



# BETTER TOGETHER

2022 Report to the Community



# A special thank you to our Community Partners

HSS works with more than 100 community partners to provide impactful and diverse education, outreach, support, and exercise programs. Our partners include:

- **Community-based organizations** such as senior centers, schools, health associations, and foundations
- **Clinical/academic partnerships** such as colleges, universities, and healthcare organizations
- **Government/public partners** such as elected officials and local and state agencies

Thank you for your collaboration in helping to keep our communities healthy and informed. We value your expertise and commitment.

As the healthcare industry continued to change and evolve over the course of 2022, HSS remained steadfast in our commitment to providing patients with the best musculoskeletal care anywhere. We maintained our position as a leader in patient care, education, research and innovation, and focused on sharing our vast knowledge with those who need it, including members of the community.

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Since the pandemic, we have continued to build on our digital offerings to the community at an accelerated pace. Our YouTube™ channel, livestreamed programming, and email campaigns have helped us to bring our expertise to more people than ever before. But in 2022, we were especially thrilled to bring in-person programming back to the local community.

The HSS Leon Root, MD, Pediatric Outreach Program to provide sports injury prevention programs in New York City public schools, our participation in the Lupus Walk, as well as numerous other initiatives to promote healthy living highlight the importance of human connection and camaraderie. We look forward to continuing both our virtual and in-person offerings in the future.

Another important community initiative undertaken in 2022 was the Community Health Needs Assessment. Launched in the spring of 2022, the survey collected data on social demographics, health status and lifestyle; access to and use of healthcare; and preferred modes of health education. With these results and guided by our values, we have taken steps to better reach those who need us, help reduce health disparities in underserved communities and improve the musculoskeletal health of our community members.

All of this and more was made possible by the dedication of our entire team at HSS and our commitment to those we serve. As we move forward and continue to navigate a changing environment, our goal remains the same – to do our absolute best to serve our patients and community when they need us most.



A handwritten signature in black ink that reads "Louis A. Shapiro".

**Louis A. Shapiro**  
Chief Executive Officer  
HSS



A handwritten signature in black ink that reads "B. Kelly".

**Bryan T. Kelly, MD, MBA**  
President, Surgeon-in-Chief  
and Medical Director  
HSS

# About HSS

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Hospital for Special Surgery (HSS) has a distinguished history as an international leader in the care, education, and prevention of musculoskeletal diseases and disorders.



As we continue to connect with our communities through innovative technologies, we observe just how important in-person connections are and how much we and our neighbors have missed them.

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## **MORE SERVICES** on Long Island

In 2022, HSS renovated and doubled its space at its Uniondale location to meet the rising demand from patients on Long Island. In addition to new physician suites and exam rooms, the 37,000-square-foot location now has a second MRI scanner and a new state-of-the-art physical therapy center. The central Nassau County location is easily accessible from major parkways, connecting more people with the care of HSS professionals.

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## **EXPANSION** in Florida

HSS and NCH Healthcare System announced a collaboration to bring world-class orthopedic care to Naples and southwest Florida. As part of the agreement, NCH will build a new state-of-the-art facility on the campus of NCH North Naples Hospital. The facility will offer outpatient and inpatient services, including a jointly owned and operated ambulatory surgery center, and imaging and rehabilitation services.

HSS will provide guidance and expertise to ensure that the new facility provides the highest-quality musculoskeletal care possible. This collaboration will give residents of Naples and southwest Florida access to the same level of care that is available at HSS's main campus in New York City. The new facility is expected to open in 2024. This is an exciting development for the region, and it will provide much-needed access to high-quality orthopedic care.



# ACHIEVING Excellence

- Ranked #1 in the nation for Orthopedics for the 13th year in a row and #3 for Rheumatology by *U.S. News & World Report* (2022–2023). HSS has been top-ranked in orthopedics and rheumatology for 31 consecutive years.
- Ranked nationally as a best children’s hospital for orthopedics by *U.S. News & World Report* (2017–2023).
- Ranked #1 by *Newsweek* in Orthopedics in World’s Best Specialized Hospitals (2021–2023).
- The HSS Orthopedic Residency program, voted #1 training program by board certified orthopaedists, trained 47 residents, 73 fellows, and 102 medical students in 2022.
- Received nursing excellence Magnet® recognition by the American Nurses Credentialing Center (2002, 2007, 2011, 2016, 2021), the most prestigious distinction a healthcare organization can receive for nursing excellence and quality patient outcomes.
- For the eighth year in a row, recognized as a Leader in LGBTQ+ Healthcare Equality by the Human Rights Campaign (HRC) Foundation, the largest national lesbian, gay, bisexual, transgender and queer (LGBTQ) civil rights organization in the US.

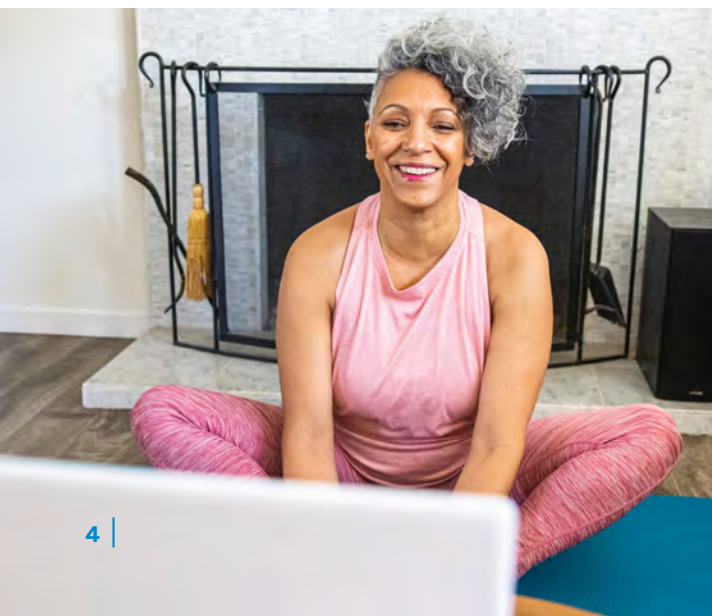


# Commitment to Community

Our goal is to ensure that individuals from all backgrounds have access to the best possible musculoskeletal care, as well as top-notch educational resources and opportunities.

## MOVE BETTER

Programs centered on exercise, self-management, injury prevention, and performance improvement



### On-Demand Exercise Anytime, Anywhere

The HSS Live+ OnDemand Video Library was launched in August by Community Education and Outreach. All livestreamed exercise classes are now available on-demand. There are more than 250 replay videos available, from yoga and t'ai chi to Pilates classes. Live+ makes it easy for people to move better whenever they wish, wherever they may be.

### Student Athlete Screenings Back in Play

The Leon Root, MD, Pediatric Outreach Program (POP) resumed its sports injury prevention screenings, following a pandemic-related pause. A team of HSS orthopedic surgeons, physical therapists, and nurses visited several diverse New York City public middle schools and high schools to conduct musculoskeletal health screenings for young athletes and connect them with HSS doctors when necessary. After the screening, athletes and their coaches participated in injury prevention workshops to learn about exercises that can enhance their strength, flexibility, and movement quality. Participants expressed gratitude for the HSS team's in-person presence and support in facilitating follow-up with HSS physicians.



## Serving Up Screenings and Education for Young Tennis Players

A new partnership between HSS and New York Junior Tennis & Learning (NYJTL) was launched in 2022. NYJTL is the largest nonprofit youth tennis and education program in the United States, founded by the late Arthur Ashe with the goal of developing the character of young people through tennis and education. HSS Sports Safety conducted movement screenings of young athletes, provided coach trainings, led community webinars for parents, and delivered courtside educational workshops on injury prevention for young athletes at the Cary Leeds Center for Tennis and Learning in the South Bronx, which is the flagship home of NYJTL. The children underwent tests for agility, flexibility, and “explosiveness” before and after the educational workshops, and charted their progress. This collaboration not only improves fitness and reduces the risk of injury for the children but also exposes them to other careers in sports, such as sports science. Some children have undergone screening multiple times, resulting in significant improvement and a reduction in injury risk factors.



## Anyone Can Play

The HSS Adaptive Sports Academy coordinates adaptive programs for children and teenagers living with various disabilities, including cerebral palsy, limb amputation, limb length discrepancy, and juvenile rheumatoid arthritis. These programs serve underinsured children from low-income neighborhoods in and around New York City. The events aim to foster mobility and independence, while allowing patients to develop new skills and interests, reinforce therapy goals, socialize with peers, and participate alongside family members. In 2022, the Adaptive Sports Academy expanded to include 15 events. Event activities included tours of the Brooklyn Nets training facility and New York Red Bulls facility where children participated in basketball and soccer drills with team players.

“To find something out in the world that all three of our kids can do together is really special for us.”

**Parent of Adaptive Sports Academy participant**

# FUEL BETTER

Initiatives to nurture healthy eating  
and reduce food insecurity



## Keeping Unhealthy Habits from Sneaking Up on Kids

SNEAKER® (Super Nutrition Education for All Kids to Eat Right), HSS's nutrition education program for third to fifth graders, aims to educate on healthy eating habits and the importance of staying active. In 2022, SNEAKER staff resumed their in-school program, teaming up with HSS Sports Marketing to fund the food bank at PS 12 in Brooklyn for a month and hosting a day of nutrition workshops for students. The children learned about the significance of portion control and how to allocate food based on MyPlate nutrition recommendations from the USDA. HSS shared on-demand nutrition workshops on topics such as quick and easy snacks, making frozen yogurt bites, fueling up on breakfast, and proper hydration. These videos, available on the Community Education and Outreach YouTube channel, have accumulated over 200,000 views.

## A New Approach to Tackling Food Insecurity

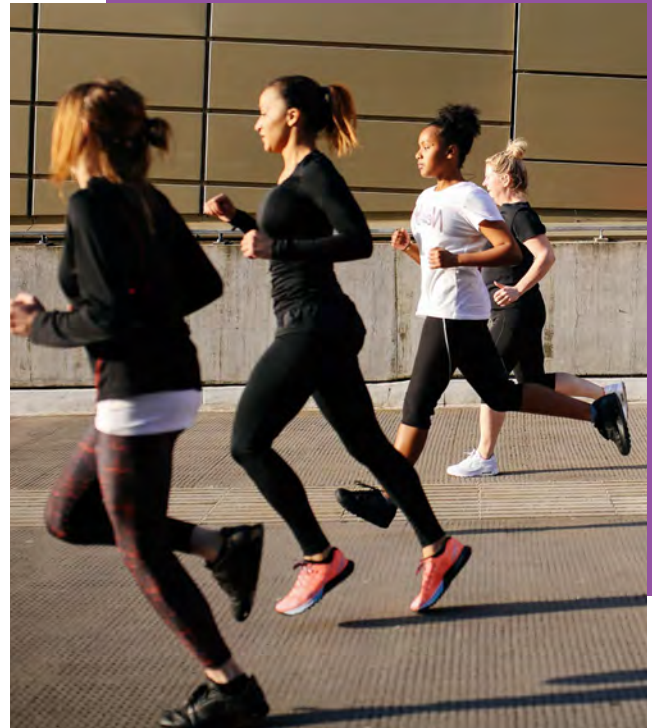
HSS has teamed up with Welfare, a nonprofit organization that provides premium, nutritious packaged groceries through its "Eat & Move Better Boxes" program to address the lack of nutritious food and wellness resources in low-income communities across New York City. The program serves hundreds of residents from two public housing complexes in Bushwick and East Harlem. HSS staff, along with players from the Brooklyn Nets NBA team and the WNBA's New York Liberty, participated in two events in 2022 to distribute the Better Boxes, which contain more than \$200 worth of low-sugar, low-salt, and low-fat products donated by Welfare's brand partners. HSS provided families with yoga mats, pedometers, and resistance bands, along with monthly SNEAKER nutrition newsletters and information about online exercise programs.



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## Promoting a Healthy Body and Body Image

In 2022, HSS provided support to young women facing the challenges of adolescence through its participation in Run for the Future, a program by the New York Road Runners that introduces 11th and 12th grade high school girls to running. HSS registered dietitians and social workers conducted workshops to supplement the girls' athletic training, covering topics such as healthy eating and body image, as well as the importance of mental wellness. The workshops were conducted virtually, and the girls were encouraged to record their experiences in journals.





# BETTER TOGETHER

Educational lectures and workshops to enhance knowledge and facilitate access to HSS resources when appropriate

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## Educating the Asian Community About Bone Health

The HSS Asian Community Bone Health Initiative is dedicated to promoting healthy aging and better managing chronic bone and joint diseases among Asian older adults in New York City. In collaboration with community partners, the initiative provides culturally relevant education and exercise programs. In 2022, HSS resumed in-person gentle exercise classes at senior centers. To reach a wider audience, the initiative also held educational lectures via Zoom covering topics such as falls prevention, managing hip pain, good nutrition for healthy aging, and exercise. These lectures provided an opportunity for attendees to connect with others and expand their knowledge of good health.

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## The Lupus Walk Returns

After a two-year hiatus, the Lupus Research Alliance's annual Walk with Us to Cure Lupus returned in person in October. Over 300 people participated in the walk, strolling along the Hudson River in Manhattan, while HSS sponsored a table staffed by social workers, doctors, and other HSS professionals. Charla de Lupus (Lupus Chat)<sup>®</sup>, a national program that provides peer health support and education in both English and Spanish to people with lupus and their families, led the HSS team. Participants received educational materials about lupus, learned about clinical trials participation, and had the opportunity to enter raffles. The New York Liberty mascot, Ellie the Elephant, was also present to cheer on the HSS team.

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## Meeting the Changing Needs of Older Individuals

Throughout the pandemic, the Aging with Dignity support group has provided a valuable platform for older adults to connect with one another via phone. Recently, HSS was able to expand the program through the Greenberg Academy for Successful Aging with the help of a grant from the Mother Cabrini Health Foundation. The program includes four workshops available on Zoom: Healing Through Art (art therapy), Journaling to Health, the Power of Music (music therapy), and Health Information on the Web (learning how to access valid health information). The program aims to mitigate isolation among older adults while providing them with an opportunity to learn new skills and connect with others.





## THE RESULTS ARE IN...

HSS collects monthly data on the benefits of our programs for the community. Of the people who responded to surveys in 2022 regarding 1,566 events and classes:

93%

reported they gained knowledge as a result of a program

92%

said they gained self-management skills

95%

reported high program satisfaction

96%

said they would recommend the program to others

# Educating Tomorrow's Leaders

Various programs and initiatives to help HSS staff, residents and fellows to better understand the needs and concerns of the communities we serve

## Improving Cultural Competency and Reducing Racial Disparities in Orthopedics

The orthopedic care sector shows significant health disparities among non-white patients, with Black and Hispanic patients receiving subpar care and experiencing worse outcomes than their white counterparts. The American Academy of Orthopaedic Surgeons has set a goal to increase diversity in the orthopedic workforce. HSS orthopedic resident Dr. Troy Amen led a study that builds on the work of former resident Dr. Lauren Barber, funded by the Orthopaedic Research and Education Foundation. It evaluated the effects of unconscious bias and racial equity training on 51 orthopedic surgery residents and anesthesia fellows at HSS. Participants completed Race Implicit Association Tests and cultural competency confidence questionnaires before and after a 1.5-hour implicit bias training session that emphasized case-based small group discussions. Despite the implicit bias preference for European American over African American faces, which remained similar before and after the training,

participants reported feeling more confident after the training in the use of strategies to address bias and stereotyping, recognizing institutional cultural issues, and discussing race and culture during visits with their patients. The majority planned to incorporate the tools into their practice.

This study is part of HSS's efforts to promote greater diversity, equity, and inclusion in orthopedic care and to encourage students from diverse backgrounds to consider the field. Dr. Amen, a former Chicago public school teacher, founded Hope Medical Scholars, an initiative aimed at introducing underrepresented high school students to the medical field. HSS plans to welcome a group of Hope Medical Scholars to its New York City campus in 2023. Additionally, HSS invites medical students from underrepresented groups in orthopedics to conduct research each summer.



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## Teaching Physicians to Listen Better to Older Adults

Effective communication is essential to improving treatment compliance and outcomes. Older adults often feel stigmatized and disempowered in healthcare settings, which can make them hesitant to ask questions or advocate for themselves. To address this, HSS has developed in-person training programs and an online module on HSS eAcademy® to provide guidance to residents and physicians on connecting with older adult patients. The in-person program, led by a social worker, has improved third-year residents' knowledge, attitudes, and sensitivity to aging issues. The online program, "Enhancing Communication Skills with Older Adult Patients: A Guide for Surgeons & Physicians," is accessible to all physicians and surgeons and covers topics such as optimizing clinic visits, managing noncompliant patients and cognitive decline, and delivering presentations for older people. Effective communication with older patients is essential for ensuring medical guidance is understood and treatment compliance is improved.



# Listening to the Community

HSS performs a Community Health Needs Assessment (CHNA) every three years to assess the musculoskeletal health needs of its diverse community. The 2022 CHNA gathered responses from 18,248 patients and community members. These results guide the development and implementation of community healthcare programs.



## Top 7 Health Needs

- 1 Osteoarthritis
- 2 Stress
- 3 Stiffness
- 4 Fatigue
- 5 Chronic pain
- 6 Lupus
- 7 Injury prevention



**We conducted interviews with 22 community organizations to assess the health needs of the diverse communities HSS serves.**

### Most Pressing

#### musculoskeletal health problems

- Lack of education and awareness
- Pain
- Lack of a healthy lifestyle

### Barriers

#### to improving musculoskeletal health

- Pain
- Access to care
- Other chronic conditions

### Strategies

#### to improve health and increase awareness

- Educational programs
- Increase access to care
- Cultural competency of medical expert



## Respondents Represented a Demographically Diverse Group

### Gender



66% Female 32% Male 1% Other\*

\*Transgender male/female

### Race



57% White/Caucasian 7% Other  
23% Black/African American 2% American Indian  
8% Asian 1% Native Hawaiian

### Age



38% 60-76 years 23% 40-59 years 4% <20 years  
30% 20-39 years 6% 80+ years

### Ethnicity



77% Non-Hispanic/Latino 23% Hispanic/Latino

### Education



52% with a college degree or higher  
48% with less than a college degree



## Health Behaviors & Lifestyle

25% Engaged in vigorous intensity physical activity  $\geq 3x$ /week

20% Engaged in moderate intensity physical activity  $\geq 5x$ /week

25% Would like to eat healthier

37% Used prescription pain reliever or opioid



## Health Status & Quality of Life

31% Fell in the past year



## Use of & Access to Care

### Top Social Determinants of Health

- COVID-19-related issues
- Social isolation/loneliness
- Limited places to exercise

### Top Barriers to Access Healthcare

- Getting an appointment
- Cost



## Health Education

70% Had not participated in health education in the past year

### Preferred Health Education Activities

41% Virtual exercise classes

34% Virtual lectures

33% On-demand videos

**Based on the results of the CHNA, HSS has submitted a three-year Community Service Plan to New York State.**

**HSS Community Education & Outreach, Social Work, and the Sports Medicine Institute collaborate to develop programs that promote chronic disease prevention, self-management, and well-being, with a focus on:**

- Physical activity
- Injury prevention
- Lupus
- Inflammatory arthritis
- Pain and stress management
- Musculoskeletal health in adults and children
- Aging with dignity

# Research and Innovation



The pursuit of scientific inquiry is crucial in advancing our knowledge and management of musculoskeletal diseases and disorders. HSS researchers, spanning laboratories and clinics, are working collaboratively to conduct innovative medical research that aims to enhance the quality of life for patients both locally and globally. The wide-ranging investigations being pursued have the potential to revolutionize clinical practice and transform the approach to healthcare provision for patients with orthopedic and rheumatologic conditions worldwide.

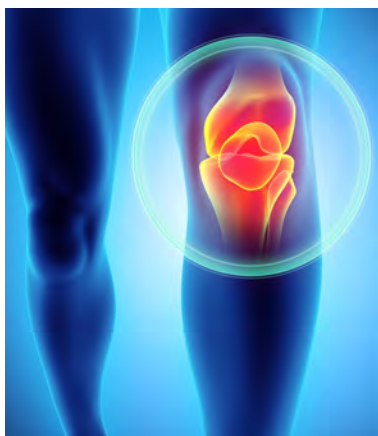
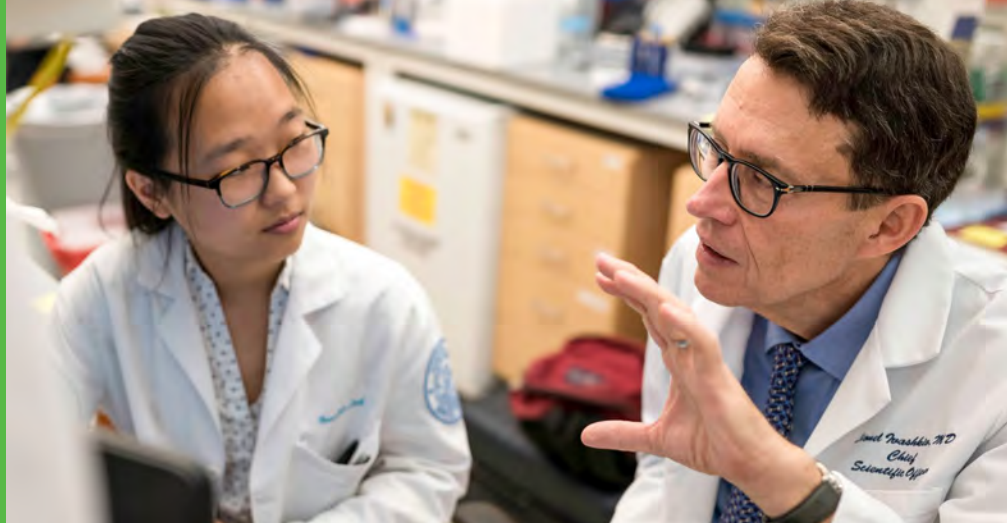


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## Targeting Inflammatory Bone Loss in RA

Inflammatory bone loss (osteolysis) is a signature symptom for many people with rheumatoid arthritis (RA), causing significant pain and leading to loss of function if not properly treated. Until now, the pathways causing osteolysis have been poorly understood. Baohong Zhao, PhD, and her team in the HSS Arthritis and Tissue Degeneration Program became the first to identify a new target pathway of inflammatory osteolysis present in and unique to patients with RA. This pathway provides a new biologic marker that opens avenues for selective treatment of inflammatory osteolysis and may represent an alternative to existing drug treatments that reduce RA symptoms but also compromise patients' immune systems.





## New Surgical Technique Helps Prevent Re-Injury in Young Athletes

Research has long demonstrated that adolescents (typically those in the eighth and ninth grades) who return to a sport after the current standard-of-care surgical treatment for an anterior cruciate ligament (ACL) tear are at high risk for a second tear. This can have devastating consequences for young athletes, especially those who play basketball, soccer, lacrosse, skiing or football, so researchers at HSS set out to find an approach that could enable a safer return to sport. In 2022, HSS surgeons presented work showing that an innovative surgical technique yielded positive results in this high-risk group. The study evaluated the safety and efficacy of a procedure called lateral extra-articular tenodesis (LET) using a modified Lemaire technique (MLT) in conjunction with an ACL reconstruction. Findings revealed the technique was associated with favorable patient-reported outcomes, a high return to sports participation and a low ACL re-tear rate.

## Better Athletic Footwear to Prevent Injury and Improve Performance

Conventional athletic shoes do not adequately absorb the shock generated by horizontal or rotational forces during movements such as cutting or pivoting, which can lead to injuries. To address this issue, HSS has partnered with sports innovation company Sports Engineering, Inc. (SEI) to develop technology that can reduce the risk of injury in athletic footwear. The alliance combines HSS's expertise in orthopedic care with SEI's proficiency in sports performance wear design and development. HSS is currently evaluating the safety and efficacy of two of SEI's technologies—Smart Spring™ and Split Sole™—for injuries such as knee ligament tears, shin splints, and strains and sprains. The Motion Analysis Lab at HSS is being used to capture 3D motion data tied to joint motion and contact loads during athlete movements, such as dynamic run-stop-jump and cutting motions. The HSS-SEI partnership has the potential to enhance the safety of athletes across various court and field sports at all levels.



# Keeping the Community in Motion

The Hospital's community programs promote health education, support, and outreach services, with the goal of enhancing the mobility and quality of life of our community.

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## Education to Improve Public and Patient Health

**Education with Experts**  
[bit.ly/hss-eduwithexperts](http://bit.ly/hss-eduwithexperts)

**Move Better Feel Better**  
[hss.edu/anywhere](http://hss.edu/anywhere)

**HealthConnection Health Newsletter**  
**HealthConnection Fast Facts**  
[hss.edu/healthconnection](http://hss.edu/healthconnection)

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## Focusing on Musculoskeletal Health

**Exercise Classes**  
[hss.edu/community-education](http://hss.edu/community-education)

**Lectures & Workshops**  
[hss.edu/community-education](http://hss.edu/community-education)

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## Encouraging Safe Exercise

**HSS Injury Prevention Programs**  
[hss.edu/InjuryPreventionPrograms](http://hss.edu/InjuryPreventionPrograms)

**Pre-Season Football Medical Screening**  
[hss.edu/psal](http://hss.edu/psal)

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## Support for People with Chronic Musculoskeletal Conditions

**Living with RA: Lecture, Lunch & Conversation**  
[hss.edu/RAGroup](http://hss.edu/RAGroup)

**Pain and Stress Management Program**  
[hss.edu/pain-and-stress-management-program](http://hss.edu/pain-and-stress-management-program)

**The Early RA Support and Education Program**  
[hss.edu/EarlyRA](http://hss.edu/EarlyRA)

**Latinx RA Support and Education Program**  
[IASupportEd@HSS.EDU](mailto:IASupportEd@HSS.EDU)

**The Myositis Support and Education Group**  
[hss.edu/myositis-group](http://hss.edu/myositis-group)

**The Scleroderma, Vasculitis, and Myositis Center Education and Support Forum**  
[hss.edu/scleroderma-vasculitis-center](http://hss.edu/scleroderma-vasculitis-center)

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## Caring for Children and Families

**Leon Root, MD Pediatric Outreach Program**  
[hss.edu/pop](http://hss.edu/pop)

**SNEAKER® (Super Nutrition Education for All Kids to Eat Right)**  
[hss.edu/sneaker](http://hss.edu/sneaker)

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## Improving Health Among Older Adults

**Greenberg Academy of Successful Aging**  
[hss.edu/community-education](http://hss.edu/community-education)

**VOICES 60+ Senior Advocacy Program**  
[hss.edu/voices60](http://hss.edu/voices60)

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## Helping People with Lupus

**Charla de Lupus (Lupus Chat)®**  
[hss.edu/CharladeLupus](http://hss.edu/CharladeLupus)

**LupusLine®**  
[hss.edu/LupusLine](http://hss.edu/LupusLine)

**The SLE Workshop**  
[hss.edu/SLEWorkshop](http://hss.edu/SLEWorkshop)

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## Reaching the Asian-American Community

**HSS Asian Community Bone Health Initiative**  
[hss.edu/hss-asian-community-bone-health-initiative](http://hss.edu/hss-asian-community-bone-health-initiative)

**LANtern® (Lupus Asian Network)**  
[hss.edu/LANtern](http://hss.edu/LANtern)

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## Assisting with Access to Care

**VOICES Medicaid Education Program**  
[hss.edu/voices-managed-care](http://hss.edu/voices-managed-care)

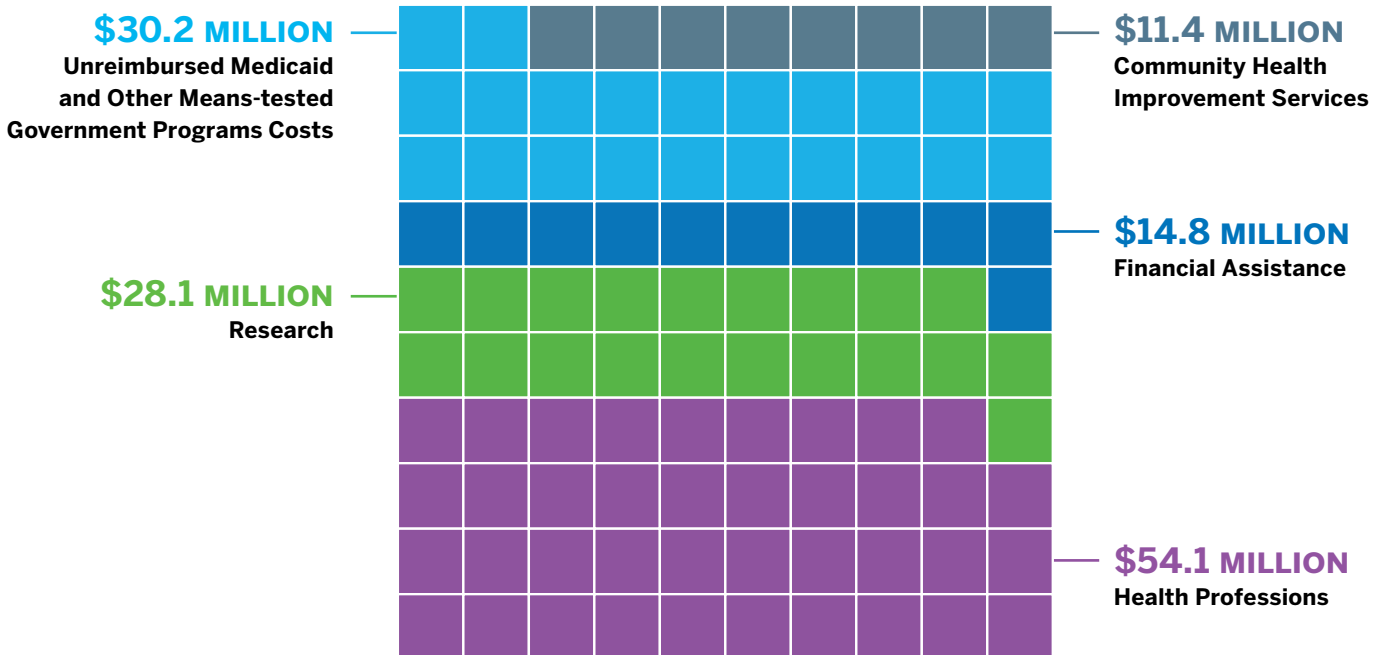
# What is Community Benefit?

Community benefit includes programs or activities that are created to meet an identified community health need. These programs must seek to achieve one of the following objectives:

|   |   |   |   |
|---|---|---|---|
| <p><b>ENHANCE</b><br/>public health</p> | <p><b>IMPROVE</b><br/>access to health services</p> | <p><b>ADVANCE</b><br/>medical or health knowledge</p> | <p><b>RELIEVE</b><br/>or reduce burden on government or other community efforts</p> |
|---|---|---|---|

## COMMUNITY INVESTMENT BY THE NUMBERS

**\$138.6** MILLION SPENT ON COMMUNITY BENEFITS AND SERVICES IN 2021\*



\*As reported in the Hospital's 2021 IRS Form 990 filing.

For more information about HSS community education, support, and outreach programs, please email [communityed@hss.edu](mailto:communityed@hss.edu) or visit us at [hss.edu](https://www.hss.edu).

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