Building up a new educational concept for Osteopathy, competency and system based.

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The Logo-Story:

• 2014 we developed the idea of an independent University for Osteopathy and movement science. This university should work interdisciplinary and develop a potential for future projects.

• The answer for the question what could nourish such a potential we found a broad consensus for health oriented sciences.

• The founders wanted to shift the focus from disease towards health.

• Our logo expresses health as orientation. It connects Osteopathy and movement science, which are independent and connected at the same time via health and science.
University for Health oriented sciences
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The founders of the University
• One partner is the DGOM = German Society for Osteopathic medicine
• The other partner is AGF = Academy for Health professionals

The two societies form a non profit company like a foundation
Teaching topics

- Anatomy Embryology
- Science fundamentals
- Ultrasounds and other electives
- Thesis
- Psychosomatic tools
- Diseases from osteopathic perspective
- Movement science
- Osteopathic approaches
- B.Sc. Osteopathic Medicine
Competency based and system based

• The whole curriculum was not only based on hours or single topics like techniques
• We started to define the main competences for an Osteopathic physician and an Osteopath
• There are common competencies, which had already been defined by the OIA and WHO
• Both Osteopaths and Osteopathic physicians work in the complementary medicine area not in the alternative
7 Core competencies for Osteopathy

1. Medical professionalism and complementary medicine
2. Principles and scientific basis of Osteopathic Medicine
3. Personal qualities and skills
4. Clinical practice
5. Patient partnership
6. Practice-Based Learning
7. Systems-Based Practice
Medical professionalism and complementary medicine

1.1. Charta of medical professionalism:

The Charta of medical professionalism is based on three main principles:

1.1.1. Well-being of patient ("salus aegroti suprema lex")
1.1.2. Autonomy of the patient
1.1.3. Medical and social fairness
Medical professionalism and complementary medicine

1.2. Commitments to achieve these principles:

1.2.1. Professional expertise
1.2.2. Honesty to the patient
1.2.3. Professional discretion
1.2.4. Good doctor-patient-relationship
1.2.5. Good treatment quality
1.2.6. Reducing of barriers in patient care
1.2.7. Costs efficiency
1.2.8. State of medical science
1.2.9. Publication of conflicts of interest
1.2.10. Collegiality
Medical professionalism and complementary medicine

1.3. Reliability in standard and osteopathic medical care:

1.3.1. Accurate method for diagnostic and treatment process
1.3.2. Continuous effort for profound medical knowledge and progress of knowledge
1.3.3. Knowledge of the own limits in diagnostics and therapy
1.3.4. Knowledge of the most important alternatives in diagnostics, therapy and their limits
1.3.5. Inform the patient about the theoretical and empiric fundamentals for your own decision process
1.3.6. Respect for the patient in his individual priorities and his decision process
1.3.7. Reasonable prices for medical work
1.3.8. No false pretences of success to achieve financial or ideal profit
Standard medical care – Osteopathic care
Model of Prof. S. Tyremann, PhD, MA DO

Pathology - Pathophysiology - Pathogenesis

Irreversible

Reversible

Salutogenesis
Patterns of dysfunction

Standard medical care – Osteopathic care
Cynefin = living space—concept of Dave Snowdon (Walsh)
Cynefin Konzept – System Theory

**Complex**
- Everything is changing and unknown
- No right answers
- Possible patterns
- Many competing ideas
- Creative and innovative ways are necessary

**Complicated**
- The system is clear
- Cause and effect are present but not simple to find
- Experts are necessary
- Several answers are possible

**Chaotic**
- High turbulence
- No interaction of cause and effect
- Many unknown points
- Many decisions with high pressure of time

**Simple**
- Repeatable patterns and clear events
- Clear cause and effect
- Clear interactions
- Only one right answer
System based learning 1

Regional complex - global connected:

- Advanced fundamentals in anatomy and science
- Fundaments in diseases and pathophysiology
- Fundaments and interactive training in emotional intelligence and patient interaction
- Fundaments in palpation and examination as a systemic process
- Fundament of research work
- Feedback of osteopathic principles with research
System based learning 2

Regional complex- global connected:
- Teaching in regions of the body
- Teaching of parietal, visceral and cranial principles at the same time
- Integration of these aspects into the region
- Connecting the regions with the whole body
- Learning as a complex process with transfer knowledge
- Integration of research from the first day
- Same regions every year in a higher level
- Intensive practical training with patients
System based learning 3- patient examination

History, medical and osteopathic

- General listening
  - Dominant direction anterior, posterior, lateral
  - Inhibition Localising the region
    - Regional listening Scanning
      - Myofascial chains upper extremities
      - Myofascial chains lower extremities
      - Local listening Somatic dysfunction
        - Motion tests
        - Tissue tests
  - Emotional element
    - Thermal fields MTD level 1
    - Thermal fields MTD level 2
    - Thermal fields MTD level 3
  - Neurologic tests
    - Segmental motion tests
    - Segmental tissue tests
  - Muscle tests
  - Somatic dysfunction
  - Scanning the regions
    - 48-step screening
      - Craniofascial exam C2 and hyoid listening
      - Cranial listening Inhibition
        - Tissue tests Motion tests
      - Dysfunctions in cranium, dura and sacrum
System based learning 4- pattern recognition

Fig. 32.2 Pattern recognition [L271]
System based learning 5 - intuitive Osteopathy

- Osteopathic experience
- Osteopathic know-how
- Osteopathic attitude

- Attention
- Mindfulness
- Concentration

Contextual experience

- Outer world
- Inner world
- Social world

- Holistic view
- Driven by intuition
Advantages and challenges for system based learning

**Advantages:**
- Philosophical attitude
- Clear step towards principles and away from techniques
- Integrated learning process
- Understanding of complexity
- Learning like patient reality is
- System thinking from the beginning
- Integration of the psyche

**Challenges:**
- Philosophical attitude
- You need all-rounders as main teachers
- Specialists aspects can be underestimated
- Complex teaching teams
- Digital teaching and digital leadership
- Verification via research
Future of HGWR

- M.Sc. in Osteopathy for paediatrics, geriatrics, sports medicine and philosophy
- New programs for osteopathy in veterinary medicine
- English speaking programs
- Cooperation with OUHCOM Athens/Ohio, NYCOM New York spine centre Bologna/Italy, BSO London Adrianov Institute St. Petersburg/Russia
Rollin Becker D.O. 1910 - 1996

„We treat patients to restore health, we do not try to solve the problem“