What’s Your Plan?

“Happy is the person who knows what to remember about the past, what to enjoy in the present, and what to plan for in the future.”
—Arnold H. Glasow

Our professional (and private) lives will always be full of twists and turns, triumphs and defeats. Some can be anticipated, while others may come as a surprise. Our ultimate happiness and success frequently relies on how well we are able to meet these ever-changing challenges.

Like everyone else, I, too, have occasionally been subjected to life’s trials and sudden demands. Regardless of the uncertainty or severity of the circumstances, I’ve always been most effective (and content) confronting them when I’ve had a plan. Some of my past plans were pretty good, while others proved to be dreadful. Regardless of their ultimate effectiveness, all of these plans forced me to take a realistic look at my situation and make a concerted effort to affect my destiny. Moreover, these plans strengthened me by providing the solace of knowing that I had somehow assumed responsibility for my fate by taking control of the situation. We may have to live with whatever the moment puts before us; but we always have an opportunity to make our tomorrow more reflective of the life we wish for ourselves.

In groups or organizations, situation planning usually involves group preparation and buy-in. However, for individuals, situational strategies may consider others, but their application should certainly not depend upon the efforts of others. In this setting, the best plans are likely those that can be executed by the individual who will be most affected by the outcome.

Many of us have a good sense of our life objectives, but sometimes we are unsure of how to achieve these goals, given that life rarely progresses in a straight line and our success is not guaranteed. So you would like a promotion…what’s your plan? Your peer-review publication output is not what you think it should be…what’s your plan? You did not perform as well as you believe you should on the residency in-training examination…what’s your plan? Your clinical productivity is not what it could be…what’s your plan?

Whether it’s getting a raise, obtaining a residency or fellowship training position, attaining more OR block time, procuring additional research equipment/support, or achieving greater professional recognition, my first thought/question is always the same…what is your plan?

Even when we don’t have a clue, we can have a plan.
Publications


Gurbani B, Foreman M. Capitellum and Trochlea Fracture in a 59F. Orthobullets (c2881).


Publications


Hagedorn JC. Course Director, Residents Comprehensive Fracture Course, 2017 Annual Orthopaedic Trauma Association Meeting, October 11-14, Vancouver, Canada.


Panchbhavi VK. Course Director, “Foot & Ankle – Basics,” organized by WBOA and Indian Foot and Ankle Society, Calcutta, India, December 9, 2017.

Honors, Awards, Acknowledgements, and News

Barkha Gurbani, MD, (PGY-4), received the 2017 UTMB Health System High Value Care Travel Grant to attend and present at the First Annual High Value Practice Academic Alliance (HVPAA) National Research Symposium, held October 8-9, 2017 in Baltimore, MD for her research project entitled “Initiatives to Reduce 30-Day All-Cause Postoperative Readmissions: An Orthopaedic Experience.”

Vinod K. Panchbhavi, MD was appointed Governor by the Board of Governors of the American College of Surgeons (ACS), as well as AOFAS Representative and Member of the Southern Texas District #1 Committee on Applicants. Dr. Panchbhavi was also appointed a member of the Awards and Scholarship Committee for the American Orthopaedic Foot & Ankle Society (AOFAS), and named among the 2017-2018 Best Doctors in America.

Brian A. Smith, MD was selected as the Clinician of the Month for November 2017 by the Academy of Master Clinicians.

Jeremy Somerson, MD was invited to participate in the 2018 International Consensus Meeting on Musculoskeletal Infection, and was appointed a member of the American Shoulder and Elbow Surgeons at the October 2017 meeting.
October 4, 2017: Brent Masel, MD, Clinical Professor Department of Neurology, The University of Texas Medical Branch, Galveston, TX. Dr. Masel’s lecture was entitled “Athletic Concussions.”

October 11, 2017: Edythe Harvey, MD, Associate Professor of Psychiatry, The University of Texas Medical Branch, Galveston, TX. Dr. Harvey’s lecture was entitled “Opioid Crisis.”

October 18, 2017: William C. Watters III, MD, Clinical Professor of Orthopedics, Bone and Joint Clinic of Houston, Houston, TX. Dr. Watters’ lecture was entitled “The Digitalization of the Practice of Medicine; Some Pitfalls and Traps: Mutterings of a Grumpy Orthopedic Surgeon.”

November 8, 2017: Gerhard Maale, MD, Director of Orthopaedic Oncology, The Medical Center of Plano, Plano TX. Dr. Maale’s Lecture was entitled “Complex Reconstruction of the Extremities and Trunk Using 3-D Linear Reconstruction,” and sponsored by the Sealy Distinguished Centennial Chair in Rehabilitation Sciences.

November 29, 2017: Namita Bhardwaj, MD, Family Medicine & Primary Care Sports Medicine Physician, Houston TX. Dr Bhardwaj’s lecture was entitled “Pre-participation Exam.”

December 6, 2017: Donald Baxter, MD, Athletic Orthopedics & Knee Center, Houston, TX. Dr. Baxter’s lecture was entitled “Outcome Studies in Elite Athletes.”

December 13, 2017: Bernard Morrey, MD, Professor of Orthopaedics, Mayo Clinic, Rochester MN, Professor of Orthopaedics, University of Texas Health Science Center, San Anotonio, TX. Dr. Morrey’s lecture was entitled “Navigating the Rough Waters of Translating IP to the PT,” and sponsored by the Sealy Distinguished Centennial Chair in Rehabilitation Sciences.
Mock Orals / GWN Eggers Lectureship

SAVE THE DATE
UTMB Department of Orthopaedic Surgery and Rehabilitation
Mock Orals & GWN Eggers Lectureship

April 26-27, 2018
San Luis Resort and Spa
Galveston, TX

Volunteer Faculty

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Charlotte B. Alexander, MD
Jeffrey Baker, PhD
James Bennett, MD
James Bocell, MD
Joseph Borrelli, MD
Mark Brinker, MD
Taylor Brown, MD
William L. Buford, Jr., PhD
Nikoletta L. Carayannopoulos, DO
Fred Corley, MD
George Cox, MD
Marc DeHart, MD
Allen Deutsch, MD
Andrew Ebert, MD
T. Bradley Edwards, MD
David W. Edelstein, MD
Daniel Eidman, MD
Gary Gartsman, MD
Stanley Gertzbein, MD
Tyler Goldberg, MD
William Granberry, MD
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Suzanne Yandow, MD

More to come in the next issue of the DOSR Newsletter...

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Comments, suggestions, and queries on the Newsletter or Website can be addressed to: rmorris@utmb.edu