2017 – 2018 Annual Report

Pain-free mobility for all Canadians
Message from the President/Chair of the Board, 2017-18

As I complete my term as President and Chair of the Board of the Canadian Orthopaedic Foundation, I must say, these 4 years have gone quickly. Much has been accomplished by the COF, with the past year being particularly positive.

Topping our achievements was our growing research program. This year, we continued the momentum of our previous year and added yet another new research award, honouring Dr. Cy Frank. It was an impressive stage full of researchers receiving their awards during the Opening Ceremonies of the COA annual meeting in Victoria in June. Each of these funded research projects holds the promise of enhancing orthopaedic surgery, treatment or care for our patients.

Leading the way in patient care this past year was our GLA:D® program (Good Life with osteoArthritis in Denmark). The education and exercise program, implemented by Bone and Joint Canada, our knowledge translation division, spread throughout the year to more than 60 clinics across Canada, helping more than 600 people with painful hip or knee osteoarthritis. The program continues to grow.

The COF’s ability to maintain and grow its programs was due to our continued success with engaging donors. Corporate leaders have stepped up to support the Foundation’s programs, demonstrating their commitment to our shared vision: Pain-free mobility for all Canadians. Patients and their families answered our call for support through direct mail programs and our Hip Hip Hooray! walk and challenge. Orthopaedic surgeons, too, lent their support with monthly and annual donations. At the end of the year Dr. Robin Richards made a significant donation to the Foundation to establish an endowment fund in his name for the creation of the Robin Richards Best Paper Award in Upper Extremity Research at the COA meeting each year. The first award will be presented in 2019. Thank you to all our generous donors. Helping us to further engage donors is our Patron, and we are pleased that going into the new fiscal year we have confirmed the commitment of Dr. Cec Rorabeck to fill this role, taking the lead from out-going patron Dr. Marvin Tile.

I extend my heartfelt thanks to all my Board colleagues for their commitment to the COF. The Foundation is fortunate to have a very dedicated, engaged group of experts and professionals who dig in and get the work done. I know that commitment will continue under the leadership of our new President, Dr. Pierre Guy.

Thanks to the many volunteers across Canada, who worked hard this year to lead fundraising efforts and run our Ortho Connect peer-to-peer support program. Thanks, too, to our staff team, a small but mighty group of three.

It has been my honour and my pleasure to serve as COF President and Chair of the Board for the last 4 years. I predict ongoing good news for the Foundation.

Dr. Geoffrey Johnston
President and Chair, 2017-18
Making an Impact: Dr. Pascal-André Vendittoli

Dr. Pascal-André Vendittoli has spent his scientific career studying hip and knee arthroplasty, with a focus on the evaluation of new surgical techniques, new technologies and new orthopaedic implants. Over the years, his goal has remained unchanged: offering orthopaedic patients a life free from pain.

Dr. Vendittoli, Professor of Surgery and Senior Clinical Researcher at the Université de Montréal, received the COF’s J. Édouard Samson award in 2015-16, an award that recognizes the best career orthopaedic research over a period of five years or more. The award is the COF’s top research award, and is intended to both recognize the recipient and support ongoing research efforts. Dr. Vendittoli has achieved much in recent years.

Topping the list of results is the research team’s development and implementation of a day surgery protocol at the Maisonneuve-Rosemont Hospital in Montreal. There, in August 2016, Dr. Vendittoli performed one of the first out-patient hip replacements in Quebec. Since that time, the research team continues to study the safety and benefits of same day joint replacement surgery.

“Our goals are to limit hospital stays for patients – thereby saving on hospital costs - while still putting our patients’ health and well-being first,” says Dr. Vendittoli. “Our protocol requires coordination between all care professionals: nursing, physiotherapy, anaesthesiology, and surgeons. All measures must be in place to ensure our patients are well, and ready to leave in one day.”

Currently the team has operated on more than 100 patients, and initial results are very promising. “In addition to reducing hospital length of stay, we cut by half the number of adverse events in comparison to the regular practice. Our protocol is a double win.” To improve patients’ care across the country, his team is spending significant time sharing their protocol with colleagues in other Canadian hospitals.

In addition, Dr. Vendittoli’s team also evaluates specific design features of hip and knee arthroplasty implants. For total hips he is evaluating large diameter ceramic bearings surfaces. His team has performed more than 2500 cases since 2011 and the excellent results of their first 300 cases with a minimum of 5 years of follow up are in-press (the Bone & Joint Journal). He also aims to improve total knee patients’ outcomes. For these, he performed an anatomic study of 1000 lower limb CT-scans to evaluate the impacts of mechanical alignment total knee replacement on joint gaps. “These research projects,” he says, “will help surgeons understand and evaluate patients’ needs, and enable them to provide the best possible care.”

With his research work presented more than 300 times at peer reviewed scientific congresses, and his more than 100 published articles, Dr. Vendittoli is a leader in Canadian orthopaedic research. When asked what impact the Samson award had, Dr. Vendittoli replied, “Certainly, my research activities over the past two years were funded partly by the funds presented with the Samson award. Much more important to me, however, was the high recognition of my research program by the COF and my peers in the Canadian Orthopaedic Association. I am sure that receiving the Samson Award helped me to obtain the Senior Clinical Researcher title by the Fonds de la recherché en santé du Québec in 2017.”

The COF is proud to count Dr Vendittoli as one of its Samson Award recipients.
Achievements: 2017-18

RESEARCH, GRANTS AND AWARDS

Goal:
Ensure that Canada remains a leader on the world-wide orthopaedic research stage. This year, the COF succeeded in its goal to expand its research, grants and awards program significantly.

Overview:
- Awarded the prestigious J. Édouard Samson Award.
- Awarded 6 research grants through the Canadian Orthopaedic Research Legacy (CORL) competition, advancing innovative research in centres across Canada.
- Awarded 2 special grants for research: the Carroll A. Laurin and Robert B. Salter Awards.
- Introduced and awarded a NEW research grant: the Cy Frank award for innovation.
- Presented the Bones and Phones Scholarship to an outstanding resident.
- Awarded the Anica Bitenc Travelling Fellowship.
- Presented the first Community Innovation Awards to orthopaedic researchers working in the community.
- Announced the Best Paper award for Shoulder and Elbow orthopaedics, presented in partnership with the Canadian Shoulder and Elbow Society.
- Presented grants for orthopaedic programs in several hospitals, thanks to funds raised by surgeon teams through Hip Hip Hooray!

Details:
J. Édouard Samson Award: Recognizing career orthopaedic research
Dr. Kishore Mulpuri (Vancouver, BC): “A Prospective, International Hip Dysplasia Registry with Follow-up to Skeletal Maturity: An Analysis of Risk Factors, Screening Practices and Treatment Outcomes”
Carroll A. Laurin Award: Best new clinical research
Dr. Paul E. Beaulé and Dr. Stéphane Poitras (Ottawa, ON) – “Efficacy of a non-surgical treatment protocol for patients with symptomatic femoro-acetabular impingement: a randomized controlled trial”

Robert B. Salter Award: Best new basic science research
Dr. Michael J. Monument (Calgary, AB) – “rhBMP-2 in bone sarcoma surgery: Does BMP-2 signalling in mouse models of osteosarcoma influence tumour biology?”

Cy Frank Award: Excellence in innovation in collaboration with the Canadian Orthopaedic Research Society
Dr. Bas A. Masri, Dr. David R. Wilson and Dr. David J. Stockton (Vancouver, BC) – “Reliability of Cartilage Mapping Using Upright Open MRI in Patients with ACL Injuries”

Canadian Orthopaedic Research Legacy (CORL) Grants: New and innovative orthopaedic research
Dr. Ryan Degen (London, ON) – “A kinematic analysis of the hip following injury and repair of the capsule and labrum”
Dr. Laurie A. Hiemstra (Banff, AB) – “Should You Transfer the Tubercle? (The SHYFT Trial) – A Randomized Clinical Trial comparing Isolated MPFL Reconstruction to MPFL combined with Tibial Tubercle Osteotomy – A Pilot Study”
Dr. Moin Khan (Hamilton, ON) – “Shoulder instability Trial comparing Arthroscopic stabilization Benefits compared with Latarjet procedure Evaluation (STABLE)”
Dr. Ian Lo (Calgary, AB) – “Graft reconstruction for irreparable rotator cuff tears: superior capsule reconstruction vs. tendon repair with graft interposition”
Dr. Peter MacDonald and Dr. Jeff Leiter (Winnipeg, MB) – “Number One Overall Graft Pick? Hamstrings versus Bone-Patellar-Tendon-Bone versus Quadriceps Tendon Graft for ACL Reconstruction: A Prospective Cohort Study”
Dr. Prism S. Schneider (Calgary, AB) – “Validation of a Self-Administered Outcome Measure for Young Patients With Hip Trauma”

Community Innovation Awards: Celebrating community-based surgeons
Dr. Olivia Cheng (Collingwood, ON) – “Telemedicine is effective in the reduction of patient care costs for hip fracture patients”
Dr. Kevin Koo (Markham, ON) – “Impact of an orthogeriatric collaborative care model for older adults with hip fracture in a community hospital setting”

Bones and Phones Scholarship – Resident award for contribution to advancing musculoskeletal health
Dr. Ahmed Aoude (McGill University) for his role in – The International Orthopaedic Surgery Committee, McGill University.

CSES Best Paper Award in partnership with the Canadian Shoulder and Elbow Society
Dr. Peter McDonald (Winnipeg, MB) – “Biceps Tenodesis Versus Tenotomy in Treatment of Lesions of Long Head of Biceps Brachii in Patients Undergoing Arthroscopic Shoulder Surgery”

Anica Bitenc Travelling Fellowship – Support for a Travelling Fellow from Croatia, Serbia or Slovenia
Dr. Ivan Bohacek (Croatia)

The following grants were made possible through Hip Hip Hooray! fundraising efforts
Saskatoon City Hospital (Saskatoon, SK): Support for the Division of Orthopaedics’ participation in multiple ongoing orthopaedic research studies.
Sunnybrook / Holland Orthopaedic & Arthritic Centre (Toronto, ON): Support to transition the Holland Centre’s Rehabilitation Hip and Knee Replacement Guides into web-accessible versions that meet Accessibility for Ontarians with Disabilities Act (AODA) guidelines.
St. Michael’s Hospital (Toronto, ON): Support for orthopaedic clinical research in joint replacement surgery: To support the important clinical research being done at St. Michael’s Hospital.
Achievements: 2017-18 (con’t)

EDUCATION

Goal:
Provide reliable, surgeon-approved resources to help patients through their orthopaedic journey.

Overview:
- Virtual library was accessed regularly by patients, caregivers and others. Booklets and videos for many orthopaedic areas are available in the virtual library at [www.whenithurtstomove.org](http://www.whenithurtstomove.org)
- Paper copies of educational resources were provided to clinics and individuals who requested them.
- Smoking cessation program was provided to those preparing for surgery, ensuring greater surgical success.
- Individuals received practical education and tips through our *OrthoLink* newsletter, distributed three times per year.

Details:
Virtual library: Throughout the year, there were more than 49,450 visits to the COF website (www.whenithurtstomove.org) where patients and their caregivers and families were able to access our virtual library of educational resources. In addition, we distributed almost 5,000 paper copies of booklets and brochures to orthopaedic clinics and patients.

Smoking Cessation program: we shipped brochures to clinics and patients across the country to aid in their efforts to stop smoking prior to surgery. Patients are able to access the brochure directly online in our virtual library.

CARE

Goal:
Provide evidence-based, reliable support to people dealing with orthopaedic issues.

Overview:
- Through Ortho Connect, orthopaedic patients preparing for surgery can talk to a trained volunteer who has gone through similar surgery. The program helps to lessen the isolation and fear that many people feel as they prepare for surgery.
- We implemented Good Life with osteoArthritis in Denmark (GLA:D™ Canada), an education and exercise program designed to help those with hip and knee osteoarthritis. Delivered by our division, Bone and Joint Canada, we trained physiotherapists and other healthcare providers to deliver GLA:D to their patients and clients.

Details:
Ortho Connect: This past year, we successfully matched 98 patients who were preparing for surgery with our trained volunteers. Patients shared their concerns and learned from volunteers about hip and knee replacements, shoulder surgery, spine surgery, foot and ankle surgery, and more.

GLA:D™ Canada: From its implementation at the beginning of 2016 until the end of 2017, GLA:D™ Canada was launched in Ontario, Alberta, British Columbia, Manitoba, Nova Scotia and Newfoundland, with 458 health care professionals trained to deliver the program in 61 clinics. 607 patients with hip or knee osteoarthritis participated in the GLA:D program. The infrastructure was developed to track patient outcomes at baseline, 3 months and 1 year. Results found that, on average, the patients’ pain intensity decreased by 28%, and their quality of life improved by 10% for hip participants and 25% for knee participants. The first *GLA:D Annual Report* contains further information about the program and the results.

GLA:D™ Canada was launched in Ontario in 2016 through funding from the Ontario Trillium Foundation. The program continues to grow and is being rolled out across Canada.
Powering Pain Free Movement

In 2016 the COF launched a new major gifts program aimed at raising funds to grow its research program significantly, and to continue its investment in education and patient care. Led by Patron Dr. Marvin Tile, Professor Emeritus, University of Toronto, and Orthopaedic Surgeon at Sunnybrook HSC, the COF began reaching out to industry, surgeons and others to join the campaign.

The second year of the campaign was very successful as campaign targets were exceeded, enhancing the COF’s ability to maintain its education and care programs and to grow its research program again.

Powering Pain Free Movement partners are contributing to a vibrant, world-class Foundation.

2017-18 Powering Pain Free Movement Partners

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Your progress. Our promise.

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“Thank you for your Foot & Ankle Surgery: Preparing for Your Best Results booklet; our patients appreciate them as much as we do!”

Orthopaedic clinic, ON

“Our patients find the information contained in the Get Moving booklet to be very informative and useful in their recovery process.”

Orthopaedic clinic, Kemptville, ON
Fundraising Events

Two signature events contributed to the success of the COF during the year and enabled the Foundation to advance its mission. The sixth annual Bad to the Bone Charity Golf Classic was held on June 26, 2017 at Wooden Sticks Golf Club. Hosted by former hockey executive Sherry Bassin, the event drew more than 100 golfers, as well as well-known hockey celebrities. To say the event was unique is an understatement: only a few minutes into the game, lashing rain and pummelling hail put an end to the tournament. However, guests still enjoyed the event banquet and a live auction, led by the always entertaining host Sherry, and rain checks to get their golf game in at a later date. The 2017 Bad to the Bone Charity Golf Classic raised $110,000.

The Hip Hip Hooray! program raised funds in three ways:

- Through a direct mail program and virtual walk, supported by orthopaedic patients and COF donors
- Through an in-person 1 km fun walk held in Saskatoon on September 30, 2017
- Through a virtual walk challenge, supported by orthopaedic clinics and patients participating in their own events.

The 2017 Hip Hip Hooray! raised $86,000 in support of the COF’s programs of research, education and care; and, through a revenue sharing agreement, clinics that participated received community grants towards orthopaedic programs in their local communities.
Condensed Statement of Financial Position
As at March 31, 2018

ASSETS
Current Assets 1,485,439 1,402,479
Equipment 600 857
Intangible Assets 11,448 16,354
Long Term Investments 28,050 27,851
$1,525,537 $1,447,541

LIABILITIES AND NET ASSETS
Current 450,032 386,435
Net Assets 1,075,505 1,061,106
$1,525,537 $1,447,541

Statement of Operations
Revenue
Receipted donations 290,702 338,930
Non-receipted donations 44,473 34,037
Gifts from other charities 17,930 61,221
Government funding 0 0
All other revenue 652,990 694,930
Total revenue: $1,006,095 $1,129,118

Expenses
Charitable programs & research 779,098 722,498
Management & administration 116,322 104,756
Fundraising 105,833 100,635
Gifts to other registered charities and qualified donees 0 0
Other 0 0
Total expenses: $1,001,253 $927,889

Excess (Deficiency) of Revenue over Expenses $4,842 $201,229

The Canadian Orthopaedic Foundation’s finances were audited by Henderson Partners LLP. Complete financial statements are available upon request.

Your Donations Hard At Work
Be assured that your donations are prudently invested. Through your support you make a difference in the lives of others, enabling the COF to deliver on its mission of orthopaedic research, education and care.

Charitable Programming 78%
Management & Administration 11%
Fundraising 11%

“Ortho Connect is an excellent service! It eased a lot of fears and helped me understand the need for surgery. It was very uplifting to know it is only going to get better!”
Phil, MB

“Simply being able to talk with an Ortho Connect volunteer who had been through the procedure and recovery, and his follow up phone call was great to receive as I felt supported and not totally alone with the experience.”
Brett, BC

“The Ortho Connect program helped me feel more confident for my journey ahead.”
Sue, SK
Thank You to Our Club 206 Donors
Merci à tous les donateurs du Club 206

List reflects donations made between April 2017 and March 2018 • Dons reçus entre avril 2017 et mars 2018

$1000+
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Thank you for your generous donation • Nous vous remercions de votre généreux don

The Canadian Orthopaedic Foundation is grateful to all who contribute and we are pleased to recognize donor gifts publicly. We ask those who do not wish to have their names included on our donor recognition pages to contact us at mailbox@canorth.org. The COF is committed to honouring donor wishes.

La Fondation Canadienne d’Orthopédie est reconnaissante envers tous ses généreux donateurs et toujours heureuse d’en souligner publiquement la contribution. Tout donateur qui préfère que son nom ne soit pas publié sur le site de la Fondation peut écrire à mailbox@canorth.org. La Fondation s’engage à respecter les préférences de ses donateurs.
Thank You to Our Surgeon Donors

Merçi à tous les orthopédistes qui ont fait un don

List reflects donations made between June 2017 and May 2018 • Dons reçus entre juin 2017 et mai 2018

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$1,000 – $9,999
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Bryce Henderson
Lee-Anne Laverty

*Current Monthly Donors
Vision, Mission and Values

The Vision and Mission of the Canadian Orthopaedic Foundation serve as our focus for how we will operate our organization. We will meet the challenges of our Mission with the high levels of integrity and respect that our staff, volunteers, supporters and public deserve and expect from a Canadian health-centred charity.

Our Vision:
Pain-free mobility for all Canadians.

Our Mission:
To achieve excellence in bone & joint health and mobility by advancing musculoskeletal research, education and care.

Our Values:
People: We work in the interest of orthopaedic patients, their families, and the professionals who treat them and for the future of any Canadian who may require orthopaedic care.

Making a Healthy Difference: We contribute to the health of our communities and our nation by working with volunteers, patients, professionals, government and industry toward timely and quality access to bone and joint care.

Good Governance: We are committed to excellence in the governance of our organization and will do so ethically, morally, according to the law, and toward the achievement of our Mission.

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