

**HSS**

2019

# Report to the Community

Confirming HSS commitment  
through challenging times



HSS | Hospital for Special Surgery



On the cover: Young adult members of the Charla de Lupus (Lupus Chat)<sup>®</sup> Program celebrating at their annual picnic in Riverbank State Park.

Photography note: Images were taken prior to safety practices instituted as a result of Covid-19.

Public and Patient Education hosted the children of Young Presidents Organization members for an interactive, educational session in the Bioskills Education Lab.



**Louis A. Shapiro**  
President and CEO  
HSS



**Bryan T. Kelly, MD, MBA**  
Surgeon-in-Chief  
HSS

If there's one thing we've learned during the COVID-19 crisis, it's the importance of community and being there for each other. As we look back at our community programming in 2019, we are proud of what we've achieved and grateful to have the opportunity to continue to provide outstanding musculoskeletal care and education to the diverse communities we serve. Today's healthcare challenges often require us to take a different approach to do things, and that innovation is reflected in all we do, despite the ever-changing healthcare environment.

Over the last year, we continued to expand our reach beyond New York City to provide care and education to our neighbors served by our outpatient centers in the tri-state area. We have also extended our reach across the country to provide HSS care in Florida. People of all ages, backgrounds and walks of life benefit from our programs, many of which are offered in their native languages like Mandarin, Cantonese and Spanish. We believe in a culture of inclusion and diversity, understanding that the best way to get the word out about good health is to make it understandable and familiar.

Many of us are now connecting virtually—a mode that HSS had already learned to embrace. Through webinars and online videos to support musculoskeletal health, relieve pain and stress, participate in group exercise and learn sports safety, participants can benefit from our programs from the comfort of their homes.

HSS has also maintained our stewardship in the battle against opioid misuse, participating in programs to dispose of unused pain medication safely. Our dedication to enhancing musculoskeletal care extends beyond the clinical to our research and educational efforts. In addition to our renowned orthopedic and rheumatology residency and fellowship programs in New York City, we brought new educational programs to anesthesiologists as far away as Ghana. Through the efforts of our laboratory and clinical researchers, as well as our educators, we share our knowledge with people around the world.

We were honored to once again earn top rankings in 2020 in orthopedics and rheumatology, as well as recognition in pediatric orthopedics, in *U.S. News & World Report*, as well as accolades for the HSS patient experience. As healthcare in the United States in general, and New York City in particular, continues to change, HSS remains more committed than ever to enhancing patient care, pursuing pioneering research, educating tomorrow's leaders and promoting the well-being of people in our communities and around the world.

Louis A. Shapiro

Bryan T. Kelly, MD, MBA

# About HSS



Hospital for Special Surgery (HSS) is a global leader in the care, education, and prevention of musculoskeletal diseases and disorders.

**HSS is continually expanding to become an enterprise with locations at multiple sites—bringing our exceptional orthopedic and rheumatologic care closer to where people live and work.** By better understanding the needs of these communities and implementing the most advanced technologies, HSS is bringing the most up-to-date health information and comprehensive musculoskeletal services to more people than ever before.

In addition to serving people throughout the five boroughs of New York City, we deliver programming and healthcare services to residents of Connecticut, Westchester County, Long Island, and northern New Jersey. Patients receive the same level of quality and service at all the HSS regional locations. We are committed to caring for patients of all backgrounds, ages, genders, sexual orientations, races, and ethnicities.

Scientific inquiry remains vital for us to continue to advance the level of care we provide. Our laboratory investigators and clinical researchers are pursuing novel routes of exploration. The results of their research projects may help not only the patients we treat, but people around the world who may benefit from advances in musculoskeletal care developed at HSS.

**Resident physicians and fellows come to HSS for our competitive educational programs, which equip trainees to become exceptional physicians and leaders.** From the knowledge they learn to the guidance they receive and the bonds they forge with each other and their instructors and mentors, our trainees finish their residencies and fellowships with a firm foundation of expertise that launches them into successful careers.

Above, Mathias P.G. Bostrom, MD, teaching at an arthroplasty course in China.

Participants engage in a breakout session with Beth Shubin Stein, MD, and Andreas Gomoll, MD at the 2019 HSS Patellofemoral Course.



Attendees enjoy the Charla de Lupus holiday party.



Karen Taube participating in our Tai Chi Chih program.



Pilates Instructor Katherine Shapiro providing one-on-one instruction to a class participant.

## HSS Outpatient Services: Ensuring Access to Care

**There are more than 25 specialty clinics at HSS that provide care to the medically underserved,** including adult clinics focused on Scoliosis, Sports and Shoulder, Spine, Metabolic Bone, Physiatry, Pain Management, Foot and Ankle, Hand, Brachial Plexus, Neurology, Dermatology, Limb Lengthening, Prosthetics and Orthotics, the Center for Skeletal Dysplasia, and the Comprehensive Arthritis Program. Adult outpatient rheumatology care is offered through the Musculoskeletal, Rheumatology, and Lupus Clinics. Pediatric Orthopedic, Rheumatology, and Specialty Care Clinics at HSS focus on orthopedic issues, scoliosis, cerebral palsy, juvenile rheumatoid arthritis and other rheumatology disorders, osteogenesis imperfecta, hand issues, and sports medicine.

## Financial Assistance

**The Financial Assistance Program at HSS ensures that patients of all backgrounds across the United States can receive high-quality healthcare.** We carefully consider the ability of each patient to pay. In addition, HSS has extended our financial assistance program beyond the state mandated level of 300% of the federal poverty level to include patients whose income is at or below 700% of the federal poverty level. We have also extended our policy to consider a patient's insurance co-pay, deductible, and co-insurance when considering eligibility for a discount. In addition, HSS currently participates in several Medicaid managed care plans and other plans for low income patients.

## Care for Medicaid Patients in Pediatrics

**HSS has one of the largest elective pediatric orthopedic surgery services for Medicaid patients in New York.** Patients and their families travel from across the state, with some even relocating from other countries for treatment at HSS. Our pediatric orthopedic surgery care is centralized in the Lerner Children's Pavilion. Everyone is treated at the same high level of care for which HSS is known.

## Partnering with the Community

**HSS continues to expand access to orthopedic care for vulnerable populations in the New York City area.** In addition to the current relationships with four community health centers and federally qualified healthcare centers or FQHCs, HSS is partnering with a community-based organization servicing restaurant workers, ROC (Restaurant Opportunities Centers)—the first partnership external to the current FQHCs.

## Healthcare Access for People Receiving Public Insurance

In the ever-changing public health landscape, it can be challenging for patients as well as healthcare providers to stay abreast of how these changes affect access to care. The VOICES Medicaid Managed Care Education Program ensures patients with Medicaid or Medicare/Medicaid have access to healthcare services at HSS providing education and advocacy. The program also offers education to HSS staff regarding public insurance issues as well as changes to the Affordable Care Act.



## Achieving Excellence

The extraordinary patient care for which HSS is renowned stems from the Hospital's history of dedication to innovation, education, and research and has garnered accolades and national recognition.

For the 11th year in a row, HSS is ranked the **#1 hospital in the country for Orthopedics in the U.S. News & World Report "Best Hospitals 2020–2021"** survey. HSS is also a national leader in Rheumatology, ranking #4 in the country. The Hospital is top-ranked for both Orthopedics and Rheumatology for the 29th consecutive year.

**The HSS Lerner Children's Pavilion achieved national ranking as a Best Children's Hospital in Orthopedics** by *U.S. News & World Report* (2020–2021). These rankings are the only comprehensive source of quality-related information on pediatric centers in the country.

HSS is named **top Orthopedic Surgery Residency Program in the U.S.** by clinical training reputation by Doximity Residency Navigator (2015–2020).

*Becker's Hospital Review* has recognized Hospital for Special Surgery on the following lists:

- **100 great hospitals in America (2015–2019)**
- **100 hospitals and health systems with great orthopedic programs (2016, 2018)**
- **150 top places to work in health care (2018, 2019)**

HSS was nationally recognized with multiple awards from Healthgrades, the leading online resource to help consumers find the right doctor, the right hospital, and the right care, including:

- **Outstanding Patient Experience Award™ (sixth consecutive year)**
- **America's 100 Best Hospitals for Spine Surgery Award™ (2016–2020)**
- **Orthopedic Surgery Excellence Award™ (2020)**

**Hospital for Special Surgery has been designated a Leader in LGBTQ Health Care Equality for the fifth year in a row (2015–2019)** from the Human Rights Campaign Foundation. This index scores healthcare facilities on policies and practices dedicated to the equitable treatment and inclusion of LGBTQ patients, visitors, and employees.

Press Ganey, a nationally recognized private company that helps healthcare institutions measure the patient experience, has named HSS a **2019 Guardian of Excellence Award® winner for the 7th consecutive year** for delivering outstanding service for inpatients (2013–2019). HSS was also awarded for the first time the **2019 Pinnacle of Excellence Award®**, presented annually to the top-performing organizations for extraordinary achievement in several categories including inpatient care.

# Community Investment by the Numbers

## What is Community Benefit?

Community benefit includes programs or activities that are created to meet an identified community health need. These programs must seek to achieve one of the following objectives:

**Advance**  
medical or health  
knowledge

**Relieve**  
or reduce burden on  
government or other  
community efforts

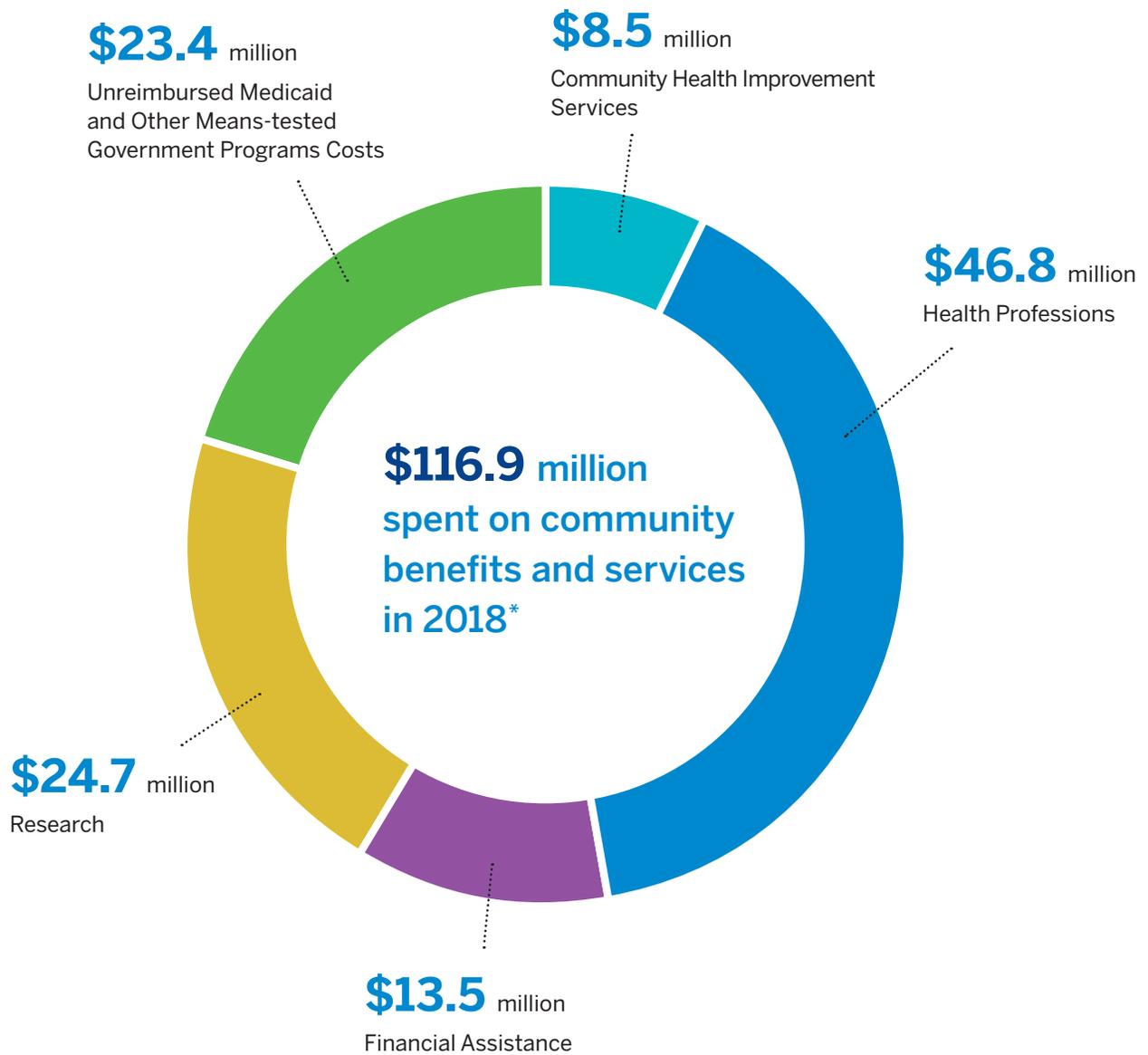
**Improve**  
access to  
health services

**Enhance**  
public health





Laura Gibofsky, MS, RD, CSP, CDN, educating kids through the HSS SNEAKER program.



\*As reported in the Hospital's 2018 IRS Form 990 filing.

# Commitment to the Community



Team HSS walks to support Lupus research.

## The Process of Engagement

Every three years, HSS conducts a **Community Health Needs Assessment (CHNA)** to assess muscle, bone, and joint health needs of the communities the Hospital serves. The Hospital uses the data generated by this survey to develop a Community Service Plan, which outlines the programming that HSS will put into place to meet the musculoskeletal health needs outlined in the CHNA. The goal of these combined initiatives is to reduce healthcare disparities in medically underserved communities and improve musculoskeletal health.

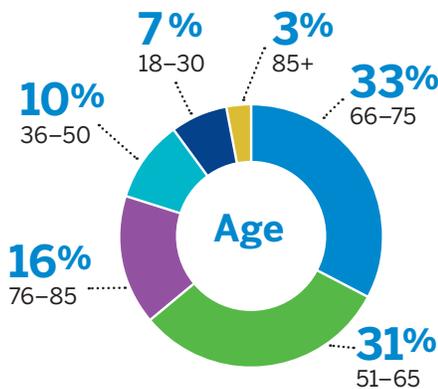
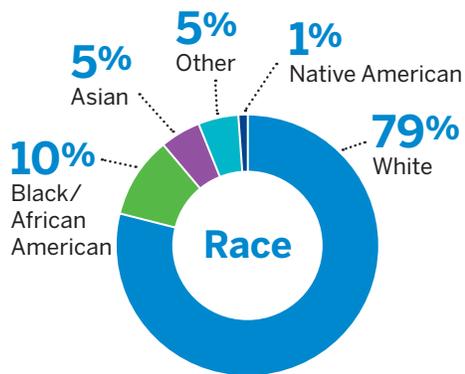
HSS staff implemented the latest CHNA in spring 2019, using the community-based participatory research (CBPR) model. This is a collaborative approach that involves community members, organizational representatives and researchers in all aspects of the research process to improve health outcomes and eliminate health disparities.

Our reach this year increased from **3,000 responses in 2016 to 11,410 in 2019**. This was due to the usage of additional various online and technology platforms.



The Young Presidents Organization event engaged 7-16 year olds in interactive educational sessions.

## Socio-demographic



### Ethnicity

**91%** Non-Hispanic/Latino

**9%** Hispanic/Latino

### Gender

**67%** Female

**33%** Male



**1 out of 2**

Reported more than one week of pain in the past month

## Top 10 Health Needs

1. Osteoarthritis
2. Osteoporosis
3. Joint, muscle, and bone pain
4. Falls and balance
5. Rheumatoid arthritis
6. Stress and mental health
7. Lifestyle (ie. poor diet, obesity, and lack of exercise)
8. Fatigue
9. Stiffness
10. Complementary alternatives to manage pain

## Health Education

**More than half**

Lacked confidence to manage their chronic condition

**79%**

Did not participate in an educational class to learn how to manage their chronic condition

Preferred health education activities:

**50%** Exercise classes

**50%** Online lectures

## Health Behavior and Lifestyle

**25%** 

Reported having poor diet

Top barriers to poor diet:

- Food preparation time
- Eating habits of friends/family
- Cost would not help

**69%**

Did not meet physical activity guidelines 



**More than half**

Used prescription pain medicine



**27%**

Fell in the past year

## Access to Care



Top barriers to access healthcare:

- Getting an appointment
- Cost

Barriers to following medical advice:

- Side effects
- Belief that treatment would not help

## Programs That Meet Our Community's Needs

Based on the results of the CHNA, HSS formulates a Community Service Plan—required every three years by the New York State Department of Health—outlining the Hospital's programs that will be implemented to align with the state's health prevention agenda.

HSS focuses on ten programs that address healthy eating and food security by increasing skills and knowledge to support healthy food and beverage choices, as well as, chronic disease preventive care and management by improving self-management skills for individuals with chronic conditions in community settings.

- Musculoskeletal Health Initiative
- Charla de Lupus (Lupus Chat)<sup>®</sup>
- Pain and Stress Management
- Asian Community Bone Health Initiative
- VOICES 60+ Senior Advocacy Program
- LANtern<sup>®</sup> (Lupus Asian Network)
- Super Nutrition Education for All Kids to Eat Right (SNEAKER<sup>®</sup>)
- Inflammatory Arthritis Support and Education Programs
- Nursing Community Education Outreach



Members of the Visiting Nurse Service of NY Senior Center participating in a chair exercise class as part of the Asian Community Bone Health Initiative.

As the communities that HSS serves continue to expand and diversify, the Hospital has adopted innovative approaches to meet the needs of people across the globe—often in their native languages—and facilitate access to the world's best musculoskeletal care for those who need it.

## Multicultural Programming

HSS provides numerous educational programs and services to the members of New York’s highly diverse communities, connecting with them in their preferred languages. A snapshot of some of these programs include:

**The Asian Community Bone Health Initiative** partners with senior centers in Flushing, Queens and Manhattan’s Chinatown to offer exercise and educational lectures in Mandarin and/or Cantonese. Visiting doctors from China often participate through the HSS China Exchange Program.

**Charla de Lupus (Lupus Chat)**® is a national program offering people with lupus and their families bilingual (English/Spanish) peer health support and education. This program specifically seeks to reach Hispanics/Latinos and African Americans. Services include: the Charla Line, a toll-free national support and education helpline; weekly onsite peer support outreach at four hospital-based clinics, monthly Teen, Young Adult and Parent Lupus Chat Groups; and community education programs.

**LANtern® (Lupus Asian Network)** is the only national hospital-based bilingual support and education program dedicated to serving Asian Americans with lupus and their families. In addition to multiple programs in Cantonese, Mandarin and English, LANtern offers a national support line staffed by peer health educators, bilingual educational publications, and professional education programs for healthcare providers serving the Asian community, with the guidance of our Advisory Board.

**Nursing Education** provides bilingual English/Spanish programs throughout New York City—primarily in senior centers and senior housing communities. Programs are tailored to meet the needs of each community.

**VOICES 60+** is a Senior Advocacy Program designed to enhance the medical care experience of culturally diverse HSS rheumatology patients age 60 and older. Bilingual staff (English/Spanish) help patients navigate and access support, education and resources to improve their quality of life. Interpreter services are available to assist patients in their preferred language. VOICES 60+ partners with community-based organizations to provide programming in English and Spanish for older adults and their service providers. These programs focus on identifying and addressing communication barriers with their healthcare providers and the health literacy needs of older adults to optimize health outcomes.

“Charla tailors all programs and publications to meet the unique and diverse needs of people living with lupus. This includes the topics presented, type of activities, event locations and even refreshment selections.”

—Priscilla Toral, LCSW  
Senior Manager, Charla de Lupus (Lupus Chat)



Joan Altman, BSN, RN, MPH, RN,  
Community Program Coordinator  
educating seniors at Brown Gardens.

## HSS in Your Community: Bringing Care and Education Where It's Needed

People from across the country have traveled to New York City for HSS care. **Now residents of Florida can physically access that world-renowned musculoskeletal care closer to their homes.** HSS Florida opened its doors in West Palm Beach, staffed by HSS clinicians and offering diagnostic services, outpatient surgery, and rehabilitation and sports performance programs. A satellite facility opened in Wellington, Florida, to provide outpatient orthopedic care, including imaging and other diagnostic services.

Closer to New York, residents of communities near Stamford, Connecticut; Paramus, New Jersey as well as Long Island, and Westchester, New York, will now benefit from expanded outreach programming. Modeling what has already been effective in Stamford, HSS hosted an event at HSS Long Island featuring two HSS physicians who were present to educate community members about osteoarthritis and total joint replacement. Similar programs that connect community members with their area HSS Outpatient Center are in the works for HSS Westchester and HSS Paramus.

Through its **unique collaboration with Stamford Health**, HSS has extended its expertise into the community to educate Fairfield County residents. Programs focusing on topics such as falls prevention, spine health and posture, back pain, overuse injuries, and bone health have been presented by physicians and physical therapists at the HSS Stamford Outpatient Center.



Wendy Hilliard Gymnastics Summer Camp participating in the SNEAKER program.

## Partnering with Community

In addition, the first high school partnership forged through the **Leon Root, MD, Pediatric Outreach Program (POP)** was launched with A. Philip Randolph Campus High School on West 135th Street in Manhattan. Through this long-term relationship, POP will provide sports injury prevention screenings at no cost to the school's sports teams that have an elevated risk of lower extremity injuries. HSS also offers resources to coaches, athletes, and parents, such as scheduling appointments for athletes within one week of an injury sustained during practice or a game.



Support group members of the Charla de Lupus (Lupus Chat)<sup>®</sup> Program posing while enjoying their annual picnic.

“Our communities local to the tri-state are happy when programming is offered close to home. The response to programming has been positive and we are looking forward to continued growth in these regional markets, as we seek to expand our local collaborations.”

—**Pamela Sanchez-Villagomez, MPA**  
Manager, HSS Public & Patient Education

## Videos, Webinars, and Exercise Classes: Just a Click Away

HSS is maximizing the power of the Internet to connect virtually with people who don't live in the area, including those on the other side of the world, as well as those who may not have the mobility or resources to travel to HSS or one of its outpatient centers. HSS launched a patient education playlist on the **HSS YouTube channel** featuring a series of short educational videos on osteoarthritis and will continue to build more. Online educational videos about many topics can now be accessed on the HSS website, as well as multiple short "HSS Minute" videos on YouTube covering topics ranging from pediatric running and ankle replacement to hip preservation and gout. Available on the **HSS Health Video Library**, livestreamed lectures delivered in-house by HSS doctors, nurses, nutritionists, and physical therapists enable viewers to learn from HSS experts wherever they are. One of the newest programs is **virtual chair yoga**, which not only enables the certified yoga therapist to observe and comment on class members who participate by webcam, but also allows participants to see and support each other online—reducing feelings of isolation and fostering a sense of community.

“Virtual programming allows us to reach viewers in their homes, which is especially helpful for people who find it physically challenging to attend an event in person.”

—**Claudia Zurlini, Senior Coordinator**  
Public and Patient Education

## Virtual Tool Raises Awareness of Sports Safety

**HSS collaborated with Project Play of the Aspen Institute to create the first-of-its-kind Healthy Sport Index, (HSI)** an online tool to help athletes and families make informed decisions about the most appropriate sports, based on a child's specific needs. The tool is also beneficial for other stakeholders seeking to learn about the health benefits and risks of different sports. HSI is now searching for innovative high school teams who have applied best practices for sports health; a Florida high school football program has already earned the first honor, and its practices are being shared nationally as an example of how other programs can promote sports safety.





Louis Shapiro recognizes Swetha Pakala, MD, with the Leon Root, MD, Community Service Award.

## New Award Recognizes Community Service

In 2019, HSS awarded the first Leon Root, MD, Community Service Award to recognize outstanding leadership among compassionate and dedicated individuals who have made significant contributions to the community through initiatives that improve the health and/or health care of vulnerable and underserved populations—leaders who have gone above and beyond the call of duty to help others in the HSS community and beyond.

The first recipient of the Leon Root, MD, Community Service Award was HSS anesthesiologist Swetha Pakala, MD, who founded the Global Health Initiative (GHI). The mission of GHI is to teach regional anesthesia to physicians in resource-limited nations and, even more importantly, teach them to teach their colleagues so more patients can benefit from this less expensive form of anesthesia. “It is a huge honor for me to win this award, and I am happy to see the Hospital make community service a priority,” said Dr. Pakala.

## Leading the Battle Against Opioid Misuse With Mind-Body Approaches to Pain and Stress Management

Stress from illness, pain, or life challenges can have a profound impact on our bodies and minds and dramatically affect our lives. Techniques such as yoga, meditation, and exercise may be beneficial alternatives to medication to manage pain and stress. The **Pain and Stress Management Program** is comprised of self-management education and evidence-based stress reduction strategies to raise awareness, educate and improve the ability to cope with pain and stress. Free Pain and Stress Management Program workshops open to the community include restorative yoga, mindful origami, and mind-body approaches.

HSS also hosts monthly mindful breathing and meditation workshop for Ambulatory Care Center patients to help them manage pain and stress, featuring guided visualizations by a trained instructor and a debriefing facilitated by a social worker where participants can share how the practice makes them feel. Rheumatology clinic patients can take a similar monthly workshop that adds gentle movement to mindful breathing to ease the stress of stiff joints and relieve pain. Those who can't make it to these programs in person—as well as anyone in the world, anytime—can access a guided meditation video in the HSS Health Video Library, part of the Hospital's Pain and Stress Management playlist or call into the weekly live meditation phone call.

For more information on weekly meditation, please contact Maggie Wimmer, Program Coordinator, at [wimmerm@hss.edu](mailto:wimmerm@hss.edu).

## Encouraging Mobility and Independence for All

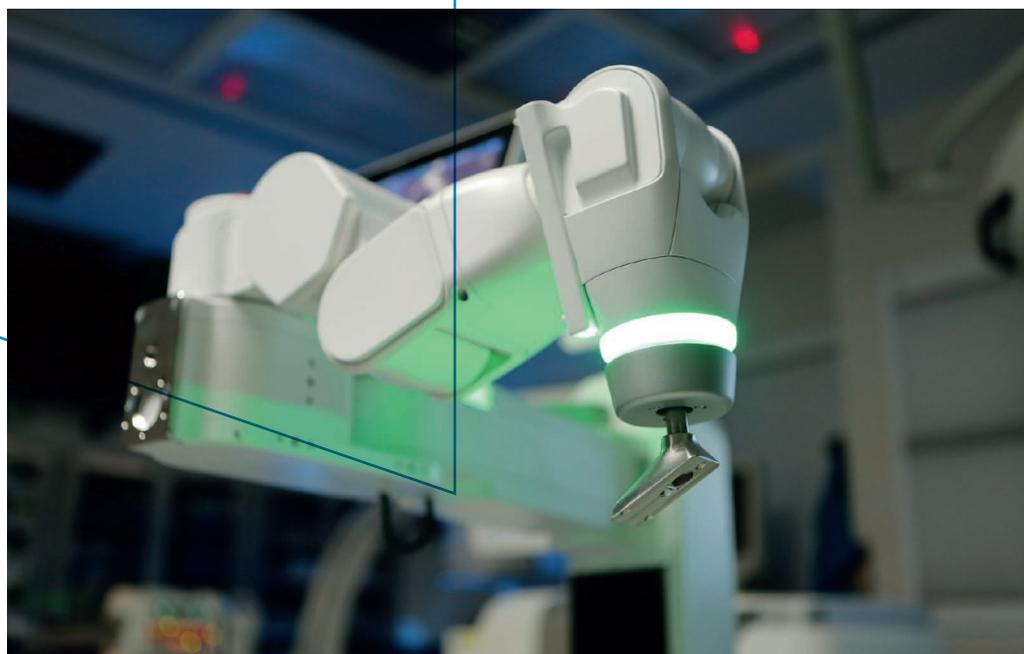
**The Adaptive Sports Academy** at HSS Lerner Children's Pavilion organizes local, regional, and national adaptive programs for pediatric patients at HSS who face a range of disabilities—primarily cerebral palsy, amputation, and significant limb-length discrepancy. These events help kids and teens learn new skills, reinforce therapy goals, and socialize with each other. Academy events have included skiing, surfing, indoor rock climbing, horseback riding, and whitewater rafting. These experiences often boost self-esteem and motivate young patients to live fuller, more active lives.

# Research and Innovation



Scientific investigations are vital for advances to be made in the way we understand and treat musculoskeletal diseases and disorders.

At HSS, researchers in laboratories and clinics are working together to conduct ground-breaking medical research that may enhance the lives of patients at HSS as well as those around the world. **In 2019, HSS supported more than 800 research projects with \$47 million of critical funding.** The areas of study our investigators are pursuing could change clinical practice and improve the way healthcare providers across the globe care for patients with orthopedic and rheumatologic disorders.



## Improving Healing After Shoulder Surgery

HSS launched a clinical trial of an investigational cell therapy to promote better healing after surgery for tears of the rotator cuff—a collection of muscles and tendons at the shoulder joint that allows it to move. Arthroscopic shoulder surgery for rotator cuff tears can relieve pain, restore function, and improve quality of life, but as many as one in four patients experience incomplete or failed healing—especially those over age 60. Many tissues in the body harbor stem cells that can form new tissues. The new cell therapy is injected into both the muscle and the tendon of the injured rotator cuff to stimulate stem cell activity and promote better repair, and has already been shown in laboratory studies to accelerate healing and increase tendon strength. “Identifying new ways to improve healing and muscle function would be a significant advance in the treatment of rotator cuff tears,” said Scott A. Rodeo, MD, the HSS sports medicine surgeon who is leading the study.

## Can Krill Oil Improve the Lives of People with Lupus?

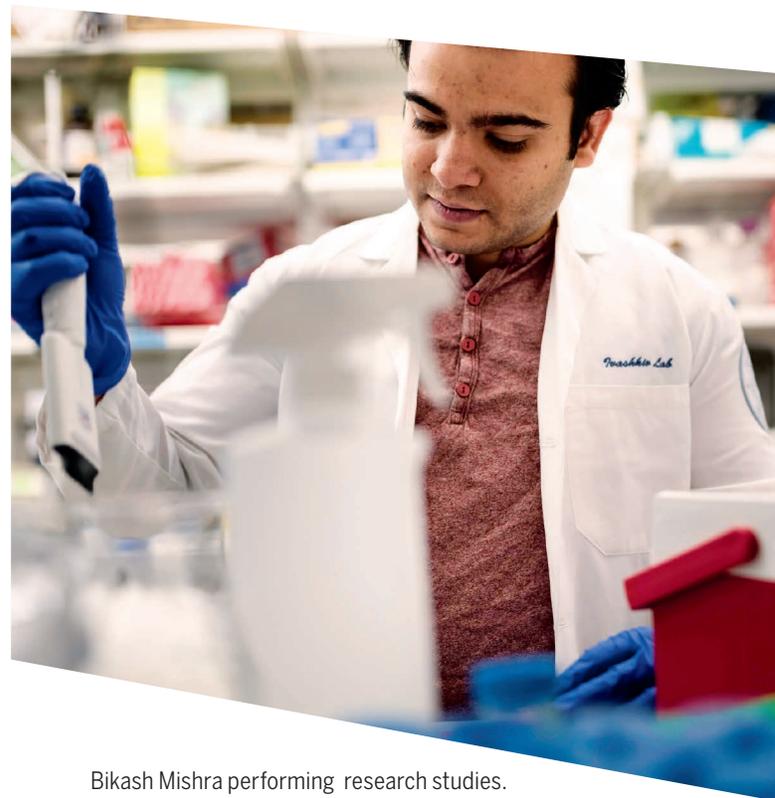
HSS is leading a 20-center clinical trial to find out. The anti-inflammatory properties of krill oil supplements may help lessen the severity of lupus symptoms, potentially enabling patients to take less lupus medication (such as steroids) and sparing them from related side effects. Krill oil, an omega-3 fatty acid, may also help people with lupus—who may develop high lipid levels (fats in the bloodstream) and premature heart disease—by lowering levels of harmful lipids. The study’s main goal is to see if krill oil can replenish omega-3 deficiency in people with lupus and to see if it reduces symptoms and the need for steroids.

“If we can give patients alternative therapies that allow them to take lower doses of their traditional drugs, it would make a very big difference in their quality of life.”

—Jane Salmon, MD, coordinating investigator of the multicenter trial and Director of the Lupus APS Center of Excellence and Co-Director of the Mary Kirkland Center for Lupus Research at HSS

## A Shock Absorber for Painful Knees

Knee injuries such as ligament and meniscus tears predispose patients to osteoarthritis years later. People who sustain these injuries early in life may have knee pain that could only be resolved with a joint replacement. But having this invasive procedure early in life puts them at risk for needing a second knee replacement during their lifetimes. HSS researchers are leading a pivotal multicenter clinical trial of an investigational shock absorber for the knee that could help patients with arthritis pain on the inner side of the knee, buying them time before they require a knee replacement. In the Calypso Study, patients will receive a cylindrical shock absorber that is implanted along the side of the knee during a one-hour outpatient procedure. Researchers will track the device’s safety and monitor its integrity over time using x-rays. “This device is all about preserving options, since it can be removed with little to no permanent changes to the knee joint,” explained HSS sports medicine surgeon Andreas Gomoll, MD, who is co-leading the study with sports medicine and knee joint preservation surgeon Anil Ranawat, MD. “Patients can remain candidates for other treatments in the future.”



Bikash Mishra performing research studies.

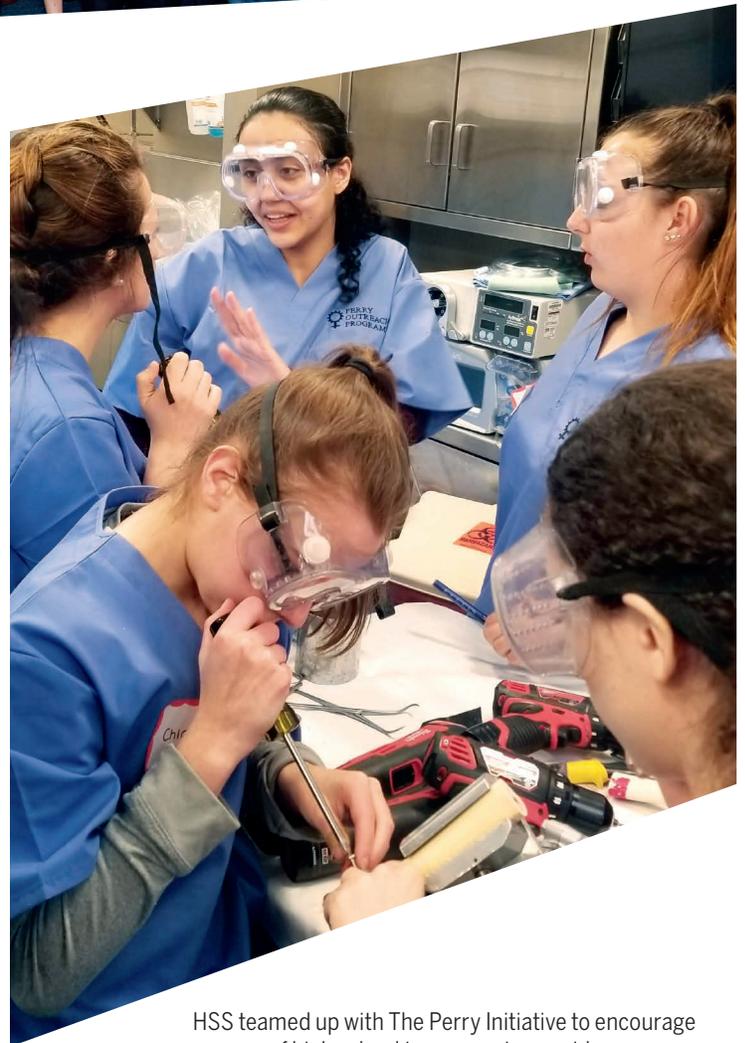
# Educating the Leaders of Tomorrow



Class of 2019 Orthopedic Surgery Fellowship graduation.

“We’re looking to partner with virtual reality companies to expand our content and capabilities. Over the next five to ten years, we hope to make these simulations more realistic so they will benefit trainees at all levels.”

—Justin Dufresne, CST  
Manager of the Bioskills Education Laboratory



HSS teamed up with The Perry Initiative to encourage a group of high school teenagers to consider careers in orthopedic surgery and engineering.



Clinical Fellow Research Presentations.

HSS offers highly competitive residency and fellowship programs and is committed to promoting wellness among trainees—a recommendation supported by the ACGME in their criteria for medical education programs. A gym in the trainees’ apartment building is open 24 hours, and an outdoor space was renovated for them to enjoy. Residents and fellows also benefit from lectures and conferences on topics such as maintaining wellbeing through a crisis and establishing financial wellbeing.

## Virtual Reality for New Trainees

New trainees learning surgical techniques for the first time typically practice on cadavers. Through virtual reality programs in the Bioskills Education Laboratory, they can now start mastering the steps of a procedure, learn which instruments to use, and begin practicing the procedure. By the time they’ve done a simulated operation once or twice, they’re ready to move on to practicing it on a cadaver. The technique will not replace cadaver training—virtual reality users can’t feel the weight of the instruments or experience tactile muscle memory—but it’s a good way for medical students and first-year residents to start. “We’re looking to partner with virtual reality companies to expand our content and capabilities. Over the next five to ten years, we hope to make these simulations more realistic so they will benefit trainees at all levels,” explained Justin Dufresne, Manager of the Bioskills Education Laboratory. “We’re not quite there yet, but we’re definitely on our way.”



Justin Dufresne, CST, and resident Cynthia Kahlenberg, MD, practicing with virtual reality simulation in the Bioskills Education Laboratory.



Han Jo Kim, MD, teaching residents in a Bioskills Education Laboratory session.

“Wellbeing is vital to residents, fellows, and their families. Especially living in New York City, it is so important to have a space to decompress and enjoy some time away from the Hospital”

—Keely Boyle, MD, Chief Fellow, Adult Reconstruction and Joint Replacement

# Keeping the Community in Motion



The Hospital's community programs promote health education, support, and outreach services, with the goal of enhancing the mobility and quality of life of our community. At right is a comprehensive list of HSS community benefit programs and contact information.



**Joshua S. Dines, MD**, Associate Attending Orthopedic Surgeon at HSS, has been appointed as Vice Chair, Consumer Engagement. In this position, Dr. Dines will be responsible for providing strategic leadership in all matters relating to community and public health education. He will also serve as a key advisor to the Surgeon-in-Chief on all matters pertaining to public health and expansion strategies.

## Education to Improve Public and Patient Health

### HealthConnection

#### Hospital for Special Surgery's Good Health Newsletter

[hss.edu/health-connection-publication](https://hss.edu/health-connection-publication)

#### HealthConnection Fast Facts

[hss.edu/pped-fastfacts-publication](https://hss.edu/pped-fastfacts-publication)

#### Health Video Library

[hss.edu/health-video-library](https://hss.edu/health-video-library)

#### Integrative Care Center (ICC)

[hss.edu/integrative-care](https://hss.edu/integrative-care)

#### Nursing Community Education Outreach

contact 212.606.1263

#### Public & Patient Education Musculoskeletal Health & Wellness Lectures

[hss.edu/public-patient-education](https://hss.edu/public-patient-education)

#### Stamford Outpatient Center Community Education

[hss.edu/hss-stamford](https://hss.edu/hss-stamford)

## Focusing on Musculoskeletal Health

### Musculoskeletal Exercise Wellness Programs

[hss.edu/public-patient-education](https://hss.edu/public-patient-education)

## Encouraging Safe Exercise

### Orthopedic Physical Therapy Center Exercise and Wellness Program

[hss.edu/joint-mobility-center-services](https://hss.edu/joint-mobility-center-services)

### HSS Sports Safety Program

[hss.edu/sports/sports-safety-program.htm](https://hss.edu/sports/sports-safety-program.htm)

### Pre-Season Football Medical Screening

[hss.edu/psal](https://hss.edu/psal)

## Support for People with Chronic Musculoskeletal Conditions

### Living with RA: Lecture, Lunch & Conversation

[hss.edu/RAGroup](https://hss.edu/RAGroup)

**Pain and Stress Management Program** contact 212.774.2647

### The Early RA Support and Education Program

[hss.edu/EarlyRA](https://hss.edu/EarlyRA)

### The Myositis Support and Education Group

[hss.edu/myositis-group](https://hss.edu/myositis-group)

### The Scleroderma, Vasculitis, and Myositis Center Education and Support Forum

[hss.edu/scleroderma-vasculitis-center-programs](https://hss.edu/scleroderma-vasculitis-center-programs)

## Caring for Children and Families

### Feeding Creativity

contact 212.606.1613

### Leon Root, MD Pediatric Outreach Program

[hss.edu/pediatric-outreach-program](https://hss.edu/pediatric-outreach-program)

### SNEAKER® (Super Nutrition Education for All Kids to Eat Right)

[hss.edu/sneaker-about](https://hss.edu/sneaker-about)

## Improving Health Among Older Adults

HSS Speaker's Bureau: contact 212-774-7041

### The Greenberg Academy of Successful Aging

[hss.edu/greenberg-academy-for-successful-aging](https://hss.edu/greenberg-academy-for-successful-aging)

### VOICES 60+ Senior Advocacy Program

[hss.edu/voices60](https://hss.edu/voices60)

### Helping People with Lupus

#### Charla de Lupus (Lupus Chat)®

[hss.edu/CharladeLupus](https://hss.edu/CharladeLupus)

#### LupusLine®

[hss.edu/LupusLine](https://hss.edu/LupusLine)

#### The SLE Workshop

[hss.edu/SLEWorkshop](https://hss.edu/SLEWorkshop)

### Reaching the Asian-American Community

#### HSS Asian Community Bone Health Initiative

[hss.edu/hss-asian-community-bone-health-initiative](https://hss.edu/hss-asian-community-bone-health-initiative)

#### LANtern® (Lupus Asian Network)

[hss.edu/LANtern-services](https://hss.edu/LANtern-services)

### Assisting with Access to Care

#### VOICES Medicaid Managed Care Education Program

[hss.edu/voices-managed-care](https://hss.edu/voices-managed-care)

### Reaching the International Community

#### The Foundation of Orthopedics and Complex Spine (FOCOS)

[hss.edu/hss-humanitarian-work](https://hss.edu/hss-humanitarian-work)

# Partnerships

## Clinical/Academic Partnerships

- Asian American/Asian Research Institute, City University of New York
- Charles B. Wang Community Health Center
- Chinese Community Partnership for Health, NewYork-Presbyterian/Lower Manhattan Hospital
- Clinical Translational Science Center, Community Engagement Core, Weill Cornell Medical College
- Coalition of Chinese American IPA
- HSS China Orthopedic Education Exchange
- Mt. Sinai Medical Center, Adolescent Health Center
- Maimonides Medical Center
- NewYork-Presbyterian/Morgan Stanley Children's Hospital at Columbia University Medical Center, Pediatric Rheumatology Service
- NewYork-Presbyterian/Columbia University Medical Center—The Mens Clinic at Audubon Clinic
- NewYork-Presbyterian/Weill Cornell Medical Center—Health Outreach® Program
- NewYork-Presbyterian Hospital
- NewYork-Presbyterian Hospital—The Irving S. Wright Medical Center on Aging
- New York University Silberman School of Social Work
- Touro College Graduate School of Social Work
- Translational Research Institute for Pain in Later Life (TRIPLL)
- Weill Cornell Medical College, Department of Psychiatry

## Community-Based Organization Partners

- 92nd Y
- All Community Adult Day Centers
- Amani Public Charter School
- American Heart Association, Fairfield & Westchester Counties
- American Red Cross
- AmeriCares Free Clinics
- Arthritis Foundation—NY Chapter
- Asian Health and Social Service Council
- Asphalt Green
- Association of Chinese American Physicians (ACAP)
- Back2Basics
- Brown Gardens Assisted Living Facility
- Building One Community
- Chinese American Medical Society (CAMS)
- Carter Burden Network, Leonard Covello Senior Program
- Charter School of Excellence
- Children's Aid Society
- Chinese-American Planning Council
- CUNYAC
- Chelsea Piers CT
- Chinatown Neighborhood Naturally Occurring Retirement Community (NNORC) @VNSNY
- Chinese Consolidated Benevolent Association
- Community Health Center, Inc.
- Concerned Home Managers for the Elderly (COHME)
- Creaky Joints
- Dorot, Inc.
- East Harlem Community Health Committee (EHCHC)
- East Side Council on Aging (ESCOTA)
- Fifth Avenue Presbyterian Church
- Friends Academy High School
- Girl Scouts of Jersey Shore
- Global Healthy Living Foundation (GLHF)—Creaky Joints
- Golden Eagle Adult Day Center
- Gouverneur Court
- Greenwich Alliance for Education
- Homecrest Community Services

- Isabella Geriatric Center
- Jewish Association Services for the Aged (JASA)
- Lenox Hill Neighborhood House
- LaGuardia Senior Citizens Center
- LiveOn NY
- Long Island Nets
- Lupus Research Alliance
- Lupus Foundation of America
- Manhattan Country Day School
- Mannings Pharmacy Corporation
- Medicare Rights Center
- Mott Street Senior Center
- Neighbors Link Stamford
- Norwalk Senior Center, South Norwalk
- New York Chinatown Senior Citizen Center
- New York Foundation for Senior Citizens
- New York Road Runners Club (NYRR)
- Over 60 Senior Neighborhood
- Port Youth Activities
- Planned Parenthood of NYC
- Prime Care Home Health Agency
- Project Sunshine
- PS 76–Harlem
- Presbyterian Senior Services (PSS) Circle of Care
- Selfhelp Innovative Senior Center
- Service Program for Older People
- Spondylitis Association of America
- Stamford Department of Health
- Stamford Hospital
- Stamford Senior Center
- Stamford YMCA
- Stanley M. Isaacs Neighborhood Center
- The Center for Information & Study on Clinical Research Participation (CISCRIP)
- The Myositis Association
- The Scleroderma Foundation
- Urban Health Plan, Inc.
- Visiting Nurse Service of New York
- Wendy Hilliard Gymnastics
- West Side Interagency Council on the Aging (WSIACA)
- YM & YWHA—Washington Heights/Inwood
- Young Women’s Leadership School (Astoria)

## Government/Public Partners

- Assembly Member Rebecca Seawright District Office
- MTA Paratransit Access-A-Ride Program
- National Institute for Arthritis and Musculoskeletal Disease (NIAMS)—National Multicultural Outreach Initiative
- New York City Department for the Aging
- New York City Department of Health and Mental Hygiene
- New York City Public Schools
- New York Public Libraries
- New York State Department of Health
- Office of Women’s Health, U.S. Department of Health and Human Services
- Department of Youth and Community Development

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If you believe that Hospital for Special Surgery has failed to provide these services or discriminated in another way, you can file a grievance with Bruce Slawitsky, Senior Vice President, Hospital for Special Surgery, 535 East 70th Street, New York, NY 10021, TTY: 1.800.676.3777, Fax: 212.606.1961, [slawitskyb@hss.edu](mailto:slawitskyb@hss.edu). You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, you may contact the office of Bruce Slawitsky for assistance.

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**ATENCIÓN:** Si usted habla español, le avisamos que tenemos servicios lingüísticos gratuitos a su disposición. **Llame al: 1-212-606-1760, TTY: 1-800-676-3777.**

**注意:** 如果您講中文, 可向您提供免費語言服務。 **致電 1-212-606-1760 TTY: 1-800-676-3777.**

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**אכטונג:** אויב איר רעדט אידיש, זענען פאראייך דא צו באקומען שפראך הילף סערוויס עס פריי פון אפצאל. **רופט .TTY: 1-800-676-3777, 1-212-606-1760**

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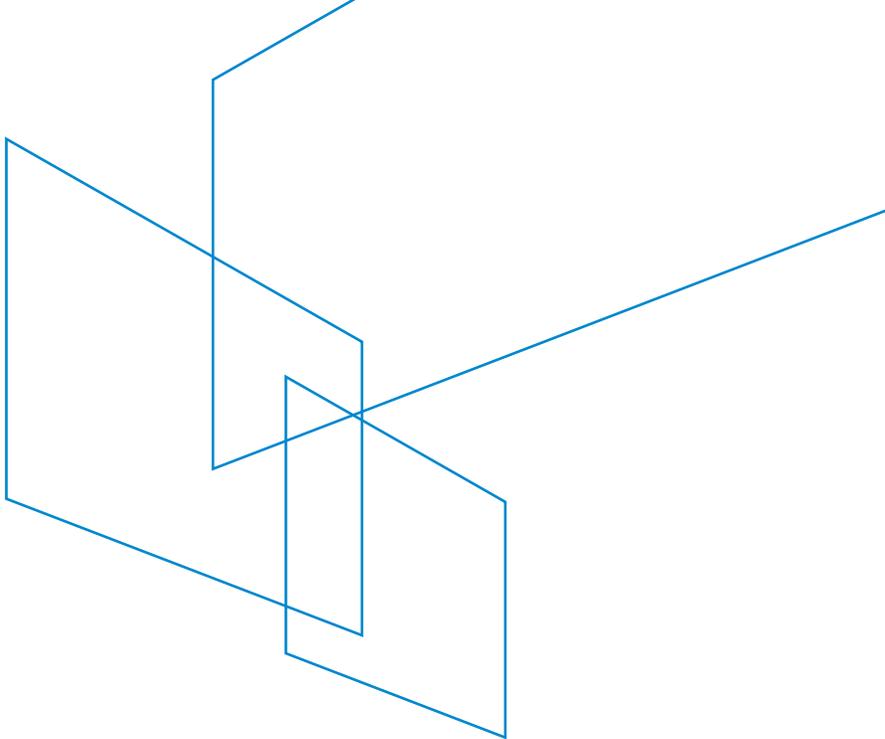
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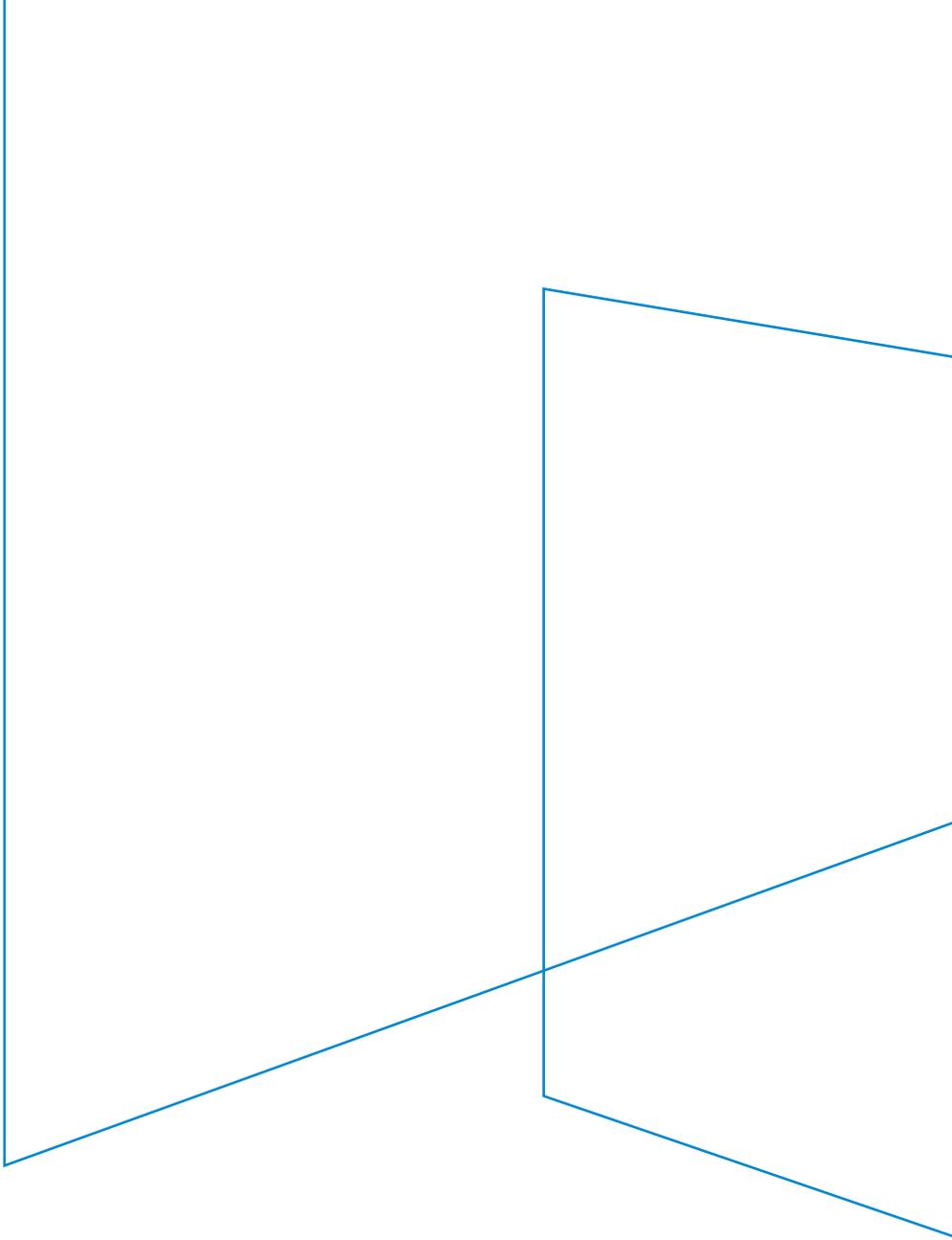
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