Foot and Ankle Surgery

EXTERNSHIP MANUAL
2013-2014

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
Exinternship Director
**Typical Extern Schedule**

**Monday**  
AM Rounds  
Surgery with Dr. Pfannenstein/Dr. Donohue

**Tuesday**  
AM Rounds  
Orthopedic Conference 7:00–8:00am  
Clinic with Dr. Boffeli at HPSC or Dr. Pfannenstein at Riverside Clinic  
Surgical Case Planning with Dr. Boffeli 12:00–1:00pm  
(Case Conference 1st Tuesday of the Month 6:00–8:30pm at HPSC)

**Wednesday**  
AM rounds  
Surgery with Dr. Boffeli/Dr. Mintz  
Medicine Grand Rounds 12:00–1:00pm

**Thursday**  
AM rounds  
Weekly Journal Club/Board Prep at 6:15am  
Clinic with Dr. Boffeli or Dr. Pfannenstein at HPSC  
Surgical Case Planning with Drs. Pfannenstein/Boffeli

**Friday**  
AM rounds  
Friday Morning Conference 6:30am  
Surgeries with Dr. Boffeli/Dr. Le/Dr. Olson  
Work on Presentation

**Saturday/ Sunday**  
Student on call with resident; assists with rounds/calls

**Daily**  
Time of rounds each day depends on number of inpatients, meetings, lectures, and surgeries. Rounds can be as early as 5:00am, but usually 6:00–6:30am. Check with on-call resident at end of each day — they will typically text you. One student each week will be on call for the whole week, including weekends. We will call your cell phone.
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 one week at a time. 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 completed should be given to Dr. Pfannenstei or the 2nd year residents.

6. Students should wear clinic attire on Tuesday and Thursday at clinic, while scrubs are fine for the other days (light blue scrubs available at the HPSC; dark green scrubs available at Regions Hospital). Men do not need to wear a tie. Students will be provided with long white coats to wear at clinic. Do not bring you coat to clinic. No coat is needed in the hospital either. Clinic is on the 3rd floor at HPSC.

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 55101).

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. You may be assigned a patient to follow while in house and present to attending during rounds. 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 Census sheet daily to review patients. Be sure to check cultures daily on infection patients, as residents and staff reply on students to be aware of culture results as they become available. 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 or at the Same Day Surgery Center (4th floor, same building as clinic). 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.

**Student responsibilities:** Drawing up local (usually 24cc of 0.5% marcaine plain), pulling up X-rays, applying the tourniquet, Mayo or digital blocks (ankle blocks typically done by resident). 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, the student that is scrubbing should be scrubbed and gowned before the other student is done doing the local block. This ensures that the scrub tech is not busy gowing the student with the resident and attending are trying to get gowned and then get the patient draped. 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. You only need to do one formal scrub-in each day, even if traveling between Regions and Same Day Surgery Center.
Directions to HealthPartners Specialty Center (HPSC)

This address is the same for the clinic and Same Day Surgery Center.

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 the next stop light (about ¼ mile down the road).  It is the building on the right.

You can park in the lot or under the ramp.  The surgery center is on the 4th floor and clinic is on the 3rd floor.

Directions to Riverside Clinic

This is not our primary clinic location, but you may be spending some time in clinic here at some point during the month.

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

Take Interstate 94 west to Riverside Avenue (exit).  At the top of the exit, take a right. It's on the right-hand side.  Turn in and park in the parking ramp on the left-hand side. Take the ticket with you up to clinic and ask for Beanie.  She will validate your parking for you.

Foot & Ankle Surgery Metro Case Conference

First Tuesday of every month at HealthPartners Specialty Clinic, 3rd floor meeting rooms, 6:00pm–8:30pm.
**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>651-254-8381</td>
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<tr>
<td>Surgery Center</td>
<td>651-254-8000</td>
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<td>Radiology Reads</td>
<td>651-254-5300</td>
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<tr>
<td>Riverside Clinic</td>
<td>612-341-1805</td>
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<tr>
<td>Regions Hospital Medical Library/2\textsuperscript{nd} Floor</td>
<td>card access after hours</td>
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<tr>
<td>Resident Lounge/Regions Hospital/2\textsuperscript{nd} Floor</td>
<td>card access</td>
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**Resident Pager Numbers for 2013-2014 Academic Year**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Kyle Abben, DPM</td>
<td>chief resident</td>
<td>651-629-0131</td>
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<tr>
<td>Jonathan Thompson, DPM</td>
<td>chief resident</td>
<td>651-629-4294</td>
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<tr>
<td>Shelby Hyllengren, DPM</td>
<td>2\textsuperscript{nd} year resident</td>
<td>651-629-1478</td>
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<tr>
<td>Jessica Tabatt, DPM</td>
<td>2\textsuperscript{nd} year resident</td>
<td>651-629-1274</td>
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<tr>
<td>Kevin Mahoney, DPM</td>
<td>1\textsuperscript{st} year resident</td>
<td>651-629-1913</td>
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<tr>
<td>Brett Waverly, DPM</td>
<td>1\textsuperscript{st} year resident</td>
<td>651-629-0329</td>
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# Meet the Foot and Ankle Surgery Team

## STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Current Practice</th>
<th>Professional Interests</th>
<th>Medical School</th>
<th>Residency</th>
<th>Undergraduate</th>
<th>Hobbies/Interests</th>
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<tbody>
<tr>
<td>Troy Boffeli, DPM, FACFAS</td>
<td>HealthPartners Specialty Center Clinic, Regions Hospital</td>
<td>Leaning, devising, and teaching the best methods to treat complex foot and ankle fractures, deformities, infections, wounds, and arthritic conditions</td>
<td>College of Podiatric Medicine &amp; Surgery at Des Moines University</td>
<td>Detroit Medical Center, 1990-1993</td>
<td>Detroit Medical Center, 1990-1993</td>
<td>Sports and fitness activities with my wife and children, conservation and reforestation projects at our family tree farm</td>
</tr>
<tr>
<td>Ryan Pfannenstein, DPM, FACFAS</td>
<td>HealthPartners Specialty Center and HP Riverside Clinics, Regions Hospital</td>
<td>Complex deformity correction, foot and ankle trauma, devastating infections and wounds, and arthroscopic surgery</td>
<td>College of Podiatric Medicine &amp; Surgery at Des Moines University</td>
<td>Regions Hospital, 2001-2004</td>
<td>St. Olaf College, Northfield, MN</td>
<td>Spending time with family, guitar, and fly fishing</td>
</tr>
<tr>
<td>Bill Kuglar DPM, FACFAS</td>
<td>HealthPartners Specialty Center and Bloomington Clinics, Regions Hospital</td>
<td>Diabetic foot surgery, reconstructive foot surgery, and sports medicine</td>
<td>Ohio College of Podiatric Medicine</td>
<td>Harris County Hospital District, 1980</td>
<td>St. Olaf College, Northfield, MN</td>
<td>Skiing, golf, scuba diving, playing the drums</td>
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<tr>
<td>John Donohue, DPM</td>
<td>Staff Surgeon</td>
<td>HealthPartners Riverway Clinics-Anoka, Bloomington Clinic, and West Clinic, Regions Hospital</td>
<td>Bunion surgery, reconstructive forefoot surgery</td>
<td>Ohio College of Podiatric Medicine</td>
<td>Harris County Hospital District, 1980</td>
<td></td>
</tr>
<tr>
<td>Audra Mintz, DPM</td>
<td>Staff Surgeon</td>
<td>HealthPartners/Riverway Clinics-Anoka, Regions Hospital</td>
<td>Diabetes, infections, wound care, sports medicine, preventive care, reconstructive foot surgery</td>
<td>Samuel Merritt College, California School of Podiatric Medicine</td>
<td>Regions Hospital, 2007-2010</td>
<td></td>
</tr>
<tr>
<td>Rachel Collier, DPM</td>
<td>Staff Surgeon</td>
<td>HealthPartners Inver Grove Heights Clinic, Regions Hospital</td>
<td>Arthritic conditions, foot and ankle fractures, forefoot and rearfoot deformity correction, infections and wounds</td>
<td>Scholl College of Podiatric Medicine at Rosalind Franklin University</td>
<td>Regions Hospital, 2010-2013</td>
<td>University of Wisconsin, La Crosse</td>
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<tr>
<td>Name</td>
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<td>Medical School</td>
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<tr>
<td>Gina Ruesch, DPM</td>
<td>HealthPartners Specialty Center and Riverside Clinics</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>
<tr>
<td>Long Le, DPM</td>
<td>Pinnacle Foot and Ankle Clinics</td>
<td>Reconstructive foot and ankle surgery, sports medicine, wound care</td>
<td>College of Podiatric Medicine &amp; Surgery at Des Moines University</td>
<td>St. John North Shores Hospital, Detroit, MI</td>
<td>St. Paul, Minnesota</td>
<td>Eating, camping, volleyball, tennis, watching sports</td>
</tr>
<tr>
<td>Matt Sorensen, DPM, FACFAS</td>
<td>Summit Orthopedics</td>
<td>Foot and ankle reconstructive and replacement surgery, trauma, acute sports injuries</td>
<td>College of Podiatric Medicine &amp; Surgery at Des Moines University</td>
<td>Gundersen Lutheran Medical Center, La Crosse, WI</td>
<td>Orthopedic Foot and Ankle Center &amp; the Ohio State University Medical Center, Columbus, Ohio</td>
<td>Snow and water skiing, ice hockey, golf, reading, theatre, family time</td>
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Gina Ruesch, DPM  
Staff Podiatrist

Long Le, DPM  
Staff Surgeon

Matt Sorensen, DPM, FACFAS  
Staff Surgeon
Bryan Russell, DPM, FACFAS
Staff Surgeon

Current Practice  Summit Orthopedics  
Professional Interests  Foot and ankle reconstructive and replacement surgery, trauma, acute sports injuries  
Medical School  College of Podiatric Medicine & Surgery at Des Moines University  
Residency  Regions Hospital  
Undergraduate  Kansas State University  
Hobbies/Interests  Cycling, travel, medical mission trips  

Mike Reid, DPM, FACFAS
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  

Brad Olson, DPM
Staff Surgeon

Current Practice  Highland Foot and Ankle Clinic  
Medical School  College of Podiatric Medicine & Surgery at Des Moines University  
Residency  Regions Hospital, 2005-2008  
Undergraduate  University of Minnesota – Duluth
RESIDENTS

Kyle Abben, DPM
Chief Resident

Medical School: College of Podiatric Medicine & Surgery at Des Moines University
Undergraduate: University of Northern Iowa
Hometown: Mason City, Iowa
Hobbies/Interests: Spending time with my wife and son, ice hockey, golf, cooking, home improvement projects

Jonathan Thompson, DPM
Chief Resident

Medical School: College of Podiatric Medicine & Surgery at Des Moines University
Undergraduate: Luther College, Decorah, Iowa
Hometown: Strawberry Point, Iowa
Hobbies/Interests: Music, Iowa and Vikings football, skiing, snowmobiling, road biking, movies

Shelby Hyllengren, DPM
2nd year Resident

Medical School: College of Podiatric Medicine & Surgery at Des Moines University
Undergraduate: Hamline University
Hometown: Cannon Falls, Minnesota
Hobbies/Interests: Traveling, skiing, volleyball, cooking, Minnesota Twins and Minnesota Wild
Jessica Tabatt, DPM
2nd year Resident

Medical School  College of Podiatric Medicine & Surgery at Des Moines University
Undergraduate  College of St. Scholastica, Duluth, Minnesota
Hometown  Randall, Minnesota
Hobbies/Interests  Reading, riding motorcycles with my husband, shopping, going to movie theaters, walking my poodle Bella, playing bingo with my family.

Kevin Mahoney, DPM
1st year Resident

Medical School  College of Podiatric Medicine & Surgery at Des Moines University
Undergraduate  Presentation College, Aberdeen, South Dakota
Hometown  Glenwood, Minnesota
Hobbies/Interests  Baseball/hockey, horses, water sports, hanging with the wife

Brett Waverly, DPM
1st year Resident

Medical School  Western University of Health Sciences, Pomona, California
Undergraduate  California Lutheran University, Thousand Oaks, California
Hometown  Beaverton, Oregon
Hobbies/Interests  Mountain biking, camping, outdoor activities, and photography