

# TIOISIC

THE ORTHOPEDIC SPECIALTY CENTER  
OF NORTHERN CALIFORNIA

DR. JAMIESON'S OUTCOMES REPORT 2021  
Volume 2



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# 2021 OUTCOMES DATA

## Introducing the 2021 Outcomes data for TOSC

In this edition of our annual outcomes report for **The Orthopedic Specialty Center**, we will be looking at Dr. Robert Jamieson's clinical data from 2021. Included, you will find patient satisfaction and pain scores, current research studies and findings, an overview of procedure totals and procedural-based outcome reports.

Since our last outcomes report we have added some exciting new research endeavors, as well as some amazing new staff to our practice. All of this continues to contribute to our goal of creating the most efficient, cutting edge, and positive experience for our referring providers and patients.

The value we can provide to our patients and to our healthcare partners is evident in the outcome of this data. Thank you so much 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

# INTRODUCING: OUR NEW PHYSICIAN

KYLE R.  
MCCLINTOCK,  
DO, MBA



Kyle R. McClintock, DO, MBA is a fellowship trained, board certified specialist in arthroscopic and reconstructive surgery of the shoulder and elbow. His areas of clinical interest include shoulder arthroplasty, rotator cuff injuries, sports related injuries of the upper extremity, and trauma.

After obtaining a bachelor's degree from Brigham Young University, he focused on a career in medicine. He completed medical school at Kansas City University, graduating near the top of his class and was elected to the Sigma Sigma Phi Honors Society. During medical school Dr. McClintock also earned a master's in Business Administration with an emphasis in healthcare leadership. He further pursued a career in Orthopedic Surgery, completing his residency at Des Peres Hospital in St. Louis, MO, where he had the unique opportunity to work and train with the leaders in the field of orthopedics at Saint Louis University and Cardinal Glennon Children's Hospital. His thirst for further orthopedic training brought him to Phoenix, AZ where Dr. McClintock completed a 12-month rigorous shoulder and elbow fellowship at the CORE Institute, where he received extensive, cutting-edge training in shoulder and elbow reconstruction, shoulder arthroplasty, fracture care, and sports related injuries of the upper extremity.

Throughout his career, Dr. McClintock has striven to provide each patient with compassionate and customized care to meet their individual needs. His goal is to create an environment where patients can regain their activities and lifestyle.

# 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.

Thereafter 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 2 dogs, hiking trails and being outdoors.



# BLAKE JAMIESON, PA-C

*Introducing Blake Jamieson, the latest PA-C to join our team in February of 2022. We are so thrilled to have him on board.*

Blake grew up in Reno, Nevada, and attended Brigham Young University in Provo, Utah, where he received a Bachelor's Degree in Public Health with a Minor in Business Management. While obtaining his degree, Blake worked as an Anatomy Teaching Assistant in the cadaver lab, which sparked his interest in the complex structure of the human body and launched his pursuit toward a career in orthopedics.

He discovered his passion for medicine and the Physician Assistant career, specifically, during his time at Kamuzu Central Hospital, volunteering with students from a variety of medical professions in Malawi, Africa.

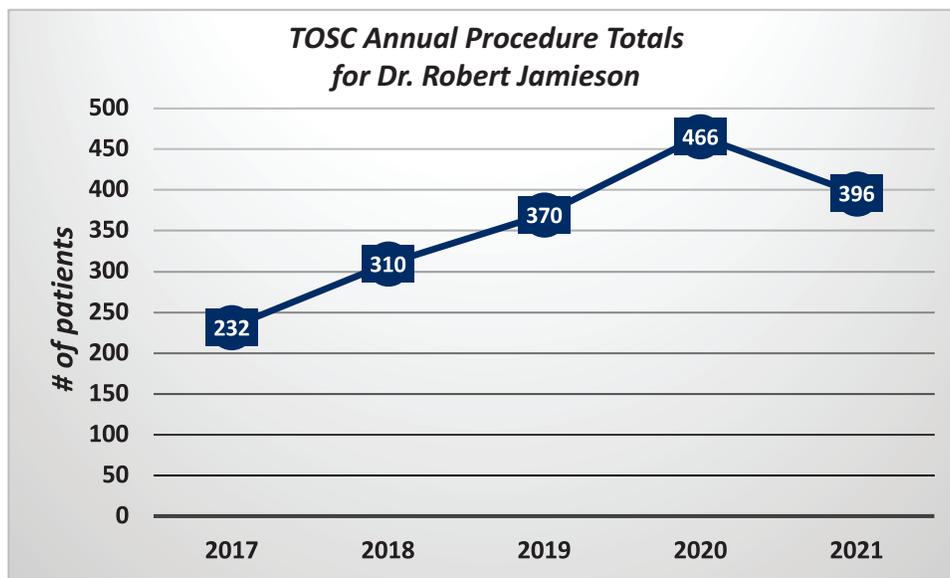
After graduating from Brigham Young University, Blake and his wife moved to Philadelphia, Pennsylvania, where he received a Master of Science in Physician Assistant Studies from Thomas Jefferson University.

Blake currently resides in Roseville and enjoys golfing, traveling, and trying new restaurants.

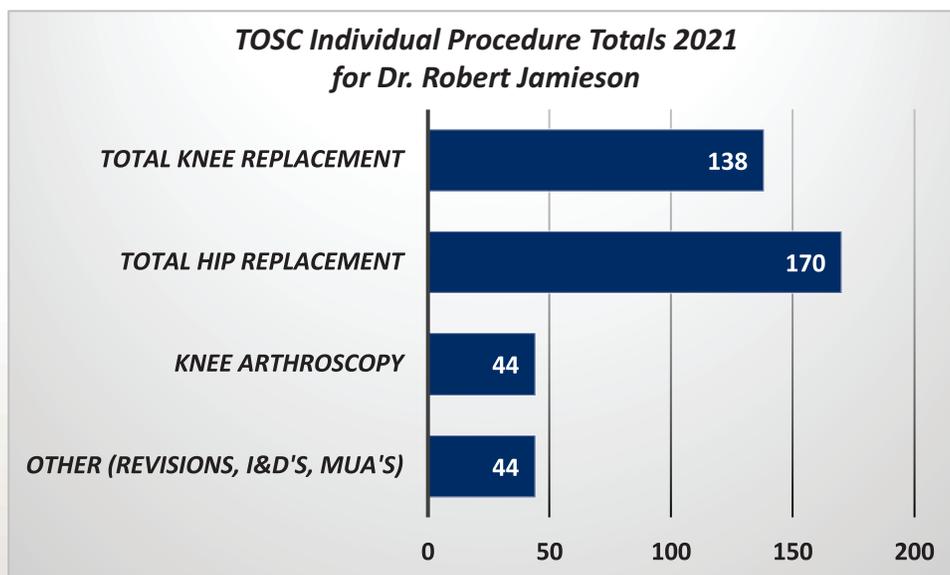


# TOSC SURGICAL VOLUME & PROCEDURE TOTALS

## Surgical Volume

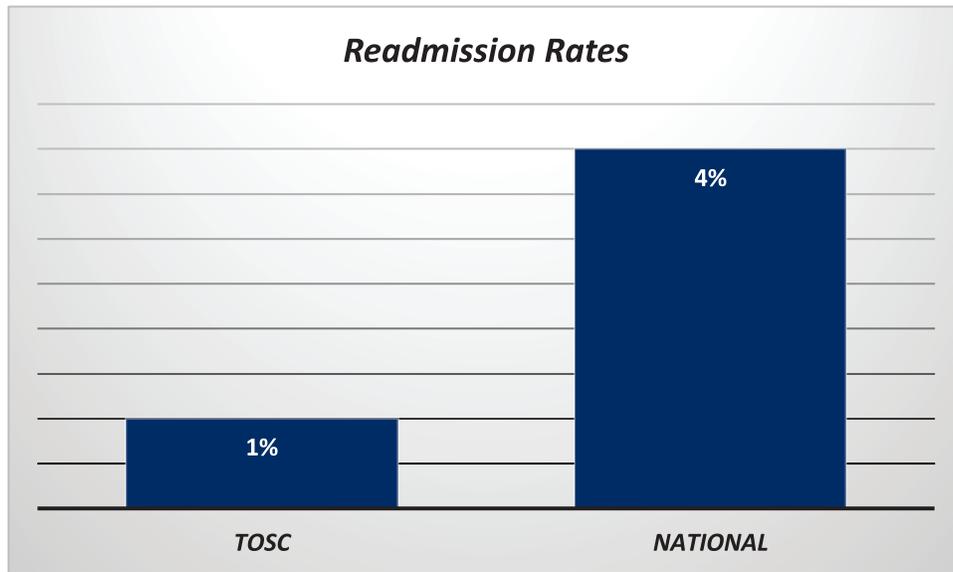


## Procedure Totals

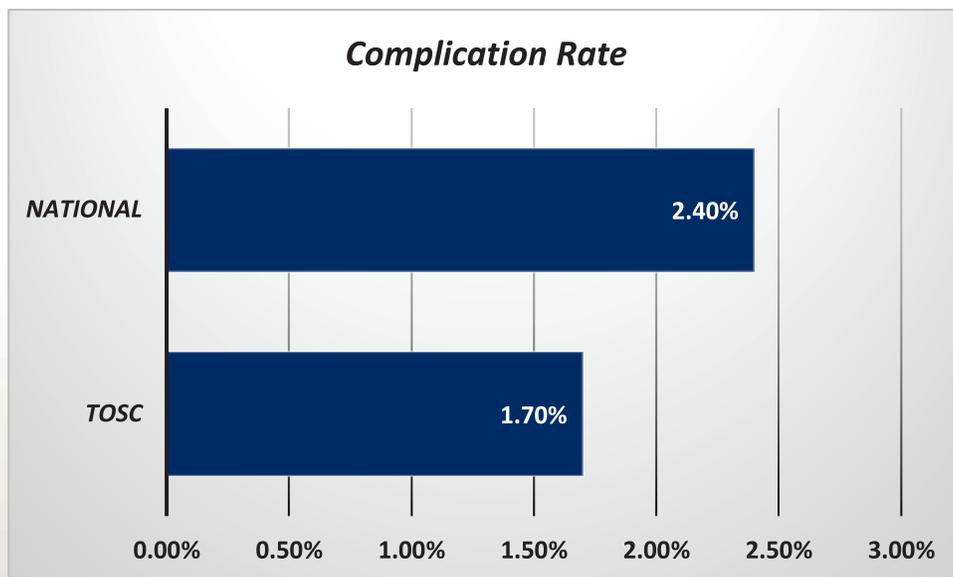


# READMISSION & COMPLICATION RATES

Readmission Rates 2021



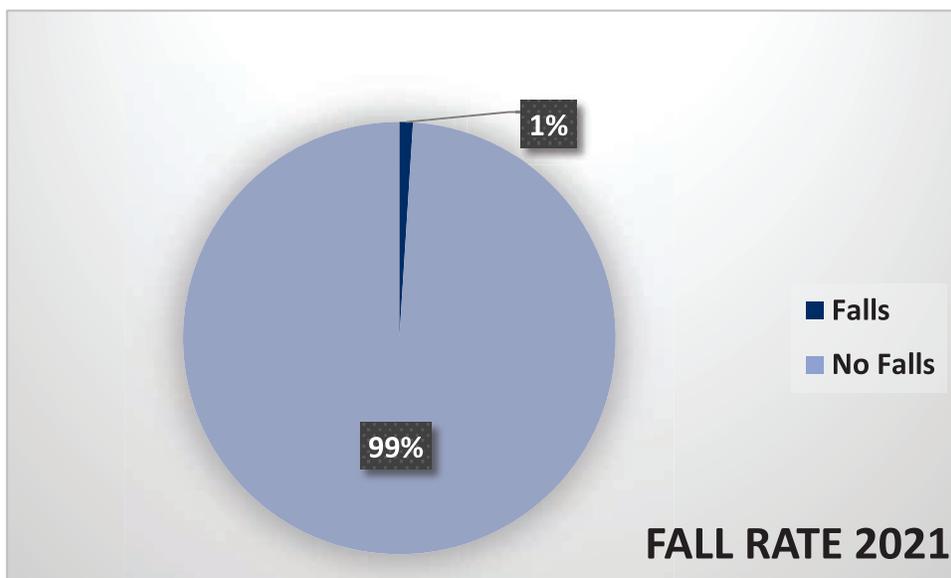
Complication Rates 2021



\*Source: Both charts show National Averages from Medicare.gov for hip and knee replacement, pulled 8/2021.

# FALL RATE & PREVENTION

## *Fall Rate and Prevention*



\*The above chart shows the fall rates at TOSC for 2021 up to 90 days post-operatively. 1% represents 4 patients and 99% represents 392 patients.

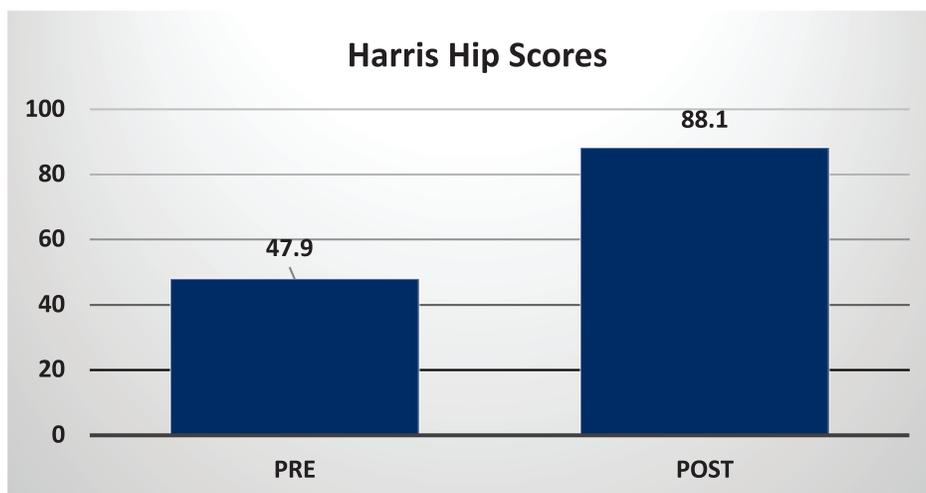
At TOSC we work hard to implement techniques and programs that benefit our patients during their recovery. Such as our pre-operative physical therapy program to strengthen the affected joint. Our data is showing faster recovery times and decreased pain levels since implementing this program.

# HARRIS HIP SCORES & PATIENT PERCEPTION OF CARE

## *Harris Hip Scores*

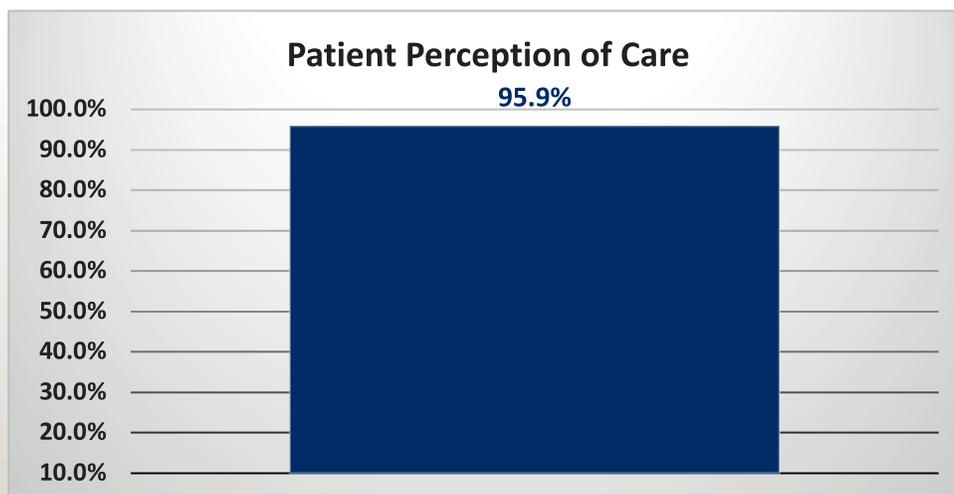
Surveys are used to assess our patient's perception of their health status before and after surgery. These surveys assess the patient's opinion of their joint pain and function. Patients that chose to have surgery at TOSC have reported significant improvement in their pain, function, and quality of life. This graph will show you our 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.

\*These averages were taken from 125 TOSC patients in 2021.



## *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 at multiple points throughout their journey. On a sliding scale, 5 being the most satisfied, we receive 4's and 5's consistently.



# CURRENT RESEARCH

## *Current Research*

### **Pre and Post Surgery Physical Therapy**

To help us achieve a better experience and outcome for our patients, we implemented pre-op physical therapy to our regimen. In the past, only post-op physical therapy was ordered for patients. As we collect the data on recovery times and outcomes, before and after its implementation, we are starting to see an upward trend in faster recovery time and strength post-operatively. Stay tuned for our next booklet which will break this down and give a more detailed picture of how much this new program is helping our patients.

### **ON-Q Pain Pump by Avanos**

We are currently conducting a comparative study to assess the outcome of opioid use in patients with and without the Avanos ON-Q pain pump post-surgery. As we strive towards a narcotic free practice, we are always seeking creative and innovative new methods to improve patient outcomes and recovery. Does the use of the pain pump post-surgery equal less opioid use in patients? Below you will see a quick summary of what we have uncovered so far. Stay tuned for Volume 3 of our next Outcomes Booklet where we reveal the full results in our published white paper.

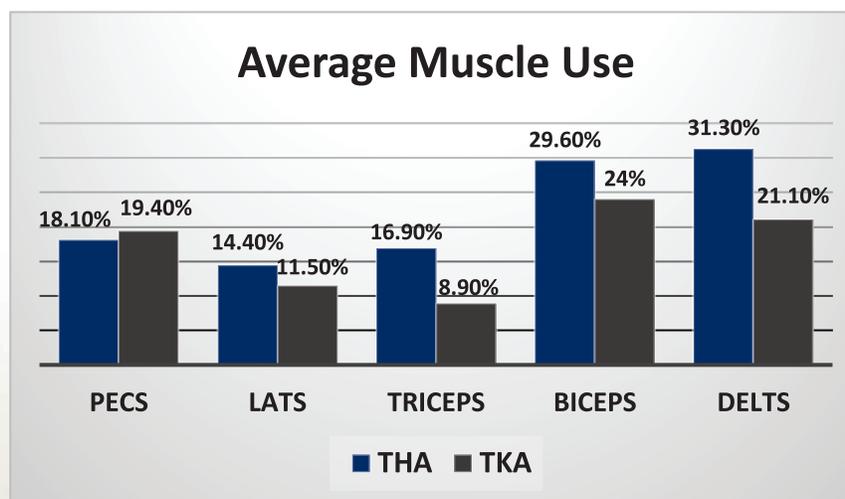
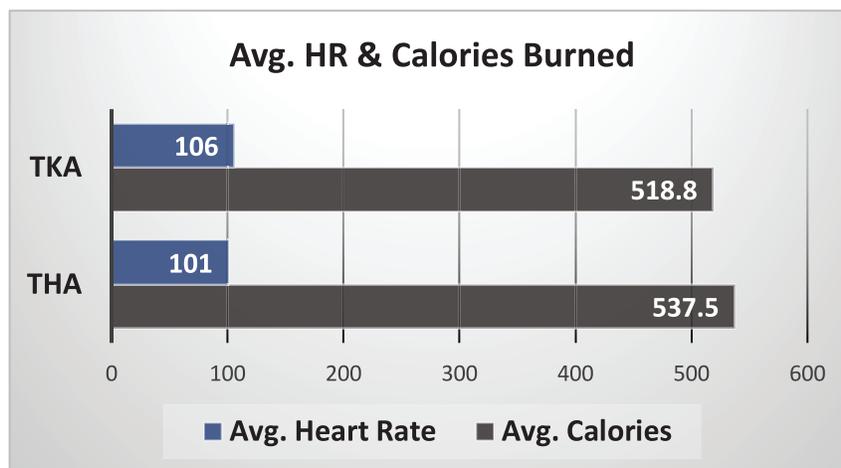
100 TKA patients	<b>14-day averages</b>
Pain score at rest	<b>3.5</b>
Pain score when active	<b>7</b>
Home exercise compliance	<b>100%</b>
PT compliance	<b>97%</b>
Average opioid tablets per day	<b>4</b>
Average days pump in	<b>4.5 days</b>

37 THA patients	<b>7-day averages</b>
Pain score at rest	<b>2.2</b>
Pain score when active	<b>4.3</b>
Home exercise compliance	<b>95%</b>
PT compliance	<b>92%</b>
Average opioid tables per day	<b>3.7</b>
Average days pump in	<b>3.8 days</b>

# CURRENT RESEARCH

## *Athos Study*

For years measures have been taken to protect the mental health of physicians. However, not many studies or programs have been implemented to help them achieve goals with their physical well-being. Using the Athos wearable vest, with embedded EMG (electromyography) sensors during procedures, allowed us to track which muscles were being used most. In turn this allows the physician to customize their workouts and care based on these results. Below you will see a snapshot of some of the data we were able to collect during our hip and knee procedures.



# PATIENT TESTIMONIALS



*"I have had problems with my knees for years. Dr. Jamieson and his team were patient, kind and informative regarding my options. Ultimately, I decided to have a total knee replacement. Throughout this experience the team completely took care of me. Nicole at the front desk has been fantastic scheduling and coordinating visits and questions. Noelle handled all my pre-op visits and patiently walked me through the pre and post operation process and what to expect. Christine handled the pre-op training and fielded my barrage of questions. She made the session informative and upbeat for a group about to have joint replacement. Then Dr. Jamieson handled the actual surgery with precision. Following the prescribed rest, exercise and physical therapy I was back on the snowboard in just 12 weeks. Thanks to the team I now have very few limits to my active lifestyle. I can't recommend TOSC highly enough."*

-Mike R.

*"For two years, my wife and I walked around with major pain, and fell several times. When we got a new primary doctor, he had her get an x-ray and wow...it was obvious she needed hip replacement. Our primary doctor sent her to Dr. Jamieson who explained everything. It's now been a year since the surgery and we're out taking long walks with the dog every day enjoying the spring & summer! THANKS Dr. J! I HIGHLY RECOMMEND Dr. Robert Jamieson as a hip replacement surgeon."*

-Ted P.

# PATIENT TESTIMONIALS



*"It was such a scary milestone for me. While I trained carefully and prepared for the event, I didn't really know if I was strong enough to complete all 3 events within the time limits. I did. To have my life back is such a blessing and I am so GRATEFUL! I had my hip surgery in early February and this was following breast cancer in 2020 where I had two surgeries and radiation. For this reason, I didn't know if I could get enough strength back to complete the Half Ironman. I did!! Whoo hoo! It poured the entire bike ride except for the last few miles and my hip never bothered me on the bike, swim, or run! Yay!"*

-Silvava T.

*"After my initial appointment with you on April 20, I felt such relief and appreciation that I had a brighter future. My pain level has been so high for so long that to find such an excellent surgeon has given me great expectations for a more pain free future. I'd like to thank you for your kindness, patience with all of my many questions, and your thorough explanation of my condition. Please also extend my gratitude to your excellent staff. They were extremely helpful, accommodating, and knowledgeable."*

-Dorothy W.



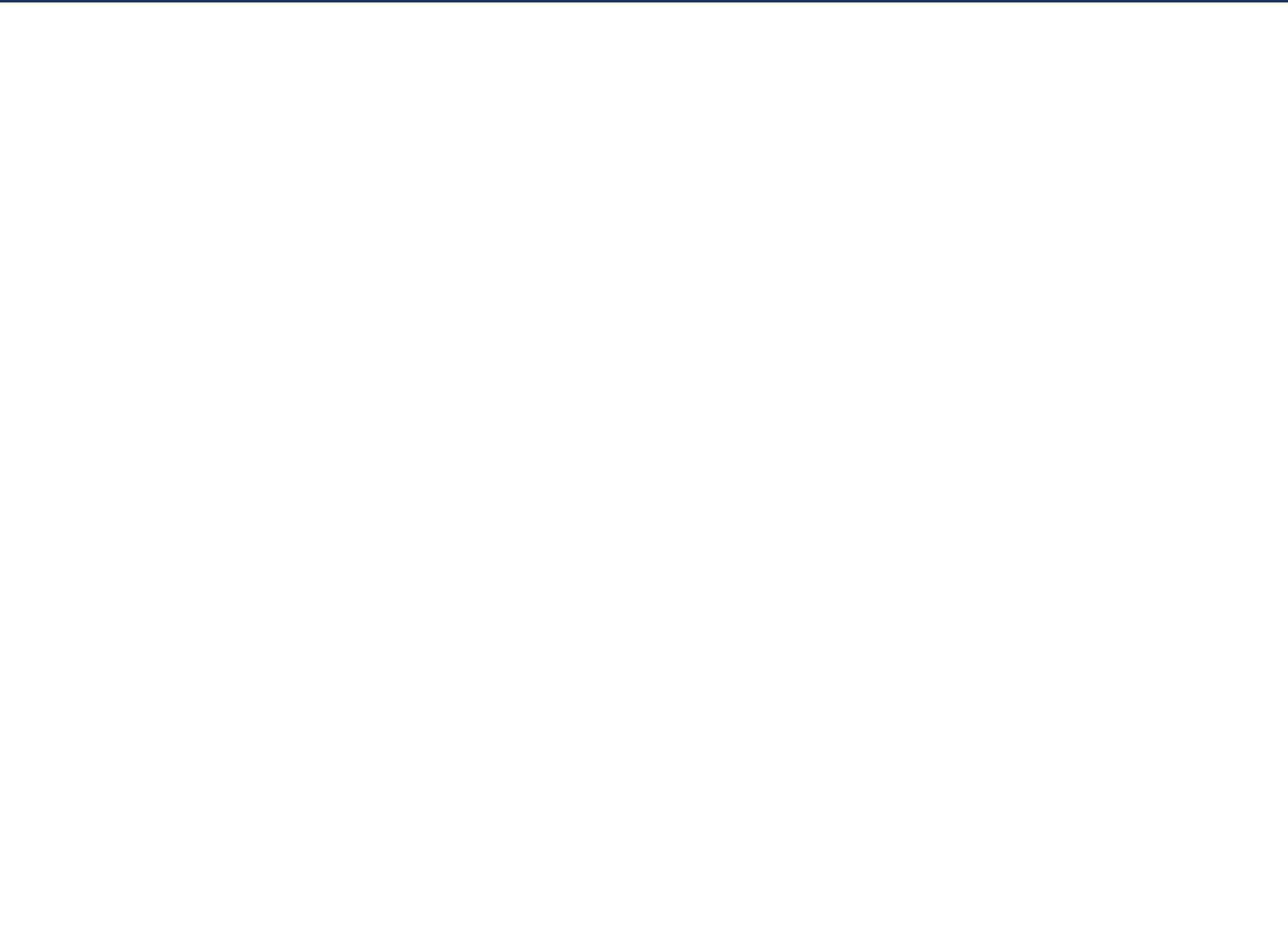
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As the Clinical Research Coordinator at TOSC, creator, and author of this booklet, I would like to thank all of our amazing patients, staff, and referring providers for their continued support. We look forward to continuing to provide you with the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

Please visit our website [toscnorcal.com](https://toscnorcal.com) for our latest informational videos and current information about our office and staff.









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