Osteopathic Approach to Patient Care

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Objectives

By the end of this educational activity, participants will be able to

• Define and describe osteopathic principles and practice in the context of modern interdisciplinary clinical practice

• Identify barriers and methods to integrating osteopathic concepts throughout osteopathic medical education

• Demonstrate methods to ask preceptor and patient permission to perform OMT
A.T. Still

“It is the object of a physician to find health, anyone can find disease”

Restore health
not just manage symptoms
Osteopathic Principles and Practice

Osteopathic Tenets

• The body is a unit; the person is a unit of body, mind, and spirit
• The body is capable of self-regulation, self-healing, and health maintenance
• Structure and function are reciprocally interrelated

• Rational treatment is based upon an understanding of the basic principles of body unity, self-regulation, and the interrelationship of structure and function
Understanding OPP

Each system in the body has self-healing, self-regulating mechanisms.

Cardiac anatomy and physiology
- Valves
- Muscles
- Electrical conduction
- Local vasculature
- Local biochemistry

Homeostatic mechanisms allow system to function in the presence of stressors (allostatic load) without symptoms.
Understanding OPP

Each system is affected by other organ system self-healing, self-regulating mechanisms

Mechanisms from other systems
- Autonomic
- Lymphatic
- Vascular volume and composition
- Endocrine & Biochemistry
Understanding OPP

Allostatic load can overwhelm the homeostatic mechanisms leading to abnormal structure and function.
Understanding OPP

The more allostatic load, the less reserve is left handle new stressors without becoming symptomatic.

Eventually homeostatic mechanisms are over whelmed and symptoms develop.
Understanding OPP

Intervention is indicated to treat or prevent overwhelmed homeostatic mechanisms

Pharmacology
Surgery
Lifestyle
Behavioral counseling
Spiritual counseling
OMT
Understanding OPP

Treatment frequently directed to a single stressor

- Poor Diet
- Job Stress
- Bad Genetics
- No Exercise
- Hypertension
- Obesity
- Diabetes
- Hypothyroid
- Medication Side Effects
Understanding OPP

Organ systems are interrelated
Understanding OPP

Treatment should be directed to reduce the multitude of the stressors

The Goal is to Restore Health

Dilated Cardiomyopathy

- Poor Diet
- Job Stress
- Bad Genetics
- No Exercise
- Hypertension
- Obesity
- Diabetes
- Hypothyroid
- Medication Side Effects
Understanding OPP

Self-healing, self-regulating homeostatic = Homeostasis

Allows systems to function in the presence of stressors (allostatic load) without symptoms
Example

• Type 1 Insulin-dependent Diabetes
  • Pancreas has lost ability to produce insulin
  • Treat with insulin because **homeostatic mechanisms are lost**

• Type 2 Non-Insulin dependent Diabetes
  • Body has become resistant to insulin or pancreas cannot produce enough insulin to keep up
  • Use Rx to manage condition, **while working to restore homeostasis** – diet, exercise, lifestyle management
Understanding OMT

OMT affects organ systems via reducing allostatic load - primarily on musculoskeletal system to affect the autonomic, vascular, and lymphatic systems.

Decrease Autonomic Tone

OMT affects organ systems via reducing allostatic load - primarily on musculoskeletal system to affect the autonomic, vascular, and lymphatic systems.

Reduce impingement of vascular and lymphatic vessels
Osteopathic Manipulative Medicine

- OMM is diagnosis of somatic dysfunction and treatment with OMT
- Form of manual medicine/therapy
- Techniques are not unique
- Unique perspective on goal of OMT
- Unique concept of integration within full scope of medical care
- Unique language
Integrating OMM

• Most practicing osteopathic physicians do not use OMM in the clinical setting

• If you include OMM
  – Spend longer time with patient
  – Learn more about the patient
  – Potentially better rapport
  – Minimal side effects
  – Patients may leave clinic with problem resolved!
Integrating OMM

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1998 (3000 DOs)

50% FPs 5-25% patients
30% <5%
17% Specialists 5-25%
69% < 5%
Integrating OMM

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2002 (2318 OH DOs)

44% No OMT
30% at least 1x week

17 specialities No OMT
46% FP at least 1x week
Integrating OMM

- Most practicing osteopathic physicians do not use OMM in the clinical setting
- If you include OMM
  - Spend longer time with patient
  - Learn more about the patient
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  - Minimal side effects
  - Patients may leave clinic with problem resolved!
80 yo woman presents to clinic with 4 day history of sudden onset right foot pain
Yard work the day prior to onset
Sharp pain located on dorsal arch with weightbearing
Using walker for ambulation support
Case Studies in OMM

- Inverted navicular bone
- Cuneiform dysfunction
- Posterior fibular head

Treated with
- Muscle energy
- Articular
- Myofascial release
Case Studies in OMM

• Outcome
  – Patient left carrying her walker
  – Sent home with ROM exercises
  – She was very happy
What would have happened...?

Clinical Decision Rules

• Ottawa ankle rules
  – Bone tenderness at proximal 5th metatarsal
  – Bone tenderness at the navicular bone
  – Inability to bear weight for four steps both immediately after the injury and in the emergency department
What would have happened...?

• NSAIDs increase risk
  – Myocardial infarction
    • First 7 days 92-99% increased risk
  – Upper GI Bleeds
    • Higher risk of mortality (20% vs 7.6% overall)
  – Acute kidney injury and hyperkalemia
  – All cause mortality
    • Risk of death inversely proportional to number of NSAID prescriptions
What else would have happened...?

• Physical therapy

• Intraarticular steroid injections
  – tendon degeneration
  – accelerated osteoarthritis progression with loss of the joint space
  – subchondral insufficiency fractures (stress fractures that occur beneath the cartilage)
  – complications from osteonecrosis
  – rapid joint destruction including bone loss

• Source: Radiological Society Of North America
Hippocratic Oath

“I will do no harm ”

Osteopathic Oath

“I will be mindful always of my great responsibility to preserve the health and the life of my patients,”
Osteopathic Manipulative Medicine

• Resolves some complaints with one treatment (*Instant Gratification*)
• Helps many acute and chronic problems
• Some conditions are not helped at all
• Can mask symptoms best treated with other interventions

• When it works, it makes patients **very** happy
Improving OMM skills

• Psychomotor skills require practice!
  - Practice on colleagues
  - Practice on patients
  - Study with people who are better than you
• Lifelong study means you get better with age
Choosing to Integrate Osteopathic Principles is a **Choice**
Choose DO™

Be a better version of the yourself
Choose DO

- Choose DO School
- Choose Osteopathic mindset

West Virginia School of Osteopathic Medicine
Choose DO

- Choose DO School
- **Choose Osteopathic mindset**
OPP is more than just OMM
Osteopathic Treatment

Holist approach via Five Osteopathic Treatment Models

• Biomechanical
  – Optimize structure/function

• Respiratory/Circulatory
  – Optimize respiration function and vascular/lymphatic drainage

• Metabolic/Energetic
  – Decrease mechanical and metabolic workload on body

• Neurologic
  – Normalize somatic and autonomic nervous function

• Behavioral
  – Improve mental, emotional, and spiritual health

Individual treatment options can be classified in multiple categories

Treatment Options:
- OMT
- Pharmacology
- Surgery
- Diet
- Exercise
- Other Lifestyle
- Behavioral counseling
- Spiritual counseling
Choose DO

• Choose DO School
• Choose Osteopathic mindset
• **Choose Osteopathically Integrated preceptors**
Ask All your Preceptors

- Primary Care
- Speciality
- Outpatient
- Inpatient
- Nursing home
Asking Permission

Sample phrases to ask your preceptor to use OMM in the clinic:

• Dr. _____, my osteopathic college requires that I practice my osteopathic manipulative treatment skills during my clinical training. This month, would it be acceptable to ask to use OMT to treat conditions that OMT may help?

• Dr. _____, I have learned osteopathic manipulative techniques that can help patients with this condition. May I evaluate the patient to see which techniques would help them the best?

• Dr. _____, when I examined the patient I found somatic dysfunction that, if treated, may help with the patient’s symptoms. May I use some osteopathic manipulative techniques to help this patient?
Asking Permission

Sample phrases to ask your patient about using OMM in the clinic:

- I have learned osteopathic manipulative techniques (OMM) that can help people with this condition. Would you like me to try?
- When I examined you, I found some biomechanical dysfunction that, if treated with osteopathic manipulative treatment (OMT), may help with your symptoms. Would you like me to try?
- My training has included specialized diagnosis and treatment of the musculoskeletal system to find dysfunction that can contribute to problems like yours. Would you like me to try to see if there is anything that I could do that might help with your symptoms?
Choose DO

• Choose DO School
• Choose Osteopathic mindset
• Choose Osteopathically Integrated preceptors
• **Choose Osteopathic Integrated licensure exams (COMLEX)**
Choose DO

- Choose Osteopathically Recognized (OR) residencies

- Search for programs offering education in OPP
Choose DO

• Choose Osteopathically Recognized (OR) residencies
• Choose AOA Osteopathic board certification

Why I Choose AOA Board Certification

As an AOA board-certified physician, Jennifer Caudle, DO, seeks to improve patient care through continuous learning and professional development. "AOA board certification reflects my commitment to the unique principles and practice of osteopathic medicine," she says.
Choose DO

- Choose Osteopathically Recognized (OR) residencies
- Choose AOA Osteopathic board certification
- Choose Osteopathically Integrated CME
Choose DO

• Choose Osteopathically Recognized (OR) residencies
• Choose AOA Osteopathic board certification
• Choose Osteopathically Integrated CME
• Choose to lead and promote Osteopathic Principles

• Reserve a portion of your time to serve the profession
  – Serve on Committees
  – Present at CMEs
  – Publish research
  – Serve locally, regionally and nationally
Choose to Lead

- Reserve a portion of your time to serve the profession
  - Serve on Committees
  - Serve locally, regionally and nationally
  - Present at CMEs
  - Publish research
Choose DO

- Choose DO School
- Choose Osteopathic mindset
- Choose Osteopathic Integrated licensure exams (COMLEX) only
- Choose Osteopathically Integrated preceptors
- Choose Osteopathically Recognized (OR) residencies
- Choose AOA Osteopathic board certification
- Choose Osteopathically Integrated CME
- Choose to lead and promote Osteopathic Principles
OPP can be integrated into ANY SPECIALTY

But is some specialties, the culture will challenge you...
Please use OMM in your Patient Care

If patient management is part of your practice, try to integrate OMM

• Your patients will thank you
Please use OMM in your Patient Care


Choose to Integrate Osteopathic Principles into Practice

Choose DO

Be a better version of yourself
References

• FOM4


