

# OMT for Systemic Disorders and Physiological Functions: Cardiopulmonary and Immune Systems

**Course Director:**  
**Hollis H. King, DO, PhD, FAAO**



**Faculty**  
Hollis H. King, DO, PhD, FAAO

**Instructional Format**  
Internet (on-demand) event with slides and audio.

**CME:** Osteopathy's Promise to Children (OPC) designates this activity for a maximum of **6 AOA Category 1-A credits** & will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

**Cost:** \$330, register [here](#)

**CME Sponsor**  
Osteopathy's Promise to Children

**Activity Website**  
<https://promise.ce21.com/>

## Course Agenda:

- Welcome and Intro to Course and Osteopathic Tenets Underlying OMT
- Viscerosomatic Interactions:  
A Basis for Impact of OMT on Physiology and Nervous System
- Cardiac Disorders and Functions:  
Research and Lab practice of procedures
- Palpation Exercise I: Palpation of the Fluid Body
- Pulmonary Disorders and Functions:  
Research - Pneumonia and Asthma
- Pulmonary Disorders and Functions:  
Research - Pneumonia and Asthma
- Upper Respiratory, Sinus and Otitis Media Treatments: Lab
- Immune System: Research
- Immune System: Lab

## Statement of Need

While OMT has been shown to be effective in the treatment of many disease conditions, there has been virtually no CME course work devoted to this topic. This course meets the need to bring high quality educational presentations to the application of OMT in various disease conditions.

## Course Description

Since the inception of the osteopathic medical profession, osteopathic manipulative treatment (OMT) has been used for virtually every condition encountered by human beings. While the medical profession at large now accepts OMT as indicated for musculoskeletal disorders, there is now ample research and practice demonstrating the efficacy of OMT in cardiopulmonary, neurologic, genitourinary and immune system conditions and disorders.

In this first of two stand-alone course sequences, we will draw on published research and a number of clinical trials in which Dr. King was a treatment provider and co-author of the publications. The evidence-based protocols & procedures used in the published studies will be reviewed and practiced.

## Learning Objectives

By the completion of the course, the participant will be able to:

1. Describe the research substantiating the application of evidence-based OMT for systemic conditions and physiological functions. Handouts of relevant published articles will be provided.
2. Assess the applicability of OMT procedures in these areas for their particular practice and integrate them in the care of their patients.
3. Effectively administer OMT procedures taught.

\* Core Competencies met:

Osteopathic Philosophy/Osteopathic Manipulative Medicine, Medical Knowledge, Patient Care.

## Target Audience

This activity is open for all osteopathic and medical physicians (DO/MD), Dentist (DDS/DMD), Medical Student (DO/MD), and International Osteopaths.

## Prerequisites

Registrants must have an understanding of osteopathic manipulative medicine.

## Instructional Method of Participation

To participate in the activity, physicians will be required to take the following steps:

1. Read the brochure with Statement of Need, Educational Learning Objectives, Faculty Disclosures and Agenda.
2. Complete Pre-Activity Test. (Via your account online.)
3. Participate in the activity.
4. Attest to the satisfactory participation in the activity. OPC verifies attestation against the live sign-in sheets and your CME attestation via your account.
5. Complete Post-Activity Test via your account. (A grade of 75% or above is required to pass the quiz. Attempts allowed are 3. And the grading method is the highest grade achieved.)
6. Complete the Post-Activity Speaker and Course Evaluation and the Outcome Survey.

7. You will receive CME credit upon successfully passing the Post-Activity Test and completing all Post-Activity Evaluations and Surveys..
8. Your Certificate of Completion (or Certificate of Attendance) can be accessed in your account via the orange Certificate button after ALL these steps are complete.

### Evidence-based Resources

1. Asahi MG, Briganti D, Cam E, Seffinger MA. *The role of musculoskeletal disorders in chronic disease: a narrative review.* J Am Osteopath Assoc. 2020;120(10):665-670
2. Olivera CB, Maher CG, Franci MR, et al. *Co-occurrence of chronic musculoskeletal pain and cardiovascular diseases: a systematic review with meta-analysis.* Pain Medicine. 2020;21(6):1106-1121. doi: 10.1093/pm/pnz217
3. Hodge LM, Creasy C, Carter K, Orlowski A, Schander A, King HH. *Lymphatic pump treatment as an adjunct to antibiotics for pneumonia in a rat model.* J Am Osteopath Assoc. 2015;115(5):306-316
4. Cerritelli F, et al. Osteopathic manipulation as a complementary treatment for the prevention of cardiac complications: 12-months follow-up of intima media and blood pressure on a cohort affected by hypertension. *Journal of Bodywork & Movement Therapies* 2011;15:68-74.
5. Ruffini N, D'Alessandro G, Mariana N, et al. Variations of high frequency parameter of heart rate variability following osteopathic manipulative treatment in healthy subjects compared to control group and sham therapy: a randomized controlled trial. *Frontiers in Neuroscience.* 2016;9:29s. doi:10.3389/fnins.2015.00272.
6. Hodge & King, et al. Abdominal lymphatic pump treatment increases leukocyte count and flux in thoracic duct lymph. *Lymphatic Research and Biology.* 2007;5:127-133.

### Accreditation Statement/Credit Designation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the American Osteopathic Association (AOA). This education program is designed to provide CME for osteopathic physicians and other health care professionals who practice OMM/OMT.

[Osteopathy's Promise to Children \(OPC\) is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.](#)

Osteopathy's Promise to Children (OPC) designates this activity for a maximum of 6 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

### OPC Faculty Disclosure Declaration

Osteopathy's Promise to Children has implemented a policy to comply with the AOA and ACCME standards for Commercial Support requiring resolution of all conflicts of interest. Faculty declaring a relevant commercial interest must be identified in the activity syllabus and/or program.

In accordance with disclosure policies of AOA and the ACCME, every effort has been made to ensure all CME activities are balanced, independent, objective, and scientifically rigorous. These policies include complying with ACCME's Standards for Commercial Support and resolving all possible conflicts of interest for the Planning committees, Authors, Faculty and staff.

The following faculty, presenters and planning committee members have indicated that they have no relationship that could be perceived as a potential conflict of interest:

Name of Faculty or Presenter	Role(s)	Reported Financial Relationship
Hollis H. King, DO, PhD, FAAO	Faculty, Content	Dr. King is a research consultant to OPC.
Beth Levendoski	Planning Committee & Program Design	Ms. Levendoski is a consultant to OPC.

The following faculty member has indicated that they have a relationship that could be perceived as a potential conflict of interest:

Name of Faculty or Presenter	Role(s)	Reported Financial Relationship
There are no recorded conflicts of interest.		

### Course Cancellation & Refund Policy

By applying for this course, the applicant ("Applicant") agrees that the application fee is non-refundable and represents the administrative cost of determining the Applicant's eligibility ("Application Fee"). The application shall require the payment of the Application Fee and the registration fee for the cost of attending the course ("Registration Fee"). In the event an Applicant is denied admission to a specific course, the Registration Fee shall be refunded. An accepted Applicant shall be registered for the course and the registration fee payment shall be credited against the Registration Fee for the specific course. If after registration the Applicant desires to cancel his or her registration for the course, the Applicant must notify Osteopathy's Promise to Children ("OPC") of their CANCELLATION in writing, ("Notice of Cancellation"), at least fourteen (14) days prior to the initial start date for the course. If the Applicant timely and properly provides OPC with a Notice of

Cancellation, OPC will issue a refund of the Registration Fee to the Applicant. If OPC receives a Notice of Cancellation less than fourteen (14) days prior to the initial start date for the course, or an Applicant fails to attend the course, OPC will not issue a refund of the Registration Fee. In the event an Applicant attends the course but feels that the course did not provide the material or training advertised, an Applicant may request a refund of the Registration Fee. All such requests shall state the course name, date and times of Applicant's attendance and the specific reasons for the requested refund. The Applicant's inability to attend a portion of the course shall not constitute a valid reason for a refund. All refund decisions shall be made by the Executive Director whose decision shall be final.

### Liability Release

This program may involve physical activity, including contact by and with faculty and other course participants. This physical activity, including but not limited to physical diagnostics and manual therapeutics, could possibly entail risk for course participants of new injury or aggravation of pre-existing conditions. All course participants acknowledge and agree to assume all responsibility and risk for all losses and damages, including but not limited to any bodily injury, death, and property damage, arising out of or incident to (i) attending the course, (ii) participating in the course, (iii) using equipment or facilities during the course, and (iv) using or misusing any knowledge or information obtained or derived from the course. All course participants acknowledge and agree to indemnify, defend, and hold harmless OPC, OPC's officers, directors, employees, agents, affiliates, licensors, partners, independent contractors, suppliers and subcontractors from and against all claims, actions, suits, proceedings, losses, obligations, damages including but not limited to any bodily injury, death, and property damage, liabilities, costs, debt and expenses, whether known or unknown, anticipated or unanticipated, arising out of or incident to (i) attending the course, (ii) participating in the course, (iii) using the equipment or facilities during the

course, or (iv) using or misusing any knowledge or information obtained or derived from the course at or outside of the course location. OPC reserves the right, at course participant's expense, to assume the exclusive defense and control of any matter for which course participant is required to indemnify OPC and course participant agrees to cooperate with OPC's defense of these claims. Course participant agrees not to settle any matter without the prior written consent of OPC. OPC will use reasonable efforts to notify course participants of any such claim, action, suit, or proceeding upon becoming aware of it. It is the responsibility of all participants to use the information provided within the scope of their professional license or practice.

### Statement of Professional Ethics & Standards

Osteopathy's Promise to Children CME courses will foster an educational atmosphere of tolerance and mutual respect concerning gender, race, developmental challenges, sexual orientation, and professional background. Furthermore, these courses will adhere to the highest standards of osteopathic medicine's professional ethics especially in regard to patient, student, and physician faculty communication and interactions. This includes clear informed consent when participating in educational exercises, and only utilizing osteopathic techniques and practices designed to educate practitioners and/or compassionately and appropriately address patient suffering through osteopathic diagnosis, and treatment. Any deviation of these professional standards by physician faculty, staff, or student during a given course will not be tolerated.

### Course Director



Hollis H. King, DO, PhD, FAAO

Dr. Hollis H. King, DO, PhD, FAAO, is speaking on *OMT for Systemic Disorders and Physiological Functions: Cardiopulmonary and Immune Systems*. He is a graduate of Texas College of Osteopathic Medicine, Fort Worth, TX. He is board certified in Family Medicine/OMT from the American Osteopathic Board of Family Physicians and certified with Special Proficiency in Osteopathic Manipulative Medicine from the American Osteopathic Board of Neuromusculoskeletal Medicine. He is a Founding Diplomate of the American Board of Holistic and Integrative Medicine. His postdoctoral training was at Dallas Memorial Hospital, Dallas, TX. His internship was at the VA Hospital & Univ. of Kentucky Medical School, Lexington, KY. His Ph.D. in Clinical Psychology is from Trinity University, San Antonio, TX. Dr. King is currently a Clinical Professor of Family Medicine at the University of California San Diego School of Medicine. He also has a private

practice at Osteopathic Center San Diego. He is a Fellow of and Past-President of the American Academy of Osteopathy. He is a Fellow of the Osteopathic Cranial Academy. His memberships include: AOA, AAO, OCA.

### Disclaimer

The information in this educational activity is for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to diagnostic and treatment options of a specific patient's medical condition. The viewpoints expressed in this CME activity are those of the authors/ faculty. They do not represent an endorsement by OPC. In no event will OPC be liable for any decision made or action taken in reliance upon the information provided through this CME activity.

### Commercial Support Statement

The AOA requirements for category 1-A CME require notice of commercial support. If monetary or in-kind contributions are given to a CME sponsor that are used to pay for all or part of the costs of a CME activity, it must be reported that the program event was commercially supported. OPC attests that no commercial support was received for this program.

### Contacts

Osteopathy's Promise to Children  
3706 Ruffin Road, San Diego, CA 92123  
[cme@the-promise.org](mailto:cme@the-promise.org)  
619-548-8815

For questions regarding the content of this program, contact: Beth Levendoski, Executive Director at [director@the-promise.org](mailto:director@the-promise.org).

For questions regarding CME's, please contact: CME Administrator at [cme@the-promise.org](mailto:cme@the-promise.org).



## THE PROMISE

OSTEOPATHY'S PROMISE TO CHILDREN

Osteopathic Center San Diego  
3706 Ruffin Road, San Diego CA 92123