

12th Annual
Seattle Otology & Rhinology Course (SOAR)
March 7 – 9, 2024
AGENDA

Thursday, March 7, 2024
Otology Laboratory

7:30 a.m. **Breakfast & Exhibits and Change Into Scrubs**

8 a.m. **Welcome and Overview**
Douglas D. Backous, M.D.

8:15 a.m. **Temporal Bone Drilling Lab 1**
All Course faculty

1. Orientation to drill technology and the choice of drill bits
2. Endaural vs. postauricular incisions
3. Ear canal incisions
4. External auditory canalplasty
5. Approaches to the middle ear
6. Middle ear and mastoid endoscopy

Objectives:

- Implement a step-wise approach to middle ear reconstruction
- Recognize the appropriate prosthesis for middle ear reconstruction
- Gain an understanding of enhanced middle ear anatomy through the surgical endoscopes

10:30 a.m. **Break & Exhibits**

10:45 a.m. **Temporal Bone Drilling Lab 2**
All Course Faculty

1. Stapedotomy/stapedectomy techniques
2. Ossiculoplasty techniques
3. Cartilage harvesting and cartilage tympanoplasty
4. Complete mastoidectomy
5. Facial recess/posterior tympanotomy
6. Continued training in endoscopic techniques

Objectives:

- Implement a step-wise approach to stapedotomy/stapedectomy
- Perform a complete mastoidectomy

12 p.m. **Lunch & Exhibits** (*not for CME credit*)

12:30 p.m. **Panel Discussion 1: Challenging Otology Cases**

Moderator: Douglas D. Backous, M.D.

Panelists: Douglas Ruhl, MD; Gavi Kohlberg, MD; Prabhat Bhamra, MD; Dennis Bojrab, MD;

Jeffrey Singh, DO; Selena Briggs, MD

Objectives:

- Outline difficult, chronic ear, cholesteatoma and vestibular cases in order to design a standard assessment framework
- Outline the role of the endoscope

1:30 p.m.

Temporal Drilling Lab 3

All course Faculty

1. Continuation of Drilling Lab 2
2. Cochlear implant techniques (cochleostomy vs. round window insertion)
3. Retrofacial air cell drill-out
4. Endolymphatic sac decompression
5. Trans-mastoid labyrinthectomy

Objectives:

- Illustrate one's scope of access to the middle ear from the mastoid through the retrofacial air cell tract
- Recognize the key anatomic danger areas in labyrinthectomy
- Practice a canal wall down mastoidectomy in the laboratory

3:30 p.m.

Break & Exhibits (*not for CME credit*)

3:45 p.m.

Temporal Drilling Lab 4

All course faculty

1. Opening the internal auditory canal
2. External auditory canal wall removal and modified radical mastoidectomy
3. Posterior and superior semicircular canal plugging
4. Decompression of the facial nerve from the stylomastoid foramen to the internal auditory canal
5. External meatoplasty
6. Begin your second bone and we will proctor you through whatever techniques you would like to practice

Objectives:

- Outline and articulate the entire course of the facial nerve
- Recognize the 3-D anatomy of the internal auditory canal
- Identify the different osseointegrated devices available and the surgical techniques for implanting them

5 p.m.

Prosection: Facial Nerve Anatomy & Re-Innervation Prosection Review

Prosectors: Prabhat Bhamra, M.D. and Douglas Ruhl, M.D.

Objectives:

- Articulate the options for facial nerve grafting in chronic facial nerve palsy
- Summarize the timing of active vs static re-animation techniques for facial nerve recovery
- Describe the full course of the facial nerve from the brainstem to the stylomastoid foramen

5:45 p.m.

Course Wrap-up

Douglas D. Backous, M.D., FACS

6 p.m.

Adjourn

Friday, March 8, 2024
Otology Lectures and Panel Discussions

- 7:30 a.m. **Registration and Breakfast**
- 7:45 a.m. **Welcome & Overview**
Douglas D. Backous, M.D. & Greg E. Davis, M.D.
- 7:50 a.m. **Panel Discussion 2: Managing the Dizzy Patient in Your Office**
Moderator: Dennis I. Bojrab, M.D.
Panelists: Clifford Hume, M.D.; Jeffrey Singh, D.O.; Gavi Kohlberg, M.D.; Daniel J. Lee, M.D.; Christopher Raine, M.D.
Objectives:
- Implement an office-based physical examination of a dizzy patient
 - Design a complete history to discern the etiology of dizziness in the difficult patient
 - Describe the appropriate use of betahistine
- 8:45 a.m. **Incorporating Eustachian Tube Dilation into Your Practice**
Trac M. Duong, M.D.
Objectives:
- Outline the pros and cons to each form of intraoperative visualization
 - Differentiate the optimum visualization technique for various uses
- 9 a.m. **Key Hearing Issues in the Geriatric Population**
Speaker: Selena Briggs, M.D.
Objectives:
- Articulate the most common challenges with hearing in the aging population
 - Describe what the American Academy of Otolaryngology - HNS is doing to address hearing in older adults
- 9:15 a.m. **Panel Discussion 3: In-Office Treatments for Ear Disorders: How We Do It**
Moderator: Gavriel Kohlberg, M.D.
Panelists: Selena Briggs, M.D.; Christopher Raine, M.D.; Jeffrey Singh, M.D.; Clifford Hume, M.D., Ph.D.; Daniel J. Lee, M.D.
Objectives:
- Describe the different medical therapies available for treating patulous eustachian tube
 - Outline the use of irrigation, powder mixtures, and topical drops for otorrhea
 - Build an algorithm for appropriate use of tympanostomy tubes versus myringotomy
 - Outline clear indications for intratympanic gentamicin and steroids applications
 - Explain the nuances of managing the draining mastoid cavity
- 10:10 a.m. **My Experience with Earlens**
Dennis I. Bojrab, M.D.
Objectives:
- Outline the tricks of the trade for creating Earlens earmold
 - Describe where Earlens fits into the hearing device armamentarium
- 10:30 a.m. **Break & Exhibits** (*not for CME credit*)
- 10:50 a.m. **In-Office Local/Topical Anesthesia for Eustachian Tube & Sinus Manipulation**
Eric Waterman, M.D.
Objectives:
- Describe how to create effective local anesthesia for in-office eustachian tube and sinus procedures
 - Outline how to manage the hesitant patient for in-office procedures

- 10:45 a.m. **In-Office Local/Topical Anesthesia For Eustachian Tube & Sinus Manipulation**
Eric Waterman, M.D.
Objectives:
- Outline how to create effective local anesthesia for in-office eustachian tube and sinus procedures
 - Describe how to manage the hesitant patient for in-office procedures

- 11 a.m. **Mini-Seminar: Eustachian Tube Dilation Practicum**
Moderators: Jeffrey Singh, D.O., & Trac M. Duong, M.D.
1. **Determining Patulous Eustachian Tube From Eustachian Tube Hypofunction**
Selena Briggs, M.D., Ph.D., M.B.A.
 2. **Medical Management of Eustachian Tube Hypofunction**
Daniel J. Lee, M.D.
 3. **Scopes and Devices for In-Office Eustachian Tube Dilation**
Jeffrey Singh, D.O.
 4. **Cadaver Prosection & Opportunity to Dilate Eustachian Tubes In Lab**
Jeffrey Singh, D.O.
- Objectives:**
- Describe how to accurately diagnose eustachian tube hypofunction vs patulous eustachian tube disorders
 - Define the role of nasopharyngeal endoscopy in determining patulous vs. eustachian tube hypofunction
 - Outline the steps for safe and effective eustachian tube dilation

- 12 p.m. **Lunch Break & Exhibits** (*not for CME credit*)

Rhinology Lectures and Panel Discussions

- 12:30 p.m. **Welcome & Overview**
Greg E. Davis, M.D.
- 12:35 p.m. **Key Concepts in the Modern Management of Chronic Sinusitis in 2024**
Arif Janjua, M.D.
Objectives:
- Understand the key features of the different subtypes of CRS and how these subtypes can be treated differently.
 - Understand the role of comprehensive sinus surgery in treating CRS.
 - Review key surgical concepts to improve outcomes including ergonomics, visualization, concurrent septal surgery & mucosal preservation
- 1 p.m. **Beyond Septoplasty: Novel Treatments for Nasal Congestion**
Greg E. Davis, M.D.
Objectives:
- Understand the importance of treating the nasal valve.
 - Learn novel options for the in-office management of nasal congestion.
- 1:20 p.m. **Medical Management of AERD And Nasal Polyps**
Nithin Adappa, M.D.
Objectives:
- Learn an evidence-based approach to medical therapies for nasal polyps
 - Appreciate the risks associated with significant or ongoing oral prednisone use.
 - Understand the nuances of the biologic therapies available for nasal polyps.

- 1:45 p.m. **Surgical Management of Nasal Polyps**
Raj Sindwani, M.D.
Objectives:
- Outline different techniques to improve visualization during polyp surgery
 - Appreciate what degree of surgery is ideal for each polyp patient and how to make this decision
 - Learn how to deal with polypoid middle turbinates and central compartment disease
- 2:10 p.m. **Panel Discussion 1: Ask the Experts: Coding Challenges**
Moderator: Greg E. Davis, M.D.
Panelists:
Objectives:
- Outline new rhinology codes for 2024
 - Discuss controversies for several rhinology coding dilemmas
 - Summarize the proper use of modifier 22, 79, and 31299 codes
- 2:30 p.m. **Break & Exhibits** (*not for CME credit*)
- 3 p.m. **Vasomotor Rhinitis and The Role for Posterior Nasal Nerve Ablation (PNNA)**
Aria Jafari, M.D.
Objectives:
- Outline how to make a comprehensive evaluation of patients with post-nasal drainage
 - Summarize the different devices available to perform PNNA
 - Explain local anesthetic techniques for successful PNNA
- 3:15 p.m. **Managing Complications: Orbit and Bleeding**
Stacey Gray, M.D.
Objectives:
- Explain the different layers between the nasal cavity and the eye, and what penetration of each layer results in
 - Outline the proper management of all orbit complications
 - Summarize how to safely manage intra-operative hemorrhage during sinus surgery
- 3:45 p.m. **Managing Complications: CSF Leak**
Nithin Adappa, M.D.
Objectives:
- Explain how to identify intra-op CSF leaks
 - Summarize the emergency steps to take when a CSF leak occurs
 - Outline the intra-op and post-op management of a skull base injury
- 4:15 p.m. **Panel Discussion 2: Challenges in Rhinology**
Moderator: Sanjay Parikh, M.D.
Objectives:
- Describe challenges in everyday rhinology
 - Explain the controversies in various medical and surgical treatments of sinus disease
- 5 p.m. **Adjourn & Happy Hour**
- 5:30 p.m. **Regeneron Product Theater** (*not for CME credit*)
Randall A. Ow, M.D.
- 6 p.m. **Adjourn**

Saturday, March 9, 2024
Rhinology Surgery Lab & Lectures

- 7:30 a.m. **Registration & Breakfast** (*change into scrubs*)
- 8 a.m. **CT Review**
Craig Miller, M.D.
Objectives:
- Outline a structured approach to reviewing a sinus CT scan when planning sinus surgery
 - Summarize the danger points on sinus CT scans, to help avoid complications
- 8:15 a.m. **Septoplasty Pearls**
Aria Jafari, M.D.
Objectives:
- Describe open and endoscopic approaches to the nasal septum
 - Outline the techniques to address caudal septal deformities
- 8:30 a.m. **Maxillary Sinus Surgical Pearls**
Stacey Gray, M.D.
Objectives:
- Outline the steps for safe and effective maxillary sinus aeration
 - Evaluate how large to make a maxillary antrostomy, and what influences this decision
 - Identify instruments and techniques required for removing lesions deep within the maxillary sinuses
- 8:45 a.m. **Ethmoid and Sphenoid Sinus Surgical Pearls**
Raj Sindwani, M.D.
Objectives:
- Outline the steps for safe, but complete, ethmoid and sphenoid sinus aeration
 - Describe techniques to find the natural sphenoid os
- 9 a.m. **Frontal Sinus Surgical Pearls**
Nithin Adappa, M.D.
Objectives:
- Outline key concepts in safely approaching to the frontal sinus
 - Identify ideal instruments to help dissect the frontal sinus
 - Describe the complex anatomy of the frontal sinus & how to manage anatomical variations
- 9:15 a.m. **Break & Transition to the BioSkills Lab** (*not for CME credit*)
- 9:30 a.m. **Live Demonstration Broadcast from BioSkills Lab No. 1**
Prosections:
Endoscopic Septal Surgery
Maxillary, ethmoid, sphenoid, and frontal sinus surgery; extended maxillary surgery; and novel nasal devices
All Rhinology Faculty
Objectives:
- Demonstrate maxillary, ethmoid, sphenoid, and frontal sinus surgery
 - Demonstrate extended maxillary sinus approaches
 - Demonstrate novel sinus surgical devices including sinus balloons, Eustachian tube balloons, septoplasty balloons, and RF devices for PNNA

- 10 a.m. **Hands-on BioSkills Lab Dissection No. 1**
Endoscopic Septal Surgery
 Maxillary, ethmoid, sphenoid, and frontal sinus surgery; extended maxillary surgery; and novel nasal devices
All Rhinology Faculty
Objectives:
- Perform safe maxillary, ethmoid, sphenoid and frontal sinus surgery
 - Use novel devices including sinus balloons, Eustachian tube balloons, septoplasty balloons, and RF devices for PNNA
- 12 p.m. **Lunch & Exhibits** (*not for CME credit*)
- 12:30 p.m. **Live Demonstration Broadcast from BioSkills Lab No. 2**
Prosections:
 Management of complications in sinus surgery: SPA ligation, AEA ligation (via Lynch), canthotomy/cantholysis, orbital decompression and optic nerve decompression; CSF leak repair; middle turbinate resection & Draf 3 frontal sinusotomy
All Rhinology Faculty
Objectives:
- Demonstrate Draf 3 approach to the frontal sinus
 - Demonstrate how to address surgical complications
- 1:15 p.m. **Hands-on BioSkills Lab Dissection No. 2**
 Management of complications in sinus surgery: SPA ligation, AEA ligation (via Lynch), canthotomy/cantholysis, orbital decompression and optic nerve decompression; CSF leak repair; middle turbinate Resection & Draf 3 frontal sinusotomy
All Rhinology Faculty
Objectives:
- Practice techniques to perform a Draf 3 surgery
 - Practice addressing surgical complications
- 2:45 p.m. **Break & Exhibits** (*not for CME credit*)
- 3 p.m. **Key Things To Do in the Last Ten Minutes of Sinus Surgery & in the Post-Op Period**
Arif Janjua, M.D.
Objectives:
- Recognize that the last 10 mins are key to setting up the nasal cavity to optimal post op healing
 - Outline suture techniques for the septum and middle turbinates
 - Describe the importance, frequency and tools required for successful post-operative debridements
- 3:30 p.m. **Panel Discussion 3: Challenging Cases: Ask the Experts**
Moderator: Vincent Chan, M.D.
Objectives:
- Present challenging sinus cases to a panel of experts for their opinion on medical and surgical management options
- 4 p.m. **Panel Discussion 4: What To Do When Surgery Fails**
Moderator: Greg E. Davis, M.D.
Objectives:
- Describe what to do when surgery and 'normal' medical therapy doesn't work
 - Recognize when more surgery is needed and what those surgical options are

4:30 p.m.

Participant Q&A: What Have You Learned and What Questions Do You Still Have?

Moderator: Greg E. Davis, M.D.

Objective:

- Describe keys to success - from instruments to surgical pearls

5 p.m.

Adjourn

COURSE FACULTY

OTOLOGY FACULTY

Douglas D. Backous, M.D.
Course Co-Chair
Otology and Neurotology
Proliance Surgeons & Puget Sound ENT
Edmonds, Seattle and Puyallup, Washington

GUEST FACULTY

Dennis I. Bojrab, M.D.
Neurotology, Otolaryngology & Skull Surgery
Chief Executive Officer
Michigan Ear Institute
Farmington Hills, Michigan

Selena Briggs, M.D., Ph.D., M.B.A.
Vice Chair of the Department of Otolaryngology
MedStar Health Washington Hospital Center
Washington, District of Columbia

Professor Christopher Raine, MBE
Consultant ENT Surgeon
Bradford Royal Infirmary
Bradford, United Kingdom

Jeffrey Singh, D.O.
Otology & Neurotology
Century Ear, Nose & Throat - Head
and Neck Surgery
Orland Park, Illinois

LOCAL OTOLOGY FACULTY

Prabhat Bhamra, M.D.
Facial Plastic Surgery, Otolaryngology
Providence Regional Medical Center
Everett, Washington

Trac M. Duong, M.D.
Otology and Neurotology
Proliance Surgeons
Bellevue, Washington

Cliff Hume, M.D., Ph.D.
Professor
Department of Otolaryngology
University of Washington
Seattle, Washington

Gavriel Kohlberg, M.D.
Assistant Professor
Otology & Neurotology
University of Washington
Seattle, Washington

Daniel "Juno" Lee, M.D.
Otology & Neurotology
Proliance Surgeons & Puget Sound ENT
Edmonds, Washington

Douglas Ruhl, M.D.
Associate Program Director
Dept. Otolaryngology HNS
Madigan Army Medical Center
Tacoma, Washington

Eric Waterman, M.D.
Allergy, Sinus & Snoring
Modern Nose Clinic
Bellevue, Washington

RHINOLOGY FACULTY

Greg E. Davis, M.D., M.P.H.
Course Co-Chair
Clinical Associate Professor
Rhinology & Endoscopic Skull Base Surgery
Proliance Surgeons, ENT & Allergy Associates
Seattle & Puyallup, Washington

Arif Janjua, M.D.
Course Co-Chair
Clinical Professor
Department of Otolaryngology
University of British Columbia
Vancouver, British Columbia

GUEST FACULTY

Nithin Adappa, M.D.
Surgical Director
Penn AERD Center
Penn Medicine
Philadelphia, Pennsylvania

Stacey Gray, M.D.
Associate Professor of Otolaryngology
Head and Neck Surgery
Harvard Medical School
Boston, Massachusetts

Aria Jafari, M.D.
Assistant Professor, Department of
Otolaryngology – Head & Neck Surgery
University of Washington
Seattle, Washington

Raj Sindwani, M.D.
Vice Chairman, Head and Neck Institute
Section Head of Rhinology
Cleveland Clinic
Cleveland, Ohio

LOCAL RHINOLOGY FACULTY

Vincent Chan, M.D.
Otolaryngologist
Swedish Medical Center
Seattle, Washington

Craig Miller, M.D.
Rhinologist & Endoscopic Skull Base Surgeon
Virginia Mason Medical Center
Seattle, Washington

Sanjay Parikh, M.D., FACS
Professor, Department of Otolaryngology
Seattle Children's Hospital
Seattle, Washington