

The Shriners Experience:



Preparing for Shriners Hospitals for Children

- Shriners will get in touch with you 6 months prior to your rotation to commence paperwork, if you have not heard from them please contact AOA training via training@aoa.org.au.
- They will facilitate your application for a LCA (Labor Condition Application) essentially confirming they support your application for an E3 visa. It is not until you have this that you will be able to apply for your visa
- Once you have your LCA you will need to organize a Visa interview
 - o Online application
 - E3 visa
 - If your spouse is coming, they can apply for a dependent Visa (follow essentially same process)
 - o Next you must pay for the application
 - Roughly \$250
 - Following which you will be able to schedule your interview time and date
 - o Interviews occur face to face at one of the US embassy's – depending on your home state, either:
 - Melbourne
 - Sydney
 - Perth
 - Each state is assigned a certain embassy so check this prior to choosing your interview location
 - o The wait for an interview was roughly 3-4 weeks
 - o The turnaround to get your passport back was about 1 week (although it can take up to a month)

- Spouse and children can travel on an E3 dependent visa with you
 - o And with some extra work, if your spouse wants to work in the US they can, but will require a few extra steps on arrival
- An international driver's licence is required to be able to obtain car insurance
 - o You can obtain online or by visiting the NRMA, RAA (equivalent in each state). Your normal licence and a passport photo will be required we recommend you visit relevant website for details.
- International travel money card
 - o This will be beneficial for your first few weeks over here, to give you time to set up a bank account and until you get your first pay cheque (literally a physical cheque). Automatic payroll deposit can be set up once Social Security Number is obtained.

Logistics in America

- **Setting up a bank account**
 - o You do not need a social security number to do this although appointments need to be scheduled to do so, booking online in advance is recommended. Should be one of the first things you setup when you arrive.
 - o We were advised to use Bank of America as it was the easiest for internationals
 - o It is an old system with regards to electronic transfers etc but easy enough
 - o Banks in America charge for all sorts of things including EFTs
 - o If you are wanting to transfer money from Australia to your account we recommend (recommended to us by prior groups)
 - Currency Online, www.currencyonline.com. It is a New Zealand based company, all works very easily and takes about 5 days for the money to arrive in your American account. They only take about 0.5% currency conversion (compared to an average of 2-3%), so if you transfer large amounts this adds up to hundreds of dollars saved compared to the banks
- **Phone and internet**
 - o We were advised that Verizon was the best with regards to service in the Oregon area so went with this
 - It is a little more expensive than some others
 - We ended up doing a monthly, pre-paid setup as was the same price as a lock in contract
 - They couldn't provide us with a digital sim (which we had hoped for) as we had phones with dual compatibility
 - o Internet and TV
 - We went with Xfinity
 - We chose Xfinity as that was who the people prior had used so was easy to set up at the same address again
 - Note there is essentially no free to air TV in the US
 - Upon subscribing, the equipment arrived within a day, and self-set up was easy
- **Social security number**
 - o You can only apply when you arrive in the US.

- Straight forward process: you call a number to book an interview the following morning (they are open Monday through Thursday)
 - Phone: 866-964-1776 or 866-964-2036
 - Location: 11975 SW 2nd St #100, Beaverton, OR 97005
 - Interview takes about 10 minutes all they ask is why you are here and that the details (ie identity) are correct
 - Be sure to bring the I-94 to the appointment. The I-94 is issued electronically upon arrival to the US.
 - Took about a week to then get your SSN (though this can vary)
- **Housing**
- Shriners Hospital organise this for you (they rent it and you reside in it) – you will pay the rent and utilities
 - Roughly \$2200 per month * TBC for 2024
 - The housing is fully furnished within an apartment complex.
 - Units have living/dining/kitchen/laundry, two bedrooms and two bathrooms
 - Poor lighting overall (though apparently common in America)
 - No pets allowed
 - Location handy with car though minimal things within walking distance
 - 10min drive from work
 - Rental insurance is required and can be obtained through most commercial insurance companies.
 - *Shriners are currently organising new accommodation following recent feedback on location. Options being evaluated are apartments located near the hospital, so no car would be required.
- **Car**
- There are currently no arrangements in place for a vehicle.
 - Trainees can make arrangements through commercial rental car companies, or use public transportation
 -
- **Pay**
- Expect to earn between \$2500-\$3000 per fortnight
 - Although it can be more if you volunteer to do more overnight weeknight on calls

Work

- **Sakinah or equivalent Medical Staff Administrative team**
 - Useful resource
 - They will facilitate all rosters
 - Expect to be in the operating room 2-3 days a week and in clinic the remainder
 - Depending on the number of trainees you may also get the privilege of research days:
 - 1 US fellow/ Year
 - 3 AU trainees
 - 1 OHSU PGY2
 - 4th year medical students
 - Rotation schedule = 3 months on general service and 3 months on the primarily spine service

- **Ward function**
 - There is no “intern or resident” on the ward, however recently Shriners have hired physician assistants and nurse practitioners to staff the ward during the week and sometimes on a weekend.
 - This means that you need to write all your ward round notes and put in orders for any new instructions.
 - There is respiratory therapy 24 hours usually, and physical therapy during the day
 - There is NO ICU so any patients requiring ICU will need to be transferred to the University Hospital next door.
 - If there is a medical emergency on the ward, a team from the University Hospital has to attend (minimum of 6mins away)

- **Weekly roster**
 - Ward rounds are at 7am or 6:30am every day, it is expected you round on all of your patients prior to this
 - It is expected that you do one night on call a week and this is on sight (paid \$500)
 - The room provided has a spectacular view of Portland, and includes a double bed, computer, TV, bathroom etc
 - You will then do between 1-in-3 to 1-in-5 weekends on call (depends on how many residents you have on your rotation)
 - Friday night = on site (\$500 payment)
 - Saturday and Sunday you come in for ward rounds and then have to remain within 30mins of the hospital to take call remotely
 - Weekly indications meeting
 - Powerpoint presentation of all your cases for the upcoming week – there is a template
 - Weekly gait lab meeting
 - Great teaching opportunity
 - Monthly journal club and morbidity and mortality meetings

- **Average day**
 - 6:15 to 5/5:30
 - If in the operating room
 - You will need to see all your patients prior and ensure they have an up to date history and physical documented (has to be within the last 30 days)
 - The turnover is quite slow but gives time for all the documentation and orders to be placed
 - You are able to see where theatres are up to in the tea room to keep on top of things
 - If in clinic
 - They usually start between 730 and 8am
 - You pick the boss you want to work with for the day
 - 11 full time Orthopaedic Surgeons + 3 active teaching emeritus
 - Cover all aspects of paediatric orthopaedics (except oncology)
 - You determine what you want to focus on
 - Clinics can run without you so they are a great learning opportunity
 - Boss will see every patient with you after you have reviewed and presented

Overall exposure expected

- **Case volume** ~ 150/6 months
- **Surgically** you will be involved in
 - Paediatric spinal deformity
 - AIS
 - JIS
 - Congenital
 - Lower limb
 - Amputations
 - Pelvic osteotomies
 - Growth modulation
 - Epiphysiodesis/hemiepiphysiodesis
 - Lengthening
 - Club foot corrections
 - Achilles lengthenings and general soft tissue releases
 - Much more
 - Upper limb
 - Syndactyl's, camptodactyl
 - Madelung deformities
 - Brachial plexus – nerve transfers
 - Contracture releases
 - Soft tissue transfers
 - Much more
 - Trauma
 - Minimal – all is walk in trauma from outpatient department referrals
 - Saying that you may be lucky to see a SCFE or 2

- **Clinic**
 - New patient assessments
 - Club foot and arthrogyposis casting
 - DDH ultrasounds
 - There is specific skeletal dysplasia clinics, and neuromuscular clinics (MDT)
 - OI, rickets, achondroplasia, hypochondroplasia, McCune Albright, +more
 - Duchennes, CMT, Friedreich's ataxia, SMA, + more
- **AOA 21**
 - All bosses are accredited to do the assessments – just have to pester like everywhere
- **Conference attendance**
 - They expect you to attend their in house guest lectureship, either IPOS (December) or POSNA (May) depending what rotation you are here for
 - There is one each rotation
 - There are scholarship options for these to assist attendance
- **Research**
 - Clinical research department with both financial support and research Minimum half day per week of dedicated research time
 - Multiple ongoing clinical trials
 - Large DMD, SMA population
 - Ongoing longitudinal studies
 - Motion Analysis – prospective and retrospective studies for gait and prospective options for sports

General Portland, Oregon advice:

- **Portland is on the West Coast of America**
 - Divided into 4 quadrants
 - East / west by the river, and north / south by Burnside road. Makes finding places easier, as the addresses usually have which quadrant of the city they are in e.g, our accommodation is 1040 SW 66th Ave – we live in the southwest part of Portland.
- **Grocery stores**
 - Many different chains available. The main one we used was:
 - Fred Myer – 7700 SW Beaverton Hillsdale, Portland. Large affordable supermarket.
 - Think of Woolworths crossed with K-mart.
 - Another option is:
 - Whole Foods Market – 1210 NW Couch St, Portland.
 - Local produce / organic supermarket with a great deli that does nice

ready-made food. You must visit this place for lunch or dinner when you don't feel like cooking.

- **Coffee**

- Definitely not as easy to find as in Australia though here were a couple of the better options:
 - Coava
 - Kiss coffee
 - Upper left roaster
 - Proud Mary – also has a Melbourne chain though was a little hit or miss
 - Never coffee

- **Restaurants**

- There are so many to choose from!
- NOTE expected tip rate is 20%
- Some of our favourites
 - Dinner:
 - Afuri
 - There are a few, but the Beaverton one is bigger and more of a restaurant, the downtown one is a bit more takeaway style
 - Oven and Shaker (also super easy take away pizza)
 - Gado Gado
 - Mediterranean exploration company
 - Shalom Y'all
 - Noble Rat
 - Por Que No
 - Tope roof top
 - Cicoria
 - Breakfast
 - Marcos
 - GiGi's
 - JoLa
 - Upper left roasters
 - Drinks
 - Steeple brewing
 - Breakside brewing
 - Bar Norman
 - Sapphire hotel
 - Coopers Hall
 - Ardor

- **Shopping**

- There is no sales tax in Oregon!
 - If you go interstate expect to pay 10-15% more than advertised price

- **Weekends**

○ Summary:

- Outdoors – biking, hiking, running, watersports, Oregon coast
- Food #9 by USNEWS
- Beer, Wine (Willamette Valley), Coffee
- <https://www.travelportland.com/>
- <https://traveloregon.com/>
- <https://realestate.usnews.com/places/oregon/portland>

○ Many **hikes** around the place – travel/guide books are in the apartment

- Close and easy include
 - Mt Tabor park
 - Council crest park
 - Forest park

○ **Zoo**

- Recently done up, good activity while on call as it is close to the hospital

○ **Hood river**

- Good food, breweries and water activities including white water rafting nearby

○ **Other hikes and falls**

- Tunnel falls --- Columbia River Gorge, Eagle Creek Park. Directions --- Going east on I-84, take exit 41 to Eagle Creek Park (41 miles east of Portland). The Eagle Creek Trail begins at the parking lot in the park. There is a parking fee. 20km return hike to tunnel falls. This hike takes you past more waterfalls than most of the hikes around Portland. Only do during the drier months of March to October.

- Multnomah falls – Columbia River Gorge. Directions
 - Drive on I-84 east of Portland, 31 miles to Multnomah Falls exit 31. It is the most popular hike in Oregon. Can just climb to the top of the waterfall and back down (4km), but is worth taking the entire loop to Wahkeena falls and back to the car park (10km). There is another similar hiking loop from Horsetail falls that goes via triple falls (located about 2km from Multnomah Falls).



- Cape Horn Trail – Columbia River Gorge (opposite side of river to Multnomah Falls and is part of Washington State). Directions – Drive east 25 miles on SR14 and park at intersection with Salmon Falls Road (is a car park there). 13km loop. Great views along the Columbia River Gorge and nice waterfall near the end to cool off under.
- Lewis River Trail – Gifford Pinchot National Forest (Mount St Helens) 2hr drive from Portland – easiest way to find it is to drive to a town called Cougar, in

this small town on the left hand side there is a small shop that sells the day passes you need for the national park (costs \$5) and they have free maps of the place (the shop has a sign saying climber registration). Trail starts at Curly Creek – park in small carpark then cross bridge to trailhead on other side. This is a great mountain bike trail, mostly flat along the side of the creek. Has a few steep sections that you have to push your bike up, but these are only small. Out and back trail, total 35-40kmg. Turn back whenever you want. Also good trail to hike along.