MUSCULOSKELETAL RADIODELY FELLOWSHIP

NORTHWESTERN UNIVERSITY
FEINBERG SCHOOL OF MEDICINE
NORTHWESTERN MEMORIAL HOSPITAL
CHICAGO, ILLINOIS
FELLOWSHIP GOALS

• Prepare graduating fellows to be able to provide high-level subspecialty Musculoskeletal (MSK) Radiology services in a variety of practice settings
  • Fellows always have attending oversight
  • Graduated responsibilities so that fellows feel comfortable running an MSK Radiology practice
• Well-balanced fellowship training in all aspects of MSK Radiology clinical practice
  • Magnetic resonance imaging (MRI)
  • Computed tomography (CT)
  • Ultrasound
  • Conventional radiography (CR)
  • Procedures
HISTORY

• Pre-2012 - Abdominal and MSK-Predominant MRI fellowship served as part-time MSK fellows
  • 2009-2010 class produced two MSK radiologists
• 2012 - first official MSK Radiology fellowship position created from MRI fellowship
• 2014 - moved base of MSK Radiology operations into the Lavin Pavilion
  • Establish closer ties with Orthopaedic Surgery and Rheumatology
• 2019 - approved for second fellowship position
• 2020 - first 2-person fellowship class

2009-2010: Our first “unofficial” fellows
LAVIN PAVILION

• Established in October 2014
• Directly connected to Northwestern Memorial Hospital (NMH)
• Serves as main outpatient facility for NMH
  • 17th floor dedicated to multimodality imaging and preoperative diagnostic testing
    • Main MSK Radiology Reading room
  • Contains the Center for Comprehensive Orthopaedic and Spine Care (CCOSC), which is an Orthopaedic center of excellence
    • 5 floors of ambulatory operating rooms and clinical space
    • Integrated MSK Radiology consult room and fluoroscopy rooms in the 13th floor clinic
    • Conference room from which joint Orthopaedic and Radiology conferences are held
    • 2021 expansion of spine center to the 14th floor, which will also contain dedicated space for MSK radiology
• Currently, entire fellowship occurs on NMH campus
FELLOW SCHEDULE

• One fellow is on diagnostic service and primarily responsible for facilitating main reading room activities
  • Primarily reading MRI and responsible for overseeing MRI protocols
  • Serves as initial point person in the reading room for other trainees and technical staff
  • ½ day of plain film/CT
  • ½ day of ultrasound

• Other fellow is on procedural service and has a mix of CT, ultrasound and fluoroscopy-guided procedures
  • Responsible for interfacing with clinical and radiology services and facilitating scheduling of procedures
  • Spine fluoroscopic procedures in second half of the year

• Revert to single fellow schedule when one fellow is off service
MRI

- Currently all MRIs performed on Siemens scanners
- Nine 1.5-T and eight 3-T clinical magnets and one PET-MR 3-T scanner
- Perform 30-70 MSK MRIs/day
  - Highest volumes on Mondays and Fridays
  - Approximately 30-40 MSK MRIs scanned on other days
- Wide variety of MSK MRI indications, including sports-imaging, arthritis, cartilage specific imaging, primary and metastatic tumors, metal implants, MR neurography and whole-body oncologic MRI
  - Diagnostic spine imaging is done by neuroradiology
CT

- 10 Siemens CT scanners in the system
  - 4 dual-source, dual energy and 1 single source dual energy
  - Gout, bone marrow and iodine mapping assessment
- 1 coned-beam extremity CT in the Orthopaedic Clinic
  - Allows low radiation dose, weight-bearing studies
  - Metal artifact reduction and 3D reformatting capabilities
  - Hand/wrist and foot/ankle are most common
- Do 6-12 extremity MSK CTs/day
ULTRASOUND

- Elective MSK ultrasound done 5 days/week
  - Mix of diagnostic and procedural
  - Approximately 8-12 scheduled cases/day
  - Daily add-on elective and urgent inpatient/ED cases
- Performed near the 17th floor reading room in the Lavin building
  - Planned expansion to an adjacent second room
- 5 experienced MSK sonographers, with 3 others in training
- Diagnostic exams include soft tissue masses, tendon and ligament assessment, inflammatory arthritis, hardware complications, dynamic assessment for impingement, peripheral nerve assessment.
- Goal for MSK fellow to initially shadow the sonographers and ultimately be able to perform his or her own studies under attending guidance
  - Fellow should do at least ½ day of ultrasound/week
CONVENTIONAL RADIOGRAPHY

- Approximately 80-100 MSK plain films done/day
- Spine and head and neck studies now read by neuro
- Mainly interpreted by first year residents
- MSK fellow should expect to do plain film ½ day/week to maintain skills from residency, improve accuracy and speed

AP forearm radiograph: Distal radial transverse buckle fracture with posttraumatic fat globule
PROCEDURES

• Occur in 3 settings
  • Intervention Radiology (4th floor of main hospital)
    • Bone biopsies and some soft tissue biopsies and aspirations
    • Bone marrow aspirations
    • Thermal and chemical ablations
    • Occasional cement and biological scaffold stabilizations
  • Ultrasound (mostly on Lavin 17th floor)
    • Diagnostic and therapeutic palliative injections
    • Dry needling and Lavage
    • Tissue sampling
  • Fluoroscopy (Lavin 13th floor)
    • Arthrography
    • Palliative joint and trigger point injections
    • Spine

Intraprocedural and postprocedural axial CT images of talus:
Injection of bone graft substitute

Preprocedural and intraprocedural axial CT images of mid-tibia:
Radiofrequency Ablation of osteoid osteoma
FLUOROSCOPICALLY-GUIDED SPINE INJECTIONS

• Began fluoroscopically-guided spine injection service in 2015 as a service to neurosurgical and orthopaedic spine surgeons in CCOSC

• 4-6 procedures/ ½ day

• Perform:
  • Cervical spine interlaminar epidural and facet steroid injections
  • Lumbar spine transforaminal and interlaminar epidural and facet injections
  • Sacral hiatus caudal injections
  • Sacroliliac joint injections
  • Ganglion impar injections
SPORTS IMAGING

• NMH provides medical and orthopaedic services to the Chicago Cubs
  • See a full spectrum of upper extremity overhead throwing injuries
  • Long-standing relationship with NBA to provide pre-draft medical and orthopaedic assessment of prospective draft candidates
    • See patterns of lower extremity injuries in elite level basketball players
  • Occasional Blackhawks
ACADEMIC INSTRUCTION

• Initial lecture series
  • Introduction to MSK MRI techniques and protocolling, routine joint MRI with focus on knee and shoulder
• Periodic didactic lectures
  • Intermittent throughout the year
• Sectional conferences
• Multidisciplinary conferences
• Research component
• Fellow grand rounds
• Optional experiences
CONFERENCES

• Sectional conferences
  • Journal Club
  • QA/QM
  • Interesting Cases

• Multidisciplinary
  • Sarcoma conference- 1 hour every other Tuesday
    • Fellows alternate running the conference
  • Radiology/Arthroscopy correlation conference
    • Every 6 weeks at 6:15 AM
  • Rheumatology
    • Quarterly for now but will likely increase frequency

• Chicagoland MSK Radiology Interest Group
  • Saturday mornings 3 times/year in NMH Radiology department
  • All academic programs in the city and several high volume private practices share cases and experiences
  • Chance for networking and job seeking
RESEARCH REQUIREMENT

• Fellow should identify and develop a project that can be completed within the year
  • Should be done with a faculty mentor
• Goal is to submit a manuscript to a PubMed-cited journal
• Can be primary literature, case series, technical note or review article
• Should help fellows-
  • Understand how to identify and interpret relevant literature
  • Design an appropriate study and patient cohort
  • Navigate internal review board for study approval when appropriate
  • Apply for some academic or hybrid academic positions
FELLOW GRAND ROUNDS

• Given in the last quarter of the academic year
• Roughly 45 minutes with 10-15 minutes for Q and A
• Meant to examine newer concepts in MSK radiology or relevant orthopaedic or rheumatologic practice
• Fellow can finish fellowship with an established advanced lecture in MSK radiology that they can either give when interviewing for academic positions, give to trainees outside of NMH or to referrers in order to establish themselves as having expertise in the field
CALL

• Currently MSK fellow call is done in conjunction with Body Imaging
  • MSK only call is possible in the future
• 9-10 fellows in call pool
• Short call on weekdays from either 5-8 pm or 5-9 pm
• Long call (every 4.5 – 5 weeks on average)
  • One weekend includes Friday night (5-9 pm) and Saturday day in house
  • Another weekend included week-long pager call as first back-up for ED residents
    • Saturday and Sunday in house primarily reading inpatient body CT and some ultrasound/body MRI
    • Consult for clinical services and Radiology staff
    • Protocoling
OTHER TRAINEES ON MSK RADIOLOGY

- Fellows
  - Body and MSK-predominant MRI fellows
    - Do about 20% their service on MSK rotation
    - Limited to MRI and possible CT/plain film depending on service needs
  - Fellows from other services on elective
- Residents
  - First year residents are expected to do plain film and some MSK CT toward the end of the rotation
  - Upper year residents are expected to do MSK MRI, an other diagnostic imaging modalities depending on service needs
  - Mini-fellows- expected to participate in the sectional clinical and academic activities similar to MSK fellows
- MSK fellow is a primary resource to other trainees and should work with them on protocols, consultations and emergent patient events
  - The MSK fellows should share these responsibilities and are not expected to be the only ones participating
ELECTIVE TIME

- 4 weeks of elective time
- Split into first and second halves of year
  - Staggered between fellows
- No limitations provided there is significant educational benefit
- Examples:
  - Neuroradiology to perform diagnostic spine imaging
  - Pediatric Radiology under guidance of Jonathan Samet to improve understanding of pediatric MSK Radiology
  - Nuclear Medicine
  - Women’s imaging
  - Off-site electives are possible
OPTIONAL ACTIVITIES

• First Year Medical Student Anatomy Lab
  • Spend time in anatomy lab when the first year medical students are dissecting extremities
  • Opportunity to dissect structures usually only seen on imaging
  • Expose medical students to MSK radiology early in their training

• Clinic Time
  • Orthopaedic Surgery
  • Sports Medicine
  • Rheumatology
SOCIAL EVENTS

• Chances for team bonding and for attendings and fellows to see each other outside of work
• Many of us are sports fans
  • Opportunities to see games, such as Cubs, Blackhawks and Northwestern football
• Periodic dinners
• End of year graduation dinner
PAST FELLOWS

- **2011-2012**  Saquib Khawar, MD
  - Staff Radiologist; Central Illinois Radiological Associates
- **2012-2013**  Mauricio Galizia, MD
  - Cardiovascular Radiologist; University of Iowa, Iowa City, IA
- **2013-2014**  Nick Morley, MD
  - Musculoskeletal Radiologist; Marshfield Clinic- Eau Claire Campus
- **2014-2015**  Eric Tarkowski, MD
  - Musculoskeletal Radiologist; Northwestern Central DuPage Hospital, Winnefield, IL
- **2015-2016**  Kulia Kakarala, MD
  - Staff Musculoskeletal Radiologist; Texas Tech University Medical Center Health System, Lubbock TX
- **2016-2017**  Jonathan Youngner, MD
  - Associate Staff Radiologist; Cleveland Clinic, Cleveland OH
- **2017-2018**  Michael Burke, MD
  - AMITA Health Saint Francis Hospital; Evanston IL
- **2018-2019**  Samir Abboud, MD
  - Chief Emergency Radiology; Northwestern Memorial Hospital, Chicago, IL
- **2019-2020**  Ravi Vassa, MD
  - Staff Musculoskeletal Radiology; Texas Radiology Associates, Dallas, TX
PAST FELLOWS

- As of the 2020-2021 academic year there have been 11 total fellows
  - 7 from Northwestern
  - 4 from elsewhere
- 4 purely in private practice
- 3 in hybrid private/academic practices
- 2 in academic positions
CURRENT FACULTY

• Ronald Hendrix, MD
  • University of Chicago Fellowship 1974

• Renee Yap, MD
  • Massachusetts General Hospital MSK Radiology Fellowship 1997

• Imran Omar, MD
  • Thomas Jefferson University MSK Radiology Fellowship 2006

• Ankur Garg, MD, MBA
  • UCSF MSK Radiology Fellowship 2013

• Swati Deshmukh, MD
  • Hospital for Special Surgery MSK Radiology Fellowship 2016

• Ajay Chapa, MD, MBA
  • Rush University Body Imaging and MSK Fellowship 2012

• Jonathan Samet, MD
  • Johns Hopkins University MSK Radiology Fellowship 2013
  • 4 days/week at Lurie Children’s Hospital and 1 day/week at NM
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