

DO-TOUCH.NET

Insider

November 2017

From the *director*



Dear Colleagues,

DO-Touch.NET will remember 2017 as a year of unprecedented productivity. Our second study, the “OMM Utilization Study,” continues to progress into uncharted territory. The database has been formally closed and locked. The first round of analysis is complete and addressed the research question, “What are the incidence and types of adverse events that occur after different types of OMT?” A manuscript reporting on the outcome of this analysis has been accepted for publication by the Journal of the American Osteopathic Association and is currently in press.

Data collection has also been completed on the network’s third study, designed to specifically assess adverse events following OMT. Network staff are beginning the data cleaning and analysis process. In the US, over 900 unique patients from 69 clinicians participated in the study. We are also pleased to announce that this study is the first DO-Touch.NET project performed internationally with the satellite research center managed by the Verband der Osteopathen Deutschland e.V. (VOD, Wiesbaden Germany). VOD personnel managed their portion of the study by assuring accurate translation of data collection forms, member recruitment, training, data collection, data entry and cleaning on 404 patients from 27 clinicians, all in 1 year. We congratulate the VOD and their leadership for their success on this study.

As our network grows, the process of performing research becomes more complicated. Learning better ways to leverage technology and science is our challenge and our opportunity in 21st century osteopathy. In 2017, we submitted the network’s first NIH grant specifically to develop technology for data collection from both patients and clinicians. This grant would provide support for advancing our data collection capabilities from electronic medical records and hand held devices, improving data quality and efficiency.

As 2017 concludes, we finish the year strong. Membership has increased in 2017 from 289 to 387: 261 members from 35 states in the USA, 91 members in Germany, and an additional 35 members from 9 countries on 6 continents. To date, 88 members have contributed data to the studies performed within DO-Touch.NET. Anchored by the stable infrastructure of the A.T. Still Research Institute, the members and staff of DO-Touch.NET have gained experience, expertise, and recognition. These coordinated efforts will continue to enhance the network’s research efforts.

So how do we sustain the momentum of 2017 and further realize the mission of the network, to evaluate and advance the practice of osteopathic manipulative medicine? Attend the 2018 DO-Touch.NET Annual Meeting in March! We will be presenting the latest outcomes from our research, and will reveal opportunities for you to participate in advancing the science of osteopathic medicine. I look forward to seeing you there.

Brian F. Deegenhardt, D.O.



DO-Touch.NET
A Network of Doctors Treating with OMM

Patient-Reported Adverse Events from Osteopathic Manipulative Treatment Study Update

THANK YOU to **ALL** of our members who contributed to the “Patient-Reported Adverse Events from OMT” study. The study concluded on September 30, 2017, and together we collected over 1,300 data sets. We appreciate your support, participation, and continual patience!



- David Abend, DO
- Reem Abu-Sbaih, DO
- Konstantin Alekseyenko, DO
- Stephen Bergman, DO
- Hyrum Brodniak, DO
- William J. Brooks, DO
- Brian Browning, DO
- Jeanne Browning, APN
- Michael Chipman, DO
- Maria Coffman, DO
- Eileen Conaway, DO
- Samantha Cotler, DO
- James Bryan Cox, DO
- Meaghan Crook, DO
- Theresa Cyr, DO
- Jay Danto, DO
- Randal Davis, DO
- Brian Degenhardt, DO
- William Devine, DO
- Brent Dixon, DO
- Timothy Doyle, DO
- Christopher Edwards, DO
- Richard Feely, DO
- Jake Fleming, DO
- Regina Fleming, DO
- Leah Frank, DO
- Dan Freeland, DO
- Gary Gailius, DO
- Catherina Galida, DO
- Rebecca Giusti, DO
- Darren Grunwaldt, DO
- Kelly Halma, DO
- Gregory Heller, DO
- David Hume, DO
- Brad Jahnke, DO
- Grady Kaiser, DO
- Hollis King, DO
- Bernadette Kohn, DO
- Michael Kurisu, DO
- R. Paul Lee, DO
- Charles Lehnardt, DO
- Brian Loveless, DO
- Jayme Mancini, DO
- Crystal Martin, DO
- Thomas Meek, DO
- Michelle Mifflin, DO
- Dallas Mullock, DO
- Jenisa Oberbeck, DO
- Arlene O'Donnell, DO
- M. Shane Patterson, DO
- David Redding, DO
- Sean Reeder, DO
- Tobin Rummel, DO
- Jesus Sanchez, DO
- Elizabeth Sasaki, DO
- Robert Schneider, DO
- Shannon Scott, DO
- Michael Seffinger, DO
- Sandra Sleszynski, DO
- Eric Snider, DO
- Karen Snider, DO
- Billy Strait, DO
- Michael Terzella, DO
- Dat Trinh, DO
- Sherri Walker, DO
- Anthony Will, DO
- Katherine Worden, DO
- Sheldon Yao, DO
- Barbara Zajdel, DO



- Nicole Aichele
- Claudia Amend
- Sebastian Belz, MSc (A), DO, MRO
- Andrea Bialucha
- Almut Boltz
- Kirsten Brix, DO, MRO
- Eva Buchholz
- Katharina Engemann, DO MRO
- Nora Ern, BSc
- Marina Fuhrmann, MSc (USA), DO, MRO
- Simone Kurbel
- Jacob Maats
- Andrea Menges, DO, MRO
- Eva Nunnemann
- Angela Reißmann
- Isabella Ritter
- Kim Rolshaven, BSc (GB)
- Denis Rother, DO, MRO
- Katrin Rother, DO, MRO
- Yvonne Roy
- Frank Scheuchl, MSc (A)
- Jan Schneidereit, MSc Paed Osteopathy (GB)
- Meike Schulz
- Hanspeter Steiner
- Martin Verhoff, MSc
- Claudia Weishaupt
- Richard Weynen, BSc PT (NL), DO (B), MRO

We will report additional study information in early November and detailed results will be given during the DO-Touch.NET Annual Meeting that will be held in March in Dallas, TX, just prior to the AAO Convocation.



Katherine A. Worden, DO MS
Board Certified NMM/OMM, FP and SPOCF

member spotlight

The steps that brought me to become a Clinician doing research:

To paraphrase Robert Kennedy, “If not us, who? If not now, when?” Osteopathic medical students, even myself at one time, have been asking their professors to “show me the research”. The 10-year Strategic Plan for Osteopathic Research set forward by Paul Standley, PhD, and Brian Degenhardt, DO, has challenged all of us to create a culture of research in osteopathic medicine. So how did one girl from a small Midwest town in the 70s, with no professional female role models, contribute to research in osteopathic medicine?

I had to work my way through school, which led me to be a CO-OP work student in Biology at a USDA research lab studying dsDNA fungal viruses. As a result, I received an NSF award to study virology at the U of Chicago. I worked on creating defective Herpes virus particles manipulated by recombinant DNA techniques to form probes to study the cancer promoter gene, Thymidine Kinase. Although I enjoyed being on the forefront of new knowledge, I missed interacting with people. I left to teach biology at a small college, but after a few years I missed the high level science. I found a way to satisfy both my science and non-science sides in osteopathic medicine.

I attended Michigan State U, doing student clerkships in Detroit and my internship at Riverside Osteopathic Hospital. After my family medicine residency, I joined a family practice, using OMT whenever I could. Opening my own OMM practice which became an integrated health center lead me to discover functional medicine (the founder being the son of a DO!). This lead me to work with Andrew Weil, MD, as a faculty member in the first Integrated Medicine Fellowship Program at U of AZ. I was part of a team that received a \$5 million NIH grant to start a pediatric integrated program including 2 research projects using OMT on children (results were published in 2007). Working with athletes in multiple sports taught me the unique ways injuries occur from the biomechanical challenges of each sport. I was blessed to have my greatest mentor, Phil Greenman, DO, FAAO, retire 1 mile down the street from my office to patiently answer my many questions, and help me with my toughest cases.

After 13 more years, I was ready for a new challenge and joined the clinical teaching faculty at Midwestern University AZCOM where I have been for 13 years. Because our OMM Dept. had never done a scientific poster, we learned from our Master’s degree colleagues how to create award-winning posters. I have been the AZCOM OMM Scholars (Fellows) Director for 9 years and use their youth and enthusiasm as the arms and legs for our faculty completing these posters. As the OMM Research Advisor, I started a series of research rotations for our OMM Scholars to help faculty learn by doing more clinical research projects. We also saw the wisdom of becoming part of the DO -Touch.NET practice-based research network, and have had 9 clinicians contribute to their studies. How cool to know we were a part of getting these done for our profession! Our next step is to increase our experience with clinical research, resulting in publications which help the research of our profession grow. I am proud to help teach the next generation of osteopathic educators to integrate research with scholarship and clinical skills for their students. We are all on the same road when it comes to research, but at different mile markers. The important step is just to start, wherever you are, and ask for help from colleagues and mentors.

DO-Touch.NET Advancing Skills in Osteopathy Course (ASO)

The next ASO course for DO-Touch.NET members will be held August 3-5, 2018, in Kirksville, MO. This 20 hour course is valued at \$1,500 USD, but will be offered to DO-Touch.NET members free of charge (CME approval pending). Accommodations can also be secured at a reduced rate, local transportation will be provided, and most meals will be covered by the network. This experience will provide participants with insights about their localization and diagnostic accuracy through hands-on lab experiences. It will provide individualized feedback and enhance the understanding of the science of palpation, pelvic mechanics, and the evidence for biomedical and osteopathic models. While in Kirksville, you will also tour the Museum of Osteopathic Medicine, view the gravesite of Andrew Taylor Still, DO, and visit the Still Family Cabin and the First School of Osteopathy. Our museum staff is passionate about teaching osteopathic history so it will be a tour you will not forget.

This ASO course is offered on a first come basis and is limited to 12 participants, so if this is an opportunity that is of interest to you, please contact Lisa Norman by telephone at 660 626-2443 or email at lnorman@atsu.edu as soon as possible for more details. We look forward to welcoming you to the home of osteopathy and being your hosts in Kirksville.

A.T. STILL UNIVERSITY | ATSU


DO-Touch.NET
 A Network of Doctors Treating with OMM

SAVE THE DATE!

Mark your calendar and plan to attend!

March 20-21, 2018

Dallas, Texas

Don't miss this opportunity to earn 8 AOA Category 1-A CME credits!

DO-Touch.NET Annual Meeting and Educational Seminar

-BREAKING NEWS-

Is OMM Safe and Effective: Network's Research Provides Insight

Course Director: Brian Degenhardt, DO, C-NMM/OMM

Course Topics:

- Global PBRN – Transforming anecdotes into evidence
- New evidence unexpected and provocative
- PBRN overcoming challenges in OMM research
- Research clinicians find excitement in everyday practice
- Scientific revolution in OMM has begun. What is next?

Details and registration coming soon! Go to do-touch.net for updates!

For questions, contact Lisa Norman:
 660.626.2443 or lnorman@atsu.edu.



Accreditation Statement:

A.T. Still University is accredited by the American Osteopathic Association to provide osteopathic continuing medical education programs for physicians.

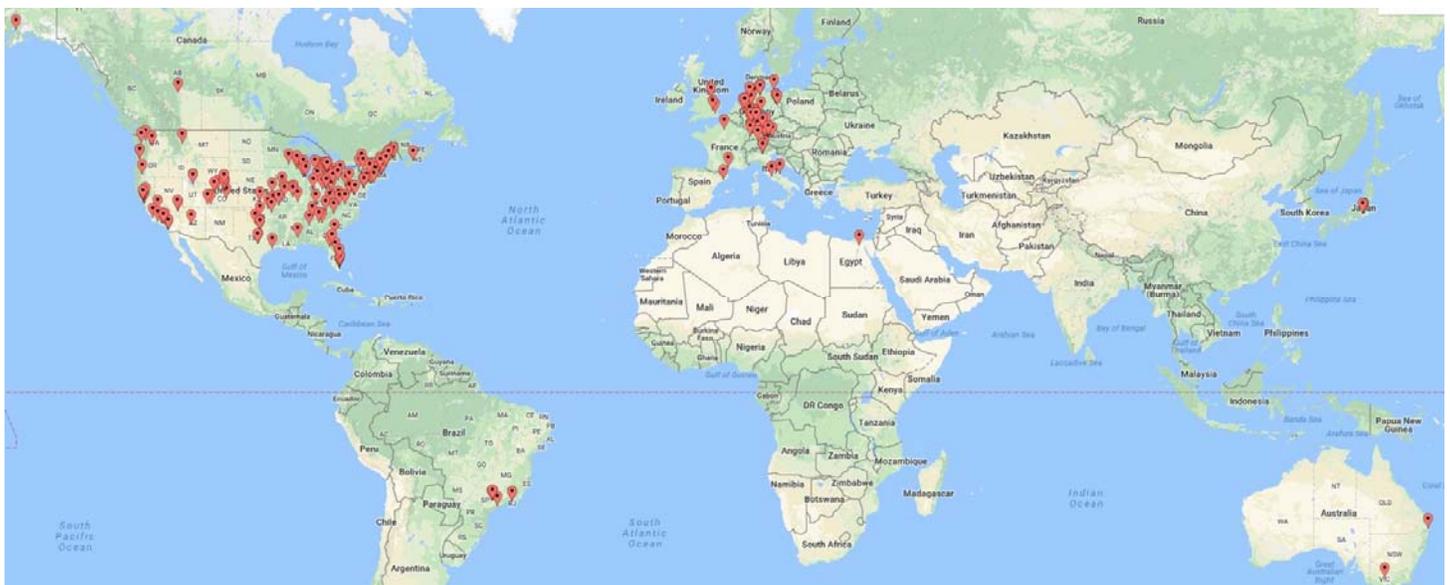
ATSU designates this program for a maximum of 8 of AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.



Pictured above is DO-Touch.NET member Dennis Rother, DO, MRO, rotating through the ASO course.

DO-Touch.NET, in association with the A.T. Still Research Institute (ATSRI) and Fresenius University of Applied Sciences hosted a mini Advancing Skills in Osteopathy (ASO) course at the International VOD Congress in Bad Nauheim, Germany. These are the same models that Fresenius University uses to assess and test their students palpatory skills. All DO-Touch.NET members were welcome to participate and were given feedback after completing the hands-on portion of the program.

DO-Touch.NET Membership Map as of October 2017





German Collaboration

We were once again honored to attend the International VOD Congress in Bad Nauheim, Germany. This was the 20th Anniversary of the Congress titled "STILLalive". With more than 350 participants attending, it was fast-paced, informative, and very exciting for DO-Touch.NET. We had the opportunity to meet with many of our current members and congratulate them on their participation and completion of the "Patient-Reported Adverse Events From Osteopathic Manipulative Treatment" study. Their participation resulted in more than 400 study participants and will be a significant boost to the database and the history of international collaboration for the osteopathic community.

Brian Degenhardt, DO, Director of DO-Touch.NET, updated members on the status of the study during the DO-Touch.NET reception held on Saturday, September 30, 2017. Members who had participated in the Adverse Events study and had 20 participants complete study surveys were awarded certificates for demonstrating their commitment to research in osteopathic medicine.



The VOD DO-Touch.NET team also registered more than 40 new DO-Touch.NET international members. This brings our total membership to 385 and it continues to increase. We are looking forward to future publications and study collaboration.



member spotlight

Almut Boltz

We are our history

I learned of Andrew Taylor Still in my first hour at College Sutherland. He had been a doctor, preacher, and farmer. I felt right at home. In my family, we have doctors, farmers, and a great aunt who bakes wonderful cakes and prays for people to be healed. There is also a line of schnapps distillers, but that is a distant branch of the family.

My path began as an apprentice in physiotherapy close to my home in east Westphalia, a region typical of German health resorts with Kneipp water therapy and strict catholic hospitals. Picture perfect! From there I moved to the then-divided city of Berlin. It was a culture shock! Eighteen months later, the Berlin Wall fell: a real celebration. Berlin, for all its contrasts and extremes, became my chosen hometown.

I then traveled to New Zealand for six months. It was during a hike in drizzly rain that I decided to take up my studies again. I became a student in the newly opened College Sutherland in Berlin. The occupational profile, at the time totally new, was defined by Marina Fuhrmann. With her boundless energy, she campaigned for the German Association of Osteopaths (VOD). She was very successful!

After final exams, my life took off: I opened my own practice with a colleague with whom I continue to work; I met an American doctor who still refers patients to me today; and I have treated patients from all over the world who have taught me to be open minded.

I met my husband, an architect, who sharpened my view of structure and balance. Our daughter arrived and expanded our world. Inspired by them, I began training in pediatric osteopathy. This led me to volunteer in the "Kindersprechstunde," osteopathic consultations for children and infants from low-income families. This experience strengthened my trust in the power and effectiveness of osteopathy. Because of the children, I also worked with their mothers, which awakened an interest in osteopathic gynecology. From that training, a working circle developed, one with which I hope to grow old.

At the 2016 Congress, Marina Fuhrmann stood before me once again, promoting the network, DO-Touch.NET. On that Sunday, as another fine drizzle fell, the Adverse Events study inspired me to become a member. I wasn't sure my questions about side effects would be answered, but I was very curious about the study results.

Berlin is bursting with culture. Opera houses, theaters, orchestras, museums, palaces, and parks – a cultural landscape that leads us through the changing history of our country. Stunning nature, lakes, rivers, and woods to wander, swim, or paddle through. Without these possibilities – or the Wall - Berlin could not have become my home.

I wonder what would have happened if A.T. Still was just a doctor and farmer with a talent for mechanics. Or just a farmer and preacher. Or even preacher and doctor. Would the field of osteopathy have come about?

And so, I hope that within current German occupational politics we are aware of our own diversity and the opportunities for a lively, curious, and friendly career. We have learned that oxytocin is released through touch. Well then!



Check out our website for more information on our current studies, members, meetings, and more.

www.DO-Touch.NET

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