

# 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**  
Externship Director

## **Typical Extern Schedule**

<b>Monday</b>	AM Rounds Surgery with Dr. Pfannenstein/Dr. Donohue
<b>Tuesday</b>	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 1 <sup>st</sup> Tuesday of the Month 6:00–8:30pm at HPSC)
<b>Wednesday</b>	AM rounds Surgery with Dr. Boffeli/Dr. Mintz Medicine Grand Rounds 12:00–1:00pm
<b>Thursday</b>	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
<b>Friday</b>	AM rounds Friday Morning Conference 6:30am Surgeries with Dr. Boffeli/Dr. Le/Dr. Olson Work on Presentation
<b>Saturday/ Sunday</b>	Student on call with resident; assists with rounds/calls
<b>Daily</b>	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. Pfannenstein or the 2<sup>nd</sup> 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 your coat to clinic. No coat is needed in the hospital either. Clinic is on the 3<sup>rd</sup> 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>

## **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 rely 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 (4<sup>th</sup> 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 gowning 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 4<sup>th</sup> floor and clinic is on the 3<sup>rd</sup> 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, 3<sup>rd</sup> floor meeting rooms, 6:00pm–8:30pm.

## **Important Phone Numbers and other Pertinent Information**

Regions Hospital Switchboard	651-254-3456
HealthPartners Specialty Clinic (Podiatry hotline)	651-254-8381
Surgery Center	651-254-8000
Radiology Reads	651-254-5300
Riverside Clinic	612-341-1805
Regions Hospital Medical Library/2 <sup>nd</sup> Floor	card access after hours
Resident Lounge/Regions Hospital/2 <sup>nd</sup> Floor	card access

### **Resident Pager Numbers for 2013-2014 Academic Year**

---

Kyle Abben, DPM	chief resident	651-629-0131
Jonathan Thompson, DPM	chief resident	651-629-4294
Shelby Hyllengren, DPM	2 <sup>nd</sup> year resident	651-629-1478
Jessica Tabatt, DPM	2 <sup>nd</sup> year resident	651-629-1274
Kevin Mahoney, DPM	1 <sup>st</sup> year resident	651-629-1913
Brett Waverly, DPM	1 <sup>st</sup> year resident	651-629-0329

---

## Meet the Foot and Ankle Surgery Team

### **STAFF**

---



**Troy Boffeli, DPM, FCFAS**  
Residency Director  
Staff Surgeon

Current Practice	HealthPartners Specialty Center Clinic, Regions Hospital
Professional Interests	Learning, devising, and teaching the best methods to treat complex foot and ankle fractures, deformities, infections, wounds, and arthritic conditions
Medical School	College of Podiatric Medicine & Surgery at Des Moines University
Residency	Detroit Medical Center, 1990-1993
Hobbies/Interests	Sports and fitness activities with my wife and children, conservation and reforestation projects at our family tree farm



**Ryan Pfannenstein, DPM, FCFAS**  
Externship Director  
Staff Surgeon

Current Practice	HealthPartners Specialty Center and HP Riverside Clinics, Regions Hospital
Professional Interests	Complex deformity correction, foot and ankle trauma, devastating infections and wounds, and arthroscopic surgery
Medical School	College of Podiatric Medicine & Surgery at Des Moines University
Residency	Regions Hospital, 2001-2004
Undergraduate	St. Olaf College, Northfield, MN
Hometown	St. Cloud, MN
Hobbies/Interests	Spending time with family, guitar, and fly fishing



**Bill Kuglar DPM, FCFAS**  
Staff Surgeon

Current Practice	HealthPartners Specialty Center and Bloomington Clinics, Regions Hospital
Professional Interests	Diabetic foot surgery, reconstructive foot surgery, and sports medicine
Medical School	Ohio College of Podiatric Medicine
Residency	Harris County Hospital District, 1980
Hobbies/Interests	Skiing, golf, scuba diving, playing the drums



**John Donohue, DPM, FACFAS**  
**Staff Surgeon**

Current Practice HealthPartners Riverway Clinics-Anoka, Bloomington Clinic, and West Clinic, Regions Hospital

Professional Interests Bunion surgery, reconstructive forefoot surgery

Medical School Ohio College of Podiatric Medicine

Residency Harris County Hospital District, 1980

Hobbies/Interests Scuba diving, amateur astronomy, spending time with my wife at our lake cabin in Michigan



**Audra Mintz, DPM**  
**Staff Surgeon**

Current Practice HealthPartners/Riverway Clinics-Anoka, Regions Hospital

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

Medical School Samuel Merritt College, California School of Podiatric Medicine

Residency Regions Hospital, 2007-2010

Undergraduate Tulane University

Hometown St. Louis Park, Minnesota

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



**Rachel Collier, DPM**  
**Staff Surgeon**

Current Practice HealthPartners Inver Grove Heights Clinic, Regions Hospital

Professional Interests Arthritic conditions, foot and ankle fractures, forefoot and rearfoot 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

---





**Gina Ruesch, DPM**  
**Staff Podiatrist**

Current Practice HealthPartners Specialty Center and  
Riverside Clinics

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/Interests 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



**Long Le, DPM**  
**Staff Surgeon**

Current Practice Pinnacle Foot and Ankle Clinics

Professional Interests Reconstructive foot and ankle surgery, sports  
medicine, wound care

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

Residency St. John North Shores Hospital, Detroit, MI

Undergraduate University of Minnesota

Hometown St. Paul, Minnesota

Hobbies/Interests Eating, camping, volleyball, tennis, watching  
sports



**Matt Sorensen, 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 Gundersen Lutheran Medical Center, La  
Crosse, WI

Fellowship Orthopedic Foot and Ankle Center & the Ohio  
State University Medical Center, Columbus,  
Ohio

Undergraduate Bethel University, St. Paul, Minnesota

Hobbies/Interests Snow and water skiing, ice hockey, golf,  
reading, theatre, family time

---



**Bryan Russell, DPM, FCFAS  
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, 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



**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**  
2<sup>nd</sup> 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**  
**2<sup>nd</sup> 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**  
**1<sup>st</sup> 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**  
**1<sup>st</sup> 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