THE PROMISE
OSTEOPATHY'S PROMISE TO CHILDREN

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

Peds OMT for the Busy PCP

Course Directors:
Kimberly Wolf, DO & Hope Tobey, DO



Core Faculty (in chronological order)
Hope Tobey, DO, FAAP, FACOP C-NMM/OMM
Kimberly Wolf, DO, FACOP

Instructional Format
Internet On-Demand Activity: A pre-recorded online course that can be viewed at any time.

Original Date: August 14, 2021
Updates: None
Valid Until: December 31, 2022
Estimated Time to Complete: 3 Hours
Cost: $150, register here

CME: **Maximum 2.5 hours AOA Category 1-A CME credits** provided by Osteopathy's Promise to Children. Our courses allow the participant to ask questions of the presenter in either real-time (live and internet live) or (for on-demand) the presenter will respond to submitted questions within (48) hours of the presentation. Submit your questions to cme@the-promise.org.

Activity Website
https://promise.ce21.com/

CME Sponsors
Osteopathy's Promise to Children
Co-sponsored with the American Academy of Pediatric Osteopathy

Note: AAPO members are eligible for a discount. Please contact cme@the-promise.org to receive a discount code.

Course Description
This internet (on-demand) event will address osteopathic clinicians', as well as other practicing clinicians', needs to improve knowledge, competence and/or performance for the treatment of pediatric patients by leveraging the principles of osteopathic medicine. OMT is often underutilized for pediatric patients and many primary care practitioners struggle to integrate OMT into their busy practices.

This course will offer participants the opportunity to review several techniques that can be quickly and efficiently incorporated into busy clinics. Drs. Tobey and Wolf will also share their tips for how they incorporated OMT into their general practices, including a review of appropriate documentation, coding, and billing. The course will also cover several common pediatric complaints, including otitis media, sinusitis, constipation, pneumonia, and asthma, and how to incorporate OMT with each of these concerns.

If you have any questions about this educational program, please contact staff at cme@the-promise.org or by calling our office at 619-548-8815.

Educational Need
This course will address the underutilization of Osteopathic Manipulative Treatment (OMT) to help support pediatric patients with common respiratory, ENT, and GI complaints in a busy primary care setting.

Evidence-based Resources

1. Carreiro, J. Pediatric Manual Medicine An Osteopathic Approach. Churchill Livingstone, Elsevier 2009
2. Carreiro, J. Pediatric Manual Medicine An Osteopathic Approach. Churchill Livingstone, Elsevier 2009
3. DeMarsh, Samantha, et al. "Pediatric Osteopathic Manipulative Medicine: A Scoping Review." Pediatrics, vol. 147, no. 2, 2021, https://doi.org/10.1542/peds.2020-016162
4. Prevost, C. P., Gleberzon, B., Carleo, B., Anderson, K., Cark, M., & Pohlman, K. A. (2019). Manual therapy for the pediatric population: A systematic review. BMC Complementary Medicine and Therapies, 19(60). doi:10.1186/s12906-019-2447-2

Learning Objectives
Upon completion of this course, the participant will be able to:

- Discuss practical integration of OMT into general pediatrics' practice, including reimbursement and timing of visits. (Interpersonal and Communication Skills in Osteopathic Medical Practice)
- Demonstrate osteopathic techniques that can be used to adjunctively manage AOM/ sinusitis, a variety of respiratory complaints, and constipation. (Interpersonal and Communication Skills in Osteopathic Medical Practice)

- Review pertinent anatomy and physiology that influence osteopathic treatments in the pediatric population.
  (Osteopathic Principles and Practice)
- Discuss modifications of osteopathic exam and OMT for a variety of different ages and developmental stages.
  (Interpersonal and Communication Skills in Osteopathic Medical Practice, Osteopathic Principles and Practice)

Target Audience

This activity is for DOs, MDs (with proof of First Steps Course or equivalent), Residents, Medical Student (DO/MD) and International Osteopaths.

Prerequisites

There are no prerequisites for the target audience.

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 2.5 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Instructional Method of Participation

To participate in the activity, physicians will be required to complete all of the following steps:
1. Read the brochure with the Educational Need, Learning Objectives, Faculty Disclosures and Agenda.
2. Complete the Pre-Activity Test via your account online.
3. Participate in the activity (for on-demand and webinar, complete the 100% viewing requirement).
4. Attest to the satisfactory participation in the activity. OPC verifies your CME attestation via your account.
5. Complete the Post-Activity Test. A grade of 80% or above is required to pass the Test. Attempts allowed: 3. Grading method: highest grade. If you do not pass three Post-Activity Test attempts, the office will be notified and will make arrangements to address the issue. The course director or a content expert will contact you within one week to review any questions on course content. Once you successfully obtain a passing score, you can move onto the next step towards your certificate.
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.

Agenda

Kimberly Wolf, DO, FACOP
Hope Tobey, DO, FAAP, FACOP C-NMM/OMM

* Lecture: Introduction to Peds OMT in a Busy Clinic Setting (45min)
* Q&A (15min)
* Lecture: Quick techniques for Otitis Media/Sinusitis, Constipation & Common Respiratory Complaints (1h15min)
* Q&A, Closing Comments (15min)

Note: 100% viewing of this course = 2.5hrs of CME credit

Course Directors



Kimberly Wolf, DO, FAAP, FACOP

Kimberly Wolf, DO, FAAP, FACOP will speak on the practical integration of OMT into general pediatrics' practice, including reimbursement and timing of visits and osteopathic techniques that can be used to adjunctively manage AOM/sinusitis, a variety of respiratory complaints, and constipation and pertinent anatomy and physiology that influence osteopathic treatments in the pediatric population. Modifications of osteopathic exam and OMT for a variety of different ages and developmental stages.

Dr. Wolf is a 2010 graduate of Western University of Health Sciences, College of Osteopathic Medicine of the Pacific. Dr. Wolf is Board certified in Pediatrics by the American Osteopathic Board of Pediatricians. Her internship and pediatric residency was completed at Nationwide City

Hospital. She was an Assistant Professor of Pediatrics at Ohio State University/Pediatric Academic Association from 2013-2017. She is also a full-time outpatient clinic attending at Nationwide Children's Hospital's Ambulatory Network. 80% of her clinic time was spent running an exclusive Pediatric Osteopathic Manipulative Medicine Clinic. Dr. Wolf was awarded the Outstanding Physician Award by the Center for Osteopathic Research and Education in 2016. She is currently Associate Professor of Osteopathic Manipulative Medicine and Director of Pediatric Osteopathic Manipulative Medicine at Touro University College of Osteopathic Medicine. She currently serves as teaching faculty for OPC and Research Director at OCC. Memberships: AOA, AAO, AAP, ACOP, AAPO, OCA.



Hope Tobey, DO, FAAO, FACOP C-NMM/OMM

Hope Tobey, DO, FAAO, FACOP C-NMM/OMM will speak on the practical integration of OMT into general pediatrics' practice, including reimbursement and timing of visits and osteopathic techniques that can be used to adjunctively manage AOM/sinusitis, a variety of respiratory complaints, and constipation and pertinent anatomy and physiology that influence osteopathic treatments in the pediatric population. Modifications of osteopathic exam and OMT for a variety of different ages and developmental stages.

She is a graduate of Messiah University in Grantham, PA and Lake Erie College of Osteopathic Medicine in Erie, PA. She is Board Certified in Neuromusculoskeletal Medicine and Osteopathic Manipulative Medicine and Board Certified in Pediatrics by the American Board of Pediatrics. Dr. Tobey completed an osteopathic internship at Heart Of Lancaster in Litiz, PA, and a pediatric residency at Penn State Hershey Children's Hospital in Hershey, PA. She completed her ONMM "Plus One" residency at Edward Via Virginia College of Osteopathic Medicine, Blacksburg VA. Dr. Tobey currently practices as an Osteopathic Pediatrician and Associate Professor of OMM and Pediatrics at Edward Via Virginia College of Osteopathic Medicine, in Blacksburg VA. She is the current president of the American Academy of Pediatric Osteopathy. She is a fellow of the American College of Osteopathic Pediatricians and the American Academy of Pediatrics. Memberships and Proficiencies: AAPO, OCA, AAO, ACOP, VOMA, AAP, AOA.

CME Policy Statements

Osteopathy's Promise to Children (OPC) offers both live events and on-demand sessions using the same caliber of speakers who would present at in-person events. OPC offers online opportunities for Continuing Medical Education (CME) credits. Each course or online event offers AOA Category 1-A CME credits. CME sessions are delivered on the CE21 Learning Management System. Once you have used the Learning Center, you will have a profile established that will allow you to access all available sessions, view speaker profiles, track CME credits gained through the system, and generate CME certificates based on the sessions completed. All OPC CME activities have a content expert available for any questions on content from CME participants during the life plus one week of the activity. The content expert will answer participant questions within one week of an inquiry. Contact us at cme@the-promise.org with any questions or comments.

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.

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.

Evidence-Based Content

It is the policy of the OPC to ensure that the content contained in this CME activity is valid, fair, balanced, scientifically rigorous, and free of commercial bias. Evidence-based medicine – first

"coined" in 1991 (JAMA). "Conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients." And, "Good doctors use both individual clinical expertise and the best available external evidence, and neither alone is enough." BMJ 1996).

Disclosure Policy

It is the policy of the OPC Continuing Education Committee to ensure balance, independence, objectivity and scientific rigor in all its educational activities. All persons in a position to control the content of an educational activity (i.e., activity planners, presenters, faculty, authors) participating in an educational activity provided by the OPC are required to disclose to the provider any relevant financial relationships with any commercial interest. OPC must determine if the individual's relationships may influence the educational content and resolve any conflicts of interest prior to the commencement of the educational activity. The intent of this disclosure is not to prevent individuals with relevant financial relationships from participating, but rather to provide learners information with which they can make their own judgments. Faculty disclosures will be made in the syllabus and/or during faculty introductions. The audience is advised that one or more presentations in this continuing education activity may contain references of unlabeled or unapproved uses of drugs or devices.

Resolution/Mechanism of Identified Conflict of Interest

Independent sources of review include the following: All disclosures will be reviewed by the activity Course Director, Physician Leadership Team, and Executive Director for identification of conflicts of interest. Reviewers, working with the activity directors, will document the mechanism(s) for management and resolution of the conflict of interest, and final approval of the activity will be documented prior to implementation.

Any of the mechanisms below can/will be used to resolve conflict of interest:

- Peer review for valid, evidence-based content of all materials associated with an educational activity by the activity director.
- Limit content to evidence with no recommendations
- Introduction of a debate format with an unbiased moderator (point-counterpoint)
- Inclusion of moderated panel discussion
- Publication of a parallel or rebuttal article for an article that is felt to be biased
- Limit equipment representatives to providing logistics and operation support only in procedural demonstrations.
- Divestiture of the relationship by faculty: The reviewer should be a physician or other scientist with knowledge of the specialty area being reviewed and oftentimes the Executive Director will perform this first review and can then appoint a physician as an independent reviewer. The independent reviewer is not involved in the planning of this CME Activity and cannot have a relationship with any corporate entity supporting the CME activity. The reviewer should have a copy of this policy and a copy of the Standards for Commercial Support to fully grasp their responsibilities as the reviewer.

Off-Label or Unapproved Use of Drugs or Devices

It is the policy of the OPC to require the disclosure of all references to off-label or unapproved uses of drugs or devices prior to the presentation of educational content. The audience is advised that this continuing medical education activity may contain reference(s) to off-label or unapproved uses of drugs or devices. Please consult the prescribing information for full disclosure of approved uses.

Cancellation and Refund Policy

OPC reserves the right to change the delivery format, delay, or cancel a CME event due to any unforeseen circumstances. If an event is canceled, OPC will refund your registration fee in full. OPC will not be held responsible for the registrant's travel, hotel or other costs incurred resulting from the cancellation. Substitutions of other CME events may be made at any time without an additional charge; email cme@the-promise.org with your request. Refunds will be issued for all cancellations received two weeks prior to the start of the event. However, an administrative fee of $100.00 will be charged for all refunds. "No shows" are subject to the full CME event fee. Cancellations/substitutions must be made in writing by email to cme@the-promise.org. No refunds or credits will be issued once the CME event has started.

Grievance Policy

All grievances should be initially directed in writing to the OPC Executive Director by email to director@the-promise.org who will share them with the OPC CME Program Committee. Grievances will receive a response within 30 days of receipt. If you do not receive a satisfactory response, you may notify the Council on Continuing Medical Education, AOA, 142 East Ontario St., Chicago, IL 60611.

Zoom Privacy Notice

When you join meetings and webinars hosted by OPC on Zoom, your profile information,
including your name and profile picture, may be visible to other participants. Your name and email address will also be visible to the account owner, Osteopathy's Promise to Children, and hosts when you join meetings or webinars on their account while you're signed in. The account owner and others in the meeting can share this information with apps and others.

CE21 Online Platform Privacy Statement

In accordance with the Accreditation Council for Continuing Medical Education (ACCME), accredited AOA providers that participate in CME activities on the Internet shall have a separate privacy policy for CME activities. The CME programs offered by the Osteopathy's Promise to Children (OPC) respect and value your privacy and the confidentiality of the information you choose to

share with us. We are committed to the protection of this information and will ensure your privacy when participating in CME activities on our website. You may visit OPC's website without identifying yourself or revealing any personal information. If you choose to provide personally identifiable information (any information by which you can be identified), it will only be used to support your relationship with the Learning Center programs. Read more about OPC CE21 Online Education Privacy Statement here.

Special Assistance

OPC complies with the Americans with Disabilities Act §12112(a). If any participant is in need of special assistance or has any dietary restrictions, please email us at cme@the-promise.org or call 619-548-8815 for assistance.

Your enrollment in the Program constitutes your release, waiver and consent to the following policies:

LIABILITY RELEASE AND WAIVER

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.

INDEMNITY

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 participant 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.

CONSENT FOR USE OF PHOTOGRAPHIC IMAGES

Registration and attendance at or participation in OPC meetings and other activities constitutes an agreement by the registrant to OPC's use and distribution (both now and in the future) of the registrant or attendee's image or voice in photographs, videotapes, electronic reproductions, and audiotapes of such events and activities. To opt out of the agreement to consent of use of photographic images you must notify OPC in writing stating your desire to opt out by emailing OPC at cme@the-promise.org prior to the start of the event.

I HAVE READ THIS RELEASE OF LIABILITY AND WAIVER, THE INDEMNITY PROVISIONS AND THE CONSENT TO USE MY IMAGE, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY ENROLLING IN THE PROGRAM AND DO SO VOLUNTARILY.

Contacts

Osteopathy's Promise to Children
3706 Ruffin Road, San Diego, CA 92123
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.

For questions regarding CME's, please contact:
CME Administrator at cme@the-promise.org.

THE PROMISE
OSTEOPATHY'S PROMISE TO CHILDREN

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