head office.

COA Head Office Team

Sarah Beydoun
Coordinator, Specialty Societies
sarah@canorth.org

Meghan Corbeil
Manager, Operations and Logistics
meghan@canorth.org

Dana Miller
Manager, Communications
dana@canorth.org

Pearl Nasirembe
Coordinator, Member Relations
pearl@canorth.org

Chelsea Patriquin
Manager, Strategic Initiatives
chelsea@canorth.org

Cynthia Vezina
Chief Executive Officer
cynthia@canorth.org

2022 Annual Meeting Highlights

Program Chair Dr. Michèle Angers, along with the CPD Committee and subspecialty societies, delivered a successful Annual Meeting educational program that focused on reuniting the orthopaedic specialty through our first in-person event in three years.

Broad-reaching symposia that bridged subspecialties and practice settings, sessions focused on knowledge translation, as well as highlighting efficiencies and successful models resulting from the pandemic, and an entire day devoted to subspecialty education provided a comprehensive learning experience for all participants.

The facility to participate virtually by viewing live-streamed or on-demand recordings of seven symposia and hundreds of eposters increased the Annual Meeting's accessibility and reach.



Participant Statistics

- 884 Registrants
- 141 Virtual Registrants
- 194 Exhibitor Representatives
- 85% Attendance Rate

Program Statistics

- 30 Paper Sessions
- 12 General Sessions & Symposiums
- 23 Subspecialty Sessions
- 244 Posters | 261 Podiums
- 493 Presenters
- 32.5 CME Hours Offered

What Was New in 2022

- Provincial society full-day pre-course led by the Québec Orthopaedic Association
- Inauguration of the first female COA President
- Thanks to the generosity of COA Membership, 26 gala tickets were gifted through the Pay it Forward program to Residents
- International eposter session featuring global orthopaedic collaborators and affiliate societies
- Lunch and Learn educational sessions showcasing the latest technology and techniques from our orthopaedic industry partners

Most Abstracts Submitted

- Hip & Knee
- Sport Medicine
- Paediatrics
- 79% Abstract Acceptance Rate

Sponsors and Exhibitors

- 40 Exhibit Booths
- 194 Industry Representatives
- 3 Sponsors
- 7 Sponsored Lunch & Learn Sessions

Communications and Marketing

- 182 In-feed posts using #COAMeeting
- 250 New Social Followers
- 250 Instagram story shares using #COAMeeting
- 20 Geo-tagged in-feed posts

Evaluation Survey Results

- 96% satisfied with the program (educational and diversity)
- Top 2 educational takeaways for practical application:
 - Pearls of practice from colleagues
 - New techniques or approaches to clinical challenges
- Top 2 reasons for attending:
 - Learning Opportunities
 - Networking

Program and Initiative Highlights

Canadian Orthopaedic Care Day

Occurring yearly on the last Wednesday of March, Canadian Orthopaedic Care Day was developed in the Winter of 2021 to unite the orthopaedic community coast-to-coast-to-coast to celebrate and bring awareness to orthopaedic care across Canada.

This campaign was developed to kick off the COA's government relations and advocacy work and strategically establish ourselves for years to come.

Not only was our goal to unite the community but also to involve allied health professionals, supporting organizations and government officials to participate by spreading awareness surrounding issues and challenges faced within the profession. For 2022, the overarching theme was patient care, wait times and recognizing the incredible dedication health professionals in orthopaedics provide while continuing to provide valuable information and statistics to share that was relevant across the country.

Utilizing the hashtags [#CdnOrthoDay](#) and [#OrthoCareCanada](#), we encouraged not only COA Members but all orthopaedic surgeons regardless of their membership, various health institutions, orthopaedic residency programs, supporting organizations in health as well as all provincial and federal government officials to participate by spreading awareness on Wednesday, March 30.

In addition to the over 600 government officials whom we reached out to, we also contacted all health reporters and major news outlets across Canada, including community-based newspapers and media outlets, to help spread the word and request their support in promoting this important celebration and day.

Suffice it to say that our inaugural Canadian Orthopaedic Care Day in 2022 was a great success - with messages, videos, and photos shared from organizations and people far and wide, which included key statistics and messages put together by the COA team. We hope to build bigger and better for 2023, including the development of further merchandise and encouragement of in-person events and celebrations among orthopaedic teams with invites to government to participate across the country.

We hope you'll join us in celebration and active participation on Wednesday, March 29, 2023, for the Second Annual Canadian Orthopaedic Care Day.



Canadian
Orthopaedic
Care Day

Government Relations

The COA began its government and institutional relations efforts in the Spring of 2022 with the help of provincial orthopaedic associations and other partners. From March to November, the COA participated in 15 meetings at the Federal and Provincial levels. In October, the COA also prepared a pre-budget submission for the 2023 Federal Budget.

Partnerships

We were thrilled to partner with the Arthritis Society for their government relations initiatives in the Fall of 2022, as well as Mobilize Canada, powering the Fast Track Care campaign. Our educational and government relations initiatives will seek further partnerships from the community in the future.

Program and Initiative Highlights

Emerging Leaders Program

This Program better prepares COA members to take up leadership roles by providing specific training for Canadian surgeons. The Program helps participants to lead more effectively and work with other leaders and teams who may share different strengths and challenges. Ten members from ten different sites are currently making their way through monthly learning modules, including a Core Values Index analysis and one-on-one executive coaching sessions.



Webinars

- With Healthcare Excellence Canada and Bone and Joint Canada, we delivered “Multidisciplinary Best Practices - Same-Day Surgery for THA/TKA using ERAS” in January.
- A partnership with OrthoEvidence and Canadian Arthroplasty Society in February welcomed six speakers and tackled “Novel Approaches to the Hip - DSA and DAA - Are the outcomes that much better to warrant me learning a new approach in the non-academic setting?”.
- In November, COA’s Communications Manager, Dana Miller, hosted “Interacting with the Media,” where tips and tricks and procedures for interacting with the media were reviewed.

These are just a few webinars in the COA library that welcomed more than 1100 registrants.

Strategic Plan

Our Strategic Plan for the next three years was issued in June, supporting our new mission to: **unite the national orthopaedic community through advocacy, education, research and practice standards.** The plan identifies Advocacy, Engagement, Education and Quality as the four strategic priorities derived from the membership we represent.

ReCOAnnect

Dr. Laurie Hiemstra continued the virtual ReCOAnnect tour throughout the prairie provinces, meeting with over 65 surgeons and trainees from various regions and practice settings. Over the past two years, this member engagement tour provided a valuable opportunity for dialogue between the President and orthopaedic communities across the country.

We learned so much from your experiences, insight and feedback, which was shared with our committees and leadership and resulted in the development of position statements, policy updates and programs. The ReCOAnnect tour engaged over 360 surgeons from over 25 sites.

Program and Initiative Highlights

Diversity in Leadership Scholarship

In partnership with DepuySynthes for the second year running, the COA was able to award up to \$500 to 15 applicants in 2022. The scholarship is open to all COA members who self-identify as underrepresented in orthopaedics.



Testimonials:

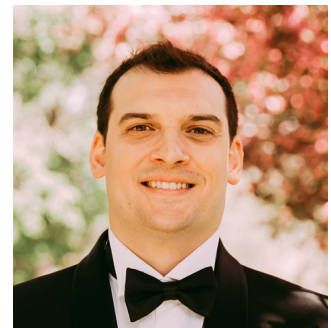
I am very grateful to have received a COA Diversity Scholarship this year which I used to attend Harvard's Career Advancement and Leadership Skills for Women in Healthcare development program. This online course focused on developing strategies and skill sets to help women step into and succeed in leadership positions. Many of the practical insights will be instrumental as I work toward my goal of providing strong surgical mentorship and healthcare leadership as a future female orthopaedic surgeon.

Brodie Ritchie, MD, MSc, PGY-2 Orthopedic Surgery, University of Calgary



Being honoured with the COA Diversity Scholarship has been extremely rewarding. The award helped me to pursue an individual course designed by the Physician Leadership Institute. It is my hope that I can create meaningful change within my career with an emphasis on equity, diversity, and inclusion. As an Indigenous orthopaedic surgeon, there is certainly an underrepresentation within the medical field, especially in surgery. I want to create a safe environment for other Indigenous medical learners and highlight this career to promote equity and inclusion. The value of this cannot be understated or undermined as we strive to advocate for diversity within the field of orthopaedic surgery.

Charles Bouchard, MD, BSc, FRCSC, University of British Columbia



Thanks to the COA Diversity Scholarship, I attended the "Strength-Based Leadership" course organized by the CMA. The big takeaway was that effective leadership comes from self-awareness and leaning into one's strengths. Along with more than 20 participants across the country with varying degrees of leadership involvement in the health care system, I gained an in-depth understanding of my unique set of strengths and how I can effectively apply them in various settings. I look forward to utilizing what I have learned and helping others lean into their strengths as well, in a society where we have been programmed to focus on faults at the expense of overlooking or undermining our individual strengths. I am grateful for the support from the COA to start my professional development journey.

Jieun Kim, MD, PhD, Orthopaedic Surgery Resident PGY3, University of Alberta



Subspecialty Societies and Affiliates

The COA is proud to be directly affiliated with a variety of national subspecialty societies and affiliates.

Affiliate Highlights

Canadian Orthopaedic Research Society (CORS)

- Nominated six ICORS fellows which only three recipients were eligible: Isabelle Catelas, Mario Lamontagne and Emil Schemitsch.
- Increased podium presentations divided into three paper sessions and two symposia.
- Hosted The Canadian Biomaterials Society as the Annual Meeting guest society.

Canadian Orthopaedic Residents Association (CORA)

- Held resident-specific programming at the Annual Meeting, including two paper sessions, a symposium on resiliency, a leadership roundtable discussion with members of the COA Executive Committee, as well as a workshop with the Canadian Orthopaedic Limb Lengthening Association.

Canadian Orthopaedic Association Global Surgery (COAGS)

- COAGS/CPOG symposium at the Annual Meeting showcased residents, fellows and staff global experiences and how we are contributing to international orthopaedic care.
- Hosted the first stand-alone global health symposium from COAGS for COA members.
- Collected and reviewed info and about the current global efforts being made across Canada.

Visit our affiliate and subspecialty society web pages

Subspecialty Society Highlights

Arthroscopy Association of Canada (AAC)

- The AAC is committed to providing an annual position paper to assist surgeons in their clinical practice. In 2022, the research committee assessed the role of intra-articular injections for hip osteoarthritis. 2022 Position Statement: Arthroscopy Association of Canada Position Statement on Intra-articular Injections for Hip Osteoarthritis.
- Expanded to provide full accreditation to nine arthroscopy and sport medicine training programs. World-class training programs are now available across the country.
- Initiated the award to recognize the extraordinary work being performed across Canada.

Canadian Arthroplasty Society (CAS)

- CAS had their 11th Annual Meeting in person for the first time since 2019. They had the honour of having Dr. Gillian Hawker as their guest speaker.
- Expansion of the subcommittee memberships with greater diversity to be more reflective of the CAS membership.
- Full enrolment in the multicentre bilateral TKA RCT is on track to be completed this year.

Subspecialty Society Highlights

Canadian Orthopaedic Foot and Ankle Society (COFAS)

- Meetings in person - COFAS meeting in Toronto, AOFAS meeting in Quebec City and COFAS subspecialty day at COA in Quebec City.
- Integrated educational components at AOFAS and the COA meetings.

Canadian Orthopaedic Limb Lengthening Association (COLLA)

- Success of their first case-based rounds providing an interactive group discussion to assist in case strategy and development.
- Facilitated residents to attend the Essentials of Lower Extremity Reconstruction Course with the anticipation of creating a Canadian version in the future.
- Collaborated with CORA at the Annual Meeting to present an interactive deformity session.

Canadian Orthopaedic Trauma Society (COTS)

- Held two meetings: one at COA in Quebec City and one at the Orthopaedic Trauma Association meeting in Tampa, Florida.
- COTS members presented several papers at the OTA that will prove to be practice-changing for all involved in the treatment of fracture patients.
- Dr. Prism Schneider presented on open reduction internal fixation (ORIF) versus closed reduction with functional bracing of humeral shaft fractures and has produced compelling evidence that ORIF of a fractured humerus can be better than closed treatment in several fracture patterns.

Canadian Paediatric Orthopaedic Group (CPOG)

- The Annual Meeting welcomed CPOG's first two POSI/CPOG fellows: Drs. Raman Shrivastava and Ankita Bansal.
- Presented its first research awards to Drs. Mark Camp and Sasha Carsen in collaboration with the COF.
- Member Highlights: The President's Award for Excellence was awarded to Dr. Sukhdeep Dulai, Dr. Ron El-Hawary released a textbook titled: The Growing Spine, Dr. Sasha Carsen was the 2022 ABC fellow, and Dr. Tony Cooper was awarded UBC Faculty of Medicine's Clinical Faculty Award for Excellence in Research.

Canadian Shoulder and Elbow Society (CSES)

- Publications of position statements, systematic reviews and participation in the Choosing Wisely statements.
- Awarded CSES research grant.
- Dr. Peter B. MacDonald was elected this year as President of CSES.

The Wrist and Elbow Society of Canada (WECAN)

- Publication of the first multicentre study: Cannabis Use Patterns Among Patients with Upper Extremity Conditions at the Time of Legalization in Canada.
- Continued recruitment for two ongoing multicentre randomized controlled trials.
- Two ongoing multicentre cohort studies.

Looking Ahead:

A message from the President-Elect

As 2023 begins, the COA is re-energized with new branding, a new governance structure and initiatives that support our strategic plan.

This is an organization with 75+ years in the making that relies on your membership and commitment to supporting orthopaedic care in Canada.

In June 2023, when my presidency begins, our focus will be on building meaningful partnerships and pathways for and by our community. I invite you to draw a closer look at what the COA has to offer throughout your career and how we are setting quality standards for care and outcomes.

I look forward to serving you as a President and hope we can reach these objectives together.



Dr. Pierre Guy
President-Elect

Thank You to Our Sponsors

The COA would like to acknowledge the support of our 2022 sponsors and industry partners.

Platinum

Smith+Nephew

 **ZIMMER BIOMET**
Your progress. Our promise.®

Gold

 **DePuy Synthes**
PART OF THE **Johnson & Johnson** FAMILY OF COMPANIES

Event Sponsors

3M, Bioventus, Cerapedics, Lima, Sanofi

Exhibitors

Aesculap Biologics, Anika Therapeutics, Inc., Biocomposites, Biomarin Canada, Biomomentum Inc., Bioventus, Bodycad, Canadian Orthopaedic Foundation, Cerapedics, ConMed, CURE International, DePuy Synthes, DJO is now Enovis, Héma-Québec, Hologic, Integra LifeSciences, Ipsen, JK Orthomedic, LifeNet Health, Lima, Orthopaedics Canada Inc., MedEnvision, MicroPort Orthopedics, Inc., Oligo Medic, Open Medical Ltd, Orthopaedic Innovation Centre, Orthopaedic Ultrasound, Össur Canada Inc., Pendopharm, Smith & Nephew, Spring Loaded Technology, Stryker, Tactile Orthopaedics, Terumo BCT, Tribe Medical, Verve Medical, Products Inc., VoxxLife, Zimmer Biomet Canada