

# SOMOS Sentinel



OFFICIAL NEWSLETTER OF THE SOCIETY OF MILITARY ORTHOPAEDIC SURGEONS

## President's Message to Membership



Dear SOMOS Colleagues,

I am excited to invite you all to Scottsdale for the 56th annual meeting of the Society of Military Orthopaedic Surgeons. The 2014 Program Co-Chairs, LCDR Scott Tintle and Major Jonathan Dickens, have worked tirelessly to compile a scientific program worthy of your accomplishments.

This year, in conjunction with the scientific program, SOMOS will be hosting an ABOS Board Review course, which will be free for all resident members. We are fortunate to have some of the Orthopaedic Surgery's top educators, including Dr. Frank Frassica, as instructors for this inaugural event. Be sure to sign up now as the course is rapidly filling up!

The academic program will highlight the many outstanding contributions from our members, with several new instructional course lectures and sessions to pique your interest and stimulate continued discussion on warrior care and maintaining operational readiness.

The Scientific program is approved for 24 AMA PRA Category I credits, with an additional 5 credits for the scientific poster sessions, 3 for the multimedia education sessions, and up to 9.75 credits for the ABOS Board Review course. As you can tell, the SOMOS annual meeting will be well worth your time and looks to be an exceptional educational experience.

The meeting has many non-CME educational and cadaveric surgical skills training opportunities as well. Sign up early to maximize your learning opportunities at the vendor workshops and hands-on surgical skills labs. These opportunities have been well received in past years and offer an outstanding exposure to new concepts and techniques.

As we did last year, SOMOS is again offering travel funding to those who wish to attend but may not be able to due to funding restrictions from the DoD. If you are in need of funding, please contact [admin@somos.org](mailto:admin@somos.org) as

soon as possible. Your participation in our meeting is what helps make it a success!

I would like to personally invite everyone to continue our commitment to the mission and purpose of the Society of Military Orthopaedic Surgeons. SOMOS must continue to lead the development of education, research and excellence in patient care in wartime, disaster, and austere environment orthopaedics, and is the premier forum for the interchange of medical knowledge as it relates to the practice of orthopaedic surgery for both wartime and peacetime care  
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# About the SOMOS Sentinel

The primary mission of the SOMOS Sentinel is to share information with our SOMOS membership. We would like to provide a forum where information may be conveyed from our orthopaedic consultants/service advisors, SOMOS leadership, and annual meeting organizers to all our members. We encourage you to give us your input for future editions. We, the SOMOS Board, are here to serve you, our members.

Our Society's mission is to provide a forum for the interchange of medical knowledge as it relates to the practice of orthopaedic surgery in the military. This newsletter serves as an important link.

SOMOS Newsletters are distributed electronically. To be sure you receive the newest newsletters, please renew your membership and/or update your information (to include a current email address) online at [www.somos.org](http://www.somos.org).

If you have information you would like to see included in the next SOMOS Sentinel, please email Communications Chair, Maj. Mark Slabaugh, MD at [info@somos.org](mailto:info@somos.org).

## Save the Date!

**Don't Forget to Visit the SOMOS Reception at the 2015 AAOS Meeting!**  
Thursday, March 26, 2015  
Las Vegas, Nevada

**57th Annual Meeting**  
December 7-11, 2015  
The Vinoy Renaissance Hotel  
St. Petersburg, Florida



# 2014 SOMOS Board of Directors

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**1st Vice President**

LTC AJ Johnson, MD

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**Annual Meeting Program Co-Chairs**

MAJ Jonathan Dickens, MD

LCDR Scott Tintle, MD

# Don't Miss the 2014 Annual Meeting



The 2014 SOMOS Annual Meeting will soon be upon us! This year we ride into Scottsdale, Arizona for lectures, labs, presentations, papers, posters, symposia and more!

Dec. 15-19, 2014. Be sure to mention that you are with the group to receive discounted rates. Military (ID Required at check in) and Civilian rates are available.



We are excited to be headed to the Fairmont Scottsdale Princess for December 15-19, 2014.

The closest airport is Phoenix (PHX) and is about a 30-minute drive to the hotel.



In addition to a rigorous scientific program for you, there will also be plenty for the family to do and enjoy, so please feel free to bring everyone along!

We understand approvals to attend the meeting from your commands are still pending. We encourage you to register for the meeting and reserve your hotel room by November 13 and will offer refunds if your service does not receive approval. SOMOS is also assisting some participants with travel funding. Please email us at [admin@somos.org](mailto:admin@somos.org).

A block of rooms has been reserved for SOMOS from

## In Memoriam



**2nd Vice President of SOMOS, Col Warren R. Kadrmas, MD**, born November 6, 1969 in Vermillion, South Dakota, passed away in a tragic accident on May 8, 2014 in San Antonio, Texas. He is survived by his four beautiful children Melanie, John Michael, Derek, and Kate; parents,

Wayne and Shirley Kadrmas; and brother, Michael Kadrmas, MD.

Warren graduated with distinction from both the US Air Force Academy in 1992 and Duke University School of Medicine in 1996. He was recognized as the outstanding resident graduate upon completion of his orthopaedic surgery residency at the Hospital for Special Surgery in 2003. He began his Air Force orthopaedic career at Wilford Hall Medical Center before returning to HSS where he excelled in sports medicine subspecialty training. He returned to San Antonio as an invaluable asset to military orthopaedic surgery serving as a mentor, educator, and leader for all of Air Force orthopaedics. He was a loyal friend and colleague to all and exemplified selflessness and professionalism as the orthopaedic

surgery consultant to the Surgeon General of the Air Force. His tireless work ethic and unyielding dedication to those around him made him a well-respected leader both within the military and orthopaedic circles.

His commitment to his country, the US Air Force, and the orthopaedic surgery community is to be honored and commended. However, it was his humility and easy-going nature that made him the best friend to so many and, most importantly, the best father. Family and children were always his highest priority and his love for them undeniable. He was bigger than life and in his short time had already set the stage for greatness. He will be remembered for his charisma, charm, kindness, intelligence, dedication, and most importantly for being a father and role model for all to emulate.

# President's Message ... Continued

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of military personnel. Judging by the number of exceptional scientific abstracts submitted this year, I am confident that the future of SOMOS is secure and our society is strong.

As I reflect on the past year and look forward to the future, I ask that we all take a moment to remember our

fallen comrade in arms, Colonel Warren Kadrmas. To honor his legacy and preserve his memory, we have dedicated the Sports Medicine session in his name. As we strive to preserve and improve the lives of our Nation's war fighters and their families and all those under our care, we must not forget the sacrifices of

those who came before us, those who walk beside us, and those who will someday protect and care for us.

Hope to see you all in Scottsdale!

CDR John-Paul Rue MD  
2014 President, Society of Military Orthopaedic Surgeons

## Letters from Your Specialty Leaders

### NAVY

Greetings Fellow Navy Orthopedic Surgeons!

Congratulations to those recently selected for LCDR, CDR and CAPT! Looking at the results of the board, promotion has certainly become much more difficult. Also, after a DoD-wide search, congratulations to CDR Chris Ellingson and CDR John Duerden, who have been selected as Chairman and Vice Chairman respectively at the Orthopedic Dept in Portsmouth, and CDR Dave Gwinn for his selection to Chairman of Orthopedics at Walter Reed National

Naval Medical Center, Bethesda.

**Fellowship:** Per this year's GMESB precept, we are allowed only ONE fellowship this year, with the greatest need in Pediatrics and Spine. However, as I have repeatedly stated, if interest, APPLY as all specialties are needed. It is hoped that opportunities for fellowship will be greatly increased in the very near future

**Residents:** Also per this year's GMESB, zero NADDS for Orthopedic Residency will be granted. That means 100% of next year's Orthopedic Internship class will be in one of the Navy's three training programs.

Please keep this in mind as you recruit and interview the current medical students.

**Deployments:** Welcome home to the many who have recently returned from a deployment, and good luck to those currently deployed or about to be deployed. The number of Orthopedic Surgeons deployed has greatly declined, but if interested in deploying, discuss with your command and let me know. Most deployments have shifted from global sourcing to your assigned platform.

**Combat Extremity Surgery Course (CESC):** This course remains an ev-

## Haven't Renewed Your 2014 Membership Yet???

Active duty military orthopaedic surgeon membership is just \$150!

Residents and Emeritus are FREE!

Just go online and provide your contact information to continue your membership.

**Renew TODAY at [www.somos.org](http://www.somos.org).**

# Letters from Your Specialty Leaders

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ery 3-year requirement. We had a very successful course in San Diego in May, and hopefully this will be a yearly occurrence. The next course is scheduled to be in Scottsdale, AZ around the same time as the annual SOMOS meeting. This remains a mission critical training, centrally BUMED funded, but does require BUMED conference approval. If interested in attending this phenomenal course, let me know.

Conferences: Guidance for conferences continues to evolve, and required submissions require even more paperwork. To get BUMED/AA SECDEF approval to utilize command government funds to attend a conference, all completed needs to be submitted no less than 90 days prior (120 days prior if total cost to the Navy are greater the \$20,000). Currently we are awaiting confirmation for SOMOS submission for December, but this should not delay your registration (see registration info.)

Finally, I am looking for applicants interested in becoming the assistant Specialty Leader. My hope is that whoever is selected would be involved with many facets of this job, to include attending the GMESB, recruiting, detailing, deployments, and big BUMED projects (Clinical Pathway Guidelines, ICD-10, cost containment strategies for implants, recapture of care, etc) and over the next 12-18 months applying for Orthopedic Specialty Leader.

I hope to see many of you at SOMOS!

CAPT Eric Hofmeister  
Navy Orthopedic Specialty Leader  
Eric.Hofmeister@med.navy.mil

## ARMY

Greetings Fellow Army Orthopaedic Surgeons,

The Afghanistan War is now in its 13th year and the operational tempo for orthopaedic surgery deployments remains high with 12 orthopaedic surgeons deployed to Afghanistan, Kuwait or Africa. I would like to personally like to recognize the orthopaedic surgeons who have deployed from 2013-2014 for your exemplary service. I foresee the continued need for orthopaedic surgeons to be deployed in 2015 in support of the Afghanistan War or other U.S. Army contingency operations. I am also confident that our cadre of skilled orthopaedic surgeons will meet all these future challenges.

This year there are 18 orthopaedic surgery orthopaedic surgery residency and 10 orthopaedic surgery fellowship positions available. For orthopaedic surgeons interested in competing for a sponsored subspecialty fellowship training program in Hand, Sports, Spine, Foot and Ankle, Adult Reconstruction, Pediatrics and Shoulder & Elbow Surgery, please apply through the Army GME website. I personally encourage all interested applicants for residency or fellowship positions to apply and to contact me personally if they have any questions.

The Army continues to enjoy continued success in its collaborative activities with SOMOS and the Disaster Response Course and the Extremity War Injuries Symposia. The upcoming SOMOS meeting should continue to an excellent learning experience for all orthopaedic surgeons and a

chance for us to participate in meaningful scholarly activity. The Army orthopaedic surgery leadership has continued to turn in the necessary applications for the Secretary of Defense to authorize us to attend SOMOS and we will also do the same for the annual AAOS meeting.

Lastly, I would to congratulate some recent recipients of professional awards for fellow orthopaedic surgeons. COL Bojeskul, LTC(P) Haley, LTC Ryan and LTC Tubb were recently awarded the Army "A" Proficiency Designator Award for the continued demonstration of exceptional professional ability by the U.S. Army Surgeon General. COLs (Ret) Arrington and Gerlinger were awarded lifetime achievement from USUHS for exceptional performance during their military and medical careers.

COL Philip J. Belmont Jr, MD  
Orthopaedic Surgery Consultant, U.S.  
Army Surgeon General  
Philip.j.belmont.mil@mail.mil

Deployed Army Orthopaedic Surgeons 2013-2014  
Jerome Benavides  
Jay Stanley  
Alison Kinsler  
Tim Carey  
Laura Dawson  
Amber Aragon  
Chad Bender  
Matt Posner  
John Bojeskul  
Colin McKenzie  
Brian Waterman  
Mike Zacchilli  
Jeannie Huh  
Nick Noce  
Matt Javernick  
Weichin Chen

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# Specialty Leader Letters ... Continued

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Duke Yim  
Doug Adams  
David Doman  
Jeff White  
Dan Possley  
John Glomset  
Ryan Foley  
William Scully  
Paul Carey  
Chris Roach  
Dave Crawford  
Mike Beltran  
Dimitri Thomas  
Jamie Bulken-Hoover  
Bryan Christensen  
Doug Widener  
Aaron See  
Sean Kearney  
Rich Evanson  
Mark McAndrew  
Brian Grogan  
Jeff Knox  
Dan Stinner  
Tyler Harris  
Haines Paik  
Justin Mitchell  
Jeff Levy  
Aaron Dykstra  
Jeff Thormeyer  
Matt Kluk  
Todd Balog  
Ryan Sieg  
Anton Jorgensen  
Brian Fuller  
Jessica Cross-Rivera

## AIR FORCE

Greetings AF Orthopods!

I hope all of you have settled into your fall routines - some at new bases, some getting ready to deploy, some just coming back from deployment. Thank you all for your dedicated service.

Some notable issues for all:

1. Deployments. While it looked like our deployment demands might decrease a bit with the majority of troops leaving Afghanistan, the current picture doesn't necessarily reflect that. We will still continue with a relatively busy ops tempo. My request to you is to maintain your ability to deploy, at work and and at home (in other words, have your stuff together). Some of our taskings can be short notice, so please be prepared. I realize that none of these deployments are convenient, but they are a reality. While the taskings are not vetted through me, I will continue to work to provide parity if possible.

2. PCS: This summer there will be a number of must fill overseas spots. Lakenheath would greatly benefit from a board certified surgeon who can work with local host nation surgeons off-post, mostly performing trauma cases. Misawa/Landstuhl/Osan will also need to be filled. The Special Ops community will be looking for motivated surgeons to join their ranks, as well. If you have any desire at all, please contact me and I will put you into contact with some of our surgeons who have experienced that side of the AF.

3. CARD system: It seems that there is still some mystery to the process. In a nutshell, to go to a CONFERENCE, you need to apply through the CARD system. If you do not see your desired conference on the application's drop down menu, that means that I have to put it in the system (just email me and I'll put it in). Once the data call for CARD applications has expired, packages are put together to send to

the AF Surgeon General's office. They ultimately decide whether your presence/reimbursement at the course is authorized. This is NOT central funding. The funds for the course still come from your local squadron. I sent out an email with some useful links. Watch the videos on the CARD system and it will help to demystify the process. The conference packages do get authorized, it just takes a little bit of work.

In the last 10+ years of deployments and significant changes within the AFMS, you have all proven your mettle and have performed superbly! There are many a grateful father/mother/spouse/child of injured service members that are thankful for your service and expertise, from the FOB's to our CONUS MTF's. This has come with a price: fatigue, stress, time away from home, it's all there for many of us. Please help each other out. If you think somebody needs some help, please make sure that they get it, whether it's an office conversation, some time with the Chaplain, or professional help, all of the resources are available. Look out for each other.

I hope to see some of you at SOMOS. If not, please know that you can always give me a call if needed. If there is anything I can do to help you treat patients better, please give me a holler. If you're in town for the Emergency War Surgery course at Wilford Hall, Heather and I will have you over for a good Jersey Italian feast.

Take care,  
LtCol Joseph Gower  
AF Orthopaedic Specialty Leader  
joseph.t.gower.mil@mail.mil