Promoting Osteopathic Thought in Clinical Education

Every Patient, Every Day...

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Introduction

• Who am I and why am I here?
  – Addressing the elephant in the room
  – Creating agents of change
Disclosures

• Author of “Promoting Osteopathic Thought in Clinical Education, Every Patient, Every Day...”

• Recovering specialist
  – Pulmonary medicine, private practice

• Developing osteopath

• Chairman, ACGME Osteopathic Principles Committee

• Vice Chairman, ACOI Council on Education and Evaluation
  – Primary author of the ACOI Path to Mastery Curriculum
    • Outcome-based model for training general internists

• Former vice chairman, AOA Council on Postdoctoral Training
  – Contributing author of the AOA Performance-based Accreditation System (PBAS)
    • Outcome-based model of accreditation
Objectives

The attendees will:

1. Learn about the osteopathic paradigm
2. Learn about a model for describing holistic health care and osteopathic thought
3. Learn about a driver of personal and organizational success (the power of why)
4. Know the 3 steps for promoting osteopathic thought
Promoting Osteopathic Thought
3 Steps for Success

1. Focus on health care, not disease care
   – Promote systems thinking
     • Ask about the determinants of health

2. Set expectations
   – Regularly ask the two questions
   – Avoid playing “Name that Tune”

3. Stimulate inquiry and improvement
   – Use scholarly questions as a development tool
Step 1
Holistic
The Osteopathic Paradigm

• This model is intended to help us define our professional distinctiveness-- ‘the DO difference’
  – A paradigm is commonly defined as the ‘way we see the world’

• Our profession is different from our counterparts because it has a paradigm within which and from which we should practice—it is a strength
  – Applying this practice paradigm to every patient, every day has the potential to set us apart
Defining the Osteopathic Paradigm

Holistic & Patient-centered

Respect for the Human Body’s Determinants of Health

PHILOSOPHY/EDUCATION

FOCUS/EMPHASIS

SERVICES/TRAINING

Manipulative treatment/
Primary care core and
unlimited scope of practice

The Osteopathic Paradigm

2010 Proactive Health Management, LLC.
Defining the Osteopathic Paradigm

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The Osteopathic Paradigm

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“The Determinants of Health”

Structure-function relationships
  Genetics
  Immune system function
  Nutritional state
  Sleep quality/rest-fatigue balance
Functional state/level of activity and physical conditioning
  Body habitus
  Psychosocial health
  Abuses/Behaviors
"The Determinants of Health"

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Psychosocial health
Abuses/Behaviors
Describing a Patient-centered, Systems Approach to Health and Illness

- Health Potential
- "Black Box"
- PATIENT
- Initiators
- Responses
- Disease State (presentation)
Describing a Patient-centered, Systems Approach to Health and Illness

“The Determinants of Health”

Initiators

Responses

Disease State (presentation)

Health Potential

Host Limited Model
Maintaining a patient’s health or returning a patient to health and eliminating illness is focused upon the determinants of health

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Describing a Patient-centered, Systems Approach to Health and Illness

"The Determinants of Health"

"Health care"

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Describing a Patient-centered, Systems Approach to Health and Illness

Disease Limited Model
Returning a patient to health and eliminating illness is focused upon treatment of the disease, the responses to initiators, and the initiators

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Describing a Patient-centered, Systems Approach to Health and Illness

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“The Determinants of Health”

Health Potential

PATIENT

Initiators

Responses

Disease State (presentation)

“The Determination of Disease”

“Disease care”

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What happens when you put it all together?
"Osteopathic Medicine"
A Patient-centered, Systems Approach to Health and Illness

Host + Disease Model
Returning a patient to health and eliminating illness is focused upon treatment of both the host and the disease
“Osteopathic Medicine”
The *Original* Patient-centered, Systems Approach to Health and Illness

"Holistic health care"
(osteopathic)
Where is the least amount of training offered in most medical schools and residencies?
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A focus on the determinants of health and promoting or maintaining the health of a patient...health care
Osteopathic medicine stands at the crossroads of what was, is, and will be...
Because of the osteopathic profession’s common philosophy, principles, and practices, we have an opportunity to make a difference for the public we serve…
If there is something measurably distinct that we as a profession contribute to health care, now is the time to demonstrate that difference…
“The success of our effort to create the osteopathic focused learning environment will not be realized because of words on paper, but rather by our choices and actions as we integrate ourselves into the ACGME.”
Start With Why
“People don’t buy what you do, they buy why you do it...”

Simon Sinek
Start With Why
Why did Dr. Still start this profession in the first place?
"The object of this corporation is to establish a College of Osteopathy, the design of which is to improve our present system of surgery, obstetrics, and treatment of diseases generally, and place the same on a more rational and scientific basis."

From the legal charter issued by the State of Missouri to the American School of Osteopathy, 1892
Step 2
What about structural health?

Structure-Function Relationships

- The model presented potentially allows for rational application of OMT in patient care

- **DISEASE** + host = Illness
  - Medical/surgical care is most likely to be successful with a limited role for OMT

- **HOST** + disease = Illness
  - OMT is more likely to be successful with a lesser role for medical/surgical care

- **HOST** + **DISEASE** = Illness
  - Medical/surgical care is typically helpful but doesn’t completely allow us to achieve the patient’s full “health potential”
  - The addition of OMT better enables the patient to realize their full “health potential”

Based upon the work of Edward Stiles, DO
Pikeville College-School of Osteopathic Medicine
Indications for OMT

• The presence of somatic dysfunction impairing normal human physiology/function
  – We should not use OMT simply because we can
  – We likely should not apply generic techniques to a diagnosis

Based upon the work of Edward Stiles, DO
Pikeville College-School of Osteopathic Medicine
IATP*
It’s about the patient…

*Peter Dane, DO
OUCOM, 2006

What we do as physicians, the decisions we make and the actions we take, should *always* consider the patient
You can’t find somatic dysfunction if you don’t look for it…
Two Questions

• What did you find on your structural examination?
Two Questions

• What did you find on your structural examination?
• What are you going to do about it?
Name That Tune

• The standard is the standard
Name That Tune

• The standard is the standard

In Norse mythology, Odin is a god associated with healing…
A profession with a calling...

“The object of this corporation is to establish a College of Osteopathy, the design of which is to improve our present system of surgery, obstetrics, and treatment of diseases generally, and place the same on a more rational and scientific basis.”

Legal Charter of the American School of Osteopathy
Step 3
THE OSTEOPATHIC OATH

I do hereby affirm my loyalty to the profession I am about to enter.

I will be mindful always of my great responsibility to preserve the health and the life of my patients, to retain their confidence and respect both as a physician and a friend who will guard their secrets with scrupulous honor and fidelity, to perform faithfully my professional duties, to employ only those recognized methods of treatment consistent with good judgment and with my skill and ability, keeping in mind always nature's laws and the body's inherent capacity for recovery.

I will be ever vigilant in aiding in the general welfare of the community, sustaining its laws and institutions, not engaging in those practices which will in any way bring shame or discredit upon myself or my profession. I will give no deadly drugs to any, though it may be asked of me.

I will endeavor to work in accord with my colleagues in a spirit of progressive cooperation and never by word or by act cast imputations upon them or their rightful practices.

I will look with respect and esteem upon all those who have taught me my art. To my college I will be loyal and strive always for its best interests and for the interests of the students who will come after me. I will ever be alert to adhere to and develop the principles of osteopathy as taught by Andrew Taylor Still.
“The way we see the problem is the problem...”
Creating a Best Practice

Best practice as represented by a level stool with four equal legs
An Evidence Pyramid

- N=1: Personal Observation
- N=more: Case Study
- N=many: Case Series, Cohort Study
- Meta-analysis
- Randomized-controlled Trial
- Systematic Review

Decreasing Bias

Background information
Constructing a Scholarly Question

The PICO method

P = Population/Patient/Problem
I = Intervention
C = Comparison
O = Outcome

P = Population/Patient/Problem
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Populations/Patients/Problems

• PICO formatted question can be developed that include OMM as part of almost any holistic treatment plan

  – Recurrent mucosal infections
  – Community acquired pneumonia
  – Post-operative ileus
  – Exercise intolerance from COPD
  – Hospitalized patients
Using Scholarly Questions to Promote Osteopathic Thought, 
Every Patient, Every Day…

- In a population of patients with frequent mucosal infections, does the use of OMT impact recurrence?
  - What is the role of OMT to stimulate sIgA production?

- In a population of patients with community acquired pneumonia, what is the role of OMT compared to standard therapy with regard to decreasing length of stay?

- In a population of patients with post-operative ileus, what is the role of OMT to improve return of bowel function?

- In a patient with COPD, does the addition of OMT to pulmonary rehabilitation improve exercise tolerance?
  - What is the role of OMT to increase distance during a six minute walk?

- In a population of hospitalized patients, does use of OMT increase patient satisfaction?
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Osteopathic Medicine

Where we are...

Bridging the Gap

Healthcare

System

Where we want to be...