

TIOISIC

THE ORTHOPEDIC SPECIALTY CENTER
OF NORTHERN CALIFORNIA



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INTRO TO DATA

Introducing the 2020 Outcomes data for TOSC

In this outcomes report we will present Dr. Jamieson's clinical data from the past 4 years with a focus on 2020, as well as pre- and post-surgical patient satisfaction scores.

Since starting in private practice in 2014, after completing his total joint fellowship at the Joint Replacement Institute in Southern California, Dr. Jamieson has had a consistent upward trajectory of patient volume and exceptional outcomes. Our goal, which is consistent with our mission and vision as a practice, is to revolutionize the practice of orthopedics. As we work toward a narcotic-free practice, focusing on rapid patient recovery, we use the best surgical techniques to allow our patients to get back to their normal lives quickly. We accomplish this by optimizing the patient experience and using the most up-to-date proven technology.

The value we can provide to our patients and to our healthcare partners is evident in the outcome of this data. Inside, you will also find several patient testimonials to support the clinical findings we have presented.

Thank you for your support!



ROBERT JAMIESON, DO

Dr. Jamieson is a fellowship-trained orthopedic surgeon specializing in arthroscopic and reconstructive surgery of the hip and knee.

Dr. Jamieson has a strong interest in advancing the field of total joint replacement through peri-operative pain control, robotics, and rapid recovery. He was also the first to perform an outpatient total joint replacement in Northern California.

Dr. Jamieson went to the University of Colorado for his undergraduate degree and to medical school at Kansas City University of Medicine and Biosciences. Dr. Jamieson completed his residency at Michigan State University and his total joint fellowship at the Joint Replacement Institute in Los Angeles, CA.

Dr. Jamieson started The Orthopedic Specialty Center of Northern California in 2018 because he felt there was a lack of streamlined, efficient care in the patient's journey to total hip and knee replacement. He also saw a big void in the relationship and communication between providers and payers. He feels that this communication and relationship is critical to giving the patient the best care possible.



DR. ROBERT JAMIESON, DO
Board-Certified Orthopedic Surgeon
& Fellowship-Trained Total Joint
Replacement Specialist

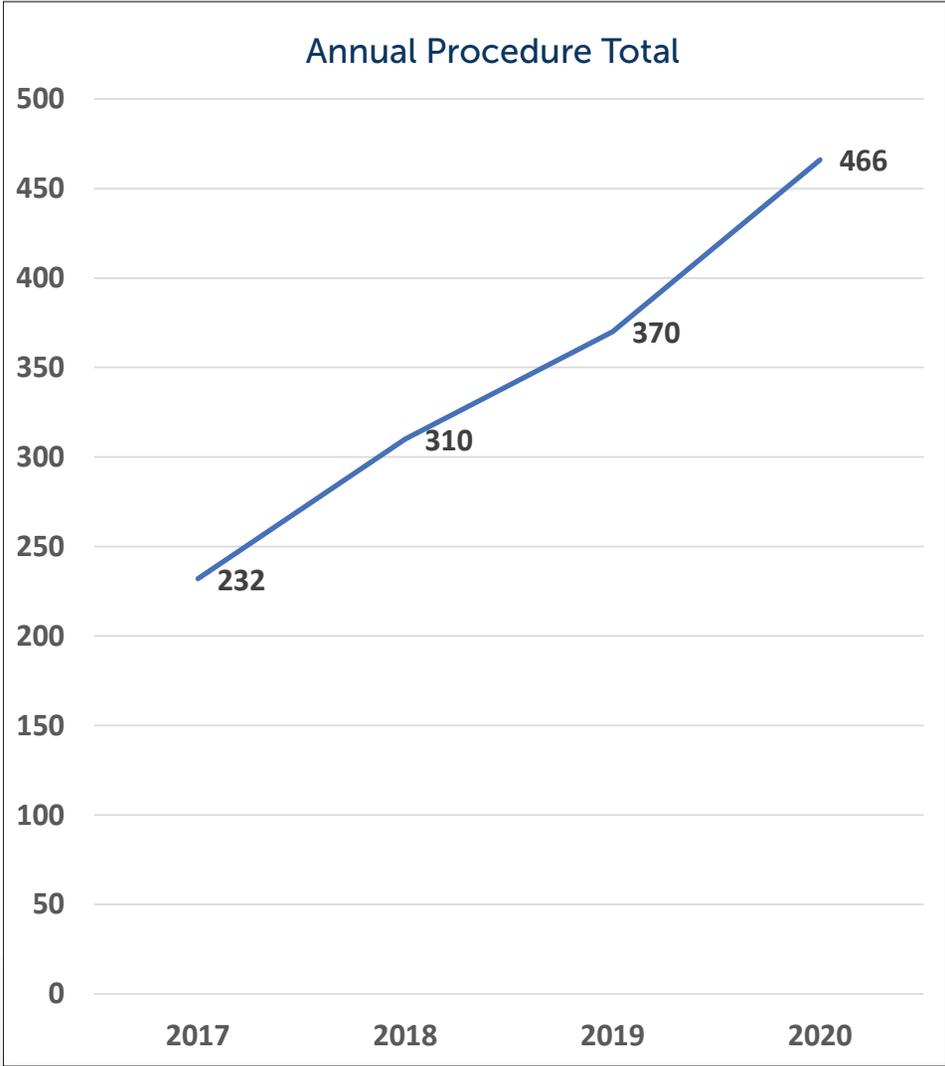
NOELLE BURTON, PA-C

Noelle was born and raised in the East Bay Area. She attended college at Sonoma State University and graduated *cum laude* with a Bachelor of Science in Kinesiology with an emphasis in Exercise Science. With intentions of practicing medicine, she furthered her education at Quinnipiac University in Hamden, Connecticut, where she graduated with a Master of Health Science and Physician Assistant Certificate in 2015. Afterward she moved to Folsom with her family and practiced Family Medicine where she has taken time to develop her skills and passion for Orthopedic Medicine. When Noelle is not practicing medicine, she enjoys spending time with her husband and two dogs, hiking trails and being outdoors.



SURGICAL VOLUME

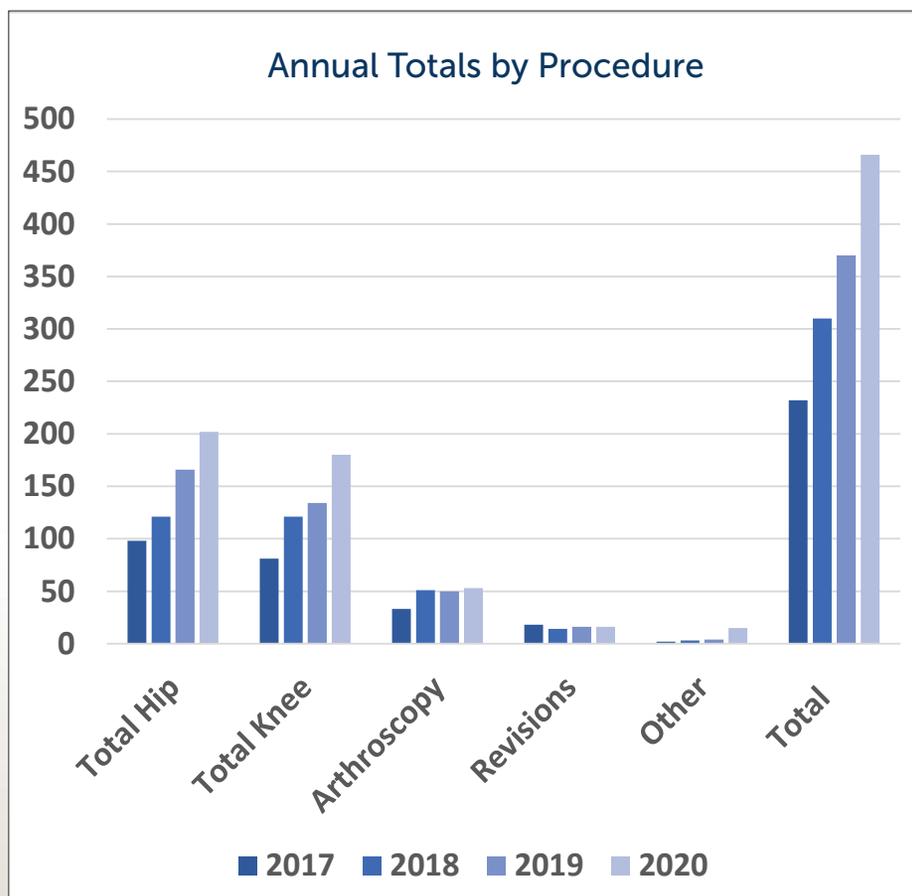
Over the past four years, The Orthopedic Specialty Center of Northern California has seen a consistent increase in surgical volume and exceptional outcomes. By using cutting-edge technology and ongoing research to continually improve our techniques, it allows for faster patient recovery. From 2018 to 2019 alone, our volume rose by 20 percent.



TOSC ANNUAL TOTAL PROCEDURES DATA

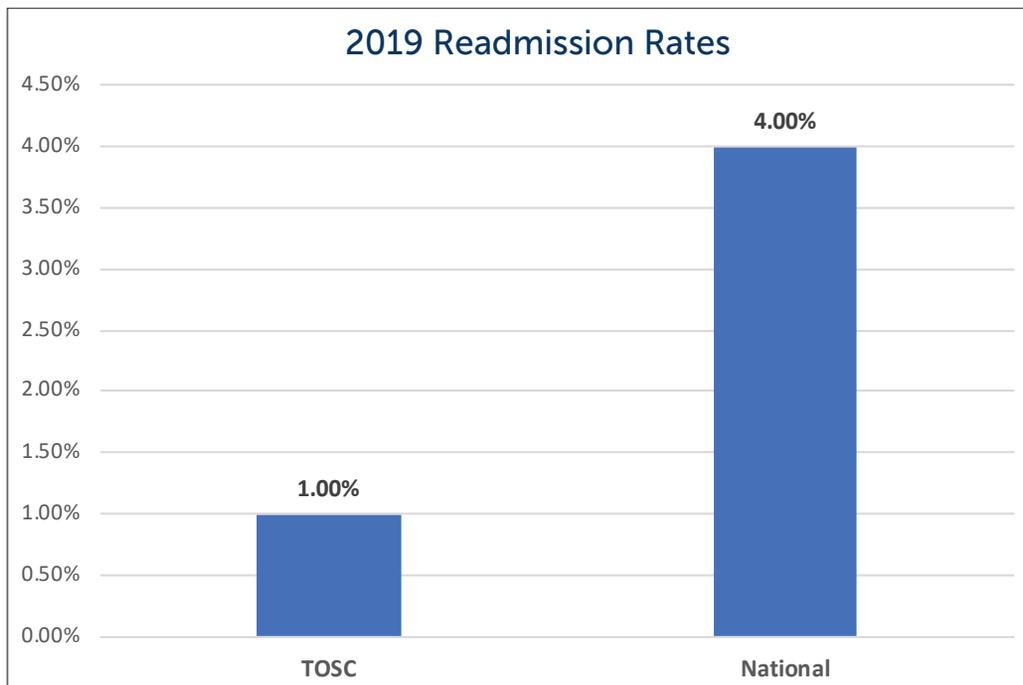
*The following tables capture all hip and knee procedures performed by Dr. Jamieson annually over the past 4 years. 2017-2020

	2017	2018	2019	2020
Total Hip Replacement	98	121	166	202
Total Knee Replacement	81	121	134	180
Knee Arthroscopy	30	51	50	53
Knee Revision	14	10	8	11
Hip Revision	4	4	8	5
Other	2	3	4	15
Total Procedures	232	310	370	466

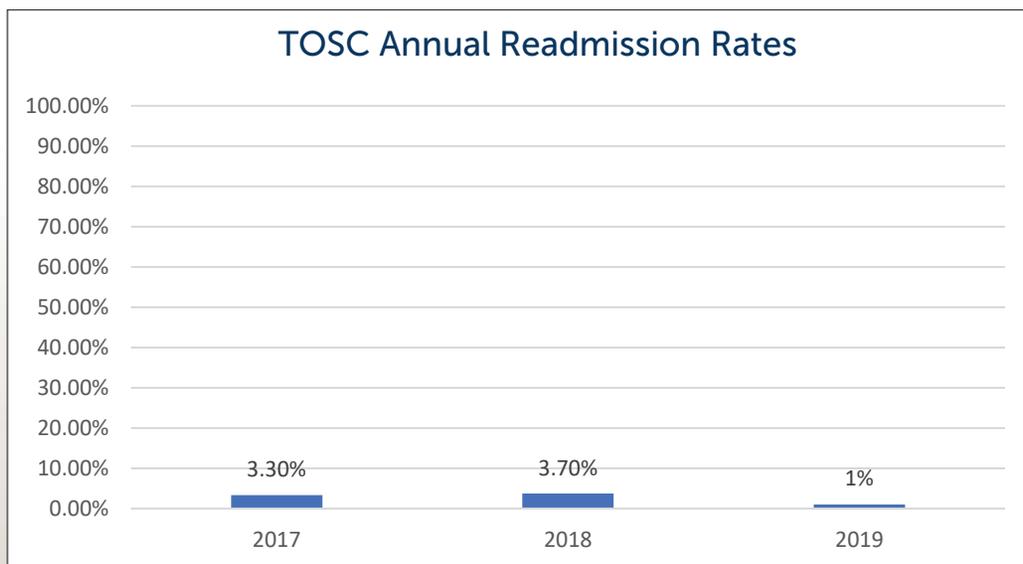


READMISSION RATES

The following chart shows all-cause readmissions from 2017 to 2019. It captures all elective procedures and any unplanned readmissions within 90 days of hospital discharge. As you will see, the readmission rates at TOSC are well below the national average and only continue to improve.

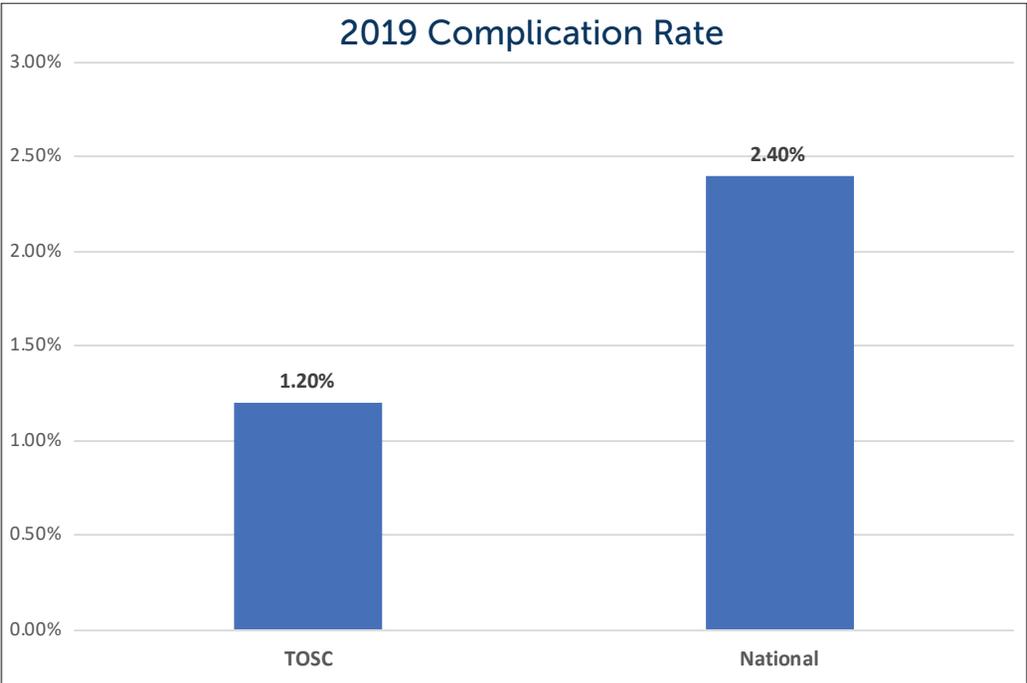


*National data points taken from the CMS 2019 data collection compared to the 2019 TOSC data of readmission rates from surgery to 90 days post-op.



HIP AND KNEE COMPLICATIONS

The following chart shows the complication rate following all elective hip and knee replacements within 90 days of discharge compared to the national average. Complications include: joint/wound infection, DVT, mechanical complications, dehiscence, pulmonary embolism, and surgical site bleeding.



*Complication rate data taken from CMS National data points 2019.



DECREASING INFECTION RISK

Healthcare-associated infections can be acquired anywhere and are among the leading causes of death in the United States. Over one million infections happen across all fields of healthcare every year. To decrease the risk of infection we utilize every preventative measure possible to keep our patients safe, which is why our infection rate is one of the lowest in the country.

TOSC uses the following measures:

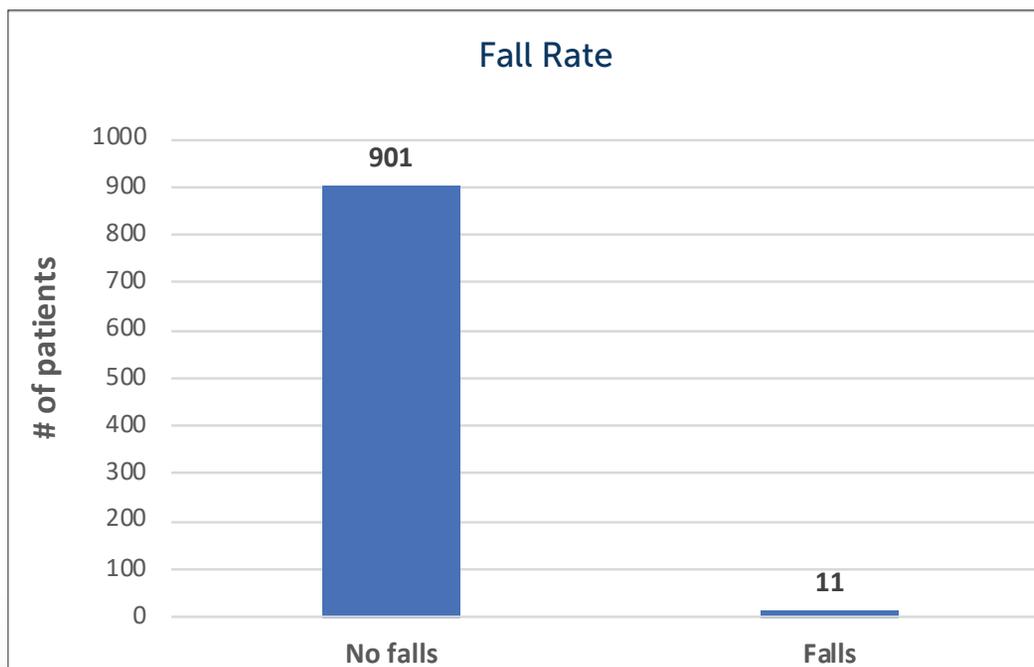
- High Efficiency Particulate Air (HEPA) filtration in the operating room to decrease airborne microbial contamination.
- All patients wash with Hibiclens soap prior to surgery.
- Disinfecting of all patient/family care areas, including UV light.
- Surgical antibiotic use compliance.

FALL PREVENTION

Patient falls are among the most frequently reported events post-surgery in the nation. The fall rate at TOSC of 1.2% has been significantly lower than the national average of 17% since 2018, due to our personalized preventative measures we take with all of our patients pre- and post-surgery.

Some of the safety measures taken at TOSC include:

- Pre- and post-surgery physical therapy.
- Patient/family education pre- and post-surgery. We also have several informative videos posted on our website made personally by Dr. Jamieson.
- Assistive devices given to all patients upon discharge.
- In-home healthcare.

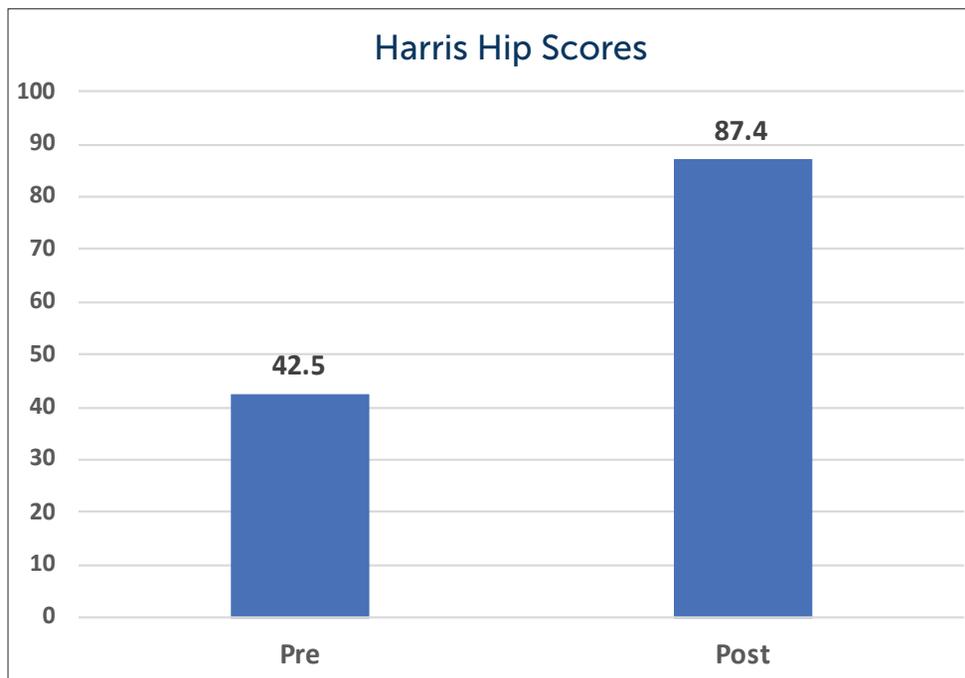


*The TOSC fall rate was only 1.2% total from 2017 to 2019 compared to the CMS data on national averages which was significantly higher.

HARRIS HIP SCORES

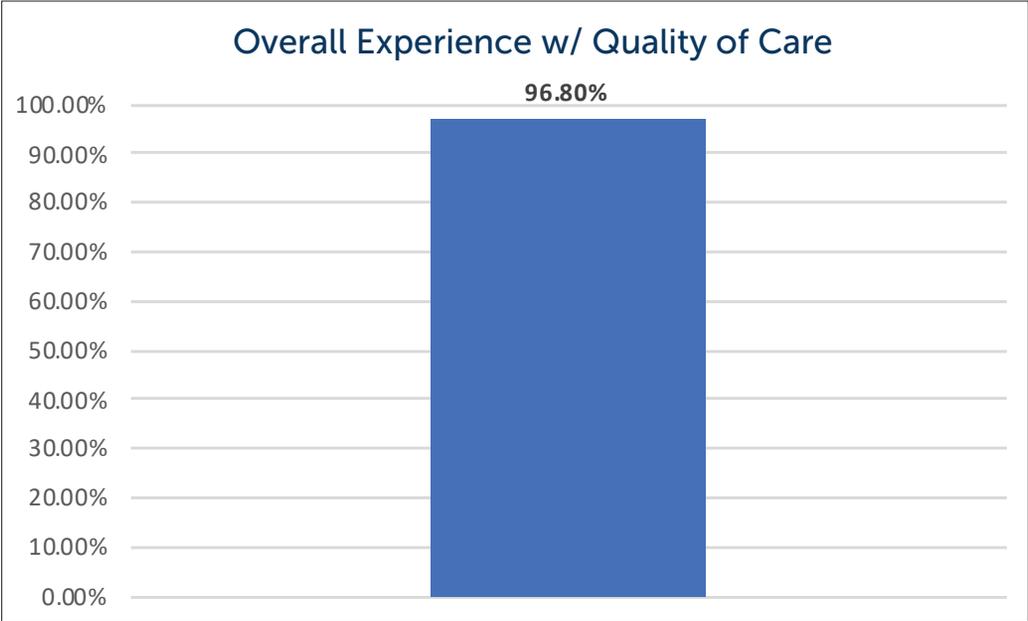
We continually use surveys to assess our patients' perception of their health status before and after surgery. These surveys assess the patients' opinion of their joint pain and function. Patients that chose to have surgery at TOSC have reported significant improvement in their pain, function, and quality of life.

*This graph will show you the patients' average pain score before surgery and 90 days post-op. The higher the score the better, meaning less pain. On average we see over a 40-point improvement in their pain score in the first 90 days after surgery.



PATIENT PERCEPTION OF CARE

At TOSC we strive to provide our patients with the best care. We continually monitor our patients' satisfaction of care at our facility. On a sliding scale of 1-5, 5 being the most satisfied, we continually receive 4's and 5's consistently as you will see by the chart below.



*This sample was taken from our most recent surgery patients in 2020. Out of 82 patients 96.8% reported a score of 4 or 5 when it comes to overall experience and quality of care, with 1 being the least satisfied and 5 being the most satisfied.



AVANOS ON-Q PUMP RESEARCH STUDY FINDINGS

Avanos ON-Q pump research study findings, as performed by Dr. Robert Jamieson

Use of the Avanos ON-Q pump shows significant reduction in opioid use post-surgery.

- 27.3% of patients were opioid free throughout recovery.
- On average those patients that used an opioid post operatively, took 1.7 tablets per day.

ON-Q* Pump Model: CB6004 filled to 745 mL with 0.2% Ropivacaine prefilled

Implant Technique: Surgeon-placed catheter post-implant while cement was drying

ABOUT DR. ROBERT JAMIESON

- Board-certified orthopedic surgeon
- Fellowship-trained in Total Joint Replacement focusing on the hip and knee
- Focused on providing a frictionless patient experience throughout the patient journey
- Areas of interest include:
 - Narcotic-free pain control after surgery
 - Rapid recovery after surgery
 - Outpatient total joint replacements
 - Anterior approach to hip replacements
 - Utilizing the latest technology, including robotics

WHY REDUCE OPIOIDS

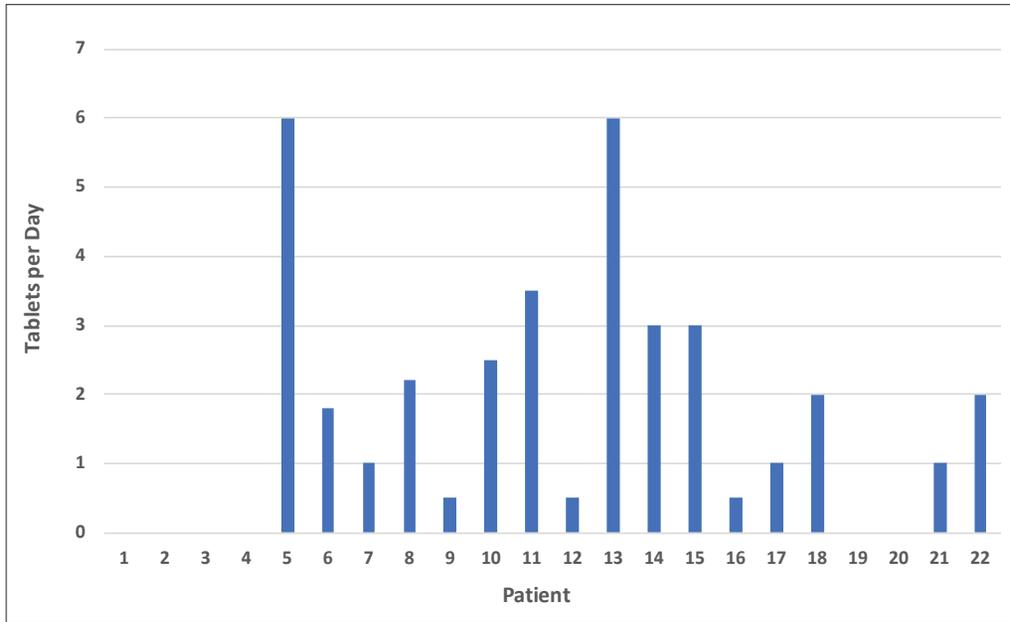
Data to support the need for non-narcotic pain management solutions.

- "Higher opioid prescriptions are associated with **increased** post-operative complications including: thromboembolic events, infections, gastrointestinal complications, hospital costs, and hospital LOS."
- A multicenter study of over **4,000** patients showed **91%** of U.S. patients were prescribed opioids after surgery compared to **5%** of non-U.S. patients.

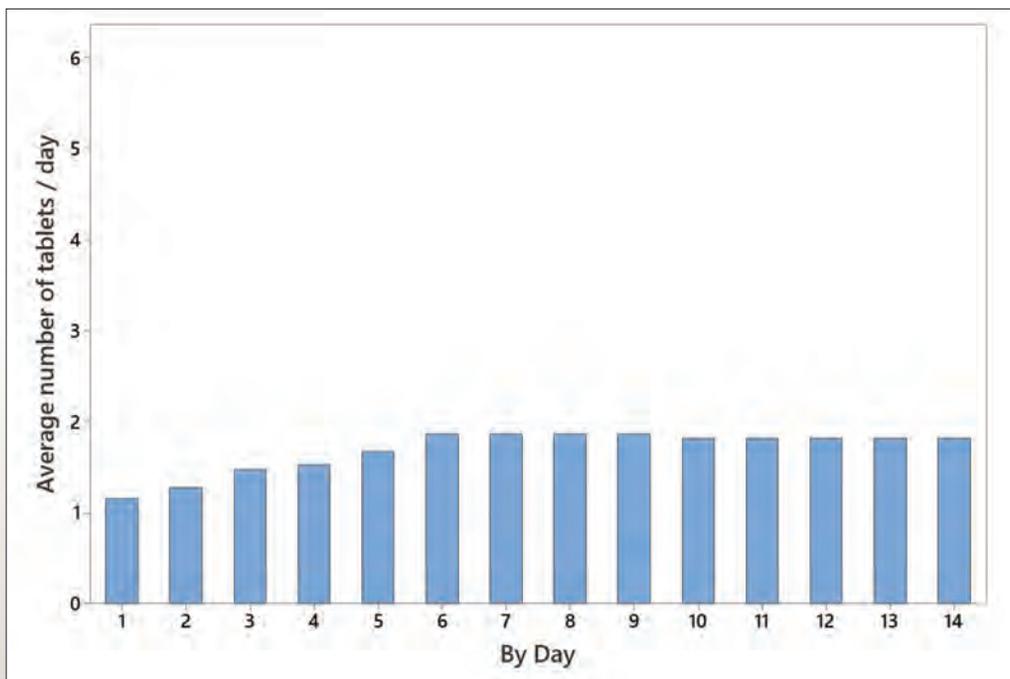
*Data courtesy of Avanos Medical, Inc.

AVANOS ON-Q PUMP RESEARCH STUDY FINDINGS

Daily opioid use per patient



Opioid use by day



AVANOS ON-Q PUMP RESEARCH STUDY FINDINGS

Conclusions

The ON-Q pump resulted in lower pain scores the first 5 days, allowing for less opioid use in most patients and no opioid use in 27.3% of patients.

On average only 1.7 tablets were used per day with the ON-Q pump.

Compliance to physical therapy, at-home exercises, and ice & elevation was over 90% for all patients with reduced pain scores.



AVANOS ON-Q PUMP & ATHOS

TOSC Research

At TOSC we strive to stay up to date with the latest technology, not only to continue to advance the field of Orthopedics but to give our patients the best care and fastest recovery possible.

AVANOS ON-Q PUMP

As you have seen in our published white paper, our ongoing ON-Q pain pump study has shown great success in decreasing opioid use post-surgery and helped our patients recover faster and with less discomfort during the critical first days post-surgery.

What it provides:

The ON-Q pain relief system is a non-narcotic, local anesthetic that offers a new total solution for keeping pain management from compromising the surgical process. ON-Q provides up to 5 days of pain relief while reducing opioid use. It allows patients to be more comfortable after surgery and more capable of activity while they recover.

The ultimate goal of this system is to reduce post-operative pain, reduce the need for opioids, and to provide an effective pain management solution in the surgical setting. It automatically and continuously delivers a regulated flow of medication into the knee through a small catheter, that can be easily and painlessly removed after surgery.

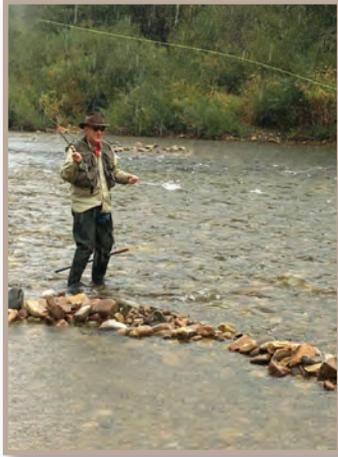
*Some of the information obtained, including image, came from avanospainmanagement.com, Avanos Medical, Inc.



ATHOS

Through the use of this wearable technology provided by Athos, we are able to track Dr. Jamieson's energy expenditure during procedures by individual muscle groups, heart rate, and training load. When Dr. Jamieson wears the Athos vest during surgery, his data is directly uploaded to the app for us to see and use. This data will allow us to continually improve our surgical efficiency. As we begin to understand how and where the most exertion is taking place during each procedure and through the use of which tools and techniques, we can begin to improve our process. This will allow for a more streamlined process and lead to better quality of care for our patients.

PATIENT TESTIMONIALS



Jack P.-Total Hip Replacement

Just 6 weeks after his total hip replacement, Jack is back on the river doing what he loves.



Matt-Total Hip Replacement

6 weeks after a total hip replacement, Matt was back on the golf course doing what he loves.



Dick W.-Total Hip Replacement

15 weeks after a total hip replacement, Dick hiked 9.2 miles up to Wheeler Peak (13,063 ft) in Great Basin National Park. "Great surgeon, great staff."



Jim B.-Total Hip Replacement

6 months after Jim's total hip replacement, he was back on his WaveRunner!

PATIENT TESTIMONIALS

"I strongly recommend Dr. Jamieson to anyone who is considering having a knee replacement. My knee surgery went very well! I had very little pain after the procedure, and my foot alignment is perfect! You would never know there is an artificial joint in my leg. It's been 14 weeks and the knee feels completely normal! I was very impressed with the whole process. Dr. Jamieson is very knowledgeable and is a very caring Dr. in regard to your health and well-being. He only wants what is best for you. He is excellent in his field, and makes you feel comfortable when he talks with you. He is polite, knows his field well, and has a very good bedside manner. He is highly educated, and a doctor you can really trust. He did a great job on my knee. I highly recommend a man of his caliber! He delivers great results; he doesn't disappoint!"

-John A.

"Dr. Jamieson successfully cleaned excess scar tissue from an old knee replacement, performed by another doctor. I am now able to achieve better flexibility. Dr. Jamieson and his staff are all professional, kind, and cheerful. Nice office too!"

-Doug H.

"As a patient of Dr. Jamieson, I can't say enough of the excellent job he and his staff have given me. From the beginning, Dr. Jamieson made me feel so relaxed and explained the full procedure of my hip replacement. In all my follow-up appointments he gave me excellent care. Because of his expertise in the field and advice, I was able to recover very quickly. I will forever be grateful for him.

Dr. Jamieson's office staff were extremely helpful and professional at all times. They were always caring and went out of their way to make all their patients comfortable.

I would highly recommend Dr. Jamieson as an orthopedic surgeon to anyone who requires extremely wonderful service. I am very happy to be one of his patients."

-Lucille C.

PATIENT TESTIMONIALS

"At 66 years old, my left hip was worn out. I couldn't do the things that made my active life such a pleasure. Dr. Jamieson and his entire staff took me into their family-like embrace and gave me the chance to renew my enthusiasm for the sports and activities that make being retired so enjoyable. I am able to enjoy softball, pickleball, water volleyball, tennis, bicycling, walking the trails in my community pain free because of my hip replacement. Is perfection in any endeavor attainable? I wouldn't know, but give proper thanks to Dr. Jamieson and his team, I have to say, that for me, the result of the surgery I had done, were in fact perfect. Thank you for what you do, for the comfort you gave me, for the professionalism you exhibit, and especially for the chance for me to renew my enjoyment of a re-booted, pain-free lifestyle."

-Samuel M.

"From my first appointment through post-surgery follow-up visits, Dr. Jamieson and his staff have been professional, effective, and attentive.

My hip pain was excruciating and debilitating. Dr. Jamieson's staff promptly scheduled me for a hip replacement. After my three-week post op follow-up appointment, I no longer needed any assistive devices to walk.

Dr. Jamieson is an excellent and caring surgeon. His staff is a reflection of how much he values his patients. As a 72 year old patient, I am grateful for Dr. Jamieson's expertise.

Thank you for all that you do to make your patients' lives better."

-Linda M.

"I have been seeing Dr. Jamieson for approximately a year and a half. I was literally in tears the first time that I walked into his office. My knee pain was so overwhelming that I just wanted my legs cut off! Dr. Jamieson was kind, compassionate, and worked with me to establish a medical plan. He has now done both of my knee replacement surgeries and I now have my life back! Unless you have been through destroyed knees, you have no idea how many falls you can take; how frightening it is to just think about taking the dogs for a walk. I recommend Dr. Jamieson to everyone I know. He has helped me through my surgeries, rehab, and follow-up appointments with the utmost care and mercy. He simply is without equal!"

-Sandra T.

PATIENT TESTIMONIALS

"From the biggest fan of Dr. Robert Jamieson and his most excellent staff. I want to shout out for my awesome surgery and incredible recovery (I heal fast). I went into this with pain off the charts and woke up pain free as the Dr. told me (pain killers aside). They had me up and walking when I woke up and I walked out that day. I was told by my home nurse and therapist I wasn't normal (heard that my whole life), they were referring to my rapid recovery. I think the better shape you are in going into this will determine how fast you recover (very competent Doctor doesn't hurt). Proud to say after 6 months I was back on the WaveRunner and the moto-x-track. Thank you, Dr., and wonderful women. Merry Christmas!"

-Jim B.

"Hip replacement surgery performed by Dr. Jamieson has been a life changing experience. After months of pain, impaired quality of life, x-rays and MRI's it was determined that the solution was total hip replacement. We did our homework, both on type of surgery and surgeons. We interviewed several physicians and compiled references. Because of this process we were comfortable and confident in selecting Dr. Jamieson. He far exceeded our expectations. Besides being a highly competent and skilled surgeon, he is truly a caring and compassionate person with a great sense of humor. The surgery went flawlessly using the anterior technique. No complications, home the next day, rapid recovery, nothing short of a miracle cure. I am very happy to finally be able to tie my own shoes and walk without pain."

-Jerry W.

"After a year and a half of enduring a failing hip joint, incorrect diagnosis, and multiple injections with continued pain, I decided to get another opinion. Glad I did. I met with Dr. Jamieson and his team at TOSC, we together reviewed my situation and decided that a Total Hip Replacement would be the best option for me. The entire process from pre-op, surgery through to post-op went incredibly well. I am into the fifth week of recovery, walking without assistance and best of all; No pain. Dr. Jamieson and his group are truly professionals. Would highly recommend TOSC to anyone."

-Jim S.

As the Clinical Research Coordinator at TOSC, creator, and author of this booklet, I would like to thank all of our amazing patients, staff, and referring providers for their continued support. We look forward to continuing to provide you with the best care and up-to-date information and technology.

Please visit our website toscnorcal.com for our latest informational videos and current information about our office and staff.



Kristina Surber

Clinical Research Coordinator





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