

DO-TOUCH.NET

Insider

September 2018

From the *director*



Dear Colleagues,

Continuous quality improvement (CQI) is a process to assess what we are doing and how we can do it better. But how is CQI done for osteopathic manipulative care? Traditionally, assessing quality of osteopathic manipulative care was based on the clinician's posttreatment examinations, patient reports of how they felt immediately after treatment, and patient reports when they returned for followup. Looking at these components more closely, the clinician's posttreatment palpation assessment evaluates whether the patient feels less pain when painful areas are reexamined and whether the patient's tissues feel suppler or have more motion or symmetry than before treatment. To ensure quality during this assessment process, the patient would have to be palpated consistently, at the same location, and with similar forces, directions, and durations to make valid comparisons between before and after examinations. Additionally, there can be ambiguity about whether the patient's immediate reports about the effects of treatment are associated with physiologic changes or arise from attention and other nonspecific factors that occur during treatment. At followup, there is a question about whether patients have accurate recall of their symptoms from the initial visit. Or what can be concluded when no followup occurs? This subjective process of clinician and patient assessment has existed for over a century with the assumption that, over time, feedback improves skills and outcomes, but the veracity of this assumption is clearly limited. In this era of CQI, DO-Touch.NET was established and thrived by promoting science and CQI within osteopathy. Every study in DO-Touch.NET has been designed to progressively improve quality of data collected from clinicians and patients and to assess effectiveness and safety of osteopathic manipulative care. CQI will remain in the forefront of every future network study. As for CQI in osteopathic manipulative healthcare, advanced scientific methods for assessing performance and interpretation of diagnostic and therapeutic palpation have been developed by the A.T. Still Research Institute and incorporated into the Advancing Skills in Osteopathy (ASO) continuing education courses regularly sponsored by DO-Touch.NET. This summer, 3 ASO courses were conducted by DO-Touch.NET for clinicians from 3 continents. Several members have now taken the ASO course more than once as a way to personally perform CQI. So how is CQI done in osteopathic manipulative care in the 21st century? It is done through the programming and research of DO-Touch.NET. Stay on the cutting edge of science and CQI in osteopathic manipulative care by being an active member of DO-Touch.NET!

Brian F. Deegenhardt, D.O.

Technique of the Month

Beginning this fall, we will launch a new video series on our website called "Technique of the Month". To improve the rigor of our research, this series will enhance the consistency of reporting osteopathic techniques. Each month, members will be emailed a link to a video featuring a DO-Touch.NET member demonstrating an osteopathic manipulative technique. The video will first be released without audio, and members will be given the opportunity to vote on which category of technique they believe the examiner is performing. Then, the member will be directed to view the video again, this time with audio of the examiner explaining what they are doing. The member will then vote again on which category of technique they believe is being performed. After this second vote, the category of technique will be revealed by the examiner who performed the demonstration. When voting is complete, we will post the results on the DO-Touch.NET website for members to review and discuss. We are excited to bring this new segment to our website! Please contact Lisa Norman if you would like to contribute a video to the "Technique of the Month" series.



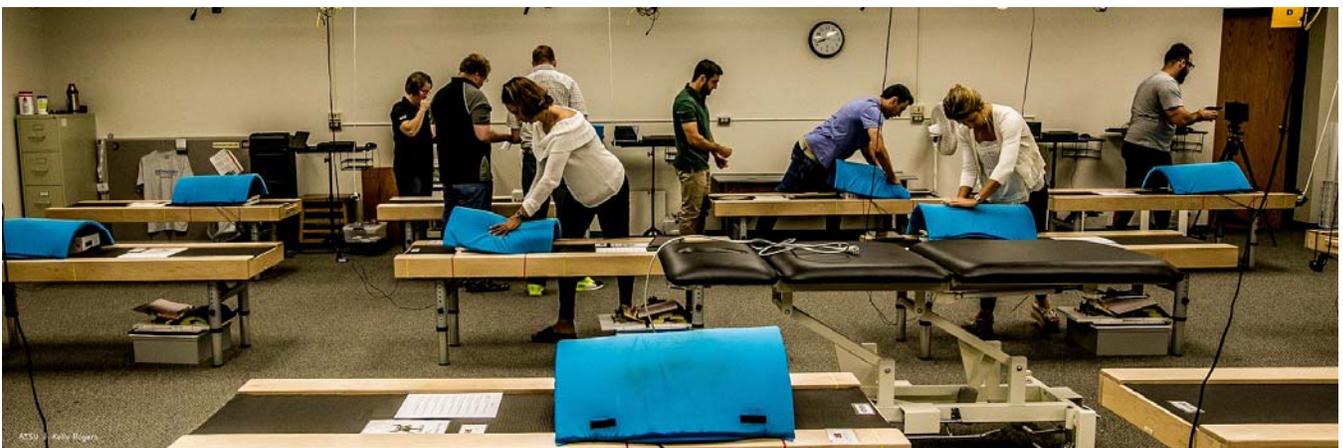
DO-Touch.NET

A Network of Doctors Treating with OMM

The ASO Story

The first Advancing Skills in Osteopathy (ASO) course was held during the summer of 2007. Since then, 22 ASOs, with over 150 attendees, have been held at the A.T. Still Research Institute in Kirksville, Missouri. Each year, advanced technologies are integrated into the program, resulting in a new and exciting experience with each course. Examples of these technologies include infrared motion capturing systems, force and pressure sensors, musculoskeletal ultrasound, digital camera measurement systems, and numerous types of calibrated models. Over \$500,000 has been invested in these systems to make the ASO experience distinctive and stimulating every time.

During August 2018, the A.T. Still Research Institute had the privilege of putting on 3 ASO courses exclusively for DO-Touch.NET members. During these programs, over 10,000 assessments were collected with the associated feedback provided to participants. Each program was filled to capacity. We are currently planning next year's ASO schedule, which can be found in this newsletter. Weekend (20 hours) and weeklong (30 hours) courses will be offered. Please contact Lisa Norman at lnorman@atsu.edu or visit the DO-Touch.NET website, www.DO-Touch.NET, for more information. Alternative times for groups of approximately 10 participants will be considered on a case-by-case basis. We hope you will be able to join us!



2019 DO-Touch.NET Annual Meeting and Educational Seminar



March 12, 2019 (6:30 PM - 9:00 PM)
March 13, 2019 (8:00 AM - 12:00 PM)



Rosen Shingle Creek Resort, Orlando, Florida

In 2019, the DO-Touch.NET Annual Meeting will once again be held just prior to the AAO Convocation. Current DO-Touch.NET members and those interested in promoting or conducting practice-based research with an emphasis on osteopathic manipulative medicine are welcomed and encouraged to attend. The Tuesday evening program will be specifically designed for residents and residency directors who are interested in promoting osteopathic manipulative medicine research in their programs. Registration and payment for the DO-Touch.NET Annual Meeting and Educational Seminar are separate from that of the AAO Convocation. Arrangements for the DO-Touch.NET meeting will be made through DO-Touch.NET and not through the Academy (AAO). Keep an eye on our website, www.DO-Touch.NET, and your email for more information about registration and programming!

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REDCapCON

In August, Jane Johnson, Associate Director of DO-Touch.NET, and Geoffroy -Allen Franklin, Network Data Manager, traveled to Chicago to attend REDCapCon, the annual meeting of members of the REDCap Consortium. For those unfamiliar, REDCap is the software DO-Touch.NET uses for data collection, membership registration, and other surveys. As promoters of osteopathic research, we were encouraged to meet staff from other osteopathic schools attending REDCapCon for the first time and were introduced to lots of exciting ideas to improve our use of REDCap. Several sessions and posters focused on linking REDCap with various electronic health record (EHR) systems for the exchange of information for research and clinical purposes. DO-Touch.NET is working to enable members to review patient-reported outcomes and use those results as part of their clinical decision making. It is clear from REDCapCon that we are on the cutting edge of the inclusion of patient priorities and feedback to improve healthcare. We are starting to test linking REDCap with our local EHR in Kirksville and plan to expand your way in the future.



member spotlight

Regina K. Fleming, DO
Vice Chair, OMM Department, NYITCOM, Jonesboro, Arkansas
Board Certified: Neuromusculoskeletal Medicine and OMM



I had the honor of attending the founding school of osteopathic medicine—A.T. Still University's Kirksville College of Osteopathic Medicine (ATSU-KCOM). During my first year, we had weekly UAAO (now called SAAO) meetings, most often led by Melicien Tettambel, DO. Thanks to her, I was exposed to the wondrous effects of osteopathic manipulative treatment (OMT) on real patients from the start. I will never forget my first UAAO meeting. A classmate brought his wife, who had lateral knee pain and was scheduled for exploratory surgery. Dr. Tettambel examined and treated the knee. One technique she used was named the "fish flop" by a patient of hers because the young boy thought it looked like a fish flopping about when she performed the articulatory technique on his fibula. After treatment, the wife's lateral knee pain was gone. I asked my classmate several days later how his wife was doing. He stated that the pain was still gone and they had canceled the surgery. As a medical student and an osteopathic manipulative medicine (OMM) fellow, I shadowed the OMM doctors in Kirksville every chance I got. It is thanks to their excellence in teaching OMM, their outstanding clinical skills, and their unwavering service to the student body that I am where I am today.

My first taste of clinical research came when I was an OMM fellow at ATSU-KCOM. Together with my mentor, Karen Snider, DO, I published a couple articles. It was during this OMM fellowship that I was introduced to Brian Degenhardt, DO, and had the honor to work with him. Drs. Snider and Degenhardt are prime examples of what we should all strive for. Their tireless dedication to the future osteopathic physicians they teach, to osteopathic research, and to their patients is inspiring. The ripples they have created will be felt for countless generations to come.

I completed my residency in neuromusculoskeletal medicine and OMM in Kirksville with Dr. Snider as my mentor, and together we published another article. My first year out of residency, I became involved with DO-Touch.NET and have since been an active member in 2 of their research studies. Currently, I am working with Jennifer Xie, PhD, to assess the effects of OMT in relieving migraine headaches in a translational rodent model. Osteopathic research is vital for the future of our profession. We are currently living in the era of evidence-based medicine, and it is not enough to tell stories about how our patients improved. No matter how remarkable those stories may be, we need data to support what we do.

Jonesboro and Arkansas, in general, while next door to Missouri, are osteopathically naive. I look forward to bringing OMM to the area by treating my patients and, hopefully, instilling in my students respect and appreciation for OMM. Thus, they may carry the osteopathic torch further into the world.

*SAVE
THE DATE*

2019

Advancing Skills in Osteopathy Courses

May 6-10, 2019

July 22-26, 2019

August 9-11, 2019

September 23-27, 2019

**** Program dates subject to change based on enrollment.**



German

Collaboration

On August 6, 2018, 12 members of the VOD arrived in Kirksville to begin an adventure in osteopathic manipulative training by attending our Advancing Skills in Osteopathy course. Those attending included Amelie Amrhein, Almut Boltz, Katharina Engemann, Jana Eulenberg, Isabelle Franckaert, Marina Fuhrmann, Claudia Kircher, Harald Münster, Angela Reißmann, Irmgard Rhese-Wittek, Katrin Rother, and Ute Weins. If you have the opportunity to ask any of these members about their DO-Touch.NET adventure, please do! It was a great time for them to learn more about osteopathy and advance their palpation skills. We are sure they would enjoy sharing information about their ASO experience. We are looking forward to seeing them again at the 21st International Kongress in Bad Nauheim! Please stop and say hello to us at our booth at the Kongress!!!!!!!



member spotlight

Angela Reißmann

I look back at my life and am grateful for the friends who have supported me on the way to my work in healthcare. I started my education as a physical therapist in 1993, where I first glimpsed the medical world. Following my state examination, I spent my practical year in a rehabilitation clinic and then started work in a physical therapy practice in 1996.

Five years later, I often reached the limits of my treatments and felt at a loss. It was recommended that I look into the “gentle treatment method” called osteopathy. Until that day, I had not heard about osteopathy but was immediately curious. Two weeks later, I registered at the Sutherland College of Osteopathy in Schlangenbad, and a whole new world opened up for me. I had a new way of thinking about treating patients, health, and the universe in general. I felt like I was on an adventure trip, discovering new perspectives and interpretations of anatomy, physiology, embryology, and diseases and about what health means. The philosophy of, for example, “health is already there, you have to do nothing” seemed very strange to me initially.

In 2004, I passed the state exam and received my admission as a practitioner of natural medicine; in 2006, I passed my final exam by the boards of examiners of College Sutherland and the BAO e.V. and received my admission as a state-recognized osteopath. From 2006-2011, I had the great chance to work in the practice of Marina Fuhrmann in Wiesbaden. This was a wonderful and professionally enriching time.

Today, I work in my own practice about an hour away from Frankfurt. I live in a small village that is quiet, calm, and close to nature. In my free time, I like to sing in the choir, and I'm happy harvesting vegetables and herbs in my garden and reading books to relax. I can walk or bicycle over the fields to my work. When I look out the window of my treatment room, I can see the sky, hear the birds singing, and see the wind in the trees. I am very lucky to live in such an idyllic environment. Sometimes I can feel what A.T. Still meant by saying, “God is in nature”.

Over the years, I took part in various continuing education courses, conferences, and specializations, such as Strain Counter Strain with Dr. Devine and Pediatrics in Vienna, but 3 years ago I started to feel unsteady and that I was missing something in my work. At that time, I got to know Dr. Brian Degenhardt and Lisa Norman in Idstein, where they presented the work of DO-Touch.Net. I was immediately interested and became a member of DO-Touch.Net. In 2016, I took part in the “Patient-Reported Adverse Events from Osteopathic Manipulative Treatment” study.

I really must say, not only was it fun, but I was surprised and pleased about my patients' readiness to take part in the study. I also felt I was asked to be more precise in the execution of my treatment techniques and to review the diagnoses and their relevance for the treatment of my patients.

This year I had the chance to visit Kirksville by invitation from DO-Touch.Net with the German group from VOD and participate in the Advancing Skills in Osteopathy course. I felt so honoured and deeply moved to be where osteopathy began. It was a very intense and great time for me. My palpation skills improved and I learned how my body posture related to the patient, how it affects my palpation results, and how to correct my posture. In my practice, I take more time now for a detailed examination and include the vertebrae in my treatment more often. My colleagues and I would like to expand our scientific research with DO-Touch.NET in Germany. I'm very grateful to them for sharing their knowledge with us and for all the support given by Brian Degenhardt and his team. At the moment, I can't be nearer to “Dig On”.



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