



2019 – 2020 Annual Report



I am pleased to preface the annual report of the Canadian Orthopaedic Foundation for the Fiscal Year ending March 31, 2020. The COF was having another exceptional year, with new research awards and flourishing education and patient care programs. Towards the end of this period, the COVID-19 pandemic hit, and the world felt its impact. However, for much of the year preceding this monumental time, the COF was on a roll – working towards its vision of *Pain free mobility for all Canadians*.



Leading the way in COF achievements for the year was continued growth in our research program. We have been able to add new research awards annually for several years, and this year was no exception: the inaugural CSES award for excellence in shoulder and elbow research was presented to Dr. Danny Goel and his research team in Vancouver, BC, in collaboration with the Canadian Shoulder and Elbow Society. You will see highlights of the many other research awards presented this year later in this annual report.

Our education program centres around a virtual library of valuable resources for patients. Throughout the year, patients accessed booklets and videos on preparing for surgery, and recovering from it. Towards the end of the year, and well into the next, the library became a lifeline for people forced to stay at home due to the pandemic, with clinics closing across the country.

We continued to provide our Ortho Connect program, matching orthopaedic patients with trained volunteers who had similar surgeries – a highly valued resource for patients looking for compassion and advice from an understanding ear. As well, our GLA:D program for those with hip and knee osteoarthritis grew this year, and was offered in clinics all across the country. New challenges arose in March with the pandemic-caused shutdown, and the program was swiftly transitioned to an on-line platform.

New in this fiscal year was a project called Fast Track care, in collaboration with Mobilize Canada. This advocacy program, designed to reduce wait times for orthopaedic surgery, began in January 2020. At that time, we did not realize that our work would be so crucial, as “elective” surgeries were cancelled for months all across Canada due to the pandemic, and wait times were made even longer. Work in this area continues well into the current fiscal year.

As always, none of our progress is possible without donations and support of our fundraising programs. Our signature event, the 8th annual Bassin *Bad to the Bone* golf challenge held at the start of the fiscal year raised more than \$100,000. And our virtual Step Challenge and in-person Saskatoon *Hip Hip Hooray!* events raised nearly \$50,000. Surgeons, patients and friends were generous in their donations to the Foundation, and we are most grateful to them for enabling us to carry out our programs.

I must take a moment to thank my Board colleagues, Directors who take the COF cause very much to heart and contribute their time and expertise to the responsible governance of the Foundation. As well, I’m grateful to our small, lean staff of three for their commitment.

Please read through the pages of this report to see more details of the COF’s activities this past year. At the end of it, we are well-positioned to address the challenges raised by the COVID-19 pandemic and we will continue in our drive to create a world of pain free mobility.

Dr. Pierre Guy
President and Chair of the Board

Achievements: 2019-20

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, with the presentation of the inaugural *Robin Richards Award for Upper Extremity Research*.

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 3 special grants for research: the Carroll A. Laurin, Robert B. Salter and Cy Frank Awards.
- Presented the Bones and Phones Scholarship to an outstanding resident.
- Awarded the Anica Bitenc Travelling Fellowship.
- Awarded the Community Innovation Award to an orthopaedic researcher 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 the inaugural *Robin Richards Award for Upper Extremity Research*
- Presented grants for orthopaedic programs in several hospitals, thanks to funds raised by surgeon teams through *Hip Hip Hooray!*



Dr. Olufemi Ayeni received the J. Édouard Samson Award – the COF's most prestigious research award. The presentation took place in June 2020 during the virtual COA AGM.

Details:

J. Édouard Samson Award: Recognizing career orthopaedic research

Dr. Olufemi Ayeni (Hamilton, ON) – *“A Comprehensive Approach to Evaluating and Managing FAI: An Evidence Based Program”*

Carroll A. Laurin Award: Best new clinical research

Drs. Kristen Barton and Brent Lanting (London, ON) – *“The role of knee joint synovitis in dissatisfied total knee arthroplasty patients”*

Robert B. Salter Award: Best new basic science research

Drs. Charles G. Fisher and Raphaële Charest-Morin (Vancouver, BC) – *“Denosumab for Giant Cell Tumors of the Spine; Molecular Predictors of Clinical Response”*

Cy Frank Award: Excellence in innovation in collaboration with the Canadian Orthopaedic Research Society

Dr. Glen Richardson (Halifax, NS) – *“The Effect of Sagittal Plane Resection during Total Knee Arthroplasty on RSA Migration of Tibial Baseplates”*

Canadian Orthopaedic Research Legacy (CORL) Grants: New and innovative orthopaedic research

Dr. Herman Johal (Hamilton, ON) – *“Changes in Reliability when Assessing Multiple Patient – Reported Outcome Measures (CRAM-PROMs)”*

Dr. Vickas Khanna (Hamilton, ON) – *“Predicting Persistent Pain and Dissatisfaction after Knee Arthroplasty: A Prospective Multicentre Cohort Study”*

Dr. Paul R. Kuzyk (Toronto, ON) – *“Targeted Delivery of Fetus Using Titania Nanotubes for Prevention and Treatment of Heterotopic Ossification”*

Dr. Brad Meulenkamp (Ottawa, ON) – *“Development and Field-Testing a Patient Decision-Aid for Management of Acute Achilles Tendon Rupture”*

Drs. K.C. Geoffrey Ng and Paul E. Beaulé (Ottawa, ON) – *“The Effects of Anteverting Periacetabular Osteotomy on Acetabular Retroversion and Hip Capsular Mechanics”*

Drs. Jesse Wolfstadt and Amir Khoshbin (Toronto, ON) – *“DIFFIR: Geriatric Distal Femur: Fixation versus Replacement – A Randomized Controlled Trial of Acute Open Reduction Internal Fixation (ORIF) versus Distal Femur Replacement (DFR)”*

Community Innovation Award: Celebrating community-based surgeons

Dr. Ahaoiza (Diana) Isa (Moncton, NB) – *“Correlation Between the Capitate-to-Axis-of-Radius Distance (CARD) Radiographic Index and Patient-Reported Outcomes One Year Post Distal Radius Fracture”*

Bones and Phones Scholarship: Resident award for contribution to advancing musculoskeletal health

Dr. Kayla Cyr (Memorial university of Newfoundland) for her role as a Champion of *EDUCATE: IPV*.

CSES Best Paper Award in partnership with the Canadian Shoulder and Elbow Society

Dr. Armin Badre (Edmonton, AB) – *“The Effect of Torsional Moments on the Posterolateral Rotatory Instability of the Lateral Ligament Deficient Elbow: A Novel Biomechanical Modeling and In Vitro Investigation”*

Inaugural Robin Richards Award for Upper Extremity Research

Dr. Dominique Rouleau (Montreal, QC) – *“Deltpectoral vs deltoid split approach for proximal HUMerus fracture fixation with locking plate: A prospective RAndomized study (HURA Study)”*

Anica Bitenc Travelling Fellowship: Support for a Travelling Fellow from Croatia, Serbia or Slovenia:

Dr. Robi Kelc, Slovenia

The following grants were made possible through **Hip Hip Hooray!** and **Step Challenge** fundraising efforts:



Banff Sport Medicine Foundation (Banff, AB): Support for a research study examining ACL reconstruction outcomes: *“Clinical, Functional and Quality of Life Outcomes 2-Years after ACL Reconstruction in Patients with a Partial ACL Tear”*.

Saskatoon City Hospital (Saskatoon, SK): Support for the Division of Orthopaedics' continued participation in multiple ongoing research studies.

St. Michael's Hospital (Toronto, ON): Support for orthopaedic clinical research in joint replacement surgery.

Stollery Children's Hospital (Edmonton, AB): Support for Pediatric Orthopaedic Research at the University of Alberta: Research projects in pediatric gait, foot deformities and/or hip pathology and limb malalignment.

South Campus Research Unit for Bone & Soft Tissue (Calgary, AB): Support for a research study to examine the potential relationship between weather and orthopaedic trauma volumes: *“FROST: Factors Predicting Orthopaedic Trauma Volumes”*.

Achievements: 2019-20

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
- Created a new booklet for shoulder patients in collaboration with the Canadian Shoulder & Elbow Society
- Individuals received practical education and tips through our Ortho Link newsletter, distributed 3 times per year.

Details:

Virtual library: The COF's library of videos, booklets and brochures is posted online to www.whenithurtstomove.org. *Planning for Maximal Results* and *Get Moving* booklets, designed for patients pre- and post- hip and knee surgery continued to be popular in downloads. A new booklet designed for those with shoulder orthopaedic challenges, *Shoulder Surgery: Planning for your Best Results* (created in collaboration with the Canadian Shoulder and Elbow Society) was a new addition to the COF virtual library this year. Other booklets designed for hip fracture, and foot and ankle surgery, along with a "Stop Smoking for Surgical Success" brochure were accessed by those who needed them. Throughout the year, there were more than 144,000 visits to the COF website (www.whenithurtstomove.org).

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.
- Good Life with osteoArthritis in Denmark (GLA:D™ Canada), an education and exercise program designed to help those with hip and knee osteoarthritis, continues to grow. Delivered by our division, Bone and Joint Canada, physiotherapists and other healthcare providers are trained to deliver GLA:D to their patients and clients.
- New towards the end of the fiscal year was a program in collaboration with the Arthritis Society, delivering virtual access to physiotherapists.

Details:

Ortho Connect: This past year, we successfully matched more than 80 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, an education and exercise program designed to help those with hip or knee osteoarthritis, was offered in most provinces across Canada. More than 1100 trained healthcare professionals delivered the program in 235 clinics to 4554 patients with hip or knee osteoarthritis. The program tracks patient outcomes at baseline, 3 months and 1 year. Findings show that, on average, patients reported a 26% improvement in pain and 40% of individuals noted an improvement in quality of life.



Powering Pain Free Movement

The COF's major gifts campaign, *Powering Pain Free Movement*, underscores our belief that with support we CAN give power to our vision of *Pain-free mobility for all Canadians*. The campaign was launched in 2016 with two fundraising goals:

- Grow the COF research program significantly, ensuring Canadian researchers have the money they need to carry out innovative orthopaedic projects; and
- Continue the COF's investment in its education and patient care programs.

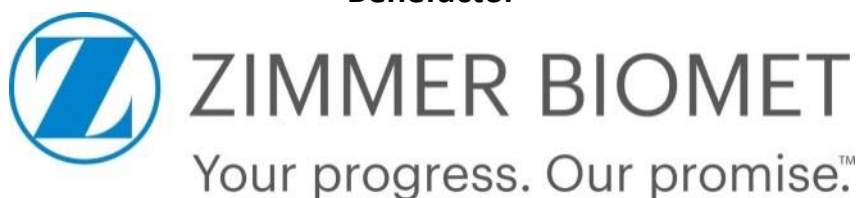
The fourth year of the campaign continued to be very successful, with special thanks to our partners – those whose generous donations contributed this year to a vibrant, world-class Foundation.



2019-20 COF Patron
Dr. Cecil Rorabeck, OC, MD,
FRCSC, Professor Emeritus,
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2019-20 Powering Pain Free Movement Partners

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Fundraising Events

The COF runs two signature events annually, providing people with a chance to participate in an enjoyable activity and raise funds for orthopaedic research, education and care.

The eighth annual *Bad to the Bone Charity Golf Classic* was held on June 24, 2019 at Wooden Sticks Golf Club. Sherry Bassin, former hockey executive, hosted the event welcoming more than 130 people, including hockey fans, surgeons and well-known hockey celebrities. Golfers enjoyed a great day on the course, followed by an evening banquet and live auction. The 2019 *Bad to the Bone* Charity Golf Classic raised just over \$100,000.



Sherry Bassin, host of *Bad to the Bone*

Special thanks to Bad to the Bone 2019 sponsors:

Event Sponsors: CCM, Adidas

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Executive Hole Sponsors: GMP Securities, Dr. James P. Waddell, Mackay Brehm and Smith

Hole Sponsors: Gay Company Limited, DFSM, Sovereign Wealth Management

Canadians wanting to stay active in support of the COF were able to do so in our walking events:

- The ever-popular in person *Hip Hip Hooray!* 1 km walk was held in Saskatoon on October 5, 2019. Six surgeons, their patients, and COF friends participated in the fundraising event.
- Teams from 5 orthopaedic clinics across the country participated in the Step Challenge, a 5-day event in which participants aimed to walk 10,000 steps or more per day.

The walk and step events raised nearly \$50,000. Funds raised supported national programs, as well as local community projects.



Some participants of the Saskatoon *Hip Hip Hooray!* prepare for their walk

Condensed Statement of Financial Position

As at March 31, 2020

ASSET	2020	2019
Current Assets	1,547,851	1,634,021
Equipment	1,005	1,436
Intangible Assets	5,610	8,014
Long Term Investments	<u>18,609</u>	<u>29,383</u>
	<u>1,573,075</u>	<u>1,672,854</u>
LIABILITIES AND NET ASSETS		
Current	329,943	417,957
Net Assets	<u>1,243,132</u>	<u>1,254,897</u>
	\$ <u>1,573,075</u>	\$ <u>1,672,854</u>

Statement of Operations

Revenue

Receipted donations	286,278	319,990
Non-receipted donations	32,825	38,040
Gifts from other charities	22,939	23,693
Government funding	0	0
All other revenue	535,904	638,122
Total Revenue:	<u>\$ 877,946</u>	<u>\$ 1,019,845</u>

Expenses

Charitable programs and research	637,762	728,437
Management and administration	121,334	103,154
Fundraising	130,615	107,756
Gifts to other registered charities and qualified donees	0	0
Other	0	0
Total Expenses:	<u>\$ 889,711</u>	<u>939,347</u>

Excess (Deficiency) of Revenue over Expenses (\$ 11,765) \$ 80,498

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.



What people are saying ...

"[My Ortho Connect volunteer} was fabulous ... really listened to my questions and concerns and answered them to the very best of her ability. She was really reassuring and I felt much better about what would be possible for me after recovery after speaking with her.

- Jehannine, BC

"The research funding awards have served an integral role in the development of my career as a surgeon scientist and the "pilot funds" from the COF have been leveraged to help secure larger funding that is allowing for some very exciting paediatric orthopaedic studies that likely would not have been funded in any other way."

- Dr. Sasha Carsen

"My volunteer was amazing. Very informative. Thank you for this service. Really helpful."

- Bob, ON

Thank You to Our Club 206 Donors

List reflects donations made between April 2019 and March 2020

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Thank you for your generous donation

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.

Thank You to Our Surgeon Donors

List reflects donations made between June 2019 and June 2020

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Thank you for your generous donation to your foundation.

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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Canadian Orthopaedic Foundation
P.O. 1036 Toronto, ON M5K 1P2
Tel: 416-410-2341
Web: www.whenithurtstomove.org
Registered Charity Number: 89059 4740 RR0001

