AACOM’s Doctors & What They DO program is designed to benefit 3rd-6th graders and seeks to educate participants about health, wellness and the osteopathic medical profession.

Carefully designed to inspire the next generation of doctors, the lessons and curricular resources in this workbook are aligned with Common Core State Standards and were developed by AACOM in partnership with educational consultants Rachel Koval, MEd and Kathryn Murphy, MEd. Ms. Koval and Murphy have trained all the participating osteopathic medical student instructors to ensure they are fully equipped to teach the material.
Doctors & What They Do

Lesson 1

Let's Talk About Health
ACTIVITY #1
Complete this Frayer Model for the term “HEALTH.”

- Definition of Health
- Characteristics of a Healthy Lifestyle

- Examples of Good Health
- Non-Examples of Good Health
LESSON 1: HEALTH

NAME:

ACTIVITY #2
Draw a picture of what comes to mind when you think of "HEALTH."
WHAT IS A MEDICAL PROFESSIONAL?
NAME:
________________________________________

ACTIVITY #1
List the different types of medical professionals you know.

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ACTIVITY #2
Add circles to the web with as many medical professionals as you can think of. Write the medical professionals inside of the circles.
LESSON 2: MEDICAL PROFESSIONALS

NAME:

ACTIVITY #3
List the different types of medical professionals you know.

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Doctors & What They Do

Lesson 3

WHERE DO PHYSICIANS WORK?
NAME: _______________________________  

**ACTIVITY #1**  
List the different places where physicians work that you know.

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ACTIVITY #2
Match these physicians with their place of work and the tools they use. (Multiple correct answers)

<table>
<thead>
<tr>
<th>PHYSICIAN</th>
<th>PLACE OF WORK</th>
<th>TOOLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pediatrician</td>
<td></td>
<td>A. Stethoscope</td>
</tr>
<tr>
<td>Dermatologist</td>
<td></td>
<td>B. Thermometer</td>
</tr>
<tr>
<td>Radiologist</td>
<td></td>
<td>C. X-Ray Machine</td>
</tr>
<tr>
<td>Family Physician</td>
<td></td>
<td>D. Syringe</td>
</tr>
<tr>
<td>Surgeon</td>
<td></td>
<td>E. Face mask/Rubber Gloves</td>
</tr>
<tr>
<td>Psychiatrist</td>
<td></td>
<td>F. Hospital bed</td>
</tr>
<tr>
<td>Obstetrician</td>
<td></td>
<td>G. Scrubs</td>
</tr>
<tr>
<td>Anesthesiologist</td>
<td></td>
<td>H. Ventilator</td>
</tr>
</tbody>
</table>

PLACES
1. Hospital
2. Military Hospital Ship
3. Private Office
4. Urgent Care Facility
5. Emergency Room
6. Research Facility
7. Remote Doctor (online)
8. Mobile Clinic

TOOLS
Doctors & What They Do

LESSON 4

WHAT DO PHYSICIANS DO?
**ACTIVITY #1: Mock Patient Cards**

**PATIENT 1**
- **Patient Name:** Charlotte
- **Patient Age:** 10
- **Patient Height:** 55 inches
- **Patient Weight:** 70 lbs.
- **Symptoms:** runny nose and itchy eyes
- **When Symptoms Began:** when springtime began

**PATIENT 2**
- **Patient Name:** Dima
- **Patient Age:** 11
- **Patient Height:** 57 inches
- **Patient Weight:** 82 lbs.
- **Symptoms:** ankle is sore
- **When Symptoms Began:** when patient fell down during a soccer game

**PATIENT 3**
- **Patient Name:** Malik
- **Patient Age:** 13
- **Patient Height:** 62 inches
- **Patient Weight:** 101 lbs.
- **Symptoms:** throwing up, headache, and fever
- **When Symptoms Began:** after eating dinner last night

**PATIENT 4**
- **Patient Name:** Saanvi
- **Patient Age:** 12
- **Patient Height:** 59 inches
- **Patient Weight:** 92 lbs.
- **Symptoms:** sore throat, coughing, stuffy nose
- **When Symptoms Began:** 3 days ago, and symptoms are getting worse

**PATIENT 5**
- **Patient Name:** Hsu-Lan
- **Patient Age:** 14
- **Patient Height:** 63 inches
- **Patient Weight:** 105 lbs.
- **Symptoms:** painful, itchy, red, swollen hand
- **When Symptoms Began:** after being stung by a bee this morning

**PATIENT 6**
- **Patient Name:** Emilio
- **Patient Age:** 9
- **Patient Height:** 52.5 inches
- **Patient Weight:** 62 lbs.
- **Symptoms:** red, goopy, itchy eye
- **When Symptoms Began:** after a friend’s birthday at an indoor trampoline park
ACTIVITY #1
Examine your patient and complete the chart.

**PHYSICIAN VISIT GUIDE**

- **Patient Name:** _____________________________  **Patient Age:** ______
- **Patient Height:** ______  **Patient Weight:** ______

**Symptoms:**

Describe what is bothering the patient.

**When symptoms began:** _____________________________

**PHYSICIAN INFORMATION**

- **What do you think is making this patient sick?**

- **Recommended treatment:**

- **When can this patient expect to feel better?**
NAME:

ACTIVITY #2
Sort in order. (Multiple right answers)

- Predict when the patient will feel better.
- Determine the best treatment for the patient.
- Prevent illnesses.
- Identify what is making someone sick.
- Collaborate with many other medical professionals while treating patients.
Doctors & What They Do

Lesson 5

Let's Talk About Skills
NAME: ________________________________

ACTIVITY #1
What quality/skill you think is most important for a physician to have?

- Academic knowledge
- Communication skills
- Interpersonal skills
- Professional skills

What patterns do you notice?

________________________________________________________________________

________________________________________________________________________

Why do you think certain answers were more popular? Less popular?

________________________________________________________________________

________________________________________________________________________
ACTIVITY #2
Complete your resume.

OBJECTIVE: TO BECOME A DOCTOR OF OSTEOPATHIC MEDICINE.

ACADEMIC KNOWLEDGE

Experience: ____ years of school

Courses completed in school:

SKILLS

Interpersonal Skills:

Professional Skills:

Communication Skills:
ACTIVITY #3
Complete the following.

NAME:

Skills/qualities discussed in today’s lesson that you think you possess:

Reasons why physicians need to have good communication skills:

Skill/quality discussed today that you would like to work on in yourself:
WHAT DO PHYSICIANS STUDY?
**ACTIVITY #1**
Sort these words into categories.

<table>
<thead>
<tr>
<th>Multiplication</th>
<th>Government</th>
<th>Decimal Point</th>
<th>Community</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triangle</td>
<td>Laws and Legislation</td>
<td>Ruler</td>
<td>Atlas</td>
</tr>
<tr>
<td>Geography</td>
<td>Biology</td>
<td>Language</td>
<td>Research</td>
</tr>
<tr>
<td>Chemistry</td>
<td>Paragraph</td>
<td>Microscope</td>
<td>Pen</td>
</tr>
<tr>
<td>Revise</td>
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</table>

<table>
<thead>
<tr>
<th>CATEGORY #1</th>
<th>CATEGORY #2</th>
<th>CATEGORY #3</th>
<th>CATEGORY #4</th>
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ACTIVITY #2

List the ways that these school subjects help prepare physicians.

**STATION 1:** HOW DOES STUDYING ENGLISH/READING/WRITING IN SCHOOL PREPARE SOMEONE TO BE A PHYSICIAN?

**STATION 2:** HOW DOES STUDYING SCIENCE IN SCHOOL PREPARE SOMEONE TO BE A PHYSICIAN?

**STATION 3:** HOW DOES STUDYING MATH IN SCHOOL PREPARE SOMEONE TO BE A PHYSICIAN?

**STATION 4:** HOW DOES STUDYING SOCIAL STUDIES IN SCHOOL PREPARE SOMEONE TO BE A PHYSICIAN?
NAME:

ACTIVITY #3
Write an “appreciation” post-it note for a classmate.
LET'S TALK ABOUT MEDICAL SPECIALTIES
## Medical Specialty Word Bank

### Allergy & Immunology
- Allergies, other diseases

### Emergency Medicine
- Emergency care

### Family Medicine
- General family care

### Ophthalmology
- Eyes

### Otolaryngology
- Head and neck surgery

### Pediatrics
- Children’s medicine

### Dermatology
- Skin

### Neurological Surgery
- Brain surgery

### Obstetrics
- Babies

### Orthopedic Surgery
- Bones, muscles

### Pathology
- Blood and fluid testing

### Surgery
- General Surgery

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**ACTIVITY #1**

Watch the video clips and identify the medical specialties of the different physicians.

<table>
<thead>
<tr>
<th>This physician is a doctor of:</th>
<th>I think this is their specialty because they said:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
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<td>2</td>
<td></td>
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<td>3</td>
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<td>4</td>
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<tr>
<td>5</td>
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<td>9</td>
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<td>10</td>
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</tr>
</tbody>
</table>
NAME:

ACTIVITY #2
Summarize what you learned about your favorite medical specialty in 20+ words.

# of words: _____ x 10 cents = _____ cents or $_____
WHAT PROFESSIONALS WORK WITH PHYSICIANS?
ACTIVITY #1
Reflect on each statement and decide how much you agree.

Statement 1: Physicians interact with nurses every day.
- Strongly Disagree
- Strongly Agree

Statement 2: Transport (ambulances, helicopters, etc.) is essential to healthcare.
- Strongly Disagree
- Strongly Agree

Statement 3: All nurses do the same type of work.
- Strongly Disagree
- Strongly Agree

Statement 4: If you go to the hospital with a broken shoulder, you will likely see a physical therapist, an orthopedic surgeon and an imaging technologist.
- Strongly Disagree
- Strongly Agree

Statement 5: Some people that work in healthcare never interact directly with patients.
- Strongly Disagree
- Strongly Agree

Statement 6: If medical or non-medical professionals do not communicate well with each other, the patient suffers.
- Strongly Disagree
- Strongly Agree
ACTIVITY #2
Write a diary entry from the perspective of a physician about their day.

The diary entry will include:
☐ 2+ tools they used to help do their job
☐ 2+ patients they treated (be creative!)
☐ 2+ medical professionals they collaborated with
☐ 1+ non-medical professional they collaborated with
*As you complete each goal, give yourself a check mark in the boxes above :)
Dear Diary,

I am working in the Family Medicine Clinic today and seeing a lot of wonderful patients. There are so many things that keep my spirits up in medicine and today is a great example. My day started with a check in with one of my favorite success stories. It always warms my heart to see a patient change their life for the better. One patient has struggled with mental illness and was previously homeless. After coming in and letting us treat him and connect him to community resources like job coaches, he has a great medication that has helped so much. He even now has a job and is doing great! He is a brilliant person who just needed help getting on the right track. After checking his temperature with a thermometer and checking his heart with a stethoscope, he was good to go.

Next, I saw a patient that has been feeling ‘down in the dumps,’ especially with stress around the holiday season. Pretty soon she started to lose her appetite and could only bring herself to eat fast food. That diet ended up making her feel even worse, physically and emotionally. We had a great discussion about the challenges of improving diet and she is motivated to make a change. Similarly, I challenged a patient who is trying to lose weight to avoid any drinks other than water, unsweet tea, or black coffee for 6 weeks and see if that helps. He smiled and said ‘doc, we’ve got a deal!’ I also reached out to a dietitian to help us put together a treatment plan.

These are the kinds of relationships and follow-ups that makes being a physician fantastic. Even on difficult days, days like today remind me that a caring person can help by prescribing medications, offering advice, or simply listening. I’m also always grateful for the amazing nurses who staff the clinic, I know I wouldn’t be able to give my patients the best care without them.

Sincerely,
Dr. James
SLIP: The Most Interesting Thing I Learned Today Was...
Wrap up the lesson by reflecting on what they learned.

The most interesting thing I learned today was:

Because:
LET'S TALK ABOUT MEDICAL SCHOOL

Lesson 9
ACTIVITY #1
Put the following educational milestones of a physician in order and match them with their purpose.

MILESTONE

- Graduate High School
- Earn a Bachelor of Science or Arts Degree / Take entrance exams
- Take Boards Exams
- Complete Residency
- Become an Attending Physician
- Complete Clinical Rotations
- Take High School Anatomy, Biology, Chemistry
- Start Treating Real Patients
- Become a Physician

PURPOSE

A) To get into college or a university
B) To apply for medical school
C) To prove that you learned everything you needed to in medical school
D) To learn under an experienced doctor
E) To help other resident physicians succeed in residency
F) To learn about a bunch of specialties within medicine that you could focus on as a physician and find out what you enjoy
G) To learn the basics of the human body and how it responds to medicine and treatment and illness
H) To use all your hard earned knowledge to help people
I) Because you passed medical school and your exams
How is a DO like an MD?

- DOs and MDs both go to medical school.

- DOs and MDs both help people feel better when they’re sick or injured.

- DOs and MDs both learn medicine in a classroom and by practicing with and observing other health professionals.

- DOs and MDs both treat patients in doctors’ offices, hospitals and clinics, conduct research in labs or teach future doctors in medical schools.

What makes a DO different?

- DOs are trained to use their hands to diagnose and treat patients with or without medicine.

- DOs learn from a primary care, or whole person, perspective.

- DOs care for people’s minds, bodies, and spirits.

- DOs work in all environments, with many DO’s serving in underserved communities, where it can be harder to get medical treatment.
ACTIVITY #2
Analyze the similarities and differences between the healthcare approach of a DO and an MD.
Let's Talk About Technology
ACTIVITY #1
Identify the technology used in each medical photo and consider how the technology has changed doctors’ abilities to help patients.

This technology is called

And it helps a physician treat patients because it

This technology is called

And it helps a physician treat patients because it
ACTIVITY #1
Identify the technology used in each medical photo and consider how the technology has changed doctors’ abilities to help patients.

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NAME: ________________________________
ACTIVITY #1
Identify the technology used in each medical photo and consider how the technology has changed doctors’ abilities to help patients.

This technology is called

And it helps a physician treat patients because it
ACTIVITY #2
Create interview questions for a physician using the Good-Better-Best question model.

EXAMPLE: If I want to know where a physician got their degree...
Good: Where did you go to school?
Better: Where did you go to medical school?
Best: Where did you go to medical school, and why did you choose to go to that school?

QUESTION 1
What do you want to know? ____________________________________________________________
Good: ____________________________________________________________
Better: ____________________________________________________________
Best: ____________________________________________________________

QUESTION 2
What do you want to know? ____________________________________________________________
Good: ____________________________________________________________
Better: ____________________________________________________________
Best: ____________________________________________________________