Novel Osteopathic Model: A Tool For Teaching
Homeostatic Balance And Functional Health

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What is Osteopathy? ...practically
What is Osteopathic Medicine?

Osteopathic medicine is a distinct form of medical practice in the United States.

Osteopathic medicine provides all of the benefits of modern medicine including prescription drugs, surgery, and the use of technology to diagnose disease and evaluate injury. It also offers the added benefit of hands-on diagnosis and treatment through a system of treatment known as osteopathic manipulative medicine. Osteopathic medicine emphasizes helping each person achieve a high level of wellness by focusing on .... Read more
Mind
Body
Spirit

Holistic
Bio
Psycho
Social

Foundations of Osteopathic Medicine, 3rd edition
Questions Facing DO Educators Today

What is my goal?
- Teach Osteopathic medicine

Who are my learners?
- OMS
- Residents (DO, MD)
- General population

What is my training/expertise?
- DO
- MD
- PhD
How do these models influence DO education?

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Novel Osteopathic Model

Defines functional health as the balance/homeostasis among overlapping mind, biochemistry and structure components
Mind
- Intangibles
  - e.g., mental, emotional, social, QOL

Biochemistry
- Chemical interactions, reactions
  - e.g., endocrine, nervous, immune, micro, nutrition, pharm

Structure
- Physical support mechanisms
  - e.g., anatomy, histology
Poor Functional Health and Disease

Defined by a loss of balance among components
Assessing Balance

Guides physician areas of concern for evaluation
Restoring Balance

Guides physician areas of concern for intervention
Mind Interventions
e.g., Sleep and stress-management, empathy, counseling, patient-centered interviewing

Biochemical Interventions
e.g., Nutrition, medicine

Structural Interventions
e.g., Exercise, osteopathic manipulative medicine, surgery
Maintaining Balance

Guides self-care

(e.g., sleep, nutrition, exercise)
Plays Well with Others

Additional models of health and disease can be layered on this model
Educational Framework

Offers a framework for developing and delivering osteopathic medical curriculum
Benefits of New Model

Osteopathic Medical Education
• *Simple*
• *Introductory*

Osteopathic Medical Practice
• *Informs comprehensive differential*
• *Informs treatment plan that targets functional health*
• *Patient communication tool*

Osteopathic Medical Profession
• *Represents the DO profession outward*
“Osteopathic Medicine is the deliberate understanding that functional health is the overlapping of the Mind, Biochemical, and Structural elements of being human and that the DO is responsible to address these 3 areas in their patients.”