

Bringing OMT to the Streets: Osteopathic Manipulative Treatment for Cleveland's Homeless

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Introduction

- Doctors on the Streets (DOTS) is a medical student led organization through Ohio University Heritage College of Osteopathic Medicine that works in conjunction with the Cleveland Clinic Family Medicine Residency.
- DOTS provides free supplemental medical services and OMT to those experiencing homelessness in Cleveland, Ohio every Friday from November to April.
- Services offered include offering OTC medications, vitals checks, glucose checks, basic wound care, basic foot and nail care, and OMT.

The Challenge

- Access to medical care, personal care items, and affording OTC medications for those experiencing housing insecurity can be a difficult task
- Developing unique opportunities for osteopathic medical students to perform hands-on osteopathic manipulative therapy (OMT) outside of their respective training laboratories
- The solution: Providing both supplemental medical care and incorporating OMT into our weekly DOTS clinics at two homeless shelters in Cleveland, Ohio

Objectives

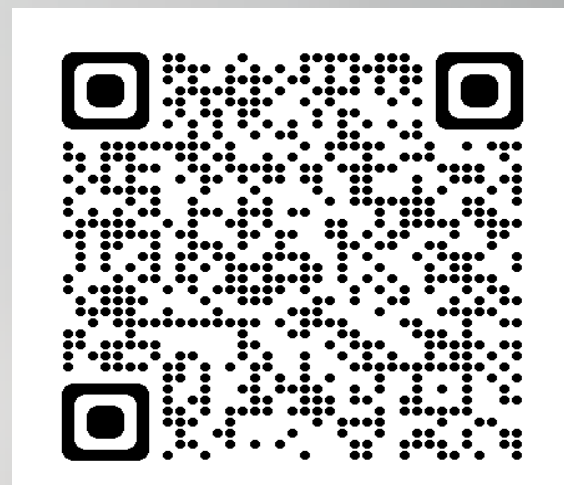
- Learn about the cycle of homelessness in Cleveland, OH in order to better understand and care for this vulnerable population in a culturally competent and holistic way.
- Incorporate the fundamental tenets of Osteopathy into Doctors on the Streets (DOTS) by adding OMT into our free clinic services.
- Identify and discuss how to provide more learning opportunities and OMT experiences for medical students.



Image 1: and 2 : Guests receiving OMT by volunteer residents and medical students.



Osteopathic medical schools and residencies should provide OMT to the housing insecure population.



Take a photo to see full poster.



Medical Students	Residents		Attending	
	DO	MD	DO	MD
107	16	8	7	10

Table 1: Table presents cumulative number of volunteers by position (medical student, resident, or attending physician) across both service locations, from November 2022 through March 2023.

Guests Served	OMT Encounters	Percentage of Guests Receiving OMT
117	71	60%

Table 2: Table represents the total number of guests served, number of OMT visits done and what percentage of our visits included OMT from November 2022 through March 2023.

“Volunteering with DOTs reminded me of our shared humanity and the deep disparities that exist in our social and healthcare systems. Although I talked to patients about colds, aches, and pains, we spent even more time talking about their lives. Those human connections can be healing for both parties involved.”

- Anonymous OMS II

“I absolutely love getting to participate in DOTs – no matter how stressful, long or tiring my week has been, those Friday night hours always manage to brighten my mood and become the highlight of my week. Regarding the medicine, the lessons I’ve learned from DOTs have fundamentally shaped the type of physician I strive to become. This has far surpassed anything I’ve acquired within a classroom.”

- Anonymous OMS III

“... I know that you don’t have any (immediate) solutions to my problems.... And that’s okay. Because what I really needed tonight was for someone to listen. And you did that.”

- Anonymous Guest

Limitations to Providing OMT

- Lack of full medical history & access to medical records.
- Uncertainty regarding etiology of pain.
- Inability to secure imaging prior to OMT.
- Given these limitations, OMT primarily involved indirect techniques (i.e., strain-counterstrain) or gentle massage.

Future Plans

- Creating a model to sustain clinic offerings throughout the summer months.
- Involving other local residencies to provide more learning experiences.