

### **Osteopathic Principles and Practice Educational Track**

In May, 2016, the Marian Family Medicine Residency Program received Osteopathic Recognition through ACGME. Our program continues to offer an Osteopathic Principles and Practice Educational Track within the residency at Marian Family Medicine Residency in Santa Maria, California.

#### **Program Goals:**

Continuing the original vision of educating students and residents who are highly skilled to participate in comprehensive primary care on the Central California Coast, we broaden the scope of our training to offer the unique curriculum comprised of numerous educational experiences designed to strengthen knowledge of osteopathic principles and practice and manual medicine skills.

Through a variety of innovative curricular experiences integrated throughout the three years of residency (see below), family physicians graduating from this training track will have a unique and specific set of knowledge and skills that will make them highly skilled primary care physicians capable of approaching patients with in-depth knowledge of osteopathic principles and strong skills-based approaches to acute and chronic medical conditions.

#### **Logistics:**

##### **Requirements:**

1. Participate in assigned activities including: didactic sessions, conferences, assigned OMT clinics, didactic presentation assignments, subspecialty clinics and inpatient assignments.
2. Complete one osteopathically focused scholarly activity project:
  - Resident-led didactic with integration of OPP
  - Resident-led workshop with integration of OPP
  - Resident-led journal club with osteopathic content

Or completion of scholarly activity co-prepared with program faculty with osteopathic content:

- Topic presentation at a regional, state or national meeting
- Presentation of case at grand rounds with inclusion of discussion of OPP concepts
- Publications, including-articles, book chapters, abstracts, or case reports in peer-reviewed journals
- Publication of peer-reviewed performance improvement or education research
- Peer-reviewed funding
- Peer-reviewed abstracts presented at regional, state or national specialty meetings
- Leadership in a regional, state or national osteopathic-related organization

##### **OMT clinic:**

Residents in osteopathic track will be assigned to OMT clinic as schedule permits. On average residents are schedule twice monthly. Patients from residents' continuity panel can be scheduled for OMT during continuity clinic or in OMT clinic. Patients will be scheduled for 30 minutes. Initial visit will include history and osteopathic structural exam, discussion of treatment plan and treatment as time permits.

##### **Rotations that include Osteopathic Manual Medicine educational experiences:**

Inpatient Family Medicine Service: Resident will present 1-2 patients per month during the inpatient service with complete osteopathic assessment and plan.

## **FAQ**

### [How does the OPP Educational track fit in with the other usual, required residency rotations? Does this take the place of any rotations?](#)

This is a longitudinal curriculum, meaning that residents learn the additional educational material gradually over all 3 years and the information is integrated into a variety of the core family medicine rotations. OPP track residents are given designated time during selected rotations to learn about additional osteopathic approaches relevant to primary care problems. Didactics include weekly hands-on instruction and practice on common somatic dysfunctions and OMM techniques. Quarterly OMM workshops allow residents to dedicate time to learning hands-on skills from OMM specialists. OPP track residents still complete all the same residency rotations as their peers. The goal is first and foremost to help you become a well-trained and highly skilled family physician; this offers you the best groundwork to then apply your additional skills and knowledge in OPP and Osteopathic Manual Medicine to the benefit of your patients.

### [How much time will the program take to complete?](#)

The curriculum is longitudinal over 3 years.

### [Will I use elective time for OPP Track activities?](#)

If you choose to, you may. Our program can be designed to enable residents in the osteopathic track to be eligible for Osteopathic Neuromuscular Medicine programs -formerly "Plus-1" training to achieve board-eligibility for ONMM (formerly NMM-OMM). If you are interested in this option you would be required to use your elective time. Please let our faculty know if you'd like more information on this option.

### [How do I apply? Is there a separate match application?](#)

There is not a separate match application for this track. Students interested in being considered for this track follow all the usual residency applications procedures. When you arrange your interview, simply indicate that you have an interest in hearing more about the Osteopathic Principles and Practice Educational Track. You will have the opportunity to ask more questions about the track during your interview and can tell us at that time if you'd like to be considered for the track.

### [What are the eligibility requirements for MD candidates?](#)

Our program expects that MD applicants will demonstrate some level of preparation for entry into an osteopathic-focused position in our residency program. Such preparation can be demonstrated by:

- Structured basic Osteopathic Principles and Practice training prior to beginning residency at a minimum 200 hours.
- Prior completion of elective rotations in Osteopathic Principles and Practice
- Prior completion of Osteopathic Principles and Practice courses at an osteopathic medical school
- Other experiences and training to enable the matriculated resident to demonstrate entry-level competency for participation in the program

### [What faculty has training or background in osteopathic medicine?](#)

Victor Pulido, DO, is the director of Osteopathic Education and one of the core family medicine residency faculty at MFMR. He is board certified by ABFM in Family Medicine and AOBFP in Family Medicine and Osteopathic Manipulative Medicine.

Scott Piazza, DO is one of our core osteopathic faculty at MFMR. He received his medical degree from Arizona College of Osteopathic Medicine.

Christine Ragay-Cathers DO is our Associate Program Director and core faculty. She received her medical degree from Des Moines University of Osteopathic Medicine.