National Capital Orthopaedic Association



ANNUAL GENERAL MEETING

Fairmont Le Château Montebello
Montebello, Quebec
November 27 – 29, 2026

PROGRAM

Friday, November 27, 2026	
6:00 p.m. – 10:30 p.m. *Educational portion from 7:30 p.m. – 10:30 p.m.* **7:30 p.m. – 7:40 p.m.** **7:40 p.m. – 10:30 p.m.**	***Family Hospitality Suite (Cocktails and Light Dinner)*** *Location:* ***Outaouais*** *Industry Update (DePuy Synthes)* ***Fireside Chats: Bring your trauma cases and ask the experts****!* *Location:* ***Outaouais*** ***Moderator: Dr. Geoff Wilkin – The Ottawa Hospital*** - *Identify complex orthopaedic trauma cases that could arise in the practice of general orthopaedics* - *Discuss differential diagnoses and prognoses* - *Describe various approaches and their potential outcomes*
Saturday, November 28, 2026	
8:30 a.m. – 12:30 p.m.	**MORNING SESSION – *Outaouais*** *All below sessions are in the form of presentations, followed by group discussion and Q/A.*
8:30 a.m. – 8:35 a.m.	**Welcome:** *Dr. Matt Coyle and Dr. Pat Theriault – Co-Conference Chairs*
8:35 a.m. – 9:05 a.m.	**Dr. M. Khan –** Mentoring Today's Orthopaedic Surgeon - *Describe the characteristics of effective mentorship across the career span of an orthopaedic surgeon, from residency to late career* - *Identify common barriers to mentorship for trainees and early-career surgeons, including those from under-represented groups* - *Apply practical strategies to establish, structure and sustain mentoring relationships within their own practice and institution*

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9:05 a.m. – 10:05 a.m.	**Upper Extremity Case Symposium –** Drs. B. Matache, M. Khan and J. Pollock - *Review important topics in upper extremity sports medicine care* - *Discuss the diagnostic work-up and evidence-based management of common shoulder and elbow sports injuries through case-based review* - *Identify indications for operative versus non-operative management and appropriate timing of referral to subspecialty care*
10:05 a.m. – 10:30 a.m.	**Health Break** – *with Industry Update (Zimmer Biomet)*
10:30 a.m. – 11:15 a.m.	**Dr. Paul Beaulé –** TOH and HGH, Canadian Orthopaedic Association - *Outline current COA advocacy priorities and national initiatives affecting orthopaedic care, such as access to care and surgical wait times* - *Bridging the gap of elective care in Canada how public private partnership can help as they develop provincewide*
11:15 a.m. – 11:45 a.m.	**Dr. Sebastian Rodriguez-Elizalde** – Hennick Humber River Hospital - *Understand the key to rapid discharge surgical program* - *Discover the keys to OR efficiency* - *Learn from experience and how to overcome system based roadblocks*
11:45 a.m. – 12:30 p.m.	**Featured Series:** Improvements in therapeutic injections a discussion with Dr. J Pollock and Dr. M. Khan – **Sponsored by Pendopharm** - *Discover the current evidence for surgeon provided injections* - *Obtain an update on the role of image guidance in a busy orthopaedic clinic* - *Understand the future of injectable therapies*
12:30 p.m. – 6:00 p.m. *Educational portion from 1:00 p.m. – 5:00 p.m.*	***AFTERNOON FLOATING BREAKOUT SESSIONS*** *Location: Various outdoor locations (TBD)* *Moderator: Dr. Matt Coyle* *Group Discussions* - *Describe difficult and challenging cases with colleagues* - *Discover ways to be more collaborative among institutions* - *Identify ways in which the National Capital Orthopaedic Association can collaborate to benefit patients and advance practice*

Saturday, November 28, 2026	
6:00 p.m. – 10:00 p.m.	Children's Dinner & Activities – *Location:* **Montebello Room** – *Main Building, Lower Level*
6:00 p.m. – 10:00 p.m.	Teens' Dinner & Games Room – *Location:* **Papineau Room** – *Main Building, Lower Level*
6:30 p.m. – 7:30 p.m.	Cocktail Hour – *Location:* ***Outaouais***
7:30 p.m. – 10:00 p.m. *Educational portion from 8:30 p.m. – 10:00 p.m.*	***Team Building Dinner*** Location: Canada Room Moderators: Dr. Matt Coyle and External Facilitator ***Facilitated Group Discussions*** Teams will be formed at each table with the task of promoting discussion around key topics as well as finding solutions to common problems. - *Discover the various intricacies and approaches that are present in the various hospitals and practices in our region.* - *Compare and contrast common practice challenges and difficult cases, and how they are remedied.* - *Identify potential solutions to common problems faced by all attendees, regardless of their location of practice in the Ottawa region.*

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Sunday, November 29, 2026	
8:25 a.m. – 12:00 p.m.	**MORNING SESSION –** *Location:* ***Outaouais***
8:25 a.m. – 8:30 a.m.	**Welcome:** *Dr. Matt Coyle and Dr. Patrick Theriault – Co-Conference Chairs*
8:30 a.m. – 9:15 a.m.	**Dr. Robert J. Feibel, TOH –** The evolution of orthopaedic surgery in Ottawa a PGY 43's perspective – *Review past and current concepts in the classification, imaging and soft-tissue assessment of open tibia (pilon and extra-articular) fractures* – *Compare contemporary fixation options, including intramedullary nailing, minimally invasive plating and staged external fixation, and their outcomes* – *Apply current evidence on timing of fixation, soft-tissue management and complication prevention to clinical practice*
9:15 a.m. – 10:00 a.m.	**Dr. Sommer Christie, University of Ottawa –** Psychology of Surgeon Performance - *Describe key principles of performance psychology and how they translate from elite sport to the operating room* - *Identify the effects of stress, fatigue and performance anxiety on surgical decision-making, technical performance and team function* - *Apply practical mental performance skills, such as pre-performance routines, attentional focus, arousal regulation and structured debriefing, to their own practice*
10:00 a.m. – 10:20 a.m.	**Dr. Karl-Andre Lalonde – TOH, Ontario Orthopaedic Association President – MOH / OHIP billing update**
10:20a.m. – 10:40a.m.	**Health Break** *– with Industry Update (Tribe)*
10:20 a.m. – 10:50 a.m.	**Dr. Nuno Batista, TOH –** Spine Surgery: Where's the Balance? - *Describe the commitments of surgical training and their effects on wellness* - *Discuss the balance required to obtaining sufficient training while taking care of self*
10:50 a.m. – 11:20 a.m.	**Dr. Taylor Woolnough, TOH –** The Cincinnati Kid: The High Stakes of Distal Femur Fixation - *Review the epidemiology and growing burden of distal femur fractures, including periprosthetic fractures in older adults* - *Compare fixation strategies, including lateral locked plating, retrograde nailing, dual-implant constructs and distal femoral replacement* - *Identify patient and technical factors associated with nonunion, fixation failure and mortality, and strategies to mitigate them*
11:20 a.m. – 11:50 a.m.	**Dr. Vincent Bissonnette, TOH –** Thank You Very Much, Mister Roboto: Robotic Surgery in Orthopaedics – Is It Here to Stay? - *Describe current robotic-assisted platforms and their applications in arthroplasty and spine surgery* - *Critically appraise the evidence on accuracy, clinical outcomes, learning curve and cost-effectiveness of robotic-assisted surgery* - *Discuss practical considerations for implementing robotic technology in Canadian publicly funded hospitals*
11:50 a.m. – 12:00 p.m.	**NCOA Business Meeting** **Closing Remarks and Adjournment:** *Drs. Matt Coyle and Patrick Theriault – Co-Conference Chairs*

OBJECTIVES

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1. *Describe the role of the Canadian Orthopaedic Association in your practice of orthopaedic surgery.*
2. *Outline novel and innovative strategies across orthopaedic surgery, including the role of robotic-assisted surgery.*
3. *Define current fracture management trends with a comprehensive literature update, with a focus on distal tibia and distal femur fractures.*
4. *Review important topics in upper extremity sports medicine care through case-based discussion.*
5. *Discuss contemporary principles of spinal balance and the management of common spinal conditions in orthopaedic practice.*
6. *Apply principles of mentorship and performance psychology to enhance surgeon performance, well-being and professional development.*
7. *Describe and discuss complex trauma and general orthopaedic cases with colleagues and expert faculty.*
8. *Discover new opportunities to be collaborative with your colleagues at other institutions across the region.*