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Diversity Speakers Series: Leadership Lessons in Healthcare: From An Orthopedic Surgeon’s Perspective

Katherine Coyner
PCOM Office of Diversity and Community Relations

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Special Thanks

Jay S. Feldstein, DO '81, President and CEO for his ongoing support, and Dr. Katherine Coyner for sharing her experience and insight.

Also:

Natasha Arora, MS
H. William Craver, III, DO
Lee Eccleston, OMS-II
Julia Fink, OMS-II
R. Bryan Ginn, Jr.
Laurie Marion

Barbara Myers
Mark Okamoto, PharmD
Lance Semien
Danielle Timmons, MS
Alisa Toney
Dejhara Wellons

GA-PCOM Members of the President’s Diversity Council

The Diversity Speaker Series was presented by The Office of Diversity and Compliance and Co-sponsored by the:

American Medical Women’s Association
Student American Osteopathic Academy of Orthopedics
Student Government Association
Student National Medical Association
Student Osteopathic Surgical Association

The Diversity Speaker Series Featuring

Katherine Coyner, M.D.

“Leadership Lessons in Healthcare: From An Orthopedic Surgeon’s Perspective”

Monday, March 9, 2015
6:00pm
Lecture Halls C & D
Order of Events

Welcome
Introduction of Dr. Katherine Coyner

Natasha Arora, MS
GA-PCOM | D.O. Candidate 2017
Student Government Association President
P.L.A.Y. Club Vice President

Leadership Lessons in Healthcare:
From an Orthopedic Surgeon’s Perspective

Katherine Coyner, MD
Assistant Professor, UT Southwestern Medical Center

Question & Answer Session

Dejhara Wellons, Facilitator
GA-PCOM | D.O. Candidate 2017
Student National Medical Association President

Danielle Timmons, MS
GA-PCOM | D.O. Candidate 2017
Student Government Association Recording Secretary
SNMA National Liaison
GA-PCOM OB/GYN Club National Liaison

The Diversity Speaker Series at Philadelphia College of Osteopathic Medicine

The Diversity Speakers Series is intended to provide insight and understanding of multicultural issues to the Philadelphia College of Osteopathic Medicine community. This series is designed to introduce an essential component of education in helping audiences consider perspectives other than their own, encouraging civil debate, broadening the basis for critical thought and promoting cultural understanding.

The Office of Diversity and Compliance at PCOM strives to provide an avenue to promote ethnic diversity and multicultural awareness through increased interaction with high profile multicultural scholars, dignitaries and personalities on our campus.

For more information on The Diversity Speakers Series at PCOM, please contact:
Office of Diversity & Compliance
Rowland Hall, Suite 415
(215) 871-6185
MISSION
At The Perry Initiative, we are committed to inspiring young women to be leaders in the exciting fields of Orthopaedic Surgery and Engineering. We advance our mission principally by running hands-on outreach programs across the country for women students in high school, college, and medical school.

ORGANIZATIONAL GROWTH
The Perry Initiative was founded in 2009 by Dr. Jenni Buckley (a mechanical engineer) and Dr. Lisa Lattanza (an orthopaedic surgeon). The first Perry Outreach Program for high school students was held in the summer of 2009 in San Francisco, California. In 2010, the high school program expanded nationwide. In 2011, the organization was incorporated as a 501c3 non-profit, governed by a Board of Directors consisting of prominent women in the engineering and medical fields. In 2012, The Perry Initiative started the Medical School Outreach Program to encourage first and second year women medical students to pursue careers in orthopaedic surgery. Today, The Perry Initiative runs over 30 day-long outreach programs nationwide, reaching over 1000 high school, college, and medical students.

Dr. Katherine Coyner is a Board Member and Member at Large of The Perry Initiative.

Presentation to Dr. Katherine Coyner
Lex Eccleston, OMS-II
GA-PCOM | D.O. Candidate 2017
Vice President of Student Life—Student Government Association
Vice President—Emergency Medicine Club

Julia Fink, OMS-II
President—Student America Osteopathic Academy of Orthopedics
Event Coordination—Sports Medicine Club

Closing Remarks
Dr. Lisa McBride
Chief Diversity Officer
Dr. Katherine Coyner is an assistant professor at UT Southwestern Medical Center. Dr. Coyner completed a fellowship in sports medicine at Duke University Medical Center in Durham, North Carolina. While at Duke she was a team physician for the Duke University Men's and Women's Basketball teams, Football team, Women's Soccer, and the North Carolina Central University Football team. She graduated from Northeastern Ohio University College of Medicine in Rootstown, Ohio and completed a residency in orthopaedic surgery at William Beaumont Hospital in Royal Oak, Michigan.

As a lifelong athlete herself, Dr. Coyner has no trouble relating to injured players. She was co-captain of her college basketball team at the University of Massachusetts, where she set scoring and assist records. It was the pressure and team spirit of sports that prepared her to be a great surgeon, she says, and she loves getting athletes back onto the field. “It’s instant gratification,” she says, “to experience them doing well and returning to their level of play.”

One of the most common injuries Dr. Coyner sees is ACL (anterior cruciate ligament) tears. ACL injuries are nearly eight times more common in female athletes than in their male counterparts. Key reasons include the female anatomy, physiology, and biomechanics. Women are more quadriceps-dominant, so that's already providing an anterior shear force, and that's what the ACL resists doing. Men are more hamstring-dominant. This difference also affects how women jump and land. Men usually land more with bent knees, which act as shock absorbers, while women land more straight up and in a knock-kneed position, which puts the ACL at risk.

Fortunately, says Dr. Coyner, athletes can learn safer ways to exercise and jump that reduce their risk of ACL injury. For patients who need reconstructive ACL surgery, she uses a minimally invasive approach and places the ACL reconstruction in the anatomic location. This technique cuts down on post-operative pain and restores the knee’s function better than older methods.

MISSION

The PCOM chapter of Student Osteopathic Surgical Association (SOSA) strives to introduce members to different aspects of surgery, while continuing to broaden our knowledge base of basic and clinical medicine. The club is perfect for any student considering surgery as a specialty, and for students wishing to prepare for clinical rotations. It is also a great opportunity for all students to explore surgical interest, activity and education via lectures, workshops, and conferences. Membership is open to all physician assistant and medical students. For more information, visit the website of the American College of Osteopathic Surgeons.
MISSION

The American Osteopathic Academy of Orthopedics (AOAO) facilitates the finest training and continuous development of Osteopathic Surgeons to positively improve the care, healing and quality of life of patients.

The Student AOAO group (SAOAO) began in 2006 and stems from the vision of a student run organization under AOAO. The AOAO offers student memberships to established local chapters of orthopedic clubs at each nationally accredited osteopathic school.

Dr. Coyner is a board-certified orthopaedic surgeon. She is a member of the American Orthopaedic Society for Sports Medicine and the American Orthopaedic Association’s Emerging Leaders Program. Dr. Coyner is one of three sports-medicine orthopaedic surgeons at UT Southwestern Medical Center’s Sports Medicine, Knee, and Shoulder Program. The group’s team approach and its location at UTSW mean great care for injured athletes, including those with medical problems like sickle-cell disease or heart disease.

In 1970, only eight percent of doctors were women. Today, it’s 30 percent. Despite this surge, there are still stereotypes about which fields of medicine women should enter and how much they should work if they have families. In the United States, fewer than 5 percent of orthopaedic surgeons are women. Dr. Coyner is one of them. And in the Dallas metropolitan area, she’s one of only a few female sports medicine physicians. It isn’t unusual to see a female surgeon like Dr. Coyner, but what is unusual is her specialty. “Orthopedics has traditionally been an old boy’s club,” she said. “It is a little more physical in nature,” Dr. Coyner explained. “We use hammers, saws, and drills.”

Dr. Coyner currently mentors female residents and is heavily involved in The Perry Initiative, a young women’s mentoring program that helps expose them to the field of orthopedics. “She cares a lot about teaching residents,” according to Jessica Wingfield, an Orthopaedic Surgical Resident at UT Southwestern Medical Center. “Early exposure and then continuing mentoring [are important] to show them that there are role models out there,” Dr. Coyner explained.

In 2010, Dr. Coyner was selected to the Feagin Leadership Program which was created to honor John A. Feagin, Jr., MD., Duke University Emeritus Professor of Orthopaedic Surgery.
The American Medical Women's Association (AMWA) is an organization of women physicians, medical students, and other persons dedicated to serving as the unique voice for women's health and the advancement of women in medicine. The organization was founded by Dr. Bertha VanHoosen in 1915 in Chicago at a time when women physicians were an under-represented minority. As women in medicine increase in numbers, new problems and issues arise that were not anticipated. AMWA has been addressing these issues for 94 years. For a one-time membership fee, you will become a member of the oldest and largest multispecialty organization of healthcare professionals in the world. The fee gives you membership for as long as you are at PCOM and will give you access to all of AMWA's numerous benefits (www.amwa-doc.org)! Our group welcomes everyone at PCOM.

The Student National Medical Association was established in 1964 at Howard University and has since become a national organization with more than 60 chapters. SNMA is committed to supporting current and future underrepresented minority medical, graduate and biomedical science students, addressing the needs of underserved communities, and increasing the number of clinically excellent, culturally competent and socially conscious physicians. Activities include mentor/mentee relationships with pre-med, high school and junior high students through HPREP & MAPS, community health fairs, food drives and the annual Red Cross blood drive.

Chapter meetings are held monthly. Members participate in minority student interviews, study review sessions and socials. The PCOM chapter is a member of the national organization, Region VIII, and participates in regional meetings, protocols and the annual convention.