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

Ryan Pfannenstein, 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

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
<table>
<thead>
<tr>
<th>Name</th>
<th>Current Practice</th>
<th>Professional Interests</th>
<th>Medical School</th>
<th>Residency</th>
<th>Hometown</th>
<th>Hobbies/Interests</th>
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</thead>
<tbody>
<tr>
<td>Samuel Gervais, DPM</td>
<td>HealthPartners Specialty Center and Riverside Clinic, Regions Hospital</td>
<td>Foot and ankle reconstruction, trauma care, diabetic limb salvage</td>
<td>College of Podiatric Medicine &amp; Surgery at Des Moines University</td>
<td>Regions Hospital, 2014-2017</td>
<td>Worthington, Minnesota</td>
<td>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</td>
</tr>
<tr>
<td>Audra Mintz, DPM</td>
<td>HealthPartners Anoka/Riverway Clinic, Regions Hospital</td>
<td>Diabetes, infections, wound care, sports medicine, privative care, reconstructive food surgery</td>
<td>California School of Podiatric Medicine at Samuel Merritt University</td>
<td>Regions Hospital, 2007-2010</td>
<td>St. Louis Park, Minnesota</td>
<td>Reading, skiing, cooking and playing with my kiddos</td>
</tr>
<tr>
<td>Gina Ruesch, DPM</td>
<td>HealthPartners Specialty Center and Riverside Clinic</td>
<td>Wound care, fracture care, sports medicine</td>
<td>College of Podiatric Medicine &amp; Surgery at Des Moines University</td>
<td>Minneapolis VA, 2002-2003</td>
<td>Worthington, Minnesota</td>
<td>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</td>
</tr>
</tbody>
</table>
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

Mike Reid, DPM, FACFAS
Staff Surgeon
### 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 Schaefbauer, 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.
<table>
<thead>
<tr>
<th>Name</th>
<th>Medical School</th>
<th>Undergraduate</th>
<th>Hometown</th>
<th>Hobbies/Interests</th>
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<tbody>
<tr>
<td>Elizabeth Neubauer, DPM</td>
<td>Scholl College of Podiatric Medicine at Rosalind</td>
<td>University of Michigan</td>
<td>Midland, MI</td>
<td>Enjoy running, cycling, reading and traveling</td>
</tr>
<tr>
<td>PGY-2</td>
<td>Franklin University School of Medicine and Science,</td>
<td>Ann Arbor, MI</td>
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<tr>
<td></td>
<td>North Chicago, Illinois</td>
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<tr>
<td>Abimbola Johnson, DPM</td>
<td>Scholl College of Podiatric Medicine at Rosalind</td>
<td>Loyola University</td>
<td>Round Lake</td>
<td>Hikes with my wife and dog, playing basketball, and reading crime fiction novels.</td>
</tr>
<tr>
<td>PGY-1</td>
<td>Franklin University School of Medicine and Science</td>
<td>Chicago, Chicago, IL</td>
<td>Beach, IL</td>
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<tr>
<td></td>
<td>Des Moines University</td>
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<tr>
<td>Collin Messerly, DPM</td>
<td>College of Podiatric Medicine &amp; Surgery at Des</td>
<td>University of Utah, Salt</td>
<td>Winnemucca, NV</td>
<td>Enjoy spending time with my wife and son, hunting, fishing, CrossFit and</td>
</tr>
<tr>
<td>PGY-1</td>
<td>Moines University</td>
<td>Lake City, UT</td>
<td></td>
<td>being outdoors.</td>
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<tr>
<td>Tyler Sorensen, DPM</td>
<td>College of Podiatric Medicine &amp; Surgery at Des</td>
<td>Bethel University, St.</td>
<td>Madison,</td>
<td>Hockey, water skiing, time at the lake, and enjoying time with my wife</td>
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<tr>
<td>PGY-1</td>
<td>Moines University</td>
<td>Paul, Minnesota</td>
<td>Wisconsin</td>
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**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](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

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Regions Hospital Switchboard</td>
<td>651-254-3456</td>
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<tr>
<td>HealthPartners Specialty Clinic (Podiatry hotline)</td>
<td>651-254-8380</td>
</tr>
<tr>
<td>Surgery Center</td>
<td>651-254-8000</td>
</tr>
<tr>
<td>Riverside Clinic</td>
<td>612-341-1800</td>
</tr>
<tr>
<td>Regions Hospital Medical Library/2&lt;sup&gt;nd&lt;/sup&gt; Floor</td>
<td>card access after hours</td>
</tr>
<tr>
<td>Copier codes</td>
<td>7606, 7506, 7610, 0939</td>
</tr>
<tr>
<td>Resident office (Regions, 2&lt;sup&gt;nd&lt;/sup&gt; Floor, North Section)</td>
<td>card access</td>
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# Residency Coordinator: Foot and Ankle Surgery Residency Program

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