Tracking Patient Outcomes Following Shoulder Surgery

Renowned orthopaedic surgeon John Macy, MD is spearheading a new research tool for Copley Hospital and Mansfield Orthopaedics. “Surgical Outcomes System” (SOS) looks at long-term outcomes for total shoulder replacement, rotator cuff repair and shoulder instability. A key factor in this data is that it is not from the doctor’s point of view; the patients themselves evaluate how they are doing post-operatively in intervals of 6 weeks, 3 months, 1 year and 2 years.

“SOS allows us to measure how patients value their outcomes,” explained Dr. Macy. “Everyone’s goal is different. An 80-year old woman in pain and with limited mobility that two years out is pain free with a little mobility may be very satisfied. A younger athletic person will not be happy with the lesser mobility.”

Until now, Dr. Macy has had “no real-time data” that measures how his patients are doing post-surgery compared to other providers providing the same treatment. He believes he has the largest resurfacing cohort of patients in the world. “Outcomes are phenomenal, but they are antitodal. Now they will be measured,” he says.

SOS enables Copley Hospital and Mansfield Orthopaedics to have validated long-term outcomes regarding strength, functionality, range of motion, pain, and return to desired activities. This data, once collected and analyzed in aggregate, allows providers to see how satisfied their patients are compared to other providers locally, regionally and nationally and assists in continuous quality improvement initiatives.

Administered by Arthrex, Inc., SOS is a web-based program. Data is first collected from the patient via an iPad or tablet in the clinic. At intervals, the SOS system automatically sends surveys to the patient via email. The patient can click into the program and fill out the survey. Copley’s clinical coordinator for the SOS project is Sharon Mansfield, RN, MS, FNP-C, RNFA.

Dr. Macy is the first Dr. Macy is the first orthopaedic surgeon in Vermont to be using SOS, joining 650 other orthopaedic physicians globally.

Dr. Macy, who specializes in the reconstruction of the shoulder, has been performing surgery at Copley since 2001 and joined Mansfield Orthopaedics in 2013. He has performed reverse shoulder replacement for the past 10 years having been the first to do so in the state. He also performs a minimally invasive bone-sparing total shoulder replacement using a resurfacing technique. 3D technology is used to model an individual’s shoulder virtually, enabling Dr. Macy to more accurately size and place components based on an individual’s anatomy. Use of these state of the art procedures and technology decreases the amount of bone loss, leaving more options for patients later in life for any needed revision surgery. Dr. Macy believes they improve long-term outcomes. A belief that can now be measured thanks to SOS.

Understanding Type 1 Diabetes

By Nancy Wagner, Certified Diabetes Educator

T1D is a genetic auto-immune disease that affects people of all ages and requires constant monitoring. A person with T1D does not produce insulin and must depend upon injected or pumped insulin for life. Insulin enables your cells to absorb glucose, so you can use it for energy or store it as fat for later use. The risk of dangerously high or low blood glucose levels is high and may be life-threatening or result in life-changing complications.

Balancing and Monitoring

Because a person with T1D does not produce insulin, they must monitor their blood sugar multiple times a day. Blood sugar levels can be affected by carbohydrates, exercise, and lack of sleep. With Type 1, it is important to determine how many carbohydrates one is eating so the appropriate amount of insulin can be administered. Carbs turn into glucose, or blood sugar, which is why you hear people with T1D talk about “counting carbs.” Exercise can deplete your blood sugar, as you use up your energy, so monitoring may...
Matching grant challenge

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☐ Check if you wish to be anonymous

☐ Please contact me

☐ Please send me information on how to include Copley Hospital in my will

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The Copley Hospital Auxiliary has issued a challenge grant. Right now your gift to Copley can be doubled.

It is an exciting time for Copley Hospital and for our community. We are on schedule to open the doors to the James and Mary Louise Surgical Center next fall. The new state-of-the-art facility will replace current operating rooms last updated in 1979. The Campaign for the New Surgical Center is at 90% of our campaign goal. Any new gift now to the campaign will be matched by the Auxiliary, up to a total of $30,000.

Make your gift at copleyvt.org/campaign-for-surgical-center, or by mail using this form.
Preventing Winter Colds and Flu

Winter is the season for colds and flu. The best way to avoid, or to keep the viruses at bay, is to practice good health hygiene. Good habits everyone should be practicing include:

- avoid people who are sick
- stay home if you are sick
- cover your mouth and nose when sneezing or coughing
- wash your hands often
- avoid touching your eyes, nose and mouth
- drink plenty of water and eat nutritious meals

The CDC encourages everyone who is at least 6 months of age to get a flu vaccine this season. This twelve-week comprehensive outpatient program improves your quality of life following a cardiac event such as a heart attack.

PULMONARY REHABILITATION
Call 888-8230 for an appointment
If you live with a disease affecting the lungs, pulmonary rehabilitation can help you.
nancy Wagner is a certified diabetes educator at Copley Hospital. In addition to the information provided in this article should be considered general information.

HYPOGLYCEMIA: SIGNS AND SYMPTOMS

Low blood sugar can be the result of eating too few carbohydrates, skipping or delaying a meal, increased activity, or taking too much insulin. Signs may include:

- excessive sweating
- shakiness
- confusion
- fatigue
- not making sense when talking
- pale skin

If someone shows these signs check their blood sugar right away. If lower than 70, Wagner recommends the "15-15" rule: Give 15 grams of simple carbohydrates or something high in sugar. Wait 15 minutes and recheck. If then 70, Wagner recommends the "15-15" rule: Give 15 grams of simple carbohydrates or something high in sugar. Wait 15 minutes and recheck. If still low, drink something high in sugar again. Once blood sugar returns to normal, eat a meal or snack.

Quick 15 grams of simple sugar can be found in 4 ounces of juice or regular soda, 4-5 lifesavers (or candy that you can chew quickly), 1 cup skim milk, 3-4 squares and serve. Cover and let rise 30 minutes. Heat oven to 400°F. Remove the cover and dimple the surface of the dough with your fingertips. Cover the flat breads with onions and sprinkle with cheese. Bake for about 15–18 minutes. Cut into squares and serve.

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be necessary during play. Planning ahead and monitoring your blood sugar throughout daily activities help keep glucose levels from going too low or too high.

Sweet Onion and Fontina Focaccia

Dough
1 package active dry yeast
1 cup warm water (110°F)
3/4 cup unbleached flour
2 Tbsp olive oil
1 Tbsp kosher salt
1 Tbsp sugar
1 Tbsp chopped fresh rosemary
1 tsp coarse black pepper

Dissolve the yeast in the water and let stand for 10 minutes in a large bowl. Add everything else to the water and yeast, and mix to form a ball. Knead for at least 5 minutes on a floured surface. When it is elastic and springy put back into the bowl with a little oil, cover and let rise for 45 minutes.

Topping
6 medium onions (2 yellow, 2 white, 2 red); peeled and sliced with the grain
1 large leek (white part only); cleaned and sliced thinly
4 cloves garlic; minced
2 Tbsp olive oil
1 Tbsp butter
1/2 cup dry red wine
1 cup brown sugar
1 Tbsp chopped fresh rosemary
salt and pepper to flavor
2 cups chopped fontina cheese

In a large non-stick pan saute the onions, leek and garlic over medium heat until very brown and beginning to dry out. Stir often to prevent burning. Add the wine and reduce heat by half. Add brown sugar and cook, stirring until melted in. Season with salt, pepper and rosemary. Let cool.

Divide the dough in two and roll out to loosely fit on oiled cookie sheets. Cover and let rise 30 minutes. Heat oven to 400°F. Remove the cover and dimple the surface of the dough with your fingertips. Cover the flat breads with onions and sprinkle with cheese. Bake for about 15–18 minutes. Cut into squares and serve.