

The OSU Family Physician

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Oklahoma State University College of Osteopathic Medicine

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...a newsletter published by the Department of Family Medicine for clinicians, teachers, and researchers in family medicine

SPOTLIGHT ON Osteopathic Manipulative Medicine

New OMM Section Head Appointed



John Glover, D.O.

The application of Osteopathic Manipulative Medicine (OMM) principles pervades all aspects of medical education and patient care at the OSU College of Osteopathic Medicine. Thanks to generous support from the **Osteopathic Founders Foundation** and the expertise of new faculty member and OMM Section Head, **John Glover, D.O.**, OMM principles are being further integrated into medical education and practice through the initiation of the OMM inpatient program at TRMC.

Dr. Glover provides inpatient OMM consultation at Tulsa Regional Medical Center and outpatient care at the OSU Physicians Health Care Center. Patient consults focus on improving respiratory function, gastrointestinal function, and post-operative complications such as ileus, in addition to hospital induced neck and back pain. These patient encounters provide important venues for medical education with students, interns and residents who assist with cases. Students, interns and residents learn to recognize and apply appropriate treatment methods through continuous reinforcement of OMM principles throughout the pre- and post-doctoral curriculum.

While all Department of Family Medicine faculty at OSU COM incorporate OMM into their general practices, several Department faculty have accelerated training in OMM, including, **Richard Cooper, D.O., Diana DeFelice, D.O., Robin Dyer, D.O., John Glover, D.O., Ken Graham, D.O., Miriam Mills, M.D., and Harriet Shaw, D.O.** These faculty make up the OMM Section in the Department of Family Medicine.

Dr. Glover joined the OSU COM faculty as the OMM Section Head in the Fall of 1998. He previously held the positions of OMM Section Head at Ohio University College of Osteopathic Medicine, and Chair of the Department of Osteopathic Principles and Practice at The University of Health Sciences in Kansas City. Dr. Glover graduated from the West Virginia School of Osteopathic Medicine, completed a osteopathic rotating internship at Orlando General Hospital, and completed OMM and Family Practice residencies at Ohio University College of Osteopathic Medicine.

WHAT'S NEW...

New Family Medicine Web Page Provides Resources and Information at Your Fingertips

The Department of Family Medicine, with assistance from OSU COM Webmaster, **Hal Collins**, has developed an on-line resource for students, campus-based and community faculty, and the general public. A Departmental Web Page has been designed to provide general information about the Department of Family Medicine and to provide access to medical information, lecture content, and information related to Family Medicine clerkships.

The Family Medicine Web Page, which can be accessed through its own address, <http://osu.com.okstate.edu/FamMed/index> or through the OSU COM Homepage, provides a wealth of information on Family Medicine endeavors, including our pre-doctoral curriculum, residency training programs, patient care, research and scholarship, faculty development workshops, and other efforts. In addition, to these sources of information, users can link to other medical sites and search the medical literature.

Several additional sections of the Family Medicine Web Page are "under construction," including sections devoted to "Preceptor Resources" and "Student Resources." Once completed, the Preceptor Resources section will provide community faculty with on-line access to all the information they need for each of the required family medicine rotations, including the rotation syllabus, preceptor manual, evaluation forms, a directory of other preceptors, student bios, didactic learning materials, information about CME, and a link for submitting questions and comments to Department of Family Medicine administrators. The Student Resources section will provide similar information on each rotation for third and fourth year students. Many of the information in these sections will be exclusively available to preceptors and students, so in the coming months each will receive passwords and instructions on using these new on-line resources.

The Web Page is presented in a user friendly, "menu-driven" format, so information can be reviewed and obtained easily. We encourage you to log on and visit the Department of Family Medicine today - your link to the Department is only a few clicks away!

Message from the Chairman



Charles Henley, D.O., M.P.H.

Welcome to the second edition of the OSU Family Physician, a newsletter for the generalist physician. I would like to take this opportunity to draw your attention to the publication of an article in the *Journal of the American Osteopathic Association (JAOA)* by **Terry Grewe D.O.**, a community family physician, and **Michael Lapolla, Steven Phillips, and Linda Mitchell** from OSU-COM. The article reports on physician resources and distribution within Oklahoma as compared to national data. This is a very important article in that it points out the dangers inherent in not counting osteopathic physicians when collecting data on a state and national level that will ultimately be used to influence policy. The article goes on to correctly state the true relationship of physician strength; both osteopathic and allopathic compared to estimates of need. The implications of making correct projections of physician resources and need are obvious when one considers the legislative agenda, budget cycles, and funding for such programs as the Physicians Manpower and Training Commission. The authors are certainly to be congratulated on their effort and the contribution they have made to osteopathic medicine. This is also an excellent example of what can happen when members of the college and physicians from the community collaborate on projects that are important to all of us. I am hopeful that this will encourage other forms of collaboration, especially in the areas of research and policy formation. Along these lines, we also have an excellent piece from Dr. Shannon Turner about getting started in practice-based research. We hope you enjoy the newsletter, and encourage your comments and contributions.

1999 Winterset Ball to Benefit OSU Women's Health Center

On February 27, the Osteopathic Founders Foundation's annual Winterset Ball was held at the Adam's Mark Hotel. The proceeds of this year's event will benefit the OSU Women's Health Center, an innovative approach to comprehensive health care for under-served women of Tulsa. The theme of this year's Ball was "One Brief Shining Moment," thus providing an appropriate medieval setting for the unveiling of the "Quest to Test," initiative, the primary phase of which aims to educate women about preventive health screening at various points in their lives. The Women's Health Center is scheduled to open mid-May, and will be staffed by Drs. Jimmie Hill, Joan Stewart, Jenny Alexopoulos, and Kala Omstead. It will also utilize the various clinical and research services of Dr. Charlene Johnson, Susan Busillo, Pat Johnson, and Dr. Shannon Turner.

For further information about the OSU Women's Health Center, please contact Dr. Shannon Turner, Research Scientist, at (918) 561-8289, or Jimmie Hill, D.O., at (918) 561-8578.



OSU COM Residents Hit the Books

Starting February of 1999, OSU COM Residents from the OSU Family Medicine Residency Program in Tulsa have the opportunity discuss family medicine issues with Residents from the Durant Family Practice Residency Program through a new "Family Medicine Book Club." With sponsorship from the **Osteopathic Founders Foundation**, the Book Club was initiated to provide a forum for Residents to discuss and dissect assigned readings. This semester will cover Taylor's classic "Family Medicine Principles and Practice."

Stan Sherman, D.O. is a PGYII resident instrumental in the initiation of this new program. "One of the real advantages to the Book Club is that it ensures that all topics are covered," explains Dr. Sherman. "In clinical training each physician's experience is slightly different, the Book Club ensures that all residents get exposure to the same important topics."

The Book Club convenes twice monthly on the first and third Fridays, and is broadcast using videoconferencing technologies available at both the Tulsa and Durant sites. Book Club faculty facilitator **Charles Henley, D.O.** has reviewed the text for the *Journal of the American Osteopathic Association* and believes that this will enhance the quality of the didactic portion of the residency program. "Another benefit of the Book Club," explains Dr. Henley, "is that it brings together residents from Durant and Tulsa which will bring diverse perspectives and experiences to our discussion of family practice principles."

Department Sponsors Workshops on Effective Clinical Teaching Strategies



Dr. Evans (lower right) provides training programs for faculty and residents.

The Department of Family Medicine sponsored a faculty development workshop in late November of 1998 for rural community preceptors. The workshop was held in conjunction with the Fifteenth Annual Family Practice Update in Tulsa. **Paul Evans, D.O.**, Associate Dean of Curricular Affairs, presented the workshop which consisted of two components: "Ambulatory Clinical Teaching - The One-Minute Preceptor" and "Evaluating Clinical Learners." The workshop addressed specific needs, challenges and strategies of rural community preceptors. Attendees received AOA Category 1A credit, resource materials to take back to their practices, and Certificates of Completion.

This workshop was the first in a series of workshops that will be provided for Department of Family Medicine community faculty throughout the year. The next scheduled workshop on Clinical Teaching Strategies will be held in conjunction with the Sixth Annual Primary Care Review for the Family Practitioner on Friday afternoon, June 4, 1999. The workshop will provide attendees with specific tools and information, as well as an interactive forum to share their experiences and hear from other preceptors. Family Medicine Department Chair, **Charles Henley, D.O.** and Associate Dean for Curricular Affairs, **Paul Evans, D.O.**, will share tips and strategies for effective clinical teaching. Two community preceptors, **Laura Miller, D.O.** of Enid and **Thomas Costner, D.O.** of Broken Arrow, will share their teaching expertise and experiences.

All preceptors for the Department of Family Medicine will receive more information through the Primary Care Review Brochure and through a special invitation from the Department. Mark your calendars!

For more information about this workshop, or to communicate ideas for other workshop topics, please contact Teresa Cardador, Director of Educational Programs at (918) 699-8612.

Manual on Osteopathic Techniques Offers Resources for Busy Clinicians

Harriet Shaw, D.O., Clinical Professor and **Robin Dyer, D.O.**, Clinical Assistant Professor, have developed a manual for osteopathic physicians titled "**One-Minute Osteopathic Techniques for the Busy Clinician.**" This 70-page illustrated guide outlines several hands-on musculoskeletal techniques with wide application to common medical situations. The authors present numerous, time-tested methods of manipulation taking only a minute or two, that promote venous and lymphatic drainage, aid circulation, decrease pain and swelling and improve respiratory function. Goals of treatment, examples of clinical uses, and variations on each technique are provided. The manual can be ordered by calling (918)561-8404 or by sending a check or money order for \$25.00 to: SHAW /DYER MANUAL, 3820 E. 51st Street, Suite D, Tulsa, OK 74135. Please include your name and mailing address.

Other available publications by OSU COM faculty include:

Outline of Muscle Energy Techniques, Ken Graham, D.O., OSU COM, 1985.

Strain/Counterstrain Quick Reference, Robin Dyer, D.O.

Counterstrain: A Handbook of Osteopathic Technique, Herbert Yates, D.O. and John Glover, D.O., 1995.

Foundations of Osteopathic Medicine, edited by Robert Ward, D.O., FAAO.

For more information on any of these publications, please contact John Glover, D.O., OMM Section Head at (918) 561-8364.

Practice-Based Research

How To Get Started

Many practitioners view research as a specialized set of behaviors performed in academic institutions by scientists who seldom emerge from their “ivory towers” to participate in the “real world” of clinical practice. These same clinicians may spend hours wondering why particular interventions work wonders for some patients and are useless with others -- but never systematically investigate such questions, because they feel that they “don’t have time,” or “don’t know how.” However, many practitioners are discovering practice-based clinical research, a practical, and relatively easy way for physicians to explore “burning questions” without compromising patient care or their personal lives. Getting started in practice-based research entails only four tools: A good idea one is interested in pursuing, dedicated research time, an understanding of one’s own resources, and direction in the information-gathering process.

Where do good ideas come from? To illustrate: As noted in **Berg, Gordon, and Cherkin (1986)**, “[in the 1950s], Dr. Curtis Hames became intrigued with the unusually high rates of cardiovascular morbidity and mortality in his region. His quest for a reason...has led to more than 100 published reports and has earned for Dr. Hames a worldwide reputation and numerous scientific and civic honors” (p. 2). Good ideas come from one’s daily experience – all physicians have this.

Where does one find dedicated research time? All of us have this, but most of us don’t realize how much time we waste daily, until we track it on a schedule. A good researcher maximizes efficiency by taking charge of his or her days by scheduling blocks of time expressly devoted to literature searches, journal reading/discussion, data analysis, and writing. These blocks may be brief and will obviously not all fit into one day, but they are task-oriented to ensure productivity. How does one garner personal resources for research? Walk around the office – do you have a computer, or at least know someone that does? Do you have an office assistant? Students, retirees, or family members can often be hired to collect, enter and manage data. One does not need considerable funds to test ideas in a sample of willing participants, and university-based researchers will often exchange statistical assistance for access to patient participants. Their experience makes these individuals good collaborators, as well, as the above-mentioned Dr. Hames discovered.

Finally, how does one learn to conduct practice-based research? There are various published resources, and certainly all are welcome to contact OSU-COM’s Department of Family Medicine Research Scientist at the number listed at the end of this article, but much of research involves creative application of everyday information-gathering activities. For example, many physicians have learned a great deal about their patients and their practices by simply adding symptom diaries, or patient satisfaction questionnaires to their protocols. The next step is to tabulate and summarize the results, finally submitting them to a journal that publishes similar work.

With a little curiosity and organization, any physician can conduct research!

Berg, A. O., Gordon, M. J., & Cherkin, D. C. (1986). Practice-based research in family medicine. American Academy of Family Physicians: Kansas City, MO.

For more information about getting started in practice-based research, or to submit an article, please contact Dr. Shannon Turner, Research Scientist in the Department of Family Medicine, (918) 561-8289.



Dr. Shannon Turner directs a weekly Research Seminar Series which provides faculty and residents with practical strategies for starting and maintaining research.

Kudos to OSU-COM Physician Researcher

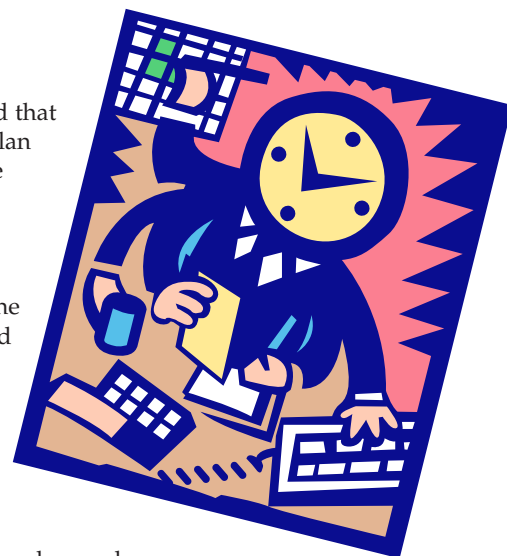
An article authored by Tulsa physician **Terence Grewe, D.O.**, entitled “Oklahoma physician needs” appeared in the Special Communications section of the January 1999 issue (Volume 99, Number 1) of the **Journal of the American Osteopathic Association**. In this article, co-authored by **Michael LaPolla** and **Linda Mitchell** of the **Center for Health Policy Research** and **Steven Phillips** of the **OSU-COM Office of Research**, the issue of primary care physician supply was addressed. Good work!

Tips for Incorporating Teaching into Your Busy Practice

While many clinicians express enthusiasm for the opportunity to teach medical students, one of the most significant concerns often expressed is “How will I find the time to teach in my busy practice?” This article is intended to offer tips on how to accomplish this without diminishing your productivity.

While it is impossible to create more hours in a day, it is possible to identify strategies to organize and manage time more efficiently. These techniques, offered in “*A Practical Guide to Clinical Teaching*,”¹ can help you to integrate teaching into your practice by better controlling your time and work.

1. **Plan Ahead** – Time management experts recommend that you spend 10-15 minutes at the end of each day to plan and prioritize the next day’s activities. You are more likely to have time for teaching if you plan it and schedule it.
2. **Set Goals and Expectations With a Time Frame** – The key ingredient in time management is clear goals and an established time frame for each. Good communication with the student at the beginning of the rotation is important to create clear expectations and to keep both physician and student focused on accomplishing those goals.
3. **Analyze your Workday** – An analysis of how you spend your day may reveal time “wasted” on low priority activities. Identifying “wasted time” activities can help you budget your time more effectively.
4. **Prioritize your Workload** – Let’s face it, you can’t do it all! Prioritize your activities to focus on the most important first. In teaching, you can help the student apply this concept to achieve a limited number of learning objectives each week.
5. **Delegate Responsibilities/Activities** – Most physicians can delegate the lower priority tasks to other staff members, including physicians in training. In reference to teaching, you can delegate responsibilities to your student, and delegate some teaching responsibilities to other health care professionals, and community resources.
6. **Learn to Say “No”** – Effectiveness at work sometimes depends on knowing what NOT to do. Setting limits is essential.
7. **Establish a System to Deal with Interruptions** – Frequent interruptions are a time zapper. Consider which interruptions are avoidable and try eliminate them from your daily routine. Scheduling a block of time, such as teaching time, when you won’t be interrupted can increase productivity.
8. **Manage Meetings** – The key strategy is to use your time efficiently to choose meetings that will help you accomplish your goals.



Good time management techniques will not diminish the significant amount of responsibility that busy clinicians experience. But they can help organize and prioritize work to increase productivity and help busy physicians accomplish their goals.

¹Ellers, B., Editor. “*A Practical Guide to Clinical Teaching*,” University of New England College of Osteopathic Medicine, September, 1998

The OSU Family Physician newsletter is published by the Department of Family Medicine at the Oklahoma State University College of Osteopathic Medicine. We welcome your ideas for articles and features.

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Upcoming Events.....

- Oklahoma Osteopathic Association Annual Convention
April 22-25, 1999, Shangri-La Resort, Afton, OK
- Sixth Annual Primary Care Review for the Family Practitioner
June 4-6, 1999, Downtown Doubletree Hotel, Tulsa, OK
(Special Workshop on Clinical Teaching Strategies will be held June 4, 1999)
- 1999 Society for Teachers of Family Medicine (STFM) Annual Spring Conference
April 28th – May 2nd, Sheraton Seattle Hotel and Towers, Seattle, Washington.

Check out these ON-LINE RESOURCES....

<http://osu.com.okstate.edu/FamMed/index>

<http://griffin.vcu.edu/~dimlist/>

<http://www.ahcpr.gov/>

OSU COM Department of Family Medicine

A comprehensive collection of Web sites
for family physicians

Agency for Health Care Policy and Research



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