



FAMILY MEDICINE RESIDENCY
OF IDAHO

Osteopathic Curriculum

Objective: Develop a standardized, longitudinal curriculum for Osteopathic residents who wish to continue their training in Osteopathic Manipulative Medicine.

Current Goals:

- Monthly opportunities for OMT clinic
 - o Offered 1-2 times per month at the Meridian clinic
 - o Future plans for weekly OMT clinic staffed at Meridian and Raymond.
 - o Currently available for osteopathic residents. Working towards opening it up to all residents in the future depending on staffing, interest.
- Quarterly Osteopathic-focused journal club: Wednesday evenings hosted by DO faculty.
 - o Plan to start January 2018
- Textbooks/learning materials: OMT manuals at each clinic site. Working on purchasing spine models, TENS unit, and possibly a percussion hammer.
- Didactics:
 - o OMT-focused 4th Half Day Conference every other year
 - o Quarter Day Conference annually
 - o Osteopathic manipulation in pregnancy: MCH lecture second half of the year.
- Osteopathic Committee: run by at least one resident and faculty, to meet throughout the year and troubleshoot any Osteopathic-related matters at FMRI.
 - o Current leadership: Dr. McCormick (R3); Dr. Shepherdson (Faculty)
- Fascial Distortion Model as an *optional* twice monthly clinic for DO's and MD's interested- as led by trained PT from community.
- Creation of an OMT Elective
 - o Work in OMT clinic
 - o Partnering with Osteopathic physicians in the community.
 - o Opportunity to host a lecture or journal club

Future goals:

- Provide each Osteopathic resident with the same OMT manual for standardization
- OMT resident after-clinic meetings to share techniques, practice skills
- Strengthening involvement with the Idaho Osteopathic Physicians Association (IOPA), including conference attendance and presentations
- Partnerships with Idaho College of Osteopathic Medicine once opened

Textbooks:

- *Foundations of Osteopathic Medicine*. American Osteopathic Association; 3rd Edition
- *OMT Review*. Savarese, Robert; 3rd Edition
- *Pocket Manual of OMT: Osteopathic Manipulative Treatment for Physicians*. Essig-Beatty, David et. al.; 2nd Edition.