

### **Osteopathic Manipulative Medicine Clinical and Research Selective Curriculum:**

- Site Director: Rebecca Render, DO - KP Vallejo Medical Center
- Kaiser Permanente Clinical Preceptors:
  - Dr. Chung - KP Alameda Medical Center
  - Dr. Aurora-Thissen - KP Pinole Medical Center
  - Dr. Schoenwald - KP Vacaville Medical Center
  - Dr. Render - KP Vallejo Medical Center
  - Dr. Nicole Yee - KP Vallejo Medical Center
  - And rotating preceptors
- KP Locations for OMT Clinic: Alameda, Berkeley, Fairfield, Napa, Pinole, Vacaville, and Vallejo
- Additional Locations: Touro Community Partners, Touro Student Run Free Clinic, Touro Teaching and Learning Center

### **Osteopathic Philosophy and Manipulative Medicine:**

Osteopathic Students are expected to understand, apply, and integrate osteopathic concepts and osteopathic manipulative medicine (OMM) in all sites of patient care (inpatient, continuity office, and long-term care). The students should be able to:

- 1) Describe and explain in clinical terms the four Osteopathic Tenets
- 2) Demonstrate the ability to perform a thorough osteopathic structural exam and accurately diagnose somatic dysfunction.
- 3) Understand the mechanics that comprise various osteopathic techniques (e.g.HVLA, muscle energy, counterstrain) and when specific techniques are clinically appropriate based on the patient's comorbidities and preferences.
- 4) Understand the integration between visceral and somatic components of the body, and how OMM can be utilized in the therapeutic management of disease.
- 5) Demonstrate the ability to incorporate OMM into both outpatient and inpatient settings and competently perform OMM techniques at a level consistent with year of training.
- 6) Understand the utility of OMM and its clinical contraindications.
- 7) Demonstrate the ability to appropriately document somatic dysfunction using osteopathic terminology.
- 8) Demonstrate appropriate documentation and billing of osteopathic diagnoses and manipulation techniques.
- 9) Demonstrate a clear understanding of osteopathic principles and uphold the osteopathic philosophy when approaching patient care.

Elements adapted from documents and publicly available information provided by: Ascension Macomb-Oakland FM Residency, Williamsport FM Residency, AOA, ACGME (Osteopathic Recognition Requirements), ACOFP

### **Educational Goals and Objectives:**

- 1) Osteopathic students will expand their application of Osteopathic Principles and Practice (OPP) and Osteopathic Manipulative Treatment (OMT).

- 2) Students will provide OMT to our patients in Vallejo and across the region, many of which would not have access to this type of treatment outside our system as many DO's practicing OMT only clinics are cash base.
- 3) Students will appreciate the wide variety of disease states where OMT can be applied.
- 4) Students will gain familiarity with osteopathic charting, billing, and coding.
- 5) Students will appreciate the wide variety of osteopathic clinical practices within KP and in the Vallejo community, partnering with Touro preceptors and the Student Run Free Clinic.
- 6) Students will be expected to start a research project, literary review, or case report in Osteopathic Medicine. This project may have collaboration with other DO students and preceptors outside KP.

Examples:

- a. Partnering with Touro faculty or TPMG (The Permanente Medical Group) osteopathic physician.
- b. May participate in post-polio research or gastroparesis research ongoing at Touro.
- c. Work with clinical librarian and do a literary search write up (White Paper Review and submit to a medical journal or California DO).
- d. Journal of Osteopathic Medicine (JOM) has student projects that are appropriate for a 2-week research elective.
- e. Osteopathic Physicians and Surgeons of California (OPSC) submission of a case report about an OMT clinical case seen during the elective.

The student will be expected to present their completed work or work in progress by the end of the rotation during a lunch and learn session or a morning report. They will be encouraged to present a completed project if appropriate at a local or national level.

- i. Example: Research Week here in Vallejo.

The student will be expected to meet with Katherine Dang, Lead Senior Research Project Manager each week to discuss their project. The student will have a designated attending to mentor their research project.

**Reading List:**

Please see the attached ACOFP's Osteopathic Recognition Residency Curriculum reading list.

**Osteopathic Resources:**

In addition to the Journal of Osteopathic Medicine (JOM) and Osteopathic Family Physician (OFP), students should consider acquiring the following texts to supplement their osteopathic training:

- 1) Atlas of Osteopathic Techniques by Alexander Nicholas; Evan Nicholas Lippincott Williams & Wilkins ISBN: 9781451102451
- 2) An Osteopathic Approach to Diagnosis and Treatment by Eileen L. DiGiovanna (Editor); Stanley Schiowitz (Editor); Dennis J. Dowling (Editor) Lippincott Williams & Wilkins ISBN: 9780781742931
- 3) Foundations of Osteopathic Medicine by Anthony Chila (Editor); American Osteopathic Association Staff Lippincott Williams & Wilkins ISBN: 9780781766715

- 4) Somatic Dysfunction in Osteopathic Family Medicine by American College of Osteopathic Family Physicians; Kenneth E. Nelson (Editor); Thomas Glonek (Associate Editor) ISBN: 9781405104753
- 5) The 5-Minute Osteopathic Manipulative Medicine Consult by Millicent King Channell; David C. Mason ISBN: 9780781779531

**Other Available Resources:**

- 1) ACOFP app (iOS and Android)
- 2) OMTTotal Video Library (ACOFP)
- 3) Skeletal Models: Available in the osteopathic manipulation room and precepting areas of the Family Medicine Residency Clinic

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