Heritage College of Osteopathic Medicine

2013-2014 Annual Report
Department of Osteopathic Manual Manipulation (OMM)
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Teaching Workload Summary

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Group IV CORE Clinical Faculty
Welcome from the Chair

Welcome to the Department of Osteopathic Manipulative Medicine. This annual report summarizes our activities from July 1, 2013, through June 30, 2014.

During this last year, the department has increased its leadership positions within the curriculum. Stevan Walkowski, DO has accepted the position of Director of Osteopathic Integration (DOI). His job will involve an important new interface with the CORE hospitals, administration and programs.

The Department continues to maintain the Plus One Residency in Neuromusculoskeletal Medicine/Osteopathic Manipulative Medicine. I am the current Director of the program.

The OMM Associateship continues to be an important contributor to curricular efforts for the year 1 and 2 students.

The OMM Honors program continues as an elective course for year 2 students. It continues to grow in popularity with over sixty year two students having participated this last year – table training in year 1 OMM labs, faculty development, journal clubs and advanced OMM training.

Clinical research and research into mechanisms continues. Osteopathically oriented research continues to expand with cooperation from the Ohio Musculoskeletal and Neurologic Institute.

Clinically, we not only provide care, but train others to provide care into the future.

Throughout the year, faculty demonstrated every day how they support community service obligations with committee assignments within local, State, National and International organizations.

We maintain an active website that includes, faculty curriculum vitas, as well as information on the Associateship Programs in Osteopathic Manipulative Medicine.

The Department continues to actively recruit individuals that share our mission of teaching, research, and service.

David C. Eland, DO, FAAO, Professor and Chair
INTRODUCTION

The Department of Osteopathic Manipulative Medicine was a section within the Department of Family Medicine until May 2012. We are a diverse group of physicians with specialty OMM training and certification, many of whom are also Family Medicine certified. All provide high quality clinical services, educational activities at all levels of the learning continuum and research. This document will briefly show who we are and what we do.

Mission Statement

The OU-HCOM Department of Osteopathic Manipulative Medicine (OMM) contributes to the educational preparation of competent osteopathic physicians by presenting a curriculum which emphasizes the uniqueness of osteopathic medicine at each level of the educational process. The focus of this curriculum is the development of integrated cognitive and palpatory skills in diagnosis and treatment, using the guiding philosophy and principles of osteopathic medicine. Central to this endeavor is the elaboration and refinement of knowledge in the disciplines of anatomy and physiology. Among basic disciplines for medical practice, these two have critical bearing on osteopathic theory, methods and practice. The overall goal of the curriculum is to provide pre-doctoral and post-doctoral trainees in the educational continuum with the knowledge and skill to apply an osteopathic orientation to pathophysiology in each clinical patient encounter.

Structure

The department is structured to reflect the academic, research, and clinical services provided. We are home to a growing group of physicians in the college whose focus is Osteopathic Manipulative Medicine. We provide liaison services in OMM for the Clinical Skills course coordinators, and for course block teams and facilitators. Faculty members provide educational content from the first day of medical school throughout the final year of residency training. In addition, the department houses a pre-doctoral program, in Osteopathic Manipulative Medicine. The department also houses the Osteopathic Manipulation Medicine Honors Program for Year 2 medical students. The Plus One residency in Neuromusculoskeletal Medicine/Osteopathic Manipulative Medicine continues to be promoted and supported by the department faculty.
FACULTY LISTING

Tenured Faculty
David Eland, DO, Professor
Stevan Walkowski, DO, Associate Professor

Tenure Track Faculty
Simeon Hain, DO, Assistant Professor

Clinical Track Faculty
Jean Rettos, DO, Associate Professor
Michael Soroka, DO, Assistant Professor

Group III Faculty
Imber Coppinger, DO, Assistant Professor
Anna Wright, DO, Assistant Professor

Support Staff
Michelle Bobo, AS, Administrative Coordinator
Heather Hively, BBA, Administrative Assistant
Jyl Mullins, Administrative Assistant

New Hires for 2014 – 2015 Academic Year
Shawn Kerger, DO, Associate Professor
Eric Miller, DO, Assistant Professor
Luke Robinson, DO, Assistant Professor
Elizabeth Zmuda, DO, Assistant Professor
HCOM & CORE: Osteopathic Integration

The Centers for Osteopathic Research and Education (CORE) system is an integrated statewide medical education consortium formed by affiliations between OU-HCOM and teaching hospitals in Ohio, as well as other colleges of osteopathic medicine nationwide. This infrastructure supports and promotes excellence in the continuum of osteopathic medical education that begins with matriculation at an osteopathic medical school and extends through residency training and beyond into continuing medical education.

In an effort to more fully realize the importance of establishing full coordination and implementation of principles of osteopathic medicine through HCOM and the CORE, the position of Director of Osteopathic Integration (DOI) was created. Stevan Walkowski, DO accepted this position March 15, 2014.

This position serves many purposes. From an undergraduate perspective, the DOI is helpful in facilitating the synthesis of basic science material into osteopathic content and likewise encouraging the inclusion of osteopathic content into the basic science of the first two years of osteopathic medical school. The third and fourth years rely on the teaching and mentorship at each of the CORE hospitals. It is the DOI’s charge to ensure that osteopathic education continues and flourishes during those years. In GME, facilitating the inclusion of osteopathic content in the residencies and promoting the use of OMM clinically is in the purvey of the DOI.

This task is as daunting as it is important. HCOM has a uniquely chosen the importance of such a position and has established itself as a leader in that regard.
OMM Predoctoral Associateship Program

The Department of Osteopathic Manipulative Medicine had three OMM Associates in the 2013-2014 academic year. During the Associate program, three students previously selected for their osteopathic ability, interest and initiative return to the campus after they have completed their third year rotations. During the subsequent 12-month period, they engage in clinical and scholarly activities that serve to expand and hone their clinical acumen in Primary Care and OMM.

They participate in supervised clinic where they treat HCOM faculty and staff with OMM, have regular clinical shadowing with OMM and other clinical faculty, and engage in tutoring time with the YR1/2 students where teaching and treatment become interdependent activities.

They are engaged in scholarly work by investigating both current and historical osteopathic research and essays through journal clubs. Their own scholarly work is also supported by interaction and collaboration with the OMM faculty and/or outside clinicians.

Each is an invaluable asset to the faculty as critical developers and editors of new and established curriculum. Their educational proximity to the medical students help provide a perspective that keeps our teaching fresh and relevant to the incoming classes.

The Associateship provides an introduction to academic medicine for each of them and gives them an opportunity to develop leadership skills, supervision and the challenge of working closely with HCOM faculty.

2013-2014 OMM Associates

Therese Obioha 2012-2013

Amy Vagedes 2012-2013

Obehioye Okojie 2013-2014

Sarah Watson 2012-2013

Diana Tec 2013-2014

Valerie Van Ravenswaay 2013-2014
The OMM Honors program has been a for-credit elective year 2 honors class since 2009-2010. We had sixty students who completed the course for 2013-2014. Their participation included weekly review sessions in preparation for assisting in the Year 1 OMM lab, with the addition of journal clubs, faculty development sessions and additional advanced OMM teaching sessions.

The feedback from Year 1 students about the OMM Honors program continues to be very positive. The OMM Honors TAs have clearly been role models for the students just behind them. They inspired over fifty students from the class of 2017 to apply and be accepted into the course for 2014-2015.

Dr. Davis and Dr. Ojano Sheehan presented faculty development sessions to help the students improve their teaching and logical skills. The OMM department has encouraged OMM Honors TAs to be proactive and to challenge the students to deepen their understanding of the material. Many were very good at this.

We are working to make all TAs even better. Journal club gave an opportunity for evaluation of OMM related articles. Dr. Ojano Sheehan helped deepen the student’s appreciation of article analysis in preparation for the initial articles. The journal club and the advanced OMM lab helped the students advance their skills beyond those possible in the basic required OMM sequence at OU-HCOM.

The following students participated in the 2013-2014 OMM Honors program:

CHLOE ANDERSON
NICOLE ANDRE
DANE BLACK
SARAH BLAHA
GRACE BRANTINGHAM
CLARE BRUGGEMAN
JOSHUA BRYANT
MIRIAM CLARKE
CHAD COCHRAN
CAMERON CONRAD
REBEKAH CRAWFORD
NEYSA DOMINGUEZ
ASHLEY FUENTES
NICHOLE GEORGE
BETHANY HEIDENREICH
ANTIONETTE HELM
EMILY HERFEL
ABBY HUCK
ABIGAIL HUFF
BRIAN HUFF
EMILY HUFFMAN
NICOLE JOYNER-POWELL
KATHRYN JURENOVICH
ANDREW JUROVCIK
CHELSEY KIMBLE
MEGAN KINDRED
MEGAN KRALLMAN
PAUL LANDIS
JANET LUCIEN
JORGE MALOUF
LUKE MONTGOMERY
BETHANY MULLINIX
ANNE MURPHY
JULIUS MUSENZE
LAURA MYATT
MEGHAN O’GRADY
NATHANIEL OVERMIRE
HEMAL PATEL
RISHI PATEL
NICHOLAS PETTIT
MICHAEL PLATT
MONICA PRASNAL
JOHN PROKOP
JENNIFER REINK
MARC RICHARDS
EMILEE RITCHIE
JOEY ROMAR
LINDSEY SALCHLI
JOSEPH SapoVAL
JASON SHERMAN
JAMIE SIESEL
CHRISTOPHER SWYERS
ZACHARY TOWNSEND
MALLORY UCCHINO
CHARLOTTE UPWARDS
ZACHARY VALLANDINGHAM
NICOLE VAN
ABIGAIL WEINGART
DEVIN WHEELER
DIANA ZELLNER
Plus One Neuromusculoskeletal Medicine/Osteopathic Manipulative Medicine Residency (O’Blleness Hospital)

The Plus One residents participate in academic, research and clinical components of the OMM Department mission. Lecturing and leading labs is an integral part of the residency. This opportunity serves to deepen the residents understanding of the material presented and prepares them for future academic pursuits. The residents serve as a resource for the OMM Associates. They discuss Osteopathic topics, but also help the OMM Associates refine their Osteopathic thinking and application to patient situations. The O’Blleness OMM didactic program is another realm in which these residents assist in teaching. This includes year 3-4 students and residents from the other O’Blleness GME programs – family medicine, dermatology and OB/Gyn. This opportunity requires that the residents apply Osteopathic philosophy, principles and practice throughout a broad range of topics and patient presentations.

Research/scholarly activity is a required component for residents. As such Dr. Miller participated in discussions (along with Drs. Hain and Eland) of ‘Complex Systems and Osteopathic Medicine’ that led to deepening of the collaboration between the OMM department and the Ohio Musculoskeletal and Neurological Institute. Dr. Robinson explored the implications of Osteopathic support for the patient with advanced rheumatoid arthritis and prepared a case presentation to demonstrate the principles for application.

Clinical service in the Plus One residency was supervised by OMM department faculty and gave residents the opportunity to deepen their understanding while managing their own panel of patients. Having five preceptors/supervisors gave the residents the opportunity to experience varying perspectives and applications of Osteopathic philosophy, principles and practice so that they might evolve their own unique and effective style. Hospital consultations, pediatric rotations, sports medicine rotations and exposure in other specialties rounded out the Plus One experience.

Of the seven graduates of the Plus One program, six have remained in the Athens area and five have joined the OU-HCOM OMM department faculty in tenure track or clinical faculty positions.

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<tr>
<th>2012-2013 Plus One Residents</th>
<th>2013-2014 Plus One Residents</th>
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<tr>
<td>Eric Miller, DO</td>
<td>Sam Byron, DO</td>
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<tr>
<td>Luke Robinson, DO</td>
<td>Bryan Grooms, DO</td>
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OMM CLINICAL PRACTICE SITE

UNIVERSITY MEDICAL ASSOCIATES
408 Parks Hall
Athens, Ohio 45701
(740) 593-2447

Established in 2003 as the faculty practice plan for the college, UMA is dedicated to delivering health care to southeastern Ohio residents while providing clinical training opportunities for future osteopathic physicians.

ACUPUNCTURE
Stevan Walkowski, DO

OSTEOPATHIC MANIPULATIVE MEDICINE
Anthony Chila, DO
David Eland, DO
Simeon Hain, DO
Michael Soroka, DO
Stevan Walkowski, DO
OMM FACULTY

Teaching:
- Year I OMM Liaison
- Year I & II Lecture and Lab presentations
- Year III-IV OMM curriculum presentations at O’Bleness Memorial Hospital

Service:
- OMM Honors – Instructor of Record – 64 applicants accepted this year
- OMM Department Chair
- Plus One Residency: teaching, clinical supervision
- Patient Care, OMM at University Medical Associates
- Residency OMM curriculum presentations for O’Bleness Memorial Hospital (Family Medicine, OB/Gyn & Dermatology)

Presentations:
- Deutsches Gesellschaft fur Osteopathische Medicine, Lead faculty: Osteopathy in the Biodynamic Field III (22 hours); June 20-22, 2014, Leubeck, Germany
- Deutsches Gesellschaft fur Osteopathische Medicine, Lead faculty: Osteopathy in the Biodynamic Field I (22 hours); June 14-16, 2014, Mainz, Germany

Research/Scholarly:
- “Complex Systems’ and Osteopathy: Exploration of a paradigm for potential collaborative research opportunities.
OMM FACULTY

Simeon Hain, DO
Assistant Professor

Teaching:
- Lecture and Labs: OMM Year I and II Curriculum
- Year II Ligamentous Articular Release Sequence Development
- Year II Cranial Sequence Development

Service:
- Plus One Residency: teaching, clinical supervision
- Patient Care, OMM and Express Care, at University Medical Associates

Presentations:
- AAO Convocation: Lab and lecture sessions to PAAO on Osteopathic Manipulative Treatment and Concussions (Four hours); March 2014, Colorado Springs, CO
- Osteopathic Cranial Academy: Faculty Introductory Course (40 hours); June 2014

Publications:
- OMT Case for Diabetic Gastroparesis: Co-author; submitted to JAOA

Awards/Recognition:
- OMT Mentor of the Year, Ohio University Heritage College of Osteopathic Medicine
- Clinical Science Faculty of the Year for Year 2, Ohio University Heritage College of Osteopathic Medicine

Research Activities:
- Co-Investigator: Nociceptive Flexion Response in OMT study; ongoing.
- Principle Investigator: OMT and Diabetic Gastroparesis
OMM FACULTY

Jean Rettos, DO
Associate Professor

Teaching:
- Lecture and Labs: OMM Year I and II Curriculum
- PCC Interface and Preparation

Service:
- OMM Curriculum Development
- Family Medicine Program Director
- Plus One Residency: teaching, clinical supervision
- Patient Care and OMM at Athens Health Solution

Presentations:
- OU-HCOM Prematriculation Presentation: How to be Successful on Rotations
- Resident OMM Didactics: Sinusitis for O’Bleness Memorial Hospital (OB/Gyn, Family Medicine, Dermatology, and OMM)
- Resident Hospital consults and one-on-one teaching with Family Medicine residents

Michael Soroka, DO
Assistant Professor

Teaching:
- Lecture and Labs: OMM Year I and II Curriculum

Service:
- OMM Curriculum Development
- Patient Care, OMM and Express Care, at University Medical Associates

Presentations:
- Incorporating OMM into the Standard Physical Exam: Videotaped OMM evaluations and treatment with OU-HCOM TeleHealth Department.

Publications:
- Evaluation and Treatment of an unusual shoulder injury with LAR and MR approach; submitted to JAOA.

Research Activities:
- Proposed research: Investigation of palpable diffuse low frequency fasciculation in Fibromyalgia patients, a possible diagnostic criteria, in association with Dr. Drozek and psychology graduate student Katrina Hamilton.
OMM FACULTY

Stevan Walkowski, DO
Associate Professor

Teaching:
- Lecture and Labs: OMM Year I and II Curriculum
- Year 2 OMM Liaison
- Lecture: Musculoskeletal Block
- Lecture: ENT Medical Knowledge

Service:
- Faculty Senate
- Director, OMM Associateship
- Director, Osteopathic Integration
- Assistant Dean – SE CORE
- Member, Curriculum Committee, Central Ohio Extension Campus
- Chairman, CORE Osteopathic Principles and Practices Committee
- Plus One Residency: teaching, clinical supervision
- Patient Care, OMM, Acupuncture and Express Care, at University Medical Associates

Presentations:

Awards/Recognition:
- National Faculty for NBOME question writing and review
- Director of Osteopathic Integration: March 2013
- Senior CORE Leadership: April 2013

Research Activities:
- NIH R01; PI: Clark & Thomas; 09/01/2012 through 05/31/2017; National Institutes of Health $2,051,896. The RELIEF Study: Researching the Effectiveness of Lumbar Interventions for Enhancing Function. This is a single-blinded (investigator-blinded) sham-controlled study to test the mechanisms and effectiveness of two manual therapy techniques applied to individuals (18-45 years of age) with chronic low back pain. Specifically, this study is an exploratory Phase II RCT with a nested mechanistic design. Role: Medical Director
# OMM ANNUAL REPORT 2013-2014

## CLINICAL PRESENTATION CONTINUUM BLOCK TEAMS

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<tr>
<th>Anatomy Immersion</th>
<th>Intro to Primary Care Medicine</th>
<th>Musculoskeletal</th>
<th>Blood</th>
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<td>James</td>
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**SPRING 2014**

Addiction, Pain & Palliative Care

Bianco‡

Marx

Osteopathic Clinical Rotation Orientation

Tolentino‡

Carlsen

Wadsworth

‡Instructor of Record

§Consultant

†Instructor of Record apprentice
## OMM ANNUAL REPORT 2013-2014

### FACILITATOR ASSIGNMENTS

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### Notes
- See Case Presentation Lab Facilitation Assignments.
# OMM Annual Report 2013-2014

## Active Research Summary

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2013-2014 TEACHING WORKLOAD SUMMARY
# OMM Annual Report 2013-2014

## Teaching Workload Summary

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APPENDIX B
GROUP IV CORE CLINICAL FACULTY
OMM ANNUAL REPORT 2013-2014
CORE GROUP IV FACULTY

Imber C. Coppinger, DO
Clinical Associate Professor
Specialty: OMT
Hospital Affiliation: Southeast Ohio CORE
Appointment Date: 9/26/2006

Judith A. O’Connell, DO
Clinical Professor
Specialty: OMT
Hospital Affiliation: Grandview Medical Center
Appointment Date: 9/12/1981

Hugh M. Ettlinger, DO
Clinical Assistant Professor
Specialty: OMT
Hospital Affiliation: Grandview Medical Center
Appointment Date: 8/19/2009

R. Clay Walsh, DO
Clinical Associate Professor
Specialty: OMT
Hospital Affiliation: Summa Western Reserve Hospital
Appointment Date: 3/17/2006

Wayne A. Feister, DO
Clinical Assistant Professor
Specialty: OMT
Hospital Affiliation: Firelands Regional Medical Center
Appointment Date: 11/2/2005

William R. Welches, DO, PhD
Clinical Associate Professor
Specialty: OMT
Hospital Affiliation: South Pointe Hospital
Appointment Date: 5/19/2006

James L. Laub, DO
Clinical Assistant Professor
Specialty: OMT
Hospital Affiliation: Grandview Medical Center
Appointment Date: 9/26/2007

Fredrick P. Wilson, DO
Clinical Assistant Professor
Specialty: OMT
Hospital Affiliation: South Pointe Hospital
Appointment Date: 7/12/2006