Executive Director’s Message: Working Together Builds a Stronger Team!

I first mentioned a few of the words quoted in the first paragraph below in my written report to the members for the 2019 annual business meeting. I felt this was worth repeating in light of changes yet to come. Some that we know about and some that will yet surprise us. We will be ready!

In Maya Angelou’s “Still I Rise,” the poet reveals how she will overcome anything with her self-esteem. She shows how nothing can get her down. She will rise to any occasion and nothing will stop her. That is where your leadership with the Academy stands, and I look forward to working with the new Board of Governors and Board of Trustees over the next year. Every year, our leaders volunteer their time and talents to the Academy, while serving on other committees with our partnering like-minded organizations. For that, we say thank you and look forward to the years ahead.

Dr. Hensel’s message that she shared at the 2019 AAO Convocation was “What Is Identity?” Dr. Hensel shared our mission and vision:

We envision a world where all patients are aware of and have access to osteopathic medical care and osteopathic manipulative medicine for optimal health.

Our mission is to teach, advocate, and research the science, art and philosophy of osteopathic medicine, emphasizing the integration of osteopathic principles, practice and manipulative treatment in patient care.

So how do we reach that goal:

• To establish the osteopathic profession as the recognized authority on undergraduate, graduate and continuing medical education in osteopathic manipulative medicine. Get back to using your hands for healing.
• To provide quality continuing medical education programs.
• To direct our members to those who can respond to the questions that they have from the insurance providers.

(continued on Page 2)

OMED 2019: Mark Your Calendars

Plan to attend the AAO’s program at the American Osteopathic Association’s annual OMED conference, which will be held Oct. 25-28 in Baltimore. Register before May 12 to get the lowest registration rate!

The AAO’s program, titled “Osteopathy for All,” will present various viewpoints on incorporating osteopathic principles into the practice of different specialties. The AAO will partner with several specialty colleges to provide lectures and hands-on instruction from specialists with clinical experience in internal medicine, neurology, psychiatry, obstetrics and gynecology, pediatrics, family medicine, sports medicine, and addiction medicine. Joint sessions will be held with the American College of Osteopathic

(continued on Page 3)
Executive director’s message (continued from Page 1)

- To leverage technology to enhance communication among members and to increase the AAO’s national profile.
- To help prospective patients find AAO member practicing physicians via www.FindOMM.org. If you search for your name and can’t be found, have you followed the steps below?

Get Found at FindOMM.org

How easily can prospective patients find you? Visit www.FindOMM.org to ensure your practice is listed. If you can’t find it, follow the FAQ to update your profile’s privacy settings. If you have questions, call Bev Searcy, the AAO’s finance and membership assistant, at 317-879-1881, ext. 212, and she will be glad to assist you in researching the issue.

2019 Convocation

One of the highlights of the AAO’s 2019 Convocation was the Turfler Family Memorial Lecture. It is a lecture series in honor of the late Indiana radiologist Francis Augustus Turfler III, DO. It is funded by the Turfler Family Memorial Fund and by the American Osteopathic Foundation. Richard G. Schuster, DO, presented the lecture this year to the students at the AAO 2019 Convocation. The message was well received by all who attended, and Dr. Schuster was honored to present the lecture. Thank you to the AOF for their partnership, and we look forward to 2020.

Thank You to AOA

The American Osteopathic Association (AOA) has always been available to attend meetings with the AAO, and I would like to thank 2018-19 AOA President William S. Mayo, DO; 2018-19 AOA President-elect Ronald R. Burns, DO, FACOFP; and AOA CEO Adrienne White-Faines, MPA, FACHE, for taking the time to meet with the Academy’s Board of Trustees on Tuesday, March 12. It was perfect timing to have AAO member Daniel G. Williams, DO, FFAO, vice president of certifying board services for the AOA, respond to questions about the AOA/BOS board certification pathways from our AAO trustees who had many questions that the AOA leadership could respond to in person. The questions were tough, and each board member was allowed as many questions as the time allowed.

Drs. Mayo and Burns also met with the AAO Board of Governors on Wednesday, March 13. They presented the strategic update on the AOA and responded to questions presented from the AAO Governors. Still in attendance on Thursday, Dr. Mayo took time out of his busy schedule to speak at the AAO’s annual business meeting. He provided those that were in attendance with additional updates from the AOA.

After that meeting, Drs. Mayo and Burns also met with the members of the Student American Academy of Osteopathy.
American Academy of Osteopathy’s Board of Governors, sharing updates with them and responding to any questions they presented. Even with their hectic travel schedules, AOA leadership made time for the Academy, and we value that relationship.

I would like to provide a special thank you from 2018-19 AAO President Catherine M. Kimball, DO, 2018-19 AAO President-elect Kendi L. Hensel, DO, PhD, FAAO, and myself to Ronald R. Burns, DO, FACOFP and Janet Burns for not only sharing in a meal with our leadership, but also for being our special guests at the president’s banquet on Saturday. It was great having you both at this special event for the changing of our leadership.

As I end the Convocation conversation, I want to share a few comments with you on the feedback we received on this year’s Convocation:

- It is wonderful to be with likeminded DOs. The philosophy and goals of the AAO to maintain the traditions of A.T. Still are why I come annually to Convo. I enjoy being with everyone.
- I’m a student who loves learning osteopathy and meeting osteopaths and other osteopathic students.
- As a first-year student, I wanted to be exposed to the overall profession, learn more about techniques I have seen and learn new ones, and also learn more about how this knowledge is applied in the clinical setting.
- To further expand my knowledge and skills of osteopathy.
- The Stars and Stripes sessions were helpful in that it helped you meet the physicians whose styles and personality you blend with. From there it was a great opportunity to ask questions and make a mentor out of them.
- I do wish ALL presenters ARE required to provide a pertinent handout of their talk. It is very difficult to retain so much information delivered in such a short amount of time. As well as in the hands-on sections. [Note: This is a common theme. Speakers are asked to provide presentations 30 days in advance, but they’re often working on them until the very last minute. We will work together to have more presentations online before the 2020 Convocation.]
- Sometimes the podiums were positioned in a way that blocked the demo on the table. Next time, it would be helpful to position the podium so that it does not block the table demos. [Note: We will be correcting this issue.]
- Signs to the place of registration from the lobby would be helpful for when I first arrived. [Note: You are correct, and we missed that. We will correct that in 2020.]
- We have an amazing group of people convening annually. Thank you for ALL you do at the AAO to make it work so smoothly and keep the traditions of osteopathy!

It was exciting to see that more than 12% of those who took the survey have been to more than 21 Convocations. Thank you to everyone who shared your comments. Feedback is necessary, and we do hear your concerns and try to make the changes that are possible.

Communication

We focus our social media efforts on Facebook and Twitter, so be sure you’re following us, liking and sharing. It’s one of the easiest ways you can stay in touch and help spread the word about the AAO and osteopathic manipulative medicine.

Member Involvement

We need our members and your involvement with the Academy. Consider applying for a committee position. Review the list of committees at www.academyofosteopathy.org, and return your completed committee application to Debbie Cole, the AAO’s assistant to the executive director and board and committee liaison, at DCole@academyofosteopathy.org. If you have any questions about the work a committee does, or the time commitment involved, do not hesitate to reach out to me, Debbie or the committee chair.

Our goal is to ensure that everyone in a leadership position, our members, our students and any interested party know what our plan is so that we can keep our focus and move forward while being able to shift as the environment changes.

So, let’s change together and keep each other in the know. Please share your ideas and if you have a suggestion or solution, I want to hear that as well. You can contact me at SQuarles@academyofosteopathy.org

OMED 2019

Neurologists and Psychiatrists, the American College of Osteopathic Pediatricians, the American College of Osteopathic Family Physicians, the Bureau on Scientific Affairs and Public Health, the Academy of Sports Medicine and the American Osteopathic Academy of Addiction Medicine.

Sarah Jean James-Miner, DO, will chair the AAO’s program, and David C. Mason, DO, MBA, FACOFP, will co-chair.

The specific schedule is to be determined, so watch www.academyofosteopathy.org/OMED for updates.
AAO Calendar of Events

Mark your calendar for these upcoming Academy meetings and educational courses.

2019

May 27  Memorial Day—AAO office closed
June 6   AAO Publications Committee’s teleconference—7 p.m. Eastern
June 13-16 “Introduction to Osteopathic Manipulative Medicine: Integrating OMM Into Clinical Practice and Teaching”—Lisa Ann DeStefano, DO, course director—The Pyramids in Indianapolis
June 19  Committee on Fellowship in the AAO’s teleconference—8 p.m. Eastern
July 4   Independence Day—AAO office closed
July 20-21 AAO Board of Trustees’ meeting—Indianapolis
Aug. 2-3  AAO Education Committee’s meeting—Indianapolis
Aug. 2-3  SAAO Executive Council’s meeting—Indianapolis
Aug. 16-18 “Myofascial Release”—Lisa Ann DeStefano, DO, course director—The Pyramids in Indianapolis
Aug. 21   Committee on Fellowship in the AAO’s teleconference—8 p.m. Eastern
Sept. 2   Labor Day—AAO office closed
Oct. 19   Committee on Fellowship in the AAO’s meeting—Indianapolis
Oct. 25-28 OMED 2019—Baltimore Convention Center
Nov. 4    AAO Board of Trustees’ meeting—Indianapolis
Nov. 15-17 “Traditional Osteopathic Techniques of Carl Philip McConnell, DO”—Richard G. Schuster, DO, course director—Ohio University Heritage College of Osteopathic Medicine in Dublin
Nov. 28-29 Thanksgiving holiday—AAO office closed
Dec. 11   Committee on Fellowship in the AAO’s teleconference—8 p.m. Eastern

SCTF Welcomes New Members to the Board of Trustees
Reem Abu-Sbaih, DO
Simeon Hain, DO
Kathleen Meyer, DO

with gratitude for their willingness to share their talents, experience and commitment to the teaching of William G. Sutherland, DO.

Basic Course: Osteopathy in the Cranial Field
Kathleen Meyer, DO, Course Director
May 3–7, 2019 | Rocky Vista University COM | Parker, Colorado

Recommended Reading for the Basic Course:
Teaching in the Science of Osteopathy
Osteopathy in the Cranial Field
Contributions of Thought

Order these and other publications at SCTF.com

Course Tuition: $1850 – Scholarships Available
Contact: Susan — lemastersctf@gmail.com
phone: 971-212-1096  fax: 503-905-6050

Stay Connected:
Follow AAO online!
Robert Orenstein, DO, Receives AAO Academy Award

Robert Orenstein, DO, FIDSA, FACP, of Phoenix, is the 2019 recipient of the highest award that the American Academy of Osteopathy (AAO) bestows on a nonmember. The award recognizes individuals who have demonstrated their commitment to osteopathic principles and to the osteopathic profession; have exhibited outstanding efforts and special contributions to promote osteopathy; have continuously shown support of and collaboration with osteopathic organizations; and have a vision that is complementary to the Academy’s mission.

At the AAO’s annual business meeting on March 14 in Orlando, Florida, the AAO’s 2018-19 president, Catherine M. Kimball, DO, presented the AAO’s Academy Award to Dr. Orenstein, who is the 18th recipient of the award. Dr. Orenstein is a professor of medicine at the Mayo Clinic College of Medicine and Science, and he chairs the Division of Infectious Diseases at Mayo Clinic Arizona. In his practice at Mayo Clinic in Phoenix, he sees complex inpatient and outpatient infectious diseases.

Dr. Orenstein has served as the editor-in-chief of The Journal of the American Osteopathic Association since January 2013, and he is a reviewer for a number of other medical journals and publications in his area of expertise. He is board certified in infectious diseases, internal medicine and HIV medicine and is a fellow of both the Infectious Diseases Society of America and the American College of Physicians.

Dr. Orenstein received his BS in biochemistry from Trinity College in Hartford, Connecticut, and he received his DO from the Des Moines University College of Osteopathic Medicine and Surgery. He completed a residency in internal medicine at the Geisinger Medical Center in Danville, Pennsylvania, and a fellowship in infectious diseases at the Virginia Commonwealth University’s Medical College of Virginia Hospitals. He served for a decade as the director of the HIV/AIDS program at Hunter Holmes McGuire Veterans Medical Center and as medical director of the Virginia Commonwealth University HIV/AIDS clinic before moving to the Mayo Clinic in Rochester, Minnesota, in 2002. In Rochester, he served as the internal medicine residency coordinator for infectious diseases at Mayo, and he practiced inpatient and outpatient medicine as a member of both the divisions of infectious diseases and general internal medicine before moving to the Mayo Clinic in Arizona in 2010.

Dr. Orenstein was appointed the chair for infectious diseases at the Mayo Clinic Arizona in 2012 and chair of the Mayo Clinic Enterprise Infectious Diseases Specialty Council in 2017. He has lectured extensively on topics of infectious diseases and has won several awards for undergraduate, graduate and CME teaching at Mayo.

On Friday, March 15, the Committee on Fellowship in the AAO bestowed its Distinguished Service Award on two members: Eileen L. DiGiovanna, DO, FAAO, of Smithtown, New York, and Robert C. Ward, DO, FAAO, of East Lansing, Michigan. The FAAO Distinguished Service Award is presented to fellows who have distinguished themselves in contributions to osteopathic literature; development of osteopathic theories, methods or procedures; research; osteopathic education; service to the AAO; public relations; service to public health; or osteopathic medical economics and advocacy.

Dr. DiGiovanna, the AAO’s 1994-95 president, joined the Academy in 1979, earning Fellowship in the Academy in 1986. She has served on the Academy’s Committee on Fellowship, Board of Trustees, Board of Governors and Nominating Committee, and she chaired the Long Range Planning Committee. She is a graduate of The Ohio State University and the Chicago College of Osteopathic Medicine, and she served her internship at Doctors Hospital in Columbus, Ohio.

Dr. DiGiovanna is a former professor and chair of the Department of Osteopathic Manipulative Medicine (OMM) at what is now called the New York Institute of Technoology College of Osteopathic Medicine (NYIT-COM) in Old Westbury. She maintained a part-time practice, both in family (continued on Page 6)
FAAO distinguished service (continued from Page 5)

medicine as well as osteopathic manipulative medicine, at NYIT-COM’s on-campus health center. During the 18 years of Dr. DiGiovanna’s affiliation with NYIT-COM, she wrote extensively, authoring several published articles and coauthoring the nationally recognized textbook *An Osteopathic Approach to Diagnosis and Treatment*. She also was a contributing author to the first and second editions of the American Osteopathic Association’s *Foundations for Osteopathic Medicine*, the most widely used textbook for osteopathic education in the United States.

Dr. DiGiovanna is certified by the American College of Osteopathic Family Physicians as well as the American Osteopathic Board of Special Proficiency in Osteopathic Manipulative Medicine.

Dr. Ward’s work nationally and internationally will benefit generations of osteopathic physicians. He was the principal investigator of the Osteopathic Principles Education Project, sponsored by the Educational Council on Osteopathic Principles of the American Association of Colleges of Osteopathic Medicine and the AOA, and he was the executive editor of the first and second editions of *Foundations for Osteopathic Medicine*. In addition, he developed a glossary and other material seminal to the research and practice of osteopathic medicine.

Dr. Ward was president of the North American Academy of Musculoskeletal Medicine, and he served as a member of the Scientific Advisory Committee of the International Federation for Manual/Musculoskeletal Medicine. He also served as a member of the Scientific Grants Review Committee for the National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health.

A graduate of the Kansas City University of Medicine and Biosciences College of Osteopathic Medicine in Missouri, Dr. Ward served as one of the earliest faculty members of the Michigan State University College of Osteopathic Medicine, joining the college in 1970 when it was still a private institution in Pontiac, Michigan. He was the charter chairperson of the Department of Family and Community Medicine, and he was instrumental in developing an osteopathic manipulative medicine residency. He served as director of special projects for the college, as a professor in the Office of Medical Education Research and Development, and ultimately, as a professor in the Department of Osteopathic Manipulative Medicine.

Dr. Ward was named a Fellow of the AAO in 1978. FAAO is an earned postdoctoral designation conferred by the AAO on those who have demonstrated outstanding understanding and execution of osteopathic principles. He was the 1998 recipient of the AAO’s Andrew Taylor Still Medallion of Honor, the AAO’s highest award. In 2002, he presented the Scott Memorial Lecture at what is now known as the A.T. Still University–Kirksville College of Osteopathic Medicine (ATSU-KCOM) in Missouri. He received honorary life membership in the AAO in 2006.

4 Members Earn Fellowship in the AAO

During the AAO’s president’s banquet on Saturday, March 16, Fellowship in the AAO was conferred on four Academy members: David R. Boesler, DO; David M. Kanze, DO; Bobby Nourani, DO; and Sheldon C. Yao, DO. Fellowship in the AAO (FAAO) is an earned postdoctoral designation conferred on Academy members who have demonstrated outstanding understanding and execution of osteopathic principles.

Dr. Boesler, Dr. Kanze, Dr. Nourani and Dr. Yao completed the two-year process, which includes completing a thesis, three case histories, an oral examination and a practical examination administered by the Committee on Fellowship in the AAO, prior to the AAO’s 2019 Convocation. The candidates were honored at the FAAO dinner on Friday, March 15, and on Saturday, the committee’s chair, David B. Fuller, DO, FAAO, officially conferred fellowship on them during the banquet.

FAAO candidates must be sponsored by active FAAO members. Doris B. Newman, DO, FAAO, sponsored Dr. Boesler; Wm. Thomas Crow, DO, FAAO, sponsored Dr. Kanze; Charles A. Beck, DO, FAAO, sponsored Dr. Nourani; and Dennis J. Dowling, DO, MA, FAAO, sponsored Dr. Yao.

Topics for the candidates’ theses included lower extremity edema in patients with congestive heart failure, treating acute concussion symptoms, multiple modality care for low back pain, and the single accreditation system. The case histories covered a range of complaints, including tinnitus, uterine-induced low back pain, traumatically induced mechanical dyspnea, pulmonary function in a patient with Parkinson’s, and low back

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pain. FAAOs are encouraged to submit these manuscripts for publication.

AAO members interested in applying for fellowship in the Academy can obtain the application and explanatory materials from the AAO website at www.academyofosteopathy.org/fellowship-program, or they can contact the committee’s staff liaison, Debbie Cole, at (317) 879-1881, ext. 215, or at DCole@academyofosteopathy.org.

FAAO candidates scheduled for induction in March 2020 should note these upcoming deadlines:

- May 31, 2019—Final draft of thesis and third case history due.
- July 31, 2019—Final deadline for edits and corrections to all documents.
- Oct. 1, 2019—Nonrefundable test fee of $1,000 due.
- Oct. 19, 2019—Oral and practical examinations will be conducted between 8 a.m. and 5 p.m. at the AAO’s office in Indianapolis.

**SAAO Convo19 Events Shine**

The student program at the 2019 Convocation, “Leading and Expanding Osteopathy: Preparing Today’s Students for Future Practice,” was a big success thanks to our physician presenters, the AAO staff, and our many sponsors.

**A. Hollis Wolf Case Presentation Competition**

The A. Hollis Wolf Case Presentation Competition was strong again this year. Our sponsors allowed for wonderful prize packages for our top five presenters. Special thanks to Gary L. Ostrow, DO; Charles A. Beck, DO, FAAO; Christopher Muller of Pacific Distributing, and COMBANK.

- 1st place (tie): Shirley Y. Chang, OMS III, from MWU/AZCOM, and Alexander Junhuk Kim, OMS II, from TouroCOM-Harlem
- 2nd place: Karen M. Custodio, OMS III, from RowanSOM
- 4th place: Evan Zachary Cohen, OMS IV, from PCOM
- 5th place: Anna Rose Johnson, OMS IV, from DMU-COM

**5K Fun Run**

An impressive number of people braved the early hours on Thursday, March 14, to participate in the SAAO 5K Fun Run around the golf course at Rosen Shingle Creek. Special thanks to our sponsors for making this event possible: Andrea Johnson, DO, and the Okemos Osteopathic Center; Osmosis; and the Columbus Osteopathic Association.

Student winners:

- Men’s category, 1st place: Robert M. Zarajczyk, OMS III, from WesternU/COMP-Northwest

Congratulations to the top three female student finishers at the SAAO’s third annual fun run: Chelse M. Van Spronsen, OMS I; Brianna M. Haight, OMS II; and Marija Rowane, OMS I.

(continued on Page 9)
Thanks to Convo19 OES Volunteers

I would like to take this moment to personally thank all of the individuals, DOs and AAO staff alike, who volunteered their valuable time to help make the Osteopathic Education Service (OES) a huge success at the AAO’s 2019 Convocation in Orlando, Florida. This year we had a great volunteer turnout. It was good seeing so many new faces. THANK YOU!!

OES volunteers provide personalized hands-on demonstrations of osteopathic manipulative medicine. It is a unique program that provides the opportunity for DOs to be seen and evaluated by their fellow colleagues. For many of them, this is the one and only time they get to be on the other side of the treatment table. Although it is an awesome teaching opportunity, OES’s main goal is to make it easier for more DOs to be seen and still provide education opportunities for students and fellow DOs alike. Thank you again to those who volunteered. I respectfully ask that you continue to support our program with your time and dedication in the upcoming years. Bring a colleague to help out next time you volunteer!

The following 46 volunteers provided 207 educational demonstrations during the 2019 Convocation:

Daniel Allen, DO  
Keith Barbour, DO  
Lynn E. Beals-Becker, DO  
Charles A. Beck, DO, FAAO  
Lawrence J. Bellew, DO  
Juanita M. Brown, DO  
Warren W. Chin, DO  
Michele K. Coleman, DO  
John C. Coppinger, DO  
Wm. Thomas Crow, DO, FAAO  
Joshua H. Dalton, DO  
Brian F. Degenhardt, DO  
Nate F. DeLisi, DO, BA  
William A. Delph, DO  
Hugh M. Ettlinger, DO, FAAO, FCA  
Richard A. Feely, DO, FAAO, FCA, FAAMA  
Wayne A. Feister, DO  
Heather P. Ferrill, DO, MS, MEdL  
Julie Forbush, DO, MS  
Edward K. Goering, DO, MSHPE  
Sharon Gustowski, DO, MPH  
Michael Hadley, DO  
Paul K. Hume, DO  
David W. Johnson, DO  
Grady E. Kaiser, DO, MS  
Catherine M. Kimball, DO  
Richard W. Koss, DO  
Scott Leggoe, DO  
Angela Lim, DO  
Whitney D. Lynch, DO  
David C. Mason, DO, MBA, FACOFP  
David C. Minix, DO  
Veera N. Motashaw, DO  
G. Nathan Nakken, DO  
Doris B. Newman, DO, FAAO  
Daniel Olson, DO  
George J. Pasquarrello, DO, FAAO  
Noel Pense, DO  
Laura T. Rampil, DO  
Andrew I. Schwartz, DO  
Heather A. Sharkey, DO  
Joel D. Stein, DO, FAAO  
Brett P. Thomas, DO, FAAO  
Michael D. Waddington, DO  
R. Clay Walsh, DO  
Eden J. Zoll, DO

Please accept my sincerest apology if I have left your name off this list.

Volunteer physicians earn 0.5 credit of AOA Category 1-B continuing medical education for each demonstration they provide. They also are entered in a drawing to win complimentary registration for the next year’s Convocation. This year, Andrew I. Schwartz, DO, of Kelseyville, California, won the drawing. Dr. Schwartz provided 15 demonstrations at the 2019 Convocation.

Special thanks also to our dedicated AAO staff: Sherri L. Quarles, Bev Searcy, Lauren Good, Debbie Cole, Taylor Bridgeforth, Gennie Watts and Amber Rausch, who helped provide support to our service. Outstanding work, as always!

The next opportunity to volunteer for the Osteopathic Education Service will be during the American Osteopathic Association’s House of Delegates on July 26-27. If you are interested in volunteering, contact Bev Searcy at Bsearcy@academyofosteopathy.org or at 317-879-1881.

Fraternally yours,  
Clay Walsh, DO  
Chair, Osteopathic Education Service Committee
We regret that the names of the physician winners were not captured, so you will all have to run again in Colorado next year to go down in the history books!

Chapter Awards

SAAO chapters compete to see who can earn the most points each year for osteopathic outreach and community service. Congratulations to the following SAAO chapters for winning SAAO Chapter Awards:

- Chapter of the Year (accompanied by a $250 grant): Edward Via College of Osteopathic Medicine in Spartanburg, South Carolina (VCOM-Carolinas)
- Outreach Chapter of the Year: VCOM-Carolinas
- Most Improved Chapter (accompanied by a $250 grant): Liberty University College of Osteopathic Medicine in Lynchburg, Virginia

Silent Auction

Special thanks to all those who donated, volunteered, and purchased items for the SAAO’s Silent Auction. This year, we raised $3,785 for our student program. These funds will be used to support activities and events at the 2020 Convocation in Colorado Springs, Colorado. We look forward to seeing you there!

LBORC-NUFA Poster Presentation Results

The Louisa Burns Osteopathic Research Committee and the National Undergraduate Fellows Association hosted their annual poster presentation on Thursday, March 14, during the AAO’s annual Convocation at Rosen Shingle Creek in Orlando, Florida.

Of 68 submitted abstracts, the committee accepted 50 posters to be presented by students, residents and practicing physicians in the following three categories: case study, education and public health, and original research.

The table below lists the winning authors in the 2019 presentation and the titles of their posters. Authors are encouraged to develop their posters into research manuscripts that can be submitted to The AAO Journal. Submission guidelines can be found online at www.academyofosteopathy.org/AAOJ. Learn more about the annual poster presentation session at www.academyofosteopathy.org/poster-presentations.

The following individuals volunteered to judge the presentations, and the committee appreciate their contributions: David Scott Abend, DO; Juan F. Acosta, DO; Shalini Bhatia, MS; David R. Boesler, DO, FAAO; Alice I. Chen, DO; Leslie M. Ching, DO; Lisa R. Chun, DO, MS, FNAOME; Melissa Comstock, MS; Josephine A. Conte, DO; Wm. Thomas Crow, DO, FAAO; Theresa A. Cyr, DO; Brian F. Degenhardt, DO; R. Todd Dombroski, DO; David M. Escobar, DO; Garren P. Gebhardt, DO; Kurt P. Heinking, DO, FAAO; Ernesto Paris Henderson, DO, MS; Kyle K. Henderson, PhD; Jan T. Hendryx, DO, FAAO; Ruba R. Katrajian, DO; David M. Escobar, DO; Garren P. Gebhardt, DO; Kurt P. Heinking, DO, FAAO; Ernesto Paris Henderson, DO, MS; Kyle K. Henderson, PhD; Jan T. Hendryx, DO, FAAO; Ruba R. Katrajian, DO.

Congratulations to Nicholas R. Wawrzyniak, OMS III; Gabriela Teixeira, OMS III; and Mark E. Sandhouse, DO, MS, whose poster on regional interdependence of myofascial meridians was awarded first place in the student case study division.

Regional Interdependence of Myofascial Meridians in Chronic Low Back Pain

Nicholas R. Wawrzyniak, OMS-III; Gabriela Teixeira, OMS III; Mark Sandhouse, DO, MS

Nurs-Southeastern University Kiran C. Patel College of Osteopathic Medicine, Fort Lauderdale, FL

Introduction

Low back pain (LBP) is a common health problem in the United States and the world. The prevalence of LBP in the general population ranges from 20% to 25% (1). LBP is the most frequent cause of adult disability in the US (2). LBP is a complex condition involving a multitude of factors, such as biomechanical, psychological, and psychosocial factors (3). 84% of adults have back pain at some point in their lives (1,2).

Pain is dull/achy, constant, and 5/10 severity

PMH of asymptomatic L4-L5 disc herniation x20 years prior

Disc herniations are seen in 22-67% of asymptomatic adults on incidental MRI (4)

Regional Interdependence (RI)

Biomechanical concept that consecutive muscles and the associated bi-articular connective tissues (muscle tendons, muscles and ligaments) function as a structurally and functionally integrated unit (5). RI may explain how these structures interact with each other to create pain and dysfunction

Superficial Back Line

Biomechanical concept that consecutive muscles and the associated bi-articular connective tissues (muscle tendons, muscles and ligaments) function as a structurally and functionally integrated unit (5). RI may explain how these structures interact with each other to create pain and dysfunction

Case Study

L2 ERRSR Muscle Energy Improved

R psoas TP Counterstrain improved

Piriformis hypertonic B/L Muscle Energy Improved

buttock strain and movement through the body’s myofascia around the hip and lumbar vertebrae

Outcomes

-marked improvement in low back pain

-tapia moxibustion

-60% improvement in low back pain with 2 treatments

-90% improvement in low back pain with 3 treatments

-LBP or other neuromusculoskeletal concerns

Learning Objectives

-Describe the concept of regional interdependence and the Application of Pain

-Describe the research evidence for the physical benefits of the treatment

-Describe the treatment and the outcomes of the treatment

Reprints: Dr. Sandhouse, Mark E., DO, Department of Physical Therapy, Vol 77, Issue 10, 1 October 1997, Pages 1090–1096

References & Acknowledgments


5. Myers TW. Anatomy Trains. 2009 7


9. Low back pain (LBP) is a common health problem in the United States and the world. The prevalence of LBP in the general population ranges from 20% to 25% (1). LBP is the most frequent cause of adult disability in the US (2). LBP is a complex condition involving a multitude of factors, such as biomechanical, psychological, and psychosocial factors (3).
The Foundation for Osteopathic Research and Continuous Education (FORCE) has generously provided sponsorship funds for the LBORC-NUFA Research Poster Presentation sessions during the AAO's annual Convocation since 2015. The AAO, LBORC and NUFA members appreciate FORCE’s support in the growth of this educational experience.

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<tr>
<th>Category</th>
<th>Title</th>
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<tbody>
<tr>
<td>Student—Case study</td>
<td>Regional Interdependence of Myofascial Meridians in Chronic Low Back Pain</td>
<td>Nicholas R. Wawrzyniak, OMS III; Gabriela Teixeira, OMS III; and Mark E. Sandhouse, DO, MS</td>
<td>Nova Southeastern University Dr. Kiran C. Patel College of Osteopathic Medicine in Fort Lauderdale, Florida (NSU-KPCOM)</td>
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<td>Second place</td>
<td>Orbital OMT for Grave Situations: Treating Exophthalmos</td>
<td>Gabrielle A. McDermott, OMS III; Nicholas R. Wawrzyniak, OMS III; Yasmin Qureshi, DO (AUS), DPT, EdD; Gina Foster-Moutourjis, MD; and Alexandra M. Espejo, OD</td>
<td>NSU-KPCOM</td>
</tr>
<tr>
<td>Third place</td>
<td>An Osteopathic Approach to Tinnitus, Vertigo and Headache</td>
<td>Mary Temitope Oyekoye Ileso, OMS IV; Taiwo Temitope Ajumobi, OMS IV; Ryan Barnes, OMS III; and Carol Penn, DO</td>
<td>Rowan University School of Osteopathic Medicine in Stratford, New Jersey</td>
</tr>
<tr>
<td>Student—Education and public health</td>
<td>A Community in Need of a Healing Hand: An Assessment of the Need for Osteopathic Manipulative Medicine in San Antonio, Texas</td>
<td>Kathleen Francis, OMS II; Alexis Maiella, OMS II; Paisley L. Pauli, OMS II; Steven C. Rodriguez, OMS II; Brandon Davis, OMS II; Ali Sawani, OMS II; and Sharon Gustowski, DO, DO</td>
<td>University of the Incarnate Word School of Osteopathic Medicine in San Antonio</td>
</tr>
<tr>
<td>Second place</td>
<td>Virtual Technologies as a Teaching Aid to Learning Osteopathic Cranial Manipulative Medicine</td>
<td>Eric Z. Cam, OMS IV; David N. Briganti, OMS IV; Jonathan C. Briganti, OMS IV; Vincent V. Lee, OMS IV; Neil Patel, PhD; and Jesús Sanchez Jr., DO, MSHPE</td>
<td>Western University of Health Sciences College of Osteopathic of the Pacific in Pomona, California</td>
</tr>
<tr>
<td>Third place</td>
<td>Aesculapius: Adding a Dimension of Instruction Through Integrating Spatial Knowledge</td>
<td>Sergej Stejpic, OMS II; Bradley Boget, OMS II; David L. Dufeau, PhD; and Garren P. Gebhardt, DO</td>
<td>Marian University College of Osteopathic Medicine in Indianapolis</td>
</tr>
<tr>
<td>Student—Original research</td>
<td>The Immediate, Intermediate, and Long-Term Effects of Osteopathic Manipulative Treatment (OMT) on Pulmonary Function in Adults with Asthma</td>
<td>Samantha K. Tyler, OMS IV; Anna R. Johnson, OMS IV; Kody M. Kasten, OMS IV; Erika Kolakowski, OMS IV; Jonathan J. Pickos, OMS IV; Chunfa Jie, PhD; and Katherine L. Heineman, DO</td>
<td>Des Moines University College of Osteopathic Medicine in Iowa</td>
</tr>
<tr>
<td>Category</td>
<td>Title</td>
<td>Authors</td>
<td>School or Institution</td>
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<tr>
<td>Second place</td>
<td>The Role of Osteopathic Manipulative Treatment in Postconcussion Syndrome</td>
<td>Marija Rowane, OMS I; Paul Bures, DO; and Michael P. Rowane, DO, MS, FAAFP, FAAO</td>
<td>Ohio University Heritage College of Osteopathic Medicine in Athens</td>
</tr>
<tr>
<td>Third place</td>
<td>Association Between a Consistent Yoga Practice and Rigidity of the Medial Longitudinal Arch</td>
<td>Jordan T. Heser, OMS IV; Dennis Turnbull, OMS III; Amanda O’Loughlin, OMS III; Whitney Liehr, OMS IV; Jan Pryor, DO, MPH; and Heather P. Ferrill, DO, MS MEdL</td>
<td>Rocky Vista University College of Osteopathic Medicine in Parker, Colorado</td>
</tr>
</tbody>
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**Resident—Case study**

<table>
<thead>
<tr>
<th>First place</th>
<th>Perineural Injection Treatment and OMT for Interstitial Cystitis and Chronic Pelvic Pain</th>
<th>Dharam Pal S. Khalsa, DO; Francisco Laboy III, DO; and Robert J. Echenberg, MD, FACOG</th>
<th>Mountain View Regional Medical Center in Las Cruces, New Mexico</th>
</tr>
</thead>
<tbody>
<tr>
<td>Second place</td>
<td>It’s Not That Hard: Osteopathic Approach to Erectile Dysfunction</td>
<td>Bethany M. Blum, DO; and Hugh M. Ettlinger, DO, FAAO, FCA</td>
<td>St. Barnabas Hospital in the Bronx, New York</td>
</tr>
<tr>
<td>Third place</td>
<td>Objectifying Effect of OMT on a Patient with Post-Mastectomy Lymphedema</td>
<td>Leah D. Frank, DO; Zane Starks, MS; and Brian F. Degenhardt, DO</td>
<td>Northeast Regional Medical Center in Kirksville, Missouri</td>
</tr>
</tbody>
</table>

**Resident—Original research**

<table>
<thead>
<tr>
<th>First place</th>
<th>Osteopathic Manipulation During Labor Induction to Improve Vaginal Delivery Success Rates</th>
<th>Patricio G. Guaiquil, DO; Jonathan W. Torres, DO, FACOFP; and Dorothy M. Klingmeyer, DO</th>
<th>Morristown Medical Center in New Jersey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Second place</td>
<td>Identifying a Need and Knowledge Gap of Osteopathic Medicine in Pediatric Patients and Caregivers</td>
<td>Jennifer A. Belsky, DO; Joseph R. Stanek MS; Cynthia Gerhardt, PhD; and Melissa J. Rose, DO</td>
<td>Nationwide Children’s Hospital in Columbus, Ohio</td>
</tr>
<tr>
<td>Third place</td>
<td>Effects of Practicing Osteopathic Manipulative Treatment (OMT) on Hand Function</td>
<td>Frederick O. Barnum IV, DO; Sajid A. Surve, DO, FAOCPMR; Rita M. Patterson, PhD; and Mary Ellen Chang, OMS III</td>
<td>Medical City Fort Worth and the University of North Texas Health Science Center in Fort Worth</td>
</tr>
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</table>

**Research Grant Applications Due June 1**

The AAO Louisa Burns Osteopathic Research Committee (LBORC) is seeking research grant applications involving health care outcomes in the practice of osteopathic medicine, with an emphasis on the utilization of osteopathic manipulative medicine/treatment (OMM/OMT) in patient care. The AAO has two research grant cycles per year with funds released in December (letter of intent due Dec. 1) and May (letter of intent due June 1). Research funding averages $10,000 per year with a grant duration of 1 year (2 years with justification).

The AAO recognizes the value of all areas of biomedical and educational research with a focus on those areas that investigate the unique aspects of osteopathic medicine. The breadth of this research focus may include but is not limited to:

- Mechanisms of action of OMT
- Clinical efficacy of OMT, which may include cost-effectiveness of osteopathic health care
- Biomarker assays in OMT delivery
- Collecting normative data in OMT
- Inter- and intra-examiner reliability of palpation/sensory assessment, which

(continued on Page 12)
may include improvement of OMT record keeping
• OMT technique understanding or development, including methods to validate OMT through specific replicable research methodologies
• Methods of reproducible measurement of physiologic response, measurable outcome changes, and lengths of changes and responses to OMT
• Developing statistical methods instruments for OMT including surveys, SOAP notes, digital documentation through electronic health records, health status assessments and instruments for bias reduction
• Methods of teaching palpation and assessment of diagnosis (TART) in OMT
• Effects of patient–physician relationship on outcomes in OMT and sham techniques

The AAO will not fund machine or equipment engineering research and development.

To be considered in the upcoming grant cycle, submit your letter of intent by June 1. Learn more at www.academyofosteopathy.org/aao-grant-application-process.

Nominations Open for AOF/AAO 2019 Outstanding Resident in OMM Award

The AAO has collaborated with the American Osteopathic Foundation to provide the Outstanding Resident in Osteopathic Manipulative Medicine Award, recognizing and honoring osteopathic residents whose combination of clinical promise, leadership, dedication and commitment to osteopathic patient-centered care separate them from others. The nomination deadline is May 10.

Eligibility
During the fall of 2019, those eligible to be nominated for this award must meet the following criteria:

• Osteopathic physicians in training in OMM in their second through last year of residency
• In good standing with the AOA
• Have a commitment to osteopathic medicine, its philosophy and principles, as demonstrated through comprehensive patient care
• Be recognized as a strong leader
• Committed to community
• Committed to the education and enrichment of self and others, including but not limited to continuing education, teaching, research and publication

Former award recipients are not eligible to reapply for the same award for a period of three years.

Nomination Requirements
• A completed nomination form (Self-nominations not accepted.)
• A cover letter from the nominator
• Two letters of recommendation from references other than the nominator
• The nominee’s current CV/resume (should include current memberships—osteopathic and other)
• A personal statement of no more than two pages illustrating why the nominee feels he or she is qualified to receive this award, focusing on the eligibility and purpose of the award and highlighting activities and/or experiences during residency (not required but strongly encouraged)

General Information
If the nominator is not the resident’s program director, one of the recommendation letters should be from the program director. If the candidate is in an ACGME residency program, one of the letters of recommendation must be from a practicing osteopathic physician.

Award Information and Announcement
Recipients will be presented with a $5,000 award from the AOF and AAO during the AOF Honors event on Oct. 25 in Baltimore or at an alternate industry event.

Submit your nomination online at app.wizehive.com/appform/login/omm by May 10.
Nominees Needed for ACGME’s Osteopathic Principles Committee

The AOA has been asked to locate nominees to fill two positions on ACGME’s Osteopathic Principles Committee (OPC). AOA specialty affiliates and certifying boards are encouraged to recommend candidates to the AOA for consideration.

Selected members will serve six-year terms beginning July 1, 2020. The OPC will select nominees based on its current needs, professional qualifications, geographic distribution and diversity. The committee will then send its recommendations to ACGME’s Board of Directors for confirmation.

Read more about the criteria for selection and desired qualifications. Send completed application forms and full curriculum vitae for each nominee to Jim Swartwout by June 1, 2019.

AOA Seeking Leaders

Each year, the American Osteopathic Association’s president-elect solicits applications to serve on AOA bureaus, councils and committees to help shape the policy of the association. You are encouraged to nominate a qualified colleague or submit an application for yourself.

All requests must be submitted by Monday, May 20, 2019.

If you submit an application, please notify AAO Executive Director Sherri L. Quarles at SQuarles@academyofosteopathy.org by May 14 so that the AAO has the opportunity to submit a recommendation letter on your behalf. Sherri will need to know the name of the bureau, council or committee, and she’ll need a copy of your current CV.

Should you have any questions, send an email to nominations@osteopathic.org and enter “Query” in the subject line. Appointment notifications will be sent via email in August 2019.

Download the PDF of open positions.

Submit your nomination by Monday, May 20, 2019.

Academy Members Host First Podcast About Osteopathic Medicine

Every Wednesday James S. Aston, DO, and Dante Marlon Paredes, DO, host Rollin’ Bones, the first podcast focused on osteopathic medicine and osteopathic manipulative treatment (OMT). Dr. Aston and Dr. Paredes are residents at the UNTHSC Texas College of Osteopathic Medicine in Fort Worth, and they are dedicated to communicating the power of OMT by examining the conditions it can treat, the philosophy behind its approach and the science that supports it.

With 600 downloads across broadcasting platforms—Apple Podcasts, Spotify, Google Play Music, etc.—Dr. Paredes says they’ve “been pleasantly surprised by the reaction.” Not having any experience with podcasts, Dr. Aston and Dr. Paredes had quite a bit to learn, such as focusing on sharing stories, not numbers. Dr. Aston speaks on the partnership with Dr. Paredes and how they navigate the time spent on the podcast commentating a play-by-play of osteopathic techniques: “Dr. Paredes is our conversation generator…I’m the reactor. I react to the ideas he is expressing. He reacts to what I say and soon we get a pretty good banter going,” Dr. Aston says.

With a handful of podcasts shared, Dr. Aston and Dr. Paredes have discussed the origins of osteopathic medicine, back pain and conditions affecting the ankles and knees and how OMT can help each condition.

Committee Corner

We will do our best to keep members updated on committee activities in this recurring section.

See a complete list of committees at www.academyofosteopathy.org. Do not hesitate to contact the committee’s staff liaison or the committee chair with any questions or concerns.

During the Publications Committee’s teleconference on April 4, committee members discussed the mission of The AAO Journal and how to make it more visible, potential ideas for yearbooks, and a potential new textbook emphasizing the osteopathic approach. In addition, the committee has recommended to the Board of Trustees that a new book be added to the online store, and two more books are under review.
2018-19 Golden Ram Campaign Nears Goal

The AAO’s 2018-19 Golden Ram campaign, which launched July 1, 2018, and closes July 30, 2019, has garnered donations totaling $19,184 from 50 donors as of April 30, 2019. We are 96% of the way to our $20,000 goal, and with your help, we are confident we can exceed it. Donate now.

Established in 1987, the Golden Ram Society is the primary fund that supports the Academy’s mission. Because the Academy cannot operate on dues revenue alone, generous contributions to the Golden Ram Society allow the AAO to offer quality educational programs at reasonable rates, develop new programs using new technology and expand the AAO’s public education efforts.

Donations to the 2018-19 Golden Ram campaign can be made online by logging on to www.academyofosteopathy.org. Donations also may be mailed to the Golden Ram Society, American Academy of Osteopathy, 3500 DePauw Blvd., Suite 1100, Indianapolis, IN 46268-1136.

You can set up recurring monthly donations of $25 or more. Call AAO Executive Director Sherri L. Quarles at (317) 879-1881, ext. 214, for more information.

President’s Club—$2,500 or more
Gary L. Ostrow, DO
Damon M. Whitfield, DO

A.T. Still Club—$1,000 to $2,499
Boyd R. Buser, DO
Hollis H. King, DO, PhD, FAAO, FCA
Paul R. Rennie, DO, FAAO
Akiyoshi Shimomura, DO (Hon.) (Japan)

T.L. Northup Club—$500 to $999
Michael S. Carnes, DO, FAAO
Anthony G. Chila, DO, FAAODist, FCA
Dennis J. Dowling, DO, MA, FAAO
David M. Musgrave, DO
Bonnie J. Sendzicki, DO
Karen T. Snider, DO, FAAO, FNAOME, and Eric J. Snider, DO
Edward G. Stiles, DO, FAAODist
Sheldon C. Yao, DO, FAAO

Louisa Burns Club—$250 to $499
Charles A. Beck, DO, FAAO
Michael A. Chipman, DO
Stephen M. Ellestad, DO
Donald V. Hankinson, DO
Huy Hoang, DC, MD
Catherine M. Kimball, DO
Wesley C. Lockhart, DO
Tamara M. McReynolds, DO
Sherri L. Quarles

Michael P. Rowane, DO, MS, FAAFP, FAAO
Richard G. Schuster, DO
William H. Stager, DO, MS, MPH, FAAFP, FAAO, FACOFPdist

Vicki Dyson Club—$100 to $249
Murray R. Berkowitz, DO, MPH, FAOCOPM, FAAO
Stephen D. Blood, DO, FAAODist
Millicent King Channell, DO, FAAO
Leslie M. Ching, DO
Debbie Cole
Gregory Alan Dott, DO, FAAO
Paula Eschtruth, DO, FCA
Laura E. Griffin, DO, FAAO
Mark R. Gugel, DO
Kendi L. Hensel, DO, PhD, FAAO
Chris C. Peine, DO
Stacey L. Pierce-Talsma, DO, MS-EdL, FNAOME
Phillipp Richter, DO (Belgium)
Katherine A. Worden, DO, MS

Supporter—$99 or less
Paula M. Archer, OMS IV
Brian F. Degenhardt, DO
Jennifer L. Highland, DO
Robert W. Hostoffer, DO, LhD, FAAP, FACOP, FACOI
David M. Kanze, DO, FAAO
Gail E. Lamb, DO
Merideth C. Norris, DO
Ian Schofield, DO (UK)
Janet E. Secor, DO
# Members in the News

The April 2019 issue of *The Journal of the American Osteopathic Association* featured work by several AAO members. For your convenience, those articles are summarized in the chart below.

<table>
<thead>
<tr>
<th>Authors</th>
<th>Month</th>
<th>Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daniel G. Williams, DO</td>
<td>April 2019</td>
<td>The Evolution of Osteopathic Board Certification</td>
<td>American Osteopathic Association board certification has changed substantially since its inception in 1939. Today, board certification is almost universally required for new physicians who wish to be on insurance panels or employed in health care systems. With the single accreditation system, all DO and MD residents will have a choice between the two major physician board certification organizations with broad acceptance: the AOA and the American Board of Medical Specialties. It is important that the AOA continues to evolve its certification offerings not only to serve external stakeholders, but also to meet the needs of new physicians in practice.</td>
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<td>Caleb J. Scheckel, DO; Jesse Richards, DO; Jessica R. Newman, DO; Matthew James Kunz, OMS III; Ben Fangman, MD; Lanyu Mi, MS; and Kenneth G. Poole, Jr, MD, MBA</td>
<td>April 2019</td>
<td>Role of Debt and Loan Forgiveness/Repayment Programs in Osteopathic Medical Graduates' Plans to Enter Primary Care</td>
<td>Osteopathic medicine emphasizes partnering with patients to help them attain or maintain health. This philosophy encourages physicians to practice primary care and a mission of improving community health. However, there is currently a shortage of primary care physicians in many areas of the United States. This study found that increased educational debt loan directly influenced physician practice choice as graduating students above the 75th percentile of debt had a general move toward more non–primary care positions.</td>
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<td>Kahley M. Stanco, OMS III; Mary Renee Prater, PhD; Araba Wubah, BS; Cameron Sumpter, BS; Fred Rawlins, DO; and Harold R. Garner, PhD</td>
<td>April 2019</td>
<td>Improving Medical Education by Coupling Basic Science Lectures With ICD-10 Codes</td>
<td>A curricular initiative implemented at VCOM incorporates ICD-10 codes into the preclinical curriculum to enhance student learning and recall of basic science information and to prepare them for patient encounters during clinical rotations. This initiative aims to enhance the preclinical educational experience and prepare preclinical students for documenting patient care. After students have been fully exposed to this new learning component, a study is planned to analyze the effects of the curriculum.</td>
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<td>Boyd R. Buser, DO; James Swartwout, MA; Terri Lischka, MSPA; and Maura Biszewski, BA</td>
<td>April 2019</td>
<td>Single Accreditation System for Graduate Medical Education: Transition Update</td>
<td>This article focuses on recent policy enhancements and modifications to facilitate the transition to the single accreditation system and concludes with a discussion of the current transition planning after the end of the transition period on June 30, 2020.</td>
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*Note: (continued on Page 16)*
Members in the news (continued from Page 15)

Carly Michal Chapman, OMS II, from the Marian University College of Osteopathic Medicine in Indianapolis is the 2019 recipient of the $10,000 Motyka Dannin Loan Forgiveness Scholarship, supporting osteopathic medicine and retaining outstanding DOs in Indiana after residency.

The Association of Medical Councils of Africa recently approved a resolution granting the AOA’s request that AMCOA recognize U.S.-trained DOs as fully licensed physicians with practice rights equivalent to MDs. Millicent King Channell, DO, FAAO, and Humayun J. Chaudhry, DO, were instrumental in creating and supporting the resolution, which was two years in the making. Thanks to this resolution, the medical regulatory boards of 20 African countries will recognize U.S.-trained DOs as equal to U.S.-trained MDs. This means DOs who seek to practice in these countries will be recognized and registered in the same manner as MDs. Read more in The DO.

The DO published an opinion piece by Michael G. Knapp, DO, in which he argues that as DOs move forward, they must always remember where they came from:

“We need to reinforce that the osteopathic philosophy, which A.T. Still, MD, DO, created during a time of turmoil in medicine, was not simply osteopathic manipulative treatment added on to holistic medicine. It was an entirely new way of thinking and treating the patient.”

American Osteopathic Board of Anesthesiology (AOBA) diplomates whose certification expires between 2019 and 2021 will be the first to take an online, open-book assessment instead of the 10-year osteopathic continuous certification (OCC) exam. AOBA is the second of 18 certifying boards to significantly amend its requirements for board certification. Daniel G. Williams, DO, the American Osteopathic Association’s vice president of certifying board services, told The DO, “Board certification must be less of a pain point for practicing physicians. Eliminating the stress of taking a 10-year test will better serve them and the more frequent assessments will keep ongoing learning relevant and aligned with quality patient care.”

The DO highlighted a recent study about the Mediterranean diet co-authored by Benjamin Houston Greiner, OMS III, of Oklahoma State University College of Osteopathic Medicine. The research was published in the March 2019 issue of The Journal of the American Osteopathic Association, and it found that people more familiar with the Mediterranean diet were more likely to adhere to it, indicating that educating patients on heart-healthy diets may improve eating habits of patients at risk for cardiac events.

For more than 25 years, the Kansas City University of Medicine and Biosciences College of Osteopathic Medicine (KCU-COM) has offered Score 1 for Health, a children’s preventive health screening program, to families in the Kansas City area. In February, KCU launched the program at its Joplin campus. “The primary purpose of this program is to connect children and their families with health resources and providers in the community,” said Laura Rosch, DO, CS, MS, FACOI, the dean of KCU-Joplin. “This is an opportunity to build a foundation of health.”

At the American Association of Colleges of Osteopathic Medicine’s annual Educating Leaders conference, which was held April 9-14 in Washington, DC, Millicent King Channell, DO, FAAO, was inducted into the National Academy of Osteopathic Medical Educators (NAOME) in the category of Educational Leadership. Polly E. Leonard, DO, MS, and Lisa R. Chun, DO, MS, were re-appointed for additional five-year terms in the category of Teaching and Evaluation. The NAOME is a community of outstanding educators (termed Fellows) who have met rigorous standards of academic excellence within the last five years. The following AAO members are also fellows of NAOME: Evelyn Ann Schwalenberg, DO, MS, FACP, FACOI; Karen T. Snider, DO, FAAO; Stacey L. Pierce-Talsma, DO, MS-EdL; Drew D. Lewis, DO, FAAO; and Michael L. Kuchera, DO, FAAO (inactive).

Lisa R. Chun, DO, MS, FNAOME, also was elected to be a member-at-large on the Board of the Assembly of Osteopathic Graduate Medical Educators (AOGME), a community of over 250 members that includes residents, faculty, clinicians, program directors, and designated institutional officers. AOGME is solely focused on supporting and advancing osteopathic GME with the goal of cultivating and promoting Osteopathic Recognition in GME programs.

AOA Promotes AAO Members’ Achievements

Following the AAO’s 2019 Convocation, Academy staff have worked hard to promote members’ achievements at Convocation, including elections and awards. Those efforts have paid off as the American Osteopathic Association profiled several of the honorees in a recent story in The DO. In addition, the AOA has promoted that story in their member emails, giving it even wider readership.

Lisa R. Chun, DO, MS, FNAOME, also was elected to be a member-at-large on the Board of the Assembly of Osteopathic Graduate Medical Educators (AOGME), a community of over 250 members that includes residents, faculty, clinicians, program directors, and designated institutional officers. AOGME is solely focused on supporting and advancing osteopathic GME with the goal of cultivating and promoting Osteopathic Recognition in GME programs.
Fulford Legacy Conference
BASIC PERCUSSION COURSE

Speakers:
Richard W. Koss, DO, C-SPOMM, C-ACOFP
William H. Stager, DO, MS, MPH, FAAFP, FAAMA, FAAO, FACOFP dist.

23 NMM-Specific
AOA Category
1-A Credits

The basic percussion “hammer” course is based on the philosophy & osteopathic principles practiced by Robert C. Fulford, DO, author of “Touch of Life: The Healing Power of the Natural Life Force” & “Are We on the Path?”

Friday, Nov. 22 - Sunday, Nov. 24, 2019
Sheraton Detroit Novi Hotel

Early Bird registration until Nov. 1 at
www.domaoa.org/fulford

Prerequisites: Attendees must have completed a 40-hour introductory cranial course taught by an Osteopathic Practitioner so that they have developed the hand sensitivity and anatomical understanding necessary to successfully understand the course materials.

Please direct questions to Melissa Budd, CME Program Manager at mbudd@domoa.org or 517-347-1555 ext. 112
Course Description
This course will:

• provide basic and refresher knowledge and skills for program directors and core teaching faculty who supervise osteopathic manipulative treatment (OMT) in clinics.
• help MD students and graduates obtain the prerequisites for entering osteopathic-recognized residencies.
• be valuable for clinicians interested in adding OMT to their skill set.

Through a combination of lectures and hands-on workshops, attendees will learn the basics of osteopathic manipulative medicine, which encompasses osteopathic tenets, palpatory diagnosis and OMT.

The curriculum includes lessons on muscle energy technique; thoracic spine technique; articulatory techniques; functional techniques; myofascial release; and high-velocity, low-amplitude thrust.

Course registration includes one copy of Greenman’s Principles of Manual Medicine, 5th edition.

Course Times
Thursday from 1 to 6 p.m.
Friday and Saturday from 8 a.m. to 6 p.m.
Sunday from 8 a.m. to 4 p.m.

Continuing Medical Education
28 credits of AOA Category 1-A CME anticipated.

Meal Information
Morning coffee and tea will be provided Friday through Sunday, as will lunch.

Course Location
The Pyramids, Building Three
3500 DePauw Blvd., Lower Level, Conference Rooms A and B
Indianapolis, IN 46268

Registration Form
Introduction to Osteopathic Manipulative Medicine
June 13-16, 2019

Name: _______________________________ AOA No.: __________

Nickname for badge: ________________________________

Street address: ________________________________

City: _______________ State: _____ ZIP: __________

Phone: _______________ Fax: ________________________

Email: ________________________________

☐ I am a practicing health care professional.
☐ I am a resident or intern.
☐ I am an osteopathic or allopathic medical student.

The AAO accepts check, Visa, MasterCard and Discover payments in U.S. dollars. The AAO does not accept American Express.

Credit card No.: ________________________________

Cardholder’s name: ________________________________

Expiration date: __________ 3-digit CVV No.: __________

Billing address (if different): ________________________________

I hereby authorize the American Academy of Osteopathy to charge the above credit card for the amount of the course registration.

Signature: ________________________________

By registering for this course, you agree to abide by the AAO’s code of conduct, photo and video release, and cancellation policy.

Register online at www.academyofosteopathy.org, or submit this registration form and your payment by email to GWatts@academyofosteopathy.org; by mail to the American Academy of Osteopathy, 3500 DePauw Blvd., Suite 1100, Indianapolis, IN 46268-1136; or by fax at (317) 879-0563.
Course Description
The goal of this course is to help participants continuously consider the functional reasons for pain and to find function rather than to eliminate pain. This course will help participants acquire a working knowledge of how myofascial release palpatory and treatment techniques can be used alone or in conjunction with other manual medicine methodologies. This course also hopes to help participants in developing the ability to think about specific anatomical areas in three dimensions both statically and dynamically and the ability to assess and treat specific myofascial problems.

Course Times
Friday and Saturday from 8 a.m. to 5:30 p.m.
Sunday from 8 a.m. to 12:15 p.m.

Continuing Medical Education
20 credits of AOA Category 1-A CME anticipated.

Registration Fees
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<tr>
<th>Type</th>
<th>Before May 30</th>
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<tr>
<td>Academy member in practice*</td>
<td>$650</td>
<td>$700</td>
<td>$850</td>
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<tr>
<td>Resident or intern</td>
<td>$450</td>
<td>$500</td>
<td>$650</td>
</tr>
<tr>
<td>Student member</td>
<td>$250</td>
<td>$300</td>
<td>$450</td>
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<td>Nonmember practicing DO or other health care professional</td>
<td>$950</td>
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<td>$1,150</td>
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<td>Nonmember resident or intern</td>
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<tr>
<td>Nonmember student</td>
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* The AAO’s associate members, international affiliates and supporter members are entitled to register at the same fees as full members.

Course Director
Lisa Ann DeStefano, DO, has chaired the Department of Osteopathic Manipulative Medicine at the Michigan State University College of Osteopathic Medicine (MSUCOM) in East Lansing since 2004. A protégé of the late Philip E. Greenman, DO, FAAODist, Dr. DeStefano edited the fourth and fifth editions of the textbook Greenman’s Principles of Manual Medicine.

A 1993 graduate of MSUCOM, Dr. DeStefano is board certified in osteopathic manipulative medicine and neuromusculoskeletal medicine and in osteopathic family medicine. In 2003, she received the Osteopathic Faculty Award and the Guiding Principles Award from MSUCOM. She has lectured widely in the United States and internationally, and she received the AAO’s Thomas L. Northup award in 2018.

Register online at www.academyofosteopathy.org, or submit this registration form and your payment by email to GWatts@academyofosteopathy.org; by mail to the American Academy of Osteopathy, 3500 DePauw Blvd., Suite 1100, Indianapolis, IN 46268-1136; or by fax at (317) 879-0563.
Course Description
This course will explore the traditional osteopathic thought, approach and technique of Carl McConnell, DO, a premier osteopathic clinician who, at the time of his death, was thought to have best understood Dr. Still’s teaching. The course is designed to lead participants through approaches requiring increasing palpatory appreciation for precision, specificity and anatomical localization. McConnell understood the osteopathic lesion differently than we currently understand it, which greatly influenced his application and choice of technique. Central to his thought was identifying and treating the “key lesion.” These concepts will be explored in this experientially driven course. This is an intermediate to advanced course intended for experienced clinicians, but all skill levels will benefit from the principles of palpatory precision and discussion of osteopathic philosophy and art.

Prerequisite
Registrants must have an understanding of osteopathic manipulative medicine.

Course Times
Friday and Saturday from 8 a.m. to 5:30 p.m.
Sunday from 8 a.m. to noon.

Continuing Medical Education
20 credits of AOA Category 1-A CME anticipated.

Meal Information
Morning coffee and tea will be provided Friday through Sunday.
Lunch will be provided Friday and Saturday.

Course Location
Ohio University Heritage College of Osteopathic Medicine
6775 Bobcat Way
Medical Education Bldg. 1, Floor 2
Dublin, OH 43016 (see campus map)

Travel Arrangements
Contact Tina Callahan of Globally Yours Travel at (480) 816-3200 or globallyyourstravel@cox.net.

Registration Fees

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I hereby authorize the American Academy of Osteopathy to charge the above credit card for the amount of the course registration.

Signature: ____________________________

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About Us

The American Academy of Osteopathy provides quality continuing medical education and advocates on behalf of its members. Recent CME course topics have included palpating the brain, learning the basics of the fascial distortion model and using 3D technology to examine human anatomy. In addition, the Academy supports research in osteopathic medicine and publishes a quarterly peer-reviewed medical journal.

The AAO is a 501c(3) nonprofit membership association focused on supporting osteopathic physicians who specialize in neuromusculoskeletal medicine and osteopathic manipulative medicine (NMM/OMM). Academy members consist of osteopathic physicians (DOs), osteopathic medical students, international clinicians and others.

The Academy was established in 1937 as the Osteopathic Manipulative Therapeutic and Clinical Research Association and was granted affiliation by the American Osteopathic Association in 1938. In 1970, the name was changed to the American Academy of Osteopathy, and in 1992 the association moved to its present location in Indiana.

Our Mission

The mission of the American Academy of Osteopathy is to teach, advocate and research the science, art and philosophy of osteopathic medicine, emphasizing the integration of osteopathic principles, practice and manipulative treatment in patient care.

Our Vision

In March 2015, the AAO’s Board of Governors adopted the following vision statement: All patients are aware of and have access to osteopathic medical care and osteopathic manipulative medicine for optimal health.

What Is an Osteopathic Physician?

Osteopathic physicians (DOs) attend fully licensed medical schools just like MDs, but in addition to the standard medical curriculum, DOs learn how to approach patients differently, treating the whole person rather than the symptoms. In addition, some DOs specialize in osteopathic manipulative treatment (OMT), using their hands to diagnose, treat and prevent illness or injury. Using OMT, they will move your muscles and joints with a variety of techniques, including stretching, gentle pressure and resistance. Visit www.FindOMM.org to find a clinician near you.
In 1937, sixty-six physicians, concerned about ensuring the future teaching of the basic osteopathic principles set forth by Andrew Taylor Still, met and founded the organization now called The American Academy of Osteopathy (AAO).

Since that time, the Academy has grown to over 7,000 physician and student members who are dedicated to following and teaching the preventive and holistic philosophy of medicine which is osteopathy’s trademark. With an emphasis on palpatory skills in diagnosis and manual medicine, members of the Academy are known for being physicians who use their hands as well as their heads and hearts to help the body heal.

The American Academy of Osteopathy is an osteopathic medical society with a focused educational mission. Members are predominately osteopathic physicians (doctors of osteopathy, or DOs) and osteopathic medical students who have a high degree of interest in the art and science of osteopathic manipulative medicine (OMM). The Academy welcomes membership of allopathic physicians (MDs) who share an interest in learning osteopathic philosophy, its principles and practice as it applies to patient care.

The Academy is one of 23 practice affiliates of the American Osteopathic Association (AOA), the parent organization of the osteopathic profession. All osteopathic physicians (DOs) are educated in the basic principles of osteopathy and are trained in the use of osteopathic manipulative treatment (OMT) as part of the curriculum in colleges of osteopathic medicine and postdoctoral training through AOA-approved institutions. While some Academy members specialize in osteopathic manipulative medicine, the majority integrate OMM into the practice of their medical specialty.

DOs are fully-licensed physicians in all 50 states and the U.S. Armed Forces. While osteopathic medical practice is in the mainstream of health care today, the specific delivery of osteopathic manipulative treatment continues to be misunderstood and underappreciated for its therapeutic benefits in the context of total health care management. To shift this trend, the Academy promotes the use of osteopathic manipulative medicine through its educational and research programs.

For more information about the American Academy of Osteopathy, visit us online at www.academyofosteopathy.org or email info@academyofosteopathy.org.
New in the AAO’s Online Store

Mindful Relationships: Seven Skills for Success—Integrating the Science of Mind, Body and Brain

B. Grace Bullock

ISBN: 978-1909141704
189 pp., Paperback
$29.50 ($26.55, member price)

Human existence depends on relationships. Our brains rely on interconnected neural networks to function. Our minds relentlessly encode complex matrices of meaning to make sense of the world. And our physical and psychological development is contingent on the social bonds we share with others. Mindful Relationships: The Seven Skills for Success integrates the science of mind, body and brain to reveal how stress undermines these relationships, and what we can do about it. Chronic stress threatens our wellbeing and relationship success by creating systemic dysregulation of the mind, body and brain. This dysregulation leaves us relying on primal defense strategies like ....

The Five Osteopathic Models: Rationale, Application, Integration—From an evidence-based to a person-centered osteopathy

Raymond J. Hruby, editor, American edition

ISBN: 978-1909141681
224 pp., Paperback
$75 ($67.50, member price)

Far from being simply a sequence of techniques, as practiced in many countries, osteopathy is an independent primary health care system based on principles applied through a manual practice: a unique profession that takes care of the whole person through the application of five models (biomechanical, neurological, respiratory-circulatory, metabolic, and behavioral). These conceptual models of the relationship between structure and function allow osteopaths to evaluate treatment with the aim of promoting health rather than curing disease. This book is intended as a manual for both students and osteopathic ....

Foundations of Morphodynamics in Osteopathy

Torsten Liem and Patrick Van den Heede, editors

ISBN: 978-1909141247
703 pp., Hardcover
$110 ($99, member price)

In 35 chapters written by the editors and a team of internationally renowned contributors, the book covers the underlying principles of osteopathic palpation from a biodynamic and “morphodynamic” perspective, and their application in the cranial field and the spinal cord. It emphasises the importance of considering not just the patient’s physical self, but also the inner consciousness. It teaches how to assess tissue-energy characteristics, and to use this understanding in managing the whole patient. The work discusses biophysical, neurobiological and psychological interactions as well as the interplay of developmental dynamics and further epigenetic influences on the organism. As well as the primary respiratory mechanism, various ....
**Component Societies and Affiliated Organizations**

**Calendar of Upcoming Events**

**May 3-5, 2019**
Osteopathy’s Promise to Children  
*Intermediate Cranial Course: Expanding the Osteopathic Concept Into the Cranial Field*  
Course directors: Raymond J. Hruby, DO, MS, FAAODist,  
and R. Mitchell Hiserote, DO  
Osteopathic Center San Diego  
24 credits of AOA Category 1-A CME anticipated  
Learn more and register at [the-promise.org/cme/](http://the-promise.org/cme/).

**June 8-12, 2019**
The Osteopathic Cranial Academy  
*Introductory Course in Osteopathy in the Cranial Field*  
Course director: Richard F. Smith, DO  
Associate director: Matthew Gilmartin, MD  
Marriott La Jolla Hotel in California  
40 credits of AOA Category 1-A CME anticipated  
Learn more and register at [cranialacademy.org](http://cranialacademy.org).

**June 13-16, 2019**
The Osteopathic Cranial Academy  
*Annual Conference—The Second Brain: An Exploration of the Gut-Brain Axis*  
Conference director: Michael Kurisu, DO  
Assistant director: Ali Carine, DO  
Marriott La Jolla Hotel in California  
22.25 credits of AOA Category 1-A CME anticipated  
Learn more and register at [cranialacademy.org](http://cranialacademy.org).

**June 21-23, 2019**
Rocky Mountain American Academy of Osteopathy  
*Osteopathy and the Brain: Mood and Anxiety Disorders*  
Course director: Ellice Goldberg, DO  
Faculty: Teodor Huzij, DO  
Rocky Vista University  
Parker, Colorado  
18 credits of AOA Category 1-A CME anticipated  

**July 17-21, 2019**
Osteopathy’s Promise to Children  
*Foundations of Osteopathic Cranial Manipulative Medicine (The 40-Hour Basic Cranial Course)*  
Course director: R. Mitchell Hiserote, DO  
Osteopathic Center San Diego  
40 credits of AOA Category 1-A CME anticipated  
Learn more and register at [the-promise.org/cme/](http://the-promise.org/cme/).

**Sept. 6-8 and Sept. 20-22, 2019**
The Osteopathic Cranial Academy  
*2-Weekend Introductory Course in Osteopathy in the Cranial Field*  
Conference director: Zina Pelkey, DO, FCA  
New York Institute of Technology  
College of Osteopathic Medicine  
Old Westbury, New York  
40 credits of AOA Category 1-A CME anticipated  
Learn more and register at [cranialacademy.org](http://cranialacademy.org).

**Sept. 7, 2019**
Osteopathy’s Promise to Children  
*OMT for Systemic Disorders and Physiological Functions: Cardiopulmonary & Immune Systems*  
Course director: Hollis H. King, DO, PhD, FAAO  
Osteopathic Center San Diego  
8 credits of AOA Category 1-A CME anticipated  
Learn more and register at [the-promise.org/cme/](http://the-promise.org/cme/).

**Oct. 4-6, 2019**
The Northern California Academy of Osteopathy  
*The Cranial Approach of Beryl Arbuckle*  
Course director: Kenneth J. Lossing, DO  
San Rafael, California  
22.5 credits of AOA Category 1-A CME anticipated  
Learn more at [kennethlossing.com/classes](http://kennethlossing.com/classes).

Visit [www.academyofosteopathy.org/affiliate-cme](http://www.academyofosteopathy.org/affiliate-cme) for additional listings.