

Longitudinal Osteopathic Recognition Curriculum
Rotation-Specific Residency Curriculum

Problem Identification

While Osteopathic Manipulative Treatment (OMT) has been shown to improve outcomes compared to standard of care alone¹, osteopathic residents feel uneasy incorporating it into patient care. While residents are aware of the benefits of OMT^{2,5}, they report barriers such as a lack of exposure for how OMT can be integrated into a family medicine clinic encounter, a lack of knowledge regarding billing/coding, and inadequate time available during clinic hours³. Residents also identify a lack of preceptor knowledge regarding OMT and its indications^{3,4}. If residents were trained to incorporate OMT into patient care encounters, thereby improving their own self-efficacy into the primary care setting, then they would be more likely to perform OMT as attendings.

Needs Assessment

General Needs

While all osteopathic medical students spend two years learning basic techniques in OMM lab, not all students have a dedicated OMM rotation during their 3rd or 4th year. These later years they learn how to incorporate their basic techniques into clinical applications, preventing them from losing interest in maintaining their OMT skills. Residency training, likewise offers opportunities to consolidate their OMT skills into patient care applications, however, many residency programs lack faculty experienced in teaching and delivering OMT care and advancing resident education.

Learners' Needs

Within the residency program, we plan to supplement resident educational experiences with a rotation-specific, independent learning curriculum. This will supplement our monthly OMM didactic curriculum which includes hands-on, small group opportunities.

The faculty contribute to resident growth and learning, while also continuing to expand their own knowledge and skills. Providing an independent learning osteopathic education tool will serve to better equip faculty to provide osteopathic care to their patients and to support resident education and growth.

Goal

The goal of this curriculum is to improve OMM knowledge and skills by completing an integrated, rotation specific osteopathic independent study curriculum throughout the residency program. Towards this end, the standardized curriculum will incorporate the ACOFP's numerous digital and print media, along with seminal articles and texts, to deliver a consistent, high-quality resident education supporting Osteopathic Principles and Practices.

ACOFP Osteopathic Recognition Residency Curriculum

Digital Media:

- Somatic Dysfunctions in Osteopathic Family Medicine Curricula
 - Narrated PowerPoints with pre- and post-tests for each chapter in SDOFM 2nd edition. (An optional summative exam is also available for faculty members to receive CME and certificates in Osteopathic Principles and practice)
 - Copies of SDOFM 2nd edition are available in print and digital versions.
- Video OMT Databank
 - 200+ high quality, narrated videos demonstrating OMT, available on PC, Apple and Android platforms.
 - Sorted by OMT Modality, Region, and now organ system (i.e. Pneumonia)
- CORTE_x & ACOFP Inservice Exam Questions indexed by specialty
 - General medicine and OMT specific questions relevant to the rotation will be provided as preparation for board exams, or COMAT exams.
 - Can be delivered on demand via the CATALYST platform by NBOME.
- Podcasts delivering Practice Management Content dispersed throughout rotations

Print Media:

- Reading assignments drawn from **Foundations of Osteopathic Medicine, 4th edition**
- Reading assignments drawn from **Somatic Dysfunctions in Osteopathic Family Medicine, 2nd edition**
- Seminal rotation-specific Osteopathic articles

Cardiology

- **SDOFM 2nd edition**
 - Chapter 26 – Hypertension
 - Read pages 287-297
 - View 2 linked videos on diagnosing cervical and thoracic dysfunction
 - View PowerPoint on Hypertension
 - Complete pre- and post-test
 - Chapter 27 – Congestive Heart Failure
 - Read pages 300-307
 - View 6 linked videos
 - Cervical soft tissue and articulation
 - Scapulothoracic myofascial release
 - Lymphatic pump
 - Thoracic soft tissue technique
 - Rib raising
 - Thoracoabdominal diaphragm release
 - View PowerPoint on CHF
 - Complete pre- and post-test

- **OMT Video Library**
 - View videos under Hypertension
 - View videos under CHF
 - View videos under *chest pain*

- **Readings from Foundations of Osteopathic Medicine fourth edition**
 - Read pg 167-174 (Tissue Respiration and Circulation)
 - Read pgs 763-782 (Viscero-somatic reflexes, SS reflexes, Jones Tenderpoints Trigger points and Chapman's points)
 - Read pgs 1229-1242 (Considerations in Cardiovascular Medicine)

- **CORTEX & ACOFP ISE questions**
 - Complete cardiology Q-bank (**50** questions)

Rotation Specific Modules

Rotations

1. **Cardiology**
2. **Pulmonology**
3. **Gastroenterology**
4. **Hospital Medicine**
5. **Obstetrics & Gynecology**
6. **Pediatrics**
7. ENT
8. General Surgery
9. Geriatrics & Palliative Care
10. Intensive Care Medicine
11. Orthopedic Surgery
12. Sports Medicine
13. Emergency Medicine / Urgent Care
14. Neurology
15. Urology
16. Ambulatory Medicine
17. Rheumatology
18. Endocrinology

References

1. Verhaeghe N, Schepers J, van Dun P, Annemans L. Osteopathic care for spinal complaints: A systematic literature review. PLoS One. 2018;13(11):e0206284.
2. Allee BA, Pollak MH, Malnar KF. Survey of osteopathic and allopathic residents' attitudes toward osteopathic manipulative treatment. J Am Osteopath Assoc. 2005;105(12):551-561.
3. Hempstead LK, Rosemergy B, Foote S, Swade K, Williams KB. Resident and Faculty Attitudes Toward Osteopathic-Focused Education. J Am Osteopath Assoc. 2018;118(4):253-263.
4. Hempstead LK, Shaffer TD, Williams KB, Arnold LC. Attitudes of Family Medicine Program Directors Toward Osteopathic Residents Under the Single Accreditation System. J Am Osteopath Assoc. 2017;117(4):216-224.
5. Hempstead LK, Harper DM. Incorporating Osteopathic Curriculum Into a Family Medicine Residency. Fam Med. 2015;47(10):794-798.

Pulmonology

- **SDOFM 2nd edition**
 - Chapter 24 – Upper Respiratory Infections
 - Read pages 258-273
 - View 17 linked videos
 - View PowerPoint on Upper Respiratory Infections
 - Chapter 25 – Lower respiratory Infections
 - Read pages 274-299
 - View 7 linked videos
 - View PowerPoint on Lower Respiratory Infections
- **ACOFM OMTeaching Video Library**
 - View videos under *Asthma*
 - View videos under *COPD*
 - View videos under *Pneumonia*
- **Readings from Foundations of Osteopathic Medicine fourth edition**
 - Read pgs. 195-220 (Anatomy, Mechanics and Physiology of Pulmonary Respiration)
 - Read pgs. 239, 243-244 (Review pgs. 221-231- Autonomics)
 - Read pgs. 763-782 (Viscero-somatic reflexes, SS reflexes, Jones Tenderpoints Trigger points and Chapman's points)
 - Read pgs. 1245-1257 (Considerations in Pulmonology)
- **CORTEX & ACOFM ISE questions**
 - Complete pulmonology Q-bank (50 questions)
- **Primary Research Articles**
 - Noll DR, Degenhardt BF, Johnson JC. *Multicenter Osteopathic Pneumonia Study in the Elderly: Subgroup Analysis on Hospital Length of Stay, Ventilator-Dependent Respiratory Failure Rate, and In-hospital Mortality Rate.* **Journal of the American Osteopathic Association.** 2016;116(9):574–587. doi: <https://doi.org/10.7556/jaoa.2016.117>
 - Noll DR, Degenhardt BF, Fossum C, Hensel K. *Clinical and Research Protocol for Osteopathic Manipulative Treatment of Elderly Patients With Pneumonia.* **Journal of the American Osteopathic Association.** 2008;108(9):508–516. <https://jaoa.org/article.aspx?articleid=2093709>
 - Lorenzo, Santiago, Cassandra M. Nicotra, Akshay R. Mentreddy, Hiral J. Padia, Derek O. Stewart, Mohamed O. Hussein, and Thomas A. Quinn. *Assessment of Pulmonary Function After Osteopathic Manipulative Treatment vs Standard Pulmonary Rehabilitation in a Healthy Population.* **Journal of the American Osteopathic Association.** March 2019, 119(3):155-163.
 - Noll, Donald R. Brian F. Degenhardt, Jane C. Johnson, Selina A. Burt. *Immediate Effects of Osteopathic Manipulative Treatment in Elderly Patients With Chronic Obstructive Pulmonary Disease.* **Journal of the American Osteopathic Association.** 2008;108(5);251-259.

Gastroenterology

- **SDOFM 2nd edition**
 - Chapter 28 – Gastrointestinal Problems
 - Read pages 308-316
 - View 4 linked videos
 - View PowerPoint on Gastrointestinal Problems
- **OMT Video Library**
 - View videos under Colitis
 - View videos under GERD
 - View videos on constipation
 - View videos on IBS
 - View videos on Peptic Ulcer Disease
- **Readings from Foundations of Osteopathic Medicine fourth edition**
 - Read pg 244-254 (Review pgs 221-231) Autonomics
 - Review pgs 763-782 (Viscero-somatic reflexes, SS reflexes, Jones Tenderpoints Trigger points and Chapman's points)
 - Read pgs 1169-1183 (Considerations in General Internal Medicine)
- **CORTEX & ACOFP ISE questions**
 - Complete gastrointestinal medicine Q-bank (**50** questions)
- **Seminal Articles**
 - Brugman, Rebecca, Kylie Fitzgerald, and Gary Fryer. *The effect of Osteopathic Treatment on Chronic Constipation – A Pilot Study*. **International Journal of Osteopathic Medicine**. 2010;13(1):17-23.
 - Tarsuslu Tülay, Hüseyin Bol, Ibrahim Engin Şimşek, İmran Erkanat Toylan, and Sabahat Çam. *The Effects of Osteopathic Treatment on Constipation in Children With Cerebral Palsy: A Pilot Study*. **Journal of Manipulative and Physiological Therapeutics**. 2009;32(8):648-653.
 - Müller, Axel, Helge Franke, Karl-Ludwig Resch and Gary Fryer. *Effectiveness of Osteopathic Manipulative Therapy for Managing Symptoms of Irritable Bowel Syndrome: A Systematic Review*. **The Journal of the American Osteopathic Association**. 2014;114(6):470-479.
 - Eguaras, Nuria, Elena Sonsoles Rodríguez-López, Olga Lopez-Dicastillo, M. Ángeles Franco-Sierra, François Ricard and Ángel Oliva-Pascual-Vaca. *Effects of Osteopathic Visceral Treatment in Patients with Gastroesophageal Reflux: A Randomized Controlled Trial*. *Journal of Clinical Medicine*. 2019;8:1738

Hospital Medicine

- **SDOFM 2nd edition**
 - Chapter 19 – The Hospitalized Patient
 - Read pages 201-215
 - View PowerPoint on *The Hospitalized Patient*
 - Chapter 7 – Viscerosomatic Reflexes and Somatovisceral Influences.
 - Read pages 50-70
 - View 3 linked videos
 - View PowerPoint on *Viscerosomatic Reflexes and Somatovisceral Influences*
- **OMT Video Library**
 - View videos under Pneumonia
 - View videos under CHF
 - View videos under *COPD*
- **Readings from Foundations of Osteopathic Medicine fourth edition**
 - Read pg 167-174 (Tissue Respiration and Circulation)
 - Review pgs 763-782 (Viscero-somatic reflexes, SS reflexes, Jones Tenderpoints Trigger points and Chapman's points)
 - Read pgs 1166-1183 (Considerations in General Internal Medicine)
 - Read pgs. 923-944 (Acutely Ill Hospitalized Patients)
- **CORTEX & ACOFP ISE questions**
 - Complete internal medicine Q-bank (**50** questions)
- **Seminal Articles**
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Pediatrics

- **SDOFM 2nd edition**
 - Chapter 12 – The Pediatric Patient
 - Read pages 115-127
 - View PowerPoint on *The Pediatric Patient*
 - Chapter 21 – Patient with Otitis Media
 - Read pages 226-233
 - View 3 linked videos
 - View PowerPoint on *Patient with Otitis Media*
- **OMT Video Library**
 - View videos under Otolgia/Otitis Media
 - View videos under **Newborn / Nursing Difficulty / Plagiocephaly**
 - View videos under *Asthma*
- **Readings from Foundations of Osteopathic Medicine fourth edition**
 - Read pgs 1124-1165 (Considerations in Pediatrics)
 - Review pgs 763-782 (Viscero-somatic reflexes, SS reflexes, Jones Tenderpoints Trigger points and Chapman's points)
 - Read pgs. 1458-1475 (Sports Medicine)
- **CORTEX & ACOFP ISE questions**
 - Complete Pediatric Q-bank (**50** questions)
- **Seminal Articles**
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Obstetrics & Gynecology

- **SDOFM 2nd edition**
 - Chapter 13 – The Female Patient
 - Read pages 127-142
 - View PowerPoint on *The Female Patient*
- **OMT Video Library**
 - View videos under Pregnancy
 - View videos under *Low Back pain*
- **Readings from Foundations of Osteopathic Medicine fourth edition**
 - Read pgs 1354-1364 (Obstetrics)
 - Read pgs. 1365-1385 (Gynecology)
 - Review pgs 259-264 (Autonomic Nervous System – Reproductive Tract)
- **CORTEX & ACOFP ISE questions**
 - Complete OB/Gyn Q-bank (**50** questions)
- **Seminal Articles**
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