

## Welcome!

Welcome students to your externship month at our residency! We are looking forward to meeting and working with each of you. Please take time to review the following manual prior to your visit so you are best prepared for your time with us.

## Schedule

***\*\*Please check the PSLsurgery.com google doc DAILY for last minute schedule changes\*\****

### Surgery

- The surgery schedule is emailed to students the weekend before each week.
- Please contact the on-call resident (See *Appendix D*) if you do not receive a link.
- Student surgery assignments will be made by the on-call resident and each student will have a “priority” week where they will be scheduled with our main attendings or on “big” cases.
- Main attendings include: Drs. Sachs, Kruse, Ng, T. Savage, Molchan, Blue, Jacobson (retiring 2025).

### Clinics *(\*with student access)*

- Each student will have a “clinic” week which will be an opportunity for you to work with our first and second year residents.
- See *Appendix C* for a list of addresses.

Clinic will consist of the following:

Monday: Highlands Podiatry Clinic (HPC) in the morning  
PSL Wound Care in the afternoon

Wednesday: HPC in the morning

Thursday: PSL Wound Care in the morning  
Salud Clinic in the afternoon

## Academics

*\*\*Please note that all start times are subject to change between 5:00-6:00pm\*\**

### Weekly Journal Club (JC)

- When: Every Monday @ 6:00 pm
- Where: PSL Professional Plaza West 3rd fl conf room or Sky Ridge Med Ctr auditorium
- What: We usually read an entire journal each week.  
*See Appendix A for tips on preparing.*

### X-Ray Conference (XRC)

- When: **1st Tuesday of every month @ 6:00 pm**
- Where: PSL Colorado Room North, Sky Ridge Med Ctr auditorium or Dr. Ng's office
- What: On-service residents (all years) present a case they have been a part of.  
Attendings ask questions about the workup, surgical planning, outcomes, etc.  
This format mimics what was formerly oral boards and allows residents the opportunity to practice public speaking and defending a case.  
**Students may be asked questions, so be prepared!**

### Lecture Series

- When: **6:00 pm**  
**2nd Thursday of every month – Resident Lectures**  
**3rd Thursday of every month – Extern Presentations**
- Where: PSL Colorado Room North and Sky Ridge Medical Center
- What: Extern presentation topics will be assigned to you during the first week.  
*See Appendix B for instructions*

### Other Academics

- When: **4<sup>th</sup> Tuesday of every month @ 6:00 pm**
- What: This varies every month and may be a cadaver lab, a special guest lecture, an online learning activity, etc.

## ADVICE & EXPECTATIONS

Unless otherwise specified by the resident with whom you are working, **you are expected to arrive at each location 30 minutes prior to the scheduled start time (45 minutes early for Dr. Jacobson and Dr. Savage)**. Please give yourself enough time to find the location, find parking, find the main OR floor, find the locker rooms, change into scrubs, find the specific OR your attending will be performing surgery in, and get to the preoperative holding area. If you are new to the area (most of you will be) or not used to city driving please plan accordingly. Traffic on I-25 is unpredictable. Ask the front desk, pre-op, or OR staff for help navigating each location. It's a great time to get comfortable asking for help!

With such a busy schedule, thoughtful communication is invaluable. Please text the resident(s) you will be working with **no later than 8pm** the night before your cases/clinic to establish a meeting time and place. It is also important to do this in case any last-minute changes have not made it onto the schedule yet.

***\*\*Remember: Early = on time. On time = late \*\****

Unless approved by a resident, only one student should be at a surgery or clinic at any given time. This gives you the opportunity to represent yourself. Of course, some exceptions will be made with slower surgery days, more interesting cases, or special circumstances, but these must first be discussed with and approved by a resident.

## Dress Code

- For surgeries, you will change into the hospital's or surgery center's scrubs when you get there (give yourself time to change).
- For HPC and Commerce City Clinic, please wear professional clinic clothes.
- For Wound Care Clinic you may wear scrubs.
- For all academics, please wear professional clothes including your white coat. Remember, you are representing yourselves and we want you to look your best in front of our attendings.

## OR Duties

You will be rotating through many different hospitals and surgery centers in Denver, Colorado and each location will have their own rules and limitations as to what students can do. The following is a list of universal student expectations in the OR:

- Introduce yourself to the staff
- Write your name and resident's names on the white board
- Make a bump with 2 blankets
- Make sure the lights are at the foot of the bed
- Pull gloves for the case
- Draw up and label local (check with the resident first)
- Put up XRs (attendings will bring these)
- Assist with post-op notes/orders/discharge instructions

Residents appreciate your assistance and understand how awkward it can be as a student - we've been there! That being said, some places allow you to draw up local or pull and open gloves for residents, others don't. **Always ask before you help.** Once you have established a rapport with the staff / resident and feel comfortable, please do these things before every case. If you are not able to scrub in (many surgery centers don't allow students because of their internal policies), **you may be asked to write a post-op note on a notecard to give to the resident after the case** (SAPPAHEMIC format) or take pictures if XRs/the case.

*\*\*Please remain professional at all times and attentive in each case you are in, even if you are not able to scrub in.\*\**

## STUDENT EDUCATION “PIMPING”

This program is extremely academic. A majority of our attendings will “pimp” you with questions to test your level of knowledge and case preparedness. We expect you to get some questions wrong.

### Incorrect Answers

IF YOU GET A PIMP QUESTION INCORRECT, please email the following:

- The question asked (you do not need to specify who asked the question).
- Your answer supported by peer reviewed citations (Such as articles from PubMed articles, Foot Ankle International journal, JFAS, etc. Please avoid Podiatry Today, UpToDate, Wikipedia)
- Send the email by **8PM** the day it is assigned.

Email it to:

- All of the residents (Appendix D) & Group Resident email - pslsurgery@gmail.com
- The Director Dr. Sachs - brett.sachs1@gmail.com

*\*\*We encourage you to follow up with the attending who asked the question next time you see them.*

## Assignments

If you are not assigned to a surgical case or clinic, you will be given an assignment for the day. The goal is to have you learn something new which will be valuable for interview preparation. This may include outlining a McGlamry's chapter, summarizing an ACFAS podcast, or reviewing an article either about a case you just saw or one that you will see. To complete your assignment please follow these instructions:

- Include the following information in an email to
  - All of the residents (Appendix D)
  - Resident email - pslsurgery@gmail.com
- What the assignment / question was
- Summarizing points
- Attach the articles you reviewed
- Send the email by **8PM** the day it is assigned.

## Mock Interview

When: After extern presentations or after JC (last Monday of the month)

Where: PSL Colorado Room North or Sky Ridge Medical Center auditorium

What: The mock interview is not an official interview. We encourage you to prepare on your own but to not ask your peers from prior months for tips/tricks. The point of this practice exercise is to help you get perspective on where you are at and what you can improve on so that you can ultimately crush your interview at CRIP.

*\*\*Any and all podiatric material is fair game.\*\**

## APPENDIX A: Journal Club Guidelines

As stated above, we usually read an entire journal (8-13 articles) each week. At the end of every 3 years, the graduating residents will have read literally every article published in every major foot and ankle journal. Therefore, it is important to be able to present info in an organized and efficient manner *that sparks discussion*.

Be prepared to present any of the articles included in the weekly email. We will go around the room and each student / resident will present an article. We do NOT want to hear a book report—all residents in attendance read the articles. The purpose of students presenting articles is for us to see if a student can pick out what is important and what is not.

When presenting articles, please keep the following rules in mind:

- It is best to keep to 5 key points: 1 for title/author, 1 for background/purpose, 1 for methods, 1 for results/conclusions, and 1 for your critical take on the article (this last point is the most important).
- Take note of the authors and any conflicts or disclosures they may have that introduce bias.
- State the purpose of the article, but other background info from the article should only be brought up if it introduces/challenges a new procedure or concept.
- Mention inclusion/exclusion criteria and study design if you would change something to improve the quality of the study (saying “larger sample size” does not count). - When discussing the results and conclusions, ask yourself if these make sense or not and why, if they are expected or not and why, and if the study changes the way we should practice or not and why.
- You will almost always be asked questions after you are done presenting. Try to anticipate what big picture questions could be asked, especially for classic/landmark articles, high-yield interview topics, or common PSL pathologies (sports med, ankle scopes and OCDs, TARs, etc.).
- If you state something while presenting an article, such as “fixed-bearing total ankle,” we will assume you know what that means – meaning we may ask you to explain the difference between fixed- and mobile-bearing implants. This is to make sure you are coming prepared and are being proactive about researching things you come across for the first time in journal club.

## APPENDIX B: Student Presentation Guidelines

Student presentations are an opportunity for you to showcase your critical thinking, information assimilation, knowledge of a specific topic, and public speaking skills. You will be assigned a presentation topic during the first week of the month. Get started looking at the literature early!

Your presentation should be **8-10 minutes** long and include roughly **6-12 references**. We encourage you to send a draft of your presentation to at least one resident early in the month in order to get some tips on how to make it perfect. Don't save this for the last minute.

**The final draft of your presentation must be emailed to the on-call resident before you present.**

If you forget, your rotation evaluation will not be completed! If you forget, your rotation evaluation will not be completed!

## APPENDIX C: Hospital, Surgery Center, and Clinic Locations

<b>AdventHealth Avista</b>	<b>Advent Health</b>
100 Health Park Drive, Louisville, CO 80027 Sponsoring Physician: Varun Chopra, DPM	
<b>Audubon Surgery Center</b>	<b>USPI</b>
3030 N Circle Dr, Ste 101, Colorado Springs, CO 80909 Sponsoring Physician: Dr. Matt Hinderland	
<b>Castle Rock Hospital (CRM)</b>	<b>Advent Health</b>
2350 Meadows Blvd, Castle Rock, CO 80109, (720) 455-5000 <i>Main OR is on the 2<sup>nd</sup> floor</i> Sponsoring Physician: Jessica Herzog, DPM	
<b>Castle Rock Outpatient Surgery Center (CRM-OSC)</b>	<b>SCA</b>
2350 Meadows Blvd, Castle Rock, CO 80109 <i>Same campus as main hospital but in the building to the left of the main hospital entrance</i> Sponsoring Physician: Jessica Herzog, DPM	
<b>Castle Rock SurgiCenter (CRSC)</b>	<b>SCA</b>
4700 Castleton Way, Suite 101 Castle Rock, CO 80109, (720) 519-1418 <i>Don't confuse this with CRM-OSC. This location is right off the highway. Easy parking. Check in with front desk and they will give you paperwork for a nurse to sign off on.</i> Sponsoring Physician: Jessica Herzog, DPM	
<b>Centrum Surgical Center (CENT)</b>	<b>ASC/HCA</b>
8200 E Bellevue Ave, Suite 300 E, Greenwood Village, CO 80111, (303) 290-0600 <i>East building, far left, 3rd floor</i> Sponsoring Physician: Tom Savage, DPM	
<b>Clear Creek Surgery Center (CCSC)</b>	<b>ASC/HCA</b>
7809 W 38th Ave Wheat Ridge, CO 80033, (303) 422-5555 Sponsoring Physician: Matt Paden, DPM	
<b>Crown Point Surgery Center (CP)</b>	<b>USPI</b>
9395 Crown Crest Blvd Parker, CO 80138, (720) 974-6499 <i>The Crown Point Surgery Center is actually in Parker Hospital. Upon entering the hospital's main entrance, the surgery center is on the left-hand side, 1<sup>st</sup> floor.</i> Sponsoring Physician: Alan Ng, DPM	

## Highland's / Presbyterian St. Luke's Residency Program Externship Manual 2024-2025

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### Denver Health (DH)

Denver Health

777 Bannock St, Denver, CO 80204, (303) 436-6000  
Pavilion A (777 Bannock St.) -- Pavilion M (723 Delaware St.)  
Parking Garage (660 Delaware St.)

### Highlands Podiatry Clinic (HPC) / Denver Wound Healing Center (DWHC)

HCA

1719 E. 19th Ave Denver, CO 80218 - (303) 839-6000

*Entering through the main lobby, go up the stairs next to the coffee stand. At the end of the hall, make a left then a quick right. Both clinics are located in the same place down the hall on the right. If you walk past it, you will end up in the Rocky Mountain Children's Hospital.*

### Lincoln Surgery Center (LINC)

ASC/HCA

11960 Lioness Way, Suite 120 Parker, CO 80134, 720-542-6700

*Easy parking. Check in with the front desk. Ask for the observer form (each patient needs to sign this) and make copies of your driver's license.*

Sponsoring Physician: Cade Christensen, DPM

### Littleton Hospital (LTN)

Advent Health

7700 S Broadway Littleton, CO 80122, (303) 730-8900

*The OR is on the 2nd floor.*

Sponsoring Physician: Mike Zyzda, DPM

### Lutheran Medical Center (LUTH)

SCL Health

12911 W. 40th Avenue, Wheat Ridge, CO 80401, (303) 425-4500

Sponsoring Physician: Brett D. Sachs, DPM

### (Surgery Center at) Lutheran (SCL)

SCA

*\*\*Recently Changed Locations\*\**

12905 W 40th Ave, (303) 301-7700

Sponsoring Physician: Brett D. Sachs, DPM

### Midtown Surgery Center (MID)

ASC/SCA

1919 E 18th Ave Denver, CO 80206, (303) 322-3993

Sponsoring Physician: Florin Costache, DPM

### Mile High Surgery Center (MH)

SCA

5351 S. Roslyn St. Greenwood Village, CO 80111, (303) 221-9500

*3rd Floor. Check in at the front office which is to the left as you exit the elevator.*

Sponsoring Physician: Alan Ng, DPM and Lauren Molchan, DPM

**Mountain Ridge Medical Center (formerly North Suburban Medical Center (NS)) HCA**

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9191 Grant St Thornton, CO 80229 , (303) 450-4477

*Enter main entrance, turn right, go past the coffee cart, turn left, the OR will be on your left.*

Sponsoring Physician: Brett D. Sachs, DPM

**North Metro Surgery Center (NMSC)**

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**ASC/HCA**

9005 Grant St Suite 300, Thornton, CO 80229, (303) 288-4694

Sponsoring Physician: Varun Chopra, DPM

**North Springs Surgery Center**

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**ASC/HCA**

6071 E Woodmen Rd Ste 340, Colorado Springs, CO 80923

Sponsoring Physician: Matt Hinderland, DPM

**OCC Surgery Center (OCC)**

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**SCA**

135 Inverness Dr E, Englewood, CO 80112, (303) 220-0810

*Easy parking right outside. Check in at the front desk.*

Sponsoring Physician: Alan Ng, DPM and Lauren Molchan, DPM

**Parker Adventist Hospital (PARK)**

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**Advent Health**

9395 Crown Crest Blvd Parker, CO 80138, (720) 974-6499

*Main OR is on the 2nd floor (to the left of the stairs)*

Sponsoring Physician: Kevin Blue, DPM

**Penrose-St. Francis Health Services**

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**Common Spirit**

2222 N. Nevada Avenue, Colorado Springs, CO 80907

Sponsoring Physician: Matt Hinderland, DPM

**Porter Adventist Hospital (PORT)**

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**Advent Health**

2525 S. Downing St Denver, CO 80210, (303) 778-1955

*Main OR is on the 2nd floor.*

Sponsoring Physician: Lauren Molchan, DPM

**Presbyterian-St. Luke's Medical Center (PSL)**

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**HCA**

1719 E. 19th Ave Denver, CO 80218, (303) 839-6000

*Main OR is located on the 2nd floor, tower A.*

*Day surgery is located on the south side of the campus on the 1st floor.*

Sponsoring Physician: Brett D. Sachs, DPM

**Rocky Mountain Surgery Center (RMSC)**

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**ASC/HCA**

401 W. Hampden Pl Englewood, CO 80110, (303) 789-4000

Sponsoring Physician: Keith Naftulin, DPM

## Highland's / Presbyterian St. Luke's Residency Program Externship Manual 2024-2025

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### Rose Medical

HCA

4567 E 9th Ave, Denver, CO 80220, (303) 320-7127  
Sponsoring Physician: Emily Opp, DPM

### Red Rocks Surgery Center (RRSC)

ASC/HCA

400 Indiana St Suite 100, Golden, CO 80401, (720) 420-3000  
*Easy parking right outside. Check in at the front desk.*  
Sponsoring Physician: Dustin Kruse, DPM

### Rocky Mountain Children's Hospital (RMCH)

HCA

1719 E. 19th Ave Denver, CO 80218  
*Same building as PSL*

### Salud Clinic / Salud Family Health Center / Commerce City Clinic

Salud

6255 North Quebec St Commerce City, CO 80022, (303) 286-8900  
*Located in the Salud Family Health Center; Someone will have to let you in the back.*

### Sky Ridge Medical Center (SRM) / Sky Ridge Surgery Center (SRSC)

HCA

10101 Ridgeway Pkwy Lone Tree, CO 80124  
SR-M: (720) 225-1000, SRSC: (720) 225-5000

- *Main OR is on the 1st floor, enter the main entrance, go straight and then take a left just before (or after) the elevators.*
- *Ortho & Spine is on the bottom floor, take main entrance, take spiral staircase to the right, follow signs.*
- *To get to the Surgery Center, continue driving through a roundabout. SRSC is located a few entrances to the left of the ER.*

Sponsoring Physician: Alan Ng, DPM

### St. Anthony's Central (STA)

Common Spirit

**\*\*NOT St. Anthony's North\*\***

11600 W 2nd Pl Lakewood, CO 80228, (720) 321-0000  
Sponsoring Physician: Dr. Kruse or Sachs, DPM

### St. Anthony's North (STA-N)

Common Spirit

14300 Orchard Pkwy Broomfield, CO 80023, (720) 627-0000  
Sponsoring Physician: Katherine Parodi, DPM

### St. Anthony's Surgery Center (StASC)

Common Spirit

11600 W 2nd Pl Lakewood, CO 80228, (720) 321-0000  
*In St. Anthony's Hospital downstairs in the Ortho of Colorado side of the building*

**St. Joseph's Hospital (SJO)**

**SCL Health**

1375 E 19th Ave Denver, CO 80218, (303) 812-2000

Sponsoring Physician: Dr. Brett D. Sachs, DPM

**Summit View Surgery Center (SVSC)**

**USPI**

7730 S. Broadway Littleton, CO 80122, (303) 730-2376

*The surgery center is located on the NW side (in front & left if looking from Broadway) of the campus of Littleton Hospital in a separate building.*

Sponsoring Physician: Mike Zyzda, DPM

**Swedish Medical Center (SW-M) / Swedish Ambulatory Surgery Center (SASC) HCA**

501 E. Hampden Ave Englewood, CO 80113

SW-M: (303) 788-5000, SASC: (303) 788-6886

Sponsoring Physician: Ken Morgan, DPM

**The Medical Center of Aurora (TMCA)**

**HCA**

1501 S. Potomac St Aurora, CO 80012, (303) 695-2600

*Enter through the main entrance, walk straight past the front desk, coffee stand, turn right down a hall just past elevators. Pre-op will be a door on the right and the OR a door on the left of this hallway.*

Sponsoring Physician: Tom Savage, DPM

## Appendix D – Resident Contact Info

### 3rd Years

(MB) Mitchell Booth (385) 228-6548 - mitchellbbooth@gmail.com (7.5 blue/ 7 pink)

(ML) Mary Lanoue (815) 370-9730 - maryklanoue@gmail.com (6.5 blue/ 6 pink)

(JS) Jake Shulmister (757) 705-1821 - shulmijw757@gmail.com (7.5 ortho)

### 2nd Years

(JTS) John Savage (720) 563-1139 - john.t.savage11@gmail.com (8 blue/7.5 pink/yellow)

(MS) Morgan Shano (480) 250-0511 - morganshano216@gmail.com (6.5/ 6.5)

### 1st Years

(TG) Tyler Gray (641) 216-3330 - tylerrgray18@gmail.com (8 blue/7.5 yellow/pink)

(SW) Seth Warren (248) 924-5143 - sethwarren8@outlook.com (7.5 ortho)

(JZ) Joey Zrucky (612) 437-6189 - joezrucky@gmail.com (7.5 indicator/ 7.5 yellow)