



THE PROMISE

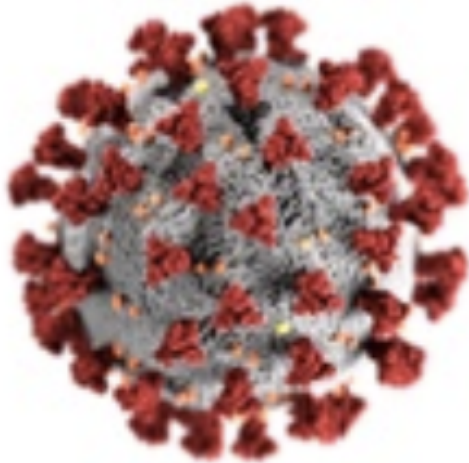
OSTEOPATHY'S PROMISE TO CHILDREN

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

COVID19 & Osteopathic Principles: Update on Research, Practice Experience, OMT and A Look to the Future

Course Director:

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



Core Faculty (in chronological order)

Raymond J. Hruby, DO, MS, FAAO (Dist)
Mitchell Hiserote, DO
Kimberly Wolf, DO
Alice Chen, DO
Jesus Sanchez, DO
Eric Martinez, MS

Instructional Format

Internet live activity: An online course available at a certain time on a certain date and is only available in real-time, just as if it were a course held in an auditorium (i.e., webcast). **Internet On-Demand Activity:** A pre-recorded online course that can be viewed at any time.) 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.

Date: July 29, 2023

Time: 9:00AM - 12:30PM

Cost: \$150 (register [here](#))

CME: The CME Sponsor is Osteopathy's Promise to Children (OPC). OPC designates this activity for a maximum of 3.5 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Our courses allow the participant to ask questions of the presenter in either real-time or 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/>

Course Description

This program is a continuation of a previously held course on osteopathic approaches to the treatment of COVID19 patients. In this course, updates will be presented regarding experiences and lessons learned in the past two years of the COVID19 pandemic. Topics

will include approaches to inpatient and outpatient treatment of COVID19 patients, effective OMT for COVID19 patients, tips and techniques for safe and effective practice management during the pandemic, and discussion of known research on osteopathic approaches to the treatment of COVID19 patients.

This live and on-demand webcast will offer participants the opportunity to learn how osteopathic principles and practice have been implemented in the care of patients with COVID19. Topics include osteopathic treatment approaches, the use of OMT, adaptations to both inpatient and outpatient practices in light of the COVID19 pandemic, and lessons learned regarding ensuring the safety of patients and healthcare workers.

Professional Practice Gap

The onset of a pandemic linked to a newly discovered infectious agent always presents extreme difficulty in terms of prevention and treatment. The infectious agent, in this case COVID19, is highly infectious, potentially fatal, and may leave survivors with long-term debilitating conditions. Practitioners who are treating COVID19 patients will have additional effective treatments available when they learn of treatment approaches based on osteopathic methods and the use of OMT that has been shown to be effective in such situations. They will also be able to observe and collect additional data to further the evidence base for the use of these approaches in the future.

Educational Need

The activity will address osteopathic clinicians', as well as other practicing clinicians', needs to improve knowledge, competence and/or

performance for the treatment of patients with COVID19 infection and post-COVID19 syndromes by leveraging the principles of osteopathic medicine.

Osteopathic physicians reported great success with their approaches to the treatment of patients during the Spanish flu pandemic of 1918. However, their reported success rate is based on self-reporting, and without a prospectively constructed methodology. The current COVID19 pandemic has presented an opportunity to observe and study the effects of osteopathic treatment approaches on COVID19 patients, using better constructed prospective methods.

Desired Outcomes

The desired outcome of this course is increased utilization of OMT in the application of osteopathic principles and evidence-based practice in the area of COVID19 patient care, including treatment of patients with COVID19 infection and post-COVID19 syndrome.

Evidence-based Resources

American Osteopathic Association. COVID19. <https://osteopathic.org/practicing-medicine/providing-care/covid-19-resources/> Accessed 10/18/22.

American Osteopathic Association. COVID19 FAQ. <https://osteopathic.org/practicing-medicine/providing-care/covid-19-resources/covid-19-faq/> Accessed 10/18/22.

Hruby, R. J., Hoffman, K. N. Avian influenza: an osteopathic component to treatment. *Osteopath. Med. Prim. Care.* 9, (2007).

Smith, R. K. One hundred thousand cases of influenza with a death rate of one-fortieth of that officially reported under conventional medical treatment. *J. Am. Osteopath. Assoc.* 20, 172-175 (1920).

Seffinger, MA, Ex. Ed. *Foundations of Osteopathic Medicine* 4th ed. Philadelphia: Lippincott Williams & Wilkins, 2018:906-922.

DO-Touch.Net. Upcoming research studies. <https://www.do-touch.net/> Accessed 10/19/22.

Educational Objectives

Upon completion of this course, the participant will be able to list and describe (with AOA Competencies/Unique Identifiers in parentheses):

- Current research involving OMT and COVID19 (Medical Knowledge and Its Application Into Osteopathic Medical Practice)
- Outpatient osteopathic management during the COVID19 Pandemic (Osteopathic Philosophy, Principles and Manipulative Treatment, Osteopathic Patient Care, Osteopathic Medical Practice-Based Learning and Improvement)
- In-patient osteopathic management during the COVID19 Pandemic (Osteopathic Philosophy, Principles and Manipulative Treatment, Osteopathic Patient Care)
- Osteopathic approaches to pediatric COVID19 patients (Osteopathic Philosophy, Principles and Manipulative Treatment, Osteopathic Patient Care, Osteopathic Medical Practice-Based Learning and Improvement)
- Useful OMT techniques for COVID19 patients (Osteopathic Philosophy, Principles and Manipulative Treatment, Osteopathic Patient Care, Osteopathic Medical Practice-Based Learning and Improvement)

Target Audience

This activity is open for all Osteopathic and Medical Physicians (DO/MD), International Osteopaths, Students (DO/MD), and Students enrolled in qualified international osteopathic training programs. This activity may also be of interest to other healthcare workers, such as nurses, physical therapists, and podiatrists, who may be involved in the care of patients with COVID19.

Prerequisites

This course is appropriate for the target audience and students in the target audience training programs.

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 3.5 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

Saturday, July 29, 2023

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

9:00AM - 9:15AM Lecture: Preamble to the Course

Mitchell Hiserote, DO

9:15AM – 10:00AM Lecture: Osteopathy, a Clinic, and the COVID pandemic

Kimberly Wolf, DO, FAAP, FACOP

10:00AM – 10:30AM Lecture: COVID19 Pediatric Update and Osteopathic Approach

Faculty Panel

10:30AM – 10:45AM Small Group Discussion

Alice Chen, DO

10:45AM – 11:45AM Lecture: Osteopathic Considerations for Inpatient Treatment of COVID19 Patients

Jesus Sanchez, DO & Eric Martinez, MS

11:45AM – 12:30PM Lecture: Research Report: Potentiating Antibody Response to COVID19 Vaccines with OMT

****Note:** 100% viewing of this course = 3.5hrs of CME credit

Course Director



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

Dr. Raymond J. Hruby, DO, MS, FAAO (Dist). will speak on "Preamble to the Course".

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.



R. Mitchell Hiserote, DO

Dr. R. Mitchell Hiserote, DO will speak on “Osteopathy, a Clinic, and the COVID pandemic”.

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. Additionally, he holds Osteopathic Cranial Academy Certification of Proficiency, and is a Midwestern University Chicago College of Osteopathic Medicine Costin

scholar. Dr. Hiserote is a veteran director of Osteopathy in the Cranial Field courses at the Osteopathy’s Promise to Children and internationally. He has served as Associate Professor/past Chairman of the Touro University California College of Osteopathic Medicine - Osteopathic Manipulative Medicine (OMM) Department. and currently practices osteopathy in his private office in Sebastopol, CA. His Memberships include: American Osteopathic Association (AOA), American Academy of Osteopathy (AAO), Osteopathic Cranial Academy (OCA), Institute of Functional Medicine (IFM), Sonoma Mendocino Lake Medical Association (SMLM).

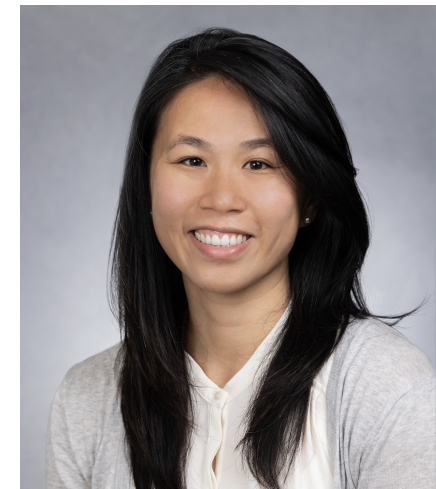


Kimberly Wolf, DO

Dr. Kimberly J. Wolf, DO, FAAP, FACOP, will speak on “COVID19 Pediatric Update and Osteopathic Approach”.

Dr. Wolf is a graduate of Seton Hall University, South Orange, NJ and Western University of Health Sciences, College of Osteopathic Medicine of the Pacific (COMP), Pomona, CA.

She is Board certified in Pediatrics. Dr. Wolf was a Dually Accredited Pediatric Resident at Nationwide Children’s Hospital and Doctor’s Hospital, Columbus, OH. She is currently the Vice Chair of the Department of Osteopathic Manipulative Medicine and Associate Professor of OMM and Director of Pediatric OMM at the Touro University College of Osteopathic Medicine. Dr. Wolf is a Fellow of the American Academy of Pediatrics and the American College of Osteopathic Pediatricians. Memberships include: AOA, AAO, ACOP, AAP, AAPO, OCA and OPSC.



Alice Chen, DO

Dr. Alice Chen, DO, will speak on “Osteopathic Considerations for Inpatient Treatment of COVID19 Patients”.

She is a graduate of University of California, Los Angeles and A.T. Still University, School of Osteopathic Medicine in Arizona, Mesa, AZ. She is Board certified in Neuromusculoskeletal Med/OMM. Dr. Chen completed an internship at St. Barnabas Hospital Health System, Bronx, NY and a residency in

Neuromusculoskeletal Medicine/Osteopathic Manipulative Medicine at St. Barnabas Hospital Health System, Bronx, NY. She currently practices at the Center for Integrative Medicine, Department of Family Medicine at the University of California, San Diego Health System, San Diego, CA and serves as its Medical Director of Osteopathic Manual Medicine (OMM). Memberships include: American Osteopathic Association (AOA), American Academy of Osteopathy (AAO), Osteopathic Physicians and Surgeons of California (OPSC), Osteopathic Cranial Academy (OCA).

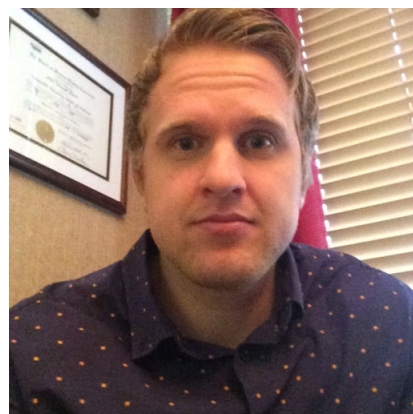


Jesus Sanchez, DO

Dr. Jesus Sanchez, DO, will speak on "Research Report: Potentiating Antibody Response to COVID19 Vaccines with OMT".

He is a graduate of University of California, Irvine, CA, Pepperdine University, Culver City, CA and Western University of Health Sciences - College of Osteopathic Medicine of the Pacific, Pomona, CA. He is Board certified in Neuromusculoskeletal Med/OMM and Family Medicine. Dr. Sanchez completed his rotating

Osteopathic internship at Downey Regional Medical Center. Dr. Sanchez completed his Residency in Family Practice at Downey Regional Medical Center where he received distinctions such as Resident of the Year Award, Art Morris Scholarship Recipient, Served as Chief Resident, he also created the Resident Lecture Series at that time. He currently practices at Western University Of Health Sciences, Pomona, CA and serves as its Assistant Dean of Academic Affairs, and Professor of NMM/OMM & Family Medicine. Memberships include: Dr. Sanchez memberships include: American Osteopathic Association (AOA), American Academy of Osteopathy (AAO), Osteopathic Cranial Academy (OCA).



Eric Martinez, MS

Mr. Eric Martinez, MS, will speak on "Research Report: Potentiating Antibody Response to COVID19 Vaccines with OMT".

Mr. Martinez is a graduate of the University of California, Irvine, CA and the University of California, San Francisco. He is currently a Research Assistant in the Osteopathic

Manipulative Medicine (OMM) Department at Western University of Health Sciences - College of Osteopathic Medicine of the Pacific, Pomona, CA. He is the Clinical Research Coordinator for multiple clinical trials, including a COVID-19 OMT vaccine trial, conducted on campus as part of the OMM Department.

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 course 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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