



THE PROMISE

OSTEOPATHY'S PROMISE TO CHILDREN

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

Viola M. Frymann, DO, FAAO, FCA Centennial Celebration Tribute Lecture

Osteopathic Philosophy and Principles

Course Director:

Raymond J. Hrubby, DO, MS, FAAO (Dist)



Faculty (in chronological order)

Raymond J. Hrubby, DO, MS, FAAO (Dist)

Hollis H. King, DO, PhD, FAAO

Mitchell Hiserote, DO

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: 4 Hours

Cost: \$240, register [here](#)

CME: Maximum 3.75 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 Sponsor

Osteopathy's Promise to Children

Course Description

Join us for our first in the series of tribute lectures in the year-long Centennial Series celebrating the impact of Viola M. Frymann's teachings and legacy in the field of osteopathy. This on-demand event will offer participants the opportunity to explore and gain a deeper understanding consistent with how Dr. Frymann practiced and taught over her long and illustrious career in the areas of:

- * Osteopathy in the Cranial Field (OCF) primary and secondary respiratory systems and how somatic dysfunction can adversely affect a patient's optimum physiologic function

- * How OCF may be used to help restore the patient's health to its most optimum level in light of said somatic dysfunction

Identifying and addressing some the challenges when consideration ongoing research of the concepts of osteopathy

- * The importance and development of meaningful and perceptive palpation utilized to appreciate and address the above concepts

We address the common theme that would have been essential to Dr. Frymann: increased knowledge of functional anatomy and physiology. We also apply the osteopathic concepts of body unity, self-healing and self-regulation to the assessment and treatment of the patient, including the assessment of existing and emerging therapies and the development of customized treatment plans for their patients. Specific attention is given to the more advanced understanding and application of the integrated techniques of OCF for use in the treatment of somatic dysfunctions within the primary and secondary respiratory systems. Considerations of the unique aspects of each patient and presentation are critical to achieving treatment efficacy.

The topics in this session are intended to reflect two important areas of Dr. Frymann's influence and legacy, namely teaching clinicians about osteopathic principles and how to apply them in clinical practice, and research in osteopathic medicine, especially osteopathic cranial manipulative medicine. The lecturers for this program are noted osteopathic physicians, all of whom were closely associated with Dr. Frymann and taught by her directly over many years. They will present what Dr. Frymann taught on these topics, and how she taught it, in the way they learned these concepts directly from her.

This activity will address osteopathic clinicians', as well as other practicing clinicians', needs to improve knowledge, competence and/or performance for the treatment of complex patient problems using the principles of osteopathic medicine, with a focus on the holistic approach to the patient and facilitation of self-healing and self-regulation. Specific attention is given to the more advanced understanding and application of the techniques of Osteopathic Cranial Manipulative Medicine (OCMM) to the treatment of somatic dysfunctions of the primary and secondary respiratory systems. Effective treatment varies for patients with complex presentations.

This course will offer participants the opportunity to gain a deeper understanding of the primary and secondary respiratory systems, how somatic dysfunction can adversely affect their optimum physiologic function, and how OCMM can be used to help restore the patient's health to its most optimum level. This course will meet the needs of interested physicians who want to increase their knowledge of the anatomy and physiology of the primary and secondary respiratory systems. They will also learn how to apply the osteopathic concepts of body unity, self-healing and self-regulation to the assessment and treatment of somatic dysfunctions that affect the primary and secondary respiratory mechanisms, including assessment of existing and emerging therapies, and the development of customized treatment plans for their patients

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 osteopathic clinicians', as well as other practicing clinicians', needs to improve knowledge, competence and/or performance in the treatment of somatic dysfunctions by using advanced principles of osteopathic cranial manipulative medicine (OCMM). Specifically, they will increase their knowledge of the relationship between primary and secondary respiration, osteopathic research in OCMM, and diagnostic palpation skills.

Evidence-based Resources

Primary and Secondary Respiration:

Frymann VM. The core link and the three diaphragm – unit for respiratory function. In: The 1968 Yearbook of Selected Osteopathic Papers. Indianapolis: The Academy of Applied Osteopathy, 1968:13-19.

Research in OCMM

Frymann, VM. Relation of disturbances of craniosacral mechanisms to symptomatology of the newborn: study of 1250 infants. JAOA. 65:1059-1075, June 1966.

Meaningful Perceptive Palpation

Frymann VM. Palpation – its study in the workshop. In: The 1963 Yearbook of Selected Osteopathic Papers. Indianapolis: The Academy of Applied Osteopathy, 1963:16-31.

Learning Objectives

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

1. Describe:

- ❖ The components of the primary and secondary respiratory systems and how they interface, influence, and interact with each other.
- ❖ The osteopathic principle of body unity and how it applies to the complex interactions of the primary and secondary respiratory systems.
- ❖ The concept of potency in terms of the osteopathic principle of self-healing and self-regulation.

2. Assess the applicability of OMT procedures for the primary and secondary respiratory systems for their particular practice and integrate them in the care of their patients.

(Osteopathic Philosophy/Osteopathic Manipulative Medicine, Medical Knowledge, Patient Care, Practice-Based Learning and Improvement)

Target Audience

This activity is for osteopathic and medical physicians (DO/MD), Dentists (DDS/DMD), Medical Students (DO/MD), and International Osteopaths.

Prerequisites

There is no prerequisite 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 3.75 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

Raymond J. Hruby, DO, MS, FAAO (Dist)

- * Lecture: Introduction and Course Overview (15mins)
- * Lecture: Primary and Secondary Respiration (1hr)

Hollis H. King, DO, PhD, FAAO

- * Lecture: The Challenge of Research for Osteopathy (1hr)

Panel: Dr. Hruby, Dr. King, Dr. Hiserote

- * Discussion (15min)

Mitchell Hiserote, DO

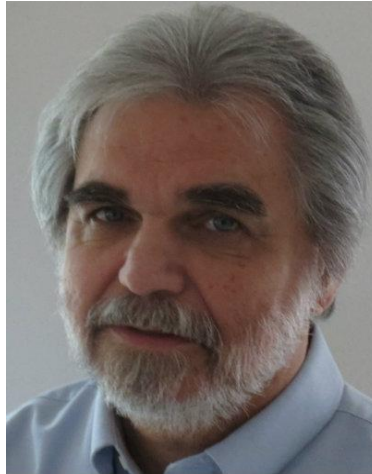
- * Lecture: Fundamentals in the Practice of Osteopathy: Meaningful and Perceptive Palpation (1hr)

Panel: Dr. Hruby, Dr. King, Dr. Hiserote

- * Discussion, Closing Comments (15min)

Note: 100% viewing of this course = 3.75hrs of CME credit

Course Director



Raymond J. Hruby, DO, MS, FAAO (Dist)

Dr. Raymond J. Hruby, DO, MS, FAAO (Dist) will speak on "Primary and Secondary Respiration". Dr. Hruby is a graduate of the College of Osteopathic Medicine and Surgery in Des Moines, Iowa. He is board certified in Family Medicine/OMT by the American Board of Osteopathic Family Practice and Osteopathic Manipulative Medicine by the American Osteopathic Board on Special Proficiency in Osteopathic Manipulative Medicine. Dr. Hruby completed a traditional internship at Osteopathic Hospital of Maine, Portland, ME and was in private practice for sixteen years. He is retired as a Professor and Chair of the Department of Osteopathic Manipulative Medicine at COMP, he continues consulting with the school's Department of NMM/OMM on teaching, research, curriculum analysis and development, new faculty mentorships and Predoctoral OMM Fellows. He is involved with WUHS's Interprofessional Education program, and lectures part-time in the Graduate School of Basic Medical Sciences, among others. He is a fellow of the American Academy of Osteopathy. He holds a Certificate of Proficiency in Osteopathy in the Cranial Field from the Osteopathic Cranial Academy. His memberships include: AOA, AAO, ACOFP, OCA, OPSC.

Faculty



Hollis H. King, DO, PhD, FAAO

Dr. Hollis H. King, DO, PhD, FAAO will speak on "The Challenge of Research for Osteopathy". Dr. King 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. He is a Fellow of and Past-President of the American Academy of Osteopathy. He is a Fellow of the Osteopathic Cranial Academy. 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. His memberships include: AOA, AAO, OCA.



R. Mitchell Hiserote, DO

Dr. R. Mitchell Hiserote, DO will speak on “Fundamentals in the Practice of Osteopathy Meaningful and Perceptive Palpation”. Dr. Hiserote is a graduate of Western University College of Osteopathic Medicine in Pomona, CA. He is board certified in Neuromusculoskeletal/ Osteopathic Manipulative Medicine from the American Osteopathic Board of Neuromuscular Medicine, Osteopathic Cranial Academy Certification of Proficiency, and is a Midwestern University -- Chicago College of Osteopathic Medicine Costin scholar. Dr. Hiserote completed his post-graduate training at the Arrowhead Regional Medical Center in Colton, CA. Dr. Hiserote is a veteran director of courses at Osteopathy’s Promise to Children, He currently practicing osteopathic physician in Sebastopol, CA and Associate Professor/past Chairman of the Touro University California College of Osteopathic Medicine - Osteopathic Manipulative Medicine (OMM) Department. Memberships: AOA, AAO, OCA. Cranial proficiency by OCA.

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

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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.



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