

Foot and Ankle Surgery

EXTERNSHIP MANUAL
2018-2019



HealthPartners Institute/Regions Hospital

Regions Hospital
640 Jackson Street
St. Paul, Minnesota 55101

Troy Boffeli, DPM, FACFAS

Director, Foot and Ankle Surgery
PMSR/RRA Residency Training Program

Ryan Pfannenstein, DPM, FACFAS

Externship Director

Meet the Foot and Ankle Surgery Team



Troy Boffeli, DPM, FACFAS
Residency Director
Staff Surgeon

- Current Practice:** HealthPartners Medical Group,
Department Head of Foot and Ankle
Surgery (1994-Present)
- Professional Interests:** Surgeon, author, medical photography,
teacher and research
- Medical School:** College of Podiatric Medicine and
Surgery at Des Moines University
- Residency:** Detroit Medical Center, 1990-1993
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Ryan Pfannenstien, DPM, FACFAS
Externship Director
Staff Surgeon

- Current Practice:** HealthPartners Specialty Center and
Riverside Clinic, Regions Hospital
- Professional Interests:** Complex deformity correction, foot and
ankle trauma, devastating infections
and wounds, and arthroscopic surgery
- Medical School:** College of Podiatric Medicine and
Surgery at Des Moines University
- Residency:** Regions Hospital, 2001-2004
- Undergraduate:** St. Olaf College, Northfield, Minnesota
- Hometown:** St. Cloud, Minnesota
- Hobbies/Interests:** Spending time with family, guitar and
steel guitar
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Jaclyn Bohm, DPM, AACFAS
Staff Surgeon

- Current Practice:** Fairview Clinics and Hospitals
- Professional Interests:** All aspects of foot surgery, ankle scopes,
ankle fracture repair and wound care
- Medical School:** Ohio College of Podiatric Medicine
- Residency:** Regions Hospital, 2008-2011



Rachel Collier, DPM
Staff Surgeon

Current Practice: HealthPartners Inver Grove Heights Clinic, Regions Hospital

Professional Interests: Arthritic conditions, foot and ankle fractures, forefoot and rear foot deformity correction, infections and wounds

Medical School: Scholl College of Podiatric Medicine at Rosalind Franklin University

Residency: Regions Hospital, 2010-2013

Undergraduate: University of Wisconsin, La Crosse

Hometown: New Berlin, Wisconsin

Hobbies/Interests: Traveling, running, waterskiing, boating and painting



Matthew Peterson, DPM, FACFAS
Staff Surgeon

Current Practice: Fairview Clinic- Bass Lake

Professional Interests: Foot and ankle injuries, elective and reconstruction surgery, arthroscopy and diabetic limb salvage

Medical School: College of Podiatric Medicine & Surgery at Des Moines University

Residency: Regions Hospital



Jeremy Fleischmann, DPM, AACFAS
Staff Surgeon

Current Practice: Fairview Clinics and Hospitals

Professional Interests: Foot and ankle reconstruction, trauma care, diabetic limb salvage

Medical School: Ohio College of Podiatric Medicine

Residency: Regions Hospital, 2006-2009



Samuel Gervais, DPM
Staff Podiatrist

Current Practice: HealthPartners Specialty Center and Riverside Clinic, Regions Hospital

Professional Interests: Foot and ankle reconstruction, trauma care, diabetic limb salvage

Medical School: College of Podiatric Medicine & Surgery at Des Moines University

Residency: Regions Hospital, 2014-2017



Audra Mintz, DPM
Staff Surgeon

Current Practice: HealthPartners Anoka/Riverway Clinic, Regions Hospital

Professional Interests: Diabetes, infections, wound care, sports medicine, private care, reconstructive foot surgery

Medical School: California School of Podiatric Medicine at Samuel Merritt University

Residency: Regions Hospital, 2007-2010

Undergraduate: Tulane University

Hometown: St. Louis Park, Minnesota

Hobbies/Interests: Reading, skiing, cooking and playing with my kiddos



Gina Ruesch, DPM
Staff Podiatrist

Current Practice: HealthPartners Specialty Center and Riverside Clinic

Professional Interests: Wound care, fracture care, sports medicine

Medical School: College of Podiatric Medicine & Surgery at Des Moines University

Residency: Minneapolis VA, 2002-2003

Hometown: Worthington, Minnesota

Hobbies/Interest: In my free time I enjoy traveling with my husband and son as well as playing hand bells in my church's hand bell choir



Mike Reid, DPM, FCFAS
Staff Surgeon

Current Practice: Fairview Clinics and Hospitals

Professional Interests: Diabetes-related foot problems and wound care, foot and ankle injuries and reconstructive surgery

Medical School: College of Podiatric Medicine & Surgery at Des Moines University

Residency: Regions Hospital, 2004-2007

RESIDENTS



Catlea Gorman, DPM
PGY-3

Medical School: Western University of Health Sciences
Pomona, California

Undergraduate: University of Arizona, Tucson, Arizona

Hometown: Oro Valley, Arizona

Hobbies/Interests: Krav Maga, movies, concerts, cooking and exploring new cuisine



Heather Schaeftbauer, DPM
PGY-3

Medical School: Scholl College of Podiatric Medicine at
Rosalind Franklin University School of
Medicine and Science,
North Chicago, Illinois

Undergraduate: St. Cloud State University,
St. Cloud, Minnesota

Hometown: Elk River, MN

Hobbies/Interests: Hiking, camping, snowmobiling, and
spending with my husband and dog.



Samantha Luer, DPM
PGY-2

Medical School: College of Podiatric Medicine &
Surgery at Des Moines University

Undergraduate: Minnesota State University,
Mankato, MN

Hometown: Knapp, WI

Hobbies/Interests: Enjoy going to local farmer's markets,
weight lifting, and baking everything
from wedding cakes to cookies.



Elizabeth Neubauer, DPM
PGY-2

Medical School: Scholl College of Podiatric Medicine at Rosalind Franklin University School of Medicine and Science, North Chicago, Illinois

Undergraduate: University of Michigan Ann Arbor, MI

Hometown: Midland, MI

Hobbies/Interests: Enjoy running, cycling, reading and traveling



Abimbola Johnson, DPM
PGY-1

Medical School: Scholl College of Podiatric Medicine at Rosalind Franklin University of Medicine and Science.

Undergraduate: Loyola University Chicago, Chicago, IL

Hometown: Round Lake Beach, IL

Hobbies/Interests: Hikes with my wife and dog, playing basketball, and reading crime fiction novels.



Collin Messerly, DPM
PGY-1

Medical School: College of Podiatric Medicine & Surgery at Des Moines University

Undergraduate: University of Utah, Salt Lake City, UT

Hometown: Winnemucca, NV

Hobbies/Interests: Enjoy spending time with my wife and son, hunting, fishing, CrossFit and being outdoors.



Tyler Sorensen, DPM
PGY-1

Medical School: College of Podiatric Medicine & Surgery at Des Moines University

Undergraduate: Bethel University, St. Paul, Minnesota

Hometown: Madison, Wisconsin

Hobbies/Interests: Hockey, water skiing, time at the lake, and enjoying time with my wife

Typical Extern Schedule

Monday	AM rounds Surgery with Pfannenstein or Clinic with Dr. Collier
Tuesday	AM rounds Orthopedic Conference: 7:00-8:00am Surgery with Dr. Abben (PN) or Dr. Gervais (HP) Clinic with Dr. Boffeli at HPSC or Dr. Pfannenstein at Riverside Clinic Surgical Case Planning with Dr. Boffeli: 12:00-1:00pm Semi-monthly journal Club/ Book Review- location varies: 5:00pm
Wednesday	AM rounds Clinic with Dr. Pfannenstein at HPSC Surgery with Dr. Boffeli at TRIA Woodbury Surgery with Dr. Collier
Thursday	AM rounds Clinic with Dr. Pfannenstein at HPSC Surgery with Dr. Abben
Friday	AM rounds Friday Morning Conference: 6:15am Surgery with Dr. Boffeli at Regions Clinic with Dr. Pfannenstein at HPSC Extern academics and workshop
Weekend	The student assigned to call for the week/weekend with the resident will assist with rounds, calls, consults and surgery.
Daily Rounds	Time of rounds each day depends on number of inpatients, meetings, lectures, and surgeries. Rounds can be as early as 5am, but usually 6:30-7am. Check with resident assigned to rounds the evening before. If you don't receive a text/call by 6-7pm, call or text the resident to determine what time to meet.
Call	Each student will take 2-3 weeks of call during their month here, including weekends. Call weeks are assigned during first day/orientation. We will call your cell phone for ED consults or surgery.

Planning your Month

1. Feel free to bring your own lunch. There are refrigerators and microwaves available. There is also a cafeteria at the hospital and clinic.
2. Plan to be on call, including nights and weekends; usually two weeks per month. This is home call.
3. If you know you need time off, let us know when you get here so we can plan around it.
4. You will need a vehicle to travel to/from the hospital and clinic.
5. Any evaluation forms that need to be done should be given to Dr. Pfannenstein or the 2nd year residents (Sam & Liz).
6. Students should wear clinic attire while in clinic. Light blue scrubs are available at the HPSC; dark green scrubs are available at Regions Hospital (Regions scrubs are not allowed to leave the facility). Men do not need to wear a tie. Students will be provided with long white coats to wear at clinic. **Do not** bring your coat to clinic. No coat is needed in the hospital either. Clinic is on the 3rd floor at HPSC.
7. If you ever have any questions, feel free to text or page any of the residents. Cell phones are not a great way to contact us during the day as we don't always carry them in the hospital.

Housing

We do not provide housing and know that finding short-term housing can be difficult while an extern. To help with this process, we suggest you look on the site below for a variety of short-term housing options through the University of Minnesota. Please keep in mind that these listings have not been inspected or endorsed by the University of Minnesota. Many students have been very happy with some of these listings in the past. We recommend being within twenty minutes of the hospital (640 Jackson Street, St. Paul, MN).

Website: <http://www.housing.umn.edu/offcampus/temp.shtml>

Hospital/Rounds

Rounds are done daily in the morning on inpatients. It's helpful to print inpatient lists for all those rounding. Students should arrive a little before rounds to review patient's chart such as labs, vitals, and notes from the night before. Review the Foot & Ankle Inpatient list before rounds each day. Also, be sure to check culture results daily on infection patients. On rounds, students should get the dressing supplies and participate in bandage removal and reapplication. Students may also be asked to do full H&P's so you may want to keep your stethoscope with you.

Surgery

Surgery takes place at Regions Hospital, Same Day Surgery Center (4th floor, same building as clinic), and at TRIA in Woodbury. Check with resident the day prior to confirm location. Both sites provide scrubs. You will participate in cases. Usually one student and one resident unless it is a big case. You will also have surgery with Dr. Abben at one of the Park Nicollet locations.

Student responsibilities

Drawing up local (usually 20-24cc of 0.5% marcaine plain), pulling up X-rays, and applying the tourniquet, Mayo or digital blocks (at resident discretion), Pulling gloves for the resident scrubbing your case is helpful, but not expected. Just let them know either way. When multiple students are with the same attending for surgery, one student is scrubbing, while the other helps with patient prep. Try to be early on surgery days to “pre-scrub” so that you only have to use the waterless surgical scrub prior to the remaining cases.

Directions to HealthPartners Specialty Center (HPSC)

435 Phalen Boulevard, St. Paul, MN 55101 651-245-8380

From the hospital take University Avenue going east. Turn left on Oliver Street. Turn right on Phalen Blvd. Take a left at Cayuga Street, and the building is on the right. You can park in the loft or under the ramp. The surgery center is on the 4th Floor and clinics is on the 3rd Floor.

Directions to Riverside Clinic

2220 Riverside Avenue, Minneapolis, MN 55454 612-341-1805

This is not our primary clinic location, but you may be spending some time in clinic here at some point during the month. Take I-94 west to Riverside Avenue (exit). Take a right onto Riverside Avenue. Right on 23rd Avenue South, you will see a HealthPartners clinic building on your left. Park in the yellow parking ramp on the left side attached to the HealthPartners building. Take a parking ticket; you can get this validated by the staff in clinic. Podiatry clinic is on the 3rd floor.

Address information for additional rotation sites:

Methodist Hospital- Surgical Services, 2nd Floor 952-993-5370
6500 Excelsior Boulevard
St. Louis Park, MN 55426

Park Nicollet Ambulatory Surgery Center 952-993-1953
3900 Park Nicollet Boulevard
St. Louis Park, MN 55416

Park Nicollet- PN Surgery Center 952-977-3249
15800 95th Avenue North
Maple Grove, MN 55369

TRIA Orthopedic Center 952-831-8742
155 Radio Drive
Woodbury, MN 55125

TRIA Orthopedic Center 952-806-5600
9555 Upland Lane North
Maple Grove, MN 55369

Important Phone Numbers and other Pertinent Information

Regions Hospital Switchboard	651-254-3456
HealthPartners Specialty Clinic (Podiatry hotline)	651-254-8380
Surgery Center	651-254-8000
Riverside Clinic	612-341-1800
Regions Hospital Medical Library/2 nd Floor	card access after hours
Copier codes	7606, 7506, 7610, 0939
Resident office (Regions, 2 nd Floor, North Section)	card access

Residency Coordinator: Foot and Ankle Surgery Residency Program

Devon Yocom	Regions Hospital
Telephone: 651-254-2864	Office of Health Professional Education
Fax: 651-254-5044	Mail Stop: 11202F
	640 Jackson Street
	St. Paul, MN 55101