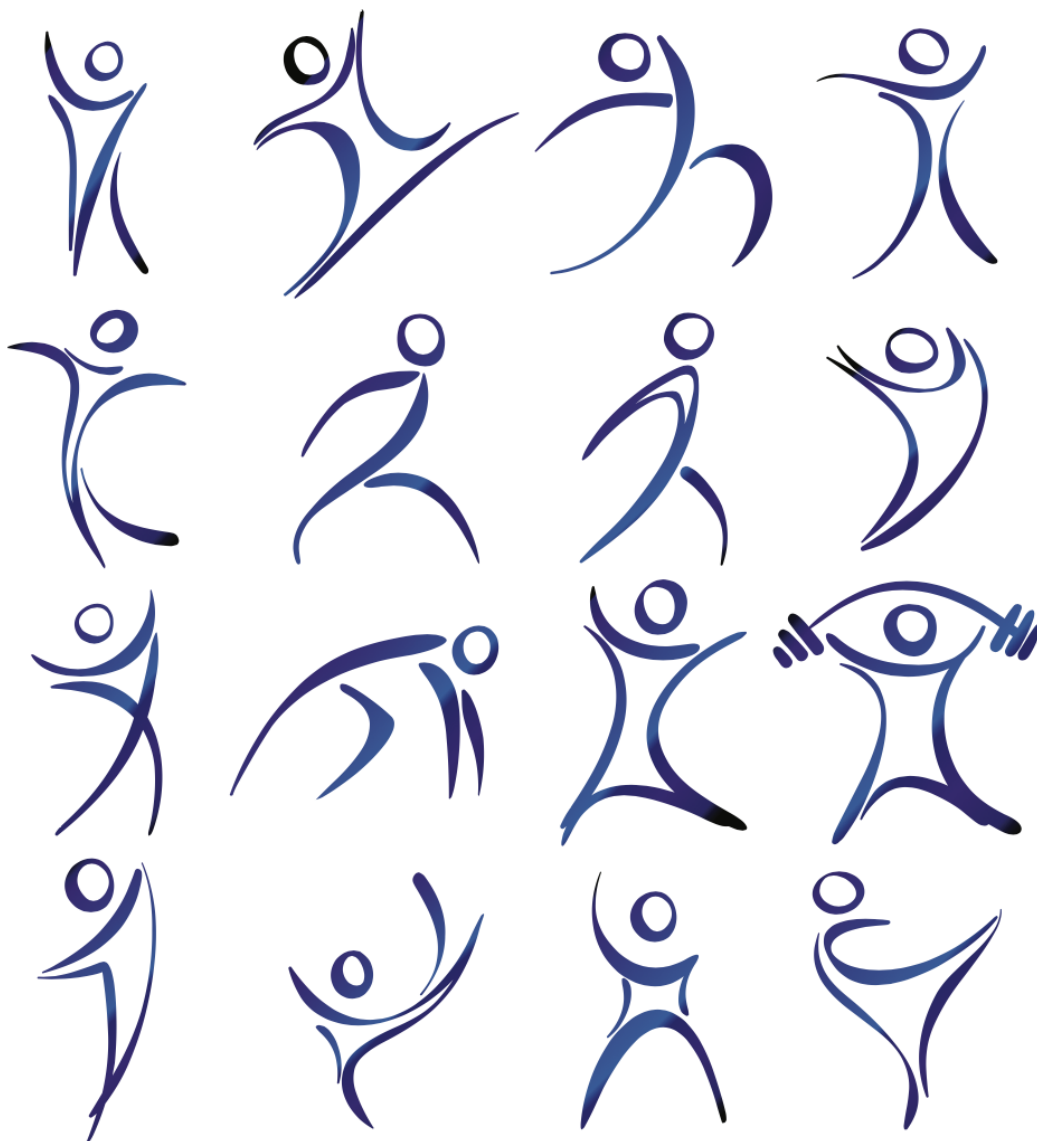




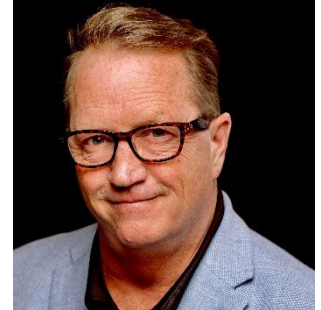
2021 – 2022 Annual Report



Message from the Chief Executive Officer

A year of transitions.

For all of us, the past year has been one of transitions. COVID has forced us to transition our lives in incalculable ways. At the Foundation, our thoughts are always with patients, their families, friends and loved-ones who bear the enormous burden of supporting each other, too often as they await care. Our thoughts are also, always with our courageous health-care professionals whose dedication to face exhaustion, frustration and anxiety each day remind us to be grateful for our minor inconveniences, and for them.



Despite our hardships, as this year unfolded, we began to transition to hope. Vaccinations worked and more and more people were taking them. Our network of amazing volunteers improvised, adapted and delivered support while raising funds for care. Our researchers, transitioned to new work methods in order to continue their vital progress. The Foundation supported efforts to transition resources to orthopaedic surgery time and recovery beds as demand rages for both. Our GLA:D program transitioned further to virtual education and training in order to maintain and expand the reach of this vital support that not only helps with recovery but helps to keep Canadians out of the operating room through education and mobility care.

As 2021-2022 draws to a close, we all are transitioning to a feeling of optimism. We can see an end to isolation and can glimpse a return to what we took for granted for so long. We can begin to transition to more than hope, but to moving forward in new ways, taking the lessons learned with us while re-thinking how we did things as opportunities return to do things again. In the pages that follow, you will see the chapter that was. You can be inspired by the generosity of our donors, our industry partners, by the relentless determination of our award recipients to advance orthopaedic care through their research, by our staff, who sacrificed immensely to ensure that the Foundation's work continues and by our volunteer Board, who gave of their time and efforts to guide the Foundation through this year of transitions.

This was also the year when I transitioned to the Foundation as their CEO. It is a tremendous honour to lend my efforts in support of our community's relentless quest to ensure the finest standard of orthopaedic care in the world for Canadians.

Todd Charlebois
CEO

Achievements: 2021-22

RESEARCH, GRANTS AND AWARDS

Goal:

This year in addition to benefiting from the extraordinary work of the Research Committee to select the highest caliber projects for grants and awards, the Foundation has undertaken to review the processes and orientations of the committee so as to further enhance the impact of our research grants and awards program. The work will continue into FY 22-23 and recommendations will be presented to the Board of Directors when ready.

Overview:

- Awarded the prestigious J. Édouard Samson Award.
- Awarded 3 special grants for research: the Carroll A. Laurin, Robert B. Salter and Cy Frank Awards.
- Awarded 6 research grants through the Canadian Orthopaedic Research Legacy (CORL) competition, advancing innovative research in centres across Canada.
- Awarded the Community Innovation Award to an orthopaedic researcher working in the community.
- Awarded the CSES Research Grant for collaborative shoulder or elbow research.
- Presented the inaugural COA Basic Science Scholarship to an outstanding resident.
- Presented the Robin Richards Award for Upper Extremity Research.
- Supported a research project exploring gender diversity and inclusion for Canadian orthopaedics
- Presented grants for orthopaedic programs in several hospitals, thanks to funds raised by surgeon teams through *Hip Hip Hooray!* and Step Challenge efforts.



Dr. Ivan Wong received the J. Édouard Samson Award – the COF's most prestigious research award. The presentation took place in June 2022 during the virtual COA AGM.

Details:

J. Édouard Samson Award: Recognizing career orthopaedic research

Dr. Ivan Wong (Halifax, NS) – *“The Evolution of Arthroscopic Anatomic Glenoid Reconstruction: Development and Clinical Outcomes”*

Carroll A. Laurin Award: Best new clinical research

Dr. Martin Bouliane (Edmonton, AB) – *“Total versus Reverse Shoulder Arthroplasty: A Pilot Randomized Control Trial”*

Robert B. Salter Award: Best new basic science research

Dr. George Grammatopoulos and Dr. Daniel Coutu (Ottawa, ON) – *“Cellular and molecular characterization of the normal and arthritic hip's intra-articular adipose tissue”*

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

Dr. Mina Wahba Morcos (Montreal, QC) – *“Randomized, Blinded, Controlled trial Comparing the effectiveness of Sedation-Epidural anesthesia to Spinal anesthesia in Outpatient Hip or Knee Arthroplasty”*

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

Dr. Maryse Bouchard (Toronto, ON) – *“Accelerating the Learning Curve in Pediatric Musculoskeletal Radiograph Interpretation for Orthopedic Surgery Post-Graduate Trainees”*

Dr. Anthony Cooper (Vancouver, BC) – *“International Field Test and Translation and Cultural Adaptation of LIMB-Q Kids: A new patient reported outcome measure for children with lower limb deformities”*

Dr. Simon Garceau (Ottawa, ON) – *“A Randomized Controlled Trial Assessing the Efficacy of Surgeon-performed, Intraoperative Adductor Canal Blocks in Same-Day Discharge Total Knee Arthroplasty”*

Dr. Prism Schneider (Calgary, AB) – *“Timely Hip Fracture Care Pathway Implementation: A Feasibility Study”*

Dr. Daniel Tushinski and Dr. Kim Madden (Hamilton, ON) – *“Opioid Reduction in Orthopaedic Surgery (OREOS): A Multicentre Feasibility Randomized Controlled Trial in Knee Replacement Patients”*

Dr. Neil White (Calgary, AB) – *“FROST 2.0: Factors Predicting Orthopaedic Trauma Volumes”*

Community Innovation Award: Celebrating community-based surgeons

Dr. James Higgins (Toronto, ON) – *“A Dedicated Anesthesia Block Room Produces a Positive Return on Investment While Reducing Surgical Backlog When Implemented Using a Combination of Machine Learning, Discrete Event Simulation and Optimization Modelling”*

CSES Research Grant: To encourage collaborative shoulder or elbow research

Dr. Jarret Woodmass (Winnipeg, MB) – *“Randomized controlled trial comparing reverse total shoulder arthroplasty with and without subscapularis repair”*

Inaugural COA Basic Science Scholarship: Resident award for contribution to advancing clinical basic science

Dr. Nolan Horner (McMaster University) for his case study *“An Unusual Intra-articular lesion of the Hip in a 41-Year-Old female”*

Dr. Justin Murphy (Memorial University of Newfoundland) for his case study *“All that glitters is not gold: An atypical cartilaginous proliferative lesion is not always chondrosarcoma”*

Robin Richards Award for Upper Extremity Research:

Dr. Madeleine Van de Kleut (London, ON) for her paper titled: *“Evaluation of Humeral Stem and Glenosphere Fixation in Reverse Total Shoulder Arthroplasty: A Prospective, Randomized Clinical Trial With Two-Year Follow-Up”*

Supported a research project exploring gender diversity and inclusion for Canadian orthopaedics:

Dr. Laurie Hiemstra and Dr. Erin Boynton: *“Barrier Identification-Gender Equity in Canadian Orthopaedic Surgery” (BIG ECOS)”*

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: “Patient-reported, Functional & Clinical Outcomes following Trochleoplasty for Recurrent Lateral Patellofemoral Instability”*

Children’s Hospital of Eastern Ontario (Ottawa, ON): *Support for a research project: “Outcomes following the treatment of displaced pediatric olecranon fractures: pins in or pins out?”*

Children’s Hospital, London Health Sciences Centre (London, ON): *Support for a research project: “Improving the Quality of Interpretation of Pelvic Radiographs for Hip Surveillance in Cerebral Palsy”*

Hôpital Sainte-Justine (Montréal, QC): *Support for a project on the management of septic arthritis: “Quality and Safety Project – development of an institutional algorithm for an effective management of septic arthritis”*

IWK Health Centre (Halifax, NS): *Support for a research project: IWK Paediatric Orthopaedic Research – CP Hip Outcomes Project (CHOP) Study”*

Queen’s University (Kingston, ON): *Support for a research project: “Outcomes in clubfoot care”*

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

SickKids (Toronto, ON): *Support for a research project: “Eliminating routine post-operative radiographs for surgically-managed paediatric supracondylar humerus fractures”*

Stollery Children’s Hospital (Edmonton, AB): *Support for two areas: Harnessing technology to improve education and patient experience in paediatric orthopaedic surgery; and Paediatric Orthopaedic research at the University of Alberta*

Achievements: 2021-22

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](#).
- Individuals received practical education and tips through our *OrthoLink* newsletter.

Details:

Virtual library: The COF's library of videos, booklets and brochures is posted online to www.movepainfree.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. Other booklets designed for shoulder surgery, hip fracture, and foot and ankle surgery were accessed by those who needed them.

Throughout the year, there were more than 152,000 visits to the [COF website](#).

Achievements: 2021-22

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 continue to be trained to deliver GLA:D to their patients and clients.
- Continued collaboration with the Arthritis Society, delivering virtual access to physiotherapists.
- Continued partnership in the Fast Track Care campaign developed by Mobilize Canada to support patients needing orthopaedic surgery.

Details:

Ortho Connect: This past year, we continued to successfully match 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 all provinces across Canada except Quebec where training was hosted in late 2020. The program was also available for patients in Yukon and the Northwest Territories. Since the program began there have been over 1700 healthcare professionals trained and the program has been delivered in 312 clinics to 8193 patients with hip or knee osteoarthritis. In response to the COVID pandemic, in 2020 the program was moved to a virtual format. This included the certification program as well as the clinical program with 729 patients attending the program online, and 284 attending a combination of online and in-person classes. The program tracks patient outcomes at baseline, 3 months and 1 year. Findings show that 52% of hip participants and 58% of knee participants showed a meaningful



improvement in pain with reductions of 20% and 26% respectively. With respect to quality of life, 55% of hip participants and 63% of knee participants showed a meaningful improvement thereby returning to the activities that they enjoy.

As the fiscal year drew to an end, COVID-19 continued to be a serious issue around the world. In Canada, the pandemic continued to cause the cancellation of thousands of orthopaedic surgeries. The COF maintained its partnership with The Arthritis Society to help pre- and post- surgical patients to access physiotherapy support virtually. In addition, the COF partnered in the Fast Track Care campaign developed by Mobilize Canada, a coalition of surgeons, nonprofits and corporations dedicated to supporting patients needing orthopaedic surgery.

Powering Pain Free Movement

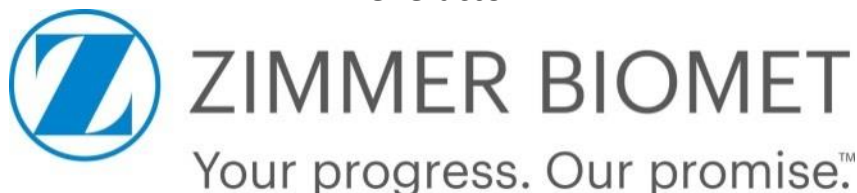
The COF's major gifts campaign, *Powering Pain Free Movement*, underscores our belief that with support we CAN give power to our vision of *Pain-free mobility for all Canadians*. The campaign was launched in 2016 with two fundraising goals:

- 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 sixth year of the campaign continued to be very successful, with special thanks to our partners – those who generously contributed this year to a vibrant, world-class Foundation.

2021-22 Powering Pain Free Movement Partners

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The Wright Family Legacy

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Fundraising Events

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

- The inaugural CPOG Step Challenge in support of paediatric orthopaedics took place in September.
- The *Hip Hip Hooray!* 1 km virtual fun walk took place on October 3. Five surgeons, their patients, and COF friends participated in the fundraising event.
- The COF Step Challenge, a 5-day event in which participants aimed to walk 10,000 steps or more per day, took place mid-October.

The walk and step challenge events raised almost \$62,000. Funds raised supported national programs, as well as local community projects.



Hip Hip Hooray! Virtual Fun Walk

Condensed Statement of Financial Position

As at March 31, 2022

ASSET	2022	2021
Current Assets	1,658,781	1,602,094
Equipment	1,365	704
Intangible Assets	2,749	3,927
Long Term Investments	<u>50,677</u>	<u>19,660</u>
	<u>1,713,572</u>	<u>1,626,385</u>
LIABILITIES AND NET ASSETS		
Current	376,979	338,632
Long Term Liability	60,000	60,000
Net assets	<u>1,276,593</u>	<u>1,227,753</u>
	<u>\$ 1,713,572</u>	<u>\$ 1,626,385</u>

Statement of Operations

Revenue

Receipted donations	344,291	216,095
Non-receipted donations	419	27,463
Gifts from other charities	15,888	15,198
Government funding	36,929	105,580
All other revenue	399,343	336,221
<i>Total revenue:</i>	<i>\$ 796,870</i>	<i>\$ 700,557</i>

Expenses

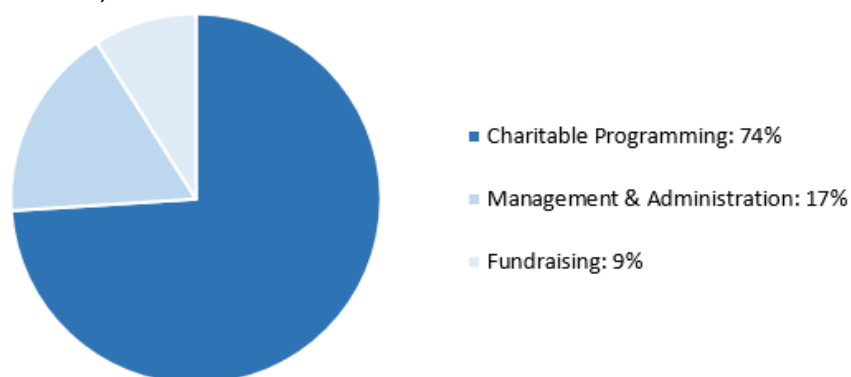
Charitable programs & research	550,141	494,232
Management & administration	130,096	136,775
Fundraising	67,793	84,929
Gifts to other registered charities and qualified donees	0	0
Other	0	0
<i>Total expenses:</i>	<i>\$ 748,030</i>	<i>\$ 715,936</i>

Excess (Deficiency) of Revenue over Expenses **\$ 48,840** **(\$ 15,379)**

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.



Thank You to Our Club 206 Donors

List reflects donations made between April 2021 and March 2022

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Thank you for your generous donation

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Nous vous remercions de votre généreux don à votre fondation.**

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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