



Class of 2012 Alumni Residents— Where are they now?



Kendall M. Masada, MD

Okechukwu A. Anakwenze, MD, MBA

Where did you go to fellowship?
Shoulder and Elbow, Columbia.

Where are you currently practicing? How would you describe your practice?
Duke University. Academics.

How has training at Penn impacted your practice?

Penn was a great foundation to build on. I learned how to do research, operate. Challenges at Penn allowed me to develop a more resilient disposition. My experiences as a resident guide my treatment of current residents.

What have you learned in your first decade of practice?

Don't let failure get to your head or success get to your head. This is an amazing field; it is one that will keep you humble. Leadership skills are critical for success. A leadership title doesn't make you a leader and vice-versa. EQ is more important than I thought of as a resident. What got you here won't get you there so continue to evolve.

What advice would you give to the current residents?

Enjoy it. OR skills and knowledge are critical but really try to hone your leadership skills. Every task is an opportunity. Find mentors early. It's okay (in many ways advantageous) to think differently. However, it's a team game, so think WE.



Ryan M. DeCoons, MD

Where did you go to fellowship?
Sports, UHZ Sports Medicine Institute (now Miami Orthopedics and Sports Medicine Institute).

Where are you currently practicing? How would you describe your practice?

Augusta, GA. Academic sports practice. Assistant Professor of Orthopaedic Surgery, Medical College of Georgia at Augusta University.

How has training at Penn impacted your practice?

Penn provided well-rounded orthopaedic training that has allowed me to adapt and excel in a variety of practice settings, including private practice (4 yrs, sports/general), locum tenens (1 yr, trauma/sports), and now academic practice (3.5 yrs, sports). Training at Penn also provides a great network of mentors and colleagues, with relationships that have extended well beyond residency training.

What have you learned in your first decade of practice?

The earliest and most important lesson I learned in practice was the importance of work-life balance, stress management, and avoiding burnout. Dr. Kelly has been a driving force in this area, speaking at numerous meetings as well as coming to share this message with our residents in Augusta. It may not seem as tangible during residency training, but mental health and personal well-being become very real under the stress of starting one's practice.

What advice would you give to the current residents?

I would advise current residents who are about to embark on their practice to define their priorities in life and find a job that allows them to stay true to them. For me, these are 1) family, 2) self, and then 3) my career/practice/patients, as I feel that I can only be my best for my patients when my family life and my own well-being are in order. Never feel "stuck" and just accept a bad job situation, and be open to exploring other opportunities or practice models that more align with your priorities.



Atul F. Kamath, MD

Where did you go to fellowship?

Adult Reconstruction, Mayo Clinic. Maurice Mueller Hip Fellowship in Europe.

Where are you currently practicing? How would you describe your practice?

Cleveland Clinic.Academics.



Ryan E. Moore, MD, PhD

Where did you go to fellowship?

Adult Reconstruction, Rothman.

Where are you currently practicing? How would you describe your practice?

Napa Valley, CA. 100 percent hip and knee arthroplasty, patients predominantly from rural parts of northern CA, good mix of primary joints, complex primary and some revision. I'm hospital-employed with 2 partners who also have 100 percent arthroplasty practices. To my surprise I've coauthored a few papers since going into practice, but overall my work is 95% patient care. I run 2 rooms with a PA assistant in each room and we are able to do 6-7 cases per day. Occasionally a medical student will rotate from a local DO program, but for the most part it's me and the PAs getting the work done.



How has training at Penn impacted your practice?

It was the solid foundation that allowed me to succeed in my joints fellowship at Rothman. I felt my class and the classes that preceded me at Penn were exceptionally good, my goal each day of residency was to try my best to keep pace with the rest of the program. Trying to reach that high bar each day helped me to build habits and develop a foundation of skill and knowledge which I feel have allowed me to be successful in my practice.

What have you learned in your first decade of practice?

If you hold yourself to the same standards that were present at Penn during our training, and remain committed to learning and improving every day, and remember to always put the patient first, you'll have a great practice at 10 years. Work gets easier every year as well.

What advice would you give to the current residents?

Put your best effort into your work each day, take the extra effort to prepare for your next day, every case, every consult is

an opportunity to learn, and the better you prepare, the better you will learn. Your co-residents and faculty are great friends and resources in your first 10 years, keep that in mind as you work together through both the fun and also the tough times during residency.

Surena Namdari, MD, MSc

Where did you go to fellowship?

Shoulder & Elbow, Washington University in St. Louis.

Where are you currently practicing? How would you describe your practice?

Rothman Orthopaedic Institute - Thomas Jefferson as Professor of Orthopaedic Surgery, Fellowship Director, Co-Director Shoulder & Elbow Research.



How has training at Penn impacted your practice?

Residency training was 5 of the best years of my life. I use the lessons learned at Penn daily. Most importantly, I learned that, while excellence in research and teaching are important to building an academic career, the number one priority is superior patient care. Additionally, I was fortunate to leave Penn with great friendships with both co-residents and faculty. I lean on these people regularly for career and life advice.

What have you learned in your first decade of practice?

You forget about your success quickly but your failures stay with you. Complications happen, and it is critical to own them. Patients need to know that you are invested in helping them, even if things have not gone well. Those patients need more of your time and personal attention.

What advice would you give to the current residents?

There are only so many hours to be a resident. This is your opportunity to learn the principles that will make you successful in the future. There are no short-cuts and the hours that you invest now will pay dividends later. My advice is to arrive early, stay late, do the extra case, see the extra consult and enjoy the ride because it'll go by fast!

John A. Scolaro, MD, MA

Where did you go to fellowship?

Trauma, University of Washington/Harborview Medical Center.

Where are you currently practicing? How would you describe your practice?

University of California, Irvine Medical Center (Orange, CA). Level 1 Academic Medical Center.



How has training at Penn impacted your practice?

My time at Penn was priceless. I remain close to many of my co-residents and faculty who trained/mentored me. The Penn Orthopaedic network is incredibly strong and continues to be impactful in just about every aspect of my orthopaedic practice.

What have you learned in your first decade of practice?

1) Every patient can teach you something and the education never ends 2) Finding the right "balance" is not easy and is different for everyone 3) Utilize mentors and peers regularly when you have questions or need advice (specific case, job, family, etc.).

What advice would you give to the current residents?

It is easy to get wrapped up in the stress and challenges of finishing training and starting your practice. We have all been there. You will avoid most professional and personal pitfalls if you just work hard and remain honest, humble and compassionate.

Laura C. Wiegand, MD

Where did you go to fellowship?

Sports Medicine, Massachusetts General Hospital.

Where are you currently practicing? How would you describe your practice?

I am currently practicing in Pittsburgh, PA for the Allegheny Health Network. Currently, I am an employed physician, working with a small orthopedic group which is now affiliated with the larger orthopedic group within the larger network.



How has training at Penn impacted your practice?

The training I received at Penn has been invaluable to my current practice. My practice is general orthopedics with a focus on shoulder and sports medicine, so I rely heavily on

techniques and training I learned throughout residency in all areas of orthopedics including trauma, hand, and joints in addition to sports/shoulder.

What have you learned in your first decade of practice?

Listen to your patients, they will help you make the right treatment decisions for them! Patient selection is extremely important. The practice of orthopedics is a life-long learning process. Techniques and implants will change over time, and you will need to adapt to these, while continuing to rely on basic diagnostic and technical principles you learned during training.

What advice would you give to the current residents?

Penn is a very special place with wonderful faculty. Take advantage of their expertise, and observe how they speak to patients and their families. Learning surgical technique is very important, however, the art of talking to patients and making decisions is equally as important. Do the best you can for your patients and you will succeed.

Miltiadis H. Zgonis, MD

Where did you go to fellowship?

Sports, Duke University.

Where are you currently practicing? How would you describe your practice?

The University of Pennsylvania. Academic adult sports medicine.



How has training at Penn impacted your practice?

In every way. The mentorship I received during training helped me become more efficient and much more organized, and the surgical training (and yes trauma plans!) has translated very well into some of the complex reconstructions we see come to Penn.

What have you learned in your first decade of practice?

Listen to patients - critically important for accurate diagnoses, and do not rely on other physicians to tell you what's wrong - particularly radiology (no offense!)

What advice would you give to the current residents?

Learn how to be as good as you can be at interpreting studies related to your specialty. Seek out instruction and continue learning. Find your work-life balance as soon as you can (and when you figure it out, let me know).