

God in the Journal Club

Bundle of His -
Topical Thursday

24 October 2024

Topical Thursday

Every **last Thursday of the month**, we take a break from our usual 45 minutes of Bible study and instead have a discussion on a specific topic. Join us for a great evening!



Mok Ying Ren

Division of Sports Surgery, Consultant
National University Hospital

GOD IN THE JOURNAL CLUB (EVIDENCE BASED MEDICINE)

We attend journal clubs that discuss medical literature in the pursuit of evidence-based medicine. Do you perceive conflict in the interpretation of the evidence in medicine?

If you do, you are not alone! Join us to explore what the Bible says about evidence based medicine!

Speaker Profile

Church: Redemption Hill Church

PGY: 12

Mok is grateful for his journey from successful athlete to facing a career-ending injury, which led him to Christ in 2018. Now married to Belinda with three children—Emma, Caleb, and Micaiah—he finds joy in Bible studies.



1 Corinthians 4:7 What do you have that you did not receive?

Thursday, 24 October 2024

9PM - 9:45PM

Zoom - Link in BoH Group

Self-Introduction

- Red Swastika Primary School Class of 2000
- Raffles Institution, Class of 2004
- Raffles Junior College, Class of 2006
- NUS Medicine, Class of 2012
- NUHS Ortho Residency, Exited 2022
September
- Consultant, Division of Sports Surgery,
National University Hospital
- Hobbies - Reading Bible, Running, Teaching
- Married to Belinda; Children - Emma, Caleb,
Micaiah
- Saved in 2018/19



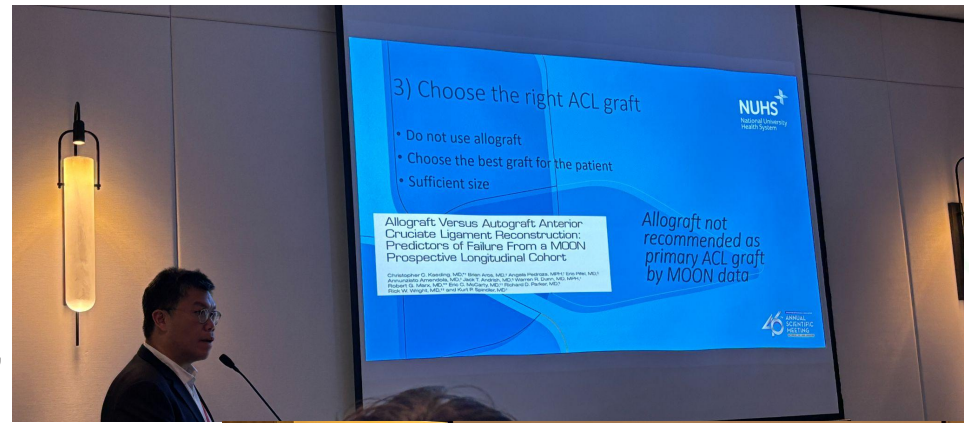
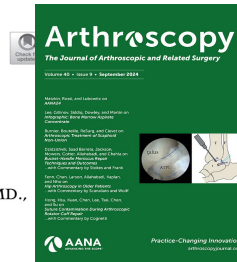
Testimony Transcript: <https://mokyingren.sg/testimony>

Journal Clubs

- Evidence based medicine is crucial to provide best medical care for patients. We do not want to make decisions “by feeling”
- EBM practised in Conferences, Journal Clubs, CME points
- How about the spiritual dimension?
 - **Romans 11:36** - from, through, to God
 - **2Cor 10:5** - take every thought captive to Christ
- Case Study - September 2024 Journal Club in our Sports Meeting

Augmentation of a Transosseous-Equivalent Repair in Posterosuperior Nonacute Rotator Cuff Tears With a Bioinductive Collagen Implant Decreases the Retear Rate at 1 Year: A Randomized Controlled Trial

Miguel Ángel Ruiz Ibán, M.D., Ph.D., Miguel García Navlet, M.D., Santos Moros Marco, M.D., Jorge Díaz Heredia, M.D., Ph.D., Arántzazu Hernando Sánchez, M.D., Raquel Ruiz Díaz, M.D., Carlos Vaquero Comino, MD., Maria Luisa Rosas Ojeda, MD., Gabriel del Monte Bello, MD., and Jose Luis Ávila Lafuente, M.D.



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Jose Luis Ávila Lafuente, M.D.

1. Pay money to publish

\$3500 ⓘ

Article publishing charge
for open access

65 days

Review time

2. High Impact Factor > 1 (NEJM 96.2)

In general, an impact factor of 10 or higher is considered remarkable, while **3 is good**, and the average score is less than 1. 🍌 Who invented the impact factor? Eugene Garfield, the founder of the Institute for Scientific Information (ISI), invented the measurement known as impact factor.



Arthroscopy

The Journal of Arthroscopic and Related Surgery

Volume 40 • Issue 9 • September 2024

Matzkin, Rossi, and Lubowitz on
AANA24

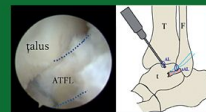
Lee, Gillinov, Siddiq, Dowley, and Martin on
Intraoperative Bone Marrow Aspirate
Concentrate

Burnier, Bouteille, Reising, and Clevel on
Arthroscopic Treatment of Scapoid
Non-Union

Dzidzishvili, Saad Beretta, Jackson,
Mowers, Cotter, Allahabadi, and Chahla on
Bucket-Handle Meniscus Repair
Techniques and Outcomes
...with Commentary by Stokes and Frank

Fern, Chan, Larson, Allahabadi, Kaplan,
and Kuo on
Hip Arthroscopy in Older Patients
...with Commentary by Scannell and Wolff

Hong, Hsu, Kuan, Chen, Lee, Tsai, Chen,
and Su on
Suture Contamination During Arthroscopic
Rotator Cuff Repair
...with Commentary by Cognetti



Practice-Changing Innovation
arthroscopyjournal.org

4.4

2023 Impact Factor

4.3

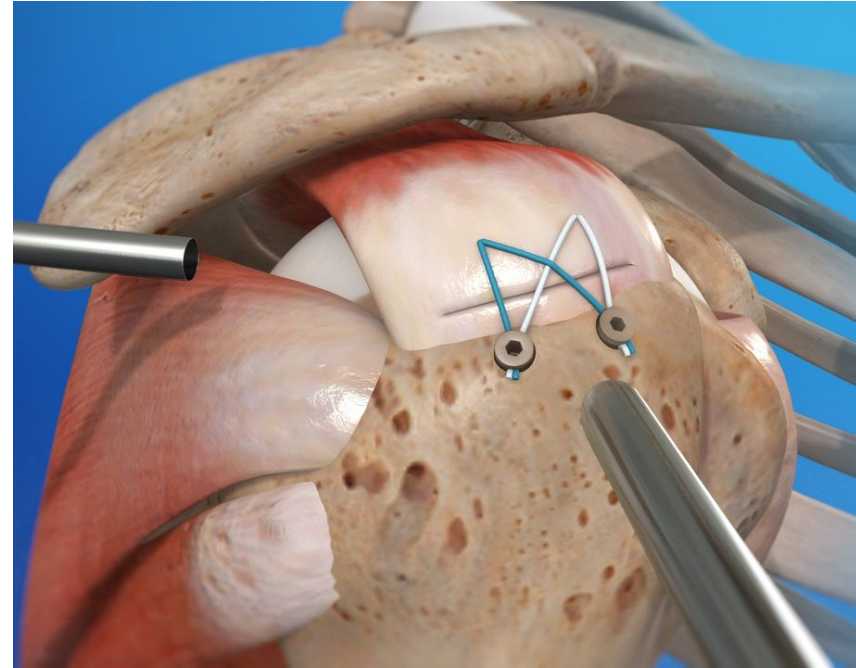
2023 5-Year Impact Factor

0.01656

Introduction

- Arthroscopic **rotator cuff repair** is a successful surgical procedure with good clinical outcomes but **failure of repair is not uncommon** with studies showing re-tears occur in 10% to 75% of repairs
- Both mechanical and biological factors must be considered

Trying to maximise outcomes of Rotator Cuff Repair Surgery



Aims and Hypotheses

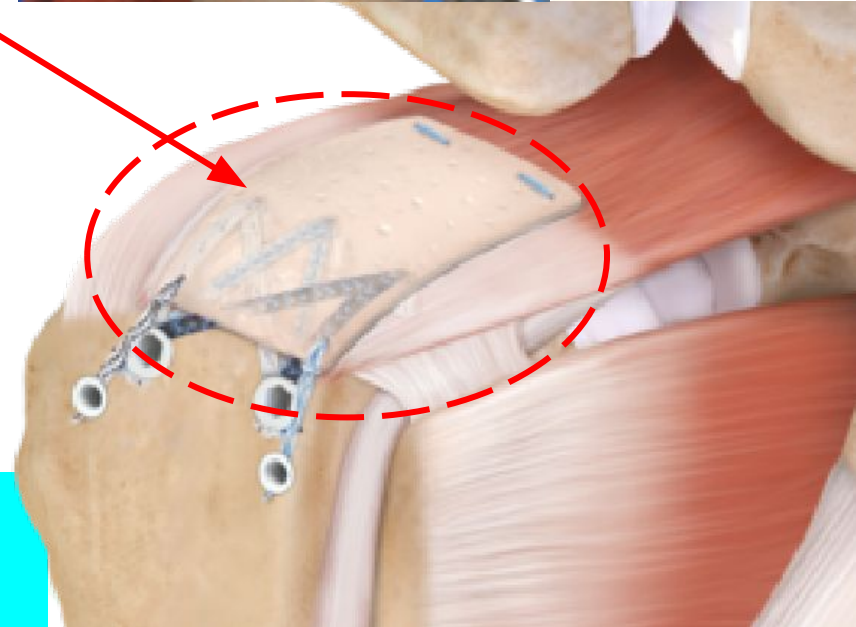
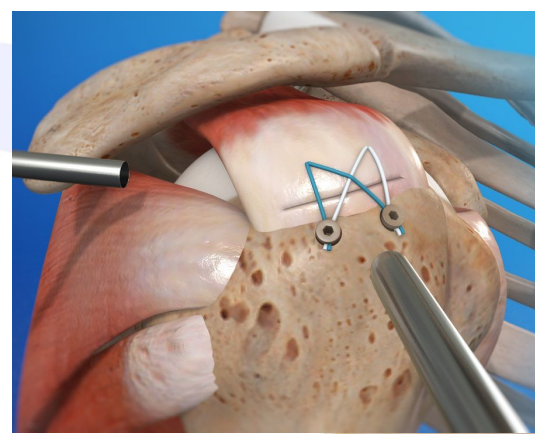
Aim

- To determine whether addition of a **Bioinductive Collagen Implant (BCI)** over the repair rotator cuff tears improves healing rate on MRI at 12 months followup

Hypothesis

- Patients treated with BCI augmentation have lower retear rates, increased tendon thickness and better clinical outcomes at 12 months follow-up

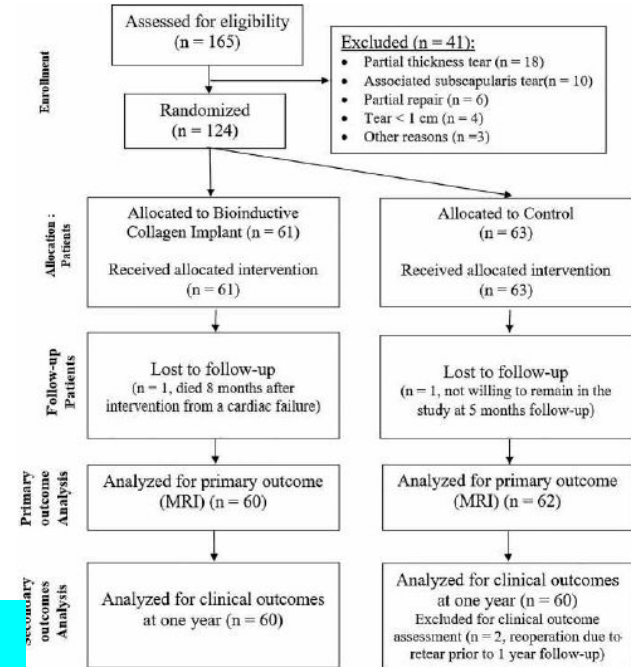
Does adding a Bioinductive Collagen Implant (BCI) improve Rotator Cuff Repair Success?



Methods and Materials

Study design

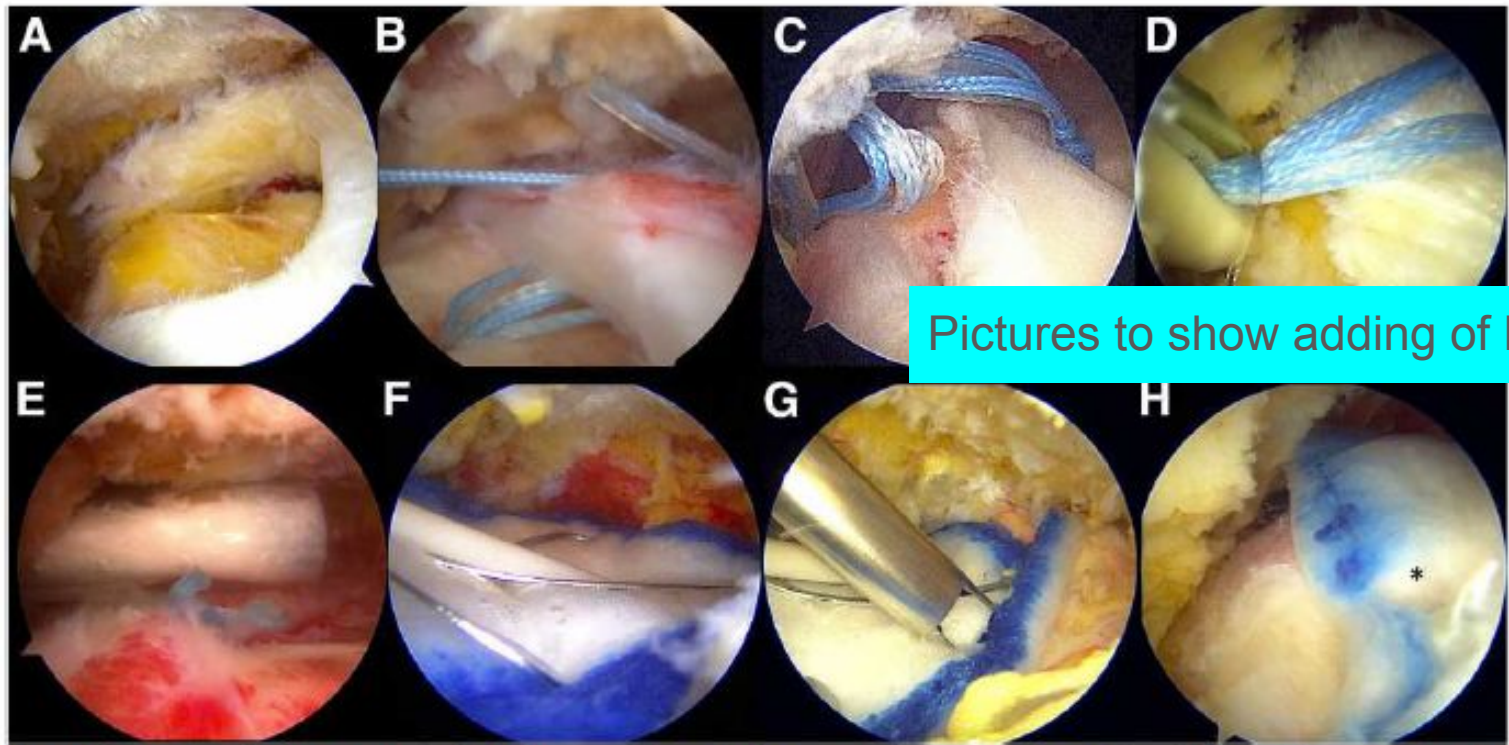
- 2 armed multicentric, **triple blinded** (patient, outcome assessor, data analyst) randomized superiority trial
- 8 Orthopaedic surgeons with 10 year experience in arthroscopic cuff repair from 4 surgical centers in Spain
- Selected patients were
 - ≥ 18 years old
 - Fully repairable tears



Flow diagram of the study. (CONSORT, Consolidated Standards of Reporting Trials.)

Randomized Trial

2 Groups - one has BCI, one does not have →
Follow up for difference



Pictures to show adding of BCI

Fig 1. The repair technique using the bioinductive collagen implant. An arthroscopic view of the subacromial space of a patient with a medium-sized, full-thickness tear in the left shoulder (A). The tear is repaired using a transosseous equivalent (TOE) technique with 2 medial-row anchors with sutures and tapes passed through the medial tendon (B) and tied (C). The tapes are brought laterally in a rip-stop configuration over the tied sutures and secured into one lateral anchor (D). The Bioinductive Collagen Implant (BCI) is inserted through the lateral portal (E) and adjusted to cover the repair (F). It is fixed medially to the tendon with 5 to 8 absorbable anchors (G) and laterally to the bone with 1 or 2 PEEK anchors (*) that are placed so as not to collide with the lateral row anchors, distally to them if possible, as seen here (H). The final BCI covers the repair starting 5 to 10 mm distal to the lateral edge of the repair and reaching the tendon 5 to 15 mm proximal to the medial sutures.

Sugaya classification	
Type I	Sufficient thickness, homogeneous tendon (low signal on T2 images)
Type II	Sufficient thickness, partial high-intensity from within the tendon
Type III	Insufficient thickness without discontinuity
Type IV	Minor discontinuity on more than one slice, suggesting a small tear
Type V	Major discontinuity suggesting a moderate or large tear

Results

Primary Outcome Measure

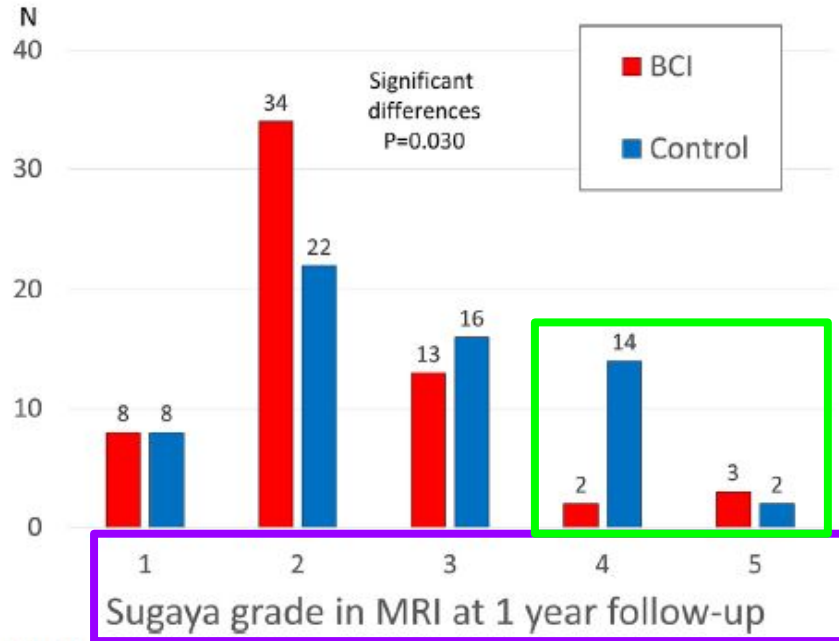


Fig 5. Assessment of rotator cuff integrity in the 12-month magnetic resonance imaging using the Sugaya Classification of the 122 tendon repairs.

- Augmentation of repair with Bioinductive Collagen Implant
 - **Reduces tear rate** at 12 months by **Two-Thirds**
 - Similar improvements in clinical outcomes

Sugaya Grading

4 = Minor Tear

5 = Major Tear

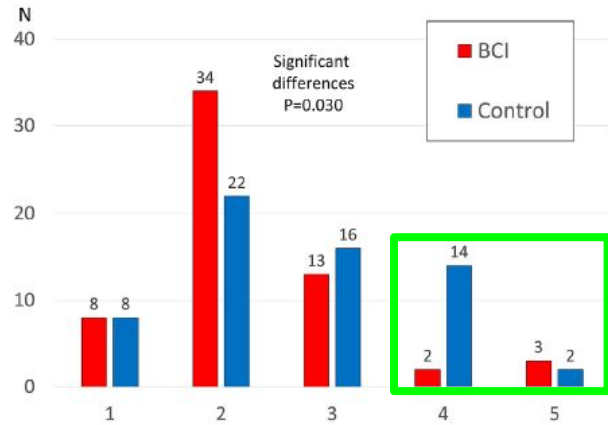
Control 14 + 2 = 16 tears

BCI = 3 + 2 = 5 tears

(11 less - 2/3 less)

Recommendations

- Bioinductive Collagen Implant results in **lower retear rates** at 12 months follow up
- ***“Use BCI”***



Sugaya grade in MRI at 1 year follow-up

Fig 5. Assessment of rotator cuff integrity in the 12-month magnetic resonance imaging using the Sugaya Classification of the 122 tendon repairs.

Where is God so far?

Romans 4:3 “What Does Scripture Say”

- #1 God's **Orderly** Creation **Enables** Research to Point to **Himself**
- #2 Man's **sinfulness** introduces **disorder** to point to **ourselves**
- #3 God is **sovereign**, Man is **responsible**
- #4 God subjected Evidence Based Medicine (EBM) to **futility** to **bring us** back to Him



#1 God's **Orderly** Creation **Enables** Research to Point to **Himself**

- Creation Is Orderly

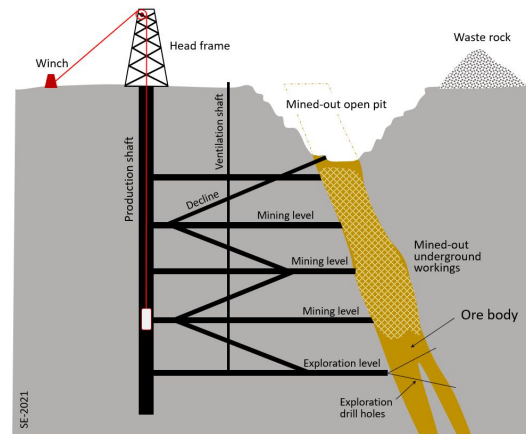
- **1Cor 14:33** For God is not a God of disorder but **of peace**.
- **Psalms 104** - Creation psalm reveals **great order** in His creation
 - V5 - He set the earth on its **foundations**, so that it should never be moved.
 - V9 - The mountains rose... to the **place that you appointed** for them. You set a **boundary** that they may not pass.

- Creation is Discoverable and Manipulatable

- **Job 28:3-4** Man **puts an end** to darkness and **searches out** to the farthest limit... He **opens shafts** in a valley... Man **puts his hand to the flinty rock and overturns** mountains by the roots. He **cuts out channels** in the rocks...

- Creation is meant to point to Himself

- **Ps 19:1-2** The heavens **declare the glory of God**, and the sky above **proclaims his handiwork**.
- **Rom 1:20** For his invisible attributes, namely, his eternal power and divine nature, have been **clearly perceived**...So **they are without excuse**.



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- Reflections on Truth #1. How should we respond?

- Attitude of
 - Gratefulness
 - Amazement
- Actions of
 - Evangelism to point others to the God behind all these

What are your
immediate thoughts?

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Type I	Sufficient thickness, homogeneous tendon (low signal on T2 images)
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Results

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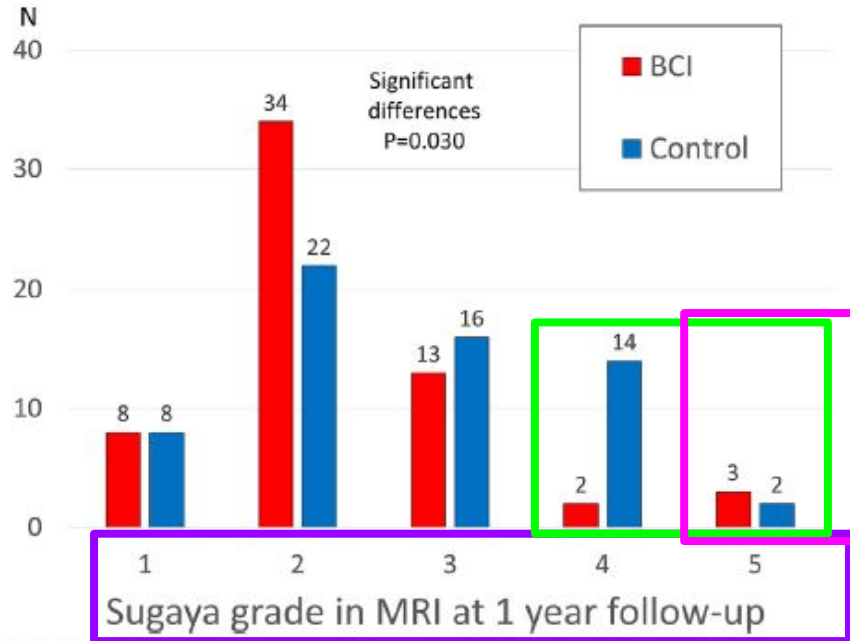


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Sugaya Grading
4 = Minor Tear
5 = Major Tear

BCI = 3+2 = 5 tears
Control 14 + 2 = 16 tears

BCI = 3 major tears
Control = 2 major tears

Changing the “definition of success” changes your results dramatically!

Recommendations

- Bioinductive Collagen Implant results in **LOWER** retear rates at 12 months follow up
- **“Use BCI”**

- Bioinductive Collagen Implant results in **HIGHER** retear rates at 12 months follow up
- **“Do Not use BCI”**

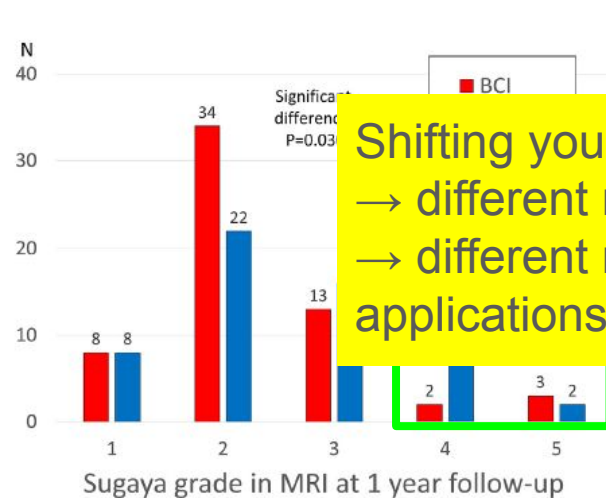


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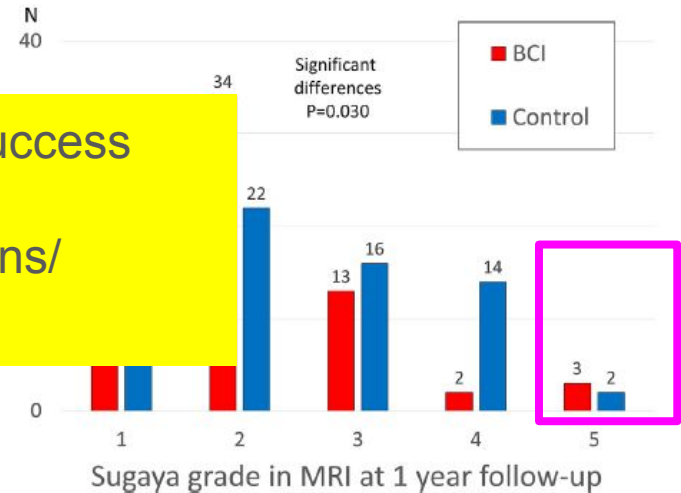


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#2 Man's sinfulness introduces disorder to point to ourselves

- **We turn away from God**

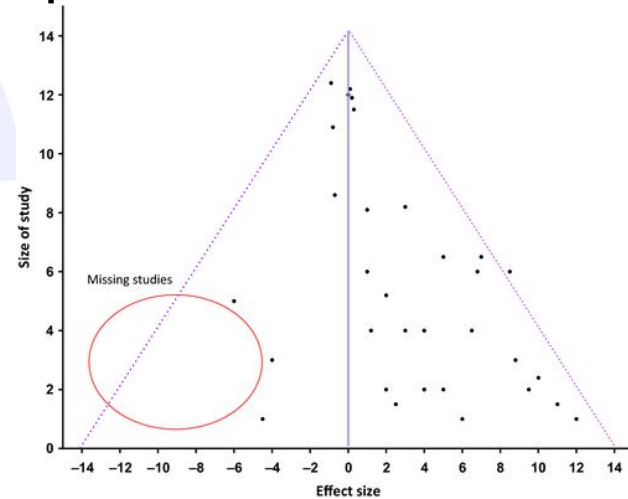
- **Exo 32:4** And he received the gold from their hand and fashioned it with a graving tool and **made a golden calf**. And they said, "These are your gods, O Israel, who brought you up out of the land of Egypt!"
- **Isa 2:8** Their land is filled with idols; they bow down to the **work of their hands**, to what their own **fingers have made**.

- **Resulting in Disorder**

- **Suppress Truth** - (cf. funnel plot to detect "missing studies")
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- **Desire to point to Ourselves**

- **James 5:5** You have lived on the earth in luxury and in **self-indulgence**.
- **2 Timothy 3:2** For people will be lovers of **self...**



Introduction

The National Acute Spinal Cord Injury Studies (NASCIS) of the 1980s and 1990s promoted the use of high-dose methylprednisolone in acute spinal cord injury but were widely criticized in subsequent years on aspects of methodology and statistical analysis (1-4). The methylprednisolone controversy sparked by NASCIS was recently addressed in a comprehensive review of acute spinal cord compression, thus highlighting the continued relevance of this issue (5). Improper and misleading subgroup analyses are fundamental errors in both NASCIS II and III. Unfortunately, issues in subgroup analysis are alarmingly common in the medical literature, likely contributing to the problems surrounding the NASCIS trials (4). It is worth revisiting the problem of subgroup analysis in order to provide tools for the neurologist to properly interpret NASCIS and critically assess future trials.

Disclosures

No conflict of interest related to this presentation

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Stocks: none

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Mitek; Conmed Linvatec; Cook Myosite; Arthrex;

Disclosures

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SmithNephew



+ Redefining biological healing

More than 10 years of clinically demonstrated results¹

The REGENETEN Implant reduces rotator cuff re-tear rates compared with conventional techniques^{2,3} offers rapid recovery⁴ for partial-thickness tears⁵ and provides positive clinical outcomes.^{1,2,6,8}

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REGENETEN®
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studies

>650
total patients
studied

>100,000
implants
used globally
since 2013⁹



References: 1. Bickel GJ, et al. Muscles, Ligaments Tendon. J Orthop Sci. 2015;5(2):144-150. 2. Smith Nephew 2019 Internal Report EO/SP/REGNETEN/05/05/14. 3. Han J. Arthroscopy. 2016;7(1):127-14. 4. Riaz Bhan MA, et al. Preliminary Report. SECC. 2022. 5. Bushnell BD, et al. JSES Int. 2021;5(2):228-237. 7. Thon SG, et al. Am J Sports Med. 2019;47(8):1901-1908. 8. McIntyre L, et al. Arthroscopy. 2019;35(8):2162-2171. Smith & Nephew Pty Ltd (Australia) smith-nephew.com.au. Smith & Nephew Ltd (New Zealand) smith-nephew.com/nz. ©Trademark of Smith-Nephew. All trademarks acknowledged. 9. October 2023 Smith-Nephew 20023 and V1. 2023. This material is intended for healthcare professionals. For detailed product information, including indications for use, contraindications, precautions and warnings, please consult the product's application instructions for use (IFU) prior to use.

Disclosures

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Ecc 1:9 “Nothing new under the sun”

False Positive: A Year of Error, Omission, and Political Correctness in the *New England Journal of Medicine*

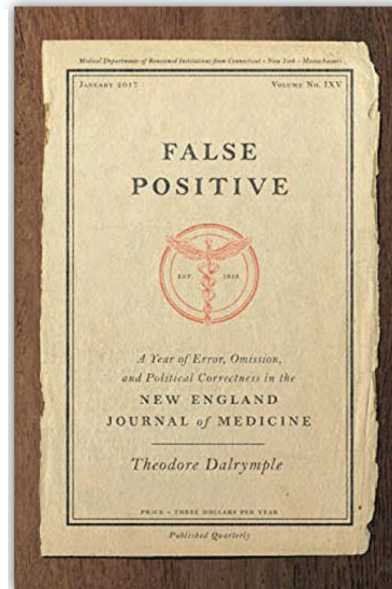
Reviewed by: [Arthur Gale](#)^{1,8}

False Positive: A Year of Error, Omission, and Political Correctness in the *New England Journal of Medicine* by Theodore Dalrymple. Encounter Publishing. ASIN: B07FZB7Y56

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Theodore Dalrymple is the pen name of a retired British psychiatrist and writer. He has written a book highly critical of the *New England Journal of Medicine* (NEJM). Instead of just writing an overall critique of the journal, Dalrymple uses the clever literary device of analyzing several articles from each issue of the NEJM published in the year 2017. He then demonstrates how flawed and biased these articles are.



Second Opinion

Ex-editor of NEJM tells how Big Pharma has corrupted academic institutions

by [Susan Perry](#)
05/05/2010



A Conversation with Dr. Marcia Angell



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SCIENCEINSIDER | HEALTH

Two elite medical journals retract coronavirus papers over data integrity questions

Mysterious company Surgisphere declined to provide access to hospital data used to evaluate drugs in COVID-19 patients

4 JUN 2020 • BY [CHARLES PILLER](#), [KELLY SERVICEK](#)

DePuy knew about hip implant's high failure rate three years before it was recalled

BMJ 2013 ; 346 doi: <https://doi.org/10.1136/bmj.f626> (Published 29 January 2013)

Cite this as: BMJ 2013;346:f626

Article

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Post-marketing studies carried out by the US orthopaedic company DePuy showed a high revision rate for its ASR (articular surface replacement) hip implant three years before it was recalled from the global market, newly released internal documents show.

#2 Man's **sinfulness** introduces **disorder** to point to **ourselves**

- **We turn away from God**

- **Exo 32:4** And he received the gold from their hand and fashioned it with a graving tool and **made a golden calf**. And they said, "These are your gods, O Israel, who brought you up out of the land of Egypt!"
- **Isa 2:8** Their land is filled with idols; they bow down to the **work of their hands**, to what their own **fingers have made**.

- **Resulting in Disorder**

- ***Suppress Truth*** - (cf. funnel plot to detect "missing studies")
 - **Romans 1:18** For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness **suppress the truth**.
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- **Desire to point to Ourselves**

- **James 5:5** You have lived on the earth in luxury and in **self-indulgence**.
- **2 Timothy 3:2** For people will be lovers of **self...**

- Reflections on Truth #2. How should we respond?

- Attitude
 - Sadness
 - Admit the problem, do not justify it "everyone is doing this"
- Actions
 - Self reflect - how have we been perpetrators of this?
 - How do we stand up for the patients?

What are your immediate thoughts?

#3 God is **sovereign**, Man is **responsible**

Acts 2:23 this Jesus, delivered up according to the definite plan and foreknowledge of God, you crucified and killed by the hands of lawless men.

- **Human Responsibility - No one is innocent**
 - **Matt 12:36** I tell you, on the day of judgment people will give account for every careless word they speak
 - **Researchers** will be held responsible
 - **Manufacturers** will be held responsible
 - **Clinicians** will be held responsible
 - **Psalms 51** For I know my transgressions, and my sin is ever before me. Against you, you only, have I sinned and done what is evil in your sight.
- **God's Sovereignty**
 - God is in complete control over our plans and patient outcome
 - **Prov 16:23** The lot is cast into the lap, but its every decision is from the Lord.
 - **Prov 16:9** The heart of man plans his way, but the Lord establishes his steps.



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- How should we respond to Truth #3?

- Be honest in our research
- Our duty in keeping up to date with evidence
- Discernment in reading evidence
- Conscience in applying evidence to patients
 - **Rom 14:23** For whatever does not proceed from faith is sin.

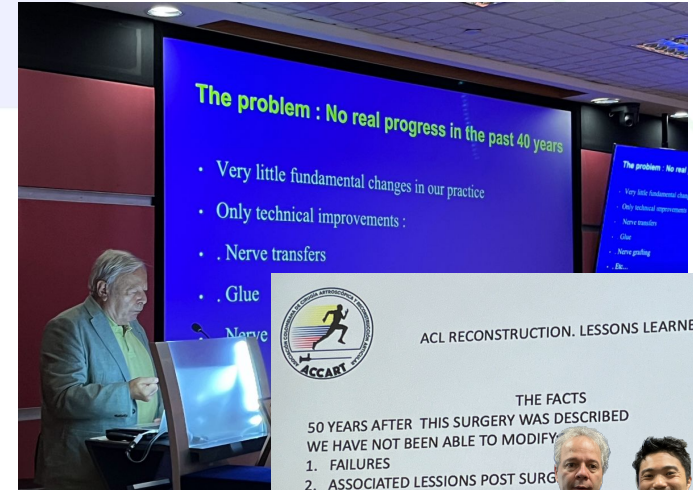
#4 God subjected EBM to futility to bring us back to Him

● Fall resulting in Futility in Research

- **Genesis 3:17-18** And to Adam he said, "Because you... and have eaten of the tree... **cursed** is the ground because of you... **in pain** you shall eat of it all the days of your life... **thorns and thistles** it shall bring forth for you... By the **sweat of your face** you shall eat bread...
 - God **cursed**
 - **Effort** is great
 - **Results** is poor
- **Ecc 12:12** Of making many books **there is no end**, and much study is a weariness of the flesh.

● Purpose of Futility

- **Romans 8:20** For the creation was **subjected to futility**, not willingly, but because of him who subjected it, in hope that the creation itself **will be set free from its bondage to corruption** and obtain the freedom of the glory of the children of God.
- **2Peter 3:9** The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, **not wishing that any should perish**, but that **all should reach repentance**.



Rom 8:20-23

Futility's Hope

Observations/ Meaning

1. Reality of Futility
2. Hope of Futility
3. Product of Futility

20 For the **creation** was **subjected** **willingly**, but because of **him** who subjected it, **in hope** **21** that the creation itself **will be set free** from its bondage to corruption and obtain the freedom of the **glory** of the children of God. **22** For we know that the whole creation has been **groaning** together in the pains of childbirth until now. **23** And not only the creation, but we ourselves, who have the firstfruits of the Spirit, **groan inwardly** as we **wait eagerly** for adoption as sons, the **redemption** of our bodies.

mokyngren.sg/blog/futility-of-medicine

My Personal Reflections

- I do not have a strong desire for research → tend to be cynical with research
 - But this minimizes the amazingness of God's creation
 - Proudful in my thoughts, less encouraging in this aspect
- I struggle to to apply evidence, "Truth is somewhere in the middle" (LET - 80% vs 0%)
 - Am I doing too little?
 - Am I doing too much?
- I struggle to interpret results I gather myself
 - Statistically significant but not clinically significant?
- Solution is to look to God
 - Be amazed at God's creation and the research interests of others
 - Continue to trust in God while making decisions for my patients.
 - God will deliver me!

- How about you?

 Check for updates

Winner of the O'Donoghue Sports Injury Award

Lateral Extra-articular Tenodesis Reduces Failure of Hamstring Tendon Autograft Anterior Cruciate Ligament Reconstruction

2-Year Outcomes From the STABILITY Study Randomized Clinical Trial

Alan M.J. Getgood,* MD, FRCS(Tr&Orth), Dianne M. Bryant, MSc, PhD, Robert Litchfield, MD, FRCS, Mark Heard, MD, FRCS, Robert G. McCormack, MD, FRCS, Alex Rezanoff, MD, FRCS, Devin Peterson, MD, FRCS, Davide Bardana, MD, FRCS, Peter B. MacDonald, MD, FRCS, Peter C.M. Verdonk, MD, PhD, Tim Spalding, FRCS, and the STABILITY Study Group
Investigation performed at The Fowler Kennedy Sport Medicine Clinic, Western University, London, Ontario, Canada

