

2024



THE
HUGHSTON
FOUNDATION

ANNUAL REPORT


• Research • Education • Training •

COLUMBUS, GEORGIA

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Center of Excellence



Dr. Hughston created the Foundation as a vehicle for developing a new subspecialty, sports medicine. It enabled him to educate, train, and mentor physicians in his philosophy. These disciples, who are now members of the Hughston Society, have gone on to work at academic centers and private practices throughout the world, imparting the knowledge and modeling the skills they acquired while at the Hughston Sports Medicine Foundation. The seeds Dr. Hughston planted in the areas of not only treatment, but also training, education, and research are still growing, and we at Hughston remain as green as ever.

Mission

Training, **education**, and **research** define the Hughston Foundation's **mission** and symbolize the late Dr. Jack C. Hughston's vision for his pioneering work in orthopaedics and sports medicine. These 3 words also describe how the Hughston Foundation contributes to better patient care worldwide. Since its inception in 1968, the Foundation has improved the lives of more than a million patients; in doing so, it has strengthened communities locally and around the world. Our **history** celebrates not only the vision and dedication of Dr. Hughston, but also the many achievements of the Hughston Foundation. We want to highlight how these accomplishments benefit you, beginning with our direct impact on the community.

"As long as you're green, you're still growing. Once you're ripe, you're next to rotten."

- Jack C. Hughston, MD





Community Service

Community service is at the core of what we do at the Hughston Foundation. The services we provide are the product of training, education, and research, and are inseparable from our mission of improving lives and strengthening communities. At Hughston, we look for ways to give back to our supporters and strive to improve community outreach. Our commitment to athletes in the Chattahoochee Valley is as strong and we are proud of our sports medicine team, which continues Dr. Hughston's legacy of providing **sideline medical coverage, wrestling assessments, Saturday morning injury clinics, and annual preparticipation screenings.**

Giving Back

THE HUGHSTON FOUNDATION HELPS GROW
THE STEAM INITIATIVE IN OUR COMMUNITIES

The Hughston Foundation **Scrubs Camp** and **Art Gala** are perfect examples of the STEAM Initiative that is spreading across the country. The initiative encourages STEAM (**S**cience, **T**echnology, **E**ngineering, **A**rts, and **M**ath) programs to help prepare students for advanced technological careers.

- **92 high school students attend Scrubs Camp**
- **32 Schools/Organizations participated in the Art Gala**
- **150+ students participated in a drawing workshop at the Let's Grow STEAM community fair**





We bring high school and middle school aged students into the Foundation and open their eyes to a world of healthcare opportunities. For these students, we dare them to dream by weaving together knowledge, inspiration, and hands-on experiences. For many, the inspiring visit helps them to dream of a future career that they never thought was within their reach. Now they see a brighter future and can begin to set goals to reach those dreams.



HUNDREDS OF STUDENTS VISIT THE HUGHSTON FOUNDATION ANNUALLY

Students from across the state of Georgia visit the Hughston Foundation annually. These students are often part of healthcare science classes, athletic trainer students, art students, as well as middle and elementary students. The following represents the groups people the Foundation has had a significance on:

- **100+ Georgia Health Careers Teachers**
- **500+ Georgia art students**
- **1500+ Georgia health careers students at STEAM events**
- **12 Athletic Training college students**
- **270+ Columbus based High School Students**
- **160+ Columbus based Middle School Students**
- **400+ Columbus based Elementary School Students**



Programs start with a short welcome, which includes a video about the Foundation and its mission and a tour of the facility. Additionally, the groups listen to presentations by Foundation and Clinic staff about careers in medical writing and illustration, clinical research, athletic training, and physical and occupational therapy, physicians, nurses, physician assistants, and a full array of other healthcare professionals. Students have the opportunity to ask questions professionals about how to get started, what education requirements are necessary, and where to receive training. We also provide a unique hands-on learning opportunity, so the students can experience medical training laboratories that are usually reserved only for medical students. Students particularly enjoy testing their skills with the laboratory's arthroscopic simulation equipment and participating in the cadaver scope and dissections during the hands-on sessions in the Surgical Education Center.



CAREERPATH EXPOSURE AND EXPLORATION SUPPORTING FUTURE GENERATIONS IN MEDICINE



The Hughston Foundation's **Scrubs Camp** continues to grow in popularity. Three Rivers AHEC, Columbus Technical College, Columbus State University, Mercer University School of Medicine and Valley Healthcare collaborated with the Foundation to host 2 separate 5-day camps during the summer for students who have an interest in the medical field, especially orthopaedics, surgery, nursing, and rehabilitation. In addition to tours of each facility and lectures, the students were able to experience many hands-on activities.

We are excited to announce a scholarship opportunity starting in 2025.

If you attended Scrubs Camp and are pursuing a career in health care, you may qualify for this one time opportunity to win a \$1,000 scholarship to cover expenses at a technical college or university.

- **8 Student scholarships awarded to attend camp**
- **\$5,000 in grants to cover activity costs**
- **95% of the Scrubs Camp program attendees are females with the majority being Black or African American, mixed races, and Caucasian.**

Scrubs Camp recap and photos [click here](#).

The Annual Hughston Foundation **Art Gala Exhibit for the Biologically Inclined** has become an inspiration to many students statewide. The Hughston Foundation collaborated with Harris County High School Work Based Learning program to offer the competition. High school and middle school students throughout Georgia submitted biologically or medically inspired entries under drawing, painting, photography, 3D, digital or mixed media categories. The show hung for several weeks allowing hundreds of parents, students, Hughston employees, and visitors to view the show. Scholarships and prizes are given to support students in their talents and interests.

- **32 Schools/Organizations participated in the Art Gala**
- **166 Georgia student art entries from 5th to 12th grades**
- **\$8,000 in cash and prizes awarded to 26 students**

[Click here](#) to view the 2024 Art Gala winners and photos.



Sponsored Event

SUPPORT THE ATHLETIC SPORTS COVERAGE THAT HUGHSTON PROVIDES ACROSS THE CHATTAHOOCHEE VALLEY TO YOUTH PROGRAMS,

HUGHSTON'S GOLF TOURNAMENT

The Hughston Golf Tournament is traditionally held at the end of the school year at Maple Ridge Golf Course in Columbus. This fundraiser event is a big hit with business leaders and educators each year. Besides providing coverage at sporting events, this fundraising project helps purchase much needed concussion software for baseline and post testing, for area high schools and other participating colleges.

The 2024 press release and photos can be viewed by [clicking here](#).

THANK YOU TO OUR SPONSORS: \$22,500 AND PRIZES:

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Hughston Clinic
Hughston Homes
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NAI G2 Commercial Real Estate
Rivertown Pediatrics
Robinson, Grimes & Company
TSYS
Webb Construction Group



Research, Education, and Training



Research is based on collected and analyzed data that can inform and add to our body of knowledge; however, it is useless unless we share that knowledge by educating and training others on what we have learned. Our mission of research, education, and training supports orthopaedic researchers, medical students, residents, fellows, and surgeons from the start of their project to its completion. We help with every aspect, from starting a project, to its presentation, and finally, to its publication in the medical literature. We support research so that the knowledge we obtain is shared with the medical community and becomes better treatments for our patients.



The Hughston Foundation is devoted to achieving its mission of research, education and training.

- **Monthly Grand Rounds**
- **Monthly M&M conferences**

This year, Hughston researchers were involved in:

- **97 different research** studies
- **8 ongoing sponsored clinical trials** for surgical devices and techniques.

The **Surgical Education Center** hosted:

- **83 surgical education laboratories**



RESEARCH

RESEARCH ENABLES HUGHSTON TO OFFER THE BEST AND MOST INNOVATIVE PATIENT CARE.

Hughston physicians publish regularly in their areas of specialization and present their work worldwide. As part of their training, our fellows and residents are also involved in individual and collaborative research projects for publication. Through the research they do at the Foundation, our healthcare professionals not only stay current but on the cutting edge of orthopaedics and sports medicine. All research involving human subjects is reviewed and monitored by our own **Institutional Review Board (IRB)**, which consists of medical professionals and community members. The Hughston IRB operates according to federal regulations set forth by the US Department of Health and Human Services and the Food and Drug Administration.

2024 Research:

- 8 Industry sponsored studies
 - 63 Physician staff initiated
 - 26 Residents/Fellows/Medical Students
- Total – 97**



EDUCATION

WE EDUCATE AND TRAIN MEDICAL PROFESSIONALS SO THAT OUR COMMUNITY AND PATIENTS RECEIVE THE CARE THEY NEED.

Do you ever wonder how your physician became a specialist in his or her field? Organizations like the Hughston Foundation offer unique opportunities for medical students, residents, physicians, and surgeons to learn specific skills that help them advance their knowledge and skills beyond medical school. For example, the Hughston Foundation offers fellowships in research, trauma, and sports medicine to a number of candidates each year. After spending a year in our programs, these medical professionals go on to practice in their chosen specialties.

Surgical Education Center

The Hughston Foundation's Surgical Education Center is designed and equipped for hands-on training so users can build on their existing skills or learn and develop new techniques in arthroscopic and open surgical procedures. The Center consists of 2 bioskills laboratories: a dry station laboratory with surgical simulators and plastic models of human limbs and joints, and a wet station laboratory for training on cadaveric tissue. Sawbones® plastic models and Arthrobox™ arthroscopy simulators give students and physicians unlimited opportunity to practice their surgical skills. The Foundation's wet station laboratory hosts cadaveric dissections and training sessions for physicians, fellows, residents, and medical students. Audiovisual integration within the Foundation's facilities allows larger groups seated in the auditorium to observe and interact with those working in the laboratories. Additionally, the Center has welcomed guests from the community as well as from regional, national, and international locations.

Surgical Education Center Labs:

- 12 Individual practice and research sessions
- 55 Student labs
- 10 Residents/Fellows/Medical Students
- 5 Industry sponsored physician staff training





TRAINING

THE COMPREHENSIVE TRAINING WE OFFER ENABLES OUR HEALTHCARE PROFESSIONALS TO GIVE YOU THE COMBINED BENEFITS OF HUGHSTON TRADITION AND INNOVATION.

The Hughston Foundation has a reputation as a premier venue for orthopaedic, sports medicine, and trauma training. Our medical **fellowships**, and orthopaedic surgery **residency** and training symposiums attract physicians and medical professionals of the highest caliber. Moreover, our symposiums provide intensive training experiences and bring in leaders from the field to discuss emerging healthcare trends.

Sports Medicine Fellowship

The Hughston Sports Medicine Fellowship program is accredited through the Accreditation Council for Graduate Medical Education (ACGME) and leads to certification as an orthopaedic sports medicine subspecialist.

Orthopaedic Trauma Fellowship

The Hughston Orthopaedic Trauma Fellowship program is accredited through the Orthopaedic Trauma Association (OTA) and leads to certification as an orthopaedic trauma subspecialist.

Advanced Clinical Experience Fellowship

This fellowship is an educational program in general orthopedic surgery offering one or more specialized areas of interest as well as exposure to the business aspects of an orthopedic practice.

Orthopaedic Residency Program

As a result of a partnership with Edward Via College of Osteopathic Medicine (VCOM), an orthopaedic surgery residency program was established in July 2015 at Jack Hughston Memorial Hospital. The residency program constitutes a 5-year track in orthopaedic education to include training in all areas of general orthopaedic surgery: sports medicine, hand and upper extremity, foot and ankle, pediatric orthopaedics, orthopaedic trauma, adult reconstruction, spine, and rehabilitation.





Training Symposiums

Our conferences are effective educational programs that expose physicians and trainees to the latest research and breakthrough techniques of top medical professionals in the field. They offer a unique opportunity for surgeons and allied healthcare professionals to learn new skills and procedures.

They are also a good way to interact with colleagues and network professionally. Physicians who attend these symposiums can provide better care for you and your family.



Hughston Grand Rounds

On the first Wednesday of each month, a diverse group of local healthcare professionals—which often includes physicians from Hughston, Columbus, and Fort Moore; Hughston fellows and residents; Hughston physician assistants and physical therapists; and medical students—come together for grand rounds lectures on evolving trends in orthopaedics. Grand rounds constitute a ritual of medical education and provide an excellent supplement to medical school and residency. Additionally, grand rounds help doctors and other healthcare professionals stay current in their specialty or areas of core practice. The physician lectures offer expertise on specialized topics and cover the latest evidence-based research and treatments emerging in the field of medicine. CMEs are provided for these events.



M&M Conference

The M&M conference is designed for residents to learn to assess and improve patient care. The conference provides a forum for teaching curriculum on quality improvement in patient care. It also covers the core ACGME competencies of medical knowledge, practice-based learning and improvement, interpersonal and communication skills, professionalism, and systems-based practices.





Hughston Society

All residents in the Jack Hughston Memorial Hospital Orthopaedic Residency Program and fellows in the year-long postdoctoral sports medicine fellowship programs are eligible to become members of the Hughston Society. The society is an alumni group of over 500 physicians—including orthopaedic surgeons, physicians from other specialties, and medical researchers from the United States and abroad—who are trained in the Hughston philosophy and bound by a genuine concern for athletes and a desire to help them return to competition, injury free.

For more about the 2024 Hughston Society Biennial Meeting, [click here](#).



What's Next

Hughston has a new lab!

Translational Orthopaedic Laboratory



Our new **Translational Orthopaedic Laboratory** is a research facility focused on bridging the gap between science discoveries in orthopaedics and clinical techniques. Essentially, we will take proven research findings from the lab and translate them into potential interventions for patients with musculoskeletal conditions. This involves close collaboration between our researchers and clinicians, to study and develop new diagnostic tools, surgical techniques, and therapies for orthopaedic diseases. Ultimately, we aim to develop better treatment and prevention strategies to improve the health of all the patients we serve.



Learn more!

Kyle Cichos, PhD, MD, answers questions about Hughston research on WTVM Business Break with Maureen Akers in early 2025.

Click here to watch the video.

Resources

The Hughston Foundation supports its physicians, **fellows**, and **residents** in all phases of the **research** and publication process. To encourage scholarly activity, our **library** collections and online services are available to Hughston researchers virtually anytime. Additionally, our **medical writer** provides writing and editing services while Hughston Medical Imagery, including **medical illustrators** and a **videographer**, offers a wide range of photography and digital imaging services.

For more information about the Foundation's departments, [click here](#).





Publications

Hughston authors write manuscripts that cover an array of topics, such as an unusual disease presentation, a new treatment, or a difficult diagnosis. Publishing what we have learned is the fundamental method to relay evidence-based research to medical and healthcare professionals and it is crucial for providing patients with the most up-to-date prevention and treatment modalities. Further, Hughston produces patient educational materials, such as quarterly issues of the **Hughston Health Alert**, a newsletter designed to help you make the best decisions when it comes to your health and greater wellbeing.

Scientific Publications

Publishing is the principal way to relay evidence-based research to medical and healthcare professionals. Scientific publication is meant to contribute to the knowledge in a way that adds value, such as newer treatment guidelines or improved surgical techniques. Often, medical literature answers an important health question that affects the health and wellbeing of patients everywhere.

- **850+ Publications** [click here](#) for the Hughston Bibliography
- **27 medical journal articles in 2024**

Hughston Health Alert

For more than 36 years, the Hughston Foundation has published the *Hughston Health Alert*, an 8-page quarterly patient education newsletter prepared by our writing and imagery departments. It focuses on orthopaedic and sports-related topics, including injury prevention and treatment, and is circulated at no charge to patients, coaches, students, and anyone requesting a copy. Moreover, the *Hughston Health Alert* is available online at

www.hughston.com

- **Free 8-page patient education newsletter**
- **Million+ hits annually on the website**
- **65,000+ e-mail subscriptions**



Endowment and Funds

ENDOWMENT

The Hughston Foundation's endowment was established to support our training, education, and research programs.

The Hughston Foundation Endowment

(unrestricted) \$820,500.00

FUNDS

The following funds have been established to underwrite the annual expenses of designated Foundation programs.

Athletic Training Outreach Fund

Hughston Clinic

Hughston Surgical Center
Jack Hughston Memorial Hospital
Community-at-large

Hughston Health Alert Fund

Subscribers

Sports Medicine Fellowship Fund

American Association of Nurse Anesthesiology
Arthex

Trauma Fellowship Fund

Arthex

Translational Research Laboratory

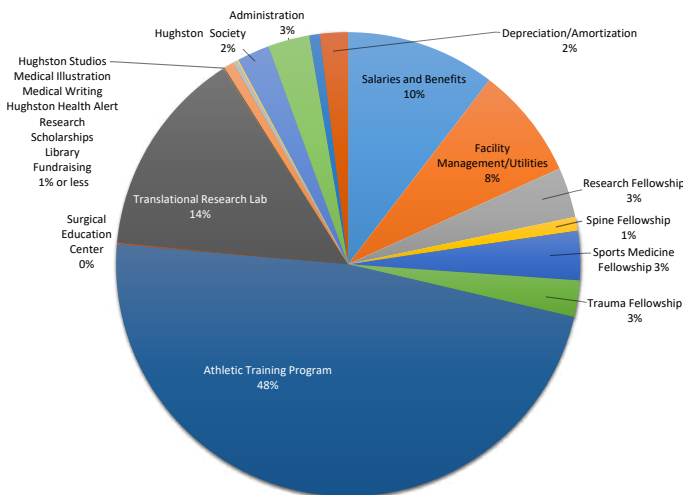
Jack and Sarah Hughston Foundation

OPERATING BUDGET

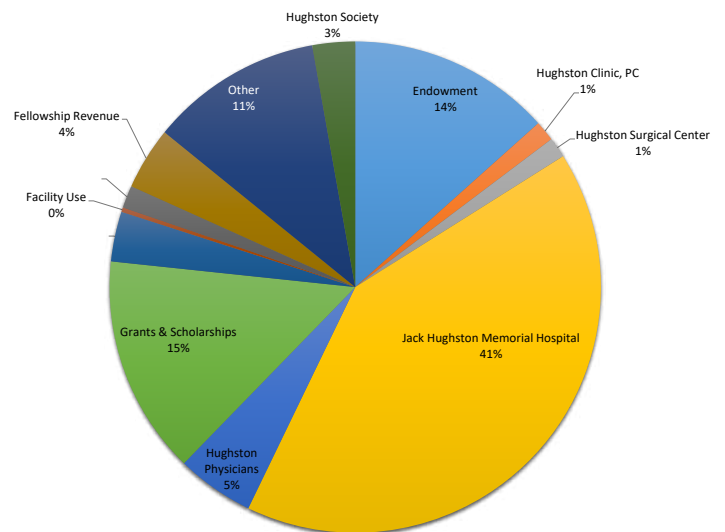
The pie graphs show the Foundation's current expenditures and funding sources.

Note: Hughston Clinic physicians are not compensated for their work with the Foundation.

ANNUAL EXPENDITURES



ANNUAL REVENUE



Salaries and Benefits /Contract labor	\$381,275
Facility Management/Utilities	\$285,900
Research Fellowship	\$127,700
Spine Fellowship	\$35,350
Sports Medicine Fellowship	\$125,300
Trauma Fellowship	\$93,000
Athletic Training Program	\$1,745,800
Surgical Education Center	\$4,000
Translational Research Lab	\$528,700
Hughston Studios	\$2,500
Medical Illustration	\$1,600
Medical Writing	\$0
Hughston Health Alert	\$150
Research	\$25,000
Scholarships	\$11,500
Library	\$3,700
Hughston Society	\$83,000
Administration	\$105,900
Fundraising	\$26,500
Depreciation/Amortization	\$71,850
Total	\$3,658,725

Endowment	\$500,000
Hughston Clinic, PC	\$50,000
Hughston Surgical Center	\$50,000
Jack Hughston Memorial Hospital	\$1,536,600
Hughston Physicians	\$191,000
Grants & Scholarships	\$538,000
Contributions	\$122,875
Facility Use	\$11,200
Fundraising	\$55,000
Fellowship Revenue	\$154,275
Other	\$423,500
Hughston Society	\$105,000
Total	\$3,737,450



Supporters

DIAMOND — \$100,000.00 +

Hughston Medical Management Group*
Jack Hughston Memorial Hospital*
Jack and Sarah Hughston Foundation
NBI, Inc.*

PLATINUM — \$50,000-\$99,999

Arthrex / Veritas Surgical Solutions*
Hughston Clinic*
Hughston Surgical Center

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Community Foundation of the Chattahoochee Valley*
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Elizabeth Bloodgood, PT, ATC
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Michael & Susan Silverstein

* **Note** - indicates continuous generous support for at least a decade.



THE HUGHSTON FOUNDATION GRATEFULLY ACKNOWLEDGES OUR 2024 SUPPORTERS:

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AmeriSys	NBI, Inc.
Arthrex / Veritas Surgical Solutions	Next Science
A-S Medication Solutions	One Direct Health / T-Rex
Bass Electric	Paragon28
Benchmark Rehab Partners	Perry Initiative
BREG	ProHealth Home Health & Hospice
Columbus State University	Renasant Bank
Columbus Technical College	River Mill Data Management, LLC
Community Foundation of the Chattahoochee Valley	Rivertown Pediatrics
Depuy Synthesis	Robinson, Grimes & Company, PC
EMG Solutions	Seaspine
Emovi	Smith + Nephew
Francis and Miranda Childress Foundation	Staffing Connections, LLC
Full Range Rehab	Stryker / Crosslink
Georgia Healthcare Science	Synergy Biomedical
Technology Education Foundation	Synergy
Globus Medical	Synovus
Hughston Clinic	Three Rivers AHEC
Hughston Homes	Tree of Life
Hughston Medical Management Group	TSYS, A Global Payments Company
Hughston Surgical Center	Valley Healthcare
Jack Hughston Memorial Hospital	Vericel Corporation
Jack and Sarah Hughston Foundation	Virginia College of Medical School - Auburn Campus
Kinex Medical	Webb Construction Group
Levy, Sibley, Foreman & Speir, LLC	Zimmer Biomet

HUGHSTON HOSTED THE FOLLOWING:

AFLAC	Harris County High School	PALS Class, Hughston Surgical Center
Art Gala	Health & Science Class STEAM Days	Paragon Meeting with Foot/Ankle Docs
Arthrex Labs	Healthcare Coalition / hosted by admin	Relay for Life fundraisers
ALS/BLS Life Saving Trainings	High School Preparticipation Exams	Resilient Georgia Meeting
ATC Yoga Instructor Class	Hughston Clinic Executive Board Meetings	Scrubs Camps
Dr. Brady's filming	Hughston Partnership Meetings	Shaw High School STEAM Day
Chamblee High School STEAM Day	Hughston Physician Meetings	Smith + Nephew Total Shoulder Lab
COERG Collaborative Orthopaedic Education Research Group	Hughston Clinic, Surgical	Southern Union State Community College
Columbus Garden Club / Sue Anne Baker	Center, etc. HEAT, employee trainings	Spine Physicians' Meetings
Columbus Lions' Physicals	HR, orientation, dept. events	St. Anne Pacelli ATC Students STEAM Day
Community Foundation Meeting	Hughston Society Meeting and	St. Luke's 7th Graders STEAM Day
Empty Bowl Painting community event	75th Anniversary Party	Stryker Labs
Financial Counselor Meeting	Huntington College ATC Students' Lab	Three Rivers AHEC Board Meeting and Strategic Planning
Fort Moore and Western Hemisphere Institute Meet and Greet	JHMH Residency Program	Veterans Middle School STEAM Day
GATA Georgia Athletic Training Association Boot Camp	Joints PACS Trainings	Workers' Comp Lunch and Learn Conference
Greater Peace Baptist Church	Jordan Vocational High School STEAM DAY	Wrestling Assessments
	IRB Meetings	
	Medicare Community Meetings	



YOU CAN PARTNER WITH US IN OUR EDUCATION AND RESEARCH EFFORTS

The Hughston Foundation is a nonprofit research and education organization that is supported through donations from concerned individuals, corporations, and through local family and regional foundations.

If you would like to support the programs at the Hughston Foundation, please mail your donation to:

The Hughston Foundation, Inc.
Foundation Executive Director
PO Box 9517
Columbus, Georgia 31908

Or visit us at hughston.com/hughston-foundation/donate to make your gift online.
Information can also be provided if you are interested in supporting the Foundation through a planned gift.
Donations of any type, such as cash, stocks, bonds, or other assets, are welcomed.

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